For the past 44 years, the Midmar Mile swimming race is held, which is called "the world’s largest open water swimming event". Over 20,000 entries were received for the 2009 event.

Although the primary purpose of the dam is supply water for municipal and industrial uses, it has stunning camping, caravanning and picnic facilities. There is also a yacht club, and lock up storage facilities for boats.

MIDMAR DAM (28.495349; 30.202057 E)
Completed: 1965
Refurbished: 2003

- River: Mgeni River
- Capacity: 235 million m³
- Type of dam: Earth fill (flanks): Concrete gravity
- Length of wall (top): 1423 m
- Length of dam (longest distance from wall to inflow): 7.5 km
- Nearest town: Howick
- Surface area: 1788 ha
- Water use: Municipal and Industrial
- Capacity compared to Albert Falls Dam, 17 km away: 84%

References and photos:
References: https://en.wikipedia.org/wiki/Midmar_Dam
Photos: DWS.