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**THE NEWS** OF THE

# Melbourne Bushwalkers Inc.

ABN 14 396 912 508

May 2016

## MEMBERSHIP FEES ARE DUE!

See page 16.

## FEDWALKS WEEKEND OCTOBER 28-29 2017 WARBURTON



Melbourne Bushies are the 2017 host Club.

This is a unique opportunity to be part of something very special and fun, while supporting your Club.



Details of this year's event at the Grampians can now be found at [www.fedwalks.org.au](http://www.fedwalks.org.au). Have a look to get an idea of the scope of the event, and maybe be inspired to volunteer for our turn at beautiful Warburton, October 2017.

Great opportunities for **walk leaders**.



We will also need whips and volunteer helpers for registrations, car parking, first aid, coffee/tea etc.

Thanks to those who are already getting involved.



It's a bit like the Sydney Olympics for bushwalking clubs!

Don't miss out, sign up early to be a part of it. Let's be organised early.

Speak to Halina or Ken, or email your interest today to [fedwalks17@mbw.org.au](mailto:fedwalks17@mbw.org.au).



**Due date for contributions (including June previews) to June News: 21 May**

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](http://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: Merilyn 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](mailto: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](mailto:news@mbw.org.au).

Please note:

Next committee meeting will take place on  
**Monday 2 May 2016**

## NEW MEMBERS

We welcome the following new members:  
Mark Whitmore, Natalie Dittmann,  
Nigel Garson, Folker Schaumann.  
That should bring us up to 450 members.

## Call for Expressions of Interest BIBBULMUN TRACK, WESTERN AUSTRALIA, 23 SEPT-2 OCT 2016



The 1000 km Bibbulmun Track in the south-eastern corner of Western Australia ranks amongst Australia's top long distance walking tracks. The 127 km section from Walpole to Denmark is regarded by many as one of the highlights of the track, passing through stunning forests of karri and tingle trees, with place names as captivating as the 'Valley of the Giants', before entering into the rolling hills of the coastal zone beside the Southern Ocean. As if the scenery and natural beauty were not enough at any time of the year, the month of October is a special time with the wildflowers close to their best. This section gives walkers the best mix of forest and coast as well as, after Peaceful Bay, some of the most challenging days on the entire Track.

Check out the Bibbulmun Track web site for more details: <http://www.bibbulmuntrack.org.au/trip-planner/track-sections/walpole/>

If there is enough interest am planning to walk this section in late September and have added it to the Club program so that others may share in the experience. Whilst it is still some months away it is recommended to book flights early to take advantage of lower fares.

If you are interested please speak to Ian Mair or email me at [r.i.mair@bigpond.net.au](mailto:r.i.mair@bigpond.net.au).

This might be of interest to Bushies. A conversation with documentary director Jennifer Peedom, whose film *Sherpa* explores the 2014 Mt Everest avalanche which killed sixteen people, all of them Nepalese guides.

<https://radio.abc.net.au/programitem/peWDZJqe2D>

## PRESIDENT'S COLUMN – MAY 2016



I was recently asked how many days I walk in a year. I know to some it may seem like a lot but keeping count is not something I think about. I do it because I enjoy walking, even on days when getting out of bed feels like the last thing I want to do. Being part of Melbourne Bushwalkers it is easy to find opportunities to indulge. With over 150 walking trips on the program last year, including over 100 day walks, the hardest thing was often deciding which ones to do. Weighing up the benefits only in terms of days walked, though, is an inadequate measure of the full benefits from being part of the Club.

It is true that the walking is what brings us together. It is the common interest, sometimes the passion, which provides a connection, even if only for a limited time. We all value that connection, club ethos if you prefer, which is welcoming and generally without reference to anything other than a capacity to walk. Individually we have many

additional and different reasons why we walk, talk and stay with the Club. At this time of the year for the President and Committee, with membership renewals an important consideration, we are more acutely aware of some of those reasons and our performance in delivering on your expectations. I won't presume to speak on your behalf. I will, though, speak on why I enjoy being part of the Club.

As I have already said, I enjoy walking, but it goes beyond that. Without question it is the breadth and quality of the program the Club provides that make it my Club of choice. The physical and health benefits are another first order consideration. 'Use it or lose it' is a coarse but accurate statement of purpose. Staying fit and enjoying life is an aspiration I am sure we all share. Walking with effort delivers on that promise and being part of the Club denies some of the easy options to stop before the benefits kick in. Some of you may have noticed that it is also fashionable at the moment to talk of the mental wellbeing, intellectual improvement and physical regeneration that comes from 'walking with nature'. The Club's Facebook page has regular references to comments on these benefits. The scientific and psychological proofs are still in their infancy but the arguments are persuasive. It is better to be part of a bushwalking club exposed to the natural environment than to be walking around confined suburban streets.

Now that we all know we are going to be fitter, healthier and smarter than the average possum we meet, what more can we expect? I enjoy the companionship of people that I know share some common interests. Yes, there are times when I like to walk just with Halina or alone, but interacting with others too is part of growing as a person (perhaps at my age it is part of not slipping down the slope!) where even casual conversation challenges views and understanding of the circumstances and environment in which we live. That club ethos I referred to earlier becomes important here as it allows us to express views with respect and without animosity so that we can all re-evaluate our previous awareness on a diversity of subjects.

The society in which we live is a complex and often unfathomable entity. We rely on innumerable formal institutions and behavioural patterns to provide us with comfort and security. Not least of these is a web of volunteer organisations and networks that keep us engaged, challenged and informed. With good reason we may frequently think of volunteer bodies only in terms of charity institutions concerned for the disadvantaged or infirm in our communities. There are many other volunteer organisations that enrich our lives. Melbourne Bushwalkers is just one instance.

Active participation, in addition to walking, provides me with an opportunity to stretch myself and be a more effective contributor. From skills enhancement, such as website development, through to the challenges of leading activities, the Club provides scope for many of us to push our own boundaries. Structured training programs and mentoring help in our personal skills development if needed. We are indebted to the over 40 members who take on the numerous 'background' roles that keep the Club running smoothly, ranging from our first contact with a welcoming smile at the door, preparing the communications that keep us informed, through to looking out for our safety as we walk. In addition, around 70 Club members volunteer their support each year to organise and lead the activities program that is at our core. It is an impressive effort. For me the Club returns more than I give because of the unselfish contributions of others.

So it is with thanks that I look forward to my next opportunity to walk with the Club, to engage with other members both old and new, and encourage you all to make the most of the opportunities that your membership can provide.

