



# THE NEWS

OF THE MELBOURNE BUSHWALKERS

Edition 360

JULY, 1980

Price 20¢

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## COMMITTEE NOTES

Meeting held on 7th July, 1980.

Treasurer - Bank Balance - \$6558.68 as at 30/6/80  
Accounts totalling \$1049.45 were passed for payment.

Walks Secretary - May preliminary figures - 86 members and 34  
visitors (total 120) on walks (excluding 1 day walk)  
Income \$913, expenditure \$1082.80. Loss \$169.80  
A joint club walk has been arranged with the Walking  
Club of Victoria in the Mount Cole area on 3rd-5th  
October 1980. Further details later.

Membership - 331 Financial members.

WALK - magazine - a quote from Humphrey and Formula for \$4945  
for 3000 copies has been accepted.

Committee of Management The lights will be fixed by Friday 11th  
July! (or so we have been promised.)

FEDERATION OF VICTORIAN WALKING CLUBS - still requires a President

GENERAL - Committee decided to allow News Convenor to buy a  
reconditioned electric typewriter up to the value of  
\$500. Present typewriter is small, manual portable model  
and quite unsuitable for typing stencils for "News"

Committee decided to become a member organisation of  
the Tasmanian Wilderness Society - to show our support  
of their aims. (Annual subscription \$20) Individual  
members are also welcome. Secretary has application  
forms.

A "Guide to Bushwalking" has been revised and reprinted  
and will be available in the clubrooms soon. It is  
aimed at visitors and new comers to bushwalking, and  
will be sold for 20 cents. Thanks to Peter Bullard for  
his work on this booklet.

DUTY ROSTER

July 16	Jan Llewelyn, Sandra Mutimer
July 23	Peter Bullard, Graeme Laidlaw
July 30	Prue Hardiman, Graham Hodgson
Aug. 6	Lynne Muirhead, Rod Mattingley

Correspondence should be directed to:-

The Secretary,  
Melbourne Bushwalkers,  
Box 1751Q, G.P.O.,  
MELBOURNE, VIC. 3001.

Meetings are held in the clubrooms, 14 Hosier Lane, at the rear of the Forum theatre, every Wednesday night at 7.00 p.m. Visitors are always welcome.

### AUGUST - WALK PREVIEWS

#### DAY WALKS

**AUGUST 3      HIGH CAMP - MT. WILLIAM      EASY/MEDIUM**

LEADER: Peter Arden  
TRANSPORT: Van from Batman Av., 9.15 a.m.  
EXPECTED TIME OF RETURN: 7.00 p.m.  
MAP REFERENCE: Pyalong 1:50 000  
APPROXIMATE DISTANCE: 8 Miles

The walk starts about ½ mile west of High Camp; about 8 miles NW of Kilmore. We climb about 500 ft and then follow a ridge to the S and then SW. After one 500 ft descent and two 500 ft climbs we will reach Mt. William, and then descend 800 ft to the van. Views for most of the day. Bring water for lunch.

**AUGUST 10      WARRANTYTE - BEND OF ISLANDS- WONGA PARK      EASY**

LEADER: Liz McKenzie  
TRANSPORT: Van from Batman Av., 9.15 a.m.  
EXPECTED TIME OF RETURN: 7.00 p.m.  
MAP REFERENCE: Yan-Yean 1:50 000; Yarra Glen 1:50 000  
APPROXIMATE DISTANCE: 6 Miles

We start at the entrance to Warrandyte State Park, where bell birds are numerous, tinkling and hanging upside down from branches. Following the river on and off to the Bend of Islands, we end up on four wheel drive tracks through cattle and orchard country to the van.

**AUGUST 17      MURCHINSON FALLS - STRATH CREECK - DIGGERS GULLY      MEDIUM**

LEADER: Otto Christiansen  
TRANSPORT: Van from Batman Av., 9.15 a.m.

