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**TRAINING FOR HIKING**

If we consider the fact that walking is much more economical than running, in fact at the most economical speed on level ground walking requires half the energy needed for running the same distance, then it is obvious that long distances can be walked without much training if any at all. However, when walking or hiking is being done over rugged terrain at inclines over long distances and at high altitudes where most of your hiking is being done, then it is obvious that some form of training becomes necessary, as energy output now increases linearly or in direct proportion to the incline of the ground. If we add to this the fact that the human body is less efficient at high altitudes and that a pack is carried in most cases, then I cannot see how people can go on hikes without some form of training beforehand, as the hike will then become a torture instead of a pleasure.

Should we now want to consider the kind and amount of training, that should be done for hiking, then let me first point out that there is no better form of training than doing the activity itself in a progressive way. Unfortunately, however, we do not all have mountains in our backyards, nor the time to go on three or four hour hiking trips every afternoon. We must, therefore, find an activity as close as possible to hiking and an intensity of exercise that will develop a fitness level necessary for hiking and maintain it from one hiking trip to another.

I would, therefore, suggest run-walks over a relatively long distance, at an aerobic intensity. This means that the run must be of such an intensity that there will always be a balance between the oxygen taken up and the energy used. If the run is too fast, the energy used becomes more than the oxygen taken up and the body becomes fatigued. As soon as this happens the run must be stopped and replaced by walking, until such time as the breathing is normal again. Then the jog can be started again. These run-walks should be done over a course which includes up-hills, down-hills and level areas and should be done progressively starting with 20 minute run-walks, then 30 minute run-walks and 60 minute run-walks. As training progresses the run distances will increase and the walk distances decrease. This should be done up to a point where 5-6 km can be jogged comfortably.

At this point a cardiovascular efficiency would have been developed effective for any normal week-end hike. Exercises such as sit-ups, step-ups and stairs running should also be included to improve muscular strength.

Training should be done regularly, otherwise fitness levels will drop. Anybody doing three 5 km jogs a week at a pace of plus minus 10 minutes to the mile will stay in top condition for most hiking activities, and will be able to withstand the effects of most of the altitudes found in South Africa.

(Lecture at the Mountain Leadership Course - made available by Vic Conrad.)

FOR THE LADIES - 12th NOVEMBER - SATURDAY AFTERNOON - CONTINUED FROM PAGE 1

Giovanni, Chamberri, France and are direct clones of expensive French perfumes e.g. Chanel No. 5, Oplum, Cinnabar, at a fraction of the price. A R10 deposit is necessary when ordering, but there will be no pressure to buy, and this event is seen as an opportunity for the ladies of the club to get together as much as anything else, as Cathy will also be passing around scrapbooks illustrating her recent visits to various regions of the U.K. Phone Cathy on 84-3597 (H) or 522244 (W : mornings) before Wednesday 9th November, in order to facilitate catering arrangements.



Oct. Dec 88

Chairman - Tom de Waal	474766 (H)
Secretary - Margret Kirsten	441467 (H)
Treasurer - Winnie Jackson	3052515 (H)
Day Hikes - Bettie Smetryns	445902 (H)
Berg Hikes - Rosemary Foster	842522 (H)
Trails - Bruce Medway	235895 (H)
Photographic - Trevor Coxon	425531 (H)
Entertainment - Mike Morrillion	3091566 (H)
Editress - Brenda Hoppé	214137 (H)

Affiliated to the Hiking Federation of South Africa  
P.O. BOX 1063, DURBAN, 4000. MAG 5/88

**REMEMBER**

At least 2 litres for drinking and for tea, must be brought on all hikes. It would be appreciated if correct change is tendered at club functions.

**PHOTOGRAPHIC TRIPS**

Do you fancy a trip with Malcolm Pearse filled with adventure and good company?

Three trips have been arranged.

Mweni valleys and summit - 8 days.

Saturday 19th to Saturday 26th November 1988 - R250.

Central Lesotho - Maletsunyane & Katane Falls - 6 days.

Friday 9th to 14th December 1988 - R215.

Sehlabathebe - 5 days.

Saturday 17th to 21st December 1988 - R195.

