

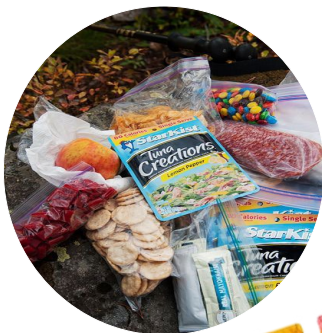
JACANA NEWS



Hiking - Mountain Biking - Rock Climbing - River Rafting - 4 x 4 and much more...!!!



Jacana would like to wish all of our hikers and establishment owners a very happy Valentines day. may the love be celebrated, hiking one of our beautiful trails.



HIKING

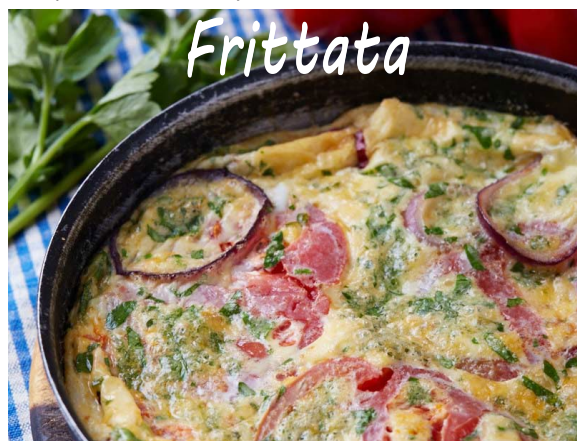


HEALTHY RECIPES

BREAKFAST **LUNCH** **DINNER**

We all know preparing delicious nutritious food for a long distance hiking trip can be tricky sometimes, so we will be helping you out with some easy and quick recipes that are very tasty and gives you the energy you need for the hike ahead.

If you have your own recipes to share that works for you on a hiking trail, kindly share it with us, we would showcase it in the next newsletter. Kindly e-mail your recipe to nadia@jacanacollection.co.za



Frittata

Category: base camp, breakfasts, high-energy, lightweight, vegetarian

Servings: 1, cooking time: 15 min, weight: 129 g

Cooking gear: frying pan

Nutrition info:

calories: 498, protein: 31.4 g, carbs: 10.7 g, fat: 29.3 g, sugars: 3.5 g, sodium: 1137 mg

You'll need:

- 6 tablespoons powdered whole eggs
- 1 tablespoon full cream milk powder
- 2 tablespoons chopped sun-dried tomatoes
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried marjoram
- Sea Salt
- Pepper
- 1 tablespoon ghee or olive oil
- 20g chorizo
- 1 shallot
- 1 tablespoon freeze-dried grated Parmesan cheese

At home:

Mix powdered eggs, milk, tomatoes and dried herbs in a zip-lock bag. Pack other ingredients separately.

On the trail:

Add 3/4 cup water to the egg mixture; beat well with a fork. Season to taste with salt and pepper and set aside. Melt the ghee in a frying pan. Slice chorizo and chop onions, pour into the pan; cook until onions are soft. Fold over the beaten eggs and cover with a lid. Reduce heat to low. Continue to cook until center of frittata is set, about 10 minutes. Remove from the heat and sprinkle with Parmesan.



How to Choose a Hiking Backpack

Planning to buy a new pack for the backcountry? There are three main areas where you'll need to make choices:

Backpack capacity: The size pack you'll need is tied to the length of your trip and how much weight and bulk you want to carry.

Backpack features: These are the refinements that affect how the pack works for you.

Backpack fit: Torso length, not your height, matters most.

Types of Backpacks

Weekend (1-3 nights; 30-50 liters)

Efficient packers using newer, less-bulky gear can really keep things light on 1- to 3-night trips by using a pack in this range. Be aware that packing light requires self-discipline and careful planning. If you can pull it off, though, the light-on-your-feet rewards are fantastic.

