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# THE NEWS OF THE Melbourne Bushwalkers Inc.

60 cents

JUNE 2011

## PRESIDENT'S CORNER

Winter weather is now upon us. Please ensure when bushwalking you have with you a raincoat, gloves, woollen beanie and warm clothing such as thermals. It is recommended to have a change of clothing in the bus or car if rain is forecast.

Members may already have noticed a change in our website. This new format was released overnight on 13th May and is the culmination of many hours of work by our webmaster, Ian Mair. A huge 'thank you' to Ian for the tremendous effort that has gone into this and I am sure he would welcome members' feedback to [webmaster@mbw.org.au](mailto:webmaster@mbw.org.au).

In this month's NEWS is the response to members from issues raised at the recent Leaders' Discussion Night. Read this carefully and should you have any

concerns on the comments please discuss them with a Committee member.

The Department of Sport and Recreation Victoria has asked Bushwalking Victoria (BWV) and its member clubs to formally adopt a Code of Conduct. Melbourne Bushwalkers has now issued their Code of Conduct and this is printed in the NEWS, together with explanatory comments.

The Club has arranged First Aid training for members (particularly leaders) on Saturday 6th August. This course is suitable for those wishing to gain a First Aid Certificate and also for those who need to renew their skills in the area of CPR. Refer separate article for detailed information.

Enjoy your walking!

MARGARET CURRY

## FIRST AID TRAINING / CPR UPDATE TRAINING

Melbourne Bushwalkers is providing members (and particularly encouraging leaders) the opportunity to attend First Aid Training. This course is suitable for those wishing to gain a First Aid Certificate and also for those who need to renew their skills particularly in the area of Cardio Pulmonary Resuscitation (CPR).

The course provides participants with the skills and knowledge required to recognize and respond to life threatening emergencies using basic life support measures only. It includes:

- performing CPR
- care of the unconscious casualty
- infection control
- asthma, choking, heart attack
- bleeding, shock, allergic reaction
- burns, eye injuries
- extremes of heat and cold
- bites and stings
- lifting techniques
- bandaging procedures

This is a Level 1 'Outdoor Special' entitled "Provide Basic Emergency Life Support". Assessment will be by 'demonstration of practical skills and summary evaluation questions'. A Statement of Attainment will be issued upon successful completion. It is a nationally recognized course and it should be updated every 3 years with the CPR unit being updated every 12 months.

The course will be held on Saturday 6th August at Suite 1, 47 Railway Road, Blackburn, Tel: 9894 1013. The full course will run from 8:30 am to 5:00 pm with the CPR update running from 8:30 am to approximately 11:30 am. Cost to members will be \$20 per person for the full course/\$10 per person for CPR update, as Bushwalking Victoria and also Melbourne Bushwalkers will subsidise the training. We require a minimum of 10 members for the Level 1 course to be held. Bookings essential and payment of monies should be made to the computer desk in the clubrooms on a Wednesday night or to Alan Case (Treasurer) by Friday, 29th July.

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

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

Visitors are always welcome!

General correspondence should be directed to:

The Secretary  
Melbourne Bushwalkers Inc



PO Box 1751  
MELBOURNE VIC 3001  
[www.melbournebushwalkers.org.au](http://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: Marilyn Whimpey

Walk previews, walk reviews, articles, poems, news items, photographs of club events, reports of new gear, book/movie reviews, letters to the editor, advertisements, et cetera are always welcome. However, the Editor reserves the right to edit contributions where space, clarity or propriety dictate, and to maintain editorial consistency. Note: photographs should be sent as separate files which are capable of being edited.

**Please send your contributions as unformatted text files by email to [news@mbw.org.au](mailto:news@mbw.org.au)**

**Closing date for receipt of material for *The News* is the 2nd last Wednesday of the month. So for July News, the closing date is 22 June.**

Only advertisements that directly relate to bushwalking (e.g. 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 6 JUNE**

## SOCIAL COLUMN

### JUNE

#### FRIDAY 17TH JUNE – A DINNER DATE

Dinner at the Tower Hotel, 686 Burwood Road, Hawthorn East.

