

DATE	GRADE	DESCRIPTION OF ACTIVITIES	LEADER
Friday 3 <sup>rd</sup> – Sun 5 <sup>th</sup> July	Tent Hike Grade 3 5 kms	<b>INJISUTHI</b> Tent hike from Injisuthi to Cataract Valley. Set up base camp and explore area. Ideal opportunity to test tented hiking ability without being over strenuous.	Jan Lens <a href="mailto:Jblens982@gmail.com">Jblens982@gmail.com</a> 0828009135
Sunday 4 <sup>th</sup> July	Day Hike Grade 1+ 10 Kms	<b>CEDARA FARM</b> Enjoy an easy 10km walk through farm fields and the forest to the upper dam. Ideal for new members wanting to test their hiking fitness.	Alistair Nixon <a href="mailto:alanixav@gmail.com">alanixav@gmail.com</a>
Sunday 11 <sup>th</sup> July	Day Hike Grade 2 15 kms	<b>SHONGWENI POLO CLUB, KASSIER ROAD, HILLCREST</b> Hike along a circular route from the clubhouse through cane fields and riverine forest to the Summerveld Horse Racing estate and back. Food and refreshments available at the clubhouse afterwards.	Brian Henwood <a href="mailto:bhhenwood@gmail.com">bhhenwood@gmail.com</a> 0826556359
Sunday 18 <sup>th</sup> July	Day Hike Grade 3 6-7 hrs	<b>MOUNT GILBOA</b> Hike from Bushwillow Park in the Karkloof to the top of Mount Gilboa. Hiking sticks are recommended as there are very steep downhill sections.	Neville Lee <a href="mailto:leefam@sai.co.za">leefam@sai.co.za</a> 0836269983 Cost R40
Sunday 25 <sup>th</sup> July	Braai/Social/Hike 5.5 kms easy	<b>CUMBERLAND NATURE RESERVE</b> Braai/Social with short walk to see the crocodile, led by Rob Melis. Libby will also lead a short walk towards the base of the krantz. Braai at the Impala picnic site. Entry fee is R45 but the Club will subsidise the fee by R30. You pay R15. Bring your own food and drinks. <b>LIMITED TO 50 MEMBERS. LAST BOOKING BY WEDNESDAY 21<sup>ST</sup> JULY.</b>	Penny Purchase <a href="mailto:chrispenny@telkom.co.za">chrispenny@telkom.co.za</a> 0789483730
Sunday 1 <sup>st</sup> August	Day Hike Grade 2+ 14-16 kms	<b>UMGENI VALLEY NATURE RESERVE</b> Various trails, lovely views, plenty of game and birdlife. <b>LAST BOOKING BY WEDNESDAY 28<sup>TH</sup> JULY.</b> Please provide cell number when booking – BY EMAIL ONLY.	Keith Ashton <a href="mailto:keimarg@iuncapped.co.za">keimarg@iuncapped.co.za</a> R35 per person entry fee.
Friday 6 - Monday 9th August	Long weekend camping & Grade 2 hiking	<b>TO STRAND RESORT, LEISURE BAY.</b> Camping rates are R425 per site pn (max 6). Extra vehicle R40 pd. Book sites A55 – A58. Check in from 14.00 on Friday. Hikes at Umtamvuna Nature Reserve and Wild Coast Sun. Also Port Edward beach walks. Book early using: <a href="mailto:bookings@tostrand.net">bookings@tostrand.net</a> .	Brian Henwood <a href="mailto:bhhenwood@gmail.com">bhhenwood@gmail.com</a> 0826556359
Midweek Tues-Thurs 17 <sup>th</sup> -19 <sup>th</sup> Aug	Mountain Hut Grade 3 12-16 kms each day	<b>BUSHMAN'S NEK MOUNTAIN HUT</b> Celebrate winter in style in a stunning area – short (just over 1.4 kms) backpacking to Bushman's Nek hut for a two night stay. Beautiful day hikes from this base to see waterfalls, Bushmen's paintings, caves and lovely pools. Hut has lockable rooms with bunk beds and mattresses, showers and flush toilets (but only cold water). Don't forget to bring your drinks and goodies. RECENTLY RENOVATED HUT. Places need to be booked with KZN Wildlife so last booking with me is FRIDAY 6 <sup>TH</sup> AUGUST. Please provide cell number when booking.	Keith Ashton By email only <a href="mailto:keimarg@iuncapped.co.za">keimarg@iuncapped.co.za</a> R120 pppn = total R240 per person
Sunday 15 <sup>th</sup> August	Day Hike Grade 2 8 Kms	<b>FORDOUN SPA – NOTTINGHAM ROAD</b> Hike through the grounds with views towards the Berg. They are willing to have us for refreshments after the hike. Cost R30	Alistair Nixon <a href="mailto:alanixav@gmail.com">alanixav@gmail.com</a>
Saturday 21st Sunday 22 <sup>nd</sup> August	Night hike – full moon walk. Saturday Day walk Sunday Grade 3 12 kms	<b>HIGHMOOR – FULL MOON WALK &amp; CAMPING</b> Saturday night tenting at Highmoor – do a FULL MOON NIGHT WALK – tents overnight. <b>NB</b> Those wishing to tent do own booking at EKZN – Queen Elizabeth Park. Sunday day walk for those who do not want to tent at night..There may be snow around so the best scenic route will be decided later.	Dave Sclanders – email only <a href="mailto:dave@bergfree.co.za">dave@bergfree.co.za</a> Please provide cell phone numbers and where you live. Day entry fee R45, Tenting R80 <b>LAST BOOKING WEDNESDAY 18<sup>TH</sup> AUGUST</b>
Sunday 29 <sup>th</sup> August	Day Hike Grade 2+	<b>DARGLE – INHLOZANE</b> Meet at Piggly Wiggly at 8.30 am and drive together to Mount Park. Entrance fee is R50.	Rob Melis – by email only <a href="mailto:rob@pro-seed.co.za">rob@pro-seed.co.za</a>
Sunday 5 <sup>th</sup> September	Day Hike Grade 2	<b>BISLEY NATURE RESERVE</b> Meet at picnic site just past the pedestrian gate at 8.30. Hiking to 2 bird hides and having mid morning snack at the old shooting range and information centre. Recommend people take binoculars, water and a snack to enjoy. We may encounter a variety of game and birds. We should be back to the cars by 12. Hiking boots and something for the cold are recommended.	Jan Lens <a href="mailto:Jblens982@gmail.com">Jblens982@gmail.com</a>

