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THE NEWS OF THE Melbourne Bushwalkers Inc.

ABN 14 396 912 508

January 2015

PRESIDENT'S CORNER – JANUARY

The main items at the December Committee Meeting were: arrangements for the Christmas Party and New Year's Day BBQ; what our expected end of year finances would be; the makeup of the 2015 Committee; and reviewing a working draft of our Future Directions objectives. Ian Mair, who has been nominated for President next year, was our 'guest' at the meeting.

In this News you will find the first version of our 'vision' and 'objective statements' for the Club over the next few years for member comment and feedback. The high level description, or vision, for what we want to be known for is:

To be a leading Melbourne club providing a wide range of bushwalking and other outdoor activities for members to enjoy the natural environment in Victoria and beyond with friendly people.

The supporting statements that describe what we would want our Club to be like in 2–4 years' time are set out under the following categories: Outdoor Activities; People; Membership; External Involvement; and Assets. For each statement we have provided examples of how we would measure them and a few examples of the things we would do to achieve them.

For example, **under Outdoor Activities we have: 'A diverse and growing overnight program within Australia and beyond'**. This could be measured by the number of overnight, interstate, and overseas activities per annum. Actions to achieve it include establishing an Overseas/Interstate Coordinator, doing the 'iconic' walks periodically, e.g. Overland Track, Wilsons Prom, Razorback, etc.

This is an area we have been working on for some time. For example, in 2014 we had 20 pack carries on the program, the largest number in 3 years. This autumn's program has 6 pack carries, 5 base camps (2 off the coast of Tasmania!), and 2 extended cycling trips.

We have tried to set objectives that are challenging but achievable as well as maintaining and improving the things we do well, e.g. our Sunday program. There will be plenty of opportunity to get input from members and especially those involved in particular areas, e.g. the Activity Coordinators and Environment Officer. In parallel the Committee will be working to make sure we achieve the objectives.

It was great to see so many people at the Christmas Party. Approximately 85 people attended. The winners of the \$50 vouchers in the leader's lucky draw were Ian Mair, Jean Giese and Agajan Akbari.

Reminders and information for this month:

- 1 While December has been relatively cool around Melbourne, **the Country Fire Authority is warning us that we are in for a worse than average fire season.** Particularly vulnerable areas are the Otway, Wombat, Macedon, and Dandenong Ranges as well as the Yarra Valley. Whether you are planning to go on a Club activity or just travelling around the state check for CFA fire warnings and particularly any Total Fire Bans for areas you will be in.
- 2 Make sure the **Annual General Meeting on March 18th** is in your diary! We will be making the Financial Report available to members again from early February. See the February News for details.

This autumn's program has an increased number of overnight activities, two Wednesday walks each month, the return of the Dandenong Explorers, great MOFS and TOFS walks, and a new Sunday Walk as well as the return of a number of favourites. So put a few dates on your calendar and get out and enjoy the great outdoors! **Thanks to all those leaders who have volunteered their time to make this a bumper program!**

You will probably be reading this in the New Year and Christmas will be but a memory. **I want to thank the Committee and all our great volunteers** (e.g., leaders, whips, Wednesday helpers, etc.) for the time they have given to the Club in 2104. **I hope you all have a prosperous and healthy New Year with many great outdoor adventures!**

Mick Noonan

Due date for contributions (including March previews) to February News: 21 January

MEMBER OF



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 21st of the month.

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 2 February 2015

NEW MEMBERS

We welcome the following new members to the Club:
Christine Caelli
Frances Lamb

BUSHIES' LIBRARY

Planning a Walk or Just Harboursing a Vague Urge to Do One?

Whatever your state of mind the library has something to offer, especially for walking in Victoria.

Now that summer's here Ken Martin's *Walks of the Mornington Peninsula* (2008) offers a range of attractive choices with the possibility of a cooling breeze. Off in the opposite direction out of Melbourne, there's *Surf Coast Walk, Jan Juc to Airey's Inlet* put out by the Shire of Barrabool, and *Walks of Port Campbell and the Ship-Wreck Coast* (2001).

For walks further inland, single days and longer, there's *Bushwalking Around Daylesford*, (2003), put together by the Federation of Victorian Walking Clubs, and *Day Walks Victoria*, (2001) and *Day Walks Melbourne* (2005), by John and Monica Chapman and John Siseman. If you want to go further afield, look at John and Monica Chapman's *Bushwalking in Australia* (2004).

There are books related to cycling, equipment and a few on walking overseas. These are may not be the latest editions but they do offer the kind of information that could be useful when planning a trip.

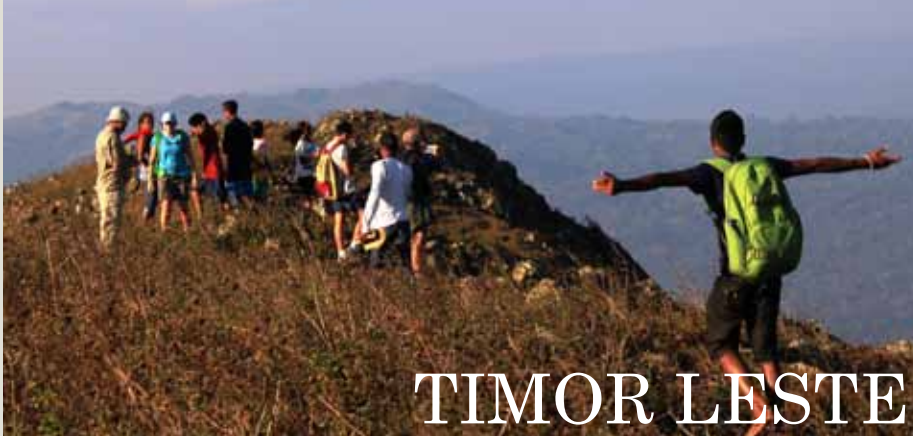
We also have a small, but select, range of general reading books about the country we walk in. If your interest was sparked by a recent rerun of an 'Australian Story' program on the Tresize family and their preservation of the ancient aboriginal drawings known as Quinkan art, there's Percy Tresize's book, *Quinkan Country*, published in 1969. Ian Stapleton's *Hairy Chested History: Colourful Characters of Hotham and Harrietville* (2005) will add some human interest to the natural beauty you enjoy in the Victorian Alps. Walkers around Melbourne will find another perspective on the ground they cover in Gary Presland's *Aboriginal Melbourne: The Lost Land of the Kulin People* (1994).

