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THE NEWS OF THE Melbourne Bushwalkers Inc.

ABN 14 396 912 508

February 2016

THE ARGUS,
Wednesday March 21, 1951

VESTA JUNIOR answers -

Q : *A girl friend and I are very interested in hiking, and wondered if you could tell us if there are any hiking clubs suitable for girls in Melbourne?—M. J. (Hæwthorn)*

A : I suggest you get in touch with either the Y.W.C.A. or Mr F. A. Pitt, hon secretary, Melbourne Bushwalkers, Room 110, Third Floor, Railway Institute, Flinders St, Melbourne. The Melbourne Bushwalkers is open to men and women of all ages and includes social activities other than hiking.

THE ARGUS,
Thursday December 9, 1948

"BUSHWALKERS"

TO THE EDITOR OF THE ARGUS:

Following the article by Peter Knox, "We Should Welcome Our New Citizens." I should like to draw your attention to the Melbourne Bushwalkers, a club which has practised Mr Knox's suggestions for the last seven years. A great number of both British and Continental "New Australians," going on many walks with us, have got to know the Australian bush and way of bush walking.

These "New Australians" consider this a very pleasant way of being welcomed into the Australian community, and it is to be hoped that many organisations will also thus open their doors.—F. A. PITT, hon secretary Melbourne Bushwalkers, Room 110, VRI Building, Flinders St, City.

Ian Mair sent these articles.
Aren't they interesting!

— Ed

ANNUAL GENERAL MEETING Wednesday March 23 at 8 pm, in the Clubrooms

Come along, chat with friends, find out how your Club is going!
The Wine and Cheese is free.
More information in the March News.

Melbourne Bushies is organising Federation Weekend 2017

VOLUNTEERS NEEDED

See page 2.



Feeding the bears – Cambodia. See article on page 9.
Photo by Ian Mair.

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

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 March 2016

Melbourne Bushies is organising Federation Weekend 2017

VOLUNTEERS NEEDED

Melbourne Bushies is running Federation Weekend in 2017. Each year a different bushwalking club is asked to organize the event on behalf of Bushwalking Victoria. Members from any bushwalking club in Victoria can attend and there are usually around 300 participants who stay in the area overnight on Friday/Saturday. The event in 2017 will be held at **Warburton** over the weekend of **28-29 October, 2017** and will consist of 2 days of day walks with a social event on the Saturday night. There will be about 20 separate walks, each done on each of the 2 days, so we need many leaders and whips. Additional volunteers will be called for closer to the actual date to assist with the weekend.

The overall coordinator is Margaret Curry who is supported by an organizing committee. The priority at present is to get volunteer **walk leaders and whips** to adopt a walk, do an initial preview and be prepared to lead the walk for two days on that weekend. A list of walks has been assembled for you to choose from and you would then need to preview the walk and make suggestions for improvements and alterations.

How to Volunteer?

Simply email fedwalks17@mbw.org.au or contact Halina Sarbinowski or Ken MacMahon. A list of suggested walks will then be made available from which you can make your selection. If you would like to organize your own co-leader or whip that will make it easier but this is not essential. Once a walk has been allocated you will be sent further guidelines and information.

So go to it team – start volunteering and let's make this a fantastic event.

*Jopie Bodegraven
Federation Weekend Walks Coordinator*





PRESIDENT'S COLUMN – FEBRUARY 2016

I have recently returned from the club's 3-week trip to Cambodia organised with a local agent by Deb Shand. It was, for me, an emotional roller-coaster. There were the expected ancient monuments and natural landscapes to inspire awe and wonder, more of which will be said in trip reports in this and a later newsletter. But Deb had planned for the trip to be much more. As she subsequently put it, we were 'responsible tourists'. Responsible Tourism was defined in Cape Town in 2002 alongside the World Summit on Sustainable Development and is encapsulated in the Cape Town Declaration. The values espoused blend well with those of Melbourne Bushwalkers.

'The Cape Town Declaration recognises that Responsible Tourism takes a variety of forms, it is characterised by travel and tourism which:

- minimises negative economic, environmental and social impacts;
- generates greater economic benefits for local people and enhances the well-being of host communities, improves working conditions and access to the industry;
- involves local people in decisions that affect their lives and life changes;
- makes positive contributions to the conservation of natural and cultural heritage, to the maintenance of the world's diversity;
- provides more enjoyable experiences for tourists through more meaningful connections with local people, and a greater understanding of local cultural, social and environmental issues;
- provides access for people with disabilities and the disadvantaged;
- is culturally sensitive, engenders respect between tourists and hosts, and builds local pride and confidence.'

(<http://responsibletourismpartnership.org/what-is-responsible-tourism/>)

Deliberately and thoughtfully, our itinerary included hands-on visits to locally-driven projects to rescue and care for native animals endangered by local trappers, a jungle trek that provided employment opportunities for local villages instead of subsistence farming and wildlife trapping, and exposure to the extremes of local lifestyles. Each highlighted the challenges and concerns of conscientious Cambodians who were battling the flow of economic development to conserve a significant part of their heritage or to avoid being left behind. Tourism is an important driver of economic growth much needed to help Cambodia, like many of its near neighbours, emerge from sometimes abject poverty. As tourist visitors we have options in how what we see and do can help or harm the places we visit; how as responsible tourists we can help build the local economies rather than the profits of multi-national tour operators using expatriate agents and facilities. Make your choices count the next time you travel.

Returning to Melbourne I was pleased to hear of the higher than normal level of interest shown in the club on Wednesday club nights by potential new members and visitors, particularly for the Sunday Bus. The start of a new year generally heralds a surge in participation in walking with the passing of the festive season. Even so, to be identified as a club of choice requires constant attention to promoting our values and activities. In decades past the club Secretary often wrote letters to the editors of newspapers and magazines bringing our activities to wider attention. There is even anecdotal comment that the immigration officers on occasions directed incoming passengers through Essendon Airport to Melbourne Bushwalkers as a way to see Victoria! Today online sources dominate, whether through search engines or Social Media. With over 1500 followers on the club's Facebook Page, predominantly from Melbourne, our postings frequently reach 1–3000 readers and have reached as many as 10 000. A profile of the club soon to appear in an online bushwalking magazine will go to a readership of around 35 000. This is good for our continued viability and vitality, but our most important advocates are our members. It is from member contact that visitors form their lasting association. If you see a face you don't know, or have simply forgotten a name, say hello and make everyone feel welcome. It will make your day too.

