

DURBAN RAMBLERS

Hiking Club



P.O. BOX 1063, DURBAN 4000

DECEMBER - JANUARY 1993

NEWSLETTER

VOL. 1 NO 8



COMMITTEE MEMBERS

Chairman	- Bill Hyslop - Tel 701 8996 (Business)
Secretary	- Pam Podmore - Tel 216160 (Residence)
Editor	- Belinda Eisenhauer - Tel 3006223 (Business)
Treasurer	- Irene Coward - Tel 282040 (Residence)
Day Hikes	- Vacant
Berg Hikes	- Vacant
Trails	- Philip Gatenby - Tel 213592 (Residence)
Photographic	- Chris Hayward - Tel 213326 (Residence)
Entertainment	- Marie Gurr - Tel 422041 (Business)
Camp Captain	- Vacant
Ass Member	- Sue Ferguson - Tel 491355 (Business)

2.

<p>RECOMMENDED TRANSPORT FEES FOR BERG HIKE PER PERSON</p> <p>Southern Berg R30.00</p> <p>Central Berg R35.00</p> <p>Northern Berg R40.00</p>	<p>LEADERS WANTED!!!! Please contact CHRIS HAYWARD TEL: (RESIDENCE) 21 3326</p> <p>OR PAM PODMORE TEL: (RESIDENCE) 21 6160</p> <p>If you are prepared to lead any berg hikes.</p>
<p>MEMBERS/NON-MEMBERS</p> <p>Please remember that during weekends away, you cater for yourself - meals are not provided by the Club!!</p> <p>Hikers usually cater for the days away and cannot share with those who have brought no food!!</p> <p>ANNIVERSARY PHOTOS</p> <p>Jumbo sized photos are available of the massed forces of the club gathered at Krantzklouf after the 60th Anniversary Dinner. Price R1.75 each including printing and postage. Please contact Margret Kirsten (Tel: 441467) 54 Orchid Gardens, 8 Dawnlea Road, Malvern, 4093. For your copy.</p>	<p>DAY HIKE DEPARTURE TIMES AND MEETING POINTS</p> <p>DURBAN HIKERS TO MEET AT MUSGRAVE PARK PARKING AREA AT 7:30 A.M.</p> <p>PINETOWN HIKERS TO MEET AT UNION MAIN PARKING AREA AT 8:00 A.M.</p> <p>UNLESS OTHERWISE STATED</p> <p>Please bring exact change to hikes.</p> <p>PLEASE TRY AND BE AT THE MEETING POINTS BEFORE DEPARTURE TIME</p> <p>A REMINDER to carry extra cash as from time to time visits are made to local shops for refreshments during hikes</p>
<p>NOTES FOR NEW HIKERS (and a reminder to others)</p> <ol style="list-style-type: none"> Bring 2 litres of water for drinking and for your share in the communal billy can for tea or coffee - (rated the best cup of the week). Bring a mug and a black bin liner (the latter to double as a rain coat or something to sit on at lunch time). Wear sensible shoes - NOT slops, ballet or high heel shoes. Bring a sun hat and a raincoat. Berg trips require more specialised equipment. Check with the berg hike leader. Please take a spade or trowel on Berg hikes. Don't litter or damage plants. Don't go ahead of the leader - it can result in chaos. Some hikes are more strenuous than others. When in doubt - check with leader concerned. All persons (and that means you!!) taking part in Club activities do so entirely at their own risk and are required to adhere to Club rules and instructions from the leaders. 	

3.

NEW MEMBERS

Durban Ramblers Hiking Club welcomes the following new members: Sonia Ferguson; Lance Dempster. We hope you have a long and happy association with the Club.

ANNUAL GENERAL MEETING NOTICE

1993 AGM to be held on Wednesday 17 February 1993. Location to be advised. Please diarise now!

VOLUNTEERS WANTED FOR 1993 COMMITTEE

Those members interested in joining 1993's Ramblers Hiking Club Committee for the portfolios: Editor; Treasurer; Secretary; Day Hike Leader; Berg Hike Leader etc. are requested to contact the Chairman, Bill Hyslop at 701 8996 (W) prior to the AGM, which is on WEDNESDAY 17 FEBRUARY 1993.

