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THE OFFICIAL MAGAZINE of the DURBAN RAMBLERS HIKING CLUB

4th QUARTER: OCTOBER – DECEMBER 2015

CHAIRMAN'S RAMBLINGS

Welcome to all our new members.

Congratulations go to Philip Gatenby who has now been a member for 50 years; he joined on 19 September 1965.

This year the Christmas function will be held at the Portuguese Club. Each group will have a chance to decorate their table, best presented table will win a prize. Come and enjoy the live music.

The minutes of the AGMs since 1947 to 2005 are now on the website.

Happy Hiking

Philip

Christmas Party / Yearend Function.

This year we will be having the Christmas Party at the Portuguese Club.

When: Saturday 5th December, 13.00 to 18.00

Where: 5 Wright Place, Berea, Durban

BYO meat to bring, plates and eating utensils. Braai Fires will be provided.
The venue is licensed so all DRINKS must be purchased from the Club. Their rates are very reasonable.

Cost is R80 per person and includes a choice of four salads and three deserts.

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Reg Stuart and his team will provide us with wonderful live dance music, like last year.

Each table of people are to decorate their table with a Prize for the best Xmas table.

Bookings to be made by the 28 November.

Please reference your name with payment when doing an EFT, eg Philip Xmas.

For queries please contact Philip on 031 201 8864, 082 417 0204 or philipcollyer@gmail.com.

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.

Pat Maharaj
Ed Fox and Sandy Farrell
Alan Karssing
Bernice de la Croix
Trevor Gaymans
Jenny Forster

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	Janet Elliott	082 820 8182	031 765 3240	jelliott@iafrica.com
Treasurer	Margot Barraclough	084 256 7867	031 764 4740	margotb@corokraft.co.za
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	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 Members Database	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

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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.

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 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

WEEKEND AWAY – Friday/Saturday NOVEMBER 20/21 (optional Sunday 22) 2015

Silverstreams, Bushman's Nek (Hiking trails in Reserve or at New England Stud)

Camping: All sites have electrical points Max. 4 people per site R125 pppn

One vehicle per site: R20 for each extra vehicle

Caravan/log cabins combined – use ablution blocks, no private bathroom, take own bedding
and towels - Sleeps 4 - R175 pppn

Log cabin No.20 – bedding provided, private bathroom, take towels

Sleeps 4 – R250 pppn

New chalet (No. 2) - bedding provided, private bathroom, take towels

Sleeps 4 – R300 pppn

LOOKING AHEAD...

Suggested weekend at Hlananathi Berg Resort, Friday/Saturday, January 29/30, 2016

Camping – with electricity – R105 pppn

Chalets sleeping 4 from R344 - R385 pppn

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Two-sleeper chalet: R368 pppn

I'd like to gauge interest, if any.

Obviously no payment, commitment to be made until December 2015

EASTER 2016 (March 25-28) LAKE ELAND

Know this is a way ahead, but if you are interested please let me know so I can make a provisional (non-binding) booking. I'd like to get the same accommodation as this year, as this worked well. Obviously no payment to be made until closer to the date.

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I would appreciate it if you would let me know, via e-mail or SMS,
if you are interested in any (or all!) of the above
by Wednesday, October 14, 2015.

Hope to hear from you!

Cheers for now, Marie (Weekend Organiser)

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.**

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- 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)

