



# MOUNTAIN BACKPACKERS CLUB

## Fixture List: October - December 2015

### CHAIRMAN'S CHATTER – 4<sup>th</sup> Quarter 2015

Greetings and welcome to the final issue of the MBC Mag and Fixtures list for 2015. As always, you are once again spoilt for choice with the number and variety of hikes on offer for your enjoyment.

We also have a full and fun Socials Fixtures List set for October to December: including our Famous, Fabulous and Fun end of year party!

The 2015 MBC Committee is the best committee I have worked with so far. Thank you ALL for your contributions, emails and duties you perform for the MBC. I believe we have finally achieved the perfect balance on our committee: the right number of people sharing the right number of portfolios, and this means the right committee for YOU!

We have moved the MBC forward on many fronts this year. From Marketing and New Members, to creating a youth section, to excellent management of Social Media on Facebook. The Fixtures list is put out quarterly, along with an informative magazine highlighting the Club's activities. Thank you to all our contributing members, and also to the committee members- your efforts are so appreciated.

Enjoy your end of year wind-down, and use this Spring season to start a new, healthier, fresh-air-lifestyle. Come and laugh with like-minded friends and exercise outdoors in the wild lands that make our country so beautiful.

Happy Hiking. See you OUT THERE.

**Karen Miller**

Chairman: Mountain Backpackers Club

### MOUNTAIN BACKPACKERS CLUB COMMITTEE

Chairman	Karen Miller	<a href="mailto:chairman@mountainbackpackers.co.za">chairman@mountainbackpackers.co.za</a>
Vice Chairman	John McGovern	082 659 5111
Treasurer	Bobby Stanton	031 465 5535
Fixture List / Magazine	Alan Etchells	082 398 4103
Marketing	Heidi Cox	082 706 4283
Committee member	Chris Cox	082 466 8814
Social media	Brett Bentley	
New member mentorship	Sorin Dimitriu	084 681 8920
Recruitment	Roy Bowden	082 901 5301
Student / youth liaison	Amy Grantham	
Leadership liaison	Jacquie Kennedy	083 399 9255
Secretary / admin: (paid position)	Philip van Gass	083 440 1651

**Fax:** 086 504 3382  
**Website:** [www.mountainbackpackers.co.za](http://www.mountainbackpackers.co.za)  
**Email:** [info@mountainbackpackers.co.za](mailto:info@mountainbackpackers.co.za)

### THE CHAIRMAN AND COMMITTEE WOULD LIKE TO WELCOME THE FOLLOWING NEW MEMBERS TO THE CLUB

Hein le Roux  
Patrick Kennedy

Brent Kloppers  
Tom Morton

### THE GRADING OF HIKES

1. Very easy trip
2. Easy trip
3. Moderate trip - physical fitness advisable
4. Strenuous trip - **physical fitness essential**
5. **Very strenuous** trip requiring a high degree of fitness

Please take particular note of **distance and height** as well as the **grading of the backpacking trip** you intend doing and ensure that your level of fitness is adequate.

