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THE NEWS OF THE

Melbourne Bushwalkers Inc.

ABN 14 396 912 508

December 2017

Melbourne Bushwalkers
2017 Christmas Party

Monday 11th December, 7pm to 10pm

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

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

CLUBROOM CLOSURE OVER CHRISTMAS AND NEW YEAR

The last Wednesday night for the clubrooms in 2017 will be the 20th December. The clubroom will be closed on December 27th. The clubrooms will be open as normal from Wednesday 3rd January 2018.

Bookings in the clubrooms for the 7th January Sunday Bus Walk will need to be completed before or on Wednesday 20th December.

There will be no Sunday walks on either the 24th December or the 31st December.

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

MEMBER OF



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

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

Visitors are always welcome!

General correspondence should be directed to:

The Secretary
Melbourne Bushwalkers Inc
PO Box 1751
MELBOURNE VIC 3001
www.melbournebushwalkers.org.au

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

Editor: 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

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 4 December 2017

NEW MEMBERS

We welcome the following new members:

Cathy Henderson, Craig Henderson,
Jamie King, Shaun McCarthy, Debra Plueckhahn,
Valerie Remedios, David Stockley, Robin Vivian

We have a vacancy on the Deal Island Trip One – Feb 9–13, due to a cancellation. Please contact Derrick Brown.

AUSTRALIAN GEOGRAPHIC MAGAZINES

20 years almost complete 1986-2006
Free to a good home!
Many hours of great reading
Contact David Arnold

FOR SALE

Garmin GPSMAP 64 – \$200

Retails for about \$350 – Still with original box

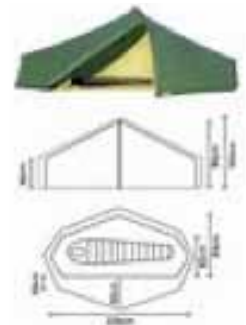


- 2.6" sunlight-readable color screen
- High-sensitivity GPS and GLONASS receiver with quad helix antenna
- 4 GB of internal memory and a microSD™ card slot
- 250,000 preloaded caches for paperless caching from Geocaching.com

Terra Nova Laser Competition Tent – \$200

Retails for about \$450–\$500 in Australia

- Large 1 person super lightweight tent at about 900 grams
- Well used but still in very good condition



Contact Del Franks – 0403 705 763 if interested in any of these items.

PRESIDENT'S COLUMN – DECEMBER 2017



The dust is settling on the Federation Weekend for 2017; however the messages that were learnt will have a lasting impact. The one I would like to touch on would have gone unnoticed by most participants. Indeed it related to less than a handful of the over-350 people present, those who were not part of an established bushwalking club but were individual members of Bushwalking Victoria. It was even only a portion of the total of 15 non-club member attendees. However the question it exposed is one that has been around for a long time – ‘Why join a club?’

This was the position of two young mothers. Very active in sport generally, and keen on bushwalking, they arrived at the weekend event comfortable that they did not want to be part of a club. The balance of work, family and outdoor interests left them with little time for other activities. They did not want to join a club because there may be obligations and commitments they could not accommodate. By the end of the weekend event it was reported that they were now considering joining a club!

So what are the advantages of joining a traditional club in these days of internet access to walk descriptions, ballooning numbers of MeetUp Groups and instant communications with like-minded friends through a variety of

mobile communications tools? How would you answer the question when talking to a friend who may also be interested in bushwalking?

The main arguments put forward to address this question by those that have trodden the path before generally fall into three categories: (a) socialising, or sharing experiences with like-minded individuals; (b) safety, or access to experienced leaders, formal instruction and mentoring; and (c) discovery, or the exploring of somewhere new based on accumulated knowledge within a club.

There are, of course, many other arguments that are put forward, like access to low cost travel as there are no paid staff; access to gear hire to make it easier to try something new before you make a major cost outlay; multiple options for the type of walking offered to suit your time and mood; health benefits from participation in an extended outdoors activity; or enhanced motivation to try somewhere or something new or to push yourself further as much of the planning and preparation is done for you. All of these points are undoubtedly true and have varying degrees of relevance for each of us.

There is, though, another dimension which can be easily overlooked in today's world of high speed communications and instant gratification. Many of us crave for certainty and stability. Restated, it can be the existence of procedures and practices that let us know what to expect and what is expected. Sometimes characterised as rules and regulations they can be portrayed as the death knell of traditional clubs. Experience says otherwise. Many a new member to the Club has been heard to say in a complimentary way, ‘you guys are so organised’. Indeed, any casual student of online groups bringing together like-minded individuals for shared experiences, like MeetUp, will have noted the proliferation of ‘rules and regulations’ that preface joining in an attempt to gain some of that certainty and stability.

Traditional clubs, like ours, have a long and bright future ahead provided we remain flexible and continue to embrace the new tools at our disposal. The tools will continue to evolve but the needs of the members will stay essentially the same – the bush is not on the Internet. Provide an interesting and challenging activities program to suit a broad age profile and we will continue to be at the forefront of bushwalking clubs in Australia.

Do you feel you can make the club even better? There is every chance that, if you have a good idea and the motivation to carry it through, you can make the club better. We are looking for a few new faces to be nominated to fill vacancies on the Club Committee for 2018–2019, from the AGM in March next year. Specifically we still need to fill the role of Social Secretary and one or two General Committee positions. Please let me know if you are interested by dropping a note to president@mbw.org.au

This is the last newsletter for 2017 and a new year is nearly upon us. For some it is the chance to get away for a long walking holiday. It is also the time for our club Christmas Party on the 11th December. For those of you who are able to join us the Committee look forward to wishing you a happy festive season. For those who are otherwise engaged we wish you all the very best for the year ahead and look forward to walking with you again in 2018.