Also making news this month:

- When organising overnight club trips a leader is required to assemble a list of emergency contact names and contact telephone numbers in the event of a delay or accident to a participant. The Membership Database records the personal details of members, including emergency contact details, which can be managed by members through the secure Members' Area or by sending a message to the Membership Secretary. It is important to ensure that the Emergency Contact details are kept up to date.

Ian Mair

MBW ACTIVITY STATISTICS 2014 AND 2015

| | 2014 | | | 2015 | | |
|-------------------------|-------|---------|---------|-------|---------|---------|
| | Trips | Average | Ave Vis | Trips | Average | Ave Vis |
| DAY WALKS | | | | | | |
| MOFS | 11 | 10.5 | 0.2 | 12 | 11.2 | 0.6 |
| TOFS | 12 | 15.0 | 0.4 | 12 | 9.1 | 0.3 |
| Sat/Dandenongs Explorer | 9 | 12.5 | 1.5 | 8 | 10.8 | 1.1 |
| Sunday bus | 27 | 37.3 | 8.6 | 27 | 40.8 | 9.0 |
| Sunday carpool | 23 | 14.8 | 3.1 | 21 | 15.3 | 2.6 |
| Wednesday | 11 | 13.4 | 0.9 | 16 | 10.8 | 0.7 |
| Social walks | 11 | 9.6 | 1.5 | 12 | 8.8 | 1.5 |
| OTHER ACTIVITIES | | | | | | |
| Conservation | 10 | 3.4 | 0.2 | 10 | 4.7 | 0 |
| Training | 1 | 16.0 | 3.0 | 1 | 20.0 | 14.0 |
| Navigation training | 1 | 6.0 | 0 | 2 | 6.50 | 3.0 |
| Track maintenance | 2 | 3.5 | 0.5 | 3 | 4.3 | 0.7 |
| Skiing | 1 | 11.0 | 0 | 5 | 5.0 | 0.8 |
| Base camp | 6 | 11.5 | 0.8 | 14 | 12.3 | 0.8 |
| Lodge | 0 | 0 | 0 | 3 | 11.0 | 0.3 |
| Pack carry | 20 | 10.7 | 0.8 | 24 | 9.9 | 1.5 |
| Cycling | 11 | 7.7 | 0.2 | 8 | 7.0 | 0 |

- Trip numbers are based on total trips – January to December.
- Average attendance numbers based on information from leaders, but exclude trips where numbers have not been provided.
- Not included are 8 cancellations in 2014 (due to a variety of reasons) and 11 cancellations in 2015 (a 37.5% increase). Reasons in 2015: Low numbers – CYC x4, TRAIN x1, WED x1; High temperature – SUN CAR x1; Fire risk – BUS x1, SUN CAR x1, WED x1; Area inaccessible – PC x1.

Stuart Hanham

SUNDAY WALKS SECRETARY'S REPORT 2015

The Sunday walks program has enjoyed another successful year with average numbers attending steadily increasing for both bus and car pool walks. With over 20% of walkers attending a Sunday walk being temporary members the Sunday program is still the main attraction for visitors to the club. This attraction has not been achieved through chance. The club has focused on the Sunday program, especially our unique bus, to attract visitors through a variety of promotions ranging from pamphlet distributions, being prioritized on Google Search, links to the Sunday bus preview on our home page and Facebook. These efforts have ensured that our Sunday bus has remained viable in an environment that competes with highly attractive 'meet-up' groups that seem less structured.

Again I have to thank the Sunday leaders. Without our leaders, no matter how much we promote the Sunday program, the program could not exist. Our club is made up of lots of volunteers who give of their time to make sure that experiences of members and visitors are enjoyable. The 75 leaders required for the Sunday program during 2015 were covered by 32 leaders, who lead between 1 and 5 walks each. I, and all members and visitors, are in your, and all leaders', debt. You are what makes MBW great!

Halina Sarbinowski

GENERAL WALKS SECRETARY REPORT FOR 2014-2015

2015 has been a year of great variety in the Club's non-Sunday activities, while the overall number of events has increased by a very impressive 24 (22.6%). We've had 4 more Skiing trips, thanks to the efforts of Doug Pocock, 5 island walks run by various leaders, 3 New Zealand Pack Carries, 3 Beginners' Pack Carries, 3 Lodge trips and 8 more Base Camps. Average attendances have shown a mixture of increases and decreases across the different categories. During the year, there was also a significant change in Activity Coordinators.

Looking at individual results, **MOFs** attendances were up slightly, with the most popular walks, Sherbrooke Forest and Werribee River, attracting 14 people each. **TOFs** were down noticeably (39.3%), but 20 walkers visited Lyrebird Creek in the Dandenongs. The big news was that after many years of great service in coordinating and leading MOFs and TOFs trips, Jean Giese and Alister Rowe have stepped aside, to be replaced by the experienced team of Janet and Graham Hodgson. However, Jean continues to plan and lead **Social** walks. Social attendances were down slightly, but East Melbourne was the most popular trip, with 16 people.

Saturday/Dandenongs Explorer numbers were also down a little, with the Ferny Creek and Macedon walks having the highest attendances, at 13 each. **Wednesday** walks increased by an impressive 5 in 2015 (45.5%) and 2 walks were organised for most months. The George Bass Coastal Walk was the favourite trip, with 17 people, although overall attendances fell by 19.4%. **Conservation** attendances increased 38.2%, but actual numbers were low, while **First Aid Training** saw a 20% rise in the number of members and a very large increase in visitors. **Navigation Training** saw a slight increase, with 8 students at a session in Werribee Gorge. **Track Maintenance** attendances rose 22.8%, from low actual figures.

