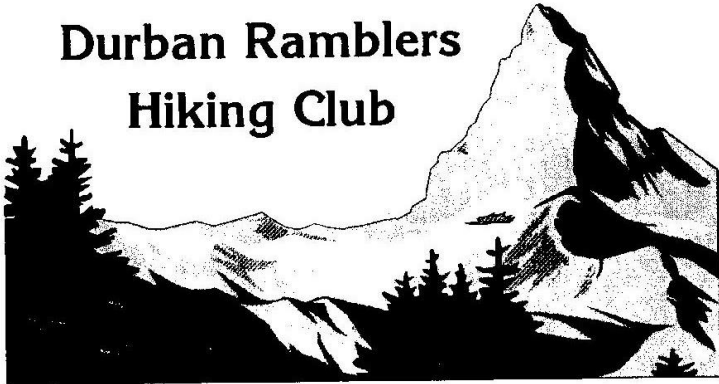


Durban Ramblers Hiking Club



December / January 1995

| Title | Committee Member | Telephone Home | Work |
|--------------------|------------------|----------------|--------------|
| Chairman | Bill Hyslop | 701-6638 | 701-8996 |
| Secretary | Lynda Holmes | 305-1188 | 300-5911 |
| Treasurer | Margret Kirsten | 441-467 | |
| "Ordinary" Member | Philip gatenby | 213-592 | |
| Day Hike Organiser | Sue Ferguson | 701-3852 | 706-4055/6/7 |
| Trails Organiser | Steve Watson | 211-172 | |
| Social Activities | John van Zyl | | 903-2374 |
| Editress | Jean Jacobs | 472-483 | |
| Weekend Organiser | Nevil Walmsley | 705-2919 | 701-8481 |

PO Box 1063 Durban 4000



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s Club

Any special resolutions have to reach the secretary timeously in order for them to be circulated with the official notice of the meeting.

CHANGE OF ADDRESS FORM:

Name: _____
 New Address: _____

 Old Address: _____
 New Tel No. (H) _____ (W) _____

Please forward to:

The Secretary
 Durban Ramblers Hiking Club
 31 Kingslynn
 60 St Andrews Street
 Durban
 4001

RECOMMENDED TRANSPORT FEES FOR BERG HIKES PER PERSON.

Southern Berg R35.00
 Central Berg R40.00
 Northern Berg R40.00

The above prices include toll fees.

FOR SALE R10.00 EACH

Sun Hats

Contact: Joe Strayton 723480H

QUOTABLE QUOTES

Half our life is spent trying to find something to do with the time we have rushed through life trying to save. Life is a horse, and either you ride it or it rides you. No one can really pull you up high- you lose your grip. But on your own two feet you can climb mountains. When I was young I admired clever people. Now that I am older, I admire kind people. Character is much easier kept than recovered. The simplest toy, one which even the youngest child can operate, is called a grandparent

HIRING OF EQUIPMENT FOR MEMBERS

TENTS R7.50 p/day
 deposit R50.00
 Contact Gerald Hall 251089
 BACKPACKS
 newish R5.00 p/day
 oldish R3.00 p/day
 deposit R50.00
 SLEEPING MATS R1.00 p/day
 deposit R10.00
 STOVE
 with fuel R5.00 p/w/end
 deposit R20.00
 Contact Philip Gatenby 213592

WELCOME TO NEW MEMBERS

Lionel France. Jean Bolstridge. Victoria Brennan. It's great to have you with us. We hope to see you every week and wish you many years of happy hiking.

DECEMBER 94 - JANUARY 1995 HIKING PROGRAMME

Check starting place and times for individual hikes. Hikers, please make every effort to get to our meeting places at least 10 minutes earlier so that fees can be collected and lifts arranged timeously.

NB: CORRECT MONEY ONLY, WILL BE ACCEPTED. THE DAYHIKE ORGANISER DOES NOT CARRY LOOSE CHANGE.

Day hikers, do not forget your two litres of water, a hat, and a cup for lunch time tea and coffee.

MEETING PLACES (Durban) Musgrave Park, Berea
 (Pinetown) Union Main Centre Old Main Road.

