

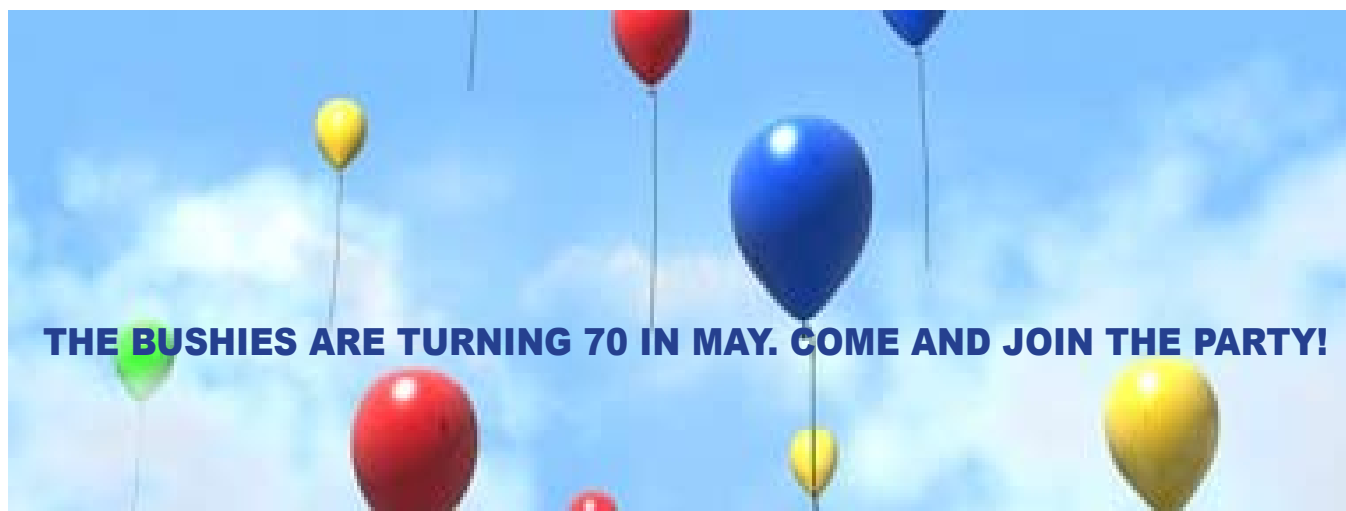


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THE NEWS OF THE Melbourne Bushwalkers Inc.

60 cents

MARCH 2010



- Where:** Nioka Bush Camp, Plenty Gorge Park (Melways 183:H8)
Date: Sunday 2 May
Activities: A Sunday walk utilising the bus as transport to the park
A cycle trip within the park surrounds
(For the above two activities please refer to Previews in NEWS)
A short bird watch of 1.5 hours commencing at 11.00am
A short walk (duration 1.5 hours) commencing at 2.00pm
(The above two shorter activities will commence from the Nioka Bush Camp)
Lots of time to chat and mingle with past and current club members
Time: Any time from 10.45am for those not participating in the Sunday walk or cycle trip
Facilities: A large hall, kitchen area with fridge and sink
Toilets available at the site
Bring: Any past photos or items of historical interest
Lunch: Picnic lunch or barbeque. (BYO drinks and food). BBQ's and picnic tables available outdoors and also tables and chairs indoors. (Extra chairs and tables may be useful).
Food: Please bring along a 'plate of goodies' for afternoon tea (not applicable for Life or Honorary Members)
Tea/Coffee: Tea and coffee will be provided by the Club
Formalities: Formal proceedings will commence around 3.45pm.
Queries: For further information contact Margaret Curry.

YOUR SOCIAL CALENDAR

WEDNESDAY 24 MARCH

This month's cheese and wine night coincides with the Dolomites slide night, presented by Agajan Akbaria and Deb Shand.

FRIDAY 26 MARCH

Twilight BBQ at Wattle Park. One last time to enjoy the summer twilight before Autumn takes hold. The BBQ will be fired up at 7 pm. Mel 60 K3, next to the Chalet.

FRIDAY 30 APRIL

Full moon tour of Melbourne Cemetery. \$24 or \$22 for concession or National Trust members. Tour commences at 6:35. Book with Susan.

NO LATER THAN 30 MARCH

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

Royal Historical Society of Victoria

**Cnr. William and A'Beckett Streets,
Melbourne Vic 3001
entry from William Street)**

Visitors are always welcome!

General correspondence should be directed to:

The Secretary
Melbourne Bushwalkers Inc

MEMBER OF

**Bushwalking
Victoria**



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: **Catherine Cardinet**

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. Note - photographs should be sent as separate files which are capable of being edited.

Please send your contributions as unformatted text files by email to news@mbw.org.au

Closing date for receipt of material for The News is without fail the 2nd last Wednesday of the month.

Only advertisements that directly relate to bushwalking (eg gear, maps, trips, tours etc) can be accepted. For current advertising rates please contact the editor.

Please note:

Next committee meeting will take place on

MONDAY 29 MARCH

TRACK MAINTENANCE GROUP

Track Maintenance and Conservation Activities. Bushwalkers are encouraged to assist with the following projects.

As provided by MBW member, Mark Heath.

2010 Activity Dates

Leader contact details

March 19 - 23 Baw -Baw Track Clearing	Andy Gillham
20 - 21 March - Nest Boxing	Ray Thomas
28 March Bunyip State Park	Graeme Kidd
17 - 18 April - Nest Boxing	Ray Thomas -
18 April - Condons Track	Steve Robertson
30 April -Grampians	Jim Harker

A NOTE FROM YOUR EDITOR

The emailed version of this edition contains all the submissions received this month.

The selection as to which review to publish or not publish in the print version was simply made on the 'first received' basis.

COME AND JOIN US!!!

LAKE TARLI KARNG

SUSAN AND STUART WILL BE LEADING A MID-WEEK PACKCARRY INTO TARLI KARNG....
SO COME AND JOIN US!!

WE WILL BE STAYING AT LICOLA CARAVAN PARK ON TUESDAY 23 MARCH, ARRIVING LATE AFTERNOON.

WE DEPART FROM LICOLA AT 8:30 NEXT MORNING AND DRIVE TO McFARLANES SADDLE. AND PLAN TO DESCEND TO THE LAKE VIA GILLIOS TRACK.
WE SHALL CAMP THERE ON WED. NIGHT. AND COME BACK UP THE NEXT MORNING VIA RIGGALLS SPUR TRACK.

