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THE OFFICIAL MAGAZINE of the DURBAN RAMBLERS' HIKING CLUB

2nd QUARTER: APRIL – JUNE 2015

CHAIRMAN'S RAMBLINGS

Thank you to everyone who attended the AGM on the 7th of February 2015. It makes a big difference when so many members are actively involved in our club.

Welcome to our new committee members and new portfolio holders on the committee: Stella Wells – Sunday Hike Organizer, Tina Regnardt - Publicity, Marie Gurr – Weekends Away, Linda Smith – Saturday Hike Organizer, and Margot Barraclough – Treasurer.

Suggestions from members at the AGM that we have the next Christmas party in Hillary will be considered as it makes it half way between Hillcrest and Durban.

I will be looking into whether we can register our hikes with Discovery's Vitality, this will mean that existing members will be able to claim their points and members of the public will be keen to earn their points on our hikes.

The new website is up and running thanks to the efforts of Linda Smith. Abdullah Dada has volunteered to assist us in making it more user friendly for the members and committee members.

If anyone has any new hikes or routes that you would like to explore please give myself, Linda or Stella a shout. I am always up for a new hike and so are our members. I will be looking at some of the new hikes that the Durban Green Corridor offer, the scouting of these hikes will be open to all club members, I will keep you posted on Facebook and the Website.

Our condolences go to the family of Errol Thring who passed away on the 7th of March 2015, who was previously an active member of the club.

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I hope those of you who have been keeping away due to hot weather now join us in the second quarter for hiking.

Happy Hiking

Warm Regards

Philip

COMMITTEE MEMBERS

Chairman	Philip Collyer	082 417 0204	031 201 8864	philipcollyer@gmail.com
Secretary	Janet Elliott	082 820 8182	031 765 3240	jelliott@iafrica.com
Treasurer	Margot Barraclough	084 256 7867	031 764 4740	margotb@corokraft.co.za
Sun Hike Organiser	Stella Wells	078 319 8979		stellawells4@gmail.com
Sat Hike Organiser	Linda Smith	083 353 8319		compasshr@mweb.co.za
Weekend Organiser	Marie Gurr	082 586 0266	031 705 3122	marinev.gurr@gmail.com
Publicity	Tina Regnard	083 289 6276	031 207 5005	regnardt@gmail.com
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
Website Organiser	Abdulla Dada	084 478 6779	031 269 1921	dada@greenit.co.za

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.

Gill Peter
Annie Naidoo
Premilla Naidoo
Yvonne Rich

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"

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Subs for 2015

Single Member R80
Country Single R60

Family R100
Country Family R70

Joining Fee R20
In all cases

New members joining after July 2015, will only pay half the annual subs.

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 was held in the meeting room of the Palmiet Nature Reserve, Old New Germany
Road on the 7th February 2015. The new Committee Members are as above. The Minutes will
be sent out to members with this Magazine, by post or email.

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 posting costs to mail the
magazine to you.

Website

An exciting new website has been developed and upgraded, so as to be more professional
and friendly. It has been fully populated and contains the latest information regarding the
club, hikes, etc.

Hiking Trail Questionnaire

The club has been approached by a Master's student from Pretoria University to assist with an on line
survey she is doing of hiking trails in South Africa. Apparently it is estimated 60% of the 1000+ hiking
trails in South Africa no longer comply with normal hiking requirements due to challenges such as poor
accommodation, safety issues, general lack of maintenance of trails, environmental degradation and
inadequate water supply. The survey has the support of the Hiking Organisation of SA. The results of the
survey would be highly beneficial to the hiking community by providing support for the improvement in the
quality of trails as well as provide insight to create further growth opportunities in hiking tourism. Click on
this link to go to the survey: [The Impact of an Accreditation System for Trails](https://www.surveymonkey.com/s/accreditationoftrails) , or use the internet
browser: <https://www.surveymonkey.com/s/accreditationoftrails>

SOCIALS

Please note the social outing on 27th April to Inanda Dam, in the Hiking Programme, which combines a hike with a braai afterwards, led by Werner; please call him for arrangements.

