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# THE NEWS OF THE Melbourne Bushwalkers Inc.

60 cents

Edition 668 | OCTOBER 2006

## Federation Weekend 17-19 November 2006

### Bright & Beyond

The planning for the Federation Weekend "Bright & Beyond" is well and truly under way. Bright is just over three hours drive away from Melbourne and from there you can explore the Ovens Valley and Alpine High Country. It is a truly lovely part of Victoria.

Event registration will open at 1.00 pm on Friday 17 November at the River Lodge (Bright Caravan Park) in the heart of the Bright township. Coffee will be available but you need to bring your own mug. We have organised some short walks around Bright for Friday afternoon as well as a bike ride to the Buckland Valley for those wanting an early start, or you can simply explore Bright on your own, checking out the many lovely cafes and restaurants.

All walks will depart from the River Lodge on Saturday morning and you will be told the meeting time when you book in on Friday. For people not arriving till Saturday be at the Lodge by 7.30 am. There are 22 walks arranged for Saturday including two at Falls Creek and five at Mt Hotham, and the rest are half day walks and full day walks on Mt Buffalo. Entry fee into the parks is covered in the cost of your registration. On Mt Buffalo buses have been arranged to shuttle people to and from walks.

On Saturday night there will be a BBQ dinner at the Bright Sound Shell which is on the banks of the Ovens River and we shall have a special guest speaker for the night, Ian Stapleton. Ian is one of the founders of the outdoor education centre at Mittagundi as well as the author of four books on the Victorian Alps and he will be talking about some of the true characters of the high country. Bring your own fold up chair and a glass of wine to enjoy.

On Sunday there are 12 walks arranged, some full day and others ending around lunch time for those who wish to head off early. There is also a bike ride to Myrtleford on the bike trail arranged.



All the walk details will be contained in the official Bright & Beyond booklet that you will receive when you register on the Friday. However if you wish to plan which walks you will be doing have a look at the VicWalk website for further details [www.vicwalk.org.au](http://www.vicwalk.org.au). When planning your walks it may be a good idea to consider other options in case your first choice is full.

Bright also offers other fun activities for those who wish to try something new. There are private companies offering underground river exploration, hang gliding and abseiling. So there is plenty to do.

If you are interested in attending please have a chat with Max Casley, he is organising the Melbourne Bushies registration, transport and accommodation. Max has previewed some of the walks in this News edition so see Weekend Walks/Activities preview on page 8.



EARLY WARNING - CHRISTMAS IS COMING - PUT THIS DATE IN YOUR DIARY

We wish to extend an invitation to all our wonderful members of the Melbourne Bushwalkers to this year's Christmas Break-up party

Date: Wednesday 20 December 2006

Time: 7 pm to 10 pm

Venue: TRADES HALL Cnr Russell and Victoria Streets

The main bar will be open exclusively for Melbourne Bushwalkers members to purchase drinks ... please bring a plate of your favourite food to share

Members of the Melbourne Bushwalkers Inc meet on Wednesday evenings between 7.00 and 9.00 pm in the club rooms at:

**Victorian Horticultural Society Hall  
48 MacKenzie Street  
Melbourne**

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: Christine Salau

Walk previews, walk reviews, articles, poems, news items, photographs of club events, reports of new gear, book/movie reviews, letters to the editor, advertisements, etcetera are always welcome. However, the editor reserves the right to edit contributions where space, clarity or propriety dictate, and to maintain editorial consistency.

Contributions to The News may be sent to the editor by:

- Placing diskette or hand written material in the editor's pigeon hole in the club rooms
- Posting a diskette or hand written material to The Editor at the club address noted above.
- **The most preferred method is via email to [news@melbournebushwalkers.org.au](mailto:news@melbournebushwalkers.org.au)**

Closing date for receipt of material for The News is the last Wednesday of the month.

Only advertisements that directly relate to bushwalking (eg gear, maps, trips, tours etc) are accepted.

#### Advertising rates (artwork ready)

Size:	1 Issue	3 Issues	12 Issues
1/4 page	\$35	\$90	\$330
1/2 page	\$55	\$150	\$550
Full page	\$100	\$250	\$900

(Members advertisements are accepted free of charge)

#### Club rooms Duty Roster

11 October	Mark Heath and Peter Havlicek
18 October	John Fritz and Peter McGrath
25 October	Charlotte Bradly and Lance Mobbs
1 November	David Laing and Paul Logsdon

#### Next Committee Meeting

Monday 30 October 2006, 7.00 pm, in the club rooms

## Navigation Lesson

### THE EASY WAY TO NAVIGATE

Think you can't navigate or it's all beyond you? Bearings make your head spin? Here's a simple three step process that will have you navigating effectively in five minutes. Grab your 1:25,000 scale map and your compass and away we go. This is what you do.

- Set the compass dial to minus 12 degrees (or 348 degrees which is the same)
- Place the edge of the compass along one of the North-South grid lines on your map. Hold the compass down firmly with the thumb of the hand holding the map so that map and compass are stuck together as one unit.
- Rotate map and compass together until the red end of the compass needle is inside the hollow arrow on the dial



That's all there is to it. Your map is now oriented, which means that the direction of things around you on the ground are the same as the direction of those things on the map from your location on the map. It's all lined up. The track you are standing on runs in the same direction on the map as it does on the ground. You can see on the map which direction you want to go. Simply head in that same direction on the ground under your feet.

Orienting the map like this I regard as the single most important and effective navigation technique. You can navigate anywhere simply by orienting your map repeatedly. I often navigate by walking with my compass held on my map and repeatedly and quickly orienting them so I can easily identify the features around me. No need to take bearings. Simply remember to set the dial to minus the magnetic variation which in most of our Victorian walking areas is 12 degrees.

This works because you have made the magnetic north on the map line up with magnetic north on the ground (which is what the red end of your compass needle points to)

Bearings are useful in featureless terrain or fog but not essential. The rest of navigation is interpreting what you see on the map (contours etc) and correlating that with what you see on the ground around you. This of course only makes sense if the map is oriented and comes with practice, for which rogaining and orienteering are very good.

