



## THE OFFICIAL MAGAZINE OF THE DURBAN RAMBLERS HIKING CLUB 4<sup>th</sup> QUARTER : 2024

### **CHAIR'S RAMBLINGS**

How wonderful to live in KZN when our winter is mostly cloudless skies and temperatures in the low 20s – perfect hiking weather! Perhaps I'm spoilt living on the north coast, and perhaps those of our members living "up the hill" find winter a lot cooler than I do apart from the recent heavy snowfalls in the Midlands, which resulted in us all freezing!". But with Spring having started, the weather will be getting warmer, so remember to drink lots of water on the hikes and perhaps carry some "Rehydrate" to assist with treating dehydration.

I was so pleased to hear that some new leaders have put up their hands to lead hikes on Wednesdays and Saturdays. This is great news as leaders are the backbone of the club – without them members would not be able to enjoy the various routes taken on our hikes. So a big "thank you" to all our hike leaders.

As we did last year, each group will be arranging their own year-end functions. As these separate functions arose out of the need for small gatherings during Covid, it has been suggested that in future the Committee should consider arranging "all-inclusive" functions like we had pre-Covid. Perhaps members could give this some thought and pass on any suggestions they may have for next year.

But for now, warm wishes for the up-coming festive season and happy hiking!

Merle

Merle  
Durban Ramblers Chair

## COMMITTEE MEMBERS

Chairman	Merle Mackenzie	082 454 0521	<a href="mailto:merliemac@gmail.com">merliemac@gmail.com</a>
Secretary	Ruth Grantham	082 466 5580	<a href="mailto:Durbanramblers.secretary@gmail.com">Durbanramblers.secretary@gmail.com</a>
Treasurer	Biff Maggs	080 609 9684	<a href="mailto:biffmaggs101@gmail.com">biffmaggs101@gmail.com</a>
Sunday Hike Organiser	Rani Reddy	082 086 5685	<a href="mailto:reddyrani06@gmail.com">reddyrani06@gmail.com</a>
Saturday Hike Organiser	Gil Krauspe	083 759 9199	<a href="mailto:gilkrauspe@yahoo.com">gilkrauspe@yahoo.com</a>
Weekend Organiser	Vacant		
Publicity	Ana Barbosa	083 468 6941	<a href="mailto:durbanramblers.publicity@gmail.com">durbanramblers.publicity@gmail.com</a>
Magazine	Philip Collyer	082 417 0204	<a href="mailto:philipcollyer@gmail.com">philipcollyer@gmail.com</a>
Social Events Organiser	Vacant		
Website Organiser	Abdullah Dada	084 478 6779	<a href="mailto:dada@greenit.co.za">dada@greenit.co.za</a>
Ordinary Member	Navi Naidoo	081 307 9310	<a href="mailto:navinaidoo123@gmail.com">navinaidoo123@gmail.com</a>
Honorary Auditor	Rolf Klein	073 982 4976	<a href="mailto:rolf.klein@telkomsa.net">rolf.klein@telkomsa.net</a>

## HIKING TITBITS

### Training Exercises for Hiking

Keep the following in mind as you train:

- Make the exercises fit your body, not the other way around.
- If something hurts, modify the exercise or skip it; and take extra rest days if you feel the need
- Move at your own pace, going slowly at first. Increase the repetitions or add more resistance or weight as your training progresses.

**Warm up:** Get yourself warmed up by doing a brisk 5- to 10-minute walk. Then follow the guidelines below as you progress through the exercises in this article:

- Inhale during initial exertion, then exhale as you return to the starting position; during faster exercises, simply make sure you breathe regularly.
- Rest for 30 to 45 seconds at the end of each exercise (unless otherwise noted).
- Do each of the exercises below one time in succession, then rest for two minutes and repeat another set of the exercises (if you have time to fit in a third set of exercises, that's even better).

#### Jump Squats

Squats find their way into many exercise plans because they provide an excellent all-around workout for all of the muscles in the lower body and legs—your body's hiking engine. Adding a jump helps further develop power in the lower legs.

#### Props: None

1. Start with your feet shoulder-width apart and then squat down until your thighs are at least parallel with the ground.
2. Keep your chest up, your feet flat and your knees over your toes.
3. As you come up from the squat, push through heels and explode up and jump a few inches off the ground.
4. Land softly and quietly, and immediately go into another squat.

5. Do 15-20 times.

### Hip Roll Exercise

Most of your daypack weight rides on your hips. This exercise works the glutes and other muscles that support the hips to improve their stability and endurance.

