

**Easter
Camp**



THE BOOTLEGGER

Footnotes Ghost Writer

JOHANNESBURG



Newsletter

September to December, 2012

**Farewell...
Footnotes**

**Hello...
Facebook
Website
Emails
Cell phones**

FOOTNOTES



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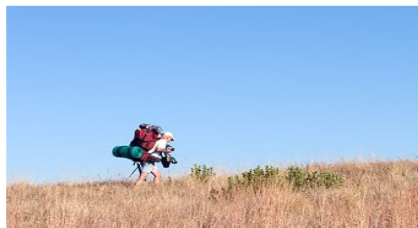
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Editor's Notes Harry Parsley

Change is the only certainty in life. When we started communicating by means of emails and SMS's instead of pen and paper communication methods changed. The scope and pace of change has further been accelerated through numerous forms of social media.

The Club now communicates with members through its Footnotes magazine, website, Facebook, emails, SMS's and soon possibly also through mobi. This must be one of the most intense communication networks ever! Inevitably there is much duplication between what is conveyed on these mediums. For example, "Trail Tales" appears on both the website and in Footnotes. Hiking programme details are in Wednesday hike emails, Club Administrator emails, Footnotes, the website and even text messages (5 different ways).

All of these communication media require considerable work from the volunteers who compile their content. This is particularly true of Footnotes. Footnotes, in addition, incurred a cost of R19708 last year in the form of printing costs and postage. This means that approximately 15% of membership fees are spent on one item, i.e., Footnotes. Furthermore, each edition of Footnotes requires a team of people to pack each of the 500 odd copies into envelopes for posting.

For several decades Footnotes has been the flagship communication vehicle of the Club and has thus earned a loved place in the life of the Club under its various capable editors. It is thus understandable that many members will have developed a strong attachment to it. So, it was a difficult decision that EXCO faced in deciding to discontinue it. In the end it was felt that technology had overtaken a hardcopy medium and that the cost saving from its discontinuation would be valuable to the Club, especially in this difficult economic time.

So what does this mean to you? Well, the news and programme detail is still available instantly on the electronic media described above. So post your pictures and news on Facebook and communicate with the Web person. **If the Club Administrator does not have your email address please send it to her soonest. If you don't have internet access talk to her so that she can make a plan for you to receive the hiking programme by post.**

I WOULD LIKE TO EXPRESS MY THANKS TO EVERYONE WHO GENEROUSLY CONTRIBUTED TO FOOTNOTES WHILST I WAS THE EDITOR.

Johannesburg Hiking Club

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CHAIRMEN SAY GOODBYE TO FOOTNOTES



Last Footnotes
Neil Ransome, Chairman

Now that we are in an electronic age with all the internet options available, the time has come to change from printing magazines to accessing the data off a computer, or a cell phone or an I-pad.

The Media Organiser who has spent many hours putting the magazine together will be much relieved by the Club's communication going electronic, which give members the options of uploading their stories and pictures instantly by the click of a button.

By using internet it will save the club additional expenses, and down time.

To Harry and his predecessors I must thank you for your patience in receiving information from hikers and for your hard work in compiling the magazine.

Robbie Macdonald, Ex Chairman

It is with sadness that I learn

that the printed form of Footnotes will be a thing of the past. This little publication has been my constant companion

and friend ever since I joined the JHC. To me it represented the spirit of the Club and there was always such a variety of hikes and social events to choose from. Members were always eager to relate their hiking experiences and it contained much useful information on hiking and related matters. I suppose it has fallen victim to rising costs, postal delays and advancing technology which is sad. To Harry Parsley who has been the editor for about four years and all the previous editors and contributors I must say a very big THANK YOU! But of course please keep contributing to the website and the Club's Facebook site so that it continues to reflect the spirit of the JHC.



The Club would like to extend its appreciation and thanks to Jean Smilksteen for the many years she spent as the Club's Web person. Jean has now handed the website over to Ryan de Haast who has redesigned the site. If you have not done so yet it is worth a visit to the new site. Thank you Ryan for all the work you have done to date and for taking on the management of the site.

MATTER OF FACT

In the last Footnotes it was mentioned that Beverley Brockman was Hikes Coordinator for eight years. In fact she was on the Committee for eight years, but not all of them as Hikes Coordinator. Apologies to those who were indeed in the position of Hikes Coordinator during that period.

TENT FOR SALE – CAMP MASTER

Tent used three times. Almost identical to the picture shown here, but a Camp Master.

Sleeps three adults comfortably.

I need to downsize, hence the sale.

Offers on R800.00. Contact Jean Williams

on 082 323 5443 or 011 462 3966



LETTERS AND MORE

Letters, donations, condolences and more

Marion,

Please congratulate the new chairman and committee and thank the outgoing committee for my big surprise.

I met Hanneke on Wednesday to collect the cups, etc, for the slide show and then she gave me the trophy.

I could not believe it as it was so unexpected. I keep looking at my name on it to see if I dreamt it. Looking at the other names on it and remembering why the others got the trophy makes me extremely appreciative of the honour and thankful again that by sheer chance I came to know of the club and so have enjoyed so many years of hiking and camaraderie because of the hard work, talent and dedication of those who have served the club.

Elsa.

Hi Frances and Jim,

Do hope that Jim's pacemaker insertion went off well and that he is feeling the benefits. Such a pity you are missing Mahai though. I do hope that the weather improves from today's rain and cold.

Thanks to Jim for looking after the braai fires and gas lights at Kgaswane. That was a great help. I so much enjoyed being there and trust that everyone else did too. It was good to have John and Marianne's company with Alison and I on the last night and staying over the extra night certainly made going to Foothold easy the next day. By the way, Alison and I were the first people in at Foothold on Friday and saw, to our amazed surprise, 4 young kudu next to the fence into Harmony.

Marge Smith.

Great Footnotes – love the Bootlegger and the rumble in the jungle. Think we should now use amble, ramble and scramble – much better than level 1, 2 and 3.

Marion Hufner.

Hi there,

Just a word of thanks for the wonderful support system you all created, be it with flowers, meals, phone calls, text messages, and numerous other means I received from you all during and after Clive's fatal stroke. It was very much appreciated and it all certainly went a long way in helping me cope with a tragic situation.

Life goes on and sometimes I find it quite difficult

to come to terms with the fact that Clive is no longer around. Often something happens, or I hear something that would interest Clive in conversation and then I think I must tell Clive when I get home. Amazing how your life can change in a flash. One thing in life is for certain – nothing stays the same!

Enjoy each moment you have with your loved ones and thanks again for being there for me.

Lots of love,

Jean Williams.

Thought you should be aware that Sybille, mainly a Wednesday hiker, had a serious car accident. I phoned her this morning to give the JHC's good wishes for a quick recovery and she advised me that she came home late yesterday. She has head injuries and broken ribs, but will recover.

Marion Hufner.

Hi,

Please note my change of address to Montagu in the Western Cape.

I have been a somewhat inactive member for many years; however I do enjoy the newsletters which seem to get better as the years go by.

I am now retired, and again in a position to take up hiking. We are surrounded by wonderful mountains here in Montagu, which are just asking to be climbed.

I was wondering if the Hiking Club would be interested in organizing a hike from here. It may be a different and interesting venue.

There is an overnight hut on the Bloupunt trail which will accommodate 12 people, and is clean and serviced regularly. The trail is about 6 to 9 hours long (approximately 9kms). It could ostensibly be linked up with the Whale Trail, which is couple of hours drive from here.

We could even offer accommodation to up to four people if anyone wished to do a recci.

(Two single beds and one double).

Best regards,

Clive Gullifer.

Hi Marion,

This will be my last year at JHC as I am moving to Australia at the end of next year.

I would like to take this opportunity and thank all at JHC for the many lovely years I have spent hiking. I will be thinking of you all and wish everyone all the best for the years to come.

LETTERS AND MORE

Many Many thanks.
Kind Regards,
Nellie Hobbs.

We wish the following members a quick recovery and look forward to seeing them on the trail again soon: John Barnes, Hans van Ree, Sybille Schnelker, Tony Walker, Jim Hutchison, Hazel Hofmeyr, Jenny Munton, Lorraine Johnson, Ralph Jury, Beth Corrie, Julian van Hees and Dave Richardson.

Congratulations to the following people:
Jenny Munton on the birth of her grandson, Trent on 14 February 2013; Rod Allport and Ellen Hagerman on their marriage on 27 May and Alan Vine on his retirement at the end of June.

The club extends a warm welcome to the following new members:

Andre Lanser, Oliver Koch, Peter Blum, Caroline White, Tom Scaife, Richie Yazdani and Claire Olverman, Wendell Monnink, Neville Hallet, Douglas McGill Blair, Shan Holmes, Shelley de Beer, Gus Mandigora, Mary Anne Matthews, Linda Burton-Durham, Lena Faber, James Bromley and Roger Rigg.

Welcome back to the JHC: Marianne Vogetseder and Shih-ya Huang.

Donations received

The Club thanks the following people for their kind donations:

Ada Olivier, Barbara Skok, Ralph Jury, Ivan Ginsberg, Willie Louw, Denys Mosegedi, Sybille Schnelker, Liz Bourne and John and Beth Corrie for new curtains at Hikers Haven, Foothold.

If you have a problem with me or the way the JHC is run, kindly give me a call – am always there for constructive complaints, criticism or just a friendly chat. As the office is extremely busy, I might cut you short at times, but please do not take this to heart – I am there to assist with your queries and endeavour to give of my best at all times!

LATE NEWS

It is with sadness that we have learned of the passing of Ginger Brown. Ginger passed away on 13th July, 2012. He joined the Club in 1963 and featured prominently in the 80th Anniversary Edition of Footnotes which celebrated the contribution of early members to the Club



Marion Hufner
Club Administrator

We are now gearing up for the year end holidays, so book your trail soonest and pay within the stipulated time as per the JHC rules. We do endeavour to be fair but cannot hold places if the JHC rules are not adhered to.

Marion Hufner.

THE 20TH MID-WINTER FOOTHOLD CAMP Jim Hutchison

Yes, the first camp was in 1993 and the average tally has been about 40 hardy participants. This year, very close to the shortest day, once again there were 40 of us, 30 camping and 10 in the Haven including octogenarians Jean and Jetta.

The weather was overcast to rainy on Friday night and Saturday morning, but the evening turned out to be perfect – not too cold, hardly a breath of wind and a clear sky.

As has been the case for some years, Maestro Robbie dispensed his special glühwein at 17h45, this warming and tongue-loosening fire water was followed at intervals by a delicious meal of soup, then chicken, veg and rice and finally malva pudding and custard. This meal was professionally prepared and brought to Foothold by Andy and Norma, who were heartily thanked, as were the ladies and gents who helped with the heating and serving of the fine meal.

The camp fire was lit and soon we were comfortably seated around it with the flames ascending almost vertically. Robbie traditionally rendered 3 of Robbie Burns' poems, expertly using the vernacular of the time, which was well received but, I suspect not fully understood by some. Then, apart from a couple of humorous stories, lively conversation reigned until the fire was quenched a little before 10 o'clock.

.....(to page 9)

.....from page 5

The next morning was colder and a few helpers warmed up by clearing up and washing dishes, including the large serving pots. The sunrise over the mountains was late and patchy but by the time the Sunday hikers set off at 9h30, it was the finest of winter days. Many returning hikers relaxed at the tables and some braaied. A good day and

MOUNTAIN CLUB LETTER



The Mountain Club of South Africa Search and Rescue - Gauteng

Founded 1891

PO Box 72522, Lynnwood Ridge, 0040
Admin Tel +27 (0)87 808 3729 (8h00 – 10h00)

<http://msargp.rescue.org.za>

Search and Rescue Emergency Numbers: **074 125 1385** and **074 163 3952**

Dear Neil Ransome

Appreciation and Acknowledgement of Donation

On behalf of the Mountain Club of South Africa Search and Rescue Team (Gauteng) I'd like to sincerely thank the Johannesburg Hiking Club for your donation of R5 000. The team operates on a volunteer basis and donations (we are a registered PBO) are a very important way to ensure that we are able to cover operational- and equipment expenses required to provide a high level of service and care to those that require our assistance. Our policy is that donations are solely used for search and rescue related purposes and are accounted for separately in our financial statements.

