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THE OFFICIAL MAGAZINE OF THE DURBAN RAMBLERS HIKING CLUB 3RD QUARTER: JULY TO SEPTEMBER - 2019

CHAIRMAN'S RAMBLINGS

What type of hiking do we in our club participate in? First of all hiking is more than just walking. We are social hikers on mix and match trails.

If you are new to hiking then start with your reasons to hike. Understand the type of hikers you want to meet, learn how to interact with them. Shorter hikes are a way to start, like our Saturday afternoon hikes that are within easy commuting distance from home. As you get fitter, you may then want to graduate to longer day hikes, which take place on a Sunday

We like doing loop trails (start at a point and returning not on the same paths). Some trails are out and back hikes along the same trails - this is another option (often a trail looks very different going and coming back). More often than not our trails are a combination of the two.

Reason for joining: Romance (ask the writer), companionship, exercise, weight loss, training for an event like climbing Kilimanjaro or Mount Everest first Base! Or perhaps just for the plain fun of it.

Leave NO TRACE. Hiking is all about respect for all life forms, i.e. wildlife and consideration for other visitors, and the environment i.e. leave what you find and dispose of waste properly.

Whilst hiking, erase traces of past human activity. If possible pick up old cans, bottles and garbage in trees and above all "plastic". Consider carrying a bag and fill it up whilst walking. Your efforts to practise LEAVE NO TRACE hiking will be appreciated, especially mother earth will be forever grateful.

Hiking is good for your health, regardless of how many candles on your birthday cake.

LET US EXPLORE- DISCOVER and MARVEL!

The Chairman.

EDITOR'S NOTE

What more is there to say after that all inclusive message from our esteemed chairman? Thank you, Werner.

Well, I blinked and half the year is gone already. People who know me know that I am in a different space, a new and wonderful ecosystem that I live in now, and a reliable car to get around in. So, for me, this year has been a much more cheerful year than the more recent ones. I hope you have similar stories to tell.

I am on the prowl for another fabulous year end venue, looking to be more central this time, Westville maybe, if anyone has a suggestion please let me know.

Wishing you all happy adventuring, enjoying the cooler and still fabulous winter weather we are so fortunate to have here in Durban.

Ilona

COMMITTEE MEMBERS

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MEMBER NEWS

NEW MEMBERS:

Just three new members this quarter:

- Vanessa Taylor
- Kathy Alexander
- Chris Parle from the UK

It has come to our notice that Jack Aumond, a member from some years ago, has passed away. I hope Christine Horley's eye gets better after her recent operation and that Sabina also has success from her treatments.

INFORMATION

MAGAZINE:

Don't forget to send us any personal email and/or postal address changes to ensure the magazine reaches you. It has come to our attention that not everyone receives the bulk emailed magazine, if you know anyone who has not received theirs, suggest they look in Spam, and if not there, send an email to myself so I can confirm email addresses or make sure that info@durbanramblers.co.za is on your contact list.

Note: If you have been receiving the magazine by post and now want the speedier email version in full colour, advise myself, Ilona, and send us your email address. This helps reduce the posting costs and possible delays with getting the magazine to you.

I know a number of you have been on interesting adventures recently, we would love to read about them. Thank you to Esther for allowing me to share some of her amazing photographs of the Tankwa Camino and to Harry Holderness for his report on the Easter weekend away.

WEBSITE:

The website (www.durbanramblers.co.za) as well as the *Durban Ramblers Hiking Club* Facebook page may be viewed for updated information regarding the club, hikes, etc. It's an interesting experience to peruse the archives on our website. I have found them most entertaining. Biff is doing a great job getting them up to date. If you have any archival info you think merits being included, communicate with Biff about it.

Should you wish to contribute photos to the Facebook page please send your contributions to Diana, our Publicity person. You may also ask Diana to remove photos you would rather not be there.

MONEY MATTERS

SUBS FOR 2019:

According to our Constitution, subs are due after the close of the AGM. Members have until the end of April to pay their subs; thereafter he/she shall cease to be a member.

The fees remain the same for another year:

- Single Member R100
- Family R150 (excluding children 18 years or older)
- Joining Fee is R50,
- New members joining after 1st July will only pay half the annual subs.
- For past members wishing to rejoin Durban Ramblers after being absent for a year or more, a new membership application form needs to be submitted and the joining fee, in addition to the annual subs, is to be paid.

The Membership Form, which can be downloaded from our website, <http://durbanramblers.co.za/forms/>, is to be completed in full: Hike Names, Dates and Signatures of Hike Leaders, before handing or emailing them to the Secretary along with your proof of payment. If you don't have the facilities to do this from home, you can scan and send from your nearest PostNet. If you have completed three hikes and want to continue hiking with us, please do so as a member of our wonderful group, then we don't need to hassle you to sign the indemnity form for each hike.

Please pay by EFT directly into the new bank account – include your full name as reference - into the bank account referenced on the front page of this magazine. Cheques and cash both attract big bank charges, so to help reduce our banking fees, kindly endeavour to make EFT deposits.

HIKE DONATIONS:

On some of the hikes hikers are asked for donations and in some cases the club makes donations on behalf of the members. Here is a breakdown of recent donations made.

