



# MOUNTAIN BACKPACKERS CLUB

## Fixture List: October - December 2012

### CHAIRMAN'S CHATTER

Dear Members

Spring is here rejuvenating the country, putting colour back into the golden landscape. If you enjoy birding and appreciate the flowers of the berg, this is the time to get out there!

Thanks to our leaders we will have a number of day and overnight hikes during the following three months. Book a week or so before the hike to avoid the disappointment of being too late. Also thanks to Barry and the crew for your efforts in putting the camp out together.

Remember to have early starts to your hikes to avoid the surprise afternoon storms that soak unwary hikers and turn footpaths into muddy streams!

The Annual General Meeting is upon us; please give some thought as to who you want in the committee, after all, it is your club and we depend on your attendance and input to take this club forward.

Happy hiking and see you at the AGM.

Eddie  
Chairman and Committee  
Mountain Backpackers Club

## MOUNTAIN BACKPACKERS CLUB COMMITTEE

Chairman:	Eddie von Bargaen	083 2811288
Vice Chairman:	Bobby Stanton	031 4655535
Treasurer:	Bobby Stanton (temporary)	031 4655535
Fixture List / Magazine:	Bobby Stanton	031 4655535
Membership / Subscriptions:	Jovita da Silva	082 6919180
Committee member	Heidi Dinan	082 7064283
Socials Committee	Alan Etchells	082 3984103
Socials Committee	Barry Stapleton	082 6574345
Socials Committee	Brendon Cadman	082 4556986
Socials Committee	Karen Miller	082 7423266
Socials Committee	Lisa Guastella	082 8604043

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

Andre Noel & family  
 Bernard Liebenberg  
 Billy Barret & family  
 Bradley Cox  
 Hilton Menne  
 Lisa Bielovich & family  
 Lisa-Anne du Plessis

Manqoba Sabela  
 Razia Akoo & family  
 Rory Evans  
 Satish Makan  
 Victoria Howell  
 Warwick Shaw

#### **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.

### October 2012

Date	Description	Distance Height	Leader	Contact	Grade
7	<b>Karkloof</b> - Day hike through Everdon Estates 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. Cecil Hackney will lead the hike but please contact Keith. Don't miss this one. Combined Midlands Club hike. R10 pp donation.	15 km	Cecil Hackney	Keith Ashton 033 2395023 082 846 6179 keimarg@iuncapped.co.za	2+
14	<b>Day Hike from Minerva Heights Farmhouse</b> Minerva Heights is situated in the Byrne Valley close to Richmond. Hike is approx 4 hours through grasslands, indigenous forest and plantation. Braai facilities are available. R10 donation to farmer. Very secure parking for vehicles. Meet hike leader at 08h00 at the BP garage on the road through Richmond.	12 km	Dave Tighe	031 4649033 or 076 028 0708	2
13-14	<b>Kamberg – Sinclair's Cave</b> - fairly easy hike , only take 8 hikers in the cave , late bookers may have to bring tents as the cave can get wet in rainy conditions. Book by email only.	26 km	Dave Sclanders	bergfree@absamail.co.za Last bookings 8 October	3
21	<b>Umdloti to Umhlanga beach walk</b> and lunch at Bush Tavern. Meet at 08h00 and start at 08h15 Umdloti Beach car park.	12.5 km	Heidi Dinan	082 7064283	2
21	Walk the fields and forests of <b>Karkloof</b> . One can turn back to the cars whenever. Children are most welcome. Bring a packed lunch. Meet at No. 24, District Road 209, Karkloof at 8.30am.	20 km	Christine Bro	082 7826025 christinebro3@gmail.com	2
20-21	<b>Wonder Valley Cave</b> Start from Injasuti Wildlife Office at 8:30 to Wonder Valley Cave via Van Heyningen's Pass. Suitable for first-time backpackers unsure of their fitness. For those who are brave enough to handle the cold water, bring your costumes for a dip in the lovely pool below a waterfall.	16 km 470 m	Farouk Omarjee	031 5776336 (between 18:30 & 20:30) 083 4190196 FaroukO@telkomsa.net	3
20-21	Hike to <b>Mzimkulwana Hut</b> from <b>Cobham</b> . Gentle skirting of the lower berg to a hut nestled in a small valley. Good amenities at the hut. Great for first time backpackers.	16 km 200 m	Grant Wilkinson	081 3725611	3
28	<b>Paradise Valley to Pavilion</b> A linear day walk from the nature reserve (entrance R6pp) to The Firkin Pub on the roof of the Pavilion. No meeting at Union Main. Meet at The Firkin at 8.15 to organise cars for shuttle. Ramblers Club hike.		Margie	073 4376915	2
27-28	<b>Mhlopeni Nature Reserve</b> , Muden area. SA Natural Heritage Site. Self catering camp (R150 pp) and bring your own tent (R80pp) Accommodation available. Guided hikes Saturday and Sunday. Pre-booking and payment essential.		Heidi Dinan	082 7064283	