Multiday (3-5 nights; 50-80 liters)

These are the most popular backpacking packs sold at REI and they're an excellent choice for warm-weather trips lasting 3 or more days. 50-80 liter packs are also used for backcountry skiing, for day trips, overnights and sometimes 2-night trips.



Extended-trip (5+ nights; 70 liters or larger)

Extended trips of 5 days or more usually call for packs of 70 liters or larger. These are also usually the preferred choice for:

Winter treks lasting more than 1 night. Larger packs can more comfortably accommodate extra clothing, a warmer sleeping bag and a 4-season tent (which typically includes extra poles).

Adults taking young children backpacking. Mom and Dad wind up carrying a lot of kids' gear to make the experience enjoyable for their young ones.

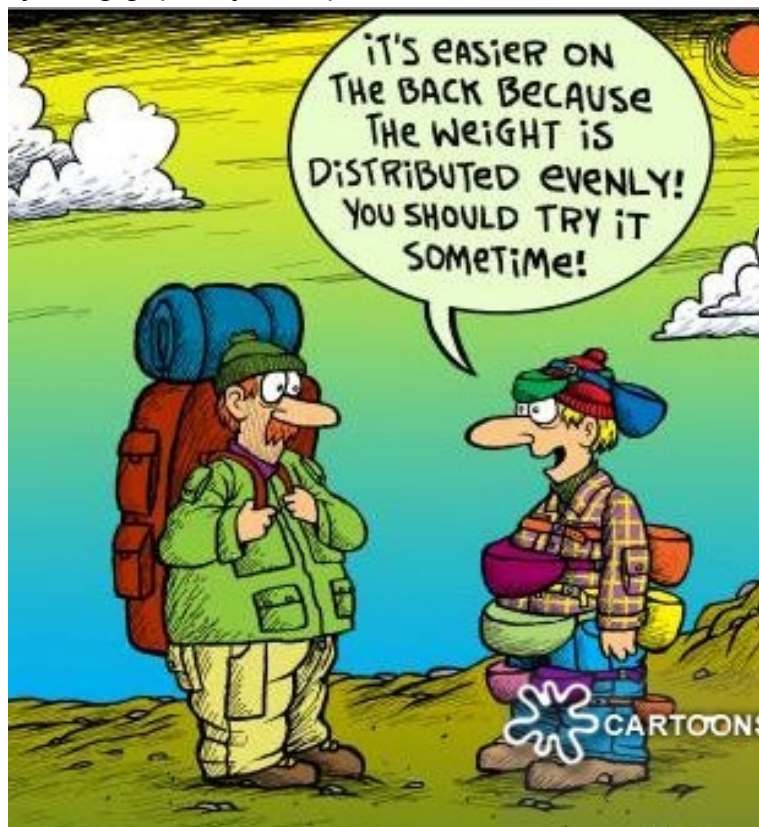


Backpack Fit

Once you've chosen the type of backpack you want, the next step is to fit you to your pack.

The right fit is one that offers:

- A size appropriate for your torso length (not your overall height).
- A comfortably snug grip on your hips.



Torso Length



Some packs are available in multiple sizes, from extra small to large, which fit a range of torso lengths. These ranges vary by manufacturer and by gender. Check the product specs tab for size details of a specific pack.

Other packs may feature an adjustable suspension, which can be modified to fit your torso, especially if you're in-between sizes. The drawback: An adjustable harness adds a little weight to a pack.

Waist Size



The majority of a backpack's weight, 80 percent or more, should be supported by your hips. Backpack hipbelts usually accommodate a wide range of hip sizes, from the mid-20 inches to the mid-40 inches. People with narrow waists sometimes find they cannot make a standard hip-belt tight enough and need a smaller size. Some packs offer interchangeable hipbelts, making it possible to swap out one size for another.

