



C/O The Chairman  
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Branch Code 1301 2600

## **THE OFFICIAL MAGAZINE OF THE DURBAN RAMBLERS HIKING CLUB**

**3RD QUARTER: JULY TO SEPTEMBER: 2018**

### ***CHAIRMAN'S RAMBLINGS***

Surprise, surprise... Facebook sent a weekly update on visits made to our page. In the last week of May we had a 130.5 % increase in visits and people engaged was up by 28 %. That means that over a 100 people a day are looking at us on Facebook. Here, I thank members for posting Ramblers pictures and hikes on Facebook. Keep up the good work.

Our club now has 197 ordinary members and 33 honorary members. That is a total of 230 members. On average, approximately 80 members hike on a weekly basis ... that is only about a third are active members. I suppose some are retired, some are on holiday and away, where are the rest? If you fall in the last group, become active again and join us on a hike, be it on a Saturday, Sunday or a Wednesday.

This time of the year is the best hiking time, the winter flowers are in bloom, especially the Aloes. We all use the term hiking, a term mostly used in Canada and the United States for long vigorous walks on trails. Hiking should include some bushwacking... using a pair of clippers or machete to clear a path. I am sure some members will attest to my wacking of Lantana! Rambling is a more "old Fashioned term" and in New Zealand it would be called tramping. Hiking started in the 18th century because of changing attitudes towards nature and the love of it. Before this time walking was regarded as a sign of poverty and vagrancy. During the period of industrialization people wanted to escape the cities, that were cramped and unhygienic, and would go "rambling" in the countryside. Hiking and Rambling have interesting beginnings.

Happy hiking,  
Werner.

### ***EDITOR'S NOTE***

Our new hiking organisers, Jill, Ann and Biff, are working hard at putting together hiking schedules to keep everyone interested. However their efforts can only be aided by hike leaders stepping up and offering to lead hikes.

A number of hikes that we have done in the past are becoming unavailable to us due to urban sprawl, so new terrains need to be found. So, if you have an idea for a hike, or through various activities of your own, you come across trails that you think might be suitable, why not contact any of these organisers and offer to recce and lead it. You would get reimbursed for recce costs.

Regards, Ilona

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## COMMITTEE MEMBERS

|                                  |                     |              |              |  |
|----------------------------------|---------------------|--------------|--------------|--|
| Chairman                         | Werner Vanslebrouck | 084 206 7836 | 031 767 2969 | <a href="mailto:werner.v@iafrica.com">werner.v@iafrica.com</a>                             |
| Secretary                        | Coleen Seath        | 082 735 7659 |              | <a href="mailto:coleensea@gmail.com">coleensea@gmail.com</a>                               |
| Treasurer /<br>Members' Database | Tina Regnard        | 083 289 6276 | 031 207 5005 | <a href="mailto:regnardt@gmail.com">regnardt@gmail.com</a>                                 |
| Sunday Hike Organiser            | Jill Dunstone       | 084 780 0818 |              | <a href="mailto:jillyd@telkomsa.net">jillyd@telkomsa.net</a>                               |
| Saturday Hike Organiser          | Ann Olds            | 083 666 5630 | 031 767 1027 | <a href="mailto:annolds2@gmail.com">annolds2@gmail.com</a>                                 |
| Weekend Organiser                | Biff Maggs          | 082 609 9684 |              | <a href="mailto:Biffmaggs101@gmail.com">Biffmaggs101@gmail.com</a>                         |
| Publicity                        | Ana Barbosa         | 082 496 2320 | 031 462 6492 | <a href="mailto:durbanramblers.publicity@gmail.com">durbanramblers.publicity@gmail.com</a> |
| Ordinary Member                  | Jenny Rooks         | 084 952 0622 | 031 303 5828 | <a href="mailto:jen0212sa@gmail.com">jen0212sa@gmail.com</a>                               |
| Magazine                         | Ilona Lamprecht     | 076 912 9829 |              | <a href="mailto:ilona.tangodreams@gmail.com">ilona.tangodreams@gmail.com</a>               |
| Website Organiser                | Abdullah Dada       | 084 478 6779 | 031 269 1921 | <a href="mailto:dada@greenit.co.za">dada@greenit.co.za</a>                                 |

## MEMBER NEWS

### NEW MEMBERS:

We have the following new members:

Single:

- Lorna Harris
- Lloyd Olivier

Couple:

- Michelle MacInnes and Jackie Moody

### PAST MEMBERS:

It has come to our attention that two of our members who were rather active in years gone by have passed on to the higher hiking grounds.

As I have not been a member for a long period of time I have had to test the memories of those that have been around longer than I have for some information on them and then I have been looking up the archives for more info.

Marge Blake had these titbits to give us:

Mike Hooper, I think he was at one time a chairman of the club, He was a popular and very keen member at one stage but I was not a close friend of his, so do not know much about anything to write much about him.

Mick Thomas was a very active member a good few years back his daughter is my godchild. He always loved the Club and in between his 4 marriages tried to keep up with the goings on, he attended, I think, most of the anniversary celebrations over the years. He was in some ways a good father to his 3 children from different wives In fact they were all at his funeral.

From the archives, I can verify that Mike Hooper was elected as Chairman in 1977

## INFORMATION

### MAGAZINE:

Don't forget to send us any personal, email and/or postal address changes to ensure the magazine reaches you. It has come to our attention that not everyone receives the bulk emailed magazine, if you know anyone who has not received theirs, suggest they look in Spam, and if not there, send an email to Tina who will confirm email addresses.

Note: If you have been receiving the magazine by post and now want the speedier email version, advise the secretary, Coleen, and send us your email address. This helps reduce the posting costs and possible delays with getting the magazine to you.

If anyone has interesting hiking or member news to share, or you have interesting stories to tell about travels, please let me (Ilona) know so I can include it in the next magazine.

## WEBSITE:

The website ([www.durbanramblers.co.za](http://www.durbanramblers.co.za)) as well as the *Durban Ramblers Hiking Club* Facebook page may be viewed for information regarding the club, hikes, etc. It's an interesting experience to peruse the archives on our website. I have found them most entertaining.

Should you wish to contribute photos to the Facebook page please send your contributions to Ana our Publicity person. You may also ask Ana to remove photos you would rather not be there.

