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THE OFFICIAL MAGAZINE of the DURBAN RAMBLERS' HIKING CLUB

3rd QUARTER: JULY – SEPTEMBER 2015

CHAIRMAN'S RAMBLINGS

We have had an eventful 2nd quarter with a full program of Saturday, Sunday and Wednesday hikes and weekends away, all have been supported. The average number of hikers for Saturday in : March 22,5; April 22,5; May 25,8; for Sunday the average number has been 15.

Thanks to Werner for organising the Inanda Dam hike on the public holiday to encourage new members and the public to join us.



Durban Ramblers Magazine

The visit to the Crowned Eagle Conservancy attracted much interest, there were 49 hikers. Ramblers was able to make a donation of over R800 from those who did the hike. During this last quarter we were able to make over R500 in donations to the Monteseel conservancy and we will be donating to the Durban Green Corridor when we do their e-Nande hikes. Thanks to all the hikers who have donated money when hiking.

If any Ramblers would like to start leading hikes or have hikes you would like to see happen please contact the Hike Organisers: Linda, Stella and Colleen.

Happy Hiking

Philip

COMMITTEE MEMBERS

Chairman	Philip Collyer	082 417 0204	031 201 8864	philipcollyer@gmail.com
Secretary	Janet Elliott	082 820 8182	031 765 3240	jelliott@iafrica.com
Treasurer	Margot Barraclough	084 256 7867	031 764 4740	margotb@corokraft.co.za
Sun Hike Organiser	Stella Wells	078 319 8979		stellawells4@gmail.com
Sat Hike Organiser	Linda Smith	083 353 8319		compasshr@mweb.co.za
Weekend Organiser	Marie Gurr	082 586 0266	031 705 3122	marinev.gurr@gmail.com
Publicity	Tina Regnard	083 289 6276	031 207 5005	regnardt@gmail.com
Ordinary Member	Coleen Seath	082 735 7659	031 202 2279	coleensea@gmail.com
Magazine Editor	Gordon Tomlinson	083 277 2690	031 708 1119	gordontom44@gmail.com
Website Organiser	Abdulla Dada	084 478 6779	031 269 1921	dada@greenit.co.za

MEMBER NEWS

New Members

We extend a very warm welcome to all our new members and hope that you enjoy many happy hours hiking with us.

Mary O'Donnell
Ana Barbosa
Mary Furnivall
Maureen Geall
Jeanine & Bruce Forrester
Marie-Christene Kraus

Let us know if a hiker is ill or had an accident or some other newsworthy event so we can send an acknowledgement.

July - September 2015

Page 2 of 9

Durban Ramblers Magazine

Note - Members on email will receive get-well cards etc from the Club with the source "123greetingcards.com"

Subs for 2015

Single Member R80
Country Single R60

Family R100
Country Family R70

Joining Fee R20
In all cases

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

Please pay by EFT directly into the bank account – please include your surname.
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 application form.

ANNUAL GENERAL MEETING

The AGM was held in the meeting room of the Palmiet Nature Reserve, Old New Germany Road on the 7th February 2015. The Committee Members are as above.

Magazine

Don't forget to send us any email and postal address changes to ensure your magazine reaches you.

Note : If you have been receiving the magazine by post, and now want the speedier email version, send me your email address. It also helps reduce our posting costs to mail the magazine to you.

Website

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

WEEKENDS AWAY

I did mention to some of you I'd like to book Silver Streams at Bushman's Nek but, on reflection and having viewed the accommodation, I don't think that's a cosy option for winter in the mountains. (Wherever you stay you need to trot back and forth to the ablution block.)

So I'm suggesting we visit Glengarry in the Kamberg area (chalets around R350 pppn - discount for seniors - and camping R100 pppn) for two nights Friday and Saturday, August 21/22. There's a communal lounge, a golf course, dam for fishing and they now have marked out trails, the longest of which is 15km.

Durban Ramblers Magazine

Then, looking ahead, I've booked Simes Cottage at Lotheni for three nights at the beginning of October. This is a tricky venue as Simes sleeps only 10 and, having given T O Strand people first option, now has space for one lady to share the bunk-bed dorm! However, the campsite is fairly close by and, hopefully, I'll be able to book sites there.

Cut off dates:

Glengarry – please let me know by Friday, July 17 at the latest if you'd like to come and, obviously whether you'd like a chalet or are happy to camp.

Simes – camping – by Friday, August 14, 2015.

Cheers for now, Marie.

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.

Durban Ramblers Magazine

- 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.

