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THE OFFICIAL MAGAZINE OF THE DURBAN RAMBLERS' HIKING CLUB
3rd QUARTER: JULY – SEPTEMBER 2013

CHAIRMAN'S RAMBLINGS

The KwaZulu Natal autumn and winter months are just wonderful, just the right temperature for hiking. And if that is not what gets you outdoors, it must be the aloes in bloom. In July we normally join Francois from the Pietermaritzburg Ramblers for their annual Mpushini Aloe walk. I am sure this year it will again be well attended by our members.

In the quarter July to end September, Lois and I will again host the Potjie competition. I am sure a number of our members will volunteer to be cooks and many others of you will be those, oh so critical, but all important judges. If you are the winning cook you may feel that you are up to joining the Braai Master competition. Look out for the date in the programme and book early as space is limited.

I must thank Trevor, ably assisted by Philip Collyer and Linda Smith, for leading a hike for the Getaway Magazine, co-sponsored by Hi-Tec Footwear. I just hope that both HI-Tec and The Getaway magazine appreciate their hard work which contributed to making it a success.

It is most important that when hiking you walk in a group. I do not want to be alarmist, but on the Burman Bush hike someone who was not feeling well, together with a friend (thus not alone) decided to turn back, and they were mugged. As hikers we are only safe in numbers and must make certain that we stay together. You need to know and be able to see who is in front and behind you and that the distance between us is kept at a minimum. This is our greatest form of safety.

In this edition of the magazine you will find an item promoting a "Ramblers Hiking Shirt". Have a good look at the advert and it would be nice if as many of you as possible invested in a hiking shirt promoting Ramblers.

Happy hiking in the 3rd quarter.

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@teledynamics.co.za |

MEMBER NEWS

New Members

We extend a very warm welcome to all our new members:

Muhammed Elias,
Rielly Family
Sandy Bedford

Michelle Dennison,
Elaine & Mannie Meyer

as well as returning members: Anne Wilson and Anna Diegel

and hope you enjoy many happy hours hiking.

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 and email the proof of payment to the treasurer (biff@eastcoast.co.za)

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.

Committee News

- Let us know if a fellow hiker is ill or has had an accident so we can keep in touch.
- Get to know your fellow hikers so that you can arrange lifts to and from hikes.
- Keep Saturday 7 December 2013 available for the Rambler's Christmas party.
- There will be no refunds if you have booked and paid for an event and for some reason can no longer attend.

Rambler's Hiking Shirts



The LBSS1 Ladies woven shirt comes in colours - Stone, Dark Olive and Khaki and sizes from small to 5XL.



The WSC206 Men's two tone woven shirt comes in colours - Khaki/stone, Stone/olive and Stone/Slate and Blue, and sizes from small to 5XL.

The ladies shirt costs R159.00 for sizes S - XL and R169.00 for sizes XXL to 5XL.

The men's shirt costs R169.00 sizes small to XL and R179.00 for sizes XXL to 5XL.

It will take two weeks from the date of the order to complete the embroidered logo. Prices include embroidery but exclude vat.

There are no minimum size orders, you can order as many as you like.

Please contact Gordon Tomlinson (083 277 2690 or gordontom44@gmail.com) with your order or queries.

WEEKENDS AWAY THIRD QUARTER

There will be a weekend away 16/17/18 August. Details to be confirmed, but will hopefully be Lilani Hot Springs. Contact Jill Dunstone 084 780 0818 and watch the website and Facebook.

MAGAZINE

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

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.

Please send articles about hiking weekends away, hikes or matters of hiking interest that you would like to share, to me (linda@teledynamics.co.za) for the magazine and website. We'll be notifying you of social events on Facebook and the website so make sure you keep a look out for notices.

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

- There is no need to contact the leader to confirm you will be hiking.
- For directions to the starting point, please **PHONE** the organiser between 12h00 and 12h45 on the day of the hike, don't SMS.
- Saturday hikers from Durban can phone Philip Gatenby on 031 2013592 and arrange a pickup or to travel in convoy with him.
- Please get to starting point by 13h45 in order for the hike to begin on time.
- Children are welcome but check suitability of the hike with the leader.
- Please bring at least 1 litre of water, a snack for half way 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: Easy – fairly flat terrain, about 10km.

Moderate – Hilly terrain, about 15km. Fitness recommended.