Date	DRHC	PUB HOL	Hikers (Wed)	Hikers (Sat)	Hikers (Sun)	Hike
02 March 2019				540.00		Palmiet Nature Reserve
30 March 2019				730.00		Westville Eco. Trails
20 April 2019				240.00		Keep Hillcrest Clean
20 April 2019				240.00		Hillcrest Conservancy
28 April 2019					295.00	Monteseel Conservancy
11 May 2019				420.00		Nkonka Trust
19 May 2019					450.00	Durban Green Corridor
29 May 2019			450.00			Giba Conservancy
01 June 2019					510.00	Palmiet Nature Reserve
Total	R 0	R 0	R 450	R 2 170	R 1 255	

RHINO CARD

As the entrance fees for the Ezemvelo parks such as Krantzkloof Gorge and Stainbank Nature Reserve have gone up again, now at R40 pp, it might be worth your while to look into getting a Rhino card which gives you entry into these venues. Your basic Rhino Card costs you R250 per person (under 60 yrs of age) or R230 per person (over 60 yrs of age) for a year's membership. <http://www.kznwildlife.com/rhino%20card.html> for more information.

HEALTH AND SAFETY ISSUES

EMERGENCY CONTACTS:

While hiking and rambling 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. There is an emergency app you can download to your mobile phone from www.mysos.co.za which will provide you with all the emergency numbers in the area where you need it.

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 day pack.

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.

HEALTH BENEFITS OF HIKING

As Werner mentioned in his Ramblings, hiking benefits people of all ages. It was a humbling experience for me to realise that I had to really work at it, over a few years, to be able to keep up with our fellow members quite a bit older than me. Rose, I hope to be as young as you some day.

Environment.co.za has this to add:

Hiking, the truth about environmentally safe and healthy hiking (photos – Ilona)

In the US and Canada, hiking refers to long, vigorous walks on trails, especially in the countryside, while shorter, urban walks are simply denoted by “walking”. This is unlike the Republic of Ireland and the UK where walking includes a walk in the park as well as a hike on a mountain trail. A hike in New Zealand is often called tramping. When hiking for more than a day that may or may not involve camping outdoors, words like backpacking, tenting, trekking etc are used across the world.

Benefits of Hiking

Hiking not only exercises almost every part of your body such as the knees, legs, arms, ankles, butt and hips, shoulders, neck and abdominal but also fuels your imagination and helps your mind to feel relaxed. Being an aerobic exercise, hiking offers several other benefits like improved muscular and cardio-respiratory fitness (lungs, heart and blood vessels) together with lower risk of type 2 diabetes, stroke, coronary heart disease, breast and colon cancer, high cholesterol and triglycerides, high blood pressure and possibly of endometrial and lung cancer. You can even burn calories with hiking (a maximum of 370 calories/hour in case you are 69 kg), which helps you control your weight. Together with improved bone density, better quality of sleep and reduced depression, you can look forward to a healthy “you” with hiking.



Some studies show that being active for 7 hours a week decreases your risk of death by 40% as compared to those who are active weekly for less than 30 minutes. Thus, with hiking, you can even add to your lifespan!

What are Board-certified doctors' opinions?

According to William Howland, MD, who's a Texas allergist, hiking under the sun provides the body with vitamin D, making this activity a bone-healthy reason to indulge in. Howland says that hiking takes you away from the city's hustle-bustle out in the open where you can be in close proximity to nature and your own self, which puts you in a meditative space and brings down your stress levels, thus offering psychological benefits.

For Ray Sahelian, MD, hiking offers psychological and cardiovascular benefits. However, he cautions those with heart disease or hypertension to get their doctor's go-ahead before going on hikes. Even for healthy individuals, the doctor advises to train on flat surfaces or inclined treadmills to get in shape first before they attempt uphill hikes.

How it's beneficial for mental health?

Many doctors are suggesting “ecotherapy” or writing “nature prescriptions” to help beat stress and anxiety together with curbing depression. Since hiking takes you out in the open where you get up, close and personal with nature (while staying disconnected from technology), you will break free from your negative thoughts (related to anxiety, depression etc). Hiking is also found to boost your creative problem solving skills and improve your brainpower. Hiking exercises your muscles and keeps your body healthy. Since your mind and body are naturally linked, a healthy body means your brain cells too are nourished and healthy. Children with ADHD can also benefit from hiking as studies have shown exposure to nature to offer benefits to anyone suffering from impulsivity and inattentiveness.



Benefits of trails

Hiking trails play a significant role in raising environmental awareness by teaching people about natural environments they often find themselves in. They even instil appreciation and respect in people hiking the trails, which in turn helps to protect the natural habitat of native animals and plants. With rising awareness, hiking trails even encourage people to walk and hike more (thus bringing down fossil fuel consumption for vehicles), which in turn triggers a passive involvement in the environmental cause.

