



P O Box 50563
 4062 Musgrave Road
 (Please note the club's new address)

OCTOBER - DECEMBER 1997

TITLE	COMMITTEE MEMBER	TELEPHONE / FAX NUMBERS	
		HOME	BUSINESS
Chairman	Colin Turner	783 517	
Secretary	Glenys Bentley	847 632	
Treasurer	Tony Livingstone	251 654	
Day hike organiser	Bill Hyslop	705 5770	082 455 2217
Trails organiser	Margret Kirsten	303 3418	
Weekend/berg organiser	Mary-Lee Arnot	211 469	
Social organiser	Denise Warburton	429 781	
Editor	X Erica Jacobs	217 690	300 9721 (fax)
Publicity	Adrian Rowe	764 4721	
Ordinary member	Christine Giblin	474 187	

CHAIRMAN'S CHATTER

I have recently returned from a round trip to the Cape, returning via part of the Karoo, on over the Swartberg and then back up the coast. During my trip I spent time with our members, Dick and Regina Billiet, at the historic village of Prince Albert staying in a 150 year old Cape house which they administer as part of their bed and breakfast establishment. For any members travelling to the Western Cape I can recommend the diversion to spend time with the Billiets who provide excellent hospitality and organise hikes in this fascinating area next to the Swartberg Pass. Fortunately the village has not been commercialised like Pilgrims Rest and retains all its old world charm even to the extent of water furrows along the streets. Contact me for further information. Should sufficient members show interest, it may be possible to put together a trip to Prince Albert in 1998 and along the way undertake trails such as Cowie Canoe Trail at Port Alfred, the Alexandra Trail nearby and the Harkerville Trail near Plettenberg Bay.

Whilst talking about trails I would draw the attention of members who hike in the berg to a Natal Parks Board response to a letter concerning paths in their areas. They state: "Paths in the intensive use areas ie within a few kilometres of camps or reception offices are kept cleared and should be clearly defined. Once you are out of these areas or in a wilderness area paths are not cleared and visitors are expected to find their way around by making use of good detailed maps. Handout maps from reception offices must be accurate enough for day visitors to be able to find their way around. Game create paths in more remote areas and therefore an accurate map is imperative. We are in the process of producing a very detailed map to replace the forestry maps (Slingsby)." It would appear that these maps won't be available for some time. Please advise me should you encounter difficulties in finding your way in the berg after having taken the above advice into account so that I can report back to the NPB.

Yours in hiking
Colin Turner

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NEW MEMBERS ☺

We would like to welcome the following new members: Donovan van Luyk, Misha Kustauovich, Jeroen and Angela Verbeek, Clinton Clark and Bev Sanders. We wish you many happy years hiking with us.

The following are aspirant members whom we hope will be joining us in due course: Brenda Franklyn and Joy Skene.

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Overheard last weekend on the hike on the magnificent Haven Rock farm: Mary-Lee to one of the visitors "Those aren't impala, they're buck"!!



'FUNNY HOW THEY FOLLOW EACH OTHER, JUST LIKE...UM...'

HIKING PROGRAMME : OCTOBER - DECEMBER 1997

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, Berea
Pinetown: Union Main Centre, Old Main Road

NB: PLEASE BRING CORRECT MONEY - NO CHANGE WILL BE GIVEN!

PROGRAMME OF SATURDAY AFTERNOON HIKES

These hikes are for beginners and members who are unable to attend full day hikes. Unless otherwise stated depart Musgrave Park at 13:30 and Union Main Pinetown at 13:45. Otherwise contact the leader for meeting at the venue. The hikes cost R5 (R4 for the driver and R1 for the club).

