



PO Box 50563  
4062 Musgrave Road

JULY TO SEPTEMBER 2000

TITLE	COMMITTEE MEMBER	HOME TEL	BUSINESS/CEL OR FAX NOS
Chairman	Margret Kirsten	7658052	after hours
Secretary	Pam Podmore	2016180	
Treasurer	Chris Dobson	7651824	082 4811954
Day Hike Organiser	Adrian Rowe	7644721	082 708 9570
Berg Hike Organiser	Bill Hyslop	2626792	083 5412228
Trails Organiser	Bill Hyslop	2626792	083 5412228
Entertainment Organiser	Margaret Pershouse	3120086	
Magazine Editor	Grahame Davies	5648728	Fax : 5648728
Publicity Organiser	Myrtle Ryan		3082395
Ordinary Member / Sat. Hike Organiser	Celia Vergari	7644608	

**Quotes from the Court**

**Q: Doctor, how many autopsies have you performed on dead people?**

**A: All my autopsies are performed on dead people.**

**Q: Do you recall the time that you examined the body?**

**A: The autopsy started around 8.30 p.m.**

**Q: And Mr Dennington was dead at the time?**

**A: No, he was sitting on the table wondering why I was doing an autopsy.**

## CHAIRMAN'S CHATTER

Three months have gone by and another hiking magazine has come your way. (Have you paid your subs?). Attendance on Sunday hikes has increased now the weather is much cooler. Both weekend trips over Easter were cancelled. And not due to the lovely sunny weather. This is a very sad situation for our club with its some 250 members!! Luckily, although at very short notice, I was invited by the Midlands Hiking Club to spend 4 lovely days in the southern Berg, climbing the Devil's Knuckles and surrounding areas. I was glad not to lose out. Your committee is working hard to make a programme to suit all, please support them, or come forward with any good ideas you have. As from now, the committee has abolished club fees for weekend trips and trails. If leaders incur costs they should be shared amongst the participants on the weekend or trail.

Colin Turner was invited to the opening of the St Fort Trail in February. He took along with him myself, Pam and Steve - see write-up later. In April your chairman and one other was invited to the opening of the Phasiwe camp on the Blinkwater Trail. I took Philip Gatenby along as he has lead this lovely trail on several occasions. Our Minister of Agriculture and Environmental Affairs did the honours. Maybe you saw us on TV? There are lovely cooking and braai facilities and accommodation for 12 people is available. The telephone number and address for booking is set out later in the magazine.

Philip also attended the opening of the new Umsilo hut in the Ngeli Forest, organised by the Dept of Water & Forestry Affairs. As from this edition of the magazine, we will publish any new hiking trails or other like information with booking details. If anyone wants to organise a weekend away or trail please liaise with the Trail/weekend organiser. I also met up with some Johannesburg Ramblers who are interested in a joint weekend at Royal National - contact me if anyone is interested and I will arrange it - perhaps over the long weekend 23-24 September.

Happy hiking  
Margret

## MEMBERS' NEWS

### New Members :-

The Committee welcomes the following full members -Cathy Paver, Herman Van Der Meer and Elizabeth Rozewa and the following aspirant members - Sheila Gill and Paul and Lorraine Vart. May you all enjoy hiking with the club. **Congratulations** to Terry and Rosemary Lubbe who have become Honorary Life members.

### Trails Information - new and old and how to book :-

**St Fort Trail at Clarens** - Cost R40 p.p.p.n. Book through Reta Strydom of "Discovery Trails", Tel/Fax 058 2561870. Address - P.O.Box 237, Clarens 9707, e-mail - [retastrydom@worldonline.co.za](mailto:retastrydom@worldonline.co.za)

**Blinkwater Trail.** Sue Swan - Tel/Fax 033 5070047

**Ngeli Trail.** Ngeli Lodge Motel - Tel 039 5530600

**Education Centre, Cathedral Peak.** Self-catering accommodation for up to 50 people at R15 p.p.p.n. Facilities include fridge, stove, pots & pans. Each year at the end of October one can book any weekend on which the centre is not being used by the Education Department. Booking through Grace Rossouw on tel 033 3552154 or fax 033 3453500. Or phone Margret Kirsten.

**Cape St Francis Nature Trail.** Alternative to the Otter Trail - takes hikers along rugged, untouched coastline to sea caves, waterfalls, mountains, shipwrecks, forests and pristine beaches. Contact The Cape St Francis Nature Resort by e-mailing - <mailto:seals@iafrica.com>

**Goodlife Tips :- "Sex on television can't hurt you.....unless you fall off."**

## HIKING PROGRAMME : JULY TO SEPTEMBER 2000

Please try to get to our meeting places **at least 10 minutes earlier** so that fees can be collected and lifts arranged timeously. Day hikers, bring 2 litres of water, a hat and a cup for lunchtime tea/coffee. Saturday afternoon hikers, bring 1 litre of water and a snack for half time.