Skiing had a large boost from Doug's Short Notice Cross-Country Register. The Bogong High Plains trip attracted 8 skiers and I would expect interest to increase this year, depending on weather conditions.

The number of **Base Camps** rose by a very impressive 133.3% and attendances were slightly higher. The most popular trips were Marlo and Kennett River, with 16 attendees.

Special thanks must go to Susan Maughan for organising Camp Eureka at Yarra Junction, which attracted 18 people over 4 days, while another 6 joined the group for a day walk. She also planned the two very popular Deal Island trips (25 walkers), one of which was led by Jamie Brawn. Doug's popular Flinders Island trip also had 15 campers. **Lodges** made a comeback last year, with 3 on the program. Mt. Hotham had the highest attendance, with 16 people.

The number of **Pack Carries** increased by a pleasing 4 (20%), attendances decreased slightly, but visitors were well up, due mainly to the Beginners' Pack Carries organised by Susan Maughan (Snake Island: 20 members, 5 visitors), Jopie (Lerderderg: 12, 7) and Ian M. (Lerderderg: 13, 6). The 3 Club trips to New Zealand were another highlight, with 2 run by Ian and 1 by David Walsh, for a total attendance of 32!

Cycling had 3 fewer rides in 2015, due to cancellations, and attendances were down a little. The most popular trips were Ballarat to Skipton, and Greensborough to Fairfield, with 10 riders each.

Overall, 2015 offered an exciting program, thanks to the great work of our Activity Coordinators and many leaders. Much time and effort has gone into planning and running these events, and behind the scenes, our Emergency Contacts have been monitoring their phones each month, for messages from leaders about major incidents and delays. There has been a pleasing growth in Wednesday walks, Skiing, Base Camps, Lodge trips, and Pack Carries, especially for beginners. I expect that the trend will continue this year.

Stuart Hanham

View from Mt Bogong. Photo taken by either Mark Simpson or Ray Spooner.



2016 Social Calendar

Wednesday 24 February
SLIDE NIGHT – ADVENTURES AND FUN ON FLINDERS ISLAND



Fiona and Fay were two of the fortunate few who joined Doug Pocock on a trip to Flinders Island in October, 2015. There are a lot of walks on the island as well as birdwatching and swimming (for the hardy!). This is your chance to hear of the fun and adventures they experienced.

For a taste of what is in store, check out Mick Noonan's photos (http://mbw.org.au/zenphoto/2015/base-camp/2015100201_Flinders_Island/) and Jan Llewelyn's trip note (http://mbw.org.au/mbw_activities/MBW_tripnote.php?tripid=2015100201).

Join us for an evening of social catch-up and an unforgettable experience of your own. Wine and cheese will also be available.

Wednesday 23 March
ANNUAL GENERAL MEETING



Come along, chat with friends, find out how your Club is going! The Wine and Cheese is free. More information in the March News.

Wednesday 27 April
PAUL BOLSTAD'S WILDERNESS TRIPS



Paul Bolstad is a professor at the University of Minnesota, spending this year at the University of Melbourne working on the Melbourne water supply. He developed a love of the outdoors at a young age, and he's hiked in 30 countries on five continents.

Paul has the good fortune of living near the southern edge of the boreal forest, and near one of the highest concentration of natural lakes in the world. Northern Minnesota and southern Ontario contain the Boundary Waters Canoe Area Wilderness (BWCA) and adjoining Quetico Provincial Park. Together they cover an area about the size of the Franklin-Gordon and Southwest National Parks in Tasmania, and offer weeks-long trips in roadless wilderness. More than 1800 lakes draw visitors the world over for canoeing, kayaking, and hiking in the wilderness.

Paul will describe trips to the BWCA/Quetico, sharing experiences gleaned from trips over 20 years. He'll include geography, flora, fauna, equipment, hazards, and information for those interested in planning their own trip.



Wednesday 25 May
WALKS AND HISTORY ON ITALY'S AMALFI COAST



Ian Mair will entice you with tales and slides from a trip he and Halina did in 2014. More details next month.

AN UNUSUAL ANNOUNCEMENT.



Bob on a frisky steed – Hattah Lakes, June 2013

This reminds me of another unorthodox item I did a few years ago.

After having 4 consecutive Easter trips to Tassie there were many early enquiries about the next year. So, to enable walkers to plan ahead I inserted a NEWS item to announce that I was NOT leading a Tassie walk the next Easter.

Back to the present. Having joined the Club in 1998 I have done very regular pack carries and few day walks etc. Many of my co-walkers will have noticed me missing recently. Although still feeling reasonably fit, for several reasons, including turning 80 this year, I have reluctantly decided to ease off on the harder Club P/Cs. (I don't like to say retire). I still intend to be walking.

I take this opportunity to thank all the leaders that have taken me on walks and given me advice. Also, thanks to the many walkers that have supported my leads. There are some that, when available, have been very regular participants. It has been my pleasure to be with and I wish you all continued safe and happy walking. I also appreciate the many volunteers of positions in MBW.

To new and intending overnights, you could not do it any better than with this great Club.
Regards,

Bob Oxlade.

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CAMP EUREKA

Camp Eureka, Yarra Junction: 24th – 28th December



This is a wonderful heritage listed camp first started by the Communist Eureka Youth League and now run by a cooperative of local residents. Situated amongst mature eucalypts and a variety of smaller natives, there was plentiful bird life with magpies carolling in the morning and kookaburras laughing at sunset.

On the really hot days there was shade from the big trees, and we all went down to sit in the creek for a couple of hours. There were showers if you wanted, and hot showers if you had the patience to light the chip heater. Most of us stayed in the cabins and indulged the luxury of sprung mattresses.

Christmas morning we rushed out at dawn to see what Santa had brought. Christmas dinner was

preceded by cocktails and canapés, then we all sat down at the long table outside to a jolly shared banquet.

Boxing day was no go for walking due to the heat, so an intrepid band of caffeine addicts set out. Finally finding a cafe open, we indulged in cappuccino's and the day's fresh news. Boxing dinner was at the long table inside, another banquet, this time followed by a lot of singing and laughter (and maybe the odd wine).