ADVANCED NOTICE**TRANSKEI TRAIL - 7 DAYS OVER EASTER**

Steve Watson 44 3622 after 6 pm - only 5 places still available so don't leave it too late!!!

IMPORTANT MESSAGE

In spite of the weekly reading of the "riot act", some of our members seem to be woefully ignorant of the rudiments of hiking etiquette. Perhaps these are the ones who are always talking during said reading.

When a land owner goes to the trouble to cut zig-zag paths on steep slopes on his land so that we may walk on it without causing undue erosion, the least we can do is to walk on them, and avoid taking short cuts which will cause erosion, even though there be evidence that ignorant slobbs have done so.

I appeal to all members to ensure that they and those around them on hikes conform with this simple request, to ensure our continued good relations with land owners.

When a hike leader makes/gives a legitimate request/instruction it is beholden on members to comply at the first instance and not dispute the issue until tempers are frayed. The hike leader's task is a thankless and rewardless one. He/she does not need to have the day spoilt by inconsiderate people.

Philip Gatenby - Honorary Parks/Forest Officer

CYCLING

Anyone interested in social cycling on quiet country roads on a Saturday afternoon phone Philip Gatenby 21 3592 between 7 & 9 a.m. on the day for a 1pm start. (Advice on purchase of bicycle and repairs at nominal rates part of the service)

4.

POTENTIAL MEMBERS

Persons wishing to join the Club are reminded that they should attend three (3) day hikes or one weekend hike before applying for membership. Please contact committee members if you have any queries.

MEMBERSHIP FEES

Members are reminded of the scale of charges:

INDIVIDUAL MEMBERSHIP
R12.00 PER ANNUM

COUPLES
R15.00 PER ANNUM

COUNTRY MEMBERSHIP
R8.00 PER PERSON PER ANNUM

(Country members covers all those members who reside
no less than 80 km from Durban)

Initial administration fee, payable on application
to the club for membership - R10.00

DEADLINE FOR FEBRUARY - MARCH NEWSLETTER

Please send items of interest, articles etc. to the editor before 13 January 1993. The onus is on the organisers to submit their programme(s) timeously to the Editor.

PLEASE NOTE!!! PHOTOGRAPHS

Would members please note that the return of photographs submitted for publication in the newsletter cannot be guaranteed. Your name and address on the back will assist the return of all photographs to their owners.

HIRING OF EQUIPMENT MEMBERS

Please present membership card and receipt
of current membership fees when hiring equipment

NON-MEMBERS

Hiring of equipment is open to discussion.

Please contact: GERALD HALL

TEL: (RES) 251098 for hiring of tents
Costs involved to hire the following:
TENTS: R7.50 PER DAY (R50 DEPOSIT)

BACKPACKS: NEW R5.00 PER DAY

OLD - R3 PER DAY

MATS: R3.00 AND R1.00

STOVES WITH FUEL R5.00 PER WEEK END.

CONTACT PHILIP GATENBY 213592 FOR

HIRING OF BACKPACKS

5.

DECEMBER PROGRAMME

5 - 6 DECEMBER 1992 - FERGIE'S CAVE, INJASUTI

Nice relaxing weekend, visiting Lower Injasuti and Marble Baths. Chris Hayward 21 3326 (H)

6 DECEMBER - SUNDAY - SILVERGLEN

A new hike with Dennis Chetty in the lead for the first time. Medium length. Marie Gurr will collect the Durban contingent from Musgrave Park at 8.00 am and Sue Ferguson at 8.30 will marshal the Pinetown troops. Marie Gurr 42 2041 (B) Sue Ferguson 49 1355 (B) 705 3404 (R) COST: R6.00 (members) R8.00 (Non-members)

