



# The NEWS

of the

## MELBOURNE BUSHWALKERS INC.

OCTOBER 1997

EDITION 560

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PRICE 60 cents



"Stylish, Sensational Energy"  
choreography. A feel good night of colour and movement !!

Everything a musical comedy should be !!

STATE THEATRE VICTORIAN ARTS  
CENTRE

Friday 28th November 7.30pm

Group booking & Limited Number of 20 only.

Tickets \$59.90 (Save \$6.00)

Final numbers & payments by Wed October 29th  
See Marisa or phone

### Attention all Bushies

Date for everyone's diaries  
Wednesday December 17th

### Our Christmas Party

St Michaels Community Hall  
cnr Macpherson St & McIlwraith St  
North Carlton

Plate of Food to share

Dress in Christmas Spirit

### Slide Night

Wednesday 19th November  
8.00pm Clubrooms

Les Southwell's slides on Fraser Island

**Wilky Spring Clean Work Party**  
14-16<sup>th</sup> November  
contact Doug Pocock

### Film Night

Julia Roberts in this year's best romantic comedy

*"My Best Friend's" Wedding*

from the director of Muriel's wedding P.J. Hogan

Friday 17th October

7 to 8.30pm (Exact time to be confirmed)

Jam Factory  
Chapel St  
South Yarra

\$10 per ticket or a book of 10 = \$7.50

Final numbers and payment by Wed evening 15th Oct  
See Marisa or Phone

Relax with great Music, good food and terrific company at the

### Bushies Blues Night

on

Friday 24th October.

At the

### 5+10 Bar & Cafe

197a Brunswick Street Fitzroy  
Starting at 8.00pm.

Music is Acoustic Blues from the group COLLARD, GREENS and GRAVY who play Delta Blues featuring Guitar, Washboard and Harmonica.

The Atmosphere is friendly. Meals start at \$6.50 and the 5+10 is fully licensed so no BYO please. There is no cover charge and drinks are very reasonable.

Call Brian Crouch on  
to reserve your place before Wed 22nd October.

### Introduction to Wilky

7-9 November 1997 see page 5

### Leaders Training Day

15<sup>th</sup> November 1997

contact Derrick Brown

## From the Editor

I do apologise for the two August versions of the News. I am amazed at how many have not noticed that now there are two August editions. If anyone is collecting these and would like no 559 with September on the front cover please contact me.

Next month the News will be out a week later than usual because we are all making the most of the Melbourne Cup weekend and going on four day walks.

*Judy Gipps*

## From the President

As the club continues to experience a high demand for Sunday walks we need to look at providing more walks. We have a reasonable number of leaders to meet our current programme - but no more. We can only expand the walks programme if we have more leaders. There must be many members who have not seriously considered leading - if you are one of them I now ask you to do so. It may seem a little daunting at first, but I think that most - if not all - members could rise to the challenge. The club will help would-be leaders to learn the necessary skills and will introduce them to leading - gently. You do not need to be a week-end walker or a camper - some day-walking experience is all you need.

To help this process we have a leaders' training day coming up, on Saturday November 15. This is a learning opportunity where we provide teaching and practice in the skills of map reading, bushcraft, planning a walk and leading a walk. It isn't all theory;

it will be a day in the bush where we try out the skills. Please, if you have never done this before, give it a go. You'll learn new skills, you'll gain confidence, and you'll be doing something most valuable for the club. Oh, I forgot something - you'll enjoy it as well!

*Derrick Brown*

## Christmas Trips

With this issue of News we are circulating the Summer Walks Programme. This includes a range of extended trips over the Christmas period which we hope will cater for all tastes. Previews by the leaders will be published in November News, but feel free to contact any leader now to find out more. Some trips may have restricted numbers. For the more leisurely walkers, I am trying to organise a Base Camp, with the High Plains being the suggested venue. At present I do not have a leader for this so if anyone is interested, please let me know. You would not necessarily have to be there for the full duration.

*Pearson Cresswell*

## Letter to the editor

I was shocked, saddened, dismayed and distressed to read in the September **News** that a motion was accepted to support the proposal for a walking track to be cut at Wilson's Prom.

We are all very aware that Victoria's Parks and Forests are criss-crossed with tracks - old, new, used and abused. Surely we have invaded and conquered the wilderness enough we should be leaving alone the little that is left. We don't need this track there are plenty of alternatives.

Yours sincerely  
*Janet Norman*

**The NEWS** is the official newsletter of the Melbourne Bushwalkers Inc. and is published monthly.

Edited by *Judy Gipps*.

Articles, walk reports, poems, snippets of news, reports of new gear, book reviews, letters "to the Editor", advertisements, etc are always welcome. The Editor reserves the right to edit articles, letters or other contributions, where space, clarity or propriety dictate, and to maintain editorial consistency

Please note that articles for **The NEWS** may be:  
placed in the Red Box in the clubrooms or  
mailed to Judy Gipps,  
faxed to me on

### Advertising Rates

**1/4 Page** 1 Issue-\$20; 3 Issues-\$50; 12 Issues (1 year)-\$180  
**1/2 Page** 1 Issue-\$30; 3 Issues-\$75; 12 issues-\$270  
**Full Page** 1 issues-\$50; 3 issues-\$125; 12 issues-\$450

Only advertisements directly relating to bushwalking will be accepted (eg gear, maps, trips, tours)

### Members Ads - FREE

Closing Date for NOVEMBER 97 News is 5th November 97

Meetings are held in the Clubrooms, MacKenzie St., Melbourne (rear of the Royal Horticultural Society building) on WEDNESDAY Evenings between 7.00pm and 9.00pm.

*Visitors are always welcome.*

General correspondence should be directed to:  
The Secretary, Melbourne Bushwalkers Inc.  
PO Box 1751Q, MELBOURNE 3001

## Previews for November Day Walks and one for October

**Saturday 25th October 1997**  
Easy

**Dandenong Explorer**  
**Emerald - Macclesfield**

**Leaders:** Michael Humphrey  
**Transport:** Private  
**Expected time of return:** 4.00pm  
**Approximate length of walk:** 12 km  
**Map Reference** Melways Maps 127 and 125

Come along and join me on this very pleasant stroll through the suburbs of Emerald and Macclesfield. We will encounter some truly lovely countryside, views, gardens and hillsides covered in daffodils. Of course, we will finish the day at the Possum Cottage for afternoon tea - now, doesn't that sound appealing !!!

