

THE MOUNTAIN CLUB OF SOUTH AFRICA
DIE BERGKLUB VAN SUID - AFRIKA

AMAJUBA AFDELING
SECTION



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JubaJabber - Monthly January/February 2014 News items

Love and Woe.

Have not heard of any illnesses or otherwise, so I am assuming that all is well with our members and their loved ones.

Committee and Membership matters.

Your committee for the year **2013** is as follows:

Chairperson: Hermann Kuhne - 0845600613.

Vice-Chairman: Johan de Villiers – 072 712 7022.

Treasurer: Len Stoop – 078 598 1643.

Secretary: Christine de Villiers – 072 712 7022.

Social Convener: Thea Groenewegen – 0343123703 / 083 378 7655.

Climbing and Rescue: Ruan Adendorff – 082 577 7555.

Juba Jabber & e-mail: Adriaan Dippenaar – 082 337 2970 / adriandip@telkomsa.net

Publicity:

Additional member: Gerhard Lamprecht

MEMBERSHIP FEES FOR 2013

Family membership is R260 per year

Single member R170 per year

Family pensioner R190 per year

Single pensioner R140 per year

Members can pay their fees via cheque, cash or electronic transfer. Our banking details are as follows:

Bank:	Nedbank
Account Holder:	MCSA Amajuba Section
Account Number:	1337163309
Branch Code:	133724
Reference:	Your initials and surname and Subs 2013

Recent outings by Amajuba Section Members.

Monks Cowl 4-5 January 2014 - Cowl Cave solo hike

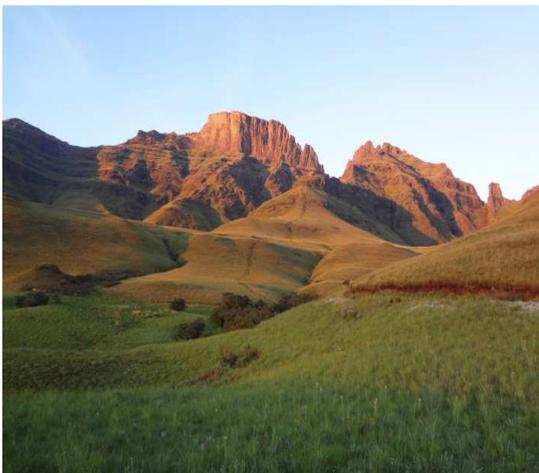
Day 1:

I traveled to Monks Cowl and started hiking at 3pm. It was hot and I was walking fast, my plan was to hike to Blindmans corner and overnight there. I cruised up the hill, past Crystal falls and the Sphinx. At Breakfast stream I had a quick stop and enjoyed the fantastic views of Cathkin peak and Champagne Castle. I arrived at Blindmans Corner at 18h00, set up the tent and relaxed. There was a family camping next to the river at the base of Sterkhorn. It rained a bit throughout the night.



Day 2

I was up at 04h30, enjoying the silence and breaking of a new day. After a quick breakfast I packed my gear and was ready to go at 05h50. I was to take the contour path to the north and around the Sterkhorn base into the Hlazini valley, with fantastic views of Gatberg, The Dragons Back and eventually reaching Keith Bush camp. Named after Keith Bush that fell to his death while climbing Monks Cowl in 1938.

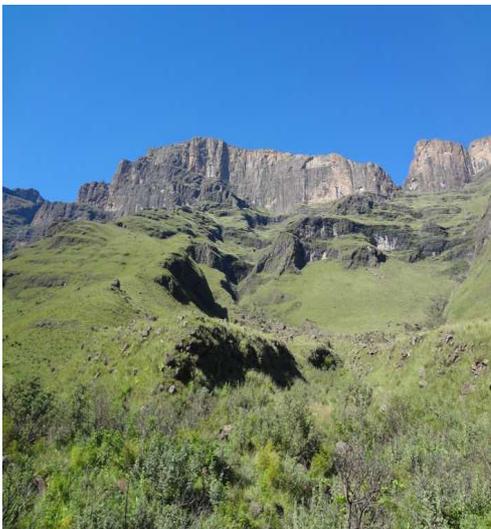




I arrived at Keith Bush camp just after 08h00, had some water and enjoyed the solitude of the valley. I could see now my next mission, up the Cathkin gully!