WEEKENDS AWAY

T.O.Strand, Leisure Bay – Friday and Saturday, June 19 and 20, 2015

Hi everyone. This quarter we're going to try a new system for booking weekends away. It's logical and we hope will prove practical! Instead of booking accommodation and trying to fill it, we intend working the other way round.

The idea is to find out who's interested five or six weeks ahead of the proposed trip, see what accommodation they'd like, contact the resort, find out availability and exact cost, report back, get the money paid upfront to Ramblers, confirm with the resort and transfer money to secure the booking.

If you need to cancel for any reason you're obviously welcome to try and find someone to take your place, but in future there will be no refunds...

Please liaise with me, Marie, either by e-mail (marinev.gurr@gmail.com), SMS (0825860266) or message on my landline – 031-705-3122. (As some of you know from experience I'm not too quick to answer my cell!)

Now, our first test!! Let's see if this KISS-system works!

For T.O. Strand we need to know who's interested and what accommodation you'd like by Monday, May 4 – please don't forget to advise if you are of a certain age and qualify for a discount!

Payment to Ramblers must be made (and confirmed to me, Marie) by Wednesday, May 13 so the booking can be secured by Friday, May 15.

T.O. Strand is a very well run, popular, security-conscious resort down the south coast near Port Edward – website www.tostrand.net They have camping sites, caravan stands and chalets, plus a restaurant and tuck shop, access to the beach, pool...

It would be good if we could all be fairly close by, whether we're in a chalet, caravan or tent, but will have to work out those logistics once we know numbers and requirements. As a rough guide, a self-catering chalet sleeping four (bedroom with double bed, two beds in lounge) costs R535 per night out of season (take towels and cleaning materials), a caravan stand (with space for one car) is R175 per night and camp sites (with electrical points, maximum six people, one car) also R175 per night.

We propose a communal braai on Saturday night.

Werner has kindly offered to lead a Saturday day hike in the Umtamvuna Nature Reserve a short drive away, route to be decided by popular demand! Obviously there will be an entrance fee, probably R20-R30, which we'll have to pay.

On Sunday morning we'll visit the Red Desert...

I'm planning on two weekend getaways a quarter and would like to thank Jill Dunstone for kindly continuing to handle arrangements for Easter at Lake Eland even though the Weekends Away portfolio is officially mine now. I really appreciate it, Jill. Look forward to seeing you there.

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.)

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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.
- **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 steep inclines and 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
Saturday 4 April	Paradise Valley	Linda	083 3538319
	Walk through Paradise Valley (Oxford Road, Pinetown), mainly shaded wooded areas with a couple of hill climbs. Park in Oxford Road. Meet inside the reserve at 13:45. R 20 entrance fee to the Reserve	Grading 2 Moderate	

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Date	Description of Hike	Leader	Tel
Sunday	New Germany Nature Reserve –social hike	Philip Swart	031-465-2776. 072-606-6599
5 April	Take a very short hike (hence the late start) through the Reserve with plenty of time to take in the flora and visit the bird hide. Bring & Braai afterwards in the Reserve Meet at the Reserve at 9.00am.	Grade 1 Moderate	
Saturday	Virginia Bush	Jon	082 4591522
11 April	Meet at the Virginia Airport at 13:45. The walk will be inside forested area in the Virginia Bush and back down for a beach hike. Drinks afterwards at the Virginia pub.	Grade 2 Moderate	
Sunday	Umkomaas and Empisini Reserve	Anne Wilson	079 8500206
12 April	New recce hike exploring the Empisini Nature Reserve and surrounds, as well as some beach and road walking. Moderate 15kms. Have a cold beer on the hotel's cool deck afterwards and bring costumes for a swim in their pool. Meet Buxton Centre, Glenwood at 7am and drive to Blue Ocean Dive Resort, corner Reynolds and Moodie Street, Umkomaas for 7.45am start Petrol sharing R30	Grade 2 Moderate 15kms	
Saturday	Kloof Gorge	Philip	031-201 8864
18 April	Meet at the main entrance of the Kloof Gorge at 13:45. Hike to the bottom of the Kloof Gorge, paths are fairly steep, hike back to the top of the gorge. Tricky down and a steep climb back up. Entrance fee R20.00	Grading 4 Very Strenuous Vertigo warning	
Sunday	Assagay Coffee Farm, Harrison Flats	Jenny	084-952-0622
April 19	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	
Saturday	Alverstone Conservancy	Werner	084 206 7836
25 April	Grasslands and up and down dale with some game viewing. Entrance is R20. Meet at the Assagay Hotel at 13.30, then drive though to Alverston at 13.45 or meet at the conservancy at 13:45. After hike braai at the Boma.	Grading 2 Moderate	