Please ask me if you have any questions about this. End of lesson

*Jopie Bodegraven*



## Cheese and Wine Evening

Wednesday  
25th October 2006  
in the Club rooms



## Cycling

### CRAIGEBURN BIKE TRACK

DATE	Saturday 7 October 2006
STANDARD	Medium
DISTANCE	50 km
LEADER	Mark Heath
AREA	Glenroy

The ride will start from Glenroy station at 10.00 am (catch the 9.29 Broadmeadows from Flinders St if coming by train) and follow cycle paths along the Moonee Ponds and Yuroke creeks to Craigieburn, then return on cycle paths alongside the Craigieburn bypass and Ring Road to Glenroy. An interesting ride with some good views of the city.



## Sunday bus

### BRISBANE RANGES - BURCHELL TRACK NORTH

DATE	Sunday 8 October 2006
STANDARD	Easy and Easy/Medium
DISTANCE	13 and 18 km
LEADERS	Tom Wilanowski and Hans Blom
TRANSPORT	Bus – Southbank Blvd
RETURN TIME	7 pm
AREA	Brisbane Ranges National Park
MAP REFERENCE	Staughton Vale 7722-2-4

As many of you might remember, earlier this year devastating bushfires ravaged the Brisbane Ranges. The extensive damage that they caused resulted in closure of many roads and tracks, including most of Burchell Track. As the trail remains closed, we had to come up with alternative walk. Both walks will start and finish at the Boar Gully camping area in the northern part of the Brisbane Ranges National Park. There will be several ups and downs, often quite steep, especially on the longer walk. You will be rewarded with surprisingly spectacular scenery, which may impress even those who have visited this area before. Other attractions will include countless grass trees and abundant wildlife; kangaroos, wallabies, and perhaps even a koala or two. On the preview we saw a few wildflowers, and they should become more prolific by October.

Alas, this section of Brisbane Ranges is infected with cinnamon fungus (*Phytophthora cinnamomi*) therefore we are required to comply with the quarantine regulations; keep to walking tracks and avoid muddy or wet areas. Also, in addition to boots change for the bus, all bushwalkers must wash their boots thoroughly after the walk to prevent the spread of this disease.



## Sunday bus

### YEA SPUR

DATE	Sunday 15 October 2006
STANDARD	Easy and Easy/Medium
LEADERS	Dion Marriott and Mohammad
TRANSPORT	Bus – Southbank Blvd

Please see the leader in the club rooms.



## Wednesday walk

### MT MACEDON CIRCUIT

DATE	Wednesday 18 October 2006
STANDARD	Easy/Medium
DISTANCE	17.5 km
LEADER	Ian Mair
TRANSPORT	Private
AREA	Mr Macedon Regional Park
MAP REFERENCE	Woodend and Macedon 1:25000s

The area around Mt Macedon is an enchanted attraction close to Melbourne and a frequent part of the club's program. (Photos from the Sunday Bus walk on 4 June 06 are available on the web site.) The circuit walk is varied over its distance of 17.5km and a 400m vertical climb offers a good workout for a day's walk. Going clockwise from Macedon township, it takes in the Memorial Cross Reserve, the Camel's Hump rock formation, the Sanatorium Lake Forest Eco-tourism Trail and Mount Towrong, as well as some challenging climbs and easygoing mounting trails. From the Memorial Cross the views across to Woodend and the surrounding area on a nice day are worth the visit.

The walk will start and finish in the Mt Macedon township, hopefully with time to share a hot drink before heading back home. Snow is always possible if the weather is cold so check the forecast and be prepared. We will meet at the corner of Mt Macedon Road (C322) and Douglas Road at 10.30 am. To get there follow the Calder Highway for 57km and exit onto the Mt Macedon Road which will take you a further 7km to the Mt Macedon township. Douglas Road is on the left after the shopping centre.

Please contact Ian Mair if you are planning to come or want further information.



## Autumn and Winter Programs

### Leaders and ideas needed

We are starting the process of composing our activities programs for autumn and winter and we need your participation.

The process works like this:

Between now and early November, feed your suggestions and offers to lead your choice of trips to me for the Overnight trips and to Peter McGrath for the Sunday walks. In early November we will hold our planning evenings in the club rooms where we slot in all the offers, and select trips to fill in all the gaps.

On Thursday 2nd Nov at 7pm we plan the Sunday walks. On the following Thursday 9th we will do the overnight trips, the pack carries, base camps and lodge weekends. Anyone who is interested is welcome, but let me know first in case of any change of time or date. This then gives us until Xmas to find the remaining leaders and trips and generally fine tune the programs to ensure it is balanced without undesirable clashes of dates.

The Autumn Program will be published with the January News. The Winter Program won't be published until April but we are doing it early as I will likely be out of Victoria for much of February/March and to make it easier for the new walks secretaries and co-ordinators when they take over after the AGM in late February. The structure of the walks secretaries' roles are to be changed to reduce workloads and to involve more people, but more details after the committee has fully discussed it. So now it's up to you. For the overnight trips give your offers and ideas to me Jopie. For the Sunday walks direct them to Peter McGrath.

*Jopie Bodegraven, Walks Secretary*



## Sunday bus TARADALE - FRYERSTOWN

DATE	Sunday 22 October 2006
STANDARD	Easy and Easy/Medium
DISTANCE	13 and 15 km
LEADERS	Mick Noonan and David Laing
TRANSPORT	Bus – Southbank Blvd
RETURN TIME	6.00 to 6.30 pm

Both walks start at Taradale on the Calder Highway about 15km south east of Castlemaine.

This walk is through the Fryers Ranges State Forest which is very hilly. It is criss-crossed with walking and 4-wheel drive tracks, creek beds, telecom cables, gullies and remnants of old mining areas. The tree cover is fairly dense (although the miners did not leave many of the original box trees) and with all the hills, gullies etc provides good opportunities to practice navigation and map reading, especially on the off-track sections of the longer walk (extra maps provided if you are interested).

Both walks share the first 5-6km and both have some off-track. The off-track is over ground with lots of forest debris and a few rocky outcrops. The easy walk has about a km up and over a hill then its on 4-wheel drive tracks to Fryerstown. The harder walk has about 5km of walking along the hill tops, spurs, Nuggetty Creek etc and visits two open cut rock/shale mines before descending into Fryerstown to see the cemetery and water race. Both walks finish at the Freyerstown Oval. Hard to believe Fryerstown once had 15,000 people during the peak of the 19th century goldrush!

Both walks have some good views of the countryside and forests, particularly the harder walk with the views from the various hilltops.