**FIXTURE LIST – 4<sup>th</sup> QUARTER**

**October 2015**

Date	Description	Distance / Height	Leader	Contact	Grade
4 <sup>th</sup> Oct	<b>KARKLOOF.</b> - Day hike through Everdon Estates led by the man who know 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. - Last bookings Wed 30 Sept. - Combined hike with other clubs. Cost: R10 pp donation.	12 – 15 Kms	Keith Ashton	Tel: 033 239 5023 <a href="mailto:keimarg@iuncapped.co.za">keimarg@iuncapped.co.za</a>	2+
2-4 <sup>th</sup> Oct	<b>CLUB CAMPOUT: Appin Guest Farm, Swinburne, Free State.</b> Campsite is fairly level all around, and is big and clean and mown and no thorns. Bar area, braai area, undercover outside socializing/eating area, Electricity for building's accom. <b>Swinburne is famous for rock climbing.</b> Gavin Raubenheimer will be roping up for the MBC and instructing for those interested. Cost for rock climbing is R100pp. <b>Tar road</b> (N3) all the way, except for the gravel driveway to the farm. Backpackers Dormitory R70 pp pn (bring own bedding, about 18 beds) Camping R60 pp pn. Small cottages R190 pp pn (converted barn. Small shower/toilet en suite) Farmhouse R190 pp pn (with a family room, 2 double rooms and 1 twin room )	<b>zero to as much as you like.</b>  Walking, cycling, climbing, lazing around, partying and talking rubbish all night		RSVP to Karen Miller – <a href="mailto:chairman@mountainbackpackers.co.za">chairman@mountainbackpackers.co.za</a> with accommodation preference, and if you would like to climb with Gavin Raubenheimer from Peak High Mountaineering.	0-2
10- 11 <sup>th</sup> Oct	<b>HIGHMOOR:</b> Offering 3 choices to hikers 1. Tent at Highmoor on Saturday night, do 2 day hikes on Saturday/Sunday 2. Day Hikers - Saturday to ka-Dedakush Falls & Old Guard Outpost (NEW SITE) 3. Day Hikers - Sunday - 1st time hike - along cliffs to top of Cleopatra <b>Cost:</b> R60.00 for camping, R35.00 for day hike	14kms return	Dave Sclanders	Email only: <a href="mailto:dave@bergfree.co.za">dave@bergfree.co.za</a>  last booking - 5 October	3 3 3
17 – 18 <sup>th</sup> Oct	<b>BUSHMANS NEK:</b> Bushman's Cave via Halfway Cave, returning via Ngwangwane Pass, Senotlolong Shelter, Lammergeier Cave and Cedric's Pool (Twin Pools).	25km 875m	David Gay	031-7640298 (18h00 – 20h00 Mon-Thurs only) : cougar1@telkomsa.net	3-4
17 -18 <sup>th</sup> Oct	<b>COBHAM:</b> Two separate day hikes. Camp at Cobham or use Pholela hut. Day 1 eSiphongweni. Famous for its prolific rock art. Via Giants cup trail and Mzimkhulwana pools. Returning via Pholela valley. Day 2. Trout Beck and By-pass Ridge.	Day 1 18km 400m  Day 2 6km 200m	Andy Brown	Tel; 072 101 2498  e-mail: <a href="mailto:andybza@gmail.com">andybza@gmail.com</a>	3  1
24 <sup>th</sup> Oct	<b>KLOOF GORGE DAY HIKE.</b> Upstream to 2 waterfalls. Leaving at 8.30am from the picnic site carpark. Small entrance fee. Bring sun protection, hat, water, snacks and a rain jacket. Moderate fitness required. Confirm with John beforehand.		John McGovern	John 082 6595111	1-2

