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Nedbank Musgrave
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Branch Code 1301 2600

The OFFICIAL MAGAZINE of the DURBAN RAMBLERS HIKING CLUB

For the 1st QUARTER : JANUARY to MARCH : 2017

CHAIRMAN'S RAMBLINGS

Another year of wonderful hiking has come to pass. Going from drought conditions to our normal expected rainy season.

Thank you to the committee and hike leaders for providing such splendid hikes!

The Year End/Christmas Party went out with a bang and we couldn't get people off the dance floor. Thanks to Loius and Werner for the lovely spread of salads and Linda for providing the home and hand made fruit salad!

The Annual AGM is coming up on the 11th February 2017 at the Palmiet Nature Reserve from 11 am to 12.30, all going well, with braai fires provided afterwards. Bring your meat, drinks, eating spanners, chairs and enjoy the social time under the trees.

We are looking for new committee members so if you would like to join, please let me or one of the committee know.

Happy hiking,

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Philip

Please keep well hydrated this next hiking quarter!

MEMBER NEWS

We extend a very warm welcome to all our new members and hope that you enjoy many happy hours hiking with us.

Sandy Yorke-Mitchell

Ilona Lamprecht

Prim Naidoo

Rob Krogh

Arthur Bester

Thank you to Lawrence Bates for his donation of 400 stamps for the club to use in posting out the magazine to those members who do not receive the magazine by email.

Please let us know if a hiker is ill or had an accident or some other newsworthy event so we can send an acknowledgement.

Note - Members on email will receive get-well cards etc from the Club with the source "123greetingcards.com"

COMMITTEE MEMBERS

Chairman	Philip Collyer	082 417 0204	031 201 8864	philipcollyer@gmail.com
Secretary	Mary O'Donnell	083 292 5913	031 209 3837	mary@directcharcoalsa.co.za
Treasurer Members Database	Tina Regnard	083 289 6276	031 207 5005	regnardt@gmail.com
Sunday Hike Organiser	Stella Wells	078 319 8979		stellawells4@gmail.com
Saturday Hike Organiser	Linda Smith	083 353 8319		linda@compasshr.co.za
Weekend Organiser	Marie Gurr	082 586 0266	031 705 3122	marinev.gurr@gmail.com
Publicity	Ana Barbosa	082 496 2320	031 462 6492	durbanramblers.publicity@gmail.com
Ordinary	Jenny Rooks	084 952 0622	031 303 3528	jen0212sa@gmail.com

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Member				
Magazine	Gordon Tomlinson	083 277 2690	031 701 1960	gordontom44@gmail.com
Website Organiser	Abdullah Dada	084 478 6779	031 269 1921	dada@greenit.co.za

Subs for 2017

Single Member R100

Family R150

Joining Fee R30

New members joining after July 2017 will only pay half the annual subs.

Please complete the Membership Form in full, Hike Name, Date and Signature of Hike Leader, before handing or emailing them to the Secretary.

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

Nedbank, Account number 113 8655 228, Branch Code 13 01 26 00

Cheques and cash both attract big bank charges, so to reduce our banking fees, only EFT deposits please.

Also note that the joining fee, in addition to the annual subs, is due if a member has been “absent” for a year or more, with a new membership application form.

Magazine

Don't forget to send us any personal, email and/or postal address changes to ensure your magazine reaches you.

Note : If you have been receiving the magazine by post, and now want the speedier email version, advise Tina and/or myself and send us your email address.

It also helps reduce the posting costs and possible delays to mail the magazine to you.

Website

The website (www.durbanramblers.co.za) may be viewed for information regarding the club, hikes, etc.

WEEKENDS AWAY

Easter

Friday, 14 April to Monday, 18 April, 2017.

I've booked Simes Cottage, Loteni (central Berg), for these three nights and it sleeps 10 people. (Three bedrooms with two single beds in each, and one four-bed dorm).