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	Tel
Saturday 04 July 2015	Beachwood Mangrove Swamp	Linda	083 353 8319
	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.	Moderate Grade 2 (Beach walking) Approx 9km	
Sunday July 5	SALIMBA FARM	Jon Stevens	082 459 1522
	Hike on game farm overlooking Umkomaas river. Meet Union Main .Pinetown at 7.30 a.m.	Moderate Distance 19 kms. Grade 3.	Petrol sharing R60.
Saturday 11 July 2015	Clifton Tower	Philip	082 417 0204
	Meet at the Assagay Hotel at 13:30. Drive through to the starting point. Start at Denny Mushrooms and hike up to the top of the hill to Clifton tower to overlook the city.	Grade 2 Moderate (one uphill)	
Sunday July 12	UMGENI VALLEY NATURE RESERVE	Keith Ashton	033 239 5023 keimarg@iunc apped.co.za
	Lovely local 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 Midlands and Mountain Backpackers . <i>Last booking by Wed 8 July.</i>	Moderate Grade 2.	Entrance fee R25 pp
Saturday 18 July 2015	Assagay Suburb Hike	Werner	0842,067,836
	Meet at Sugar Loaf Centre on Old Main Road, Bothas Hill at 13.45 to walk the streets of Assagay.	Grade 2 Moderate Approx 10 kms	
Sunday July 19	MSINSI/D'MOSS TRAIL	Philip Collyer	082 417 0204
	Meet at the parking above the Elizabeth Sneddon at UKZN Durban at 8.30. The hike takes paths from the University to the Msinsi conservancy, Umbilo Canal on to the D'Moss trail. . Drinks at Philips afterwards.	Moderate Distance 17km. Grade 2	
Saturday 25 July	North Park Reserve	Linda	083 353 8319
	This is a great hike for beginners. Meet at 13:45 at the North Park Reserve at the end of Anderson Road, off Main Road in Queensburgh. This is a short hike in a forested area and up to a view point looking over part of the Queensburgh area.	Grade 2 Moderate Approx 10 kms	There is a R20 entrance fee.
Saturday	Minerva Heights	Dave Tighe	079 153 2846

Durban Ramblers Magazine

Date	Description of Hike	Leader	Tel
July 25th	Hike from Minerva Heights to Osgodsby in the Richmond Area . This scenic route follows along good tracks, plantation roads as well as open grasslands. It drops down through a magnificent indigenous forest and passes a very old stand of mature Yellow-wood trees.. Phone Dave for directions. Accommodation is available at Minerva. Combined hike with Midlands and Mountain Backpackers..	Moderate Approx 20kms. Grade 3	031 464 9247 NOTE: Hikers must phone Dave to book a place on this hike as numbers are limited
Sunday July 26	No hike on this day --- Refer to the two Saturday hikes above		
Saturday 01 August 2015	Glenholme Nature Reserve New Hike for Saturday Hikers. Meet at 13:45 at the Kloof and Highway SPCA parking lot. Hike will be through the reserve and into the valley..	Nick Grade 3 Moderate to Strenuous	072 327 6407 R20.00 donation to towards the upkeep of the reserve
Sunday Aug 2	UMHLANGA ESTUARY Meet and park in the nature reserve next to Breakers Hotel, Umhlanga, in time to start hiking at 8am. We'll spend the day exploring the Umhlanga Estuary .	Jenny Rooks Moderate Distance 16 kms .Grade 2/3.	084 952 0622
Saturday 08 August 2015	Bluff Nature Reserve This will be a short hike through the reserve and surrounding area. Meet at the parking area of the Reserve at 13:45. Take the Jacobs off-ramp from the southern freeway. Turn seaward at the traffic lights into Quality road. Follow this road until Tara road and turn left into it. The reserve is immediately on the right hand side of the road.	Linda Grade 2 Moderate	083 353 8319
Sunday Aug 9 (Long weekend)	SCOTTBURGH BEACH HIKE 10 Km beach hike from Scottburgh (meet Charles Hoffe Park next to Kutty Sark Hotel) at 08:30 to Umkomaas light house and back. Lunch at hotel at 12pm.	Francois Marais Moderate Grade 2.	083 983 8007
Saturday 15 August 2015	Mzimyathi Falls New Hike for Saturday Hikers. Meet at 13:30 at Mozambik restaurant parking area at 9 Inanda Road, Hillcrest to drive in convey to Mzimyathi Falls or at the Mzimyathi falls parking area at 13:45. This is a beautiful walk to the Falls overlooking the Gorge.	Philip Collyer Grade 2 Moderate	082 417 0204 Entrance fee R25.00
Sunday Aug 16	OLD BALDY	Abdullah Dada	dada@greenit. co.za 084 478 6779 sms / whatsapp

