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THE OFFICIAL MAGAZINE OF THE DURBAN RAMBLERS HIKING CLUB

4TH QUARTER: OCTOBER TO DECEMBER: 2018

CHAIRMAN'S RAMBLINGS

One topic that has been on our minds is our safety on the hikes. After the incident in the Burman Bush area, we all feel somewhat apprehensive. The problem seems to be a crippling shortage of staff in the KZN nature reserves. Belonging to a club with organised hikes means that mostly we hike in groups. The more hikers in the group the better the security. That is reason enough to invite friends and fellow hikers to join in group activities which our club provides.

It is the last quarter of the year, and a year-end party has been organised. Let us all join in the fun. I thank Ilona for the work she has done in putting it all together.

The grading of hikes is very difficult to get right. Firstly when graded by a beginner it would be very different to the grading given by a seasoned hiker. Grading of trails is subjective and depends on fitness level, health, age, mental attitude and then the external factors such as weather, type of terrain and trail conditions. In the Cape they use a GREEN Flag system where on a scale of 1 to 10 the amount of Energy (calories) exerted on the hike is used. Then exposure is noted by Level; A is Flat, B medium Terrain, C Steep with cliff edges. Difficulty level has 4 descriptions - 1 for a walk, 2 for a scramble, 3 for a climb, 4 for Rock Climbing. Another way of grading is based on the pace during a hike, the slower the more strenuous. Average pace would be 2.4 km per hour, Moderate pace 2.2 km per hour, Moderate strenuous 2.0 km per hour and very strenuous 1.8 km per hour. It is all confusing and that is why, in our grading system, our programme indicates the length of a hike + a one word description of the hike which gives an indication of its difficulty level e.g. vertigo warning. If unsure of the type of terrain and other questions then phone the hike leader prior to joining the hike and discuss your concerns.

On the Facebook front it seems we have approximately 300 visitors weekly to our page, and 1.32 K likes!

Hiking is fun, keep it that way.

Werner.

EDITOR'S NOTE

The end of the year is nigh, but never fear, the venue for the celebration thereof has been booked. Please see attached invitation for details. It has been and continues to be a year of adventure and magic.

Ilona

COMMITTEE MEMBERS

Chairman	Werner Vanslebrouck	084 206 7836	031 767 2969	werner.v@iafrica.com
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Weekend Organiser	Biff Maggs	082 609 9684		Biffmaggs101@gmail.com
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Ordinary Member	Jenny Rooks	084 952 0622	031 303 5828	jen0212sa@gmail.com
Magazine	Ilona Lamprecht	076 912 9829		ilona.tangodreams@gmail.com
Website Organiser	Abdullah Dada	084 478 6779	031 269 1921	dada@greenit.co.za

MEMBER NEWS

NEW MEMBERS:

Please give a warm welcome to our new Ramblers:

We have eight new members:

- Sylvia Martinson
- Christine Noel
- Khosi Gumede
- Deborah Wheatley
- Jabulisile Mhlanga
- Sherwin Ramiah
- Dave Lazarow
- Stephen Goddard

And one new couple:

- Jeremy Grest and Judith Shier, who were on the Trappist Trail with some of us in March.

PAST MEMBERS:

Our condolences to Margot Barraclough whose husband, Trevor, died peacefully after being hospitalised during July and August. Margot hikes on Saturdays and Wednesdays. As a couple they camped a few times on Rambler weekends. Trevor was a gentle Yorkshireman who enjoyed the outdoors and a braai, but he did not hike.

We look forward to seeing Margot on the trail very soon.

Ann Olds

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 in full colour, 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.

I know a number of you have been on interesting adventures recently, we would love to read about them. Please, don't be shy, let us have your story.

WEBSITE:

The website (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. Biff has done a great job getting them up to date.

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 1st 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 don't have the facilities to do this from home, you can scan and send from your nearest PostNet. If you have completed three hikes and want to continue hiking with us, please do so as a member of our wonderful group, then we don't need to hassle you to sign the indemnity form for each hike.

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 - 3RD QUARTER 2018						
Date	DRHC	PUB HOL	Hikers (Wed)	Hikers (Sat)	Hikers (Sun)	Hike
Sunday, June 24, 2018	R 170				R 280	Mzinyathi Falls
Sunday, July 01, 2018					R 510	Hilton College Conservancy
Saturday, August 04, 2018				R 340		Palmiet Nature Reserve
Thursday, August 09, 2018		R 945				Shongweni, Spirit of Adventure
Saturday, August 11, 2018				R 600		SPCA, Kloof
Sunday, August 12, 2018	R 380				R 120	Table Mountain KZN
Saturday, August 18, 2018				R 320		Infinite Adventure, Botha's Hill
Monday, September 24, 2018		*				Springside Nature Reserve
Total	R 550	R 945	R 0	R 1,260	R 910	R 3,665

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 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.