Hiking improves your physical fitness and mental well-being too. By involving over half your body muscles, this aerobic exercise trains your muscles, lungs and heart to work more efficiently. Being in the company of nature reduces your fatigue and refreshes your mind, thus making you feel more energised. Hiking that involves regular, brisk walking even helps in improving digestion, relieving tension and stress as well as decreasing high blood pressure or blood fats. When you combine hiking with healthy eating, you can successfully maintain a healthy body weight, which would let you enjoy a positive body image.

Maintaining Health and conserving nature

To hike safely, you need to know the trail and beware of hidden dangers, if any, invest in appropriate gears (basic gears as well as others like trail map, first-aid kit etc that are required for adequate safety), stock up on adequate food and water, stay alert and not push your body excessively to make it feel fatigued or dehydrated. Being prepared to face natural calamities and packing appropriate clothing are other steps that are equally important. Hiking in a group is always recommended as your buddies can locate you if you get lost. In case you are hiking alone, make sure to keep someone informed about your trail, hiking duration and expected date of return so that they can call for help if you don't make it back on time.

Hiking gets you close to nature but since nature is extremely unpredictable, it pays to be safe and hike in an environment-friendly manner (by not littering the trail or throwing your wastes here and there).

Conclusion

To conserve the environment, heavy summer traffic on trails can be redirected to other areas and experiences. For example, hikers could be given the choice to take a shorter trail with rich biodiversity, or take a longer and lesser-known route to enjoy unique habitats. In diverse locations with such alternatives, hikers can not only enjoy their hike and its health benefits but even play a role in conserving the environment. However, using this model of hiking in locations with less diversity or alternatives could be a challenging task. Nevertheless, when everyone hikes responsibly and in sync with Mother Nature, the activity is bound to be a healthy and enjoyable one.

To read more go to their webpage here: (from <https://www.environment.co.za/food-health-and-the-environment/environmentally-safe-healthy-hiking.html>)

FIXTURES

WEEKENDS AWAY: Organised by Biff Maggs

Silverstreams Easter 2019 - report and photos by Harry Holderness.

In deciding in advance: Where to lay the Easter Eggs? Should one go to the Berg? One at times has a spike of uncertainty. And nearer the time reading the ominous YR weather forecast it seemed a bad decision. Should we duck? Or make like one & may be feel down)?

Well thanks to:

- Biff for her organisation;
- Steve the leader with his knowledge of the trails, & his supporters;
- the pleasant company who gathered for the cool weekend; & in the end
- the Lord for allowing us (or I suppose just the girls) to skirt around worst of the weather;

we had fantastic time in a fine camping resort with much to do & on offer. And we were spared the worst of the rain.



The evening gatherings were fun & the cool weather suited early retirement to bed in a range of accommodation from:

the chalet (for the VIP's) – the extra loot the discerning invested was like water off a duck's back & ensured they did not have to see the quack when we got back; to

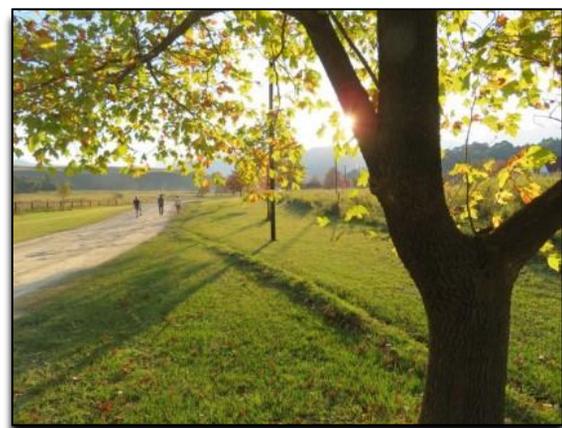
cabins for the slumber Jacks & Jills; to

tents for real plebs (Latin) or Hoi Poloi (Greek). I

noted that the wigwam women sat back at the camp site & left the erection to men –

saying it was their job; why else are called guy ropes. You could tell they were envious of us in the chalet, as they were in-tents all weekend

The chalet was haunted or the wine glasses drunk, as you will see from the angle at which they stand (see pic).



Before & after the hikes we could walk to the quaint shop in an historic house to replenish our stocks (beverages) & take a wonderful stroll to the Animal farm, the Pig & Pony to enjoy a coffee & cake or snack & sit with the animals living in unison with man.*

The first hike was a fairly strenuous one but in cool weather. We passed Cedric's Pool/waterfall & kept climbing over a high ridge and to a cave. I have pics of the

wonderful paintings; but conservation dictates that one does not publicise these treasures – lest



The tilting (predictive text changed this to titling) wine glass - is evidence of my super natural powers.

The wine was on the wine list

self-centred & delinquent visitors try to remove the paintings or damage them. What has survived for centuries is damaged in minutes by a disgrace to mankind. Even the baboons are bamboozled by these uncivilised baffoons. So I am afraid, the name of the cave will remain a mystery.

On the downward home straight the wind picked up & the drizzle started – but it was a tail wind & accelerated our pace. The river crossings were tricky over the stepping stones in the flowing streams.

Early on Sunday morning, the peace was broken by the sounds of excited children. I wondered what on earth was happening before sunrise; but then it dawned on me. They were searching for Easter Eggs! (Some of you may have heard before that “crack of dawn”).

