

EAST RAND HIKING CLUB NEWSLETTER

JANUARY 2019 TO MARCH 2019

IMPORTANT INFORMATION!

East Rand Hiking Club Contact Information

For all account queries and proof of payments please direct all emails to:

accounts@eastrandhikingclub.co.za

For all new memberships or queries on memberships please direct all emails to:

membership@eastrandhikingclub.co.za

For all general enquiries please direct all emails to:

info@eastrandhikingclub.co.za

Website & Facebook:

www.eastrandhikingclub.co.za

Our Facebook page is up and running and in full swing. Please do not hesitate to post HIKING photos, message or notifications of HIKING events that you would like us to know about.

Log onto Facebook and search under pages for: East Rand Hiking Club

If you have any suggestions or comments please let me know. I am even open to a little criticism -but not too much. My email address: sarahann0105@gmail.com



THINGS UP FOR GRABS!

WE are happy to announce that our inventory and variety of items is increasing. We now have the following up for grabs:

ERHC First Aid Kits	Gold Member: R 140.00	Silver Member: R 160.00
ERHC T-Shirts	Gold Member: R 135.00	Silver Member: R 150.00
ERHC Howzit Seats	Gold Member: R 350.00	Silver Member: R 390.00

Orders and payments can be made to the club. Simply email your proof of payment and order request to info@eastrandhikingclub.co.za and someone will attend to your request



WELCOME!

Welcome to all our current members, new members and prospective members. We hope to see you all on the trails soon

We are proud to announce that we have over 600 members on Facebook. Welcome to every one!

Platinum:	Honorary members	
Gold:	Memberships paid in full: This will entitle you to a 20% discount on all hikes as well as a 10% discount on all merchandise sold by The East Rand Hiking Club. You will also get priority on hiking waiting lists	
Silver:	No membership fees paid This will entitle you to book hikes and buy the merchandise sold by The East Rand Hiking Club at full price	
Single:	R 290.00 – current members	R 315.00 – new members
Family:	R 425.00 – current members	R 450.00 – new members

Family membership has now also been extended to immediate family not necessarily living with you



HAPPY HAPPY BIRTHDAY!

To all our happy hikers celebrating their birthdays in the months of

JANUARY, FEBRUARY and MARCH

We wish you a very happy birthday and hope you have many more birthdays to come.

May the year ahead be filled with laughter, love and hiking

HIP, HIP, HOORAY, MAY YOU ALL HAVE A WONDERFUL BIRTHDAY 😊

If I have missed anyone's special day, please let me know so that I NEVER miss it again!



WHAT IS HAPPENING OVER THE NEXT FEW MONTHS!

Our yearly planner is available on the website www.eastrandhikingclub.co.za but keep an eye out for updates. Here's what's happening in APRIL, MAY and JUNE

Date:	7 Apr 19 - CONFIRMED
Event:	Suikerbosrand Bokmakerrie
Hike type:	Day Hike
Rate P/P:	Entrance fee - pay at the gate
Notes:	For those wanting to train for something bigger this is your chance
Leader:	Eddy - 0834478582
Date:	14 Apr 19 - CONFIRMED
Event:	Klipriviersberg
Hike type:	Day Hike
Rate P/P:	Entrance Free
Notes:	There will be long and short distances for all levels of experience
Leader:	Eddy - 0834478582
Date:	19 Apr 19 - 20 Apr 19 - CONFIRMED
Event:	Suikerbosrand Hartebeest
Hike type:	Back pack
Rate P/P:	Entrance fee - pay at the gate
Notes:	A mini Easter hike for those just wanting to get out of the city for a night. Early start on Friday 19th April
Leader:	Alex - 0824463752
Date:	27 Apr 19 - 28 Apr 19 - CONFIRMED
Event:	Suikerbosrand Fundraising Event
Hike type:	Day hike
Rate P/P:	TBC - fundraising
Notes:	Join us for day hike on Sunday where we invite all hikers to join in on this noble quest to raise as much money as possible for a new hot water system installation at Springbok Hut
Leader:	Alex - 0824463752 and Izak - 0823221088
Date:	5 May 19 - CONFIRMED
Event:	Suikerbosrand - Bokmakerrie
Hike type:	Day Hike
Rate P/P:	Entrance Free - pay at the gate
Notes:	Practice hike but all are welcom
Leader:	Eddy - 0834478582
Date:	12 May 19 - CONFIRMED
Event:	Ezemvelo
Hike type:	Day Hike
Rate P/P:	Entrance Free - pay at the gate
Notes:	An oldie but a goodie
Leader:	Izak - 0823221088
Date:	26 May 19 - CONFIRMED
Event:	Hennops
Hike type:	Day Hike
Rate P/P:	Entrance fee - pay at the gate
Notes:	One of the clubs favourites
Leader:	Tonie and Bertha - 0825179287

