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THE OFFICIAL MAGAZINE of the DURBAN RAMBLERS HIKING CLUB

3rd QUARTER : JULY to SEPTEMBER : 2016

CHAIRMAN'S RAMBLINGS

This last quarter, the most popular hikes for Saturday have been Paradise Valley and the Crowned Eagle Conservancy. For Sunday the most popular hike has been the valley of a thousand hills. Wednesday hikes, the numbers have been less due to people being overseas! The facebook events has definitely been increasing the attendance of new hikers.

The hike leaders meeting was held on the 6 May 2016, there were 15 hike leaders in total and we spent the morning going through what we as a club would consider our hike rules (they will be updated soon). Everyone was given a first aid box and we enjoyed lunch supplied by Jonny's Rottis. Definitely an event to be considered every year.

The Kloof Conservancy Hall is being considered by the committee for the year end function – this will serve two purposes. One as a venue and two in support of the Kloof Conservancy.

The website has now been moved over to the Afrihost site, which is considerably cheaper than our previous service provider.

*Happy Hiking
Philip*

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.

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Single membership:

Felicite Ogle
Matthew Rindel
Eric Warburg
Eric Wang
Adrienne Sadler
Simphiwe Mazibuko
Louise Bennett

Family membership:

Jennifer Seger, David Segal and Rio Segal
Chris Hoare and Terry Herd-Hoare

Please 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"

COMMITTEE MEMBERS

The Committee Members are as below.

Chairman	Philip Collyer	082 417 0204	031 201 8864	philipcollyer@gmail.com
Secretary	Mary O'Donnell	083 292 5913	031 209 3837	mary@directcharcoalsa.co.za
Treasurer Members Database	Tina Regnard	083 289 6276	031 207 5005	regnardt@gmail.com
Sunday Hike Organiser	Stella Wells	078 319 8979		stellawells4@gmail.com
Saturday 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	Ana Bardosa	082 496 2320	031 462 6492	bardosa@31.co.za
Ordinary Member	Jenny Rooks	084 952 0622	031 303 3528	jen0212sa@gmail.com
Magazine	Gordon Tomlinson	083 277 2690	031 708 1119	gordontom44@gmail.com
Website Organiser	Abdullah Dada	084 478 6779	031 269 1921	dada@greenit.co.za

Subs for 2016

Single Member R85
Country Single R65

Family R105
Country Family R75

Joining Fee R30
In all cases

New members joining after July 2016 will only pay half the annual subs.

Please complete the Membership Form in full, Hike Name, Date and Signature of Leader, before handing or emailing them to the Secretary.

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Please pay by EFT directly into the bank account – please include your **full name** as reference. Standard Bank, Musgrave Rd Branch, Code: 042626, Account No: 051257653. 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 membership application form.

Magazine

Don't forget to send us any personal, email and/or 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, advise me and send me your email address.

It also helps reduce the posting costs and possible delays to mail the magazine to you.

Website

The website (www.durbanramblers.co.za) may be viewed for information regarding the club, hikes, etc.

WEEKENDS AWAY

The Ramblers' weekend at Injisuthi, Giant's Castle Game Reserve, Ukhahlamba Drakensberg Park:
Friday to Sunday nights, June 3-5, 2016

Thanks to Jill Dunstone for this report and photos, as below

Thirteen happy Ramblers plus two guests were lucky enough to spend a June weekend at Injasuthi Hutted Camp.

What a delight it was! Firstly, the road was not as bad as we were expecting. Then the weather was magnificent - sunny and clear, with almost no wind; perfect for hiking. And finally, the autumn colours of trees and grasses were just beautiful.

After settling in and lunching on the Friday, some of us set off in search of Poachers' Stream. Nevil had us huffing and puffing as he headed up the hills – not because we are unfit, of course, but because of the thin air at high altitudes Ha! We turned back before the Stream, as the sun was now low, but it was a good start to the weekend. It improved further when we got together for supper: yummy curries provided by Werner and Philip Collyer. Many thanks, guys.