13 - 16 DECEMBER 1992 - "MOUNTAIN OF THE MOON" (LUNEBERG)

Join Dick Billiet for a trip into the German speaking area of Natal - near Paulpietersburg. Cottage only takes 8 people so contact Dick a.s.a.p 81 3672 (H)

13 DECEMBER 1992 - SUNDAY - FERNCLIFF, VICTORIAN PICNIC

Meet up with Pietermaritzburg Ramblers for this popular annual occasion. Meet at Musgrave at 8.00 or Pinetown at 8.30. Please would the guys bring exotic refreshments and the ladies some sandwiches, snacks or cake. Philip Gatenby 21 3592 (R) COST: R10 (Members) R12 (Non-members)

15 - 21 DECEMBER 1992 - BANKS AND KORANNA TRAILS

Different, interesting historic background to latter trail. Philip Gatenby 21 3592 (R)

16 DECEMBER 1992 - WEDNESDAY - STAINBANK NATURE RESERVE

(Day of the Vow - holiday) Social walk and braai at Stainbank Nature Reserve, Coedmore Road, Yellowwood park. Meet at Musgrave 9.00 a.m. or at entrance to Stainbank 9.30 a.m. Bring food and refreshments. Marie Gurr 42 2041 (B) COST: R4.00 (Members) R6.00 (Non-members) Plus: Parks Board fee of R3.00 for both members and non-members

20 DECEMBER 1992 - SUNDAY - MOSS TRAIL

Joe will lead his favourite section of the trail, and to take account of the summer condition, a long luncheon is planned in the delightful shady area by the lake, where we will no doubt be visited by some of the half tamed animals. Musgrave 7.30 a.m. Pinetown 8.00 a.m.

Joe Strayton 72 3480 (H) COST: R5.00 (Members) R7.00 (Non-members)

6.

30 - 2 JANUARY 1993 - BUSHMANS NECK AREA
DAVE EASTON offers you a trip TARN CAVE - LAMMERGEBER CAVE VIA
KNUCKLES TRAVERSE - BUSHMANS CAVE (average 7 kms per day) Fun-loving
Bergies. Please contact Dave at 705 3670 (W)

HAPPY CHRISTMAS

AND A PEACEFUL NEW YEAR EVERYBODY!!

- From the Ramblers Committee

JANUARY 1993 PROGRAMME

1 - 3/4 JANUARY 1993 - SLEEPING BEAUTY CROSS COUNTRY TO PILLAR CAVE

Optional Rhino Peak. Some spectacular rock formations. Contact Philip Gatenby 21
3592 (H) as soon as possible.

3 JANUARY 1993 - SUNDAY - MPAMBAYONI

Tom de Waal's well-known trip down the valley which "baffles the birds". Fairly easy
hike, with plenty of splashing through cooling waters of the Mpambayoni River.
Musgrave 7.30 a.m. Pinetown 7.00 a.m.

Tom de Waal 47 4766 (H) COST: R10.00 (members) R12.00 (Non-members)

10 JANUARY 1993 - MOSS TRAIL

Moss Trail from Umbilo Canal to North Park. This brand new section has first been
opened and makes a delightful walk of reasonable length, very suitable for families.
Plenty of shade. Musgrave 8.30 a.m. Pinetown 9.00 a.m. Vic Conrad: 23 7165 (H)
COST: R5.00 (members) R6.00 (Non-members)

8 - 10 JANUARY 1993 - NGELE FOREST

Mushroom and blackberry trip. A gourmet trip to the Ngele forest : bring red wine
and cream. Contact Regina Billiet 81 3672 (H)

16 JANUARY - SATURDAY - BURMAN BUSH

Social walk and braai - Burman Bush. Meet at entrance at 4.00p.m. Bring booze and
food. Marie Gurr 42 2041 (B) COST: R2.00 (Members) R4.00 (Non-members)

17 JANUARY 1993 - SUNDAY - SORA'S POOL

Jean Foster will take us down our favourite spot for watersports in the pleasant
Molweni Stream. A short hike but with some steep hills. Musgrave 7.30. a.m.
Pinetown 8.00 a.m. Jean Foster 72 1539 (H) 705 2433 (W) COST R5.00 (Members)
R7.00 (Non-members)

FOR SALE

Hiking jackets - Down jackets
from R45 - Contact Sabine 282572 (all hours)

7.

