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THE NEWS OF THE Melbourne Bushwalkers Inc.

60 cents

May 2012

STOP PRESS!! CORRECTIONS TO WINTER PROGRAM

Month	Date	Location	Transport	Standard	Leader
Jul	Sat 14	Werribee South Circuit	Train / Car	E/M	Del Franks
Aug	Sat 18	Caulfield to Blackburn Lake Loop	Train / Car	E/M	Ed Neff

PRESIDENT'S CORNER

In the unfortunate event of needing an ambulance, whether on a Club Activity or not, you could end up with a large bill! We recommend that all members and visitors have **comprehensive ambulance cover**.

Our Club insurance provided via Bushwalking Australia includes non Medicare medical costs (\$100 excess, 80% of cost, capped at \$2000). This could be much less than an ambulance bill! Many Health Funds offer Ambulance Cover; however we have had a case recently where the remote/off road areas were not covered by a fund. Comprehensive cover should include remote areas, off road/track incidents, medically required transport, paramedic treatment on site, air ambulance etc. Ambulance Victoria cover provides comprehensive cover all over Australia for \$38.40 a single, \$76.70 a family. We are updating our guidelines for new visitors to ensure they understand they need appropriate cover.

If you ever need an ambulance, be aware that your cover for transport is for medical purposes only, e.g. to go to hospital or another location for treatment. If the ambulance takes you back to a town where you then arrange to travel home you are unlikely to be covered as it's not 'medical transport'!

One of the purposes of our club is to encourage an appreciation of wild life, the natural beauty of Australia and to assist in its preservation.

So in addition to walks, cycling, etc., we assist groups with conservation and track maintenance, e.g. tree planting, nest boxing, park track maintenance, etc. These can be great fun weekends where the local community may provide a meal/dance or a park ranger provide an insight into the local environment. In May we have a Grampians Track Maintenance Weekend (a long term favourite of the Bushies), in July there is Tree Planting at Wedderburn and in August Regent Honeyeater Tree Planting. It would be great to see more members and visitors getting involved in these activities so check out the Programs!

Our Conservation and Track Maintenance coordinator position is vacant at present, if you are interested or would like to know more then drop me a line or give me a call.

In this month's newsletter we have reproduced, with the kind permission of Peoplecare who are a not for profit mutual health fund, an informative and instructive article on an Emergency Action Plan. In a concise and helpful way the article summarises the steps we should all be familiar with when faced with an emergency.

Mick Noonan

Due date for June News:

WEDNESDAY 23 MAY

Members of the Melbourne Bushwalkers Inc meet on Wednesday evenings between 7:00 and 9:00 pm in the club rooms at:

**Royal Historical Society of Victoria
362 William Street
(Cnr William and A'Beckett Streets)
Melbourne
Vic 3001**

Visitors are always welcome!

General correspondence should be directed to:

The Secretary
Melbourne Bushwalkers Inc



PO Box 1751
MELBOURNE VIC 3001
www.melbournebushwalkers.org.au

The News of the Melbourne Bushwalkers Inc (The News) is published monthly, and is the official newsletter of Melbourne Bushwalkers Inc.

Editor: Marilyn Whimpey

Walk previews, walk reviews, articles, poems, news items, photographs of club events, reports of new gear, book/movie reviews, letters to the editor, advertisements, et cetera are always welcome. However, the Editor reserves the right to edit contributions where space, clarity or propriety dictate, and to maintain editorial consistency. Note: photographs should be sent as separate files which are capable of being edited.

Please send your contributions as unformatted text files by email to news@mbw.org.au

Closing date for receipt of material for *The News* is the 2nd last Wednesday of the month. So for June News, the closing date is 23 May.

Advertisements should relate to bushwalking (e.g. gear, maps, trips, tours, health and fitness etc.). These may be published subject to space availability and Editor's discretion. For current advertising rates contact the Editor at news@mbw.org.au.

Please note:
Next committee meeting will take place on
MONDAY 4 JUNE 2012

MEMBERSHIP

We welcome new member Elizabeth Milford to the Club.

Thursday 7th June LUNCH AT KYMA GREEK SEAFOOD RESTAURANT, 12 Fitzroy Street, St Kilda.

This proved to be a very popular choice after a recent sunset walk, and happy to find an excuse to return.

The table is reserved for 12 o'clock.

Book with Susan Maughan.

*Cheers,
Susan*



Bushies at the Kyma restaurant
Photo by Ian Mair

**THE WILDERNESS SHOP
969 WHITEHORSE ROAD, BOX HILL
PHONE 9898 3742
info@wildernessshop.com.au**

Annual MEGA BUYING NIGHT

for Melbourne Bushies

Tuesday 8th May 6-9pm

20% off regular prices, 5% off sale items
FREE nibbles, pizza, beer and soft drinks
Lucky Door Prize!!!!

MEMBERSHIP FEES ARE DUE!

Payment can be via:

- EFT (ensure your name and 'subs' appear in the comments)
 - Cheque (post to the Membership Secretary)
 - In person on booking nights at the club rooms
- Please advise any changes to your contact details as well. Thanks in advance to all who pay on time.

Roger Wyett

MEMBERSHIP RENEWAL 2012

Membership subscriptions are due 1st March 2012. This year you are not required to sign an Acknowledgement of Risk form on renewal, however you are advised that payment of fees implies acceptance of the risks involved in any activity you may undertake as a member of Melbourne Bushwalkers. Members are asked to read the following wording regarding your insurance cover through Bushwalking Victoria.

'In voluntarily participating in activities of Melbourne Bushwalkers Inc., which are described to me by the activity leaders, I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. I also acknowledge that I may encounter weather conditions that could lead to heat stroke, hypothermia or being in locations where evacuation for medical treatment may take hours or days.

In particular when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks.

