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The OFFICIAL MAGAZINE of the DURBAN RAMBLERS HIKING CLUB

For the 4th QUARTER : OCTOBER to DECEMBER : 2016

CHAIRMAN'S RAMBLINGS

Thanks again to Linda, Stella and the Wednesday hikers for organising lovely hikes in this last quarter. The most popular hikes for Saturday were Umhlanga Lagoon and Summerveld. For Sunday the most popular hike was Thornridge with 22 hikers.

Wednesday hikes still remain popular!

*The Year End function will be held at the Kloof Conservancy,
on the 3rd of December 2016.*

*Next year Durban Ramblers will be celebrating our 85th year!
Start thinking of things we can do for this event!*

*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.

Vanita Ramiah
Poobie Naidoo

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Neila Wilson
Jenny and John Aitchison
Robin Naidoo and Lee-Anne Abbott

And, a special welcome back for Lawrence Bates, after a ten year absence !

A Special Message

The Durban Ramblers Hiking Club wishes Trevor and Anne Thompson our very best wishes for their move to Somerset West.

The Thompsons joined us in January 2002 and were soon involved in the whole Ramblers Community.

Trevor served as Saturday Hike Organiser and later as Chairman of Ramblers.

For many years he was an active hiker and an active Saturday Hike leader.

Anne and Trevor organised many of our very enjoyable Christmas parties and Anniversary parties. They entertained us at their home after some Saturday hikes too.

Sadly they have not hiked much with us for the last two years, but they will always be remembered for their cheerfulness and friendliness.

We wish you well in your new chapter with your family.

Contributed by – Biff Maggs

The Year End Function

- At the Kloof Conservation Centre, on 3rd December, from 1pm to 5pm
- Bring your own meat, drink, crockery and utensils
- Salads, fires and desserts will be provided by the Club
- A live band will provide background music from 1pm, and then dancing music from 3pm
- The cost is R90 per person
- Please book soonest – advise Tina or Gordon
- Please pay Tina – by end October

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

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

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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.

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 Tina and/or myself and send us 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 next weekend away will be at T.O. Strand, Leisure Bay, on the South Coast, over the weekend of Friday/Saturday 18th/19th November.

I'm hoping this venue will be as inviting as it was last year and suggest a visit before the Christmas holiday rush begins.

Subject to confirmation, the rates I've been given are as follows:

Camping R185 pppn. One vehicle allowed per site, extra vehicles R55 per day parking.

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Chalets: 1 bedroom, 2 people: R311 pppn. Again one vehicle allowed, extra R55 per day.

2 bedroom, 3 people: R254 pppn - same rule applies regarding vehicles.

2 bedroom, 4 people: R236 pppn - same rule applies regarding vehicles.

(They quote rates but add a R55 booking fee. I assume (hope) we only pay this once when I make our initial booking! I've added it in just in case not, so we might end up paying less.)

If you're interested, **I'd be grateful to know by Wednesday, 12th October** so I have a couple of days to finalise details and send off the booking form on Friday, 14th October. That will be five weeks before and once the booking is confirmed I can call for individual payments, which I trust will be made promptly so we can settle the full amount during the following week!

Please remember that T.O. Strand are hot on security - I need to know the names of all drivers, your vehicle make, colour and registration.

Any queries, please don't hesitate to e-mail or give me a call. Hope to see you there!

Looking ahead to next year I suggest we visit Mtunzini (Umlalazi, north coast) over Easter (14-17 April, 2017). New tariffs will only be published at the end of October, but if you can think that far in advance and might be interested I'd be grateful to know by Friday 9th December so I can make an initial booking before the New Year.