NOW IS THE TIME TO BOOK AS WE HEAD TO TASSIE SOON-RETURNING 20TH MARCH.

Reports

PRESIDENT'S CORNER

Thank you to all those members who came along to the Club's Annual General Meeting on Monday 22 February. On that night we thanked outgoing committee members – Peter Havlicek (ex Membership Secretary), Ray Spooner (Treasurer), Jane Williams (General Walks Secretary) and Rod Novak, Bernadette Prunty and Maddy Lock (committee members). We welcomed Alan Case (Treasurer), Michael Murray (General Walks Secretary) and Graham Hodgson and Sue Haviland to the committee.

Subscriptions for the calendar year were discussed at length and a separate notice in this month's NEWS outlines the subscriptions agreed and also indicates that an additional amount of \$10 will be charged to members who receive their copies of NEWS via postal mail. Currently the cost of printing and posting this out to 230 addresses is costing the club over \$3,000 per annum. The alternative was to raise all members subscriptions by \$8 for a single membership and \$13 per couple where no concession applies.

The monies in the Wilkinson Lodge account were also discussed in detail and the following resolution passed. "The Wilkinson Lodge Account remains a designated account in Equity and the interest earned thereon continue to be credited to the Administration Account".

A separate notice appears in NEWS regarding the Club's 70th Anniversary celebrations to be held on Sunday 2 May, 2010 at the Nioka Bush Camp, Plenty Gorge Park. It is hoped that as many members as possible will come along on this day. If you know of any past members who would like to attend please invite them along as well.

We are now into our busy Autumn Program and it is hoped as many members as possible will participate in the variety of activities offered.

Margaret Curry

MELBOURNE BUSHWALKERS INC

2010 COMMITTEE

President	Margaret Curry
Vice President	Mick Noonan
Secretary	Howard Friend
Treasurer	Alan Case
Membership Secretary	Roger Wyett
General Walks Secretary	Michael Murray
Sunday Walks Secretary	Halina Sarbinowski
Social Secretary	Susan Maughan
General Committee	Mark Heath Carol Sisson Graham Hodgson Sue Haviland

NOTICE RE SUBSCRIPTIONS FOR 2010

At the Annual General Meeting held on Monday 22 February the subscriptions for the calendar year 2010 were approved as follows:

Single members	(ordinary)	\$45
or \$55 *		
Couples	(ordinary)	\$72
or \$82 *		
Concession **		\$34
or \$44 *		
Concession **	(if both eligible)	\$50
or \$60 *		

Note:

(1) * An additional amount of \$10 will be charged to members who receive their copies of "NEWS" via postal mail.

(2) ** does not refer to holders of a Seniors Card

Reports

EQUIPMENT

Hiking Packs

- The equipment store has acquired two more Golite packs to complete a full range of sizes. This removes any excuse you might have for not trying one!

Day Packs

- Sea to Summit have introduced a well designed day pack that weighs a mere 73g and fits into a tiny attached stuff sack. It would be ideal for side trips and collecting water on pack carries.

John Fritze

****ATTENTION LEADERS** AM RADIOS FOR FIRE SEASON**

During the Fire Season we want all Leaders to carry an AM Radio so they can stay in touch with any relevant announcements.

If you do not have not got access to one you can borrow one from the club. Same process as booking out a First Aid Kit - just use the Equipment borrowing book

HOW TO ACCESS THE LEADERS' DATABASE

Any Activity/Walk leader is able to access the Leaders' database which provides extensive and very useful information.

Enter: www.mbw.org.au/leaders

You are presented with a choice of:

- a) Log in to the database, or
- b) Retrieve leaders' forms only

If select **b) Retrieve leaders' forms only**

you have another option of:

- a) Sunday bus, or
- b) All other trip types

Make appropriate selection, enter your email address and click 'Submit'. You will shortly receive via email the appropriate set of forms.

If select **a) log in to the database** you will be asked to enter the first part of your email address, e.g. all characters before the "@". Enter details and click 'Submit'. You will then be asked to enter your password. Enter this and click 'Submit'.

If you are a leader generally your name and email address will already be known by the relevant Walks Secretary who will have granted you access.. A password will need to be used each time you use the database. If your name and email address is not recorded on the database then it can easily be added by contacting the relevant Walks Secretary.

A menu of options is displayed:

1. **Search Trip Index/Find Reports.** The database records trips from 1998. Useful for previewing and planning walks. Enter search criteria as indicated. A list of trips is displayed. Click 'List trips/reports'. A list of trips and relevant leaders' names is displayed. (An 'm' indicates a map is available with that report). Click the box relating to the report/s you require then click 'email selected reports'. The selected reports will be emailed to you.
2. **Obtain Leaders Forms.** Leaders checklist, Preview Form, Walk Report, etc. Select as required, then click 'Retrieve selected docs'. The forms will be emailed to you.
3. **Statistics and Planning** (useful for Activity coordinators and committee)
 -**Statistics Report** (contains historical data for all trip types). Select time frame and click 'Submit'.
 -**Sunday Walk Statistics** (monthly average of numbers walking by bus or car pool)
 -**Annual Summaries** (database statistics by year and trip type)
 - **Day Walks Program** Planning (assists in Sunday and Wednesday walk planning as it displays how often trips have been held in different walk locations.



REGENT HONEYEATER – NEST BOX MONITORING: LURG HILLS, BENALLA

For a number of years Melbourne Bushwalkers has been supporting the Regent Honeyeater Project in the Lurg Hills just outside of Benalla. Under the oversight of Ray Thomas who is very well known in conservation circles the project has seen a remarkable transformation of the flora and fauna of the district with the assistance of many volunteers over a period of 11 years.

This year the Club is organizing members to participate in this project on the 17/18 April 2010. Participants bring lunches and drinks for Saturday and Sunday and BYO for Saturday night BBQ at Old Lurg School. There is free accommodation at the Benalla Scout Hall if needed.