JANUARY 1993 PROGRAMME - continued

23 - 24 JANUARY 1993 - BUSHMANS NECK AREA

Bushmans Cave returning via Umzimude Ridge. Barry Busby 84 9988 (H)

24 JANUARY 1993 - UMHLATUZANA/ST HELIER

Despite property development, this hike still exists, and one of the route changes
affords us a pleasanter exploration of the St Helier valley. Short to medium length, as
befits the hot season. Musgrave 8.00 a.m. Pinetown 8.30 a.m. Margret Kirsten
441467 (H) COST: R6.00 (members) R7.00 (Non-members)

25 JANUARY 1993 - MONDAY - EVENING MEET

Collegians Club "Lights, action, Africa" Chris Hayward 21 3326 (H) TIME: 19.30

29 - 31 JANUARY 1993 - MILOPENI NATURE RESERVE

Natal Midlands - 180km's from Durban - booking made for 14 people - R20 deposit
required Mike Morillion your leader but bookings through Irene Coward 28 2040 (H)

31 JANUARY 1993 - SUNDAY

Hike that was sheduled had to be postpone but HIKE WE WILL!!!! Contact Irene
Coward 282040 (H) Departure times: Musgrave 7.30 a.m. Pinetown 8.00

FEBRUARY 1993 PROGRAMME

7 FEBRUARY - SUNDAY - CHANTECLER SKYLINE

To celebrate my return from the U.K. the hike which starts and finishes at the pub!
The distance has been increased by a new and interesting section (you can't expect to
have no surprises!), but there will still be time to partake of a soothing libation before
returning home. Musgrave 8.00 a.m. Pinetown 8.30 a.m. Bill Hyslop 701 8996 (W)
COST: R6.00 (Members) R8.00 (Non-members)

14 FEBRUARY - SUNDAY - BEACH WALK

Starting from the Natal Parks Board Nature Reserve in Durban North. A walking and
swimming meet. Contact Vic Conrad 23 7165 (H). Musgrave 9.00 a.m. Pinetown 8.30
a.m. COST: R5.00 (Members) R6.00 (Non-members)

17 FEBRUARY - WEDNESDAY - A. G. M. Venue and time to be announced!!!

21 FEBRUARY - INANDA - TOPPS NEEDLE AREA

Yet another variant of this well-known starting point. Medium in length, but could be
hot. Colin Turner 309 4720 (W) 815351 (H). Musgrave 8.00 a.m. Pinetown 8.30 a.m.
COST: R7.00 (Members) R8.00 (Non-members)

28 FEBRUARY - SUNDAY - CLIFTON CANYON

A medium length hike in fairly shady conditions with an opportunity to indulge in
water sports at Macintosh Falls - refreshed from the cool water you will all the more
readily tackle the steep ascent out of the valley. Bill Hyslop 701 8996 (W). Musgrave
8.00 a.m. Pinetown 8.30. a.m. COST: R6.00 (Members) R7.00 (Non-members)

TWO GREAT LITTLE WEEK-ENDS

For those who regard the success of a meet on being measured by the numbers attending, this is not for you.

The week-end was a short week end and the numbers were small - Chris Hayward's Loteni meet in July and Margret Kirsten's Cathedral meet in September, with four and five people respectively attending.

