

DATE CHANGE DUE TO UNFORESEEN CIRCUMSTANCES

PENGUIN RANDOM HOUSE & KOGELBERG BRANCH OF THE BOTANICAL SOCIETY OF SOUTH AFRICA

BOOK LAUNCH INVITATION

NEW DATE: SATURDAY • 11 MAY 2024 • 11h00

at the Harold Porter Book & Craft Shop

Harold Porter National Botanical Garden, Cnr Clarence Drive & Broadwith Rd, Betty's Bay

HIKING THE FISH

THE ULTIMATE GUIDE TO THE FISH RIVER CANYON TRAIL

Henk Blanckenberg & Lizet Meyer

RSVP BY 8 MAY

Expert hikers, Henk Blanckenberg and Lizet Meyer will be in conversation with Sophia van Taak to launch their new book. In a visual presentation, they will discuss their experience of hiking the Fish River Canyon trail and share tips on how to prepare for this multiday trek.



It is essential to RSVP. Please send an email to rsvp@penguinrandomhouse.co.za to ensure free entry to the garden. If you arrive at the gate and your name is not on the RSVP list, a garden entry fee of R55 per person or R40 for pensioners will apply.

A MUST-HAVE GUIDE TO ONE OF AFRICA'S MOST ENTICING ADVENTURE DESTINATIONS

ISBN: 9781775848776



The Fish River Canyon in southern Namibia is one of Africa's most impressive sights. Following the river that is wedged between massive cliffs, the Fish River Canyon Trail is the region's most challenging route – and one of its most popular.

Hiking the Fish is the ultimate planner for anyone wanting to embark on this trail. Written by expert hikers, it combines practical advice, handy tips and full-colour photographs to bring this exhilarating five-day hike to life. A detailed introduction to the canyon and its surrounds is followed by chapters that cover planning and preparation; bookings and accommodation; hiking, cooking and sleeping gear; nutrition and meal planning; and first aid. A comprehensive day-by-day route description forms the core of the book.

Please note: Clarence Drive is now open with stop and goes in place. The alternative route from Cape Town to the Harold Porter National Botanical Garden is to take the N2 to Grabouw, take exit 90 towards R43/Kleinmond/Hermanus, continue on R43, turn right onto R44 (Clarence Drive) and right into the Gardens.

Henk Blanckenberg is a seasoned adventure guide with over 20 years' experience in leading groups to near-inaccessible destinations. In Africa he has taken multiple groups to the summit of Kilimanjaro in Tanzania and up mountains in Ethiopia, Malawi, Kenya and Lesotho. Further afield, he has led groups to the Himalayas in Asia, Machu Pichu and the Colca Canyon in South America, and the Grand Canyon in the USA.

Lizet Meyer is a professional project and programme manager with an affinity for extreme sports, but her true passion is for hiking. She has completed several multiday hikes in southern Africa, including the Fish River Canyon hike, and has trekked in the Annapurna region of the Himalayas.

IN CONVERSATION WITH SOPHIA VAN TAAK

Sophia van Taak is a journalist at *Go!* and *Weg! Travel Magazine* and editor of the magazine's *Hiking Guide*.



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