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THE OFFICIAL MAGAZINE of the DURBAN RAMBLERS HIKING CLUB

2nd QUARTER : APRIL to JUNE : 2016

CHAIRMAN'S RAMBLINGS

Thank you everyone who was able to attend the AGM on the 6th February, you made it an enjoyable event. I would like to welcome our new committee members Jenny Rooks (Ordinary Member), Mary O'Donnell (Secretary) and Ana Barbosa (Publicity). Thanks go to our outgoing secretary Janet Elliot, who cleaned up our data bases and ensured that the Constitution has kept its integrity. Thanks also to Biff for her work on the membership database and assistance. Thanks also go to Margo for being Treasurer during 2015. And thanks to Coleen, who played a valuable part as an Ordinary Member and always kept us updated with Wednesday hikes, and continues to do so.

I would also like to welcome the new hike leaders from last year; Anne Wilson, Nicholas Gordon, Sue Mac Mahon and Janet Elliot. This year I would like to welcome Tina Regnard as a new hike leader.

A hike leaders meeting will be held at the Palmiet Reserve Hall on the 7th May 2016 at 11 am – 1pm (includes lunch). I would like to use this opportunity to get hike leaders to meet with each other and be able to share their learnings through the years.

The first quarter saw many new hikers join us, especially with us adding events on facebook.

*Happy Hiking
Philip*

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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.

MaryAnne Matthews
Rosemary Rheeders
Josh Xiao
Jack Gao
Dave Powell
James and Phillipa Wyllie
Melanie Reah

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

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

COMMITTEE MEMBERS

The Committee Members are as below.

Chairman	Philip Collyer	082 417 0204	031 201 8864	philipcollyer@gmail.com
Secretary	Mary O'Donnell	083 292 5913	031 209 3837	mary@directcharcoalsa.co.za
Treasurer Members Database	Tina Regnard	083 289 6276	031 207 5005	regnardt@gmail.com
Sunday Hike Organiser	Stella Wells	078 319 8979		stellawells4@gmail.com
Saturday 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	Ana Bardosa	082 496 2320	031 462 6492	bardosa@31.co.za
Ordinary Member	Jenny Rooks	084 952 0622	031 303 3528	jen0212sa@gmail.com
Magazine	Gordon Tomlinson	083 277 2690	031 708 1119	gordontom44@gmail.com
Website Organiser	Abdullah Dada	084 478 6779	031 269 1921	dada@greenit.co.za

Subs for 2016

Single Member R85
Country Single R65

Family R105
Country Family R75

Joining Fee R30
In all cases

New members joining after July 2016 will only pay half the annual subs.

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Please complete the Membership Form in full, Hike Name, Date and Signature of Leader, before handing or emailing them to the Secretary.

Please pay by EFT directly into the bank account – please include your **full name** as reference. 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 membership application form.

Please complete the Membership Form in full; Hike Name, Date and Signature of the Leader, before handing or emailing them to the Secretary.

Magazine

Don't forget to send us any personal, email and/or 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, advise me and send me your email address.

It also helps reduce the posting costs and possible delays to mail the magazine to you.

Website

The website (www.durbanramblers.co.za) may be viewed for information regarding the club, hikes, etc.

WEEKENDS AWAY

**Proposed Ramblers' weekend at Injisuthi, Giant's Castle Game Reserve,
Ukhahlamba Drakensberg Park:
Friday to Sunday nights, June 3-5, 2016**



We've spoken about going here for over a year now, so let's see what response I get !! I don't think the last stretch of road there is ever going to improve, it just means careful driving to avoid potholes (which we do every day!).

Camping is a very reasonable R90pppn (no power points) and there are 15 x 4 bed cabins (two bedrooms) at R310pppn. (Fully equipped with fridge, cutlery, crockery, stove, all linen - even towels - provided. No plug points.)

If there is sufficient interest I'll make a booking.

Alternatively, perhaps we should go back to T.O. Strand, since that was so popular last year.

Over to you! Please let me know. DEADLINE: Monday, April 25, 2016.