Ian Mair

GETTING HELP IN AN EMERGENCY

The club's Emergency Guidelines recommend that every Group carries a mobile phone, preferably with good remote area reception. Whether you are the leader or a participant it is beneficial to know the procedures to follow.

For a **SERIOUS** injury or medical emergency:

- **If phone communication is possible** (e.g. from a nearby high point) – **contact 000** or **112** and ask for **Police**. The Police will coordinate other emergency services. You may need to provide GPS coordinates or grid references of your location. You can download the free 'Emergency+' App for smartphones which will display your co-ordinates if your phone is GPS-equipped;
- **If phone communication is not possible** at or near the location of the incident and you are carrying a Personal Locator Beacon (PLB), trigger the device.
 - **Personal Locator Beacons should only be used when there is a threat of grave and imminent danger to life.** Activating a PLB will result in a Search & Rescue Activity involving many people and expensive resources, e.g. helicopters, ambulances etc;
- **If electronic communication is not available**, arrange for a competent subgroup to carry written information regarding the nature of the injury or medical emergency, plus details of the location of the party, to the nearest help or communication point;
- **In the unlikely event of a death** on a walk:
 - Protect and cover the body; It should not be disturbed or moved;
 - Take detailed notes of the incident;
 - Do not talk to the media;
 - Do not notify next of kin. This is the responsibility of the Police.
- **Where appropriate and possible**, evacuate the group to the nearest road and wait for transport/emergency services.



For all serious incidents:

- Notify the club Emergency Contact System of the action taken at the earliest opportunity. The **Club Emergency Mobile number is 0447 489 661** – a recorded message provides the current **Club Emergency Contact** names and numbers;
- If a very serious incident occurs during an activity the leader must notify the President, a Vice President, the General Walks Secretary or the Secretary as soon as the leader is able to access phone coverage.

At the Conclusion of any Incident or significant near miss:

- Initiate an Incident Report, make notes on who, where, how, what and when, and note witness details;
- Advise participants that an incident debrief is available.

References:

- (a) Australian Government Triple Zero (000) Service:
<https://www.triplezero.gov.au/Pages/default.aspx>
- (b) Triple Zero FAQs:
<http://www.acma.gov.au/theACMA/emergency-call-service-faq-i-acma>
- (c) Emergency+ Smartphone App:
<https://www.triplezero.gov.au/Pages/EmergencySmartphoneApp.aspx>
- (d) Guidelines for MBW Personal Locator Beacons (PLBs):
https://www.mbw.org.au/downloads/Guideline_Personal_Locator_Beacon_Guidelines_09-2016.pdf

Christmas Base Camp
Camp Eureka at Yarra Junction
24 -28 December



These base camps are always popular as they give us a chance to run a series of daywalks, and then come together at night for our renowned convivial evenings and usual Christmas bonhomie!

***To Book: contact SUSAN MAUGHAN
susanmaughanoz@hotmail.com or 0478 504 441***

**Purchase something from the op shop for the Santa Sack
This year's theme is CUTE, CLASSY or CRASS**

Dress code on Christmas Eve is OP SHOP GLAM

**Dorms and camping still available
Come for 1,2,3, or 4 nights
Or come along for a day walk**



What's On

Join the 2017/2018 Falls Creek Hawkweed Volunteer Program

Native to Europe, Hawkweeds have recently become naturalised on mainland Australia. Hawkweeds are highly invasive and spread quickly via runners and roots forming dense mats inhibiting and outcompeting native vegetation. Hawkweeds can cause major environmental damage in alpine & sub-alpine areas, and are considered a significant threat to the Victorian Alps if not eradicated early.

Volunteers contribute to the eradication effort by conducting line surveys in the Alpine National Park. Participating in volunteer surveys is a great way to help protect the Victorian Alps from this dangerous weed, as well as a fantastic opportunity to enjoy the magnificent alpine environment during the green summer months.



What is involved?

Volunteers will be required for one week and need to make their own way to Falls Creek the night before the session start date. There is no experience required, all training is provided. Volunteers will just need lots of enthusiasm, a moderate fitness level, a good eye for detail and persistence to survey for at least 5 hours per day walking through sometimes challenging terrain.

What is provided?

There is no cost for being a volunteer on this project. Bunk style accommodation has kindly been provided by Falls Creek Resort Management. Transport will be provided to and from the survey areas each day. Parks Victoria will be providing catering for breakfast, coffee/teas, morning tea and a group dinner on the last night.

What will participants need to bring?

Volunteers need to provide their own safety boots, gloves, safety glasses, wet weather gear, water bottle, sunscreen, lunch, dinner, cold drinks, fruit and snacks.

The dates for the 2017/2018 Season are:

- Session 1: Monday 11th – Friday 15th December 2017
- Session 2: Monday 18th – Friday 22nd December 2017
- Session 3: Tuesday 2nd – Friday 5th January 2018
- Session 4: Monday 8th – Friday 12th January 2018
- Session 5: Monday 15th – Friday 19th January 2018
- Session 6: Monday 22nd – Thursday 25th January 2018

How to join:

If you would like to join, you will first need to register as a volunteer at www.parkconnect.vic.gov.au
Once registered, login to apply for upcoming programs and select the Hawkweed Eradication Session you would like to join.

To express your interest or for more information please contact the Hawkweed Team, Parks Victoria.