Sunday 12 <sup>th</sup> September	Day Hike Grade 3 13 kms round trip 200 m climb	<b>KAMBERG – SHELTER CAVE – FAMOUS ROCK ART SITE</b> Come visit the best rock art site you will ever see. Known worldwide as the ROSETTA STONE of the rock art world. Only 20 MHC members will be allowed on this trip due to the visiting space in the cave AND the Club rules. LAST BOOKING WEDNESDAY 8 <sup>TH</sup> SEPTEMBER.	Dave Slanders – email only <a href="mailto:dave@bergfree.co.za">dave@bergfree.co.za</a> Please provide cell phone numbers and where you live. Entry fee R40 + R40 cave entry fee.
Sunday 19 <sup>th</sup> September	Day Hike Grade 2+ 12-14 kms	<b>KARKLOOF – EVERDON ESTATES</b> Day hike 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. Book early to secure your place. LAST BOOKINGS BY WEDNESDAY 8 <sup>TH</sup> SEPTEMBER as I am away the following week. Please provide cell number when booking.	Keith Ashton By email only <a href="mailto:keimarg@iuncapped.co.za">keimarg@iuncapped.co.za</a> R30 donation
Sunday 26 <sup>th</sup> September	Day Hike Grade 3 6 Hrs	<b>KARKLOOF – MARE'S TAIL FALLS</b> Annual clivia hike. See the indigenous clivias in bloom. Hike is mostly in pristine indigenous forest. Have lunch at the falls. Hiking sticks recommended as very steep downhill sections.	Neville Lee <a href="mailto:leefam@sai.co.za">leefam@sai.co.za</a> 0836269983 Cost R40
		<b>FUTURE EVENT</b> <b>MHC SOCIAL – date to be advised</b>	Penny Purchase

### **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.