

HOSA/VOSA

Issue/uitgawe 29
May/Jun 2013

e-News / e-Nuus van
Hiking Organisation of Southern Africa
Voetslaan Organisasie van Suidelike Afrika

NUUSBERIGGIES/NEWS ITEMS

**Wonderful
news!**

Discovery Vitality = DV

We are currently in discussions with Discovery regarding a Vitality points system for their 1.6 million members when they go hiking. This will to be introduced later this year.

Discovery Vitality (DV) has compiled a points system making use of the Green Flag Accreditation's grading system. This will be the basis for a points-structure which will award points to their members when they go hiking. A IT/ system process is proposed by Discovery, to collect the booking data of the Vitality members that have made reservations on Green Flag hikes, and then automatically award them with points.

Please note that this is a significant move forward for

- Hiking - in helping to assist in a healthy life style.
- Giving Discovery Vitality's 1.6 million members opportunity and option to collect points through a new sport added to their point's scheme.
- Assisting HOSA/VOSA to grow/expand the hiking sport.
- Acknowledgement of the Green Flag Accreditation system for well managed trails.
- Recruit more hikers, thus more bookings for GFA trails, more members for Vitality and HOSA/VOSA and just all-round more monetary income.
- Introducing and getting much more hiking trails on the GFA system.
- Helping in obtaining official acknowledgement and approval of the GFA system by government and tourist authorities.

Streek komitees/Regional Committees:

Die Wes Kaap Streek Komitee is onlangs saamgestel en hulle woel in die Kaap! Hulle beplan 'n Indaba in September. *The Western Cape Regional Committee has been established recently and they are very active! They are planning an Indaba in September.*

Darryl en Anthony

We met two hikers who started walking the coast line of South Africa. They started from Muizenberg. Look for them on www.feet4feat.com



**Nuut en
Opwindend!**

BEPLANNING VIR SKATSTAP / PLANNING OF TREASURE HIKE

Exciting news!!

<p>Hoekom? Om iets vir HOSA/VOSA lede terug te gee en om HOSA/VOSA blootstelling te gee, lede te werf en stap industrie uit te brei en te bevorder asook fondse in te samel. Streke wat betrek gaan word, is Wes Kaap. Oos Kaap. Mpumalanga, Oos Vrystaat, Gauteng/Noordwes/Limpopo/KZN, met 6 roetes per streek. Kompetisie, met GROOT pryse, gaan strek vanaf 1 Oktober 2013 tot 31 Maart 2014. Almal is welkom. Stappers en skoolkinders (25 naweke x36 roetes x 12stappers = amper 10000) 300 per roete oor 6 maande. Kinders gaan betrek word by skool projekte. Meer nuus later!</p>	<p>Why? To give back something to HOSA members and give HOSA more exposure, to get more members, expanding the hiking industry and get funding. 5 regions will be involved: Western Cape, Eastern Cape, Mpumalanga, Eastern Free State, Gauteng/North West/Limpopo/KZN with 6 trails per region. The competition, with BIG prizes, will be from 1 October 2013 to 31 March 2014. Everyone is welcome - Hikers and school children (25 weekends x36 trails x 12 hikers = almost 10000) 300 per trail over 6 months. Children will be involved with certain projects. More news later!</p>
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Are you a senior citizen? Go out in nature and hike!

Most forms of sport can only be practiced until you reach a certain age. Hiking is an exception to this rule. One can engage in this sport from before the age of one year (in a baby carrier), up to the age of 75 or even longer.

It is a simple fact that, when you grow older, all kinds of ailments will appear: shortness of breath, difficulties to hear and see, a slower heartbeat, as well as restricted movement of the legs and arms. In most cases this does not exclude physical activity. The only difference is a decrease of physical fitness and a need to take life at a slower pace.

I am not aware of any kind of sport which suits all stages of life better than hiking! If you have any doubts about it, a woman called Grandma Gateway, at the age of 77, did a solo hiking trip on the 3 200 km Appalachian Trail in USA! General Jan Smuts climbed Table Mountain at the age of 80.

Hiking provides seniors with ideal opportunity to have contact with a wide variety of people: those who accompany you on your hike – your children and grandchildren, or a group of other people of your age; and those whom you encounter along the hiking route or at overnight stops.

Hiking in nature provides thousands of opportunities for the photographer, painter, writer and poet. You will always be surprised by something new to see, hear, experience or learn.

Hiking allows you to breathe freely again

Hiking sensitizes your senses

Hiking makes you think clearly

Hiking improves your interpersonal relationships

Hiking evokes the artist in you

Hiking is economical

Hiking opens up windows on eternity

Hiking brings you to life, real life!



Near Cradock

Hiking Tip: Go Prepared

While many of us may think we hear "too much" about the 10 Essentials of Hiking, recent accidents prompt us to once again remind everyone of the absolute importance of bringing these on each and every hike. Too often we tell ourselves "it's only a short day hike," or "I've done this trail half a dozen times before." Please, please keep these two points in mind:

1. It is especially on day hikes that a person must carry the 10 essentials. Odds are, if you're backpacking, that you will indeed have all of them since you are planning on being out overnight.

