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THE NEWS OF THE Melbourne Bushwalkers Inc.

ABN 14 396 912 508

November 2015

**Melbourne Bushwalkers
2015 Christmas Party**

Monday 14th December, 7:00 pm to 10:00 pm

Venue - Melbourne City Bowls Club
Dudley Street
West Melbourne
(Opposite the clubrooms)

BYO Plate to Share
Drinks can be purchased
from the bar.



**Due date for contributions
(including January previews)
to December News:
21 November**



FROM THE 1940'S TO THE 1990'S: A MATTER OF HISTORY

Can you help solve this mystery?

The Founders of Melbourne Bushwalkers were men and women of vision with a sense of history. Starting in the 1940's they began to compile an album(s) of photographs for future members to enjoy. These passed with care across generations of bushwalkers. In the January 1992 edition of *The News*, the club's newsletter, it was noted: 'The club is the proud owner of a couple of photograph albums from the 1940's. The albums contain many photos (black and white) of favourite bushwalking places such as Wilson's Promontory and are of obvious interest many years on.'



Alas, these albums have since been misplaced, possibly taken home for safe keeping to avoid loss or damage during several clubroom moves. If you have any information on where they may be, or who may know, we would be very pleased to hear from you. (We have already contacted Alan Clark the author of the 1992 note.)

Ian Mair, President

Walkers on a muddy track –
Marjorie Elmore Collection – 1940

MEMBER OF



Bushwalking Victoria

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 November 2015

NEW MEMBERS

We welcome the following new members:

Margie Raman
William Enright
Christian Brasil Dasilva
Bettina Brill
Snejana Karmanovskaia

THE JOHNSTON COLLECTION, EAST MELBOURNE

2:00 p.m Wednesday, 6 January

Book your tickets for the Johnston Collection's Christmas Display and join Susan at the 2 pm session followed by afternoon tea in Jolimont.

<https://www.johnstoncollection.org/>

NOTE – Sandy Mattingley, wife of a past president, along with other members of the Fusion Fibre Art Network, will be exhibiting in the yellow room.

Confirm your attendance with Susan Maughan

SAFETY IN SUMMER

When reviewing Club documents on our Leaders' Database, I was reminded that, as well as taking a mobile phone on Club activities, leaders should take an AM radio during the fire season, so that they can tune into the latest reports and warnings. I asked Ian, our President, whether these radios were still available from the Club storeroom, and luckily he was able to locate a shoebox, containing five units.

I've now confirmed that each radio works and that there are spare batteries. So, in summer time or in earlier hot weather, when leaders collect a first aid kit, they should also take a numbered radio (and perhaps some extra batteries) and sign for it in the Equipment Hire book – no charge, of course! Our first aid kits have recently been made smaller and lighter by Committee Member (Dr.) Jenny Andrewes. Fortunately, the AM radios are also very compact and light.

*Stuart Hanham
(General Walks Secretary)*

PRESIDENT'S COLUMN – NOVEMBER 2015



Melbourne Bushwalkers is in its 75th Year. No fanfare, no celebration. We had a big weekend for our 70th Year and I expect we will do the same for our 80th. I make the observation simply to remind ourselves that to survive for so long and still be a vigorous organisation we must be doing something right, year after year. Thanks to the efforts of past-member Alan Clark who analysed the club's walks data records back to 1940 we know we passed our 100,000th walker in 1995 and our 5,000th walk in 1993 (*The News*, August 1998). Significantly, the walk leaders and 100,000th walker are still walking with us today! Our General Walks Secretary, Stuart Hanham, is extending the records to see if we are now past the 200,000th walker and 10,000th walk. Stay tuned, it may be you.

No small part of our continued vigour is the dedicated effort of our activity leaders and the club's commitment to training for members and leaders alike. Over the years many approaches and initiatives for training have been implemented to fit with member's availability and inclination. With around 100 trip leaders needed each year to mount our program for a membership of around 420–450, plus around 200 visitors, it keeps our activity coordinators and Training Officer, Roger Wyatt, busy. With a turnover of close to 50 members each year there is an ongoing requirement for training of all types. Navigation and first aid skills should be part of every bushwalkers 'kit'. Beyond these skills the club aims to help all members achieve the level of competence they need to participate in a broad range of our activities should they be interested. Notably, the transition from day walks to overnight pack carry activities involves an awareness of equipment selection criteria, practice in proper use and self-sufficiency away from home comforts. Commencing this summer the club will be programming at least one Beginners' Pack Carry each quarter (apart from winter!) so that members can plan for their broader interests.

Leader training has always been critically important. A pool of members appropriately skilled and available to lead activities through a process of 'formal' training and 'on-the-job' training enables us to offer diverse and exciting trips. Experienced mentors offering 'on-the-job' training are available to assist anyone looking to expand into a leader role for their first, second or even third time. Next year we are looking at a possible change in approach to the more formal skills development that support and build leader confidence and competence. Past-President Mick Noonan is evaluating the Bushwalking Victoria Leader Training materials recently produced to see how we can tailor it to our requirements, add supplementary material, and collaborate with other clubs in the training delivery.