4 December - Sunday
TANGLEWOOD FARM Change of hike from Oct/Nov mag;
 Once again Joe will be taking us on a section of the Ingweni Trail (M.O.S.S.) We will be going via the Chain Ladder and Cuckoo Corner, so a head for heights is a must.
 Leader Joe Strayton 7013550H
 Dbn 8.00 Ptn 8.30 Members R7 visitors R9

11 December - Sunday
ANNUAL SOCIAL AT MICK McCONNELL'S
 Mick and Gloria have invited the club to come for a morning hike, with a braai and social after. Swimming, sing alongs and general chatter always make this a memorable day. Bring your own food and drink also both ladies and gents please bring salads and snacks to share among us all.
 Contact Sue Ferguson 7013852H 7064055/6/7W
 Dbn 7.30 Ptn 8.00 Members R15 visitors R17

16-17-18 December LONG WEEKEND
MONKS COWL AREA
 Three days relaxing and walking in the Monks Cowl region of the Drakensburg. Stable Cave and Hospital Spruit valley areas. Medium hike.
 Leader Nevil Walmsley 7052919H

18 December - Sunday
MTONGWENI
 We will again hike in the Boston Conservancy area, our guest leader Pat Waddilove will take us out and about in this lovely part of the country. The lunch spot is beside a waterfall with a beautiful pool, so bring your swim suit.
 Contact Sue Ferguson 7013852H 7064055/6/7W
 Dbn 7.00 Ptn 7.30 Members R13 visitors R15

25 December - Xmas Day
REG BLOW'S PLACE
 If anyone anticipates spending Christmas alone, then cheer up you don't have to be lonely. Reg will be delighted to have any club member at his "open house" on this special day. Take your own food and drink along, but please phone him at least by Christmas morning to let him know someone will be spending the day with him. Other wise he will be left sitting at home alone himself. HAPPY CHRISTMAS TO YOU ALL. Reg's number 7001860H 7051992W

26 December - public holiday
HIKE SUGGESTION
 If anyone has any ideas about a hike or is interested in leading one, please phone Sue so that details can be arranged. Sue 7013852H 7064055/6/7W

31 December - 1 January - Saturday & Sunday
NEW YEAR IN THE BURG
 A Burg trip over the New Year depending on availability of caves/accommodation.
 Contact Steve Watson 443622H after hours



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HEALTHS THAT WE MAY ENJOY

UMBULO PARKS

This will be a lazy day hike from Umbilo Park (site of the old drive-in) through Stainbank Reserve for lunch, then back to the start.

Leader Audrey Vickers 283187H

ALL meet at Umbilo Park for 9.00

Entrance fee into Reserve R3.50

8 January - Sunday

FARAWAY FARM, Eston Area

We are having another attempt at this popular moderate length hike, as it was rained off during October 94.

Leader Dave Easton 728170H

Dbn 7.30 Ptn 8.00 Members R11 visitors R13.

15 January - Sunday

SORA'S POOLS

This lovely hike so close to home is always enjoyed by all. The lunch spot at the pools is a super opportunity for a cooling swim, providing there is plenty of water, so bring your cossie in case.

Leader Jean Foster 721539H 7052433W

Dbn 8.00 Ptn 8.30 Members R7 visitors R9

18 January - Wednesday

EVENING MEET

Dave Easton will be presenting a slide show at the New Germany Sports Club, entitled "BERG CLIMBING IN THE EIGHTIES" For those of you that have not been to this venue before, drinks are available from the bar, also a light meal.

7.30 for 8.00 Dave's number is 728170H

22 January - Sunday

OTTO'S BLUFF

This moderate hike consists mostly of forest walking with some lovely views over looking Albert Falls Dam.

Leader Sue Ferguson 7013852H 7064055/6/7W

Dbn 8.00 Ptn 8.30 Members R11 visitors R13.

27-28-29 January - 3 days 2 nights

NGELE TRAIL

It's blackberry and mushroom time again in this lovely area. This hike is usually lead by Dick and Regina, but as they have moved so far away, Sue is going to lead. Sue says "blackberries I know, BUT mushrooms???? any experts on this subject are welcome, so long as they eat what they pick"

Deposit R40 with bookings before 30 December 94.

Contact Sue 7013852H 7064055/6/7W

29 January - Sunday

UMKOMAAS GORGE

This hike was last done by the Club in April 93, quite a long time ago. It is medium length but strenuous, and is in the lovely valley of the Umkomaas River. The lunch spot is next to a roaring waterfall with swimming for those that cannot resist the water, and there are some "water babies" among us.

Leader Steve Watson 443622H after hours, or contact Sue.