We will meet at 10.45 am in the car park at the Emerald Reserve (Melway Map 127 F3) - turn right at the third roundabout in Emerald. If you are coming by public transport please ring me at home on - the train arrives at Belgrave station at 10.102am and I will pick you up.

See You there !!!

*Michael Humphrey*

**Sunday 2nd November 1997**  
**Easy & Easy/Medium**

**Kilcunda Beach**

**Leaders:** Janty Taylor  
**Transport:** Bus from Southbank Boulevard at 9.00 am  
**Area:** Nr Wonthaggi  
**Expected time of return:** 7.00pm

This walk will be near Kilcunda Beach just near Philip Island and by this time the weather should be warm enough for walking along the seashore. See the leaders in the Clubrooms

**Tuesday 4th November 1997**  
Easy

**Merri Creek**  
**Parklands**

**Leaders:** Athol Schafer  
**Transport:** Tram, meet under Flinders St Station clocks at 10.00 am  
**Expected time of return:** 4.00pm  
**Approximate length of walk:** 8 km  
**Map Reference** Melways Map 30

We will be taking the East Coburg tram to the stop near the corner of Nicholson and Harding Sts. The latter street leads into extensive parklands including bird sanctuary wetlands, and, further downstream to Sumner Park for lunch. Later we will conclude the walk through the grand gorge from near Rushall along to the climb out up to Oldis Gardens. Returning to the City from Westgarth station or High St tram.

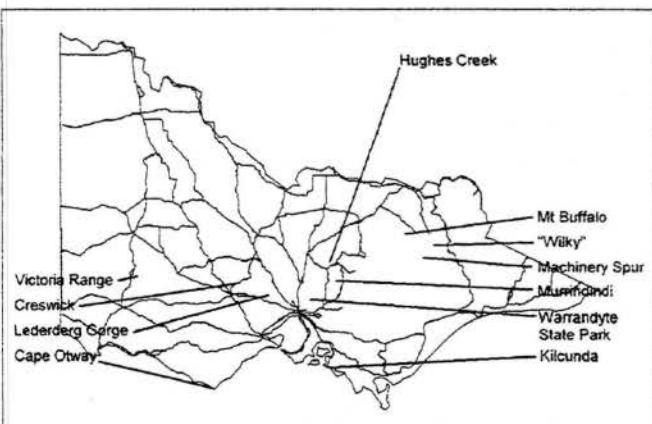
**Sunday 9th November 1997**  
**Easy & Easy/Medium**

**Creswick**

**Leaders:** Margaret Borden & Stuart Mann  
**Transport:** Bus from Southbank Boulevard at 9.00 am  
**Area:** Creswick  
**Expected time of return:** 7.00pm  
**Approximate length of walk:** 14 & 18km  
**Map Reference** Creswick 1:25,000

This appears to be the first time the club has had a Sunday walk in the Creswick State Forest which offers a varying range of scenery and has some really lovely areas.

The Easy walk will start on the walking track around St Georges Lake and continue on foot tracks along and over water races through turned over gold mining diggings with, hopefully, some remaining wildflowers. There will be a short bush bash after lunch and walk along the edge of Cosgrove Reservoir and then forest roads with some modest ups and downs and a bit more off road back to the bus at St Georges lake. As a very short add-on we will cross the road for a look at the mysterious Blue Waters lake. The easy-medium group will start approx 2 km before St Georges lake and head generally south through an interesting fire damaged section of the forest with numbers of easy ups and downs and several creek crossings to the beautiful Slaty Creek and its attractive picnic areas. This section will be mainly off road through open forest and the creek crossings a bit of a scramble. Then it will be north on and off forest roads and around old digging areas and Blue Waters to St Georges Lake, to finish on the same tracks as the Easy group to Cosgrove Reservoir.



Saturday 15th November 1997	Leaders Training Day Sugarloaf Reservoir
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Leaders:	Derrick Brown
Transport:	Private
Area:	Christmas Hills
Map Reference	Christmas Hills 7922-1-3

This day is intended to provide training for would-be leaders. Don't miss this opportunity for free training in bushcraft, map reading and leading!

The day will include some training in map and compass work, walk planning and the actual walk leading. We'll have experienced leaders on hand to help novice leaders to 'find their feet'. To maximise leading opportunities we'll have a number of short walks. If you haven't led a walk before come along and we'll show you how! If you'd like to come along for the exercise without nominating yourself as a trainee leader you'll be welcome.

NB Although the Club had a walk here recently we shall be using a different area

Sunday 16th November 1997	Hughes Creek
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Leaders:	Brian Crouch & Jean Giese
Transport:	Bus from Southbank Boulevard at 8.30 am
Area:	N/E of Seymour
Expected time of return:	7.00pm
Approximate length of walk:	14 & 17 km
Map Reference	Dropmore, Mt Bernard 1:25,000

This will be a very enjoyable but challenging walk in open country above Hughes Creek. The co-leader will now be the inspirational Jean Giese, thanks for filling in Jean. The walks will be Easy/Medium and Medium with both walks having an early 300 metre climb over 3km, we will take it slowly. We will stay on Hilltops for most of the day giving us spectacular views of the surrounding country.

\* Please note the 8.30 start

Wednesday 19th November 1997	Warrandyte Park Yarra River
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Leaders:	Jean Giese
Transport:	Private
Area:	Warrandyte State Park
Expected time of return:	5.30pm
Approximate length of walk:	18 km
Map Reference	Melways 24 & 279

A new section on a bend in the Yarra River was added to the Warrandyte State Park in July this years. we will check it out. Commencing at Tills Drive, Warrandyte, we follow walking tracks and cross old, open farm land with the river in sight most of the time as it winds its way north and east towards Chirnside Park. Come and explore this part of the Yarra. You would never know

you were so close to the great metropolis of Melbourne. Good views too. There is a short walk over a log to be negotiated.

Meet corner Tills Drive & Warrandyte - Ringwood Rd (Mel 23 H2) at 10am or Jean's place 8.45am.

Saturday 22nd November	Dandenongs Explorer
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Leaders:	Michael Humphrey
Transport:	Private

A preview of this walk will be in the November edition of the **News**.

Sunday 23rd November 1997	Lederderg Gorge
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Easy/Medium & Medium	
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Leaders:	Chin Teck & Fulvia Collavo
Transport:	Bus from Southbank Boulevard at 9.00 am

A preview of this walk will be in the November edition of the **News**.