It may not be common knowledge but the rescue operation on 22 April was executed in conjunction with the Off Road Rescue Unit (<http://www.orruc.co.za/>). Like us, the Off Road Rescue Unit is also a volunteer rescue team with whom we work with regularly. In the spirit of teamwork as an acknowledgement of their contribution to the efforts in this rescue as well as previous rescues that involved Johannesburg Hiking Club members and/or properties in the past couple of years, the MCSA has decided to in turn donate half of your donation to the Off Road Rescue Unit.

Please convey our gratitude to your members.

Mountain Rescue regards

Dean van der Merwe

Convenor, MCSA Search and Rescue (Gauteng)

Mobile: +27 (0)83 274 1116

E-mail: rescue@mag.mcsa.org.za

ROD AND ELLEN'S WEDDING



The Club extends its congratulations to Rod Allport and Ellen Hagerman on their recent wedding.

General Hiking Precautions:

The following basic precautions are recommended: Kindly carry your **medical aid card** or details with you at all times; Carry a minimum of 2 litres of water and drink sufficiently during the hike; Wear an effective hat; Use a high UV protection sunscreen lotion; Carry rain gear and a jersey in both summer and winter – during a thunderstorm the temperature can drop by as much as 10° Celsius; Wear strong suitable footwear that will provide traction and support the ankles (lace tightly);

FOR SALE:

1 pair of hiking boots from La Sportiva, (top of the range sells new for R 2500.00), size 8, R1000.00. Impeccable condition. Has been used for 3 hikes.

FOR SALE:

1 pair of hiking boots from Hitech, size 8, R1000.00. Perfect condition. Has been used for 8 hikes.

Please call: Alex 082 449 9942.

REMHOOGTE INCIDENT

weekend was enjoyed once again.

Thanks go to the Footholders, who prepared the camp for the event and for the odd jobs performed.

REMHOOGTE 22 APRIL 2012

Jenny Munton

The day started out with perfect weather, a lovely crowd of hikers and expectations for a great day in the mountains. The hike up was quite taxing as the trail was very overgrown, but we followed the water pipe and eventually climbed out of the bush up a fairly tricky trail to emerge out into the open.

After a short rest and snack we continued up another hill and eventually along a path which wandered through very rough terrain, with a gorge on the left. I was hiking along without a care in the world, when suddenly my foot was caught in a crack. I went down and toppled over sideways down the slope, my foot eventually coming loose, but immediately I realized it was broken as my foot was at a strange angle and the pain was intense. Fellow hikers immediately realized I was injured. With assistance, I used two hiking poles and a crepe bandage to splint it, which helped reduce the pain a little. Arie had pain killers in his backpack and I do not know what the day would have been like without them. Andy went to the top of the hill to clear stones for a helicopter that would never arrive. Frederika phoned Discovery and she, Liz and Arie did not leave me alone. I also phoned my medical son, Rory, to let him know and find out the best way to get myself out of this mess and he also spoke to Discovery. There was a lot of phoning directing the ambulance to Remhoogte, all which seemed beyond my capabilities at the time.

Finally, after three hours in which hikers staggered along the route to direct the paramedics to me, they arrived. Louis and Tertia were wonderful. They were not hikers and were exhausted, did not have water for themselves, but put up a drip for me which included pain medication, put a splint on my leg, comforted me, and advised me how to handle hospital admission and medical aid. Apparently Discover will not pay if you do not go to the nearest hospital and then request a transfer. This is invaluable information.

The accident happened at 12h15 and after a very long afternoon it started to get dark, which concerned me as the group with me did not have

headlights. Most hikers were then dispatched down and eventually arrived in the dark. Liz told me that the farmer's daughter fetched them in her bakkie from the closest point that a vehicle could get to the path.

Neil, leader of the day and a group of strong hikers stayed with me until the Mountain Rescue arrived in the dark. Thank you so much to all hikers who were there as many stayed until it was almost dark and the fast group stayed until it was dark and getting cold.

It took the Mountain Rescue team about an hour to winch me into the cradle stretcher and another five hours to carry me down the mountain. They were very gentle and the ride was amazingly smooth under the circumstances. They had to cut off my boot as my leg was bouncing and it felt better when it was off. It was strange to see stars and branches above my head while I was carried down.

I was put into an off-road ambulance, then a road ambulance and transported to Brits Hospital, where I arrived at 11pm. They took X-Rays, put another cast on and transported me to Waterfall Hospital, where I arrived at 3.30am. The next afternoon they operated on me to put pins, straps and a cast on my leg.

The support I received from fellow hikers, Joburg Hiking Club members, friends, paramedics, and Mountain Rescue was absolutely awesome. Looking up into a tree holding a drip did not seem quite the right view, but at all times I knew I was in good hands and would come out OK, although it was the longest day of my life.

Special thanks to everyone who helped me and who sent best wishes. Also special thanks to Lorraine Johnson for her support. Unfortunately she broke her arm on the same hike.

RULES OF THE JOHANNESBURG HIKING CLUB

Rules

All persons taking part in club activities do so entirely **at their own risk** and must adhere to the rules of the Johannesburg Hiking Club.

1: Hikers must follow the instructions of the appointed leader and must remain with the main party unless the leader has agreed to a splinter group controlled by a nominated sub-leader.

2: No fires may be lit (except at designated sites by permission of the hike leader) and must be extinguished completely before leaving the site.

3: All litter must be carried away.

4: No uprooting of plants or picking of flowers is permitted and care must be taken to avoid damaging trees, fences or private property.

5: Dogs and radios are not allowed on hikes or at camps.

6: Anyone under the age of 18 years who attends a hike must be the responsibility of a nominated member.

7: Nude bathing can be offensive. Please exercise discretion.

8: All behavior likely to bring discredit to the name of the club is to be avoided.

Camp and trail booking procedure:

All bookings must be made through the HIKE LEADER and not the Club Administrator. The Hike Leader controls and takes full responsibility for booking numbers and a possible waiting list (close interaction with club administrator takes place to ensure administrative efficiency).

Hikers may PROVISIONALLY book a place/s on a hike for a maximum period of 4 working days, during which time the full amount for the hiker/s must be paid into the JHC account. Hike booking payments must include a reference of the HIKE NAME and HIKER'S INITIAL & SURNAME (e.g. - , Slagtehoek/B Smith).

Onus is on the member to confirm proof of payment. If no payment is received, the provisional booking will lapse. Thereafter the next person on the waiting list will be informed of a possible position on that trail.

If you need to cancel the booking, the fee will be refunded ONLY if the club is notified at least two weeks prior to the event AND a replacement can be found. If cancellation is less than the prescribed time and/or a replacement cannot be found, fees will not be refunded.

Any refund will only happen after the camp and trail event is completed and all costs are reconciled.

The refund will be less the admin fee for that event.

SUNDAY HIKES

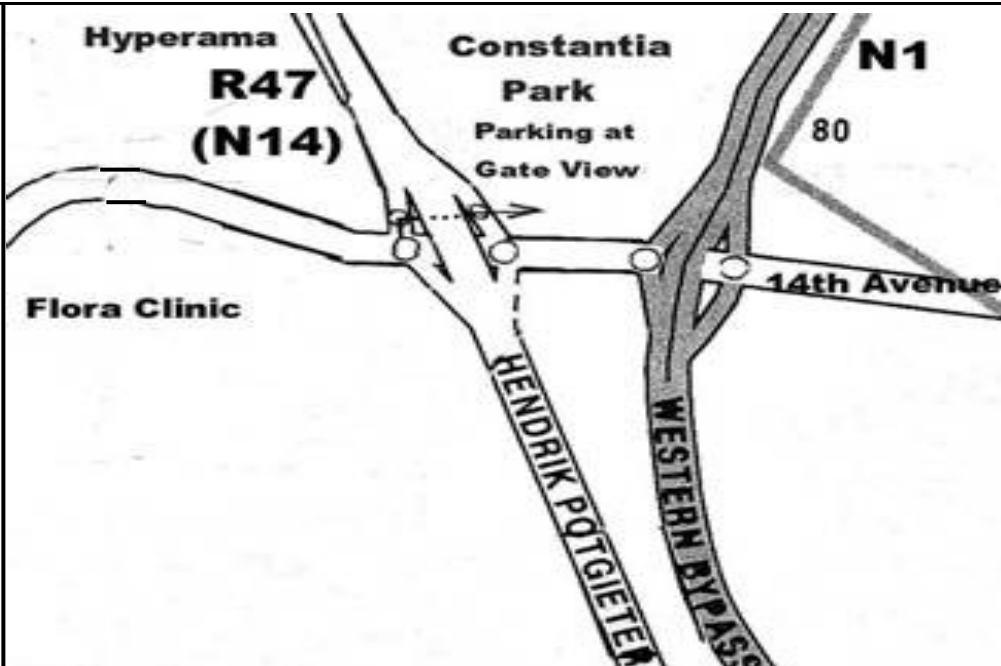
Meeting place: Constantia Park, Gateway House.

Meeting time: 07h45, but consult programme as times can be earlier or later on occasions

Return to meeting place: Varies, but usually before 17h30

Hike fees: Refer programme (non member fee in brackets). Bookable events indicated by 'B'

Restrictions: Certain events are subject to restricted numbers identified by, eg, R(10)



OPINION



THE BOOTLEGGER

Footnotes Ghost Writer

It was one of those brilliant, sharp winter days and me (the Bootlegger) and my six friends had hiked to the ridge and were sitting out of that nippy breeze enjoying the winter sun and stunning views stretching to the horizon. It was a great spot to relax and enjoy a bite of lunch.

It was my old friend, Johnny Walker, that brought the subject up. "I hear that a lady fell and broke her ankle on a hike a few weeks ago and had to be stretchered off the mountain in total darkness."

"Ja I also heard that she only got admitted to hospital eleven and a half hours after the event."

"Why the long delay?", asked Pathfinder. "She must have been in severe pain. Would it not have been better to call Netcare? Carrying people off the mountain in darkness can put other lives at risk."

"Not to mention a huge inconvenience to all involved", said Strider. They tell me there was confusion when the accident happened."

"No one seemed to know the emergency number", said Tumbleweed.

"Do you mean to tell us that no one in that whole group had the number? How can it be? It is in every copy of Footnotes and has been circulated by email and it is in the Hikers Handbook. I hate to say it, but it seems as if all those leaders' workshops have been a waste of time. The Club went to a great deal of effort to devise a rescue system that would get the injured person to a hospital in the shortest time."

"Let us not forget the wonderful effort by the volunteer paramedics and mountain rescue, they are really dedicated people and set a superb example of teamwork, dedication and compassion" said Tumbleweed. They put their lives on the line to carry a laden stretcher down that steep kloof in darkness"

"We are supposed to be the leading hiking club in the country and we can't even get our leaders to understand the importance of being prepared for emergencies such as this", said Tramp. "What if it was a stroke or heart attack? It would have been

too late! You are the

Bootlegger they'll listen to you. Tell it like it is."