That day, undeterred, the group again made its way up the mountain (what is down must always go up) to Langalibalele cave & some way beyond. But with one eye on the weather (& the other on the path) they decided to wend their way back in gloomy light & light rain.

2 fairly strenuous hikes – tempting the rain gods.

I had flown to Cape Town a week before to see my ailing 82 year old sister (who had fallen a few times) but she passed away before I got there. But the family gathered in Bishops court at one of my nephew’s for a braai looking down over Kirstenbosch & we had great reunion celebrating the life of a remarkable lady.

The wake was on Easter Sunday. So I took I time off from the hike to remember her by strolling to the animal farm for coffee to reminisce about our wonderful life together over the 80 years. In those 80 years we had never had a serious argument.



Sitting quietly in the mountains in such a spectacular setting, I felt I was communing with her spirit & she would so appreciate that. She would have loved to be there. My daughter Sally read out a speech on my behalf recording the 80 years of popularity & respect that she had earned; & it received acclaim.

*While sitting quietly on the verandah in relaxed comfort & company of the little zoo of free- range animals, the peace was shattered by 2 children chasing the animals around the lawn with sticks & screaming – with feathers flying. The mother ignored it. As I got up to exert discipline, serious discipline, the lady manager ran out & admonished them. Only then did the yuppie mother (incongruously dressed up to the 9’s in Gauteng Guccis) do anything merely saying to them “the lady said you must stop”. She did not even turn a feather. (Her knee high suede riding boots were clearly restricted to riding the escalators of Sandton City for exercise).

And she proceeded to spoil them with pony rides (I have not included the picture I took of them) before departing in their Land Cruiser - leaving behind traumatised animals & even people - like those sitting peacefully next to me on the verandah who were left speechless.

Gold Gucci & Gupta have no place before God.

The waitress brought me, appropriately, a hot cross bun.

In visiting Siler Streams in wet weather one has to negotiate the muddy roads. Sadly on the way home Biff’s car was side-swiped on Town Hill. But the driver stopped.



On Reflection:

We are so privileged to be able to enjoy Silver Streams on Easter Sunday & the spectacular natural feature of the Drakensberg. And you often have the mountains all to yourselves. It is not a train station like overseas. Of course it entails an element of risk.

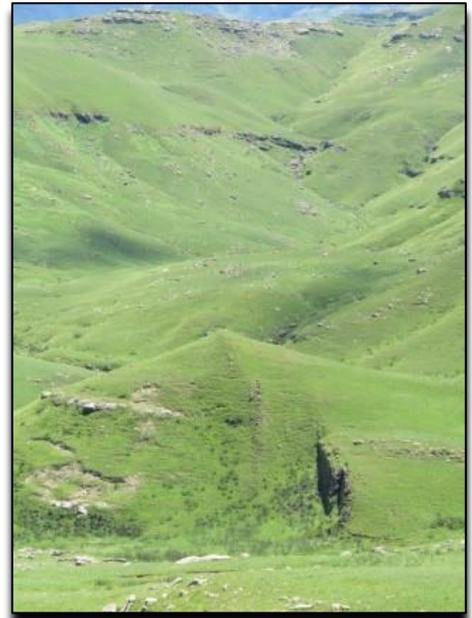
Next to Silver Streams there exists the most remarkably revealing example of a dike. I have provided photos of it. (We were enlightened on dikes recently by an expert hydro geologist Ross Sephton on a guided hike on his family farm on the wonderful War Trail).

In the pics one can see very clearly the double line of rocks (in fact in this example 2 double lines) formed when the hot magma was pressured through a fissure in the earth kilometres long before spreading in a layer on the surface. The parallel rock lines of the dike are visible for kilometres up hill & down dale.



It melts the sand stone on each side of the dike forming the visible rows of hardened rock which identify the line of the dike. The layer of magma erodes over time & the cliffs of the Berg are what now remains of the layer.

We will now all join together to sing: Rock of Ages.



This pic shows the line of the dike. It goes up the far ridge on the horizon - the green gap in the rock ridge on the top of the ridge.

UPCOMING WEEKENDS AWAY - Biff Maggs - Biffmaggs101@gmail.com:

Aliwal Shoal Sands – Tues 13 to Fri 16 August -

<http://www.aliwalshoalsands.com> this is a link to a fabulous old beach house right on the beach. (Margie Forbes found it). It takes about 45 minutes to get there – Clansthal

There are 2 double bedded rooms, ensuite and one twinned bedroom, ensuite. The rest of the rooms are doubles and singles with a shared bathroom and shower and loo.

The whole house costs R1350 per night Sunday to Thursday out of season. We have 12 people, but have space for 2 more. If 12 - R112 pppn if 14 – R100 pppn.

Sungubala - October 25th (Friday) to depart on Monday 28th.

This is an ECO CAMP in the northern Berg, just before The Cavern. <https://www.sungubala.co.za/> we have been there before. It has good accommodation, wonderful communal areas, two communal kitchens, dining rooms and lounges, an outside braai and fire pit - and we have access to good berg walks.