- 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	Nkonka Trail	Linda	083 353 8319
03 Oct 2015	Meet at the Krantzkloof Nature Reserve Picnic spot at 13.45. The hike goes up to the escarpment, along veld and to the Nkonka Falls. Entrance Fee 30.00	9 kms Grade 3 Strenuous	
	EVERDON ESTATES	Cecil Hackney	Keith Ashton 033 239 5023 keimarg@iunc apped.co.za
Sunday	Day hike through Everdon Estates led by the man who knows the area better than anybody - previously this hike has proved to be very popular and has some of the most spectacular views in the area including Umgeni and Karkloof rivers - Cecil Hackney will lead the hike but please contact Keith to book. Last bookings Wed 30 Sept. Thereafter contact Stella regarding transport from Durban. Combined hike with other clubs Donation to Estate R10.	Grade 2+ 12-15 kms	Stella Wells 078 319 8979 stellawells4@g mail.com
	Amamzimtoti	Linda	083 353 8319
Saturday	New Saturday Hike. This will be a short stroll through the Ilanda Wilds Nature Reserve and Bird Sanctuary. We will be exploring the reserve and the surrounding area. From the N2 take the Moss Kolnik / KwaMakhutha off-ramp. Travel east along Moss Kolnik Drive. At T-junction turn right into Kings-way Road, then right at robots into Umdoni Road. The reserve is on the right. - Umdoni Road, Amanzimtoti.	Grade 1 Easy	
	PALMIET NATURE RESERVE	Margie Forbes	073 437 6915
Sunday	Walk through suburbia into the Palmiet Reserve, via the old quarry. Magnificent rock faces, beautiful deep pools and lovely birdlife. Meet Westville Hotel at 7.30a.m. Optional bring/braai at Margie's after the hike--weather permitting.	Grade 3 Approx 15 kms	
Saturday	Nagle Dam	Linda	083 353 8319
17 Oct 2015	New Hike. Meet at the picnic site at 13:45 at Nagle Dam for a walk through this reserve. Entrance fee 25.00 (credit cards only)	Grade 2 Moderate	

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Date	Description of Hike	Leader	Tel
Sunday Oct 18th	No hike scheduled—join Saturday hikers		
Saturday 24th Oct	D/Moss from the Portuguese Club New Hike. Meet at the Portuguese Club (5 Wright Place, Carrington Heights) at 13:45 to explore the D'Moss trail and surrounds.	Philip Grade 2 Moderate	082 417 0204
Sunday Oct 25th	GIBA GORGE A moderate hike with a few ups and downs in and around Giba Gorge. See the Macintosh Falls (twice) and admire the cucumber farm. Drinks at Giba after the hike. Meet at Giba Gorge at 8 am. There is an entry fee of R20.	Jon Stevens Grade 3 16 kms	082 459 1522
Saturday Oct 31st	Kloof Nature Reserve Meet at the Krantzklouf Nature Reserve Picnic Spot at 13:45 for a walk along the escarpment.	Philip /Colleen /Jill Grade 2 Moderate	082 4170204
Sunday Nov 1st	T.C ROBERTSON RESERVE New recce hike. Explore T.C. Robertson Nature Reserve and surrounding area. Some cane, road and beach walking. Drinks after at the Blue Marlin Hotel. Meet in road at Glenwood Village , 397 Che Guevara Rd (Moore) at 7am or Blue Marlin Hotel, Scottburgh at 7.50 am for 8 am start. Petrol sharing R50	Anne Wilson Grade 3 15 kms	079 850 0206
Saturday	Barn Swallows Mount Moreland	Jenny	084 952 0622

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Date	Description of Hike	Leader	Tel
	<p>R20 donation to the Conservancy per person (R10 for conservancy, R10 for braai).</p> <p>Bring a chair, drinks and things for braaing. Binoculars essential for viewing the swallows.</p> <p>10 km walk around the area, getting right up to the fence of King Shaka airport and then have a braai before going down to view the swallows, which arrive just before sunset.</p> <p>Meet at 13:30 at the Barn swallow site. At N2 off ramp Umdloti/Verulam turn towards Verulam. Go just under 1km, turn right at white pillar saying Umdloti Estate, Mount Moreland. Follow the road, the rest is signposted Mount Moreland /Swallow View site.</p>	<p>10 kms</p> <p>Grade 2</p> <p>Moderate</p>	
	ENANDA TABLE MOUNTAIN	Philip Collyer	082 417 0204
Sunday Nov 8th	<p>Meet Union Main, Pinetown in time to leave at 7.30 .We will then drive through to eNanda Green Hub for 8 a.m. Those wishing to meet there may do so.</p> <p>We will then drive through to a base from where we will hike to the top of eNanda Table Mountain and down again.</p> <p>Petrol sharing from Pinetown R25 Donation to Green Corridor and guide R25, plus R10 for car guard.</p>	<p>Grade 4</p> <p>Approx: 10 kms</p>	
	Barlett Estate	Trevor/Linda	083 353 8319
Saturday 14th November 2015	<p>A hike that takes us through a combination of grassland and cane in the Hammersdale area.</p> <p>Meet at the Assagay Hotel at 13.30 to leave 13.45 to Bartlette Estate, cost of R20 per person.</p>	<p>Grading 3</p> <p>Strenuous</p>	
	MUSTANG MOUNTAIN	Jenny Rooks	084 952 0622
Sunday 15 th Nov 2015	<p>Revival of an old favourite not done for some time. Walk from Bartlett Estates to Hammarsdale.</p> <p>Meet Union Main, Pinetown at 8.a.m. Petrol sharing R30.</p>	<p>Grade 3</p> <p>Approx: 15kms</p>	
	Japenese Gardens	Glenys	031 564 7632
Saturday 21 Nov 2015	<p>Meet at the Japenese Gardens at 13:45 for a walk though the gardens and the surrounding area.</p>	<p>Grade 2</p> <p>Moderate</p>	