☞ *Volunteers are urgently needed to help with the meeting place at Pinetown - Contact the organiser, Gavin Thomson on 284 342.*

DATE	DESTINATION	LEADER	☎
4 Oct	Umbogavango. Meet 13:30 Musgrave Park only. Binoculars essential! Bird and tree identification	Ismail Vahed	290 902
11 Oct	Emberton - in the Gillitts area	Ron Georges	726 523
18 Oct	Amanzimtoti reserve. Meet 13:30 Musgrave Park only. R6. Note time change and money change	John van Zyl	429 781
25 Oct	Burman Bush. Musgrave meet only leaving 13:45 sharp. Braai afterwards at Lea & Ronnie Steinhardt. BYO	Mary-Lee Arnot Len & Ronnie	211 469 239 551
1 Nov	SPCA Kloof	Ron Georges	726 523
8 Nov	Nqutu Gorge	Gavin Thomson	284 342
15 Nov	Umgeni to Rocket hut. Musgrave meet only at 13:30	Mary-Lee Arnot	211 469
22 Nov	Harbour walk and braai at PYC. Musgrave meet only at 13:30. BYO	John & Denise	429 781
29 Nov	Fred's choice <i>Shadow Trail</i>	Fred Corniere	849 724
6 Dec	Kloof Uve Road 2	Ron Georges	726 523
13 Dec	Christmas lunch PYC. See social calendar		
20 Dec	Club's choice and braai afterwards. Musgrave meet at 13:00 - R10. Note time and money change	Paula Baxter Phone Mary-Lee	211 469
27 Dec	Kloof Falls	Fred Corniere	849 724

DAY HIKE PROGRAMME

All meeting times, unless otherwise stated are: Durban 08:00 and Pinetown 08:30

DATE	DESCRIPTION OF HIKE	HIKE LEADERS COST OF HIKE	☎
5 Oct	Ngomankulu: Medium hike over rounded hills in the area overlooking the Tala Valley	Dave Easton Members R15 Visitors R20	Bill Hyslop 705 5770 (H) 082 455 2217
12 Oct	Rob Roy's ridge. Medium to strenuous hike which has become very popular	Bill Hyslop Members R10 Visitors R15	705 5770 (H) 082 455 2217
19 Oct	Msunduzi. Starting in an orange grove and finishing at a waterfall, this popular medium hike sometimes provides exciting river crossings	Steve Nel Members R15 Visitors R20	Adrian Rowe 764 4721
26 Oct	Shongweni heights and falls. After delicate negotiations with the new managers of the area, Msinsi Holdings, we have once again gained entry to this area now stocked with game including buffalo	Bill Hyslop Members 8 Visitors R13 plus entry fee of R4	705 5770 (H) 082 455 2217
2 Nov	Ferncliff. Wooded paths and hills close to Pmb. Many variations are possible. Depending on the leader's fancy this will be a medium hike.	Phil Gatenby Members R15 Visitors R20	213 592
9 Nov	Shongweni circular. Taking advantage of our new-found permission from Msinsi Holdings we will try and reinstate, as near as possible, our old hike around Mt Shongweni. Medium to long	Dave Easton Members R8 Visitors R13 Plus R4 entry fee	Bill Hyslop 705 5770 (H) 082 455 2217
16 Nov	Spitzkop. A brand new medium hike over the hills which border the Msunduzi valley	Lee d'Eathe Members R14 Visitors R19	823 753
23 Nov	Umkomaas gorge. This hike deferred from August will need some "recess" to find new ways to avoid "development" in this spectacular valley. <i>Note starting times: Pinetown 08:00, Durban 08:30</i>	Bill Hyslop Members R15 Visitors R20	705 5770 (H) 082 455 2217
30 Nov	Cliffdale / Sterkspruit circuit.	Adrian Rowe Members R8 Visitors R13	Adrian Rowe 764 4721
7 Dec	Sora's pool. The traditional trip into the Kloof gorge for a swim in the famous pool and a hike over the ridge from the Nqutu River to the Motweni River and back.	Jean Foster Members R8 Visitors R13	721 539