Sunday was cooler, a pleasant day for the walk to the summit of Mt Beenak where we lunched with a view. Then on Sunday night to the Sam Knott Pub for some wonderful country style cooking.

Monday was pack up day and everyone hopped in and it was soon done. Special thanks to Margaret Curry who cleaned the barbeque twice! Also special thanks to Susan Maughan who organised the whole trip.

In summary: everyone had a sometimes relaxing and sometimes fun filled break from the big smoke. The Eureka camp is an amazing find – the camp will be on again for Christmas 2016, and most of us who were there have rebooked! We look forward to your company!



Peter Knighton

CAMBODIA TOUR STAGE 1, 27TH DECEMBER – 6TH JANUARY



Visit to the Royal Palace complex

For many visitors to Cambodia it is the ancient temples of Angkor Wat that capture the imagination and attention. For our group these were something to look forward to later in the trip after we moved from Phnom Penh to Siem Reap. First, though, our attention was focussed on the capital of Phnom Penh with its Royal Palace and museums, plentiful restaurants to excite the palate, and ever-present street vendors hawking their wares. It was also the main access point for our trip to the jungle trekking centre of Chi Phat to the south west of the capital.

Wandering freely through the bustling streets and alleys of Phnom Penh jammed with motor scooters, tuk-tuks (akin to a motorised rickshaw) and modern cars, it was hard to believe that it was not so long ago that the country was controlled from there by the Khmer Rouge, one of the most repressive and evil regimes of modern

times. At the height of their power from 1975 to 1979 it is estimated that up to 2 million Cambodians (Khmer), a quarter of the population, either starved or were tortured and executed, with many more displaced or relocated to the country. No trip to Cambodia should be completed without a visit to the memorials to that time for the impacts reverberate still across all aspects of daily life.

Before heading to Chi Phat our trip leader, Deb, had arranged for a visit to the Phnom Ta Mao Zoo which was also home to the 'Free the Bears Cambodia' organisation, dedicated to the rescue and care of indigenous bears trapped or injured by poachers. This community-based organisation is dependent upon visitor contributions and volunteer help to continue their important work. Discussions with keepers whilst preparing the food and feeding the bears (albeit, not in the enclosure at the same time!) added to our awareness of the tensions between animal survival and the needs of Cambodian villagers faced with meeting the demands of their own comfort and survival.

Trekking in the jungles of Cambodia is a fascinating experience. For those of you conditioned by visions of Tarzan swinging with apes through the jungles of Africa 'Hollywood-style', or even the more modern Tomb Raider epics, the experience may be somewhat different to what is imagined. Trees, vines and bamboo do present impenetrable barriers to off-track access, but they are mostly scrubbier than the Hollywood model. Hot humid conditions during the day give way to cooler conditions at night (at least in January). Signs of animal droppings, including elephants, give testament to their presence but nowadays sightings are rarer. Herein lies the significance of Chi Phat.

A small village of around 500 families, Chi Phat is home to CBET, a Community Based Eco-Tourism centre, established to provide an employment alternative to subsistence farming and trapping in the area, whilst giving an incentive to preserve the natural jungle. The Chi Phat area has also been the site for the release of indigenous bears from the 'Free the Bears Cambodia' project. Accessible by road or river, the CBET centre offers treks of 1 to 6 days duration. Our leader, Deb, had chosen the river access and a 4-night trekking option covering around 60 km on foot. Both the river access and trekking were an experience to remember. Fixed camps provided somewhat basic facilities and a place to string the hammocks we carried. This did not, however, detract from the walking and interaction with our local guides and cooks. Convenient swimming and bathing points were a welcome place for relaxation, either at lunchtime or at the end of the day.

All too soon the jungle experience was at an end and we were back at the Chi Phat village preparing to return to Phnom Penh by bus. First we had to travel 45 minutes along unsealed country roads on the back of motorcycles to reach the main road and the bus stop. It took me a conscious effort to avoid crushing my driver's rib cage as I counted every passing second! But it was fun and the driver suitably cautious. At the scheduled time our bus duly arrived providing a comfortable and reliable service we had come to expect.

Returning to Phnom Penh marked the end of the first stage of our trip and the departure of some of our group of 10. So too, it marked our move to Siem Reap and the cultural wonders of Angkor Wat. A follow-on note from Denise Charman in a later newsletter will enthral you with the adventures experienced along the way.

Ian Mair

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.



WEDNESDAY WALK

POINT NEPEAN NATIONAL PARK

DATE Wednesday 17 February 2016
RETURN TIME Approximately 5 pm
STANDARD Easy
DISTANCE 12 km
LEADERS Mike and Barb Quinn
TRANSPORT Private
AREA Point Nepean
MAP REFERENCE Melway 156 C2
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Mornington

Meeting point is the Information Centre Carpark at 10:15 am for a 10:30 start.

The walk will go to Fort Nepean via Cheviot Hill and the Harold Holt Memorial and return via Coles Track and the beach. The area is of historical interest with plaques to read and areas to explore.

Werribee train leaves Flinders Street Station platform 4 at 9:47 am. Change at Newport and catch the Williamstown train, which should arrive at Williamstown at 10:16 am.

Be warned – there’s not a lot of shade on the walk.



BASE CAMP

DEAL ISLAND (TRIP 2)

DATE 4–8 March 2016
RETURN TIME 5 pm to Port Albert
STANDARD Easy
DISTANCE 35 km over 3 days
ELEVATION 300 m
LEADER Ken MacMahon
TRANSPORT Car/boat
AREA Bass Strait, Tasmania
MAP REFERENCE Tas. Parks Info. Sheet
TRANSPORT COSTS (per person) \$423 for boat plus \$35 for car pooling

Deal Island is one of three islands that make up the Kent Group located about 25 km north of Flinders Island in Bass Strait. It is a very special, but difficult place to reach. Being half way to Tasmania, it takes 8+ hours on a boat from Port Albert to get there. Consequently planning happens early and the 13 places available on the boat are snapped up fast. However, at the time of writing two vacancies have come up.

