THE KREEF COURIER

Kalk Bay Kreef Crawl

WE MEET Sundays, 08:30, by the Muizenberg Pavilion, Surfers' Corner

Vol 1, No 1
15 November 2026

IN THIS ISSUE WHY WE WALK SLOWLY · THE HARBOUR END · GETTING HOME ON A SUNDAY · WALKS AHEAD · NOTES FROM THE PAVILION · KALK BAY ALMANAC · TAILPIECE

THE FIRST KREEF COURIER, AND THE PACE IT IS NAMED FOR

Why we walk slowly

By The Back Marker
14 November 2026



Kalk Bay harbour (AI-generated illustration)

Welcome to the first Kreef Courier. Every club needs a newsletter, and a walking club needs one more than most: it is the only time we sit still long enough to read anything.

> **Nobody is left behind, and the person at the back sets the speed.**

Our name says most of what you need to know. Kreef is Afrikaans for crayfish, and we cover the three kilometres from Muizenberg to Kalk Bay at roughly the pace of one. That is deliberate. Nobody is left behind, and the person at the back sets the speed. Most Sundays that is me, which is how this column got its name.

Walking slowly has its uses. You notice the colours of the beach huts at St James, the state of the tide in the pools, and which boats are in at the harbour. You also arrive at about ten, which is the right time to be thinking about lunch.

A word on this newsletter, too. The Courier comes out on the Sunday of the walk, and it is written by whoever is at the back. If you have a photograph from the route, a note about something you saw on the way, or a correction to anything printed here, hand it to the back marker at the harbour. We will print what we can, and we will credit what we print.

In this issue: what we find at the harbour end, how to get home on a day without trains, and the rule for rough seas. On the back page, the almanac for the walk: when the sun comes up, what the wind is doing, and whether to bring the jacket. See you by the Pavilion at half past eight.

WHERE THE WALK FINISHES, AND WHY WE LEAVE LUNCH TO YOU

The harbour end

By The Back Marker

14 November 2026



Kalk Bay harbour: a boat heads out Photo: Carosaun, CC BY-SA 4.0, via Wikimedia Commons

The walk ends at Kalk Bay harbour, and for most of us that is the point of it. Kalk Bay is a small harbour town with a fishing community whose boats still go out every day, and the harbour is known for its seals, which wait on the slipway for whatever comes off the boats.

> **The club recommends no particular restaurant.**

We arrive at about ten. Some walkers go straight to lunch; others stand at the harbour wall and watch the boats. The restaurants around the harbour serve the day's catch, and the choice is each walker's own: the club recommends no particular restaurant and has no arrangement with any of them.

A word about the seals. They are wild animals. Watch them from a respectful distance, and do not feed them.

THE SOUTHERN LINE STOPS ALL ALONG OUR ROUTE, BUT NOT ON OUR DAY

Getting home on a Sunday

By The Back Marker

14 November 2026



Kalk Bay station Photo: Lefcentreright, CC0, via Wikimedia Commons

The Southern Line has a station near each end of the walk, at Muizenberg and at Kalk Bay, and another at St James in between. On most days of the week that would make the trip home simple. On a Sunday it does not: Southern Line trains do not normally run on Sundays or public holidays.

Plan your return before you set out.

So plan your return before you set out. Walkers who live nearby walk back the way they came; it is the same three kilometres, and the view is just as good the other way. Others leave a car in Kalk Bay before the walk, or arrange a lift. If you drive to the start, remember that you will finish three kilometres from your car.

Source: Wikipedia, "Southern Line (Cape Town)", citing Cape Town Train Times.

Walks ahead

22 Nov	**Sunday walk: Muizenberg to Kalk Bay** By the Muizenberg Pavilion, Surfers' Corner, 08:30
29 Nov	**Sunday walk: Muizenberg to Kalk Bay** By the Muizenberg Pavilion, Surfers' Corner, 08:30
6 Dec	**Sunday walk: Muizenberg to Kalk Bay** By the Muizenberg Pavilion, Surfers' Corner, 08:30
13 Dec	**Sunday walk: Muizenberg to Kalk Bay** By the Muizenberg Pavilion, Surfers' Corner, 08:30

When the sea is rough

When the sea is rough the coastal path is not safe, and we walk the Main Road pavement instead. The call is made at the Pavilion before we leave, and it is final. The pavement is slower and noisier, but it arrives at the same harbour.

What to bring

Comfortable shoes and a hat. Water, and a jacket: the wind off False Bay can be cold, even in summer. And a plan for getting home (see above).

About this newsletter

The Kalk Bay Kreef Crawl is a fictional club, and this is a demonstration issue of its newsletter, made with Indaba, a website and newsletter platform for clubs and societies built by TechnoCore. The places are real; the club, its walks and its writers are not. The illustration on the front is AI-generated; the photographs are from Wikimedia Commons and are credited where they appear.

Kalk Bay Almanac

For the walk on Sunday 15 November:

SUNRISE	SUNSET	DAYLIGHT	MOON
05:34	**19:27**	**13h 53m** 12 min longer than last week	**First quarter** 34% lit
WIND	TEMPERATURE	RAIN	UV INDEX
26 km/h SSE — the Cape Doctor, gusting 72	**16–28°C**	**0.0 mm** 8% chance	**9.0** very high

BRAAI INDEX 9/10 — no notes.

A note on the name

No crayfish were consulted

By The Back Marker

Visitors sometimes ask whether we catch crayfish on the walk. We do not. Kreef is Afrikaans for crayfish, and the only crawling the Kreef Crawl does is its pace. The only crustacean most of us meet on a Sunday is the one in our name, and we would like to keep it that way.