24 – 25 <sup>th</sup> Oct	<b>BUSHMAN'S NEK</b> - Backpacking to & overnight in Whytes Cave - Our route will be via Painters Cave & White Horse Cave (both with excellent Bushman's paintings) - We will also visit Sherry Cave (New) & Langalibalele Cave, so 5 caves in the weekend. Combined hike with other clubs - Last bookings 16 Oct. Cost: R55 pp inc entry fee & levies	12-14 km each day	Keith Ashton	Tel: 033 239 5023 <a href="mailto:keimarg@iuncapped.co.za">keimarg@iuncapped.co.za</a>	3
24 - 25 <sup>th</sup> Oct	<b>INJASUTHI:</b> Hike to Wonder Valley Cave. Meet at the Injasuti Wildlife office at 9:00. Climb to the top of Van Heyningen's Pass and across Shada Ridge to the cave. There is a waterfall and pool in the valley below the cave. Bring your costume if you feel like going for a dip.	16km 470m	Farouk Omarjee	031-577 6336 081 530 8447 <a href="mailto:farouko@telkomsa.net">farouko@telkomsa.net</a>	3
31 <sup>st</sup> Oct	<b>AFRICAN FISH EAGLE TRAIL:</b> Lots of birdlife, walk through Beachwood Mangroves and along North bank of Umgeni river, meet at Green Hub Durban 08h00 leave 08h15 Rain stops Play. Bring cash for tea at Springfield SPCA 1/2 way.	13km	Heidi Cox	Cell: 0827064283 / email: <a href="mailto:heidi.dinan@gmail.com">heidi.dinan@gmail.com</a>	2
31 <sup>st</sup> Oct – 1 <sup>st</sup> Nov	<b>GARDEN CASTLE:</b> Either arrive on Friday afternoon or meet on Saturday morning at Swimen Hut. Garden Castle Hotel area, Underberg. We go to Sleeping Beauty cave on Saturday Morning (bring costumes). A bring and Braai on Sat night. Sun morning to Pillar Cave.	App 8km round trip to both caves	Jacqui Kennedy	<a href="mailto:Jacqui@retsol.co.za">Jacqui@retsol.co.za</a> 083 3999 255 I will e-mail all the details when you sign up RSVP by 14 <sup>th</sup> Oct	2
31 <sup>st</sup> Oct – 1 <sup>st</sup> Nov	<b>COBHAM;</b> Mzimkhulwana Hut via Giant's Cup Trail, returning via Siphongweni valley, Siphongweni rock art site and Pholela River.	19km 340m	David Gay	031-7640298 (18h00 – 20h00 Mon-Thurs only) : <a href="mailto:cougar1@telkomsa.net">cougar1@telkomsa.net</a>	3

### November 2015

Date	Description	Distance / Height	Leader	Contact	Grade
13 <sup>h</sup> – 15 <sup>th</sup> Nov	<b>SANI PASS /LESOTHO:</b> Climb Thabana Ntlenyana, highest peak in Southern Africa from Sani Top Back Packers. Drive up Sani Pass on Friday and acclimatize. Tough 30km day hike there and back on Sat. Drive back on Sun. Passport required.	30km / 600m  Final altitude 3482m	Andy Brown	Tel; 072 101 2498  e-mail: <a href="mailto:andybza@gmail.com">andybza@gmail.com</a>	4/5
14-15 <sup>th</sup> Nov	<b>INJASUTHI:</b> Hike to Wonder Valley Cave. Meet at the Injasuti Wildlife office at 9:00. Climb to the top of Van Heyningen's Pass and across Shada Ridge to the cave. There is a waterfall and pool in the valley below the cave. Bring your costume if you feel like going for a dip.	16km 470m	Farouk Omarjee	031-577 6336 081 530 8447 <a href="mailto:farouko@telkomsa.net">farouko@telkomsa.net</a>	3
14 <sup>th</sup> -15 <sup>th</sup> Nov	<b>HIGHMOOR:</b> Aasvoelsgransgrot, we meet at the KZN wildlife office and take a slow hike to the double story cave, this is a BEGINNERS hike – will be sleeping in the cave. Explore the surrounding area (bring costume to swim under the waterfall, next to the cave)		Jacqui Kennedy	<a href="mailto:Jacqui@retsol.co.za">Jacqui@retsol.co.za</a> 083 3999 255 I will e-mail all the details when you sign up RSVP by 18 <sup>th</sup> Nov	1