Also making news this month:

- Predictions are for a hot dry summer this year with an attendant risk of bushfire danger. The club will closely monitor weather expectations and adjust our programs when necessary. All members should ensure they are familiar with the Fire Season, Total Fire Ban and Extreme Heat Policies and the MBW Risk Management Plan available from the website downloads area. Day activities are automatically cancelled if there is a Total Fire Ban in the area or if the temperature in the area is forecast to be 38 degrees or more. For extended activities you must contact the Leader for trip changes.
- Places are filling fast for the extended trips on our summer program. Book early to ensure you don't miss out and help the leaders too.
- The 2016 Annual General meeting will be held on Wednesday 23rd March. Several Committee positions will be due to be re-filled. If you are interested in contributing to the ongoing management of the club's affairs please let me know to ensure your name is not overlooked.
- If you haven't collected a Bushwalking Victoria Member Card yet be sure to do it the next time you are in the clubrooms and make the most of the discount offerings on that new gear you plan to buy for summer.

Ian Mair
president@mbw.org.au

GEAR TIPS, KITCHENS AND BATHROOMS



Its time to renovate! Start with this beautifully designed little titanium stove! It lacks the convenience of piezo ignition and requires care when placing pots on its small support base but at 25g and for around \$17 it's a must! Put it in a pouch together with a cigarette lighter, folding spoon, pocket knife, tiny piece of scourer, folding toothbrush, toothpaste and a small container of soap then place the lot in a small aluminium billy with a 100g gas canister and foil windshield. When combined with a microfibre cloth you will have a super light and highly functional hiking kitchen and bathroom for a song!

But there's a catch! 100g gas canisters cost more to use than the larger ones (about \$1 extra/day) and provide a

less stable support for the stove (you could add stabilisers).

Larger anodised aluminium pots that neatly accommodate a 230g canister and pouch are available locally for about \$60 but heavy at around 235g and not recommended.

A better option is a Toaks 1100ml titanium pot available online for around \$66 (not the ones with bail handles or pan lids). It weighs a more respectable 130g and at 110mm is tall enough to accommodate the canister, windshield and stove but not the other items. These can be packed into a separate pouch which can be conveniently carried around camp in a pocket. With this arrangement items don't need to fold and you could save money by substituting a regular toothbrush, spoon and knife. When consumables are taken into account it's only slightly heavier than the first option, easier to use and cheaper in the long run.

Make the windshield by joining the long sides of two 300mm x 100mm strips of flattened foil baking tray together with duct tape (allow a 1mm gap between the strips so that they fold readily along the join). To pack the windshield fold it in half with the tape out, roll it around the pot then slip it inside with the tape side up (if your gas canister fits inside the pot slip it in first). To use the windshield remove it from the pot, flatten, unfold then roll it up to about the same diameter as the pot with the tape facing out. Fold in the top corners and form a couple of indentations along the top edge so that when placed around the pot a gap of about 20mm is maintained. This works well even in strong winds but be careful not to turn the stove up so high that it burns the tape (and wastes gas).

You can buy the stove, pot and spoon online from AliExpress.com. Search for 'stove 25g', 'Toaks 1100ml titanium pot', 'folding titanium spoon' (prices quoted include postage). The billy is available from camping shops for around \$7 (it's the one that's 100mm in diameter and 110mm high). It's best to remove the wire handle because its protruding support brackets could damage other items in your pack. You can eat or drink from the hot pot by holding it with a glove or by a wine cork bolted on the side (if you don't have the tools I can do this for you). Good lightweight Vitorinox paring knives are available from King of Knives (in Melbourne Central) for \$10 and can easily be fitted with a scabbard made from a piece of plastic tubing. Small airline tubes of toothpaste are ideal for weekends and sample tubes from dentists best for longer trips (you can refill them with cheap syringes available from chemists). Muji (in the City Emporium) stock good folding and non folding toothbrushes and a variety of reasonably priced pouches and small containers. Sabco make nice little microfibre cloths. Woolworths sell a pack of three for \$3.50.

Tune in next month for tips on food preparation and cleaning! Don't hesitate to give me a call if you have any queries.



John Fritze

MEETING OF CLUB PRESIDENTS

Last month I noted that I would be hosting an inaugural meeting between the Presidents of Victorian Bushwalking Clubs with the primary purpose of fostering networking and collaboration, and, as necessary, provide a peer support group for those new to the role of President. Nine Presidents participated covering some of the largest clubs and smaller clubs as well as clubs as far away as Geelong and Taralgon. There was unanimous agreement at the end to schedule a second meeting in February, 2016.

Broad-brush exchanges of experience took place on:

- a Fixed versus open term in office for President;
- b Attracting members to committee roles;
- c Age profile of membership and target age profile for new member recruitment;
- d Membership turnover levels;
- e Incorporation;
- f Leadership training;
- g Use of Social Media and MeetUp;
- h Size of walk groups and Parks Victoria permit requirements;
- i Local Council membership of clubs;
- j Approaches to club promotion and member recruitment; and
- k Reciprocal agreements for activity participation.

Ian Mair

Willis's Walkabouts

Green Season Expeditions

Those who have only seen the North in the Dry can scarcely imagine how lush and **green** the landscape is in the Wet. Every waterfall is flowing. Wildflowers are everywhere. There are no crowds. **It's magic!**

For adventurers who want to experience **Australia's North at its most spectacular**, we are offering three major expeditions in 2016 – hard yes, but easier than you might think. Too long? On the third, you can do any one or more of four sections.