For further information and booking please contact Michael Murray

Noticeboard

CLUB TRIP STATS 2009 (COMPILED FROM SUBMITTED REPORTS)

Wednesdays		Cycling		Track Maintenance	
Total trips	12	Total trips	12	Total trips	1
% of reports submitted (12/12)	100%	% of reports submitted (12/12)	100%	% of reports submitted (1/1)	100%
Total no. of walkers, incl visitors	148	Total no. of walkers, incl visitors	105	Total no. of walkers, incl visitors	6
Total no. of visitors	3	Total no. of visitors	10	Total no. of visitors	0
Average no. of walkers	11	Average no. of walkers	9		
Average no. of visitors	0.5	Average no. of visitors	1		

Saturdays		Pack Carries		Lodge	
Total trips	8	Total trips	24	Total trips	3
% of reports submitted (3/8)	38%	% of reports submitted (19/24)	79%	% of reports submitted (3/3)	100%
Total no. of walkers, incl visitors	25	Total no. of walkers, incl visitors	190	Total no. of walkers, incl visitors	60
Total no. of visitors	3	Total no. of visitors	10	Total no. of visitors	9
Average no. of walkers	8	Average no. of walkers	8	Average no. of walkers	20
Average no. of visitors	1	Average no. of visitors	0.5	Average no. of visitors	3

MOFS/TOFS		Base Camps		Training	
Total trips	22	Total trips	12	Total trips	1
% of reports submitted (21/22)	95%	% of reports submitted (10/12)	83%	% of reports submitted (1/1)	100%
Total no. of walkers, incl visitors	261	Total no. of walkers, incl visitors	129	Total no. of walkers, incl visitors	13
Total no. of visitors	10	Total no. of visitors	17	Total no. of visitors	4
Average no. of walkers	12	Average no. of walkers	11		
Average no. of visitors	0.5	Average no. of visitors	1		

WILLIS'S WALKABOUTS

Great

September-October 2010

From the fynbos wildflowers of the Cape in the west to a guided walk in a game park in the east, we'll show you some of the best walks that South Africa has to offer.

Highlights include

- a luxury isolated cottage and day walks on the Cape of Good Hope
- Namaqualand wildflowers
- watching the whales at De Hoop
- mountain views in the Cedarberg, Drakensberg and more
- seeing the wildlife up close, on foot.

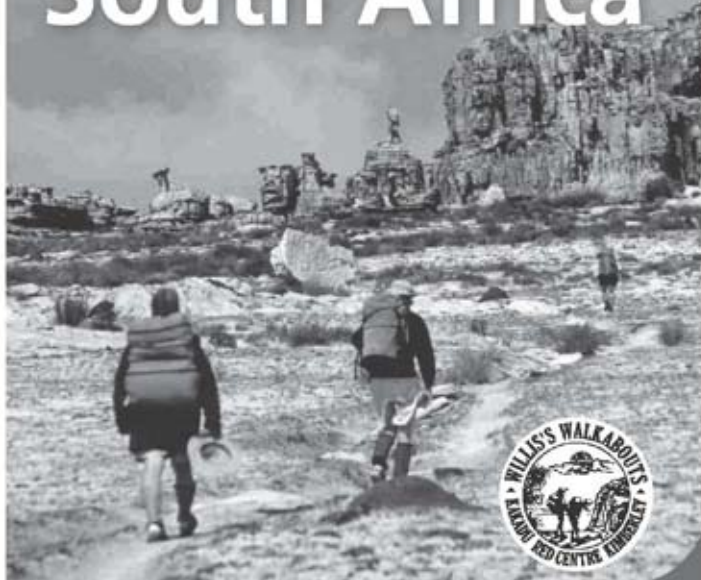
Visit our website or ask us for the trip notes.

bushwalkingholidays.com.au

12 Carrington St Millner NT 0810 rrwillis@internode.on.net

Phone 08 8985 2134 Fax 08 8985 2355

walks of South Africa



Noticeboard

CONSERVATION MATTERS

Great Otway National Park - the Management Plan is now available (released on 21 January 2010). The plan can be downloaded from www.parkweb.vic.gov.au under 'Park Headlines' or under 'Publications'. Printed copies available from PV for \$8.80 at the PV Information Centre or call 13 19 63.

Alpine National Park - PV asking for contributions for the wiki to assist planning for the new Alpine Management Plan. Go to wePlan.parks.vic.gov.au. They have also released an 'Invasive Species' paper - available on the same website. Bushwalking Victoria 'Environment' workshop (8 May 2010) I will be attending as the Melb Bushies delegate. If any club members have suggestions and/or comments etc then please contact me and I will raise these issues at the meeting.

Lake Tarli Karng - all walking approaches are now open.

Rod Novak

KNOWBODY STUDIOS

Physiotherapy, Clinical Pilates, Alexander Technique

@ East Melbourne 5/ 80 Gipps St

Ph 9415 8812

Email: marilyn@knowbody.com.au

Mail : PO Box 244 East Melbourne Vic 8002

Website : www.knowbody.com.au

Physio for bush walkers

Walking workshops

Fitness for bush walking

Find solutions to problems with walking. eg

- ➔ Hip and low back pain
- ➔ knee pain or giving way
- ➔ Ankle weakness
- ➔ Tendonitis/arthritis to name a few.

Learn the *right exercises for you* and explore the best way to attain and keep your fitness for bush walking

If any of these topics interest you then you may like to phone or email

Maddy Lock (see above) for an appointment or any queries.

Maddy is an experienced sports physiotherapist, Movement educator and bush walker.

(Special rate for MBW members on request)

CROSS COUNTRY SKIING

BOGONG HIGH PLAINS - AUGUST 7 TO 14

For the last few years the Club has had access to the Rover Chalet for a week's cross-country skiing. Last year we had this equivalent August week instead of September as we had been having. This was very successful and I was able to negotiate with the Rovers for this to be a permanent arrangement

The Rover Chalet, situated about 12 skilometres from Falls Creek, is a comfortable lodge with well-equipped kitchen, showers, flush toilets and washroom, laundry and drying room. Sleeping is dormitory style with mattresses and pillows provided.

Food is provided by the Rovers on a set menu basis. Much of the food is put into the Chalet before winter and each group carries in fresh meat and veg for the week. Cooking and housekeeping are done on a volunteer roster basis; we have this down to a fine art to allow the maximum time for skiing. We try to go out for a full day's skiing, usually in a couple of groups with shorter and longer options.

I would like to get a reasonable number of members on this trip to make it worthwhile for the Rovers; we do have people from other clubs come in as guests with us. For a booking application form go to www.bogongroverchalet.org.au

This site gives further information.

If you are interested give me a ring if you want further information, or if I am not around speak to Marilyn Whimpey . Would you please let me know if you apply direct so I can keep track of numbers?

Doug Pocock

ALTERNATIVE DEPARTURE POINT FOR SUNDAY WALKS OPPOSITE CLUBROOM

When advised, the alternative departure point for Sunday walks noted on the walks program and in previews will be at the bus stop on the northern corner of A'Beckett Street and William Street, opposite the clubrooms at the Royal Historical Society building.