DATE	DESCRIPTION OF HIKE	HIKE LEADERS COST OF HIKE	☎
14 Dec	Chantecler sky dive. One of our traditional hot day hikes, starting and finishing at the pub.	Bill Hyslop Members R9 Visitors R14	705 5770 (H) 082 455 2217
16 Dec	Public holiday. Dobson's day.	Chris Dobson	751 824
21 Dec	Umgeni heights. Exploring the high ground to the north of the Umgeni gorge.	Colin Turner Members R9 Visitors R14	783 517
26 Dec	Christmas recovery hike. To be announced later.		
28 Dec	A slow walk on the shores of Hazelmere Dam. <i>Note starting times: Pinetown 08:00, Durban 08:30</i>	Glenys Bentley Members R12 Visitors R17	847 632

ADVANCE NOTICES

Proposed Cape trip (after March 1998).
Would members who are interested in a two week trip to the Cape as far as Prince Albert, taking in the hikes mentioned in my chatter column and including hikes at our destination, please contact me at 783 517. *Colin Turner*

WEEKEND AND TRAILS HIKE PROGRAMME

DATE	DESCRIPTION OF HIKE	HIKE LEADER	☎
4-6/7 Oct	3-4 days (depending on the party). 12 people. Engagement cave and Piller cave.	Philip Gatenby	213 592 (H)
31 Oct - 2 Nov	Clearwater camp. Exploring the Mtamvuna Nature Reserve. Cost R15 per night + reserve fee R6. This is a very popular weekend so please book early	Tom de Waal	474 766
7 - 9 Nov	NPB hutted camp (exact venue to be advised). Day walks to visit Bushmen's rock art with Natal Museum expert guide. Bookings with R25 deposit asap. Limited numbers.	Philip Gatenby	213 592
29 - 30 Nov	<i>Roselands Christmas party!</i> Cost R30 + bring a small novel gift wrapped for a male or female depending on your own personal gender. Deposit R30 by 31 October. There will be a Saturday hike and a BYO braai afterwards followed by a party to beat any other - music supplied to the rhythm of the 60s and upwards. Sunday will be a gentle day to get the liver right for Monday. Please book early to enable a head count for accommodation. (See map on next page for directions.)	Mary-Lee Arnot Hosts: Grant & Irene Currie	211 469



A much needed touch of grooming! Mary-Lee and Erica sitting on the verge outside Coffee Bay, having just completed the leg of the Wildcoast Trail from Port St Johns to Coffee Bay, waiting for the black taxi to come and pick them up to transport them to Umtata on the first leg of their homeward journey.

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For Sale:

Ramblers sun hats for sale @ R10 each - Contact Colin Turner on ☎783 517.
Bosveld wide brimmed hat (57cm) R69. Phone Norman Radford on 469 8856.
Size 10 hiking boots R50. Contact Margret Kirsten on 303 3418 a/h only after 25 September.
Size 6 ladies HiTech hiking boots - R50. contact Erica on 217 690 (H) or 300 9823 (B).
Karrimor Jaguar size 2 backpack - R180. Contact Erica on 217 690 (H) or 300 9823 (B).
Backpack external frame, R100. Phone Dora on 0331-63 967.
Gaiters R20 pa pair. Phone Mary-Lee on 211 469

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Be a Mad Hatter, NOT Red and Tattered

Professor Mark Walker and Sep Human of the departments of mechanical engineering and mathematics at Natal Technikon have sent us an interesting paper on something we all need to know more about - sunburn and sun protection.

While most Southern Africans have wised to the liberal use of high-factor sun creams, the same is not true of the clothes they wear. Recent research in the UK and Australia has highlighted the need for clothes and hats that afford equally good sun protection - and not all do.

For example baseball-style caps offer good protection to the nose, but not other parts of the face. Small-brimmed hats offer very little sun protection. A hat with a full brim (wider than seven centimetres) is needed to provide full protection to nose, cheeks, ears and the back of the neck. Also hats with a high ultraviolet protection factor (UPF) afford extra protection to the top of the head.