## MONEY MATTERS

### SUBS FOR 2018:

According to our Constitution, subs are due after the close of the AGM. Members have until the end of April to pay their subs, thereafter he/she shall cease to be a member.

Fees currently remain unchanged at:

- Single Member R100
- Family R150 (excluding children 18 years or older)
- **Joining Fee is now R50,**
- New members joining after 1<sup>st</sup> July 2018 will only pay half the annual subs.
- For past members wishing to rejoin Durban Ramblers after being absent for a year or more, a new membership application form needs to be submitted and the joining fee, in addition to the annual subs, is to be paid.

The Membership Form, which can be downloaded from our website, <http://durbanramblers.co.za/forms/>, is to be completed in full: Hike Names, Dates and Signatures of Hike Leaders, before handing or emailing them to the Secretary along with your proof of payment. If you have completed three hikes and want to continue hiking with us, please do so as a member of our wonderful group.

Please pay by EFT directly into the new bank account – include your full name as reference.

**Note our banking details:** Nedbank, Account number 113 8655 228, Branch Code 13 01 26 00

Cheques and cash both attract big bank charges, so to help reduce our banking fees, kindly endeavour to make EFT deposits.

### HIKE DONATIONS:

On some of the hikes hikers are asked for donations and in some cases the club makes donations on behalf of the members. Here is a breakdown of recent donations made.

| DONATIONS MADE ON HIKEs - 2ND QUARTER 2018 |                |              |                |              |                            |
|--|----------------|--------------|----------------|--------------|----------------------------|
| Date                                       | Public Holiday | Hikers (Wed) | Hikers (Sat)   | Hikers (Sun) | Hike                       |
| Saturday, March 31, 2018                   |                |              | R 360          |              | New Germany Nature Reserve |
| Friday, April 27, 2018                     | R 580          |              |                |              | Ipithi Nature Reserve      |
| Tuesday, May 01, 2018                      | R 1,054        |              |                |              | Alverstone Wildlife Park   |
| Saturday, May 05, 2018                     |                |              | R 720          |              | Tanglewood Nature Reserve  |
| Wednesday, May 09, 2018                    |                | R 380        |                |              | Springside Nature Reserve  |
| Saturday, May 12, 2018                     |                |              | R 500          |              | Hill & Dale Farm           |
| Saturday, May 19, 2018                     |                |              | R 240          |              | Westville Conservancy      |
| Saturday, June 09, 2018                    |                |              | R 660          |              | Palmiet Nature Reserve     |
|  |                |              |                |              |                            |
| <b>Total</b>                               | <b>R 1,634</b> | <b>R 380</b> | <b>R 2,480</b> | <b>R 0</b>   | <b>R 4,494</b>             |

## **RHINO CARD**

As the entrance fees for the Ezemvelo parks such as Krantz Kloof Gorge and Stainbank Nature Reserve have gone up again, now at R30 to R40 pp, it might be worth your while to look into getting a Rhino card which gives you entry into these venues. Your basic Rhino Card costs you R250 per person (under 60 yrs of age) or R230 per person (over 60 yrs of age) for a year's membership. There is no juvenile rate. There is also only one loyalty card, the Rhino Card. See <http://www.kznwildlife.com/travel-information/loyalty-club/rhino-card.html> for more information and to download the application form.

## **HEALTH AND SAFETY ISSUES**

### **EMERGENCY CONTACTS:**

While hiking and rambling is usually all good fun we should also be aware that sometimes something can go amiss and we might find ourselves in a stressful situation. There is an emergency app you can download to your mobile phone from [www.mysos.co.za](http://www.mysos.co.za) which will provide you with all the emergency numbers in the area where you need it.

#### **PERSONAL EMERGENCY CONTACT NUMBERS**

***Please have your emergency contact number(s) under ICE (In Case of Emergency) in your cell phone and on the new cards issued, or a label of some sort attached to your daypack. Details should consist of your name, ID number, name of medical aid and membership number (your medical aid card should be with you too) and the name/number(s) of someone to contact. Emergency personnel will look for your ICE details. Hospitals will not send an ambulance/paramedics if your medical aid details are not available. Please carry these important details with you on each hike.***

## **ENVIRONMENTAL CONCERNS**

An often used instruction when out in the environment is, take only photographs, leave only footprints. Yet we think nothing of it to leave fruit peelings and such like tossed over our shoulders at our lunch spot. Oh don't worry, it's biodegradable. That may be, however, sometimes we are over 50 people on a hike in a lovely reserve, how would that lunch spot look for the next group if there were 50 banana peels lying around where no banana plants actually grow? Another concern is that leaving food products on a hiking trail encourages wildlife such as baboons or monkeys to stalk that area to pester the next hikers along that trail for their food.

There is a website called Leave No Trace which explains these issues in detail: <https://lnt.org/blog/out-here-its-trash-apple-cores-orange-peels-and-other-natural-items>

### ***Out Here, It's Trash: Apple Cores, Orange Peels, and Other "Natural" Items***

Dallas, TX:

When talking to people at booths and in workshops, we're often told that one of the most surprising things they learned about Leave No Trace is not throwing or leaving "natural" food items, like apple cores, banana or orange peels, on the trail or out in nature.

"It's natural", "It'll help the wildlife", "It's organic", "It's good for the soil", we've heard them all. Chances are you've done it, we know we did before we learned how destructive it really is. It seems like common sense to those who are educated in it and yet, not so common for everyone else. We hope to provide that education and inspire you to change your thoughts about leaving food items in nature, and then teach others you know that food scraps are still trash when we're in these outdoor spaces shared by humans and wildlife.



### **Tossing Food Attracts Wildlife**

Whether it's an apple core from the window of a moving car, or an orange peel casually left on the side of a trail, our food waste attracts wildlife to areas with high human activity. Food thrown alongside roads draws wildlife nearer to roadways and increases the likelihood they will end up as road kill. Scraps tossed on the trail bring wildlife closer to the trail corridor as they seek out food.



One apple core will not completely disrupt the local ecosystem, but cumulatively, we know that feeding wildlife damages their health, alters their natural behaviors and exposes them to predators and other dangers. This is because when an animal finds or receives human food consistently over time by campers and visitors, they no longer seek their own food in nature. This is extremely dangerous because, like humans, animals need a varied diet to get all the nutrients to be healthy, strong, and in good reproductive health.