The library operates on an honour system. You do need to come into the club rooms to borrow but you can return the book at your convenience (within reason). Just write the title, date of borrowing and your name, in the borrowing book. When you return the book add that date to your entry.

Cecily Hunter

2015 Social Calendar

THERE IS NO PLACE IN THE WORLD..... LIKE



TIMOR LESTE

Timor Leste is one of the last places in the world that is untouched by tourism, from rainforest's and miles of coastal beaches to mysterious valleys. This trip journeys into the mountainous district of Luro, where we stay with the local village people, learn of their culture, tackle Tetum and hike the mountain ridges known as the 'Crocodiles Back' to the top of Mt Hafa Hafa, for a breathtaking view of the coast.

Come along to MBW Social night to hear Gen Tehan, Program Coordinator for Friends of Luro, a not for profit organisation, talk about trekking in East Timor.

The presentation will be at **8.00 pm on Wednesday 25 February, 2015** at the clubrooms.

Everyone welcome.



Wine and cheese available.

'SNAKE BANDAGES' – SETOPRESS BANDAGES FOR SNAKEBITE AND SPRAINS

As Australian snake venom is carried in the lymphatic system the first aid treatment is to use a pressure bandage to wrap the bitten limb from fingers to armpit or toes to groin. Immobilise the limb, and transport the patient to care. Do not allow them to walk out.

A bandage that is designed to regulate venous drainage is the most effective. The Setopress Bandage is wider (10cm) and longer (3.5M) than most crepe or elastic bandages. This allows a single bandage to reach the knee or armpit, and two to reach the groin.

To regulate the tightness (and therefore effective pressure) the bandage has a continuous series of green and brown rectangles printed along it's length. As the bandage is stretched, the green rectangles become squares. Increase the tension, and the brown rectangles become squares. At this tension with brown squares lymphatic return is minimised, controlling flow of venom to the body.

The squares are printed off centre to assist in providing a controlled wrap of half width overlap at each turn by covering the visible squares at each wrap. This half width overlap is required to provide correct pressure, and also to prevent the bandage causing a tourniquet effect. Finally the bandage is textured, which helps to prevent it slipping down a conical thigh or calf, which would immediately reduce the pressure and effectiveness of the bandage.

This technology doesn't come cheap, at around \$19.00 each, they weight 59g. They are designed to be washed and reused, and can replace your crepe and elastic bandages.

These bandages may be available from your pharmacy and can be purchased online from:

Independence Australia: <http://www.independenceaustralia.com>. Or phone 1300 788 855. Their product code is 23290110. Shipping is included in the price.

Home Pharmacy: <http://www.homepharmacy.com.au/home/> or phone 1800 333 878. Their product code is 387959. Their prices are lower, but don't include postage unless.

This is an extract of an article originally published in the 'Behind The Log newsletter', Issue 31, June 2010.

FUTURE DIRECTIONS

Vision: To be a leading Melbourne club providing a wide range of bushwalking and other outdoor activities for members to enjoy the natural environment in Victoria and beyond with friendly people.

The following statements describe what we would like our Club to be like in 2–4 years' time.

Objective Statements	Examples of Measure	Examples of Actions to achieve the Objective
OUTDOOR ACTIVITIES		
Exciting and innovative day activities catering for a wide range of members' needs	<ul style="list-style-type: none"> Growing participation numbers Member Surveys. 	<ul style="list-style-type: none"> More activity variety, e.g. rogaining, geo-caching, photography, history walks, bird watching, family days
A Sunday program that encourages a continuing increase in membership	<ul style="list-style-type: none"> 25% of participants are visitors 1/3rd of visitors become members 	<ul style="list-style-type: none"> Make it easier for visitors to participate in Sunday walks Provide a balance of walk levels that encourages new members and retains existing members
A diverse and growing overnight program within Australia and beyond	<ul style="list-style-type: none"> At least 36 activities per annum At least 2 interstate and 1 overseas activities per annum 	<ul style="list-style-type: none"> Establish an Overseas/Interstate Coordinator Develop a greater member involvement in determining program activities Do the 'iconic' walks periodically, e.g. Overland Track, Wilsons Prom
A high awareness of the natural environment and an increased involvement in Conservation and Track Maintenance	<ul style="list-style-type: none"> Attendance by 20% of total membership, i.e. a member attending 3 activities is counted as 3. 	<ul style="list-style-type: none"> Develop greater affiliation with 'friends', conservation groups, Bushwalking Victoria, Encourage weekday activities and attendance – draw on our retired walkers Develop a recognition program for participants
PEOPLE		
A wide range of social activities that promote friendships between members and a strong club spirit	<ul style="list-style-type: none"> Well attended activities 	<ul style="list-style-type: none"> Identify new types of activities Welcome and encourage new ideas
An environment where members and leaders can develop and improve their skills and contribute to the Club	<ul style="list-style-type: none"> All Club roles/positions filled Enough leaders, whips and drivers for activities 	<ul style="list-style-type: none"> Leverage Bushwalking Victoria Leadership Training Mentoring programs for Leaders Wide range of activities with varying difficulty
A welcoming and friendly club where everyone is treated with dignity and respect, can have fun and safely enjoy the great outdoors	<ul style="list-style-type: none"> Member and visitor surveys 	<ul style="list-style-type: none"> Promote good behaviour using the Code of Conduct, Participants' Responsibilities, etc. Ensure we make visitors and new members welcome at social and outdoor activities Practice safety procedures in a fun way
MEMBERSHIP		
An active Membership of more than 500	<ul style="list-style-type: none"> At least 500, 5% growth per annum to reach 500 	<ul style="list-style-type: none"> Streamline joining processes, e.g. reduce the number of visits to the clubrooms a Visitor must make Capture every visitor's contact details and engage them before they join
Attract and cater for young members	<ul style="list-style-type: none"> A young members group operational in 2015 	<ul style="list-style-type: none"> Consider 'Meet up Group' style activities for younger people Establish Young Melbourne Bushwalkers coordinator(s)
A diverse membership where everyone is made welcome and feels accepted	<ul style="list-style-type: none"> On-line surveys 	<ul style="list-style-type: none"> Promote our Code of Conduct and ensure a welcoming environment