FOR DETAILS SEE LEADER IN THE CLUBROOMS

**AUGUST 24      WOMBAT STATE FOREST      EASY/MEDIUM**

LEADER: Helen Waddell  
TRANSPORT: Van from Batman Av., 9.15 a.m.  
EXPECTED TIME OF RETURN: 7.30 p.m.  
MAP REFERENCE: Dalesford Military Survey  
APPROXIMATE DISTANCE: 13 km

A pleasant but non-spectacular walk through the home of Walley Wombat and family. After lunch at the Bullarto Reservoir, we will climb a temple called Babbington Hill - the only climb for the day. Afternoon tea at the Lyonville mineral springs - bring empty bottles if you wish to collect fresh mineral water (I tasted it, and it was good stuff). During the afternoon we will follow an old railway track to Trentham. Cold weather guaranteed so bring woollies.

DAY WALKS (cont.)AUGUST 31 ROSSLYNNE WEST - MT. MACEDON (NEE MADEDON - EAST TRENTHAM)EASY/MEDIUM

LEADER: Graeme Thornton  
 TRANSPORT: Van from Batman Av., 9.15 a.m.  
 EXPECTED TIME OF RETURN: 8.00 p.m.  
 MAP REFERENCE: Lancefield 1:50 000 (1979)  
 APPROXIMATE DISTANCE: 13 - 16 km (depending on options)

The Macedon - East Trentham walk has become the Rosslynne West - Mt. Macedon walk. There are several reasons for this: 1. Too many pine forests are boring. 2. Mt. Macedon is a bigger navigational target than the van. 3. The Devonshire teas are at Mt. Macedon not East Trentham. 4. It fits neatly on my map.

As a consequence of this, the walk will be more uphill than downhill and the grading a very pleasant Easy/Medium rather than Easy. We start where Gisborne Creek crosses Lawson Rd. (809528) and amble gently up through open eucalypt forest with a quite profuse covering of colored heaths, native cherry and wattle - some of which should be flowering at the time. From here we follow the contours skirting the pine forest to the west. After nipping across the Calder Hgwy we have lunch in a nice dry pine forest thoughtfully provided for the purpose. It is then downhill through the pines to the Norther railway, through the Cub Jungle and up the gentle ridge to Bawden Rd. From there it is either back to the van via the road, or, more interestingly 380m up through forest to the summit of Mt. Macedon where panoramic views to the west, south and south east may be had. Melbourne is visible on a clear day and a pair of binoculars enable aircraft to be seen taking off and landing at Tullamarine, loaded with visitors to celebrate Melbourne Spring Weather. Its all down hill past houses where some of the other half live to the van and a late afternoon tea. Carry drinking fluid for the day, and, as Spring isn't until the day after the walk, bring water proofs, just on the off-chance that it is late (Spring that is).

WEEK-END WALKSAUGUST 2 - 3 SKI TOURING AND SNOW CAMPING FOR BEGINNERS EASYBAW BAW PLATEAU

LEADER: Rob Harris  
 TRANSPORT: Private  
 EXPECTED TIMES LEAVING: Saturday, Melbourne 6.00 a.m.,  
 Cars 9.00 a.m.  
 EXPECTED TIME OF RETURN: Sunday 8.00 p.m.

NOTE: INSTRUCTION SESSION 7.30 p.m. MONDAY 28th JULY IN THE CLUBROOMS  
 During this session a talk including slides, will be given by Ron Lingard from the Ski Touring Association of Victoria on snow camping.

ONLY THOSE ATTENDING THIS SESSION WILL BE ACCEPTED ON THE WEEK-END

The usual format for the "beginners" week-end has been changed in two ways. Instead of spending more time on the road than on the snow, a venue closer to Melbourne has been chosen - Mt. St. Gweyneer on the Baw Baw plateau - 2½ hr drive on good roads.