*Ian Mair*

## CONSERVATION ACTIVITIES IN MAY



As bushwalkers, I think most of us are environmentalists at heart. We choose to spend our time walking through natural environments, enjoying scenery, observing wildlife or just enjoying the experience of being outdoors. We also know that the bush is under pressure from a range of environmental and political forces. However there is a range of activities open to us to help safeguard the bush which we love. These vary from hands-on activities like revegetation or weed control in parks to things we can do from the comfort of our armchairs.

Here are just a few of the activities happening in May:

- **Boneseeding on the Mornington Peninsula, Saturday 7 May.** VNPA and other bushwalking clubs are helping to remove the invasive weed boneseed from marked plots near Arthurs Seat. It's a great way to experience a beautiful part of the Mornington Peninsula, and lunch is provided afterwards at Sea Winds on top of Arthurs Seat. Boneseed regrowth is easy to remove. Contact Terese Dalman, 0413 234 130 or [teresedalman@gmail.com](mailto:teresedalman@gmail.com).
- **Nest box checking with the Regent Honeyeater Project, 14–15 May.** This project and its coordinator Ray Thomas are well known to many Bushies with their aim of restoring remnant box-ironbark habitat in the Benalla district for the endangered species still living there. They currently have 400 boxes which provide refuge for the squirrel gliders and sugar gliders which nest in about two-thirds of them! Increasingly stringybark nests of the rare brush-tailed phascogale are being found. The nests are regularly checked to monitor preferred habitats, breeding success, and feral species.  
You can help with checking nest boxes to see the wildlife at home and recording data for ongoing research investigations. Full details in the nest boxing flyer at <http://regenthoneyeater.org.au>. While you're there, check out the gallery of photos and videos about nest boxing. Contact Ray Thomas, (03) 57 611 515 or [ray@regenthoneyeater.org.au](mailto:ray@regenthoneyeater.org.au), if you would like to go.
- **Grampians track maintenance. Also on 14–15 May, Melbourne**  
Bushwalkers and VMTC are combining with Grampians Walking Track Support Group and Parks Victoria to undertake track maintenance in the Grampians around Stockyard Gap near Major Mitchell Plateau. Contact Mark Heath, [markus.heath@gmail.com](mailto:markus.heath@gmail.com), for more details.



But maybe you don't have time to devote a full day or weekend. Or perhaps you prefer something less physical. Don't worry, there's something for you too.

**Parks funding crisis.** You've probably read that funding cuts by successive State governments have severely affected Parks Victoria's ability to manage our parks. VNPA is running a campaign to increase funding for Parks. Visit <http://vnpa.org.au/eletter/parks-victoria-needs-immediate-funding-boost> to send a message to the Victorian Treasurer.



**Leadbeater's possum recovery.** The Federal Department of Environment has developed a draft plan to protect this critically endangered species. Comments are invited on the plan until 20 May. See <http://www.environment.gov.au/biodiversity/threatened/recovery-plans/comment/draft-recovery-plan-leadbeaters-possum> for the draft plan and how to comment.

\* \* \* \* \*

Some of you will know that I have taken over the role of Environment officer for Melbourne Bushwalkers, replacing Deb Shand who will still continue to be involved in the activities. My thanks to Deb for the work she has done in this role over the last few years.

If you do participate in any of the above activities, or if you know of others, I'd love to hear from you. Maybe you'd even like to write a brief report for the newsletter!

*John Terrell*

# 2016 Social Calendar

**Wednesday 4 May**  
**THE MOUNTAINS IN WINTER (AND HOW TO GET AROUND)**

Winter brings a completely different look to the bush. Many of our walking areas are covered with snow which brings a beauty and difficulty of access. This evening Bill Metzenthon will show slides of areas of Victoria under snow conditions and Doug Pocock will talk about cross-country skiing and will show equipment to get you out into the snow.



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



Amalfi is the focal town of the coast on which it is located. An independent republic from the 7th century until 1075, it was once an important maritime power. Sheer coastal cliffs punctuated with steep-sided gullies provided a natural haven from neighbouring invaders. In the 1920s and 1930s, Amalfi was a popular holiday destination for the British upper class and aristocracy. Near the better known Sorrento and Island of Capri, Amalfi today is still a popular destination for holiday makers who seek sunshine and a less crowded coastal retreat. Not so often visited are the many walking paths into the steep hills behind, which offer fascinating excursions into small villages and rugged landscapes for anyone looking for challenging day walks. Amalfi is an ideal starting point for anyone setting out along the coast on foot, stopping at the neighbouring

coastal towns to taste the culinary delights after an invigorating day of walking.

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

**Wednesday 22 June**  
**GREAT BARRIER ISLAND, NEW ZEALAND**

Stuart Hodgson and Susan Maughan are doing a talk on 'tramping' on Great Barrier Island, North Island, NZ. Pauline Dinatale and Bernie Prunty joined us and we all agreed the place surpassed expectations.

Great Barrier Island is in the Hauraki Gulf, past Waiheke Island and involved a four and a half hour ferry trip to reach it. The island is off the grid and a walker's paradise. Every corner offered stunning scenery and we enjoyed beautiful weather and balmy nights.

Our accommodation was the former Harbour Masters cottage on Whangaparapara Harbour, now a budget lodge. However, the island had enviable DOC coastal camping sites that were established to a high standard that included showers and shelters.



### MBW GROUP 2 TASMANIAN OVERLAND TRACK FEBRUARY 18–26, 2016

Leader: Helen Geddes; party Tracey Riley, Carol Ward, John Terrell, Peter Conroy, Helen Frances, Jayden Sanders, Cade Harrison, Paul McLennan and Robert Zuzowski

**Day 1** Driver Terry from Cradle Mountain Coaches patiently and safely drove our party of ten from Launceston airport via Deloraine to the Information centre at Cradle Mountain, gathering fuel, lunches, batteries and matches en route. Following the usual formalities of checking on Parks passes, last minute purchases of just-in-case chocolate, the second pack of cards etc. we set out on foot for the first night at Waldheim Cabins. The early arrivers had most generously purchased victuals for a communal feast and the group got hurriedly into its preparation. Some very fine culinary skill emerged and cemented a great and happy start for a very diverse group of adventurers.

**Day 2** started with light, cold drizzle as we worked our way along the valley floor from Ronny Creek, up and over the Crater Lake to Marions Lookout, then along the spur toward Barn Bluff, before a steep descent into Waterfall Valley. The sky had cleared by mid-morning so we walked in near perfect conditions. Excellent, as the first day is often trying as we establish the group dynamics in terms of speed, fitness, experience etc. We savoured the vista and potency of the Cradle Mountain Cirque, stopping for an early lunch at the foot of Cradle Mountain herself as some of the group opted to climb up and onto her rim. Our two youngest recruits were blown away by the experience despite some gaffer tape repairs required to some overpants before proceeding to Waterfall Valley for our first night on the Track.