Next alternative departure point day will be
Sunday 14 March

Reviews

CAPE LIPTRAP TO VENUS BAY PACK CARRY 23 - 24 JANUARY

An enjoyable weekend was had by fourteen bushies (David, Faye, Les, Jerry, Ralph, Kerry, Wendy, Del, Diane, Deb, Angela, Alice, Dianne & Sue) under the guidance of leader, Bob Oxlade, traversing the coast from Cape Liptrap to Venus Bay for a total distance of 25km.

For many, including Bob with his limited eyesight, this walk was a leisurely stroll however for the three first timers (Alice, Dianne & Sue) it proved to be



more than an easy stroll! The pack carry commenced on Saturday where we met early morning in the carpark of Venus Bay beach and arranged a car shuffle to the light house at Cape Liptrap. The weather looked ominous from the light house and rain was predicted for the weekend however we were blessed. It remained fine all weekend and at times was actually quite hot.

We had some trouble at the beginning of the walk identifying the track which weaved its way down the hill through the coastal scrub to a pebble beach below. We spent time exploring the geology of this secluded area with its shingle rock platforms, cliff faces and smaller rock pools. We walked along the rugged coastline between Cape Liptrap and Morgan Beach which can only be accessed when the tide is out. There was plenty of rock hopping and scaling of cliff faces similar to the recent Sunday Walk to Inverloch. We finally reached the isolated and unspoilt Morgan Beach where we proceeded to have lunch whilst a few decided to cool off in the rock pools.

After lunch we walked along Morgan Beach to Morgan's Bluff where we then clambered up the sand dunes to continue our journey along the top of the cliff edge through thick scrub of coast tea trees and coast wattle.

The panoramic view from the cliff top was amazing and the cool breeze was welcoming. From here we could look down and back on the rock stack of Arch Rock, minus the top rock formation which originally formed the arch, hence the name.



After walking about 12km, Bob decided for us all that it was better to pitch tents next to the last remaining water source at Ten Mile Creek instead of our planned camping destination of Five Mile Camp. Although there was some scepticism about this decision, especially given that you had to climb the sand dunes to go to the toilet, it turned out to be a blessing in disguise. After setting up camp, there was an evening stroll back along the beach whilst we watched the sunset.

The next morning we set off around 9am after breakfast and walked the remaining 13km at an easier stroll across the flat wide sandy beach. It was then that we arrived at our planned camping destination of Five Mile Creek, only to find there was a group of teenage boys who had camped overnight and were in the middle of a breakfast bbq before some fishing. It would have been a very tight squeeze to fit us all in on the small grassy area!

One of the highlights along the way was the sighting of Plovers wading the water's edge. Not long after we came across the Plovers, we were stopped by Parks & Wildlife Rangers who were looking for their nests to erect a protective barrier. Whilst walking along the beach we found the remnants of the ship, the Magnat (which ran aground in 1900), protruding from the sand.



Further up we were stopped again by Fisheries & Wildlife Rangers who proceeded to search a few bushies' back packs. They were on the hunt for the unauthorized collection of pipis which are often removed from the beach illegally in large backpacks!

It was easy to identify our final destination at Venus Bay – the surf life savers were out and the beach was full of people enjoying the good weather. Les and Sue watched over Ralph as he went in for a dip in the ocean whilst the remaining bushies either fetched cars from Cape Liptrap or strolled the shops in Venus Bay. After a two to three hour return drive, we were home in Melbourne in time for dinner.

Overall it was a fun and eventful walk over two leisurely days with glorious weather. Our calves, thighs and lungs had a good workout.

Thanks to our Leader, Bob Oxlade, and the Club Equipment Manager, John Fritze, for fitting the newcomers with their lightweight gear.

Reviews

A WET PROM RE-VISITED!

Last September a small group of bushies had a wet and modified pack carry on the Prom, from which the idea of a pack carry to the Lighthouse was born. With the concept of dry beds and freshly cooked meals at the light house keep's cottage, eight bushies eagerly carried in a lamb roast & fresh vegetables the 18.6km to the lighthouse for a four day pack carry, in fine weather. However it was to be a re visiting of the Sep PC weather even though it was Feb!

Day 2 was a 20km return to South Point, with "marching leeches" at our lunch stop of Roaring Meg, and frequent showers for most of the day. Thus all were happy to retreat to the warmth of the cottage for our 2nd night, after an informative tour of the light station and its multiple uses in WWII and as a weather station.

Day 3 was over cast and threatening, and within minutes of commencing the 18km to Refuge Bay the rain commenced and stayed. Thus pushing through some overgrowth on the track to Waterloo Bay all managed to collect some leeches with one lucky walker scoring 20 bites! With flooded creeks and high tide at Waterloo making a chest level crossing a risky exercise, discretion shortened the walk back via Telegraph saddle to the cars. Even the 4WD track was awash with overflowing creeks

GREAT OCEAN WALK - AUSTRALIA DAY WEEKEND 2010

The seven aspirants met at the Apollo Bay at the Information Centre amidst the hurly-burly of the holiday crowd at this popular beach resort. After a car shuffle to Glenaire our final destination, we commenced the walk threading our way through the hordes of holiday makers in the Main Street.

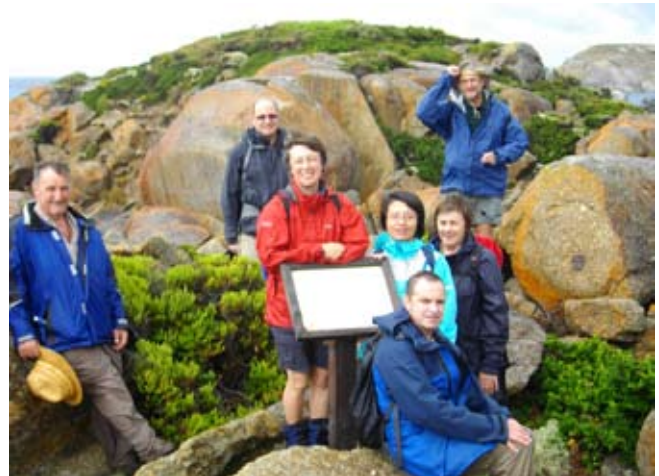
Only when we did a right hand turn at the end of the Main St. and walked through the Marengo sand dunes did we realise this was going to be an exciting and enjoyable walk. We followed the beach towards Elliott River our first night's pit stop. Although we did not leave Apollo Bay till after midday we reached our camp early in the afternoon which allowed plenty of time for relaxation before preparing the night's meal.