The contrast between the two was fascinating. It was deep winter when we arrived in Loteni on Friday evening. The valley slept in the stillness, and the stars shone brilliantly in a velvet sky. We might have been in some uninhabited planet deep in silent spaces. Something of the universal calm pervaded our entrance to the Parks Board area: nobody was in the office so we were able to select a comfortable camp-site by ourselves. We lit a fire and cooked our evening meal and the Impala, which had sought sanctuary deep in the valley, must have been surprised to see how those funny humans were practically sitting on the fire as they consumed their post-prandial digestifs, what with a temperature of -7 degrees for eating out? The Impala do it every day.

In the morning we duly reported to the Parks Board Office and were pleasantly surprised to be made welcome by the Ranger and his wife. Mind you, according to the Parks Board rules we were duly charged for the air we were breathing, but it was nice to feel that they were glad to see us, unlike some Parks Board officials we could mention, they had not received their training in Buchenwald-Belsen.

They advised us that we would be best advised to follow the main river towards the Kwa Masihlenga Pass, because the rest of the area was either waterless or burned black, or both. The reason for the burning, we were told, was hostile action by Basutu who, resentful at being prevented from hunting Impala by the ever vigilant Parks Board (10 marks out of 10!), had decided to burn the grass, the Impala and all. Indeed, the lower berg was a sad sight, pitch black in colour, and so were we after marching through it for a few hours. It also explained the close proximity of the Impala to the camp-site - indeed they jumped in front of my car missing it by inches.

Fortunately the beautiful yellow-wood cave area up the valley was unaffected and we marked it down to a base camp for a more leisurely stay later in the year.

This time we hurried past the yellow-woods and up to the foot of the pass, and were fortunate to find a really delightful camp-site, close to the river and sheltered by bushes. From the camp-site we were able to spot a route close to the Ka-Masihlenga Pass which appeared to offer pleasanter ground than the Pass itself, and from which we could work our way up to the hawk! We spent Sunday morning exploring the feasibility of this, and as a result we all agreed that we should make this the target for a future trip.

I commend this future trip to everyone, and thanks Chris for organising this one. The short weekend at Cathedral was quite different. Margret had us all up at some hour on Saturday morning, which does not exist on my clocks, and half asleep, I was driven comfortably by Ian as far as the Parks Board gate at Cathedral, where I was pushed out in the direction of their rather insanitary loo.

The low water condition was ideal for allowing us to penetrate the gorge with ease, so we arrived at the top dry-shod. The walk up to Ribbon Falls Cave must be one of the most scenically rewarding of any of the approach-walks in the Berg. There is not a dull moment in it. So we were a very contented group that reached the cave and settled down to the jobs of cutting straw to make our bed spaces clean and comfortable.

There was a small trickle of water coming down the rocks beside the cave and with a certain amount of cave we were able to collect enough water for such important matters as serving it with our whisky or other libations when the sun had set.

The mist gathered during the night (nothing to do with the whisky) and this kept the warmth of the earth trapped around us like the lightest of eiderdowns. In the morning we found ourselves wrapped in space in an invisible world with only the sounds of the valley far below to save us from total detachment as the mist grew thicker when we got higher, we decided that the wise thing to do was to stay close to the contour path. There was much discussion about the routes and the paths, but the reality was that this comfortable mist was, in fact, deadly in its ability to cause disorientation. Returning to a late lunch to our comfortable cave, we were able to see the mist slowly clearing and revealing the different possibilities for our return home - and a delightful return route it was which Margret chose.

Contentedly we returned via Winterton, where Vic presided over a civilised stop for coffee at the hotel. Nothing could have been pleasanter.

Bill Hyslop

HLABENI NATURE RESERVE 28/29 AUGUST 92

OUR ANNUAL "BARN DANCE"

Due to having quite a number of articles we'll keep this short.

We all arrived at various times and stages of inebriation during Friday evening, after hastily prepared meals we joined the crowd in a very lovely revamped entertainment area. For those hikers who have been before, the new owners have really improved the bar and loft areas. The company was excellent Sue had brought the music so dancing was in full swing. Mike had brought his guitar and Marie the song sheets - we thought we'd end the evening with some "sing alongs." Mike had brought his tape recorder along so great fun was had "re-playing" our efforts. This carried on until 3 a.m. when we all literally dropped into our sleeping bags.