P: 13 19 63 | E: Hawkweed@parks.vic.gov.au

PACK CARRY: MT COBBLER-DANDONGADALE FALLS (JOINT VMTC) 21-22 OCTOBER

Leader: Jopie Bodegraven

Walkers: Alan, Anita, Carol, Gina, Helen, Ian, Jacqueline, Jenny, John, Ray, Roy and Susie

Photos: John Fritze



Most of the group of 13 walkers from MBW and VMTC stayed Friday night at Bennies Camping area, and Saturday morning we drove along Lake Cobbler Road to the start of the walk. The walk was graded medium/hard, but the first part was relatively easy with a 600 m climb up a 4WD track for morning tea to the Cobbler saddle. Then the interesting bit started as we fought our way through the scrub to Little Cobbler and magnificent views. After lunch back at the saddle, we looked up at the back of Mt Cobbler, and it looked impossible to climb from this side. Jopie assured us that it has been done before, and we started the ascent. Without any marked tracks there were a few challenges on the way, but 3.5 hours later we arrived on top of Mt Cobbler (1628 m) and could enjoy uninterrupted views of the Alpine National Park. This mountain deserves to be visited more often. After the obligatory team photo we descended on the normal track down to our campsite.

Sunday morning started with an easy stroll along the track before we went off track again towards the top of the Dandongadale Falls. Navigating through the thick scrub is not easy, and we were quite impressed when we came out right on top of the first waterfall. Again the weather was perfect, so we enjoyed the views while walking along the cliff top between the 3 waterfalls. After a long lunch we headed down to Lake Cobbler and went along the road a bit before the next challenge down to the scrub to the bottom of the waterfalls. Afternoon tea in the middle of the bush wasn't quite as scenic as morning tea and lunch, but we ventured on and somehow arrived at the base of the tallest waterfall in Victoria. Lots of water and a magnificent sight that probably hasn't been enjoyed by too many people before us. The plan was to rockhop along the river back to the cars, but there was a lot of water in the river, so we got the bonus experience of wading in the river for 1.5km. Water up to the knees and a bit slippery, but we all managed without getting too wet. Back at the cars around 4.30pm.

The walk justified the 'hard' part of the grading, but it was well worth the effort and a terrific experience. John's big smile at the end probably sums it up very well. Many thanks to Jopie for a great weekend and a perfectly organized walk.



Roy Rossebo

MT SOLITARY WALK IN THE BLUE MOUNTAINS NSW 4-6 NOVEMBER 2017

This 3 day pack carry out of Katoomba was from Saturday till Monday and was planned as a circuit route. The group of 10 walkers had all arrived from Victoria via a very scenic train trip up from Sydney into the mountains by Friday evening, all staying the night at the comfy YHA. We had a welcoming dinner in a local restaurant and enjoyed spectacular views of the Blue Mountains that we were to be walking the next 3 days.

Saturday morning we set off in light drizzle and walked out of Katoomba to eventually descend the steep Federal Stairs towards the adventurous Scenic Railway, which the brave in the group rode at the end of the walk. By now we had a wetter heavy mist and there were no views at all to be seen of the famous Three Sisters. We walked on through the light rain taking a side trip up to Ruined Castle rocky outcrop for lunch, enjoying the climb and welcome break. The afternoon fun began with traversing the access spur towards Mt Solitary and clambering and climbing up wet rock faces with lots of forward exploration and guided assistance to the backgroup by our leader Agajan. Saturday night we made camp on top in Chainman's Gully nearby the extensive rocky overhang area which is traditional Aboriginal shelters. On waking up Sunday morning, the shelters were very useful for breakfasting and packing up out of the rain. So by now the rain had become a game changer and the decision was made not to do the original Circuit and instead to take the same route back and maybe grab some views as the rain cleared.

Our hike out on Sunday morning was adventurous rock-scrambling down steep outcrops and ledges, with plenty of pack passing and bumsliding, even for the long legged amongst us. We arrived early afternoon into a relaxing camp situated along a moist green spur, complete with a loo and shelter. Now we could rest and dry out, even having glances of the breathtaking cliffs and views through the receding mist and rain. Our walk out Monday was through the forecast thunderstorms with burst of blue skies and sunshine, and amongst the many tourists as we approached the Three Sisters. We all got a bit wet, and the unlucky picked up some later found leeches, but we were now able to see the magnificent views and look back over the route we had taken out to Mt Solitary. We walked around the waterfalls and tracks closer to Katoomba, eventually ascending back up the Golden Staircase to our hostel for the night. Monday night the group, made up of Agajan, Anita, Barbara, Dianne, Fiona, Ian, Leo, Kathie, Susan and Tracey celebrated with drinks and a well-deserved Thai dinner, followed by some early train departures Tuesday back to Sydney. Agajan did a great job of keeping us on track and lifting our spirits in the challenging weather. We now have good reason to return to the Blue Mountains, having had a great experience of the adventure and beauty it offers.

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Where can we take you next?

2018 Tours

Sri Lanka: 12 - 26 March
 Flinders Ranges: 19 - 29 April
 Kimberley: 16 May - 15 June
 Pilbara & WA Coast: 26 June - 16 July
 Pilbara: 5-25 September
 Southwest WA & Nullarbor: 16 Oct - 2 Nov
 Hong Kong: 12-24 November

Only one thing to do...

book now!

Watch this space...
2019 shaping up already!



Call 08 8369 1779

www.bushwalkingtours.com.au

EXPLORANGES 

with our expertise you're safe to explore

BASE CAMP TARRA BULGA NATIONAL PARK AND GRAND STRZELECKI TRACK 17–19 NOVEMBER

The weekend base camp in the Tarra Bulga National Park, just 38 km south of Traralgon, proved to be an absolutely wonderful weekend for the 17 Bushies and one visitor who attended. The objective was to explore some of the favorite parts of the park and some new parts of the Grand Strzelecki Track.

In total the walk covered 33 km over two days, walking from one valley to another over moderate hills, passing through some of the most beautiful temperate rainforests in Gippsland. We were dwarfed by huge mountain ash, messmate, blackwood and myrtle beech, and passed into fern tree valleys with mossy rivers and waterfalls.