#### WED 22 JUNE – A TALK ON COMMUNITY PROJECT TRAVEL

Scott Pinnegar of World Expeditions has been invited to give a Talk on Community Project Travel.

A number of Bushies have been involved with these trips, in which they have an opportunity to work with local communities to build schools, medical facilities and bridges. Combined with a remote adventure travel experience, this adds up to an rare opportunity to contribute in a meaningful way.

Destinations include Nepal, Tanzania, Argentina, Laos and Kenya.

**NOTE: 8 O'CLOCK START.**

### JULY

#### WEDNESDAY 27TH JULY – SLIDE SHOW OF SW TASSIE

Club member Ian Langford will present a slide show of: Beaches and Fiords of South-West Tasmania.

Some lovely slides of a party of seven on the Club Christmas trip: a moving base camp at Cox's Bight and Bathurst Narrows.

**NOTE 8 P.M. START**

### ETHICAL PAPER – STOP NATIVE FOREST DESTRUCTION!

The Wilderness Society are campaigning to have paper manufacturers stop using Australian native forests by getting organisations and people to source their paper from companies that are environmentally friendly producers.

The main focus of the campaign is the Reflex Brand (from Australian Paper) and OfficeWorks who are its main distributor.

The commitments for organisations and individuals vary. For individuals it's not to shop at OfficeWorks.

For more information refer to:  
[www.ethicalpaper.com.au](http://www.ethicalpaper.com.au)

*Mick Noonan ...  
a recent ethical paper petition signer*

## FEEDBACK ON ITEMS RAISED BY MEMBERS ON LEADERS' NIGHT

### Previews

- Timing of the Preview
- Ability for leaders to upload Previews or updates if they missed the NEWS
- Include prompt regarding height to climb  
Previews should be carried out about 2–3 months prior to the walk so they are accurate when published in *The News*. Leaders cannot independently alter a Preview on the website. If a change is required details should be forwarded to the Webmaster who will update the website. A prompt regarding height to climb on the walk will be included on Preview Form. As a guide, for 500 metres ascent add one hour and for 1000 metres descent add one hour.

### How much drinking water should be taken?

Recommendation is a minimum of 2 litres per day although this is dependant on terrain and weather conditions.

### Footwear – boots or sneakers?

New members need comfortable footwear and a sole with good tread. Runners and cross trainers are suitable, particularly on beach walks. Boots provide more ankle support, are useful in uneven, muddy or rocky terrain and when carrying an overnight pack, but may be heavy and more likely to cause blisters until worn in.

### Weight of packs?

It is suggested that members should aim for less than 20% of their body weight. It is the Leader's call whether they wish to check the pack weight of any participant on their activity although it is recommended for visitors undertaking their first Club pack carry.

### Possible use of Walky Talkies between Leader and Whip – too long a distance between Leader and Whip.

The Committee has decided against the use of Walky Talkies (expensive, reliability concerns and simpler alternatives exist) but instead encourages the use of whistles, e.g. 1 blast – acknowledge, 2 blasts – stop and regroup, 3 blasts – emergency. It is standard practice for a walker not to lose sight of the walker following. Leaders and whips should never be spaced out too far apart and should periodically regroup.

### First Aid Kits not always taken by leader

It is a Club requirement that all Club leaders carry a First Aid Kit. This will be reinforced in our documentation and advice to leaders.

### Acknowledgement of Risk forms – How do Leaders send in multiple forms?

Sunday Bus leaders can return these with the First Aid Kit. Alternatively for Sunday or any private transport trips forms can either be posted to relevant Walks Secretary or placed in their pigeon hole in the small storeroom at the clubrooms or scanned and emailed.

### More headings on Walk Report template

The Club's Walk Report/s will be reviewed to incorporate additional headings as a memory jog when writing up Walk Reports.

### Leaders' use of a logbook

Times of travel, route information, campsites, suitable rest stops and grid references are currently contained in many Leaders' Walk Reports gained by them on the Preview and used on the actual walk. This information is readily available on the Leaders' database for other leaders. Individual leaders may choose to keep a log book for their own purposes.