Deeply disturbed by our conversation we headed back to the car park. As none of us were actually there it is impossible to be aware of all the facts, but it was obvious that something went wrong, and, but for the dedicated rescue teams could have been so much worse. With all the technology available to us it should have been possible to get the lady to hospital in a shorter time. So dear hikers here it is. Many people go to the mountains to restore their equilibrium in life and their relationship with nature and a higher life force, but the mountains are unforgiving should a mistake be made. Leaders, especially, must be aware of their responsibilities such as having the correct numbers in a cell phone with a fully charged battery and sufficient air time, attending leader's workshops, CPR courses, etc. We must try and learn from such an incident so that we are not caught napping again

If you are a leader are you able to react with a cool head in time of emergency and do you have all the relevant information available to affect a speedy rescue under perhaps difficult circumstances? Do you attend leader's workshops and do you raise matters of concern? Remember your quick decisive action can save a life!

Don't forget that ordinary club members can also play a big part in helping a leader in an emergency

Remember the Boy Scouts motto **BE PREPARED.**

Check you on the trail.

Response to the Bootlegger

Thank you Bootlegger for your really wonderful description of the JHC tree of growth (last edition of Footnotes). Let's hope members take note of your comments and come forward when volunteers are required in order to keep the organisation healthy. In fact volunteers are required all the time, but specific fields require more assistance than others. For example, the upcoming Castle Gorge path maintenance. The sooner we get this done, the sooner we can enjoy the tranquillity and beauty of this great hiking venue. A big THANK YOU to all those who do volunteer their time for



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ALAN BROOKS

the benefit of the JHC.

Marion Hübner, Club administrator.

ALAN BROOKS – IN MEMORIAM. **Sheila Boardman**

Alan and Helen Brooks were enthusiastic members of the Hiking Club for many of the years. They lived in Johannesburg, and they tried hard not to miss a Sunday hike if they could possibly help it.

Like so many of their generation, they met during the war, when they were both on active service. Alan, an engineer from Bedford, UK, was in-

employer, to a new job at the Modderfontein Dynamite Factory, where he worked until his retirement in 1983.

Helen continued her career in nursing, at various Johannesburg hospitals, including some time as matron of the Rand Clinic. The difficult hours proved too much though, and the final years of her working life were spent in occupational nursing, for the OK Bazaars Group, a job she loved.

These were the years when Alan and Helen hiked every weekend, enjoying the chance to get out of the city and into the real countryside that was then so close. Alan was a keen member of the Hiking Club committee, and was delighted to be elected

Chairman, and then to become an honorary life member.

In 1992 Alan and Helen moved back to Cape Town, to be closer to family – and possibly also to make it easier for Alan to pursue his new chosen form of exercise, cycling. His finest hour was probably in the 1993 Argus Cycle race when he came 6th out of 14 in the 71-75 year age group. He always felt he should have won it...

The years in Cape Town were the happiest of all for Alan and Helen, with the mountains close by, and plenty of cycling, walking and hiking for as long as they were able. Helen died at the end of 2008, and Alan died in December last year. Right to the end of his life a little framed list of all the Chairmen and Honorary Members of the Johannesburg Hiking Club hung above his desk.



involved in the early development of radar, and Helen, a Queen Alexandra Corps nurse from the Mull of Kintyre, in Scotland, was in the first wave of nurses to go across the beaches of Normandy, shortly after D Day.

Alan and Helen moved their family to South Africa at the end of the 1950's, living firstly in Cape Town, and then moving to Johannesburg when Alan was transferred by African Explosives, his

CLIVE WILLIAMS

A TRIBUTE TO MY LATE HUSBAND CLIVE WILLIAMS

Jean Williams



Life changes in an instant. One minute you're having a glass of wine enjoying the fading sunlight outside never knowing this would be the last time Clive and I would share this ritual. The next minute things would never be the same and life as you know it changes. Clive suffered a major stroke which went straight to his brain stem and paralyzed him completely. He was admitted to hospital where he spent 10 weeks in an isolation ward in ICU not being able to communicate or move any part of his body.

Clive and I met through the Johannesburg Hiking Club and enjoyed many weekend camps, Sunday and midweek hikes, tours, Easter and Christmas camps. We seemed to cram a lot into the 17 years we knew each other such as trips overseas to visit the children. We were soul mates. Clive eventually gave up hiking because of the discomfort he endured after being an athlete and competing in five Comrades Marathons as well as many other marathons. These runs eventually took their toll and Clive stopped all forms of exercise because of painful hips, knees and feet problems. He was at his most comfortable reading and doing his crossword puzzles on the front verandah.

He served as Treasurer for the JHC for a good few years and was always willing to assist where he could. He missed his daughter and grandchildren terribly when they relocated from India to China. Fortunately he was able to spend three weeks with my son Keith and his wife Cate and their twin children when they were out here in December last. He enjoyed himself so much and those memories will stay with the family always.

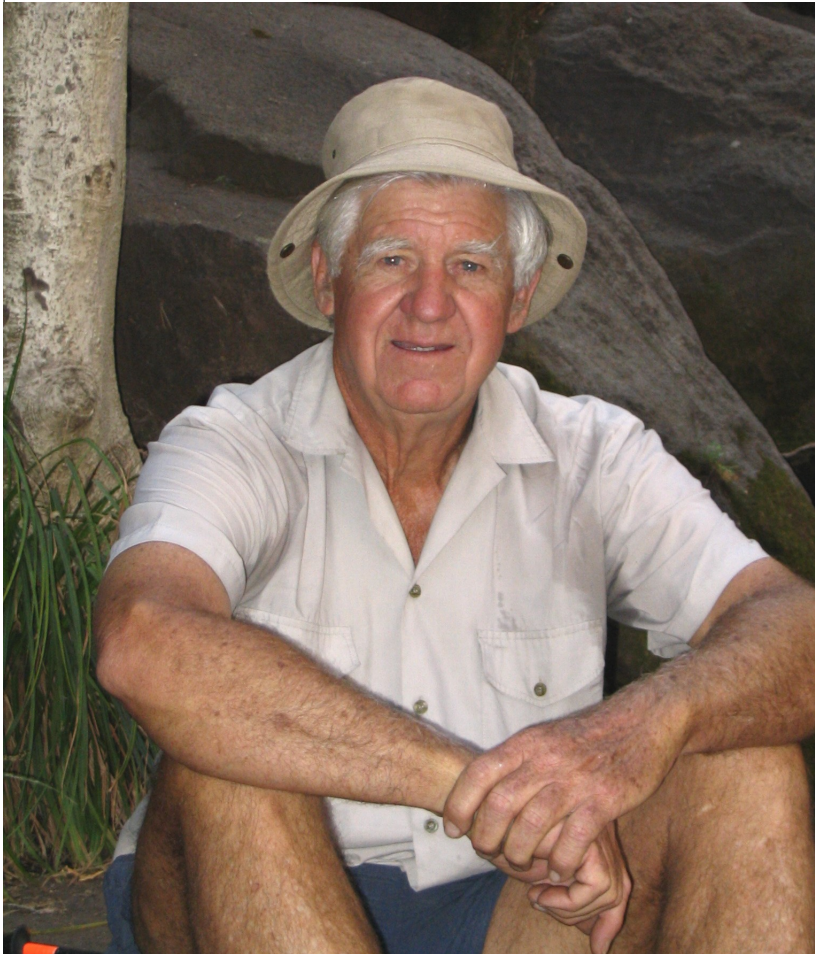
I miss you terribly Clive.

Love you lots.

KEN MIDDLETON

OBITUARY – KENNETH STEWART MIDDLETON, 27 AUGUST 1932 TO 19 MARCH 2012

Sue Bellinger



Ken was born in Zambia and spent his childhood years in Zambia (then Northern Rhodesia), Zimbabwe (Southern Rhodesia), South Africa, Norway and Australia. The eldest of four children, his two brothers and one sister all predeceased him. As a young boy he was apprenticed to his father, as a carpenter.

He married Mavis in 1956 and they had 3 sons, who between them produced 6 grandchildren for Ken and Mavis. The families live in SA, Holland and Australia. Ken and Mavis lived in total for about 10 years in Rhodesia, returning to SA just before UDI, with their three small sons. For more than two years they lived in a caravan in Bedfordview.

Ken delighted in extreme activities. His father

was, perhaps, amused when the cops called on him after Ken, a teenager at the time, received a fine for downhill speeding, on his 3-speed bicycle, somewhere between Cape Town and Hermanus. Amongst his other exploits were driving solo from CT to Harare (Salisbury) non-stop, hunting crocodiles and hippos, building rafts for river adventures, panning for gold, living in the bush and by his wits for long stretches. Catching snakes was something he was still doing in his last year, not as a hobby, but he and Simon (his employee and friend) staked out a mamba's home, catching and delivering the snake to a snake expert. These days TV programmes are made of such activities!

Ken had great persistence; I never knew him to give up or buckle under. Even after the horrific attack he suffered in 2005, once he was over his injuries he just picked himself up and got back to living. If an obstacle arose, for example a drop in demand for a particular service that he was offering, he just changed tack and started a different type of work. Amongst the many occupations that he held over a long and productive life were:

Carpenter: I own one of the first wooden bowls that he made, given to me by his mother.

Miner: Apart from carpentry on Bancroft copper mine in Zambia, Ken was the person responsible for going back down the mine first after an accident or blasting to make it safe for other miners. This involved climbing hundreds of vertical steps up and down mine shafts daily – dangerous work. At Mangula mine in Zimbabwe, amongst his duties were constructing huge frames, struts and supports. I suspect that he had more lives as a miner than does the proverbial cat. It was at Mangula too that he started photography, initially taking photos for mine management, leading to him also doing portrait photos, especially of children, the developing and printing thereof taking place in the bedroom cupboard.

In Harare, at one stage he was a "smous" – selling Irish linen to farmers' wives, when he also recognised an opportunity to supply bricks to their husbands. Selling directories for Maisters Publishers also saw him out 'on the road' in his cara-

KEN MIDDLETON

van.

For many years a financial adviser with the JBS/ Allied building society, Ken also did a stint as an insurance salesman.

He ran a plant nursery, and had an interest in hydroponics. At various times he farmed things as diverse as peaches, garlic, rabbits and bees.

His property in Honeydew also contained four cottages. Amongst his early tenants were Ernst and Jean Paetzhold. Jean says that he was a wonderful landlord.

One-time hunter and fisherman, in later years he abhorred both practices, and indeed in his last few years declined to consume fish in any form, in recognition of rapidly dwindling global fish stocks.

He learned and practised hypnotism, hypnotising Mavis for their youngest son's birth, for which Mavis says she experienced no labour pains at all.

It was difficult to imagine that Ken's huge builder's hands were also capable of painting delicate details in his art. He was triumphant the first time he perfected painting rose petals. A member of Artists Under the Sun for 30+ years, he more usually painted seascapes, landscapes, animals and trees, especially baobabs.

His construction related activities included building houses, factories, etc, creating and installing Jacuzzis and building and maintaining swimming pools. He had construction-related stands at the Rand Show for many years.

A Boer-maak-'n-planner of note, Ken designed and made many handy devices, some of which would have been worthy of patenting, but he could never bother with the admin that that would have entailed. He was however happy to share his knowledge and give advice on how to fix things, prevent problems, etc. He had an innate ability to foresee potential construction/design issues and so to prevent problems at the concept stage.

An exceptional hiker, it was with his 2nd family, the JHC, that Ken was at his most relaxed and sociable. He had 'helicopter' vision, an ability to view large landscapes as if from above, and could convey detailed directions not only with regard to hikes, but also on most areas in Johannesburg and surrounds. With stamina and strength beyond that of most men of a similar age, he drove me, 17 years his junior, crazy when he surged ahead out of sight and I scrambled after him, thinking I was lost, when all along he was

keeping a surreptitious eye on me.

Always a popular hike leader, who enjoyed taking a more difficult and strenuous route than was the norm, Ken was happy also to share his knowledge on geology, astronomy, and map-reading.

