

**CAMPING & OUTDOORS**  
4x4, HIKING & OUTDOOR SPECIALIST WAREHOUSE

*The outdoors start with us!*

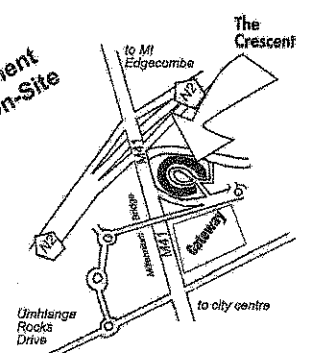

4 x 4 Fitment Centre On-Site

Your one-stop shop for all camping, climbing, hiking, canoeing and 4X4 adventures!

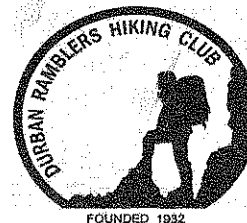
**"The Crescent" - Umhlanga Ridge**

in-store specials - easy access - free parking - open 7 days a week

Tel (031) 566 3177  
Fax (031) 566 5061  
email: campout@latrica.com

*This is the official newsletter of the Durban Ramblers' Hiking Club. Contributions are welcome, but the right to edit any contribution is reserved. The opinions expressed in any published article or inserts do not necessarily reflect the opinion of Durban Ramblers' Hiking Club.*



P O Box 50563  
MUSGRAVE ROAD 4062  
Banking Details:  
Standard Bank  
Musgrave Road  
Branch Code: 04262610  
Account No: 051257653

**THE OFFICIAL MAGAZINE OF THE DURBAN RAMBLERS' HIKING CLUB**

**JULY-SEPTEMBER 2006**

Portfolio	Name	Home	Cell & e Mail
Chairman	VACANT		
Secretary	Ingrid D'eathe	262 3753	083 789 3753
Treasurer	Biff Maggs	312 1503	082 900 6965 <a href="mailto:biff@eastcoast.co.za">biff@eastcoast.co.za</a>
Sun Hike Organiser	Jon Stevens		082 459 1522 <a href="mailto:Jon.Stevens@bcx.co.za">Jon.Stevens@bcx.co.za</a>
Sat Hike Organiser	Jean Elliot	209 2828	083 227 0738
Trails/ Organiser	Sharon Prowse	701 2688	082 654 3400
Publicity Organiser	Jenny Hewitt	303 3258	084 952 0622 <a href="mailto:jennysa@telkomsa.net">jennysa@telkomsa.net</a>
Magazine Editor	Jayne Ferguson	462 2732	083 381 3990 <a href="mailto:JFerguson@canegrowers.co.za">JFerguson@canegrowers.co.za</a>
Social Organiser	Mike Serrurier	563 5871	082 822 3106 <a href="mailto:mikeser@mweb.co.za">mikeser@mweb.co.za</a>

**Ramblers go Live!**

Durban Ramblers web site is up and running. Check it out on [www.durbanramblers.co.za](http://www.durbanramblers.co.za)  
Thanks to Biff and Ralton Bentley of R-Designs. Hetzner hosts the site.

Members will be able to download the hike schedule from the site. If you no longer wish to receive a printed version of the magazine please would you advise Derek Pretorius on 765 5029.

## MEMBERS' NEWS

### New Members

Welcome to new members : Ida Turner, Carol Constable, Marianne Duncan and Jill Dearman We look forward to hiking with you.

### Publications

Sharyn Prowse has brochures from Swaziland Tourism. Please contact her if you would like to view these publications.

### Cancellation of Scheduled Hikes

Sunday 18<sup>th</sup> June hike cancelled  
24 June Thornridge cancelled. Still hike at Virginia Bush.

### Advance notice of Hike

An independent hike, the Sangabala Challenge from The Cavern Resort will take place 28-29 October 2006. Accommodation is available at The Cavern or Hlalanathi Resort. Details will follow in the next mag, but this allows you time to prepare!

### Monthly Get Togethers Meet at 19:00 Contact Mike on 082 822 3106

Friday 28 July Sarie Marais R50 p/p into Ramblers account with your name and clearly mark. Friends are welcome. Arrive at 18:30 boat leaves at 19.00 Bring your own beverage and a plate of eats to share.  
Friday 1 Sept St Tropez . Corner St Thomas Rd/Essenwood. Slightly more upmarket venue for a change.  
Friday 29 Sept Cockle Jacks. Along Percy Osborne past licensing dept end of road turn right, then left, venue on right hand side.