Kakadu Super Circle No. 1: 3-23 January

Bungle Bungles in the Wet: 14-27 February

Kimberley Coast Explorer: 6 March - 16 April

For details, scroll down and click the links on our Availability & Specials page.

<http://www.bushwalkingholidays.com.au/avail.shtml>



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

A FOLLOW UP TO AN ARTICLE IN THE NOVEMBER 2012 NEWS WALKING IN WESTERN AUSTRALIA.



As we are fortunate to have quite a number of new pack carry walkers since the above-mentioned item I recommend anyone interested to read it before continuing. Many of our members have completed the Bibbulmun Track walk or parts of it since the 2012 News. In the three years since then I have completed the Bibbulmun Track north to south and south to north in two hits each year as I am unable to be away for the 50 days required for the total walk. The Bibbulmun can be challenging in terms of kilometres between shelters. Walking one shelter is easy but two can be hard. When distance suits I do three huts in two days and camp half way.

As many walkers on this track are inexperienced I am asked many times about equipment and I thought it may be of interest to members who are considering taking the plunge into overnighting to list some of my gear for this walk in particular, but also for comparison on any pack carries. Although I am conscious of light weight packs there are many in our club with more experience than myself to learn from.

General Equipment.

- Since using **walking poles** {2 Fizan Compact 4 @ 170 g each} for the last 2 years I consider them almost essential on the Bibbulmun. There are many short steep bits with ball-bearing-like scoria, gumnuts and surfaces like ice after rain.
- A **tent** is only required occasionally. I use a Big Sky model Wisp from Backpacking Light that erects with one walking pole at 520 g. It is stable, very roomy and I can have my pack inside as well as a vestibule. A nice floor and insect screen. It has a vent but one learns to live with the condensation.
- **Pack:** Go-light Pinnacle, 710 g (newer options now available) plus a Multix garden bag as a liner, 70 g. No pack cover.
- Therm-A-Rest Prolight small **air mattress**, 310 g. I put a 200 weight fleece at my feet for extra comfort.
- **Sleeping Bag:** Synthetic with thermal sheet fill rated to -5°C but more like zero, 750 g. There are lighter down bags available since I bought this.
- I have an ex-Army waterproof, breathable nylon, **sleeping bag cover** which adds warmth, stops cold winds and keeps my bag clean, 310 g.
- Silk sheet **sleeping bag liner**.
- I use **Dry Bags** to waterproof, compress and pack my sleeping bag, mattress and clothes quietly. Also useful for carrying track notes.
- Fairydown Adventure Zone Hydropel Orbit **rain coat** (good), 400 g.
- Anaconda Cape **overpants**. Mainly for mozzie protection at night, 230 g.
- A garbage bag used as a 'skirt' keeps my shorts dry.
- An aluminium snow peg is a strong, light **trowel**.
- **Clothing:** Rays Outdoors' nylon **convertible pants** {nice shorts with zip pockets}. For a **base layer** I use a sleeveless top, plus 2 short and 2 long sleeve **thermal tops**. Polypropylene **bottom thermals**. Breathable long sleeve shirt plus a spare shirt, socks and undies. Hat and fleece beanie. Mozzie head net and a fly net.
- **Footwear:** Roomy **boots** are essential and I wear fine under-socks to prevent blisters. I find bamboo socks very good. (3 for \$6 at \$2 shop.) Short cotton gaiters are cool. Crocs.
- Thermal Gloves.
- I use a Pocket Rocket and gas for **cooking**. The 230 g can and preferred cigarette lighter fits inside my one-only 150 mm diameter stainless steel pot (no lid), 155 g. I don't cook in the morning and for dinner 1 litre of water boiled at night plus other hot drinks uses 20 g of gas per day.
- One plastic mug with my torch and chux packed in it.
- **First aid:** 400 g (this is my one extravagant item). Separate band-aids and Fixomull as an excellent preventative blisters tape. Sunscreen and toothpaste in sample tubes can be refilled. DEET insect repellent can be carried in an eye-dropper.

(continued over the page)

Members' contributions

WALKING IN WESTERN AUSTRALIA (continued from page 7)