#### Props: None

1. Stand on your left leg.
2. Lean your body forward at your hips, keeping back straight and lift your right leg back behind you, slightly off the ground.
3. Rotate (roll) your hip away from your standing foot.
4. Keep your body in a straight plane as you roll your hips back.
5. Repeat 10-15 times on each side.

**Tips and modifications:** If it's too hard to balance, hold onto the back of a chair or keep your toes on the ground.

### Step Up Exercise

Hiking with a pack on involves a seemingly endless amount of stepping up and over things. This exercise builds strength and endurance in your glutes and quad muscles so you can handle whatever obstacles you'll encounter along the trail.

**Props: A stable surface, about 8 inches off the ground.** If you have a training box or an aerobic step at home, you can use that. If not, the bottom step on a flight of stairs can also work.

1. Start with your left foot on the ground and your right foot on top of the step; your right knee will be bent.
2. Step up until you are standing with your right leg nearly straight and you are balanced on top of the step; your left leg should be bent slightly and your left foot poised an inch or so above the step.
3. Pause in a balanced position, then step down, returning your left leg and right foot to the starting position.
4. Do this 15 times; then repeat the exercise 15 times on the other side.

**Tips and modifications:** Adjust the difficulty by finding a higher or lower (stable) surface to step on.

### Heel Down Exercise

To get down after you step on top of boulder or a log, you need to be able to lower your body and pack weight under control. That's key to preventing knee injuries and stumbles. This exercise works your glutes and quad muscles so you have the strength and the balance to do that smoothly and efficiently.

**Props: A stable surface, about 8 inches off the ground.** If you have a training box or an aerobic step at home, you can use that. If not, the bottom step on a flight of stairs can also work.

1. Start by standing on top of a step, balanced on your right foot with your left foot hovering to the side.
2. Lift the toes on your left foot up, then bend your right knee as you slowly lower your left leg until your left heel is barely touching the ground or poised just above it.
3. Power back up with your right leg until you are back to the starting position.
4. Do this 15 times; then repeat the exercise 15 times on the other side.

**Tips and modifications:** Adjust the difficulty by finding a higher or lower (stable) surface to step on.

### Squat Curl Overhead Press Exercise

This exercise combines a squat to work lower body muscles with quickly lifting a moderate amount of weight to build the strength you'll need as you explore the trails and take your daypack on and off throughout the day.

### **Props: A pair of lightweight dumbbells**

1. Stand with feet shoulder-width apart, arms at your side, holding a dumbbell in each hand.
2. Press your hips back and squat down as if you're about to sit on an invisible chair. Try to bring your thighs parallel to the floor.
3. Power back up to a standing position, using your upward momentum to assist you as you curl up and then press the dumbbells overhead with palms facing each other the entire time.
4. Return to starting position and repeat 10-15 times.

**Tips and modifications:** Keep your back and neck in a neutral position; try not to round your shoulders or crane your neck forward throughout this exercise. Also, try not to let your knees go past your toes when you're squatting.

### **Bridge with Hamstring Curl Exercise**

The bridge portion of the exercise engages your core muscles to help improve your balance on the trail. The hamstring curl builds up the glutes and hamstring muscles so they can provide power on uphill sections.

**Props: This exercise requires a medium size exercise ball.** To check for the correct size, sit on it. If the tops of your legs are parallel to the ground, then it's the correct size. If the tops of your legs slope toward your knees, then the ball is too large. (If the tops of your legs slope slightly up toward your knees, the ball size is still fine.)

1. Lie on your back with your arms extended down by your sides, with your legs extended and your heels resting atop the exercise ball.
2. Tighten your glutes and abs as you pull your legs back, rolling the ball toward your butt.
3. Stop when your knees are bent at slightly more than 90 degrees.
4. Extend your legs straight again, rolling the ball away from you.
5. Repeat the sequence 15 times.

**Tips and modifications:** If you struggle to maintain balance as you roll the ball, place your heels slightly farther apart on the ball and move your arms away from your body; increase difficulty by keeping your heels closer together and by moving your arms closer to your body.

### **Side Plank with Leg Raise Exercise**

Planks are a staple of many exercise routines because they help build key core muscles like the obliques, glutes and leg muscles. This plank variation adds a leg raise to build endurance in the muscles that move and support your hips.

### **Props: None**

1. Lie on your right side, supported by your elbow under your shoulder; your right forearm should be perpendicular to your body; your left hand should rest on your left hip, with your left elbow pointing up; your legs and feet should be stacked atop one another.
2. Tighten your core as you raise your hips up into a plank, creating a straight line from your head to feet.
3. Slowly raise your left leg up and slightly back, keeping it straight as you do so. Keep your hips still.
4. Lower your leg and raise it a total of 10 times.
5. Repeat the exercise lying on your left side for 10 more reps.