On the preview we saw a number of kangaroos, birds and a range of domestic animals around Fryerstown. It was very dry when we did the preview, so you will need to carry extra water if its hot and dry in October. Hopefully it won't be dry and there will be lots of flowers out. Bring good walking shoes and be prepared for the sections of off-track on both walks.

This walk has not been done since April 1998, so come along, enjoy the off-track experience, the views, and time permitting a coffee at Malmsbury before returning to Melbourne.



## Dandenong explorer MORNINGTON BEACHWALK

DATE	Saturday 28 October 2006
STANDARD	Easy/Medium
DISTANCE	15 km
LEADER	Allan Hall
TRANSPORT	Private
MAP REFERENCE	Melway 104 D10

You are invited to join Alan on the second non-Dandenongs "Dandenong Explorer" walk of the year to explore some of the delightful coastal and riparian areas of Mornington.

The meeting place is in the carpark at the north-east corner of the Esplanade and Main St (behind the 15 men memorial) at 10.30 am (Melway ref 104 D10 marked with a blue "P"). It takes about 50 mins to get there from where Blackburn Rd leaves the South Eastern freeway. From Blackburn Rd, I suggest going down Westall Rd to Springvale Rd, later left down the Frankston Fwy, then right into Frankston onto the Nepean Hwy.

The walk is a bit longer than most Dandenong Explorers walks, but fairly level with a few sandy bits to negotiate. Suntan lotion may be helpful and comfortable joggers should be OK. We expect to finish around 3.30-4.00pm. If you know a good optional local cafe, please let me know.



## Sunday bus HUGHES CREEK

DATE	Sunday 29 October 2006
STANDARD	Easy/Medium and Medium
DISTANCE	13 and 21 km
LEADERS	Sylvia Ford and David Elias
TRANSPORT	Bus – Southbank Blvd
RETURN TIME	7 pm
AREA	North of Seymour, east of Hume Highway
MAP REFERENCE	Mt Stewart, Mt Bernard

It's on again: a visit to the mighty Hughes Creek! Here we have two varied and quite challenging walks. The hills are high and rolling and afford terrific views. The valleys are wooded but mostly open. Hughes Creek is the habitat of the regent honeyeater and somewhere on the slopes is an orchid reserve. We have seen peregrine falcons, echidnas and platypus here in the past!

Last time we came through the water was very low but we can not rely on that, so expect to get you feet wet and do some wading. Therefore shorts and walking sticks, if you have one, are a thought. Also a complete change for when you get back to the bus just in case you fall in!



## TOFS WARRAMATE HILLS

DATE	Thursday 2 November 2006
STANDARD	Easy/Medium
DISTANCE	10 KM
LEADER	Jean Giese
TRANSPORT	Private
AREA	Warramate Hills
MAP REFERENCE	Melways Ref: 280 - 283

Proclaimed a flora and fauna reserve about 12 years ago, this area of remnant bushland is well worth exploring. We will walk beside the Woori Yallock Creek then up the Warramate Hills (yes hills, but some of us will be taking our time) for grand views of the Yarra Valley and distant mountains.

Meet at the end of Yarraloch Way by the locked park gate at 10.15 am - Melways 285 G2.

Book with Jean.



## Sunday bus LYSTERFIELD LAKE PLUS BBQ

DATE	Sunday 5 November 2006
STANDARD	Easy and Easy/Medium
DISTANCE	
LEADERS	Peter McGrath and Lance Mobbs
TRANSPORT	Bus – Southbank Blvd
RETURN TIME	6.30 pm
AREA	South East
MAP REFERENCE	Vic – Lysterfield Lake Park and Churchill NP

A pleasant ramble thru two of Melbourne historical parks nestled in the picturesque Lysterfield Hills. 172 species of birds have been recorded in the parks and echidnas may be spotted during the day. Trig Point has spectacular 360° views of Melbourne.



## Sunday bus

### MT DONNA BUANG – CEMENT CREEK

DATE	Sunday 12 November 2006
STANDARD	Easy/Medium & Medium+
DISTANCE	13 & 17 km approx.
LEADERS	Max Casley & Dion Marriott
TRANSPORT	Bus – Southbank Blvd
RETURN TIME	7 pm
AREA	Warburton
MAP REFERENCE	Juliet South 1:25,000

The Medium+ walk will start at Martyr Road in Warburton and will ascend approx 900m on the steep walking track to Mt Victoria (1106m) and then we have a fairly easy climb to Mt Donna Buang (1250m). This will not only give you excellent aerobic exercise but well-earned magnificent views from the lookout tower at the top. The return is shorter as we avoid Mt Victoria and follow the summit road a small way from Ten Mile Turntable to the top of the steep track. Descending back to Warburton will be fast and exciting, and will test your knees.

The Easy/Medium walk will start at Cement Creek and begin with a stroll around the Rainforest Gallery treetop platform. We shall climb 470m up a very steep track to the saddle between Mt Donna Buang (1250m) and Mt Boobyalla (1224m) and then on to Mt Donna Buang. We will have a break here and there will be opportunity to climb the lookout tower providing (hopefully) magnificent 360° views. The walk will then proceed to Mt Victoria (1106m) and finally descend the steep track down to Warburton and the waiting bus.

Note: this walk was originally programmed for May. Due to severely cold weather at that time it was rescheduled to November when it is hoped the weather will be good.



## Wednesday walk LAKE MOUNTAIN

DATE	Wednesday 15 November 2006
STANDARD	Easy / Medium
DISTANCE	12 km
LEADER	Susan Maughan
AREA	Lake Mountain
MAP REFERENCE	Marysville-Lake Mountain

You may wish to join Susan and Stuart on the preceding day (Tuesday 14 November) at Marysville camping ground as we plan to do an afternoon stroll along Michaeldene Track and on to the Island Hop circuit. This takes us through the remnants of a myrtle beech forest. It is only 6 Kms so a nice warm up and will give us an appetite for a pub dinner that evening.

Next day we will car pool from the camping ground (right in town at the Marysville - Buxton turnoff) departing at 10.30 am. The Wednesday walk commences at Gerraty's car park. We will follow the Snowgum walk to Mt Bullfight with hopefully views to The Bluff. Lunch will be at Keppels Hut. If you are familiar with this area as a x-country skier, it is quite an interesting experience to see it without all that snow!