- **Food:** This is the big unknown for members new to pack carry trips. They usually carry too much and too heavy, especially lunches. I pack it in daily bags and am very conscious of nutrition. **Breakfast:** 100 g muesli in a sandwich bag can include chia seed with milk powder mixed in and also Ovaltine saves time on making a separate drink. Eaten from my mug. **Lunch** in another sandwich bag. Dried in a food dryer (the club has one for hire) 90 g dries to about 22 g which if put in a plastic jar with water in the morning is ready for lunch. Can include a choice of baked beans, flavoured tuna or salmon, flavoured chicken, sardines (add BBQ sauce) 4 bean mix and more. Different biscuits each day and dried fruit. **Dinner** in another sandwich bag. Cup of soup. Your own cooking can be dried or a huge variety of meals which can include: Backcountry freeze dried, half of a two-serve packed in a freezer bag and boiled in pot; noodles (one brand has a similar nutrition report as Backcountry meals and costs only 60c.); added dried vegetables and mushrooms. Vacuum packed ready meals from Indian food shops (4 for \$6) and varieties from supermarkets are delicious and can be cheap and dried to 90 g. Freeze dried mince is very filling. I boil six pieces of dried fruit, including half a Turkish fig, mango, apple, apricot etc. in water then use the water for coffee. For morning tea a muesli bar and afternoon tea, fruit and nut mix and treats. **Total food** 420 g per day packed in one medium freezer bag.
- **Miscellaneous.** I consider a spare head torch important. Spare batteries. PLB. GPS. MP3 Player has music and books. Camera. Mobile phone and charger. Clothes line. Firm plastic bag for washing. Nylon day pack. 2 x 1 litre water bottles and a wine bladder.
- **Basic weight** of all items about 10.6 kg plus food and water. Walking from the plane I had a check-in pack weight of 12.3 kg, including 9 days food less 1 dinner. A carry-on daypack with valuables and snacks, including 500 ml water, weighed 2 kg. Add a full gas canister, 360 g.
- The only safe spot for a pack from mice in a shelter or hut is hung from a light nylon rope inserted over a roof batten at the corrugation between the beams. Mice can run up the beams but not vertical along battens.
- We are fortunate to be based in Victoria which is central and can be cheap to travel in all directions. For really good information don't miss John Fritze's gear night on Wednesday 25 November 2015.

Bob Oxlade

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EAGLES PEAKS 18–20 SEPTEMBER 2015

After visiting the Howqua River several times doing base camps the lure of doing a pack carry that included the Eagles Peaks seemed like an adventure not to be missed. As the date approached I started to have misgivings that the challenge may be too great for me. Fires and regrowth in the area meant that not only was the elevation going to be a challenge but so also were the fallen trees, overgrown tracks, the lack of tracks and the rock scrambling.

Ten hardy bushwalkers decided to meet the challenge set by our leader, Helen. Knowing that we had to carry water for our overnight camp plus for the entire second day's walk, I decided to carry all my required water from the start. I was grateful that I was conditioned to the weight as the track started a steady, steep climb after the last opportunity to gather water. Our two hares, Gina and John F, led as we made our way steadily towards camp. Much of the first day of our walk followed the Lickhole Creek, including several crossings. The most dramatic involved either a very cold wade or a balancing exercise over a fallen log. Supporting each other, we all made the daring crossing using the log without incident but with lots of congratulations. After 10.3 km and a cumulative ascent of 1010 m we reached camp. Eight tents had to be accommodated in a very small space. It was amusing to see some tents that were surrounded by new saplings, as though behind bars. Some were so close that side pegs were shared. Others were set up on the track. Derrick created a fireplace on the track that became our focal point for dinner and a chat.

Next morning, after packing up and ensuring that our campsite was no longer evident we set off for the second and most challenging leg of the walk. The track ceased as we approached Lickhole Gap. Using compass and visual sightings we made our way off-track to the first of the Eagles Peaks. This was very slow going with John F noting at one point that the last kilometer had taken 1½ hours. (We did have a few stops to regroup and some necessary refreshments.) Our final ascent of the first peak involved one particular scramble that tested upper body strength, ability to find a foot hold and also being able to overcome a fear of heights. Again support from each other meant that this challenge was met without incident. Once this peak was reached we were rewarded with amazing 360° views. From here we followed the undulating Tunnel Spur Track which although still providing challenges (and great views) also allowed for the sharing of knowledge. Gina delighted us with her recognition of bird calls, often locating and pointing out the caller, and Alannah was a fount of knowledge about fungi. The 710 m cumulative ascent of day two was not the greatest test of this day's 12.2 km. The final, extremely steep descent strained the knees and slowed the group. It was with great relief we reached the Howqua River and the end of our walk.

This was a fantastic walk. My thanks go to Gina, John F, Alannah, Ian, Derrick, Ray, John T, Keith, and especially to Helen, our leader, for your company and support during the adventure which allowed me to enjoy the walk while I met its challenges.

Halina Sarbinowski



GRAMPIANS BASE CAMP, OCTOBER 9-11

Seven walkers enjoyed two days of hiking, ably led by Bob Oxlade. We met in the evening of October 9th at the Plantation Campground in the northern Grampians, under partly cloudy skies. Low temperatures were about 10°, and highs in the high 20s, with bright sunshine and dry conditions both days, and just enough clouds to take the edge off of the sunshine.

Three hikes were completed the first day, the first two departing from the Mt. Zero Picnic Area at the northern end of the Grampians. We spent the morning hiking to the summit of Mt. Stapylton, through recently burned forest for most of the trail. There were several spur and connecting trail closures, and at a few points the trail became a bit hidden due to dense epicormic sprouting and regrowth. We reached the top of Mt. Stapylton by 11 am, and enjoyed the panoramic views under clear skies. We descended via the same route, in time for lunch back at the Mt. Zero parking lot. After lunch, five of the group ascended Mt. Zero, where we again were treated to fine views under clear skies, returning to the car park by mid-afternoon. We motored back towards the campground, stopping for a leisurely stroll along the Heatherlie Quarry Heritage Walk.