21 <sup>st</sup> Nov	<b>KLOOF GORGE DAY HIKE.</b> Upstream to 2 waterfalls. Leaving at 8.30am from the picnic site carpark. Small entrance fee. Bring sun protection, hat, water, snacks and a rain jacket. Moderate fitness required. Confirm with John beforehand.		John Mc Govern	John 082 6595111	1-2
21 <sup>st</sup> – 22 <sup>nd</sup> Nov or 20 <sup>th</sup> – 22 <sup>nd</sup>	<b>MNWENI AREA:</b> Not often visited is <b>GRASSCUTTERS CAVE.</b> To embrace the Mweni village life, join us on the Friday 20 <sup>th</sup> Nov as we spend the day at the Cultural Centre cycling, chatting with the locals and enjoying a Juba with them at one of the many spaza shops. Camp or book a bed at the Centre. Otherwise we see you 8.30am Sat at the Cultural Centre to start hiking to Grasscutters Cave.	36km	Christine Bro / John Pickup	<a href="mailto:christinebro3@gmail.com">christinebro3@gmail.com</a> <b>0827826025</b> <a href="mailto:johnpickup9@gmail.com">johnpickup9@gmail.com</a> <b>0721512031</b>	3-4
22 <sup>nd</sup> Nov	<b>HOWICK MEANDER</b> - Local day hike - Symmonds Stream Conservancy, Beacon Hill Conservancy, along the Umgeni River to Howick Falls - option to the bottom of the falls - several local eateries for food & drinks at the end of the hike - note the distance & grade - Combined hike with other clubs - Last bookings Wed 18 Nov. Cost: R20 per person for the conservancies.	15km	Keith Ashton	Tel: 033 239 5023 <a href="mailto:keimarg@iuncapped.co.za">keimarg@iuncapped.co.za</a>	2+

### December 2015

Date	Description	Distance / Height	Leader	Contact	Grade
5- 6 <sup>th</sup> Dec	<b>MONKS COWL:</b> Stable Cave via Steilberg, which requires a little bit of rock scrambling. Returning via Jacobs Ladder. Over-nighting in Stable Cave. Meet and walk from Dragon Peaks, Champagne Valley. Option to travel on Friday evening & joll at the Dragons Peak.	18km (9 per day) 500m	Andy Brown	Tel; 072 101 2498  e-mail: <a href="mailto:andybza@gmail.com">andybza@gmail.com</a>	3
13 <sup>th</sup> Dec	<b>BEACH WALK:</b> Umdloti to Umhlanga beach walk and lunch at the Bush Tavern. 12.5km on sand, meet at 08h00. Start at 08h15 Umdloti Beach carpark. Rain stops play.	12,5km	Heidi Cox	Cell: 0827064283 / email: <a href="mailto:heidi.dinan@gmail.com">heidi.dinan@gmail.com</a>	2
12 <sup>th</sup> – 13 <sup>th</sup> Dec	<b>MKOMAZI:</b> End the year off with a Flintstone Christmas in "Mini Paradise." A short walk to the beautiful <b>CYPRUS CAVE</b> , where one can dive into the pools for a refreshing swim, and sit either on the grass or on a rock chair around the rock table. The distance from the cars to cave is only 3.5 km, therefore we can carry loads of Christmas snacks and pressies to share. A prize for the best dressed Flintstone. Lunch at the Bierfassel on the way home. Ps. There is another cave opposite the river which could also be used for sleeping.	7km	Christine Bro / John Pickup	<a href="mailto:christinebro3@gmail.com">christinebro3@gmail.com</a> <b>0827826025</b> <a href="mailto:johnpickup9@gmail.com">johnpickup9@gmail.com</a> <b>0721512031</b>	2
12 <sup>th</sup> – 13 <sup>th</sup> Dec	<b>BUSHMANS NEK:</b> Tarn Cave via Cedric's Pool and Ostrich Cave, returning via Vast Cave.	22km 680m	David Gay	031-7640298 (18h00 – 20h00 Mon-Thurs only) : <a href="mailto:cougar1@telkomsa.net">cougar1@telkomsa.net</a>	3

