



Welcome to the Midlands Hiking Club website.  
We hope you will find the information you need.

## Quick guide:

**NEWSLETTER**

If you want to read up on some of our recent hikes go to the NEWSLETTER button on the homepage.

**FIXTURE LIST**

Latest hiking schedule is found under the FIXTURE LIST button. It is a pdf document. This is on a 3 monthly cycle. If you're interested in a hike get in touch with the leader whose name is in the right hand column of the schedule.

**TRAIL INDEX**

We have an archive going back many years under the button TRAIL INDEX

**MIDLANDS HIKING CLUB**  
based in PIETERMARITZBURG - SOUTH AFRICA.....www.gohiking.co.za

Please communicate with us via our [GUESTBOOK]

SEE LATEST HIKE REPORTS IN [NEWSLETTERS]

MIDLANDS HIKING CLUB  
RULES & REGULATIONS  
MEMBERSHIP APPLICATIONS  
MINUTES OF AGM  
COMMITTEE & LEADERS  
SAFETY TIPS

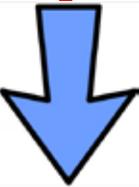
visit us on facebook

NEWSLETTERS  
FIXTURE LIST  
PHOTO OF THE MONTH  
TRAIL INDEX

CONTACT US  
GUESTBOOK

RANDOM PHOTO ARCHIVE

www.gohiking.co.za  
Website home of the Midlands Hiking Club  
037378  
Website by: rod hart



# ABOUT THE CLUB

## It was once remarked, “Hiking is a team effort”

MHC is a very friendly and welcoming club and will hopefully make you feel at ease.

All our hikes have been recce'd and are lead by experienced volunteer leaders

Your safety on our hikes is paramount

We meet at a designated place before each hike and share transport and petrol costs

If you have anxiety about meeting people, big groups or not been able to remember names - DON'T WORRY.

If you can't remember someone's name - ask again, they won't mind!

Hikers (and our club) by nature are friendly and adventurous

Stopping and enjoying moments in each hike is as important as getting to the destination. It is not a race.

If you are hiking for the first time try and choose a hike suited to your fitness level



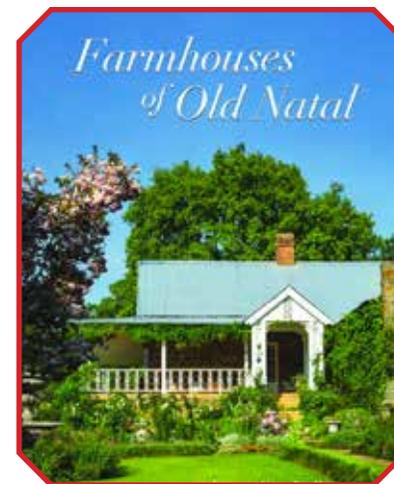
Our main area for hiking is predominantly the Midlands of KZN. The distances range from 8 - 18 kms some more demanding than others



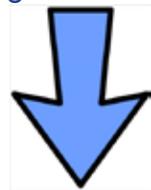
We do go further afield to the Drakensberg and the coast where we camp or stay in other accommodation



We do offer mountain backpacking but it is not our priority



Every 6th week we have a social gathering with guest speakers on vastly varying subjects.  
See the Hike Schedule



If you're new to hiking here are some basic hiking equipment requirements



Backpack



Basic first aid kit



Waterproof  
& Jersey



Thick  
socks



Strong shoes



or  
Hiking boots



Hat to give  
good shade



Sunscreen



Water  
bottles



Sufficient snacks  
and treats for an all  
day outing

**Optional  
Extras**



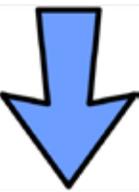
Gaters



Hiking poles



Camera/  
cellphone



# Golden rules for hiking

1. Chose a hike that fits your fitness level.

1 = very easy

2 = not too strenuous, moderate fitness

3 = moderate, fitness advisable

4 = strenuous, physical fitness essential

2. Fill in the indemnity form supplied by your hike leader at the start of the hike.

You will need details of someone to contact in case of an emergency. If you have a medical condition it must be noted

3. Always follow the instructions of the hike leader

4. Avoid preceeding your leader

5. Stay with your group

6. Always bring your rubbish back

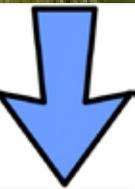
7. Take only photographs, leave only boot-prints

8. Wear appropriate clothing and footwear. Be prepared for a change of weather

9. Take enough food and drinks for the hike

10. Protect yourself against the sun, rain and ticks

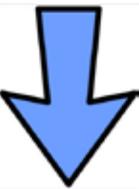
11. In case of a hike into the Drakensberg, complete the mountain rescue register before setting out on a hike



# If planning to hike in far away places in the Drakensberg the following points may be of interest.

Source: [www.bergfree.co.za](http://www.bergfree.co.za) "Tips For Safe Hiking in the Berg" by Dave Sclanders

1. Research the area you want to hike in. Contact KZN Wildlife Head Office, regional officers as well as the Mountain Club and Mountain Hiking Clubs. Remember the information received is only as good as you use it, and also the situation can change at any time
2. Do not plan to over-night in any known or suspected hot spot , or near a mountain pass that is well used by other mountain people. Plan to walk well past the area before camping
3. Watch out for people following you
4. Be aware of your surroundings at all times , know where you are , and know where the nearest escape route is at all times.
5. Should you for any reason have to sleep in a suspect area, plan an early supper , re-arrange your kit so that when it becomes time to camp, you just put your tent up , and roll out your sleeping bag.
6. Walk well into the night before setting up camp. Pitch tents as close to each other as possible . It may be uncomfortable , but safer for the one night
7. Do not sleep at the base of a rocky outcrop – pick a space away from potential attacker cover.
8. Sleep fully clothed , boots at hand, all kit packed in your bag , torch fixed to your body.
9. Have a night watch , at the first sign of trouble , blow whistles to let the attackers know that they have been detected. Pull on your boots , grab your pack and sleeping bag and take up your pre-planned defensive strategy. If you have to run you then have all your kit with you except your tent .
10. Have a preplanned meeting point in case you do get split up.
11. Make sure that you have emergency numbers on your cell phone, and if there is only one cell phone in the group make sure everyone knows the pin number of the phone. Someone may have to walk a long way to get cell phone comms and summon help.
12. Everyone in the party should know the exact locality of each night's camp , so that the rescuers can find the area as soon as possible.



13. You may have time in the evening to get your own pile of stones next to your tent to repel or hold off the attackers. Silly as it may sound stones are not easy to find in the dark.

14. Should you come across any mountain people whilst hiking , be courteous , you are in their turf, do not arouse hostility, and do not at any stage get near the dogs . They are very protective towards their owners.

15. Stick to your prepared hiking route so that if you should be late in getting home, a family member should know where Search and Rescue Parties can start looking.

16. In case of bad weather hindering progress, don't wander around aimlessly you may end up far away from your route. Put up camp , and wait for better weather.

Be aware , be prepared , keep a good look out for any signs of being watched, plan to camp in safer areas, know your route, plan for possible danger areas . Hiking in small groups or alone is not a good idea.