Please contact Rosemary Foster at (3057622 B.) for an application form or further details.

**CHANGE OF ADDRESS**

Please notify the Secretary of the Club in writing, in good time, of any change of address or if you intend proceeding overseas for any length of time.

**WELCOME TO THE FOLLOWING NEW MEMBERS:**

Mara Wheeler, Alan Bludell, Kari Smith, Rosemarie Hutchings, Clive Booth.

**TENT HIRE AND RETURN**

Please note that tents will be charged out from date of collection until date of return:

    ) R2,00 per night for Berg tents.  
    - R6,00 per night for large tents

PLEASE DO NOT EMBARRASS COMMITTEE MEMBERS BY REQUESTING EXCEPTIONS TO THE ABOVE OR ABUSING THIS FACILITY IN ANY WAY.

**SWELLENHAM AND KATBERG**

19-11-89 until 4-12-89 Margret Kirsten is looking for two fit people to complete a party of six approx. 3 days in Katberg area and 7 days in Swellendam. Interested?? - Please phone Margret (4141467 H) or (447911 B).

**FOR THE LADIES - 12th NOVEMBER - SATURDAY AFTERNOON**

Cathy de Boer will be hosting a perfume demonstration tea party on Saturday, 12th November 1988 at 2.30 p.m. at 17 Zenith Pk, 126 Uitsig Rd, Durban North (near Hypermarket). These perfumes (both concentrated and Eau de Toilette) are made by House of Count

DEPARTURE POINTS FOR DAY HIKES - 2 -

DURBAN - "MUSGRAVE PARK" (previously Osborne Hotel) parking area - corner Berea and Musgrave Roads.  
PINETOWN - UNION MAIN CENTRE - Old Main Road, outside Big Bite. Please do not park car outside Big Bite.

VENUE PHOTOGRAPHIC MEETINGS/SOCIAL GATHERINGS

Randall Scout Hall, Milner Road (behind Cowey Centre, next to electricity sub station). Please park in Milner Road.

DIARY OF DURBAN RAMBLERS HIKING CLUB ACTIVITIES

OCTOBER 1988

1/2 OLD VOORTREKKER TRAIL HIKE (Oliviershoek Pass area)  
Leader Dick Billiet (813672 H).  
Sun. 2 NGOMANKHULU - Leader Eamon Bussy (473400 H).  
Depart Durban 08h00 Pinetown 08h30 - Members R5  
Visitors R6.  
8/9/10 VERGELEGEN MAP AND COMPASS EXPLORATION - Leader Bill  
Hyslop (726763 H).  
Sun. 9 MOSS TRAIL - Leader Jo Streyton (215985 H). Depart  
Durban 08h00 Pinetown 08h30. Members R4 Visitors R5.  
Sat. 15 PALMIET NATURE RESERVE - Leaders Marge Blake and Audrey  
Vickers (283187 H). Depart Durban 14h00.  
Sun. 16 TABLE MOUNTAIN - Leader Steve Watson (214512 H). Depart  
Durban 08h00 Pinetown 08h30 Members R6 Visitors R7.  
Wed. 19 PHOTOGRAPHIC MEETING at 7.45 p.m. Venue Randall Scout  
Hall - Club fee R1 per person including refreshments.-  
Philip Gatenby and Trevor Caxon will be showing slides  
of the various hiking trails, Berg and South West  
African trips. Phone Trevor (425531 H).  
22/23 VERNON CROOKES CLEAN-UP - Leader Tom de Waal  
(474766 H). Depart Durban 14h00 Saturday the 22nd.  
Bring: tents, own food, meat and drinks for Saturday  
night braai - have fun - prepare for the WORK PARTY on  
Sunday!  
Please support your club in this project!  
Wed. 26 BRAAI/SOCIAL GATHERING - Bring your own meat and  
drinks. Starts between 18h00 and 18h30 at Randall Scout  
Hall.  
Sun. 30 ANNUAL GET-TOGETHER AT "OLD CRANFORD FARM"  
- Leader Margret Kirsten (441467 H) - Depart Durban  
08h00 - Hikers to organise their own transport  
arrangements - Pinetown promptly at 08h30.  
This is a morning hike and lunch time braai. Please  
bring your own meat, salads, liquid refreshments,  
utensils etc.  
Braai fires, Mongolian stir-fry cooking facilities, tea  
and coffee provided.  
In case of inclement weather under cover facilities are  
available.  
This is the once a year event where old members meet  
present members and has proved a great success.