Saturday was another beautiful day and the whole group of hikers followed Nevil up Van Heyningen's Pass. A great pass cutter, this Van was – it really is a wonderful route up through the ravine, most of it in forest. We were glad to reach the top though, and stop for a breather as we listened to the barking of baboons. The previous day, a large male had entered the chalet Werner, Marie and Nevil were staying

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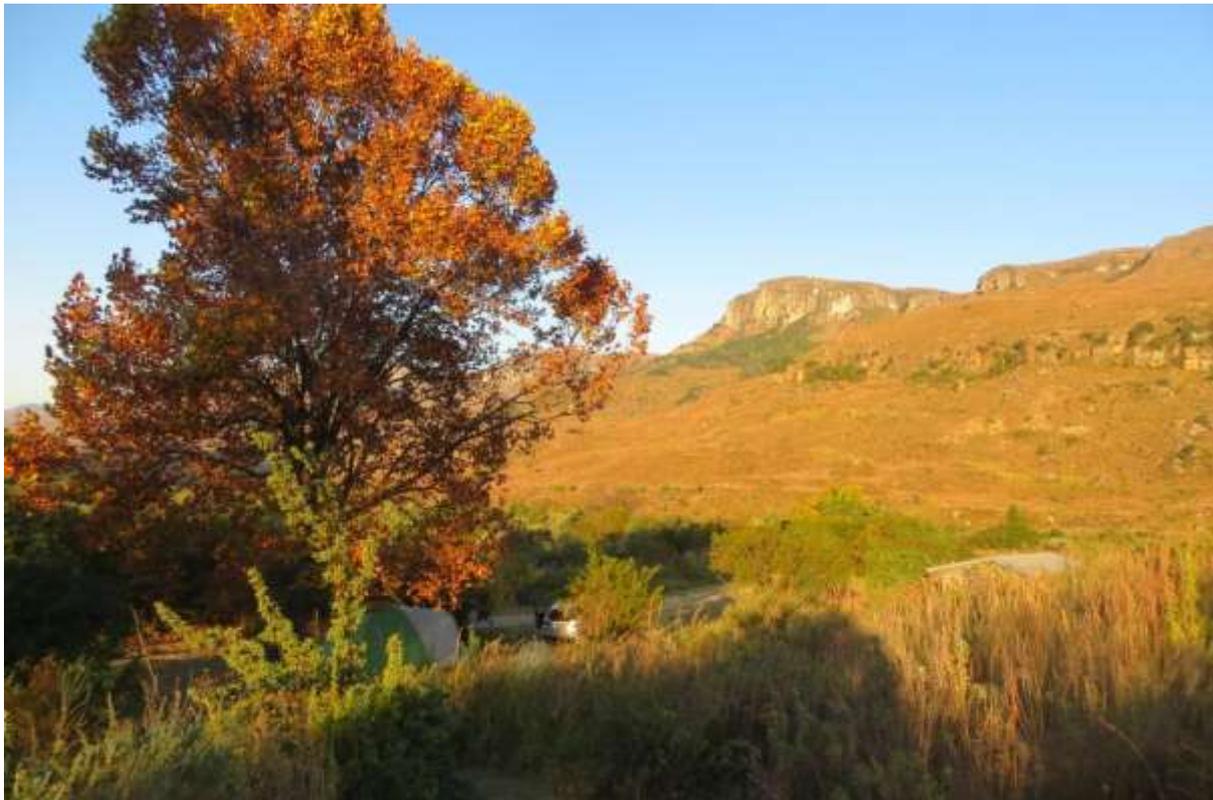
in, and brazenly made off with their bananas and snack bars. We were glad this day to see the big apes moving off.

Half the group turned back soon after this, while the other half headed for Wonder Valley Cave and were rewarded with magnificent views of the Escarpment. What a joy to be there! This has to have been one of my all-time favourite walks.

