

Soles to Souls
by Bart Schoeneman, Ph.D.

There are many studies about what one can accomplish through one's feet. The journey of a thousand miles, a field goal in a football game, figure eights on ice, and the list goes on and on. There are also many ways of influencing the feet to aid the rest of the body. One need only look at the study of reflexology - the manipulation of the feet to assist the organs of the body. A pressure point here for this organ and another point there for another organ. Massage is a very pleasurable experience, which also provides comfort to the foot as well as the rest of the body.

It seems to me that if one could find the right shoes, not too tight so the toes can wiggle, that walking can provide a similar effect as massage or reflexology. Walking and the manipulation of the sole (including the toes) might become for the body what the soul might do for the mind. With the one we have the physical person and with the other we have the spiritual person. Two homophonic words - sole and soul - representing the best for the good of the whole person.

Walking provides an opportunity for the development of both the body and the soul. Many great thinkers were also walkers and it is often that we get our best thoughts while walking in the surroundings of nature or in the company of friends. We can also get the best exercise for our bodies. So lets keep walking!

With acknowledgement to The Walking Connection.

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Map labels: to Hill Edgecombe, The Crescent, to city centre, Umhlanga Rocks Drive, Gateway, M17, M16, M15, M14, M13, M12, M11, M10, M9, M8, M7, M6, M5, M4, M3, M2, M1.

FRONT RUNNER
BY APPOINTMENT TECHNOLOGY



PO Box 50563
MUSGRAVE ROAD 4062

OCTOBER – DECEMBER 2003

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Chairman	Brian O'Connell	306 0743	083 544 6379
Secretary	Lois Harte	765 2853	
Treasurer	Biff Maggs	312 1503	082 900 6965
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Sat Hike Organiser	Ann Olds	767 1027	
Berg/Trails Organiser	Merle Mackenzie	561 3038	082 454 0521
Publicity Organiser	Werner Vanslebrouck	208 7532	
Magazine Editor	Jayne Ferguson	462 2732	083 381 3990
Socials Organiser	Sharyn Prowse Jeanette McMahon	701 2688 765 3814	

Heard recently on hikes :

"We want to get the Ram back into Ramblers!" Dave Hancocks.

"That Flat Earth Society has it all wrong" : said Derek Pretorius - puffing up the escarpment at Francois's Trail.

and a joke :

A group of hikers were being led through the wilderness by a guide. On the third day, the hikers noticed that they had been travelling in circles. "We're lost!" one of the hikers complained, "and you said you were the best guide in South Africa." "I am," the guide answered, "but I think we may have wandered into Botswana."

MEMBERS NEWS

New Members

New members to the Club over the past three months include: Nicky Gentz, Koos Strydom, Wendy Strydom, Robbie Robertson and Lettie Howard. Welcome to Ramblers – we look forward to hiking with you.

Reminder Subscriptions

To those members who have not yet paid their subscriptions for the past year, a reminder to please do so.

Constitution

Members are reminded to advise the Secretary before the end of September 2003 of any objections or comments on the proposed Constitution which was highlighted in the July – September 2003 magazine. The new Constitution is to be presented to the AGM, together with any objections and comments, for approval.

MEMBERS NOTICES

Walk in the Berg with Maeve

Contact Maeve Kay on 031 466 2642 for a hiking experience in the Berg. Third week of every month Tuesday to Thursday.

For Sale and Hire

35mm slide projector – R50. Magazines to hold 320 slides – R20. Hire of backpacks at R5/day and R50 deposit. Contact Phillip Gatenby on 031 201 3592.

SOCIAL ACTIVITY

Christmas Party

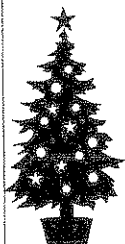
“Oh come all ye faithful ... joyful & triumphant ... **‘HIKERS...’** leave your hiking boots at home and put on your dancing shoes. Bring your own booze and wine glass!! **Where?** Hillcrest Scout Hall, Shortlands Road, Hillcrest, **When?** 22 November at 19:30 – 24:00 R50/ person includes meal and wine. Entertainment by Danny Boyens of the Flock Inn.

Tickets to be booked and paid for by Sat. 1 November 2003. Contact persons: Jeanette 031 765 1214(w) & 031 765 3814 (h) or Lois Harte 031 765 2853(h).