Here is Cade's (one of the young recruits) diary entry for Friday the 19th of February ...

*'It is not the language of nature that speaks, it is those who are there to witness it.*

*'And so up the hill we went, and down the hill we came; step in the right spot and you'll fly. The ranger told us yesterday to not leave our rubbish in the wild. You see, the wilderness has no conscience, and like a good friend you must respect their needs. It is not for the land to decide what to do with the waste; it is not for the wind, or the stars or the mountain. It is for those who walk the earth with hearts and minds, and in turn the heart and mind of the earth will bare its soul to us.'*

Tracey wrote of Day 3, Waterfall Valley to Lake Windermere ...

*'We woke to a slight drizzle, but all in good spirits, ready to tackle the third day of our trip. For the majority, it was the first time sleeping on platforms, and we were all very impressed.*

*'The distance today was going to be around 8 km, not a hard day, so plenty of time to enjoy the side trips and to take in the view of Barn Bluff (we gauged the weather forecast on whether we could see the top or not).*

*'For the first hour or so, we were walking through buttongrass, heathland and alpine gums, as we skirted the Waterfall Valley cirque. We stopped and had a spectacular view of the Branigan Falls.*

*'We had a short stop at Lake Will, where many photos were taken, in order of raincoat colour. Lake Will is the highest lake in altitude on the Overland Track, and it is fringed with pencil pines, some are many years old.*

*'Lunch and then pretty much downhill to Lake Windermere. Another fantastic spot for our tents on the platforms, surrounded by snow peppermints and pandanis, with views of Lake Windermere and Barn Bluff.'*

#### **Day 4 Windermere to Pelion**

This is a big day with several ascents before reaching Pine Forest Moor and an opportunity to look out over the Forth Valley from a side diversion.

Tracey's comment: *'... but personally I think the highlight was the three eagles soaring overhead. They were amazingly close, such beauty and fantastic to see.'*

We continued through myrtle beech rainforest, sidling 500 m downward along the eastern flank of Mt Pelion West to Frog Flat on the Forth River below. Here we found ourselves surrounded on all sides with the lofty

*continued over page*

## MBW GROUP 2 TASMANIAN OVERLAND TRACK

*continued from page 7*



massifs of Mt Ossa, Mt Doris, Mt Oakleigh, Mt Pelion East and others. We climbed on and up to Pelion Hut, framed against Oakleigh's shards.

Following a visit to Old Pelion Hut and a cold swim, all settled on to the platforms and an evening of socialising with new-found companions met along the Trail.

### **Day 5 Pelion to Kia Ora**

Once again we woke to light drizzle which disappeared early. We climbed 500 m to Pelion Gap where we opted to climb to Ossa's summit in lieu of Mt Pelion East. An amazing vantage from Tasmania's highest peak and where one can look out over the entire island.

The final descent to Kia Ora Hut through Pinestone Valley under the flanks of the Central Plateau's Cathedral Mountain evoked memories for me of previous snow-covered journeys along this route.

Kia Ora hut was humming and by now the group had made a number of connections with other groups on the Trail. On the Ranger's advice we packed all food and rubbish into our packs and secured them in the hut overnight, as

renegade possums had caused damage to a small number of tents on previous evenings. The Ranger felt it easier to train the participants than retrain possums.

### **Day 6 Kia Ora to Windy Ridge (Bert Nicholls Hut)**

Big waterfall day commencing with a climb up to the historic Du Cane Hut.

D'Alton, Fergusson and Hartnett Falls had us lingering deep down amid the sound and mist of the Du Cane Range's glacially formed cirque into the Mersey River.

Reluctantly, we took ourselves back out onto the Track to climb up into the gap in the Du Cane Range, slipping in under the Traveller Range and on down through the myrtle beech forest to Bert Nicholls Hut, which sits in Mt Geryon's foreground.

### **Day 7 Windy Ridge to Pine Valley**

Carol wrote: *'We were all delighted and relieved to be packing up dry tents, as rain had been forecast. Our tents were the driest they had been due to the 30 knot overnight winds. We departed at 8:00 am.*

*'This was a stunning part of the Overland Track with the abundance of bird sounds, tall Eucalypts and fragrant Heath scrubs. Walking into Pine Valley is amazing moss covered surrounds, the rain added to the rich beauty.*

*'We set up camp, we had a very pleasant evening sitting on the hut verandah, protected from the rain, cooking our dinner, chatting to other bush walkers.'*

### **Day 8 Pine Valley to Echo Point**

Carol *'... Crossing the Narcissus River was fun as it's a lovely suspension bridge. We had morning tea at Narcissus Hut.'*

The rainfall increased as we made our way to Echo Point. The hut here is minute with accommodation for just eight persons and primarily for those not carrying tents. As the ferry fee has increased dramatically there is increasing pressure to utilise the route around Lake St Claire. There is also an increasing consensus that this is an important sector of the Overland Track experience and deserves incorporation rather than exclusion.

### **Day 9 Echo Point to Cynthia Bay**

Heavy rain this morning as we packed up and completed the journey into Cynthia Bay and a warm cooked brunch, before jumping onto our Hobart-bound bus with the reliable Terry at the helm. A wind-up dinner at a local pub and we said farewell to a most enjoyable adventure.



*Helen Geddes*

Photos were taken by John Terrell. Check the club's website

[http://mbw.org.au/zenphoto/2016/pack-carry/2016021801\\_Overland\\_Track\\_Tas/](http://mbw.org.au/zenphoto/2016/pack-carry/2016021801_Overland_Track_Tas/) for the full set.

## MT BUFFALO BASE CAMP, MARCH 2016

Sixteen participants gathered at the Mt Buffalo National Park camping ground for this fabulous three days of walking.

Jan managed to fit the tents and cars into a rather small area and thank you to Susan and Michael for providing an annexe for us to gather together for meals, drinks, conversation etc.

On Saturday we completed the 12 km Back Wall Walk and enjoyed afternoon tea on the way back to camp at Dingo Dell Café. For those who felt more energetic, we climbed down through 4 km of rocks of the Chalwell Gallery. I am pleased I decided to make the extra effort – it was amazing

On Sunday we took the Lake Catani Gorge track to The Chalet – the charming guest house previously managed by Victorian Railways and now closed. Such a shame as this is a glorious building which could boast some wonderful stories from the past. From there we took the downhill version of The Big Walk (13 km) – the deciding factor to do this version was the expected temperature of 33 degrees. On route we viewed the Upper and Lower Rollasons Falls (an additional 4 km) with some walkers plunging into the very cold but refreshing water – this was followed by a steep climb back to the road with some walkers choosing to walk to the end of the walk to Eurobin Creek picnic area.