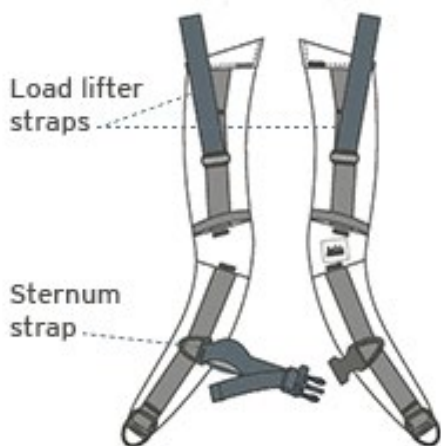
Additional Backpack Fit Adjustments

Load Lifter Straps

These are stitched into the top of the shoulder straps, and they connect to the top of the pack frame. Ideally, they will form a 45° angle between your shoulder straps and the pack. Kept snug (but not too tight), they prevent the upper portion of a pack from pulling away from your body, which would cause the pack to sag on your lumbar region.

Sternum Strap

This mid-chest strap allows you to connect your shoulder straps, which can boost your stability. It can be useful to do so when traveling on uneven cross-country terrain where an awkward move could cause your pack to shift abruptly and throw you off-balance.





Dear fellow hikers,

Unfortunately we live in a world where hikers do go missing or more recently, being attacked on hiking trails.

Many of our hiking establishments requires a min of 4 hikers or more and the reason for this is not so the owner can get rich quicker, no, it's for your own safety.



HERE ARE A FEW TIPS ON HIKING SAFETY

1. DON'T HIKE ALONE

First and utmost important is and I can't stress this enough...

2. TELL SOMEBODY AND PLAN AHEAD

If you do decide to go hiking, let someone know which trail you are hiking, what time you started, who you are with, a good idea is to send a location on whatsapp, so they know exactly where to start looking if something happend.

3. KNOW WHAT TO DO IN AN EMERGENCY

In the event of injury or other serious trouble stay in one place and find shelter. Do not move the injured person unless they are in a dangerous position. Do not leave the injured person alone—if possible send two people for help, while one person stays behind. Make a detailed note of where the injured person is, and look out for landmarks to navigate back to the spot.

In the event of snakebite, immobilize the person and lay them flat on their back. Do not give them food or water. Get help and keep the victim very calm—shock and adrenaline is a major factor in the progression of snake bite symptoms. In the event of contact with the blister bush (a plant resembling common celery) cover the area from sunlight to avoid skin irritations and the eruption of blisters.

4. SAVE EMERGENCY NUMBERS ON YOUR PHONE

Look up the local emergency numbers in the area you might be hiking or ask the establishment owner to assist you with these numbers.





Beach Hike

Myoli Beach, Sedgefield to Goukamma Nature Reserve

Distance:

Approximately 3.5km from Myoli Beach to Goukamma Nature Reserve and 7km return trip to Myoli Beach.

Hike: Easy

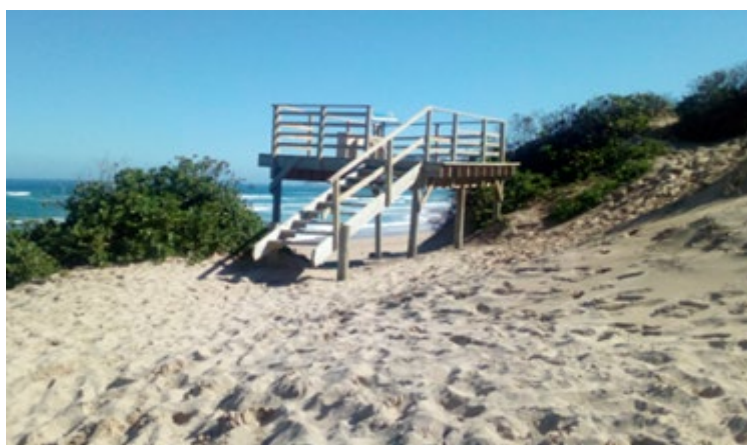
Suggestions:

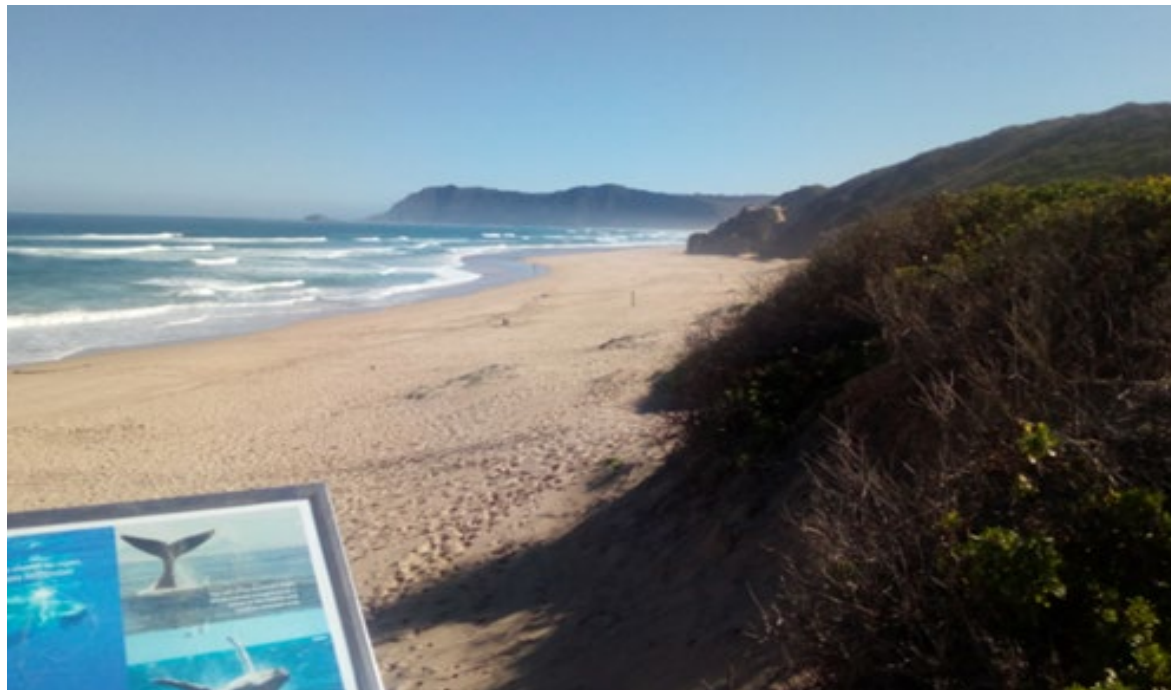
Ensure you have sun block, water and a carry bag for shells and pebbles which you may find on the beach.

GPS Coordinates:

-34.033584, 22.802000

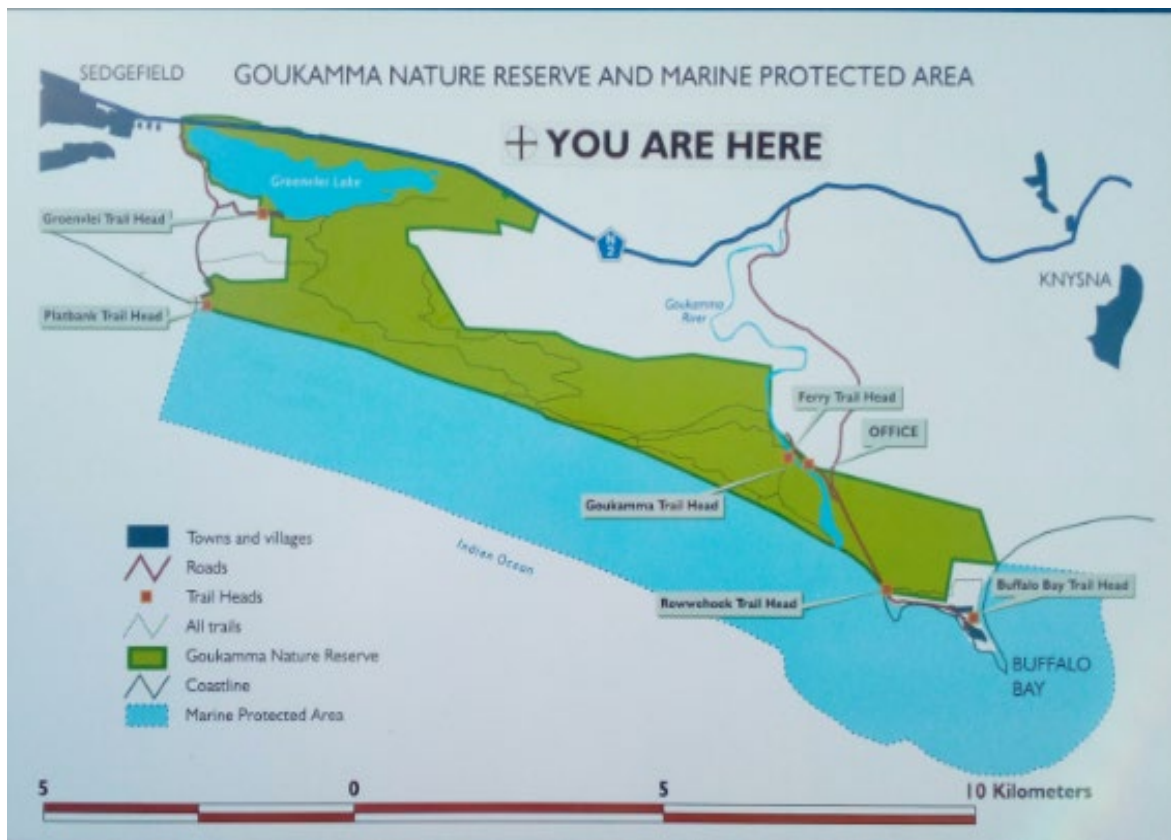
Starting point from Myoli Beach up the dune bypassing the lookout point.





Gerickes Point can be seen westerly in the distance from the Myoli Beach lookout point.

Continue walking down to the beach then walk along the beach easterly towards Buffalo Bay/Knysna to Goukamma Nature Reserve.



Goukamma is a nature reserve which is a Marine protected area with unspoilt beauty. Entrance times are from sunrise to sunset.

CapeNature www.capenature.co.za

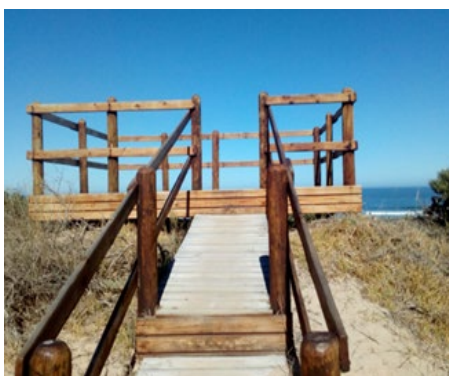
GOUKAMMA

NATURE RESERVE AND MARINE PROTECTED AREA

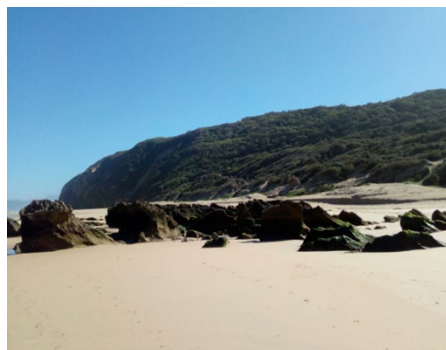
ENTRY AT OWN RISK
Your safety is your responsibility.

- Be aware of tidal times before embarking on any of the coastal routes.
- Remain on the footpath at all times.
- Stay with your group - do not separate.

044 383 0042



There is a look out point near the boardwalk which leads up to the parking area.



In the distance looking westerly, one can see Myoli Beach.

On your return hike back to Myoli Beach you may want to visit Pili Pili Restaurant, the local Sedgefield beach Restaurant for something to eat and drink.