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Date	Description of Hike	Leader	Tel
Sunday 26 April	Killarney Rokeries	Philip Swart	031-465-2776. 072-606-6599
	Moderate 8 km hike with visit to waterfall. Meet Union Main, Pinetown for 7am sharp departure or 8am at Herb Farm gate. Follow N3 to Cato Ridge, turn off at exit 53. Do not go into town, but carry on straight +/- 3 kms, taking right turn into Killarney Valley. Follow gravel road and look for farm gate D27, turn right into Herb Farm. Petrol R25	Grading 2 8 kms	
Monday 27 April Freedom Day	Boschoek	Francois Marais	083 9838007
	Join Pietermaritzburg Ramblers for a full day hike at Boschhoek . Enjoy refreshments on the stoep at Aird Farm after the hike. Steep up and down. Meet at 08:00 at Aird Farm. Petrustroom.	Grading 4	
Social Monday 27 April	Inanda Dam	Werner	084 206 7836
	Visit the Inanda Dam (a Msinzi reserve) for a morning hike with an organized Braai for Lunch . Meet at the reserve at 10.00 - walk starts at 10.30 Continue on M13 --- Turn off at the Hillcrest offramp; then into Old Main Road --- about 1km until the Old Main Road/Inanda Road intersection --- Turn right into Inanda Road --- about 2km --- a signboard to Inanda Dam on your left; take it --- Continue on the M57W for about 12 kilometres --- until the main entrance gate to Inanda Dam	Easy and social Please advise Werner of attendance	
Saturday 2 May	Monteseel	Linda	083 3538319
	Meet at the Hacienda Pub in St Andries Street, Monteseel at 13.45. Some cliff edges and boulder hopping, definitely fitness required. Down into the Valley of a 1000 hills and back again. Donation of R20 to the Monteseel Conservancy.	Vertigo Warning Grading 4 Difficult	
Sunday May 3	Umhlanga to Umdhloti	Jenny Rooks	084 9520622
	Walk on the beach to Umdhloti, with a stop for refreshments and then return inland. Low tide is 9.15 which will mean easy river crossings. Meet at Umhlanga (main) Promenade parking at 8.00 am.	Grade 3 Moderate 16kms	
Saturday 9 May	Marianwood	Philip	031-201 8864
	Meet at 8 James Herbert Road at 13.45, a small nature reserve and will allow for a shorter and longer hike.	Distance 6 km Grading 1 Easy	
Sunday 10 May	Bluff Hike	John Van Zyl	083 7998382
	Hike around the Bluff including the old airport site . Back to Harlequins for social drinks. Easy 9kms. Meet Caltex Garage in Edwin Swales Drive at 8.30am and travel in Convoy to Harlequins club. Parking R5.00	Grade 1 Easy	