**Tips and modifications:** Adjust the difficulty by adjusting how high you raise your top leg each time.

### **Hip Clock Exercise**

Many hikers complain of knee fatigue and soreness. This exercise builds strength in the hips, which helps prevent knee issues by giving you better control over your knees.

### **Props: None**

1. Stand with your weight balanced on your left leg and that knee slightly bent.

2. Keep your back straight and weight centered over the standing knee.
3. Imagine that you're at the center of a clock. Lift and extend your right leg, reaching forward toward 12 o'clock.
4. Bring your leg back to the center.
5. Repeat the movements toward the 3, 6, and 9 o'clock positions. As you reach for each position, stay balanced over the standing leg and don't let your hips shift side-to-side.
6. Switch to the other leg and repeat; do 5 to 8 sets on each leg.

**Tips and modifications:** Keep your hips level and push into the ground with your standing foot for balance. Make smaller leg movements if you feel off balance.

Source : [How to Train for Hiking: Tips & Exercises | REI Expert Advice](#) : 2024

### *Special Hike – Mend the Molweni Project*



Upper Highway Trail Marathon (UHTM) has an inspiring new event this year. It's a 10 km walk through the beautiful Everton Conservancy, and the funds raised will generate much needed support for our Mend-the-Molweni (MtM) Project.

Mend-the-Molweni is a team effort by the Kloof, Hillcrest and Everton Conservancies to help clean up our

faithful Molweni River that is dealing with so many challenges at present. We are doing this by addressing the sewerage and other pollutant problems in Hillcrest which all have an effect on the river. A healthy river benefits downstream areas including the ocean.

Ours is a co-operative approach in partnership with eThekweni Municipality and users of the sewer system.

Join us for an adventurous 10km trail walk through Everton Conservancy on Friday 6th December at 3pm.

We'll walk alongside the Molweni River through indigenous forest, go past a beautiful waterfall, scramble up a wooden ladder and see if we can spot some interesting fauna and flora en route.

Walkers need to be at least 10 years old (there is no upper limit 😊 )  
The walk starts at Camp Orchards and costs R250 which includes a goodie bag and finisher's gift.  
Register online here: <https://www.entryninja.com/events/80501-uhtm-2024>

### HIKING ETIQUETTE

A reminder of these few simple guidelines:

- **Follow your leader.** It's impolite to get ahead of the leader – he/she/it is called a **leader** for a reason!
- **Be Aware of your fellow hikers.** Keep an eye on the hiker behind you. If the gap is getting too wide, let the leader know so they the trailers can be given a chance to catch up. By the same token, don't lose sight of the hiker in front of you – attract their attention if you're falling behind.
- **Communicate.** If you want to leave the hike for any reason, make sure the leader knows and that it's safe to leave the group at that particular point.
- **Remember Your Manners.** Be kind, courteous and respectful. Don't hesitate to say hello and smile as you pass by a fellow hiker!
- **Respect the Peace and Quiet.** Keep noise to a minimum. Most people on the trail are looking to experience nature and its natural sounds, or lack thereof. Make sure your cell phone is on silent, and refrain from talking loudly or yelling amongst your group.
- **Absolutely no littering.** This includes orange peel, apple core and banana skin. While they are biodegradable, this is still littering and they are not good for wildlife.
- **Stay on the Path.** If you don't, you could get lost and/or encounter dangerous terrain. Plus, leaving designated pathways causes damage to the environment such as destroying vegetation, erosion and degrading soil quality.
- **Don't Disturb Plants.** Hikers should not pick or remove vegetation.
- **Cell Phones:** Take some time out from your cell phone calls, emergencies only.
- **Booking :** It is essential to book for all hikes, this allows leaders to plan for their hike and ensure that a hike is not oversubscribed.

**For our Hike Leaders:** Hike leaders are volunteers, we are a social club, please easily follow their lead and direction (unless it is clearly the wrong direction!).

## MEMBER NEWS

### NEW MEMBERS:

Visitors are permitted to join Saturday and Sunday hikes, subject to limiting numbers in the group to a maximum of 30, but this is always at the discretion of hike leaders. Once visitors have done their three hikes, they may apply for membership and pay the required fees. It is important to state your name as a reference when doing the EFT payment.

