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THE OFFICIAL MAGAZINE of the DURBAN RAMBLERS' HIKING CLUB

1st QUARTER: JANUARY – MARCH 2015

CHAIRMAN'S RAMBLINGS

The 2014 festive season is here. A time for remembering the past year, and soon heralding in the New Year- 2015. The chairman and his committee would like to take this opportunity to wish you all well, good health and happiness for the festive season and the New Year.

This year will also see a number of changes to the Club committee: as per our constitution members can only hold office in a particular portfolio for three years. I am sure prospective candidates are brimful of new ideas.

The AGM date to remember is the 7th February 2015, with arrangements being made to have it at the Palmiet Reserve in Westville. The meeting lasts about one hour, and members attending have a Braai and chat afterwards. If any member wishes to forward anybody for a portfolio, please fill in the nomination form. If you would like to have a matter discussed, just write a note to the present committee so that it may be included in the Agenda of the AGM. The more the interest shown by the members, the better the club will function.

My stint as Chairman is coming to an end, and I must thank the committee for the support I received during my three years at the helm. To be Chairman is probably the best and easiest position especially when the committee members are dedicated. My file as Chairman is bulging, ready for it to be handed over to the new incoming Chairperson.

Our Christmas Party was held on the 5th December, attended by about 65 people. During this time of Electricity load-shedding we were about to have no Music. Luckily I had a generator that could be taken to the party venue, and thanks to Philip who transported the generator in his bakkie, we had music. The tables were again beautifully decorated in a green theme by Jeanette McMahon. I must also thank my wife, Lois for directing (Lois was in hospital) the making of the salads by Jeanette and Jill Dunstone, not to forget our maid Bonggi. I think the salads were just great, even if I did help!

I also thank Philip for organising the band whose music, judging by the number on the floor, was enjoyed by all. I also thank all the other members for helping with the Braai-fires, the setting up and cleaning up afterwards.

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Some members will be going away to many places, within our borders and beyond, during this time of holidaying and we wish them a safe journey. On your return a full season of hiking awaits you.

Hiking is fun, keep it that way.

Regards

Werner

COMMITTEE MEMBERS

Chairman	Werner Vanslebrouck	084 206 7836	031 767 2969	werner.v@iafrica.com
Secretary	Janet Elliott	082 820 8182	031 765 3240	jelliott@iafrica.com
Treasurer	Biff Maggs	082 609 9684		biff@eastcoast.co.za
Sun Hike Organiser	Marie Gurr	082 586 0266	031 705 3122	marinev.gurr@gmail.com
Sat Hike Organiser	Philip Collyer	082 417 0204	031 201 8864	philipcollyer@gmail.com
Weekend Organiser	Jill Dunstone	084 780 0818	031 765 4520	jillydy@telkomsa.net
Publicity	Linda Smith	083 353 8319		compasshr@mweb.co.za
Ordinary Member	Coleen Seath	082 735 7659	031 202 2279	coleensea@gmail.com
Magazine Editor	Gordon Tomlinson	083 277 2690	031 708 1119	gordontom44@gmail.com

MEMBER NEWS

New Members

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

Denise Nunn
Lindsey Watkeys
Moyra Woodward
Cherry Flowers

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"

Subs for 2015

Single Member R80
Country Single R60

Family R100
Country Family R70

Joining Fee R20
In all cases

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Please pay by EFT directly into the bank account – please include your surname.
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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 application form.

ANNUAL GENERAL MEETING

The AGM will be held in the meeting room of the Palmiet Nature Reserve, Old New Germany
Road on the 7th February at 12 Noon. There is parking available. After the meeting, which
normally is concluded by 1.00PM, the club will provide Braai fires. Bring your own food, drinks,
cutlery, crockery and a chair for a get-together after the meeting.

At the AGM we invite members to air their views - be they positive or negative. However, if you
want a certain matter to be discussed, written notification of such must be handed in to the
present committee before the 17th January 2015. This needs to done so it can be included in the
Agenda.