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FUTURE DIRECTIONS *(continued from previous page)*

Objective Statements	Examples of Measure	Examples of Actions to achieve the Objective
EXTERNAL INVOLVEMENT		
Strong ties with Bushwalking Victoria and local Bushwalking Clubs that provide more benefits to members	<ul style="list-style-type: none"> • More joint activities with other bushwalking clubs 	<ul style="list-style-type: none"> • Use the Bushwalking Victoria Leaders Training Courses to help develop our leaders • Contribute to future BWV training courses
A raised club profile in the community	<ul style="list-style-type: none"> • Number of Facebook likes 	<ul style="list-style-type: none"> • Increase use of social and print media (e.g. Facebook, Leader Newspapers, CBD News)
ASSETS		
Sound financials that support the Club's activities	<ul style="list-style-type: none"> • 3 or 6 months accessible operating funds • Annual independent finances review 	<ul style="list-style-type: none"> • Annual review of term deposit investment strategy by treasurer and endorsement by committee
Active management of our assets for the benefit of the Club and its members	<ul style="list-style-type: none"> • Number of initiatives that use our assets 	<ul style="list-style-type: none"> • Annual donations for the environment, conservation and walking facilities • Support the Royal Historical Society in securing a long term lease for the Clubrooms
Policies and processes that support the Club in providing an enjoyable and safe environment for members.	<ul style="list-style-type: none"> • Online Booking System in 2015 	<ul style="list-style-type: none"> • Membership database and related process improvements • Online booking system for all outdoor activities with leader review

Willis's Walkabouts

Kakadu

Six Days for \$300!

Two light-pack, low-cost specials, never to be repeated.

If these trips work the way I think they will, they will be on the 2016 program at a much higher price.

Day Walker's Special. A series of day walks, camping or accommodation at night.

Short but Sweet. Three two night camps. Carry a pack 3 to 5 km to a two-night camp, day walks from camps.

Details of the above trips went out in our December newsletter. For more information, contact us as soon as possible to see if places are still available.



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

TRACK WORK WEEKEND: BOGONG HIGH PLAINS 21-23 NOVEMBER 2014

The Melbourne Bushwalkers joined with the Friends of Bogong, Inc. and Parks Victoria Rangers Ross Grant (Ranger in Charge, Bogong Management Unit) and Ranger Iris Curran (Mt Beauty Parks Office) with track work on the Australian Alps Walking Track (a section near to Cope Hut and below Mt Cope) on the Bogong High Plains.

Our task involved covering the bare earth eroded area next to the permatred tiles that had been affected by ice crystal heave. We used jute sacking and sterilised hay and rolled this up into 2-3 metre lengths and pinned this down on the exposed earth areas. This will protect the bare earth and allow native plants to re-vegetate. We also hand weeded the invasive weed 'sheep sorrel' found along the walking track but this proved to be tough going (very long running roots) so the Rangers will come along later to hand spray this invasive weed.

We were working on the section of the AAWT now marketed as the Falls to Hotham Alpine Crossing which is being promoted for commercial groups to walk between the two alpine ski villages of Mt Hotham and Falls Creek with guides and return bus transport. There are also new camping platforms and toilets installed (near to Cope Hut) and also at Dibbin's Hut which are used by the commercial operators but also can be pre-booked by other walkers.

This weekend was also very special as the Friends of Bogong were celebrating their 30th anniversary and Ranger-In-Charge Ross Grant thanked the long term efforts of this volunteer friends group and presented special Parks Victoria 30 year anniversary pin badges (styled on a green gum leaf). Many of the founding / long term members joined in and reminisced on their adventures. Many shared memories of esteemed Melbourne Bushie Graham Wills-Johnson who was very active with the Friends of Bogong in the 1980s and 1990s and the Victorian National Parks Association with the lobbying to establish the Alpine National Park (now 25 years old).

On Sunday we enjoyed a leisurely walk along the 'Wallace's to Cope Heritage Trail' returning to the snow gums next to Wallace's Hut to a home baked fruit cake to celebrate the Friends of Bogong 30th anniversary. Also, founding member Dawn Kneen was presented with the Victorian Environmental Friends Network prestigious Best Friend Award for 2014.

A very enjoyable weekend volunteering on the Australian Alps Walking Track. Many thanks for Deb Shand for placing this activity on the program and to Dianne McKinley and Mark Heath.