It was perfect sunny weather and the track switched between grassy old 4WD roads or bark-covered paths (which made for tangles and tripping), surrounded by high trees and dappled light and shade, the constant chorus of bird song, and the chatter of happy Bushies.

Saturday's walk covered 18 kms and was mostly downhill. (Sshhh don't mention this too loudly.) The start point was Mount Tassie, with sweeping views over Gippsland and the puffing power plants of Morwell and Loy Yang/Traralgon. The high road quickly dropped down into the forest along the Duff Sawmill Heritage Track. Historic information boards along the track told stories from aboriginal times to the tough life of men and families who worked in the many sawmills in the area, and the later efforts to protect the forests as national park and transform farmland into plantation forest.

Halfway and 8 km on, we reached the touristy loop tracks of the Bulga Picnic Area with Corrigan's suspension bridge, the Tarra Valley Visitors Center and the historic Balook Lodge and Tearooms. This was a wonderful place to have lunch, seated in the garden, and for those who did not want their own sandwiches, there were pies and chips, cappuccinos, homemade cakes and whipped cream.

The afternoon took us another 9 km down into the Tarra Valley, along Old Coach Road, then onto the wide gentle Diaper track, followed by a slide and clamber over mossy boulders, down a link track back to 'Home Sweet Home' – the Fernholme Caravan Park. A great find by the way, offering an option to camp near the river or snuggle in comfy cabins. Great hosts, great coffee and seats and sun brollies by the river.

Wriggling things! Now before you think this was totally idyllic, I want to mention the hordes of small leeches that waited in aggressive ambush for boots, ankles, backs, necks, tummies and fingers at every moist part of the track. Relentless! There was a great deal of spraying, squishing, bleeding, squealing and undressing. The encore were a couple of snakes along the path, minor by comparison to the leeches. And the humidity and the heat, made for a very sweaty couple of days.

Saturday night was a nibbles and wine feast in the communal kitchen, an open log fire (as if we needed extra heat, but it made for 'ambience'), lots of chatter, stories of grand walks in far away lands and a visit from a fat and fearless possum who had clearly been fed by too many campers.

Sunday morning – another glorious day and an easy 7 km sidle along the west side of the Tarra Valley via Butler's Track to the picnic ground and a tourist circuit to the Cyathea Falls.

And then ... 'Payback time' for the rest of the weekend, with an 8 km uphill climb. While this had to be called 'gentle', being a 350 m rise over 8 km, it was a steady, hot and sweaty trudge (plus leeches) back up the Diaper Track and returning to the Balook Lodge and Visitors Centre, and of course, rewarded by ice-creams, cold drinks and cake.

This was a real gem of a weekend, not only because of the beautiful pristine location and wonderful easy/medium walk, which made the area accessible to all, but I want to call for loud applause for the excellent, calm and seasoned leadership of Mick Noonan who made it an enjoyable weekend for all of us. Thanks to everyone who made this a memorable weekend.

Annemarie Mulder

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.



SOCIAL

MBW NEW YEAR'S BBQ

Need somewhere to recover from your wild New Year's Eve partying? Come along to Ken MacMahon's home by the river at Warrandyte.

Hopefully it will be warm enough to swim, paddle or lilo in the Yarra.

Bring some food to share and your own drinks and camping chair.

When: Noon till 4ish



TOFS WALK

MT DANDENONG ARBORETUM – OLINDA FALLS – KALORAMA

DATE Thursday 4 January 2018
STANDARD Easy
DISTANCE 10 km
ELEVATION 150 m
LEADER Graham Hodgson
TRANSPORT Private
AREA Mt Dandenong
MAP REFERENCE Melway maps 52, 66, 120
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Mt Dandenong

The walk will start at the Mt Dandenong Arboretum. We will walk through the arboretum where there is a great variety of exotic trees. We will then follow Olinda Creek to its falls where we will explore both the upper and lower cascades. We will then continue downhill on a foot track beside the creek and enjoy some flat walking before ascending through the forest to Kalorama Reserve.

Meet at Kalorama Native Reserve (Melway Map 120 B9) at 10:15 am ready for a short car shuffle.



PACK CARRY

MT HOWITT – MT SPECULATION (3 DAYS)

DATE 5–8 January 2018
RETURN TIME Evening, Sunday 7 January
STANDARD Medium
DISTANCE 40 km approx.

ELEVATION 2000 m approx. rise
LEADER John Terrell (with support from Roger Wyett)
TRANSPORT Private
AREA Mt Howitt
MAP REFERENCE Buller Howitt Alpine Area (SV Outdoor Rec Guide)
FIRE BAN DISTRICT North East
TEMPERATURE REFERENCE SITE Mt Buller



This walk visits some of the best alpine country in Victoria, including traversing the spectacular Crosscut Saw. The wildflowers should be close to their best.

We'll meet at Upper Howqua Camping Area (off the Mt Stirling Circuit Road) on Thursday evening 4th January.

Day 1. A steep and rocky climb up Helicopter Spur to Picture Point where we join the Australian Alps Walking Track over Mt Magdala and past Hells Window, camping at the delightful grassy saddle to the east of Mt Magdala. Hellfire Creek may be dry at this time of year, so we may have to carry water from the start.

Day 2. Following the AAWT over Mt Howitt (possible detour to Macalister Springs for water), we traverse the Crosscut Saw with spectacular views into Terrible Hollow towards the Viking and beyond. Then over Mt Buggery and Mt Speculation to Camp Creek.

Day 3. We retrace our steps over Mt Buggery (discovering the source of its name) and descend steeply along Queen Spur to the old Queen Spur logging road, which recent reports suggest may be somewhat overgrown, and which we follow back to the starting point.