Ken led two Kilimanjaro climbs, the 2nd time in his early 70s. On both occasions he ensured that all under his wing summited. He loved leading and always supported anyone who showed an interest in or aptitude to lead. Many current JHC leaders were mentored by him over the 21 years of his membership.

Ken always had a big project in planning or on the go. Never small, his later projects included the production of an in-depth, well-researched family tree (without accessing the internet), establishing contact with many distant relations in the process, one of whom had weekly telephone conversations with him from Australia in the last few weeks of his life. Not your ordinary family tree, this is a monster of a book, containing photos and details of Middleton ancestors and their descendants, all over the world.

The Magaliesburg map book which he created for JHC members and other hikers was another of his big productions. Several years in the planning, many of my hikes with Ken involved much photographing of plants and rocks and views. The resulting publication is a labour of love, with a very special signature feel about it, being handwritten by Ken; not typed. It includes an index of routes, noteworthy places and GPS points.

Never previously having shown any appreciation of music in any shape or form, at age 72 Ken learned to play the guitar. The memory of his passion for boere and country musiek in his later years will bring a smile to the faces of many who were subjected to hearing it at high volume in his 4x4!

Made of stern stuff, Ken broke no bones during either the attack he suffered or the fall from roof height, both in his 70s. And when he did break a leg on a hike, also in his 70s, he walked on it (and drove his bakkie using his crutch on his clutch) for almost a week. It was only when I then saw him and pointed out that his leg looked as though it was broken that he had it x-rayed.

A driver, taskmaster and tough nut, Ken was also a romantic, capable of tears over memories, sights and tunes. I miss this man of talent, creativity, adventure and of many sides, who on Val-

OUR CANADIAN FRIEND

entines Day, a few weeks before his death, phoned me twice, saying he had to make up for future Valentines Days.

*Is there a man whose judgement clear,
Can others teach the course to steer,
Yet runs himself, life's mad career,
Wild as a wave,
Here pause – and thro the starting tear, survey
this grave
By Robert Burns*
**Such a man was Ken Middleton.
Andy Hyslop.**

EXPATRIATE ADVENTURES

Sandra Broughton

I came to South Africa with little trepidation. My first visit here was to Cape Town, cycling the Cape Argus in 2009. I was so hyped by the experience that when my husband thought about a relocation / expatriate experience, I said, "Sure!" So, putting most of our worldly goods in storage (except for our recreational gear), we landed in Johannesburg in August, 2010.

It did not take me long to realize that this ain't Canada. I had to learn to drive on the "wrong" side of the road, and to this day I still get confused as to the driver and passenger side of the "bakki". Proceed slowly to a "robot" as to avoid hitting a "hawker." Stay clear of "taxis" lest you have an accident, (which I did have within the first week here.) But as I learned to drive the busy streets of Joburg, I saw the beautiful countryside north of me. I soon learned it was the Magaliesberg. "How do I get there?", I asked. "Not alone", was the response. How does one discover the Magaliesberg? With the help of friends from the JHC! I will never forget my first adventure to Segwati Ranch! Another thing I had to learn about driving is that road signs have changed, and locals use Joburgese terms not found on a map. For example: "Hello, I am calling for directions to Constantia Park. "OK, Take the concrete highway to the 14th Avenue Exit."

"Wait a minute, I cannot find the concrete highway on my map."

"Well, it is the N1."

"OK, did you say M1 or N1?"

"You must be new here." "Yes, I arrived from Canada about a month ago."

"How about I pick you up?"

"Great, I'll send you a security code."

Eventually, I did make it to Segwati, albeit late and just as the group was cresting the hill. I threw on my boots, laces undone thinking I would catch up. After several minutes of running, I sat down, tied my boots, and saw the group hike over the top. How would I ever find them? As a seasoned hiker, I followed the trail. Little did I know that the JHC can go "off the beaten path", and I was lucky to intercept them at an unlikely crossing.

I will always remember the warm welcome from Jim Hutchinson, who smiled at me and said, "Glad you made it. We were expecting you!" I was immediately put at ease, and pushed aside the foolish feelings I had while approaching the avid hikers. I had great fun getting to know Chrissy, and Malcolm, my first and newfound friends in the group. We had many car pools together, meeting at "the Spar" and chatting along the way about family and friends. I was grateful that they took my newness to South Africa in stride, and were always willing to point me in the right direction.

I soon recruited more of my lady friends to the group. Mostly loud and talkative the mainly Swedish beauties were out for fun and adventure. Eva and Anki were the first join in, and our group soon grew to include several Americans (Katherine, Judy and Julie) and anyone else who was willing to come along as we shared our stories at socials and coffee mornings. My, what jabberwockies we are when we get together! Not only are we known for our talkativeness, but we are also known for being lost and late! In spite of having a map and / or GPS, our car talk gets us distracted and we lose our way, often calling to beg to hold the start until we show up. I once got a speeding ticket (R 750!) trying to get to the venue in time. I tried to pin the ticket on my on my husband, but when he mentioned it was a photo on a Wednesday morning at 07h35, in Johannesburg (I think I was trying to get to the Walter Sisulu Garden), I knew I was the culprit. More than anything, I am embarrassed to admit to my husband, and to the hiking group that I am directionally challenged, and

CANADIAN FRIEND

glad there are seasoned hiking leaders to help me stay on the trails! There are so many lovely venues, my favorite being Cyara and Van Gaalen Cheese Farm. I got to know many of the Wednesday hikers, and have great respect for these troopers. I was told that the Wednesday hikers are the "slower group" many of whom I struggled to keep up with!

But what I can honestly say, as I turn 50 and leave South Africa this year, is, I hope to do what so many in the group do until the end. My gosh, the strength of "old fogies" is nothing to be underestimated! Jim, Marion, Cybil, Crystal, Dick, Dave and his beloved Lenore, and who can forget Julies, who took me to the Goblin's Cove for lunch when I became an official JHC member.

The best moments of the hikes were just at the beginning, when the group makes a circle and introductions, while I look at each one of you with respect and admiration. The whole lot of you are an inspiration to those who follow in your path. Who cares about wrinkles and grey hair, as long as you have on your boots, all is well! My brief time in SA has been made full and complete by hiking with the JHC. They enlightened me to the venues both near and far, and I am proud to say my family has finally made it to the top of the Sentinal! The Drakensburg remains a beloved place for us, and memories will be endeared forever. Happy Trails. Look me up in Vancouver, Canada if you are looking for a place to stay and HIKE in the beautiful Pacific Rim. Bring a raincoat! Broughton.sandra@gmail.com

SUPER CHAIRMAN



How does he do it? Was it being chairman that made him so powerful? Has he discovered the magical muscle supplement? Or, is he a one-man Drakensberg replenishment team?

Find out on the page 21

FOOTHOLD WORKERS



Taking a breather after pulling out tree stumps at Foothold: Jim, John and Bob

Advertisement

MAGALIESBERG MAP BOOK BY THE LATE KEN MIDDLETON

Andy Hyslop has very kindly taken over the publishing of the Magaliesberg map book produced by Ken Middleton, which details all kloofs and other interesting facts. Cost: **R85 map section only** and **R120 for the maps, illustrations and photos**. Orders will be taken through the JHC Club Administrator, Marion telephone 010 590 1903, and the money deposited into the JHC account. The proceeds will go to Ken's right hand man, Simon, to enable him to join the JHC, hike and possibly be a leader as he explored the Magaliesberg with Ken.



Just another one of the premises that Jim and his team provide room service for.

EASTER CAMP

EASTER CAMP AT MAHAI Marion Hufner



Great venue for hiking, super campsite, wonderful company, organised leader, tasty happy hour, super display of Easter bonnets/hats with amazing prizes, full moon and the weather played its part making a really fantastic Easter camp at Mahai. The road over the pass was something else!

The arrivals and departures of the fifty seven participants (too many to list!) varied, but on Saturday we all enjoyed a hike up the Gorge followed by a delightful happy hour organised by Bonny. Participants were asked to bring Easter bonnets/funny hats and almost everybody joined in the fun to the amazement and amusement of others in the camp. The birds nest hat by Jock McLaren won the competition.

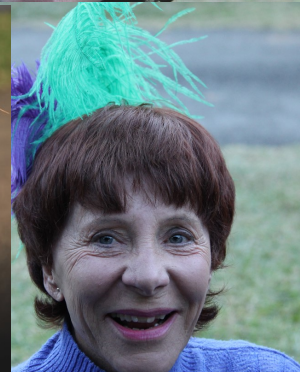
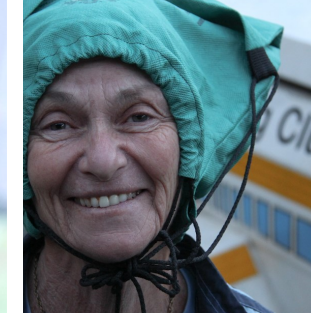
Everybody was then split into colour groupings for the quiz with ten questions about Easter and then ten more general questions. The green and black team tied so on Sunday there was a sudden death and the green team won – something different and great fun.

Sunday saw the energetic, hike up the Crack and down the Mud slide – wow the comments varied from fantastic to never again.

Thanks go to Deon and Bonny van Rensburg for their excellent organisational skills and to Jock for towing the trailer with the JHC tent inside.



EASTER CAMP BONNETS



POWER EX CHAIRMAN



Amazing He's even pulling the trailer as well!

FANIE BOTHA HIKING TRAIL (26 APRIL TO 1 MAY)

Sue Emmet

Participants: Tom and Ann Kenny (Leaders), Neil and Audrey Ransome, Hanneke Stouthamer, Sue Emmett, Marianne Ulriksen, Derek Phillips, Andre, Dorothy Beuken, Hilke Kruger and Sandra Burger.

On Thursday 26th of April, a group of happy and excited hikers gathered round the braai at Ceylon Hut, which is at the start of the Fanie Botha trail. Opened in 1973 the Fanie Botha trail is the first formally designated trail in the country and is affectionately referred to as the "The Grand Old Man of Mpumalanga". It was one of the first trails I had walked with the JHC in 1989 or 1990. I had

fond memories of the trail, but did remember some tough sections and a lack of shade on some of the days, so was a little apprehensive about what to expect.

As we gathered round the fire that night there was much excited chatter and swapping of stories with another group, who had managed to get lost and returned to the hut! This was not an encouraging start, but I had full confidence in our leaders Tom and Ann, who seemed very organised and had gone to a lot of trouble emailing us comprehensive information about the hike, so figured they were unlikely to get us lost.

Day 1: Ceylon Hut to Maritzbos Hut, 8.7 km.

We awoke to blue skies and sunshine and after a good night's sleep most were rearing to get going. But first the drivers had to ferry the cars to the fin-

HIKE REVIEWS

ish, which gave the rest of us a chance to fret over the weight of our backpacks and spend some time debating whether there was anything we could remove at the last minute. Eventually the drivers returned and after a couple of group photos we set off. Spirits were high as we sauntered along fairly easy, exposed forest tracks. But the temperature was increasing and there was little shade. When Tom suggested resting in a shady spot at the side of the track, all welcomed the opportunity to remove heavy backpacks and dived into patches of shade.

The highlight of the day was having lunch at Lone Creek Falls, where some of us took the plunge and swam in the refreshingly cold water. It was such a lovely stop that we were loathe to get going again, but after a leisurely lunch we reluctantly pressed on and quicker than expected reached Maritzbos Hut about mid-afternoon. A leisurely afternoon was spent lying on the grass outside the hut reading, sleeping, chatting, etc. This was followed by a very merry happy hour with a delicious spread and some very welcome "Old Brown Sherry" which is a definite must for any backpack!

Day 2: Maritzbos Hut to Stables Hut, 13.3 km.