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Date	Description of Hike	Leader	Tel
Sunday Nov 22nd	HOWICK MEANDER	Keith Ashton	033 239 5023 keimarg@iunc apped.co.za
	Hike through Symmonds Stream Conservancy and Beacon Hill Conservancy and along the falls. Several local eateries for food & drinks at the end of the hike. Last bookings with Keith by Wed 18 Nov. Thereafter, contact Stella regarding transport from Durban. Combined hike with other clubs. Donation R20 to Conservancies.	Grade 2+ 15 kms	Stella Wells 078 319 8979 stellawells4@g mail.com
Saturday 28 Nov 2015	Impithi/Kloof Suburb Walk	Janet/Sue/Anne	082 820 8182
	A walk around suburbs of Kloof and the Impithi Nature Reserve. Meet at 13:45 at the Gillits Post Office.	Grade 1 Easy	
Sunday Nov 29th	BAYNESFIELD	Jon Stevens	082 459 1522
	Enjoy hiking on this beautiful estate. Meet Union Main at 7.30 or Assagay Hotel parking at 7.45. Alternatively meet at the entrance to Baynesfield (off Richmond Rd, R56, past Thornville junction) at 8.30a.m. Donation R20. Petrol sharing R40. Bring own drinks for after the hike.	Grade 3 Approx 15 kms	
Saturday 5 th Dec 2015	Year end PARTY at the Portuguese Club, 13.00 - 18.00.	Contact Philip	082 417 0204.
	Come join the fun with a Braai and live music BYO eating utensils. Drinks for sale at the venue	R80 per person	
Sunday Dec 6th	ANNUAL SUNDAY WALK/BRAAI	Wendy Hall	072 259 9880
	Wendy and Stuart have kindly agreed to host the end of year social get together. Optional meet and walk around Glenwood before the braai. Bring chairs/utensils/meat/swimming costumes and salad to share. Donation of R15 towards charcoal/car guard. Details will be emailed to members nearer the time.		
Saturday 12 th Dec 2015	eNandi Dam	Philip	082 417 0204
	Meet at Hiking on trails next to the iNanda Dam, mixture of grassland and forested areas. R20 per person for the Durban Green Corridor.	Grade 2 Easy	

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Date	Description of Hike	Leader	Tel
Sunday Dec 13th	BALLITO SALT ROCK	Margie Forbes	073 437 6915
	Beach hike with tidal pools and rocky outcrops from Ballito to Salt Rock. Return same route or through suburbs. Optional lunch/drinks afterwards. Bring costumes for a quick dip. Meet Virginia Airport at 7.30 or Tedder Way, Ballito at 8 a.m. Petrol sharing R20.	Grade 2 10 kms	
Saturday 19 December 2015	Cucumber Farm	Werner	084 206 7836
	Meet at St Helier's Lake on St Helier's Road at 13:45 . Walk through parts of Giba up to Cucumber Farm and back down to St Helier's Lake.	Grade 2 Moderate	
Sunday Dec 20th	BEREA PARKS	Jenny Rooks	084 952 0622
	Easy suburban walk through Sutton Park, Mitchell Park and Botanic Gardens. Bring picnic lunch, money for tea stop on the way and costumes for those that would like to swim in the pool afterwards. Meet Sutton Park at 8.a.m	Grade 2 Approx:14 kms	
Saturday 26 th December 2015	Jameson Park and Surrounds	Linda	083 353 8319
	Meet at Mitchell Park at 13:45 for a walk around the parks and suburbs of Morningside.	Grade 1 Easy	
Sunday Dec 27th	TO BE ANNOUNCED		

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