The 6 Rondavels are really well appointed and the 2 x A-frames with ablutions are adequate:

6 x Rondavels and 2 x A-Frames at R440 daily per person

- Twin bedded Rooms with private ablutions.
- All bedding and towels provided

Only 3 x A Frame Huts - Max 6 pax

Either at R365 daily per person

- Rustic A Frame; sharing ablutions
- All bedding and towels provided

Or at R230 daily per person

- Rustic A Frame; sharing ablutions
- Own bedding and towels required

The bookings fill up quickly, so book now to reserve your space. First come first served.

Last time we were sorry that we had only two nights, so I have booked for 3, but if you need to go home on the Sunday, you can pay for 2 and go home Sunday.

WEDNESDAY MORNING HIKES: Organised by Coleen Seath.

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.) Information about the Wednesday hikes is posted on our Facebook page a few days before.

SATURDAY HIKES (AFTERNOON): Organised by Ann Olds.

- Please get to starting point by 13.45 or 13.15 on occasion (please check schedule below) 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 each, a snack for half time and a hat.
- There is no need to tell the leader you will be hiking.

SUNDAY HIKES (FULL DAY): Organised by Ana Barbosa.

- Please be aware that 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 the day before at the latest, to confirm details and let him/her know to expect you on the hike. Be mindful that the leader is also preparing for the hike on the Sunday morning.
- Please note that the meeting point and or time in the programme might change, or the hike route might change, or it might be raining and the hike cancelled therefore **you must phone the leader** or you might find yourself 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. It is recommended that hikers carry their own water
- Keep Rehidrat in your pack in case of dehydration in the hot months.
- Use tick spray.

Hikes are described as being Easy, Moderate or Strenuous and are graded from 1 to 5, as follows:

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 1st QUARTER 2019

Check on Facebook for changes

DATE	DESCRIPTION OF HIKE	LEADER	GRADE
Sat 6 Jul	Palmiet Nature Reserve	Linda Smith	
	Park at Palmiet Nature Reserve, Old New Germany Rd, Westville, 13.45. Donation R30.00. Hike up-stream, and then back into main reserve to venture downstream with several river crossings. Drinks afterwards at Waxy O'Connors.	083 353 8319	3, mod 6-7 km.
Sun 7 Jul	TC Robertson (Scottburgh)	Anne Wilson	
	Explore the TC Robertson Nature Reserve and surrounding areas. Some cane, road and beach walking. Sardine run season to add interest to our beach walk. Drinks after at the Blue Marlin Hotel. Donation to Conservancy R20. Meet at 08.15 for a 08.30 start from the Blue Marlin Hotel, Scottburgh. Petrol sharing from Durban R50. Non-members to please book with hike leader.	079 850 0206	3; ±15km

DATE	DESCRIPTION OF HIKE	LEADER	GRADE
Sat 13 Jul	Delville Wood & Kirk Falls (Shongweni area)	Abdullah Dada	
	M13, Exit 33, left into Kassier Rd, over Toll Rd, left towards Shongweni Dam. Park at Mushroom Farm. Hike starts at 14.00. Hike through sugar cane, then down to railway line and Delville Wood Station, through tunnel to base of Kirk Falls. Long rewarding hike. Car guard tip. Drinks at Shongweni Club	084 478 6779	2, 10+km
Sun 14 Jul	Hill 'n Dale / Bartlett Estate (Hammarisdale)	Jenny Rooks	
	Cancelled last quarter. Sat hike adapted for Sun hikers. Hike through the conservancy, grassland and cane fields with views far and wide in the Hammarisdale area. Donation R20 pp to conservancy. Meet at 07.45 at the Hammarisdale Road/D657 intersection towards the Estate from where we will drive in convoy to start hike at 08.00 (from N3 take exit 43 to the left towards Hammarisdale (Mr385 Rd), first main turnoff to the right is D657 Rd). Non-members to book with hike leader.	084 952 0622	3 Mod; ±14km
Sat 20 Jul	Summerveld – Bux Farm	Jon Stevens	
	M13, Exit 33, left and 1 st right into Cliffdale, left into Hawkstone, right into Summerhill Rd, park at Summerveld Lodge by 13.30. A challenging winter hike, with some steep paths. Views towards Hammarisdale. Drinks at the Lodge.	082 459 1522	3, +8 km
Sun 21 Jul	Virginia Trails (Eston)	Jon Stevens	
	Magnificent setting surrounded by beautiful scenery - high sandstone cliffs, deep valleys, streams and dams. Tracks are for MTB, trail runners and hikers. Entrance R35. Meet at 07.30 at Union Main Centre, 45 Old Main Rd, Pinetown, or in time to start hiking at 08.45 at Virginia Farm (Ezimwini Rd, Eston). Petrol sharing R60. Non-members to book with hike leader	082 459 1522	2-3; ±17km
Sat 27 Jul	Krantzkloof Falls	Ann Olds	
	Meet at Krantzkloof Nature Reserve, Kloof Falls Rd, Kloof, by 13.30. Entry R40.00 per adult / Rhino Card. Set off along Molweni Trail, steeply down to river, then up-stream to base of Kloof Falls. A number of river crossings, some rock clambering, steep ascent on return.	083 666 5630	4, vertigo, 7 km
Sun 28 Jul	Paradise Valley to Pavilion Linear	Margie Forbes	
	Linear walk from Paradise Valley Nature Reserve back to the Pavilion. Cars will be shuttled from Pavilion. Drinks at Pavilion afterwards. Reserve fee R10. Meet at 07.30 at the free shaded parking at rear of Pavilion (next to the recycle area). Petrol sharing R10 for shuttling cars. Non-members to book with hike leader.	073 437 6915	3; ±16km
Sat 3 Aug	Hill n Dale, Hammarisdale	Werner Vanslebrouck	
	From N3, take exit 33 Hammarisdale off ramp, left towards Hammarisdale, right onto D657, (Hill 'n Dale), meet by 13.30 on sand road. Proceed in convoy to farm. Hike through conservancy, sugar cane and grassland with good views on a clear day. Donation of R20.00 for the Conservancy.	084 206 7836	3, mod 7-8km.
Sun 4 Aug	Stonehaven Castle (Shongweni)	Jon Stevens	
	Steep uphill from the railway line to Summerveld, returning on a circular path over grasslands and through bush. Do not attempt this hike if you suffer from vertigo! Meet at Union Main Centre, Old Main Road, Pinetown, at 08.00, to drive in convoy to the Castle. Petrol sharing R20. Non-members book with hike leader.	082 459 1522	3 Vertigo, Strenuous; ±15km