To minimize risks I will endeavour to ensure that:

- Each activity is within my capabilities
- I will carry food, water and equipment appropriate for the activity
- I will advise the activity leader if I am taking medication or have any physical or other limitation that might affect my participation in the activity
- I will make every effort to remain with the rest of the party during the activity
- I will advise the leader of any concerns I am having and
- I will comply with all reasonable instructions of club officers and the activity leader

I have read and understood these requirements. I will consider the risks before joining any activity of the Club.

I acknowledge that I will take responsibility for my own actions and that payment of my subscriptions will be deemed as full acceptance and understanding of the above conditions'.

Please refer to the Renewal Slip below for methods of paying your subscription. If paying by cheque please return the renewal slip to assist the Treasurer and Membership Secretary to identify you. If any of your personal details have changed, complete the relevant information and forward to the Membership Secretary. The Renewal Slip also appears on the back page of the newsletter.

RENEWAL SLIP

Payment to the Treasurer, together with completed form by one of the following methods:

- Cash or cheque on club night (cheques payable to Melbourne Bushwalkers Inc.)
 - Cheque and Renewal Slip posted to Treasurer, Melbourne Bushwalkers Inc, P.O. Box 1751, Melbourne 3001
 - EFT to the club account. (Account Name: Melbourne Bushwalkers, A/c No. 0058-46013, BSB: 013-006).
- Please ensure your full name and 'SUBS' appear on the transfer.

Fees:
(Please circle your membership category)

Single member: \$45 or \$55*	Concession: \$34 or \$44** (Proof required)
Couple/Family: \$72 or \$82*	Concession: \$50 or \$60** (Proof required)
News Subscribers: \$20	

Notes: * Additional \$10 charged to members who receive their copies of 'NEWS' via postal mail
** Does not refer to holders of a Seniors Card

Name: *Indicate below if you agree details can go on Club Membership list*

Name:

Fill in Address, Telephone number /s and Email address only if changed since last renewal:

Address: YES/NO

Postcode: Tel: H) W) Mobile: YES/NO

Email: YES/NO

SOCIAL CALENDAR

Slide nights and presentations

May 9

PRESENTATION – CYCLING TOUR IN MYANMAR (BURMA)

This 14 day guided tour explored central Burma, including the major cities of Bagan and Mandalay. Ed Neff and Ian Mair were part of a group of 16 international cyclists plus local support staff. The presentation will commence at 8:00 pm.



May 23

WINE AND CHEESE AND THE ALEXANDER TECHNIQUE

On Wednesday 23 May, Maddie will give a workshop on applying the Alexander Technique for safe and efficient walking. Maddie's workshop will commence at 8:00 pm.

June 13

PRESENTATION – ART RESTORATION OF BURMESE PAINTINGS



June 27

WINE AND CHEESE AND JANUSZ MOLINSKI PHOTOGRAPHY

Janusz is a professional photographer who specialises in landscape photography, combining his passion for photography with his passion for hiking. Janusz will present a slide show of some of his favourite landscape photographs taken in Australia and New Zealand. The presentation will commence at 8:00 pm.

July 11: Presentation – Patagonia and Antarctica • July 25: Wine and Cheese and 'All That Gear'

August 8: Presentation – Coast To Coast – The Wainwright Walk

August 22: Wine and Cheese and The Bushies' Auction

September 26: Wine and Cheese and Spring In Your Step Fashion Show

October 2: Wine and Cheese and (Presentation to be Confirmed)

November 14: Presentation Himalayan Overview

November 28: Wine and Cheese and (Presentation to be Confirmed)

Other events

Lunches

Susan will continue to play social host for lunches. Throughout the year keep an eye on the MBW Newsletter and the website for details of upcoming events.

Restaurants

The club will be organising some outings to restaurants, so keep an eye on this space for advertisements on venues and dates.

New Year's Day BBQ

Susan will continue her tradition of hosting a New Year's Day BBQ.



Jan 2012

Emergency Action Plan

Last year we launched our Peoplecare Starts at Home initiative, which gives our members free first aid education and info. If you've been to our website lately, you may have noticed our new First Aid Fact Sheets, plus lots of useful info to help you feel more confident helping others. Check it out at peoplecare.com.au/Your-health

Here's a useful Emergency Action Plan to help get you started.

We need to know what to do when faced with an emergency. Having a first aid response plan, or emergency action plan, helps deal with those situations where you must remain calm. This allows us to act in a structured approach in providing first aid.

An emergency action plan is a guideline for you to follow, assisting you to effectively treat the casualty. Following the emergency action plan will keep you safe, whilst still being effective. Remember, safety first.

The emergency action plan recognises the need for an instant evaluation of the safe operating requirements that you as a first responder are required to follow. This ensures the prevention of personal injury, whilst ensuring the safety of the casualty and other bystanders.

Once you have evaluated the need for further assistance, arrange for the ambulance to be called. Calling for the paramedics will enable you to hand over the care and responsibility of the casualties. You will be able to provide to the paramedics facts about the incident, but not what you think is wrong. They are highly trained and will appreciate a quick and efficient handover, so they can start to assist the sick or injured.

They will want to know:

What happened?

How did the casualty get to the position they are in? E.g., Did they move there themselves, or have they been moved?

What first aid treatments have you given?

How did they respond to that treatment?

We base our first actions on some simple protocol. The basis of the protocol or "emergency action plan" is to:

1 Assess the scene

Ensure safety for yourself, the victim/s and others;

2 Assess the casualty

Check response and vital signs;

3 Assess what to do next

Get assistance, provide treatment, undertake debrief and self-evaluation after the event.

First Aid Protocol

Assess the scene

- Protect yourself and others from any dangers.
- Protect yourself with equipment and gloves.
- Protect from further injury.
- Phone the ambulance on triple zero, '000' (fixed or mobile), or '112' (GSM mobile phones only)

Are they alive?