Rod Novak



BEGINNERS PACK CARRY – MT BUFFALO 21–23 NOVEMBER 2014

Setting up a Beginners Pack Carry often tries to meet a number of sometimes competing objectives:

- (a) It should be challenging enough to allow participants a chance to test their own capabilities but it should not be too demanding/long with the outcome that participants are turned away from future walks;
- (b) It should offer a variety of mandatory and optional walking conditions but not be too difficult for first time pack carry walkers;
- (c) It should allow participants a chance to compare gear and food options without being overly prescriptive through suggested lists and comments;
- (d) There should be a balance of experienced and new walkers;
- (e) It should be in an attractive setting that gives a good sense of the appeal of Pack Carry trips; and
- (f) Above all it should be fun.



The Beginners' Pack Carry to Mt Buffalo last November sought to meet these objectives. Building on a successful pack carry to the same area led by John Fritze in 2013 a route and schedule was developed over two days after a relaxing camp at Lake Catani the Friday night before, a chance for newer members to get to know those longer with the club and to fine-tune the items to be carried over the two days. The Great Granite Plateau on Mt Buffalo is resplendent with natural features and diverse walking conditions, albeit a long drive from Melbourne.

Nine members with a balance of experience set off on this adventure, the number only being limited by restrictions imposed at our Saturday night camp location near Mt McLeod. The route took the group along established tracks to Og, Gog and Magog, a prominent granite outcrop on the Great Granite Plateau. A chance to explore the rocky outcrop unburdened by packs at a site accessible only on foot enhanced the excitement of the first trip. Followed immediately by a section of off-track walking came the recognition for some that pack carry trips are limited in their scope only by the willingness and skill of the walker. Whilst most walks will follow established tracks and routes, the early experience off-track adds to confidence development and further insight into the potential possibilities to visit somewhere new and interesting. A final section along established 4WD management roads provided the necessary chance to test the comfort and adjustment of a loaded pack, to learn the benefits of keeping it light and generally share the benefits of being 'remote'.

Desirably the weather should also allow for walking and camping under a variety of weather conditions but this is not under the organiser's control! Our weekend provided hot days and an overnight storm to put tents and campers to the test. After arriving early afternoon at our camp for the night the group immediately set about erecting tents – only the second time for some. Helpful advice and willing assistance from more experienced members soon had everyone with a shelter for the night. There was plenty of time left to explore the surroundings with a climb to the top of Mt McLeod before settling back to prepare the evening meal. As always there was great interest in the variety and creativity of the choice of meals carried by other party members. Seeing a feast prepared before you is much more instructional than pages of helpful suggestions, particularly when your own efforts seem more mundane!

Nothing brings home the importance of careful gear selection to suit your own style and camping preferences than a sudden change in the weather in the middle of the night. Tents buffeted by strong wind gusts and lashed by heavy rains give cause to review tent location and selection, space for gear storage overnight and sleeping comfort. A little bit of discomfort for a single night on a Beginners' Weekend Pack Carry can bring rewards of years of future enjoyment rather than face the limitations of your choices on a longer trip, particularly if the gear is hired and there is no major financial pain for the initial choices taken.

Beginners Pack Carry weekends are an important element of the Melbourne Bushwalkers' activities program. If you have always wanted to try a pack-carry trip but baulked at the challenges involved then it is time to do yourself a favour. Talk to the leader of the next trip you see on the program and open a new world of enjoyment in walking.

Ian Mair

BELGRAVE TO PAKENHAM BIKE RIDE – SATURDAY 6TH DECEMBER

Four hardy souls met at Belgrave Station in the unseasonable weather for the ride to Pakenham. Leader Del, Phil, Androula (on her first ride with the club) and myself. We headed east on Gembrook Road in drizzling rain, out of the suburbs into the bush. At Selby we turned off the main road and onto Selby–Aura Rd. This road was quiet and we were able to enjoy our green surroundings. Our first stop was at Cardinia Reservoir. We climbed up to the top of the dam wall and rode across it to the lookout. We sheltered here under an information sign which gave us shelter from both the drizzle and the cold wind. The view across the reservoir was not as spectacular as it normally is, largely due to the mist.

We continued after this break, and headed out the back gate into Red Hill Road. This is an unmade road which follows the southern shore of the reservoir. This is also the most undulating part of the ride. We then turned into Beaconsfiel–Emerald Road which also follows the southern shoreline. We stopped briefly at the appropriately named Elephant Rock. This had been painted somewhat more tastefully on previous visits. Our last glimpse of the reservoir was just before we turned into Bourkes Creek Road, which took us towards Pakenham. This road was the most scenic of the trip as it descends into a tree fern lined gully. As we climbed on the far side of Bourkes Creek, on our right was the R J Chambers Fauna and Flora Reserve. At the top of the hill we stopped at the picnic area in the reserve.

During the week prior to the ride, I had been reading up on trains in the Tallangatta area. Apparently in the years prior to the train, the local farmers had trained the local kangaroos to collect the mail from the mail coach. When the coach came through the kangaroos would stand expectantly and the driver would call out ‘no mail today fellows’ and the kangaroos would then turn and hop back into the bush. We concluded that the local inhabitants of Pakenham Upper still employ the kangaroos in this manner, because the kangaroos that we saw, when advised ‘no mail today fellows’, likewise turned and hopped back into the bush.

After lunch we continued. The drizzle had stopped just before lunch, and the weather was looking a bit more favourable, although we still had a head wind. After an easy climb we turned into Huxtable Road and had a steep descent into the Toomac Valley. From here it was all downhill into Pakenham. At the Princes Highway we had a choice of two stations to end the ride. We chose to go to the new Cardinia Station (rather than Pakenham). On the way to the station, we stopped at the Cardinia Cultural Centre and had a coffee in their café, which overlooks the local lake. For the first time since we left, we had a brief view of sunshine. The ride was successfully led by Del and we all enjoyed it, in spite of the weather.