SUNDAY BUS

LAKE MOUNTAIN

DATE Sunday 7 January 2018
RETURN TIME Before 6 pm
TRANSPORT COST Standard Sunday bus charge of \$25 applies
STANDARDS Easy/Medium and Medium
DISTANCES 12 km and 17 km
TOTAL ASCENTS Moderate
LEADERS Judith Shaw and Jamie Brawn
TRANSPORT Bus – leaving Southbank Blvd at 8:45 am
AREA 120 km NE of Melbourne, near Marysville
MAP REFERENCE Marysville – Lake Mountain 1:50,000; also www.lakemountainresort.com.au

FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Yarra Glen

Here is your chance to enjoy the freshness of alpine air and escape the summer heat.

The effects of the 2009 fires are still apparent but there is considerable regeneration occurring and there are many wildflowers in this area at this time.

The walks are mainly on grassy ski trails which have moderate gradients as they go through the forest past snow plains. The medium walk takes in the summits of Snowy Peak and Lake Mountain and the highest point in the Yarra Ranges, which curiously enough is an unnamed knoll 4 km north of the Lake Mountain summit. The walks are all on well-defined tracks, with great views of the alpine areas to the east, Marysville and perhaps Melbourne if there is good visibility on the day.



WEDNESDAY WALK

BUSHRANGERS BAY TO CAPE SCHANCK

DATE Wednesday 10 January 2018
RETURN TIME 3:30 pm
STANDARD Easy/Medium
DISTANCE 12.5 km
ELEVATION Some stairs. Maximum elevation 99 m; total elevation 441 m
LEADER Deb Berner
TRANSPORT Private
AREA Mornington Peninsula
MAP REFERENCE Melway maps 259, 257
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Frankston

Meet at Boneo Road Car Park, Melways map 259 K8, at 10 am. MOR 556.

Walking will start at 10:15 am. Walking to Cape Schanck, then return along the coastal cliff top.

Some shade provided by banksias, then some exposure. Please bring adequate sunshade, hat and water.

Wonderful views over the rocky bays .

Please book with leader on 0403 167 003, or debraberner@optusnet.com.au.

Swimming not recommended here.



PACK CARRY

BEGINNERS – LEANGANOOK TRACK – MT ALEXANDER REGIONAL PARK

DATE Saturday 13 to Sunday 14 January 2018
START TIME 10:00 am from start of walk
RETURN TIME Return to city by 6:00 pm
STANDARD Easy
DISTANCE 18 km over two days
LEADER Ian Mair
TRANSPORT Private
AREA Mt Alexander State Park
MAP REFERENCE CCM Mt Alexander Walking Tracks map
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

Are you looking to try overnight hiking and camping, or are you a bit more experienced looking for a chance to improve your skills and prepare for something bigger? The emphasis on this trip will be on enjoying the surroundings while sharing tips and advice on equipment selection, what to eat and how to prepare for longer trips, and at the same time experiencing a night in your own tent. There will be enough challenges to make it interesting as well as enjoyable. The club's selection of equipment for hire is an ideal way to test out some of the alternatives before making an expensive purchase.

Rising 350 metres above the surrounding area, Mount Alexander Regional Park is a prominent landmark offering magnificent views and a natural forest setting for picnics and bushwalking. It also provides important habitat for several rare or threatened species. Experience panoramic views of the surrounding area from Dog Rocks and Shepherd's Flat. The West Ridge walking track (4 km in length) links all the major lookouts and points of interest in the park.

After an early drive to the start of our walk on Saturday we will start out from the north end of the park by following the Colliban Main Channel to pick up the Ballantinia Track that will lead us up and over the ridge of the park at Dogs Rock Saddle and then on to Leanganook Picnic Ground and the site of a former Koala Sanctuary. If we are lucky we may even see a koala. We will camp near the picnic area where we can be assured of having water available and other facilities.

On Sunday morning we will follow the Leanganook Track north through the park, taking in South Lookout, Dog Rocks and Scorpion Rocks before arriving at the TV towers near the top of Mt Alexander. Following a stop at the top we will drop down the eastern side of Mt Alexander and back to the cars. We should arrive back at the cars in plenty of time to have a relaxed trip home and perhaps even a stop on the way for a refreshment.

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



SUNDAY CAR POOL

KEPPEL LOOKOUT AND STEAVENSON FALLS

DATE Sunday 14 January 2018
RETURN TIME Around 6 pm
STANDARD Easy/Medium
DISTANCE 14+ km
LEADER Jenny Andrewes
TRANSPORT Carpool – leaving Southbank Blvd at 8:45 am
AREA Marysville

FIRE BAN DISTRICT North Central
TEMPERATURE REFERENCE SITE Yarra Glen

Climb up through stringybark and mountain ash forest to four of Marysville's best lookouts for spectacular views across Marysville, the Cathedral Range State Park and Steavenson Falls.

The most challenging trail in the area, the Keppel Lookout Trail is fairly uneven and steep in places. Wear sturdy footwear and carry water and snacks.

We will start the trail from the car park on Falls Road. Follow the trail across Robertson Gully before climbing up to Keppel Lookout, around the ridge passing Oxlee and De La Rue lookouts, and to the top of Steavenson Falls. Descend to the base of Steavenson Falls and follow the Tree Fern Gully Trail into Marysville.

We will finish the walk with afternoon tea in Marysville.



MOFS WALK

CITY PARKS AND GARDENS

DATE Monday 15 January 2018
START TIME 10:30 am at St Kilda Station
RETURN TIME Before 3 pm to Federation Square
STANDARD Easy
DISTANCE Approximately 10 km
ELEVATION Predominantly flat
LEADERS Alan and Jan Case
TRANSPORT Start tram; train or tram home
AREA Melbourne
MAP REFERENCE Melway maps 57, 58, 43 and 44
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

The walk will start at the old St Kilda railway station in Fitzroy Street, St Kilda.