As this is the beginning of a New Year for the club, a new committee is voted in. Some
members of the committee who have served 3 years must vacate their positions as described in
our constitution. The following committee portfolios will become vacant:

Chairman, Treasurer, Saturday Hike organizer, Sunday Hike organizer, Weekends organizer

The complete list of Portfolios is:

Position	Name	Proposed by	Seconded by
CHAIRMAN
SECRETARY	Janet Elliott		
TREASURER
Sun Hikes
Sat Hikes
Weekends
Publicity	Linda Smith		
Social
Ordinary Member	Coleen Seath		
Magazine	Gordon Tomlinson		
Web Manager

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If you would like to nominate someone for any of these positions, please put it in writing as above and deliver to a present committee member before 17th January 2015 for inclusion in the upcoming AGM.

The positions on the Committee are voluntary. Volunteering to be on the committee or to lead hikes is your way to give back to and contribute to making Ramblers a fun and interesting club. Please note that sitting committee members may stay on the committee in their present position or they may opt to take up a different portfolio.

We appeal to Club members to put their name forward, to bring in new and different ideas, so as to make our club vibrant and innovative. The committee meets about every 3 months on a Saturday morning. As you can see, being on the committee is not a hugely time consuming task.

The AGM Agenda

1. Welcome
2. Apologies
3. To confirm the Minutes of the 2014 Annual general meeting
4. To consider matters arising from the minutes
5. To receive and approve the Chairman's report
6. To receive and approve the Financial report
7. Proposed amendments to the constitution
8. To pay respect to past members
9. Honorary Life membership – 30 years or more as a Club Member or a person who has rendered special services to the club (2/3 of the members present at the meeting make the decision to award this category of membership to an individual)
10. To elect office bearers and the Executive Committee
11. To elect the Honorary Auditor
12. To present the Floating Trophy

And -----To receive any other business of which due notice has been given.

Magazine

Don't forget to send us any email and 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, send me your email address. It also helps reduce our very substantial posting costs to mail the magazine to you.

Website

An exciting new website is being developed and upgraded, so as to be more professional and friendly. It will be fully populated by the end of this year and will contain the latest information regarding the club, hikes, etc

WEEKENDS AWAY

Post New Year Recovery Weekend

**Mt Park, Dargle,
30/31 January 2015**

Very popular venue next to the Everglades Hotel.

Variety of accommodation available. Farmhouse sleeps 22 in twin, double rooms and verandah for R2650 per night for the whole house. Camping R80 pppn. Cabins (sleeps 2-4) R440 per unit per night.

Easter Weekend

**Lake Eland, Oribi
3-6 April 2015**

By popular demand, not Injasuti after all, but Lake Eland at Oribi Gorge.

Eight campsites have been provisionally reserved for Durban Ramblers. Great walking, game viewing, zip lining, bird watching, restaurant something for everyone. Electrified campsites at R120 pppn. Chalets are available but not within easy walking distance of the campsite

Ask Jill for more details.

BOOKINGS:

Unfortunately we have had a few problems with bookings and payments this year, so we have to insist on the following procedure: Bookings will only be accepted when FULL PAYMENT is received into the Durban Ramblers bank account. For both these weekends, this is required well in advance in order for us to secure the number of sites / cottages that we have provisionally reserved. We can cancel nearer to the time if required but depending on exactly how much notice you give, the cancellation fee will anything from nil to 50%.

PLEASE BOOK by sending an email to jillyd@telkomsa.net
Or SMS only (DO NOT PHONE) to 0847800818.

Note : See full Programme for 'Berg hiking weekends away

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.

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 2022279 / 082 735 7659 (who will co-ordinate with leaders.)

Saturday Hikes

- 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.

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- **Always** phone the hike leader beforehand to confirm details and let him/her know to expect you on the hike.
- 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 themselves 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 graded from 1 to 5, as below.