When going to the campground or trail is an easy meal of fruit or human processed foods, they eat and get full on single food items instead of a range of food items that all provide different nutrients. So when that squirrel or deer or bird, who looks so hungry, comes up to eat trail mix out of your hand, know that you're putting the animal at risk of a healthy life, a prolonged existence, and the opportunity for healthy offspring.

Enjoy your world. Leave No Trace.

### **FIXTURES**

**WEEKENDS AWAY:** *Organised by Biff Maggs*

**LOTENI EASTER 2018 Weekend report by Marie Gurr, photos by Ilona Lamprecht**



(Biff and Rob, Jill and Coleen, Nevil and Marie, Ilona, Prim, Sandra and Derek (who left Saturday morning), Llew and Jill (who arrived on Saturday afternoon))

We know it's always wet over Easter, so it was no surprise when the rain started mid-afternoon on Friday, giving us good reason to gather in the main cottage, sit around with our tea/coffee/wine/beer and natter – Ramblers never being short of conversation!





Saturday morning revealed thick mist across the valley and we decided, instead of walking to Yellowwood Cave from Simes Cottage as originally intended, to drive to Cool Pools, walk to the Gelib Tree and on to the ruin. However, keeping a careful watch on the clouds, we didn't get all the way to the ruin but turned back to stop for lunch and head for home. A



wise decision as we got back to base just before the rain!

On Sunday morning we set off on the Eagle Trail, taking boots off once for a narrow river crossing before the beautiful indigenous forest. Most of the group took a short cut back to Simes, the camp site and the cottages, although Ilona, Nevil and Marie did the full route and, further on, saw a troop of baboons and seven eland at the edge of the Yellowwood Forest.



As usual we braaied each evening, and treated ourselves to a fire and dinner inside on Saturday night.



Many thanks to Biff for organising the weekend, ensuring we had good walks, our traditional Easter egg treat and a cosy fire.

**CUMBERLAND 18-19 May 2018 Weekend report by Marie Gurr**

(Biff and Rob, Lois and Werner, Marge, Merle, Mara, Sarie, Margie and Alstair, Nichole, Ann O, Anne W, Rolf and Doreen, Roy and Rose (Saturday night only), Alice, Alan, Nevil and Marie)

Being one of Ramblers' favourite places, almost everyone arrived ahead of lunchtime, settled in happily and only later ventured out to simply enjoy the scenery, or seek birds or game – giraffe, zebra, wildebeest, impala, blesbok, nyala, duiker, dassies. Once evening set in we, of course, had our sundowners and lit not only the braai fire, but another one too that John and Stella had kindly provided wood for. Needless to say a jovial evening followed!

On a slightly chilly Saturday morning Werner led us around the Horseshoe Loop, where we were lucky enough to spot a pair of Fish Eagles down near the river. We then meandered to the campsite, the other side of the gorge, various view points and to the top of the waterfall before a tea stop at Krantz Cottage. From here we climbed up to the top of the krantz and some folk had fun seeking the abseiling/climbing rope and little ledge hidden in the crack in the cliffs. After a brief stop we moved back to the cottage for lunch and then took the direct route home. Rob was brave enough to jump in the pool for a swim and I think Nicole put one foot in before deciding maybe the water was a bit too cool... The rest of the afternoon passed pleasantly with the usual chatter, What's App pix and short video clip of THE wedding in London from Anne's sister's TV (in Cape Town), newspapers and books and, of course, sundowners and another very social evening with more fires.

A sunny Sunday morning dawned and Werner took us down through the beautiful forest to the grassland on the Umgeni River banks and the Beware Of Crocodiles sign. The path became progressively more overgrown and we all took our time boulder-hopping over rocks covered in damp creeper. The route seemed endless, but we eventually arrived at the bottom of the waterfall to the pool and glorious orangey-pink sandstone cliff-face. After a well-earned break we started the long haul, zigzagging up and down to get back to the top of the gorge, scrambling over rockfalls, squeezing in between narrow upright slabs and grabbing handy roots to help us on our

way. Hardly a hike, more of an assault course, but all good fun although it seemed far longer than a mere 5 km!!

Sadly this was more or less the end of the weekend – some folk left almost immediately, others showered, had lunch, packed up tents, and I think we were all on the road by 2.30 pm leaving plenty of time to get home, unpack and prepare for the week ahead.

Many thanks to Biff for organising everything so thoughtfully, to Werner for great hikes, to John and Stella our hosts (who're always wonderful) and to all the happy Ramblers who made this a really great weekend.

### **UPCOMING WEEKENDS AWAY:**

#### ***Sungubala Eco Camp: Fri 31 August to Sunday 2 September.***

In the Berg, next door and run by the Cavern. website [www.sungubala.co.za](http://www.sungubala.co.za)

The road is tar until the last bit up to the camp. This road is dirt with concrete strips. A very low car would not make it. *Try to share lifts.*

The person who runs the camp will take us on hikes up the mountain behind, but there are also short scenic walks around the camp.

Accommodation options are:

6 x Rondavels & 2 A Frames at R425 daily per person – 16 people

- Twin bedded Rooms with private ablutions
- All bedding and towels provided
- Communal kitchen / dining room /lounge
- Outside braai and fire pit

3 x A Frame Huts at R350 daily per person – 6 people

- Rustic A Frames; sharing ablutions
- All bedding and towels provided
- Communal kitchen / dining room /lounge
- Outside braai and fire pit

OR

A Frame Huts at R225 daily per person

- Rustic A Frames; sharing ablutions
- No bedding and towels provided
- Communal kitchen / dining room /lounge
- Outside braai and fire pit

I need bookings by 15th July and money by 1st August. State clearly Sungubala and your name

#### ***Korong Valley Guest House: Friday 16th, out Sunday 18<sup>th</sup> November.***

Plenty of camping available.

All rooms are very well appointed.

This is a farm near Ixopo. Website [www.korongovalley.co.za](http://www.korongovalley.co.za)

They have SELF CATERING options

- Crane Cottage – 2 bedrooms – 3 single beds in each or one double and one single R375 pppn.
- 4 X Stable units – 4 X 2 beds R450 pppn
- Unit 13 One bedroom with mini kitchen and bathroom en-suite R425 pppn

OR B&B options – no kitchen

- 4 x log cabins – 2 x twin beds – R400 pppn but buy food at restaurant
- One log cabin with double bed R400 pppn
- Small single room backpacker style using camping ablutions R250 pppn

Camping R150 pppn

There is a restaurant where there is a full farmhouse breakfast R80, but closed on Sunday  
Bistro Pub for other meals (except Sunday),

The people that book the log cabins will have to use the restaurant or bring their own skottels and cook with the campers. Maybe we must take skottles for Sunday Breakfast.