Durban Ramblers Magazine

Date	Description of Hike	Leader	Tel
	Scenic hike through Isithumba village along Umgeni River and up 'Old Baldy' to some great views of the valley. Distance approx 10km but the climb to the top is strenuous (approx 400m altitude gain) and there is one section of scrambling up the rocks. Hike is difficult but not very long. Meet at Assegay hotel parking lot at 8am.	Grade 4 Strenuous	
Saturday	Summerveld	Colin	031 708 3517
22 August 2015	Meet at the Assagay Hotel at 13.30 to drive through to Summerveld at 13.45. Walk through the Summerveld Conservancy Area.	Grade 2 Moderate	
	STONEHAVEN CASTLE	Jon Stevens	082 459 1522
Sunday Aug 23	Meet at Union Main Centre, Old Main Road, Pinetown at 8am, or outside the Assagay Hotel at 8.15am and drive in convoy to the Castle. Steep uphill from the railway line to Summerveld, returning on a circular path over grasslands and through bush. <i>Do not attempt this hike if you suffer from vertigo!</i>	Distance 15 kms. Moderate Grade 3.	Petrol-sharing R20.
Saturday	Bux Farms	Jon	082 459 1522
29 August 2015	Meet at the Assagay Hotel at 13.30 and drive to parking spot at 13.45. No shorter hike planned. Steep descents in parts.	Grade 4 Strenuous Vertigo Warning	
	MONTESEEL	Philip Collyer	082 417 0204
Sunday Aug 30	Meet at the Hacienda Pub, Andries Street, Monteseel at 9.00am, or Union Main, Pinetown at 8.15am.. Hike follows the contours of the escarpment and then steeply down to the Valley and back. <i>Vertigo warning..</i>	Strenuous Grade 4. Distance 17 kms	Petrol sharing R20
	Silverglen Nature Reserve	Linda	083 353 8319
Saturday 05 September 2015	New Saturday Hike. 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.	Grade 2 Moderate	
	FAULKLANDS (ORANGE BLOSSOM HIKE)	Francois Marais	083 983 8007
Sunday Sep 6	Hike down to Umgeni River and back up again for wonderful views.. Table Mountain T-Off. Travel thru Eastwood and take Wartburg Road at 08:15 for 08:30. (Details to be confirmed)	Moderate Grade 3. Distance will be about 16km	

Durban Ramblers Magazine

Date	Description of Hike	Leader	Tel
Saturday 12 September 2015	Stockville Hike	Werner	084 206 7836
	Meet at the Gillitts Post Office at 13.30. Hikers will then share transport to the end of Jan Smuts Avenue, Winston Park to the start of the hike. Hike along the escarpment, down into the Stockville Valley and back to Gillitts Post Office. Some members to drive back to end of Jan Smuts to retrieve cars.	Grading 4 Strenuous (slippery downhill walking)	
Sunday Sep 13	VIRGINIA BEACH	Glenys Bentley	083 375 2252
	Walk along beach from Virginia to Umhlanga and return on tar roads. Drinks afterwards at Wings Club. Meet Virginia Airport parking at 8.00am.	Easy Approx: 18 kms. Rating 2.	
Saturday 19 September 2015	Treasure Beach	Philip	082 417 0204
	New Saturday Hike. Meet at Treasure Beach Education Centre on 835 Marine Drive, Bluff for a walk around this fascinating area.	Grade 2 Moderate	
Sunday Sep 20	ESTON	Margie Forbes	073 437 6915
	Meet at Union Main Centre, Old Main Road, Pinetown in time to leave promptly at 7.30am or Camperdown t/off at 7.50am. 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.	Moderate 14 kms. Grade 3.	Petrol-sharing R50.
Saturday 26 September 2015	Delville Wood	Abdullah	084 478 6779
	Meet at the Assagay Hotel at 1.30, to drive through at 13.45 to the parking area. Through tunnels and waterfalls and a bit strenuous at the end.	Grade 3 Moderate to strenuous	
Sunday Sep 27	VERNON CROOKES NATURE RESERVE	Stella Wells	078 319 8979
	The reserve has open grassland, parkland and forest with opportunity to see game.. The reserve turn off is approximately 3 km past the town of Umzinto, 12.5 km from the freeway, and the entrance gate is 6 km from the turn off. Meet Glenwood Village (old Buxtons Centre) at 7.30 or reserve office at 8.30 ..	Moderate Distance approx 15 kms. Grade 2/3	Petrol sharing R50

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