27-28	<b>Wave Cave via Hidden Valley</b> , returning via Secret Cave and Sleeping Beauty Cave. (Garden Castle Area)	23 km 590 m	Dave Gay	031 7654246 (18h00 to 20h00 Mon-Thurs only) cougar1@telkomsa.net	3-4
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### November 2012

Date	Description	Distance Height	Leader	Contact	Grade
4	<b>Umkomaas to Scottburgh</b> A walk on the beach. Please bring black bags to collect Rubbish. No meeting at Union Main. Meet and park at Umkomaas at 8.15. Optional drinks/lunch later at The Cutty Sark. Ramblers Club hike		Yvonne	083 6988836	2
3-4	<b>Bushman's Nek - Lammergeier Cave</b> Flowers should be out - great flowers in this area. Fitness required . Combined hike Midlands Hiking Club & MBC. Book via email only.		Dave Sclanders	bergfree@absamail.co.za Last bookings 22 October	3-4
3-4	<b>Vaalribbokkop Cave</b> via Jacob's Ladder, returning via Hlatikhulu Nek and the Sphinx. (Monk's Cowl area)	34 km 620 m	Dave Gay	031 7654246 (18h00 to 20h00 Mon-Thurs only) cougar1@telkomsa.net	3-4
11	Exploratory hike from <b>Top Rock Farm</b> (excellent Gemstone & Rock museum) in <b>Ashburton</b> , Lower Mpishini conservancy, through Ravine, bushveld and Acacias. Pack picnic for after. Meet Pinetown 7.30 am, petrol share and R20pp conservancy donation. Phone Tanya to confirm.		Tanya and Brian	082 4147482 031 2662305	2
10-11	Flyfishing and hiking weekend. <b>Loteni Drakensburg</b> Prices TBA, pre-booking and payment essential.		Heidi Dinan	082 7064283	
10-11	<b>McKenzie's Cave.</b> Meet at the Nottingham Road Spar at 8:00. Start hiking from the Mkomazi Wildlife Office at 9:00.	22 km 640 m	Farouk Omarjee	031 5776336 (between 18:30 & 20:30) 083 4190196 FaroukO@telkomsa.net	3
9-11	<b>Bollard Pass</b> , returning via Mashai Pass. Tents required. (Garden Castle area)	24 km 1100 m	Dave Gay	031 7654246 (18h00 to 20h00 Mon-Thurs only) cougar1@telkomsa.net	4-5
18	<b>Nkutu Gorge/Inanda Dam View Sites</b> Hike along the escarpment then across to the Umngeni River Valley and Inanda Dam view sites. Meet at Union Main, Pinetown, at 8.00 or at Nkutu Car Park (the farther of the two Krantzkloof picnic sites) at 8.15. Entrance fee R15pp, petrol-sharing R20. Rambler's Club hike.		Colin	031 7083517	2
17-18	<b>Bushman's Nek.</b> Backpacking to and overnight in Bushman's Cave. Beautiful hike alongside Bushman's River via Slab Cave. Lovely waterfalls and pools en-route. Options to explore further from cave. Combined Midlands Club hike.	12-15 km/day	Keith Ashton	033 2395023 082 846 6179 keimarg@iuncapped.co.za	3
25	<b>Fish Eagle Trail</b> , Umgeni River. Meet at Green Hub Durban 08h00, leave 08h15, R50pp - new trail for MBC, let's go explore!	16 km	Heidi Dinan	082 7064283	2

25	<b>Dargle Conservancy</b> - Day hike through indigenous forest on private land - climbing above forest for magnificent views of surrounding areas. Prolific bird life. Note this is a longer hike that normally done in this area. We will be guided by owner Barend who is very knowledgeable about the local plants, trees, birds & animals. Stunning location, not to be missed. Combined Midlands Club hike.	12 km	Keith Ashton	033 2395023 082 846 6179 keimarg@iuncapped.co.za	2
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### December 2012