She can arrange for the steam train to take us to Carisbrooke Station and then a guide will bring us back. Train is R100 per person and guide TBA on price.

The whole place is spotless, lovely big garden with lots of birds. Plenty for everyone. Big swimming pool. Lovely bar and very reasonable restaurant.

I would like bookings by end July. Payment by end August.

**Biff Maggs – Weekend organiser [biffmaggs101@gmail.com](mailto:biffmaggs101@gmail.com) or 082 609 9684 – uses WhatsApp.**

### **WEDNESDAY MORNING HIKES: Organised by Coleen Seath.**

Please check details of the Wednesday Hikes with Colin Turner on 031 708 3517 or Coleen Seath on 031 202 2279 / 082 735 7659 (who will co-ordinate with leaders.) You can also find out about the Wednesday hikes on the our Facebook page posted there a few days before.

### **SATURDAY HIKES (AFTERNOON): Organised by Ann Olds.**

- Please get to starting point by 13.45 or 13.15 on occasion (please check schedule below) in order for the hike to begin on time.
- For directions to the starting point, please PHONE the organiser between 12.00 and 12:45 on the day of the hike, don't SMS.
- Children are welcome but check suitability of the hike with the leader.
- Please bring at least 1 litre of water, a snack for half time and a hat. It is recommended that hikers carry their own water.
- There is no need to tell the leader you will be hiking.

### **SUNDAY HIKES (FULL DAY): Organised by Jill Dunstone.**

- Please be aware that a certain level of fitness is required to do Sunday hikes. If you don't exercise regularly, or aren't an experienced walker please complete three Ramblers' Saturday afternoon hikes before joining the longer Sunday hikes.
- **Always** phone the hike leader the day before at the latest, to confirm details and let him/her know to expect you on the hike. Be mindful that the leader also is preparing for the hike on the Sunday morning.
- Please note that the meeting point and or time in the programme might change, or the hike route might change, or it might be raining and the hike cancelled therefore **you must phone the leader** or you might find yourself left out and left behind
- Please try to get to the meeting places at least 10 minutes earlier to help with arranging lifts.
- Bring the correct amount of money as change may not be available.
- It is advisable to bring at least 2 litres of water, mid-morning snack, lunch and a hat. It is recommended that hikers carry their own water
- Keep Rehidrat in your pack in case of dehydration in the hot months.
- Use tick spray.

Hikes are described as being Easy, Moderate or Strenuous and are graded from 1 to 5, as follows:

1. A flat even walk
2. A hike without big and steep inclines
3. A hike with some steep inclines - Fitness recommended
4. A hike with steep inclines and rock scrambling - Fitness essential
5. A hike with many inclines and rock scrambling - Fitness very essential

## SATURDAY AND SUNDAY HIKING PROGRAMME 2ND QUARTER 2018

### PLUS PUBLIC HOLIDAYS

check on Facebook for changes

| DATE               | DESCRIPTION OF HIKE  | LEADER             | GRADE                                  |
|--------------------|--|--------------------|--|
| <b>Sun 1 July</b>  | <b>New Hike! Hilton College Conservancy</b>  | <b>Philip</b>      |  |
|                    | Explore the Hilton College Conservancy, with its wonderful views over the Midlands. Meet Union Main. At 7.00 for ride sharing, petrol sharing R50, or at the Hilton College gates at 08.30. R30 donation to the Conservancy.   | 082 417 0204       | 2 moderate<br>± 15 km                  |
| <b>Sat 7 July</b>  | <b>Crestholme</b>  | <b>Colin</b>       |  |
|                    | Meet at Jock's Cafe at 13.30, to proceed to private parking. Drive east on Inanda Rd from Waterfall, pass Crinkley Bottom, turn at Crestholme signpost on left, immediately left again. Walk across grasslands to expansive views of Inanda Dam.   | 031 708 3517       | Grade 2<br>Moderate<br>8 km<br>2 ½ hrs |
| <b>Sun 8 July</b>  | <b>Paradise Valley to Pavilion</b>   | <b>Margie</b>      |  |
|                    | Linear walk from Paradise Valley Reserve back to the Pavilion. Cars will be shuttled from Pavilion. Meet 7.30 at the free shaded parking area at rear of Pavilion (next to the recycle area) Petrol sharing R15. Reserve fee R10. Drinks at Pavilion afterwards.   | 073 437 6915       | Grade 3<br>16 km                       |
| <b>Sat 14 July</b> | <b>Bux Farm</b>  | <b>Jon</b>         |  |
|                    | M13, exit 33, left and first right into Cliffdale, left into Hawkstone, right into Summerhill Rd, park at Summerveld Lodge by 13.30. Hike along rural roads, up and over grasslands for views towards Hammarsdale. Drinks at the Lodge.  | 082 459 1522       | Grade 3<br>8 km                        |
| <b>Sun 15 July</b> | <b>Umhlanga Estuary</b>  | <b>Jon</b>         |  |
|                    | Meet and park in the nature reserve next to Breakers Hotel, Umhlanga, in time to start hiking at 8.00. We'll spend the day exploring the Umhlanga Estuary. Drinks at the Breakers  | 082 459 1522       | Grade 2<br>16 km                       |
| <b>Sat 21 July</b> | <b>Kloof - Nkonka</b>  | <b>Ann Olds</b>    |  |
|                    | Park at main picnic site, Krantzkloof Nature Reserve, Kloof Falls Rd, Kloof, 13.45. R30.00 entrance / Rhino card. Hike up behind the Conference Centre to grasslands with views to the ocean, and steep scramble down to foot of Nkonka waterfall. Drinks at Nature Cafe.  | 083 666 5630       | Grade 3+<br>quite<br>strenuous.        |
| <b>Sun 22 July</b> | <b>Umdoni Conservancy, Pennington</b>  | <b>Anne Wilson</b> |  |
|                    | Explore the coastal forest trails of Umdoni Park, including the gorge along the Nkumbane river and a short beach walk. Drinks on the club deck, overlooking the sea, afterwards. Meet in road at Glenwood Village, 397 Che Guevara Rd (Moore) at 07.30 or Umdoni golf club parking at 8.30. Petrol sharing R60                   | 079 850 0206       | Grade 3<br>19 km                       |
| <b>Sat 28 July</b> | <b>Botha's Hill along the railway</b>  | <b>Werner</b>      |  |
|                    | Park at Sugar Loaf Centre, Old Main Rd, bottom of Botha's Hill, opposite church.(proceed through traffic lights cnr of Old Main Rd and Kassier Rd) Meet at 13.45. Hike along railway line to the historic Botha's Hill station. Return via Heidi's Farm Stall and suburb of Assagay. Drinks at Station Master's Arms, Hillcrest. | 084 206 7836       | Grade 2<br>moderate<br>9 km.           |