The other new aspect is that Saturday night camp will not be next to the cars. So those who have heard that it is not really cold camping in the snow but have never risked their toes and fingers to find out, will have the opportunity under the guidance of some who know how cold it can be. The camp will be 2 km or less from where the cars will be left so those who have never skied, let alone with a pack on should be able to make it to the campsite even if the tents are pitched before putting their skies on. Since the cars will be reasonably close, severe weather conditions or gear failure will allow a quick retreat.

WEEK-END WALKS (Cont.)

Because skiing and especially snow camping can be very unpleasant if not armed with the right equipment and knowledge an instruction session will be held at the clubrooms (see Page 2). Apart from this instruction, a number of experienced skiers/campers will be attending to assist in establishing the camp and to give basic instruction on skiing. (Anyone wishing to offer their assistance in this regard would be most welcome. I can be contacted on 25 4502(B), 82 8800 (H) and will be in the clubrooms on 16th and 23rd July) Those who feel that a night on the snow in any conditions would be beyond them, could make arrangements to come for a day.

The ski Touring Association of Victoria will be holding an instruction evening "Snow Camping Theory" on July 15th (Venue and time to be advised)

AUGUST 8 - 10     SKIING: HOTHAM - FAINTER - BOGONG VILLAGE     MEDIUM/HARD

LEADER: Bob Douglas  
 TRANSPORT: Private to Bogong Village, then Mini Bus.  
 EXPECTED TIME OF RETURN: Late Sunday  
 MAP REFERENCE: Algona Guides  
 APPROXIMATE DISTANCE: 12 Miles

The route follows the Alpine Track to Dibbins Hut and up to the High Plains to Mt. Jim, thence to Fainter and Bogong Village via Tawonga Huts. I aim to make at least Tawonga Huts by Saturday night. This will be a real mountain-touring trip and I am afraid I can accept only those skiers whom I know to be experienced, or who can be vouched for.

Friday's camp will be at Bogong Village, and a bus will take us to Hotham early Saturday morning - about 6.00 a.m. or so. cost for the bus will be about \$12 a head, additional to the cost of private transport from Melbourne.

AUGUST 15 - 17     ULUPNA ISLAND (MURRAY RIVER - BASE CAMP).     EASY

LEADER: Rob Ayre  
 TRANSPORT: Private  
 EXPECTED TIME OF RETURN: When would you like to return!  
 MAP REFERENCE: Strathmerton 1:50 000  
 (Available N.S.W. Lands Dept., Central Mapping Authority, Panoramic Circuit, Bathurst, 2795 \$2.00 posted)

It is time for a change from that usual ski trip routine. Who needs cold wet snow anyway. Come north for a pleasant weekend on the shores of the Murray.

Our Walks Secretary has made this easy trip a private transport venture, and that is as good a reason as I can think of for making it a base camp. I have located a small grassy campsite with a wide sandy beach on a bend of the river that we will use as a base.

On Saturday we will visit the wildlife refuge on the western end of Ulupna Island. This is like a park, with open red-gum forest and the occasional creek bed. there are several hundred kangaroos and some emus in the refuge, and on the preview we found one koala. If we drive part of the way we can have more time on the island itself.

On Sunday we will wander along the Murray itself, then return to camp by some of the forest tracks.

Please obtain a map from me to help you find the campsite - otherwise you will drive all night and not find it. And if you have any questions note that my phone number is now 90 2560

AUGUST 22 - 24     SNOW WALK - MT. BOGONG     HARD

LEADER: ANY VOLUNTEERS???

TRANSPORT: Private.

FOR DETAILS SEE LEADER IN THE CLUBROOMS

ADVANCE NOTICE OF HALF YEARLY GENERAL MEETING

At the Half Yearly General Meeting on 24th October, 1980 there will be an election of Auditor.

We need a new Auditor to take the place of the late Ron Taylor. Philip Taylor is continuing as one of the two auditors required by the constitution. If you are interested (and preferably have some accounting or financial background) contact Rob Ayre or Bob Steel.