Book with Susan.



## Sunday bus

### CHUM CREEK - DIXONS CREEK

DATE	19 November 2006
STANDARD	Easy and Easy/Medium
DISTANCE	14 and 17 km
LEADERS	Cameron Durrant and John Fritz
TRANSPORT	Bus – Southbank Blvd - 9 am
RETURN TIME	6 pm
AREA	North of Healsville
MAP REFERENCE	Toolangi 7922-1-1

All we can say at this stage, having not yet previewed the walk, is that it will be through open forest, mostly on tracks and will involve the crossing of at least two significant ridges (the reason for the standard upgrade). If you would like to know more have a chat to the leaders a little closer to the walk date.



## Dandenong explorer

### FERN TREE GULLY FOREST WALK FOLLOWED BY BBQ LUNCH

DATE	Saturday 25 November 2006
STANDARD	Easy
DISTANCE	12 km
LEADER	Liz Telford
AREA	Ferntree Gully
MAP REFERENCE	Melways 74

The plan is to walk most of the walking tracks in the Ferntree Gully Forest. We will start at One Tree Hill Picnic Ground, commencing along Tyson Track, Hansen Track, climbing Chandlers Hill before descending down the Macedon track, Bellview Terrace before the challenging climb up the 1000 steps. The walk will be at a relaxed pace and all be on defined tracks but be prepared for some short steep climbs and descents, and the final climb up the 1000 steps will take approx 30 minutes.

We should arrive back to the cars around 1:00 pm for a pleasant BBQ lunch. Please byo food, drinks, and a chair may be useful. This will be our last walk for 2006, so please come along for an enjoyable walk and a relaxing lunch. Newcomers to the Dandenong Explorer walks are most welcome, as well as our regular walkers. The starting point is the One Tree Hill Picnic Ground (Map 74 H1 in the Melways), please be there by 9:45 am, to commence walking at 10:00 am. If you have any queries contact me, but generally there is no need to book on this walk.



## Sunday bus

### SWITZERLAND RANGE

DATE	26 November 2006
STANDARD	Easy and Medium
LEADERS	Lesley Hale and Paul Logsdon
TRANSPORT	Bus – Southbank Blvd <b>Note 8.30 am departure</b>
AREA	North of Yea
MAP REFERENCE	Dropmore, Yea and Molesworth 1:25 000

The Easy walk is on track and mostly downhill, with views if the day is clear. It starts east of Highlands to finish near Molesworth, passing through native forest in the Switzerland Ranges Flora Reserve and open farmland.

The Medium walk starts with a 450m climb to the summit of Mt Broughton before joining the route through the Flora Reserve to finish with the other group near Molesworth and the Goulburn River.



Pack carry

## GRAMPIANS - MT GAR (MT DIFFICULT) LOOP FROM TROOPERS CREEK

DATE	6-8 October 2006
STANDARD	Easy/Medium
DISTANCE	24 km
LEADER	John Fritze
TRANSPORT	Private
AREA	Northern Grampians
MAP REFERENCE	Northern Grampians Outdoor Leisure Map 1:50,000 Mt Stapylton & Mt Difficult 1:25,000

This walk replaces the badly singed Asses Ears walk listed in the spring program. It is one of the most spectacular in the Grampians with fascinating geological formations, great views, excellent campsites, a profusion of wind flowers at this time of year and in an area that is large and remote enough to completely envelope you with its magic. The track we follow is very rugged and rocky with some steep sections but the walk's short distance (10km/day) and availability of side trips should broaden its appeal.



Base camp

## WARBY RANGES

DATE	13-15 October 2006
STANDARD	Easy
DISTANCE	27 km (approx)
LEADER	David Elias
TRANSPORT	Private
RETURN TIME	Sunday 6-7pm
AREA	East of Wangaratta

The Warby Ranges is an escarpment just east of Wangaratta, with excellent views towards Mount Buffalo and the Alps. The highest point is Mount Glenrowan, from where Ned Kelly observed the comings and goings in the small town of Glenrowan. The walking will be fairly easy, approximately 13-14km per day with no significant climbs, allowing plenty of time to enjoy the prolific bird life and wildflowers (which will hopefully be in full bloom during our visit). We will camp at Wenhams Camp, where we will be able to enjoy a campfire in the evening. All in all, an excellent location for a Base Camp - first timers are warmly encouraged to attend.

**Note: leader's phone number listed in the Spring Walks program is incorrect, please check it in your membership list.**

## WANTED OVERNIGHT WALKERS

- Any age or condition - nearly.
- We have a wide range of walks to suit most fitness levels.
- No experience necessary - we have experienced leaders and fellow walkers who want you on their walks and are only too happy to help.
- No equipment necessary - we have a complete set of lightweight gear for hire at an extremely low rate.
- No transport necessary - we can organise a lift.



Pack carry

## STRATHBOGIES - Scott's Peak, Monee Monee Ck, White's Rock, Rocky Ned Falls, Rocky Ned Range

DATE	20-22 October 2006
DISTANCE	22 kms
STANDARD	Medium
LEADER	Ray Thomas
TRANSPORT	Private
RETURN TIME	Mid to late a'noon at cars, then drive home
AREA	Eastern Strathbogie Ranges, SW of Swanpool
MAP REFERENCE	Moonee Creek and Mt Strathbogie 1: 25,000

Rendezvous: From Swanpool, take the Lima East Rd, which is immediately S of Swanpool footy oval. Turn left after 1½ km and follow bitumen southwards, passing Gandini's Lane at ca 3 km, then a very sharp left curve at ca 5 km, and finally turning left into a farm gate at ca 7 km, opposite Heaney's Rd. Camp beside track in saddle ca 200 m in.

Car shuffle: 1½ km each way along Heaney Rd. Complete before we start walking Sat morning.