Date:	31 May 19 - 2 Jun 19 - TO BE CONFIRMED
Event:	Kgaswane Nature Reserve
Hike type:	Back pack
Rate P/P:	TBC - pay to the club
Notes:	Something new to try
Leader:	Wendy - 0823102710
Date:	7 Jun 19 - 9 Jun 19 - CONFIRMED
Event:	Holhoek
Hike type:	Base Camp
Rate P/P:	R511 (Gold) and R640 (Silver)
Notes:	Bridges, tunnels and lots of game. Potjie for dinner on Saturday night
Leader:	Alex - 0824463752
Date:	15 Jun 19 - 16 Jun 19 - TO BE CONFIRMED
Event:	Stamvrug
Hike type:	Base Camp
Rate P/P:	To be confirmed - pay to the club
Notes:	Easy winter hike in the Waterberg
Leader:	Stuart - 0833041316
Date:	26 Jun 19 - CONFIRMED
Event:	Rustig - Magalies
Hike type:	Day hike
Rate P/P:	Entrance fee - pay at the gate
Notes:	Enjoy the day out doing what we all love doing.... hiking
Leader:	Izak - 0823221088
Date:	30 Jun 19 - CONFIRMED
Event:	Klipraal Heidelberg
Hike type:	Day hike
Rate P/P:	R60 per hiker - pay at the gate
Notes:	Enjoy a lovely day out
Leader:	Eddy - 0834478582



STORY TIME!

PAKHUIS TRAIL – CEDERBERG

28 DECEMBER 2018 TO 1 JANUARY 2019

28 December Arrival in Clanwilliam

We drove from Benoni on 27 December, over at Elandsrus near 3 sisters. This is an excellent stop over on a farm run by JH Patrys. The rooms were comfortable and food was excellent!

The temperature on arrival in Clan William was 35 C and we were met by Michelle Truter (the hike coordinator). We were reliably informed that the temperatures for the rest of the hike be 35 – 37 C!

The Pakhuis trail is a slack pack with all accommodation, meals, guides, and transport included which is brilliant for us hikers!

The first 2 nights we stayed at Blommenberg Guesthouse on a Bed, Packed Breakfast & Packed Lunch basis. The guesthouse was great, firstly we only had to pack our day pack and had a pool to cool off.

Dinner was arranged at Michael's on Park Restaurant with excellent food and a view of the mountains we were going to challenge the next day. We were also served with a shot of Shery or Lemoncard upon arrival.

Day 1 Pakhuis Pass to Krakadouw Cottages – 17 Km

The hike normally starts with being picked up at 06:30 but given the extreme temperatures we asked to be picked up at 5:00 am. We were transported to Pakhuis pass and picked up our guide Lindy on the way. This was ideal as we started to walk in the early light before sunrise and the first two hours we were hiking in the shade. The path is wide but we were glad we had a guide because in places there were many misleading paths. The scenery is stunning, everywhere there is rugged rocks and spectacular views.