There are relatively easy, but very scenic walks on the islands that make up the Kent Group, the highlight being the lighthouse situated on the 300 metre high point of Deal. The wildlife is very tame and prolific. I am hoping we may also be able to do some snorkelling from the boat. Camp is on Erith Island in scattered clearings in the scrubby vegetation. There is a big ice box on the boat, so fresh food can be taken.

By the way, the cost of getting to Deal can also include being seasick or delayed by a day or so due to the unpredictable Bass Strait weather.



TOFS WALK

WILLIAMSTOWN – LOWER YARRA RIVER

DATE Thursday 3 March 2016
RETURN TIME Flinders Street Station 3–4 pm
STANDARD Easy
DISTANCE 10 km approximately
ELEVATION Flat
LEADER Marilyn Whimpey
TRANSPORT Train
AREA Melbourne western suburbs
MAP REFERENCE Melway 56, 42
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

My last western suburbs walk finished at Williamstown Railway Station. This one continues on from Williamstown to Yarraville. We walk through Williamstown and along the lower reaches of the Yarra River, under the West Gate Freeway with its memorial to the people who died when the bridge collapsed, and through parks and streets to Yarraville Station.



PACK CARRY

THE BLUFF – HOWQUA RIVER

DATE 4–6 March 2016
RETURN TIME Around 4:00 pm back at the cars
STANDARD Medium
DISTANCE 25 km
LEADER Gina Hopkins
TRANSPORT Private
AREA Alpine National Park
MAP REFERENCE Buller–Howitt Outdoor Recreation Guide
FIRE BAN DISTRICT North East
TEMPERATURE REFERENCE SITE Mt Buller
TRANSPORT COSTS (PER PERSON) \$40

Meet at Refrigerator Gap Saturday morning at 8:30 am. This is also a good place to camp Friday night as an alternative to the usually busy Sheeppark Flat. If you do, bring enough water for overnight and for the walk on Saturday.

We start with a steep climb up The Bluff, then enjoy great mountain scenery walking along the rocky ridge over Mt Eadley Stoney and down to Bluff Hut. From there we descend to Ritchies Hut on the Howqua River. If it's a hot weekend there will most likely be good swimming opportunities along the river where we camp. The next day we follow the river downstream towards Eight Mile Flat with another chance of a swim before the solid climb up Eight Mile Spur back to the cars.

Sunday night dinner, for those that wish to stop on the way home, is likely to be in Yea.



SUNDAY BUS

EDWARDS POINT – PORTARLINGTON (PLUS WINERY)

DATE Sunday 6 March 2016
RETURN TIME 6 pm to City
STANDARDS Easy and Easy/Medium
DISTANCES 12 km and 15 km
LEADERS Del Franks and Fotina Lennon
TRANSPORT Bus – Leaving Southbank Blvd at 8:45 am
AREA Bellarine Peninsula
MAP REFERENCE Melway 473-4, 460, 446-5 and 458
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Central

We start in St Leonards, going into Edwards Point Wildlife Reserve. This is notable for its sea and wetlands bird life as well as its native flowers and bushes. From there on, it is a pleasant beach walk taking in Indented Head and the fringes of Portarlington.

The walk is almost entirely flat along the beach, with plenty of shady spots for a nice lunch before finishing up early and moving on to a winery



WEDNESDAY WALK

JUBILEE LAKE – WOMBAT GULLY

DATE Wednesday 9 March 2016
RETURN TIME Around 3:30 pm back at the cars
STANDARD Easy/Medium
DISTANCE 14 km
LEADER Gina Hopkins

TRANSPORT AREA Private
 Wombat State Forest, south east of Daylesford

MAP REFERENCE Meridian Maps: Wombat State Forest
FIRE BAN DISTRICT North Central
TEMPERATURE REFERENCE SITE Ballarat
TRANSPORT COSTS (PER PERSON) \$20

The walk starts at Jubilee Lake near Daylesford. Jubilee Lake dates from 1860 and was formed by damming Wombat Creek to provide water for the mining township. Our route will initially follow the line of the old Creswick–Daylesford railway which was built in 1867 and closed in 1953. We then pick up the Three Lost Children Track which will take us to our lunch spot near the Wombat Creek Reservoir. This was built in 1963 as the current water supply for Daylesford. Our return route follows Wombat Gully back to Jubilee Lake, passing some mineral springs along the way.

Most of the walk is relatively flat but there is one short steep down and up. For those that wish we will stop for afternoon tea at 'Expressions of Love' in Ballan on the way home.

Meet at Jubilee Lake car park at 10:15 for a 10:30 start. There are public toilets here. To get there take the C141 exit towards Daylesford from the Western Highway. After 29 km turn right on to Jubilee Lake Rd then after 2.2 km turn left to Jubilee Lake. It takes approximately 1 hour 30 minutes from Kew.



BASE CAMP

MT BUFFALO – LAKE CATANI CAMPGROUND

DATE Friday 11 to Monday 14 March 2016
RETURN TIME To City by 6–7 pm
STANDARD Easy/Medium
DISTANCE 43 km (approximate)
ELEVATION 1723 metres maximum
LEADER Jan Colquhoun
TRANSPORT Private
AREA Mt Buffalo National Park
MAP REFERENCE Rooftop: Mt Buffalo Plateau Forest Activities Map
FIRE BAN DISTRICT North East
TEMPERATURE REFERENCE SITE Mt Hotham or Falls Creek

Mount Buffalo offers a range of short and extended walks, each with varied but stunning scenery. I have selected walks to highlight the range of scenery available. We shall stay at the Lake Catani Campground, a very popular campground over this Labor Day long weekend.

On Saturday we will explore the Back Wall for excellent views to the south of the plateau. On return to our campground we can stop off for refreshments at the Dingo Dell Visitor Centre. There is some free time to relax or perhaps take a swim in Lake Catani. There is then an optional wine and nibbles sunset up on the Horn lookout. The Horn offers 360 degree views and the best sunsets I've experienced in the high country!