19 <sup>th</sup> Dec	<b>KLOOF GORGE DAY HIKE.</b> Upstream to 2 waterfalls. Leaving at 8.30am from the picnic site carpark. Small entrance fee. Bring sun protection, hat, water, snacks and a rain jacket. Moderate fitness required. Confirm with John beforehand.		John Mc Govern	John 082 6595111	1-2
19-20 <sup>th</sup> Dec	<b>MONKS COWL:</b> Meet at Monks Cowl Wild Life Office at 8:00. Follow route to Zulu Cave and back via the Sphinx trail. Fitness required.	28km 950m	Farouk Omarjee	031-577 6336 081 530 8447 farouko@telkomsa.net	3
31 <sup>st</sup> Dec – 2 <sup>nd</sup> Jan 16	<b>BUSHMAN'S NEK- CELEBRATE NEW YEAR IN STYLE IN A STUNNING AREA -</b> Short (one km) backpacking to Bushman's Nek Hut for a two-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 Midlands Hiking Club. Bring your favourite tippie & goodies to celebrate. - Please book early to secure place - last bookings by 14 Dec. New cost after 01/11/15 - R100 pppn (R200 Total pp)	12- 15km each day	Keith Ashton	Tel: 033 239 5023 <a href="mailto:keimarg@iuncapped.co.za">keimarg@iuncapped.co.za</a>	2-3

### Advance Notices

Date	Description	Distance / Height	Leader	Contact	Grade
4 <sup>th</sup> – 7 <sup>th</sup> Jan 2016	<p><b>STRANDLOPER TRAIL</b></p> <p>We travel to Kei on the 4th to start the 4 days / 3 nights hike on the 5th. We have booked and paid in full - R550.00, which is the full amount for trail fees. R75.00 extra for the first night if we chose to stay over at base camp in Kei mouth. Should we stay the final night at the base camp in Kei it is a further R75.00</p> <p>Shuttle transport from the end which is Gonubie back to the cars can be arranged. At this stage we do not know the cost.</p> <p>TRANSPORT arrangements, can be sorted once we know who is committed.</p> <p>For MAP and INFORMATION have a look at <a href="http://www.strandlopertrails.org.za">www.strandlopertrails.org.za</a></p> <p>Receipt of full payment of trail fees and accommodation secures your spot. This is high season, and the trail fills up quickly, so please bear that in mind.</p> <p><b>NOTE:</b> As of 04/09, the above hike is full.</p>		Christine Bro / John Pickup	<a href="mailto:christinebro3@gmail.com">christinebro3@gmail.com</a> <b>0827826025</b> <a href="mailto:johnpickup9@gmail.com">johnpickup9@gmail.com</a> <b>0721512031</b>	

**Note:** It is the prerogative of a hike leader to accept or reject members or other applicants from participating in his or her hike, after questioning the applicant on their fitness and experience. It is a privilege not a right to participate in a hike.  
Day hikers are requested to phone the leader beforehand to confirm their attendance and that the hike is still on schedule.

## MZIMUDE CAVE via TSEPENG PASS returning via SOUTHERN MZIMUDE PASS

by Andy Brown

29 & 30th Aug 2015.

Start from: Garden Castle.

A hiking sage once wrote "There is never a good time or place to break in new boots". Bruce and I decided that bundu bashing in Tsepeng Pass was that place.

Saturday 08:30. Sunny with clear blue skies. Six intrepid hikers departed in search of Mzimude cave.

10:15. After a leisurely walk along a well maintained path the party took a quick pit stop at the cavernous wind tunnel that is quaintly known as Sleeping Beauty Cave.

10:30. Let the fun begin as we now bundu bash around the contours below "The Bollard" to reach the unnamed valley leading to the base of Tsepeng pass.

12:30. After a tough two hours traversing we reach the valley and regroup in search running of water and a place to lunch.

13:00 Now the hard work begins as we leave the river bed and start the steep haul up Tsepeng pass.



Looking up to Tsepeng Pass (arrowed)

15:00. The pass walls start to steepen and we find ourselves in a narrow boulder strewn gully covered with broken bands of deep firm snow. Some serious rock scrambling and front pointing awaits us.

15:30. "The wind". As if it were not enough to fight the altitude and our packs, nature now decides to send gusts of gale force winds barrelling down the pass upon us. The youngsters in the party also think that pelting us with snow "ice" balls is helpful.

