

IMPORTANT NOTES ABOUT HIKING

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.
2. **Contact the leader of a day hike at least 3 days in advance of your intention to participate. If you need to cancel please contact the leader as soon as possible. Numbers are often limited and there may be a waiting list.**
3. Contact the leader of a camping weekend at least one week in advance of your intention to participate.
4. If accommodation bookings are required please contact the leader at your earliest convenience to secure yourself a booking.
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. We encourage all hikers to attach their membership badges to their backpacks with these details available.

GRADINGS OF HIKES	
FF	Family friendly
PF	Pet friendly
Grade 1	Very easy. Minimal fitness required
Grade 2	Not too strenuous. Moderate fitness
Grade 3	Moderate. Physical fitness advisable
Grade 4	Strenuous. Physical fitness essential
Grade 5	Very strenuous - high level of physical fitness essential

CLUB NIGHTS

Our Club nights are held on the third THURSDAY of every second month in the Church of the Ascension Hall, Hilton starting at 19:00. Wine, snacks, tea & coffee served. Come along early and meet your fellow members. Plenty of parking next to the hall, accessed from Brindy Road, Hilton.

MIDLANDS HIKING CLUB FIXTURE LIST: APRIL TO JUNE 2019
REVISED 2019.04.24

DATE	GRADE	DESCRIPTION OF ACTIVITIES	LEADER
Sunday 7 April	Grade 3 +/- 12km.	DEMAGTENBERG– meet Karkloof Road, outside Amber Valley - 08.00 then proceed further 20km. to hike parking	Chris Dobson - 0824611954
Sunday 14 April			
Easter Saturday 20 April	Grade 3 16km fairly flat	KAMBERG Roman Baths - if a nice day lovely pools to swim in. It is an easy steady walk on paths. Very slight climb up and down to the pools. This day hike is still open to confirmation at a later date. last booking - TUESDAY 16 APRIL	Dave Sclander - Book by e mail only with cell no & where you live. dave@bergfree.co.za Day entry fee R40.00
Sunday 28 April	DAY HIKE	HILTON COLLEGE Hike details to follow	Alistair Nixon 0836606657 alanixav@gmail.com
Sunday 5 May	Day Hike Grade 3 600m climb	BULWER MOUNTAIN Straight up but what a view. One of MHC big 4 hikes.	Alistair Nixon alanixav@gmail.com WhatsApp 0836606657
Sunday 12 May	Morning hike Grade 1 8km	MIDMAR THURLOW An easy morning hike through game area of Midmar. Entry R40 or Rhino card or Wild card	Sue Rowley SMS OR WhatsApp 0732131314 sue524024@gmail.com
THURSDAY 16 May	Social evening	"An Ethiopian Odyssey". Margaret Kirsten and Peter Wedge will entertain us with slides and stories of their recent hikes in Ethiopia. Church of Ascension Hilton 7pm	Free to members. Contact Penny Purchase Email chrispenny@telkom.co.za
Sunday 19 May	Morning hike Grade 1 8km	CURRYS POST A new hike on a small nature reserve .	Alistair Nixon alanixav@gmail.com WhatsApp 0836606657
Sunday 26 May	Day hike Grade 3 12km 150m climb	HIGHMOOR Climb Mt Lebanon. Not a steep climb to the top, NO rock climbing involved. For those who might like to tent at Highmoor on Saturday , contact me earliest. Depends what time you arrive, we can do a walk to special place on Saturday.	Dave Sclander - Book by e mail only with cell no & where you live. dave@bergfree.co.za Day entry fee R40.00
Sunday 9 June	Day hike Grade 2 14km 150m climb	FORT NOTTINGHAM COMMON .Great views of Dargle valleys Kamberg Mountain, and the Giants Range. Probably the last berg views before the winter veld burning turns the mountains into a blue haze. See Newsletter 14 Jan 2018. Last booking Wednesday 5 June.	Dave Sclander - Book by e mail only with cell no & where live. dave@bergfree.co.za Day entry fee R40.00
Sunday 16 June	Grade 1 9km FF	MICHAELHOUSE NATURE RESERVE Lovely views of spring over the Balgowan Valley. Good for new hikers. Not pet friendly because of the Nguni cattle and game in the reserve. R20 donation	Penny Purchase 033 343 2162/ 078 948 3730 chrispenny@telkom.co.za
Sunday 23 June	Grade 3 + 600m climb 12km+	MOUNT GILBOA Climb to the top of Karkloof through beautiful indigenous forests .A Big 4 hike.	Eric Essenwein erigres@gmail.com 0835542239
Sunday 30 June	Grade 2-3 14km	SWARTKOP One of the Big Four challenge. A walk through Cedara plantations with a final steep climb and views to the Drakensberg.	Alistair Nixon 0836606657 alanixav@gmail.com