- "Is the casualty responding?"
- "Is the casualty breathing normally?"
- "Is the casualty moving?"
- "Are there signs of life?"

Dangers include

- Body fluids, especially blood
- Aggressive behaviour
- Needle stick injury
- Back injuries
- Equipment failure
- Chemical fumes
- Fire or explosion
- Biological
- Electrocutation
- Burns
- Environment, e.g., weather.

Often referred to as **D.R.S.A.B.C.D.**

Danger

Response

Send for help

Airway

Breathing normally

CPR

Defibrillation

- Protect yourself with gloves and other barriers, such as apron and eye protection.
- Ensure that you do not injure yourself whilst carrying out first aid when helping an injured person.

Assess what to do next

- Commence treatment.
- Arrange transportation to hospital.
- Provide confidence and reassurance.
- Build teamwork and avoid panic.
- Be calm, firm, compassionate and know when and how to obtain further help.

Observe the following

- Protect yourself with gloves and other barriers, such as apron and eye protection.
- Ensure that you do not injure yourself whilst carrying out first aid when helping an injured person.

Source: Allens Training, February 2011.
Copyright Mardi Abernethy.

CONSERVATION MATTERS NOTES FROM THE MARCH BUSHWALKING VICTORIA ENVIRONMENT COMMITTEE

Wilsons Prom NP

Access to the majority of the southern hikes at the Wilsons Promontory National Park will be available from Easter 2012 onwards. Access will only be via Oberon Bay.

Visitors will have access to most of the southern hikes, including

- Norman Bay to Oberon Bay • Oberon Bay to Telegraph Junction • Telegraph Junction to Waterloo Bay
- Waterloo Bay to Refuge Cove • Refuge Cove to Sealers Cove • South Point Track
- Halfway Hut and Roaring Meg via the Oberon Track and Telegraph Track
- Lightstation via Telegraph Track and the South East Track • Waterloo Bay via the South East Track

The campsites, including Sealers Cove, Refuge Cove, Halfway Hut, Roaring Meg, Waterloo Bay, Oberon Bay and the Lightstation will still have a two-night maximum stay to ensure all visitors have the opportunity of camping at the southern outstation locations.

The Telegraph Track beyond Telegraph Saddle and through to Telegraph Junction (including access to Sealers Cove from Telegraph Saddle Car Park) and Mt Oberon will continue to remain closed.

Visitors are reminded that they will be walking through a highly altered environment and that some tracks are not fully repaired and therefore it is requested that they follow the new signage in place for their own safety, as well as respecting areas that remain closed to the public.

Alpine NP

The road from the Howitt car park to King Billy has been opened for the first time in 3 years. Access to Pinnacles fire tower (Moroka River area) is 4WD only due to flood damage.

Cathedral Range SP

A new track has been constructed from Sugarloaf to the Jawbones.

Grand Strzelecki Track

The opening activities are scheduled for Saturday May 5th and Sunday May 6th, with the Sunday being the official declaration of opening by Hon. Peter Ryan MP.

Grampians NP

Hollow Mountain Walking Track – reopen Tuesday 5 March.

Bullaces Glen Walking track – reopen Friday 9 March.

The Parks Victoria Southern Grampians walking map has been updated and is now available for sale.



Bushwalking Victoria Alpine Working Party
Photo by Chris Schirlinger

Along the Track

A WESTERN SUBURBS RIDE

Date: Saturday 18th February 2012

Distance: 72 km

Weather: Hot and humid 28 degrees, SE wind

Route: Watergardens to Williamstown via Sugar Gum and Kororoit Creeks

Five cyclists met at Watergardens railway station for what turned out to be a gem of a ride in spite of a few gateways which were very difficult to negotiate and a very rough stretch of about 2 km.

Ross soon had us on our way, passing through residential areas before we reached the Sugar Gum Creek which we followed along an excellent bike trail till it joined the Kororoit Creek, which we followed still on an excellent trail. However, as the trail is not yet complete we had to leave it now and then and wend our way along quiet streets till we were able to rejoin the trail.

We had lunch in a beautiful lakeside park in one of the new western suburbs. After lunch we were able to follow the creek for many kilometres and somewhere west of Sunshine Lars left us just before the start of the very rough section. This section finished at the Federation Trail which we followed for a short distance and from here we left the Kororoit Creek and made our way via quiet roads to the western end of the Williamstown wetlands known as the 'Jawbone Lagoons'. We turned towards Altona at this point and rejoined the Kororoit Creek where it follows into Port Phillip Bay. Max had never been to Cherry Tree Lake at Altona so Ross took us there across what was once the Williamstown racetrack.

The Cherry Tree Lake is a big and beautiful one and a popular place for picnics. From here we made our way to Williamstown where we each enjoyed a large ice-cream.

The Kororoit Creek Valley is very deep in places and is beautiful as it winds its way across the Western Plains from its source on the southern slopes of Mt. Gisborne. This is a ride that could be an annual event. It is an eye opener and much credit to Ross for putting this excellent ride together. He had many obstacles in his way. Thanks from the four of us for leading us on this ride. The participants were Ross Berner (leader), Max Casley, Lars Lindahl, Karl Spadinger and myself, Art Terry.