The finale of the day was taking a 3 km walk along with lots of nibbles and wine to see the sunset from The Horn – simply stunning and an occasion to remember

On Monday we car pooled to the Reservoir and walked the Long Plain track to Lake Catani with the optional ascent of Mt Dun (8 km). Following lunch we drove to the Cathedral carpark and explored The Sentinel, The Corral and Mahomets Tomb (3 km).



1



2



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We left the mountain and met at Tosteria del Corso Café in Milawa. We can recommend the fabulous gelati, coffee, wine and a large selection of Italian dry goods

In summary this was a weekend of fun, fellowship, great walking and spectacular scenery

Thanks Jan for your skilful organisation of the trip and your great attitude of accommodating everybody's needs – you have the patience of a saint!

*Wendy Davis*

Photos: 1 The 'mystical' peak of The Horn.

2 A popular spot on a very warm day.

3 Corral Rock. How do they make them like that?

Photographers were Stuart Hanham, Stephen Ingrouille, Androula Demetrios, but I don't know who took which ones.

Ed.



### HIGH PLAINS WALK EASTER 2016 – LEADER MARK SIMPSON

Seven Bushies met at Washback Creek 1 pm Good Friday. After a car shuffle we commenced walking initially up the Big River Fire Trail to the Marum Point track then off track to Fitzgerald's Hut. The hut, which is one of the oldest in the area, was burnt down December 1991 and restored using recycled timbers in 1993. We set up camp and went on a short jaunt to Kelly's hut only 600 metres to the north. A camp fire was lit but it was only burning half-heartedly as the fuel was damp so it was early to bed. Our tents were already showing signs of condensation. Surprisingly in the morning all tents as well the grass were dry.

We broke camp at 8:30 and back tracked to the Fire Trail, our first destination being Mt Nelse where in bright sunshine, we must have the longest morning tea in Bushies' history. Our next stop was Mt Nelse North which is some 2 metres higher. After descending the



Mount we continued a short distance on the fire trail then off track en route to Roper's Hut, arriving fairly early in the afternoon. After setting up camp a side trip to Timm's Lookout was undertaken off track to the Fire Trail again which was followed until 500 metres from the summit where we climbed off track to the ridge to Timm's Lookout. The lookout afforded 360 degree views, e.g. Mts Buffalo, Bogong and Feathertop. Heading back to camp we decided to stay on the ridge to enjoy the magnificent views. On reaching the escarpment a brave decision was made to continue down the spur instead of heading back to the track. Although we could sight the camping area, there was a densely wooded area in our path but with some skilful navigating and bush bashing we came out at the water collection track back to camp.

That night we had a real fire and were soon joined by visitors to keep warm from the rather chilly wind – an expat German couple living in Melbourne and a young man from Albury. The conversation was so interesting we talked well in the evening until the firewood run out. However, in the morning the conversation with our new friends continued so much that our departure time was put back around one hour. Jenny put forward a good argument for the German couple to join the Club; perhaps she should be appointed our Recruitment Officer. Brett and Fang left at Roper's to return to Melbourne for work commitments.

Again it was off track to explore some waterfalls. We headed westerly until Whiterock Creek was reached, then following the creek we enjoyed many cascades and mini falls until Whiterock Falls were reached. Some time was spent climbing down the falls to get a better view and more interesting photos. Heading further west to the headwaters of the Big River where lunch was taken, we followed the river downstream honing our rock hopping skills, sighting many brilliant cascades, the highlight of the walk. I might add at this point we noticed a lone figure on Granite Spur waving enthusiastically at us. We speculated the figure may have been Gina H. who was walking with VMTC to Mt Bogong. Leaving the creek and climbing a steep spur we reached the Spion Kopje track. Upon downing packs, we headed to Spion Kopje to take in the views. Reclaiming our packs we headed to our final hut (Edmondson's) to camp.

The following morning it was again off track up and down spurs and walking through dense undergrowth along Nelse Creek, ascending a heavily treed spur that eventually crossed the Roper's Lookout track which was followed to the lookout affording good views of Falls Creek village and Rocky Valley Dam. After morning tea we walked down the track to the Rocky Valley aqueduct back to cars. A quick change of clothing and we headed to the Mt Beauty bakery for lunch.

It was a very enjoyable walk, the weather as perfect for walking as was as the company. Many thanks to my fellow walkers Brett, Diane, Fang Jenny, Jopie and our leader Mark (a job well done) for a very enjoyable trip.

*Ray Spooner*

## BEGINNERS' MT FEATHERTOP EXPERIENCE, APRIL 2016

My first overnight bushwalk to Mount Feathertop was an amazing experience. Before commencing the walk, John Fritze weighed everyone's bags and to my surprise, mine came out the heaviest! John led the team through the alpine scenery of the Razorback trail. We arrived near our camping spot and we left our bags before climbing the steep and rocky mountain of Feathertop. We walked roughly 11 kilometres on the first day. The trek was not too difficult, although this was the first time I was carrying a full back pack for overnight camping and it made things a little more challenging than the previous day walks that I had done. I also needed a little bit of help in the evening setting up the tent I'd hired.

As we approached the summit, I realised that I suffer from a fear of extreme heights. I had never felt this before but the sheer magnitude of the peak was a little hard to take in. The highlight of the trip was seeing James and Lucy, both 10 and 12 years old respectively, climb the mountain with such ease and enthusiasm. It was fun to see them taking pictures of their penguin and fox stuffed animals at the summit. It was equally amazing to see Stuart and Cody doing yoga head stands at the summit as well. The stars that evening were incredible, our being so far away from any major towns.

On the second day we walked through bush that had been burnt out during recent bush fires as we had on the prior day. However we saw things from a slightly different perspective after coming upon a beautiful, majestic snow gum that had been saved due to it being one of the tallest and oldest in the region. On the walk back, it was windy and I could hear the wind in the trees. However I felt quite serene taking in the natural environment and the fresh air.

Overall, I had a great time. I would highly recommend this walk. The scenery was wonderful and climbing the mountain made for a great challenge. I also got to meet all of the members present for the walk, as there was time to chat and make new friends.

The participants were John Fritze (leader), Carol Ward, Codi Sharp, Wen Qui, Jopie Bodegraven, Jenny Flood, Stewart Flood, James Flood, Lucy Flood, Natalie Dittmann, Kerryn Moore, Nimfa de Gracia, Sushma Nemani, Ilona Lerner and Njeri Cornes.



*Natalie Dittman*

Photos: 1 This is not a volcano but Feathertop and some of the group arriving at our lunchspot.