- 1 Easy = A flat even walk
- 2 Moderate = A hike without big and steep inclines
- 3 Strenuous = A hike with some steep inclines - Fitness recommended
- 4 Difficult = A hike with several steep inclines and some rock scrambling - Fitness essential
- 5 Very difficult = A hike with many inclines and rock scrambling - Fitness very essential

SATURDAY and SUNDAY HIKING PROGRAMME

Date	Description of Hike	Leader	Tel
Sat 3 January	Longshadow Meet at the Krantzkloof Nature Reserve (Krantzkloof Road) at 13.45. Entrance fee of R20. Shady forested walk along a stream.	Abdullah Easy 1 Distance 6	084 478 6779
Sunday JAN. 4	Bayhead Mangroves / Bluff Meet at the Shell Garage in Bayhead Road, opposite the dry docks, at 7am sharp to drive in convoy to parking. This new route will explore the mangroves and also take in a viewing of the World War 2 bunkers on the Bluff.	Philip Swart Grade 2	031-465-2776 072-606-6599
Sat 10 January	Pigeon Valley Meet at Stella Sports Club, 175 Helen Joseph Road (was 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	Linda Easy 2 Distance 6	083 353 8319
Weekend away BACKPACKING Jan. 10 and 11 Joint Ramblers/MBC and Midlands weekend.	PHOLELA CAVE Meet at Himeville Hotel at 8am or Cobham Reception at 8.30am. Overnight at Pholela Cave in the Cobham area, 14kms from parking. (R65pppn.) Return route 16kms via Lakes Cave, Whaleback Ridge, Siphongweni Rock & Shelter National Monument.	David Tighe Grade 3	031- 464-9247 or 076-028-0708
Sun 11th Jan	Berea Parks Meet and park at Sutton Park Pool (so anyone who'd like to can have a swim at the end of the hike) in time for a prompt 8am start. Bring money for a coffee stop along the way and snacks for a picnic lunch after the hike.	Jenny Grade 2 Approx. 16km	084-952-0622

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Date	Description of Hike	Leader	Tel
Sat 17 January	Palmiet (New Hike)	Linda	083 353 8319
	Meet at the Palmiet Nature reserve at 13.45, off Old New Germany Road. David Mclean Ave. New route to be done at the top of the reserve.	Moderate 2 Distance 7	Vertigo Warning
Sun 18 th Jan	Umhloti to Virginia	Jon	082-459-1522
	Meet at Virginia Airport at 5.30am. Hikers will be driven to Umhloti for a one way amble (starting at 6am) back to Virginia. The distance is about 10km of beach at very low tide, so we'll be back for a late breakfast. Time to look at the sea and enjoy the cool air of the early morning.	Grade 1 Total of 15km	
Sun. 18 January Joint Durban Ramblers/MBC/Midlands hike	Alternative Hike Karkloof Reserve, Howick	Max Ramseier	031-783-7876 083-968-4434 or Marie 031-705-3122 082-586-0266
	Meet the Leader on Karkloof Rd outside Amber Glen [opp.WESSA Head Office] at 7.30 to drive in convoy to the Karkloof Club. On this scenic hike we see an interesting historical site, equivalent to other ones all over the World [Stonehenge] We are passing through woodlands and the Valley with three waterfalls, many pools. Back at the Club we want to give you a Presentation about this Civilisation connected with all the sacred sites all around Mother Earth. [Ley lines] Enjoy this with a B&B in each Hand [Beer & Bite] R30.00 per Person for Trail, all club facilities and safe parking.	Grade 3 14km	
Sat 24 January	Hillcrest Keg	Werner	084 206 7836
	Meet the Heritage Market at the Keg 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. No shorter hike available.	Moderate 2 Distance 10	
Sun 25 Jan	Bux's Farm	Margie	073-437-6915
	Meet at Union Main Centre, Old Main Road, Pinetown, at 7am prompt to drive in convoy to Summerveld Lodge, where the hike starts. A morning of meandering up and down hills around the quarry, across grasslands and past nurseries.	Grade 3 15km	
Sat 31 Jan	Virginia Bush	John	082 459 1522
	Meet at the Virginia Airport at 13.45. Hike in the Virginia Bush.	Easy 2 Distance 7	
Sun. FEB. 1	Cumberland Nature Reserve, Pmb	Philip Swart	031-465-2776 072-606-6599
	Meet at Union Main Centre, Old Main Road, Pinetown, in time for a prompt 7am departure to drive in convoy to Cumberland. Entrance fee R10pp and suggested petrol-sharing R53pp. Hike through a variety of vegetation and, hopefully, we'll see game too.	Grade 3 14km	