By Art Terry

Willis's Walkabouts

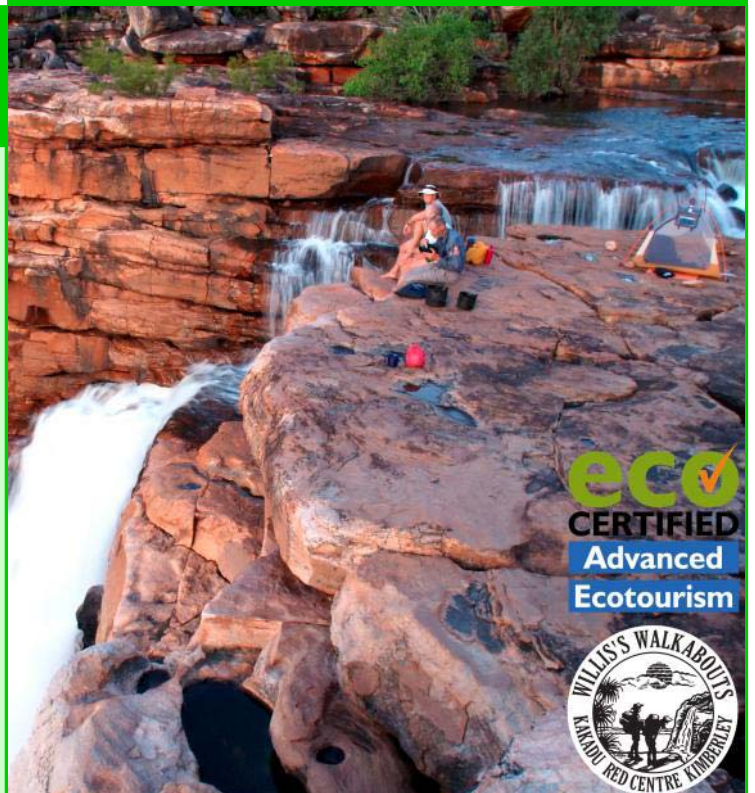
Going to wonderful places most people only dream about

Have you ever camped beside a waterfall that seems to go on forever, water so clean you could bottle it, and deep crystal-clear swimming holes to enjoy in your very own tropical paradise? All this, several days walk from any hint of civilisation so you and your companions have it all to yourselves.

Why not?

Join us and let our experienced guides show you the very best that our North has to offer — hidden waterfalls, ancient rock art, beautiful sandy beaches next to clear tropical pools and more, much more.

Untracked bushwalking at its very best



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www.bushwalkingholidays.com.au rwillis@internode.on.net Ph: 08 8985 2134

SQUARE HEAD GINNY **24–25 March 2012**

The dark snow-laden clouds encircling the peaks were not the only ominous signs of what might lie ahead as we departed Mansfield for the Howqua Gap overnight campsite. Of greater concern to us was that en-route John Fritze announced that he may not have packed a flashlight near the 'top' of his pack. We trembled at the thought of what this might symbolise. We arrived at our protected campsite to erect our tents in icy sleet, so it was a quick retreat for an early night and a long night of howling wind high above our tents and at times quite heavy rain.

Next morn, it transpired that this was to be a pack carry of forgotten items such as bushwalking pants, a right orthotic, a left hand warmer, an unpaid meal at the Mansfield Pub the previous evening including an uncollected credit card and incredibly someone's forgot their nibbles. In addition, two members forgot to wake up, allowing us the luxury of taking our time.

Nevertheless we set off confident we would survive the ordeal and headed for the Upper Howqua Camping area to begin our trek. Alas we were not so fortunate, as the strong winds had brought down several trees across the road. All vehicles were able to just pass under the first but further down the road we encountered another and this time the smaller cars won out and the 4x4s were relegated to the side of the road. Packs and passengers transferred; we made it to the upper Howqua Camping ground and after a brief from Jopie and a head count we headed off on the Link Road knowing that we were to climb some 900 metres that day including conquering the famous Square Head Ginny. It all started quite comfortably – for the first 500 metres at least until we arrived at a river crossing – so it was off with boots and socks and on with Crocs sandals and we fought the raging mid-calf deep Howqua River. Having met our first obstacle head on, we set off along the track and enjoyed much conversation and joviality ahead of the precarious challenge. After some time of somewhat easy track and gradual ascent, this writer began to assume that the 900 metres ascent was going to be a walk in the park. Almost immediately through the trees appeared a perilous looking, slender and craggy peak extending into the clouds. Hesitant to ask for fear of knowing the response, I enquired: 'What is that called?' – 'Square Head Ginny' was the response I was half hoping for and half not. Soon after, we then departed the track for some bush bashing to the base of SHG, scouting the sheer and craggy rocky face seeking our avenue of ascent. Hardened hikers were enthusiastically suggesting direct ascent while some of the more mellow participants were happy to persevere until an obvious route appeared. As it turned out we had a strenuous but not overly difficult climb to a magnificent summit (1557 m) to enjoy alternating spectacular views, swirling foggy cloud cover and afternoon tea. It was then on to Mount Lovick (1684 metres) to pitch camp for the evening. Enjoying a pleasant walk after our SHG ascent, at about 1600 metres we encountered ice covered terrain and realised we were in for a cold night. Tents pitched and water collected, we set about to try to light a fire – the outcome determining either an early night for all or a night of bawdy tales and raunchy sing-alongs. After some degree of effort we managed a terrific fire out of the soaked leaves and branches and did enjoy an evening of community and much talk of the grandchildren. The next morning was a tale of ice hardened tents and much talk of comfort and discomfort throughout the evening and rumour that the temperature had dropped to minus 6 degrees in the early hours. A beautiful sunny and crisp morning made for ideal hiking conditions and we set off towards Picture Point (1635 m), where we came upon a spectacular, narrow ridge and wonderful vistas and were able to see our intended descent via an unnamed spur adjacent to Helicopter Spur. Some wonderful rock hopping saw us descend the various mini craggy heads and then a long and at times quite rapid descent (to test the quads) along an extended spur heading towards our starting point though a beautifully un-fire-touched stretch of forest culminating in a simple creek crossing and back to the cars (possibly a stumble or two at this juncture). Not a long walk and not quite as challenging as it could well have been. Nevertheless the group was unanimous that this was a wonderful and spectacular walk and the conditions were ideal. Many thanks to Jopie for his organisation.