Sunday 30th November 1997	Murrindindi
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Easy/Medium & Medium	
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Leaders:	Sue Ralston & Peter Havlicek
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Transport:	Bus from Southbank Boulevard at 9.00 am
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Area:	East of Melba Hwy between Yarra Glen and Yea
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Expected time of return:	7.00pm
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Approximate length of walk:	16 & 19 km
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Map Reference	Taggerty South 1:25000 (8023-3-S)
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Both walks start at the Murrindindi (The Cascades) picnic area. If you have not got your camera with you, bring at least a copious supply of "oohs" and "aahs" to use while contemplating the magical flow of water over the rocks (but save some for Wilhelmina Falls, too). Having with great difficulty torn ourselves from the enchanting sight, we proceed downriver along the Murrindindi River Track. The Medium walkers will make an ascent of about 350 m (watch and listen for lyre birds along the track) to approach Wilhelmina Falls from above and be rewarded by magnificent side views as they descend. The rest of us have a pleasant undulating track that approaches the falls from below. The Falls themselves are a drop of over 150 m; hopefully, El Nino shall not have robbed them of too much majesty. Both walks finish at the "Swinging Bridge" camping ground. Orchids abound on the side of the track.

<b>By Law</b>
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(which was incorrect in the September **News**)

New members joining after the 1 <sup>st</sup> October shall pay three times visitors fees
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## Previews for November Weekend & Pack-Carry Walks

**31 Oct - 4 November 1997**      **Razor - Viking Circuit**  
**Medium/Hard**

**Leaders:** Alan Ide      **(W)**      **(M)**  
**Transport:**                          **Private**

Originally this walk was graded 'Medium', but after last years epic I decided to upgrade it. For those new to the club, our last attempt at this walk was foiled when Max broke his leg. We also had to rescue a sick scout leader, endure horizontal driving sleet and rain and to cap it off attempt to fix a certain car!

I would ask that you not attempt this walk unless you are an experienced overnight walker.

The plan is to walk from the High plains car park to Macalister Springs. If the weather is fine I intend to do the circuit clockwise, that is: Crosscut saw->Mt. Buggery → Mt.Spec → Catherine Saddle → The Razor → The Viking → Wonangatta River → Mac Springs. If the weather is lousy we will see the sights in reverse order. This may avoid being blown off the Crosscut saw.

Mandatory Items to bring: Pocket knife with a saw function (amputations, stretchers, etc), String (to make stretcher), Rain coat, Plaster of Paris, Mobile Phone & functioning automobile.

**31st Oct - 4 Nov 1997**      **Victoria Range Grampians**  
**Medium/Hard**

**Leaders:** Peter Chalkley  
**Transport:**                          **Private**  
**Approximate length of walk:**      40 km  
**Map Reference:**                      Southern Grampians 1:50,000  
    Outdoor Rec

This route will take us to some of Victoria Range's outstanding attractions - Mt Thakeray, The Fortress, Cave of Hands, Red Cave and Hollow Mt (the other one). Some bush bashing and some steep off track climbing is involved.

**31 Oct - 4 Nov 1997**      **The Bluff - Mt Clear - The Nobs**  
**Easy/Medium**

**Leaders:** Max Casley  
**Transport:**                          **Private**  
**Area:**                                 SE of Mansfield  
**Approximate distance from Melbourne:**  
**Expected time of return:**  
**Approximate length of walk:**      55 km  
**Map Reference:**                      VMTC - King, Howqua & Jamieson Rivers,  
   Howitt - Selwyn 1:25,000  
   Tamboritha - Moroka 1:25,000

The present plan is to meet at Sheepyard Flat on Saturday morning and then drive to Eight Mile Gap where the walk will start after a car shuffle. Then up over Rocky Ridge and then steeply up to the Bluff

where we will camp. On Sunday we will wander along the escarpment past Bluff Hut and on to King Billy 1 and 2 for good views. We will camp near Chesters Yards. On Monday we leave the 4WD track and climb over Mt Clear. On the way to Square Top we pass some of the most magnificent snow gums you will ever see. Camp will be near High Core. Tuesday we will go to the Nobs and perhaps some of the Mt MacDonals ridge. Be prepared for any weather including snow. Drivers also note that roads can be in poor condition.

**7-9 November 1997**      **Introduction to Wilky Easy**

**Leaders:** Doug Pocock  
**Transport:**                          **Private**  
**Expected time of return:**            7.00pm  
**Map Reference:**                    High Plains 1:50,000

Wilkinson Lodge is a comfortable hut on the Bogong High Plains. Some 10 km from Falls Ck and 400 km from Melbourne. Wilky holds eight people and provides cutlery, crockery and mattresses. All that is needed is your clothes and sleeping bag and food. Due to a cramped kitchen communal meals are the only way to go.

The purpose of this weekend is to show people the workings of Wilky (and where to find it in the dark and fog) so that they can then use the place subject to booking procedures.

**14-16 November 1997**      **Machinery Spur - Diamantina Spur**  
**Medium**

**Leaders:** Cameron McMillian  
**Transport:**                          **Private**  
**Area:**                                 Bogong High Plains - Mt Beauty - Falls Ck  
**Approximate distance from Melbourne:**  
**Expected time of return:**            Sunday Evening  
**Approximate length of walk:**      24 km  
**Map Reference:**                    Bogong Outdoor Leisure Map 1:50,000

Being mid November I am hoping that the Dreaded snow has melted to ensure a pleasant weekends walk. On Saturday morning after a short car shuffle we shall walk along the Razorback to the Diamantina Spur to camp in a good spot used on previous club trips.

On Sunday we shall descend to the west branch of the Kiewa River picking up the logging road. Leaving this near Blairs Hut we shall climb up the Machinery Spur to Red Robin Gap, joining up with the Alpine Walking Track to lead us back to Mount Lock Car Park.

**21- 23 November 1997    Cape Otway - Johanna Beach**  
**Easy/Medium**

<b>Leaders:</b>	Person Cresswell
<b>Transport:</b>	Private
<b>Map Reference:</b>	Otways & Shipwreck Coast (Outdoor Leisure)

This walk explores the coast to the west of Cape Otway from a base camp at Glencire River. On Saturday we will head along the beach to Rainbow Falls and Cape Otway, returning via the dunes. Sunday will cover Castle Cove, Dinosaur Cove and Johanna Beach with some exploration inland possible. The walks will be fairly long but not too hilly.