In the evening Nevil and Werner organised the braai and we enjoyed party tricks from the special lifting of chairs to beer bottles being stuck to walls. Then back to our chalets/tents before lights out – the generator was switched off at 10pm. The stars were magnificent. (Philip Collyer)

Sunday was cool and overcast but good for walking, and most of the group ventured out to the Yellowwood Forest and surrounds, while Philip took a car-load to the Gorge Pools. Apart from a few lucky folk who didn't have to worry about work on Monday, it was then time to say farewell and head home.

Many thanks to Marie for arranging the weekend and Nevil for leading the hikes.





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The next weekend away

I was anticipating a weekend at Cobham (Pholela Hut plus camping) until I discovered that we must be prepared to share bedrooms with anyone else who turns up!! So I'm opting for Glengarry again...

Glengarry (Kamberg/Rosetta) is already fully booked (chalets, not all camping!) for all weekends in August and the first in September so I'm going for Friday and Saturday nights 9/10/11 September and hoping it's not too far away for you to commit to, and pay as per the rates below.

We'll do a full-day hike on Saturday (the 10th) and a short Sunday morning walk before heading home. Regular weekenders will know we do a wander about on Friday afternoon, depending on who's there early enough.

Camping is R120pppn and the chalets R380pppn. (Six sleep four people, four sleep 2 people. Everything is provided although the website does say bring clothes, food and own toiletries including soap. We know from last year they have a very comfy pub and coffee shop...)

Please let me know by Friday 8 July if you're interested in coming on this weekend. I'll obviously need to book and pay in full very promptly.

Cheers for now,

Marie

Marie Gurr, Weekend Organiser
marinev.gurr@gmail.com
031-705-3122 / 082-586-0266
(SMS or message preferably and I'll get back to you.)

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 031 202 2279 / 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.
- **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.

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Hikes are described as being Easy, Moderate or Strenuous.

They are graded from 1 to 5, as below.

- | | | |
|---|--|--------------------------|
| 1 | A flat even walk | |
| 2 | A hike without big and steep inclines | |
| 3 | A hike with some steep inclines | - Fitness recommended |
| 4 | A hike with steep inclines and rock scrambling | - Fitness essential |
| 5 | A hike with many inclines and rock scrambling | - Fitness very essential |

SATURDAY and SUNDAY HIKING PROGRAMME

Date	Description of Hike	Leader - Grade	Tel
Saturday 2nd July	<u>Assagay Suburbs</u> Meet at Sugar Loaf Centre on Old Main Road, Bothas Hill at 13.45 to walk the streets of Assagay.	Werner Approx 10kms Grade 2 – Moderate	084 206 7836
Sunday July 3	<u>HIGHSTAKES/KILLARNEY ROCKERIES</u> Steep in places, but rewarded with sighting of aloes. Meet at Union Main Centre, 45 Old Main Road, Pinetown, at 8.00 a.m. or Cato Ridge turn off (exit 53) at 8.20 a.m, or follow signboards to Highstakes. Hike will start at 8.30 a.m. Possible entrance fee (R20?), which is normally refundable on purchase of refreshments. Petrol sharing R30.	MARGIE FORBES Grade 2-3 Approx: 14 kms	073 437 6915
Saturday 9th July	<u>Treasure Beach</u> Meet at Treasure Beach Parking, Bluff at 62 St Geran Grove at 13:45pm , for a walk along this beach to the pools and back.	Tina Approx 7kms Grade 1 – Easy	083 289 6276
Sunday July 10	<u>NAGLE DAM</u> Hike through the tunnel and around the dam. REMEMBER TORCHES!! Bring own drinks and relax at the dam after the hike. Meet at Union Main Centre, 45 Old Main Road, Pinetown, at 7.30am. Petrol sharing R35p.p. Entrance to Nagle Dam R25p.p.	JON STEVENS Grade 3 15 kms	082 459 1522
Saturday 16th July	<u>Clifton Tower</u> Meet at the Assagay Hotel at 13:30 to drive through to the starting point at Denny's Mushorroms off Kassier Road. This short hike takes us up to the top of the hill to Clifton Tower to overlook the city and surrounds. Drinks afterwards at the Polo pony	Philip Approx 5kms Grade 2- Moderate - one uphill	082 417 0204
	<u>PARADISE TO PAVILLION</u>	MARGIE FORBES	073 437 6915