Cheers for now,

Marie

Marie Gurr, Weekend Organiser

marinev.gurr@gmail.com

[031-705-3122](tel:031-705-3122) / [082-586-0266](tel: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 (Afternoon)

- 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 yourself left out and left behind

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- 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 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	Contact No.
Saturday 1 st Oct	1000 Hills Hike New Sat Hike. Meet and park at the Pot and Kettle at 13:45. Hike will incorporate 1000 hills Park run trail.	Werner Approx. 8 kms Gr 2 – Moderate	084 206 7836
Sunday 2 nd Oct	KLOOF GORGE Walk through the Gorge to Sora's Pools and return along the river. Steep in places so fitness essential. Meet main picnic/parking area at 7.30a.m Parking/entrance fee R25	Margie Forbes Grade 3 - 4 12 kms	073 437 6915
Saturday 8 th Oct	Nagle Dam Meet at the first picnic site at the entrance of Nagle Dam at 13:45. Hike will take us through the reserve past the dam wall and back. Entrance fee R30.00 (credit cards only). BYO braai and social afterwards at the picnic site.	Linda Approx. 8 kms Gr 2 - Moderate	083 353 8319
Sunday 9 th Oct	(KZN) TABLE MOUNTAIN Hike to the top of the Kzn Table Mountain in the Inanda Valley. Enjoy some of the escarpment and back down again. Meet at Union Main at 7.30 a.m. or Cato Ridge Motors (close to Eddie Haven Drive, Cato Ridge) at 8.15 a.m. Petrol sharing R25. Car guard R20. Guide fees-R25 for members and R50 for non members.	Philip Collyer Grade 4 (strenuous) Approx:10 kms	082 417 0204
Saturday 15 th Oct	Beacon Trail - Karkloof Nature Reserve Meet at the KKNR main entrance at 13:45 for a hike through the forest then up to the open grassland	Abdullah Approx . 6 kms	084 478 6779

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Date	Description of Hike	Leader - Grade	Contact No.
	and the beacon. Entrance fee 25.00. Meet afterwards for drinks at the Nature Café in Kloof Falls road.	Gr 2-3 Moderate to Strenuous Vertigo warning	
Sunday 16 th Oct	<p style="text-align: center;">STAINBANK NATURE RESERVE</p> <p><i>This AMASHOVA Day, so beware of road closures</i> Follow a variety of paths meandering across this popular nature reserve. Always some game to view. Not a full day hike. Meet inside reserve gate at 7.30 a.m. Entrance fee R25.</p>	<p style="text-align: center;">Stella Wells</p> <p style="text-align: center;">Grade 2 Approx:10 kms</p>	078 319 8979
Saturday 22 nd Oct	<p style="text-align: center;">Hill 'n Dale Hike</p> <p>A hike that takes us through a combination of grassland and cane in the Hammersdale area. Meet at the Assagay Hotel at 13.30 to leave at 13:45 for Hill 'n Dale farm. R20 per person for the Hill 'n Dale Conservancy.</p>	<p style="text-align: center;">Jenny</p> <p style="text-align: center;">Approx. 8 kms Gr 2 - Moderate</p>	084 952 0622
Sunday 23 rd Oct	<p style="text-align: center;">BAYNESFIELD ESTATE</p> <p>Enjoy hiking on this beautiful estate. Meet Union Main at 7.00 a.m. or Assagay Hotel parking at 7.15 a.m. Alternatively meet at the entrance to Baynesfield (off Richmond Rd, R56, past the Thornville junction) at 8.00 a.m. Donation R20. Petrol sharing R40. Bring own drinks for after the hike.</p>	<p style="text-align: center;">Jon Stevens</p> <p style="text-align: center;">Grade 3 - 4 16 - 18 kms</p>	082 459 1522
Saturday 29 th Oct	<p style="text-align: center;">Kloof Suburbs and Impithi Nature reserve</p> <p>Meet at 13:45 at the Gillitts Post Office. A walk around suburbs of Kloof and the Impithi Nature Reserve. Drinks afterwards at a local pub.</p>	<p style="text-align: center;">Ann</p> <p style="text-align: center;">Approx. 9 kms Easy</p>	083 666 5630
Sunday 30 th Oct	<p style="text-align: center;">UMHLANGA TO UMDLOTI</p> <p>Walk on the beach to Umdhloti, with a stop for refreshments and then return inland. Low tide allows for easy river crossings. Meet at Umhlanga Reserve parking at 8.00 am.</p>	<p style="text-align: center;">Jenny Rookes</p> <p style="text-align: center;">Grade 2 Approx 16 kms</p>	084 952 0622
Saturday 5 th Nov	<p style="text-align: center;">St Helier/Giba Gorge</p> <p>New Sat Route. Meet and park at the offices at the end of St Helier road at 13:45. Hike will take us through Giba Gorge.</p>	<p style="text-align: center;">Werner</p> <p style="text-align: center;">Approx. 10 kms Grade 3 Moderate to strenuous</p>	084 206 7836
Sunday 6 th Nov	<p style="text-align: center;">ESTON</p> <p>We'll drive in convoy to a farm not far from Tala Game Reserve for a hike (maybe in reverse) over rolling hills of indigenous bush, cane and grasslands. Meet at Union Main Centre, Old Main Road, Pinetown in time to leave promptly at 7.30am or Camperdown t/off at 7.50am. Petrol-sharing R50.</p>	<p style="text-align: center;">Margie Forbes</p> <p style="text-align: center;">Grade 3 14 kms</p>	073 437 6915
Saturday 12 th Nov	<p style="text-align: center;">D'Moss/Portuguese Club</p> <p>Meet and park at the Portuguese Club (5 Wright</p>	<p style="text-align: center;">Philip</p>	082 417 0204