We will walk through Albert Park. Morning Tea will be beside the lake.

We will cross St Kilda Road to the Shrine of Remembrance and visit the Garden and Terrace courtyards.

Lunch will be in the Botanic Gardens. We will also climb Guilfoyle's Volcano.

After lunch we cross the Yarra River on the Morrell Bridge and pass Gosch's Paddock to Yarra Park and the MCG. We will walk through Fitzroy Gardens, Treasury Gardens and Birrarung Marr to Federation Square. We can visit a Café overlooking the Yarra River for a coffee or perhaps a refreshing ale if the day is very warm.

Meet at the old St Kilda railway station (Melway 58 A8 or 2P N8) before 10:30 am.

St Kilda station can be reached from the City by tram on route 96 which runs down Bourke Street and Spencer Street or on tram routes 3 or 16 which run down Swanston Street. Book with Alan and Jan.



LEADER TRAINING

UNIT 7 – CRITICAL INCIDENT MANAGEMENT

DATE Wednesday 17 January 2018
VENUE Clubrooms
CO-ORDINATOR Angela Vetsicas
TRANSPORT Private
START TIME 7:30 pm
FINISH TIME 9:00 pm
BOOK WITH Angela Vetsicas

ACTIVITY AREA Clubrooms, cnr. Abeckett Street and William Street (Melway map 2F B2)
UPDATE Rescheduled from September 2016

This is a unit which is crucial for all walkers to think about and is key unit in the training program.

Incidents while we hike could occur any time. Thinking about and preparing scenarios for critical incidents allows us to react confidently to resolve a situation. So come along and participate with fellow leaders!

For those who are wondering what happened to Unit 6, it is all about navigation and Roger has offered numerous Saturdays to teach you skills to navigate.

The following components make up Unit 7 and will be discussed during the training:-

- What to establish before the walk
- Common Incidents
- Major Accidents/Incidents which occur frequently.
- Protocols to Follow
- Follow ups after an Incident



WEDNESDAY WALK

SILVAN – OLINDA FALLS

DATE Wednesday 17 January 2018
RETURN TIME Finish at 3:00 pm
STANDARD Easy/Medium
DISTANCE 11 km
LEADER Doug Pocock
TRANSPORT Private
AREA Dandenongs
MAP REFERENCE Melway 120, 122
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Mt Dandenong

This will be a shortish walk on shaded tracks in the Dandenongs. There will be a climb to Olinda Falls but it will be in the morning before it gets too hot. Mainly downhill after lunch. Meet at the Silvan Dam Overflow carpark in Stonyford Road (north side) to start walking at 10:15.



SUNDAY BUS

MT ST LEONARD – DONNELLY WEIR

DATE Sunday 21 January 2018
RETURN TIME 6:45 pm to City
STANDARDS Easy/Medium and Medium
DISTANCES 16.5 km and 18.5 km
ELEVATIONS 600 m ascent and 1100 m descent
LEADERS Deb Shand and Theo Mertzianidis
TRANSPORT Bus – leaving Southbank Blvd at 8:45 am
AREA Toolangi
MAP REFERENCE Juliet North and Juliet South 1:25,000
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Yarra Glen

Wirrawilla, Koori for green trees, is the name of the walk which will be the start for both groups. All on boardwalk, it meanders through majestic moss- and fern-covered myrtle beech trees which tower overhead. From here both groups will take separate paths to reach Monda Track. The Easy/Medium group will follow the Quarry Road Track, a walkers' only track, which meanders beside Sylvia Creek, while the Medium Group will follow the new link of the Myrtle Gully Loop which climbs its way to the ridge line until it reaches and follows the Tanglefoot Track. The Tanglefoot Track, a ridge line track,

winds its way through mountain ash forests, mainly through regrowth from 1939 fires, passing giants some of which are 200 or more years old.

Once reached we only travel a short distance along the Monda Track before we do the short but steep ascent to Mt St Leonard, the highest point of our walks and with 360 degree views from its viewing platform. From here it is all down hill with an easy descent of 800 metres over 7.5 km. We will visit Donnelly Weir before dropping down to meet the bus on the Donnelly Weir Road.

 **CYCLING**

WESTERNPORT BAY TRAIL (ART TERRY MEMORIAL RIDE)

DATE Saturday 21 January 2018
RETURN TIME About 4:30 pm (Somerville Station)
STANDARD Easy/Medium
DISTANCE 59 km (or shorter – 46 km)
LEADER Ross Berner
TRANSPORT Car or train to Somerville Station
AREA Mornington Peninsula
MAP REFERENCE Melway maps 107, 148, 154, 164, 165, 193, 194, 195
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

I am dedicating this ride to the memory of Art Terry. He told me on several occasions that it was his favourite ride. (It was close to his home and he could use it to access other rides in Gippsland using the Stony Point Ferry.) Those members who have ridden with Art in the past may like to join me in remembering him.

Note: It is very likely that there will be disruptions on Frankston Line due to Level Crossing Works in January. Please check Met timetable beforehand or contact me. It is most likely that we will need to travel to start by car. (Train to Stony Point should still be running.)

The meeting place for the ride is the east side of Somerville Railway Station (Melway 107 F12) at 9:00 am.

The route is mainly on off-road trails with a few quiet streets.

If you are travelling by train, you will need to take the Frankston Line Train departing from Flinders St at 7:23 am to Frankston. Then change to Stony Point Line train that is usually on the adjoining platform leaving about 5 minutes after Frankston train arrives. (A Metcard valid for zone 2 is needed for all journeys on this line.)

Bring bathers if weather is warm, as we will spend time at the beach at Somers at lunchtime.