SAFE HIKING IN HOT WEATHER

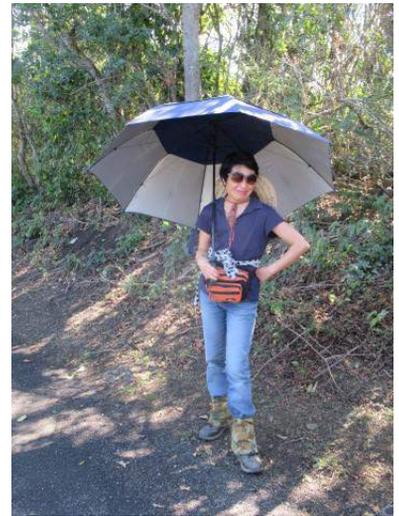
Spring is here and summer is not far to follow. Here in Durban we have not only the heat to deal with, but also the humidity. Here are some tips, adapted from: <https://www.thoughtco.com/safe-hiking-in-hot-weather-1766180>, on how to cope with the heat while enjoying walking in our own environment. The more you take care of yourself the better others can support should the need arise.

Desert hikers aren't the only ones who have to deal with hot weather in summer. Take precautions to prevent dehydration and heat-related illnesses when you hike on hot days. © Matt Jaffe, 2011 Updated June 28, 2017

Planning Ahead

- *Pay attention to weather forecasts. Sites like <https://www.yr.no/> let you check forecasts by location. The site offers hourly temperature predictions for the current day and every three hours for the following day.*
- *Don't be overly ambitious. A hot day isn't the best time to finally do those 16 kilometres with 60 to 100 metres of climbing. If you're intent on getting out, scale back your expectations and save the tough trails for another day. Start with the Saturday hikes. In Durban we have many of these situations in Giba Gorge, Krantskloof Gorge, where we also need to deal with the issue of no wind in the gorge itself. That little bit of wind makes such a difference.*
- *Choose the right hike. If you live in an area with topographical variation, look for higher elevation trails. Hikes along the coasts or other large bodies of water, such as Inanda Dam, Shongweni Dam, will also be cooler than inland trails.*
- *Hike early in the day. Temperatures can easily be 20-25 degrees cooler in the morning than in the afternoon. The day will cool off toward sunset but temperatures will still be much hotter than in morning. Now you know why some of our hikes are scheduled to start so early.*

- *Avoid the most intense sun. Direct sun will increase heat-related stresses and the risk of sunburn. Try to find shaded trails and avoid hiking between 10 and 4. Or bring your own shade along, like Alice does, cool as can be at the end of a long hike.*
- *Keep it loose and light. When it comes to clothing, remember "The Three L's:" Lightweight, loose-fitting, light-coloured.*
- *Wear a hat. A lightweight, light-coloured hat with a broad brim to keep the sun off your face and neck will help you stay cool. Nothing fancy either: You'll want a hat that you're willing to soak with water. There are also many lightweight hiking hats on the market that help block UV rays.*
- *Use (and pack) sunscreen. Exposed, sunburned skin will only make it more difficult for your body to stay cool.*



Hydration

- *On hot days, your body can lose large amounts of water through perspiration. The general rule is that you can sweat roughly a litre of water every hour—and even more when hiking uphill or in direct sunlight. Hiking at higher altitudes will also accelerate the loss of body fluids. In arid climates, you may not even notice how much you're sweating because of rapid rates of evaporation. And as you perspire, you also lose vital minerals from your system.*
- *Proper hydration is essential to the health of the body's organs, including the brain. Dehydration can lead to impaired brain functioning, which then results in confusion and impaired judgement. Blood can also thicken, forcing the heart to work harder.*
- *Start the hydration process before you go out. Begin to hydrate a couple of hours before you hit the trail. Coleen has passed on this **recipe** that she and a number of our members drink before leaving home: 1 litre of water, 1 tablespoon sugar, 1 teaspoon salt, 1/4 tsp sodium bicarbonate., Add Oros orange/lemon to taste if preferred.*
- *Pay attention to your body. Don't ration water. If you are thirsty, drink. When you're halfway through your water supply, it's time to turn around.*
- *Drink frequently. Instead of guzzling a bunch of water all at once, take smaller and more frequent drinks of water.*
- *No, beer doesn't count. Alcohol can speed up dehydration because it's a diuretic. So will caffeine-laden energy drinks. Sorry Alastair.*
- *Check your urine. If you're properly hydrated, you should be able to produce a large amount of light-coloured, clear urine. If the urine appears dark and concentrated, you may be dehydrated. There you go, Margie.*

Preventing Hyponatremia

Yes, you can drink too much water. A condition called hyponatremia can occur when hikers drink large amounts of water without replenishing electrolytes. That can cause blood sodium levels to plunge because too much salt ends up getting sweated out of the body. Hyponatremia is a potentially serious condition that can lead to seizures.