2. Nobody ever plans on getting lost. It is a surprise - a terrifying surprise - each and every time.

We hear far too many stories of hikers who went out for a short, fun hike - some just a lunch time stroll - but who never returned or who were found days later by a search and rescue crew.

We strongly encourage every single person to keep a small daypack stocked with the 10 Essentials already in it, so when you're ready to hike, go for a walk, or explore a little section of a park, you can just grab-and-go and be on your way.

Lastly, please be sure to tell someone who's staying behind where you'll be hiking and when you expect to be back. If you don't do this, you not only put yourself at risk, but rescuers as well.

10 ESSENTIALS

1. Appropriate footwear.
2. Map or GPS.
3. Extra water
4. Extra food.
5. Rain gear and warm clothing.
6. Safety items: fire, light, and a whistle.
7. Emergency first aid kit.
8. Knife or multi-purpose tool.
9. Sun screen and sun glasses.
10. Hat and walking stick.



Welkom aan ons nuwe lede!

Strandloper Hiking Trail, Two River Trail Mosslands, Elsabe Spies van Hartebeespoort, Frank Dwyer van Kennilworth, Wathaba Hiking Trails, Garetha Hanekom van Botrivier, SANParks.

Do you know these short trails?

GARDEN ROUTE NATIONAL PARK (WILDERNESS)

Brown-Hooded Kingfisher Trail:

Duration: 2hrs return (5km) Walk along the tranquil Island Lake to lovely waterfall and swimming hole at turning point.

Half Collared King Fisher Trail

3,5 km return , about 3 hours walk, first amongst the thick indigenous forest, crossing the river via a Pont and then on a stunning boardwalk, from where the endangered Duiker is often spotted to end at a magnificent waterfall. Here the family can indulge in a refreshing swim and a picnic on the rocks, before ambling back to the main rest camp.

Bosduif Loop: (veers off the Half Collared Kingfisher trail)

Duration: 1 hour challenging walk upwards to the top of the indigenous forest ending with spectacular views of the Wilderness town.

Woodville Big Tree Circular Walk

Take a short 15 minute drive from the main rest camp to experience an easy 45minute walk through lush indigenous forest which starts and finishes at an 800 year old Yellowwood Big Tree Pack you picnic basket, chill with your feet in the stream, while the kids explore the wonders of the forest.

Circles in the Forest:

Dalene Matthee based most of her books on the forest dwellers (human and animal) in the Knysna Forest. Start a 3 or 9 km walk from the famous Dalene Mathhee Big Tree is the Krisjan-se-Nek Picnic Site. It follows an old mining path along the bank of Forest Creek. Enjoy swimming in the water holes that makes the walk perfect for the summer's day.

- *Hier is 'n voorstel - kan ons begin met 'n verjaardag dagboek? Sal u u eie verjaardag datum aan ons voorsien, indien u dit nog nie gedoen het nie? How about starting a birthday dairy? Will you supply us with your birth date?*

The Green Flag Trails Accreditation System

The Green Flag Trails Accreditation process currently runs under the auspices of HOSA. Green Flag Trails is also registered under SATSA which formally ensures responsible quality products in the tourism sector of the country. Recognition by the SA Tourism Grading Council is being pursued.

HOSA Quality Committee must evaluate all reports before a certificate can be issued.

The audit of the trail does not imply that the trail will automatically be allocated the Green Flag status. This will depend on the outcome of the assessment. The criteria can be found on the website www.trailinfo.co.za/accreditation and can (at the risk of some repetition) be summarized as follows:

1. The advertisement/marketing brochure and/or website must be honest and correct.
2. Road access to the start of the trail should be clearly marked or indicate by means of a map or description on a pamphlet/web.
3. The trail itself should be safe to hikers.
4. There should be a responsible attitude towards environmental issues by management.
5. A questionnaire will be provided in the overnight accommodation units for hikers to assess trail conditions as an interim monitoring process between bi-annual formal audits. Hikers are also encouraged to send in their comments to the GF Committee which will be treated as confidential and relayed to the owner only.
6. A maintenance schedule placed on a prominent place in the overnight huts will indicate when the last maintenance work has been done.
7. Membership of HOSA is required.



Vossie

What is hypothermia?
One hears about it during winter.

What should one do to help?

. That is what happens when your body cools down more rapidly than it can generate heat. Somebody who suffers from this will start shivering, can have difficulty in speaking, finds it hard to walk and can start doing all sorts of abnormal things. If such a person is not helped quickly, he can die.



Hossie

The person has to be warmed immediately, like dressing in extra clothing or sleeping bag, and must have something warm to drink. It will help if somebody gets into the sleeping bag with him to warm him. If the person is wet, dry immediately.

ANVIE VENTURES WEEKEND BREAK A WAYS & ECO TRAILS:**HOT WINTER SPECIALS****SPECIAL RATES FOR MAY, JUNE AND JULY!!**

For more info contact them : anvie@iburst.co.za www.anvientures.co.za

Wat wil u graag in die nuusbrieff lees? What would you like to read in our newsletter?

My e-pos adres is jackdo1@vodamail.co.za indien u enige nuusberiggie wil stuur,

Please send me your hiking story! Jackie

Be healthy, get active. Hike!!