



C/O Chairman
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THE OFFICIAL MAGAZINE OF THE DURBAN RAMBLERS' HIKING CLUB
2nd QUARTER: APRIL – JUNE 2013

CHAIRMAN'S RAMBLINGS

Our annual general meeting, held on the 9th February is behind us. Committee members that had served three years on the committee stood down and new members took their place. It was a pity that only 33 members of the club attended the meeting, although 22 members apologised for not attending. Out of a total of 250 members in the club, that represents only some 20%. Yet, it was a delightful day, the Club business was dealt with within an hour, and it was then followed by a braai, thank you Duncan for the fires. It gave us a chance to relax and socialize. The venue lends itself well for the occasion with lots of shaded areas and as it was a beautiful sunny day members just enjoyed the afternoon.

I, as Chairman, cannot adequately express my gratitude for the work done during the past year. Linda Hiles for the quarterly magazine; Duncan Hiles for updating our website; Philip Collyer for bringing the club into the 21st Century media world with Facebook; Biff Maggs for looking after our club's money; Marie Gurr, Philip Collyer, Colin Turner and Philip Gatenby for organising the hikes on Wednesdays, Saturdays and Sundays. Ingrid D'Eathe, our secretary, who after three years as secretary will be missed for her input at our meetings. We must thank Coleen Seath, who for three years looked after the most unrewarding and at times frustrating job on the committee, i.e getting our name mentioned in the various publications. Our weekend away organiser Jill Dunstone is still with us, and that portfolio is in good hands.

We say farewell to Ray van Reenen who tried hard to get members to join him on his social calendar. His portfolio is still vacant. If any member of the club would like to be our social organiser, please join us on the committee. Thanks also go to Colin Turner, who has also stood down from the committee. I also want to thank the hike leaders and even more importantly all club members for making our club a fun hiking place to be.

We welcome the new committee members - Janet Elliott our new secretary, Linda Smith our publicity organiser and Gordon Tomlinson as ordinary member.

The Floating Trophy for 2012 was given to Trevor Thompson for his contribution to the Club. Thank you, Trevor.

Hiking is fun, keep it that way,

Regards
Werner

COMMITTEE MEMBERS

Chairman	Werner Vanslebrouck	084 2067836	031 767 2969	werner.v@iafrica.com
Secretary	Janet Elliott	082 820 8182	031 765 3240	jelliott@iafrica.com
Treasurer	Biff Maggs	082 900 6965		biff@eastcoast.co.za
Sun Hike Org	Marie Gurr	082 586 0266	031 705 3122	marinev.gurr@gmail.com
Sat Hike Org	Philip Collyer	082 417 0204	031 201 8864	philipcollyer@gmail.com
Weekend Org	Jill Dunstone	084 780 0818	031 765 4520	jillyd@telkomsa.net
Publicity	Linda Smith	083 353 8319		compasshr@mweb.co.za
Ord Member	Gordon Tomlinson	083 277 2690	031 701 2042	gordontom44@gmail.com
Magazine & Web Editor	Linda Hiles	083 226 0044	031 202 8677	linda@hiles.co.za

MEMBER NEWS

New Members

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

Rosslyn Marot
Dave Herselman
Ilona Lamprecht
I Housten

Tony Plummer
Sandra McLaren
Paul & Diana Scher

Subs for 2013

Single Member R70
Country Single R55

Family R90
Country Family R60

Pay by EFT directly into the bank account -

Standard Bank, Musgrave Rd Branch Code: 042626 Account No: 051257653

OR pay cash **directly** to the treasurer.

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

WEEKENDS AWAY SECOND QUARTER

Long weekend 15 -17 June.

Hillside Lodge in Bulwer (www.hillsidelodge-bulwer.com)

Hillside Lodge in Bulwer has been booked for the 3 days. The farmhouse sleeps 8 people in four bedrooms, all with a queensize double bed. As well as a log fireplace in the lounge there's a dishwasher in the kitchen!!! There are also 6 electrified campsites.

There are super walks in the area and an 8-hour guided walk up the Bulwer Mountain has been arranged for the Sunday.

