

HOSA/VOSA

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

NUUSBERIGGIES/NEWS ITEMS

Dit is makliker om saam te trek as om altyd die sweep te klap

1. Here is a phone number to have with you on hikes / Hou hierdie nommer byderhand wanneer u gaan stap:
Mountain Rescue 074 125 1385 or/of 074 163 3952
2. For future references please note that the Uitsoek, Soutpansberg and Entabeni hiking trails are closed. Komatiland Eco-Tourism.
3. Visrivier, Namibië is gesluit vir die seisoen weens gebrek aan water. Jammer vir die ouens wat hulle gunsteling roete hierdie jaar moet misloop.
4. *Did you know there is a new hiking trail near Machadodorp? It is called Mount Komati, and is a two day trail in beautiful surroundings in the Skurweberg on the Drakensberg escarp, 250 km from Gauteng. Two day hikes, day on 16 km and day 2 5km. Accommodation is thatched roof chalets. Booking can be done with Pieta Wessels 082 950 2417 or www.mountkomati.co.za.*

Uitgelê deur Albert Bossert verseker dat hierdie splinternuwe staproete baie gewild beloop te wees en sy naam, "Mount Komati - lets vir almal", goed gestand sal doen. Die roete begin langs die Komati rivier en meander dan deur 'n wye verskeidenheid habitat, van inheemse oewerbos 1250m bo seevlak, deur heuwelhange en oor grasvlaktes heen besaai met klipkrale uit verskeie eras, van die oertyd tot redelik onlangse geskiedenis, met die gepaardgaande bos- en struikagtige plantegroei hiermee vereenselwig. Wild is oral op die roete te bespeure terwyl dit verder deur inheemse bos en klowe kronkel, onder kranse deur waar aasvoëls woon en dan uitstyg tot bo-op die Skurweberg met sy asemrowende vergesigte en ongelooflike sandsteenrotsformasies, verwronge en vervorm deur wind en weer, 1850m bo seevlak, om dan weer af te sak tot waar dit gepas al saam met die rivier af kom waar welverdiende lavenis gevind kan word. Dag twee is verbasend anders en volg 'n ontspanne kort wandeling deur klofies en oor stroompies waar dit weer langs die waters van die komati eindig.

5. Die akkrediteurders was heel doenig die laaste tyd. Verskeie roetes is ge-inspekteer vir Groen Vlag status. Strandloper, Two River H T (Mosslands), Wathaba, Num-Num, Mateke, Delvera Conservancy om 'n paar te noem. Otter gaan 'n gedaante verandering ondergaan.
6. 'n Groep skool kinders van Magalieskruin Laerskool gaan van 17 – 26 Julie na Kgalagadi en die Klipspringer roete stap. Sterkte en stuur fotos!
7. Discussions with Discovery Vitality is in an advanced stage! Hopefully will I be able to report more in the next issue.

SKATSTAP / TREASURE HIKE

Die SKATSTAP se aanvangsdatum is verskuif na 1 November 2013 tot 30 Junie 2014. Twintig roetes is geïdentifiseer vir hierdie doel en sodra bevestiging van die roete eienaars verkry is, sal ek die name van die roetes bekend maak. Die kompetisie word vir hierdie jaar slegs in die Noorde gehou, dus Mpumalanga, Gauteng, NoordWes en Vrystaat. Groot pryse is op die spel!

The date for the TREASURE HIKE has been changed to 1 November 2013 to 30 June 2014. Twenty trails were identified for the competition and as soon as we have confirmation from the owners, will we inform you which trails are involved. This year the competition will be in the North ie Mpumalanga, Gauteng, NorthWest and Free State. Big prizes to be won!

"Earth and sky, woods and fields, lakes and rivers, the mountain and the sea are excellent schoolmasters, and teach some of us more than we can ever learn from books."

~ John Lubbock



Ndaba Voetslaanklub het twee kansellaries en dus twee plekke beskikbaar vir die **Walvisroete**.

5-20 Des	Walvis	Rugsak of jy kan jou goed laat aanry	Bredasdorp	5	R1600 (rugsak vervoer, verblyf/vervoer soontoe en terug, uitgesluit)
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Die Desember groep arriveer vanaf 14:00 die middag van 15 Desember, dws jy moet die 14e reeds uit Gauteng vertrek en iewers oorslaap, die 15e ry tot by Potberghut wat jou eerste oorslaaphut is, jy begin stap die 16e en maak klaar die 20e Desember so 12:00 se kant.

Jy slaap dus in 5 hutte en stap 5 dae.

Kontak Amanda indien jy belangstel.

Amanda Louw(amandam@lantic.net) e-pos verkieslik.

Na ure: 082 892 3406

I stumbled upon the following interesting study. Do you agree with that?

Walking is just as healthy as running, study reveals

How many of you assume walking is not as healthy as running? The sheer cardiovascular intensity of running must make it healthier, right? Not exactly. A study published last month in the online journal *Arteriosclerosis, Thrombosis and Vascular Biology*, claims that both walking and running offer the same health benefits -- namely a lowered risk of high cholesterol, high blood pressure and diabetes.

The key, however, is that walkers must cover the same distance as runners in order for the health benefits to equalize. Too often, walkers measure their workouts in terms of time, which means they do not cover the same distance as runners.

"Both of these activities reduce risk factors, and if you expend the same amount of energy you get the same benefit," lead scientist Paul Williams from Lawrence Berkeley National Laboratory. They involve the same muscle groups performed at different intensities," says Williams.

Williams and his team analyzed questionnaires from 33,060 runners and 15,045 walkers. Study participants were between 18 - 80 years old, mostly in their 40s and 50s. They were followed for a total of six years. Men represented 21 per cent of the walkers (and women 79%!!) and 51.4 per cent of the runners.

Here are some of the study's specific findings:

- Running reduced the risk of high blood pressure 4.2 per cent and walking reduced the risk 7.2 per cent.
- Running reduced the risk for high cholesterol 4.3 per cent and walking lowered the risk 7 per cent.
- Running lowered the risk for diabetes 12.1 per cent and walking reduced the risk 12.3 per cent.
- Running decreased the risk of heart disease 4.5 per cent and walking reduced the risk 9.3 per cent

It's worth noting, however, that while some previous studies suggest running is more beneficial than walking for weight loss, many of those studies compared the same amount of time spent, rather than distance covered.

"Walking may be a more sustainable activity for some people when compared to running," Williams says. "People are always looking for an excuse not to exercise, but now they have a straightforward choice to run or to walk."

Welkom aan ons nuwe lede! Welcome to new members!

Dr Libby Hamman, Buxton Hiking Club, Masupatsela Hiking Club, Komatiland (weer terug), Pieta Wessels van Mount Komati Staproete.



Vannie

.Ek dink winter is die regte tyd vir knus kombesies en snoesig pantoffels.

. Word wakker ou! Winter is die regte tyd vir stap – veral in ons warm landsdele.



Hossie

Wat wil u graag in die nuusbrief 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

*This is my winter's wish! What is yours?
See recipe beneath. Enjoy!!*



Chocolate Mugs

Ingredients

75 ml self raising flour
30 ml castor sugar
30 ml cocoa powder
6 blocks dark chocolate, finely chopped
45 ml milk
1 large egg
45 ml vegetable oil

Method

- Combine flour, castor sugar, cocoa and chocolate in a mixing bowl.
- Make a well, add milk, egg and oil and mix well.
- Pour batter into a 400ml mug and microwave on high for 1 minute.
- Check contents haven't spilled over, then microwave for a further minute.
- Tip out onto a plate or eat straight from the mug