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Date	Description of Hike	Leader - Grade	Tel
Sunday July 17	Linear walk from Paradise Valley Reserve back to the Pavillion. Cars will be shuttled from Pavillion. Meet 7.30am at the free shaded parking at rear of Pavillon (next to the recycle area) Petrol sharing R10.00 .Reserve fee R10.00.	Grade 3 16 kms	
Saturday 23rd July	Mangroves Swamps Meet at the Pick'n Pay Hyper Durban North at 13.45, to leave at 14:00. Guided tour of the Beachwood Mangroves, donation of R20 per head towards the Mangroves. The last two hours of the hike will be along the beach. It is essential for hikers to stay together in the group along the beach for safety reasons.	Linda Approx 8kms Grade 1 - easy (beach walking)	083 353 8319
Sunday July 24	<u>ROCKY BAY</u> This is a new hike and great for winter as it is almost totally exposed for the whole length. Terrain is easy and mainly through sugarcane. Hat and water essential and binos in case you are lucky enough to spot a whale! If weather good bring cozzies to swim after the hike or have drinks in the pub. Meet in road at Glenwood Village, 397 Che Guevara Rd (Moore) at 7.30.a.m or Rocky Bay resort in time to start hiking at 8.30.a.m. Petrol sharing R45. Entrance fee R20 <u>NOTE: HIKERS MUST PHONE LEADER IN ADVANCE IF THEY INTEND JOINING HIKE</u>	JILL DUNSTONE Grade 2 19kms	084 780 0818
Saturday 30th July	Saurus Pools New Sat Hike. Meet at the Uve Road Car Park of the Krantzklouf Nature Reserve at 13;45pm. Walk down to Saurus Pools and back again. R25.00 entrance fee to the reserve.	Ann Approx 6kms Grade 3 - Strenuous (Vertigo Warning)	083 666 5630
Sunday July 31	<u>THORN RIDGE</u> Hike thru African thornveldt, wetland areas, interesting urban areas and, of course, past the famous Chinese shop. Bring your own drinks for afterwards. Meet at Union Main Centre, 45 Old Main Road, Pinetown, at 8 a.m. or Cato Ridge turn off (exit 53) at 8.20.a.m. Petrol sharing R30.	JON STEVENS Grade 2-3 15kms	082 459 1522
Saturday 6th Aug	Msinsi Nature Reserve Meet at Elizabeth Sneddon theatre at UKZN at 13.45. Walk around the university grounds and the Msinsi Nature Reserve.	Philip Approx 8kms Grade 2 Moderate	082 417 0204
	<u>UMGENI VALLEY NATURE RESERVE- HOWICK</u>	KEITH ASHTON 12-15 kms	Keith Ashton 033 239 5023