The route is based around the Westernport Bay Trail, which is the off-road cycle trail on the Peninsula. Our route follows the rail line to Hastings, then along the foreshore. South of Hastings we join the Bittern Coastal Wetlands Boardwalk, which passes through the southernmost stand of mangroves in the world. Then to Jacks Beach, a former whaling station, and around the coast by road to Stony Point. We head inland where we rejoin the bike trail at Morradoo station, but leave the rail line and follow the western boundary of the Naval Base to Somers and the beach.

The afternoon ride will return to Somerville following the rail trail, which is largely an inland route. It may be extended to include Coolart or Balnarring, if participants want to. It is also possible to shorten the ride and finish at Morradoo or Bittern Stations if necessary.



PACK CARRY

MALLACOOTA TO NADGEE

DATE 24–28 January 2018
RETURN TIME Late on Sunday
STANDARD Medium
DISTANCE 63 km
LEADER Jopie Bodegraven
TRANSPORT Private
AREA Both sides of the Victoria–NSW border
MAP REFERENCE Mallacoota Outdoor Leisure Map 1:50,000
FIRE BAN DISTRICT East Gippsland
TEMPERATURE REFERENCE SITE Orbost

This fabulous walk takes in the remote coastline between Mallacoota in Victoria and Wonboyn in NSW and is known as the Wilderness Coast walk. It features lots of beaches, lagoons and shifting sand dunes, mainly in Victoria, and also rugged cliffs, rock platforms and coastal heathlands, mainly in NSW. It is a birdwatchers' delight, especially of course for seabirds.

Four days are needed for this walk so you have to be able to get the Thursday off work. Friday of course is Australia Day. A sizable 2½ to 3 hour car shuffle is required and the area unfortunately can have ticks which we must be vigilant for. It also takes about 6 hours to drive to Genoa River where we will camp on Wednesday night. We require a National Parks permit for 3 nights wilderness camping and we start the trip with a 1-hour boat trip across Mallacoota Inlet. Total cost for permits and boat is about \$60 unless prices have gone up since last year.

If you would like to come on this fabulous trip let me know asap. The National Parks limits our group size to 8 so get in quick. You will need to transfer the required amount to secure your place and so I can proceed with the bookings.



PACK CARRY

GREAT OCEAN WALK WITH DAY PACKS

DATE 26–31 January 2018
RETURN TIME 5 pm January 31
STANDARD Easy/Medium
DISTANCE 104 km
ELEVATION 200 m
LEADER Judith Shaw
GROUP SIZE 8
TRANSPORT Private
AREA Otway Ranges
MAP REFERENCE Great Ocean Walk Meridian Maps 1:25,000
FIRE BAN DISTRICT South West
TEMPERATURE REFERENCE SITE Warrnambool

Six days exploring the magnificent Otway coast from Apollo Bay to Princetown. Among the highlights are deserted sandy beaches and rock platforms, shady manna gum forests and fern gullies, rugged cliff tops with some of Victoria's best ocean views and the historic Shipwreck Coast. The secluded hikers' camping areas have toilets and communal cooking shelters. We stay at the Marengo caravan park outside Apollo Bay on the night of January 25 and start walking on the 26th, finishing at Princetown before lunch on the 31st. A vehicle will transport our gear from campsite to campsite for the first four days and meet us at Princetown to take us back to Apollo Bay. We carry full packs for the final one and a half days.

Costs are in the vicinity of \$250 per person plus transport to and from Melbourne. As campsites must be reserved in advance, a deposit of \$150 is required.



PACK CARRY

MT HOTHAM – FALLS CREEK

DATE Friday 26 to Monday 29 January 2018
STANDARD Medium
DISTANCE 37 km
LEADER Rosalind Leong with Angela Vetsicas (mentor)
TRANSPORT AREA Private Alpine National Park
FIRE BAN DISTRICT North East
TEMPERATURE REFERENCE SITE Mt Hotham
LIMIT 8 persons only.
 Cost of shuttle from Falls Creek to Mt Loch Carpark approximately \$75 per person.
 Cost of accommodation at Diana Lodge in Falls Creek on Friday night approx. \$130 per person inclusive of dinner and breakfast

Rugged peaks and Dreamtime legends, never-ending skies, pioneer history and vibrant, changing landscapes – welcome to Victoria’s spectacular alpine territory. Follow in the footsteps of generations gone by on a trek through some of Australia’s most pristine mountain scenery and revel in the sweeping views and diverse wildlife, cattlemen’s huts and vivid flora found along the trail. Walk over high alpine ridgelines, down through magical riverside valleys to wetlands brimming with life. Wander across high plains, alive with the brilliant colour of summertime wildflowers and keep an eye out for shy native wildlife. Dreamtime stories, indelibly linked to the land, provide a glimpse into 2000 generations of local Indigenous heritage, while historic wooden huts build when cattlemen and bushrangers still roamed the mountains, are a place to rest and ponder.

Travel to Falls Creek on Friday 26 January and spend the night at lodge. Shuttle transports the group at 7 am to the start of the walk at Mt Loch Car Park, Hotham, Saturday 9 am. We will ramble past Mt Loch and pass Derrick’s Hut and walk along Swindlers Spur to camp around Dibbins Hut for the night. Distance is 9 km the first day.

Distance is 14 km on Sunday, the second day. We pass Cobungra Gap and a jumble of extruding blocks named Basalt Temple. (Don’t trust your compass here, the magnetically charge basalt is known for its trickery.) We also hike past Mount Jim to reach Cope Hut where we camp around the hut for the night.

Distance is 14 km the last day, Monday, back to Hotham. We then travel back to Melbourne.



SOCIAL WALK

WURUNDJERI WALK, GARDINERS CREEK

DATE Thursday 25 January 2018
STANDARD Easy
DISTANCE 5 km
ELEVATION Flat with minor elevations
LEADER Eleanor Weekes
TRANSPORT AREA Private South Blackburn
MAP REFERENCE Melway 61 G3

FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Melbourne

Meet at FULTON Road (near Harrow Street) Melway 61 G3 at 10:15 am.