\* \* \* \* \*

NOTE FROM THE WALK SECRETARY

We will soon be thinking about the summer and autumn programs.

If you have any ideas you would like to have considered, please jot them down, and hand them to me by the end of July.

It is also time to be thinking about Christmas trips!!!.

Ken MacMahon.

\* \* \* \* \*

I would like to outline some of the difficulties which Ken MacMahon as Walks Secretary faces when selecting walks for the Walks Program.

There is the problem of providing walks for both ends of the scale - those who think that there are not enough hard walks and those who believe that there are not enough easy walks. This means that a compromise must be made. The majority of walks concentrate on the middle range between these extremes and of gradings which would suit the majority of walkers in the club. Walks are provided for these extremes, but not as many as either group would like.

There are two ways of attempting to overcome this problem:-

1. providing the opportunity for a choice of difficulty at some time within the same basic walk or
2. providing two walks of different gradings in the same area.

However, this brings us to another problem..... if either of these systems were to operate more leaders would be required.

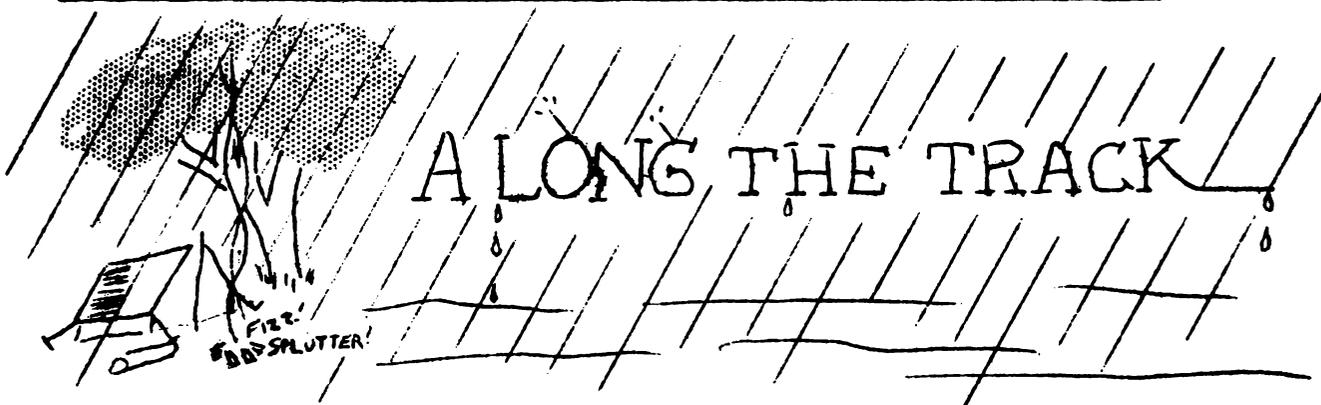
If you would like to lead a walk, Ken would be delighted to hear from you. He would also be interested in hearing about any ideas you may have for future walks.

Sandra Mutimer  
(with the endorsement of the Committee)

\* \* \* \* \*

CLUBROOM CLEANUP

It is our turn again this month!!!!  
Your help will be welcome on Wednesday  
6th August, 5.30 p.m. for about ½ hour  
and then we go to eat before Clubnight  
starts.



If you have been on a week-end walk this year or especially if you are a regular reader of this page you will know that Graham Mascas' walks can be quite a talking point.

First there was the bus. No, it wasn't for the Y.H.A., it was ours, complete with seats in red floral velvet.

Next, we left dead on time, but only after the knee-jerk doubt about Graham's assertion that all really were on board.

The chatter died as the radio gave us the forecast - max. 10°C. We speculated on what was in store for us - and for the Y.H.A. bound for Feathertop.