Attendees: Agajan Akbar, Jopie Bodegraven, Jenny Flood, Phil Brown, Andy Elam, Trish Elmore, John Fritze, Gina Hopkins, Bob Oxlade, Deb Shand, and Bert Reeh.



Andy Elam

COBBERAS/NATIVE DOG FLAT TRIP REPORT 5–9 April 2012

We arrived at Native Dog Flat on a fine afternoon the day before Good Friday to find that our leader Geoff had already staked out a campsite for the group among the snowgums on the banks of the Buchan River (which at this location is a small creek). The camp ground was surprisingly empty for the long Easter weekend so our group of seven had plenty of space, peace and quiet. With ample firewood available we gathered a supply to keep us warm after sunset.

After a mild night the next day dawned warm and sunny. About a kilometre south of the camping ground the Buchan River flows into a small gorge and we climbed the ridge above it to see what we could see. The river takes a winding course through the gorge and is difficult to see clearly from the top, but there were tantalising glimpses of rapids, waterfalls and still pools, well worth further exploration by those with the time to find a way down the almost sheer cliffs on either side. The highlight of this walk was a visit to the only known location, captured by Geoff's GPS, of a recently discovered new species of hakea, pictured below.



After lunch back at the tents some of the party stayed around the campsite while three of us walked up to the Rams Horn, a two-hour climb through thick regrowth which is rewarded by magnificent views from the rocky peak, although with a fierce gale blowing at the top we did not stay long to admire them. On the way down we saw some wild horses for the first time. Judging from the piles of dung they leave on the road and the forest floor it is obvious they are present in large numbers, but they are rarely spotted by walkers although we could hear them around the campsite at night.

Sunshine again the next day, and we drove about 17 km to the Mt Stradbroke track junction and set out along the track for a 2.5 hour walk to the top. The track is distinct close to the road but is overgrown further in. With did see the occasional orange track marker but they were difficult to find and we were glad to have Geoff's GPS. On the rocky spur leading to the top navigation was easier. We had lunch at the top, revelling in spectacular 360-degree views of Kosciuszko and the Pilot across the border, the Suggan Buggan and Snowy River gorges below us and the East Gippsland ranges stretching layer after layer as far as the eye could see.

That night we had our first taste of alpine weather, some of us waking to find the water frozen in our drinking bottles. The sky was grey and ominous, with a few drops of rain, so we dressed warmly for the longest walk of the trip, a round trip of 22 km to the top of Cobberas 1. Luckily the rain held off and we had another glorious day's walking through the Playgrounds, a long alpine meadow at the base of the Cobberas Range, then up a steep spur to the top ridge where we followed a brumby trail through ancient snowgums with (once again!) wonderful views on either side, and lunch at the top of Cobberas 1 (1838 m).

As we prepared for departure on a cold and wet final morning it was clear that our run of luck with the weather had come to an end and in fact there was snow at Native Dog Flat that night. Thanks to Geoff for his careful planning and keeping us entertained with his encyclopaedic knowledge of the history and environment of the Cobberas region, and to fellow walkers Ian, Wendy, Rod, Lyn and Cheryl for a memorable long weekend.



Judith Shaw

A reminder that to view all available previews and any notifications of changes to walks, just log on to the walks program and previews pages on the MBW website: http://www.melbournebushwalkers.org.au/activities/Walks/MBW_walks_program.htm

**CUT OFF TIME FOR SUNDAY BUS ONLINE BOOKINGS
4:00 PM THURSDAY PRIOR TO THE WALK.**

Bookings notified to busbookings@mbw.org.au after the cut off time will not be processed and a credit will be issued.

Payment to the leader of the full bus fee and late fee of \$5.00 will have to be made on the day if your booking has not been confirmed prior to the walk.



SUNDAY BUS

WALLS CROSSING – VAUGHAN SPRINGS

DATE	Sunday 20 May 2012
STANDARDS	Easy and Easy/Medium
DISTANCES	13.5 and 16.5 km
LEADERS	Deb Shand and Lesley Hale
TRANSPORT	Bus – Leaving Southbank Blvd at 8:45 am
AREA	Castlemaine Diggings National Heritage Park
MAP REF	Daylesford–Castlemaine–Ballarat Forest Activities map

For most of the walk we will follow the Dry Diggings Track, part of the Great Dividing Trail. The track winds and undulates gently through the light shade of dry box and ironbark forest that is slowly regrowing around gold rush era ruins and relics. We will see plenty of clues to how the miners lived and worked.

This area is regarded as the best of the Australian gold rush localities of the 1850s. To quote the Dry Diggings Track notes:

‘To release the gold, early miners had to wash the clayey soil by panning by hand, later sluicing stream and gully banks under high pressure... Not just the covering of the land, but its shape changed. In pursuit of gold, diggers quarried gullies and hillsides, dammed creeks, built roads, constructed water channels, and dug intricate networks of shafts, tunnels and open-cuts.’ (David Bannear)

The E/M walkers begin with some off-track walking, but the Easy group will stay on track for the entire walk. There are no serious hills or surprise creek crossings, and we all finish the walk at picturesque Vaughan Springs where thirsty walkers can refresh themselves with natural spring water.

This is a recommended walk for all who enjoy a relaxing ramble in the bush with a bit of history thrown in.

While the distances seem somewhat short, this walk will involve a considerable effort, so a reasonable level of fitness is essential. The reason is that we will be walking mostly uphill, with a net altitude gain of approximately 600 m for the Medium walk and about 400 m for the Easy/Medium group, not including numerous ups and downs along the way!

The Medium group will start from the Mackenzies Flat picnic area and follow the Lerderderg River upstream to the Grahams Dam. Several river crossings will be required, so the challenge involved will depend on the amount of rain we have. From the dam the Medium walkers will climb about 260 m over the distance of less than 1 km – a very demanding section.