Wathaba is a wilderness area in the Skurweberg Mountains on the road between Machadodorp and Badplaas. 250km from Pretoria and 290km from Johannesburg

ACCESS:

The access road from the provincial road turn off up to the camps is paved and suitable for any vehicle.

Visitors to the Mountain Creek Cabin park at the hikers camps and will be transferred to the cottage. 4x4 access to cabin only.



A three minute walk upstream brings you to the stunning Wathaba Rainbow Falls and a natural pool surrounded by wild flowers and dense forest vegetation. During the summer the water is cool and refreshing, especially after a walk up the mountain. In the winter it is cold and only the bravest go swimming. The “Bosbok Roete” is 4 km and the “Lynx Loop” about 10 km.



TRAILS

There are two well-marked and constructed trails. They centre around two of the most beautiful mountain streams you will find on the Mpumalanga escarpment. The beautiful scenery, many waterfalls and the indigenous kooft vegetation are topped only by the breath-taking views down the valley to the Komati River far below.

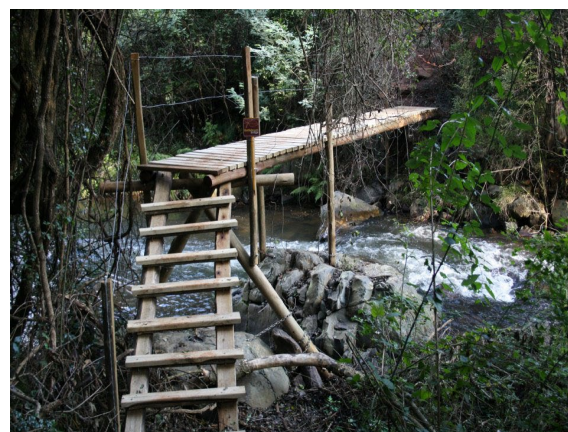
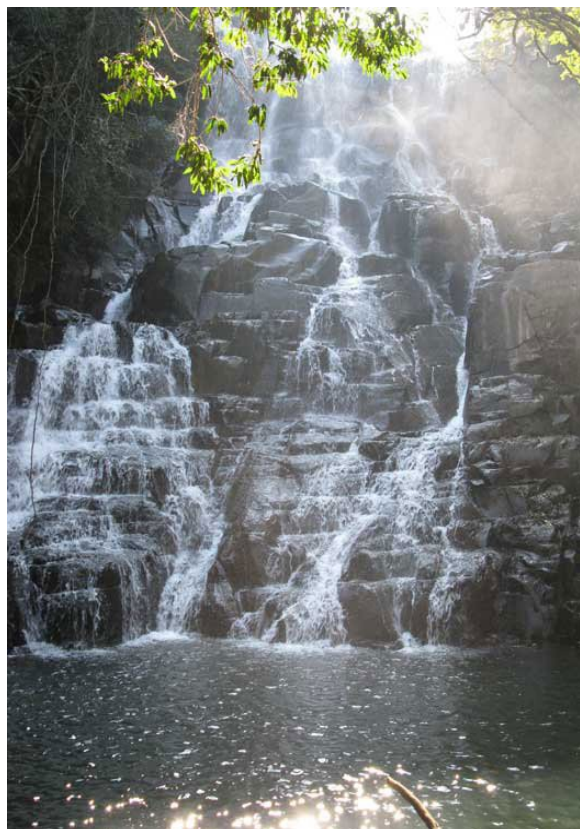
Features on trail:

Waterfalls and rock pools are plentiful. The indigenous riverine forest presents a myriad of African flora that would keep the botanist busy for days. Many of the trees are marked. Many examples of fungi add to the interest.

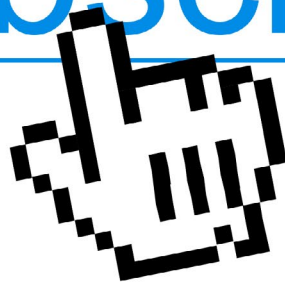
Abundant birdlife, wild flowers and 7 breathtaking waterfalls.