The total distance was about 40 km. But despite starting and ending on the metropolitan rail network, we spent less than 2 km in the suburbs. The remainder was in bush or farmland.

Ross Berner

Note: from ‘*The Branch Line – A History of the Wodonga – Tallangatta – Cudgewa Railway*’ by Lloyd Holmes 2004



STRATHBOGIES 2: 29–30 NOVEMBER 2014 A JOINT WALK – VMTC AND MBW

This was the second of Ray's Strathbogies weekend walks, this time on the eastern side. And what another delightful area it turned out to be! Although it was, and still is, used for timber harvesting, and has also been mined for gold and is still mined for quartz, we saw little evidence of any of this, except for some tree stumps among the magnificent messmates, mountain gums and broadleaf peppermints. Its claim to fame is that the largest hand cut-crystal in the world, the 1.7 kg 'Crystal King' was mined here in 1971 (and is now in the Melbourne Museum). Despite its current and industrial past, we saw only natural forested hills and ridges with granite outcrops with few tracks worthy of the name! The area is part of an ancient cauldron volcano and has had a colourful and uplifting past covering 600 million years, so the monstrous granite boulders that we saw and climbed upon could have told us a tale had they been able to talk! Most of the walking was off-track and what tracks we found we quickly lost.

Most walkers assembled on Friday night when we arrived in the dark and quickly made camp. Saturday morning saw the rest arrive. It was actually the finish point where we left some cars and proceeded to the start, which included some driving along a fairly rough track. We were walking by 8:30 am and were immediately tasting the ambiance of the Strathbogies with its tall gums and rolling ridges ... and climbs. Eleven knolls to climb, Ray had told us and I began to count. It became warmer... at some point I lost count along with my breath but Ray called drink and catch-up stops at just the right points for me to regain my equilibrium. We paused at Mt Strathbogie peak (1031 m) to explore the huge moss-covered granite boulders jumbled together to form interesting passages, holes and overhangs and here we had lunch and watched John gambol and frolic on the boulders.

Then it was down, down, down to the Barjarg road which we followed for a kilometre or two before turning north to follow the Sandy Creek. Some bushbashing here, but not too much, mostly easily pushed through without much loss of blood. Just when I was about to expire we came across some delightful cascades and waterfalls that some of us took advantage of to refresh ourselves ... that cooling water is magical on a hot sweaty body! Following the ridge down, the walking became easier with more open ground and we made a faster pace. Ray called camp at a grassy spot alongside the creek where our tents were up as soon as we had cleared sufficient space. I popped into the creek to wash off the day's evidence before sitting back with a cup of tea ... and looked forward to my evening meal. We sat around and nattered until quite late, it was at least nine o'clock before I was in bed!

After a restful night we left the creek at 7:30 on a fine Sunday morning and climbed north-west to Lightning Ridge where the walking became easier. It was here that we found specimens of the very pretty purple fringe lily. We turned off the track to follow a more northerly route, off track, traversing a series of knolls that gradually ascended before slowly descending. At one point we had fine views of Lake Nillahcootie to the east and shortly after this we dropped packs to find some great granite slabs that gently sloped down towards the valley below to the west. We stopped here for a well-earned rest. By the time lunch was called I was more than ready for sustenance and shade which we found beneath a large boulder – the shade, not the lunch. Then we continued along the ridge to find more huge boulders that formed a large cave that required some contortions to reach and exit. We moved on and before very long we were at the cars. Quite a walk! Thank you Ray, for planning this walk – and the previous Strathbogies walk – they were well thought-out routes and it all worked beautifully. And I must mention that on the first walk we found, after some diligent searching, a very special shrub, *Eriostemon myoporoides* subspecies *euroensis* (alias Euroa Wax Flower). This is unique to the location – it has not been found anywhere else in the world! And Ray found it and had it identified some years ago. More examples exist a short distance away, but that's it. Wow!

The team: Leader Ray Thomas with Jopie Bodegraven, Jenny Flood, Sandra Martig, Gina Hopkins, Derek Mortimer, Sandra Bucovaz, Marie McGuire, Trish Elmore, Phil Brown, Ray Spooner, John Fritze, Ken MacMahon and yours truly –

Derrick Brown



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.mbw.org.au/mbw_activities/MBW_activities_program.php

**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

MURRINDINDI CASCADES AND WILHELMINA FALLS

DATE Sunday 1 February 2015
STANDARDS Easy/Medium–Medium
DISTANCES 12 km and 16 km
LEADERS Roy Rossebo Marilia Cipolloni
TRANSPORT Bus – Leaving Southbank Blvd at 8:45 am
MAP REF Taggerty South 1:25 000
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Yarra Glen

Situated at the northern end of the Toolangi State Forest, the Murrindindi Scenic Reserve provides good facilities for bushwalking, and it is also a popular camping area.

Both walks start at the Cascades and follow Murrindindi River to the Suspension Bridge day area. The walks cross over several footbridges and offer river views through a variety of forest types from tall open forest to damp ferny gullies. The longer walk leaves the river and follows the Boroondara Track to the top of Wilhelmina Falls, and this includes a LONG, STEEP HILL. The walkers on the shorter walk have the option of a (steepish) 3 km round trip to the base of Wilhelmina Falls at the end of the walk.

During the preview in November, there was a lot of water in the river and falls, and everything was very lush and green. It might be a bit different in February, but it should be a great walk. It could be hot, so make sure you take lots of water.



TOFS WALK

LYREBIRD CREEK, DANDENONG RANGES

DATE Thursday 5 February 2015
RETURN TIME 2:30 pm
STANDARD Easy
DISTANCE 10 km
ELEVATION 150 m
LEADER Graham Hodgson
TRANSPORT Private
AREA Dandenongs (Olinda area)
MAP REF Melway map 122
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Mount Dandenong

This walk is a typical Dandenongs stroll through towering mountain ash, ferny glades and babbling streams including occasional leeches, blow flies and possibly snakes.