- *Replenish With Electrolytes or Rehidrat. In addition to restoring fluids, you need to maintain your body's proper levels of sodium, magnesium, and potassium. Salt residue on your clothing or the inside of your hat is a possible warning sign of hyponatremia. So as you rehydrate, alternate water intake with consumption of fluids with electrolytes, such as sports drinks.*
- *Eat snacks with salt. Salt in foods can help restore sodium levels in the bloodstream. So in addition to drinking plenty of fluids on hot days, be sure to snack frequently on foods with salt, such as nuts, pretzels, and trail mix.*

Preventing Heat Exhaustion and Heat Stroke

Hot conditions can overwhelm the body's cooling mechanisms. Heat exhaustion results from a combination of high body temperature and dehydration. It can lead to heat stroke, which is potentially fatal.

In the event of heat stroke, it's critical that you lower the victim's body temperature by immersing or keeping the person wet to increase evaporative cooling. The victim needs hospital treatment as soon as possible but shouldn't be allowed to try and hike out on his or her own.

- *Take breaks. Forget about setting any personal bests. Stop more frequently and for longer durations than you would on a cooler day.*
- *Look for shade. Get out of the sun as much as you can, both on breaks and on the trail. Especially when the sun is lower in the sky, portions of the trail may be shaded by trees or slopes.*

In the case your preventions have not sufficed and you succumb to heat stroke, the Rambler Hiking Club has this advice from 1993, found amongst Phillip Gatenby's stuff. (Thank you Biff for looking after his stuff while he is in Frail Care in Hillcrest.)

HEAT STROKE	TREATMENT
SYMPTOMS	
One or more of the following symptoms may be exhibited:	
<ul style="list-style-type: none">■ Skin usually dry and warm, although in some cases sweating may still occur. Body temperature invariably excessively high (rectal temperature 41°C or more).■ Quarrelsomeness, aggressiveness, hysterical, running about - the patient may act as if he is insane.■ Spasms of the limb muscles like shivering - this may be mistaken for a "fit".■ Vacant staring of the eyes - the pupils are dilated.■ Loss of control over bladder and bowels.■ Collapse and unconsciousness.	<ul style="list-style-type: none">■ Start treatment immediately. Remove all the patient's clothing and let him lie down in the shade.■ Keep his naked body wet by splashing water onto him by hand and gently rubbing it over his skin. Use water sparingly and do not spray water directly onto him from a hose.■ Fan the body vigorously and continuously. Temporarily stop splashing water onto him when goose pimples are noticed.■ Give small amounts of water to drink occasionally if the patient is conscious.■ Apply artificial respiration if breathing fails.■ Continue cooling until a doctor has taken over or until the rectal temperature has dropped to 38°C, even during evacuation of the patient.■ It is vital to get the patient to a doctor within 15 to 20 minutes.■ Full details about the preceding physical activity, condition of the patient and the treatment rendered should be given to the doctor.
REMEMBER - WHEN IN DOUBT TREAT AS FOR HEATSTROKE I.E. PROMPTLY COOL THE PATIENT WITH WATER AND FANNING.	It must be emphasised that the purpose of using water is to keep the skin wet, so that the patient is cooled by evaporation with the aid of fanning.

FIXTURES

WEEKENDS AWAY: Organised by Biff Maggs

SUNGUBALA ECO LODGE, Spring time in the Berg, by Tina Regnard (with help from John with place names) photos by Jill Dunstone and Ilona Lamprecht

On Friday, 31 August 2018, the Sungubala Eco Camp welcomed 17 city-weary Durban Ramblers' into its tranquil fold. The well-equipped camp is nestled below Sungubala Mountain, with the peaks Hlolela and Sungubala (7000ft) providing an incredibly beautiful backdrop. The name, Sungubala, means "difficulties to overcome" in isiZulu.



Sungubala is owned and managed by the Carte family, who also own Cavern Properties. The

Carte family have owned the Cavern for 75 years. Apparently it all started with a letter from Bill Carte to Ruth; "Ruth, my darling, I plea as never before: Put your faith in me, marry me and be my mate in building up a home and a farm second-to-none in South Africa." The rest, as the saying goes, is history.

Friday afternoon the hikers set off with Simon (the guide) in the lead, exploring the lower slopes surrounding the camp. Along the way Simon pointed out the interesting sculpture of the Silent Woman, by Willie Chalmers.

According to The Cavern website, Willie Chalmers arrived in the area in the 1950, a pacifist who avoided WW2 by walking from the Cape to Natal, where he intended to study Bushman art. He started carving instead, often at frenetic speed, sometimes for long periods without rest. He kept no records, so not all his sculptures are known.

Every so often a new one is found.

The weather in the Berg was surprisingly warm. In the evenings the majority of us sat around the campfire in just our shorts and t-shirts. Friday evening quiz-master Coleen, pummelled our brains with general knowledge questions designed to improve our IQ levels. It was short lived though, as the alcohol levels soon rose too high and made our brains foggy. It did provide for many laughs at the crazy answers that were tossed around.

