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Quarterly edition /Kwartaallikse uitgawe  
Editorial / Redaksioneel:

PATH RECONSTRUCTION IN THE MOUNTAINS OF KLEINMOND

Almost two years ago, the Committee of the KNCS realised that if maintenance of the mountain paths was to be done we would have to do it ourselves. The Municipality no longer had the labour force to do it and Kleinmond had been a long time without an appointed Environment Officer. Many of the paths were worn and eroded and becoming hazardous for the less experienced or elderly hikers. The Tourist Office was also getting the occasional complaint from visitors about the ankle bending surfaces and loose stones.

The Robb Trust had continued to fund the maintenance account for paths but a minimal amount of work was being done and that mostly on the coast. No contractor was prepared to undertake the heavy work involved over long distances and which would be costly in time and effort.



Fortunately one of our members is a retired environment officer with experience in landscaping and the management of labour and with a bit of persuasion and arm twisting he agreed to try it out. The idea was to use unemployed local labour, give them some skills training on the job and see how it went.

It was really a learning curve for everyone as an attempt was made to establish a standard of surface which was not a 'walk in the park' but a hiking route, which would drain well but not wash away and which would rise without becoming a water-course.

After the first fire which burnt part of the mountain face the odology improved. With the silting and washaways after heavy rains it was obvious that a permanent path could only be

achieved by using stone as a building material. There is plenty of stone available but heavy work to remove, manoeuvre, cut and place.

The first success was the front of Jean's Hill. Great was the glee of the early morning exercisers as they trod more easily up the slope in the morning sun.

Then, the team having tidied up the contour path and redesigned Dot's Dash, the Hiking Club requested Klipspringer, a path that rises deceptively gently from the banks to the east of the Palmiet river. We will let Rudi describe the approach.



'The initial strategy for the above was to construct steps and in the process also prevent erosion of the path, especially where steep slopes were encountered. It became evident early in the process that small stones were not the answer as they shifted when walked upon and would be a hazard instead of an aid.

In some areas there was a paucity of stone and we had to resort to the old wooden log with reinforcing pegs to hold them in place. Holes were drilled in these poles or at a later stage polywood, which meant that there was less chance of the spikes causing harm to hikers.

Where drainage ditches were constructed with soil the traffic soon flattened same to be rendered useless. Stones then became standard for all water runoffs.

Steep slopes of 30 degrees plus (yes, we measured the angles at times) meant that the riser of the step rose to more than 300mm while the tread shrank to less than 250mm. Both figures were considered to be the limit for use for shorter and older hikers.

To overcome this it was decided to traverse up the slopes on contours, i.e. zig zags. This increases the cost of the operation but is relatively easy to construct.

When looking for suitable stones on the uphill side (50kg stones are easier to downhill than uphill) the dense fynbos hid them from view- however after the fire they came out of hiding and made life easier, and dirtier!

Along the Hannes Hoek path we encountered some 40 golf balls quite some distance from where you would expect them. These were probably where the big hitters hooked the balls. At one stage we considered erecting a notice warning hikers of the danger of being hit by stray golf balls!

The sandy patches along the lower reaches of the mountain showed signs of wind erosion where the finer fraction was blown away by the prevalent SE/NW winds leaving a depressed path edged by high ridges. Here wood chips were used to good effect. How long they will last is yet to be seen but as they were relatively cheap to put down the procedure could be repeated at a later date.'

On Saturday 13 August the newly finished mountain paths were trodden in by some 150 runners. Not a stone shifted, no accidents occurred. They bounced across the 5 newly made bridges, replaced by men from the hiking club, followed the newly erected signposting and generally had a really successful event held on a brilliant morning in our spectacular scenery.

Our thanks to the Robb Trust for funding this reconstruction and to the men who undertook this janglework in the hot sun and cold winds. Long may the evidence of your labours last.  
*The Kleinmond Nature Conservation Society and the Kleinmond Hiking Club*

Nuus van die Vereniging / News from the Society:  
We welcome Mrs J Norgett as a new member to the Society.

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If you would like to receive this newsletter by email, please send your e-mail address to [jeanette@maxitec.co.za](mailto:jeanette@maxitec.co.za)  
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Vier plante wat die wêreld verander het  
*Dr F.J. van der Merwe*

Die natuurlike planteryke van die wêreld is groot en baie divers. Kyk maar na die fynbos bioom waarop ons so trots is. Yb`k UUfj ccf`cbgXjY`G\_YddYf`ccZYb`XUb`"8UUffYbccc f]gXUUf b`\_Y]bYf[ fcYd`d`UbhY`k`Uhž]b`Yb`Y`j`ci`Xž`XUUfcd` aanspraak kan maak dat hulle, op verskillende tye in die geskiedenis, die mens se leefwêreld ingrypend verander het. Ek noem vier en verduidelik kortliks wat met die stelling bedoel word.