It is two hour's drive from Durban. The last 10kms are dirt road so check road conditions before bringing a caravan.

Costs are R200.00 pppn for the farmhouse, R60.00 pppn for the campsite. A home-cooked supper is available on Sunday night after hike: Lasagne, salad and rolls plus profiteroles for R60.00 A vegetarian option is available.

Booking early is essential. Contact Jill Dunstone on 084 7800 818 or at jilldy@telkomsa.net before making EFT payment to Rambler's account.

MAGAZINE

Please send articles about hiking weekends away, hikes or matters of hiking interest that you would like to share, to me (linda@hiles.co.za) for the magazine and website.

If you have been receiving the magazine by post and now want the speedier email version send me your email address. It also helps reduce our very substantial posting costs to email the magazine to you.

Don't forget to send us any email and address changes to ensure your magazine reaches you.

We'll be notifying you of social events on Facebook so make sure you keep a look out for notices.

BUYING BOOTS

Comfortable boots contribute to easy hiking so it is important to buy correctly fitting boots.

These hints help you buy the correct size.

Measure: put your foot in an unlaced boot, push your foot to the front. You should be able to slip your forefinger down the inside of the boot between heel and boot lining. This means your boots will be approx 15mm longer than your foot.

Lacing : Movement leads to blisters. Ensure lacing is evenly tight all the way. If there are pressure points, you may have to loosen laces in that area to compensate so as to have an even fit.

Volume: If you feel there is too much space around the foot (which will lead to blisters) then place an insole in the bottom of the boot to take up the excess volume.

Werner Vanslembrouck

HIKES

PERSONAL EMERGENCY CONTACT NUMBER

Please have your emergency contact number(s) under ICE (In Case of Emergency) in your cell phone and on a label/card of some sort attached to your daypack. 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 and number(s) of someone to contact. Emergency personnel will look for your ICE details. Local hospitals will not send out an ambulance or paramedics if your medical aid details are not available. Please carry these important details with you on each hike.

Wednesday Morning Hikes

Please check details of the Wednesday hikes with Colin 031 7083517 or Philip 031 2013592. If no response is obtained from the first leader phoned, please phone the alternate leader.

Saturday Hikes

- Please get to starting point by 13h45 in order for the hike to begin on time.
- For directions to the starting point, please **PHONE** the organiser between 12h00 and 12h45 on the day of the hike, don't SMS.
- Or Saturday hikers from Durban can phone Philip Gatenby on 031 2013592 prior to leaving and arrange a pickup or to travel in convoy with him.
- 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.

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 let him/her know to expect you on the hike.
- 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.
- Meeting place will be noted in the hiking schedule below.
- If it is raining, please check with the hike leader in case the hike has been cancelled.

Hikes are graded: 1 - Very easy
2 - Easy
3 - Fitness recommended
4 - Strenuous.

SATURDAY and SUNDAY PROGRAMME 2nd QUARTER 2013			
DATE	DESCRIPTION OF HIKE	LEADER	TEL
Sat 6 April	LEADER'S MEETING	Werner	084 2067836
	No hike today.		
Sun 7 April	Umhlanga	Jon	082 4591522
	Sunday hikers host Saturday hikers. Meet in designated parking area opposite The George in Umhlanga at 8:00. This hike will take in beach, cane, bundu and streets! Optional BYO braai at Sharon's afterwards.	Distance: Approx. 15km Rating: 2	
Sat 13 April	Hillcrest	Werner	084 2067836
	Meet at the Keg, Heritage Market at 13:45. The hike goes down to the valley below, small stream crossing. Some wooded areas, sugar cane and open areas. Meet back at the Keg for drinks afterwards. Ramblers wanting a shorter hike will be able to turn back.	Rating 2 – 3 Moderate	