On Sunday we shall car pool to Rollasons Falls. After exploring the upper and lower falls we shall take the Big Walk track back to Lake Catani via the Chalet and visit many of the scenic lookouts en route. This walk involves some climbing, but all is on well-formed tracks.

On Monday we shall explore Chalwell and Old Galleries and walk from The Reservoir car park back to the campground (after a short car shuffle) one way back to the campground. Last time I walked this track at this time of year the valley was covered in mountain daisies. These are all short but rewarding

walks close to the campground. Time permitting, there is an option to check out the scenery around The Cathedral before heading back to Melbourne.

Lake Catani is an excellent campground with full facilities including hot showers. Mt Buffalo is approximately five hours' drive from Melbourne. Due to the size of the plateau it will be necessary to drive to or from the starting points or ends of some of the walks. The walks listed on this preview are meant as a guideline and they may be rotated or modified depending on the weather or the group.

Expressions of interest would be appreciated ASAP. There are limited places available on this base camp due to the availability of campsites. A deposit of \$50 per person is required to secure a place. Due to Parks Victoria policy, deposits can't be refunded unless early notice is provided and someone else can take your place.



PACK CARRY

SOUTH COAST TRACK, TASMANIA, MARCH 2016

This is a joint activity with Ballarat Bushwalking.

| | |
|--------------------|--|
| DATE | 11–21 March 2016 |
| STANDARD | Medium |
| LEADER | Carolyn Barrie (Ballarat Bushwalking) |
| MBW CONTACT | Susan McInnes |

The South Coast Track is located in the South Coast region of Tasmania. The 85-kilometre track traverses remote wilderness within the Southwest National Park, part of the Tasmanian Wilderness World Heritage Site, and is managed as a wilderness walk. This is a walk for experienced bushwalkers.

The plan is to fly from Hobart into Melaleuca Saturday 12 March then take 8–9 days to walk around to Cockle Creek and bus back to Hobart. A couple of people have expressed interest already so the trip is looking good.

The track follows the wild southern coastline of Tasmania. It crosses two mountain ranges to avoid sections of impassable coastline and also crosses long sections of open plains behind the coastline. It only follows the coast itself where there are beaches.

Numbers for this trip are limited and early reservation of the small aircraft to Melaleuca is required. Early action is recommended if you are interested. To book or for more information please contact Carolyn Barrie (Ballarat Bushwalking) or Susan McInnes (Melbourne Bushwalkers).



PACK CARRY

NORTHERN TONGARIRO CIRCUIT, NEW ZEALAND

| | |
|------------------|-----------------------|
| DATE | 12–19 Mar 2016 |
| STANDARD | Medium |
| DISTANCE | 49 km |
| ELEVATION | Fluctuating |
| LEADER | Roger Wyett |

This is one of the Great Walks in the North Island of NZ, thus prior bookings for hut, airfares and travel to/from the Tongariro NP via the Northern Express train are essential.

In brief, the plan is:

| | | |
|--------|-----------------------------|--|
| 12 Mar | Fly MEL to WLG (Wellington) | QF171 ex MEL 10:30 am ETA Wellington 4 pm |
| 13 Mar | Train, 'Northern Explorer' | 7:55 am depart, arrive National Park 1:15 pm |

| | | |
|--------|--------------------------------------|---|
| 14 Mar | Whakapapa Village to Mangatepopo Hut | 8.5 km |
| 15 Mar | Mangatepopo Hut to Oturere Hut | 7.5 km, 686 m ascent, 426 m descent |
| 16 Mar | Oturere Hut to Waihohonu Hut | 12.8 km 240 m ascent, 400 m descent |
| 17 Mar | Waihohonu Hut to Whakapapa Village | 14.7 km |
| 18 Mar | Train, 'Northern Explorer' | 1:15 pm National Park to Auckland 6:50 pm |
| 19 Mar | Return flight | 7.35 am depart AKL for MEK arrival 9:40 am Jetstar |

In addition there may be some side trips (up to 3 hours). This area is above the snow line to 1800 m, and offers little protection in a volcanic 'moon scape'. Walkers need to be fully equipped as poor conditions are possible at any time of year in this area. Only experienced walkers.

However it is rated as one of the top 5 walks in NZ, just to experience the Emerald Lakes, and see three active volcanoes.



SUNDAY CAR POOL

NEW: BIG HILL TO HORSESHOE FALLS

| | |
|-----------------------------------|---|
| DATE | Sunday 13 March 2016 |
| RETURN TIME | 6:30 pm to City |
| STANDARD | Medium |
| DISTANCE | 14 km |
| ELEVATION | Approx. 340 m |
| LEADER | Brett Daniel |
| TRANSPORT AREA | Carpool – Leaving Southbank Blvd at 8:45 am Otway Ranges |
| TRANSPORT COST | \$23.50 |
| FIRE BAN DISTRICT | Central |
| TEMPERATURE REFERENCE SITE | Geelong |

This is a new walk to the Melbourne Bushwalkers program. In 2015 Geelong Bushwalking Club published its new edition of 'Walking the Otways' and this walk was an addition to previous walks. MBW is taking advantage of their local knowledge of the area.

The walk commences along the coast not far from the coastal town of Lorne. It is a superb coastal walk. At the starting point we will get great views around Cathedral Rock and Big Hill. The walk heads inland following undulating tracks onto a high ridge. The wide track is left behind for a steep descent on faint foot pads that lead to Horseshoe Falls. These are set in a scenic amphitheatre amidst rainforest. In fine weather this will be a lovely lunch spot. We will follow the Southern Ocean beach back to the cars. If time permits we will head into Lorne for coffees.