Walking in stunning rock formations.



View from a rest spot.

However, the second half of the hike was in the blazing sun. For the next 3 hours we suffered in the heat – yes it was over 30°C by 8 am and rose to 37°C when we finished at 12:00.



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There was a 600 m descent in the end which was tough going. One of those hikes where you can see the end but it takes an hour to get there. Yours truly as hike leader was exhausted, I had just recovered from flu and a week in UK with 6 C temperatures and rain. We were #*@! finished after that hike.

It was great to get back to the guest house and lie in an airconditioned room. An evening swim and dinner again at Michael's on Park Restaurant. Excellent food to end a horrific day of hiking.

Day 2 –Krakadouw Cottages to Heuningvlei– 14 Km

Day 2 is a 14 km with a steady 900 m climb. After our experience of the heat in day 1 and predicted temperature of 37°C again we opted to rather take the donkey cart ride from Pakhuispas to Heuningvlei. Thanks to Michelle Truter who quickly and efficiently changed our agenda.

When we arrived at Pakhuispas the donkey carts and just arrived so our drivers informed us we had to wait an hour for the donkeys to rest. They suggested we could hike on ahead and they would catch us up which we did. We had a fantastic stroll up the first part and then got picked up just before the steep climb. Again, it was very hot already at 9 am in the morning.

The donkey cart ride was bumpy, exciting and entertaining. One had to hold on for dear life, there are steep cliffs on a very narrow road, but the drivers are very entertaining with their constant banter to keep the donkeys moving. "Stap President Stap", President being the lead donkey. "Kom on gaan huis toe, julle moet loop". "Ek weet dis stuil – ons is amper booe – kom, moenie no luie wees."



Matthew on the donkey cart



Heuningvlei Backpackers Guest Lodge

We arrived in Heuningvlei in 1 piece and the Backpackers Guest Lodge is stunning. Behind the guesthouse is plantations of Ceder trees, nearly all the trees were removed for wood in the 18th and 19th century and a fire in 2014 destroyed most of the remaining trees. The power went off around 3 pm and we were later informed about the disastrous fires in Wuppertal. The power never returned in the two plus days we were there.

The locals looked after us brining us excellent cooked meals in spite of there being no electricity. The people we met in this small clan are admirable with their work ethic and constant drive to live well. Also, we must not forget the puppies of Heuningvlei. They were the most adorable dogs during this entire holiday!

Day 3 – Heuningvlei circular route – 10 Km

Day 3 was an easy day hike of 10 - 12km in the hills to the east of Heuningvlei. The trail was not too steep with a gentle climb up of 250 m and then a 300 m descent. We stopped at 2 caves with some rock art. Again, the rock formations and views were stunning. Near to Heuningvlei the locals have permission to plant rooibos plantations to supplement their income which traditionally was mainly from sheep farming. Again, it was very hot.

We followed the traditional 9 pm 'happy new year' (Mauritius happy New year).



Hiking through rooibos plantations



Bushman paintings on the trail

Day 4 – Donkey cart ride and Sevilla Rock Art Trail

We had an early start again and set off back to Pakhuis pass on the donkey carts.

We were then transported to the Sevilla Rock Art Trail. The Sevilla Trail consists of 9 different rock art sites, and will take about 3 hours to complete. The Cederberg is one of the best areas for rock art in Southern Africa with 2,000 discovered sites. (The other three areas are the Drakensberg mountains in KwaZulu Natal, the Brandberg in Namibia and the Matopos in southern Zimbabwe.)

Matthew and our driver had an interesting encounter with a Cape Cobra. This is what happens when you walk ahead of the guide. The snake was on the path and they let it slither away. After a while they continued to walk on the path only to discover the snake had also chosen this as its escape route (a bit traumatic).

This was then the end of a fantastic hike. But, this hike is best done in August or September when the temperatures are cooler and the flowers are in bloom.