Date	Description	Distance Height	Leader	Contact	Grade
2	<b>Ballito to Salt Rock and back</b> Joint Ramblers/Mountain Backpackers hike. Duncan's popular, annual 10km sandy beach route with tidal pools and rocky outcrops. No meeting at Union Main. Meet next to the service station at Hypermarket, Durban North, at 8.00 or at Tedder Way, Ballito, at 8.30. R30 petrol-sharing. Optional drinks/lunch at a venue to be decided on.		Duncan Hiles	083 2297748	2
1-2	<b>Lower Injasuti Cave.</b> Meet at the Injasuti Wildlife Office at 8:00 for an 8:30 start. Ideal for first time backpackers unsure of their fitness.	15 km 300 m	Farouk Omarjee	031 5776336 (between 18:30 & 20:30) 083 4190196 FaroukO@telkomsa.net	3
1-2	<b>Tarn Cave</b> via Three Pools, returning via Gargoyle Cave and Vast Cave. (Bushman's Nek area)	24 km 700 m	Dave Gay	031 7654246 (18h00 to 20h00 Mon-Thurs only) cougar1@telkomsa.net	3-4
9	<b>Umdloti/Sibaya</b> Meet at the Umdloti Car Park at 8.30. Hike along the Umhloti River and through conservancy area towards the casino. No meeting Union Main. Optional drinks/lunch at The Bush Tavern later. Rambler's Club hike		Jenny	084 9520622	2
8-9	Hike to <b>Rolands Cave via Organ Pipes Pass</b> (Cathedral Peak area). Amazing views from the Cave.	35 km 1600 m	Grant Wilkinson	081 3725611	4-5
8-9	<b>Kamberg exploration:</b> Camp near Roman Baths and visit rock art sites. Tents required. (Kamberg)	20 km 250 m	Dave Gay	031 7654246 (18h00 to 20h00 Mon-Thurs only) cougar1@telkomsa.net	3-4
23	<b>Beachwood Mangroves/Beach</b> Meet Ron and Christine at 8.00 at the entrance to Beachwood Mangrove Reserve for a tour of the mangroves and walk up to Glenashley or Umhlanga (depending on how hot it is!). To be confirmed. Ramblers's Club hike.		Marie	082 5860266 031 7053122	2
29 Dec - 1 Jan	<b>New Year Hike:</b> Please enquire		Dave Gay	031 7654246 (18h00 to 20h00 Mon-Thurs only) cougar1@telkomsa.net	4-5

## Advance Notices

Date	Description
23 Mar - 5 Apr 2013	<b>Grand Traverse of the Drakensberg</b> Sentinel car park to Sehlabathebe Lodge - 230 km Grade 5  <b>To be led by Dave Gay</b>  <b>Start Training Now!</b>

### Achieve 13 Highs with Christine Bro and John Pickup in 2013 Put this in your diary

(Contact Christine on 082 7826025, [christinebro3@gmail.com](mailto:christinebro3@gmail.com) and  
John on 072 1512031, [johnpickup9@gmail.com](mailto:johnpickup9@gmail.com))

Date - 2013	Venue	Goal	Height (m)	Distance (km)	Tents
26/27 Jan	Loteni	Redi Peak	3309	30	Yes
23/24 Feb	Cathedral	Cathedral Peak	3304	20	No
30/31 Mar	Sentinel car park	Mont-Aux-Sources	3282	20	Yes
25/26 May	Cathedral	Cleft peak	3277	34	Yes
29/30 Jun	Giant's Castle	Giant's Castle	3314	32	Yes
27/28 July	Monk's Cowl	Champagne Castle	3246	40	No
30/31 Aug	Bushman's Nek	Devil's Knuckles	3050	30	No
28/29 Sep	Monk's Cowl	Intunja	2408	30	No
25/26/27 Oct	Garden Castle	Rhino / Mashai / Walkers Peaks	3056/3309/3306	42	Yes
24/25 Nov	Sani Top	Thabana Ntlenyana	3482	24	No (passport required)
8/9 Dec	Monk's Cowl	Sterkhorn	2973	17	Yes