| DATE               | DESCRIPTION OF HIKE   | LEADER                | GRADE                             |
|--------------------|---|-----------------------|-----------------------------------|
| <b>Sun 29 July</b> | <b>Kirk Falls</b>   | <b>Jon</b>            |                                   |
|                    | Walk over undulating hills down to the Delville Wood station from the opposite side, through the tunnels to the Kirk Falls. Meet at at Union Main, Pine Town at 8.00 or at Maytime Centre, Kloof at 8.15 from where we will drive to the parking. Petrol sharing R25.   | 082 459 1522          | Grade 3-4 strenuous +/- 18 km     |
| <b>Sat 4 Aug</b>   | <b>Palmiet</b>  | <b>Linda</b>          |                                   |
|                    | Park at Palmiet Nature Reserve, Old New Germany Rd, Westville, 13.45. Donation R20.00. Hike up-stream, and then back to main reserve, across river and up to grasslands. Some steep areas. Drinks at Waxy O'Connor's.   | 083 353 8319          | Grade 3 moderate, vertigo warning |
| <b>Sun 5 Aug</b>   | <b>1000 Hills</b>   | <b>Stella</b>         |                                   |
|                    | Hike into the valley and follow the river before scrambling back up to the dirt road then back down to river before the final climb out of the valley, via the dam. Meet 1000 Hills Chef School, Wootton Ave, Botha's Hill at 8.00. Petrol sharing R20. Drinks there afterwards.                                      | 078 319 8979          | Grade 3-4 (Steep in parts) 18 km  |
| <b>Thur 9 Aug</b>  | <b>Women's Day Shongweni hike + BYO braai</b>   | <b>Werner</b>         |                                   |
|                    | Relax, hike and braai on the banks of Shongweni Dam. Cost R45 pp, discount for pensioners. Free entry with a Wild Card (not Rhino card). Meet alongside the Mzinyati Canoe club by 9.00 for hike at 9.30. Braai fires lit at noon. BYO meat, salads, utensils, drinks, chairs etc.                                    | 084 206 7836          | Grade 2 easy 6 km.                |
| <b>Sat 11 Aug</b>  | <b>SPCA, Kloof</b>  | <b>Ann</b>            |                                   |
|                    | M13, exit Village Rd, left, and quickly right to Kloof SPCA. Park outside main offices on left by 13.45. Hike through Glenholme Nature Reserve, grasslands, out to St Mary's Rd, return to SPCA to hike along cliff top and scramble down a bit to explore waterfall area. Varied, and not all easy. R20.00 donation. | 083 66 5630           | Grade 2 vertigo 7 km.             |
| <b>Sun 12 Aug</b>  | <b>KZN Table Mountain</b>   | <b>Philip Collyer</b> |                                   |
|                    | Meet 7.30 at the Cato Ridge Motors to drive to Nagel Dam for 8.00. Those wishing to meet there may do so. We will then drive through to a base from where the climb of the KZN Table Mountain will be from the base of the valley to summit. Donation to guide R30.   | 082 417 0204          | Grade 4 Strenuous 15 - 20 km      |
| <b>Sat 18 Aug</b>  | <b>Infinite Adventures, Wootton Rd, Botha's Hill.</b>   | <b>Werner</b>         |                                   |
|                    | Meet at Pot & Kettle, Botha's Hill 13.30, to proceed to Infinite Adventures for hike. Start at 14.00, donation R20.00. Hike on "Park Run" tracks, up grassy hill towards Phezulu. Beautiful views of the Valley of 1000 Hills.  | 084 206 7836          | Grade 3, strenuous, 9 km.         |
| <b>Sun 19 Aug</b>  | <b>Mount Moreland &amp; surrounds</b>   | <b>Jenny</b>          |                                   |
|                    | This is a redesigned version of a hike not done for several years and will start at Mount Moreland through to La Mercy. No beach hiking. BYO for after the hike. Meet Virginia airport at 7.00 or the Village Green, Mt Moreland at 7.30. Petrol sharing R25.   | 084 952 0622          | Grade 2-3 ± 15 km                 |
| <b>Sat 25 Aug</b>  | <b>Uve Road to 10ft Crossing, Krantzklouf.</b>  | <b>Abdullah</b>       |                                   |
|                    | Meet at Krantzklouf Nature Reserve, Uve Road entrance. Entrance R30.00 / Rhino card. Hike at 14.00. Hike along grassland path to "Rumdoodle Crack", then down steeply to 10 Ft Crossing (formerly known as Saurus Pools). Strenuous climb up again. BYO refreshment for after hike.                                   | 084 478 6779          | Grade 3+ vertigo 7 km             |