**28-30 November 1997**  
**Medium/Hard**

<b>Leaders:</b>	Bill Metzenthien
<b>Transport:</b>	Private
<b>Approximate length of walk:</b>	Irrelevant
<b>Map Reference:</b>	Nug Nug 1:25k and Eurobin 1:25k

Many years ago, Tyrone Thomas led a trip up onto Mt Buffalo from the north-west. I haven't been up from that direction since, so I decided that it might be time to try another ascent from the north-west but by a different route.

Be warned: I have not previewed the route up and have been told by the rangers to expect it to be very rough with lots of thick scrub.

Saturday could be a very long day. Be prepared to carry adequate water.

We will camp at Lake Catani and be rewarded on Sunday with a descent via The Big Walk walking track, which I expect to be quite easy.

**28-3 November 1997**  
**Easy**

<b>Leaders:</b>	Carol Tidey
<b>Transport:</b>	Private
<b>Area:</b>	North east alpine, near Bright
<b>Expected time of return:</b>	About 8 pm
<b>Approximate length of walk:</b>	Less than ten kilometre per day, can be shortened or lengthened to suit.
<b>Map Reference:</b>	Sundry Mt Buffalo sheets

We will be staying at Lake Catani camping ground, with a view over the lake. There are toilets and water.

The sites that are booked have a fireplace nearby, but wood collection is prohibited in the park. If you would like a campfire, you may bring your own firewood, or buy it from the Ranger for \$6.50 a bag. Otherwise, fuel stoves are essential.

On Saturday we will head from the camping area towards Marriots Lookout. There are a number of features in this area, so it should be an interesting day.

Depending on the conditions, we may drive to The Horn to watch the sunset.

On Sunday we will go on a circuit including Mt Dunn, Stanley Rocks, and Drill Hole Rocks. All the walking will be on tracks.

The Park entrance fee is included in the camping fee, which should be about \$5 per person for two nights.

I have booked two sites which will take 10 people. If there are more than 10 people, up to 18 people, booked by 19 November, I may be able to get another site.

Carol Tidey

**CHRISTMAS-NEW YEAR TREK**

**TRAVERSE THE ANNAPURNAS**  
**NEPAL HIMALAYA**

Trekkers sought for  
 small private non-commercial trip  
 departing 13 December 97  
 returning 13 January 98

32 days Melbourne to Melbourne  
 including 21 days trekking  
 Non-standard trek using  
 local village trails (Siklis to Dhaulagiri)  
 Land cost \$US1325 plus airfare -  
 bookings close 10 October  
 (Early bookings advised)

**CONTACT: DARREN MILLER**  
**PH/ANS/FAX 03 9395 1210**

*This is a private advertisement and is accepted as a service to Members only. This is NOT an official Club trip.*

**Glenburn 6 Hour Rogaine**

On Saturday 20 September, just before midday, around 360 people crowded together to listen to Alan Clarke's final instructions and wait for the word "GO!". Two minutes later the Hash House site was all but empty as the teams dispersed in all directions in the Toolangi State Forest, clutching their maps and compasses. Left behind at the site were the 26 brave volunteers who helped make the day such a success, including Teck Chin and his band of helpers whose daunting task was to feed the masses when they returned six hours later.

The work had started much earlier than this day, of course - in fact about 9 months ago! The hardest task that Alan and I had was in finding a suitable place to hold a six-hour roagine. Once we found the area, in and around the Toolangi State Forest, near Glenburn, the rest was easy. (Not that we're planning on doing another one just yet!) Thanks to some of the Melbourne Bushie volunteers, the roagine course was set, checked and vetted by June of this year. Then in

the two weeks before the event we had more volunteers helping to hang out the markers at the checkpoints. By this time, Bernie Webster as chief of admin was being inundated with applications for the event, and it was clear that it was going to be a good turnout.

What a great day it turned out to be! In spite of the forecasts of rain for the Saturday, thank heavens they turned out to be wrong again. Stephen Rowlands arrived early at the site with all the equipment - tents, tables and heaps of cooking gear - and there was frenzied activity as all this was assembled into some kind of order. While some dug holes for the toilet tents, others were directing the parking of the competitors who started to arrive in their hundreds. Bernie and her helpers were busy checking in all the teams, and the whole place was buzzing.

There was a short sigh of relief once the crowds had dispersed on the dot of 12, but there was still much to do. All along the trestle tables the knives were flashing as kilos of beef, pumpkin, melons and various other vegies were skinned and chopped. The chopping went on for many hours. I have never seen so much chopped garlic in my life before! The gourmet meals that Chin produced at the end of the day were so well appreciated that people kept coming back for seconds.

Everyone who came had a great day out and so Alan and I would like to thank the 34 members of the Melbourne Bushies who took part in making this event happen:

Derrick Brown, Craig Carpenter, Max Casley, Peter Chalkley, Teck Chin, Fulvia Collavo, Liz Devlin, Harry Dimech, Trish Elmore, Lyn Fletcher, Fiona Gallery, Judy Gipps, Peter Gipps, Debbie Henry, Geoff Kelly, David Laing, Mary Leonard, Lars Lindahl, Carol Lingard, Stuart Mann, Rod Mattingley, Andrew McConnell, Dianne McKinley, Cameron McMillan, Janet Norman, Sue Ralston, Tony Ralston, Marisa Rizzuto, Stephen Rowlands, Amanda Smith, Marianne Watt, Bernie Webster, Keith White, Anne Wilkins

Also thanks to Niki and Matt Ralston who helped out on the day, and to Chin's Mum, sister and friends who helped out with the catering.

*Gina Hopkins*



## Pyrenees Ranges & Good Food at Clunes

On the recent base camp in the Pyrenees Ranges near Avoca we had an excellent walk on the Saturday. We went along ranges through the forest, took in the views from Governors lookout and walked down a pleasant long spur down to the Falls which were flowing more than a trickle despite the preceding dry weather. On the return we skirted the edge of the farmland of which vast areas had been planted with grape vines. Indeed some of the forest we intended to walk through had just been cleared presumably for more vines. The campfires on Friday and Saturday evenings were very convivial. However, by Sunday the rain had set in and showed no sign of easing, so we decided to call it quits and head home.