2 We dropped our packs at the Bungalow Spur junction and did a side trip to Feathertop summit.

3 Two yogis doing a head stand on top of Mt. Feathertop.

Photographers were John Fritze, Jopie Bodegraven, Nimfa de Gracia.



# **KNEE CAP PAIN?**

## **WE NEED YOU in 2016!**

Do you have pain using stairs or during sitting/squatting activities? If you are aged between 50 and 75 years and have pain around your knee cap (pain at the front of your knee), you may be eligible to participate in ground-breaking research into this common condition.

### **What will you be asked to do?**

- Attend La Trobe University (Bundoora campus) for an examination of your knees
- Undergo detailed analysis of you walking in various shoe inserts
- Wear shoe inserts for 6 weeks in your regular footwear
- Complete questionnaires about your knee pain

**All participants will receive a FREE pair of shoe inserts!**

For further information, please contact **Jade** on **9479-2768** or  
**[jade.tan@latrobe.edu.au](mailto:jade.tan@latrobe.edu.au)**

**Website: <http://semrc.blogs.latrobe.edu.au/kneecap-pain>**

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](http://www.mbw.org.au/mbw_activities/MBW_activities_program.php)

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

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

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



**SUNDAY BUS**

**LOST CHILDREN TRACK (PLUS CIDERY)**

**DATE** Sunday 29 May 2016  
**RETURN TIME** Expected by 6:00 pm  
**STANDARDS** Easy and Easy/Medium  
**DISTANCES** 14 km and 18 km  
**LEADERS** Denise Charman and Jenny Andrewes  
**TRANSPORT** Bus – leaving Southbank Blvd at 8:45 am  
**AREA** Daylesford

This walk will follow in part the tracks of the Lost Children, leaving from just outside Daylesford township and walking to the Wombat State Forest picnic ground. The Easy/Medium walk will walk to Jubilee Lake. The track is a wide walking trail in most parts and it will be surprising how far the small children (oldest 6 years) actually walked. There are a couple of climbs but easily done. The walk is expected to finish early about 3:30 pm. Arrangements have been made to visit the Daylesford Cidery. For \$6, walkers can choose between coffee and cake and a cider tasting paddle.



**CROSS-COUNTRY SKIING**

**REGISTRATION OF INTEREST**

**DATES** 1–30 June 2016  
**STANDARD** Easy/Medium  
**LEADER** D. Pocock: jan-doug@bigpond.com  
**TRANSPORT** Private

One of the joys of winter is to rug up warm, put on cross-country skis and explore the alpine country. Jan and I are proof that you don't have to be an expert to enjoy the experience.

For some years now the Club has not programmed Ski trips because of the uncertainty of snow conditions. This is a pity because it has also meant that we have not run introductory trips to enable people to get some basic skills. In the past, Jan and I have used the opportunity of an unexpected snow fall to nick up and have a very pleasant time.

I propose a system whereby members can register an interest so that a list can be drawn up and, if someone wants to organise a trip (with very little notice) then contact can be made and a trip organised. These would be Club trips and members would be covered by Club insurance.

Information required would be:

- Name
- e-mail address
- Address (for car sharing)
- Do you have a car (4wd? Chains?)
- Are you available all week or only weekends?
- Are you a beginner interested in an introduction to skiing?
- Are you experienced and would like to organise a trip?

*Doug Pocock* [jan-doug@bigpond.com](mailto:jan-doug@bigpond.com)

Please note I will be away for some of May and June so you may not get a prompt reply.



**TOPS WALK**

**WATTLE PARK – GARDINERS CREEK**

**DATE** Thursday 2 June 2016  
**STANDARD** Easy  
**DISTANCE** 10 km  
**ELEVATION** Small hills  
**LEADER** Alan and Jan Case  
**TRANSPORT** Private or No. 70 tram, stop no. 59  
**AREA** Burwood  
**MAP REFERENCE** Melway 60, 61 and 46

The first part of this walk is through Wattle Park and along the Back and Hercules Creeks valleys. The walk includes the Surrey Gardens which has a WW1 Shrine, built in 1917, featuring a carved timber memorial panel. The Shrine is protected by a pair of 1843 cannons. Various friends groups have assisted to turn neglected creek valleys into pleasant walks.

Lunch will be back at Wattle Park which has shelters in the event of inclement weather. After lunch we will walk through Wattle Park, crossing Damper Creek and past the conservation area to Gardiners Creek. Well made trails along Gardiners Creek are an easy walk before we return on a different route through Wattle Park past the Lone Pine and Chalet to the cars. We may partake of a coffee afterwards in the Golf Course Café.

Meet in the golf course car park (Melway 60 J3) before 10.30 am (also accessible from the No. 70 Tram, Stop No. 59 in Riversdale Road).

Book with Alan and Jan.



**LODGE**

**LODGE: TIDAL RIVER, WILSONS PROMONTORY**

**DATE** 3-5 June 2016  
**STANDARD** Easy  
**DISTANCES** Various  
**ELEVATION** Various  
**LEADER** Jill Allen  
**TRANSPORT** Private. To be advised by Leader if car pool proposed  
**AREA** Wilsons Promontory National Park

**PLEASE NOTE: THIS WALK IS FULL.**

I have booked a 12-bed lodge at Tidal River. Blankets and pillows are supplied; however guests provide their own linen and towels. Features include: Central living/dining area, fully equipped kitchen with microwave, bathrooms, gas heating and barbecue.

The cost will be \$61.10 per person for the two nights' accommodation, which will payable on booking.

We will cover some of the great local walks around Tidal River, like Mt Bishop, Mt Oberon, Tidal Overlook, Lilly Pilly Gully and perhaps some of the northern walks as well, like Darby Saddle to Tongue Point.



**SUNDAY BUS**

**TRENTHAM TO BLACKWOOD (VIA BLUE MOUNTAIN)**

**DATE** Sunday 5 June 2016  
**STANDARDS** Easy/Medium and Medium  
**DISTANCES** 15 km and 19 km  
**LEADERS** Nik Dow and Nigel Holmes  
**TRANSPORT** Bus - leaving Southbank Blvd at 8:45 am

The forest to the north of Blackwood is generally very pleasant for walking, tall eucalypts and often a clear understorey which is good for off-track walking. The easier walk will stay on 4WD tracks but the longer walk will be off track some of the time. Pending permission from one landowner the shorter walk will inspect an old film set, already decaying when the Club last visited in 2011. The longer walk and maybe both will take in the Blue Mountain lookout. We will be covering similar country and some of the same tracks as the walk one of us led up that way last year, I'm looking forward to being back in that beautiful forest. The shorter walk follows the Lerderderg River back Blackwood where the bus will be waiting to take us home.



