

**MIDLANDS HIKING CLUB FIXTURE LIST: JULY- SEPT 2013**

DATE	TYPE	GRADE	APPROX. DIST.	DESCRIPTION OF ACTIVITIES	LEADER & CONTACT DETAILS	APPROX. COST					
Sun 7 July	MORNING HIKE	2	12 km	<b>CHASE VALLEY</b> - Meet at Cascades Shopping Centre. Hike up through the Chase Valley plantations along farm roads to the top of Chase Valley Heights and admire good views of the city. Braai at the leader's house afterwards. Bring meat and refreshments only.	Brian Henwood: 082 655 6359 brian@hn.co.za	No fee. Dogs welcome					
Sun 14 July	BEGINNER'S HIKE	2	6-8 km	<b>ALVERSTONE WILDLIFE PARK</b> - An easy 4-hour trail in this 100 ha park which is home to zebra, wildebeest, impala & blesbok; also two dams with birdlife and waterfalls. Bring meat and whatever to join in the group braai afterwards at the super boma. About 30 mins from Pmb.	Sandy Miles: 082 335 7367 or 031 764 5783	R15 per person					
Tues 16 July	CLUB NIGHT			<b>THE GRAND TRAVERSE</b> . A 30 min presentation by Keith Ashton on his gruelling hike along the top of the Drakensberg from Mont Aux Sources to Bushmans' Nek. Should you be interested in tackling this challenge then Keith will be able to provide all the information you require.	Keith Ashton: 033 239 5023 keimarg@iuncapped.co.za	R5 for the car guard					
Sat - Sun 20-21 July	TENTING WEEKEND	1	15 km	<b>ROCKY BAY CARAVAN PARK, PARK RYNIE</b> - Camp sites right on the beach. Beach walk to Pennington and a hike through the Umdoni Park Trail. Fish & chips at the golf club. Or just chill-out & relax - swim in the pool or in the sea - explore the rock pools.	Dave Coward - 082 565 7546 dacoward@gmail.com						
Sun 28 July	DAY HIKE	2	8 km	<b>MARUTSWA FOREST</b> - Marutswa Forest is a beautiful forest in the foothills of the Drakensberg at Bulwer, and is home to the endangered Cape parrot. Meet at the Mountain Park Hotel in Bulwer (about 80kms from Hilton). Walk to the forest, hike the boardwalk trail that leads through towering yellowwoods and stinkwoods, and walk back to the hotel for an optional lunch. This is a very easy walk.	Mary Clover: 083 700 6199 mnellist@telkomsa.net	No charge					
Sun 4 Aug	DAY HIKE	2	10 - 12 km	<b>TILLITUNDLEM GAME FARM &amp; TROUT LODGE</b> - A new hike in the Dargle/Impendle area. An old colonial home with beautiful gardens in lovely rolling countryside and an impressive Nguni herd. The owners are keen to establish more trails for hikers. Our hosts will be Gareth and Kirsten Alcock.	Penny Purchase: 033 343 2162 078 948 3730	Join us for a light lunch					
Sat 10 Aug	BEGINNERS HIKE	2	7 km	<b>KENNETH STAINBANK NATURE RESERVE, YELLOWWOOD PARK</b> - The hike will be lead by the Kenneth Stainbank honorary officer. It's a reasonably easy walk taking about 3 hours. Ideal for beginners and people wanting to explore a reserve in the Durban area.	Debbie Jager - 033 343 1191						
Fri-Sun 9-11 Aug	MOUNTAIN HUT	3.5	50 km Climb 600m	<b>GIANTS CAMP TO GIANTS HUT TO BANNERMAN'S HUT, CIRCULAR ROUTE</b> - Long weekend. Huts only sleeps 8. Used to be a club favourite years ago. Last bookings on 24 July 2013 Book by e mail only. I will be hiking in the Alps from 1st - 20 July so early booking is essential. Giant's hut is presently under re-construction and should be available in the near future.	Dave Sclanders: bergfree@absamail.co.za	R90 pp inc entry fee & levies					
Fri - Sun 16-18 Aug	COTTAGE WEEKEND	2	Several options	<b>MAKULUMANE COTTAGE</b> - A fully equipped private cottage high up in the Drakensberg wilderness, over-looking Monks Cowl Camp. Various short to medium distance walks from the cottage, or just chill out and enjoy the solitude and wonderful 'berg views. Maximum 10 people	Mary Clover: 083 700 6199 mnellist@telkomsa.net	As per quote					
Sat - Sun 24-25 Aug	CAVE	3	12-15 km each day	<b>BUSHMAN'S NEK</b> - Backpacking to and overnight in Bushman's Cave - Beautiful hike alongside Bushman's River & via Slab Cave - lovely waterfalls & pools en-route. Options to explore further from cave. Combined hike with Mountain Backpackers. Last bookings by Mon 19 Aug.	Keith Ashton: 033 239 5023 keimarg@iuncapped.co.za	R45 pp					
Sun 25 Aug	BEGINNERS' HIKE	2.5	9 km	<b>ADAMSHURST FARM, MPOPHOMENI/ MIDMAR AREA</b> - Slow stroll. Amazing rewards with stunning uninterrupted 360 degree views of Midmar to Giants Castle and the Drakensberg. Not to be missed. Coffee and scones at the restaurant afterwards.	John Fourie: 074 370 8189 john4ie@gmail.com	R20 to conservancy					
Wed 28 Aug	AGM			<b>ANNUAL GENERAL MEETING</b> - Ascension Church Hall in Hilton at 18:30; followed by a light supper. Bring along your favourite hiking group photo, printed on an A4 page to be displayed at the AGM to remind us of the good times we have spent together during the year.							
