

MIDLANDS HIKING CLUB FIXTURE LIST: APRIL - JUNE 2015

DATE	TYPE	GRADE	APPROX DIST	DESCRIPTION OF ACTIVIES	LEADER	APPROX COST																																														
April Sat 11-Sun 12	CAVE	3	10-12 km each day	INJASUTI - Backpacking hike via Van Heyningen's Pass to & overnight in Wonder Valley Cave - good venue for less experienced backpackers - lovely pool for swimming & stream for water close by. Combined hike with MBC - Last bookings by 30 March.	Keith Ashton 033 239 5023 keimarg@iuncapped.co.za	R55 pp																																														
April Saturday 18	DAY HIKE	3	10-12 km	Hilton. Destination to be confirmed	Mary Clover 083 700 6199 mnellist@telkom.co.za																																															
April Sat 18	DAY HIKE	3	10-12 km	KRANTZKLOOF NATURE RESERVE - Meet at 8h30 at the Kranzloof car park in Kloof Falls Road for a full day's hike through beautiful natural forest with stunning views across the gorge. Bring munchies, lunch and water.	Margret Kirsten 0837837852 mjkirsten@telkom.co.za	R20 pp																																														
April Fri 24-Sun 26	COTTAGE	2-3	12-15 km each day	DRAKENSBERG GARDENS - Cottage weekend. Fully equipped and 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 and showers. Combined with Mountain Backpackers. Please book early to secure your place. First come and paid first served. Last bookings by 13 April.	Keith Ashton 033 239 5023 keimarg@iuncapped.co.za	R200 total pp (R100 pppn)																																														
April Sun 26	DAY HIKE	2	8 km	KILLARNEY ROCKERIES, CATO RIDGE - Meet 08h00 at Herb Farm Gate. Follow N3 from PMB, take Exit 53 to Cato Ridge, keep to right lane and turn right at fork onto R103. Travel on bridge over highway and continue 2km. Turn right at Killarney Valley sign and follow dirt road. Look for farm gate D27, turn right into Herb Farm. Bring ample water and snacks. Combined hike with Durban Ramblers.	Philip Swart 031 465 2776 072 606 6599																																															
May Fri 1-Sun 3	MOUNTAIN HUT	2-3	12-15 km each day	BUSHMAN'S NEK- Short (one km) backpacking to Bushman's Nek Hut for a two-night stay.- Beautiful day hikes from this base to see waterfalls, bushmen's paintings, caves & lovely pools for swimming. Hut has lockable rooms with bunk beds & mattresses + flush toilets & showers (only cold water but no problem) - Combined hike with Mountain Backpackers. Please book early to secure place - last bookings 17 April.	Keith Ashton 033 239 5023 keimarg@iuncapped.co.za	R180 total pp (R90 pppn)																																														
May Sun 10	DAY HIKE	2	8-10 km	DARGLE - Rolling hills and abundant bird and animal life. New Hike.	Peter Rippon 072 277 5013 psripon@gmail.com																																															
May Sat 16-Sun 17	CAVE	3	12-15 km each day 500m climb	COBHAM - follow the river up to the Lakes Caves - 2 caves together. Back via a higher route, and to visit National Rock Art site on the way. Last booking 11 May - Book by e-mail only - limited space - easy walk	Dave Sclanders dave@bergfree.co.za (email only)	R60 pp																																														
May Tuesday 19	CLUB NIGHT			Church of the Ascension Hall, Brindy Road, Hilton. 7 pm. Kevin Knox-Davies will give a slide presentation and talk on his trip to Mount Aconcagua in Argentina.																																																
May Sat 23-Sun 24	Cave	2	13 km total	CATHEDRAL PEAK - Walk from Cathedral Peak car park to Xeni Cave. Relative easy walk with boulder hopping last 1km to cave and short steep climb to cave itself. Waterfall over the cave lip and great views of the Elephant from view point just around the corner. Cave sleeps 12.	Deon Small 082 679 4244 drakhike@gmail.com	R55 pp																																														
May Fri 29-Sun 31	WEEKEND		12 km 6 km	PENNINGTON - Hike from Umdoni point along an unspoilt beach to Umtwalumi (12 km). On the Sunday, hike through the pristine Umdoni forest (6 km). Famous fish and chips is for lunch at the club. Accommodation available in Dave's houses at his nursery.	Dave Coward 082 565 7546 dacoward@gmail.com	R60 pppn																																														
May Sat 30	DAY HIKE	1-2	6-7 km	FORT NOTTINGHAM - Hulleys' farm, Fort Nottingham area. Rolling hills, lovely views. Morning hike with lunch at the dam under shady trees. New hike.	Penny Purchase 033 343 2162 078 948 3730																																															
June Sat 13-Sun 14	CAVE	2	8 km	HIGHMOOR - Easy 4km hike to Aasvoelskraans cave to overnight and then back again on Sunday. Option to explore area & nearby rock-art. Perfect for beginner overnighters as short walk, great views, and plenty water. If you are not sure of required gear - just ask! Last bookings 31 May.	Katy Hart 0782659260 katyemma.hart@gmail.com	R55 pp																																														