Meeting places : Durban - Musgrave Park, Cnr Berea & Musgrave Roads  
Pinetown - Union Main Centre, Old Main Road.

**NB - PLEASE BRING CORRECT MONEY AS NO CHANGE WILL BE GIVEN**

## DAY HIKE PROGRAMME

**All meeting times, unless otherwise stated are : Durban 08h00 Pinetown 08h30.**

The day hikes have been graded according to the degree of difficulty and the length of hike, as follows:-

### Degree of Difficulty

A - very easy : **A+** - easy : **B** - moderate : **B+** - moderate with some demanding sections  
C - strenuous; **C+** - very strenuous with difficult sections.

*The grades are based on a person of average fitness, hiking under ideal conditions, but it should be borne in mind that your level of fitness, mental preparedness and the prevailing climatic conditions could place a hike in a completely different grade.*

### Length of Hike

1 - 10 km or less: 2 - 10-15km: 3 - 16 km or more.

**For example:- B+2** - this means that it is a moderate hike with some demanding sections, such as a short (3 metre) rock descent by rope on the Umlazi Meander, or one or two steep ascents (e.g.Hurricane Hill), and that the distance to be walked is between 10 and 15 kilometres

DATE	DESCRIPTION OF HIKE	HIKE LEADERS COST OF HIKE	TEL NOS <i>Hike Grade</i>
2 July	<b>Umgeni Valley Ranch</b> - Howick area. Attractive Nature Reserve.  <i>N.B. Durban - 07h30 ; Pinetown 08h00</i>	Tony Livingstone Members - R27 Visitors - R32 + R8 Reserve fee	Adrian Rowe 7644721 a/h  Grade <b>B+2</b>
9 July	<b>Mlazi-Fudu Circuit</b> - Mariannhill Area. Long uphill in morning. Pretty waterfall and countryside.	Adrian Rowe Members - R8 Visitors - R13	7644721 a/h  Grade- <b>B+2</b>
16 July	<b>Faraway Farm</b> - Eston area. Through indigenous vegetation in upper Umbogintwini Valley	Chris Dobson Members - R20 Visitors - R25	7651824 a/h  Grade- <b>B2</b>
23 July	<b>Mbokodweni - Fudu Circuit</b> - Mariannhill area. Join Allan on his first time as hike leader, along this pretty valley. Lunch above Dead Horse Cave.	Allan Ikin  Members - R10 Visitors - R15	7085858 a/h  Grade <b>B+2</b>
30 July	<b>Chantecler Skyline</b> - Bothas Hill area. Rained off in March. An old faithful.	Steve Nel <i>Ramble</i> Members - R10 Visitors - R15	Adrian Rowe 7644721 a/h Grade- <b>B2</b>
6 Aug	<b>Ingomankulu</b> - Camperdown area. Pretty hills & valleys with bush & grassland.	Margret Kirsten Members - R17 Visitors - R22	7658052 a/h  Grade- <b>B2</b>
13 Aug	<b>Montezuma Meander</b> - South Coast. Enjoy George's farm with a chance of a close encounter with wild game. <i>N.B. Durban- 08h00; Pinetown- 08h00</i>	George Archibald  Members - R27 Visitors - R32	Adrian Rowe 7644721 a/h Grade- <b>B+2</b>
20 Aug	<b>Shongweni Nature Reserve</b> . We will try this in winter as last year it was rather hot in summer.	Colin Turner Members - R11 Visitors - R16 + R8 Reserve fee	7083517  Grade <b>B2</b>
27 Aug	<b>Giba Variation</b> - Hillcrest area. Steve will lead his route from St Helier lake.	Steve Nel <i>Ramble</i> Members - R7 Visitors - R12	Adrian Rowe 7644721 a/h Grade- <b>B2</b>
3 Sept	<b>Baynesfield</b> - Thornville area. Long uphill before lunch. Downhill after lunch. <i>Forncliffe</i>	Philip Gatenby Members - R17 Visitors - R22 + R5 Reserve fee	2013592  Grade <b>C2</b>
10 Sept <i>26</i>	<b>Mpambanyoni</b> - South Coast. An easier hike along and above this pretty river.	Tom de Waal Members - R22 Visitors - R27	4674766  Grade- <b>B2</b>
17 Sept <i>2</i>	Day Hike Leader's Choice <i>Burton Bush to Virginia</i>	Tebe <i>Clyde</i> announced	Adrian Rowe 7644721 a/h
24 Sept <i>13</i>	<b>Theddon Grange</b> - Richmond area. Lunch overlooking Umkomaas Valley. May see buck. <i>N.B. Durban- 07h30; Pinetown- 08h00</i>	Steve Nel <i>Ramble</i> Members - R25 Visitors - R30	Adrian Rowe 7644721 a/h Grade- <b>B2</b>