**WEDNESDAY WALK**

**INGLITON GORGE, FALCONS LOOKOUT, THE GRANITES**

**DATE** Wednesday 8 June 2016  
**RETURN TIME** 3:30 pm back to cars  
**STANDARD** Easy/Medium  
**DISTANCE** 12 km  
**ELEVATION** Fluctuations up to 150 m  
**LEADER** Margaret Curry  
**TRANSPORT** Private  
**AREA** Werribee Gorge State Park  
**MAP REFERENCE** Lerderderg/Werribee Gorges 1:20,000 and Park Note

This walk will be completed in two sections. The first is Ingliston Gorge where we follow a scenic trail along

Sloss's Gully, before heading down a ridge to meet winding Whitehorse Creek. We follow the creek bed through an attractive gorge before climbing back up to the cars for lunch. We then drive 1.5 km to start our walk into Falcons Lookout, which is a popular site for rock climbers and provides panoramic views of Werribee gorge. An optional extra is a detour to The Granites which provides some stunning views. Some ups and downs and loose surface rocks. Werribee Gorge is home to echidnas, koalas, swamp wallabies and eastern grey kangaroos. Bird life is prolific, two notable species being the wedge-tailed eagle and the peregrine falcon.

Travel on Western Freeway to Bacchus Marsh, taking the Gisborne Road exit (C704), later called Grant Street. Turn right at the roundabout onto Griffith Street, immediately before the railway line. Travel 2 km and turn right onto McCormack Road, keeping the golf course on your left. Travel up the hill and turn right just after the railway crossing onto the Ballan via Ingliston Road. (Avoid Dog Trap Gully Road which is straight ahead). After 2 km bitumen changes to a gravel surface. Travel 4 km on this, through a boom gate/rail crossing. Drive past Falcon's Lookout carpark and 1.5 km from here reach Ingliston Gorge carpark, a small clearing on the left hand side of the road. Please meet 10:15 am for a 10:30 am start.



**PACK CARRY**

**WILDERNESS COAST WALK, QUEENS BIRTHDAY WEEKEND**

**LIMIT** 8  
**DATE** 10-13 June 2016  
**RETURN TIME** Monday evening late  
**STANDARD** Medium  
**DISTANCE** 51 km  
**ELEVATION** Much beach walking (very little elevation)  
**LEADER** Helen Geddes  
**TRANSPORT** Private transport/car shuffle required  
**TRANSPORT COSTS** \$80 per person  
**WATER TAXI** \$20 per person  
**PARKS FEES** \$10 per person per night (total \$20/ person)  
**FRIDAY CARAVAN PARK** \$TBA  
**AREA** Mallacoota Nadgee Nature Reserve

Australia's south east coast is blessed with some of the loveliest, pristine, deserted beach-combing areas in the world. Roaming out from Mallacoota on through the Cape Howe Wilderness to Cape Howe whilst coming up alongside Gabo Island one can escape all cares. From here we slip over the border into the NSW Nadgee Wilderness Area, finally coming out three days later at Merrica River Ranger Station.

Friday night camp along the way, perhaps Bairnsdale.

**Day 1.** Saturday an early rise to drop most walkers at Mallacoota before sending the car shuffle north. Vehicles are to be left at Nadgee Ranger Station. On return to Mallacoota the entire party will cross Mallacoota Inlet via water taxi (approx. \$20/head). We will then walk into Big Beach, along via Lake Barracoota to Lake Wau Wauka for the night's camp. Here we can explore Howe Hill, fish, read or do nothing...

**Day 2.** Out from Lake Wau Wauka we can marvel at the remnants of ship wrecks, take in the beauty of massed sand dunes, cross from Victoria to New South Wales and generally relax. There are a number of places we can camp so we will choose where the water is most dependable.

**Day 3.** Monday we make our way out to the Ranger Station beside Merrica River. Then we retrace our steps to recoup the outstanding vehicle and make our way back to Melbourne, totally relaxed and satiated.



## SUNDAY CAR POOL

### SUNDAY CREEK RESERVOIR (MT DISAPPOINTMENT)

<b>DATE</b>	<b>Sunday 12 June 2016</b>
<b>RETURN TIME</b>	<b>Return to Southbank Boulevard at 6:30 pm</b>
<b>STANDARD</b>	<b>Easy</b>
<b>DISTANCE</b>	<b>12 km</b>
<b>ELEVATION</b>	<b>270 m rise</b>
<b>LEADER</b>	<b>Christopher Collett</b>
<b>TRANSPORT</b>	<b>Carpool – leaving Southbank Blvd at 8:45 am</b>
<b>TRANSPORT COST</b>	<b>\$14.00 (per person)</b>
<b>AREA</b>	<b>Clonbinane–Mt Disappointment State Forest</b>
<b>MAP REFERENCES</b>	<b>Wandong and Reedy Creek 1:25,000</b>

The preview for this walk showed that additional fencing which now surrounds the Sunday Creek reservoir would make the intended route difficult to follow, and so the walk has been amended.

We will start at the Andersons Garden picnic ground near Clonbinane, with a short uphill walk to a location where there are open views across the surrounding countryside. We'll then proceed across lightly vegetated open country where several kangaroos were observed on the preview to complete a circuit back to the picnic ground. Nearby we'll have lunch at a delightful setting on Sunday Creek. After lunch a nature walk loop through eucalypt forest will take us upstream towards the reservoir, across the creek, and then we'll return to the picnic ground following the creek downstream.

Overall, an ideal walk in winter in a bush setting not too far from Melbourne.

The walk is planned to allow sufficient time to have a coffee on the way home.



## CYCLING

### FOOTSCRAY-BRIMBANK CIRCUIT

<b>DATE</b>	<b>Saturday 18 June 2016</b>
<b>RETURN TIME</b>	<b>3:30 pm</b>
<b>STANDARD</b>	<b>Easy/Medium</b>
<b>DISTANCE</b>	<b>55 km</b>
<b>ELEVATION</b>	<b>300 metres</b>
<b>LEADER</b>	<b>Phil Brown (contact)</b>
<b>TRANSPORT</b>	<b>Train or car</b>
<b>AREA</b>	<b>Western Suburbs</b>
<b>MAP REFERENCE</b>	

We will start at Footscray Station at 9:30 am it is a circuit ride out to Brimbank Park for lunch. We will be using the Federation, Kororoit Creek and Ring Road Trails to get there and back using the Maribynong River Trail.