16:00 "Hurray". Snow and boulders vanquished as we summit the top of the pass at 3100m having gained 1300m elevation. The plateau is relatively featureless with the exception of Tsepeng and Mzimude peaks nearby. A quick pit stop and time to head for the shelter of the cave.



Nearing the top of Tsepeng Pass

16:30. A pleasant stroll across the plateau is rudely interrupted by the necessity to haul water the last kilometre to the cave.

16:45. We reach the cave nestling near the top of the gully of Southern Mzimude pass at 3075m. There are actually three caves close together. Firstly one passes a small annex before reaching the main cave which snugly accommodates six people with packs. A second similar sized cave is found a little further along at the same level but this is undoubtedly wet in the summer. The top of the pass could easily be missed in misty conditions.

Having evicted all the baboon dung from the cave we settled in. The temperature is dropping rapidly and the wind is picking up. Fortunately this is a true cave and is reasonably deep and sheltered.



On the plateau filling the water bottles

As the evening progresses and we enjoy a few drinks, the gully is brightly illuminated by the full moon.

Sunday. 06:00. The wind is still howling up the gully as we prepare breakfast and pack our kit away. It is pretty cold out there.

07:30. We emerge from the cave ready to tackle Southern Mzimude pass dressed like arctic explorers. The wind has now changed direction and is threatening to blow us all down the steep rocky stream bed. Fortunately after five hundred metres or so the wind drops and the temperature rises.

09:00. The gully is now opening up and we take a quick pit stop by a small waterfall to replenish water supplies,

snack and stow away the arctic gear. A small semblance of a path is now evident.

10:00. We meet the Mzimude river as it flow down from the Northern pass where the two passes converge at the top of Hidden Valley. The Northern pass is not a recommended route as it is in reality a steep scree filled gully.



**Mzimude Cave**



**Descending Mzimude Pass**

10:45. Another quick pit stop as we inspect Sherry "cave" which is merely a large overhanging rock and strictly only a port in a storm. At this point hidden valley has opened out into wide flat veld.

11:30. Puff Adder Rock. So named for the frequency of adder sightings. No luck today. At this juncture we now start the forty five minute pull out of the valley to the point where we meet the Giant's Cup trail and commence a further forty five minute descent parallel to Sunken Valley and on to the car park.

13:15. Under threatening skies we return to Garden Castle tired, but happy. At one with our boots and the Berg a great hike is over.

Sadly with the exception of one Lammergeier and a few lizards no other wildlife was seen on this trip.

In summary:

This is a brilliant but tough hike deserving of it's 4/5 rating. None of us could really believe we had only hiked 27 kilometres. In reality only the first and last one and a half hours of this hike are walked on paths, the rest is bundu bashing, boulder hopping and rock scrambling. The high stepping in the gullies really works the leg muscles. A short length of rope for pack hauling is advised for those not totally at one with their packs on the few vertical pitches. Be aware that water is scarce in winter and an over abundance in summer could be problematic due the amount of time spent in the gullies and the numerous river crossings.

**Hikers:** Andy Brown, Alan Etchells, Bruce Thomas, David van der Veen, Justin Wright and led by the legendary Dave Gay.