**NB** It is accepted practise to tip 10% of the bill to the person waiter. Serving a big table like Ramblers is not an easy job.

### 75<sup>th</sup> Celebration

Colin Turner and Marge Blake are planning for Rambler's 75<sup>th</sup> Anniversary which will take place in 2007. If you would like to be part of this team (active and non active members) or have any suggestions on ways to commemorate this special anniversary, please contact Colin Turner on 031 708 3517.

### Wednesday Walks

Colin Turner and Philip Gatenby organise a morning hike every other Wednesday. All welcome. Phone Colin on 708 3517 or Philip on 201 3592 before the day to find out details and meeting place.

### Some Quotations to get you walking :

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. ~Paul Dudley White

When you have worn out your shoes, the strength of the shoe leather has passed into the fiber of your body. I measure your health by the number of shoes and hats and clothes you have worn out. ~Ralph Waldo Emerson

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves. ~John Muir

In every walk with nature one receives far more than he seeks. ~John Muir

Above all, do not lose your desire to walk. Every day I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it. ~Soren Kierkegaard

Hiking is the best workout!... You can hike for three hours and not even realize you're working out. And, hiking alone lets me have some time to myself. ~Jamie Luner

### And, The Basics of Hiking safely

You need very little to get out of the car and head up a trail. But you can get into trouble very quickly without the right equipment. Make sure you have the 10 basics with you at all times.

### 10 things to bring on every hike

1. Map
2. Compass
3. Matches
4. Fire starter
5. Knife
6. Flashlight
7. Extra food/water
8. Extra clothing
9. First aid kit
10. Sunglasses

Don't leave your car with any less, all it takes is for the weather to turn or an injury on the trail to leave you in dire straights. Don't forget to bring a small roll of toilet paper, just flatten it and tuck it in your pack. Something a lot of people forget!  
Enjoy your hiking experiences.

## AND, TALES OF TRAILS

### 14 – 17 April : Injasuti - Patty Boucher

Just after 8 am on Easter Saturday, the hikers left the campsite led by hike leaders from the Sunday group. Unfortunately Brian and Ann got as far as Mooi River when their car broke down. The first two hours of the hike were enjoyable but the last hour to the cave was unpleasant. For a considerable distance the narrow pathway was totally obscured with head-high grass and footing was difficult because of muddy conditions. It was obvious that park personnel outside of camp carry out little or no maintenance of hiking trails. On one occasion our party spent time trying to find the correct path.

We reached Marble Cave and stopped for lunch. There were overnight backpackers in the cave. After consulting the map a joint decision was taken to go home via an alternative route. This return hike appeared to cross over Marble Rock and climb the opposite mountains to take us home. This is when our problems began!!!

After boulder hopping and crossing the river streams and making our way through very straggly bush (by this time I was dizzy, disorientated and bleeding) for some 2 – 3 kilometres and, because time was getting short, five of us (Steve Watson, Pam from Australia, Joan, Field and I) pressed on a little further. A path was found on the mountain slope but then appeared to close off. Steve, who was now leading, also decided to return to Marble Cave so that we could retrace our steps to our campsite.

By this state I was sopping wet and very tired having slid down the mountain on my bottom – no path. It was obvious that at the pace we were moving, we would not reach the campsite before dark. Steve went ahead and organised that the backpackers would take me in and look after me for the night (they were returning to our campsite the next day).

Steve and the remaining three in the party set off for camp from Marble Cave at about 4 pm and reached the tarmac about 1 kilometer from the camp at 6 pm. Their night vision was just enough to get off the mountain.

The backpackers were from cell groups from churches in Pietermaritzburg. They gave me warm, dry clothing, a tuna pasta dish, a glass of wine and a cup of coffee. The cave was lit by candlelight (about 30) and all wore headlights. My bed in the cave was on a ledge covered with hay and I was given a warm sleeping bag.

The next morning after breakfast my Easter Samaritans packed their gear and escorted me back. I met Joan, Rosemary and Field about 1 and half hours from the cave. They took over and we returned to camp around lunchtime.

My husband has left me behind at a railway station, now a mountain cave ..... WHERE NEXT?????

### For Sale and Hire

Sale of 35mm slide projector – R100. Magazines to hold 320 slides – R20.  
Hire of backpacks at R5/day and R50 deposit. Contact Philip Gatenby on 031 201 3592.