We were fortunate enough to have Peter Carte, Godfrey(the guide) and Gusto, Peter's lively Springer



Simon and Christine



The Silent Woman



Sungubuala Chill Out

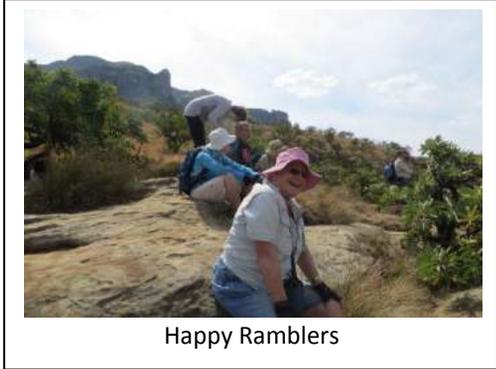
spaniel accompany us on Saturday for what turned out to be a hike for some and an '8 hour trek' for others. Our path took us around the back of the camp, to Bishop's Nxaba (bellybutton), which turned out to be a rock pool. We had our first tea break at the rock pool before the group split up. Peter's group chose the more leisurely route back to Sungubala Camp, whereas Bongani's group made their way up Sungubala Pass. Although the climb was pretty challenging, the beautiful views of the



Peter and Gusto

mountains and valleys from the top were extremely rewarding.

Once we reached the top of the mountain we could see part of the Free State to the left, with the Metsi Matso Dam in the far distance.

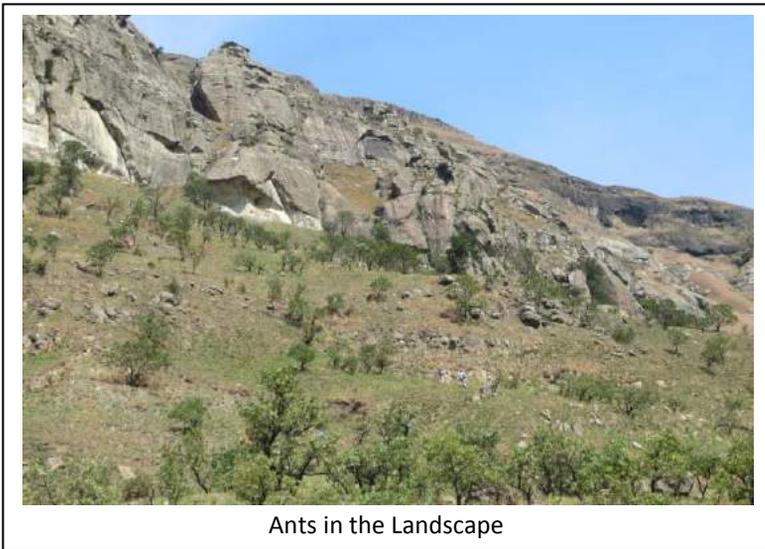


Happy Ramblers

By now the wind had started to blow, raising concerns of a possible change in the weather as it was well after 2 pm at that stage. Because the hike up the pass had taken longer than planned we were running behind schedule. We

eventually reached the descent route but the path turned out to be trickier than expected. This, combined with the strong wind, forced us to ask Godfrey to use that miracle of modern telecoms:

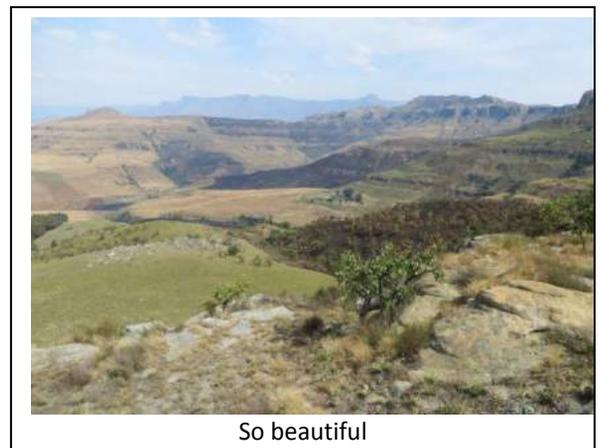
the cellphone. After consulting with Peter the group opted for the only practical alternative: a walk-out down Stony Pass ... where shoeless-knight-in-shiny-armour arrived ...Shaun from Green Fire Eco Lodge. He just happened to be hiking down Stony Pass with several of his clients when Peter contacted him and asked him to keep an eye open for us, Shaun guided us down the pass to where Peter and his son were waiting in two vehicles to drive us back on the meandering, 10 km 4x4 route to Sungubala.



Ants in the Landscape

We were all pretty relieved to be back in camp after spending 8 hours up in the mountains. A thousand thanks to Peter for the rescue operation. The talk around the campfire on Saturday evening was a lot quieter than the previous night and everyone went to bed early.

We opted for a less challenging hike on Sunday morning and I am pretty sure Godfrey was more than happy to oblige! He took us through grasslands that were black from controlled burns to the lush green Fern Forest with its many interesting trees and plants.



So beautiful

John Constable spent many happy holidays in this part of the world and he could still recite the names of the surrounding peaks: Sugar Loaf, Echo Cave, Cannibal Caves (where people sought refuge from King Shaka), Camel's Back, Surprise Ridge and the Amphitheatre.

Fortunately we didn't have to rush back to camp to pack up and go. We all enjoyed a leisurely lunch, said our goodbyes to the efficient staff members, Godfrey and Simon, who guided us and managed the camp and washed our dishes. My only regret.... the weekend was far too short.