Once again we awoke to blue skies, but within minutes of leaving the hut, the path wound uphill through indigenous forest in a kloof. Delightful shade, cool footpaths and streams were in sharp contrast to the previous day's exposed tracks and glaring sun. The uphill was however relentless and the opportunity to remove our packs to explore the first waterfall of the day proved irresistible. The path to the waterfall deviated from the main path and soon brought us to a stream tumbling into a dark pool below. After a short rest we returned to our packs to continue the relentless, uphill slog. We passed some impressive waterfalls - Cathedral Falls and Chockstone Falls. But we were now so focused on getting to the top that lingering near waterfalls was no longer a priority. Our considerate leaders, Tom and Ann, stopped at regular intervals to ensure that all hikers inching slowly uphill kept close together.

On reaching the top we had to blink and dig for sunglasses as the forest had largely protected us from the sun. The trail then wound along a track and within a short distance there was the option of an alternative route. Some of us decided to take the alternative route and we were well re-

warded for our efforts. We reached a grassy Highveld plain and were treated to viewings of Blesbok and Zebra. I felt as if I had stepped into a game reserve. The trail followed a stream and led us to a lovely pool, which was now in shade. But Derek was not deterred by the shade and had a quick dip. The rest of us, grateful for the opportunity to rest, sat contentedly in the afternoon sun, slightly away from the shady pool. A young man from another hiking group was plucking up the courage to jump into the pool from a dizzy height. He seemed to spend ages looking down, before eventually jumping in. It was reassuring to hear a loud splash and the sound of him squealing with delight at having accomplished his mission. The trail continued to follow a mountain stream with pools and waterfalls, before descending through pine plantations, to rejoin the track just before Stables Hut.

Day 3: Stables Hut to Mac Mac Hut, 16.3 km.

Our packs were feeling lighter and although there were a few aches and pains, morale was high. We felt ready to tackle the longest distance of the hike. We climbed 300 metres right at the start. From the hut, a forestry track twisted to a viewpoint 2100 m above sea level. Before us lay the undulating Sabie valley and behind us the hills rolled to the horizon. We continued to climb and after a period of time the path descended to a ridge. We followed a lovely contour path with stunning views, before reaching a thickly wooded ravine. This provided a welcome respite from the sun and made a perfect lunch stop. We clustered round a small pool and a couple of us opted for a quick, refreshing dip.

After lunch we continued slowly uphill, looking for patches of shade where we could briefly pause and enjoy some respite from the heat of the sun. Eventually, we reached the foot of Mount Moodie, one of the highest landmarks in the region. We swung downwards, winding our way down the folds of Mount Moodie. My water bottle was nearly empty and I was eager to reach the hut and have a refreshing cup of tea. After, several bends and a couple of false sightings, someone does indeed spot the hut and there is an eager surge to get there and remove our packs.

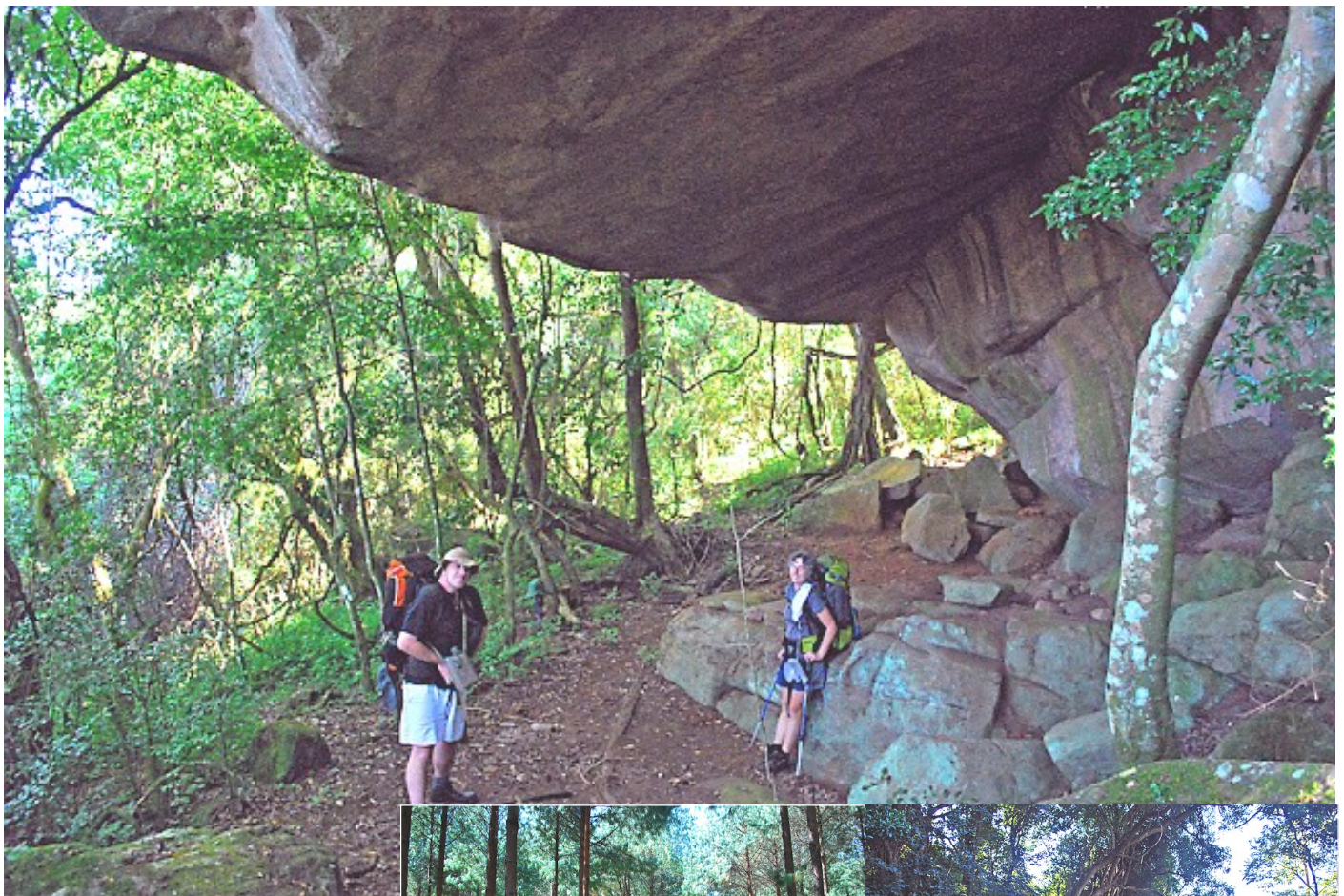
Day 4: Mac Mac Hut to Graskop Hut, 13.6 km.

As this was the last day we were eager to get going. The psychology of hiking is such, that by the time you reach the last day of the hike, most are anxious to finish and take the shortest route to the finish. Mindful of this, our leaders, Tom and Ann,

HIKE REVIEWS

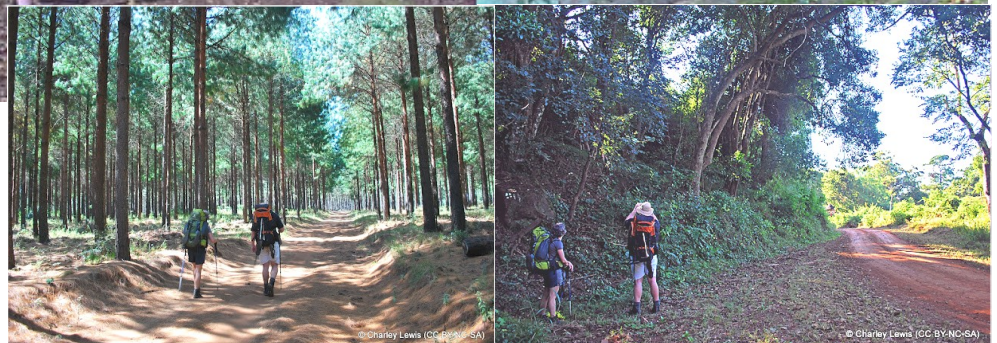
had wisely chosen the shorter 13.6 km route via the bonnet (hill), rather than the longer 23 km route via Mac Mac pools. There were no significant climbs and as the terrain was fairly straightforward we made significant progress and arrived at the hut about midday.

After a cold shower most were keen to explore the highlights of Graskop and for a few of us "Harry's Pancake Bar" was an essential part of our stroll round Graskop. It was decided to return in the evening for a celebration and dinner at the local Portuguese restaurant. The atmosphere was very festive, the tables beautifully decorated, the waitress very sweet and charming, but sadly the food was disappointing. I guess we are all "city slickers" and used to the standards set by big cities such as Johannesburg and in my case, London! Oh well, such is life, the most important thing is we had a wonderful backpacking experience spread over 4 full days. Tuesday morning we headed back to the bright lights of JHB, with only our photos and memories to remind us of the joy of hiking "The Grand Old Man of Mpumalanga"!



HANGKLIP TRAIL

Pictures by Charley Lewis



HIKE REVIEWS

PROSPECTORS HIKING TRAIL: 21 to 25 March, 2012

Peter Burman

Situated in the rugged mountain landscape surrounding the historical village of Pilgrims Rest, the Prospectors Hiking Trail promised to offer some challenging hiking in the beautiful and interesting mountain scenery of the Mpumalanga lowveld.

Our group included 11 keen hikers from JHC: Gavin and Gillian Peirce, Ray Anderson, Brian Murnane, Sue and Neville Marias, David White, Marion Deason, Johan Esterhuisen, Peter Burman and our very capable Hike Leader, Jill Salt. We met on Tuesday evening at the Pilgrims Hut just outside of the Pilgrims Rest village and although the hut was somewhat cluttered, it was clean, the beds supplied with mattresses were comfortable and there was an electric geyser for hot showers. Unfortunately these high standards were not to last

Each hut on the Trail also has an outside lapa area complete with seats, table and braai area with wood supplied.

On the Prospectors Trail there is a slackpack option, which most of our group had opted for, with our food and luggage transferred each day to the following hut. Three of the party were more hard core hikers and chose to carry their full backpacks.

DAY 1: Distance 14 km, Pilgrims Hut to Morgenzon Hut, started with a leisurely stroll through the Pilgrims Rest village and proceeded west up the Robbers Pass road for some kms. We finally turned off the tar and onto a stretch of sand road, before the trail eventually turned onto a mountain track. Then followed a long, hot, steep, 500 meter ascent up to the Morgenzon hut, which passed alongside some pine forest plantations, which was not for the faint hearted. We soon realised that there were some strong hikers in our group and 68 year old Johan, in particular, seemed to have boundless strength and energy. Throughout the next five days our walking distance and the elevation (height) we climbed was accurately measured by Gavin on his GPS.

Morgenzon Hut proved to be a disappointment since there were no shower facilities at all, and we had to make do as best we could washing the days sweat and grime off under the single cold water tap.

DAY 2: Distance 11km, Morgenzon Hut to Black

Hill Lookout Hut. This day promised to be a lot more interesting and started with a pleasant meander through the pine plantations and a long steep descent into a picturesque valley of indigenous bush. Little did we know that the challenge was about to begin And so started the brutal 1030 meter climb up to the Black Hill Lookout hut (which was undoubtedly named from the black thoughts hikers start to have on the way up steep and treacherous path!) Fortunately most of this climb was in a kloof of dense indigenous forest, so we were in the deep shade all the way.

The Black Hill Lookout hut is on one of the highest points in the area and being an old fire lookout point, has magnificent views of the surrounding countryside. The facilities are basic and poorly maintained, but at least there was a cold shower (albeit filthy dirty and no shower head ...).