The walk starts at the Eagles Nest Picnic Ground and initially follows Lyrebird Creek until we cross it and then follow Rifle Range Creek. The track then meanders through delightful fern gullies with a musical accompaniment from the resident lyrebirds. We will even get a fleeting glimpse of Sylvan Reservoir.

The walk is entirely on bush tracks and fire access trails and includes some climbing up relatively easy hills. However, there is one fairly steep hill about two thirds into the walk but it can be avoided and the walk shortened by those who do not want to tackle it.

Meet at 10:30 am at Eagles Nest Picnic Ground (Melway Map 122 D2)

Contact Graham Hodgson for booking and any queries.



BASE CAMP

YAMBUK LAKE (PORT FAIRY AREA)

DATE February 6–8 2015
RETURN TIME Sunday 7pm–8pm Melbourne
STANDARD Easy
DISTANCE Various, with one of approx 11 km Saturday
ELEVATION Sea level
LEADER Bob Oxlade
TRANSPORT Private
AREA West Coast Victoria
MAP REF Vicmap Warrnambool 7321-S
FIRE BAN DISTRICT South West
TEMPERATURE REFERENCE SITE Warrnambool
TRANSPORT COSTS (PER PERSON) 600 km

The Gardens Caravan Park in Port Fairy is more suitable for us than Lake Yambuk. It is close to the beach and all other requirements. I have been very fortunate to book four large adjoining camp sites which could accommodate 24 persons easily. The sites have river frontage and shady trees and adjacent to a covered BBQ area and a little separate from other sites. The cost could be around \$33 pp for the 2 nights.

On Saturday we will walk west along the coast from Port Fairy as far as is possible. The beach walking has firm sand and some small rocky sections between beautiful secluded bays. Depending on our return time we have several interesting options before dinner.

On Sunday morning we will drive about 18 km to Yambuk Lake which is formed by two rivers joining prior to entering the sea. We will have some short walks and a stop on the way at the rocky cliff feature of The Crags. Once again, depending on our return time to Port Fairy there will be several options which I hope to complete. If time permits we could walk the best short section of The Mahogany Trail along the coast at Warrnambool on our way home.

As usual for me I was investigating a pack carry in this area but thought the opportunity to spend more time around historic Port Fairy would be more beneficial. I consider it well worth the easy drive. If you're interested in coming along for a great weekend please see me in the clubroom. Further information will be available.

Bob Oxlade.



SUNDAY CAR POOL

SUGARLOAF RESERVOIR

DATE Sunday 8 February 2015
RETURN TIME 5.00 pm to City
STANDARD Easy
DISTANCE 15 km
ELEVATION minimal
LEADER Richard Hanson
TRANSPORT Carpool – Leaving Southbank Blvd at 8:45am
AREA Christmas Hills (before Yarra Glen)
MAP REF Melways Map 273 and Parks Vic notes
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Yarra Glen

This reservoir is an hour's drive to the north east of Melbourne, off the Eltham–Yarra Glen Road.

The walk is fairly flat with nice views across the reservoir set amidst the Christmas Hills. Typically kangaroos are seen. In February it could be very hot so please be aware that it will be cancelled if the temperature reference site is forecast to be over 35 degrees. Bring hats, sunscreen and lots of water.

Please join us for a walk around the reservoir.



WEDNESDAY WALK

MT WORTH STATE PARK

DATE Wednesday 11 February 2015
RETURN TIME 6 pm to City
STANDARD Easy/Medium
DISTANCE 15 km
ELEVATION 450 m total height gain
LEADER Mick Noonan
TRANSPORT Private Car, \$20
AREA West Gippsland, Mt Worth State Park
MAP REF Vicmap – Mt Worth & Allambee 1:25,000
FIRE BAN DISTRICT West Gippsland
TEMPERATURE REFERENCE SITE Latrobe Valley

Mt Worth State Park is located about 125 km south east of Melbourne. It encompasses 1000 hectares of western Strzelecki rainforest, cleared pastures and regenerating native bush. There are spectacular panoramic views not only during the walk but also on the drive there and back, especially along Grand Ridge Road.

The park features great stands of mountain ash, dense cool ferns gullies, mosses, silver wattle and blackwood especially along Moonlight Creek. We get to see one of the 300 year old giant mountain ash that once used to cover much

of west Gippsland. The park includes many sawmill sites, with Trevorrow's mill still having some great machinery including the much photographed old steam boiler.

We will be following the steps of Stuart Hodgson's Wednesday walk in 2006. This circular walk starts from the Moonlight Creek Picnic area where we will meet at 10:15 for a 10:30 start. We head north across the hills and fire tracks walking along the ridge tops with breathtaking views across the Latrobe valley to the Great Dividing Range. Even the next section along gravel road has fantastic views. We will walk below Mt Worth (507 m) and then return by the Moonlight Creek Track with its cool fern gullies, towering ash and a lone waterfall to the Giants Circuit and the picnic ground.

During the preview there was a Parks Victoria crew clearing the fire trails prior to slashing. So parts of the walk should be in great condition. Gaiters are a good idea at this time of year and they will be useful with parts of the overgrown Moonlight Creek walking track.

Check out the website for photos taken on the preview. After the walk there should be time for a quick stop at the Darnum Tea Rooms.