Many thanks to Biff, our weekend organiser, for another really great away trip.. And to Rob, for organising the braai fires.

UPCOMING WEEKENDS AWAY:

PLEASE PLAN AHEAD FOR WEEKENDS. THE VENUES NEED NUMBERS IN GOOD TIME

Korong Valley Guest House: Friday 16th, out Sunday 18th November.

You can take an extra day if you want. Just pay more and stay Sunday night.

This is a farm near Ixopo. Website www.korongovalley.co.za

Plenty of camping available. Very basic kitchen. Just a counter to prepare food on and a sink. Take own skottles etc R150 pppn. (those of us in accommodation will have fridges, so we can give you space.

All rooms are very well appointed.

They have SELF CATERING options – kitchenettes and ensuite

- Crane Cottage – FULLY BOOKED
- 4 X Stable units – FULLY BOOKED
- Unit 13 One bedroom with mini kitchen and bathroom en suite – double R850 per night single R600 per night

OR B&B options – no kitchen

- 3 x log cabins – 2 x twin beds – en-suite – R800 double R500 single pppn but buy food at restaurant or use camping kitchen

- One log cabin with double bed en-suite shower– R800 for double or R500 single
- Small single room backpacker style using camping ablutions – double R500 for unit per night, single R300 .

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.

Sue has arranged for the two gauge train to take us from Stainton Station (walk there from Korongo – one km) to Carisbrooke Station and then a guide will bring us back. Train is R100 per person and guide TBA on price. We pay the train driver on the day.

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 and payment by **end September.**

JANUARY WEEKEND AWAY TBA

LOOKING AHEAD TO EASTER 2019 – THESE VENUES GET BOOKED UP EARLY.

Silverstreams April 19 to 22. – near Underberg www.silverstreams.co.za. Steve Verryne to lead.

- Camping R550 for one site which will accommodate 4 people and 2 vehicles. Power available. (R137.50 pppn)
- Caravan Log cabins –R650 per night sleep 4 (R162.50 pppn). Own bedding and use campers ablutions
- Chalet – R1100.00 for 4 people.(R275 pppn) 2 bedrooms, one double bedded, one twin bedded . Own towels.
- Cottage – R2600 per night – 8 people (R325.00 pppn) 4 bedrooms, 3 bathrooms . Own towels, serviced daily and DSTV.

Please indicate to Biff whether you are interested and in what accommodation (preferably by **end October**) so we can do a provisional booking asap.

Biff Maggs – Weekend organiser biffmaggs101@gmail.com or 082 609 9684 – uses WhatsApp.

THIS JUST IN: Keith from Midlands Hiking Club has been kind enough to extend our members not only an invite to his day hikes, but also to their weekends away, including New Year. You can view their schedule on their website: <http://www.gohiking.co.za/>

WEDNESDAY MORNING HIKES: Organised by Coleen Seath.

As Ramblers have grown older over the years, the early friendships have also just grown older! Wednesday Ramblers are essentially old friends who are retiring from full time employment and have more time and leisure to enjoy their common hobby: Walking and hiking in the countryside. The weekends away also reflect these long time friendships, bonding over chats around an evening braai fire, or happy drinks around a fire pit. Like a large family we can chaff and tease without offence being taken, we can help each other out if needed; and of course we have loads of fun and enjoyment in each other's company. Walking holidays are undertaken, adventures had, ideas exchanged and advice given. All in all Wednesday Ramblers are a unique and caring group of friends.

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 is also 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 4TH QUARTER 2018

check on Facebook for changes

Once again the usual suspects stepped up to fill in the blanks on the hiking schedule, thank you Margie and Jon. Please support leaders stepping up for the first time since I've been editing this magazine, well done for taking the challenge Arthur and Alastair. Some interesting new hikes and activities to look forward to. Read on for further details.