Direct deposits to: Standard Bank Musgrave Road
Account holder Durban Ramblers Hiking Club
Branch code 04262610 Account No 051257653

If you deposit please don't forget to clearly print your name on the deposit slip and mark it Christmas Party. Hall grounds and facilities available for campers. Bring own tent and breakfast.

Take Hillcrest turn off from M15. Right into Old Main Rd. At Heritage Market right into Stonewall Rd. Right at T-junction into Springside Rd. Drive down hill past Springside Nature Reserve entrance, up other side of hill and left into Shortlands Rd. Scout Hall approximately 1km on the left.



In addition, a number of scrabble evenings are arranged every month. If you would like to join in please phone Colleen Seath on 202 2279.

Day 3 was cloudy, cold and windy. Setting off early to try and make up some distance, we unfortunately ended up heading up and down some unplanned hills and valleys, definitely following the scenic route except the scenery was none too inspiring. We finally made camp after nearly all running out of water just as daylight was starting to fade. However, we found a campsite halfway down a hill near a little stream and thankfully pitched our tents. And no, we were not lost, just temporarily uncertain!!! Another restless windy night followed and the next morning the stream was frozen over.

Day 4 we headed out, hoping to see some of the stunning scenery and fabulous Berg sights we had come to see. We hiked around the Mweni cutback but unfortunately the mist and cloud came down and obscured some of the spectacular mountain scenery. The Colonel decided to take us back down Mweni Pass instead of Rockeries Pass as this would be new territory for him. We did not know there had been a wash-away in the path down - halfway down we got stuck! What an intrepid bunch these women are! After a brief lunch they scaled the near vertical cliff face, packs and all, and got back up onto the path. We then walked and walked our way down, taking about 4 hours to get down the path. Along the way we saw the remains of about six horses/mules/donkeys that had fallen or just died on the Pass and it was a sobering reminder of how unforgiving mountains can be. Gradually we hiked lower and lower, through very pretty scenery and could look back at the wonderful, impressive mountain sights we were leaving behind. We made camp near the river, exhausted – even tough little Audrey just collapsed in her tent and slept. In fact, we all slept well.

Day 5 in better spirits we continued down the valley until finally, after 4 days, we saw other humans again – in fact 2 other hikers. Later we came upon well-kept tribal settlements. Still we walked on, but the terrain was more mountain grassland now – lovely hiking country. Finally, we came to the Mweni Trust Tourist Centre where we were directed to an African taxi stop 400m up the road. Were we glad to all pile into that taxi! All 17 of us + 5 backpacks!! But it got us to Bergville for a very reasonable R7-00 each and there we had the best Coke I have ever tasted.

The Mweni Trust Tourist Centre is worth remembering as, for a reasonable fee, it provides safe secure parking for cars, rondawels for overnight accommodation and also mountain guides if required. It is an effort at providing community employment and is very clean and nice. One could easily park there and then hike up into the mountains. However, for our intrepid little group, I leave them to ponder the words of the old children's nursery rhyme: The Grande Old Duke of York.

The Grand Old Duke of York

He had 10 000 men

He marched them up to the top of the hill
and he marched them down again.

And when they were up they were up,
and when they were down they were down,

And when they were only halfway up they were neither up nor down.

This describes our endeavours very well!!!!

Thanks to Erica and Llewellyn Evans for their contribution.

If you have any tales to tell we would love to hear about them.

Please send copy to the editor at PO Box 888 Mount Edgecombe, 4300

or e mail to JFerguson@canegrowers.co.za (text only please)

AND TALES OF TRAILS

Erica's Inner-City Hike : 21 June 2003

"What a difference to be looking at buildings I've driven past for years and haven't noticed for their character and history," was one comment that I thought summed up the motivation for the hike. Despite the noise and bustle of Saturday afternoon traffic and shoppers, the 59 people who tramped through 200 years of central Durban's history, seemed to enjoy the idea that hiking can also tickle the ol' grey matter! We started at the Point Yacht Club (est.1890s) and the Victoria Embankment where only the fashionable and powerful lived until about the 1930s, explored the Old House Museum in St Andrew's St, hastily hiked to the Grey Street mosque (1928) and Emmanuel Cathedral (1902). Moving down Smith St with its turn-of-the-century "departmental stores" Greenacres, Payne Brothers and Stuttafords (striking for their mouldings and ornamentation), taking a detour into Field St to look at Helmut Jahn's 1980s post-modern glass tower/arcade building and continuing down Smith St, we paused at the railway station, post office, city hall and old internal revenue buildings, all large neo-classical or neo-Baroque statements of British colonial power in Natal around 1900! We then enjoyed stories about the theatre district of the Playhouse and The Prince (1930s), and the Royal Hotel (est. in 1860). Lastly, we went to the modernist Nedbank Plaza (1965), and Durban Club Place (1854/1901) and back to Quadrant House and the other Art Deco buildings of the 1930s on the Embankment. Thanks to David we had supper at the PYC and fantasised about yachts, old Durban and future history hikes.

