

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.

| GRADINGS OF HIKES | |
|--------------------------|---|
| 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.

MIDLANDS HIKING CLUB FIXTURE LIST: APRIL TO JUNE 2019

REVISED 2019.04.24

| DATE | GRADE | DESCRIPTION OF ACTIVITIES | LEADER |
|--------------------------------|---|--|--|
| Sunday 7 April | Grade 3 +/- 12km. | DEMAGTENBERG– meet Karkloof Road, outside Amber Valley - 08.00 then proceed further 20km. to hike parking | Chris Dobson - 0824611954 |
| Sunday 14 April | | | |
| Easter Saturday 20 April | Grade 3 16km fairly flat | KAMBERG Roman Baths - if a nice day lovely pools to swim in. It is an easy steady walk on paths. Very slight climb up and down to the pools. This day hike is still open to confirmation at a later date. last booking - TUESDAY 16 APRIL | Dave Sclander - Book by e mail only with cell no & where you live. dave@bergfree.co.za Day entry fee R40.00 |
| Sunday 28 April | DAY HIKE | HILTON COLLEGE Hike details to follow | Alistair Nixon 0836606657 alanixav@gmail.com |
| Sunday 5 May | Day Hike Grade 3 600m climb | BULWER MOUNTAIN Straight up but what a view. One of MHC big 4 hikes. | Alistair Nixon alanixav@gmail.com WhatsApp 0836606657 |
| Sunday 12 May | Morning hike Grade 1 8km | MIDMAR THURLOW An easy morning hike through game area of Midmar. Entry R40 or Rhino card or Wild card | Sue Rowley SMS OR WhatsApp 0732131314 sue524024@gmail.com |
| THURSDAY 16 May | Social evening | "An Ethiopian Odyssey". Margaret Kirsten and Peter Wedge will entertain us with slides and stories of their recent hikes in Ethiopia. Church of Ascension Hilton 7pm | Free to members. Contact Penny Purchase Email chrispenny@telkomsa.net |
| Sunday 19 May | Morning hike Grade 1 8km | CURRYS POST A new hike on a small nature reserve . | Alistair Nixon alanixav@gmail.com WhatsApp 0836606657 |
| Sunday 26 May | Day hike Grade 3 12km 150m climb | HIGHMOOR Climb Mt Lebanon. Not a steep climb to the top, NO rock climbing involved. For those who might like to tent at Highmoor on Saturday , contact me earliest. Depends what time you arrive, we can do a walk to special place on Saturday. | Dave Sclander - Book by e mail only with cell no & where you live. dave@bergfree.co.za Day entry fee R40.00 |
| Sunday 9 June | Day hike Grade 2 14km 150m climb | FORT NOTTINGHAM COMMON .Great views of Dargle valleys Kamberg Mountain, and the Giants Range. Probably the last berg views before the winter veld burning turns the mountains into a blue haze. See Newsletter 14 Jan 2018. Last booking Wednesday 5 June. | Dave Sclander - Book by e mail only with cell no & where live. dave@bergfree.co.za Day entry fee R40.00 |
| Sunday 16 June | Grade 1 9km FF | MICHAELHOUSE NATURE RESERVE Lovely views of spring over the Balgowan Valley. Good for new hikers. Not pet friendly because of the Nguni cattle and game in the reserve. R20 donation | Penny Purchase 033 343 2162/ 078 948 3730 chrispenny@telkomsa.net |
| Sunday 23 June | Grade 3 + 600m climb 12km+ | MOUNT GILBOA Climb to the top of Karkloof through beautiful indigenous forests .A Big 4 hike. | Eric Essenwein erigres@gmail.com 0835542239 |
| Sunday 30 June | Grade 2-3 14km | 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 |