SUNDAY CAR POOL

NAVIGATION FUN DAY – LAKE LYSSTERFIELD

DATE Sunday 12 Feb 2015
STANDARD Easy/Medium
DISTANCE 10 to 15 km
ELEVATION 100 m fluctuation
LEADER Roger Wyatt
TRANSPORT Car pool (Alternative Departure Point – Clubrooms)
AREA Lake Lysterfield State Park
MAP REF Melway's Ref 91 K10
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

Often we are not lost – just misplaced. Come along and learn the basics of navigation. We will learn how to set a bearing, use of topology and visual navigation and combining these methods to effectively navigate to your desired location. We also will learn pacing and other techniques to help your navigation.

The idea of this day is to have some fun whilst learning or just brushing up on your navigation skills, in pairs, so we cannot get too lost and have the satisfaction of being able to navigate without the technology of a GPS.



SUNDAY BUS

BARWON HEADS TO QUEENSCLIFF BEACH WALK

DATE Sunday 15 February 2015
RETURN TIME 6 pm to City
STANDARDS Easy and Easy/Medium
DISTANCES 14 km and 18 km
ELEVATION Sea level
LEADERS Fotina Lennon and Carol Corrigan
TRANSPORT Bus – Leaving Southbank Blvd at 8:45am
AREA Bellarine Peninsula
MAP REF Melways 497 to 500
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Geelong

This is everybody's favourite beach walk and summer is the perfect time to do it!

The longer walk will start at the picturesque town of Barwon Heads, where much of the *Sea Change* TV series was filmed. Walkers cross the Barwon River bridge before the beach walking begins. The shorter walk commences at the Ocean Grove surf beach.

Both groups continue along the beach to Point Lonsdale. Walkers can take a picnic lunch to enjoy on the foreshore, or treat themselves to lunch at one of the cafés opposite the foreshore.

Low tide on the day means the faster walkers can stretch out and work off a few calories. The slower group can dawdle along and have a lovely relaxing stroll by the sea. Both groups should complete the walk by 3:30 pm, leaving time for refreshments at Queenscliff. Your leaders have done the research and now know where the best icecream, cake and wine are to be found here!



MOFS WALK

YARRA RIVER WALK

DATE Monday 16 February 2015
STANDARD Easy
DISTANCE 10 km
ELEVATION Flat
LEADER Jenny Monaghan
TRANSPORT Private
MAP REFERENCE Melway 31 F10
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

We will meet at 10:30 am at Wilson's Reserve. Take the Boulevard off Heidelberg Road, then down a small road (drive slowly so you don't miss it!) to an area marked 'play' on Melway.

We will follow the river, keeping it on our right to Banksia Street and then return along the Main Yarra Trail bike path and Artists' Trail back to the cars.



BASE CAMP

ULUPNA ISLAND ON THE MURRAY RIVER

DATE 20-22 February 2015
STANDARD Easy
DISTANCE 10-15 kms
LEADER(S) Bob Steel
TRANSPORT Private
AREA Murray River near Tocumwal
MAP REF Melway map X921 J5 (northern Victoria) or VicRoads Country Directory Map 22 J7
FIRE BAN DISTRICT North Country
TEMPERATURE REFERENCE SITE Swan Hill

Ulupna Island is on the Murray north of Strathmerton (where there is a great bakery).

We will camp on the Murray River on or close to Carters Beach on Ulupna Island, where I have camped before. There are drop toilets at Carters Beach. Hopefully there won't be too many other people about. Walk along the river banks, watch the koalas and birds. Swim if it is warm enough, plenty of time to relax. Should be able to have a camp fire.

We will be camping by the cars so bring all your little luxuries including chairs. Bring your own drinking water. River water would be ok if boiled (for cooking etc.).

We will be there from Friday 20 February and will most likely stay till the Monday or Tuesday.

Will have notes and directions available closer to the time.



CYCLING

STEELE CREEK

DATE Saturday 21 February 2015
STANDARD Easy/Medium
DISTANCE 45 km
LEADER Ross Berner
TRANSPORT Train to Craigieburn
RETURN TIME About 4:00 pm (Docklands)
AREA Craigieburn, Steele Creek, Maribyrnong Valley
MAP REFERENCE Melway maps 387, 386, 179, 6, 15, 27, 26, 2S, 2T, 2E
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

The meeting place for ride is the west side of Craigieburn Station (Hothlyn Drive, Melway 387 C10) at 9:30 am.

If you are travelling by train, you will need to take Craigieburn Line Train departing from Flinders St at 8:32 am and arriving at 9:15. Please check timetable closer to the date.

The aim of the ride is to explore the Steele Creek Trail.

The source of Steele Creek is inside the southern border of Tullamarine Airport, and it flows to the Maribyrnong at Essendon West.

As there is no train service close to Tullamarine, I have chosen to start the ride at Craigieburn to incorporate the descent to the Moonee Ponds Creek. From here we use a 'secret short cut' across to the start of Steele Creek in Tullamarine. There is a missing piece of trail, where we need to use local streets.

Reaching Essendon West, we will then follow the Maribyrnong and Footscray Roads back to the Docklands. From here you can take a train from Southern Cross.

The ride starts 190 metres above sea level and finishes at only a few metres, so is mostly downhill. There are a few short and easy climbs.

If the weather forecast for Tullamarine is over 30°C, the ride may be shortened as appropriate. There are several stations we pass on the route. If the weather forecast for Tullamarine is over 38°C, the ride will be cancelled.



SUNDAY CAR POOL

LERDERDERG SCENIC RIM

DATE Sunday 22 February 2015
STANDARD Medium
DISTANCE 15.5 km
ELEVATION 200-500 m
LEADER Judith Shaw
TRANSPORT Carpool - Leaving Southbank Blvd at 8:45 am
AREA Lerderderg Gorge
MAP REF Lerderderg Gorge, Meridian Maps, 1:35,000
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Ballarat

The beautiful Lerderderg Gorge is one of Victoria's most unappreciated natural attractions. Although it is just an hour's drive from Melbourne, it has a surprisingly remote feel, with

its maze of ravines, spurs and forested gullies. The scenic rim circuit starts from the southern end of the gorge and follows the river before climbing to the top of a ridge, then dips back down to the river and up the other side. This walk has a bit of everything: good swimming spots, magnificent views and exciting scrambles up and down narrow rocky spurs. There are a couple of short, steep ascents and descents and a few river crossings, although I expect we will be able to keep our boots dry.