We overshot a possible tea stop at Seymour by a few hundred yards so the walking club tightened its belt until Euroa - and there was the Y.H.A. again. After the obligatory banter about head counts we set off for El Dorado. The driver didn't stay the night. He must have known something we didn't.

Along the gravel track to the camp site a voice asked, "How far, Graham?" The reply should be recorded in that log book in the sky. "Just follow Dorrie. Stop about ten yards short of where she falls in the creek!" Anyway the tents went up before the rain hurtled down.

After breakfast and griping about heavy packs (wet tents) we followed Friday's track. Well, we would have if it hadn't been covered by fast flowing turbid water. Was it safe?? Would it go?? Admiring eyes watched as Harald, naturally, lunged forward, the legendary Lemming personified. The sheep soon followed. The pace was gentle, the route pleasant and the slopes ever so friendly.

The map, tracks and signposts all agreeing with the leader we entered light bush to cross a ridge and find "the delightful spot for Saturday night camp" Some time later, Neil started to feel giddy, a condition which worsened due to low tolerance to centrifugal forces. Really, things could not have been too bad because Dorrie's comments weren't heard very often.

Finding it hard to pin down such a mobile, elusive campsite we had lunch around a welcome fire. Those in shorts wondered what the others had gained with damp "longs" and over pants. Most found their parkas not quite the magical garments the sales staff had claimed them to be.

By now we were fed, warmer, and drying off, more or less. We had passed so many good sites - but with no water, ignoring for the moment the morning's rain. There we had the water but not the site. Off strode brave Horatius, er, Harald, and then Graham. Naturally, Harald came back first and the requisite shouting then restored our leader to us.

A short walk brought us to camp, not the predicted one, but still very pleasant with firewood everywhere. By now of course, water was, or was not, a problem depending on where and how much of it one wanted. Miraculously, for the second night tents went up without the rain. Our leader was certain of intense devotion. His tent was secured by borrowed pegs. You can guess where his own were.

Tea was cooked on three of the hottest fires the club has seen. The resident expert, Sylvia, oversaw the preparation of at least two. No spark dared go the wrong way near her. At twilight there was a comforting red glow in the west, or was it just Rod's fire?

At times the rain seemed to decrease. Perhaps that was because most of the air space was occupied by hail. Very few stood around longer than necessary. At night the rain seemed the heaviest yet. However, the morning was dry for a few minutes but Spencer was probably the only one to pack his tent before the inevitable resumed rain.

Before long we were crossing cow paddocks vividly green against the arctic grey everywhere else. Neil discussed the chances of picking up a lost balclava on a moonless night.

The map said to follow the road. We tried to but it was rather lush for a road and was leading past a Walt Disney calf to a farmhouse. Graham tried to raise the farmer. As it turned out, he had yet to rise being, then, on his throne. Finally he appeared, "Waddayoudoinear?". through the rain and parka hood I could not catch Graham's accent but our temporary host seemed satisfied. A whispered rumour of coffee and biscuits proved to be just that.

Further along the road was a shed just the right size for us. They had seen us coming. It stayed locked, we stayed wet.

Soon we took part in the local sport of drivers splashing the walkers. But soon, water below and not above was our concern. Yes! A case of *deja vu* It finally had to happen. Something that was mentioned in the preview - Woolshed Falls.

They impressed us. So did the yard wide gap. So did the ten foot drop to fifteen feet of surging water. We all made it, with one or two hearts beating more quickly. There was still a tumbling mass of water ahead. A detour was found (thankfully not the makeshift bridge I heard mentioned.) and we were on a road again.

At this point the party was revolting and democracy took over. The leader's plans were drowned (sorry) in a flood (oops) of protests. He didn't seem to espouse his cause too forcefully, though. Now that we were walking again Sylvia managed a good imitation of a duck with blistered feet.

A fast road bash saw us in Beechworth. The bus was there and close to a huge picnic shelter. Thanks to the hot air dryer in the toilet, Graeme dried all off all over and then got to work on clothes towel and parka.