DAY 3: Distance 14km Black Hill to Excelsior Hut. We set out in the cool early morning mist through a long stretch of magnificent weathered rock formations. The walking was easy after the previous two days and once the sun burned off the mist we were able to enjoy the magnificent scenery surrounding us. The walking remained easy all day as we meandered through weathered mountain rock formations, grasslands, pine plantations and past a small dam of clear water, where Brian could not resist having a dip. Excelsior hut proved to be the oasis in the poorly maintained desert of the Prospectors Trail huts: clean, comfortable, well maintained, and with 'donkey boiler' heated showers. The hut is also well situated between rock formations with a beautiful view of the countryside. After a refreshing shower, we were relaxing and chatting on the grass outside the hut in the late afternoon sun, when a 4x4 vehicle arrived and out got Jill's husband, Richard with a friend. They had brought with them a coolbox filled with ice-cold beers, wine and cold drinks, as well as cheese and biscuits for the mandatory JHC 'happy hour' – what an unexpected treat!

DAY 4: Distance 16km Excelsior Hut to Morgenzon Hut, a fairly easy walk through grassland and pine plantations with one or two mild climbs (any climb seemed mild after Black Hill!) Of interest were a number of wild horses, which we saw and which apparently live in these mountainous areas. Our mid afternoon arrival back at Morgenzon Hut (aaaarrg! ... only the single cold water tap to wash in!) was somewhat of an anticlimax. The novelty of pasta 2- minute noodles plus what ever

HIKE REVIEWS

you could add in to bring some life to the meal, had worn off. The booze was finished (except for Ray who seemed to have never ending supply of beers) - and every one was in bed by 8pm .

DAY 5: Distance 12km Morgenzon Hut back to Pilgrims Rest started out along a contour path next to the pine plantations and then descended into a pretty kloof of indigenous forest with a crystal clear stream. The going was once again easy until we started the long, steep descent down to Pilgrims. The path descends into the valley behind Pilgrims Rest and eventually joins an abandoned railway track which we followed for some way towards Pilgrims. This abandoned railway track originally serviced the mines in the area and was decommissioned more than half a century ago. The railway track is now heavily overgrown with brambles in places and just when we thought the worst was over with only a few leisurely kms to go, we had to fight our way through this bramble nightmare!

At about 11h30am our group of tired , dusty , sweaty , and bleeding hikers arrived at Johnny's Pub & Restaurant in downtown Pilgrims and settled down to a mid morning beer and delicious lunch.

I think that everyone thoroughly enjoyed themselves on the Prospectors Trail and some good friends were made.

The Prospectors Trail is managed by KOMATI Eco Tourism and can be done in sections, or the full five days. The five-day trail is rated as 'very difficult' mainly due to the heavy climbs on days 1 and 2. I think that we all found the rest of the trail fairly easy. As previously mentioned, there is also a slack pack option, which in my opinion is recommended, since that would give you the option to take along plenty on food and liquid refreshment (to try and offset the lack of other liquid to wash in at the Morgenzon Hut !)

Our special thanks to Jill for her capable leadership and organising the happy hour in the middle of nowhere (at Excelsior Hut) on Friday evening.

SKEURKRANS HIKE, 27th TO 29th JANUARY, 2012.

Pictures: Bev Brockman



HIKE REVIEWS

CAMINO DE SANTIAGO ("THE WAY OF ST JAMES") – THE PRACTICALITIES

Jill Salt, Sabie, Mpumalanga

Santiago de Compostela is in Galicia in north west Spain. It is the burial place of St James, one of the twelve apostles, and for over a thousand years pilgrims have been making a very special journey, across Europe, to Santiago. It is called the "Camino de Santiago", or the "Way of St James". There are many routes to Santiago, the main one being the Camino Francés, which starts in France, and is about 800 kms long. I walked the Camino Portugués in May 2012, just over 600 kms, starting in Lisbon in Portugal.



The routes are way-marked, so you don't need a map, just start walking and follow the yellow arrows. I did take a guide book ("A Pilgrim's Guide to the Camino Portugués" by John Brierley), as there is so much to see and visit along the route, and I didn't want to miss anything of historical importance. Also, if the arrows are faded, or covered by undergrowth, or road works obliterate the arrows, the guide book helps you stay on track.

There are many places to stay along the way, from pilgrim hostels costing 5 euros a night for a bed and a hot shower, to pensions offering rooms with private bath and a simple breakfast for 25 euros, to middle and upper range hotels for 50 to 100 euros a night. Most pilgrims stay in the hostels, but if you do, take ear plugs for the snoring and a sleeping bag for cold nights. Some hostels have

blankets, but not all. There is usually a bar/café/restaurant nearby where you can get a meal in the evening, and breakfast next morning. Many restaurants offer a "pilgrim menu", which, for 6 to 10 euros, offer soup, a main course, dessert and wine.

It took many days of walking before I was comfortable with what I was wearing and carrying. Everyone takes too much to start with, and I was no exception. Each day I was tossing out something I didn't need. It is a good idea to pack items that you don't mind tossing if you have to! I tossed a shirt, a scarf, long johns, a pyjama top, a plate, and emergency dried food, and I also tended to leave things behind by mistake, like socks or broekies drying on the shower rail, so I also lightened my pack that way! My backpack ended up weighing a very comfortable 7 kg, before adding water and snacks for the day.

Footwear



On a long distance walk like this your feet need special attention. Just one blister can stop you in your tracks. Buy good quality, sturdy walking shoes, a half or one size bigger than normal, and try them out before you go. Hiking boots are not really necessary, but if you like them, take them. Trainers are not sturdy enough, as walking with a backpack is different from jogging in the park, and you will be bound to get blisters. If you intend walking long days, 30 kms or more, then boots will be best, as your feet get quite sore over long periods of time. If it rains all day, and in Galicia it will, your shoes/boots will get wet. Stuff them with newspaper overnight to help them dry out.

Take three pairs of socks, one thick, one medium and one thin. Buy seamless ones from the outdoor shops; mohair and bamboo are best. The thick pair and the medium pair can be worn alone, the medium pair can be worn with the thin pair underneath, and the thin pair can be worn on cold evenings with sandals or crocs.

You will need to take a pair of sandals or crocs for evenings, especially when your shoes/boots are wet. They need to be lightweight, but good for walking a kilometre or two, if necessary, to find a place to eat once you've secured a bed for the night. Strops and crocs can also be used, in emergencies, for walking during the day if you have blisters. Keep this second pair of footwear in a side pocket of your backpack for easy access. The first thing you will want to do at the end of the day is take your boots off, especially if they are covered in thick mud, and it helps if your second pair is at hand.

HIKE REVIEWS

Hat

Take anything that is comfortable for you and shades your face, ears and neck. From Lisbon to Santiago you are walking north, so the back of your neck will get burnt if not covered. From St Jean Pied de Port (France) you are walking west, so you will get a good tan on your left side!

Walking Poles

These are a personal choice. Some people use them, some don't. Most airlines, or their security staff, will not allow them as cabin baggage, so if you take them you will need to check them into the hold. They are particularly useful for going down hills, for balance on muddy sections, and for self-defence against the odd stray dog. They are also useful on busy roads with a narrow, or no, margin. Hold them sideways and the cars will give you a wider berth! I didn't take a walking pole, and found it fairly easy to pick one up occasionally in the forests.



What To Wear

A pair of quick-drying, cut-off long pants are ideal. Wear the same pair every day. If the bottoms get muddy, they can easily be unzipped, washed, and dry by morning. The top part can be washed and hung up to dry when you have a free sunny afternoon.

Take two quick-drying, short or long sleeved shirts, and alternate them each day. When you shower at the end of the day, throw in the shirt you have been wearing, your broekies, bra (sometimes) and socks, and give them a quick wash and rinse. They can dry on your backpack the next day, if they are still damp in the morning, while you wear your second set of . . . shirt, broekies, bra and socks.

Cold and Wet Weather Gear

It will rain, so you need to take a waterproof jacket or a good quality poncho. If you take a jacket you will also need a raincover for your pack. I took a poncho and it kept both me and my pack dry even on days

when it poured all day. At one point I was getting wet inside, but on investigation I found that the toggle for the hood had got inside, and the drawstring formed a conduit for the rain to channel down and drip onto my shirt. Do not bother to take waterproof overtrousers. It's not worth the weight carrying them when not in use. So your pants get wet, but they are quick-drying (right?), and you put your clean second pair on anyway (see next section) at the end of the day's walk.

What you take for warmth will depend on the time of year that you walk. I walked in Spring when it was still very chilly some evenings. A long-sleeved fleece top, and a fleece jacket on top of that were sufficient. In summer you could dispense with either one, and in winter I would take a warm waterproof jacket instead of the poncho.



Also in winter you should add gloves, a beanie to keep your head warm, and some long johns.

Evening Wear

Take a second pair of quick-drying, cut-off long pants to put on when you get out of the shower. As I wore mine for only a few hours at the end of each day, I never had to wash them. Take a third lightweight, non-crease, comfortable shirt to wear with them. Again, it may never need washing, and it stays in good condition throughout the trip, so you still have something reasonably smart to wear at the end, and to return home in.

Night Wear

This can be a lightweight pair of pyjama bottoms and the next day's (clean) shirt. (It was washed and dried last night, remember?) Or just wear the shirt and broekies!

Other Clothes

None. You do not need anything else. If you do, and you won't, unless you lose something or leave it behind, there are plenty of towns and shops along the way to replace lost items.

Toiletries

Take small amounts of all the usual items, as you can easily replenish them as you go along. Use the

HIKE REVIEWS

same small bar of soap to wash body and clothes. A universal bathplug is very useful, as plugs are often missing from sinks and baths. I also took a small plastic scrubbing brush to scrub the mud off my shoes occasionally. If you take nail scissors or nail clippers, don't forget they are



not allowed in your cabin bag. Take whatever towel suits you best, either a conventional one, or a lightweight, quick-drying

one available in outdoor shops. I took a small loo roll, but never ever used it. Toilet paper was always freely provided. However, that is the one and only item I will always pack, for just in case .

First Aid Kit

This can be very minimal. You are not hiking in the 'berg, days away from civilisation. Most days on the camino you are likely to go past a pharmacy. Take a selection of different sized plasters, blister plasters, and moleskin, so you can deal with hotspots and sore toes immediately they occur. Also some pain killers like anadin or paracetamol, some immodium, and maybe something for the sinuses, like actifed, if you suffer from hayfever. Throat lozenges, like strepsils, and a satchel of medlemon, will tide you over until the next pharmacy if you catch a cold. If you are on prescription medicine you will need to take a good supply with you to last the whole trip. Make sure this stays with you in your cabin bag, as you won't want it to go astray.

Your diet will change on the camino, so consider taking some multivitamins, and also magnesium with calcium tablets to assist those aching muscles.

Your Valuables

Keep these in a money belt under your shirt around your waist, and never let it out of your sight. Take it to the shower with you (in a ziplock bag), and put it in your sleeping bag with you at

night. Have spending money handy each day for coffees, meals, etc.

A small pouch, attached to your pack, or around your waist, is useful to carry camera, cell phone, daily cash and your "credential", which is your "pilgrim passport". You get this stamped along the way, in hostels, pensiões, bars, cafés, churches, municipal offices, etc, as proof of your pilgrimage. When you eventually reach Santiago, and present your credential at the pilgrim office, you will be given a "compostela" or certificate, confirming your



status as a pilgrim. Your credential, with all its stamps, and the compostela, are lovely souvenirs to keep of your journey.

Other Items

Sunglasses, sun block, lipice, notebook and pen, needle and thread, safety pins, pocket tissues, plastic mug and spoon, swiss knife (not allowed in cabin bags), zip-lock plastic bags, and a couple of plastic carrier bags all come in handy. If you take a camera and cellphone you will also have to take battery chargers.

Besides your guide book, you may want to take a reading book. You may have the time to read, you may not. Everyone's camino is different; some people want company all the time, while others prefer solitude; each to their own.