DATE	DESCRIPTION OF HIKE	LEADER	GRADE
Fri 9 Aug	Cumberland, Table Mountain Rd, east of Pmb.	Werner Vanslebrouck	
Women's Day	Cumberland Nature Reserve, Fri. 9 Aug. Meet in the picnic site by 10.00, having registered at the hut, made a donation in the Honesty Box. Enjoy a hike along the cliff above the Umgeni River among the aloes and some game. BYO picnic lunch, and stay as long into the afternoon as you like. GPS co-ordinates from info@cumberlandreserve.co.za, or Ohrtman exit from N3, right over N3 in Ohrtman Rd, second traffic lights turn right, becomes Bishopstowe Rd, second traffic light turn left, cont for about 3 km, right into Table Mountain Rd, left on D408. Cumberland Nature Reserve sign at turn off.	084 206 7836	
Sat 10 Aug	Winston Park, Giba Gorge to St Hillier	Werner Vanslebrouck	
	Park by 13.45 in vicinity of Gillitts post office, behind Caltex Garage, Clifton Rd, Gillitts. Donation R20.00 to Conservancy. Hike at 14.00 through tree-lined Jan Smuts Ave. to grassy area overlooking Giba Gorge and N2, then along cliff top to pathway down into Giba Gorge Conservancy. Continue towards St Hillier Dam, and return along the road to Gillitts parking. Drinks at pub in Gillitts centre.	084 206 7836	2, vertigo, 9 km
Sun 11 Aug	Hilton College Conservancy	Philip Collyer	
	Explore the Hilton College Nature Reserve, with its wonderful views over the Midlands. The terrain is varied, the ecosystem diverse and the home of a wide range of flora and fauna, including two newly discovered spiders. R30 entrance fee to Conservancy. Meet at 07.00 at Union Main, Pinetown (petrol sharing R50), or at 08.30 at the Hilton College gates. Non-members to please book with hike leader.	082 417 0204	2 Mod ±15km
Sat 17 Aug	Nkonka from KKNR main picnic site	Ann Olds	
	Park at main picnic site, Krantzklouf Nature Reserve, Kloof Falls Rd, Kloof, by 13.45. Entrance R40.00 /Rhino Card. Hike through indigenous forest up to Bridle Rd, cross to grasslands with views to the ocean. Steep scramble down to base of Nkonka Falls, and return. Drinks at Nature Cafe.	083 666 5630	3+, quite strenuous. 7 1/2km
Sun 18 Aug	Hammersdale Falls	Margie Forbes	
	Mix of rural tranquillity, various river crossings, a strenuous hill or two and bits of industry. Good view of the falls. Meet at 07.30 Union Main Centre, 45 Old Main Rd, Pinetown to regroup at 07.50 at the Assagay turnoff so the gate at Summerveld Lodge is opened only once for the hike group. Petrol sharing R20. Non-members to please book with hike leader.	073 437 6915	3; ±19km
Sat 24 Aug	Sibaya	Ilona Lamprecht	
	Park at Sibaya near the parking entrance, by 13.45. Hike over rolling hills with views east and west. Not all sugar cane. Some tough vegetation to scramble through so long pants and gloves are suggested. Options for drinks at Sibaya afterwards.	076 912 9829	2, 7+ km.
Sun 25 Aug	Inanda Dam MTB Trails (recce)	Philip Collyer	
	One of the new hikes we would like to explore around the Inanda Dam. Undulating trails in forests and some grass areas along the Inanda Dam edge going towards the entrance and mouth. We will recce on the day. A Green Corridor initiative. Guide fee R40 members, R50 non-members. Meet at 08.00 at Mozambik restaurant parking area - 9 Inanda Rd, Hillcrest, to drive in convoy. Alternatively, meet 08.45 at	082 417 0204	2; ±12km