Drakensberg Adventure (Llewellyn Evans)

On a recent trip to the Drakensberg five intrepid hikers set off up the two chain ladders at Witseishoek, camp on the top of the Amphitheatre, hiked across the top of the Berg and down Rokeries Pass. The party consisted of Colonel Chris Dobson, Sergeant Major Margaret, Corporate Audrey and two foot soldiers, namely Dee and I.

Day 1, Witsieshoek, from the Sentinel car park and up the chain ladders, was uneventful. Apart from huffing and puffing up the long zig-zag path and a few aching shoulders unaccustomed to carrying a full pack, we all made it without any problems. Once at the top, we found the Parks Board stone hut unoccupied so we gladly moved in for the night - little realising how lucky we were to be out of the cold and wind.

Day 2 we set off on the hike proper and hiked and hiked - up hill and down dale. We were like the Grand Old Duke of York's men - who hiked them up and then down again! Fortunately, the day was not long and we found an excellent level camp site, close to good water, in the early afternoon. The view of the edge of the escarpment was spectacular. That night the temperature dropped and the wind came up and howled around our ears. The tent thrashed around and threatened to blow away, luckily it didn't.

Saturday Hikes

Hikers meet at Musgrave Park Medical Centre before 13:30, to travel in convoy or to share transport to the start of the hike. A cost of R8.00 for transport is payable to the relevant driver. Hikes marked ** are suitable for beginners. Hikes marked # involve an entrance fee into the nature reserve. Visitors are to pay R4.00 to the Club. Bring the correct amount of money as change is not always available. For directions to the starting point, please phone one of the organisers between 12:00 and 12:45 on the day. Whilst children are welcome suggest check suitability of hike with leader.

Please bring at least 1 litre of water, a snack for half time and a hat.

Organisers : Ann 767 1027 Brian 083 544 6379 Werner 208 7532 / 082 927 6926

Sunday Hikes

Please try to get to the meeting places at least 10 minutes earlier so that fees can be collected and lifts arranged timeously. Bring the correct amount of money as change may not be available. Please bring at least 2 litres of water, lunch and a hat. Lunchtime tea/coffee has been dropped from these hikes but you may bring your own. Sunday hikers welcome to join the Saturday socials after hikes.

Meeting Places Durban 08:00 Musgrave Park, Cnr Berea & Musgrave Roads
Pinetown 08:30 Union Main Centre, Old Main Road

If you need a lift please phone to check that somebody will be there. If there is a change to the meeting time this will be noted in the hiking schedule.

Weekend Hikes/Trails

Three exciting weekend hikes have been planned for the last quarter. Contact nominated hike leader. Please book as early as possible to avoid disappointment. The weekend hikes are extremely popular.

Weekend & Trails Programme

DATE	DESCRIPTION	LEADER	TEL NOS
October 17-19	Mount Park set in the beautiful Dargle area. Hike up Inhlosane and through indigenous forest. Camping @R35 pp per night, Cottages @R90 & cabins @R65 pp per night. Full payment to Merle by 5 October to secure your booking.	Merle Mackenzie	031-5601499 (B) 031-5613038 (H) or 0824540521
Nov 1-2	Roselands - World heritage site just outside Richmond. R100 includes comfortable overnight accommodation, farm-style supper on Sat & breakfast Sun. Full payment to Merle by 19 October	Neville Walmsley	031-3092298
Nov 28-30	Nip Inn, Bulwer - Excellent camp-site in magnificent hiking country. R25 pp per night. Additional charge for electricity. R50 payable to Merle by 16 Nov	Bill Hyslop	031-2626792