The Easy/Medium group will have an easier task, starting at the end of Swans Rd and ascending only about 60 m to join the same track. From there both groups will follow the same route, along the Blackwood Ranges Track and Foxy Gully Track, which form a part of the Great Dividing Trail. We will finish by climbing the slopes of Mt. Blackwood, with the bus waiting for us on the other side of the mountain.

Most of the time we will follow the top of the ridge, so the views should be truly spectacular, weather permitting. Also, there will be plenty of exercise for the energetic, especially on the Medium walk.



TOFS WALK

BRIMBANK PARK (Change of venue as much of the Organ Pipes National Park is closed)

DATE	Thursday 7 June 2012
STANDARD	Easy
DISTANCE	10 km
LEADER	Alister Rowe
TRANSPORT	Private
AREA	Keilor East

Meet at 10:30 am in Car Park A near the Visitor Centre (Melway 14 J9). Enter from Keilor Park Drive (Melway 15 B10) and drive along Brimbank Road.

The walk will be similar to what we have done in the past and should be very pleasant, given good weather conditions.



SUNDAY BUS

MT BLACKWOOD – BLACKWOOD RANGES TRACK

DATE	Sunday 3 June 2012
STANDARDS	Easy/Medium and Medium
DISTANCES	13 and 15 km
LEADERS	Del Franks and Roy Rossebo
TRANSPORT	Bus – Leaving Southbank Blvd at 8:45 am
AREA	Lerderderg State Park
MAP REF	Meridian Lerderderg and Werribee Gorges



PACK CARRY

GREAT OCEAN WALK. AIRE RIVER – DEVILS KITCHEN

DATE	8–11 June 2012
STANDARD	Easy/Medium
DISTANCE	40 km
ELEVATION	0–270 m
LEADER	Bob Oxlade
TRANSPORT	Private
AREA	West Coast Victoria
MAP REF	Parks Vic. Great Ocean Walk Map

This walk is a continuation from the part we did last December and is along some of the most spectacular coastal sections of the Great Ocean Walk. Our maximum elevation will be 270 m.

Friday night camp will be at the excellent Aire River West Camp Area.

After a car shuffle on Saturday morning we have coastal views and a little beach walking to our GOW Johanna Beach campsite. We may begin from Castle Cove to enable a suitable tide time to cross Johanna River.

On Sunday we head inland and then to the coast at Milanesia Beach. Tonight’s camp will be at the GOW Ryans Den Campsite. 15 km today.

Monday is another mix of inland and coastal walking to our cars at The Gables Car Park. There are top views from 130 m above the ocean at the lookout there. This is a short distance prior to The Devils Kitchen. There could be time to have a further look around the area before returning home at a reasonable time.

There will be a party limit and your early booking is desirable as the campsites need to be booked in advance. There are already some early applicants.



BASE CAMP

WARRNAMBOOL – WHALE WATCHING AND WALKING

DATE	8–11 June 2012
STANDARD	Easy
DISTANCE	Various
ELEVATION	Minimum
LEADERS	Ian Mair and Halina Sarbinowski
TRANSPORT	Private
AREA	South West Victoria – Coast

We will be hiring cabins at Surfside Caravan Park for the three nights of this walk (Friday to Sunday nights). Surfside is central to the coastal trails of Warrnambool. If we head east, a short walk takes us to Logan’s Beach, the main viewing area for whale watching. Heading west we walk along Levy’s Point and cut inland to follow the rail trail back to Warrnambool and within a few metres we have the wetland walks of the Warrnambool foreshore. We have great location, great ambience and a communal kitchen to meet and greet and enjoy each other’s company.

Walks have not been finalised but we will take advantage of Surfside’s great location. Also a visit to Flagstaff Hill

Maritime Museum will provide a glimpse of maritime lifestyles and trades of the 1870s. Tower Hill Reserve, nestled inside a dormant volcano, is only a short drive from Warrnambool. Several walks in the Reserve provide insight of its geographical features and also the aboriginal heritage of the area. Exploring part of the Mahogany Track and a visit to Port Fairy should round out this long weekend.

I will be booking 4 cabins for Melbourne Bushies. Cabins will cost between \$110 per couple per night or \$130 for 4 share (one double bed and 2 singles) per night. Total accommodation cost if 4 share a cabin will be \$97.50 each. Once booked out you will have to organise your own accommodation, so please book early by contacting Halina Sarbinowski. I will be taking bookings till the end of April as I will be away most of May.



SUNDAY CAR POOL

LERDERDERG GORGE

DATE	10 Jun 2012
STANDARD	Medium
DISTANCE	17 km
ELEVATION	140 m to 500 m
LEADERS	Roger Wyett
TRANSPORT	Car Pool
AREA	Lerderderg Gorge – Bacchus Marsh
MAP REF	Meridian Lerderderg 1:35,000
TRANSPORT COSTS (PER PERSON)	Approx \$15

This walk is for those who want a work out and do not suffer from vertigo, as we will ascend and descend the gorge twice. Starting from Mckenzie’s Flat along a defined track past Graham Dam and then up a spur to the Tunnel Access Track and on to the Lake Merrimu diversion weir.

After crossing the river below the weir, then a steep ascent up the Long Point Track to the ridge line walk along the Blackwood Ranges Track, before descending steeply to Graham’s Dam.

No visitors or on line booking without discussing your capabilities with the leader.



WEDNESDAY WALK

SHERBROOKE TO KALORAMA

DATE	June 13
STANDARD	Easy/Medium
DISTANCE	15 km
LEADER	Jerry Grandage
TRANSPORT	Private car to the start
AREA	Dandenong Ranges
MAP REF.	Melways 52/66/75

This walk will be unusual for the Melbourne Bushies in that we will start by catching a bus from the end of the walk to the start to avoid a car shuffle. We will walk across Sherbrooke Forest, down through Nicholas Gardens, up Sassafras Creek to Sassafras, then along the west side of the range to the finish at Kalorama.