An early start the next morning saw us walking along a magnificent grassed four wheel drive track lined on both sides by tall eucalypts and other native vegetation. Although the track was uphill for quite a few kilometres we made good time. After leaving the four wheel track we continued to head uphill towards Blanket Bay. The weather was starting to hot up and we were looking forward to a cool swim at Blanket Bay. On reaching the Bay early in the afternoon because of the easy walking conditions camp was setup and we headed for the beach hit the beach for a refreshing swim. . After swimming some of the group did the nature trail circuit in the hinterland above the Bay. Although it promised much we only sighted one echidna.

Although we were only into the second day of the walk some of the gang were missing life's little luxuries so Bernadette rang her sister who was staying at Apollo Bay for supplies. Later that afternoon the food drop was made with such goodies as fruit and vegetables a cask of wine and a packet of Tim Tams. So much for the minimalist back packer's staple of dehydrated meals.

and flooded drains, thus the hot showers at Tidal River were a welcome site!

Thanks Richard for maintaining your standard of "interesting Prom walks" with fellow walkers being Fang, Bernadette, Deb, Michael, Roger, Max & Jack



Starting early the next morning we headed off towards Cape Otway , the terrain suddenly changed as we headed inland the slopes became steeper as we climbed the headland to Parker River ,three of the braver ones had a swim here as the rest of us enjoyed morning tea. At this stage we left the track and followed the coast towards the Lighthouse, the scenery was magnificent with the waves crashing against the rock shelves. Further along the beach we discovered some large deep rock holes where lunch was taken. Lunch over Roger went looking for the track leading to the Lighthouse and came across a beautiful beach called Crayfish Bay. After swimming and sunbaking we reluctantly headed towards the Lighthouse. Unable to find the track we bushbashed a kilometre or so to the road and the Lighthouse .

It was then only a short trip to Bimbi Park where we met up with the base campers, who ably led by Jan Colquhoun prepare a barbeque to die. The group now numbering 17 spent the rest of the evening around the camp fire culminating in Janette Kodiah cooking that great Australian icon *dampier* on the coals.

We broke camp early as a hot day was forecast, and slogged our way through the soft sand of Station Beach which combined with the heat was very tiring. I think we were all happy when the inland track appeared, although the initial climb was very steep. The track followed the cliff tops to Aire River where we stopped at the walk-in campers site for morning tea. We reached Glenaire a little after one and returned to the cars. A late lunch was enjoyed at Apollo Bay and we headed for home around 3 o'clock.

Thanks to Roger Wyatt for leading a great walk and my fellow walkers Bernadette, Christine, Fiona,Janette and Rod for making this walk so memorable.

Special thanks to Jan and the base camp crew for a fantastic dinner and evening!

Ray Spooner

Reviews

BLINKY BILL AND THE WILD DOG - OTWAYS BASE CAMP JANUARY 22 – 26

Twelve of us turned up at Bimbi Park, on the Australia Day weekend for what proved to be a memorable base camp that included many of the best features of life in Australia; amazing marsupials and birdlife, our beautiful sparkling coastline and delicate fern gullies, our love of adventure (thoroughly tested on the Wild Dog Track) and perhaps most important of all, our sense of comradeship when we all mucked in with our pack carrying friends for a hearty Australia Day Eve BBQ.

Our first walk was a beautiful coastal walk in perfect weather conditions. We started from the camp site via Station Beach where we picked up the Great Ocean Walking Track to Aire River. The views were spectacular and I found myself taking all the same photos I'd taken on a previous trip - still trying to capture the whole experience.

We lunched on the beach at Aire River followed by a quick swim in the calm water at the river mouth, none of us game to tackle the cold pounding surf on the ocean side. We walked on to Castle Cove where we piled gratefully into the cars after a tiring but enjoyable day.

Day 2 was something of an adventure. The day started with a long car shuttle (for which we thank our kind drivers) while the rest of us chilled out in Apollo Bay with coffee and papers. We bush bashed for what seemed ages (really about one and a half hours) through dense foliage, vines and sharp and sticky grasses following an overgrown track along a ridge. Those at the front were praying for a machete to cut a path and Jan came out looking like she had fought 3 rounds with a barbed wire fence! After lunch the track widened and we started to find intermittent pink track markers, the whole group began to work together with Robert taking up the lead and keeping us moving along the path in fits and starts. Eventually, to our delight the track opened into a panorama of countryside. We turned a sharp right into the most beautiful part of the forest to see ancient moss covered trees and towering tree ferns which filtered the sunlight onto the undergrowth. We descended to the creek with a choice between either by wading along it for a kilometer or navigating through sections of tall grasses generously dotted with the delightful stinging nettle. Some, like Catherine, strode determinedly off into the clear water without a second thought. We all made it back to Mariners Falls carpark. We had survived the challenge of the Wild Dog track....!



The following day we embarked on a circuit walk via the lighthouse, where Don left the group to explore the lighthouse & museum to reminisce about his merchant navy days. The excellent campsite facilities helped us produce a feast that was rounded off beside the campfire with a series of treats including Maddy's birthday cake and Janette's damper. That night the koalas were in full voice with the grunts and groans overhead reaching a kind of shrieking crescendo. Whether the sounds reflected agony or ecstasy we will never know but lying awake

for hours listening was an amazing though tiring experience as our national emblems engaged in territorial battle.

The next day we visited the lovely Hopetown and Beauchamp Falls before returning home after an excellent weekend. Thank you Jan for leading the weekend (in spite of your injured knee from the previous weekend), and for giving us an adventure to remember...!

Note from the leader:

As is customary in MBW the trip leader organizes someone to write a trip review, in this case Linda Stewart kindly offered. Much to my surprise when I picked up last month's newsletter to see another interpretation of the weekend. I hope you will have enjoyed Linda's write up.

Linda Stewart

Jan Colquhoun

A reminder that to view all available previews and any notifications of changes to walks, just log on to the walks program and previews pages on the MBW website:
http://www.melbournebushwalkers.org.au/activities/Walks/MBW_walks_program.htm



CYCLING

BIRDLANDS - LYSTERFIELD PARK

DATE Saturday 20 March
STANDARD Medium
DISTANCE 50 km
LEADER Ross Berner
TRANSPORT Train / Car
AREA Dandenongs / Dandenong Valley
MAP REF Melway Maps: 75, 84, 83, 108, 91, 90, 81, 82, 73 & 74

Meet at Belgrave Railway Station (Blacksmiths Way) Melway Map 75 F10 at 10:30.