## SUNDAY BUS

### CAMEL'S HUMP – MT CHARLIE

<b>DATE</b>	<b>Sunday 19 June 2016</b>
<b>RETURN TIME</b>	<b>Return to Southbank Boulevard at 6:30 pm</b>
<b>STANDARDS</b>	<b>Easy/Medium and Medium</b>
<b>DISTANCES</b>	<b>17 km and 19 km</b>
<b>ELEVATIONS</b>	<b>170 m rise and 320 m rise</b>
<b>LEADERS</b>	<b>Ian Mair and Halina Sarbinowski</b>
<b>TRANSPORT</b>	<b>Bus – leaving Southbank Blvd at 8:45 am</b>
<b>TRANSPORT COST</b>	<b>Standard Sunday Bus charge of \$25</b>
<b>AREA</b>	<b>Macedon Ranges</b>

**MAP REFERENCES** Vicmaps T7823-3-4-2, T7823-3-1-3, T7823-3-2-4

This walk starts by climbing the Camel's Hump near Mt Macedon to admire the views over Hanging Rock and beyond, then through Day's Picnic Ground to the delightfully reflective Sanitorium Lake. From there we wend our way along tracks down off the mountain and along country lanes with grand gateways and rural views.

The best part of the walk is left to last as we climb Mt Charlie through open forest with lush grass trees, with the bonus of some off-track walking to the summit. We then have a steepish descent which may require some bush-bashing before we can locate the overgrown and elusive track that leads us to the bus.

If you enjoy a good walk with some hills (less for the E/M group) and scenic views, then this is for you. It is not suitable for visitors unless they have some bushwalking experience.

Be prepared with warm clothes if the weather is cool. Mt Macedon is renowned for being cool even when Melbourne is bathed in sunshine.



## MOFS WALK

### NOOJEE TRESTLE BRIDGE AND TOORONGO FALLS

<b>DATE</b>	<b>Monday 20 June 2016</b>
<b>RETURN TIME</b>	<b>3:00 pm</b>
<b>STANDARD</b>	<b>Easy</b>
<b>DISTANCE</b>	<b>10 km</b>
<b>ELEVATION</b>	<b>1 km long gentle climb to the falls</b>
<b>LEADER</b>	<b>Ron Evans</b>
<b>TRANSPORT</b>	<b>Private</b>
<b>AREA</b>	<b>Noojee</b>
<b>MAP REFERENCE</b>	<b>Melway X912 V4</b>

This walk consists of two short walks – one along the old Noojee railway line and the other walk is up to see the Toorongo Falls. In the morning we follow the old railway track to the historic Noojee Trestle Bridge and continue walking to the end of the track. From there we loop back to the bridge and walk back into Noojee along the main road for lunch.

After lunch we take our cars to the Toorongo Falls carpark (a distance of 9 km) and complete the loop walk up to the Toorongo Falls and return via the Amphitheatre Falls. This walk was last done in September 2013 when the falls had plenty of cascading water so hopefully we will see the same in June.

Both walks will include walking along parts of the Latrobe and Toorongo rivers with mature trees and fern gullies. At the end of the walk I am hoping we can have a coffee/tea at a friend's house in Noojee and see the wild parrots he feeds daily.

We meet at 10:30 am, at the Noojee steam locomotive car park. From Melbourne take the Monash/Princes freeway to Warragul, turn off at the Neerim South/Noojee exit C426 and follow C426 into Noojee, turn right at the Mt Baw Baw tourist road also C426 and go past the Noojee pub where you will see the locomotive steam engine and park. Allow at least 110 minutes for the drive from Melbourne. I also believe you can get there via Powelltown.



## SOCIAL WALK

### GARDINERS CREEK, GLEN IRIS

<b>DATE</b>	<b>Thursday 23 June 2016</b>
<b>STANDARD</b>	<b>Easy</b>
<b>DISTANCE</b>	<b>About 5 km</b>
<b>LEADER</b>	<b>Jean Giese</b>

**TRANSPORT** Private  
**AREA** Glen Iris  
**MAP REFERENCE** Melway 59 and 60

Think Gardiners Creek and you think bike trail. But a nice walk can be had on both sides of the creek and wetlands without using it much at all.

Meet in the car park adjacent to the RSL Club in Stanley Gross Drive, off Winton Road, Melway 60 A12, to start walking at 10:30 am. Lunch to follow at the RSL Club.

Book with leader.



## PACK CARRY

### BARMAH NATIONAL PARK

**DATE** 24–27 June 2016  
**RETURN TIME** 7–9 pm Monday  
**STANDARD** Easy/Medium  
**DISTANCE** Up to 55 km  
**ELEVATION** Flat terrain  
**LEADER** Ian Mair  
**TRANSPORT** Private  
**AREA** Barmah National Park  
**MAP REFERENCE** Park Notes – Barmah National Park

Barmah National Park (28 521 ha), together with the adjoining Murray Valley Regional and National Parks in New South Wales, forms the largest River Red Gum forest in the world. The complex ecology of the forest is closely linked to the Murray River and its flooding regime, creating a diverse natural habitat for a variety of wildlife, particularly waterbirds. Barmah is a little over three hours drive north of Melbourne (225 km).

This walk will be exploratory. Starting from our Friday night camping spot near Barmah Lake, just north of Barmah, we will walk north, at times along the bank of the Murray River, and also follow vehicle tracks and off-track as appropriate and suitable. With the long dry spell we have experienced the area is likely to be dry with the lower, at times swampy, areas easy to negotiate. We will aim for a Saturday camp site opposite Picnic Point (NSW) on the banks of the Murray River. On Sunday we will continue to follow the river upstream before heading south across the park to a campsite near the southern border, on the banks of the Tullah Creek where we will have made a water drop on Friday. Monday we will head in a westerly direction along the edges of the Tullah Creek and lesser-used vehicle tracks to our starting point at Barmah Lake.

I hope you can join me on this interesting trip. River Red Gums line the Murray River for most of its length. These iconic trees can reach 45 metres and live for more than 500 years. The forest provides important habitat, particularly for waterbirds, with over 200 species of birds recorded. It is one of Victoria's largest waterbird breeding areas. Brolgas, night herons, spoonbills, sea eagles and azure kingfishers can all be seen in the park.

The exploratory nature of the walk limits the trip to experienced walkers only.



## DANDENONGS EXPLORER

### KALORAMA TO DOONGALLA RETURN

**DATE** Saturday 25 June 2016  
**STANDARD** Easy/Medium  
**DISTANCE** 13 km  
**LEADER** Fiona Gallery  
**TRANSPORT** Private  
**AREA** Dandenong Ranges

**MAP REFERENCE** Melway 52 and 66

The walk begins at 10:00 am at Five Ways in Kalorama, Melways 52 J9. This is on the Mt Dandenong Tourist Road overlooking the Silvan Dam, where Ridge, Barbers and The Old Coach Roads intersect. We will walk to the Doongalla Homestead Site picnic area for lunch along fairly good tracks in front of Mt Dandenong. This is a walk that has a lot of steep ups and downs and may be slippery in places if wet. I expect to be back at the cars about 4:00. We will be having a morning tea break at the Mt Dandenong Lookout where there is a café for those wishing to purchase a coffee – well deserved as it is a bit of a climb to the top.