Marie Gurr, Weekend Organiser

marinev.gurr@gmail.com

[031-705-3122](tel:031-705-3122) / [082-586-0266](tel:082-586-0266)

(SMS or message preferably and I'll get back to you.)

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.

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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.
 - 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)

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- 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
Sat 2nd April	Stainbank Nature Reserve Game Viewing guaranteed. Meet at the Stainbank Nature Reserve Car Park at 13.45. Reserve Entrance R20. There will be a braai afterwards.	Philip Grade 2 10km Moderate	082 417 0204
Sunday April 3	<u>NAGLE DAM/UMGENI BEND</u> Hike through the tunnel and around the dam. Bring drinks and relax at the dam after the hike. Meet at Union Main Centre, 45 Old Main Road, Pinetown at 7.30am. Petrol sharing R35p.p. Entrance to Nagle Dam R25p.p.	Jon Stevens Grade 3 15 kms	082 459 1522
SAT 9th April	Street of Gillitts and Stockville New Hike: A hike around the streets of Gilitts and down into Stockville Valley. Meet and park at the Gilitts Post Office. Drinks afterwards at restaurant in the shopping centre at the Post Office	Werner Grade2 Moderate	084 206 7836
Sunday April 10	<u>STOCKVILLE ROAD</u> Walk to St Helier through Giba Gorge and scramble up to the pylon and Winston Park. Hike continues towards Stockville Valley, across grasslands and past interesting old homesteads before the uphill climb back to the cars. Steep in parts. Meet and park at 7.30 a.m. at (Zephyr/Pintos) Shopping	Margie Forbes Grade 3 17 kms	073 437 6915

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Date	Description of Hike	Leader	Tel
	Centre, 7 Old Main Rd (parallel to M13). Take off ramp 26 (Everton Rd/Gillitts).		
SAT 16th April	Westville trails New Hike. A walk around the newly created Westville trail. Meet and park at the Westville country Club at 13:45pm. R20 donation to the Westville Conservancy.	Linda Grade1 6 kms Easy	083 353 8319
Sunday April 17	<u>ASSAGAY COFFEE FARM</u> Hike over rolling hills, through cane and across grasslands in the upper Sterkspruit Valley. Meet at Union Main Centre, 45 Old Main Road, Pinetown, in time for a prompt 8.00 a.m departure and drive in convoy to the hike start. Bring money for coffee/cakes /whatever at the farm at end of hike, alternatively please arrange a donation (suggest R10) to the farm for use of facilities. Petrol-sharing R25pp.	Jenny Rooks Grade 3 15 kms	084 952 0622
SAT 23rd April	Monteseel Meet at the Hacienda Pub in St Andries Street, Monteseel at 13.45. Some cliff edges and boulder hopping, definitely fitness required . Down into the Valley of a 1000 hills and back again. Donation of R20 to the Monteseel Conservancy. Drinks afterwards at the Hacienda Pub	Linda Grade 2/3 Moderate (Vertigo warning)	083 353 8319
Sunday April 24	<u>KIRK FALLS</u> Walk over undulating hills down to the Delville Wood station from the opposite side, through the tunnels to the Kirk Falls, which hopefully will be more full than in previous years. Meet at Union Main Centre, 45 Old Main Rd, Pinetown at 8 a.m. or Assagay hotel at 8.15 a.m. from where we will drive to the parking. Note: Not the normal Delville Wood hike. Petrol sharing R20.	Jon Stevens Grade 3-4 Approx:18 kms	082 459 1522
SAT 30th April	Saurus Pools - KKNR New Sat Hike. Meet at the Uve Road Car Park of the Krantzkloof Nature Reserve at 13:45pm. Walk down to Saurus Pools and back again. R25.00 entrance fee to the reserve.	Ann Grade 3 Strenuous (Vertigo warning)	083 666 5630
Sunday May 1	<u>NO HIKE SCHEDULED</u> (PUBLIC HOLIDAY)		
SAT 7th May	No Sat Hike. . Hike Leaders Meeting Lunch will be provided. Philip encourages all hike leaders to attend, and people wanting to be hike leaders, to be able to share hike leading knowledge.	Meeting at the Palmiet Nature Reserve Hall 11 - 1pm	Contact Philip Collyer 082 417 0204
	<u>BALLITO INLAND HIKE</u>	Jenny Rooks	084 952 0622