Take 8:50 Belgrave Train from Flinders St. Station, or take earlier train and join me for coffee. Be ready as if weather is warm we will be starting promptly

The ride is mainly on trails, with several minor roads where needed to connect. The first part of the ride is through "Birdlands Reserve" and Lysterfield Park, both of which are bush reserves which are very scenic. The trails are gravel in the reserves, but for most of the route we are going downhill so is not a difficult route. The remainder of the ride uses bike trails such as Eumemmerring Creek Trail, Dandenong Creek Trail & Ferny Creek Trail. We also use back streets of Rowville. We finish at Upper Ferntree Gully Railway Station. (This is on same line as Belgrave and avoids having to climb back to the start.)

The trails through "Birdlands Reserve" and Lysterfield Park are gravel. The remaining route is mainly on sealed paths and roads. Because we start "high" in the hills and finish "low", we have virtually no climbing.

Being March, there is a small risk of hot weather and or fire danger. If there is a Total Fire Ban for the Central District (around Melbourne) on the day or if there are fires burning in the area (Belgrave, Tecoma, Upwey, Ferntree Gully, Lysterfield or Hallam) then ride will be cancelled. If the predicted temperature (on Weather Bureau site) for Central District - Scoresby is greater than 38 degrees, then ride will be cancelled. For warm weather less than 38 degrees, an option of finishing ride in either Dandenong or Hallam is possible.

If ride is cancelled, an alternate ride starting the inner suburbs may be offered as an alternative. (Subject to temperature.)

If you wish to discuss ride or book on ride ring Ross

ATTENTION BUSHIES:

ALL SUNDAY BUS WALKS LEAVE AT 08:45



MID-WEEK PACK CARRY

TARLI KARNG

DATE 23-25 March
STANDARD Medium
DISTANCE 29 km
LEADER Susan Maughan
TRANSPORT Private
AREA 58 km N E of Licola
MAP REF Upper Wellington River

Camp at Licola Caravan Park on Tuesday night. I'll be arriving there late afternoon. Depart 8:30 on Wednesday morning (24th) for the drive up the Tamboritha and Moroka Roads to McFarlanes Saddle. From the carpark we have a 4 ½ hour walk to the lake, which includes a 600 metres descent within 1 ½ km.. Tarli Karng is a jewel in the Alpine Park ,with Spion Kopje, Gable End and The Sentinels towering above the waters. Come prepared for variations in the weather, though it is only mid-March.

Book online with Susan, as we will be away till Sat. 20 March.



SUNDAY BUS

MOUNT WORTH STATE PARK

DATE Sunday 28 March
STANDARD E & E/M
DISTANCE 13km & 17km
LEADERS John Fritze & Michael Murray
TRANSPORT Bus from Southbank Blvd
AREA South Gippsland
MAP REF Mt Worth & Allambee 1:25000
FIRE BAN DISTRICT Eastern
TEMPERATURE REFERENCE SITE West & South Gippsland

This is a replacement for the scheduled Glen Nayook – Neerim walk that we thought was a little ordinary. It is one of our best! It combines panoramic views from Westernport to the Alps, huge trees, glorious rain forest, excellent walking tracks, steep but short hills and a mysterious old structure hidden away in a remote corner of the forest (that we couldn't find). It is suitable for walkers of all fitness levels with shorter options being available if needed and the possibility of a 20km "park in a day" for speedy walkers with energy to spare. Photos are available on the website.



BASE CAMP

COBBERAS - NATIVE DOG FLAT

DATE 1 - 5 April 2010
STANDARD Medium
DISTANCE various
LEADER Geoff Mattingley
TRANSPORT Private
RETURN TIME Monday evening
AREA Melway ed. 29 and above: map 623 C10/D10. Also VicRoads Country Directory map 52 C8/D8
MAP REFERENCE: NSW 1:50,000 Suggan Buggan 8524-II & III

After a break last year, this great base camp is back on the program. The location is Victoria's Alpine National Park, close to the NSW border and Kosciuszko National Park. It offers a beautiful sub-alpine campsite at 1200m altitude, only 15 km from the source of the Murray River, with plenty of camping space, fireplaces & tables, a Parks Victoria toilet, and superb views from the nearby peaks.

The Buchan River runs through the campsite - hopefully there will be plenty of water in it this year. The day walks in past years have been chosen from Mt Cobberas No.1, Mt Cobberas No. 2, Mt Stradbroke, or Ram's Horn (Buchan Rock) - all of these have clear rocky tops with superb views. Another possibility is for a very long day's walk (30km) to and from the source of the Murray and the recently restored cairn that marks the start of the straight-line part of the Vic-NSW border. There could also be easy walks - if someone offers to lead them. Of course you can just enjoy the mountain air from the campsite - since you don't have to carry anything you can take luxuries such as a folding chair, gas lamp, extra food etc. You can arrive at the campsite any time from the Thursday onwards and stay for as long or short a time as you wish. It's a fair distance to get there, including some gravel roads, but on previous trips they have been quite OK for ordinary cars. For those who haven't been camping before this is a good opportunity to try it without having to carry a heavy pack. As always, the club has tents and a wide range of other equipment for hire from the clubrooms.

Bob Steel will deputise for the leader in the clubrooms on Wednesdays 24th and 31st March to provide details of how to get there, what to take, and the latest information on road conditions.



PACK CARRY

MT BOGONG - ROPERS HUT - TIMMS LOOKOUT - MT BOGONG

DATE 1- 5 April
STANDARD Medium
LEADER Jopie Bodegraven
MAP REF Bogong Alpine Area 1:50,000

This is one of our alpine classics; our highest Victorian mountain via two up spurs and down two different spurs, plus waterfalls, lovely creeks and great alpine views.