One might expect this report to finish now but don't forget who was leading. The toilet area being almost deserted, Marijke went in to help Graham (??) Last reports were that at least two little local boys had identity problems regarding bushies.

Now all this time Spencer was reputedly fasting. But there were shops and he had money. The economy in the town got a definite boost.

Most were now on the bus and talking of hot showers and electric blankets - especially Philip. Something was wrong, though. Soon we knew. Harald was closing on the bus, eating some of H I S C H E E S E. Someone said "Smells like smelly old socks" I protest, what a slanderous slur on smelly old socks. Harald was finally allowed in, without contraband i.e. more cheese.

Along the way we briefly experienced a rare natural phenomenon - direct sunlight. We also saw the thousands at Glenrowan with literally miles of parked cars. They were waiting for the train, troopers and the shootout (Where were you Athol Schafer?) What did we care? We'd had our own Ned Kelly, dressed up as Keith Lowe.

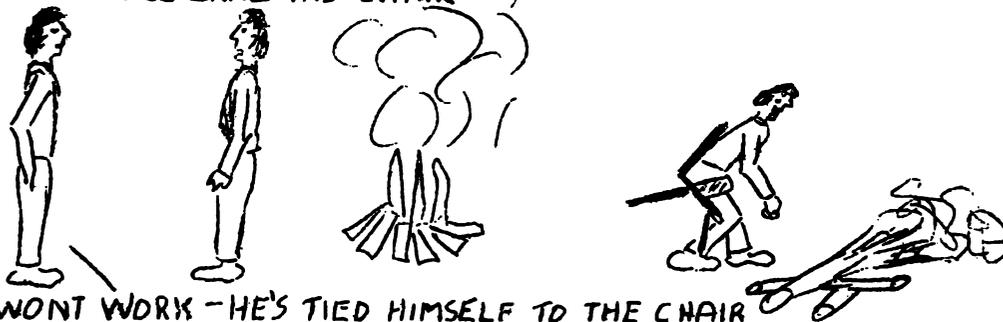
Neil had his twinkle stop at Euroa. Every eye vetted Harald's merchandise He was clean! Fit too. Down in the aisle he went, doing umpteen press-ups The purists knocked his style. It looked as if Spencer would upstage him but he was just reaching for the rubbish bag.

As long as you didn't mind feeling damp it was quite a pretty walk and good fun. If you are still drying out don't say you weren't warned. The preview said, "It won't be like my last walk" How true!!

Thanks Graham. Anyone who can fit so much into a week end must have a satisfied party. I don't know when your next walk is but I'll bet it's something to write home about.

"Ces"

WHEN HE GOES TO GET SOME WOOD )  
I'LL GRAB HIS CHAIR



IT WONT WORK - HE'S TIED HIMSELF TO THE CHAIR

### RAVING RAMBLINGS

A "new game" was introduced at the June Long weekend base camp led by Mr. President. Some of the club ancients, who were also the car drivers loaded up with the usual base camp comforts - you know, innerspring mattress, hot water bottle, kitchen sink. But this time folding chairs were added to the list. As we gathered around the camp fire it became obvious we clearly had a case of the "haves" and the have-nots".

After a time the breaking point of the "lowly" was reached and the revolution was at hand. One of the high and mighty vacated his chair to stir his cooking pot and a "have-not" silently seated himself. The startled owner quietly awaited his opportunity to slip into someones else's seat and very soon the game was on. A bewildered first week-ender required first aid after one scrimmage. Bushies could be observed trying to cook food and guard chairs at the same time with disastrous culinary results. None of the "have-nots" would add wood to the fire - all were waiting and watching until a "have", frozen and desperate, leapt up to do the stoking. A powerful torch picked up a figure furtively making into the bush clutching a spade, toilet paper, torch AND folded chair.