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The cottage is described as "rustic" although it has a well equipped kitchen with a four-plate gas cooker/oven, fridge and freezer, a separate lounge/dining room, one bathroom with a toilet, a separate toilet and one shower. There are gas and oil lamps and the cottage fronts a dam in which you're allowed to fish for trout if you're staying at Simes. There are plenty of marked out trails of varying lengths and the Lotheni River runs through the reserve, so you can dip/paddle/splash if it's hot and sunny weather.

The cost is R336ppn and bookings will obviously be on a first come, first served basis.

Camp sites are available a couple of hundred metres from the cottage and the cost of these is R110ppn. There are no plug points...

Ezemvelo KZN Wildlife warn the route from Nottingham Road to Lotheni is slippery if it's been raining, in some sections you may need a 4x4 to get through. The alternative route is from Howick via Impendle or Underberg and vehicles with a high clearance are recommended.

Please would you let me know as soon as possible if you're interested in coming on this long weekend, either to stay in Simes or to camp, as the Club has paid up-front to secure this booking and two camp sites.

(Please note the Club's new banking details: no cash deposits, payment via EFT - Nedbank, a/c 113 8655 228, branch code 13 01 26 00, type of account Business and name Durban Ramblers Hiking Club. Once you've made payment please e-mail both me and Tina and provide Tina with proof of payment. (regnardt@gmail.com)

Cheers for now,

Marie

Marie Gurr, Weekend Organiser
marinev.gurr@gmail.com
[031-705-3122](tel:031-705-3122) / [082-586-0266](tel:082-586-0266)

(SMS or message preferably and I'll get back to you.)

HIKES

While this 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.

Please, if you're a regular Rambler, make good use of the personal name badge you've been given - fill in the appropriate details so that if there is a mishap we know who to contact, and if medical assistance is required we're able to get help promptly.

If you're not a regular hiker you should still have all this information available and it's a good idea to let someone in the group (maybe the leader) know whether it's on your cell, in your pack or in your pocket.

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.

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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.

In case of Snake Bite -The basic Rules

- Keep the number of your nearest hospital on your phone database.
- If you're in the bush, be aware at all times and check where you walk, sit or place your hands.
- If there's snake food about (lizards, rats, mice, frogs, nesting birds etc.) there will be snakes.
- If you see a snake, **STAND STILL** - don't panic. Tell others where it is and enjoy the sighting.
- Do **NOT** throw things at it or try to kill it or pick it up.
- If possible, slowly move away from the snake without disturbing it.
- If you accidentally stand on, or grab a snake, it might try to bite you, a perfectly natural reaction.
- If you get bitten, remain calm and move away from the snake, don't try to catch it.
- Tell someone that you've been bitten.
- If possible, get someone with First Aid experience to attend to you.
- Administer a full bandage wrap of the affected limb - not too tight - allow blood flow.
- Immobilise the limb and get to the hospital. Warn them of your impending arrival.
- No cuts, injections, stimulants - liquid refreshments only - monitor patient breathing.
- Remain calm and try not to move around too much.
- Venom in the eyes must be washed out with as much liquid as possible - water is best.

3 snake experts to contact in an emergency:

Jenna Taylor 083 631 4816 - Arno Naude 083 739 9303 - Johan Marais 082 494 2039

Wednesday Morning Hikes

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.)

Saturday Hikes (Afternoon)

- Please get to starting point by 13:45 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.
- There is no need to tell the leader you will be hiking.

Sunday Hikes (Full Day)

- Please be aware 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 beforehand to confirm details and let him/her know to expect you on the hike.

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- The meeting point in the programme – it might change, or the hike route might change, or it might be raining and the hike cancelled – so **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.
- Keep Rehydrat in your pack in case of dehydration in the hot months.
- Use tick spray.

Hikes are described as being Easy, Moderate or Strenuous.

They are graded from 1 to 5, as below.