SATURDAY and SUNDAY PROGRAMME			
2nd QUARTER 2013			
DATE	DESCRIPTION OF HIKE	LEADER	TEL
Sun 14 April	Assagay Coffee Shop and Bartlett's Estate, Inchanga	Jenny	084 9520622
	A hike we haven't done in a while. Parking at Camelot, the Assagay Coffee farm. The plan is to shop afterwards or pay R10.00 pp for safe parking. The hike will be over rolling hills, through cane and grass. Meet at Union Main Centre, Old Main Road, Pinetown at 8:00. Be aware of one-way access. Petrol-sharing R25.00pp.	Distance: Approx. 15km Grade: 3 Terrain: Undulating.	
Sat 20 April	Kloof Gorge – Escarpment	Jill Dunstone	031 7654520
	Hike along the gorge edge to grasslands above the gorge with stunning views. Meet at the Krantzkloof Picnic Site, Krantzkloof Road at 13:45 to leave at 14:00. R20.00 entrance fee. Short Hike Leader – Philip Collyer 031 2018864 or 082 4170204. Meet at Shunters Arms afterwards.	Rating: 2 – 3 Moderate	
Sun 21 April	Kloof Gorge	Margie	073 4376915
	A complete circuit - all the ups and downs of the Gorge! Park at main entrance in time for a prompt 8:00 start. Fee R20.00pp.	Distance approx: 18km Rating: 4	
Sat 27 April	North Park – new hike	Linda	083 3538319
	Meet at the BP garage on the Main Road Queensburgh (Take the Northdene turn off) at 13:45. Drive down to North Park. Longer hike to do two circuits and shorter hike to do one. Entrance is R20.00pp.	Rating: 2 Easy – Moderate	
Sun 28 April	La Mercy to Mt. Moreland	Brian	083 2281981
	Meet in the parking area opposite The Bush Tavern, Umdloti, in time for a prompt 8:30 departure. Cross La Mercy River and hike to King Shaka Airport, and back! Optional lunch at The Bush Tavern.	Distance: Approx. 15km Rating: 2	
Sat 4 May	Giba Gorge	Dave Tighe	031 4649033
Morning hike	Joint Ramblers/MBC/Midlands hike. Meet at St Helier's Lake at 7:15 in time for a 7:30 start. Hike proceeds past cucumber farm with a view of the gorge, drops down to a waterfall and returns along a hiking route. Please phone leader to confirm attendance (and get directions if necessary).	Distance: Approx. 14km Grade: 2	
Sat 4 May	Kloof – Makaranga Walk	Philip C	031 2018864 082 4170204
	Meet at Makaranga at 13.45. R60 per car parking fee, which is redeemable at the restaurant. Walk from Makaranga along the streets of Kloof to the Iphiti Conservancy back to Makaranga for a walk through their gardens. R15 donation towards the Iphithi Conservancy. Those wanting to do a short hike can meet with the group, do a walk through Makaranga and drive through to Ipithi to walk the conservancy and then back to Makaranga – Philip to advise on times.	Distance: Approx. 14km Grade: 2	
Sun May 5	Sunday hikers join one of the Saturday hikes.		