**SATURDAY AFTERNOON HIKES PROGRAMME**

These hikes depart from Musgrave Park Medical Centre at 13.30 sharp, and cost R10.00. Hikes marked # involve a payment of R5.00 each in order to enter the park. Please make sure to bring the correct amount of money as change is not always available - thank you. Would those for whom the starting point is not convenient, please proceed to the destination, or phone one of the organisers between 12h00 and 12h45 on the day, to arrange a suitable meeting point.

**ORGANISERS :-Philip (2013592), Celia (7644608).**

DATE	DESCRIPTION OF HIKE	HIKE LEADERS	TEL NOS <i>Hike Rating</i>
1 July	<b># Kloof 2</b> - Kloof Falls picnic site. Descend to valley floor through indigenous bush and waterfalls.	Celia Vergari	7641213  <i>moderate</i>
8 July	<b>Burman Bush</b> - starts from the main parking area on Burman Drive, Durban. Wooded area, views of Umgeni estuary	Ron Georges	7013346  <i>moderate</i>
15 July	<b># Kloof &amp; Highway S.P.C.A.</b> - Village Road. Bring secateurs. Descends to valley floor and out the other side. Good views.	Celia Vergari	7641213  <i>easy</i>
22 July	<b>New Germany</b> - 2nd right off Otto Volek Road after Old Main Road. Grass / forest reserve with buck, zebra, ponds and walk-in aviary.	Celia Vergari	7641213  <i>easy</i>
29 July	<b>Palmiet</b> - entrance opposite Westville Hotel. Shady walk in forest with river sometimes alongside.	Bill Hyslop	2626792  <i>moderate</i>
5 Aug	<b>Shongweni</b> - meet on grass verge just before Assagay Hotel (previously Polo Pony). Moderate walk through valley and rest at river.	Celia Vergari	7641213  <i>moderate</i>
12 Aug	<b>Winston Park 1</b> - turning circle at eastern end of Jan Smuts Avenue. Walk on edge of escarpment. Inland views.	Celia Vergari	7641213  <i>easy</i>
19 Aug	<b>Winston Park 2</b> - start at lake on property of Season's restaurant. Walk around recently fenced indigenous bush. Lovely inland views	Celia Vergari	7641213  <i>moderate</i>
26 Aug	<b>Uve Road</b> - off Krantzview Road. Descend to valley, walk in forest, return.	Celia Vergari	7641213  <i>moderate</i>
2 Sept	<b># Nqutu Gorge</b> - Valley Drive near causeway. Walk on sides of gorge joined by rugged crossing below falls.	Celia Vergari	7641213  <i>moderate</i>

9 Sept	<b>Roosfontein</b> -start at parking lot of Westville Jail and walk through lovely Nature Reserve.	<b>Ron Georges</b>	7013346 <i>easy</i>
16 Sept	<b># Paradise Valley</b> - between dual carriageway and flats. A small reserve with a variety of vegetation, waterfalls and historical interest.	<b>Celia Vergari</b>	7641213 <i>easy</i>
23 Sept	<b>Palmiet 2</b> - meet at Faurea Close, 200m before Westville University gates. Pretty walk from the top.	<b>Bill Hyslop</b>	2626792 <i>easy</i>
30 Sept	<b># Celia's Kloof</b> - Kloof Falls picnic site. Walk to the crest of the ridge overlooking Uye Road.	<b>Celia Vergari</b>	7641213 <i>easy</i>

#### WEEKEND AND TRAILS PROGRAMME

Due to circumstances beyond the control of the Trails/Weekend Organiser and the Editor there is no information on Trails and Weekends at the time of publication. The Editor is pushing off to Europe on 5 June and has to close the magazine deadlines early - Bill Hyslop the Trails/Weekend organiser arrives back from 3 months in Europe only on June 6.

Please contact Bill Hyslop on 2626792 or Cel 083 5412228 **after June 20** for the latest information on happenings in July, August & September.