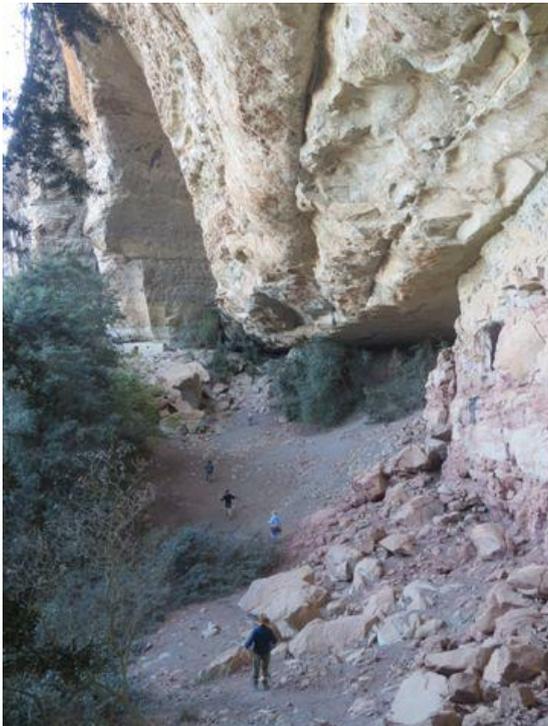
Distance: 27km

Elevation: 1300m

### HIKE TO CANNIBAL CAVE

July 18th - 19th.

By Christine Pickup



**Cannibal Cave**

Another visit to an unusual cave, in a dog eat dog world, there was a time in this cave, when it was a human eat human.

Starting at Royal Nation Park, the walk up to the Cannibal Cave is about 11 km through truly beautiful scenery. After lunch, a few of us went on an exploration trip from the cave. With some scrambling, we managed to find a route through a patch of forest and up a narrow gully, ending up on a highpoint with a fantastic view over the surrounding countryside and the cave below.

As the cave is situated on the land of The Cavern, the owners allowed us to use the bonfire pit and provide bales of hay for seating. We got to enjoy eating toasted marshmallows sitting around a blazing bonfire

Sunday was another beautiful sunny day. A different route was taken for the return hike, with more stunning views

Total distance - approximately 22km.

PARTY: John, Christine, Natahsa, Geoff, Jacqui, Ingrid, Prem, Michael, Alan & son Michael and Andy.

**Ampitheatre view**



## SUMMITING GIANTS CASTLE

By Farouk Omarjee

5 – 6<sup>th</sup> Sept

On Saturday, ten of us set off on the hike to climb to the Giants Castle Summit.

We camped below Giants Castle that evening. The weather was misty and the Giants peak was shrouded in clouds.

On Sunday morning the skies were clear and we were looking forward to the views from the summit.

We set off at 6:00 a.m. and headed up the Giants Castle Pass. It was tough going to get to the top of the pass.

As we got to the top of the pass the weather began changing. Clouds began moving in. Fortunately we made it to the summit before our view of the world below was obscured.

The fantastic view made it worth the while slogging up the mountain.

We got back to our start point at the Giants Castle Resort at 4:45 in the afternoon. A long and tough hike which the group enjoyed.



**Camp below Giants Castle**



**Near the bottom of Giants Castle Pass**

### **HambaNathi - Walk with us” Guided Wild Coast Hikes**

HambaNathi offers guided hikes along the Wild coast, South Africa’s most beautiful, wildest and most exciting stretch of coast. Camp on unspoilt beaches, swim in magical rock pools, see an abundance of marine and coastal life. All hikes are fully catered. Transport and last night’s accommodation in Mbotyi are arranged. Visit our Website at <http://www.wildcoasthikes.co.za> or phone 031 202 9994.

### **Southern Secrets Hiking and Backpacking**

Discover some of the exquisite secrets of the Drakensberg Mountains and Lesotho, including visits to rock art sites, with a fully qualified and registered Mountain Guide (KZN0904) and Nature Guide (KZN1025). Single or multi-day trips. Contact Philip or Christeen Grant 033 9971817 cell 0824179163/2 email [pgrant@yebo.co.za](mailto:pgrant@yebo.co.za) or visit [www.southernsecrets.co.za](http://www.southernsecrets.co.za)

### **Berg Free Adventures**

David Sclanders runs single and multi day guided trips into the Berg, visiting rock-art sites, sleeping in tents, caves and mountain huts. He is a member of the South African Mountain Guide Association registered as a guide with the Department of Tourism, Registration Number KZN0050. He can be contacted on telephone or fax **033 239 5013**, Cell **082 443 4287** or visit [www.bergfree.co.za](http://www.bergfree.co.za).