Ladders and bridges are well maintained
Water in river safe for drinking

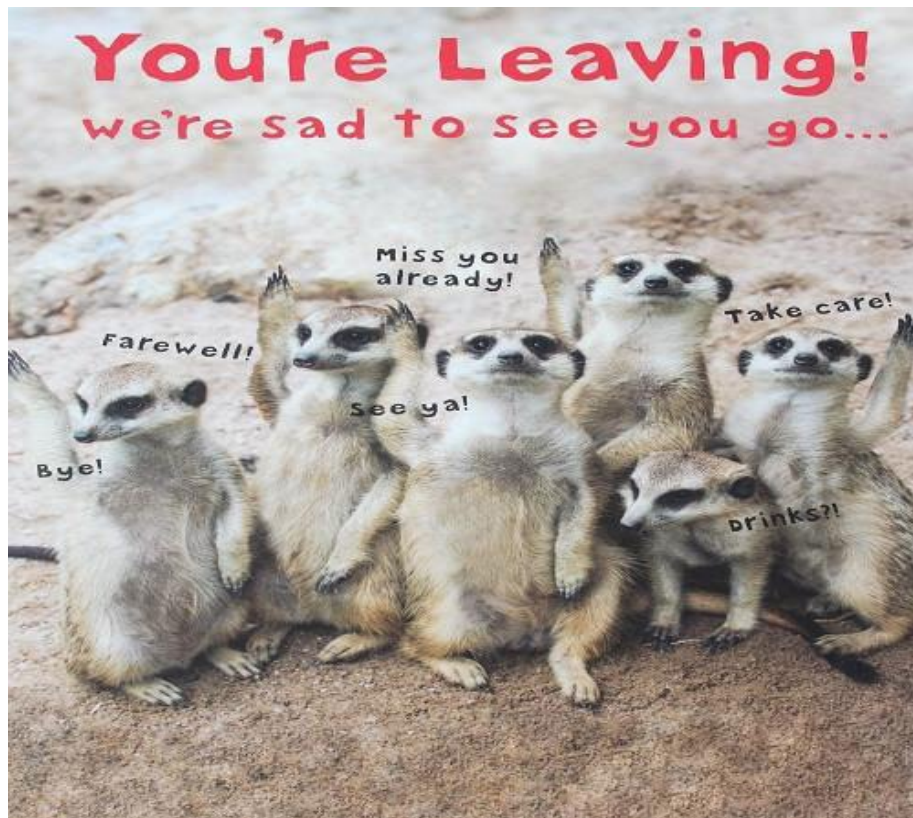
This lovely trail can be done all year round. Summer months are spectacular and often wet. Winter nights may be very cold but the days are sunny, cool and no chance of rain.



Unsubscribe



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Ever wanted to take up hiking as a hobby but didn't have the essential hiking kit.

Well Hiking Freaks has a solution for you.

They have a variety of equipment, ranging from full kits to individual equipment.

For further enquiries please contact Hiking Freaks.



Hiking Freaks

Volledige stap toebehore beskikbaar

Stel jy belang om staproetes 'n stokperdjie te maak, maar wil nie al die geld spandeer op die toebehore as jy nie seker is dat jy nie werklik staproetes sal geniet nie? Dan is ons net die mense wat jy nodig het! Ons verhuur volle stap kits en alle items is afsonderlik beskikbaar.

- Rugsak
- Eetgerei
- Staal Klips
- Gas Stoof
- Slaapsak
- Dik
- Opblaas Kussing
- Kop Lamp
- Koppie
- Spaar Rugsak Klips
- Boksie Vuurhoutjies
- Spaar Gas
- Bladder
- Nood-fluitjie
- Noodhulp kit
- Water Bottel
- Poncho
- Graaf

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<http://www.weathersa.co.za/web/index.php>

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