Ladies Backpack and Sleeping Bag. Good condition. R250 for both. Contact Jean Foster (031) 7052433

### Communication

Members are requested to let Derek Pretorius have their e mail addresses. This will be used in the event that any urgent messages need to be sent out. Derek's e mail is [sandrajp@eject.co.za](mailto:sandrajp@eject.co.za)

### General

- Each member should keep medical aid and emergency contact details in their backpacks.
- Note that the hikes are organised in various areas according to the season. Hence many hikes are planned in the Kloof area during summer as this area offers shadier hikes.
- Hikers may only hike on official paths in Palmiet Reserve and not in Wilderness area.
- Change of contact details to be advised to Derek Pretorius who is maintaining the Club's membership data base. Telephone 765 5029.
- If possible, please pay monies due to the Club either by cheque, bank transfer or internet banking. This will keep bank charges to the minimum. Cash deposits are expensive. Remember to mark the deposit slip with your name and item for which you are paying and post copy of slip to the Treasurer. See front cover for banking details.

## HIKING PROGRAMME : JULY– SEPTEMBER 2006

### Saturday Hikes

Hikers may meet at Musgrave Park Medical Centre before 13:30 sharp, or earlier if indicated in the programme, to travel in convoy or to share transport to the start of the hike. Please get to starting point by 13:45 in order for hike to begin on time. 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. Children are welcome but check suitability of hike with leader. Please bring at least 1 litre of water, a snack for half time and a hat.

### Sunday Hikes (Full Day)

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. Add R5 for visitors. Sunday hikers are welcome to join Saturday hikes and the following social.

Meeting Places	Durban	Leave 07:30	Musgrave Park, Cnr Berea & Musgrave Roads
	Pinetown	Leave 08:00	Union Main Centre, Old Main Road

If there is a change to the meeting time this will be noted in the hiking schedule below.

**IMPORTANT : if you need a lift from the meeting place, contact the hike leader or one of the hike organisers to ensure that somebody will be there.**

Date	Description of Hike	Leader	Tel
1 July	Nkonka Falls, Krantzklouf Nature Reserve. Grasslands walk to falls. Meet 13:45 car park. R10 entry. BYO sundowners.	Ann	031 767 1027
2 July	<b>Palmiet. Participate in reproducing the last Palmiet hike by following our new leader. Meet at the main Palmiet Reserve parking area at 9.00. Note the time</b>	<b>Magellan GPS</b> Cost R0	<b>0824591522</b>
8 July	Clifton Watch Tower. Fairly steep climb to stunning views. Meet at 13:45 at Assagay Hotel car park. Optional drinks/supper at Assagay Polo Pony Hotel.	Dennis	083 320 4951
9 July	<b>Umhlanga Valley. This walk was postponed from the last quarter. Jenny has resurrected this fine walk that explores the Umhlanga estuary. No costumes are needed if you want to swim at the mouth of the river! Meet next to the Breakers at Umhlanga Rocks ie just outside the nature reserve parking at 8.30.</b>	<b>Jenny Hewitt</b> Cost R0	<b>0849520622</b>
15 July	Virginia Meander. Moderate bush & beach walk. Meet 13:45 Virginia Airport. Drinks Virginia Airport club bar.	Glenys	031 564 7632
16 July	<b>Gilboa, Howick area. Always a favourite. Hike on Shawswood farm. Steady climb through indigineous forest to the waterfall. Scenic views of the Midlands. Early start 7.30 in Pinetown.</b>	<b>Neville Walmesley</b> Cost R40	<b>3092298</b>
22 July	Winston Park Escarpment. Meet at 13:45 at far end of Jan Smuts Ave. Winston Park. Optional drinks/supper at Acapulco (formerly Hungry Duck) Gilllits.	Philip	031 201 3592
23 July	<b>Umlazi Meader Hike down into a lovely stretch of the Umlazi River above Shongweni dam. This truly a beautiful hike along a deserted pristine river valley. Don't miss it.</b>	<b>Adrian Rowe</b> Cost R20	<b>7644721</b>
29 July	1000 Hills Meander. Grassland & bush walk overlooking Valley of 1000 Hills. Lovely views. Meet at 13:45 at 1000 Hills Hotel. Optional drinks at Dirks Pub Drummond or Swine and Tankard Bothas Hill. Moderate.	Brian	072 995 6565
30 July	<b>Camelot - Medium hike in the upper valley of the Sterkspruit. Cost R20</b>	<b>Dieter Bekker</b>	<b>4627455</b>
5 August	Bartlett Estate. Walk through cane farmlands & grassland. Meet at 13:30 at Assagay Hotel. R5 donation to conservancy. Bring & Braai. Moderate.	Trevor	031 765 5133
6 August	<b>Mposane - An interesting hike up this mountain situated above Nagle dam. Good views. Cost R25</b>	<b>Steve Watson</b>	<b>3127108</b>
12 August	Summerveld Conservancy Area. New walk. Meet at 13:45 at Assagay Hotel. Optional drinks/supper at Assagay Polo Pony Hotel.	Colin	031 708 3517
13 August	<b>Salimba Farm - A lovely hike on a farm near Richmond. Cost R30</b>	<b>Steve Nel</b>	<b>0834540569</b>
19 August	Mpiti Nature Reserve. New walk. Meet Acapulco-Gilllits. Walk through streets of Gilllits to nature reserve. Pretty, lots of butterflies. Bring & Braai at Werner and Lois. **	Lois	031 767 2969
20 August	<b>Shongweni/Summerveld Circuit. Moderate hike through sugarcane and grassland. Start at the castle in the valley with a steep climb to Summerveld to start the day and back down thru the forest at the end. R15</b>	<b>Dieter Bekker</b>	<b>4627455</b>