Finally, water and food for the day. You can top up your plastic mineral water bottle fairly frequently, at wayside fonts, bars and cafés, so you do not need to carry much water. I found that a 500 ml bottle was sufficient, but carried a second bottle for long stretches on hot days. There is no need to take your water bottles from home. Food is also generally available, although you have to watch out for siesta closing hours, when everything shuts between 12pm and 3pm. I usually carried a bread

HIKE REVIEWS



roll and some cheese, a banana and orange, for something to eat during the day.

I hope the above helps with packing

for your camino. If you have any questions about the camino, just ask, and I'll try and help. My email is jill@beachhike.co.za, and my cell is 074 103 5963.

HIKING THE LYCIAN WAY IN TURKEY Mike Openshaw

Dick Carlisle, Mike Moore and I flew out to Antalya for a 15 day walk in Lycia, on the south-western coast of Turkey. This was, for me, the culmination of a dream, as this ancient walking route stretches over 530km, following "named trails and forest tracks, traversing the Taurus mountain range, which plunges into the Mediterranean soars along cliffs, winds through forests, pauses at deserted beaches and takes several detours inland. The first, and greatest, hero to travel the Lycian Way was the Macedonian King Alexander the Great." (KATE CLOW in "TOP



TREKS OF THE WORLD"). We obviously did not cover the full 530km, but we did more than

120km.

The three of us met up with John and Maura Deighton, long-time members of JHC, as well as 16 other members of the U.K. Ramblers. After a comfortable night in a hotel, we set out by our bus for Fetiye, a city at the western end of the Lycian Way. In the following four days we embarked on day walks along this trail, with some visits to historical sites, both Greek and Roman, returning at the end of each day to our hotel for dinner, bed and breakfast. One or two days hikes were fairly short because of bus travel, but the ascents and descents were fairly strenuous. The first 4 days, we walked 7, 12, 11, and 7km, respectively.

We then moved eastwards to the town of Kas, encountering our first casualty when a man fell awkwardly down a rather large "step" and ruptured a vein in his foreleg. Sadly this meant that he could not continue with normal hiking and even having to spend a few days in his room. Our hotel in Kas was perched high above the harbour, with the dining area on the top floor, giving a stunning view over the town, the sea and a Greek Island that was close enough to detect the buildings of the main town on it. For the next 4 days we hiked another part of the "Way" and visited historical sites, including taking a boat trip to Kekova Island, which allowed us a view of some underwater ruins and a lunch on board. On day 8 of our trip, the 3 of us took a local bus to Xanthos. From an archaeological perspective it was very interesting. We also visited Myra and viewed the rock-cut tombs, overlooking the Roman Amphitheatre. This is reputed to be the home of St Nicholas, (Santa Claus). We walked through a "ghost town", from which all the Christians were evicted after World War I. The remains of the abandoned Byzantine church are very impressive.

Next, our bus took us to the delightful village of Adrasan, which was my particular favourite venue. Our hikes from this base, including visiting Cape Gelidonia Lighthouse, which is perched high above the sea, requiring a lung-wrenching climb. We also visited the ancient site of the town of Olympos, which has been occupied by the Greeks and the Romans. The real challenge came on our last day of hiking when we travelled to the far side of Mt Olympos, climbed to the saddle, an ascent of some 900m and then plunged down the other side for some 1000m. This was the only day we encountered rain. We started out in brilliant sunshine, with clouds closing in as we

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got higher. By the time we got close to the saddle, there was a storm, including some hail. Our lunch stop was, as a result, not exactly pleasant. Both on the way up and the way down we encountered an interesting phenomenon, methane discharging from fissures in the rock, which was burning. On first seeing them, one of the ladies wanted to extinguish the fire, thinking that someone had left a camp fire burning. We returned to our hotel at Adrasan and, the next morning travelled back to Antalya.

Unfortunately, all good things come to an end, so after an afternoon sightseeing, as well as another night in the "Hotel Aspen", we took a taxi to the airport and began the long flight home, via Istanbul and Dubai, with Mike Moore leaving us at Istanbul Airport, in order to fly on to Izmir for a visit to Ephesus.

In some ways, I feel a bit of a cheat because it was made so easy and comfortable. On the other hand, I thoroughly enjoyed being pampered with 3 or 4 star hotel accommodation, all with private bathrooms, including dinner, bed and breakfast. All thanks to Ramblers. Their slogan is one that I can endorse, having trekked, hiked and tramped in 25 countries: "The World's More Beautiful On Foot."

URBAN HIKING IN NEW YORK

Sandra Atherstone

You can hire Hikers Haven at Foothold, camp there, or simply come to the monthly camp.



With plans to get in some hikes on our 4 month trip to the USA I joined the Westchester Hiking Club. I managed to do one. It took me a car ride and two trains to get there. The 13 kilometre hike wound from the bank of the Hudson up through natural oak woods along part of the Appalachian and Taconic trails. Disappointingly only once did we get to a point where we could lookout through the trees. Oh how I missed the vast expanse of the sky in the Magaliesburg. After that there was either something else planned over the weekends or the trail would have been too similar to the previous outing.

There is however another option in New York, one I have termed, urban hiking. On Manhattan there is Central Park with its 843 acres of trails, River-



side Park where you can walk along the Hudson River and there are plans to link several trails and create a walkway right around the island. The Highliner, a restored and landscaped elevated rail track through low-

HIKE REVIEWS

er Manhattan has created a new park area three stories above the streets between the skyscrapers.

The Bronx River Parkway (only for cars) leads out of Manhattan into the suburbs of Westchester County north of the city. The road, rail and river bridges are old arched stone bridges far too low and narrow for the current traffic but they lend an old world charm to the drive which winds through natural oak woods and follows the Bronx River. On Sundays through the summer this major road is closed to motor traffic for a distance 50 miles through the Scarsdale area for "recreational use" from 10am to 2pm. Walkers, runners and cyclists turn out in their hundreds to take advantage of the opportunity. At other times you can walk a paved trail which runs from the city limits and follows the same route through a wide naturalised belt.



The Croton Aqueduct was completed in 1842 to bring water to New York City. Although Manhattan is surrounded by water none of it is potable. The Hudson River was called "the river that flows both ways" by the local Indians as it is tidal for

280kms up the estuary. The Aqueduct runs for 46 miles from Croton north of the city and has a constant fall of 33 centimetres per mile with no variation over its whole length. To maintain this slope the engineers simply went over, under or through any rivers, roads or natural obstacles. The Friends of the Aqueduct preserve the old maintenance track that ran along the top of aqueduct and it is possible to walk almost its entire length with only a few deviations. It makes for interesting and very level walking and you can join The Friends on historic walks. The trail passes constantly over roads and passes ventilation shafts every mile.



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The Walk across the Hudson was created from another historic structure due for demolition. An old steel railway bridge at Poughkeepsie it spans the Hudson River for a distance 4.5 kilometres. It is now a National Park. You can now park your car on either side of the river and picnic in the park under trees then enjoy a walk across the bridge with spectacular views up and down the river.



Although I cannot claim to have “hiked” in New York we certainly covered a fair amount of ground through varied and interesting areas.

THE HIKERS LAMENT Helena Vaccaro

I need a bit of exercise
I think a hike might do
It won't be very strenuous
Just a couple of miles or two.

I'll join the Jo'burg Hiking Club
On their Sunday amble
They've got some seasoned leaders
So getting lost won't be a gamble.

We've reached our destination
And before my very eyes
There stands a mini Everest
I swear, I'm not telling lies.

Before we set off on our way
We're told just what we'll need
It's quite a comprehensive list
Which everyone should heed.

At least two litres of water
Some sunscreen and a hat
A pair of sturdy hiking boots
They've certainly got it off pat.

We haven't even started
Getting up that bloody hill
My body's screaming blue murder
Where's that anti-inflammatory pill?

I've finally arrived at the pinnacle
But can't enjoy the view
Because sweat's streaming in my eyes
And I'm desperate for the loo.

All my nails are broken
Climbing over massive rocks
My clothes are torn and dirty
Not to mention my holey socks.

I've managed to fight through thorn bushes
But I'm scratched from head to toe
To make it through all this torture
I would need to be Rambo.

ASTRONOMY

At last we're nearly at the end
But there's even more to come
Making it down to the bottom
Without falling on my bum.

My ankles and knees are crippled
My muscles are protesting with pain
What's wrong with all those hikers?
They must be completely insane.

Qh what a fabulous outing
Please do come and join a hike
But if you'd like something more gentle
You'd be better off buying a bike!

*Helena was an avid mid-week hiker until
work got in the way of it. Editor*

THE DARKER DAYS OF AUTUMN

Paul Rangecroft

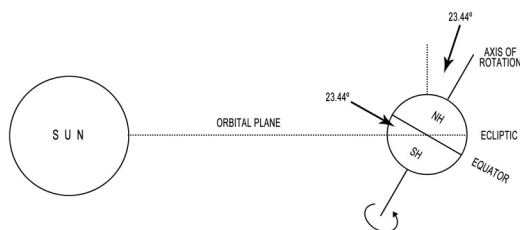


Pictures: Kit Bruyns

The signs that announce the arrival of autumn towards the end of March are all too familiar to us – trees start to drop their leaves, the early mornings become colder and the days shorter. In fact, the days start to shorten after the summer solstice (21/22 December), but the shortening seems to accelerate as autumn approaches. Is this just a perception fuelled by our anticipation of the bleak time of year that lies ahead, or does daylength in fact shorten faster at this time of year?

Let's start off by looking at what drives the progression through the seasons and the change in daylength. The earth rotates on an imaginary axis that passes through the north and south poles. It is divided into the two hemispheres by the equator, an imaginary line around its circumference that is equidistant from the two poles. This places the two poles at the centre of the respective hemispheres, and the axis of rotation at right angles to the plane of the equator (see Figure 1). The axis of rotation is not perpendicular to the plane of the earth's orbital path around the sun, however – it is inclined by 23.44° from the vertical. As a result, the plane of the equator is in-

Figure 1. INCLINE OF THE EARTH'S AXIS OF ROTATION RELATIVE TO THE PLANE OF ITS ORBITAL PATH AROUND THE SUN



clined by 23.44° to the plane of the orbital path. The orbital plane can also be represented by an imaginary line around the circumference of the earth (referred to as the *ecliptic*). The equator is inclined relative to it, but intersects it at two points

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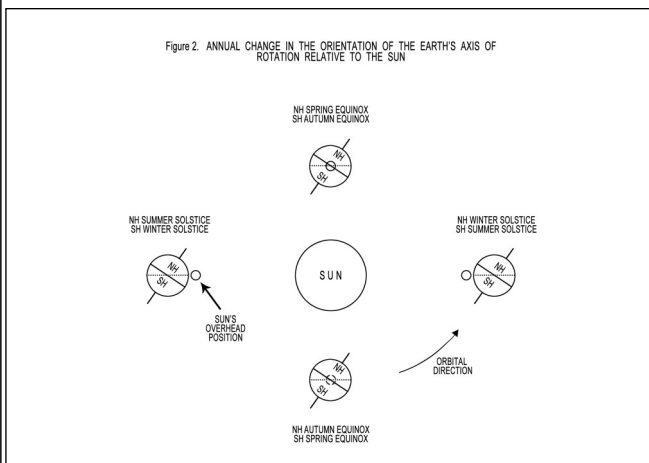
ASTRONOMY

on opposite sides of the earth.

The orientation of the earth's axis of rotation in space remains fixed as the earth orbits the sun. Its orientation relative to the sun changes, however, with the change in the earth's position in its orbit (see Figure 2).

As a result, the orientation of the two hemispheres relative to the sun changes too, and this is what drives the change in the seasons.