**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.**

### Coastal Cleanup Day

By  
Heidi Dinan and Lisa Smith

On Saturday the 15th of September, under the guidance of KZN Wildlife's Rosalind Macdonald, the North Coast bunch of brave MBC International Coastal Cleaner-Uppers joined about 40 School children from Verulum to do our bit to better the lot of our marine life along the stretch of beach between the Umhlanga Nature Reserve and the Lagoon that lies between Umhlanga and Umdloti. The weather was wet and miserable, so to those who did venture out, namely Rosslyn and Dave Marot, Dillwyn and Jenny Williams, Ted Bartlett and the Cox clan, I am truly grateful and you have my utmost admiration! Boy oh boy, was it more appealing to roll over and curl back up under the duvet when I heard the pounding of torrential rain outside my window? - but off we went. Thanks to the pouring rain, we all huddled in our cars until we had to venture out, we were please to see each other and keen to go and sort out the beach, but unfortunately the wind and rain washed away any great Kodak moments! After collecting a myriad of odd and expected objects, from hundreds of ear-buds (who would have thought???), plastic packets, plastic bottles, wine bottles,

cans and bottle tops as well as various items of clothing – nothing too gross or intimate thank goodness! left the beach a better place for our efforts. Scrambling up the dunes to fetch windswept and tossed items was the most common past-time, often causing a dilemma of whether to disturb the dune or fetch the litter.

One does wonder sometimes what is learnt, when learners spend 2 hours on a beach clean-up then whip off their gloves, dump them on the sand and make a run for the bus – needless to say, Rosalind pulled them up on that really fast!

Once we were done, under the dubious shelter of a car boot lid, I recorded all that everyone had collected so that the greater powers-that-be can statistically analyse the litter that is found, that is harmful to life on our beaches and in our oceans. It is so important that people realise the impact they have through careless acts of littering, even in-land, and the compound effect it has on the ecosystem.

In spite of the weather, it was a great few hours, always good when wonderful people are in the mix and incredibly good for the soul. Thanks to the efforts of our folk as well as the thousands, perhaps even millions of people who took part in the event worldwide, for a moment, the coasts were a better place – sometime, it'll last ...

Next year, watch this space and see you there – but in the meantime, feel free to rescue the odd turtle from a slow and painful death, by picking up a bag or two blowing on the beach!

Heidi

The International Coastal Cleanup is an annual event that usually takes place on the 2nd or 3rd Saturday of September – the event is a platform for cleaning litter from the beaches, while at the same time documenting all the rubbish collected to get a better understanding of what the main litter issues (and sources) are and to raise public awareness of the pollution of our beaches. This year's event fell on Saturday 15 September, and two teams from Mountain Backpackers Club were assembled to tackle Umhlanga north (led by Heidi Dinan) and from Treasure Beach south to Umlaas Canal (led by Lisa Smith). Unfortunately Saturday the 15th coincided with a really grim day in Durban – wind and copious amounts of moisture from the sky, i.e. lots of rain greeted the dedicated participants. While Heidi Dinan and her loyal band of helpers courageously braved the elements at Umhlanga north, I decided to postpone to the Sunday. Good call! And so our small group of participants consisting of Jovita and Gabriella da Silva, Rosanne & Chris Coyne, Tanya Hall & Brian Merryweather (and their dog), Alan Smith and myself descended down the 200 steps to Treasure beach in the sun.

Well, I can only say that we were overwhelmed by the amount of litter on our stretch of coastline. The heavy rains of the previous day and of two weeks ago had taken their toll and washed a huge amount of litter down the Umlaas canal, which had then got washed onto the beach. Armed with Jovita's sponsored latex kitchen gloves we tackled the first stretch with enthusiasm and soon realised that the litter was way beyond our capabilities - our efforts were a mere drop in the ocean. We needed 500 people, never mind 8! Seizing the opportunity, Tanya descended on a group of school kids on an educational tour of Treasure beach rocks and handed some rubbish bags to them to help out. Unfortunately these were placed at the foot of the 200 stairs leading up from the beach, leaving us with more bags than we had bargained for to take up the stairs again to the car park – this should make us fit. As we walked closer to the Umlaas canal the number of PET bottles increased, as did the amount of litter. Unusual items collected (apart from the odd condom and sanitary pad) included someone's nameplate from an ashes urn, the back of a TV set, a cordless kettle and an iron. As expected, there were a large number of bottle tops, plastic lids and plastic bottles and, as with Heidi's findings, we found an unusually high number of ear-buds – what are all these people doing with them (apart from cleaning ears of course)? It is unknown if Municipal services (DSW) ever clean this stretch of beach, but if they don't, they certainly should!