Five of us decided to travel slowly home and visit the historic goldfield towns of Talbot and Clunes, north of Ballarat. After touring the Clunes fleamarket hunger set in and we found Clementines cafe which is in a lovely old building, probably an old bank. And guess what !! It is run by two ex Melbourne Bushwalkers - Pauline Clemens and Ron Komisars. Naturally the service was really friendly. We had open sandwiches and focaccia, and soups served in huge white bowls. All excellent. Pauline and Ron asked to be remembered to their friends including Bernie, John K with the red and white shoes and Fay (story censured).

Those at the base camp were: Jean Giese (Leader), Dave & Sylvia Andrews, Rod Novak, Peter & Judy Gipps, Trevor Thomson, Wendy Truscott, Margaret Tierney and me Max Casley.

*Max Casley*

## Light weight camping

Christmas is a chance for the dedicated to get to places away from the madding crowd, usually more than a few metres from the tube or PC. If you go to remote places, then you will quite probably go on an extended trip, perhaps six to ten days, or longer. For many people, this will mean a pack that is heavy. I hope to show you how to reduce your pack weight.

In my youth I carried packs that reflected the times. Essentially, everything was heavy, from my sleeping bag to my steel H-frame pack. With modern designs it is possible to eliminate a lot of the weight, but instead walkers tend to cram even more modern junk on board, with no consequent drop in weight.

Over Christmas and New Year 1996 - 1997 Carol Tidey and I went on a 16 day trip, mainly off tracks to a sub-alpine and alpine area, with no food dump, starting with 24 kg each. Others carry nearly this much on weekend trips. You may elect to do permanent damage to your spine, but I am not so disposed.

It took us four months to plan the trip. To reduce pack weights, every item was weighed and benefits considered. It may seem finicky to weigh absolutely everything, but the benefits were far greater than the tediousness of the preparation.

Nothing was compromised. We had all the regulation safety items, enough clothing to keep warm and dry, enough food to eat well if not to excess, and enough fuel to cook on a stove every night.

My pack is an old one, a Triplet single compartment pack with a largish lid pocket, and outside lashing points. At about 2.5 kg it is a bit heavy but it refuses to die. Carol's pack is a more modern Tika Tasman, also one compartment. We had pack covers. For two days we had to lash food on the outside in large nylon stuff sacks, as the packs were not big enough. Otherwise we met our intention of having nothing outside.

My sleeping mat is two thirds of a Karrimat, 500 gram, which saves 250 gram. Carol has a Thermarest, which is heavy at 750 gram but most comfortable. Our sleeping bags were about 1.1 to 1.2 kg each, lovely and warm. Silk sleeping sheets completed the ensembles. Sleeping bags were packed in two plastic bags inside a nylon bag.

We wore one or two pair of socks, runners (Stephen) and boots (Carol), gaiters, shorts, long sleeve cotton shirts and hats. For cold or wet weather we had japara overpants and parkas, thermal tops, windproof tops, heavy and light gloves, thermal hats. For camp wear we had very light runners, (we chose Volleys' after weighing all the available runners in the shops), socks, long johns, thermal tops, and light wool shirts (320 g). Spare underwear surfaced now and again. Day socks were long, camp socks were short, saving 75 gram per pair. Clothing was packed in two plastic bags inside a nylon bag.

The tent is a big one, about 4.5 kg. It is self supporting and was quite happy with the four pegs we took. The big double vestibules were a boon in bad weather, but a large clearing, say MCG size, is needed.

Our three water containers held four litres each and weighed about 150 gram each. Our drinking tubes meant that we did not have to carry water for the first week, which was good as there was no room! In 16 days we carried water only twice, and then small amounts for short distances.

Other items included a first aid kit, repair kit, candles, a spare O-ring for the stove, one camera each, a shared zoom lens, spare toothbrushes and spare spoons. If you have ever been more than a day without brushing your teeth... Head torches were Petzels with spare globes, but no spare batteries. Our wallets were emptied of all extraneous items, and the key rings were stripped. You laugh, but my pack is lighter.

We did not take scourers, soap, towels, books, fresh food, plastic lunch boxes, squeeze tubes, spare anything except as above, a candle lantern, knives, forks, plates, GPS, radio, phone, laptop, flares, cord, rope, or lion powder.

The maps worked out wonderfully. The first day was on a track, and we had no map. The next five days were on map one, which we exited at one corner to go onto the map on the diagonal corner, map two. Nifty navigation, but no big deal. We stayed on map two for a bit, then onto map three, back to map two, then off the bottom of map three into the mapless unknown. So we had just three maps. I have done trips of up to ten days without a map. But I know the ground, experience gained from 20 years of bad weather.

We saved quite a bit of weight with the food. By cutting down ruthlessly we eliminated a lot of packaging, using paper bags instead of plastic or foil. Paper can be buried. Meals were built around minimal cooking time, a spoon each, minimal washing up. Breakfast was rehydrated fruit, muesli and a cup of tea. Lunch was wholemeal bread rolls for a week then cheese, salami and bikkies. Dinner was a cup of tea; dried vegetables, noodles and soup; and a sweet every second day. Fruit and vegetables were home-dried, which saved a small fortune, added much variety, and kept the weight down. We had apples, bananas, beans, carrots, celery, corn, mushroom, green and red pepper, pineapple, potato, tomato, zucchini. We aim for more variety next extended trip.

The food was packed in two-person two-day bags, which made it very easy to judge how much of anything to have. If we ate too much or too little, it was usually the first day of the two day pack, which balanced the next day. The food could be described as adequate but just enough. We did not go hungry, and in fact kept left over food to one side, which gave us a bit of leeway in case we badly misjudged quantity. This did not happen, and we pigged out just before finishing the walk. Burp! Most importantly, neither of us got tired of such a limited diet. Total gross food weight for 16 days was 22 kilogram for two people, or under 700 gram/person/day.

We took two litre of methylated spirits, and ended up using under 90 millilitre per day, cooking on a Trangia. The fuel was carried in two 500 ml Nalgene bottles and a one litre Sigg bottle. The Nalgene bottles were used first to better gauge consumption, 500 ml/4 days. Two full Nalgene bottles weighed one kg (empty 160 g), and the full Sigg weighed 925 g (empty 160 g). For a sixteen day trip I would take three Nalgene, and ensure that fuel was conserved. When camping alone, my stove, billy and three days fuel weighs 725 g.