The hike on Saturday was lovely, the brambles were there but the drought had taken its toll. We had a cloud burst whilst on the walk for those unprepared hikers a thorough soaking was in order. The indigenous forests were spectacular.

Saturday night, the official party evening started with a lovely braai music and dancing. A few faded but the majority of hikers partied well into the morning again.

Sunday was a very laid back day with a walk to the Monastery, Dick and Regina were able to relate quite a lot of the history of the place. Very sad to see how run down the whole village was, the church however was beautiful and in good repair.

After lunch we all departed, having had a great weekend. Thanks Marie for another very successful weekend!!! I must confess to a very unproductive day at the office on Monday.

ED'S NOTE: Due to circumstances beyond our control this is a very late publication of Rene's article. Please accept our most profound apologies.

HILLSIDE 4 - 5 JANUARY 1992

By Rene Els

What better way could we think of with the New year than with a camp in the foothills of our glorious Drakensberg, away from the mugs of Durban and the smuggs of Maritzburg. And perfect weather with it, as if made to order. On arrival after having completed the formalities at the office and laid our infrastructure at the campsite we were off for a swim in the cool waters of the Mtshezana River which flows through the reserve. After lunch it was no rest for the wicked as our party of seven endeavoured the forest self-guided trail. At the entrance to the forest Gerald, our camp captain, read out the details of the tree fern in the brochure, although there was no such tree in sight. Only later did we discover some in the open veld. Several other stops at marked points A B C ... etc were explained and read out at length - ZZZZ - but were interesting and educational none the less.

Gretel produced an army song sheet after supper and we aired our lungs in singing various songs which were considered beneficial for its men at war by the military. We were unanimous in deciding on a walk to Tom's Cave up the Shayake River Valley and set off at 8 on Sunday morning. We first wound our way out of the Mtshezana River Valley, crossed the Ntondolo Flats, rounded a mountain and arrived at Tom's Cave 7,5 kilometres further. Before climbing up to the cave from the Shayake River where we slaked our thirst we saw a troop of baboons, scaling an almost vertical precipice. I think Gerald may have had Kristo Pienaar's field forms in the back of his mind or the photographic meeting but a quick attachment of the 200mm lens ensured that the feat performed by the primates was captured on film.

A hasty lunch was had at the very ample Tom's Cave as we were threatened by what the weather bureau calls isolated thunderstorms in the Berg. The shortest route between two points then of course had to have a tremendous upward kink in it as we slaved our way to a path virtually on top of the opposite mountain. As it was, the storm respected our brave efforts and let us go in peace, and we arrived back at the cars drenched in sweat only. Thank you Gerald and Di, for a lovely camp.

On all hikes, trails, camps, day hikes and outings - unless otherwise stated - charges to members R2.00 and Non-members R3.00. These funds are used to cover cost of petrol for reccis (where necessary), tea & coffee on day hikes, phone calls, general administration costs. Often deposits are paid in advance.

RO TREK INTERNATIONAL/ROTARY'S MOUNTAINEERING INTEREST GROUP are offering the following adventures in 1993.

- * Trek across the Alps from Chaminox to Zermatt - 2 weeks
- * Bike trip on the Columbian Icefield highway from Banff to Jasper in Rocky Mountains of Canada - 1 week
- * Mount Everest base camp trek - no technical climbing - 4 weeks
- * Training and climb of the Grand Teton in Jackson Hole - 1 week
- * Himalayan adventure arranged by RoTrek's Chairman Dilip Kolhatkar of India

CONTACT: HICK MCCONNELL TEL 0332-302090(B)

HIKING AND HEALTH

HIKING & HEALTH, a booklet published by the Medical Association of South Africa, offer the following words of advice to hikers.