The writer feels the committee would do well to look into these "new games". An allied issue is whether we want further sub-groups in the club. After all we already have the divisions between:-

- \* The veterans and the new chums
- \* The booted and the gymshoes brigade
- \* The inebriates and the abstainers
- \* The loners and the tent sharers
- \* The four-wheel drive owners and the cyclists
- \* The BTT's (Been To Tassie) and the rest

Do we now want the chairwarmers versus the squatters??

At the same long week-end, on the last day, a presentation was made to "The Lady of the Swamp", after a muddy bedraggled party was seen emerging from among the reeds.

The blushing leader however, felt that Ian really deserved the honour, as without him the party would have disappeared, never to be found again.

Questions raised at a recent very wet week-end.

- Q. 1. Where does Neil carry all his Violet Crumbles??
- Q. 2. Why was the leader putting his hands inside Graeme's Parka so often??
- Q. 3. Who suddenly took note when on the return journey the soothing radio voice asked, "Are you young and in trouble?" and proceeded with a plug for family planning?

\* \* \* \* \*

### LAUNCESTON WALKING CLUB FILMS AND SLIDES

A show similar in style and content to the 1978 screening.  
Proposed dates and venue:-

Friday August 15 and Saturday August 16. 7.30 p.m.  
at the Brighton Town Hall.

Enquiries to:- John Barwick, 293 South Road, East Brighton, 3187  
Phone 592 7148.

ADVERTISEMENTSFOR SALE

Nordic skis - "Epoke" waxless  
2.05 m. with bindings.  
Excellent condition  
Suitable for beginners. \$55.  
Ring Les Markaham B)630 7001  
H)25 8510

FOR SALE

Red nylon Karrimor Tote-em  
senior rucksack. G.C.  
60 l. capacity.  
Suits Karrimor frames \$34.  
Ring Keith Lloyd A.H. 419 6986

TO LET 2 rooms, or house in Camberwell. For enquiries Phone  
Les Southwell - 82 4144.

WANTED WALKERS FOR TRIP IN NEPAL

A group of staff and students of S.C.V. Rusden are planning a 15 day trek into the Langtang/Gosainkund area of Nepal, walking through Tibetan villages and a National Park up to about 14-16000 ft with glorious views of the Himalayan Ranges including Everest.

At present there are 13 people going, and about 5 more are needed to balance the group. The basic trek is to be Dec. 5 - 20th and extra days at the start or finish can easily be arranged.

Anybody interested, please contact Dr. Harry Wright at 754 3511.

For more details and map see notice board in clubrooms.

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"HELP WANTED"

She was apprehensive, bewildered, uncertain. No, she wasn't sitting for H.S.C. but on her first club walk.

Perhaps this isn't always the case, but some members feel that we could try a little harder to show visitors that we really do welcome them. A friendly chat with them on the van, during the walk and at lunch could help them to feel more at home. They would also more quickly pick up useful tips on food clothing and equipment. A small effort on our part could mean the beginning of years of satisfying walking for a visitor on that next club trip.

Graeme Laidlaw.

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I would like to thank Alison Blaker, Marijke Mascas and Jim Marsden for their help with the membership list. It will be out with the August News.

Would all members please notify Libby Quarterman (Membership Secretary) PROMPTLY of any change of address and phone numbers and incorrect information on the membership list printed this month. Thank you, Libby