| DATE              | DESCRIPTION OF HIKE  | LEADER  | GRADE                           |
|-------------------|--|---|---------------------------------|
| <b>Sun 26 Aug</b> | <b>Giba Gorge</b>  | <b>Jon</b>  |                                 |
|                   | A moderate hike with a few ups and downs in and around Giba Gorge. See the Macintosh Falls (twice) and admire the cucumber farm. Drinks at Giba after the hike. Meet at Giba Gorge at 8.00. There is an entry fee of R20.  | 082 459 1522  | Grade 3<br>16 km                |
| <b>Sat 1 Sep</b>  | <b>Delville Wood</b>   | <b>Abdullah</b>   |                                 |
|                   | M13, exit 33, left into Kassier Rd, over Toll Rd, left towards Shongweni Dam. Park at Mushroom farm. Hike starts at 14.00. Goes through sugar cane, then down to railway line and Delville Wood Station, through tunnel to see waterfall. Long, rewarding hike. Car guard tip. Drinks at Shongweni Club.   | 084 478 6779  | Grade 2<br>10+km.               |
| <b>Sun 2 Sep</b>  | <b>Everdon Estates, Karkloof, with Midlands Hiking Club</b>  | <b>Keith Ashton</b>   |                                 |
|                   | Hike through Everdon Estates with the man who knows the area better than anybody. This hike has some of the most spectacular views in the area including the Umgeni and Karkloof Rivers. Cecil Hackney will lead the hike but bookings are through Keith and you'll need to book early to secure your place – closing date Wednesday 29 August. R20 donation to conservancy  | Email<br><a href="mailto:keimarg@iuncapped.co.za">keimarg@iuncapped.co.za</a> | Grade 3<br>12-15 km             |
| <b>Sat 8 Sep</b>  | <b>Ipithi Nature Reserve, Gillitts</b>   | <b>Ann</b>  |                                 |
|                   | M13, exit 26 from Dbn side, right over Everton Bridge, 1 <sup>st</sup> left, then right into Old Station Rd, 2 <sup>nd</sup> left into Edward. Entrance for Iphithi Nature Reserve is after first house on right (note the windmill). R20.00 to the Conservancy. We will hike at 14.00 through this reclaimed wet-land, then 'step it out' in the suburb, to another green belt. BYO refreshment for after the hike. | 083 666 5630  | Grade 1,<br>easy,<br>7 km.      |
| <b>Sun 9 Sep</b>  | <b>Vernon Crookes</b>  | <b>Stella</b>   |                                 |
|                   | Open grassland and forest with opportunities to see game. The reserve turn-off is approximately 12.5 km from the N2 Park Rynie/Umzinto turn-off and the entrance gate is a further 6 km. Meet at Glenwood Village, 397 Che Guevara (Moore) Rd at 7.15 or reserve office/reception at 8.30. Petrol sharing R70. Entrance fee R30  | 078 319 8979  | Grade 2/3<br>strenuous<br>15 km |
| <b>Sat 15 Sep</b> | <b>Giba Gorge from Winston Park/St Helier</b>  | <b>Werner</b>   |                                 |
|                   | Park by 13.45 in vicinity of Gillitts Post Office, behind Caltex Garage, York Rd, Gillitts. Hike at 14.00 through tree-lined Jan Smuts Avenue to grassy area overlooking Giba Gorge and N2, then along cliff top to pathway down into Giba Conservancy. Continue towards St Hillier Dam, then along road back to Gillitts Post Office.   | 084 206 7836  | Grade 2<br>9 km.                |
| <b>Sun 16 Sep</b> | <b>Kloof Gorge</b>   | <b>Margie</b>   |                                 |
|                   | Walk through the Gorge to Sauras Pools and return along the river. Steep in places so fitness essential. Meet main picnic/parking area at 7.30. Parking/entrance fee R30   | 073 437 6915  | Grade 3-4<br>12 km              |
| <b>Sat 22 Sep</b> | <b>Krantzkloof Falls</b>   | <b>Ann</b>  |                                 |
|                   | Meet at main picnic site, Krantzkloof Nature Reserve, Kloof Falls Rd, Kloof, at 13.45. Entrance R30.00 / Rhino card. We set off on the Molweni Trail down to the river, then up-stream on the Kloof Falls Trail to the falls. A number of river crossings, steep descent and return ascent.  | 083 666 5630  | Grade 4<br>vertigo<br>7 km.     |

| DATE       | DESCRIPTION OF HIKE  | LEADER             | GRADE  |
|------------|--|--------------------|--|
| Sun 23 Sep | <b>Karkloof hike.</b>  | <b>Neville Lee</b> |  |
|            | Come and see the indigenous clivias in bloom, then have lunch at Grey Mare's Tail falls. Most of the hike is in pristine indigenous forest. Meet at Bushwillow Park in the Karkloof from 8 am. We start walking at 8.30 sharp. Combined hike: Midlands Hiking Club + Durban Ramblers. Cost R35 (to be confirmed)                                 | 083 626 9983       | 2+<br>6 hours  |
| Mon 24 Sep | <b>Heritage day Springside Nature Reserve &amp; Surrounds</b>  | <b>Steve</b>       |  |
|            | Spend a relaxing morning with a hike and braai at Springside Nature Reserve, Hillcrest. Meet at 9.00 Donation of R20.00. Hike over grasslands where there may be spring flowers, through riverine forest, wetlands, and some extended hiking through neighbouring grassland. Braai fires will be lit around noon. BYO food, drinks and utensils. | 083 956 1556       | Grade 2<br>easy, and<br>as<br>short/long<br>as you like. |
| Sat 29 Sep | <b>Inchanga Station &amp; surrounds</b>  | <b>Colin</b>       |  |
|            | N3, exit 43 (Hammarisdale). Turn right over N3, left towards Monteseel, then right to Inchanga Station. Meet and park at the old Inchanga Railway Station at 13.30. Colin will lead a hike up hill, and down, over grassland, along the railway – wherever...Car-guard tips.   | 031 708 3517       | Grade 3, 8<br>9 km.                                      |
| Sun 30 Sep | <b>Toti Trek</b>   | <b>Anna</b>        |  |
|            | An exploration of Amanzimtoti, incorporating a walk along the Toti River. A slightly different route from the one done previously. Depart Glenwood 07.30 or meet at the Lord and Legends, Riverside Rd, Toti at 08.00. Drinks at the Sports Bar afterwards.  | 071 427 7139       | Grade 2<br>15 km   |

### **OTHER RAMBLERS ACTIVITIES**

#### ***Wildflower walking group.***

This group is taking a break until spring.

If anyone is keen to join us, please contact me, Diana on 083 468 6941.

### **MEMBERS' STORIES**

#### ***Not a hiking story, by Jon Stevens***

This is a sad, sad story. The story of two people who lost their way and almost went over to the dark side.



We were on holiday in France and had decided before we went to do something different from our normal hiking. We decided to go cycling. Along a canal so it would be flat. Only the occasional lock to disturb the flatness. We flew into Toulouse (two hours late and after the buses had stopped) and took a train to Carcassonne. The upside of the French railway strike is that nobody sells tickets at the station. We were told that somebody would take our money on the train but nobody ever did. Rail transport is definitely economical. After spending a few days in Carcassonne drinking wine and eating cassoulet our bikes arrived. I had ordered them from a company in Beziers that delivered them and set them up to fit us.