We walk along Wurundjeri Walk trail, passing wetlands, and later loop back to cars – to take a short drive to commence 2nd stage of walk along Gardiners Creek area from Station Street. Lunch out nearby at end of walk– involving another short drive.

Walk will be cancelled if temperature 30 degrees or above.

NOTE: No toilet facilities in walk parkland area. Nearest toilets prior to walk commence at ELEY Park Community Centre (Mel 61 G4/5)– in Eley Rd. between O’Brien Cr. and Samuel Rd. A very short drive joins Samuel Rd. to FULTON Road, where we begin our walk.

Book with leader.



TRACK MAINTENANCE

MCMILLANS TRACK

DATE 25–28 January 2018
STANDARD Easy
CO-ORDINATOR John Terrell
TRANSPORT Private
FIRE BAN DISTRICT West Gippsland

No details of this work party are available yet. Will be on the Club’s web site when available.



SUNDAY CAR POOL

AROUND EASTERN VIEW

DATE Sunday 28 January 2018
RETURN TIME 6:45 pm to City
STANDARD Easy/Medium
DISTANCE 16 km
TOTAL ASCENT 300 metres
LEADER Theo Mertzaniadis
TRANSPORT Carpool – leaving Southbank Blvd at 8:45 am
TRANSPORT COST \$12 per person to the driver
AREA Great Ocean Road
MAP REFERENCE Vicmap Anglesea South 1:25,000
FIRE BAN DISTRICT Central
TEMPERATURE REFERENCE SITE Geelong

This walk gets its name from a tiny township, Eastern View, on the Great Ocean Road. Eastern View is recognised by the Memorial Arch which is passed as you drive between Anglesea and Lorne.

This walk is full of diverse scenery and walking tracks. We start off with a beach walk then off to into bush. We will have lunch at Mogg’s picnic area, after a view of the ocean from an elevated position. (This walk is undulating.)

After lunch we walk on a 4wd track to a coalmine track . We will then go down back to the beach where we will finish at the Memorial Arch which is dedicated to the workers who built the Great Ocean Road. Afterwards finish with a 1 km beach walk to the cars.

Don’t forget to bring gaiters, plenty of something to drink and a frozen bottle of drink – leave it in the car to have after the walk.

Hope to see you on the walk.

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!

January 2018					
Mon 1	SOC: MBW New Year's BBQ				Susanna Mason & Ken McMahon
Thu 4	TOF: Mt Dandenong Arboretum – Olinda Falls – Kalorama	Pvt	Easy	CN:md	Graham Hodgson
5–8	PC : Mt Howitt – Mt Speculation (3 days)	Pvt	Med	NE:mb	John Terrell
Sun 7	DAY: Lake Mountain	Bus	E/M&M	CN:yg	Judith Shaw & Jamie Brawn
Wed 10	DAY: Bushwalkers Bay to Cape Schanck	Pvt	E/M	CN:fr	Deb Berner
13–14	PC : Beginners: Leanganook Track – Mt Alexander Park	Pvt	Easy	CN:me	Ian Mair
Sun 14	DAY: Keppell Lookout & Steavenson Falls	Car	E/M	NC:yg	Jenny Andrewes
Mon 15	MOF: City parks	Pvt	Easy	CN:me	Alan & Jan Case
Wed 17	TRG: Leader Training – Unit 7 – Critical Incident Management				Co-ord: Angela Vetsicas
Wed 17	DAY: Silvan – Olinda Falls	Pvt	E/M	CN:md	Doug Pocock
Sun 21	DAY: Mt St Leonard – Donnelly Weir	Bus	E/M&M	CN:yg	Theo Mertzandis & Deb Shand
Sun 21	CYC: Westernport Bay Trail (train/pvt)	Pvt	E/M	CN:me	Ross Berner
24–28	PC : Mallacoota – Nadgee	Pvt	Med	EG:or	Jopie Bodegraven
25–31	PC : Great Ocean Walk with Day Packs	Pvt	E/M	SW:wb	Judith Shaw
25–28	PC : Hotham to Falls Creek	Pvt	E/M	NE:mh	Ros Leong
Thu 25	SOC: Wurundjeri Walk, Gardiners Creek	Pvt	Easy	CN:me	Eleanor Weekes
25–28	MNT: McMillan's Track	Pvt	Easy	WG:	John Terrell (co-ord)
Sun 28	DAY: Around Eastern View	Car	E/M	CN:ge	Theo Mertzandis

EASY CARAMEL NUT SLICE

Prep time: 10 minutes

Cook time: 35 minutes

Total time: 45 minutes

Servings: 16

- 1 cup plain flour
- 1 teaspoon baking powder
- ½ cup coconut milk powder or desiccated coconut
- scant ½ cup caster sugar
- 100 g butter melted
- 500 g mixed nuts (cut up large Brazils)
- 395 g can sweetened condensed milk

1. Preheat oven to 180 degrees.
2. Line with baking paper an 18 × 28 cm rectangular slice tin.
3. Sift flour, baking powder and coconut milk powder into a bowl.
4. Add caster sugar and melted butter and mix well to combine.
5. Place the mixture into the prepared tin and press down firmly.
6. Bake for 10 minutes and then remove from oven.
7. Sprinkle over the nuts.
8. Pour the can of condensed milk over the top of the nuts (ensuring all parts are covered).
9. Bake for a further 20–25 minutes or until golden.
10. Set aside to cool before placing into the fridge for 3–4 hours (preferably overnight).
11. Cut into slices to serve.

Marilyn Whimpey

(Modified from <https://bakeplaysmile.com/net-caramel-slice/>)