SOCIAL WALK

ALPHINGTON AND YARRA BEND PARKS

DATE Thursday 26 February 2015
STANDARD Easy
DISTANCE 5 km
ELEVATION Flat
LEADER Jean Giese
TRANSPORT Private
MAP REF Melway 31 and 34
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

We will be beside the Yarra under the trees for a lot of the time so, hopefully, it will cool enough for a February walk. However, if the forecast is 30° or above, the walk will be cancelled.

We begin in the Alphington Gardens so will meet at 10:15 near the toilet block, Melway 31 C12. Park in View Street.



BEGINNERS' PACK CARRY

SNAKE ISLAND, GIPPSLAND

There are no snakes. It is named for its shape.

DATE Saturday 28 February to Sunday 1 March 2015
STANDARD Easy-medium
DISTANCE 22 km
ELEVATION Sea-level

LEADER Susan Maughan
TRANSPORT Private, plus charter boat
AREA Corner Inlet, Port Albert
MAP REF Nooramunga Marine & Coastal Park
TRANSP. COSTS 8c per km (180 km from Melbourne)
 15 to 30 passengers – the cost is \$60.
 10 to 14 passengers the cost is \$70.
 A minimum of 10 passengers is required.

FIRE BAN DISTRICT West Gippsland
TEMPERATURE REFERENCE SITE Sale

Snake Island is part of the traditional territory of the Brataualung clan of the Gunai people, who named it 'Negima'. It is Victoria's largest sand island. Since the 1880s the island has been used by South Gippsland farmers to agist cattle in winter, swimming their stock over a narrow channel at low tide. They plan to be there in the days prior to our visit; they leave on the Saturday morning that we arrive!

We will depart from Port Albert at 8:30 am.

Port Albert is approximately 209 kilometres south-east of Melbourne midway between Yarram and Welshpool, and juts off the South Gippsland Highway at Alberton. (Melway Ref 928 E10 or VicRoads Ref 104 E4).

We will land at Swashway jetty, on the NW corner of the island. The tracks are clearly marked, wide and sandy. The first part of the walking will be exposed, only later reaching some shelter under some scrub. We will camp at the cattlemen's huts – you can either use their dorms or erect tents. NO CHARGE. The only drinking water on the island is located here. We will have the use of their facilities in the roomy kitchen for our Saturday night dinner. Bring a little something to share.

On Sunday we depart at 8, giving us a steady walk to the end of Lighthouse Point Track at the eastern corner of the island. Expect to get your feet wet as we cross sand spits to reach our boat's mooring. Pick up is at 3 o'clock.

The island is home to the threatened ground parrot and swamp antechinus, and the freshwater swamps, mangroves, and salt marshes host migratory wading birds, as well as eastern grey kangaroos and swamp wallabies. Koalas have also been introduced.

DEAL ISLAND, KENT GROUP, TASMANIA



Deal Island is part of the Kent Group National Park which is managed by the Tasmanian Parks and Wildlife Service. This is the newest of Tasmanian national parks – it was proclaimed in 2001. The national park is comprised of Deal, Erith and Dover Islands, as well as the smaller North East and South West Islands and Judgement Rocks. A Marine Protected Area surrounds Deal, Erith and Dover Islands.

The Kent Group is 80 kms off the coast of Victoria and 80 kms NW of Flinders Island. It is situated in the middle of the Bass Strait between Wilsons Prom and the NE tip of Tasmania.

Deal Island is an important part of Tasmanian cultural heritage and has a number of significant historic sites including the lighthouse and the superintendent's residence (now used as a museum) constructed in 1846–48, grave sites, infrastructure from the lighthouse era and various shipwrecks located around the shores of the islands. The Deal Island Lighthouse was decommissioned in 1992.

Susan Maughan has organised a trip to Deal Island in March 2015, and it was soon fully booked. So Jamie Brawn organised a second trip, but that's also fully booked. Sorry all those who missed out, including your *News* editor.

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!

February 2015				
Sun 1	Murrindindi Cascades – Wilhelmina Falls	Bus	E & E/M	Roy Rossebo & Marilia Cipolloni
Thu 5	TOFS: Lyrebird Creek, Dandenong Ranges	Pvt	Easy	Graham Hodgson
6–8	Base Camp: Yambuk Lake (Port Fairy Area)	Pvt	Easy	Bob Oxlade
Sun 8	Sugarloaf Reservoir	Car	E/M	Richard Hanson
Wed 11	Mt Worth State Park	Pvt	E/M	Mick Noonan
Sun 15	Navigation Training – Lake Lysterfield	Pvt	Easy	Roger Wyett
Sun 15	Barwon Heads to Queenscliff	Bus	E & E/M	Carol Corrigan & Fortina Lennon
Mon 16	MOFS: Yarra River Walk	Pvt	Easy	Jenny Monaghan
20–22	Base Camp: Ulupna Island (near Tocumwal)	Pvt	Easy	Bob Steele
Sat 21	Cycling: Steele Creek	Pvt	E/M	Ross Berner
Sun 22	Scenic Rim (Lerderderg State Forest)	Car	Med	Judith Shaw
Thu 26	Social: Alphington and Yarra Bend Parks	Car	Easy	Jean Giese
27–1Mar	Pack Carry: Snake Island	Pvt	E/M	Susan Maughan

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