Thanks to all the helpers – let's make a bigger and better effort next year.

Lisa



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**Hike up Sani Pass 14-15 July 2012**  
by  
**Kathy Kruger**



Sani Pass has always held a special allure for me. Over the years, I've run down the pass numerous times (this year will be my 12th Sani Stagger downhill run), hiked up the pass and run back down the next day (also in winter), in preparation for the Rhodes Trail Run and hiked briefly at the top. Then, in 2006 and again in 2008 my late daughter, Lindsay and I ran the Sani Stagger downhill race together and in 2009 her and her boyfriend at the time, completed the race together. Despite having been up and down the pass numerous times, walking up the pass was always something that I had wanted to do with Lindsay and my 3 nieces. Sadly, this is one dream that will never be fulfilled - Lindsay was tragically killed in a car accident on 14 May 2011. So basically, that was how the Sani Hike originated - it also commemorated the 14 month anniversary of her passing. I thought it would be fitting if my late daughter's "other mom and dad", Brian and Gill, got to see what Lin and their son (who ran with Lindsay in 2009) had accomplished by completing the Sani Stagger, (a gruelling 21km downhill race from the Lesotho Border Post at the top of the pass to the Sani Pass Hotel at the bottom of the pass) hence they joined me on the walk, as did my eldest niece, Amy.

From wondering whether anyone else would be keen to join us, we ended up as a party of 21 people.

Two days before the planned hike, a concerned member of the group notified me of the extreme weather warning. I followed this up with the lodge at the top of the pass and with one of the tour groups, but at that

stage it was very difficult for them to predict the weather for the weekend. We all know just how quickly the weather can change in the mountains, so it was anybody's guess exactly what it would be like. Despite the extreme weather warning, I was most impressed that all 21 people arrived.

Six of us (Brian, Gill, Amy, Michael, Jacqui and myself) walked the 24km from the Sani Pass Hotel to the top of the pass while the remainder walked the 8km from the SA Border Post to the top.

We started off in cool, but reasonably pleasant weather (it was 4 degrees when we arrived at the hotel) though it wasn't long before we had a bit of rain. By the time we arrived at the SA Border Post (about 15/16km later) the weather had started to turn - the wind had picked up and the temperature had started to drop. We were excited to hear that there was snow at the top of the pass. After a long lunch break, we headed off, for the last and unbeknown to us at that stage, most treacherous, 8km. The pass gets progressively steeper as one gets higher and the last few kms are a killer, with numerous hairpin bends on route. Initially the six of us had all stayed together, but as we got further up the pass, we were scattered all over. We would wait for each other every now and then, but the extreme cold would force us to all carry on at our own pace till eventually we linked up again with about 3km to go. It wasn't long before we were once again separated - it rained intermittently and even started to snow lightly, much to the excitement of all - I could hear my niece shrieking with delight down the pass. The wind had picked up dramatically, causing the temperature to plummet even further and walking was extremely difficult. Eventually, with about 500m to go, Brian decided that he would try and get a lift with a vehicle that was coming up the pass, so I went ahead. Gill was a fair distance behind us, followed by Amy, Michael and Jacqui. The driving wind made staying upright quite a challenge and the road had become a quagmire of note. The last km must have taken me at least half an hour plus to do - it was an effort to just put one foot in front of the other. As I got to the top, Brian and Gill arrived by vehicle, as did Amy, Michael and Jacqui who got a lift with about 750/800m to go. Despite the atrocious weather, there was no way that I would have got into a vehicle - the road was extremely slippery and besides, I would have frozen to death waiting for one to come past. Gill said that it had been a really hair-raising drive. The fact that I was the only one who got to the top unassisted didn't make the achievement of the others any less than mine.

After passing through the Border Control, we still had to walk to the Backpackers, in near gale force wind.