WELCOME TO THE FOLLOWING NEW MEMBERS

BRYDSON, Paul, 26 Seston St. E. RESEVOIR, 3073 H)478 4663 B)350 1222x511  
COYNE, Allan, 4 Illowa St. MALVERN, 3144 B) 21 6578  
DAVEY, John, 7/55 York St. N. FITZROY, 3068 B) 60 0281x2520  
DAVIES, John, 4/18 Spray St. ELWOOD, 3184 B) 609 2160  
FARKAS, Alexander, 28 Chirnside St. W. FOOTSCRAY, 3012 H)684774 B)399 2344  
FORBES, Lesley, 76 Harrison St. BOX HILL N. 3129 H)98 4043 B)878 5921  
FERGUSON, Norman, 240 St. Helena Rd. GREENSBOROUGH, 3088 H)434 3273 B)309 2244x628  
LYNCH, 17 Villiers St. ELSTERNWICK, 3185 H) 523 9487 B)429 1564  
NEW ADDRESSES AND PHONE NO.  
AYRE, Rob, 14 Seventh St. PARKDALE, 3194 H)90 2560 B)541 6733  
KENEFAKKE, Jenny & Geoff, H) 29 7453.

FEDERATION REPORT

1. Position of President still vacant. Anyone willing to chair council meetings, please come forward.
2. Land Conservation Council - proposed recommendations for North Central Study Area. These look very good at present. If you have any further ideas please contact Athol Schafer, H) 211 2649 by 2nd August.

Note that this area covers some popular walks. i.e. Fryerstown, Vaughan Springs, Mount Alexander, Melville Caves, Heathcote etc.

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WALKERS WEIGHT WATCHERS

I have found that one of the many features of walking with the club, other than suspect navigation, bad weather, etc. always being attributal to the leader, is the variety of gear and ideas which one comes across during a walk. There are many good ideas but I am often amazed at the amount of gear and weight that many walkers hitch to their bodies. I do not doubt that most, after little practice, can 'comfortably' carry 18 to 20 kg (40 to 45 lbs). Some will claim a 'comfortable' weight of 27 kg (60 lbs). However, I am given the impression that many believe that given a pack must be carried, there is little advantage in carrying less than what is comfortable. I suggest that there are many advantages in always carrying the lightest pack possible without compromising health and safety and without foregoing those little comforts.

With a little soul searching many week end pack weights could be reduced by 20 %. Even a 10 % reduction will make the day shorter. Instead of trudging on as quickly as possible, the next rest stop always in mind, one is more inclined to dally here and there for a few minutes at what might otherwise be considered minor points of interest. When at a rest stop one feels more like wandering around the area than collapsing in a heap on top of the pack. There is also more energy left at the end of the day. I have noticed that some people, once having reached the campsite, move no further than a respectable ablution distance not so much due to a lack of interest but because of the effort expended during the day and the thought of what will be required tomorrow. Some may feel that a mere 10% reduction in pack weight, approx. 2 % of total body weight, will make little difference in how energetic one might feel. However, one needs to remember that weight on your back is different to an extra few kg around the middle. This difference includes the extra effort required by back and shoulder muscles, especially if the pack is not balanced and the extra effort required to maintain body balance due to the change in the position of the body's centre of gravity. An extra kg in a pack requires the same amount of extra energy to carry around as 4 kg distributed evenly over the body.

Developing your gear so that you can comfortably exist with 2 to 3 kg less on a week end trip helps on the longer trips. You can pack in 4 to 6 days extra food and the pack is still 'comfortable' (medical authorities have indicated that pack weight should not exceed 30 % of body weight).

Reserve energy and carrying capacity is also useful on occasions of unexpected incidents some of which include the need to split up a pack or even carry someone due to injury or sickness and the inevitable walk which is longer and harder than intended.

With a little thought and less effort a pack weight of less than 13.5 kg (30 lb) can be achieved for a week end walk in the low country (less than 16 kg (35 lb) in the high country) without leaving out the tent, or sleeping bag or going on a fast.

It is intended that over the next three or four issues of "News" ideas will be put forward to help achieve this. The next article will be on tents (including the sharing of) and sleeping gear.

It would be appreciated if anyone with helpful hints would pass them on through the News Convenor or myself directly, by phone or letter.

Rob Harris, H)82 8800

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Closing date for next News, August 6th.

Send all copy to Marijke Mascas, 12 Hillcrest Rd. Glen Iris, 3146, or post in the "Red Box" in the Clubrooms.