We are pleased to welcome the following new members:

Amanda Leeson  
James Leeson  
Ashok Ramsoonder  
Pragashnie Naidoo  
Saleem Suleman  
Suhail Suleman  
Naadira Limalia  
Amy Hawthorn  
Phatheka Ntaba  
Lynda Longworth  
Sharon Van Heerden  
Zarina Ally  
Mandy Watson  
Yazdaan Chan  
Lizelle D'Almeida Rodwell  
Rajeshree Moodley

We wish you many happy years of rambling with the Club.

## CONGRATULATIONS

### INFORMATION

#### MAGAZINE:

The magazine is distributed via email using [durbanramblers.editor@gmail.com](mailto:durbanramblers.editor@gmail.com) as a sending address. If you know of anyone who has not received the magazine, please ask them to check their SPAM folder.

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

#### 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.

	Wed	Sat	Sun	Name
2024/06/22		750		Honey Trails

2024/06/29		380		Everton conservancy
2024/07/13		120		Camp orchards
2024/07/27		810		Springside Nature Reserve
2024/08/10		900		Morewood
2024/08/14	540			Nkonka Trust
2024/08/21	440			Alverstone nature Reserve
2024/08/31		720		Giba Gorge
2024/09/04	460			SPCA KLOOF
<b>Totals</b>	2100	3680		

### **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 updated information regarding the club, hikes, etc. 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. The website also includes an archive containing lots of history of the Club which was formed way back in 1932

## **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 day pack. 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. Ask a member of the committee for a card holder or a lanyard. Biff Maggs always has available.

**From the Wednesday Hikes:  
29<sup>th</sup> August 2024, Paradise Lost**

On a lovely cool day with a promise of rain in the air, 20 ramblers paid the handsome sum of R13 to enter this urban reserve. Sadly over the years lack of funding, and neglect has reduced this once pristine little gem into a place where nature battles to survive. A war between alien invasives and indigenous is being fought. The Umbilo river, despite being badly polluted with sewage, is still popular with local residents who carry out cleansing rituals under the waterfall. City development and the expansion of our road network has also affected the reserve and the group had to make their way round road and bridge construction. Our leader Rob soon had his flock walking along paths made crunchy with winter leaves, Duiker droppings were plentiful and at the falls delighted birders spied the mountain and the pied wagtail.

Following the sewer line which was on the whole not too "whiffy" we trod the dry path winding in and out of the trees. Mindful of roots, and avoiding being snared by plant tentacles we progressed; some ramblers collecting arty seed pods and dried leaves and of course taking photos.

Back at the picnic area joined by Colin we enjoyed food and companionship.

Rob thank you it was a delightful morning, with plenty of water breaks and no serious hills!

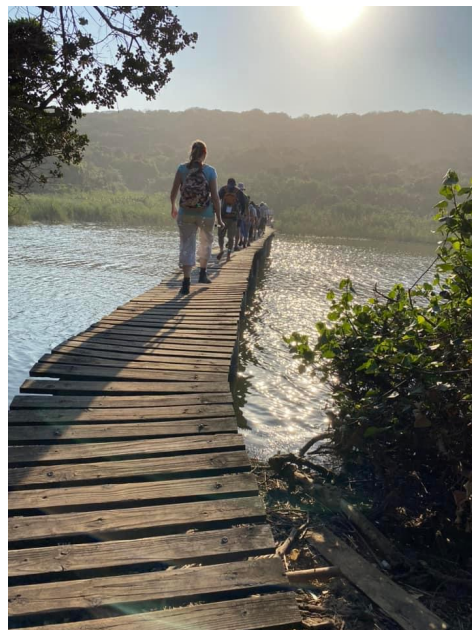
Photos courtesy of Dale, Zarina and Phillipa