June Fri 19-Sun 21	COTTAGE WEEKEND	2-3 3-4	4-10 km 12-15 km	MAKURUMANI - Fully equipped cottage bordering on Drakensberg Wilderness in the Cathkin area. Short or long hikes from the cottage, or sit on the veranda and enjoy the views and the fresh mountain air.	Mary Clover 0837006199 mnellist@telkom.co.za	R200 total pp (R100 pppn)																																														
June Sat 27-Sun 28	CAVE	3	10 km each day	CYPRESS CAVE. Short 5 kilometer walk to the cave. Drop packs and spend rest of day doing some recce walks. Space for 8 hikers only. Good for 1st time overnight hikers . Last booking - 22 June	Dave Sclanders dave@bergfree.co.za (email only)	R55 pp																																														
ADVANCE NOTICE																																																				
31 Dec 2015 - 2 Jan 2016	MOUNTAIN HUT	42038	12-15 km each day	BUSHMAN'S NEK- CELEBRATE NEW YEAR IN STYLE IN A STUNNING AREA - Short (one km) backpacking to Bushman's Nek Hut for a two-night stay.- Beautiful day hikes from this base to see waterfalls, bushmen's paintings, caves & lovely pools for swimming. Hut has lockable rooms with bunk beds & mattresses + flush toilets & showers (only cold water but no problem) - Combined hike with Mountain Backpackers. Please book early to secure place - last bookings by 14 Dec.	Keith Ashton 033 239 5023 keimarg@iuncapped.co.za	R90 pppn (R180 Total pp)																																														
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2">GRADINGS OF HIKES</th> <th colspan="3">SOME IMPORTANT NOTES ABOUT HIKING</th> <th colspan="2">CLUB NIGHTS</th> </tr> </thead> <tbody> <tr> <td>Grade 1</td> <td>Very easy. Minimal fitness required</td> <td colspan="3">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.</td> <td colspan="2" rowspan="6" style="vertical-align: top;"> Our Club nights are held on the third Tuesday of every second month in the Church of the Ascension Hall starting at 19:00. Tea & coffee served. Come along early and meet your fellow members. </td> </tr> <tr> <td>Grade 2</td> <td>Not too strenuous. Moderate fitness</td> <td colspan="3">2. Contact the leader of a day hike at least 3 days in advance of your intention to participate.</td> </tr> <tr> <td>Grade 3</td> <td>Moderate. Physical fitness advisable</td> <td colspan="3">3. Contact the leader of a camping weekend at least one week in advance of your intention to participate.</td> </tr> <tr> <td>Grade 4</td> <td>Strenuous. Physical fitness essential</td> <td colspan="3">4. If accommodation bookings are required please contact the leader at your earliest convenience to secure yourself a booking.</td> </tr> <tr> <td>Grade 5</td> <td>Very strenuous - high level of physical fitness is essential</td> <td colspan="3">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.</td> </tr> <tr> <td></td> <td></td> <td colspan="3">6. Advise the leader of any medical condition prior to any hike & carry the necessary medication - The leader will not administer First Aid.</td> </tr> <tr> <td></td> <td></td> <td colspan="3">7. Carry your medical aid, doctor and close family friend contact details in your backpack at all times.</td> <td colspan="2" rowspan="2" style="vertical-align: top;"> Plenty of parking next to the hall, accessed from Brindy Road, Hilton. </td> </tr> </tbody> </table>							GRADINGS OF HIKES		SOME IMPORTANT NOTES ABOUT HIKING			CLUB NIGHTS		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.			Our Club nights are held on the third Tuesday of every second month in the Church of the Ascension Hall starting at 19:00. Tea & coffee served. Come along early and meet your fellow members.		Grade 2	Not too strenuous. Moderate fitness	2. Contact the leader of a day hike at least 3 days in advance of your intention to participate.			Grade 3	Moderate. Physical fitness 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.			Plenty of parking next to the hall, accessed from Brindy Road, Hilton.	
GRADINGS OF HIKES		SOME IMPORTANT NOTES ABOUT HIKING			CLUB NIGHTS																																															
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.			Our Club nights are held on the third Tuesday of every second month in the Church of the Ascension Hall starting at 19:00. Tea & coffee served. Come along early and meet your fellow members.																																															
Grade 2	Not too strenuous. Moderate fitness	2. Contact the leader of a day hike at least 3 days in advance of your intention to participate.																																																		
Grade 3	Moderate. Physical fitness 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.			Plenty of parking next to the hall, accessed from Brindy Road, Hilton.																																															