

## MIDLANDS HIKING CLUB FIXTURE LIST: JULY TO SEPTEMBER 2017

DATE	GRADE	DESCRIPTION OF ACTIVIES	LEADER
<b>1st July Saturday</b>	Grade 2 12 km 4-5 hr	MPUSHINI VALLEY CONSERVANCY – The Conservancy is hosting the Ashburton Aloe Festival over the weekend to raise funds for the protection of local plant species and wildlife. Turn off the N3 at the Ashburton exit 69, at the T-junction turn right and head towards Bishopstowe along D389. After 4km pay R30 per person at the ticket sales booth and proceed to SPENCER'S PLACE on the right hand side. Park at the back in the horse paddock. The hike through thornveld, aloes and prickly pears starts at 8:00. Bring your own lunch or visit Impala Bend for hot lunches, refreshments and craft stalls.	Brian Henwood 0826556359 , bhhenwood@gmail.com
<b>9th July Sunday</b>	Grade 3	KAMBERG – visit 2 Rock Art Sites that are not frequently visited. 12 kms hike with a bit of a climb . Fitness needed. Day pack with good warm gear Very cold conditions possible. Cost R40.00 pp. Last booking 4 July book by email only.	Dave Sclanders email dave@bergfree.co.za
<b>16th July Sunday</b>	Grade 2-3 16 km	HOWICK MEANDER - Local day hike - Symmonds Stream Conservancy, Beacon Hill Conservancy, along the Umgeni River to Howick Falls - several local eateries for food & drinks at the end of the hike - note the distance & grade - Combined hike with other clubs - last bookings by Wed eve. 12 July. R20 DONATION TO THE CONSERVANCIES	Keith Ashton 033 239 5023 keimarg@iuncapped.co.za
<b>18th July Tues</b>	Social evening	Church of the Ascension Hall, Brindy Road, Hilton - 7pm. Umgeni River - Our water –Our future. Duncan Hay. Wine and light snacks available.	FREE to members. R20 guests
<b>23rd July Sunday</b>	Grade 1 9-10km	HILTON Meet for Whale Trail hikers to get know each other but all welcome. Easy hike through Mondi forests below Grace College. Suitable for beginners. Coffee at Ground Coffee shop afterwards.	Penny Purchase 0789483730 chrispenny@telkomsa.net
<b>30th July Sunday</b>	Grade 1 8km	CUMBERLAND Nature reserve - short beginners hike to Krantz hut and back - is only a morning hike so will just need water and a little snack.	Katy Hart 0832776272 katyemma.hart@gmail.com
<b>6th August Sunday</b>	Grade 2-3 14k	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
<b>12-13th August Sat-Sunday Weekend Cave</b>	Grade 3 12-15k each day	HIGHMOOR - Backpacking hike to overnight in Caracal Cave – Via Fulton Rock with good Bushman Paintings-Ideal for first time backpacking & sleeping in a cave, but also good for more experienced hikers as we will do some exploring from the cave so smaller day-pack also recommended - reasonable fitness required for steep descents & climbs. Bring enough water bottles to last overnight - Combined hike with other clubs. - MAXIMUM 10 MEMBERS, first come & paid first served - Last booking by Wed 2 Aug. R70 per person.	Keith Ashton 033 239 5023 keimarg@iuncapped.co.za
<b>15th August Tuesday</b>	AGM	Church of the Ascension Hall, Brindy Road, Hilton 6pm. Please join us to have your say in club matters followed by a delicious meal and wine free to all club members.	Cathy Nixon 0846932340 cathy.amies@gmail.com
<b>20th August Sunday</b>	Grade 3 14km	HIGHMOOR – Day Hike – Walk to Cleopatra's Head. Great valley views from the high plateau. Bit of cross country walking to keep on the lip of the plateau. Fairly flat, no big hills to climb. Cost R40.00 pp. Expect cold weather. Last booking 15 August , book by email only	Dave Sclanders email dave@bergfree.co.za
<b>26th August Saturday</b>	Grade 3 15km	CASCADES - WORLD'S VIEW: through Queen Elizabeth Park and the plantations with good views of the city and back via Ferncliffe Nature Reserve and Chase Valley.	Brian Henwood 0826556359 bhhenwood@gmail.com
<b>3rd September Sunday Provisionally booked</b>	Grade 4 (strenuo us) 14 kms	<u>KZN TABLE MOUNTAIN</u> Hike to the top of the KZN Table Mountain in the Inanda Valley. Enjoy some of the escarpment and wonderful views Meet at Union Main Centre, 45 Old Main Rd at 7.30 a.m. or Cato Ridge Motors (close to Eddie Haven Drive, Cato Ridge) at 8.15 a.m. Petrol sharing R40.Car guard R20.Guide: R25 members and R50 non-members. Combined hike with Durban Ramblers	Philip Collyer 082 417 0204
<b>4th-10th September</b>	55km 5 days	WHALE TRAIL. De Hoop Nature Reserve. 2 places available. Cost R 2825.00 Slackpacking	Alistair Nixon 0836606657 alanixav@gmail.com
<b>17 September Sunday</b>	Grade 2+ 12-15 k	HOWICK - Day hike in "The Ambers" - hike in extended area - Lovely views around Howick & surrounding areas, plenty of game & birdlife - Combined hike with other clubs. - MAXIMUM 12 MEMBERS, first come first served - Last booking by Wed 13 Sept.	Keith Ashton 033 239 5023 keimarg@iuncapped.co.za
<b>19th September</b>	Social evening	Church of the Ascension Hall, Brindy Road, Hilton - 7pm. Presentation to be confirmed. Wine and light snacks available.	FREE to members. R20 guests
<b>23rd Sept Saturday</b>	Grade 2 10km	KARKLOOF FALLS Relaxed morning hike from the Karkloof country club to the Falls .	Brian Henwood 0826556359 bhhenwood@gmail.com

<b>ADVANCE NOTICE</b> <b>Sat-Mon</b> <b>30 Dec - 2 Jan</b>	Grade 3 12-16k per day	<b>BUSHMAN'S NEK- CELEBRATE NEW YEAR IN STYLE IN A STUNNING AREA</b> - Short (just over 1.4 km) backpacking to Bushman's Nek Hut for a three-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 other clubs. Don't forget your drinks & goodies -Please book early to secure your place - last bookings by 15 Dec. R120 pppn (R360 Tot. for 3 nights)	Keith Ashton 033 239 5023 keimarg@iuncapped.co.za
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## **SOME 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.
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.

<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 Tuesday 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.