Sunday morning we broke camp and caravanned to the Zumstein's Picnic Area on the western side of the Grampians. The group departed south, following the track along the river, towards Fish Falls, again through recent burns along most of the track. Fine progress was made under sunny skies, with a cool breeze adding to the enjoyment. After a short time and 2.5 kilometres we reached Fish Falls and tarried a bit, then on a kilometre further to MacKenzie Falls. After a half-hour pause the group then ascended to the car park, and returned on a circle loop following Cranages Road along the main ridge, then down the spur ridge northward. This loop was again through forest burned within the past few years.

After a visit to Hall's Gap and the Park Interpretive Centre, and for refreshments, the group departed back to Melbourne. In all a great trip, with four good walks over the two days.

Paul Bolstad



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.



TOFS WALK

DATE Thursday 5 November 2015
STANDARD Easy
DISTANCE 10 km approx.
ELEVATION Some steep ups and downs
LEADER Marilyn Whimpey
TRANSPORT Private
AREA Croydon–Ringwood–Mitcham–Donvale
MAP REFERENCE Melway Maps 50, 49, 48
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

The walk follows the Mullum Mullum Creek path and will take in Mullum Mullum and Yarran Dheran Parks. The latter boasts sightings of all sorts of native animals and birds, including koalas. There's also the historic Schwerkolt Cottage and surrounds. The cottage won't be open on the day we go there, but we can walk around and read the interpretive signs.

Meet at 10:00 am at Peter Vergers Reserve, Melways map 50 C3. If travelling from the city direction along Whitehorse Road/Maroondah Highway, just past Oban Road get into the second service lane and park in the car park. This has a 3-hour time limit, so we'll take all the cars to the end of the walk at Melways 48 K5, Lisbeth Avenue, and the car/s we bring back will need to be parked in the service lane or around the corner. The car shuttle will take about 45 minutes, hence the 10:00 am meeting time.

Please contact me before the walk.



SUNDAY BUS

CORA LYNN CASCADES – PHANTOM FALLS – THE CANYON

DATE Sunday 29 November 2015
RETURN TIME 6:30 pm to City
STANDARDS Easy/Medium and Medium
DISTANCES 12 km and 15 km
LEADERS Del Franks and Marilia Cipolloni
TRANSPORT Bus – Leaving Southbank Blvd at 8:45 am
AREA Great Otway National Park, Lorne
MAP REF Outdoor Leisure Series:
 The Otways & Shipwreck Coast

FIRE BAN DISTRICT South Western
TEMPERATURE REFERENCE SITE Colac

This is one of the greatest walks we have on our programs and a great way to celebrate spring. This walk will take us to beautiful waterfalls (hopefully still with water), rainforest gullies, wet forests, dry forests, and with plenty of ups and downs to keep you working.

Both walks will start from the Blanket Leaf and traverse alongside the Cora Lynn Cascades with plenty of creek crossings, which will give you a better workout than you could get in any gym.

It will then proceed along the track to Phantom Falls, which at the time of the preview had a lot of water, and pass through the Canyon.

The easier group will complete the walk at the Sheoak Picnic Area, while the medium group will continue on to Sheoak Falls and end at the Sheoak Falls Carpark.

We can't walk the cascade track if there has been heavy rain prior to or on the day; however we have planned a modified walk if needed which will still take in most of the highlights of the area.



TOFS WALK

MORDIALLOC TO SANDRINGHAM STATIONS

DATE Thursday 3 December 2015
STANDARD Easy
DISTANCE 12 km
LEADER Pam Rosso
TRANSPORT Metro Trains
AREA Coastal Track
MAP REF Melway 87, 76 and 75
TRANSPORT COSTS Daily MYKI Charge
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

This walk will start at the Mordialloc Station and return from Sandringham Station so it will not be possible to use private transport. I will catch the 9:27 am from Richmond Station. This train stops at Flinders Street at 9:24 am and arrives at Mordialloc Station at 10:06 am. The next train at 9:34 am from Flinders Street will get you to Mordialloc by 10:16 am to start walking by 10:30 am.

This walk is longer than the usual TOFS walk but is flat walking. Book with leader.



PACK CARRY

LERDERDERG RIVER BEGINNERS

DATE 5-6 December 2015
STANDARD Easy to Easy/Medium
DISTANCE 19 km plus side trips
TOTAL ASCENT 520 m
LEADER Ian Mair
TRANSPORT Private
AREA Lerderderg State Park
MAP REF VicMap – MBW Custom – O'Brien's Crossing
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Ballarat

With summer nearly here it is the time to start preparing for the warmer weather and the chance to get out walking and camping in the bush. How often do you feel that you would like to try overnight hiking and camping, feel that you are fit enough but have been too cautious to try or are concerned that you don't have the right equipment? Or, if you are a bit more experienced, looking for a chance to improve your skills and prepare for something bigger.

The Lerderderg River area offers a number of defined walking tracks and options for off-track walking where there is an opportunity to experience what overnight trips with camping have to offer. The emphasis on this trip will be on enjoying the surroundings while sharing tips and advice on equipment selection, what to eat and how to prepare for longer trips and at the same time experiencing a night in your own portable castle. There will be enough challenges to make it interesting as well as enjoyable. The club's selection of equipment for hire is an ideal way to test out some of the alternatives before making an expensive purchase.