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Date	Description of Hike	Leader	Tel
Sat 7 February	A G M		
	The AGM will be held in the meeting room of the Palmiet Nature Reserve, Old New Germany Road at 12 Noon. There is parking available. After the meeting, which normally is concluded by 1.00PM, the club will provide Braai fires. Bring your own food, drinks, cutlery, crockery and a chair for a get-together after the meeting.		
Sun. Feb. 8	Eston	Margie	073-437-6915
	Hike over grasslands, past dams and across undulating countryside on a farm just past Tala Game Reserve. Meet at Union Main Centre, Old Main Road, Pinetown, in time for a prompt 7am departure. (Suggested petrol-sharing R48pp.) Or, meet at the Camperdown turn-off at 7.20am.	Grade 2 Approx. 14ks	
Sat 14 February	Emberton – Springside Nature Reserve (easy)	Trevor	079 525 9230
	From the Emberton Driving Range to the Springside Nature Reserve. Meet at the Emberton Driving Range at 13.45. Tea and coffee and cake at the Emberton coffee shop after the hike.	Moderate 2 Distance 9	
Weekend away. Feb. 14 and 15. Joint Ramblers/MBC/ Midlands weekend.	EDWALENI (Mooi River area)	David Tighe	031- 464-9247 or 076-028-0708
	Camping trip at Edwaleni situated 43kms east of Mooi River. (R80ppn.) Directions: Take the off-ramp to Mooi River from the N3, turn right into Old Main Road. At the circle turn right onto the R622 to Greytown. Look out for Joubert Store on the right and then take the District Road opposite. Cross the Mooi River, take the first road to the right and follow to Edwaleni. (Alternative accommodation available if required.) The hike will start promptly at 9am on Saturday.	Grade 2 14km	
Sun. 15 February	<i>Regret no hike, Sunday folk please join Saturday hikers</i>		
Sat 21 February	Crestholme	Colin	031 708 3517
	Meet at Waterfall Shopping Centre at 13.30pm. Street walking and grasslands to look out of Inanda Dam. Meet afterwards at the Thompsons for a Braai.	Moderate2 Distance 8	
Sun. 22 February	Umdhloti Walkabout	Jon	082-459-1522
	Meet and park in the public parking area opposite The Bush Tavern in time to start hiking at 7am. A morning of cane, country and street walk that will finish around lunch time.	Grade 3 15km	
Sat 28 February	Msinsi Nature Reserve	Philip C	031 201 8864
	Meet at Elizabeth Sneddon at 13.45. Walk around the university grounds and the Msinsi Nature Reserve.	Moderate 2 Distance 10	
Sun March 1st	Stainbank Nature Reserve, Yellowwood Park	Philip Swart	031-465-2776 072-606-6599
	Meet inside the entrance (R20pp) at 7am prompt, in time to start hiking at 7.15am. Follow a variety of paths meandering across this popular nature reserve and (hopefully) take a new route to the old watermill. Game viewing guaranteed.	Grade 2 Approx. 12km	