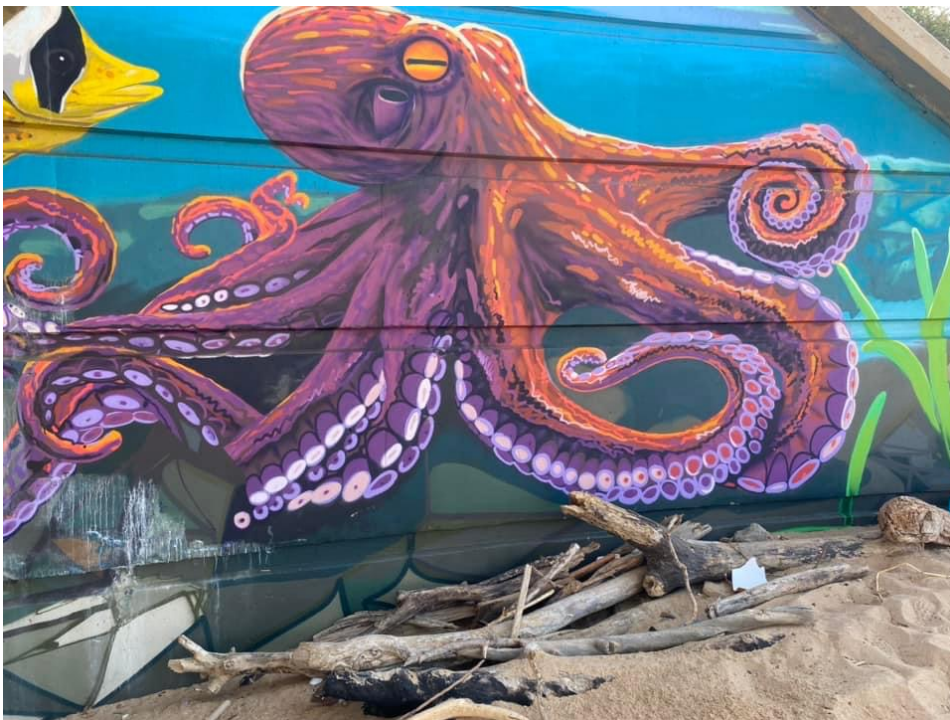




### **Saturday Hike: 17 August, Umhlanga Hike**

Umhlanga turned on all the charm today. A stroll along the promenade with a stop-off to admire Giffy's artwork under the Whalebone pier and the beautiful mosaic work along the pier. At the end of the promenade we made our way across well maintained foot bridges to enter the beauty and peace of the forest - a welcome tea break overlooking the sea and lagoon before making our way back along the same route. A few decided to branch off onto the shoreline which was so enjoyable until we all got knocked by the incoming tide! Thank you Merle for leading us today.





## A Sunday Report : 13 July : Enaleni Farm

A new hike at Enaleni Farm, the hike started off through the farm and down a path to a stream. With a steep climb down and up and onto some road walking before we reached cane-lands. In the cane lands we passed two small dams and then headed back to the farm for lunch!



### **HIKING PROGRAMMES:**

Every week members will be able to book a hike with the hike leader; booking cut off time will be the day before. Numbers on hikes will be limited to a **maximum of 30**, or less subject to discretion of hike leaders.

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

Please check details of the Wednesday Hikes with Coleen Seath on 031 202 2279 / 082 735 7659 (who will coordinate with leaders.)

#### **SATURDAY HIKES (AFTERNOON): Organised by Gil Krauspe.**

- Should you wish to participate in any of the hikes, please phone the leader by no later than Friday evening to book your spot.
- 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, or ask for directions when booking.
- Children are welcome but check suitability of the hike with the leader.
- Please bring at least 1 litre of water each, a snack for half time and a hat.

#### **SUNDAY HIKES (FULL DAY): Organised by Rani Reddy.**

- **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. **You can also check on Facebook which may reflect changes or cancellations.**
- 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 Rehydrate 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 3<sup>rd</sup> QUARTER 2024

(Check Facebook for any changes)

**NB – IT IS IMPORTANT TO NOTE THAT INDIVIDUALS HIKE AT ENTIRELY THEIR OWN RISK. THE CLUB, ITS OFFICERS, HIKE LEADERS AND MEMBERS CANNOT BE HELD LIABLE FOR ANY INJURY/LOSS SUSTAINED BY PARTICIPANTS IN CLUB ACTIVITIES. BOOKING IS ESSENTIAL FOR EACH HIKE**