- Don't go on long hikes as a means of losing weight.
- If you are a new hiker, take care not to over-exert yourself by undertaking too strenuous a hike.
- Middle-aged and elderly people find that walking is the best way to keep physically active.
- Equipment and clothing must be well chosen so that you are prepared for all expected weather conditions and eventualities.
- All arrangements for information, documentation and permission should be obtained from the proper authorities or from the foresters in charge of trails.
- Give your feet the VIP treatment they are going to need and pay special attention to shoes and socks for hiking. Unhappy feet make for unhappy hikers. Whatever you wear they must have sturdy soles, fit well and be made of a durable material.
- Consult an expert before buying a backpack. There are a number of different types available. Determine what your requirements are and then choose a pack that suits your build. It must fit well so as to distribute the weight evenly.
- A good night's rest after a hard day's walk is essential. It is therefore important that you take care to choose the right kind of sleeping bag, ground sheet and mattress. Buy the best you can afford - and here again, seek expert advice.

CHANGE OF ADDRESS FORM

NAME:

NEW ADDRESS:

.....

OLD ADDRESS:

.....

NEW TEL No (H)

(W)

PLEASE FORWARD TO:

The Secretary
Durban Ramblers Hiking Club
P O Box 1063
DURBAN, 4000

HIKING ETIQUETTE

- Always fill in the mountain register carefully and accurately - if one is provided
- Only use existing paths. Even one set of boot prints along an illegal short-cut will accelerate erosion
- Never bury or burn rubbish, carry it out in a dustbin bag. Never throw anything off cliffs
- Camp only on previously used sites, otherwise the entire mountain top will soon resemble a ploughed field
- Take water away from the stream for washing pots, yourself and brushing teeth etc
- Carry a garden trowel and bury your excrement and toilet paper. This is now mandatory in Natal Parks Board wilderness areas of the Drakensberg
- Swim downstream from the nearest campsite - you wouldn't be impressed if you found a short, curly hair in your drinking water.

HIKING BOOKS

Dragon's Wrath by RO Pearse and J Byrom, Macmillan
 You'll Never Get Lost Again by Capt. R Singleton, Winchester Press
 The Guide to Backpacking and Wilderness Trails by W & S Olivier, Southern Book Publishers.
 The Complete Guide to Walks and Trails in Southern Africa by J Levy, Struik
 Drakensburg Walks by David Bristow, Struik
 Barrier of Spears by R O Pearse, Southern Book Publishers
 A Walking Guide for Table Mountain by Shirley Brossy, published by the author
 A Camera in Quathlamba by ML Pearse, Howard Timmins
 Mountains of Southern African by D Bristow & C Ward, Struik
 A Field Guide to the Natal Drakenberg by P & D Irwin and J Ackhurst, Natal Branch of the Wildlife Society
 Table Mountain Guide, Cape Section of the MCSA

USEFUL CONTACTS

National Hiking Way Board, Private Bag X447, Pretoria, 0001
 MCSA - Tvl Section: P O Box 1641, Houghton, 2041
 Natal Section: P O Box 4535, Durban, 4000
 OFS Section: P O Box 1291, Bloemfontein, 9300
 Cape Section: 97 Hatfield Street, Cape Town, 8001
 The Natal Parks Board: P O Box 662, P'maritzburg, 3200. Tel (0331) 471961
 Lesotho Tourist Board: P O Box 1378, Maseru 100, Lesotho
 The Mountain Club of Malawi: P O Box 240, Blantyre, Malawi
 MAPS RSA - Government Printer, Bosman Street, Private Bag X85, Pretoria, 0001;
 Lesotho: Dept of Land, Survey and Physical Planning, Ministry of the Interior, P O Box 5876, Maseru 100, Lesotho

TRY THESE TRAILS

Transvaal - Soutpansberg; W Cape - Boland, Table Mountain
 S Cape - Outiniqua; Natal - Numerous in the Drakensburg Mountains
 OFS - Golden Gate Area; E Cape - Maclear Trails