Sun 1 Sept	DAY HIKE	2	8 - 10 km	<b>CUMBERLAND NATURE RESERVE</b> - An easy 4 hour hike up to the Kranzes. View antelope and giraffe. We will also look for some geocaching sites. Also super camping facilities available for those interested in staying overnight. A 20 minute drive from Pmb. Meet at the Honesty box at 8.30am.	Christie Exall: 083 233 1998	R 5 payable at the gate					
Sun 8 Sept	DAY HIKE	3	15 km	<b>GWAHUMBE GAME RESERVE, MID-ILLOVO</b> - This privately owned reserve is home to hippo, rhino, giraffe, zebra and antelope. The hippo pool is also home to a variety of water birds and raptors that nest in the high cliffs overlooking the pool. Also reasonably-priced accommodation in A-Frame huts.	Bushy Kirby: 083 757 2660 bushchip@mweb.co.za						
Fri - Sun 13-15 Sep	COTTAGE WEEKEND	2-3	12-15 km each day	<b>DRAKENSBERG GARDENS</b> - Cottage weekend - Fully equipped & very comfortable - Beautiful Area in the heart of the mountains - Max 10 members. Day hikes from cottage or simply unwind on the property (10 acres). DSTV for news & sport etc - Hot baths & showers - Combined hike with Mountain Backpackers. Please book early to secure your place - Last bookings by 30 Aug.	Keith Ashton: 033 239 5023 keimarg@iuncapped.co.za	R160 total per person (R80 pppn)					
Tue 17 Sept	CLUB NIGHT			<b>UPCOMING ACTIVITIES</b> - Leaders will present and answer questions for their upcoming hikes. Meet at Church of the Ascension Hall, Brindy Road, Hilton. Refreshments will be served from 7:00.		R5 for the car guard					
Sat - Sun 21-22 Sept	TENTING	3	12-15 km each day	<b>EXPLORATION HIKE, GIANTS CASTLE</b> - To find Simon's Cave, one of the caves used in the early days by game guards. Last bookings on 12 September 2013. Hike limited to 12 hikers only. Book by e mail only.	Dave Sclanders: bergfree@absamail.co.za	R45 pp inc entry fee & levies					
Sat 21 Sept	DAY HIKE	2-3	12 km	<b>MBONA PRIVATE NATURE RESERVE in the Karkloof</b> - Casual hike through indigenous forest with awesome views over surrounding landscape. There may be an opportunity to find a geo-caching site. Bring plenty of water and lunch.	Joan Templeton 033 3433698	No charge					
Sun 29 Sept	DAY HIKE	3	12 km	<b>MARE'S TAIL FALLS, KARKLOOF</b> - A cool walk in the forest to the falls at the beginning of summer. John will recce beforehand and look at some alternative routes.	John Fourie: 074 370 8189 john4ie@gmail.com						
<b>ADVANCE NOTICES</b>											
September	WEEKEND	2		<b>SANI STONE LODGE, LESOTHO</b> - A trip up Sani Pass on Friday afternoon, returning Sunday. 4X4 only. Stay over at the Lodge overlooking the Sani River and 8km from the border post. Go for walks or horseriding. Alternatively hike to the highest mountain in southern Africa, Thabana Ntlenyana.	Brian Henwood: 082 655 6359 brian@hn.co.za	Self-catering accom at R150 or R200 pppn					
Tues 19 Nov	CLUB NIGHT			Definitely put this one in your diary. We are very privileged to have Michael Cassidy sharing with us his experiences on a trip to Antarctica.							
21-23 March	WEEKEND	2		<b>CANNIBAL TRAIL, CLARENS</b> - The Trail is on a privately-owned farm 5km from Clarens. Spend Friday night in an ox wagon or dormitory. Hike to a massive cave where toilets, hot showers and foam mattresses are provided. Stay overnight and return to base by midday Sunday.	Carolee Thompson - 072 469 9712						
<b>GRADINGS OF HIKES</b>		<b>SOME IMPORTANT NOTES ABOUT HIKING</b>									
Grade 1 Very easy - minimal fitness required		1. Hikes are graded so that members can select the activity best suited to their own level of fitness and do not cause unreasonable delay to fellow hikers.									
Grade 2 Not too strenuous; moderate fitness desirable		2. Contact the leader of a day hike at least 3 days in advance of your intention to participate.									
Grade 3 Moderate - regular exercise advisable		3. Contact the leader of a camping weekend at least one week in advance of your intention to participate.									
Grade 4 Strenuous - physical fitness essential		4. If accommodation bookings are required please contact the leader at your earliest convenience to secure yourself a booking.									
Grade 5 Very strenuous - high level of physical fitness is essential		5. Leaders have the prerogative to exclude a member if they doubt their health condition, physical fitness or suitability of their hiking gear for a particular activity.									
		6. Advise the leader of any medical condition prior to any hike & carry the necessary medication - The leader will not administer First Aid.									
		7. Carry your medical aid, doctor and close family friend contact details in your backpack at all times.									
<b>CLUB NIGHTS</b>											
Our Club nights are held on the third Tuesday of every second month in the Church of the Ascension Hall starting at 19:30. Tea & coffee served from 19:00. Come along early and meet your fellow members. Plenty of parking next to the hall, accessed from Brindy Road, Hilton. A R5 tip for the car guard would be very much appreciated.											