There was light snow both on the ground (not enough to make a snowman) and the mountains. It had a stark beauty of its own, which we didn't really appreciate at the time. We must have looked a sorry sight when we entered the Backpackers - wide-eyed and bewildered, we were completely numb from the cold, bordering on being hyperthermic - not even a steaming hot shower and a hot drink took away the chill as we tried in vain to warm ourselves in front of the fire (the wood was wet and wasn't exactly burning - so much for my visions of a roaring log fire). It wasn't long thereafter that we decided to head off to the lodge where I knew that we would have a better chance of both warming up and drying out all our wet gear. It's about a 500m walk to the lodge from the Backpackers and by that time, it was dark. With only headlamps to guide us (there is no electricity and everything is run on generators), we braved the icy wind once again. We couldn't get inside the lodge fast enough. Huddled around the fireplace, we eventually warmed up. Supper was delicious. There was plenty of food and a good variety at that. The lodge itself was full and there must have been between 40-50 people there in total. We had an enjoyable evening and everyone had their own "war stories" to tell. The six of us who had hiked from the hotel sat together and were still there by the time the rest of our party decided that they were going to walk back to the Backpackers, by which time the wind was howling worse than ever. We left a while later and were fortunate to get a lift back with the owner. We were also offered hot water bottles, which we gladly accepted. The wind was treacherous, it was pitch black and visibility was extremely poor - we felt somewhat guilty the next day on hearing from the others just how horrendous the walk back had been, which I can well believe - it was torture enough just getting to the waiting vehicle. With the wind chill factor, they reckon that the temperature got to at least -10 degrees that day. On the 8th June this year, it reached a record temperature of -21degrees. How the Basotho's cope with such harsh conditions on a permanent basis is beyond me.

There was no water that evening as it had frozen in the pipes. The wind continued to howl throughout the night and I hardly slept, half expecting the roof to blow off at any minute - it would die down every now and then and eventually by morning, it had subsided to some degree. The sun was out and the views of the white covered mountains were quite something. Only then did the starkness of the landscape hit me. The Backpackers is located in the midst of the Basotho village - the terrain is completely desolate, broken only by a few thatched roofed huts scattered across the landscape, with little to no sign of their inhabitants. Despite being chilly, our walk to the lodge was far more pleasant than it had been the previous evening. After an enjoyable breakfast we returned to the Backpackers to finish packing, before heading back down the pass. The wind was blowing, but it was bearable. We had perfect views of the pass from the top and the walk down was really pleasant - it even got quite hot at times. It's amazing how quickly the road had dried. We had decided beforehand that we would only walk to the border post and get a lift back to the hotel, which we did. Despite initially saying that I had wanted to walk from the hotel to the top and back again, I myself didn't see the point of walking the last 15/16km (walking up was different as we at least had a view of the mountains ahead) and besides, I think I would have got lynched if I'd even suggested it.

Despite the miserable weather, I thoroughly enjoyed the weekend - it was something that I'd wanted to do for a long time and to be able to share it with friends, family and like-minded people made it all the more memorable. I think that on the whole the weekend was enjoyed by all. From the roaring log fire (eventually), to the delicious food and the friendliness of the staff at the lodge, the warm hospitality of the owner, the good company in general and the clear views of the snow covered mountains and of the pass the next day, it was an experience that I think we will all remember for a long time to come.

Years ago I recall seeing a note that was written on the door at Sani - it read "Sani is not for sissies" - I think that each member of our party of 21 can be proud of themselves and of their achievement, given the extreme conditions. I myself had a few niggles on Sunday, but by Monday morning they were gone and forgotten and only the memories of what we had achieved over the weekend were remembered. For me, the experience gained far outweighed the discomfort and effort it took to get there and left me feeling somewhat invigorated, with a new zest for life.

Life is full of challenges - this was one of the easier ones.

p.s. I am taking bookings for next year's hike, if anyone is interested - space is limited, so book early...

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## **John McGovern has some equipment for sale**

### **Waterproof trousers**

First Ascent 'Summit' pants (salopettes). Fully waterproof. Size medium Men's. Full length leg side zips. Perfect condition, only worn once. New price R1399. Selling for R1000. No offers.

**La Sportiva 'Vajolet' hiking boots.** Made in Italy. Size 43 (9 1/2) (I will be replacing them with a size 44).

Brand new, only used for 6 km. I paid R2675 Will accept R2300, no offers.

This is a really good all round hiking boot.

Contact John on  
082 6595111 or  
johnmcg@mweb.co.za

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## **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).

## NAVIGATION TRAINING WORKBOOK

**NAVIGATION Anyplace Wild – by Andrew Friedemann** This very practical workbook has tasks to complete in it, & is aimed at anyone who travels in the outdoors and needs to navigate. Although written primarily for walkers, it will work for anyone including horse riding, cycling, military teams etc. It has been fully revised and updated to be applicable anywhere in the world, so no matter where you are it will work for you.