Remember that we had not cycled for almost 50 years other than a gentle pedal along the Durban beach front. But also remember that you supposedly never forget how to ride a bike.



The first day we rode to La Redorte along the Canal du Midi, about 35 kilometres. Not too bad, the path was flat and well maintained. The bikes were quite fancy with panniers and map carriers etc, etc and they even had a tiny bell. The scenery was idyllic with the canal contouring along the hills shaded by huge plane trees. Sometimes the canal would go over a gorge or river on a bridge. It was quite weird to look over the side and see a waterfall way below you as the canal serenely went on its way across the bridge. There were quite a few pleasure boats on the water, most of which were going slower than us. The driver would be looking at the scenery while most of the passengers appeared to be reading a book. Maybe canal cruising is not very exciting! Even a few South African flags. That night I was thinking that this was fantastic. Not terribly strenuous, my bum wasn't too sore, and very fast relative to walking. Day two was when the trouble started. After a fine breakfast at the BnB we started off for Salleles d'Aude. The path next to the canal narrowed to a single track path. Fantastic for walking. But not so easy for cycling. I could not stay on the path, the front tyre insisted every now and then when my concentration wavered on either aiming at the bushes or the canal. All I could think of was I wish I was walking! Eventually we got to Salleles-d'Aude where of all things there was a bagpipe festival.



On our final day down to Beziers we left the canal path for quiet country roads, meeting the canal every now and then. Far safer and less stressful and much more enjoyable. Sharon and I decided that from now on we'll stick to walking where you can look at the scenery without worrying about whether you were going to crash into the canal or anything else.

### In the genes

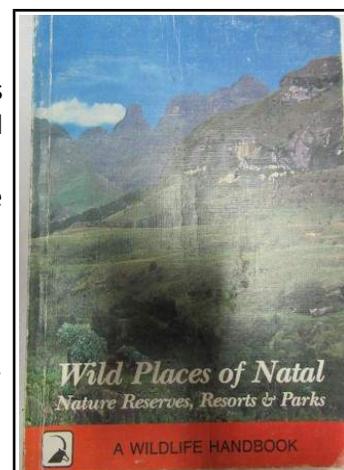
I am not sure if you are aware of this but Margie Forbes' fascination for trails could come from her mother who wrote at least two books detailing hiking and nature trails in KZN.

In 1989 Olive Shepard compiled this book for the Natal Branch of the Wildlife Society of Southern Africa.:

In the Foreword the intention of the book is described as such:

*There are many beautiful, protected areas of natural vegetation in Natal where one may way freely, albeit permission to enter is sometimes necessary.*

*This book is intended as a brief guide to these places and will tell you where they are, how to get to them, what facilities are provided and what you can expect to see there.*



This book was compiled in the next year, 1990 and Margie was mentioned in the Acknowledgements for proof reading the book.

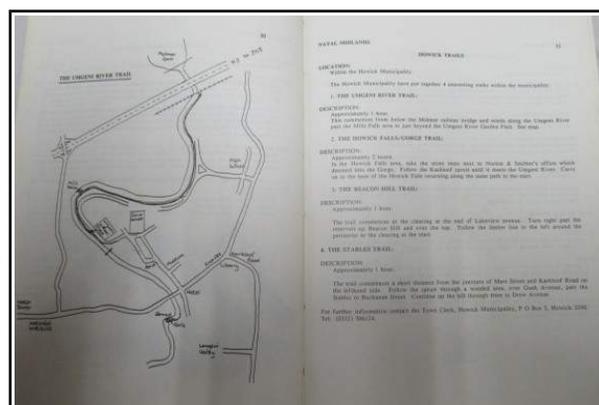
The Introduction begins as follows:

*Trails have been laid out in almost all of Natal's nature reserves. The better known ones are described here.*

*A few of the trails in the Drakensberg are also included. "Drakensberg Walks" by David Bristow, an excellent book on trails of the Drakensberg, is published by Struik and describes 120 hikes and trails in the Drakensberg.*

Both of the books give a range of trails in the different regions of Natal, a description of what facilities are available, what the attractions are and how to get there.

An example of the information available looks something like this:



## EVENTS TO LOOK OUT FOR IN 2018/2019

**Spekboom Tours** has the following tours on offer at the moment.

The next Dargle trip (for families and less fit people wishing to walk 8 to 12 km per day) 4th to 7th October. I will run another Karkloof Thursday 22nd to Sunday 25th November. There is an offer of a 10% discount on the usual rate of Dargle R3800 and Karkloof R4000 for Ramblers members. See their Facebook page for feedback from other hikers who have already had the pleasure of joining Julia and her team on one of their adventures.

Spekboom tours was established in 2015, and specialise in nature-based, ecologically-minded adventure, slack-packing, and cycle tours utilising exclusive trails through some of the most beautiful parts of South Africa.

They understand that the needs of their customers may be different, for this reason we custom design a range of trekking and cycling tours to suit your every expectation. We take the hassle out of planning your holiday offering a uniquely personal experience providing carefully selected routes off the beaten path...

Contact Julia at [julia@spekboomtours.co.za](mailto:julia@spekboomtours.co.za) -- [www.spekboomtours.co.za](http://www.spekboomtours.co.za)

### **Namaqua Camino**

Dear Durban Ramblers members,

The Namaqua Camino is a brand new 10 day, 260 km hiking trail that meanders through western Namaqualand in the Northern Cape Province. The route starts and ends in the quaint little village of Hondeklipbaai. It is an assisted slack packing hike with a daily two-course dinner included. Coffee, tea and bread for sandwiches are served every morning. Daily stages are between 21 and 30 km. The terrain differs from day to day. From gravel roads taking you into the Namaqualand Klipkoppe to sandy tracks along the coastal section of the Namaqua National Park, the Namaqua Camino has it all and more! The dates for the Caminos are selected during a time of the year when the weather is generally temperate. Facilities in the overnight camps are basic and rugged. You have to supply your own camping gear. Eco toilets and a bush shower will be available at the overnight camps. Along the way, you will encounter the Namaqualand people and their unique way of life. After a day's walk, you will pitch your tent under the unpolluted night sky and listen to the absolute silence.