DATE	DESCRIPTION OF HIKE	LEADER	GRADE
	Durban Green Corridor's eNanda Adventure Park (directions available from their website). Petrol sharing R30. Non-members to please book with hike leader.		
Sat 31 Aug	Tanglewood, Kloof	Sue McMahon	
	Park at Kloof Country Club (towards back of car park) 13.30! Exit 24 from M13, sign posted. Donation R20.00 to Tanglewood. Hike 13.45 along Abrey Rd through Kloof to Tanglewood Nature Reserve. We will be guided through animal sanctuary, indigenous bush, under waterfall. Steep in places. Drinks afterwards at Club.	079 980 0488	3, moderate, vertigo, 11 km.
Sun 1 Sep	Honey Trails (Monteseel) (recce)	Abdullah Dada	
	A new Sunday hike at a privately owned nature reserve on Honey Hill which should be ablaze with a multitude of flowering plants at this time of the year. Honey Trails was developed to allow for the general public to enjoy this incredibly beautiful natural area. Expansive views, meandering paths through grasslands and forests down into the valley and back up some quite steep hills. Entrance R20. Meet at 08.00 at Honey Trails (off Old Main Road, Inchanga/Drummond - opposite Irene St, Monteseel). Non-members to please book with hike leader.	084 478 6779	2; ±15km
Sat 7 Sep	Summerveld from Jockey Academy	Colin Turner	
	Exit 33 from M13, left into Kassier Rd, continue towards Farmers' Market, take first right (MacIntosh Dr), to Summerveld Jockey Academy. Continue about 2 1/2km passed dams on right, under bridge, to Club House and parking on left. Meet by 13.45. A real country trail through grassland, around horse paddocks, possible stream crossings. BYO sundowners.	084 499 0371	2, 8km.
Sun 8 Sep	Umhlanga Estuary	Jon Stevens	
	Spend the day exploring the Umhlanga Estuary. Drinks afterwards at Breakers Hotel. Meet and park in the nature reserve next to Breakers Hotel, Umhlanga, in time to start hiking at 08.00. Non-members to please book with hike leader.	082 459 1522 Rani Reddy	2; ±16km
Sat 14 Sep	Mphithi Trail, Krantzklouf Nature Reserve	Ann Olds	
	Meet in main picnic site, Kloof Falls Rd. Kloof at 13.45. Entrance R40.00 each/ Rhino Card. Follow the Mphithi Trail through indigenous forest to bottom of Falls. Enjoy the views from grasslands above the falls. Along Longshadow Trail to explore Porcupine Falls. BYO sundowners. Gate closes at 18.00	083 666 5630	3, 6 km.
Sun 15 Sep	Vernon Crookes (Umzinto)	Stella Wells	
	This reserve situated about 12km inland of Umzinto has a wide variety of habitats (extensive grasslands, scarp forests, rivers, wetlands, cliff faces and dams) providing opportunity to see a wide range of wildlife and game and even sea views. Entrance R40. The turn-off for the reserve is approximately 12.5km from the N2 (Park Rynie/ Umzinto t/off) and the entrance gate is a further 6km. Meeting place and time at reserve to be confirmed' nearer the time. Non-members to please book with hike leader.	078 319 8979	2-3; ±15km
Sat 21 Sep	Honey Trails, Monteseel	Werner Vanslebrouck	
	Meet at Honey Trails on Old Main Rd, Monteseel, at 13.30! (On Old Main Rd from Botha's Hill, big Honey Trails sign on left before Monteseel turn to right.) Cost R20.00. Enjoy expansive views on trails through grassland and bush. BYO sundowners in gardens afterwards.	084 206 7836	Strenuous, 8+ km.

DATE	DESCRIPTION OF HIKE	LEADER	GRADE
Sun 22 Sep	KZN Table Mountain (easier route)	Philip Collyer	
	Hike to the top of the KZN/ PMB Table Mountain to enjoy some of the escarpment and magnificent views of the Valley of a 1000 Hills, the Midlands in the far distance, the Msunduzi and Umgeni Rivers as well as the Nagle Dam. Car guard R20. Guide. R25 members, R50 non-members Meet at 07.30 at Union Main Centre, 45 Old Main Rd, Pinetown or at 08.15 at Cato Ridge Motors (close to Eddie Haven Drive, Cato Ridge). Petrol sharing R40. Non-members to please book with hike leader.	082 417 0204	3-4; ±10-14km
Tue 24 Sep			
Heritage Day			
Sat 28 Sep	MacIntosh Falls from NU Driving Range	Werner Vanslebrouck	
	Meet at NU Driving Range, Hillcrest. Left off M13 at Exit 31 (opposite Plantations Estate), at 13.45. Parking donation R20.00. Please allow space for golfers parking. Hike through farmland to top of MacIntosh Falls, scramble to bottom of falls. Steep climb up again.	084 206 7836	3+,Strenuous 6 km
Sun 29 Sep	Karkloof Clivias (Midlands Hiking Club)	Neville Lee	
	Combined day hike with Midlands Hiking Club. Annual CLIVIA hike in Karkloof. Come and see the indigenous Clivias in bloom, then have lunch at Grey Mare's Tail falls. Most of the hike is in pristine indigenous forest. Meet at Bushwillow Park in the Karkloof from 08.00. We start walking at 08.30 sharp. Cost is R30pp. Book with Neville Lee (neville.lee@clariant.com)	083 626 9983	2+ 6 hours