The dinner vegetables were soaked for up to an hour, which rendered them edible if a little untasty. Cooking

involved bringing the noodles and vegetables to the boil, and simmering for about two minutes: eight to ten minutes of cooking. We usually cooked in the tent to be out of the wind, which preserved fuel. Placing the billies two high on the burner captured a surprising amount of heat. We had one 800 ml Trangia pot for boiling water and a 1.5 litre Sigg pot for cooking dinner. We had no plates, preferring to use the lids or the pots. Cutlery was one tea spoon each. Mugs were 500 ml plastic snap top, which gave a good volume of liquid and were ideal for storage. The dinner billy was easily washed out in cold water. We walked out with about 16 kg packs, and very little packaging.

It seems to me that pack weight is a mind set. We think we need something and justify it. A small towel or other like item, only 120 gram, does not weigh much. But if you look at the bottom line, packs are often too heavy, and unnecessarily so, which can compromise safety, and certainly enjoyment. If taken too far, eliminating some items would also compromise safety, but there is a balance. By cutting margins of a few grams here, a few more there, it is possible to get the weight down and enjoy more.

Stephen Lake  
September 1997

### Sunday Bus Survey

For some months the Sunday Bus trips have been consistently full and members are often being turned away. Historically, attendance on these trips goes up and down with something of a seasonal pattern. This year it is refusing to go down, so the committee has decided to investigate options for providing more places on walks. The survey will assist us by indicating what the preferences of members are.

If you are concerned, please indicate your preferences on the form below ad return to the Walks Secretary (c/- PM Box 17510 Q, Melbourne 3001) or to the box in the Club room. Any comments or ideas are most welcome.

**Members Name (optional)**

1. Has you access to club trips been adversely affected by the availability of bus seats ?  
Yes, very much/Yes, a bit/No
2. Do you think that the club should organise more day walks ?  
Definitely/Would be nice/ No

If more walks were to be organised, what are your preferences ?

1. Which day do you prefer ?  
Saturday/ Sunday /Either
2. What type of transport ?  
Bus/Minibus/Car
3. What grade of walk ?  
Easy/Easy-Medium/Medium/Medium-Hard
4. Are you interested in leading walks ?  
Already do/Would like to learn/Twist my arm/No
5. Any comments on how we organise our walks, the types of walks that you would like to do, etc ?

### Grampians Botany Base Camp

When it's springtime in the Grampians  
And the wildflowers are in bloom  
Wax lips smile and greenhods nod  
To cast off winter's gloom.

The running postman spreads his cheer  
Beside a pultenaea

Hibbertias, acacias, orchids galore  
And grevilleas ever near.

The cameras click continuously  
And reference books are read

When Douglas points to each new flower  
As along the tracks we're led.

"A test I'll set" he told us all  
Which gave us quite a fright  
So Latin names were on our lips  
As we drove back that night.

A wildflower exhibition  
In the centre of Halls Gap  
Was a chance for full revision  
But our Doug is quite a chap.

We learned out wildflowers well enough  
And this was his intention  
We found however on our return  
The exam didn't get a mention,

Thank you Doug Pocock for a great weekend.

Jean Woodger



**Letter to the Editor****Falls Creek  
- Mount Hotham  
helicopter shuttle**

In April 1997 the Alpine Resorts Commission (ARC) signed permits allowing a helicopter to land at Falls Creek and Mount Hotham for a skier shuttle. This shuttle traverses the Bogong High Plains, part of the Alpine National Park (ANP). The designated route is Falls Creek, Rocky Knobs, Pretty Valley, Tawonga Huts, Basalt Temple, Swindlers Spur, Hotham, flying at 1500 feet above the ANP. The route and altitude can be varied due to weather conditions, but it appears that this is done as a matter of course.

The helicopter is audible and visible from at least six kilometre - Mt Nelse, Cope, Fainters, Loch, Feathertop which means that about 200 to 300 square kilometre of ANP is effected, including natural A snow recreation zone. The area cited above does not take into account the access route to Hotham and/or Falls Creek. Parks Victoria have no control over the shuttle, as airspace is a Federal matter. The ARC controls the landing sites.

The 1997 operation is to be reviewed before the 1998 snow season. It is strongly suggested that letters be written now to the Hon Marie Tehan MP, Minister for Conservation and Land Management, PO Box 500, 17th floor, 8 Nicholson Street, East Melbourne 3002. The Minister is responsible

for the ARC and Parks Victoria; a reply from just one agency would be incomplete. Main points:

- Commercial helicopters and the National Parks are incompatible, and the shuttle is most intrusive.
- Why were the permits signed without consultation?
- Was there an environment impact statement before the permits were signed? If not, why not?
- You want to be part of the review process, and require an assurance to this effect from the Minister.
- You want the review to start immediately after the 1997 season.
- You want the Minister to stop the shuttle immediately.

Another issue is public safety during take-off and landing. There have been reports of ice falling from skids during take off, with ice landing quite close to operating chairlifts. How safe are skiers close to take-off and landing areas if the wind changes? You may be able to devise more points.

If there is no protest now, the 1997 shuttle will be deemed to have no adverse impact, and it could be expanded to other parks, all year round. Keep writing to the Minister, and make her aware that it is an issue for her. Use your own words, but above all write. Do not be fobbed off by responses from Parks Victoria or the ARC. The former has no power, and the latter do not have a brief to protect conservation interests. In any case, the ARC will be disbanded at the end of the 1997 ski season.

*Stephen Lake,  
Sept 97*

# Mitchell Plateau

**Mitchell Falls** - a tourist icon, the only major site that most visitors see.

**We can show you more, much more!**

**Lower Mitchell Falls** - a series of falls, cascades and pools - swim in them all.

**Tidal Rapids** - a waterfall that flows upstream or down with the changing tide.

**Western Gorge** - 5km of narrow, spectacular gorge headed by a 70m waterfall with four drops.

**Donkins Falls** - a sheer drop of over 100m into a narrow gorge that meets the sea.

**Unnamed Falls & Gorge** - something this big should be on the map, but it's not.

**Aboriginal art** - dozens of sites in a variety of styles show that this has been a popular place for the last ten thousand years or so.

**More?** Of course...please ask for our brochure and trip notes.

Willis's Walkabouts  
12 Carrington St Millner NT 0810

No one knows the area better than we do. Wet season or Dry, we'll **show you the best** the region has to offer.