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Date	Description of Hike	Leader	Tel
Weekend away CAMPING	EAGLE VIEW campsite situated in the Harburg area	David Tighe	Tel. 031-464-9247 or cell 076-028-0708
March 7 and 8. Joint Ramblers/MBC/ Midlands weekend.	The campsite is adjacent to the edge of the Valley of a Thousand Hills with spectacular views into the valley. The hike includes three waterfalls plus farmlands. (The waterfalls cascade down into the indigenous forest.) Directions from Durban: Take the R614 from Tongaat (alternatively from Pmb), proceed to Wartburg. Stay on the R614 past Bruyns Hill. (Camping R100 pp per night.) Please note: This Saturday hike (which will start promptly at 9am) can be accomplished as a day hike.	Grade 3 (Easy)	
Sat	Marianhill Monestery	Erica	072 615 0552
7 March	Meet at the Marianhill Monestery, for a walk around the Monestery and grounds. Meet at 13.45 in the car park. Please check Facebook and Website for final confirmation.	Easy 1 Distance 5	
Sun	Toti Trek	Anna	071-427-7139
8 March	A walk along the Toti River area. up to Entombeni Drive, through Toti Village, up Kingsway towards Athlone Park. Meet at the Sportsground in time to start hiking at 7.30am prompt. Please bring plenty of water – this will be a hot hike! (Drinks after at the Sports Bar!) Directions to the Sportsground: Take the Adams Rd. off-ramp. At the stop street turn right. At the robot turn right again and keep left over the bridge. At the next robot turn left and go down towards Toti River. Cross bridge and go to the stop street at the church. Turn right into Riverside Road. Keep going to second sign – Amanzimtoti Sportsground. Turn in and go down to parking on your left.	Grade 2 Approx. 18km	
Sat	Burman Bush	Philip C	082 417 0204
14 March	Meet at Jack Rabbits, 203 Peter Mokaba Road in Morningside at 13.45. Undulating path in shaded area, covers most of Burman Bush.	Moderate 2 Distance 9	
Sun	Swartkop adventure	Francois	083-983-8007
15 March	Meet at The Rotunda at 8.15am for 8.30am. (Take the Cedara off-ramp from the N3 after Hilton. An all day hike of ups and downs and meandering! Walk thru plantations, across grasslands, past Nurse's Dam... And enjoy a cold beer at the end!	Grade 3 16km	
Sat	Rail Reserve Hike	Janet / Sue	082 820 8182
21 March	Meet at the Station Master Arms at 13.45. Walk along the Rail Reserve towards Giba Gorge.	Easy 2 Distance 7	
Sun.	Casuarina Beach, Westbrook / Beach Bums	Jon	082-459-1522
22 March	Meet and park at Beach Bums, Causerina Beach in time to start walking at 7am. Up and down, across a nursery, through some bush, along a bit of beach... Variety and fun guaranteed! Hike will finish around lunch time.	Grade 2 15km	
Sat	Herbie's Hike –Roosefontein	Werner	084 206 7836
28 March	Meet at 13.45 at the parking lot outside the Westville Prison. Hike is through grasslands and some forest, ensure you bring enough water. Meet afterwards for drinks at the Pavilion.	Easy 2 Distance 7	

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Date	Description of Hike	Leader	Tel
Sun. 29 March	Assagay Coffee, Harrison Flats	Jenny	084-952-0622
	Meet at Union Main Centre, Old Main Road, Pinetown, in time for a prompt 7am departure to drive in convoy to the parking place. Hike over rolling hills, through cane and across grasslands in the upper Sterkspruit Valley. (Suggested petrol-sharing R25pp.)	Grade 3 15km	

REMINDER ----- Please do NOT LITTER

Promotion

Max introduced me to "Covertime", a local manufacturer of hiking apparel to suit all needs. The picture is of a hiking jacket.

Their products are very well priced, are extremely light weight and all are made of extremely strong and durable fabrics. Our club logo could also be embroidered onto any product.

Club members receive a 10% discount off the normal price.

Contact them on 031 701 3629



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