Saturday/Sunday Hikes

DATE	DESCRIPTION OF HIKE	LEADER	TEL
Oct 4	Thornridge Farm. Cato Ridge. Meet at Assegai Hotel 13:20. R5 donation to conservancy. Bring & braai on farm. View grassland spring flowers.	Trevor	765 5133
Oct 5	Monteseel Meander. Moderate hike with varied scenery.	Brian	083 544 6379
Oct 11	**Kloof, Mpiti Falls. From Krantzkloof picnic site. Shady walk upstream. #R7	Philip	201 3592
Oct 12	Tower Meander. What is going on at the White Tower? Find out if you dare!	Brian	083 544 6379
Oct 18	**New Germany Nature Reserve. Off Otto Volek Road. Take time to look at the aviary.	Tony	702 1921
Oct 19	Palmiet. Shady walk in the forest. Cost. R10	Bill Hyslop	262 6792
Oct 25	** Umhlanga Lagoon and Beach. Park on grass opposite Cabana Beach. Walk along beach, lagoon and coastal bush. Bring & Braai at Merle's home.	Merle	561 3038
Oct 26	Camelot. Medium hike in the upper valley of the Sterkspruit. Cost R25	Dieter Becker	462 7445
Nov 1	** Shongweni Farmlands. Meet outside Assegai Hotel by 13:45. Walk through horse country and cane farms.	Sally & Clive	765 5051 Clive
Nov 2	Table Mountain. A totally different hike from Lee's one last quarter. Steve will lead us astray!! Cost R25	Steve Watson	082 443 4155
Nov 8	Kloof, Nkonka Falls. #R7 From Krantzkloof picnic site. Strenuous climb up to spectacular views eastwards.	Ann	767 1027
Nov 9	Ngomankulu. Camperdown area. Great views. Medium hike with steep downhills. Cost R20.	Neville Walmsley	309 2298
Nov 15	Bartlett Farms. Hammarsdale. Meet at Assegai Hotel 13:15 and proceed to Hammarsdale. #R5 donation to conservancy. Bring & braai on farm.	Trevor	765 5133
Nov 16	Mlazi Ufundu Meander. Moderate happy hike. Long uphill in the morning and a pretty waterfall. Guest leader.	Adrian Rowe	764 4721
Nov 22	Umhlatazane Valley. Meet at Stl Hilliers Dam, Hillcrest. Walk along shady river to MacIntosh Cascades. NB Christmas Party- Hillcrest Scout Hall	Brian	083 544 6379



The Executive Committee of Durban Ramblers Hiking Club wish all members and their families a blessed Christmas and a joyous New Year. We hope that 2004 brings global peace and stability and new friendships with great hiking for ourselves.

Nov 23	Mposane. An interesting hike up this mountain situated above Nagle Dam. Good views. Cost R25.	Steve Watson	082 443 4155
Nov 29	**Springside Nature Reserve. Meet at Emberton Golf Range - 1 st right off Old Main Rd, Hillcrest after leaving highway. Tea and cake after the walk. #R5 donation to reserve.	Trevor	765 5133
Nov 30	Stainbank with a twist. Eston area. Cost R30	Steve Nel	083 454 0569
Dec 6	Marianhill Monastery. Richmond Rd out of Pinetown, just past NPA test grounds turn right into Abbot Francis Road. Park at tea garden. #R10. View some of the historic centre and characteristic architecture. A fair hike on surrounding farmland. Tea and, perhaps supper in tea garden.	Dave Dougans	
Dec 7	Salimba Farm. A lovely hike on a farm near Richmond. Cost R30	Steve Nel.	083 454 0569
Dec 13	Burman Bush. park below Jameson Park (Rose garden). Walk through suburbs to Burman Bush, return via King's House to ice cream at Mozart's. Bring & braai & swim at Werner's.	Werner	208 7532 082 927 6926
Dec 14	Hornet's Krantz. This famous hike explores all the heights of the Monteseel area. Medium to strenuous. Cost 20.	Dieter Becker	462 7445
Dec 20	**Kloof. Longshadow and Porcupine Falls. Shady walk up stream. #R7	Ann	767 1027
Dec 21	Reverse Killarney Rockery. Moderate hike with beautiful rock formations. Cost R25.	Llewelyn Evans	082 452 2614
Dec 27	Gillitts Farm. Meet at St. Hilliers Dam. Walk over grasslands to view MacIntosh Falls.	Merle/Lois	561 3038
Dec 28	To be announced as Bill is away.	Bill Hyslop.	262 6792