RECIPROCIITY AGREEMENTS

Keith from **Midlands Hiking Club** has been kind enough to extend to our members, not only an invitation to his day hikes, but also to their weekends away, including New Year. You can view their schedule on their website: <http://www.gohiking.co.za/>

Johannesburg Hiking Club has entered into a reciprocity agreement with us to allow our respective members to be able to join in hikes and weekends away paying only member prices for these events. This means you can continue hiking even when you travel to Gauteng

TEL: 078 885 6505 - WEBSITE: www.jhbhiking.co.za

OTHER RAMBLERS ACTIVITIES

Este Shearar recently completed the Tankwa Camino and she gave me permission to go through her Facebook page and create a report. These are the highlights of the highlights:

Tankwa Camino 22-31 March - the best story is the beauty of the Karoo. And a must tell story is about camp life and Danie, Rhina and Simmey and the team. But am still sifting through 1142 photos! So here is the "photos of me" section, with explanations at each photo, as everyone is asking for the story.



At the Red Postbox a few mins before our 8h15 start on day 1 – absolutely no-o-o-o idea what awaits!



First rest on day one, getting to know the Karoo sand. The red flag is what you plant in the sand at the road edge if you stray off to a tree (mmm, tree - once in a very wild blue moon), so they would know where to look for you.



The hat(s) – in the first days wore the large peak as well to get as much shade as possible, and the wide-brimmed hat has a neck cover that I sewed on in haste (so dis nou my Voortrekker kappie). Also had a piece that goes over the nose and mouth and used it!!



After the 8 year drought we saw very few flowers, so this was a very pretty sight.



That's my spray bottle that I am holding. Any time from 11 am it gets so hot that you have to spray your face, ears, forehead etc etc. Well – during March 2019; September last year they walked in snow!

Tankwa Camino - how does one even vaguely try and explain the awesomeness of this landscape? The sunrises and sunsets are absolutely spectacular. And then the vistas of "the road goes on.... and on.....". And I haven't included the special plants (eight years of drought at this stage), and so many photos of beautiful scenery. *(Friend Este on Facebook to see more wonderful scenic photos.)*



What I discovered to my great delight is that the Tankwa Camino is more than a 10 day walk – it's a kuier, too. Danie and Rhina Pieterse are from this area – their families have owned farms here for generations, and many farms from Rhina's family now form part of the Tankwa Karoo National Park. So here are some photos with explanations, especially for friends who've been asking questions and are keen to go and do this too.



Another inspiring sunset over our tents



Danie and Rhina talking to us at supper time. Around 6 in the evening the bell is rung, time to take chair, plate and cutlery and join the circle. Before food is dished up there is info for the next day, and a brief talk – motivational, or history of the region we are camped in, or geology and so on. This really added to the experience in a big way. –

With [Danie Pieterse](#) and [Rhina Strauss Pieterse](#).



Early morning a strange experience with just these little lights on in the tents as we pack up to start walking before sunrise. (I presume in different weather, not so hot, one can get up later, with the first light.)



Beautiful pink hues as sunrise approaches



Now we're in Ceres, a kilometre or two from the end, following the lamp posts with posters cheering us on. Still wearing my head torch, we used torches in the morning as most of us left camp in the dark. That of course, is after packing up your sleeping bag, tent, chair and your two crates of belongings just by the light of that same head torch, and carrying it all to the luggage truck, minding not to stumble over tent pegs of hikers who are still sleeping ha ha. Last day was only 15 km, by now that's an absolute walk in the park!!!!



And here I am at the end, felt so unreal..... Still feels unreal. Grateful for a wonderful experience - thank you, Tankwa Camino.

CLASSIFIEDS

Sometimes we find out things that could be useful to fellow hikers such as places to buy reasonably priced hiking goods or were to get good service. Please feel free to share your own bits of useful information here.



Hi-Tec has recently opened a new store at the Cornubia shopping mall in Umhlanga, and are offering Durban Ramblers members a 20% discount off all their full price Hiking boots and merchandise at this store. Please have your membership card handy as proof of membership to qualify for these discounts.

Tel: [0310003010](tel:0310003010) – E-mail: cornubia@hi-tec.co.za

Shop U35 (upper level), Cornubia Shopping Mall,
Corner Dube Street & Cornubia boulevard, Umhlanga

Outdoor Adventure Gear:

William Vermaak used to have his store in Glenwood Village, he is still around, just one block down at 332 Che Guevara, an old mansion of Glenwood that is a treat to visit. Call him on 031 201 5729 or 082 825 1652 to arrange for a consultation and bring your old boots so he can see what kind of boot or shoe would best support you and for other hiking gear requirements.

And that is it from me, Ilona. If you have a story you would like to share, or know something different about another reserve we frequent, please send it to me.