### HIKING PROGRAMME 4th QUARTER 2024

DATE	DESCRIPTION OF HIKE	LEADER	GRADE
Sat 05 Oct	<b>Marianhill Monastery – R30pp donation:</b>	Divesh Maharaj	
	Meet and park in Monastery Road off Abbot Francis, opposite Tea Garden/Book Shop at 13:45 for a 14:00 start. Explore the monastery precinct and historic buildings and scenic pathways. Book your place through Divesh on 0722353104	<b>072 235 3104</b>	<b>Grade 1, easy, +-7km</b>
Sun 6 Oct	<b>Westville Eco Trail</b>	Steve Phaup	
	Stroll through natural grassland and riverine forest of the Westville Eco Trail. Then venture through the small but beautiful, swamp forest reserve of Jubilee Park. We continue to the nature lovers Portman Park. Both parks have their own charm and offer different experiences. Meet at the entrance to Westville Eco Trail at Westville Country Club, 1 Link Road, Westville. Park near the Eco Trail entrance (next to the bowling greens) at 07:45 to start walking at 08:00. R20 donation to the Conservancy / Eco Trail. WhatsApp to book	<b>083 7997744</b>	<b>Grade 2 ± 16kms</b>
Sat 12 Oct	<b>Vernon Crookes Nature Reserve: R40pp entrance fee to Ezemvelo KZN Wildlife.</b>	Mary McKenzie	
	<b>Please note early starting time:</b> Meet by 8:45am for a 09:00am start. A beautiful hike looking at all the Spring flowers led by an expert in his field – casual walk afterwards admiring the reserve. Please BYO for afterwards before heading back to Durban. Book your place through Gil on 0837599199	<b>083 75 99199</b>	<b>Grade 3, +-10km</b>
Sun 13 Oct	<b>Honey Trails</b>	Abdullah Dada	
	Hike at a privately owned Nature Reserve on Honey Hill. Honey Trails was developed for the public to enjoy this incredibly beautiful natural area. Expansive views, meandering paths through grasslands and forests down into the valley and back up some steep hills. Entrance fee is R20. Meet at Honey Trails (off Old Main Road, Inchanga/ Drummond – opposite Irene Street, Monteseel)	<b>084 478 6779</b>	<b>Grade 2-3 ± 15kms</b>
Sat 19 Oct	<b>Roosfontein:</b>	Ismail Vahed	
	<b>Please note early starting time:</b> Meet outside Westville Prison entrance, off Spine Rd, by 6:15am for a 6:30 start. A good hike over grasslands, with views of the Umbilo River and	<b>083 75 99199</b>	<b>Grade 3, moderate, +-7km</b>

	Queensburgh. Steep walk back to our cars afterwards. Book you place through Gil on 0837599199		
<b>Sun 20 Oct</b>	<b>Monteseel (Drummond)</b>	<b>Philip Collyer</b>	
	Hike will take us along the top areas of Monteseel, down steep areas to Botha's Hill; to the historic railway line. Down the footpaths into the Valley of a Thousand hills to join cattle paths and up the escarpment to the top of Monteseel again. The ascents are steep and the climb is about 300 meters up from the base of the mountain. Although only 10km requires fitness due to the uneven and undulating terrain. R20 donation towards the Monteseel Conservancy. Meet 8 am at the Hacienda.	<b>082 420 9577</b>	<b>Grade 3 ± 10kms</b>
<b>Sat 26 Oct</b>	<b>Assagay Coffee Farm</b>	<b>Jon Stevens</b>	
	Hike from the Assagay Coffee Farm over the rolling hills of the upper Sterkspruit Valley. Meet at the Harrison turnoff on the R103 at 13:45 to drive in convoy to the parking area. Be assured of plenty bundu bashing on this hike! Book your place through Jon on 0824591522	<b>082 459 1522</b>	<b>Grade 3, +8km</b>
<b>Sun 27 Oct</b>	<b>Treasure Beach/ Wessa Conservancy</b>	<b>Divesh Maharaj</b>	
	Walk down to rock pools guided by WESSA and back through dune forest and WESSA Conservancy. R20 for parking and ablution facilities and R20 donation towards WESSA. Meet and park at Transhaven Guesthouse, 51 Treasure Beach Road, Bluff at 7:15 for a 7:30 start	<b>072 235 3104</b>	<b>Grade 2 ± 10kms</b>
<b>Sat 02 Nov</b>	<b>Nkonka Trust R40pp donation</b>	<b>Jenny Rooks</b>	
	From M13, Maytime Centre, to end of Haygarth Rd. Drive down to parking area by 13:45 for 14:00 start. Meander through grasslands with views out to sea and inland towards the Stockville Valley. Moderate difficulty with some short steep inclines. Book your place through Jenny on 084 952 0622	<b>084 952 0622</b>	<b>Grade 3, +8km, not a beginners hike</b>
<b>Sun 3 Nov</b>	<b>Virginia Trails (Eston)</b>	<b>Mthobisi Ndlovu</b>	
	Magnificent setting surrounded by beautiful scenery – high sandstone cliffs, deep valleys, streams and dams. Tracks are for MTB, trail runners and hikers. Entrance R35. Meet 08.00 at Maytime to share cars or go directly to Virginia Trails to start hiking at 09:00. On Google Maps it is Virginia Farm and Trails. Petrol sharing R100. There is a snack bar for sweets and drinks that uses cash or zapper. Booking by WhatsApp with hike leader	<b>073 812 8623</b>	<b>Grade 2-3 ± 20kms</b>
<b>Sat 09 Nov</b>	<b>Monteseel - R30pp donation to conservancy and R10 per car for parking if not staying afterwards.</b>	<b>Philip Collyer</b>	
	Meet and park by 13:45 for a 14:00 start - from Old Main Rd through Bothas Hill, turn right to Monteseel and first left to Hacienda Pub for parking – please park to you right. Enjoy a ramble around Monteseel where we will take in views of the Valley of a 1000 Hills and Hammarsdale to the south.	<b>082 417 0204</b>	<b>Grade 3, moderate, 8km</b>