SATURDAY and SUNDAY PROGRAMME 2nd QUARTER 2013			
DATE	DESCRIPTION OF HIKE	LEADER	TEL
Sat 11 May	1000 Hills Not the normal one!	Linda	083 3538319
	Meet at and park at Drum and Bell. Follow Old Main Road past Botha's Hill towards Drummond. Hike will go up to Monteseel to overlook the Valley of a 1000 Hills. Drinks at Drum and Bell afterwards. Short hike will also be offered. Leader Philip C 0824170204.	Rating: 2 Moderate	
Sun 12 May	Ballito to Salt Rock	Duncan	083 2297748
	Joint Ramblers/MBC 10km beach hike with tidal pools and rocky outcrops. Meet at Hypermarket-By-The-Sea parking near the Shell Service Station, Durban North at 8:00, or at Tedder Way, Ballito, at 8:30. R35.00pp petrol sharing. Optional drinks / lunch at a venue to be decided.	Rating: 2 Sand and rock walking	
Sat 18 May	Virginia Bush	Phillip G	031 2013592
	Meeting the entrance on Adelaide Tambo Drive (Kensington) at 13:45. Hike is suitable for short hikers too. Hike will be through Virginia Bush.	Rating: 1 Easy	
Sun 19 May	Umngeni Valley Nature Reserve, Howick	Guest leader: Mike Kirby	Marie 031 7053122 082 5860266
	Game viewing guaranteed! Meet at Union Main Centre, Old Main Road, Pinetown at 7.15am or at entrance to reserve at 8:15. Fee R24.00pp. Petrol-sharing R55.00pp.	Rating: 1 Easy	
Sat 25 May	Assagay	Werner	084 2067836
	Street walking in Assagay. Meet at Sugarloaf Centre (bottom of Botha's Hill). Drinks afterwards at Station Masters Arms Hillcrest.	Rating: 2 Moderate	
Sun 26 May	Eston	Margie	073 4376915
	Moderate hike on a farm just past Tala Game Reserve. Meet at Union Main Centre, Old Main Road, Pinetown, at 8:00. Be aware of one-way system for access. Petrol-sharing R40.00pp.	Distance: Approx. 15km Grade: 2	
Sat 1 June	Burman Bush	Philip	031 2018864 082 4170204
	Meet at the main entrance to Jameson Park at 13:45. Hike most of the circuits in Burman Bush. There will be a short hike meeting at Jack Rabbits in Ridge Road at 14:10. Meet afterwards at Jack Rabbits.	Rating: 1 – 2 Easy/ Moderate	
Sun 2 June	No hike. Comrades Marathon. Join Saturday Ramblers.		
Sat 8 June	Thornhill Farm	Trevor	079 5259230
	Hike at Thornhill Farm in Cato Ridge. Please check Facebook or website as this date may change or contact Philip C – 031 2018864/082 4170204 philipcollyer@gmail.com		

SATURDAY and SUNDAY PROGRAMME 2nd QUARTER 2013			
DATE	DESCRIPTION OF HIKE	LEADER	TEL
Sun 9 June	Killarney Rockeries, Cato Ridge	Dave Tighe	031 4649033 076 0280708
	Joint Ramblers/MBC/Midlands hike which starts at Highstakes at 8:00. Take Exit 53, Cato Ridge off N3, turn left and follow Highstakes signs to 4x4 track and store. Parking R25.00 per car. Please phone Dave to confirm attendance.		
Sat 15 June	Glenwood Msinsi Hike - University	Linda	083 3538319
	Walk through the University grounds and the Msinsi Conservancy. Meet in the parking area above the Elizabeth Sneddon at 13:45. For the shorter hike meet at the Msinsi Reserve at 13:30 – Gate 10 Western Campus Sports Ground on Rick Turner (Francois) Road to leave at 13:35. Share cars to drive to the university.	Grade: 2	
Sun 16 June	TO BE ADVISED		
Sat 22 June	Rail Reserve Walk – Hillcrest– new hike	Philip C	031 2018864 082 4170204
	Meet at the Station Master Arms at 13:45. Walk along the Rail area down to Springside Nature Reserve along the roads to end at Station Masters Arms. A shorter hike will be available.	Rating: 2 Moderate	
Sun 23 June	Drummond/Monteseel	Max	031 7837876 083 9684434
	Meet at Union Main Centre, Old Main Road, Pinetown, at 8:00 (Be aware of one-way system), or at Max's at 8:30. Please don't forget fruit (not citrus) and veggies for Julie and Roger's rescue animals - your fee for safe parking!	Distance: Approx. 15km Grade: 3	
Sat 29 June	Durban Beach Hike	Philip G	031 2013592
	Meet at the parking lot below Mini Town, 114 Snell Parade, Durban at 13:45. Walk will be along the new promenade through to Blue Lagoon, back and towards the harbour.	Rating: 1 Easy	
Sun 30 June	Umhlanga Valley	Jenny	084 9520622
	Meet and park in nature reserve beyond Breakers Hotel, Umhlanga, at 8:00 to hike to Sibaya and back!	Distance: 16km Grade: 2	

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 linda@hiles.co.za

WHY WE LIKE TO HIKE #2.....