After an early drive to Golden Point near Blackwood on Saturday morning, within easy driving distance of Melbourne, we will spend the first day on the relatively flat Byers Back Track with its panoramic views down to the Lerderderg River. We should arrive at our Saturday night campsite at O'Brien's Crossing in plenty of time to set up camp and relax by the river before dinner. If it is a pleasant warm night we will take a night walk after dark and experience the sounds and starry skies that await away from the city lights.

On Sunday we will head upstream along the banks of the Lerderderg River before reaching The Tunnel, a reminder of the gold rush days and the effort gone to find the elusive metal. There will be short sections of off-track walking which will allow you to experience the excitement of getting away from the beaten track. From The Tunnel we will begin a steady climb up to the top of the adjacent ridgeline before completing the loop back to our waiting cars. It will be steep in places but we will have plenty of time to take it at an easy pace. A coffee or something cool in Blackwood before heading home will complete the weekend.

Numbers are limited and early booking is recommended to secure a place and/or reserve any hire equipment you may need. Telephone or email the leader if you are looking to attend.



SUNDAY BUS

BARWON RIVER OLD MILL WALK AND FORESHORE

DATE Sunday 6 December 2015
RETURN TIME 6:15 pm

STANDARDS Easy and Easy/Medium
DISTANCES 8 km / 10 km / 16 km
ELEVATIONS 25 m x 2
LEADERS Phil Geschke and Theo Mertzaniadis
TRANSPORT Bus – Leaving Southbank Blvd at 8:45 am
AREA Fyansford Geelong
MAP REFERENCE Melways map 451
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Geelong

Today as a lead up to Christmas and an alternative to our usual programs we have planned flexible enjoyable options. Walkers can choose the fast or normal speed group walks in the morning (10 km and 8 km). Lunch is optionally at a pub. The afternoon can be a 6 km walk along the Barwon river or a relaxing time at the Geelong Foreshore. Even maybe a swim if it's hot.

The walks commence at Fyansford Park (2 km away for the E/M group) and follow a 7.5 km circuit up the river to a very interesting, and pretty, part of the Barwon. In the late 1800's a paper mill was constructed and the river dammed to create a water race to drive the mill. The remnants are still there today via our walking track to Devils Lookout. We backtrack and take another route to reach the very picturesque Baum Weir before circling back to the start.

Lunch will be back at the Fyansford common where there is also a country pub for a counter lunch and ale for those so inclined. (Bring some emergency rations in case it is full!!)

After lunch you have a choice of activities.

For those wanting to relax and explore the foreshore the bus will take you to the waterfront and beach area with a variety of attractions. Two hours to do as you wish.

For the rest, wishing to work off their veal parma lunch a bit more energetically, we will continue our walk down along the Barwon River towards greater Geelong to the bus pickup point.

This day would be a great introduction to bushwalking as there are very few inclines while providing plenty of interest and longer walking options for the more experienced walkers out there. Last done in December 2009.



WEDNESDAY WALK

ONE TREE HILL AND CHRISTMAS CELEBRATION

DATE Wednesday 9 December 2015
RETURN TIME 2:30 pm
STANDARD Easy/Medium
DISTANCE 10.5 km
ELEVATION 600 m total climbing
LEADER Ed Neff
TRANSPORT Private
AREA Upper Ferntree Gully
MAP REF Parks Victoria, Dandenong Ranges National Park
MAP REF Melways 74 G5.5 for start

FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Mount Dandenong

We will meet for a 10:30 am start in the carpark of the Ferntree Gully Picnic Ground. Take the Burwood Highway to Upper Ferntree Gully and then left up the Mount Dandenong Tourist Road. The picnic ground entrance is just a short distance along Mount Dandenong Tourist Road. Take the first carpark entrance and we will meet at the lower end of the carpark.

The walk is not long but it does include plenty of hilly ups and downs with total climb of around 600 m. It is all on

well formed tracks, mostly through open bushland. We will descend from One Tree Hill down the Kokoda Trail steps and then divert around a lovely nature trail to return to the carpark before 3:00 pm. We will finish with afternoon tea in the picnic grounds, so bring some goodies for our Christmas cheer.

If anyone feels that they are not up to the full walk, they are welcome to join us for afternoon tea. A lighter option would be to do the nature walk only which could be done in approximately 1½ hours from the carpark.



PACK CARRY

THE CRINOLINE

DATE	11–13 December 2015
STANDARD	Easy/Medium
DISTANCE	26 km
LEADER	Mark Simpson
TRANSPORT	Private cars
AREA	Buller–Howitt alpine area
FIRE BAN DISTRICT	West Gippsland
TEMPERATURE REFERENCE SITE	Mt Hotham

Mt Ligar is called the Crinoline due to its similarity to a style of lady's dress from over a hundred years ago. Fortunately there is no dress code for this walk other than bringing the essential bushwalking kit for alpine regions. The area has a diverse habitat of alpine grasses and woodlands.

Friday night camp will be at Breakfast Creek, 20 minutes north of Licola.

The plan is Saturday car shuffle to the start of the walk from Mt Tamboritha. Then follow the Long Hill ridgeline enjoying the views, to the first night's camp.

Sunday, walk up the Crinoline, do some exploring. Some rock scrambling required. Then depending on time cross Sugarloaf Hill or descend direct to Breakfast Creek.