	Refreshments at the Pub afterwards. Book your place through Philip on 082 417 0204		
<b>Sun 10 Nov</b>	<b>3 Bridges hike</b>	<b>Rani Reddy</b>	
	Route variation. A scenic and enjoyable circular walk, with various landmark Bridges (Blackburn Bridge the Mount Edgecombe interchange and Millenium Bridge) to explore along the way! From Umhlanga, we head towards Blackburn, Cornubia and Mount Edgecombe. Meet at the Crescent Shopping Centre (Top Parking) at 7:00 for a 7:15 start.	082 086 5685	Grade 1-2 Easy ± 10kms
<b>Sat 16 Nov</b>	<b>Everton Conservancy from Everton Park: R30pp donation:</b>	<b>Ann Olds</b>	
	Meet and park by 13:45 for a 14:00 start. Everton Rd. exit from M13, down Everton Rd, right at fork into Pearson Rd, continue then left into Forest View Rd, downhill, across a stream and immediately right into Everton Park. Hike circular route along cliff above Longshadow Gorge, down to river, a few river crossings, steep uphill and ladder to cliff path. BYO for sundowners afterwards. Book your place through Ann on 083 666 5630	<b>083 666 5630</b>	<b>Grade 3, moderate, 7km, vertigo warning.</b>
<b>Sun 17 Nov</b>	<b>Redwood-Virginia Suburb Ramble</b>	<b>Lizelle</b>	
	Details to follow	083 249 8388	Grade 1-2 Easy ± 14kms
<b>Sat 23 Nov</b>	<b>Giba Gorge – R45pp entrance fee</b>	<b>Rob Krogh</b>	
	Meet at Giba Bike Park by 13:45 for a 14:00 start. A circular route starting at the bike park and following the Blue Route contour with a diversion up to the small dam, Refreshments available afterwards or BYO.	<b>083 380 5278</b>	<b>Grade3, +-9km</b>
Sun 24 November	<b>Sunrise Promenade Walk</b>	<b>Navi Naidoo</b>	
	Early morning walk from Suncoast to Blue Lagoon and then up to the Umgeni River Bird Park. Back to Wimpy Suncoast (11km). There will also be an option (for those interested) to walk to Ushaka and Moyo Pier and back to Suncoast (9km). Bring water and snacks. Meet at 06.00 to hike at 06.15 in front of Wimpy Suncoast, on the Promenade. Park inside Suncoast @ R10, or at the Pirates Club.	081 307 9310	Grade 1-Easy ±11/20kms
<b>Sat 30 Nov</b>	<b>Wessa St Monicas, Bluff</b>	<b>Divesh Maharaj</b>	
	Orphanage party – a short hike before our handover of shoeboxes to the children of St Monicas. Further details to follow closer to the time	<b>072 235 3104</b>	<b>Grade 1, 5km</b>
Sun 1 December	<b>Granite Slide Hike (Lower Molweni)</b>	<b>Vanessa Taylor</b>	
	A kloof Conservancy/Green Corridors/1000 Hills CTO joint initiative. Join us for a scenic hike to the magnificent Granite Slide on the Nkutu River in Lower Molweni. The hike initially runs along the Molweni River where there are good birding opportunities, so bring your binoculars. The hike then climbs a steep ridge which separates the Molweni & Nkutu rivers before descending to an absolutely stunning view spot at the	071 851 4005	Grade 3 ± 4 Hours