## SUNDAY CAR POOL

### WOODLANDS HISTORICAL PARK

**DATE** Sunday 26 June 2016  
**RETURN TIME** Return to Southbank Boulevard at 5:30 pm  
**STANDARD** Easy  
**DISTANCE** 15 km  
**ELEVATION** Slight  
**LEADER** Mark Heath  
**TRANSPORT** Carpool – leaving Southbank Blvd at 8:45 am  
**AREA** Melbourne  
**MAP REFERENCE** Melway 5, 177 and 178  
**TRANSPORT COSTS** (per person) \$10

Woodlands offers a range of pleasant surprises close to Melbourne. There's the Living Legends paddock in front of the old homestead where former champion race horses are kept, and the homestead itself was erected from a kit brought out from England in 1840.

Gellibrand Hill offers great views of Melbourne and there is a poignant Koori cemetery nearby. Kangaroos and a range of birds are generally seen in the park.

Afternoon tea back at the old Homestead rounds out the day.

## THE BEAUTY OF NORTHERN VIETNAM ADVENTURE TOUR

### Expressions of Interest Invited

I am currently organising a 20-day tour of Northern Vietnam. Highlights include:

- 9 day trek crossing Mt Fansipan (3143 m), Vietnam's highest mountain, and visiting local villages;
- 2 day tour of Cuc Phuong National Park where we visit the Primate Rescue Centre;
- 3 day Halong Bay Cruise staying on a junk;
- Various day tours in and around Hanoi.

The tour will only be offered to members and limited to 8 participants. As the trek is deemed strenuous I will only accept participants who I am confident will be capable of the trek. We will be leaving Melbourne on either 5th, 6th or 7th November 2016 (dependent on when the cruise is available).

If you are interested and want more details, including estimated cost, please email me, Halina Sarbinowski (contact details are available in the members' section of the website).

**X-C SKIING: BOGONG HIGH PLAINS  
ROVER CHALET – AUGUST 6–9**



The Club is lucky to be able to offer a week's X-C skiing on the delightful Bogong High Plains. We are able to stay at the Rover Chalet which is a 12 km ski in from Falls Creek and is an excellent base for back country skiing.

The Chalet is comfortable with heating, showers, toilets, laundry and a drying room. Food is by a pre-set menu, all dry food is in the chalet and we only have to carry in fresh food. A voluntary roster is drawn up to ensure all cooking, cleaning, wood chopping, bread-making etc. is done with minimum fuss to allow full days skiing. The chalet is warm so light weight sleeping bags can be taken in. Normal skiing clothes and a change for in the chalet are required but laundry facilities means that packs can be kept light for the ski in.

Depending on the weather (at this stage sunny days and good snow is forecast) we take lunch and have trips out to many parts of the Plains with generally an easy option and a longer, harder option. Favourite destinations include Mt. Jim, Rocky Knobs, Mt. Cope, Fitzgeralds Hut, Mt. Nelse, and High Plains Creek Waterfall.

The cost for the week is \$425 and this covers the week at the chalet, return bus trip from Mt Beauty to Falls Creek and sleeping accommodation on Friday night.

For further information ring me or Merilyn Whimpey.

*Doug Pocock*

**MEMBERSHIP RENEWAL SLIP**

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

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

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

<b>Fees:</b>	<b>Single member:</b> \$45*	<b>Concession:</b> \$34* (Proof required**)
<i>(Please circle your membership category)</i>	<b>Couple/Family:</b> \$72*	<b>Concession:</b> \$50* (Proof required**)
	<b>News Only Subscribers:</b> \$27.50	

**Notes:**

- \* Members who currently receive their copies of 'NEWS' via postal mail should add \$17.50 to continue. No new hard copy subscriptions will be accepted.
- \*\* Concession membership applies to those who hold an Australian Government concession card, not a Seniors Card only.

Name: .....		Year of birth (optional) .....
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<b>(Note: Year of birth is used only for statistical purposes and not published in any lists.)</b>		
<i>Fill in Address, Telephone number(s) and email address only if changed since last renewal:</i>		
Street Address: .....	YES / NO	<i>Indicate left if you agree details can be displayed to other members in the Members' Secure Login Area (Default in <b>Bold</b>)</i>
Suburb & Postcode: .....	YES / NO	
Tel: [H] ..... [W] ..... Mobile .....	YES / NO	
Email: .....	YES / NO	
Emergency Contact: .....Tel: ..... [H][M][W]	YES / NO	



**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!**

<b>June 2016</b>				
1-30	SKI: X-C Skiing: Registration of interest	Pvt	E/M	D.Pocock: jan-doug@bigpond.com
Thu 2	TOF: Wattle Park – Gardiners Creek	Pvt	Easy	Alan Case
3-5	LOD: Lodge: Tidal River, Wilsons Promontory	Pvt	Easy	Jill Allen
<b>Sun 5</b>	<b>DAY: Trentham – Blackwood (via Blue Mountain)</b>	<b>Bus</b>	<b>E/M &amp; M</b>	<b>Nik Dow &amp; Nigel Holmes</b>
Wed 8	DAY: Ingliston Gorge, Falcons Lookout	Pvt	E/M	Margaret Curry
10-13	PC : Croajingalong National Park	Pvt	Med	Claire Luxford
Sun 12	DAY: Sunday Creek Reservoir (Mt Disappointment)	Car	Easy	Christopher Collett
Sat 18	CYC: destination t.b.c.	Pvt	E/M	Phil Brown (contact)
<b>Sun 19</b>	<b>DAY: Camel's Hump – Mt Charlie</b>	<b>Bus</b>	<b>E/M &amp; M</b>	<b>Ian Mair &amp; Halina Sarbinowski</b>
Mon 20	MOF: Noojee Trestle Bridge – Toorong Falls	Pvt	Easy	Ron Evans
Thu 23	SOC: Gardiners Creek, Glen Iris	Pvt	Easy	Jean Giese
24-27	PC : Little Desert National Park	Pvt	E/M	Ian Mair
Sat 25	DAY: Saturday Explorer: destination t.b.c.	Pvt	E/M	Maureen Hurley
Sun 26	DAY: Woodlands Historical Park	Car	Easy	Mark Heath

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