Strenuous – Hilly, steep in places and 15km+. Fitness essential.

| SATURDAY and SUNDAY PROGRAMME | | | |
|--------------------------------------|---|---|---|
| 3rd QUARTER 2013 | | | |
| Date | Description of Hike | Leader | Tel |
| Sat 6 July | Aloe Hike, Mpushini Valley | Francois | 083 9838007 |
| | Be at the start of the hike at 13:45 Impala Bend, Bishopstowe Road Ashburton (PMB). Meet at Gillitts Post Office at 12:45 to drive in convoy or petrol sharing R45.00pp. Contact Philip 082 4170204 for enquiries. This is a joint PMB/Ramblers hike. No shorter hike planned. | Moderate | |
| Sun 7 July | The Valley Of A Thousand Hills from The Pot & Kettle | Jon | 082 4591522 |
| | Meet at Union Main Centre, Old Main Road, Pinetown at 8:00 (or at The Pot & Kettle at 8:30) for what is bound to be an interesting day hike. | Distance: 15km+ and, obviously hilly! | |
| Sat 13 July | Pigeon Valley | Linda Smith | 083 3538319 |
| | Meet at Stellawood Soccer Club on Helen Joseph Road (Davenport Road) at 13:45. Some street walking to Pigeon Valley, with some steep hills going up to St Augustine's Hospital and the University. People wanting to do a shorter hike can meet at 14:45 at the entrance of Pigeon Valley(Princess Alice Ave). | Moderate | |
| Sun 14 July | Bluff from the SANDF base | Duncan | 083 2297748 |
| | Combined Ramblers/MBC hike. Hike around, and over the end of, the Bluff; see the Millennium Tower; the old Whaling Station, and enjoy harbour, city and sea views. Meet at Glenwood Village Centre, Che Guevara (Moore) Road at 8:00, or at the security gate in Lighthouse Road/Marine Drive at 8:30. | Moderate About 12kms with steep steps and hill | |
| Sat 20 July | Kloof Gorge – Up and down | Philip Collyer | 082 4170204 031 2018864 |
| | Hike to the bottom of the Kloof Gorge, paths are steep, hike back to the top of the gorge. Tricky down and a steep climb back up. No shorter hike planned. | Strenuous Vertigo Warning | |
| Sun 21 July | Mt Gilboa, Karkloof | Guest leader: Mike Kirby | Marie: 082 5860266 031 7053122 |
| | Hike to the top of Mt Gilboa from Bushwillow Camp Site. Steep, hopefully not muddy, footpath through beautiful indigenous forest. Meet at Union Main Centre, Old Main Road, Pinetown in time for a prompt 7:15 departure, or on verge outside Amber Valley, Howick at 8:15am. R25.00 pp (to be confirmed). Petrol-sharing R60.00pp. (Chalets/camping available for anyone who wants to make a weekend of it. See Bushwillow website.) | Strenuous | |
| Sat 27 July | Bhowani Hike | Werner | 084 2067836 |
| | Meet at Gillitts Post Office before leaving in convoy to hike venue at 13:15. Parking fee at the start of the hike R10.00 per car. Safe parking arranged at Spring Valley stables. No Shorter hike planned. | Moderate | |

| SATURDAY and SUNDAY PROGRAMME 3rd QUARTER 2013 | | | |
|---|--|---|------------------------------------|
| Date | Description of Hike | Leader | Tel |
| Sun 28 July | Mt Edgecombe Meander | Jenny | 084 9520622 |
| | Park at Spar, Flanders Drive (next to SARS building, Umhlanga) at 8:30 for a circular hike through cane and across grassland around Marshall Dam. | Moderate/ strenuous. Distance: 18km. | |
| Sat 3 August | Palmiet Nature Reserve | Philip G | 031 2013592 |
| | Shady walk beside the Palmiet River. Meet at Reserve entrance in Old New Germany Road, below Westville Hotel at 13:45. Main hike 2,5 – 3 hour across the river; shorter hike will take approximately 1,5 hours doing the top section of the river. Afterwards get together at the Westville Hotel. | Moderate Vertigo warning for long hike, not on short hike. | |
| Sun 4 August | Cumberland Nature Reserve, Pietermaritzburg | Dave Tighe | 031 4649033 076 0280708 |
| | Joint Ramblers/ MBC/MHC hike along cliffs to bottom of waterfall. Return via grasslands. Meet at the entrance to the reserve at 8am. Entry: R10.00pp. Please phone leader to confirm attendance. | Moderate. Distance: 12km. | |
| Sat 10 August | Clifton Tower | Trevor | 079 5259230 |
| | Meet at the Assagay Hotel at 13:30. Drive through to the starting point. Start at Denny Mushrooms and hike up to the top of the hill to Clifton tower to overlook the city. | Moderate | |
| Sun 11 August | Toti Golf Course to Toti Main Beach – hike and clean-up | Yvonne | 073 6988836 |
| | Meet at Amanzimtoti Golf Course parking area (Second Prospecton turn-off travelling from Durban – past Toyota factory.), Golf Course Road, off Kingsway at 8:30 with a black, plastic dustbin bag in your hand! It is a short hike of 7km so some folk may want to walk there and back. Optional drinks/lunch at The Thirsty Whale afterwards. | Easy 7km | |
| Sat 17 August | Thornhill Farm | Trevor | 079 5259230 |
| | Hike at Thornhill Farm in Cato Ridge. Please check Facebook or Website as the date may change or contact Philip C 031 2018864, 082 4170204 or philipcollyer@gmail.com | | |
| Sun 18 August | Thornridge, Cato Ridge area. | Jon | 0824591522 |
| | Varied, circular hike through beautiful, scrubby bushveld. Meet at Union Main Centre, Old Main Road, Pinetown at 8:00. Petrol-sharing R25.00pp. R15.00 donation to conservancy. BYO drinks for afterwards. | Moderate Distance: 15km+ | |
| Sat 24 August | Rail Reserve Walk Hillcrest. New hike | Philip C | 031 2018864 082 4170204 |
| | Meet at the Station Master's Arms at 13:45. Walk along the Rail area down to Springside Nature Reserve along the roads to end at Station Master's Arms. A shorter hike will be available. | Moderate | |