	Granite Slide. Meet at Philangethemba Campus in Lower Molweni at 7:45 for an 08:00 start. Cost of R80pp. Please book with the hike leader via WhatsApp		
<b>Fri 06 Dec</b>	<b>UHTM 10km Walk</b>		
	<p>Join us for an adventurous 10km trail walk through Everton Conservancy on Friday 6th December at 3pm.</p> <p>We'll walk alongside the Molweni River through indigenous forest, go past a beautiful waterfall, scramble up a wooden ladder and see if we can spot some interesting fauna and flora en route.</p> <p>Walkers need to be at least 10 years old (there is no upper limit 😊 )</p> <p>The walk starts at Camp Orchards and costs R250 which includes a goodie bag and finisher's gift.</p> <p>Register online here: <a href="https://www.entryninja.com/events/80501-uhtm-2024">https://www.entryninja.com/events/80501-uhtm-2024</a></p>		
<b>Sat 07 Dec</b>	<b>Pilgrims Rest – Crestholme – R20pp for Consevancy</b>	<b>Jenny Rooks</b>	
	Please note early starting time. Meet and park at Pilgrims Rest tea garden, 85 River View Drive, Crestholme by 07:15 for 07:30am start. Walk along country roads to Crestholme Conservancy. Enjoy the beautiful view of the Inanda Dam and delicious breakfast at the tea garden afterwards. Book your place through Jenny on 084 952 0622	<b>084 952 0622</b>	<b>Grade 2, easy. 8km</b>
Sun 8 December	<b>Members Only: Alverstone end of year hike and braai:</b>	<b>Jon Stevens</b>	
	Hike over grassland and through riverine forest, up and down some narrow paths. Exit 33 from the M13, right into Kassier Rd, left at the robot opposite Hillcrest Hospital, into Alverstone Rd (D435). BYO drinks and braai to enjoy afterwards. R30pp donation to Alverstone.	0824591522	Grade 3, Moderate, ±7km
<b>Sat 14 Dec</b>	<b>Alverstone end of year braai – members only – R30pp donation.</b>	<b>Rob Krogh</b>	
	Please note early starting time – meet at Park by 12:45 for 13:00 start. Exit 33 from M13, right over M13 into Kassier Rd, left opposite Hillcrest Pvt Hospital and into Alverstone Rd (D435). Hike over grassland and through riverine forest with some game viewing. BYO for end of year social and braai afterwards. Book your place through Rob on 083 380 5278	<b>083 380 5278</b>	<b>Grade 3, +-8km</b>
Sun 15 December	<b>Shongweni to Wekeweke falls</b>	<b>Rob Krogh</b>	
<b>Long Weekend</b>	Circular route from Durban Shongweni Club to the top of Wekeweke falls with a short loop into Summerveld. Drinks at the club afterwards Meet at the Shongweni Polo Club at 7:45 to start walking by 8am. R10 for parking.	073 812 8623	Grade 2-3 ± 17kms
<b>Sat 21 Dec</b>	<b>Enaleni Farm:</b>	<b>Philip Collyer</b>	
	Meet at 13.45 to hike at 14.00. Hike on a farm in Camperdown, get to meet the animals, hike down to a stream through grasslands and a bit of bush, back up past sugar cane to the cottage on the farm for refreshments. Entrance fee R30 pp.	<b>0824170204</b>	<b>Grade 2 7km</b>

<b>Sun 22 Dec</b>	<b>Skeleton Trail (Giba Gorge)</b>	<b>Vanessa Taylor</b>	
	Join us with your adventurous spirit and experience the thrill of the magnificent Skeleton Trail, winding through the beautiful forest and up alongside the cascade. Studded with a few wooden ladders and a rope to assist with the challenging section. Meet at the top carpark on the right at Giba Mountain Bike Park. (1 Ingweni road, Westmead). Entrance fee of R45 must be paid at the gate. Please reserve a spot with the Hike Leader via WhatsApp.	<b>071 851 4005</b>	<b>Grade 2 ± 12 – 13 kms</b>
<b>Sat 28 Dec</b>	<b>Beachfront</b>	<b>Biff Maggs</b>	
	Please note early starting time – meet on the Promenade outside Suncoast Wimpy at 06:15am for a 06:30am start. Parking inside Casino is free and safe. Brisk walk up to Blue Lagoon, up and around the Yacht ponds, before heading back to Tigers Milk for breakfast. Could be hot so please bring enough drinking water, a hat and sunscreen. Book your place through Biff on 082 6099 684	<b>082 6099 684</b>	<b>Grade 1, easy, +-7km</b>
<b>Sun 29 Dec</b>	<b>Stokers to Hillcrest Rail Walk</b>	<b>Jenny Rooks</b>	
	Easy but long walk along a footpath from Kloof Station to Hillcrest Station and with Umgeni Steam Train running on the last Sunday of the month, we might get to meet up with it. Donation R20 to the Kloof Project. Meet 08:00 Kloof Station (Stokers Arms). Please park at the shopping Centre across the road. Book by WhatsApp.	084 952 0622	Grade 2-3; ±18km