CYCLING

BRUSHY CREEK TRAIL (MOOROOLBARK)

DATE Saturday 18 June 2012
STANDARD Medium (Easy/Med. option)
DISTANCE 57 km
LEADER Ross Berner
TRANSPORT Train to Bayswater Station (Belgrave Line) or car
RETURN TIME About 4:30 pm (Bayswater Station)
AREA Mooroolbark
MAP REFERENCE Melway maps 13, 3, 354, 356, 358, 25, 26, 40, 54, 55 and 56

The meeting place for ride is the south side of Bayswater Station on the Belgrave line (Melway 64 F4) at 9:15 am. Take 8:07 am Belgrave train from Flinders Street, which arrives at 9:04 am.

If you want to join us for a 36 km Easy/Medium ride., please meet us at Mooroolbark Station on the Lilydale line (Melway 37 G12) at 12:15 pm. Take 11:03 am Lilydale train from Flinders St, which arrives at 12:04 pm.

This ride follows the Brushy Creek Trail (not to be confused with Bushy Creek Trail in Box Hill) which starts in Montrose and goes to Mooroolbark. We will also use the Tarralla Trail in Croydon.

From Bayswater we will travel east along Dandenong Creek Trail and Liverpool Road. From here we follow Sheffield Road north to Montrose. There is a short section of gravel here and a few hills. We are literally in the foothills of the Dandenongs. At Montrose we head down to the start of the Brushy Creek Trail, which takes into Mooroolbark.

We then follow back streets to Croydon and join the Tarralla Trail which follows Tarralla Creek (also known as Croydon Main Drain). The final section is on Dandenong Creek Trail and Blind Creek Trail.

The ride finishes at Bayswater Station.



SUNDAY BUS

LONG FOREST FLORA RESERVE

DATE 17 June 2012
STANDARDS Easy and Easy/Medium
DISTANCES 11 km and 14 km
ELEVATIONS Some steep sections
LEADERS Michael Murray and Halina Sarbinowski
TRANSPORT Bus – Leaving Southbank Blvd at 8:45 am
AREA Between Melton and Bacchus Marsh
MAP REF Long Forest Conservation Reserve: Parks Vic notes

Long Forest Flora Reserve, located close to Melbourne, is an oasis of natural forest nestled between Melton and Bacchus Marsh. It is a little known reserve with an interesting variety of eucalypts including the only remnant Bull Mallee south of the dividing range. Coimada Creek, when running, winds its way through the rocky and sometimes steep terrain of the reserve. Both walks involve some short steep sections and some off track walking.

The reserve is also known for its bird watching and in particular the wedge-tailed eagle and peregrine falcon.

Being only 50 kilometres from Melbourne is an added bonus as it should give us the opportunity for a short stop on our return journey for a coffee or perhaps even a wine.



MOFS WALK

WHITTONS RESERVE-MT LOFTY

DATE Monday 18 June 2012
STANDARD Easy
DISTANCE 10 km
ELEVATION 60 m
LEADER Graham Hodgson
TRANSPORT Private
AREA Warrandyte state park
MAP REF Melway Map 279

Another typically pleasant stroll along the banks of the Yarra river with the walk being entirely on tracks. There are a couple of steepish hillclimbs but nothing that should concern our incredibly fit MOFS walkers.

There is a 100m section of track which is narrow, close to the river and potentially slippery, so please ensure your walking shoes have a good grip.

The walk will initially be through eucalypt forest and low lying scrub until it ascends to a ridge top where spectacular views of the distant Dandenongs are encountered.

We will follow the ridge for a while before descending to a river flat where you can view the 'disappearing picnic table and chairs'. Yes, Mr Wombat has decided to burrow under the furniture, causing one supporting leg to fall into the hole. The remaining part of the walk involves following the banks of the Yarra to a golf course where we will inspect a billabong after which another climb and descent will hopefully see us back at the cars.

Meet at 10:30 am at Whittons Reserve – Melway Map 24 K6

NB The above date for the walk is correct and NOT as indicated on the Activities Program



DANDENONGS EXPLORER

DATE Saturday 23 June 2012
STANDARD Easy
LEADER Jan Brooksbank
TRANSPORT Private
AREA Dandenong Ranges

For details of this walk, please contact the leader, or wait for June News.



SUNDAY CAR POOL

SHERBROOKE – HERMON'S SADDLE CIRCUIT

DATE Sunday 24 June 2012
STANDARD Easy/Medium
DISTANCE 16 km
ELEVATION Generally hilly, but no very steep hills
LEADER Max Casley
TRANSPORT Car pool
AREA Dandenong Ranges
MAP REF Park pamphlet, Melways Map 122 B9
TRANSPORT COSTS (PER PERSON) \$8

We will meet at 8:45 am at the normal meeting place in Southbank Boulevard near St Kilda Road. This walk will start and finish at Woolrich Lookout where there are toilets.

The Dandenong Ranges are sometimes called the lungs of Melbourne where you can enjoy the fresh air and the

walks in the forests with their cool ferny gullies. Mostly the walk is through native forest where some giant trees can be seen. Nearly 50 years ago the Hamer Forest Arboretum was established with more than 150 introduced species and these are now mature trees. We will go through part of this arboretum. Many of these trees are deciduous and so for our walk they will have already dropped most of their leaves. We will go to Olinda Falls where the nearby picnic area looks like a good place for lunch.

The walk is entirely on tracks and quiet management roads, some of which can be muddy – make sure your shoes have good grip! One of the drawbacks of starting at a high lookout is that we finish with an uphill section. However, don't let this put you off – come along and enjoy this beautiful area.