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Date	Description of Hike	Leader - Grade	Tel
Sunday Aug 7	Lovely day hike in a beautiful area – great views & chance to see plenty of game & bird life. Several trail variations. Great winter venue. Combined hike with other clubs. Phone leader to book a place on this hike by Friday 29 July. Immediately thereafter, contact Stella to Co-ordinate transport from Durban if required. Entrance fee R30	Grade 2-3 STELLA WELLS	keimarg@iunc apped.co.za 078 319 8979
Saturday 13th Aug	Summerveld Meet at the Assagay Hotel at 13.30 to drive through to Summerveld at 13.45. Walk through the Summerveld Conservancy Area.	Linda Grade 2 Moderate	083 353 8319
Sunday Aug 14	<u>MONTESEEL</u> Hike follows the contours of the escarpment and then steeply down to the Valley and back. Vertigo warning. Meet Union Main Centre, 45 Old Main Road, Pinetown, at 7.45.a.m. or Drum and Bell, Bothas Hill at 8.30 a.m. Petrol sharing R20.Optional donation to conservancy R20.	PHILIP COLLYER Grade 4 - strenuous 17 kms	082 417 0204
Saturday 20th Aug	Silverglen Nature reserve Meet at the Visitors centre at the Reserve. Travel on the N2 south from Durban towards Amanzimtoti. Take the Chatsworth / Higginson Highway off-ramp and turn right. Travel west on Higginson Highway for approximately 2km and turn left into Havenside Drive. Turn left again into Silverglen Drive. Turn left into Head land Avenue, keeping right into Mountain View Road. Turn left into Montdene Drive, left into Road 702, and left again into Road 703. Turn left into Lakeview Drive and travel along this road to the reserve entrance.	Linda Approx 6kms Grade 2 Moderate	083 353 8319
Sunday Aug 21	<u>MUSTANG MOUNTAIN</u> Walk from Bartlett Estates to Hammarsdale. Meet at Union Main Centre, 45 Old Main Road, Pinetown, at 8.a.m. Petrol sharing R30.	JENNY ROOKES Grade 3 Approx: 15 kms	084 952 0622
Saturday 27th Aug	Nkonka Trail Meet at the Krantzklouf Nature Reserve Picnic spot at 13.45. The hike goes up to the escarpment, along veld and to the Nkonka Falls. Entrance fee to the reserve 25.00. Drinks afterwards at the Nature Café.	Linda 9kms Grade 3 Strenuous	083 353 8319

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Date	Description of Hike	Leader - Grade	Tel
Saturday 17th Sept	<p style="text-align: center;">Glenholme Nature reserve</p> <p>Meet at 13:45 at the Kloof and Highway SPCA parking lot. Hike will be through the reserve and down into the valley. R20.00 donation to towards the upkeep of the reserve.</p>	<p style="text-align: center;">Nick</p> <p style="text-align: center;">Approx 6kms Grade 2 moderate to strenuous (vertigo warning)</p>	072 327 6407
Sunday Sep 18	<p style="text-align: center;"><u>PIETERMARITZBURG CIRCULAR</u></p> <p>Go through the gardens, up towards Worlds View on some old railway track to Kettlefontein Station and then down again into the valley to overlook the new railway line and tunnel. Finally back up to the Old Voortrekker path and back down into the Gardens.</p> <p>Meet Pmbg Botanical Gardens at 8.30.a.m. Entrance fee R15 (pensioners)</p>	<p style="text-align: center;">FRANCOIS MARAIS</p> <p style="text-align: center;">Grade 2-3</p> <p style="text-align: center;">18 kms</p>	083 983 8007
Saturday 24th Sept	<p style="text-align: center;">Monteseel (new route)</p> <p>A different hike in the Monteseel area. Meet at the Hacienda Pub. Down into the Monteseel valley along a new route. R20 donation to the Monteseel conservancy.</p>	<p style="text-align: center;">Philip</p> <p style="text-align: center;">Approx 7kms Grade 3 strenuous (vertigo warning)</p>	082 417 0204
Sunday Sep 25	<p style="text-align: center;"><u>HAMMARSDALE FALLS</u></p> <p>Mix of rural tranquillity, bits of industry and river crossings. Good view of the falls.</p> <p>Meet Union Main Centre, 45 Old Main Rd, Pinetown at 8.00 a.m. or Assegay Hotel parking at 8.15 a.m and proceed to start of hike. Petrol sharing R15.</p>	<p style="text-align: center;">MARGIE FORBES</p> <p style="text-align: center;">Grade 3</p> <p style="text-align: center;">19 kms</p>	073 437 6915

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