CYCLING

ROKEBY TO NEERIM TRAIL

| | |
|--------------------|---------------------------------------|
| DATE | Saturday 19 March 2016 |
| RETURN TIME | 3:30–4:00 pm to starting point |
| STANDARD | Medium |
| DISTANCE | 57 km |
| ELEVATION | 800 m |
| LEADER | Philip Brown |
| TRANSPORT | Private |

AREA Neerim South
MAP REFERENCE Ride with GPS search Rokeby
FIRE BAN DISTRICT West Gippsland
TEMPERATURE REFERENCE SITE La Trobe Valley

We will start in Rokeby which is about 100 km east from the city. This a figure eight ride that can be all on sealed roads or use the 15 km Rokeby to Neerim trail. A section of this is the old Warragul to Noojee rail line (1890–1958). Then on to Neerim East and Jindivick dairy country. Highlights are fantastic views of Mount Baw Baw, Bunyip State Forest, Tarago Reservoir and the Latrobe Valley. Morning break in Neerim South for coffee and back there for lunch.

Meet at 9:00 for a 9:15 start.



SUNDAY BUS

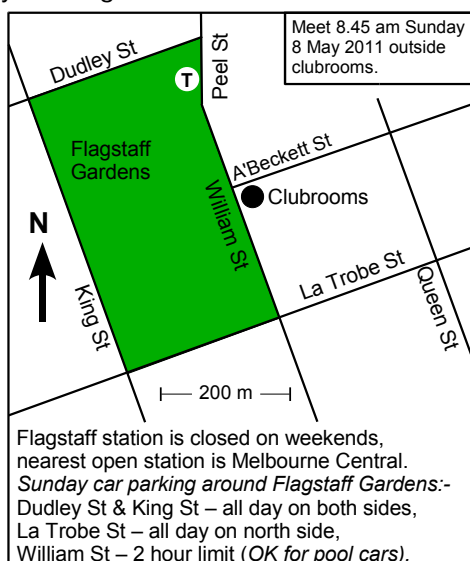
ELPHINSTONE TUNNEL – FRYERSTOWN
 (ALTERNATIVE DEPARTURE POINT)

DATE Sunday 20 March 2016
STANDARDS Easy/Medium and Medium
DISTANCES Easy/Medium 15 km, Medium 18 km
LEADERS Judith Shaw and Deb Shand
TRANSPORT Bus – leaving from opposite the clubrooms at 8:45 am
FIRE BAN DISTRICT North Central
TEMPERATURE REFERENCE SITE Bendigo

This walk will take us through the Fryers Ranges State Forest north west of Melbourne to the pretty town of Fryerstown. It is

ALTERNATIVE DEPARTURE POINT FOR SUNDAY WALKS OPPOSITE CLUBROOM

When advised, the alternative departure point for Sunday walks noted on the walks program and in previews will be at the bus stop on the northern corner of A’Beckett Street and William Street, opposite the clubrooms at the Royal Historical Society building.



MOFS WALK

INNER CITY PARKS

DATE Monday 21 March 2016
STANDARD Easy
DISTANCE 10 km
ELEVATION Negligible
LEADER Keith White
TRANSPORT Train
AREA City
MAP REFERENCE Melway 43, 44, 58 and 59
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne
TRANSPORT COSTS (PER PERSON) Single suburban train trip

We will meet under the clocks at Flinders Street Station at 10:30 am.

The walk will finish at Gardiner Station (remember to bring your Myki). If you prefer you can leave your car at Gardiner station and commute to Flinders Street station.

In general, we will walk through Birrarung Marr and over the historic Morell Bridge to meander through the Botanic Gardens to view an historic wall in South Yarra, pointed to Janet Norman by Athol Schaffer several years ago.

Then back to the Yarra River to follow the Gardiner’s Creek Trail to the station.



PACK CARRY

MT VICTORIA TO LEURA VIA BLUE GUM FOREST (NSW)

DATE 25–29 March 2016 (Easter holiday)
STANDARD Medium
DISTANCE 36 km plus extra side trips
LEADER Agajan Akbari
TRANSPORT Private
AREA Blue Mountains NSW
MAP REFERENCE Katoomba 8930-1S & Mount Wilson 8930-1N

The walk from Mt Victoria to Leura via Blue Gum Forest is one of the classic walks in the northern part of the Blue Mountains. Great variety of scenery, terrain, vegetation, rock formations and wildlife makes the Blue Mountains a magnet for all seasoned hikers.

The highlights of this walk include the majestic cascades on Victoria Creek, Victoria Falls, the Blue Gum Forest, the great camp site at Acacia Flat, side trip to Docker Head via Du Faur Buttress (a bit challenging), the great view from Perrys Look Down and Evans Lookout, the panoramas from the top of and near Lockley Pylon and the eroded sandstone Pinnacles.

This walk requires 5 days in total: 2 days travelling and 3 days hiking (25 to 29 March). General plan is to depart Melbourne (choose any airline you like) on 25 March morning to Sydney then catch train to Katoomba on same day, stay overnight in Katoomba (details later), do the walk and back to Katoomba on 28 March. Next morning (29 March) do some small walks around Katoomba then catch the train at noon to Sydney airport for early evening flight back home.

Participants are required to have some pack carrying experience and fitness, be well equipped with gear for all types of weather and carry their own personal first aid kit. This walk is a great adventure and therefore is recommended. If you are interested in the walk or would like more information please contact me via email.



PACK CARRY

**NORTHERN HIGH PLAINS CIRCUIT:
ROPERS HUT – SPION KOPJE**

DATE 25–28 March 2016
STANDARD Easy/Medium
LEADER Mark Simpson
FIRE BAN DISTRICT North Eastern
TEMPERATURE REFERENCE SITE Falls Creek

The trip I had in mind would leave Melbourne on Friday morning, avoiding the Thursday evening rush.

The days would be:

- Day 1** Watchbed Ck – Fitzgeralds Hut only about 5.5 km
 - Day 2** to Ropers Hut, about 10.5 km, with side trips to Mt Nelse and Mt Nelse North and possibly to Timms Lookout
 - Day 3** to Edmonsons Hut via Whiterock Falls and a side trip out to Spion Kopje
 - Day 4** back to the bitumen road (2 km car shuffle from Watchbed Ck) via Heathy Spur, about 6.5 km or via Ropers Lookout, an extra 2 km and a 3 km car shuffle
- A nice easy introduction to the High Plains.