Walk Description: This varied walk explores the highs and lows (the dries and flows) around a couple of deeply incised valleys on the northern escarpment of the Strathbogie plateau. We begin in open grassy forest and immediately climb a delightful long spur through shrubby dry forest with huge granite tors. Then it's on to the open rocky slabs of Scott's Peak, with lovely views to the eastern ranges. Heading further south, we quickly enter the softer world of peppermint forest and follow the undulations of Lightning Ridge until we pick up our descent route to the valley below. The spectacular spur down through grassy dry forest, brings us to the beautiful moss-covered slopes and boulders of Monee Monee Ck. After some exploring, we'll climb out with enough water to camp for the night in a high saddle or on to the next creek if we have the time and energy. Next day sees us on the open tops of White's Rock, checking out the extensive wildflower displays in natural rock gardens, then down through hectares and hectares of native bush peas to cross a creek full of tree ferns. Then quickly on to a second creek with spectacular cascades down the steep granite slopes. An energetic climb brings us to the imposing cliffs of Rocky Ned and rewarding views in all directions. An alternative route around the base by road may be preferred if the grade looks a bit stiff. Then we're on the home run via another superb ridge of grassy knolls and saddles, finally descending through masses of flowering native shrubs to the farm and our cars.

Watering points: BYO for Friday night camp and Saturday's walk. Excellent creek water available for Saturday night's camp and another two creeks during Sunday's walk.

Contact: Ray Thomas or Jopie Bodegraven at the Club Rooms



Base camp

## LORNE WATERFALLS

DATE	27-29 October 2006
STANDARD	Easy/Medium
LEADER	Elizabeth Ingham
TRANSPORT	Private

Please contact Elizabeth if you are interested.



## Base camp BUANDIK, GRAMPIANS

DATE	3-7 November 2006
STANDARD	Easy/Medium
DISTANCE	Varied
LEADER	Ken MacMahon
TRANSPORT	Private
RETURN TIME	Tuesday evening
MAP REF	Far western Victoria

Buandik is a wonderfully relaxing camping place on the western side of the Grampians. It has every modern convenience including pit toilets, fireplaces and a creek with waterfall. By the way, Parks Vic applies a small camping fee.

There are some great day walks to be done starting right from camp. Depending on how many people come along and the levels of enthusiasm, I will try to organise walks of differing standards using sub-leaders. I am keen to do some exploratory walks off tracks in the vicinity. The wildflowers should still be plentiful and the weather ideal at this time of year.



## Pack carry GREAT OCEAN WALK

DATE	3-7 November 2006
STANDARD	Easy/Medium
DISTANCE	45 km
LEADER	Ian Mair
TRANSPORT	Private
RETURN TIME	Tuesday, late pm
AREA	Cape Otway
MAP REFERENCE	Parks Victoria Great Ocean Walk Information and Map Guide

The Great Ocean Walk from Apollo Bay to Glenample Homestead, a distance of 91km, has been getting plenty of publicity recently. Newly prepared camp sites and route markers are part of a push to make it a popular destination for walkers. In recent years the route has been covered in sections on trips led by Sylvia Ford. This time it is planned to cover the eastern end, Apollo Bay to Glenaire, over four consecutive days. Possibly the more interesting half of the route, the walk promises to be a blend of coastal hills, isolated beaches and spectacular views.

Due to campsite limitations the walk will be limited to eight people. We have been able to book four tent sites for our walking party and we may need to share tents, however, some of the sites are possibly large enough to hold one-person tents. If you are interested can you please let me know early as I expect there will be a bit of discussion required to finalise the party.



## Base camp OTWAYS COASTAL EXPLORATORY

DATE	13-16 November 2006
LEADER	Jopie Bedegraven

Unfortunately Jopie has needed to cancel this trip due to other commitments that have arisen. He will endeavour to slot it in again at some future time.

## MELBOURNE CUP 4 DAY WEEKEND: 3-7 NOVEMBER



## Pack carry MT DARLING RANGE, WONNANGATTA RIVER, BRYCES GORGE

DATE	3-7 November 2006
STANDARD	Medium
DISTANCE	40km plus an option or two
LEADER	Jopie Bodegraven
TRANSPORT	Private
RETURN TIME	Tuesday evening
AREA	Alps North of Licola
MAP REFERENCE	Tamboritha-Moroka and Howitt-Selwyn 1:50,000. Rooftops Dargo-Wonnangatta Adventure Map

This is a walk in a classic part of the Alps. Much of it is on tracks but some is off track where hopefully the scrub is fairly light. It involves one major off track descent of 1000 metres from the summit of Mt Darling down into the Wonnangatta Valley.

We will meet Saturday morning at Breakfast Creek at 8.00am and drive to the Bryces Gorge carpark where we will start and finish our walk. We then walk 9km partly off and partly on track via Dimmicks Lookout to our camp in the headwaters of Mt Darling Creek. There is an on track option. Sunday we follow the track out to Mt Darling for fantastic views from its rocky summit and then the good bit starts: the 1000m off-track descent down a mostly well defined spur into the Wonnangatta. We will hopefully be able to find a lovely campsite by the river away from the 4WDers who are likely to be infesting the area. On Monday it's on track but a big uphill via the Dry River to camp at the top of Conglomerate Falls, a lovely campsite and lovely Falls and gorge. Then Tuesday is a leisurely 4km stroll back to the cars via Piemans Falls.

There will be an option to do a half day walk in to Shaw Creek Falls just north of Mt Tamboritha before we head back to Melbourne to round off a wonderful weekend of classical alpine bushwalking.



### Federation of Victoria Walking Club

## FVWC TRACK MAINTENANCE PROGRAM

The following work days have been scheduled.  
Please contact Mark Heath  
if you are interested in attending.

- 17 September 2006 Condons Track
- 26 November 2006 Freemans Mill
- 2/3 December 2006 Bogong High Plains
- 26-28 January 2007 Mossbed Rehabilitation



## Base camp

### FEDERATION WEEKEND - BRIGHT

DATE	17-19 November 2006
STANDARD	All
LEADER	Max Casley
TRANSPORT	Private
RETURN TIME	Sunday evening
MAP REFERENCE	Bright, Wandiligong, Mt Buffalo, Mt Hotham

This year's Federation Weekend is being hosted by Benalla Bushwalking, Wangaratta Out and About, Warby Walkers and Border Bushwalking Clubs.

I will be coordinating attendance from our Club. I will help arrange transport (car pooling) and I think we should drive up to Bright on Friday and settle in to our accommodation ready for our walks on Saturday and Sunday. I expect that there will be tent spaces available in the Caravan Park from where the walks are organised. However, plenty of other accommodation is available in Bright and it would be nice if our Club members got together in a group booking. Let me know if you are interested in coming along. There is a \$15 registration fee which includes a booklet describing all the walks and an optional \$10 for the BBQ dinner on Saturday night. I will put more information in next month's News.