"Always keep in mind that damage to the body caused by the sun is accumulative and permanent," they warn. Therefore it is important to cover up vital areas of your body when going outdoors, and do as the Aussies do: slip, slap, slop. Or more precisely, slip on a shirt, slap on a good hat and slop on sunscreen - and make sure the shirt and hat have a high UPF rating.

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A White Christmas in July at Sehlabathebe!!!

Now that's something you should have been at! Fortunately for Ian, Rae, Mary-Lee, Erica, George, John, Denise, Brian, John Kyle and me we were there!!

Saturday was a very pleasant day and the long haul up was worth the effort. The lodge is delightful and is picturesquely set close to the base of the Devil's Knuckles. Sunday was filled with snow fights, exploring the beautiful rock formations close by and visiting a lovely waterfall. The evening was spent building a snowman, and then settling down to a scrumptious Christmas dinner complete with decorations. A moonlit walk brought an end to a truly wonderful day.

Monday morning was cold and windy, but it soon warmed up. All 12 of us left for home with the personal satisfaction of having been part of this memorable weekend. A special thanks to Mary-Lee for organising it!!

There is something very special about hiking with Ramblers. It seems to be one big happy family, and I am very glad to be part of it. I look forward to many years of hiking with the club.

Anitha Jaipal

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Your editor and the rest of the committee wish you all a very happy Christmas and a wonderful new year filled with lots of happy hiking!

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HIKING SAFETY

How often do we read or hear of incidents where people are lost while hiking or mountain climbing? Yet people still organise hiking trips on their own or with others, without taking precautions to ensure their safety.

Here are some guidelines which should be followed when hiking:

Hiking party

- Never hike alone.
- The ideal size for a hiking party is four.

Physical fitness

- Never go hiking if you are nursing an injury which could cause you discomfort during the hike
- Make sure you are fit enough to cope with the hiking / camping route and the length of the hike.
- If you feel tired ask for a short break to catch your breath. Don't just push on.

Planning

- Plan your route according to the fitness of the unfittest person in your team.
- Plan your route according to ability and experience of all the members of your party.
- Go with someone who has knowledge of the route, if possible.
- Attempt to get a map or description of the route from someone who has done the route previously.
- Inform someone who will not be part of the hike of the route and exactly what time the hike will start and the expected time of arrival back.
- One of the party members must be appointed leader.
- Always go prepared for the worst weather and take proper weather-proof clothing which will protect you from cold, wet and windy conditions, and take the following:
 - Strong boots / shoes with non-slip soles
 - Torches with spare batteries and globes
 - Food
 - Warm drinks (coffee, tea)
 - Rucksack to carry the equipment and food so that your hands can be free at all times during the hike
 - Basic first aid supplies.

The hike

- Stick to the route and well-used paths.
- Watch the weather and time. Turn back in the event of bad weather, time running out or any difficulty.
- If in trouble remain in one place.
- Don't hike after dark or in misty conditions.
- If you get lost, retrace your footsteps; do not walk on into the unknown.
- If you lose the party, find the safest route down, especially down broad open slopes.
- If stuck on the mountain, stay calm and find shelter from the wind and the cold.

In case of an accident

- Always stay calm.
- Never leave the injured person alone, if possible.
- Stay together as a party.

- Ascertain what the extent of the injuries is.
- When sending for help, at least two persons should go together.
- Ensure the injured person is comfortable and sheltered.
- When descending for help, identify landmarks so that you are able to describe the exact location of the accident scene.

General

- Always wear bright-coloured clothes.
- Never hike while under the influence of alcohol and/or drugs.

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Hiring of equipment for members:

Tents: R7.50 per day (R50 deposit)
Contact Gerald Hall on ☎251 089

Backpacks: Between R3 and R5 per day (R50 deposit)
Sleeping mats: R1 per day
Stoves with fuel: R5 per day (R20 deposit)
Contact Philip Gatanby on ☎213 592