DATE	DESCRIPTION OF HIKE	LEADER	GRADE
Sat 6 Oct	Porcupine and Mpithi Falls, Krantzkloof Nat. Res. Kloof.	Ann	Grade 2
	Meet in main picnic site, Kloof Falls Rd, Kloof, at 13.45, entrance R30.00. Some shade along river, and some open grassland above Mpithi Falls. Along Longshadow Trail, cross river and explore Porcupine Falls. BYO sundowners for in the reserve. Gate closes 18.00.	083 666 5630	6 km moderate
Sun 7 Oct	Peacevale Meander	Jon	Grade 3
	Meet Union Main, Pinetown at 8.00 or Intaba View, Drummond, at 08.30. Don't ask where, just Google it. Not been walked for a while so could have changed – come prepared! Drinks at Drum & Bell afterwards (if it still exists). Petrol sharing R20.	082 459 1552	About 15 km
Sat 13 Oct	Winston Park, into Stockville Valley.	Werner	Grade 3
	Meet at Gillitts Post Office, York Rd, at 13.45. Walk through Winston Park to private property entrance to Conservancy in Stockville Valley. Steep walk down into and out of valley. Drinks in piazza where cars are parked.	084 206 7836	Strenuous 7+ km
Sun 14 Oct	Eston	Margie	Grade 3
	Drive in convoy to farm near Tala game reserve for a hike over rolling hills of indigenous bush, cane and grasslands. Meet Union Main Centre, Pinetown to leave promptly at 07.30, or at the Cato Ridge offramp at 07.50. Approx R50 petrol sharing	073 437 6915	14 km
Sat 20 Oct	Historical Hillary	Arthur	Grade 1
	Meet at 13.45 in parking space adjacent to Hillary Bowling Club and Hillary Primary School in Stella Rd off Sarnia Rd. Enjoy some of "old Durban" as we walk through various parks and along streets of Malvern. Circular route.	083 482 3590	Easy 6 km.
Sun 21 Oct	'Toti Golf Course to 'Toti Beach - clean-up hike	Jill	Grade 1
	Meet at Toti Golf Course parking area (2nd Prospecton turn-off, after the Toyota factory). Come armed with black rubbish bags to be filled with plastic rubbish as you hike along the beach to the Thirsty Whale at Toti Beach for drinks / brunch. Walk back along the beach afterwards. Depart Glenwood shopping centre 08.30 or meet at the golf course 09.00	084 7800 818	7 km beach each way

DATE	DESCRIPTION OF HIKE	LEADER	GRADE
Sat 27 Oct	Sibaya	Jon	Grade 1
	Parking at Sibaya, near the parking entrance, by 13.45. Hike over rolling hills, not all sugar cane. Options for drinks at Sibaya afterwards.	082 459 1552	Easy 8 km
Sun 28 Oct	Mitchell Park to Point	Alaistair	Grade 2
	Walk through Durban, stopping for coffee and snacks along the way. Meet at Mitchell Park (Nimmo Road parking) at 07.30	082 675 7730	22 km
Sat 3 Nov	NuDriving Range(Hillcrest) to MacIntosh Falls	Werner	Grade 3+
	Meet at NuDriving Range, left off M13 at exit 31 opposite Plantations Estate, at 13.45. Parking R20. per car. Please park away from entrance to Driving Range (golfers privilege). Hike through farmland to top of MacIntosh Falls, scramble to bottom of Falls. Steep climb up again.	084 206 7836	6 km
Sun 4 Nov	Mt Moreland	Jon	surprise
	Join Jon as he explores new routes around Mt Moreland. He has never been on some of them, so come prepared! Meet Virginia Airport for 0730 departure or Mt Moreland village green for 0800. BYO drinks and snacks to celebrate safe return afterwards. Petrol sharing R15.	082 459 1522	
Sat 10 Nov	Summerveld – Shongweni Circuit (cancelled in June)	Jon	Grade 2 easy,
	From M13 take exit 33, left and first right into Cliffdale, then left into Hawkstone, right into Summerhill Rd. Park at Summerveld Lodge, behind Pub. Meet at 13.45. Trail along “horse-country” roads and grasslands. Drinks at Lodge afterwards.	082 459 1522	8 km One steep hill. Vertigo warning.
Sun 11 Nov	Umgeni Valley Nature Reserve, Howick	Keith Ashton	Grade 2
	Lovely views, plenty of game and bird life. Email only to Keith to confirm attendance and get details of time etc. R30pp	keimarg@iun capped.co.za	15 km
Sat 17 Nov	Hillcrest Rail and Springside Nature Reserve	Sue	Grade 2, easy,
	Meet at Station Masters’ Arms, Inanda Rd, Hillcrest at 13.45. Donation R20. Walk along “reclaimed” railway, through Hillcrest, over grassland, and into Springside Nature Reserve. Drinks at Station Masters’ Arms.	079 980 0488	8 km
Sun 18 Nov	Beachwood Mangroves, river & beach	Philip Collyer	Grade 2
	Meet at the Pick’n Pay Hyper, Durban North, at 08.00. Walk through the Beachwood Mangrove Reserve and along the river and across the beach. Donation of R30 pp towards the Reserve. Bring cozzies if you want to swim	082 417 0204	12 km
Sat 24 Nov	Virginia Bush, Durban North	Ilona	Grade 2
	Meet at 13.45 at Virginia Airport. Walk through Virginia Bush to enjoy old dune forest vegetation and birdsong. Ilona makes good use of many paths, twists and circuits in several parts of Virginia Bush. A gentle beach walk before drinks at the Wings Club at Virginia Airport. Forest, Beach and aeroplanes, even a helicopter or two, makes for an interesting afternoon.	076 912 9829	8 km
Sun 25 Nov	Ballito to Salt Rock	Margie	Grade 1
	Beach hike with tidal pools and rocky outcrops from Ballito to Salt Rock. Return same route or through the suburbs. Optional lunch/drinks afterwards. Bring costumes for a quick dip. Meet Virginia Airport at 7.30 or Tedder Way, Ballito at 8.00 Petrol sharing R20	073 437 6915	Approx. 14 km