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Date	Description of Hike	Leader	Tel
<p>Sunday May 8</p>	<p>This is a revival of a previous hike, last done in 2014, incorporating the Glen Shaka Trail, in the Umhlali area, and passes through cane lands, grasslands, protea and macadamia nut plantations, coastal forest and shady streams.</p> <p>There is a R20 per person donation to go towards the maintenance of the trails we will be walking on.</p> <p>Meet at Shell Garage, Ballito (from M4 turn left past shopping centre) at 8.15 am and we will travel in convoy to the start.</p> <p>NB – in case arrangements are changed after the recce, please phone the hike leader to let her know you are coming.</p>	<p>Grade 2-3</p> <p>Approx: 17kms</p>	
<p>SAT 14th May</p>	<p style="text-align: center;">Crowned Eagle Conservancy</p> <p>Meet at the Gillits Post office a 13.45 pm.</p> <p>Something different in a guided walk through the privately owned Conservancy taking in the indigenous flora and fauna and areas of historical interest. This would be a great hike for beginners. R20 donation towards the upkeep of the Conservancy.</p>	<p>Tina</p> <p>Grade 1 Easy</p>	<p>083 289 6276</p>
<p>Sunday May 15</p>	<p style="text-align: center;"><u>VALLEY OF 1000 HILLS</u></p> <p>Hike into the valley and follow the river before scrambling back up to the dirt road then back down to river before the final climb out of the valley, via the dam. Steep in parts.</p> <p>Meet Union Main Centre, 45 Old Main Rd, Pinetown at 7.30 a.m. or Pot and Kettle, Botha's Hill at 8 a.m.</p> <p>Petrol sharing R15.</p>	<p>Stella Wells</p> <p>Grade 3-4</p> <p>18 kms</p>	<p>078 319 8979</p>
<p>SAT 21st May</p>	<p style="text-align: center;">Mzinyathi Falls</p> <p>Meet at 13:30 at Mozambik restaurant parking area at 9 Inanda Road, Hillcrest to drive in convoy to the Mzinyathi Falls parking area at 13:45.</p> <p>This is a beautiful walk to the Falls overlooking the Gorge.</p> <p>Entrance fee R25.00</p>	<p>Philip</p> <p>Grade 2 Moderate (Vertigo Warning)</p>	<p>082 417 0204</p>
<p>Sunday May 22</p>	<p style="text-align: center;"><u>NGOMANKULU</u></p> <p>A medium hike up and around hills, through grassland and cane. Different route from last time.</p> <p>Meet at Union Main Centre, 45 Old Main Road, Pinetown in good time for a prompt 8 a.m. departure. From there we will drive to the parking place.</p> <p>(If you'd like to meet at Exit 61 (R56 Umlaas Road) on the N3 please SMS Marie on 082 586 0266 before 7.30am on the 22nd.)</p> <p>Suggested petrol-sharing R40pp.</p>	<p>Nevil Walmsley</p> <p>Grade 2-3</p> <p>14kms</p>	<p>083 977 2475</p> <p>(SMS preferably!)</p>
<p>SAT 28th May</p>	<p style="text-align: center;">Alverston Nature Reserve</p> <p>Grasslands and up and down dale with some game viewing. Entrance is R25.</p> <p>Meet at the Assegay Hotel Assagay at 13.30, then drive though to Alverston at 13.45 or meet at the conservancy at 13:45. After hike there will be a braai at the Boma.</p>	<p>Werner</p> <p>Grade 2</p> <p>Moderate</p>	<p>084 206 7836</p>