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Date	Description of Hike	Leader - Grade	Contact No.
	Place, Carrington Heights) at 13:45 to explore the Umbilo D'Moss trail and surrounds.	Approx. 7 kms Gr 2 - Moderate	
Sunday 13 th Nov	<p style="text-align: center;">GIBA TO CLIFTON LOOKOUT</p> <p>Another of Jon's 'adventure in exploration'. We will make our way (somehow) to the Clifton Tower and beyond. Meet at Giba Gorge parking at 8 a.m. Entrance fee R20</p>	<p style="text-align: center;">Jon Stevens</p> <p style="text-align: center;">Grade 3 Approx: 16 kms</p>	082 459 1522
Saturday 19 th Nov	<p style="text-align: center;">Tanglewood</p> <p>NEW SAT HIKE. Meet and park at the Kloof Country Club (26 Victory Rd) at 13:45. This hike will take us around the beautiful Tanglewood Nature Reserve and surrounds. Drinks afterwards at the Kloof Country Club. R20 donation to the Tanglewood Reserve.</p>	<p style="text-align: center;">Janet /Sue</p> <p style="text-align: center;">Approx. 11 kms</p> <p style="text-align: center;">Grade 3</p> <p style="text-align: center;">Strenuous</p>	082 820 8182
Sunday 20 th Nov	<p style="text-align: center;">UMZINTO FARM</p> <p>A NEW hike on a farm in the Umzinto area. Meet in road at Glenwood Village, 397 Che Guevara Rd (Moore) at 8 a.m. or the Park Rynie off ramp at 8.30 a.m. BYO for drinks at the farm house at the end. Petrol sharing R45</p>	<p style="text-align: center;">Sharon /Jon</p> <p style="text-align: center;">Grade 2-3</p> <p style="text-align: center;">Approx :15 kms</p>	083 775 4826
Saturday 26 th Nov	<p style="text-align: center;">Barn Swallows Hike</p> <p>Meet at 13:30 at the Barn swallow site. At N2 off ramp Umdloti/Verulam turn towards Verulam. Go just under 1km, turn right at white pillar saying Umdloti Estate, Mount Moreland. Follow the road, the rest is signposted Mount Moreland /Swallow View site. Binoculars essential for viewing the swallows. Hike will be around the area, through sugarcane, grasslands and suburbs. BYO meat and drinks for the braai. R10 donation to the Conservancy per person.</p>	<p style="text-align: center;">Linda</p> <p style="text-align: center;">Approx. 10kms</p> <p style="text-align: center;">Gr 2 - Moderate</p>	083 353 8319
Sunday 27 th Nov	<p style="text-align: center;">HOWICK MEANDER</p> <p>Local day hike through Symmonds Stream and Beacon Hill Conservancies, then along the Umgeni river to Howick falls. Several local eateries for food & drinks at the end of the hike. Take note of distance /grade. Combined hike with other clubs. <i>Last bookings with Keith by Wednesday 23 November.</i> Thereafter, contact Stella regarding transport from Durban. Donation R20 to Conservancies.</p>	<p style="text-align: center;">Keith Ashton</p> <p style="text-align: center;">Grade 2+</p> <p style="text-align: center;">15 kms</p> <p style="text-align: center;">Stella Wells</p>	<p style="text-align: center;">033 239 5023</p> <p style="text-align: center;">keimarg@iunc apped.co.za</p> <p style="text-align: center;">078 319 8979</p> <p style="text-align: center;">stellawells4@ gmail.com</p>
Saturda y 3 rd Dec	<p style="text-align: center;">No Hike – Christmas Party Krantzkloof Conference Centre 1pm</p>	<p style="text-align: center;">Please book soonest</p>	<p style="text-align: center;">Advise Tina or Gordon</p>