The book is 160 pages in full colour with great pictures from all around the world where we have travelled, our guided trips and training courses – making it a great coffee table book too. It comes with a pull out map on which most of the tasks are completed and the website will have additional free tools available for download and in the near future additional tasks and maps for you to continue practicing skills and gaining knowledge once you have finished the book. Chapter 1 is downloadable for free from the website (*4mb*)

There have been a number of variations of the book over the years with each new one being tweaked after use on courses and from feedback received from people who have used it. Reviews of the book can be seen at [www.navigationskills.com](http://www.navigationskills.com) For all South African orders, please contact Mammoth Outdoor in Cape Town 086 100 0370 or [hello@mammothoutdoor.co.za](mailto:hello@mammothoutdoor.co.za)

### **Discounts For Members**

**CAPE UNION MART** offers members 5% discount - **membership cards must be produced.**

**OUTDOOR WAREHOUSE** offers 5% discount when presented with a **valid membership card.**

## **BACKPACKING EQUIPMENT**

In the past some members have not hiked because they did not have the necessary equipment, particularly winter gear. Our club has a full range of backpacking items, making it unique in KwaZulu-Natal. In addition to the backpacks and tents, there are sleeping bags, rain gear and gas stoves. Comfortable, warm jackets are for hire on club trips by MEMBERS only.

### **Hiring Fees**

<b>Deposit</b>	<b>Item</b>	<b>Daily Fee</b>
R100	Tent	R20
R100	Backpack	R20
R50	Sleeping Bag + Liner	R10
R50	Gas Stove	R10
R50	Jacket	R10
R25	Mattress	R5
R25	Groundsheet	R5
R25	Poncho	R5

### **Example**

For a weekend hike, to hire one backpack you will need to put down a R100 cash deposit. You will be charged R20 per day, so the hiring fee will be R40 provided you return the backpack by the end of the Wednesday following the hike. If you return the backpack on the Thursday you will be charged an additional R20. You will therefore be charged a total of R60, which will be taken from the deposit. The balance of R40 will be refunded to you in cash.

All arrangements regarding the hiring of Club equipment are to be made with **Piet Smit (Tel. 031-2662881)** and the items must be collected from / returned to him at **4 Bohmer Place (off Knoll Road, off Blair Atholl Road, Westville).**

Items must be checked (i.e. count pegs, poles etc.) and cleaned (i.e. wash inner sheet of sleeping bag). Tents, sleeping bags etc. are to be hung out and shaken before returning. If it has rained on the weekend, hang items out to dry as soon as possible after your hike.

## 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 Jungle Nursery on the right, turn right under the pedestrian bridge into Tropical Nursery parking, follow the road past trees to the back of the nursery.

**From Westville** - take the M13 towards Durban, past Westwood Shopping centre, through 45<sup>th</sup> Cutting traffic lights, down Jan Smuts Highway, turn left under the pedestrian bridge (in front of Naked Ladies) in to Tropical Nursery parking, follow the road past trees to the back of nursery.

**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 Jungle Nursery on right, turn right under pedestrian bridge in to the parking of Tropical Nursery, follow road to the back of Tropical Nursery.

<b>SOCIAL CALENDAR</b>	
<b>MBC Socials take place every 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month at the Sherwood Bowling Club, 7:30 for 8:00pm Wors rolls or Hot Dogs are sold at the venue for R15 each.</b>	
<b>DATE</b>	<b>DESCRIPTION</b>
11 <sup>th</sup> Oct	Join <b>Don &amp; Anita</b> and share their Camino de Frances 790 km cycling experience from St Jean Pied de Port to Santiago. Also a short hike was done along the magnificent coast from Muxia to Finnesterre.
25 <sup>th</sup> Oct	<b>Photo Competition</b> judging by the Bluff Camera Club.
8 <sup>th</sup> Nov	Join <b>Eddie von Barga</b> n for his presentaton on the 4 day Mphongolo Trail in the Kruger Park north of Shingwedzi.
22 <sup>nd</sup> Nov	<b>AGM</b> , no free boerie rolls or wine tasting. We just need you. Come on people, we want to see the venue full, particularly members that cannot live without their Blackberry or Facebook. Those who would like to step forward as a committee nominee please contact Jovita da Silva (0826919180) or Eddie von Barga (0832811288)
13 <sup>th</sup> December	<b>Christmas 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> or tell a social committee member if you are coming. Salads and rolls will be provided.