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Date	Description of Hike	Leader	Tel
Saturday 16 May	Crowned Eagle Conservancy	Linda	083 3538319
	New! Something different in a guided walk through the privately owned Crowned Eagle Reserve taking in the indigenous flora and fauna and areas of historical interest. This would be a great hike for beginners. R20 donation towards the upkeep of the reserve.	Grade 1 Easy	
Sunday 17 May	Stockville Road	Margie Forbes	073-4376915
	Walk to St Helier through Giba Gorge and scramble up to the pylon and Winston Park. Hike continues towards Stockville Valley, across grasslands and past interesting old homesteads before the uphill climb back to the cars. Steep in parts. Moderate to strenuous 17 kms. Meet and park at Zephyr, Everton Road (Gillitts turnoff) at 8am	Grading 3 17 kms	
Saturday 23 May	Umgeni River	Jon	082 4591522
	Meet at Pick 'n Pay Hypermarket (corner of the parking lot closest to the M4) at 13:45 for a hike along this rehabilitated river.	Grading 2 Moderate	
Sunday 24 May	Valley of 1000 Hills	Stella Wells	083 3035963
	Hike into the Valley and follow the river before scrambling back up to the dirt road. Wind back down to the river, which will lead us back to the road for the climb out of the valley, via the dam. Steep in parts. Moderate to strenuous 18kms. Meet at Union Main Pinetown at 7.30am or Pot and Kettle at 8.00am. Petrol sharing R15.00	Grading 3 18kms	
Saturday 30 May	New Germany	Linda	083 3538319
	Meet at the New Germany Nature Reserve at 13.45. Hike is along woodlands and grasslands. Shorter hike will be available. Donation of R20 towards the upkeep of the reserve.	Distance 9kms Grading 2 Moderate	
Sunday 31 May	Holla Trail	Jon Stevens	082 4591522
	Escape the chaos of the Comrades Marathon road closures by going north for a tranquil walk thru the rolling hills of the north coast. Coastal forest, cane and grasslands. Moderate 15kms. Stay for drinks after the hike. Meet at Holla trails at Collisheen Estates at 8.30am. Entry fee R20.00.	Grade: 3 Moderate 15kms	
Saturday 6 June	Hawaan Forest	Coleen	082 735 659
	Meet at the car park opposite the Cabana at 13:45. Walk along the promenade, to the Hawaan forest and coastal bush, cross the river along the beach (depending on the tide), back along coastal bush.	Grade: 2 Moderate (Beach Walking)	
Sunday 7 June	Kloof Gorge	Margret Kirsten	083 7837852
	Walk to the beacon, with a surprise visit to ? (not for the faint hearted) and down to Sora's pool for lunch. Return along the river (rough terrain) and back uphill	Grading 3 10kms	

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Date	Description of Hike	Leader	Tel
	to the car park. Moderate 10 kms. Meet main parking area Kloof Falls Rd for an 8.30 start. Parking fee R20.00.		
Saturday 13 June	Stainbank Game Viewing guaranteed. Meet at the Stainbank Nature Reserve Car Park at 13.45. Reserve Entrance R20. There will be a braai afterwards. Ramblers will be able to do a shorter hike.	Phillip Distance 12km Grading 3 Moderate	082 4170204
Sunday 14 June	Paradise to Pavillion Linear walk from Paradise Valley Reserve back to the Pavillion. Cars will be shuttled from Pavillion. Moderate 16 kms Meet 7.30am at the free shaded parking at rear of Pavillion (next to the recycle area) Petrol sharing R10.00 .Reserve fee R10.00.	Margie Forbes Grade: 3 Moderate 16kms	073 4376915
Saturday 20 June	Giba Gorge Meet at Giba Gorge, entrance fee of R15 per person. The hike is along the hilly terrain in Giba Gorge.	Nick Grading 2 Moderate	072 3276407
Sunday 21 June	Mzinyati Falls –Inanda Hike on hilly terrain from Inanda dam to the falls and back. This is a 'Green Corridor' initiative. Moderate to strenuous with minimum of 16kms. Meet at Union Main Pinetown at 8.15 am. Entry R25.00. R10.00 for guard. Petrol sharing R20.00	Phillip Collyer Grading 4 16+ kms	082 4170204
Saturday 27 June	Isithumba (Old Baldy) Meet at the Assagay Hotel at 13.30 (note earlier time) to drive to iSithumba. iSithumba is a difficult hike and not for the unfit but views are worth the effort. Cost of R20 per person will be given to Durban Green Corridor Project.	Abdullah Grading 5 Difficult, steep hills and rock climbing involved.	084 478 6779
Sunday 28 June	Summerveld/ Hammersdale Falls Rural tranquility with a bit of industry on the side. Some river crossings so be prepared. Good views of the falls. Moderate to strenuous 19kms. Meet at Pinetown at 8.00am or Polo Pony Hotel at 8.15am and proceed to the hike start. Petrol sharing from Pinetown R15.00	Jon Stevens Grading 3 19 kms	082 4591522

REMINDER ----- Please do NOT LITTER

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