The proposed programme ranges from easy to energetic!

**Mt Buffalo:** Big Walk Crossover, Back Wall, South Buffalo, Eagle Point via Og Gog Magog, Mt McLeod from Reservoir, Buffalo Short Walks, Mollison's Gallery, Eurobin Creek to Rolliston Falls, Dickson Falls, The Corral, Mac's Point/Mt Dunn, Buckland via Back Wall, Helena Point Catani Loop.

**Mt Hotham:** Dibbins Hut Circuit 18 km, Mt Loch, The Twins, Spargo Hut, Dinner Plain to Tabletop.

**Bright:** Wandiligong, Cherry Walk (gorge walk), Bright Lookout, Canyon Walk (3km easy).

**Falls Creek:** Mt Feathertop via Razorback, Kelly & Fitzgerald Huts, Mt Jim.

**Other Activities:** Cycle on rail trail To Myrtleford, Cycle Bright to Harrierville, Paddle Lake Catani.

**Self organised:** Underground River, Abseiling, Hang gliding.

*For further information see the article "Bright & Beyond" on the front cover*



## Pack carry

### MT HOWITT VIA TWO DIFFERENT SPURS

DATE	24-26 November 2006
STANDARD	Easy/Medium
LEADER	Gerry Grandage
TRANSPORT	Private
MAP REFERENCE	Howitt-Selwyn

This walk will go up Mt. Howitt from the Upper Howqua via the Howitt Spur, returning down the Stanley Name Spur. The Howitt Spur is the most straightforward of the four spurs leading to the Howitt/Speculation area and offers a relatively painless entry to one of the more spectacular regions of Victoria's high country. Saturday night's campsite will be in an inspiring location overlooking the Terrible Hollow with great views of the Viking and Razor etc.



## Cycling

### WARBURTON RAIL TRAIL

DATE	25-26 November 2006
STANDARD	Easy/Medium
DISTANCE	Approx 40 km each day
LEADER	Jan Palich
TRANSPORT	Car or Train to Lilydale Station
RETURN TIME	Approx 4 pm Sunday
AREA	Dandenongs (east of Melbourne)
MAP REFERENCE	Warburton Rail trail

Saturday - cycling Lilydale to Warburton - departing 9.30 am from Lilydale Station

Sunday - returning from Warburton to Lilydale - departing 9.30'ish from Warburton.

This is one of Australia's best recreation trails - the "Lilydale to Warburton Rail Trail" which is a lovely ride through varied countryside - forests, farms, beside rivers, through sleepy country towns. We will be commencing from Lilydale Station on Saturday morning and stopping for a "surprise" morning tea and then a picnic lunch on the way. Sunday for those that wish - a visit to a local bakery for lunch. Expect a few hills, we will be cycling on gravel tracks along the old train line from Lilydale to Warburton, so experience with cycling is necessary.

Could you bring either a nibbly contribution for "Happy Hour" on Saturday night, or something for a late night coffee; and in between, we will be going to a local restaurant for dinner.

Accommodation is at the Warburton Caravan Park where I have booked a lodge that caters for 9 people (all bikes outside). There is no limit to the group, as those that are unable to located inside can bring tents. This is very pretty area with lots of trees.

The lodge has outside doors into the kitchen and 2 bathrooms, as well as the main room. Cost - camping is approx \$8 p/p and lodge approx \$15 p/p.

Transport will be transported to and from the Lilydale Station

Details of what you need to take - ie Sleeping bags (or hire sheets/ doonas) will be available at the club rooms when you book, or give me a call at home. Bookings are essential.



## WALK SECRETARY'S REPORT

What the club did in August (trip stats):

Activity	Date	Trip	Grade	People
Sunday Bus	6	Ventnor – Rhyll	E E/M	41
	13	The Monk – Vaughan Springs	E E/M	38
	20	Reedy Creek – Shepherds Hill	E/M M	42
	27	Creswick State Forest	E/M M	36
TOFS	3	Werribee Gorge	E	12
Cycle Day	12	Hurstbridge area	E/M	4
Wednesday	16	Lysterfield Lake Park	E/M	15
Dand Expl	26	Elwood – Ricketts Point	E	20
Ski Lodge	4-6	Barjarg Lodge (Mt Stirling)		6
Pack Carry	18-24	Pyrenees (near Avoca)	E/M	8
Tree Plant'	12-13	Regent Honeyeater Project		5

The day walks all seem to be ragingly popular. Not sure what's happened to cycling though. I guess the lack of snow explains the lack of interest in skiing and it appears that not many people want to get their hands dirty, even with the promise of a barbecue and bush dance.

*Jopie Bodegraven, Walks Secretary*



## Pack carry AAWT - MT McDONALD - MT HOTHAM

DATE	8-17 December 2006
STANDARD	Medium/Hard
DISTANCE	110km (including side trips)
LEADER	Gina Hopkins
TRANSPORT	Private
AREA	Alpine National Park
MAP REF	Vicmap 1:25,000 Skene North; Vicmap 1:50,000 Tamboritha-Moroka, Howitt-Selwyn, Dargo Plains-Cobungra

This section of the Australian Alps Walking Track covers some of the best parts of the Victorian high country - Mt McDonald, Mt Howitt, Razor - Viking, to name a few. It is possible to visit this area in several weekend trips, and the Club has done this, but this walk will link all the bits together.

We'll begin from Low Saddle, 8km south of Mt McDonald, and for the first day we will have the company of the weekend walkers. We say farewell to them at the Nobs, and then continue on to Mt Clear, Mt Magdala, Crosscut Saw, the Viking, Mt Selwyn, Mt Murray and onto Hotham. Water may be difficult to find in some places given the dry conditions we have had, but hopefully we'll get some more rain by then. Some days will be fairly short with optional side trips, like to the Razor.

This is a joint walk with the VMTC walking club. We will meet up with their weekend walkers at the end of the walk at Mt Murray and the Twins. Transport logistics are by no means certain at this stage and will depend on final numbers, but I expect that petrol costs will be in the order of \$90 to \$100 per person (more than my initial estimate!).

Number of walkers will be limited to 10. I have already received expressions of interest from that number, but if you are interested I will put your name on a waiting list. Please contact me.

## WANTED TRAINING SKILLS COORDINATOR

The Club is in need of a training skills coordinator.