NOVEMBER 1988

5/6 CHOICE OF TWO BERG HIKES:  
WILSON'S CAVE - Leader Jack Aumord (423245 H)  
AND  
SWARTBERG EXPLORATION (Southern Berg area) - Leader  
Dick Billiet (813672 H).

NOVEMBER 1988 (cont.)

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Sun. 6 SORA'S POOL - Leader Jo Streyton (215985 H). Depart  
Durban 08h00 Pinetown 08h30. Members R4 Visitors R5.  
12/13 MID ILLOVO BUSH WHACKING ADVENTURE - Expect anything!!!  
Leader Eamon Bussy (473400 H).  
Sun. 13 HILTON - UMGENI HIKE - Leader Phil Caws (441089 H).  
Depart Durban 08h00 Pinetown 08h30 Members R7 Visitors  
R8.  
Wed. 16 PHOTOGRAPHIC MEETING AT 7.45 P.M.  
Barry Busby will entertain us with slides on Botswana  
and Basil Scott will be showing slides and 8 mm movies  
on Eastern Cape and Mauritius.  
Venue is Randall Scout Hall - Club fee R1 per person  
including refreshments - phone Trevor Coxon (425531 H)  
for details.  
19/20 JOINT WEEKEND - JOHANNESBURG HIKING CLUB AND DURBAN  
RAMBLERS HIKING CLUB  
Will camp at Rugged Glen Camping Site at Royal National  
Park - tents required - enjoy sociable day walks and a  
relaxing weekend. Phone Tom de Waal (474766 H).  
Sun. 20 MPAMPANYONI - Leader Tom de Waal (474766 H). Departure  
from Durban only 07h30. Members R6 Visitors R7.  
Sun. 27 VICTORIAN PICNIC - Leader Bill Hyslop (726763 H). We  
are reverting to the original form of Victorian Picnic  
which was so successful - namely - a hike in the  
morning, lots to eat and drink at lunch time and a  
"sobering up" walk in the afternoon. Ladies are  
requested to bring interesting picnic food and  
gentlemen are asked to be equally inventive in bringing  
the drinks. So don't just bring a six-pack of beer;  
bring your own special cocktail or whatever. We are  
trying for a different venue this year - which will be  
advised later but you can assume we start from Durban  
at 08h30 and we will verbally advise whether there is a  
stop at Pinetown as well. Cost Members R6 Visitors R7.

DECEMBER 1988

3/4 UMZIMKULU VALLEY EXPLORATION - Leader Jack Aumord  
(423245 H).  
Sun. 4 UMDONI PARK HIKE AND BRAAI - Leader Phil Caws (441089  
H). Durban only departure point - 08h30. Members R6  
Visitors R7.  
10/11 BULWER MOUNTAIN FLORAL HIKE - Leader Dick Billiet  
(813672 H).  
In. 11 UMKOMAAS GORGE HIKE - Steve Watson (214512 H). Durban  
only departure point - 08h00. Members R7 Visitors R8.  
16 to 18 KOKSTAD - MOUNT CURRIE WEEKEND - Enquiries Winnie  
Jackson (3052515 H).  
Sun. 18 MYSTERY HIKE???? - Leader Bruce Medway (235895 H).  
Durban only departure point 08h00. Members R5 Visitors  
R6.  
26 to 31 BRANDWATER TRAIL - Eastern Free State - Cost, transport  
and trail fees approx. R80 - (excludes food). Contact  
Winnie Jackson (3052515 H) or (812328) for more  
particulars.  
Approx. dates WILD COAST HIKE - Phone Steve Watson for details.  
26 to 31

CYCLING - IF YOU FEEL LIKE A RIDE IN THE COUNTRY ON A SATURDAY AFTERNOON  
OR A SUNDAY PHONE PHILIP GATENBY (213592 Saturday Morning between 7 - 8.30a.m.)