DATE	DESCRIPTION OF HIKE	LEADER	GRADE
Sat 1 Dec	Krantzkloof Nature Reserve surprise!	Ann	Grade 2
	Meet at main picnic site in Kloof Falls Rd, Kloof at 13.45. Entrance R40. Venture on new trail across main falls and up to View Site. Enjoy vistas of Gorge and out to east coast. BYO sundowners to enjoy in picnic site. Gate closes at 18.00	083 666 5630	short
Sun 2 Dec	Ramblers ' Year End Lunch	Ilona	
	See invitation.		
Sat 8 Dec	Honey Trails, Monteseel.	Werner	Grade 3
	Meet at Honey Trails on Old Main Rd. Monteseel at 13.30. On Old Main Rd from Botha's Hill, left at large sign before Monteseel turnoff. Cost R20. Enjoy expansive views on new trails over grassland and through bush. BYO sundowners in gardens afterwards.	084 206 7836	strenuous 8+ km
Sun 9 Dec	Sunday hike / Social		
	Short hike followed by social braai. Details will be sent to all Sunday hike members nearer the time.		
Sat 15 Dec	Giba Gorge to MacIntosh Falls	Werner	Grade 3+
	Meet at Giba Gorge at 13.45. Cost R20. Hike along some steep trails to bottom of MacIntosh Falls and enjoy the cool spray! Refreshments at Giba Centre afterwards.	084 206 7836	strenuous
Sun 16 Dec	Start of the silly season! Sunrise beach walk	Jill	Grade 1
	Time to revive an old Durban Ramblers' tradition of the annual sunrise hike. Park Suncoast Casino to leave from outside the Wimpy at 05.30. Okay, so sun actually rises 04.50 but we'll still witness a beautiful dawn! Walk along the Promenade to the surf club on the Point for drinks / breakfast and then back along the promenade. Home by lunchtime.	084 680 0818	Easy approx. 12 km
Sat 22 Dec	Shongweni polo grounds to dams	Werner	Grade 2, Mod.
	Exit 33 from M13, left, and first right then immediately left in to Shongweni Club. Park to right of main parking by 13.45. R20 per car. Hike on "Park Run" trails, under N3, through cane fields to lower dams. Drinks at Shongweni Club.	084 206 7836	8 km
Sun 23 Dec	No hike scheduled – join Saturday Ramblers		
Sat 29 Dec	Crowned Eagle Conservancy and Iphithi Nat. Res., Gillitts.	Ann	Grade 2, easy,
	Park at Gillitts Post Office, York Rd, Gillitts at 13.45. Donations R30. Reclaimed wetlands in 2 conservancies. Walk down Stockville Rd to Crowned Eagle Conservancy, continue back across M13 to Iphithi Nature Reserve. Drinks in piazza where cars are parked.	083 666 5630	7 km
Sun 30 Dec	No hike scheduled – join Saturday Ramblers		

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.

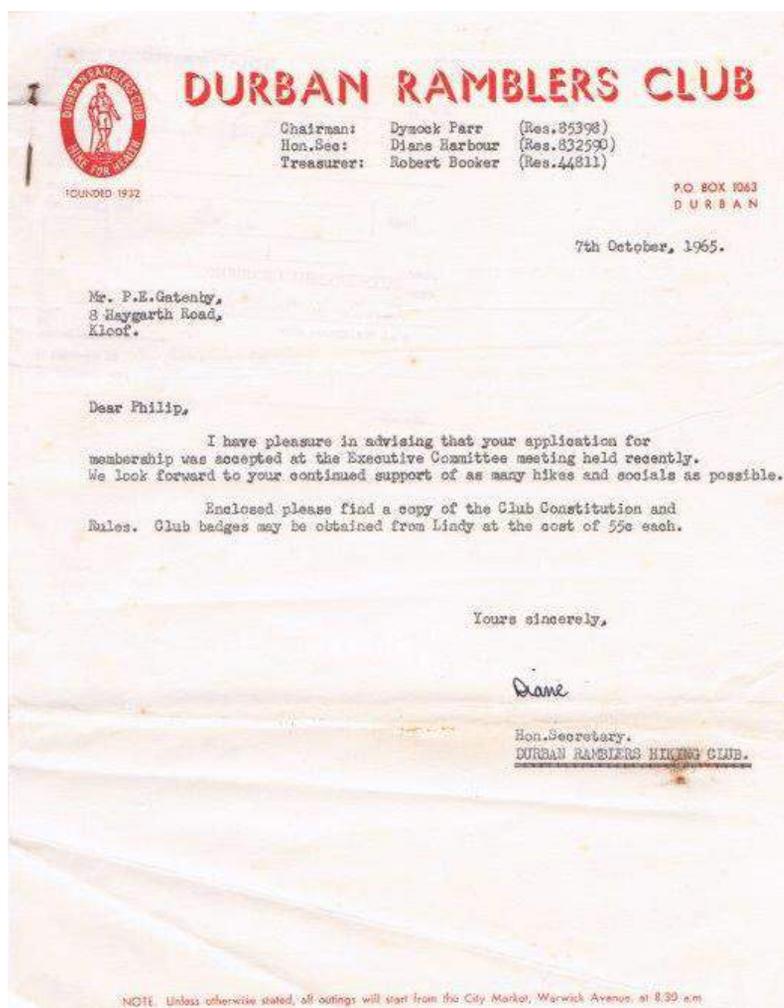
A BIT OF RAMBLERS HISTORY

Phillip Gatenby's acceptance letter into the Ramblers in 1965.