The role requires someone to provide four training opportunities per year - two on weeknights in the club rooms, and two practical sessions in the field on a weekend.

The role does not require one to be an absolute expert in navigation as the skills can be developed. There is a pamphlet on the role, and assistance can be provided in developing suitable training sessions.

The role is also responsible for organizing first aid courses and filling of the first aid kits.

If you are interested, please contact Jan Palich, President, or Peter McGrath, Assistant Walk Secretary.

## A FEW EXTRA WORDS FROM THE WALKS SECRETARY!



I have just returned from three wonderful months of walking in the British Lakes District, Wales, the Spanish and French Pyrenees and the French and Swiss Alps. The jetlag has just subsided (I couldn't get to sleep till 4am one night) and I am now getting back into the swing of being the club walks secretary again. Thank you Gina for standing in for me so efficiently. I have several things to mention.

### **Summer Program – Some leaders still needed**

The Summer Program is enclosed with this News. We still need both a main and co-leader for the Forest Caves-Cape Woolamai walk on Sunday January 28th. If you can help please contact our Assistant Walks Secretary Peter McGrath or myself.

If you wish to do a pack carry in the Snowy Mountains at Christmas but don't want to leave Melbourne till Boxing Day, contact Jerry Grandage who is leading the trip starting on the 23rd as you will very likely be able to organise a rendezvous. See Jerry's preview in the November News. We also do not yet have a suitable easy or easy/medium base camp at Christmas. If you are interested please let me know and we can get it into the November News

### **Autumn Program – Suggestions and offers to lead invited**

Over the next month Peter and I will eagerly receive your suggestions and offers to lead your preferred trips for the Autumn Program. Then in early November we will hold 2 planning meetings, one for the Sunday walks and one for the Overnights where we will include the offers and suggestions as best we can and then fill in the gaps with the suggestions of those present. Over the following 6 weeks till printing we will endeavour to find remaining leaders and generally fine tune the programme. We rely heavily on your input so start those offers rolling in and if you would like to attend one of the planning nights to be held in the club rooms, please let me know. Anyone interested is invited to participate. There is a separate article in this News with more details.

### **Walks Secretary and Assistant Walks Secretary to be sacked!!**

Well not quite yet but the committee is looking at reorganising the roles involved for 2007 and spreading the workload among more people, possibly 4 or 5. The roles will be more specific, either more administrative or more oriented to dealing with leaders and selecting walks. More details should appear in the November News so stay tuned. This could be your chance to play an active role in the club without taking on the full workload that the current roles entail. I will be stepping down at the next AGM but will be available for advice and mentoring for the various roles.

### **Navigation Blues**

We have lost our training co-ordinator Quentin; last seen in Baby Target buying nappies. All is not lost however. There is one navigation technique which I consider more important than any other and which I use more than any other which is very simple but will enable you to navigate like an expert. It doesn't even require taking bearings. I have written a piece entitled "The Easy Way to Navigate" which you will find on the second page, which explains this simple but effective technique. I urge all budding navigators to read it.

Also for those who would like to polish up their navigation skills, don't forget the Mad Hatters 6 hour rogaine at Marysville on the weekend of 11 & 12 November. More details on the Victorian Rogaining Association website <http://vra.rogaine.asn.au>. There are always VRA people there at rogaines to help beginners with navigation advice and tips and course planning

That's it from me - till next month

**Jopie Bodegraven**

# Member Reviews



## Cycle Trip on a Very Wet Saturday

Our leader David Arnold met us at Darebin Railway Station, our starting point for a ride through some very interesting and beautiful places. Ross was covered in mud before we started, on enquiring from Ross how come; he said we would soon find out as he had already traversed several kilometres of the track we were about to cycle along.

Seven Bushies namely , David our Leader, Deb, Dudley, Ray, Ross, Philip and myself turned up for the ride and so we set off in steady rain that did not let up for one second for the five hours that we were riding. Our route took us through several quiet streets in Ivanhoe to Wilson's Park (very muddy here) then into the Koonung Creek Valley cycle track which took us through Box Hill North and Blackburn North to Springvale Road where we left the cycle track and after climbing several hills in Donvale we then dropped down to the very picturesque Mullum Mullum cycle track we stopped for lunch at the very pretty Mullum Mullum Reserve.

Shortly after lunch, we arrived at the confluence of Mullum Mullum Creek and Yarra River; from here we followed the main Yarra Trail to the western outskirts of Warrandyte, then through Westerfolds, Heidelberg and Banksia Parks and finished our ride at Darebin Railway Station. David and I were the only riders whose bikes were equipped with mud-guards, even so our bikes and panniers copped a lot of mud, those without guards were covered in it, the rain certainly soaked most of us to the skin, however, it did not dampen our enthusiasm or pleasure, it was a top ride even on a wet day and we all enjoyed it immensely. David threw in a hill or two now and then, to make sure we didn't get cold, many thanks David for leading such an exhilarating cycle trip. It was indeed a pleasure to be in company with these Bushies and it was also a pleasure to get out of the wet clothes and under a hot shower.

*Art Terry, Life Member*

## Pyrenees Avoca

### Friday 18 August to Sunday 20 August 2006

The "Pyrenees Endurance Walk" is located in the Pyrenees State Forest west of Avoca. The Pyrenees is surrounded by vineyards including the Blue Pyrenees Winery. The walk was about 20 kms over lots of steep slopes and the weather was kind to us, especially during the day. We drove up on Friday night and camped in light trees at Glenlofty. It was three degrees when we awoke, but everyone seemed to have slept well.

On Saturday we drove to the Waterfalls Picnic area where we commenced our walk. We started with a very steep slope and had morning tea at the top of Mt Avoca. We walked past Golden Wattles and Pink and White Heath. Being an old gold mining area there was at times beautiful white quartz on the ground. We continued on until we got to Cameron's Track campground at about 3pm, where we camped on Saturday night.

The campground had toilets, a beautiful stone rotunda and campfire. Bob very kindly constructed seating for our campfire and it made all the difference to our enjoyment of the evening. We had a great fire which allowed us to stay up till 9pm. We shared the campsite with a quiet group of four wheel drivers including the delightful Lyn who served us all carrot cake.

John [our Equipment Officer] is the master when it comes to travelling light. He had his pack down to the incredible weight of 8 kgs. We can all learn something from him!