Broadly speaking, there are four stages in the



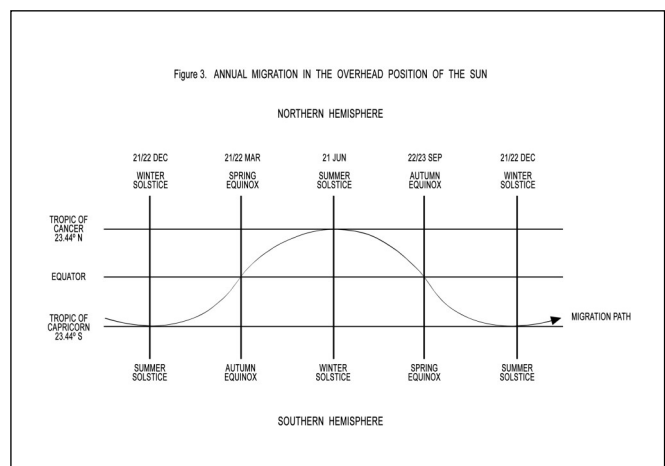
earth's orbit in terms of the orientation of its axis relative to the sun. In the first stage, the earth's axis points away from the sun (obliquely at first, then directly, then obliquely again). With the axis in this position, the northern hemisphere is inclined away from the sun and the southern hemisphere towards it. This is the time of winter in the northern hemisphere and summer in the southern hemisphere. The second stage is a period of seasonal transition (spring in the northern hemisphere and autumn in the southern hemisphere) when the axis lies roughly broadside to the sun (i.e. roughly perpendicular to a line joining the centre of the sun to the centre of the earth). In the third stage, the axis points towards the sun. The northern hemisphere is now inclined towards the sun and the southern hemisphere away from it. This is the time of summer in the northern hemisphere and winter in the southern hemisphere. The fourth stage is another period of seasonal transition (autumn in the northern hemisphere and spring in the southern hemisphere) when the axis lies roughly broadside to the sun again, but with the earth now positioned on the opposite side of the sun.

The cardinal points in the seasons (the solstices

and equinoxes) mark the times when the axis points directly away from the sun and directly towards it (the solstices) and the times when it lies exactly broadside to the sun (the equinoxes). The orientation of the axis shifts gradually from one cardinal position to the next as the earth orbits the sun, and the cycle starts again upon completion of an orbit.

With the change in the orientation of the two hemispheres relative to the sun as the earth orbits it, the overhead position of the sun from our perspective on the earth's surface shifts back and forth between the two hemispheres. As the earth moves around the sun, the sun's overhead position moves around the circumference of the earth's globe relative to the position of the earth's axis, following the line of the ecliptic (see Figure 2). The plane of the ecliptic is inclined relative to that of the equator, and the sun's overhead position therefore migrates back and forth across the equator. Over the course of a year, the path which the sun follows takes the form of a sine curve centred upon the equator (see Figure 3).

The Tropic of Capricorn (latitude 23.44°S) marks the limit of the sun's southwards migration and the Tropic of Cancer (latitude 23.44°N) the limit of its northwards migration. The sun reaches the Tropic of Capricorn when the earth's axis points directly away from the sun and the southern



hemisphere is inclined towards it (21/22 December). This is the time of the summer solstice in the southern hemisphere (i.e. midsummer) and the winter solstice in the northern hemisphere (i.e. midwinter). The sun reaches the Tropic of Cancer when the earth's axis

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points directly towards the sun and the northern hemisphere is inclined towards it (21 June). This is the time of the summer solstice in the northern hemisphere and the winter solstice in the southern hemisphere. The sun passes over the equator when the earth's axis lies exactly broadside to the sun. This occurs once during its northwards passage (on 21/22 March, the time of the spring equinox in the northern hemisphere and the autumn equinox in the southern hemisphere) and once during its southwards passage (on 22/23 September, the time of the spring equinox in the southern hemisphere and autumn equinox in the northern hemisphere). The equinoxes are represented in Figure 3 by the two intersections of the ecliptic and equator mentioned earlier.

The seasonal change in daylength is linked to the migration in the overhead position of the sun. For a location in the southern hemisphere such as Johannesburg, the days shorten as the sun migrates northwards after the summer solstice and lengthen again when the sun heads back southwards after the winter solstice. Daylength is shortest at the time of the winter solstice and longest at the time of the summer solstice. Day and night are of equal length at the time of the equinoxes when the sun is positioned above the equator. Daylength shortens as the sun migrates northwards because the sun's daily passage through the sky shortens as it drops down towards the northern horizon.

The path of the sun's migration is inclined relative to the equator – this means that there is a horizontal element (eastwards) to the sun's motion in addition to a vertical element (northwards / southwards). The degree of incline of the migration path varies, and therefore so too do the relative magnitudes of the two elements of motion. Change in daylength is linked to the northwards / southwards element, and because the rate of this motion varies, so too does the rate of change in daylength. The steeper the incline of the sun's migration path relative to the equator, the faster the sun migrates northwards / southwards, and the faster the rate of daylength change. The gradient is steepest at the time of the equinoxes and shallowest at the time of the solstices. So daylength changes slowly at the times of midwinter and midsummer, and quickly at the times of autumn and spring. Around the time of the solstices, the migration path is almost parallel to the equator, so there is almost no northwards / southwards motion, and

daylength change is virtually imperceptible.

So the acceleration in the rate of daylength change in autumn is a reality, not just a perception. Ultimately, it is the incline in the earth's axis of rotation that is responsible for this phenomenon. Had the earth evolved with an upright axis instead of an inclined one, the migration of the sun's overhead position around the earth's globe would have followed the line of the equator, there would have been no seasonal variation and day and night would have been of equal length throughout the year. Our world would have been a very different place had this been the case!

GREAT NEWS!

For a number of years Paul has been fascinating Footnotes readers by making astronomy relevant to their everyday lives. He has the rare ability to take a complex subject and make it easy to understand by the layman.

It is wonderful news, therefore, that Paul will be the guest speaker at the Club's slide show on 9th October, 2012.

Paul's presentation "will help people visualise how the earth fits into the universe and how our solar system functions, and to explain what objects we can see up in the night sky."

I would like to thank Paul for the wonderful articles he has written for Footnotes over the years (Editor)

HIRE HIKERS HAVEN FOR A WONDERFUL GETAWAY



Just about every member of the JHC has been to Foothold for a Monthly camp, Winter Camp or for some other special Club function. At these occasions there is a buzz of people, much social merriment, wonderful hiking to the top of the Magaliesberg and great camaraderie. Fewer of us have, however, experienced the delightful tranquility and quietness of having Foothold all to ourselves when there is no-one else around.

Hikers Haven has a well equipped kitchen, including crockery, a microwave oven, kettle, fridge, table and chairs and much else for one's comfort. There is also plentiful sleeping accommodation. Outside under the cool shade of the trees are tables and chairs as well as braai facilities. And, then of course, there is wonderful hiking up the gorge to the top of the Magaliesberg if you want to do more than simply laze around.

So why not book Hikers Haven for your next weekend or other getaway. Come all on your own, or add to the fun by bringing family and friends for a highly enjoyable time at the most affordable rates.

For the period August to December, 2010 a special offer of a half price fee to Club members will apply. To book just give Marion, the Club Administrator a call on 0879-401-903.

HIKING LIFESTYLE



Augrabies by Chris Yelland.

Submitted by Beverley Brockman

Sent in by Mary Candlin

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Pangea International Tours, based in Kalk Bay, Cape Town, is now offering local **weekend events** for people over fifty who want to get out and have a bit of fun

Gone are the days that when you hit 50, you have to slow down, stay at home and be bored. Today's older generation is retiring later and **staying younger and hipper for longer**. The crux of the matter is that everything out there is either aimed at your brood or the much less adventurous senior citizen.

With the **Nifty Over-Fifty Day Tours**, you can do something worth telling your kids about. **Groups are small**, so you really do get personal service and a chance to meet some interesting people along the way. Everyone is welcome - whether you're married, single or your partner just prefers a quiet day in. There are enough **like-minded people** out there to join in with.

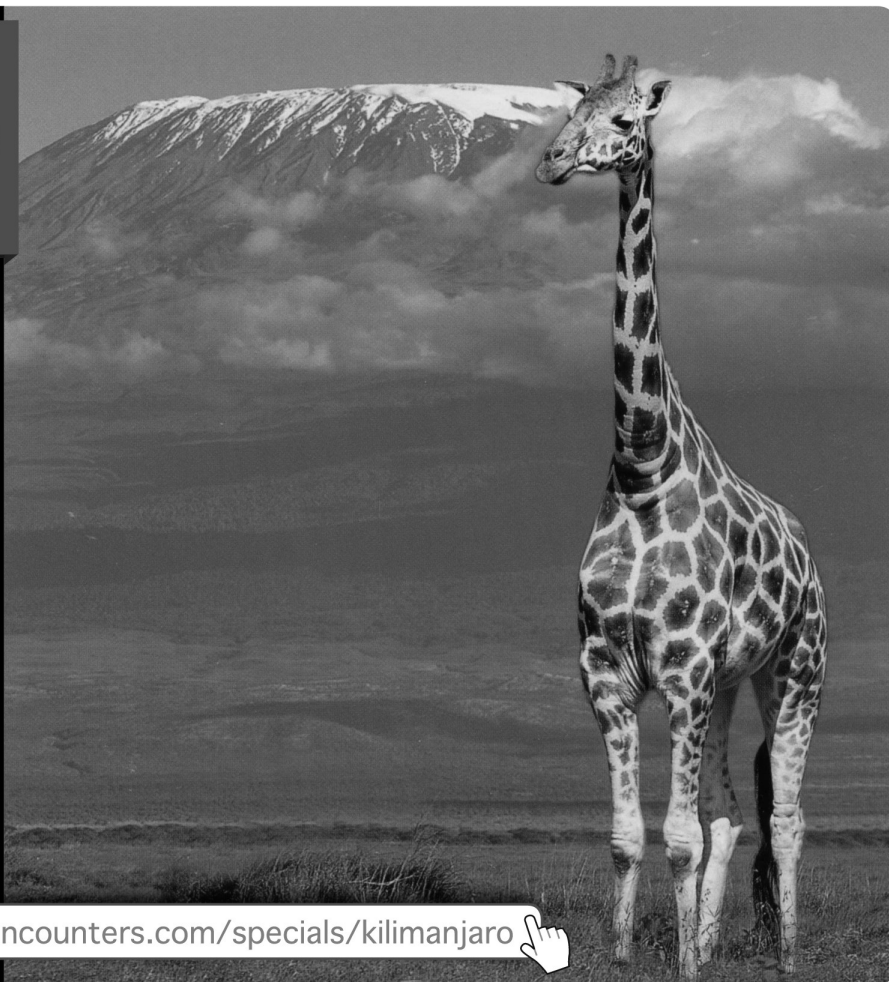
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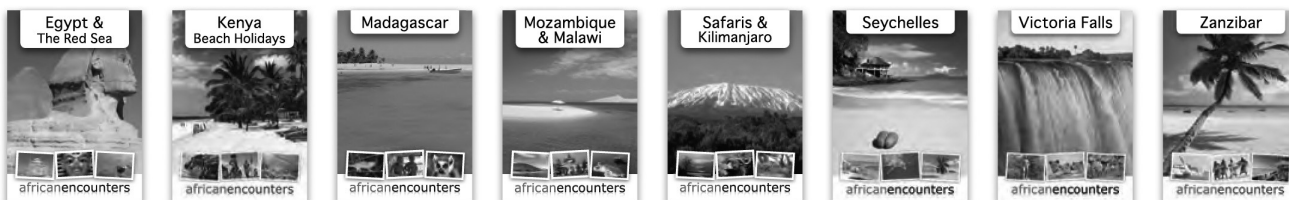
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