Uit die bas van die Kinaboom ( *Cinchona calisaya* in die familie *Rubiaceae*) kan b verskeidenheid alkaloides onttrek word. Een daarvan is die ons bekende *quinine* wat effektief malariaverwekkende protosoë kan verhinder om in die menslike liggaam te vermeerder. Die aardskuddende rol van kinabas -ekstrak as teenmiddel vir malaria het in 1638 begin toe die Kontessa van Chinchon, vrou van die Spaanse onderkoning in Peru, tot sterwens siek was aan die gevreesde malaria. Ten einde raad het haar Spaanse Xc`hYf] ccf] YgY`XUH`XjY`[ cYk`YfbYi`f`b`[ YgUbh, \$\$`\_a`j`Yf`gi`i`f`ca` na die huidige Ecuador te gaan waar die kinaboom in die Andes groei om van die basekstrak, onder die inheemse bevolking bekend as *quinquina*, hY`VY`ca`"8jY`îVcYfYfUUXî`Yh[ Yk`Yf`ž`XjY`\_cbhYggU`Yh herstel en deur die Spaanse dokter is die wondermiddel bekend gestel aan die rykes in Spanje, Frankryk en Engeland wat dit kon bekostig. Honderd jaar later het die bekende plantkundige Carl Linnaeus die naam *Cinchona* aan die genus gegee. Hy het die naam verkeerd

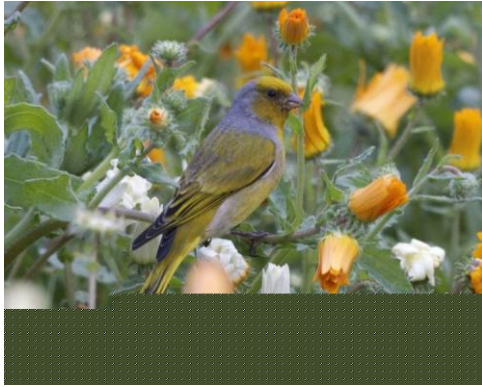


gespel maar dit het so bly steek.

<cYk`Y`a`U`Uf]U`hUbgUgZY`h]`i`]gi`]h`\_b`hfc`d]YgY`gY`hY`Yb`Vmi`]hY`\_5Z]U`gY`hY`VY`YbX`]gk`Us`dit`vroeër`wêreldwyd`endemies`in`laagliggende`en`klam`streke.Die`Britte,`vanweë`hulle`buitelandse`ekspedisies`en`vinnig`groeïende`*Empire*`was`veral`bewus`van`die`uitmergelende`gevolge`van`malaria`op`soldate`en`plantasiewerkers. Kinabas is dus gedurende die 17de en 18de eeue op groot skaal in die Andesgebergtes versamel en na Europa ingevoer maar dit was peperduur. Dit is te danke aan die Britse vlootoffisier, geograaf en amateur botanis Clements Markham dat die Britse regering in die middel 19de eeu, met die hulp van Kew Gardens die regte kinaplantjies laat versamel, en vermeerder het om reuse plantasies in Indië aan te lê. Dit en latere ander aanplantings in verskeie lande het die prys j`Ub`XjY`a`YX]rbY`V]bbY`VYfY]\_j`Ub`XjY`[ Yk`cbY`a`Ybg[ YVf]b[ `k`Uh`b`VYhY`\_Ynisvolle`invloed`op`menslike`gesondheid`en`die`wêreld`ekonomie`gehad`het`en`nog`steeds`het.



However, when looking up the same information on Google for the birds of the U.K. all was explained and for free. No charges were involved at all. The question that this then gave rise to, was: surely in a country such as ours where we are trying to educate people about our wildlife, we should also have this information freely available? There are



a use of the internet for school projects, but who do not have the funds to subscribe to sites such as these, and who need this type of information. One would think that advertisers could help support the site and that people should be encouraged to visit it without having to pay a fee.

But to get back to the Swifts, Swallows and Martins, according to the British website, it would seem that apart from the Latin names, which breaks the group down into smaller families, a good rough guide to these birds is the length of their tails. Martins have the shortest tails with a small

they were distinctly three groups. These are besides the other markings and colourations that make up the varieties that we have listed in the bird books. Therefore, they were distinctly three groups. These are besides the other markings and colourations that make up the varieties that we have listed in the bird books. Therefore, they were distinctly one and the same thing.

Apparently this crossbreeding between canaries and siskins does happen frequently they are definitely two different species, i.e. Canaries belong to the family *Serinus* whilst the siskins are part of the family *Seundochloroptila* (with which includes the Damara canary) whose family name is *Alaria*. Black headed canary (which includes the Damara canary) whose family name is *Alaria*.

Another interesting thing about the Black headed canary and the Damara canary is that until quite recently these were considered to be two different races, but now they both have full species status. Looking at them one can see they are family i.e. *Alaria alario* (Blackheaded canary) and *Alaria leucolaema* (Damara canary) But, and this is the interesting bit, both fall under the *Serinus* ..... family code. So, if by now you are as confused as I am, then just enjoy your bird watching. To the enjoy their beautiful plumage, their wonderful calls and their frantic antics, their search for nesting material with which to build their homes and so many other activities.

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