On Sunday we walked down to Glenlofty. We walked to the sounds of corellas and cockatoos. Gina was particularly excited spotting a Fuscous Honeyeater. As they are very strong walkers Mohammed, Gina and John led the pack. They were followed by the others and by default I became whip. Andreas and Mohammed took the "walking track" sign literally by walking on it (the sign) - they obviously had too much energy!

If you are contemplating doing a pack carry I recommend you do an introductory pack carry weekend and see how you like it. I started my pack carrying with the club by doing a one with Bob Oxlade at Mt Baw Baw earlier this year and haven't looked back. Not having all the gear is no longer an excuse because you can hire all the gear quite reasonably from the club. As one of our group said to me, pack carrying is more of an adventure and you can go places you cannot reach on a day walk.

Our group consisted of Bill Donald, Andreas Ludwig, Gina Hopkins, Derrick Brown, Mohammed Akbari, Bob Oxlade, John Fritze and myself. My thanks to all for a terrific walk. In particular I want to thank Bill for leading the trip.

*Richard Hanson*

## The Art of Walking - 14 October 2006

### International Alexander Awareness week and workshop

For all who walk for fitness, including street walking, bush walking, walking the dog or using a treadmill at the gym!!!

There will be a workshop on The Art of Walking at 1pm to 3 pm at East Melbourne Community room in Powlett Reserve, Cnr Powlett and Grey Streets on 14 October 2006. In this workshop you will learn how to walk with ease and how to minimize risk of overuse injuries. A video analysis will be available. Walking terrains will be varied including steps and inclines and we will walk to the Fitzroy Gardens for this. All ages are welcome.

Fee for the workshop is \$36, and you will receive a \$25 voucher for a 30 minute Alexander lesson available to use until 20 December 2006. This is a saving of \$25! (Saturday and evening appointments available).

If this workshop interests you, but an evening time would suit you better, please email or phone me as monthly workshops are being planned.

(Information on Alexander, an Australian born in Wynyard Tasmania, is available at [www.austat.org.au](http://www.austat.org.au))

Maddy Lock is a sports physiotherapist, Alexander and Pilates teacher who has treated bushwalkers for injuries since she joined MBW in 1996.



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# Member Reviews



## Barjarg Bunkhouse Lodge & Mt Stirling

4-6 August 2006

Once again Sylvia organised a trip to the Mansfield area where an old school at Barjarg has been converted into Bunkhouse accommodation. The main living room and kitchen area has a wonderful wood heater and is really cosy on a cold winter's evening. The snow report for Mt Stirling had not been very encouraging and a lot of people dropped out because of this. However, on Saturday morning six stalwart skiers headed off to the slopes of Mt Stirling. We met up with David who had driven from Melbourne that morning. From the cars we had to walk a few hundred metres before putting our skis on. There was enough snow on the trails for easy skiing and the weather was marvellous with a clear blue sky, a light breeze. After lunch on the snow we eventually reached the summit from where there were good views of Mt Buller close by and Mt Bogong etc in the distance.

That evening back at the Bunkhouse we dined magnificently with each person contributing something to the feast.

Next morning the sun was still shining but there was more wind and we decided to go walking in the nearby Strathbogie Ranges. This proved to be an attractive area with large moss covered granite boulders among the tall forest with good views into the valley below. Thanks to Sylvia for this weekend. The group was Sylvia Ford, Barbara James, Mark Heath, Dianne McKinley, David Walsh and Max Casley.

## MEMBERSHIP CHANGES:

New members:

**DAVID STEPHEN**

**BRETT STUBBS**

**ZOE C TOVEY**

Add to membership list:

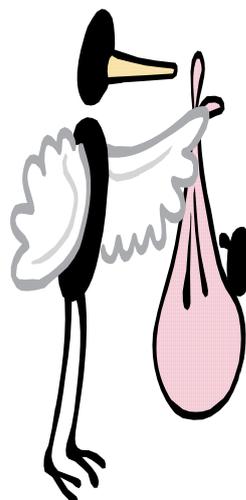
**CHRIS CLEMENT**

**PMARY WEAVER**

Altered Address/Phone:

**PAUL GOTTLIEBSEN**

**JOYCELYN NESVOLD / BERT REEH**



## New Arrival

Melbourne Bushies is proud to announce the arrival of its brand new set of lightweight hiking gear.

If you would like to carry our baby, or find out more about her, have a word to our doting equipment officer, John, or collect an information sheet from the clubroom.

John Fritze  
equipment@melbournebushwalkers.org.au  
www.melbournebushwalkers.org.au



## BAYSIDE BUSHWALKING CLUB WALK:

### Walk in Turkey: 8 to 25 April 2007

John Basarin is a leader with the Bayside Bushwalking Club, also a co-author of books on Gallipoli and native of Turkey. He will be leading a walking tour to Turkey in October 2006 with participants from Bayside, Waverley, Melbourne Women's, Great Dividing Trail and Koonung Bushwalking Clubs. Based on the interest shown in this walk, John is planning to repeat it next April for members and friends of bushwalking clubs.

The itinerary is designed to maximise opportunities for walking through three of the most interesting regions for Australian travellers to Turkey. Highlights include:

- 3 day walks at Cappadocia (Central Turkey)
- 3 day walks at Lycian Way (Southern Turkey)
- 3 day walks at Gallipoli (Western Turkey)
- together with 4 days of sightseeing in Istanbul (2 days at start/end) and a day by boat on the Mediterranean.

The average walk per day will be 10 kms, staying at special-type accommodation and only carrying daypacks. There will also be local guides as well as a bus accompanying the party. The trip includes visits to the historical sites of Ephesus and Troy, and the culinary delights of Turkish cuisine will further enrich the experience.

The land cost, including accommodation, travel, guides, and most meals for a group of more than 10 walkers, will be same as this year, ie \$3406 (single supplement \$511).

There is scope to extend the stay and participate in the Anzac Day commemoration at Gallipoli. For further information or reservation of a place, please contact John Basarin on 0438 055 056, 9502 0605 or john@fairychimneys.com.au.

## MEMBERSHIP STATS:

Life Members	13	
Honorary Members	11	
Single memberships	330	
Family memberships	110	(2 x 55)
<b>Total membership</b>	<b>464</b>	
This time last year	457	