- | | | |
|---|--|--------------------------|
| 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

Date	Description of Hike	Leader - Grade	Contact No.
Sunday 1 st Jan	Public Holiday NO HIKE—HAPPY NEW YEAR		
Saturday 7th Jan	Longshadow A nice easy hike to ease us all into the new year. Meet at the main entrance of the Krantzkloof Nature Reserve (Kloof Falls Road) at 13.45. Entrance fee of R20. This is a pretty forested walk along a stream. Drinks afterwards at the Nature Café in Kloof Falls Road.	Philip 6 kms Grade 1 Easy	082 417 0204
Sunday 8 th Jan	NO HIKE SCHEDULED To be advised nearer the time.		
Saturday 14th Jan	Herbies Hike - Roosfontein Meet at 13.45 at the parking lot outside the Westville Prison. Hike is through grasslands and some forest, please ensure you bring enough water. R20 donation towards the upkeep of the Reserve. Meet afterwards for drinks at the Pavilion.	Werner 7kms Grade 2 Moderate	084 206 7836
Sunday Jan 15th	ISIPINGO CIRCUIT Explore the beaches behind the old airport.	Jon Stevens Grade 2	082 459 1522

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Date	Description of Hike	Leader - Grade	Contact No.
	<p style="text-align: center;">A summer hike so bring your costume. Back by lunch. Meet at the end of Calicut Place in Merewent overlooking the Umlaas Canal cutting at 6 a.m.</p>	<p style="text-align: center;">Distance to be determined on the day.</p>	
<p>Saturday 21st Jan</p>	<p style="text-align: center;">Nqutu Falls Trail – Krantzklouf Nature Reserve</p> <p>Meet at the Nkutu Picnic Site off Valley Road in Kloof at 13.45pm. Entrance fee of R20 This hike will follow a course down into the gorge and then back up again. BYO drinks and picnic for social afterwards at the lovely picnic site.</p>	<p style="text-align: center;">Ann 7 kms Grade 3 Strenuous</p>	<p style="text-align: center;">083 666 5630</p>
<p>Sunday Jan 22</p>	<p style="text-align: center;">GROMOR</p> <p>A moderate hike across Gromor land through the old railway nursery, across the railway bridge and back to Inchanga. Meet at Union Main Centre, 45 Old Main Road, Pinetown, in time for a prompt 7.00 a.m. departure or Inchanga Station at 7.30 a.m. Petrol sharing R20.</p>	<p style="text-align: center;">Margie Forbes Grade 2 15 kms</p>	<p style="text-align: center;">073 437 6915</p>
<p>Saturday 28th Jan</p>	<p style="text-align: center;">Phezulu Safari Park</p> <p>New Sat Hike! Please note this is a members only hike. Meet and park at Phezulu Safari Park (5 Old Main Road, Hillcrest) at 13:30pm (note earlier time). Hike will be a guided hike through the beautiful park. Drinks afterwards at the restaurant. R50pp entrance fee.</p>	<p style="text-align: center;">Linda Approx. 8kms Grade 2 Moderate</p>	<p style="text-align: center;">083 353 8319</p>
<p>Sunday Jan 29</p>	<p style="text-align: center;">VERNON CROOKES RESERVE</p> <p>The reserve has open grassland and forest with opportunity to see game. The reserve turn off is approximately 12.5 km from the N2 (Park Rynie/Umzinto t/off) and the entrance gate is a further 6 kms. Meet Glenwood Village. 397 Che Guevara (Moore) Rd at 7.00 a.m. or reserve office/reception at 8.00 a.m. Petrol sharing R50 - Entrance fee R30</p>	<p style="text-align: center;">Stella Wells Grade 2/3 Strenuous 15kms</p>	<p style="text-align: center;">078 319 8979</p>
<p>Saturday 4th Feb</p>	<p style="text-align: center;">Rail Reserve Hike</p> <p>Meet at the Station Master Arms at 13.45. A walk along the rail reserve via St Heliers dam. There will be one long uphill. Drinks afterwards at the Station Masters Arms.</p>	<p style="text-align: center;">Janet / Sue Grade 2 Moderate 10kms</p>	<p style="text-align: center;">082 820 8182</p>
<p>Sunday Feb 5</p>	<p style="text-align: center;">ESTON</p> <p>Drive in convoy to a farm, not far from Tala</p>	<p style="text-align: center;">Margie Forbes</p>	<p style="text-align: center;">073 437 6915</p>

