

## MIDLANDS HIKING CLUB FIXTURE LIST: JULY TO SEPTEMBER 2020

DATE	GRADE	DESCRIPTION OF ACTIVITIES	LEADER
Sunday 5 <sup>th</sup> July			
Sunday 12th July	Grade 3+ 12 km 500m climb	INHLOSANE PEAK from Mount Park. R30 pp	Carolee Thompson 0784825003 Email <a href="mailto:caroleejoy@gmail.com">caroleejoy@gmail.com</a>
Sunday 19th July	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 <a href="mailto:alanixav@gmail.com">alanixav@gmail.com</a>
Sunday 26 <sup>th</sup> July	Day hike Grade 3+ 6 hours 550m climb	MOUNT GILBOA Hike from Bushwillow Park in the Karkloof to the top of Mount Gilboa. Hiking sticks are highly recommended as there are some very steep downhill sections. Cost R40 <a href="http://www.gohiking.co.za/newsletters/201906JUNE/gilboa/gilboa.htm">http://www.gohiking.co.za/newsletters/201906JUNE/gilboa/gilboa.htm</a>	Neville Lee <a href="mailto:neville.lee@clariant.com">neville.lee@clariant.com</a> 083 626 9983 . NB no cell reception at venue.
Sunday 2nd August	GRADE 3 12km 250m	FERNCLIFFE Breakfast Rock and Boulder Dam from Cascades. Some steep scrambles up to Breakfast rock . Limited to 12 people.	Eric Essenwein Email <a href="mailto:erigres@gmail.com">erigres@gmail.com</a>
Sunday 9th August	Day Hike Grade 3 10-15km 200m climb	HIGHMOOR Cleopatra's Head or head of Mkhomazi Valley. Easy walk over undulating hilltops. Great views and experience if there is snow on the Drakensberg. Travel and hiking Protocols will be whatever at the time. Book by e mail only, with a cell contact number. Only 16 Hikers allowed. Book by Wednesday 5 <sup>th</sup> August	Dave Sclanders - email only <a href="mailto:dave@bergfree.co.za">dave@bergfree.co.za</a> R45 pppd
Sunday 16 <sup>th</sup> August		AGM Hike time and venue to be announced if meetings are permitted by then.	
Sunday 23 <sup>rd</sup> August	Day hike Grade 2+ 12-16 km	HOWICK – UMGENI VALLEY NATURE RESERVE – Various trails, lovely views, plenty of game & birdlife - last booking Wed 19 August Numbers limited due to COVID social distances. <a href="http://www.gohiking.co.za/newsletters/201805MAY/umgeni/umgeni.htm">http://www.gohiking.co.za/newsletters/201805MAY/umgeni/umgeni.htm</a>	Keith Ashton – e-mail only <a href="mailto:keimarg@iuncapped.co.za">keimarg@iuncapped.co.za</a> – R35 per person
Sunday 30 <sup>th</sup> August			
Sunday 6 <sup>th</sup> September	Grade 3 14 km	GIANTS CASTLE "Worlds View trail" R45pp or Rhino card	Alistair Nixon 0836606657 <a href="mailto:alanixav@gmail.com">alanixav@gmail.com</a>
Sun 13 <sup>th</sup> September	Day Hike Grade 2+ 12- 14km	EVERDON ESTATES led by Cecil Hackney who knows the area better than anybody else. Some of the most spectacular views in the area including Umgeni and Karkloof rivers. Last booking Wed 9 Sept. Numbers limited due to COVID social distances.	Keith Ashton – e-mail only <a href="mailto:keimarg@iuncapped.co.za">keimarg@iuncapped.co.za</a> – R30 per person
Sunday 20th September	Day hike Grade 2+ 6 hours	Annual CLIVIA hike in KARKLOOF. See the indigenous clivias in bloom, then have lunch at Grey Mare's Tail falls. Hike is in pristine indigenous forest. Cost R40.	Neville Lee <a href="mailto:neville.lee@clariant.com">neville.lee@clariant.com</a> 083 626 9983
Sunday 27 <sup>th</sup> September	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 <a href="mailto:sue524024@gmail.com">sue524024@gmail.com</a>
Tues-Sun 24-29 OCTOBER	5 Day trail 89km	SUNGAZER TRAIL. EASTERN FREE STATE. Vinnige Willemien trail <a href="http://www.sungazerpilgrimage.com">www.sungazerpilgrimage.com</a> . 10 hikers, 5 places left.	Carolee Thompson 0784825003 Email <a href="mailto:caroleejoy@gmail.com">caroleejoy@gmail.com</a>

### **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.

<b>GRADINGS OF HIKES</b>	
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.