#### INTERLUDE - whilst you digest the above catastrophe

One of my boozey mates from UK sent me this article that appeared in *The Guardian Weekend*:-

*"One of the unintended consequences of the cutbacks in rail services has been the relentless rise in rambling. When there are few trains to spot, dull people start walking around aimlessly and inevitably start rambling. Ramblers carry boiled sweets in flavours so repulsive that you would rather eat your own leg in an emergency situation. They wear hi-tech anoraks that withdraw the heat and moisture from their bodies and release them into the noses of other ramblers. Ramblers have big boots. This is to stop them falling over when they've had the second pint of real ale at the end of their epic four-mile ramble.*

*Ramblers go around in packs, and are always led by a man or woman with a beard and a big knobby stick. He's known as Ramblo. (N.B. the editor has officially bestowed the title of Ramblo upon Steve Nel.) Ramblers keep maps in Perspex holders (so they won't get soaked by all the moisture being extracted from their bodies). With these maps they can work out that they're 300 yards from the car park .....*"

#### SOCIALS DIARY

DATE	EVENT	CONTACT/TEL
7 July	<b>Scrabble</b>	<b>Marge Blake</b> 2662426
28 July	<b>FunRun/Walk 5/10 Km</b> - Dbn Amphitheatre - 18h00 start, but check press to see that it is on. Meet after at "The Deck" for drinks/meal.	<b>Margaret</b> 3120086 a/h
4 August	<b>Scrabble</b>	<b>Colleen</b> 2022279
9 August	<b>Women's Day Hike &amp; Lunch.</b> Hike in <b>"Something Unusual"</b> from St Heliers. Members only - meet at Durban 8.00 and Pinetown 8.30 - no club fees, passengers pay drivers for petrol costs. Celia Vergari will lead hike from St Heliers returning to a lakeside lunch at about 12.30. The Rambler's Committee will provide lunch with drinks. <b>Note Bene</b> : those who don't wear something unusual may be thrown into the lake.	<b>Margaret</b> 3120086 a/h
18 August	<b>"Bargo"</b> (ex "Horse with no Name") at Greyville Race course from 17h30 onwards for drinks/meal	<b>Margaret</b> 3120086 a/h
25 August	<b>Fun Run/Walk</b> - as above	<b>Margaret</b> 3120086 a/h
1 Sept	<b>Scrabble</b>	<b>Monica</b> 3092729
17 Sept	<b>Music at the Lake.</b> NO GROUP meeting but a great way to spend a Sunday afternoon. 15h00	check press or <b>Molly Williams</b> 2025819
29 Sept	<b>Fun Run/Walk</b> as above	<b>Margaret</b> 3120086 a/h

#### MEMBER'S FORUM

A section for members to air their views, write about their hiking experiences, publicise happenings or to print humorous and other stories. Please send contributions to **Grahame Davies** at P.O. Box 22320, Glenashley 4022 or fax to him at 031 5648728.

#### St Fort Hiking Trail by *Margret Kirsten*

This trail is situated in the Eastern Free State, 5 km south of Clarens on the Fourisburg road. It is a circular route of 18 km over 2 days with overnight in a cave. However the very fit can do it in one day, which we had to do as the cave was not ready for campers. The base camp is a restored milking barn and sleeps 24. It has a kitchen with electricity, pots and pans etc., and a large lapa with braai facilities. There are hot showers and toilet facilities.

The trail is extremely well laid out with numerous caves en route, some with Bushmen paintings. There are Kloofs with indigenous forests, and grasslands where we saw a

large herd of Blesbok. The Kloofs have numerous bridges and ladders over big rocks, made from the the local poplar trees. With the sandstone cliffs and various swimming pools, the trail was very varied and pleasant. A lot of work had been done to stop erosion using more of the poplar wood. Surrounding us were Woodhouse Peak, Mount Horeb and George's Pimple. A 125 step ladder descended towards the Klein Caledon river, with a bridge over it hand-made in poplar wood. Then to top it all the trail goes through a poplar forest. Delightful, especially as the cosmos was in bloom.

People from many different hiking clubs were invited and a most interesting and fun evening around a well organised braai was had. The second day we climbed Mushroom Rock after a hearty breakfast, and then gathered in the lapa at about noon, where each hiker was asked their comments about the trail. For my part it is a well marked and champion trail, well worth doing either in passing through that area or in combination with other trails close by. Thanks to Colin for inviting me and the good company of Pam and Steve. It was a super weekend.

*One of our well-endowed Rambler ladies was on holiday at a hotel in Cape Town. She spent most of the vacation sunbathing on the roof of the hotel. She wore a bathing suit the first day, but on the second, she decided that no one could see her and slipped out of it to get an overall tan. She had hardly begun when she heard someone running up the stairs. She was lying on her stomach, so she just pulled a towel over her rear. "Excuse me miss," said the flustered assistant manager of the hotel, out of breath from running up the stairs. "We don't mind your sunbathing on the roof, but we would very much appreciate your wearing a bathing suit as you did yesterday." "What difference does it make?" Our Rambler asked. "No one can see me up here, and besides, I'm covered with a towel." "Not exactly," said the embarrassed man. "You're lying on the dining room skylight."*

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