Ptn 7.30 Dbn 8.00 Members R12 visitors R14

5 February - Sunday

LIGHTHOUSE TRAIL

This hike starts from T C Robertson Reserve Scottburgh. We will hike up the coast to Empisini Reserve approximately 10ks, where we will then have a braai. There will be some walking on the beach, in the sugar cane, along side the river and through the bush - a hike with a difference. B.Y.O food and drinks.

Leader Tom de Waal 474766H of contact Sue

Ptn 8.00 Dbn 8.30 Members R10 visitors R12.

SAFARI'S AFRICA

Zimbabwe Sunshine Safari 10 to the 23 December 14 days

If anyone is interested in this fantastic trip which includes Zimbabwe Ruins, Lake Kariba, Victoria Falls, Livingstone in Zambia, Wankie Game Reserve and Bulawayo. All for R2,250.00 special price for hiking club members, camping on route. Phone Trevor Sharp 0331-450465.

A HIKE LEADER'S IDEAL QUALITIES

Recently I've been thinking about the burden of responsibility shouldered by our hike leaders while leading, and about the experience and knowledge they need. To achieve competence, let alone perfection, in every aspect of leadership would be an awesome attainment, and I doubt if any volunteer leaders, who work at other jobs Monday through to Friday, could be expected to acquire all the skills. But on any hike, a leader is expected to display the bulk of these qualities, and they emphasise just how important experienced leaders are to a club like ours. Our perfect leader would need.....

*A retentive memory for ground, so (s)he can pick the best route out and back. This knowledge must be regularly updated, as, fire, floods and fences may render previous paths impassable.

*Self control, to remain calm in any situation.

*An inexhaustible supply of patience.

*To remain always on the lookout for hikers who may lag behind.

*Sufficient medical knowledge and experience to deal with blisters, sprains, cuts, grazes, bites, heat exhaustion and hypothermia, and to bandage correctly.

*A resilient sense of humour.

*A conviction that there are solutions to every problem that may arise.

*The ability to hold a conversation with any age group, male or female, while climbing.

*Sufficient perspective never to take themselves too seriously, yet to regard their work as vital to the Club's operation and reputation.

*Strong back, legs, feet and lungs to maintain a level of fitness suitable for any grade of hike.

*Unshakable enthusiasm for hiking.

*Substantial knowledge of flora, fauna, geology and local history, but little to say about religion or politics.

*Ability to read map and compass (especially when lost!)

*Change for R20 note, and spare laces.

*Voice like a gravel pit, to hold everyone's attention.

*A spare car for bad roads.

This item was copied from "Peninsula Ramblings" Editor Diana Hugo



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phone number is 0333-36153

offered accommodation to any of our
delightful of Mark and Heather Burgher their

SATURDAYAFTERNOONHIKES

How would you feel about us having a Saturday afternoon hike?

This is an idea we are thinking of and we would like members to give their positive and/or negative opinions. The hikes would be reasonably local, approx; 30kms radius around Durban and Pinetown at the most. They would also be twice a month, perhaps the first and last Saturday. We would welcome your views, so please phone Philip 213592H.

SEHLABATHERE&9-10 OCTOBER 94

HYPER - HYPO

".....wherefore is you now?

It is not for your health thus to commit

Your weak condition to the raw cold morning"

Thus said Brutus to Portia. I felt like saying the same thing on the morning we departed from Sehlabathebe.

The weather was vicious - wind-driven rain with additional snow to increase the bite. When I saw our lady members setting out wearing brief cotton shorts and no protection for those bare legs, I felt like repeating the remark of Brutus to Portia; except that I know comments about their "weak condition" would not be well received. Mind you, the legs looked very nice even when they turned blue!

It is not just a question of temperature. On a beautiful winter's day in the Alps, I have sat on my skis and sunbathed when the thermometer was registering -25 to -30oC, but this has always been under conditions when there was no wind at all - and, of course, no humidity either, because all the moisture has been frozen out. It is the combination of wind and moisture which gives you hypothermia - moist air is a better carrier of heat from the body than dry air - and on that day coming down from Sehlabathebe I really thought that we were pushing our luck. We only needed to have a slight accident which would cause us to be delayed in that ferocious wind, and the results could have been serious or fatal.