The September 2018 walk is fully booked. We have decided to keep the number of hikers at 25 persons. This is a comfortable size for us to handle and suited to our infrastructure at the moment.

Our May/June walk went very well and all the hikers completed the walk. Those hikers who have done the Tankwa Camino previously are all in accord that the Namaqua Camino is much more challenging and more diverse regarding scenery and terrain.

The dates for 2019:

|                |                   |
|----------------|-------------------|
| 2 -11 May      | 23 May - 1 June   |
| 15 - 24 August | 12 - 21 September |

Only 25 places available per hike.

Cost ZAR 9,750.00 per person

A video of the route can be viewed here:

<https://www.facebook.com/namaquacamino/videos/182766829163342/>

Kind regards from a wet Namaqualand,

**Elize Kruger**

**+27 083 6745045 - [www.namaquacamino.co.za](http://www.namaquacamino.co.za)**

**Let your soles touch the earth and let the earth touch your soul**



## Abbot Pfanner Trappist Trails Association

Herewith the latest information on the Trappist trails that some of us pioneered in March from Syl Nilsen:

Hello all, in our last email we attached an article written by one of our March APT Trail walkers that appeared in the print version of the Southern Cross weekly. Bishop Stanley Dziuba has sent us this link to the preview of the article as it will appear online tomorrow.

[https://www.scross.co.za/2018/06/a-pilgrimage-on-the-trail-of-abbot-pfanner/?utm\\_source=The+Southern+Cross+Newsletter&utm\\_campaign=0269d1e9d9-Southern\\_Cross\\_Media\\_394\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_9327ad8651-0269d1e9d9-390822297](https://www.scross.co.za/2018/06/a-pilgrimage-on-the-trail-of-abbot-pfanner/?utm_source=The+Southern+Cross+Newsletter&utm_campaign=0269d1e9d9-Southern_Cross_Media_394_COPY_01&utm_medium=email&utm_term=0_9327ad8651-0269d1e9d9-390822297)

We would like to thank the editor of the Southern Cross for featuring historical articles by Nicki von den Heyde and the trail article in this week's edition. As a result of the articles and those in local media, we have had many enquiries about the Abbot Pfanner Trappist Trail, from all over the country.

*"I've just read the article in Southern Cross regarding the Abbot Pfanner Trail. Must say it's a great initiative. I would like to consider organising a trail in August (when my wife has leave from school), with parishioners from St Charles, Victory Park, Johannesburg. I note that there is no trail scheduled for that time. Alternatively could you provide me with route information. A Google Earth klm file would be great."*

*"I would like to bring approx 30 learners (Gr 10) to experience a part of this trail. I am looking at 3 days in March 2019. The reason for the interest is I am in charge of Religious Education at the school and we organise retreats for the learners and this local 'Camino' trail would be ideal for our learners. The founders of our school are the Missionary Sisters of the Precious Blood and Abbot Francis Pfanner who was their founder."*

*"I read about the Camino offered over 12 days in KZN. I belong to a group called Men In Christ and we are from Gauteng with members as far as Nelspruit and Wit Rivier. Our numbers are currently around 300 and we offer two retreats per year at the Padre Pio Spiritually Centre in Pretoria. Currently we have 20 men partaking in the Camino de Santiago in Spain. We have always looked for a Camino to do here in South Africa and we would love to get in touch and discuss how we can get involved in this Camino. We also have a few Priests that are our Spiritual Directors. Arch Bishop William Slattery from Pretoria has accepted our ministry as important in the church."*

The APTT Association can't possibly organise all the trails themselves **so we are encouraging schools, clubs, churches and religious groups to organise their own group trails with our help**. Our September 2018 and March 2019 groups are fully booked and we have waiting lists for both of them. We are thrilled that Fr Ignatius has given Fr Paul from Centocow Mission permission to walk with the September group for 6 days. Are there any other volunteers from Priests willing to join a group on the Abbot Pfanner Trappist Trail? It is an amazing experience to walk in the footsteps of the founders and builders of the Trappist Missions.

Don't forget that we have a 30 minute DVD of the first APT Trail, beautifully filmed including interviews with the Bishops, priests, walkers and local people. R100 from the APTTA.

Sylvia Nilsen is offering to lead a Slow walk of approx 10 km per day from 4 – 12 October for those who might not be able to hike 20+km per day.

Until next time,

Syl Nilsen, APTTA Secretary - 031 2672059 - 083 4748086

<http://abbotpfannertrappisttrail.weebly.com/>

<http://www.amawalkerscamino.com/abbot-pfanner-trappist-trail.html>

<https://www.facebook.com/groups/344578699304372/?ref=bookmarks>



Contact the APTTA group to coordinate lodging, trail guides for security and whatever other logistics would be involved, before organising your own trail, should you wish to do so.

## CLASSIFIEDS

Sometimes we find out things that could be useful to fellow hikers such as places to buy reasonably priced hiking goods or were to get good service. Please feel free to share your own bits of useful information here.



**Hi-Tec** has recently opened a new store at the Cornubia shopping mall in Umhlanga, and are offering Durban Ramblers members a 20% discount off all their full price Hiking boots and merchandise at this store. Please have your membership card handy as proof of membership to qualify for these discounts.

[T: 0310003010](tel:0310003010)

[E: cornubia@hi-tec.co.za](mailto:cornubia@hi-tec.co.za)

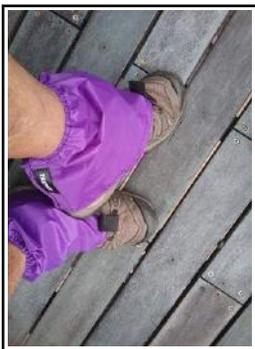
Shop U35 (upper level), Cornubia Shopping Mall,  
Corner Dube Street & Cornubia boulevard, Umhlanga

Trading hours Monday-Friday 09.00-18.00

Saturdays 09.00-17.00

Sundays 09.00-15.00

Public Holidays 09.00-15.00



Roseanne Dix loves her new purple gaiters. We will see you coming from a distance now Rose!

Gaiters are available in a variety of colours at R85 a pair.

[www.trippersports.com](http://www.trippersports.com)

*And that is it from me, Ilona, for now. If you have a story you would like to share, please send it to me. Let's have some more adventures and make some more histories in the next few months.*