SOCIAL WALK

KARKAROOK PARK

DATE	Thursday June 28
STANDARD	Easy
DISTANCE	5 km
ELEVATION	Flat
LEADER	Jean Giese
TRANSPORT	Private
AREA	Heatherton
MAP REF	Melways 78

This park was once a quarry but has now been restored with the planting of indigenous trees and shrubs and a lake and wetlands formed. It isn't large but we can make a nice walk within it and then drive to the Boundary Hotel for lunch.

Meet at 10:30 in the first carpark (off Fairfield St) Melways 78 D7.

Along the Track

BUCHAN RIVER EASTER TRIP 2012

After a long drive via Bairnsdale we camped Thursday night beside Boundary Creek 50 km north of Buchan in East Gippsland. By Friday morning all 18 of the group had arrived and we drove to the top of Mt Seldom Seen from where we got good views in all directions including across to the Cobberas. We then drove to the start of the walk and the walking part began along the Wombargo Track. The steady climb up the track on such a warm day meant that the lunch break was very welcome. Soon after lunch we started the descent along Sugarloaf Track to the Buchan River where there were good grassy camp sites close to where Reedy Creek flows into the Buchan River.

On Saturday morning, after looking at where Reedy Creek flows into the Buchan River, we started wading down the Buchan River for about 3½ km. Nick found the pace too slow and went ahead to wait for the rest of the group at Lower Limestone Creek. Soon after this we came to the base of the spur along which we exited the river next morning. This area was generally flat and we all found good places to pitch our tents after some plant clearing.

Next morning Mark acted as Easter Bunny and gave us chocolate 'eggs' which not only tasted good but provided extra energy for the 500 m climb back to the Wombargo track and the cars. The climb up the spur was quite straightforward despite vigorous plant regrowth after recent fires. The weather was favourable and was quite cool during the climb. Our campsite was back at Boundary Creek where we had a camp fire and extras from the cars such as a table, chairs and fruit cake.

On Monday we drove to Tulloch Ard Lookout for good views of the Snowy River gorge. About half the group left for home while the rest of the group decided to stay an extra day. There was some rain but mostly it stayed fine. We went to Basin Creek falls which (despite a bad odour in the area) were attractive in appearance as can be seen from the photo on the club website. We camped at Balley Hooley which is at the junction of the Buchan and Snowy Rivers. There were grassy comfortable campsites and we had a good campfire.

On Tuesday morning we headed for home, stopping for coffee at Bairnsdale.

Thanks to Bob for a well organised trip in an area we visit infrequently.

The group was Bob Oxlade (leader), Philip Brown, Mark Heath, Deborah Bishop, David Walsh, Susan and Michael Stringer, Andy Elam, Del Franks, Alex Stirkul, Rosemary Martyn, Debbie Brewis, Fran Moloney, Nick Mellsop, Janette Kodiah, Kerry Press, Ralph Blake and me:

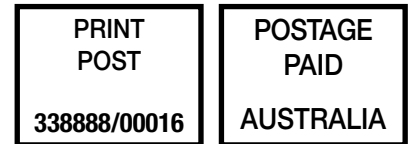
Max Casley.

Bus transport meets at Southbank Boulevard, south side of the Arts Centre, before 8:45 am. Leader or deputy will be there rain, hail or shine!

June 2012

Sun 3	Mt Blackwood – Blackwood Ranges Track	Bus	E & E/M	Del Franks & Roy Rossebo
Thu 7	Organ Pipes	Pvt	Easy	Alister Rowe
8–11	PC: Great Ocean Walk – Aire River – Devils Kitchen	Pvt	E/M	Bob Oxlade
9–11	BC: Warrnambool – Whale Watching & Walking	Pvt	Easy	Ian Mair & Halina Sarbinowski
Sun 10	Lerderberg Gorge Twice	Car	M/H	Roger Wyett
Wed 13	Dandenong Ranges	Pvt	E/M	Jerry Grandage
Sat 16	Cycling: Brushy Creek Trail (Mooroolbark)	Pvt	Med	Ross Berner
Sun 17	Long Forest Reserve	Bus	E & E/M	Michael Murray & Halina Sarbinowski
Thu 21	Whittons Reserve – Mt Lofty	Pvt	Easy	Graham Hodgson
Sat 23	Dandenongs Explorer	Pvt	Easy	Jan Brooksbank
Sun 24	Sherbrooke – Hermon’s Saddle Circuit	Car	E/M	Max Casley
Thu 28	Karkarook Park	Car	Easy	Jean Giese

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 GPO BOX 1751, MELBOURNE 3001



RENEWAL SLIP

Payment to the Treasurer, together with completed form by one of the following methods:

- Cash or cheque on club night (cheques payable to Melbourne Bushwalkers Inc.)
- Cheque and Renewal Slip posted to Treasurer, Melbourne Bushwalkers Inc, P.O. Box 1751, Melbourne 3001
- EFT to the club account. (Account Name: Melbourne Bushwalkers, A/c No. 0058-46013, BSB: 013-006).

Please ensure your full name and 'SUBS' appear on the transfer.

Fees:
 (Please circle your membership category)

Single member: \$45 or \$55*	Concession: \$34 or \$44** (Proof required)
Couple/Family: \$72 or \$82*	Concession: \$50 or \$60** (Proof required)
News Subscribers: \$20	

Notes: * Additional \$10 charged to members who receive their copies of 'NEWS' via postal mail
 ** Does not refer to holders of a Seniors Card

Name:

Indicate below if you agree details can go on Club Membership list

Name:

Fill in Address, Telephone number/s and Email address only if changed since last renewal:

Address:

YES/NO

Postcode: Tel: H) W) Mobile:

YES/NO

Email:

YES/NO