EVENTS TO LOOK OUT FOR IN 2018/2019

Whale Trail.

Neville Lee has done an excellent job organising the bookings and payments for not one, but two groups of Ramblers to go on the Whale Trail this time next year. I for one am looking forward to it.



Abbot Pfanner Trappist Trails Association

By now most of you have heard of the Abbot Pfanner Trappist Trail that a number of us got to pioneer in March. By the time this magazine comes out, Jenny will have led a second group, testing out different routes.

Sylvia has let me know that AmaWalkers Camino will offer a number of local and European trails in 2019.

www.amawalkerscamino.com

- March 22 – 30: 8-night/9-day Abbot Pfanner Trappist Trail in KZN. Group Leader Jenny Rooks
- April 6 – 14 8-night/9- day Abbot Pfanner Trappist Trail in KZN. Group Leader Jon Stevens
- May 4 – 19 16-days Via Francigena, Lucca to Rome, Italy.
- May 24 -9 June: 16-days Camino Frances, St Jean Pied de Port to Santiago de Compostela, Spain.
- June 22–7 July: 16-days Camino Aragones, Lourdes in France to Pamplona in Spain.
- July dates TBA: 8 night/9 day Abbot Pfanner Trappist Trail in KZN. Group Leader Jon Stevens
- Sept 6-21:16-days Camino Frances, St Jean Pied de Port to Santiago de Compostela, Spain.

More information about Abbot Francis Pfanner: <https://abbotpfannertrappisttrail.weebly.com/>

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.

SOLE TO SOUL DUIWELSKOP WAGON TRAIL

24 May – 31 May 2019

23 Aug – 30 Aug 2019

Montagu Pass to Wilderness 110 km



Sole to Soul

A number of people have asked me if Elsa is still doing her lovely walks, well the good news is, yes she is.

The year is rapidly drawing to a close. Looking back one wonders where did it all go. Did you lose yourself in all the organising and business of family and life in general...

Now it is sorting out the gift list for the celebrations...

Perhaps time for a change, and put your name on top of the list, and gift yourself with time and a unique forever memory by spending time along a hidden trail...

Nothing beats watching the sunrise on a fresh morning, or singing the sun to bed, and then sitting around a fire with a group of friends, reflecting on today's journey, it does not get better than that, and you are worthy of that experience.

Having walked the Karoo for many years, and being spontaneous to her presence and smiles, I feel that this trail brings forth another feature of the blended landscape from beautifully grey and ochre karoo to the gentleness of wooded areas and stately mountains, our companions and inspiration as we weave our way down towards the coastline, where we are greeted by the mass of the ocean... so very beautifully orchestrated by nature herself, affording those walking this way the opportunity to reflect and yes, to rejoice in the connectedness of all life. While experiencing the history and tales of life on the wagon trail

Outeniqua also means the one who carries honey, and I know that we will all gather much honey in the sweetness of experience and friendships

HIGHLIGHTS

- Karoo landscapes and hospitality
- We walk on gravel roads and jeep tracks
- Farm stays in beautiful appointed cottages and domes.
- One night glamping experience in tents with beds and delicious outdoor hot showers
- Wine and port tasting
- Meeting locals, learning about their history
- Partaking of freshly prepared food of the region under a star spangled karoo sky
- 3 meals a day
- A culinary experience
- Slack packing
- Daily distances of between 18 to 25kms broken into 8 to 10 km stretches
- Visiting three historical churches
- Refreshment and rest stops in the veld
- Fynbos, forests and Knysna louries
- Forest and board walk alongside the amber waters of Ebb and Flow
- Safe parking for vehicles
- Permits and transfers where necessary included
- Complimentary tog bag and apron

Bookings and further enquiries contact Elsa Davids

E-mail riverwoman@telkomsa.net

Cell 072-877-7798

On booking you will receive information regarding gear lists, transport options, and itinerary.



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.

Looking for someone to love them: Almost brand new pair of Keens, size 8.5 (42). Grey & green. Tried them twice, decided not my thing. Yours for R350. Jill Dunstone 084 780 0818





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

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



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

House-sitter available over Christmas

I'm looking to house-sit for 4 to 6 weeks over the December period, so that I can help out an old friend. She, her husband and 3 young children, who now live in New Zealand, are coming home to visit their parents, who live next door to me. It would be very convenient for them to rent my place so they can spend some quality time together over Christmas.

I do have a quiet, obedient Maltese poodle that I would like to bring with me but not essential.

If interested please email me, Anne Wilson on iwow_wilson@yahoo.co.uk. That's written iwow_wilson (underline in the space between).

My friend's holiday dates will be decided when I get back to her.

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.