26 August	Alverstone Nature Reserve. Grassland walk up hill and down dale. Some game viewing. Meet at 13:45 at Assagay Hotel. R10 entry. Bring & braai at boma in reserve. Moderate.	Trevor	031 765 5133
27 August	<b>Hilton Ramble Around the Hilton College estate with a magnificent view of the Umgeni valley and down to Gwen Falls. This is a lovely hike thru the well maintained conservancy area of the school.</b>	<b>Colin Turner</b> Cost R40	<b>7083517</b>
2 Sept	Roofontein. Grasslands walk to river. Meet at 13:45 at entrance to Westville Prison. Optional drinks/supper at Firkins, Pavillion Mall.	Werner	031 767 2969
3 Sept	<b>Mimosa Rock . See the Mimosa Rock, Durban's oldest rock formation. See the city from a different angle. All meet at Musgrave Park at 8.30.</b>	<b>Mike White</b> Cost R0	<b>0833255348</b>
9 Sept	Kloof Mpiti Falls. Shady uphill walk to top of waterfall. Meet at 13:45 at Krantzklouf picnic site. R10 entry. Bring & braai at Kim & Dennis (083 320 4951)	Ann	031 767 1027
10 Sept	<b>Summerfeldt Roam the horsey area of Natal and end up at the pub. Cost R15</b>	<b>Brian O'Connell</b>	<b>0729956565</b>
16 Sept	Paradise Valley. Meet below housing development. Shady walk. Historical interest. R5 entry.	Dennis	083 320 4951
17 Sept	<b>Table Mountain Moderate hike up onto the plateau of Table Mountain. See the sunken forest and other marvels. Great opportunity to drink quarts of ice cold beer at the end.</b>	<b>Lee D'eathe</b> Cost R25	<b>2623753</b>
23 Sept	Stainbank Nature Reserve** Shady walk with game viewing. Allow plenty of time for entry into park as each has to sign in. R10 entry.	Errol	031 469 1189
24 Sept	<b>Steve's Birthday Surprise Hike. Our quarterly surprise. Where we are going, Steve is not saying yet.</b>	<b>Steve Nel</b> Cost R?	<b>0834540569</b>

#### Weekend & Trails Programme : July-September 2006

Please contact the name of the "Contact Person" indicated below to confirm bookings of weekends before depositing the money in the bank to ensure your space is reserved.

Please liaise with Sharyn if you wish to share lifts or co-ordinate transport for weekends away. Sharyn will be unavailable for August.

Date	Description	Leader	Tel
25-27 August	<b>Blinkwater Trail: Beginners /family backpacking trip. Has short distances between spectacular overnight stops, with all conveniences. Walking through forest, plantations and virgin grasslands. Book with Philip by 13 / 08/2006. R35 per person per night if party size exceeds 6, otherwise R45 pppn.</b>	Philip	Philip: 031 - 2013592
23-25 Sept (long w/end)	<b>Mahai Camping in the Berg: Non - electrified camping in the beautiful, well shaded Royal National Park area. R60 per person per night. Please confirm bookings by 5 September.</b>	Brian	Sharyn: 031 - 7012688 082 6543 400