**Phone: (08) 8985 2134**

**Fax: (08) 8985 2355**

### A Day at Wilky

Sounds from the kitchen directly below me woke me from my slumbers. Raising my head from my sleeping bag I could see the sun reflecting from the snow. There had been no further snow fall overnight, but at least it hadn't rained. Today was going to be a good day for skiing. 'Tea?' called up Marianne, and she passed up mugs of tea for Gina and me through a convenient hole in the floorboards. We were in the loft (sorry, bedroom) at Wilky - a party of eight. It was mid-week and the weather had not been terrific, so we were looking forward to some sunshine.

We soon climbed down the ladder to join the other six for breakfast - porridge, toast, marmalade, more tea. Geoff had been up for some while, and had lit the kitchen stove. Wilky soon warms up once the stove is going. Diane complained that mice had been nibbling her toes during the night, but we thought that she'd been dreaming. Everyone then scurried around as breakfast was cleared and lunch items were laid on the table - left-over meat from last night's dinner, the last of Marianne's home-made bread, cheese, pickles, capsicum, celery, pitta bread, nuts, chocolate, dried fruit - we needed a decent lunch! Lunches made and packed, we togged up with boots and gear, leaving the hut at 9.20 a.m. The snow was crusty and fast. Climbing the hill to Wallaces Hut we had to edge the skis. Then we skirted the Rocky Knobs and made our way westwards towards Pretty Valley. The sun shone from a clear blue sky, causing us to strip off surplus clothes and apply sunblock. The snow softened and we were able to practise our turns. The peace and tranquillity of the wilds was broken at regular intervals by the Hotham - Falls Creek helicopter making its regular runs overhead; we were not impressed. We took morning tea sitting among snow gums before heading off to the causeway across Pretty Valley Pondage, then to climb the hill beyond, passing south of Tawonga Huts to a saddle below the Niggerheads. There we had lunch, with Mount Feathertop and the Razorback as a backdrop. We reluctantly had to drop the plan to climb the Niggerheads, as time was running out. On the return trip the snow was excellent and we had a great time carving our telemark turns running down to the causeway. Amanda surprised us all by suddenly demonstrating linked telemark turns - Craig's coaching was working. We took afternoon tea at Pretty Valley hut, where a year ago we had seen a 'Russian house' which had been built - and destroyed - for a Jackie Chan filmset. We were soon making a fast run down the pole line to Wallaces Hut, and Wilky. Off with the boots, out with the beer and nibbles. The living room fire was lit and the kitchen range stoked up. As the outside temperature dropped rapidly to 0.9 °C we showered and relaxed, while the duty cook and assistant (Trish and Diane) prepared a sumptuous meal

of lasagne. This was helped down with several glasses of wine, followed by rice pudding or treacle pudding and port. After dinner was cleared away it was all I could do to drag myself to the bunk and collapse. I was revived with ginger wine before the serious part of the evening began - cards. Our objective was to ensure that Di - who'd been the outright winner the previous evening at 'Black bitch' - lost. In this we succeeded. During the game a mouse - thought to be Antechinus stuartii - ran around fairly unconcerned about us, so we decided that Di's story was true, especially as she'd been seen sewing up her sleeping bag earlier. Around midnight we climbed the ladder to the loft and our sleeping bag to recover, so as to be ready for another day.

Derrick Brown

*Wilkinson Lodge is owned by us. It is in the Alpine National Park some ten kilometres from Falls Creek. Parties of up to eight people use it for a week during the ski season. It includes an inside flushing loo, a shower, and a hot water system. The party live in close proximity, so have to get on well together. In bad weather it seems remote from anywhere. In a good season the snow reaches the roof. Non-perishable food and grog is taken in before the winter snows arrive. The day described here was one in the week 30 August - 6 September. We must have been the last people on earth to hear the news of the death of Princess Diana when we saw a newspaper at Mt Beauty as we came out on the day of the funeral.*

*The party - Trish Elmore (leader), Dianne McKinley, Geoff Kelly, Marianne Watt, Craig Carpenter, Amanda Smith, Gina Hopkins, Derrick Brown.*

### WALK ALSACE

Enjoy the gastronomic delights and superb wines of Alsace, France on a 7 day self-guided walking tour through vineyards, medieval villages and the forests of the Vosges Mountains. With a map and instructions provided by the local walking club and your picnic lunch you set off at your own pace for the next hotel (about 15 km) as your luggage is transported ahead.

\$900 per person twin share including excellent accommodation and all meals.

**PH: 9415 1588 FAX: 9415 1590**

*This is a private advertisement and is accepted as a service to Members only. These are NOT official Club trips.*

**Up the spur***Tune: Homeward Bound***A tale of a trip over Snowy Bluff and up the Moroka**

Sitting in a leaky tent,  
Completely stuffed, completely spent, mm, mmm.

In the rain we are beset,  
My friends say that I should not fret,  
The ground is cold, my feet are wet,  
If I could think I'd like to get,  
Up the spur.  
I wish I was,  
Up the spur.  
Up, near the motor cars,  
Up, to the dingy bars  
Up, close to the stars -  
Silently sleeping.

I've walked all over Snowy Bluff,  
Nearly croaked, totally puffed, mm, mmm.

So now I'm lying here in pain.  
My body racked with stress and strain,  
In the tent, the drenching rain,  
We will sing the sad refrain,  
Dead and drowned.  
I wish I was,  
Dead and drowned.  
Dead, under water tumbling,  
Drowned, slipping and stumbling,  
Drowned, burbling and bubbling -  
Silently chilling.

If I could move I'd go back home,  
Lie in bed, unhook the phone, mm, mmm.

Memories come back to me,  
Of dry and warm and cups of tea,  
No need to camp beneath a tree,  
And indoors I can nicely pee.  
Far from here.  
I wish I was,  
Far from here.  
Far, from Moroka's side.  
Far, from a slippery slide,  
Far, from a soggy hide -  
Drier and warmer.

We finally did make it back,  
Up the hill, used no track, mm, mmm.

Raged into the cars on time,  
The sky was blue, the sun did shine,  
Alive and well, feeling fine,  
About the trip I'm now sanguine.  
Down the spur.  
I wish I was,  
Down the spur.

Down, where the pools are rushing,  
Down, where the falls are crashing,  
Down, where the scrub is brushing -  
Placid and peaceful.

**Walks Western****Australia**

Fax: (08) 9734 5889

**Melbourne Office**

Phone: (03) 9827 3253

Discover the legendary wildflowers, animals and landscape of the South West corner of Australia. Walks are organised and guided by Bushwacker, Les Mutton, a professional biologist with long experience on walking paths of Australia and Central Africa.