| SATURDAY and SUNDAY PROGRAMME 3rd QUARTER 2013 | | | |
|---|---|---|------------------------------------|
| Date | Description of Hike | Leader | Tel |
| Sun 25 August | Umdloti/Umhlanga | Jenny | 084 9520622 |
| | Beach walk one way, back along the tar. Details to be confirmed. Please watch Facebook and website. | Moderate | |
| Sat 31 August | Stockville | Werner | 0842067836 |
| | Meet at the Gillitts Post Office at 13:30. Hikers will then share transport to the end of Jan Smuts Avenue, Winston Park where the hike starts. Hike along the escarpment, down into the Stockville Valley and back to Gillitts Post Office. Some members to drive back to end of Jan Smuts Avenue to retrieve cars. No Short Hike. After the hike - annual Potjie Competition Challenge at Lois and Werner's house. Cost R55.00 per person. Potjie cooks must bring own gas burners and potjies and register by 18th May 2013. Non cooks will be deemed to be judges and must also book. For further information and registration call 031-7672969. Numbers are limited- BOOK EARLY. Please do not ring after this date, no late comers will be accepted - no exceptions. | Moderate/ Strenuous | |
| Sat 7 Sept a.m. | Giba Gorge Nature Reserve | Dave Tighe | 031 4649033 076 0280708 |
| | Joint Ramblers/MBC/MHC hike along trails to McIntosh Falls and Umhlatuzana Shelter, returning via Giba Falls. Cost R10.00pp. Meet at St Helier Lake car park at 8:00. Please phone leader to confirm attendance and get directions. | Moderate Approx. 14km | |
| Sat 7 Sept p.m. | Mangrove Swamp and beach Walk | Philip C | 031 2018864 |
| | Meet at the old snake park (Mini town) at 13:45. Walk down to the Mangroves along the promenade and back. | Easy | |
| Sun 8 Sept | No hike organised. Please support one of the Saturday hikes. | | |
| Sat 14 Sept | Krantzkloof Hike – “Longshadows” | Philip G | 031 2013592 |
| | Meet at the Krantzkloof Picnic site at 13:45, R15.00 entrance fee. Hike to follow Phillip Gatenby's route of Longshadow. Short hike leader Philip C 031 2018864 or 0824170204 | Moderate Vertigo Warning for longer hike. | |
| Sun 15 Sept | Paradise Valley to The Pavilion | Margie | 073 4376915 |
| | Hike from Paradise Nature Reserve (entrance R6.00pp) in a very roundabout way to the Firkin Pub on the roof at The Pavilion. Meet at the Firkin at 8:15 to organise cars for shuttle. No meeting at Union Main Centre, Pinetown. | Moderate with river crossings. Distance: 17km. | |
| Sat 21 Sept | No hike organised. Please support the Sunday hike. | | |

| SATURDAY and SUNDAY PROGRAMME 3rd QUARTER 2013 | | | |
|---|---|---|---|
| Date | Description of Hike | Leader | Tel |
| Sun 22 Sept | Stainbank Nature Reserve, Yellowwood Park | To be confirmed | Marie: 031 7053122 082 5860266 |
| | Meet inside entrance gate at 8:30 for a hike over grassland and through coastal forest in this beautiful reserve. See the castle and visit the family graveyard. Game viewing guaranteed. Entrance fee between R20.00 and R30.00pp. | Moderate. Distance: 16km, | |
| Sat 28 Sept | Roosfontein– “Herbie’s Hike” | Philip C | 082 4170204 |
| | Grasslands and riverine forest. Meet at Westville Prison entrance parking at 13:45. Drinks and get together at Pavilion afterwards. Short hike will be approximately an hour and half. | Easy to moderate | |
| Sun 29 Sept | Kloof Gorge (Krantzkloof Nature Reserve) | Margie | 073 4376915 |
| | Meet outside The Stoker’s Arms, opp Kloof Village Spar, Kloof at 7:45 to drive in convoy to parking area. A day of ups and down all the way around this beautiful reserve. Entrance fee: R15.00pp. | Distance: approx. 19km, steep in parts. Vertigo warning! | |

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@teledynamics.co.za