On day 1 we start at Mountain Creek, climb up Eskdale Spur and traverse the alpine areas to Cleve Cole Hut to camp. The climb is a total of nearly 1500m and 14km horizontally, but we have all day to do it so we can take our time and it is on a major track. On day 2 we do detours to the Maddison Hut ruins and the spectacular Howmans Falls, one of the jewels of the Alps, before descending T Spur to the Big River and climbing 750 m up Duane Spur to camp near Ropers hut. If we have time we may do a side trip to Mt Nelse North. Day 3 will have 2 options. The easier involves a side trip to Whiterock Falls, then along Timms Spur to the Big River and up to Bogong Creek Saddle to camp with only about 330m climbing for the day. The harder option involves the exploration of 2 steeply dropping creeks which I saw from the Grey Hills last year and which had some nice looking waterfalls on them but the route looked very steep, scrubby and rough and is not for normal sane people. This option rejoins Timms Spur. Day 4 goes up Quartz Ridge with an optional side trip to West peak, then over Mt Bogong and down Staircase Spur for a day of 15 km with 650m of climbing (without the side trip).

I expect most of us will camp at Mountain Creek on Thursday night and we will be ready to start walking at 8.30am.

This will be a no-smoking trip in keeping with the healthy aims of our club and the wishes of the majority of pack carry walkers in the club. If you are not prepared to give up cigarettes for the duration of this trip, please don't ask to come as refusal may offend. Otherwise come along for a fun-filled classic alpine Easter trip.





PACK CARRY



TOFS

DOUGLAS APSLEY N.P. TASMANIA

DATE	1-5 April Easter Weekend
STANDARD	E/M
DISTANCE	28km plus side trips.
LEADER	Bob Oxlade
TRANSPORT	Charter bus from Hobart to walk and return to Airport
AREA	178km from Hobart, near Bicheno and 4km in from East Coast
MAP REF	Douglas-Apsley N.P. Map and Notes.

Excerpt from Wild magazine: "Apart from unspoilt bushland vistas and gorges, the park features waterfalls, varied flora, bountiful bird life and the spectacular rocky towers known as Nichols Needles".

Friday 2 April: Depart Hobart by charter bus to begin 3hr walk south to Heritage Falls campsite. Time to view the Falls and opportunities for the more adventurous.

Saturday 3 April: 200m climb to a ridge top then side trips to coastal views and Nichols Cap to view the Needles. Camp at the Douglas River.

Sunday 3 April: 300m climb from camp and varied terrain until descent to camp at the Apsley River.

Monday 4 April. Explore Apsley Gorge and then bus to the Airport. There will be time to see more of Bicheno.

Costs which include accommodation in Hobart on Thursday night, bus travel to the park and return to the Airport, and park passes could be \$120 to \$170 depending on numbers. Air fares not included.

If interested please contact Bob Oxlade ASAP for further details.

AUTUMN IN THE DANDENONGS

DATE	Thursday 8 April
STANDARD	Easy/Medium because of the hills
DISTANCE	9½ km
LEADERS	Liz and Philip Wood
TRANSPORT	Private
AREA	Dandenongs
MAP REF	Mel 66 D5
FIRE BAN DISTRICT	Central
(November to April only)	
TEMPERATURE REFERENCE SITE	Mt Dandenong
(November to April only)	
TRANSPORT COSTS (per person)	N/A
(Sunday private transport trips only – calculate by multiplying total kms for return trip x 8c/km)	

This will be the first walk in the bush since the fire season began and what more picturesque place to start than the Doongalla Homestead Site in the Dandenongs, which should afford us wonderful Autumn colours and hopefully mild temperatures – no need to go all the way to Bright! Meet to start walking at 10.30 at the new car park nearest the Homestead and toilet block. We start off up Channel 10 Track then follow Dandenong Creek Track to Basin Olinda Road, which we walk along for about 50 metres before turning left onto Bradley then Banksia Track. At Ridge Track we go left to reach Doongalla Road and once inside the park turn left into Edgar and then Camelia Track back to the starting point via the delightful Gerraty Nature Walk. Total walk time, including breaks is 4½ hours so we should be back at the cars by 3pm for BYO afternoon tea. This is a beautiful walk but not just a stroll in the park – there are some hills – but the views make the effort worth it! To book phone us.



SUNDAY CAR POOL



CYCLING

MOUNT RIDDELL

DATE	Sunday 4 April
STANDARD	E & M
DISTANCE	N/A
LEADER	Peter Hogan
TRANSPORT	Private
AREA	Mt Riddell

Preview not available at time of printing – please contact leader in clubrooms for details

GEELONG BIKE TRAILS FROM LARA

DATE	Saturday 10 April
STANDARD	Easy/Medium
DISTANCE	64km
LEADER	Jopie Bodegraven
MAP REF	Melways

This will be a pleasant exploration of the bike paths around my favourite regional city. We'll even pass within a crowd's roar of the home of football in this city of exceptional football talent. It will include the lovely Hovell's Creek section between Lara and North Geelong as well as the new Geelong Bypass trail, the Barwon River trail and the Foreshore trail. We'll have afternoon tea at some nice place on the foreshore, probably the Woolshed, but you'll need to bring morning tea and lunch.

The meeting place is in the car park at Lara Station. Park at the Geelong end of the car park (closest to the level crossing) for a 9.00am start. Book with me and join me for a fun ride.



SUNDAY BUS

FOREST CAVE - PYRAMID ROCK

DATE Sunday 11 April
STANDARD E/M & M
DISTANCE 14kM & 17kM
LEADERS David Laing & Deb Shand
TRANSPORT Bus
AREA
MAP REF Melway 531 & 532
FIRE BAN DISTRICT CN: Central
(November to April only)
TEMPERATURE REFERENCE SITE wn: Wonthaggi
(November to April only)

The walks start from near Forrest Caves (M 17kM) and Sunderland Bay (E/M 14kM) along the southern back beaches of Phillip Island, past Pyramid Rock to Berry's Beach and Kitty Miller Bay passing the 1906 wreck of the SS Speke.

The terrain varies from sandy beaches, various sized boulders to rocky shelves. The rock shelves are quite sharp in places so strong soled footwear is advised and perhaps gloves (eg gardening gloves). There is a considerable amount of rock hopping.

Most of the walk is at beach level but just before Pyramid Rock there is a short climb up to the cliff tops. A short side trip to the end of the boardwalk gives some good views over Bass Strait. Then along the cliff top for about 3kM to Berry's Beach and continuing on again at beach level to Kitty Miller Bay with another small climb over Helens Head.

An interesting walk along secluded beaches and rocky headlands with ocean views from the cliff tops. We also pass the remains of a stone hut that was used as a film set, but you will have to come on the walk to find out what film and who was in it!