We offer a variety of packages in splendid bush settings:

- Base camps, in cottage accommodation, with diverse day walks.
- Custom-designed expeditions for groups looking for physical challenges.
- Opportunities for nature photography and bird watching.
- Catering is provided. Packs may be transported for you.

Our costs are very reasonable, starting at \$30 per day, per person for groups of ten.

**New/Add members****RONALD K DOIG****TRACEY JAMIESON****NATALIE RAINES****CHES VOLPATO****DEBORAH HENRY****ELIZABETH MOORE****DAVID PICKUP****Altered Address/Phone****MATTHEW BRITTAN****LEE MULLANY****BARBARA WEISS****MICHAEL XUEREB**

## Committee Reports

<b>Treasurer:</b>	Accounts for September 1997
Opening Balance	\$58,133.82
Receipts	\$3,095.23
Payments	\$2,319.31
Closing Balance	\$58,909.74

<b>Walks Secretary:</b>	Attendances for August 97		
	Trips	Av	1996
Sunday Bus	5	41	34
Pack Carry	1	7	
Lodge	2	15	31
Wed,Hist, Dandenong	3	13.7	14
Ski	1	5	4
Cycle	1	12	
Cancelled	3		3
<b>Total</b>	<b>16</b>		

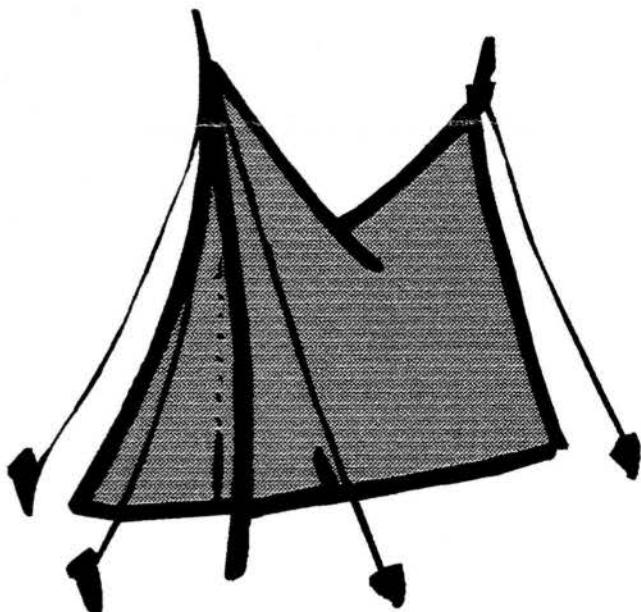
**Membership:**

<b>Life Members</b>	<b>11</b>
Honorary Members	10
Single Memberships	358
Family Memberships (2x 44 = )	88
<b>Total membership</b>	<b>467</b>

**Duty Roster**

8 <sup>th</sup> October	Peter & Derrick
15 <sup>th</sup> October	Bernie & Ralph
22 <sup>nd</sup> October	Anne & Doug
29 <sup>th</sup> October	Judy & Bill
5 <sup>th</sup> November	Jean & Marisa
12th November	Peter & Pearson

Next committee meeting 10th November, 1997



## Bushies Good Food Guide

**Clementines BYO Cafe**  
**65 Fraser Street Clunes**

Friday 6.30 - late  
 Sat & Sun noon - late  
 Other times by arrangement 03 5345 3711

See report on Pyrenees Ranges

*Max Casley*

**Chook Dee**  
**Thai Restaurant**

Lunch: Wednesday-Sunday  
 Dinner 7 nights

113 Bridge Mall, Ballarat 053 31 7361

This is right next to McDonalds in that centre group of food places in Ballarat. The food is good and spicy with prompt service. The prices are also reasonable, not dirt cheap but good value for money and this makes a convenient place to stop on Friday night for dinner especially if you did not leave work 'til after 5.

*Judy Gipps*

## Walks in October/November 1997

<b>Date</b>	<b>Location</b>	<b>Standard</b>	<b>Leader</b>
3-5	Barmah Forest (Pack carry)	Private	Easy
<b>5 Sun</b>	<b>Yankee Creek (Upper Lederberg)</b>	<b>Bus</b>	<b>E/M &amp; Med</b>
<b>5 Sun</b>	<b>Broadford-Yea Run &amp; Walk</b>	<b>Private</b>	<b>Tough &amp; Med</b>
10-12	Federation Weekend Walk - The Prom	Private	Various
10-12	Mt Bogong Skiing	Private	M/H
<b>12 Sun</b>	<b>Little Yarra Track - Reids Mill</b>	<b>Bus</b>	<b>E/M &amp; Med</b>
<b>15 Wed</b>	<b>Ship Rock - Kirth Kiln</b>	<b>Private</b>	<b>E/M</b>
17-19	Fraser National Park	Private	E/M
<b>19 Sun</b>	<b>Brisbane Ranges</b>	<b>Bus</b>	<b>Easy &amp; E/M</b>
24-26	Whipstick Base Camp	Private	Easy
<b>25 Sat</b>	<b>Dandenong Explorer</b>	<b>Private</b>	<b>Easy</b>
<b>26 Sun</b>	<b>Cherry Tree Range</b>	<b>Bus</b>	<b>Easy &amp; E/M</b>
31 Oct-4 Nov	Razor Viking Circuit	Private	Medium
31 Oct-4 Nov	Victoria Range (Grampians)	Private	M/H
31 Oct-4 Nov	The Bluff- Mt Clear- The Nobs	Private	E/M
<b>2 Sun</b>	<b>Kilcunda Beach</b>	<b>Bus</b>	<b>Easy &amp; E/M</b>
<b>4 Tue</b>	<b>Hist Walk: Merri Creek-Yarra River</b>	<b>Train</b>	<b>Easy</b>
			Anne Wilkins
			<b>Jean Giese &amp; Vincent Torley</b>
			<b>John Roseman</b>
			TBA
			Ralph Blake
			<b>Gina Hopkins &amp; Derrick Brown</b>
			<b>Max Casley</b>
			Mary Leonard
			<b>Sylvia Ford &amp; Anne Wilkins</b>
			Gina Hopkins
			<b>Michael Humphrey</b>
			<b>Nigel Homes &amp; Lloyd Young</b>
			Alan Ide
			Peter Chalkley
			Max Casley
			<b>Janty Taylor</b>
			<b>Athol Schafer</b>

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