DANDENONGS EXPLORER

DATE Saturday 26 March 2016
STANDARD Easy/Medium
LEADER Maureen Hurley
TRANSPORT Private
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Mt Dandenong

For details of this walk please contact the leader.



SUNDAY CAR POOL

TARILTA CREEK, SIX CHIMNEYS AND A RUIN

DATE Sunday 27 March 2016
RETURN TIME 6:30 pm to city
STANDARD Medium
DISTANCE 14.1 km
ELEVATION 350 m
LEADER Ian Mair
TRANSPORT Carpool – Leaving Southbank Blvd at 8:45 am
TRANSPORT COST \$21
AREA Castlemaine Diggings National Heritage Park
MAP REFERENCE Vicmap Topo 1:30000 A4: 7723-4-2-3, 7723-4-2-2
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Ballarat

This walk is based on the notes from Federation Walks 2015, Walk 5. It covers a section of Tarilta Creek and surrounds not normally walked by the club. It includes a creek gorge and relics of the gold mining days as it passes through dry open

forest with some rocky sections and numerous dry creek crossings. Approximately 40% of the route is off-track in open forest and the remainder on the Great Dividing Trail and vehicle tracks.

From our car park the walk starts off along the Porcupine Ridge Road for a short distance before joining the Great Dividing Trail which follows a ridge for about 2 km. The route then descends steeply off-track to Tarilta Creek which is followed whilst crossing from side to side of the creek as the terrain dictates. There are about fourteen creek crossings on rock or shingle, with banks up to 1.5 metres high.

After leaving the creek, the track climbs an old coach road, and continues along a series of old tracks and sections of off-track, passing the ruins of former cottages and unprotected mine-shafts until it again joins the Great Dividing Trail which leads us most of the way back to the cars.

This is an enjoyable and varied walk.



WEDNESDAY WALK

SHERBROOKE FOREST CIRCUIT

DATE Wednesday 30 March 2016
STANDARD Easy/Medium
DISTANCE 14 km
LEADER Jerry Grandage
TRANSPORT Private
MAP REFERENCE Melways maps 75 and 124
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Mt Dandenong

This walk will cover the best of Sherbrooke including its magnificent Mountain Ash forests, Sherbrooke Falls, the Tree Ferns plus more – also a brief diversion into Nicholas Gardens which should be showing some autumn colour. Naturally there will be some short, steep hills, as you would expect from the Dandenongs. We may hear and possibly see some lyrebirds.



SOCIAL WALK

KOONUNG CREEK RESERVE AND WETLANDS

DATE Thursday 31 March 2016
STANDARD Easy
DISTANCE 5 km
ELEVATION Flat
LEADER Jean Giese
TRANSPORT Private
AREA North Balwyn
MAP REFERENCE Melway 32 and 46
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

This was the first walk we did when we commenced these Social Walks five and a half years ago so I think it's time for a repeat. When the Eastern Freeway was built beside the Koonung Creek there was an undertaking to restore the indigenous vegetation and create parklands. The result is a very pleasant area for a 5 km walk which includes wetlands and some fitness exercise equipment to set us up to enjoy lunch at the Moka Pot Café.

Meet where Wandeen Street meets the reserve to start walking at 10:30 (Melway 32 H12). Book with Jean.

Note: This is the 5th (rather than the usual 4th) Thursday of the month because of the Easter holidays.

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!

March 2016

| | | | | | |
|--------|--|-----|-------|-------|--|
| Thu 3 | TOF: Williamstown – Lower Yarra River | Pvt | Easy | CN:me | Marilyn Whimpey |
| 4-8 | BC : Deal Island: Kent Group, Tasmania (trip 2) | Pvt | Easy | | Ken MacMahon |
| 4-6 | PC : The Bluff – Howqua River | Pvt | Med | NE:mb | Gina Hopkins |
| Sun 6 | DAY: Edwards Point – Portarlinton (plus Winery) | Bus | E&E/M | CN:ge | Del Franks and Fotina Lennon |
| Wed 9 | DAY: Jubilee Lake – Wombat Gully | Pvt | E/M | CN:ba | Gina Hopkins |
| 11-14 | BC : Mt Buffalo – Lake Catani Campground | Pvt | E/M | NE:fc | Jan Colquhoun |
| 11-21 | PC : South Coast Track (Tas) (with Ballarat BWC) | Pvt | Med | | Carolyn Barrie (B'rat) & Susan McInnes |
| 12-19 | PC : NZ: Tongariro Northern Circuit | Pvt | Med | | Roger Wyett |
| Sun 13 | DAY: NEW: Big Hill to Horseshoe Falls | Car | Med | CN:ge | Brett Daniel |
| Sat 19 | CYC: Neerim South area | Pvt | Med | WG:lv | Phil Brown |
| Sun 20 | DAY: Elphinstone Tunnel – Fryerstown (ALT DEPT) | Bus | E/M&M | NC:be | Judith Shaw and Deb Shand |
| Mon 21 | MOF: Botanic Gardens-Albert Park Lake-St Kilda | Pvt | Easy | CN:me | Keith White |
| Wed 23 | MTG: Annual General Meeting 2016 | | | | Ian Mair and Cathy Merrick |
| 25-29 | PC : Blue Mtns: Mt Vic.-Leura via Blue Gum Forest | Pvt | Med | | Agajan Akbari |
| 25-28 | PC : Nthn High Plains Cct: Ropers Hut-Spion Kopje | Pvt | E/M | NE:fc | Mark Simpson |
| Sat 26 | DAY: Dandenongs Explorer | Pvt | E/M | CN:md | Maureen Hurley |
| Sun 27 | DAY: Tarlita Creek, Six Chimneys and a Ruin | Car | Med | CN:ba | Ian Mair |
| Wed 30 | DAY: Dandenongs | Pvt | E/M | CN:md | Jerry Grandage |
| Thu 31 | SOC: Koonung Creek Reserve & Wetlands (5th Thursday) | Pvt | Easy | CN:me | Jean Giese |

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