Hypothermia is the condition which occurs when the body is losing too much energy, in the form of heat, for the core temperature to remain within the narrow limits necessary for survival. Below this temperature the brain starts to malfunction, so that one of the early symptoms of hypothermia is irrational behaviour (what!! irrational behaviour from a member of our club? NEVER!!)

This behaviour often takes the form of a determination to press on, come hell or high water, without pausing to make the effort to put on that extra garment. Equally dangerous is the instinct to go more vigorously, under the mistaken impression that more violent exercise will make you warmer. Under the conditions of hypothermia you do not have energy resources to cope with the extra demands of the rapid movement, and you "flatten your battery" more rapidly.

Actually, it would be hypocritical of me to be hyper-critical because I was once caught by hypothermia on a dreadful winter's day in the Welsh mountains, and it was not funny at all.

To confuse you more, hyperthermia is the opposite of "hypo"- your brains fry instead of freeze, and the symptoms are weariness and sickness. If you find this happening, lie down in the nearest stream! On one hot day we passed by a property where the owner was using his hosepipe. Seeing our condition, the kind gentleman stood us in a row and hosed us down! This probably saved our bacon. (that's my hypothesis, anyway)

As I shall be leaving you soon for cooler climes, I shall be remembering the rule that one loses 20% of body heat through the head, so that, providing you are not hypersensitive to the following hyperbole, remember that if your feet are cold put on a hat!

So cheerio to all you hyperactive folks until the New Year, and have a wonderful Christmas, and remember that a drop of the hard stuff may warm the cockles of your heart and lubricate your Christmas party, but is none-the-less deadly when you are verging on hypothermia on a mountainside.

BILL

WILSONS CAVE 29-30 OCTOBER By Mick Thomas

A 06h00 start took place from New Germany in pouring rain - a gloomy looking start, but the spirits rose near Bulwer when clouds lifted and the main berg was clearly visible. After formalities at the Parks Board at Drakensberg Gardens, we got underway at 11h00 from the Garden Castle Farm in the midst of a short lived thunder storm, followed by blue skies in the East and purple black storm clouds accompanied by jagged lightning over craggy main berg peaks.

We crossed a few minor rivers and settled for tea in a valley looking towards the Pitsaneng Pass where Eddie discovered "lemon grass" which he dumped into his mug of tea, and hey presto! lemon tea. Yet another down pour, so we ducked under rock over hang for shelter where Bill nearly crushed his fingers on descending his ledge and dislodging a huge boulder. After a 9km hike in total and the sighting of three young Eland we reached the promised Wilsons Cave, a beauty, facing East adjacent to a small gurgling stream, with smooth level floor covered in straw.

After an incredible array of culinary delights, T-bone steak followed by dessert from Tina, and beef stroganoff with smash from Neville, washed down with coffee and tea supplied by yours truly, the evening was off to a good start. Romantic candle light, prompting from Eddie and consumption of about a litre of "scotch" by Bill, soon released his rich tenor renderings of concert favourites for about two hours which had us all spell bound. Later, candles were extinguished and four happy chappies tucked into their bags, whilst Tina retired to her private boudoir nearby, soon to be all rocked into sleep by nature's many nocturnal noises.

04h30 the next morning, a blood red sunrise heralded another clear dawn followed by warm sun which shone into the heart of our cave and woke us all. Billys of tea and coffee, and Tina with eggs and bacon to boggle our senses, got us off to a 07h00 start to tackle the 16km trek back. The next couple of hours we negotiated fingerling valleys off the main berg, which by now had their craggy peaks covered in lowering cloud masses with the deteriorating weather. Midday tea...wait for it...served with romany creams and liquorice all sorts preceded our drop down into the rather benign looking Sandleni Valley, which later turned out to be tough. Hours later after endless criss crossing of the river, which cut it's watery path through steep grassy banks and higher rocky summits, we eventually exited into open territory.

The last 4km were covered in cold pouring rain from the direction of Garden Castle, reaching the cars we donned warm clean clothing and headed off to Bulwer. At the Mountain Inn we settled ourselves around the log fire in the Ladies Bar, and chatted over the events of the last two days. A small turn out perhaps, but one had the opportunity to bond when thrown closely together, and we all returned home, no doubt, with that all familiar feeling of well-being. Bill, thanks from the four of us.

New subscription fees are as follows

Country R16
Single R20
Couples/Family R25

Country Couples R20

A reminder to prospective members. To become a member you must engage in three day hikes or one Berg trip. The entrance fee is R10 plus a yearly sub.



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