CYCLING

STEELE CREEK

DATE	Saturday 12 December 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

This ride was cancelled last February due to unsuitable weather.

The meeting place 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 Street at 8:32 am and arriving at 9:15. PS: 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 Road 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.

If you wish to discuss the ride ring Ross.



SUNDAY CAR POOL

BALT CAMP CIRCUIT (BLACKWOOD)

DATE	Sunday 13 December 2015
RETURN TIME	6:30 pm to City
STANDARD	Easy/Medium
DISTANCE	14.5 km
ELEVATION	460 m
LEADER	Ian Mair
TRANSPORT	Cars – Leaving Southbank Blvd at 8:45am
AREA	Wombat State Forest
MAP REF	Wombat State Forest 4WD 1:50,000
FIRE BAN DISTRICT	Central
TEMPERATURE REFERENCE SITE	Ballarat

The Lerderderg Track section running from Daylesford to Blackwood is a part of the Great Dividing Trail through to Bacchus Marsh and has been little explored by the club. The area is rich with gold mining and timber felling history. The Balt Camp Circuit takes in a short section of the Lerderderg Track and is named after the ruins of the Balt Camp, a refugee work camp for 'displaced persons', including from the Baltic States, after World War 2.

Our walk will start and finish at the picturesque Nolan Creek Picture Ground on Lerderderg Road in the shadow of Mount Wilson (863 m). From the picnic ground the route heads south along the Nolan Ridge Track and follows a mixture of 4WD, management tracks and walking tracks as we pass through native regrowth forests following the cessation of logging in 2009. Along the way we pass over the highest point in the Wombat State Forest.

The walk is predominantly on obvious tracks, although we may choose to do some short off-track sections on the day. Whilst the cumulative ascent over the walk is only 460 m the area is typical of the upper Lerderderg area and some of the hills are relatively sharp. There is no water available along the way and 2 litres is recommended if the weather looks warm.



SUNDAY BUS

INVERLOCH

DATE	Sunday 20 December 2015
STANDARDS	Easy and Easy/Medium
DISTANCES	11 km and 14 km
LEADERS	Cathy Merrick and Deb Shand
TRANSPORT	Bus – Leaving Southbank Blvd at 8:45 am
RETURN	6 pm to 6:30 pm

AREA Gippsland
MAP REF Bunurong Marine & Coastal Park – Vic Park
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Wonthaggi

This walk is along a lovely stretch of coastline with rugged cliffs, rocky headlands and rock pinnacles that jut out into the sea and beautiful views all around.

It is hoped that we can arrange a tour (fees will apply) at the Wonthaggi Coal Mine but we have not yet been able to confirm arrangements. Check the website for updates on this.

The Easy/Medium walk will start from the Cape Patterson side of Wreck beach and the Easy group will start a few kilometres further down at Flat rocks. The walk is along the beach sand or rock shelves until The Oaks. A huge crevice blocks our path further along the beach here so it is onto the bus and if we have time or as an alternative to the Coal Mine, we will explore the Screw Creek Nature Walk near Inverloch before returning to Melbourne.

This is a most enjoyable walk with some of the best coastal scenery.



MOFS WALK

BRAESIDE PARK – WATERWAYS

DATE Monday 21 December 2015
STANDARD Easy
DISTANCE 10 km
ELEVATION Flat
LEADER Michael Porter
TRANSPORT Private
AREA Mordialloc
MAP REF. Melways 93F2, 88D8.
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

Waterways and Braeside Park are an interesting contrast though only separated by Governor Rd. Waterways is a suburb estate developed around man-made lakes with a formula of 40% residential, 20% parkland and 60% water. The attractively landscaped parks and water edges are as yet immature, giving minimal weather protection. But open water views present good bird watching prospects.

Braeside Park has red gum woodlands, heath and wetlands. This bush was revitalised decades earlier than Waterways, so is more a mature, healthy and beautiful park habitat for native flora and fauna. Meet at 10:30 am at Red Gum Picnic Area, Melways 93 F1. Enter Braeside Park from Governor Road and drive in 500 metres.



CHRISTMAS BASE CAMP

CAMP EUREKA: YARRA JUNCTION

DATE 24–28 December 2015
STANDARD Easy
LEADER Susan Maughan
TRANSPORT Private
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Yarra Glen

Camp Eureka is located at 100 Tarrango Road, Yarra Junction. It was constructed by the Eureka Youth League, the Communist Party and the trade union movement after the Second World War as a holiday camp for the Eureka Youth League. Today it is an environmental bush camp owned by a voluntary group, the Camp Eureka Working Collective, who have kindly leased us the whole camp for the Bushies Christmas base camp.

HOW DOES IT WORK? You can stay for as many nights as you wish, and just pay as you go. Or come along for a day walk only.

THE COST? It is \$250 per day, so each day’s payment will be divided by the number of participants. (Maximum 32)

THE FACILITIES There are 2 campgrounds, the best one being right next to the Little Yarra River. There are half a dozen cottages, sleeping 2 per cottage (first in best dressed). However, if it is extremely hot, these won’t be so attractive, as there is obviously no air conditioning. There is a huge barn that would offer shelter and shade if you want to park a campervan.