### **Peak High Mountaineering**

Peak High Mountaineering is South Africa’s leader in guided hiking and mountaineering. We conduct tours and courses in a variety of destinations in southern Africa, including the Drakensberg, Cape Town (Table Mountain), Cederberg, Magaliesberg and Free State.

**Contact: Gavin Raubenheimer**

[gavin@peakhigh.co.za](mailto:gavin@peakhigh.co.za)

Tel: +27.333433168

Fax: +27.333433168

Mobile: +27.829905876

### **Discounts for Members**

MBC members are offered discounted rates at the following outdoor gear outlets:

**Trippler Sports**: The Warehouse, Bible House, 70 Ramsay Ave, Mayville, Durban. Phone 0825627411  
[www.trippersports.com](http://www.trippersports.com)

**The Kingfisher**: 53 Hunter Street, Durban. Phone: 0313683903 (Ganny)

**Flamingo Sales (Columbia gear)**: Contact Conrad Buchner Phone 0315395401 [conrad@flamingosales.co.za](mailto:conrad@flamingosales.co.za)

**Cape Union Mart**: [www.capeunionmart.co.za/](http://www.capeunionmart.co.za/)

## SOCIAL CALENDAR – PLEASE NOTE THE VENUE

### Directions to Sherwood Bowling Club - 860 Jan Smuts Highway.

**From Durban** - Take N3 out towards PMB, after Tollgate take the Sherwood off-ramp and turn right under the freeway in to Jan Smuts Highway, up the hill, past under the pedestrian bridge and at the first traffic lights take a right U-turn to join the opposite lane, drive down and turn left just before the pedestrian bridge, up this narrow lane for about 200m and then turn left through the gate into the Bowling Club parking.

**From Westville** - take the M13 towards Durban, past Westwood Shopping centre, through 45th Cutting traffic lights, down Jan Smuts Highway, turn left just before the pedestrian bridge, up this narrow lane for about 200m and then turn left through the gate into the Bowling Club parking.

**From PMB**, from Hillcrest take the N3 past the Pavilion and four-level interchange, take the Sherwood glide-off, keep left in to Jan Smuts Highway, past under the pedestrian bridge and at the first traffic lights take a right U-turn to join the opposite lane, drive down and turn left just before the pedestrian bridge, up this narrow lane for about 200m and then turn left through the gate into the Bowling Club parking.

<b><u>SOCIAL CALENDAR</u></b>	
<b>MBC Socials normally take place every 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month at the Sherwood Bowling Club, 7:00 for 7:30pm</b>	
<b>DATE</b>	<b>DESCRIPTION</b>
8 <sup>th</sup> Oct	<b>Club AGM.</b> The club will provide all the food. Rolls, sausage and salad. Please RSVP to <a href="mailto:chairman@mountainbackpackers.co.za">chairman@mountainbackpackers.co.za</a> . Come on people, we want to have a full house.
22 <sup>nd</sup> Oct	<b>Grand Traverse 2015 presentation</b> David van der Veen will give a presentation on the Clubs 2015 GT, Southern Africa's longest, most grueling and spectacular mountain hike. This year it was a bit longer: Amphitheatre to St Bernard's Peak in 15 days
12 <sup>th</sup> Nov	<b>Debbie Bower</b> will give a talk on ancient Egyptian customs relating to Obstetrics and Gynaecology. This fascinating insight into her Master's Research Dissertation findings will have you riveted and you WILL go home having learned something you never knew!
26 <sup>th</sup> Nov	<b>Photo Competition</b> judging by Maggie and Wendy of the Bluff Camera Club.
10 <sup>th</sup> Dec	<b>End of the Year Party</b> and 'Bring and Braai' at the Sherwood Bowling Club (7.30pm). Contact <a href="mailto:info@mountainbackpackers.co.za">info@mountainbackpackers.co.za</a> . Salads and rolls will be provided.
24 <sup>th</sup> Dec	No social