WEDNESDAY WALK

BALNARRING-FLINDERS

DATE WEDNESDAY 14 April
STANDARD EASY
DISTANCE 16km
LEADER GRAHAM HODGSON
TRANSPORT PRIVATE
AREA WESTERN PORT BAY
MAP REF MELWAY MAP 192 193 257 256 262

A pleasant stroll along the relatively undeveloped beach areas of Western Port Bay consisting of golden sands, interesting bushland and basalt cliffs. We will meet at the Flinders jetty carpark Melway 262 B9 at 9.30am

We will need to do a car shuffle to Balnarring so hence the earlier than usual start time.

Contact Graham



BASE CAMP

GRAMPIANS – PLANTATION BASE CAMP

DATE 16-18 April
STANDARD Easy
DISTANCE 20-30km
LEADER Pearson Cresswell
TRANSPORT Private
AREA Grampians
MAP REF Northern Grampians 1:50,000
FIRE BAN DISTRICT SW
(November to April only)
TEMPERATURE REFERENCE SITE ha
(November to April only)
TRANSPORT COSTS (per person) \$50-60
(Sunday private transport trips only – calculate by multiplying total kms for return trip x 8c/km)

The camp will be at Plantation Camping Ground located about 9km north of Halls Gap on the Halls Gap – Mt Zero Road. This is a large open campground with water, toilets and fireplaces. It is usually very peaceful. A range of walks are planned in the Mt Difficult and Wonderland areas; choice will depend on conditions at the time and the preferences of the participants. For further info contact Pearson

including details regarding specific grading issues eg, river/creek crossings, steep hills, walking near cliffs

REGENT HONEYEATER PROJECT – NEST BOX MONITORING: LURG HILLS, BENALLA

DATE 17 - 18 April,
STANDARD Nest Box Placement &
Monitoring, Spotlighting
DISTANCE Casual walking within an area of
 50 ha
LEADER Coordinator: Michael Murray:
 0416 073 698
TRANSPORT Car Pool
AREA Lurg Hills, Benalla
MAP REF
FIRE BAN DISTRICT North East District
(November to April only)
TEMPERATURE REFERENCE SITE 25c
(November to April only)
TRANSPORT COSTS (per person)
(Sunday private transport trips only – calculate by multiplying total kms for return trip x 8c/km)

Activity Description: The best program has been operation for 11 years, and at this point 380 boxes have been placed with Squirrel and Sugar Gliders nesting in most of them. This year new boxes will be placed to support the growing population. After dark we will be spotlighting to search for wildlife in several of our oldest planting sites.

Do come and join us. You will be helping the wildlife and it is a first rate opportunity to enjoy some close contact with nature.

Previews



SUNDAY BUS

SWITZERLAND RANGES

DATE	Sunday 18 April
STANDARD	Easy & Medium
DISTANCE	14km & 17km
LEADERS	Andrew Francis & John McCall
TRANSPORT	Bus from Southbank Blvd
AREA	North of Yea
MAP REF	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.

See the [Preview photographs](#) for a graphic view. Please contact Andrew.



MOFS

O'SHANNESSY AQUEDUCT

DATE	Monday 19 April
STANDARD	Easy
DISTANCE	11 km
LEADER	Jean Giese
TRANSPORT	Private
AREA	Warburton
MAP REF	Melway 289 & 290

The O'Shannessy Aqueduct, which used to take water to Melbourne, has not been in use since the Upper Yarra dam was built. It now provides a good walking track through unspoilt temperate rain forest below Mt Donna Buang.

A 5 km car shuffle is needed so that we can complete our circuit by walking beside the Yarra River, stopping at a cafe for afternoon tea 1 km before the finish.

Meet at the small picnic ground near the entrance to the Warburton Golf Club, Melway 289 J4, for a 10.30 start. Book with the leader.



PACK CARRY

HOWITT SPUR-CROSSCUT-SPECULATION –SN SPUR

DATE	23-26 April
STANDARD	Medium
DISTANCE	45km
LEADER	Del Franks
TRANSPORT	Private
AREA	Mt Howitt – Mt Speculation
MAP REF	Howitt-Selwyn 1:50000
FIRE BAN DISTRICT	North Eastern

Day 1. The Walk will start from the Upper Howqua Camping Area and proceed up to Mt Howitt via the Howitt 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. The first nights camp will be at Macallister Springs, so we will have water for the night.

Day 2. On day two we will carry our packs to the turnoff for the Stanley Name Spur, where we will leave our packs to do a day walk along the Crosscut Saw, over to Mt Speculation. Water can be found a little way down Mt Speculation if required. We will need to return to our pack and walk a few km down the Stanley Name Spur to our second nights camp spot next to a flowing creek.

Day 3. This will be an easy days walk down Stanley Name Spur to Queen Spur to meet up with the Howitt Spur again returning to our cars at the Upper Howqua Camping Area.

If you would like to join me on what promises to be a spectacular, please contact me. I will also be in the club rooms the week before. Del



SUNDAY CAR POOL

POINT ADDIS – ANGLESEA – POINT ADDIS

DATE	Sunday 25 April
STANDARD	Easy
DISTANCE	N/A
LEADER	Maddy Lock
TRANSPORT	Private
AREA	GOR

Preview not available at time of printing – please contact leader in clubrooms for details.

Bus transport meets at Southbank Boulevard, south side of the Arts Centre, before 8:30 am. Leader or deputy will be there rain, hail or shine!

April				
1 - 5	BC: Cobberas/Native Dog Flat	Private	E/M	Geoff Mattingley
1 - 5	PC: Mt Bogong - Ropers Hut - Timms LO - Mt Bogong	Private	Med	Jopie Bodegraven
1 - 5	PC: Douglas Apsley Nat Park (Tasmania)	Private	E/M	Bob Oxlade
Sun 4	Mt Riddell	Car	Med	Peter Hogan
Thu 8	Autumn in the Dandenongs	Private	Easy	Liz & Phil Wood
Sat 10	Cycling: Geelong Trails from Lara	Private	Easy	Jopie Bodegraven
Sun 11	Forest cave - Pyramid Rock	Bus	E/M & M	Deb Shand & David Laing
Wed 14	Balnarring - Flinders	Private	Easy	Graham Hodgson
16 - 18	BC: Grampians	Private	Easy	Pearson Creswell
Sun 18	Switzerland Ranges	Bus	E & M	John McCall & Andrew Francis
Mon 19	O'Shanessy Aqueduct	Private	Easy	Jean Giese
23 - 26	PC: Howitt Spur /Crosscut /Speculation /SN Spur	Private	Medium	Del Franks
Sun 25	Point Addis - Anglesea - Point Addis	Ca	Easy	Maddy Lock

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