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Date	Description of Hike	Leader - Grade	Contact No.
	Game Reserve for a hike over rolling hills of indigenous bush, cane and grasslands. Meet at Union Main Centre, Old Main Road, Pinetown in time to leave promptly at 7.30 a.m or Camperdown turnoff at 7.50 a.m. Petrol-sharing R50.	Grade 3 Strenuous 14 kms	
Saturday 11th Feb	Durban Ramblers AGM The AGM will be held in the meeting room of the Palmiet Nature Reserve, Old New Germany Road at 11 AM. There is parking available. After the meeting, which normally is concluded by 1.00 PM, the club will provide braai fires. Bring your own food, drinks, cutlery, crockery and a chair for a get-together after the meeting.		
Sunday Feb 12	BALLITO TO SALT ROCK 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 7.30a.m. or Tedder Way, Ballito at 8 a.m. Petrol sharing R20	Margie Forbes Grade 2 10 kms	073 437 6915
Saturday 18 th Feb	Virginia Bush Hike Meet at the Virginia Beach parking at 13:45. The walk will be inside forested area in the Virginia Bush and back down for a beach hike. Drinks afterwards at Virginia Beach so BYO drinks and chairs.	Jon Grade 2 Moderate 8kms	082 459 1522
Sunday Feb 19	PIETERMARITZBURG CIRCULAR Go through the gardens, up towards Worlds View on some old railway track to Kettlefontein Station and then down again into the valley to overlook the new railway line and tunnel. Finally back up to the Old Voortrekker path and back down into the Gardens. Meet Pmbg Botanical Gardens at 8.15 .a.m. Entrance fee R20 (maybe less for pensioners).	Francois Marais Grade 2/3 Strenuous 18 kms	083 983 8007
Saturday 25th Feb	Hillcrest/Keg Hike Meet at the Oxford (old Heritage Market) at the Keg at 13.45. The hike goes down to the valley below with a small stream crossing. Some wooded areas, sugar cane and open areas. Meet back at the Keg for drinks afterwards	Werner Grade 2 Moderate 10kms	084 206 7836

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Date	Description of Hike	Leader - Grade	Contact No.
<p>Sunday Feb 26</p>	<p style="text-align: center;">TANGLEWOOD</p> <p>An extension of the Saturday hike previously done in this reserve taking us around the beautiful Tanglewood Nature Reserve and surrounds with a chance to see the rare <i>Gladiolus Cruentus</i>. As we will probably finish before the official lunch time, a snack may be sufficient. Drinks (or possibly lunch) afterwards at the Club.</p> <p>Meet and park at the Kloof Country Club (26 Victory Rd) at 7.30 a.m R20 donation.</p>	<p>Jenny Rooks</p> <p>Grade 2</p> <p>12-14 kms</p>	<p>084 952 0622</p>
<p>Saturday 4th March</p>	<p style="text-align: center;">Pigeon Valley</p> <p>Meet at Stella Sports Club, (75 Helen Joseph Road (was Davenport Road) at 13.45. Some street walking to the pretty little Pigeon Valley Nature Reserve, with some steep hills going up to St Augustine's Hospital and the University. Drinks afterwards at a nearby pub.</p>	<p>Tina</p> <p>Grade 1-2</p> <p>Easy to moderate (2 uphill)</p> <p>6kms</p>	<p>083 289 6276</p>
<p>Sunday March 5</p>	<p style="text-align: center;">T.C ROBERTSON Nature Reserve</p> <p>Explore T.C. Robertson Nature Reserve and surrounding area. Some cane, road and beach walking. Drinks after at the Blue Marlin Hotel.</p> <p>Meet in road at Glenwood Village , 397 Che Guevara Rd (Moore) at 7 am or Blue Marlin Hotel, Scottburgh at 7.50 am for 8 am start.</p> <p>Petrol sharing R50</p>	<p>Anne Wilson</p> <p>Grade 3</p> <p>Strenuous</p> <p>15 kms</p>	<p>079 850 0206</p>
<p>Saturday 11th March</p>	<p style="text-align: center;">Springside Nature Reserve</p> <p>Meet and park at the Springside Nature Reserve (Springside Road, Hillcrest) at 13.15pm (note earlier time due to closing time of Reserve). The hike will take us through the streets surrounding the reserve and then through the pretty reserve itself. R20 donation to the reserve</p>	<p>Linda</p> <p>6.5kms</p> <p>Grade 2</p> <p>Easy to Moderate</p>	<p>083 353 8319</p>
<p>Sunday March 12</p>	<p style="text-align: center;">UMGENI VALLEY NATURE RESERVE</p> <p>Lovely day hike in a beautiful area - great views & a chance to see plenty of game & bird life. Several trail variations. As it can be hot this time of year we will keep to high ground. Combined hike with other clubs.</p> <p>Please phone the leader to book a place on this hike by Wednesday 8 March.</p> <p>Immediately thereafter, contact Stella to co-</p>	<p>Keith Ashton</p> <p>Grade 2/3</p> <p>Strenuous</p> <p>12-15 kms</p>	<p>Keith Ashton 033 239 5023 keimarg@iun capped.co.za</p> <p>Stella Wells 078 319 8979 stellawells4@gmail.com</p>