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Date	Description of Hike	Leader - Grade	Contact No.
Sunday 4 th Dec	<p style="text-align: center;">ROCKY BAY</p> <p>This is a new hike, recently cancelled due to bad weather. Terrain is easy and mainly through sugarcane and hence fairly exposed. Hat and water essential and bins 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</p>	<p style="text-align: center;">Anne Wilson Grade 2 19 kms</p>	<p style="text-align: center;">079 850 0206</p>
Saturday 10 th Dec	<p style="text-align: center;">eNanda Dam</p> <p>Meet at Mozimbik restaurant in Inanda Road at 13:00 or at the eNanda Durban Green Corridor Centre entrance at 13:45. Directions to the centre are as follows: Take Inanda Rd towards Waterfall. Turn left at the traffic lights into Ngwele Rd/ M259. Drop all the way down into the valley until you reach a four way tar crossing and turn right into Wushwini Rd towards the dam wall. Proceed over the bridge below the dam wall, onto the dirt road and on to the centre 4 kilometres along the dirt road on the left. This hike follows a route around the edge of the dam. R20 donation towards the Durban Green Corridor.</p>	<p style="text-align: center;">Linda Approx. 7kms Easy</p>	<p style="text-align: center;">083 353 8319</p>
Sunday 11 th Dec	<p style="text-align: center;">SUNDAY HIKE/SOCIAL</p> <p style="text-align: center;">Short hike followed by social braai.</p> <p style="text-align: center;">Details will be sent to all Sunday hike members closer to the time</p>	<p style="text-align: center;">Stella Wells</p>	<p style="text-align: center;">078 319 8979</p>
Saturday 17 th Dec	<p style="text-align: center;">Parks of Morningside</p> <p>Meet at the Botanical Gardens parking lot (bottom entrance) for a walk through the parks and suburbs of Morningside. BYO Picnic afterwards in the Botanic Gardens.</p>	<p style="text-align: center;">Tina Approx. 10kms Gr 1 – Easy</p>	<p style="text-align: center;">083 289 6276</p>
Sunday 18 th Dec	<p style="text-align: center;">THREE GORGE VIEWS</p> <p>An easy 20 km scenic walk through Kloof with stunning views of the Gorge. This will be a morning walk with two snack stops. Meet in the parking area of Fields Centre in Kloof to start walking at 7.00 am.</p>	<p style="text-align: center;">Jenny Rookes Grade 2 20 kms</p>	<p style="text-align: center;">084 952 0622</p>
Saturday 24 th Dec	<p style="text-align: center;">No hike – Christmas Eve</p>		
Sunday 25 th Dec	<p style="text-align: center;">No hike – Christmas Day</p>		
Saturday 31 st Dec	<p style="text-align: center;">No Hike - News Year's Eve</p>		

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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