There is fully operational industrial kitchen with several fridges and a cool room, plus pots, cutlery, everything.

There is a lounge and dining room attached to the kitchen and a second, separate rec room. Also, some lovely outdoor dining areas are adjacent to the kitchen. We have toilet blocks and showers, although you’ll need to stoke up the fire if you want warm water.

THE WALKS There will be an afternoon walk on Christmas Eve. The Christmas Day walk will be to McMahons Creek, Warburton East.

If you would like to lead a walk on Boxing Day or 27th, I’d love to hear from you. The base camp finishes on 28th.

Needless to say, the more the merrier! If you are staying Christmas Day please bring an ‘Op Shop Special’ wrapped up for the lucky dip. Make it as wacky or bonkers as possible.

See the ad on page 14.



SUN 27 DECEMBER

NO WALK

*Merry Christmas and
Happy New Year*



OVERSEAS TOUR

CAMBODIA
DATE Sunday 27 December – Monday 18 January
LEADER Deb Shand

THIS TRIP IS FULL.



PACK CARRY

GREY HILLS, MT BOGONG AND ROPERS HUT CIRCUIT

DATE 31 Dec 2015 to 3 Jan 2016
STANDARD Medium
DISTANCE 49 km
ELEVATION Fluctuating from 1000 to 1886 m
LEADER Roger Wyatt
TRANSPORT Car Pool 4.5 hrs from Melb
AREA Bogong High Plains
MAP REF Bogong Alpine Area 1:50,000
TRANSPORT COSTS (PER PERSON) Approx \$80
FIRE BAN DISTRICT North East
TEMPERATURE REFERENCE SITE Falls Creek

I intend meeting at Falls Creek by 9 am, thus we will travel up the night prior. Day 1 is approx 18 km initially easy for some 9 km along the Big River Fire Trail to Warby Corner then along the Spion Kopje Fire Trail to the Crow nest at the start of the Grey Hills track. Then descending 300 m to re-ascend along an undulating track, which if hot will be fairly exposed, and will get us into Bogong Saddle camp site in the late evening. Day 2 is a 700 m ascent up the Quartz Ridge track to the summit of Mt Bogong at 1886 m before finishing some 11 km for the day at the Cleve Cole Hut. With a side trip to Howman Falls in the afternoon. Day 3 is an 800 m descent to Big River

then 700 m ascent to Ropers Hut over some 11 km, a tough climb with minimal cover. Day 4 is a short 9 km back to the cars with lunch at Mt Beauty Bakery and an early return to Melbourne.

Walkers need to be fully equipped as poor conditions are possible at any time of year in this area, (I have had snow on 1 Jan before!) and expect the hut to be fully occupied at this time of year. Only experienced walkers, and I will finalise the car pooling by 21 Dec 15, no late bookings.



Walkers on the summit of Mt Bogong, December 2012
 Photo by Ian Mair

**IMAGINE YOURSELF
 IN THE YARRA VALLEY
 THIS CHRISTMAS**

Camp Eureka is located at
 100 Tarrango Road, Yarra Junction
 It is booked for the Bushies
 24 - 28 December.

- Around seven hectares of great natural beauty that has been replanted with indigenous species along the river.
- Heritage listed buildings suitable for large groups.
- Basic sleeping accommodation and toilet facilities.
- 2 large camping areas.
- Kitchen, dining rooms and 2 recreational rooms.

The cost is \$250 per day divided by the total number of Bushies.
 These base camps are always popular as they give us a chance to run a series of day walks, and then come together at night for our renowned convivial evenings and usual Christmas bonhomie!

Camp Eureka 100 Tarrango Road Yarra Junction

Tarrango Rd

Little Yarra River

Beach

Legend

- Road
- - - Path
- Fence
- Building
- ~ River
- Water tank
- Camp Area

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!

December 2015				
Thu 3	TOF: Mordialloc – Sandringham	Pvt	Easy	Pam Rosso
4–6	PC: Beginners – Lerderderg Gorge / Blackwood	Pvt	Easy	Ian Mair
Sun 6	DAY: Barwon River	Bus	E & E/M	Phil Geschke and Theo Mertzandis
Wed 9	DAY: One Tree Hill and Christmas celebration	Pvt	E/M	Ed Neff
11–13	PC: The Crinoline	Pvt	Med	Mark Simpson
Sat 12	CYC: Steele Creek (train to start)	Pvt	E/M	Ross Berner
Sun 13	DAY: NEW: Balt Camp Circuit (Blackwood)	Car	E/M	Ian Mair
Mon 14	SOC: Xmas Party	Pvt		Club Committee
Sun 20	DAY: Inverloch	Bus	E & E/M	Cathy Merrick and Deb Shand
Mon 21	MOF: Braeside Park – Waterways	Pvt	Easy	Michael Porter
24–28	BC: Camp Eureka: Yarra Junction (over Christmas)	Pvt	Easy	Susan Maughan
Sun 27	MERRY CHRISTMAS and HAPPY NEW YEAR (no walk)	Car	Easy	
27–18	PC: Cambodia Tour	Pvt	Med	Deb Shand
31–4	PC: Grey Hills–Mt Bogong–Ropers Hut Circuit	Pvt	Med	Roger Wyett

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