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Date	Description of Hike	Leader - Grade	Contact No.
	<p style="text-align: center;">ordinate transport from Durban, if required. Entrance fee R30</p>		
<p style="text-align: center;">Saturday 18th March</p>	<p style="text-align: center;">Burman Bush</p> <p>Meet at Jack Rabbits, 203 Peter Mokaba Road in Morningside at 13.45. Undulating path in shaded area, covers most of Burman Bush. R20 donation towards the upkeep of the Reserve</p>	<p style="text-align: center;">Philip</p> <p style="text-align: center;">Grade 2 Moderate</p> <p style="text-align: center;">9kms</p>	<p style="text-align: center;">082 417 0204</p>
<p style="text-align: center;">Sunday March 19</p>	<p style="text-align: center;">BEACH BUMS</p> <p>Hike up and down the hills, across a nursery, through some bush and along a bit of beach... sight variation from previous route. Variety and fun guaranteed!</p> <p>Meet Virginia airport at 6.30 a.m. or Beach Bums, Causerina Beach in time to start walking at 7.00 a.m.</p> <p>Petrol sharing R20.</p> <p>Hike will finish around lunch time. Optional drinks/lunch at Beach Bums afterwards.</p>	<p style="text-align: center;">Jon Stevens</p> <p style="text-align: center;">Grade 2</p> <p style="text-align: center;">15 kms</p>	<p style="text-align: center;">082 459 1522</p>
<p style="text-align: center;">Saturday 25th March</p>	<p style="text-align: center;">New Germany Nature Reserve</p> <p>Meet at the New Germany Nature Reserve at 13.45. Hike is along woodlands and grasslands. Donation of R20 towards the upkeep of the Reserve. Braai afterwards in braai area just outside the reserve so BYO meat, drinks and chairs</p>	<p style="text-align: center;">Abdullah</p> <p style="text-align: center;">Grade 1-2 Easy to Moderate</p> <p style="text-align: center;">8kms</p>	<p style="text-align: center;">084 478 6779</p>
<p style="text-align: center;">Sunday March 26</p>	<p style="text-align: center;">MUSTANG MOUNTAIN</p> <p>Walk from Bartlett Estates to Hammarsdale. Meet at Union Main Centre, 45 Old Main Road, Pinetown, at 7.30.a.m.</p> <p>Petrol sharing R30.</p>	<p style="text-align: center;">Jenny Rooks</p> <p style="text-align: center;">Grade 3</p> <p style="text-align: center;">Strenuous</p> <p style="text-align: center;">15 kms</p>	<p style="text-align: center;">084 952 0622</p>

REMINDER ----- Please do NOT LITTER

This is the official newsletter of the Durban Ramblers Hiking Club.
Contributions are very welcome, but the right to edit is reserved.
If you have any tales to tell, we would love to hear them.
Please email your copy to the Editor at ---- gordontom44@gmail.com