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Date	Description of Hike	Leader	Tel
<p style="text-align: center;"><u>MSINSI / D'MOSS TRAIL</u></p> <p>Sunday May 29</p>	<p>This hike follows paths from the University into the Msinsi conservancy, Umbilo Canal and the D'Moss trail.</p> <p>Meet at the parking above the Elizabeth Sneddon Theatre at UKZN Durban at 8.30a.m. Bring drinks and gather at Philip's house in Glenwood afterward the hike.</p>	<p>Philip Collyer</p> <p>Grade 2</p> <p>17kms</p>	<p>082 417 0204</p>
<p>SAT 4th June</p>	<p style="text-align: center;">iSithumba</p> <p>Meet at the Assagay Hotel at 13.30 (note earlier time) to drive to iSithumba.</p> <p>iSithumba is a difficult hike and not for the unfit but views are worth the effort. Cost of R20 per person will be given to Durban Green Corridor Project.</p>	<p>Abdullah</p> <p>Grade 5 - Very difficult, steep hills and rock climbing involved. (Vertigo warning)</p>	<p>084 478 6779</p>
<p>Sunday June 5</p>	<p style="text-align: center;"><u>HAMMARSDALE FALLS</u></p> <p>Mix of rural tranquillity, bits of industry and river crossings. Good view of the falls.</p> <p>Meet Union Main Centre, 45 Old Main Rd, Pinetown at 8.00 a.m. or Shongweni Hotel parking at 8.15 a.m and proceed to start of hike. Petrol sharing R15.</p>	<p>Margie Forbes</p> <p>Grade 3</p> <p>19 kms</p>	<p>073 437 6915</p>
<p>SAT 11th June</p>	<p style="text-align: center;">Marionwood</p> <p>Meet at 8 James Herbert Road at 13.45. The hike will do part of the park and the rest will be through the surrounding veld. Braai afterwards. (The reserve closes at 17.00, hike will be done by 16.00). R20 donation towards the upkeep of the Reserve.</p>	<p>Philip</p> <p>Grade 1 Easy</p> <p>6 kms</p>	<p>082 417 0204</p>
<p>Sunday June 12</p>	<p style="text-align: center;"><u>BLUFF WALKABOUT</u></p> <p>Hike around the Bluff, including the old airport site and then back to Harlequins for social drinks. Meet Wimpy/B.P Garage, 299 Edwin Swales Drive at 8.30 a.m. and travel in Convoy to Harlequins club where we will park. Parking R5.00</p>	<p>John Van Zyl</p> <p>Grade 1</p> <p>10 kms</p>	<p>083 799 8382</p>
<p>SAT 18th June</p>	<p style="text-align: center;">Palmiet Nature Reserve</p> <p>Meet at the Palmiet Nature Reserve at 13.45, off Old New Germany Road. A walk through to the top of the reserve. Drinks afterwards at Waxy o' Connors Pub and Grill</p>	<p>Linda</p> <p>Grade 2 Moderate (Vertigo warning) 7kms</p>	<p>083 353 8319</p>

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Date	Description of Hike	Leader	Tel
Sunday June 19	<p style="text-align: center;"><u>UMKOMAAS / EMPISINI RESERVE</u></p> <p>Explore the Empisini Nature Reserve and surrounds, as well as some beach and road walking. Have a cold beer on the hotel's cool deck afterwards and bring costumes for a swim in their pool.</p> <p>Meet Glenwood Village, 397 Che Guevara Rd (Moore) at 7.15 a.m. and drive to Blue Ocean Dive Resort, corner Reynolds and Moodie Street, Umkomaas for 8.00 a.m. start. Petrol sharing R30.</p>	Anne Wilson Grade 2 15 kms	079 850 0206
SAT 25h June	<p style="text-align: center;">Umhlanga Lagoon</p> <p>Meet at the car park opposite the Cabanas at 13:45. Walk along the promenade, to the Umhlanga Lagoon forest and coastal bush, cross the river along the beach (depending on the tide), back along coastal bush.</p>	Colleen Grade 1 Easy to Moderate (Beach walking)	082 735 7659
Sunday June 26	<p style="text-align: center;"><u>MZINYATI FALLS INANDA</u></p> <p>Hike on hilly terrain from Inanda dam to the falls and back. This is a 'Green Corridor' initiative. Meet Union Main, 45 Old Main Rd, Pinetown at 8 a.m. Entrance fee R25. Guard R10. Petrol sharing R25.</p>	Philip Collyer Grade 3-4 8 – 10 kms	082 417 0204

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