Being alone and with no means of communication, cell or radio, made me extra careful. I made risk assessments whatever I did, walking, boulder hopping, scrambling, where I place my hands etc. It is a risk hiking alone and I guess it is not every ones cup of tea. But for me, I love the challenges, the quiet and peace within. It makes me feel more alive and focused. In some ways, being a mountain leader, its good training as well.

The other good thing is that no one can see that you're knackered! The downside is of course to share awesome experiences with someone.





Cathkin Gully up I go, slow, very slow. Its similar going up a mountain pass, opposite the gully in the west is Grays pass which tops out at 3050m. The gully I'm huffin and puffin up is about 2800m. Once on top of the gully I sat down and enjoyed the magnificent views. I actually had a bit of a nap. Next waypoint: Cowl Cave 3050m...



To get there it is a traverse around the Cowl and then up towards the gully between Champagne Castle and Monks Cowl. It was about mid day and I was getting tired, been hiking for six hours with only short stops. I arrived at the cave and had a few Provitas for lunch and a liter of Game. Below me clouds were dancing around, at first I thought I should stay in the cave for the night. But then, thinking of what lay ahead I decided to descend Cowl Fork, get out of the valley and camp on Shada Ridge, with 6 hours daylight left!



DO NOT EVER DESCEND COWL FORK ALONE, IT IS DANGEROUS

When the fork is reached, the going really gets tough. I chose to descend the south slope to avoid a deep narrow ravine. It was nerve racking, lots of slipping and sliding. I was thinking to myself the whole time what trouble I'll be in if I fell here and broke something. And I did have an incident in this same ravine that could have been fatal. With that in the back of my mind I was so careful.

I reached the river and was totally knackered, I just wanted to lie down and rest. After a few tumbles and hard knocks I stopped at a spot, took my pack off, sat down and drank some Rehydrate. Half an hour later I felt better and carried on down the valley. At 5pm I reached the contour path, I was stuffed and glad at the same time that Cowl Fork was done. I reached Shada Ridge at 6pm. By 7pm I was asleep.



Day 3

After a solid 11 hour sleep I was awakened by the sun, I couldn't believe it! My body ached after the previous days adventure, I just wanted to lie there have another coffee and rest. The days hike: 9kms back to Monks Cowl via the contour path, Blindmans Corner and the trail past The Sphinx. It was a beautiful day with blue skies and green mountains all around. Near me was a lot of baboons going about their business, the morning was hot and at one river crossing there was a nice pool, I did not think twice, stripped and jumped in. That was enjoyable and deserving. Feeling revitalized I took to the trail, taking everything in and enjoying it. Going down I passed lots of day hikers. I arrived back at the camp and had a shower. I was tired, but happy. Took the road back to Newcastle, took my time, glancing in the rearview mirror...mountains I'll be back, soon.

Hermann Kühne

On the Lighter Side:



When you see this there can be no doubt in your mind that you are in Africa, how do they say **AFRICA IS NOT FOR SISSIES.**



Seeing as we are in the New Year if you have not made any resolutions yet try these!

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Program for 2014

Date	What/Where	Details	Contact number	Contact
22 Feb	Goewermentskop	Day Hike (2)	0727127022	Johan de Villiers
7-9 March	Normandien Pass to Moorefield area	Weekend Hike (3-4)	0825777555	Ruan Adendorff
21-23 March	Drakensberg (venue to be announced)	Weekend Hike (3-5)	0845600613	Hermann Kuhne

* Dates to be finalized. The programme is subject to change.

* Datums moet nog bepaal word. Die program kan verander.

Rating System

1. *Family weekend.* Children, prospective & older members. Easy, short hikes often-good facilities.
2. *Easy hike.* Footpaths present or otherwise flat open terrain.
3. *Average difficulty.* Path over varying terrain, often steep. Sometimes paths, route finding necessary.
4. *Difficult hike without footpath.* Might incl. bundu bashing, serious scrambling, kloofing or exposure.
5. *Technical climb.* Requires climbing gear (sometimes ice climbing gear).

General Interest

If anyone has anything of interest they would like to share in the news letter or wants me to put an article about anything in, then please contact me. It has to be relevant to hiking, mountaineering, camping or the outdoors. Ideally the article or request should reach me within the first 15 days of the month.

Trading Post:

Nothing