### Risk Management

It has been commented on that the Club's Risk Management Plan should include environmental, people and also equipment hazards. The Plan currently covers many of these aspects, is due for review later this year and a revised version will be published on the website. Members may wish to review the current Plan and submit suggestions to the Committee (refer 'Downloads' on the website).

### Add mobile numbers to booking form

Currently for Sunday bus walks, leaders exchange mobile phone numbers and have contact telephone numbers for any visitor on the Acknowledgement of Risk form they take with them. Relevant contact numbers are also documented on the Membership list which leaders have ready access to. Booking forms for private transport trips have provision for listing this information.

*(continued on page 4)*

## FEEDBACK ON ITEMS RAISED BY MEMBERS ON LEADERS' NIGHT *(continued)*

### Feedback from participants at end of walk

It was suggested that, particularly for Sunday walks where there are more visitors, the leader should talk to individuals and ask how the day went both physically and socially, check on any slips or falls and ascertain their ability for further walking with the club. This should be done in conjunction with the Whip to ascertain who had difficulties on the day.

### How are names of activity participants recorded after a walk?

For Sunday walks they are on the Booking Sheet while for other activities they are listed on the Walk Report which is submitted to the General Walks Secretary. After Sunday walks, the Sunday Walks Secretary asks leaders for any changes to the list of participants, which is used to update the Booking Sheet.

### Lack of interest for Navigation Skills and GPS courses

Determined they may need more promotion and a longer lead time.

### Large number of visitors on walks

Some day walks have had a large number of visitors. The Committee is monitoring this aspect, reviewing members/visitors on Sunday bus and carpool walks over a period of time, and may consider a maximum number of visitors per walk. If necessary a co-leader who is an experienced club walker can be appointed on the day. Whips should always be experienced club walkers and can be arranged before the walk.

### How to say 'No' to a person who wants to go on a walk

This is applicable to

- (a) Members who haven't walked recently
- (b) Members who may not have the skills or experience for the activity, and
- (c) Visitors who are doing their first walk.

The Preview must be accurate and fully describe the walk and conditions to be encountered. Check gradings used by the Club in the documents 'Introduction to Melbourne Bushwalkers' and 'Leading a Day Walk'. Sunday Walk leaders also have a checklist on a Wednesday night to assist in questioning walk participants. A person's previous walking experience should be verified – duration, distance and terrain of walks. Ask them to do a reality check – go for walk of equivalent distance and duration around streets, gardens, beach. Check for any recent illnesses or injuries and enquire if they suffer from vertigo. The Leader has ultimate responsibility and the right of veto. If assistance is required on a Wednesday night to vet a potential participant, then they can check with another experienced leader present in the Clubrooms, a Committee person on duty or the person on the computer desk. Do not just say 'No' but refer the person to other possible activities on the program, e.g. MOFS, TOFS or an easier Sunday walk.

Leaders should maintain a dialogue with participants, particularly visitors, during the walk, in order to gain assurance that they can successfully manage the walk or to implement a contingency plan if this appears unlikely.



Photos taken by Ian Mair on a very cold Wednesday walk on 11 May at The Beeches – Marysville area.

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# Code of Conduct

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Sport and Recreation Victoria has asked Bushwalking Victoria (BWV) and its member Clubs to formally adopt a Code of Conduct. The purpose of the Code is to set minimum standards of behaviour for all members and to promote an environment where members engaged in the various activities of the Bushwalking Victoria community demonstrate respect and consideration for each other at all times. Melbourne Bushwalkers has now developed a Code of Conduct which applies to all participants on any Club activity, and this is printed below.

Introduction of the Code of Conduct has caused minor changes to be made to the Club's 'Participants' Responsibilities on Club Activities' Policy and the updated version is available for viewing via 'Downloads' on the website and in the Clubrooms. Changes to our By-Laws still need to be approved by Committee and changes to our Rules will be proposed at the next Annual General Meeting. Members should familiarize themselves with the contents of the Code of Conduct and ensure that their behaviour is consistent with the guidelines.

## MELBOURNE BUSHWALKERS INC. CODE OF CONDUCT

### Statement

Every person participating in the activities of Melbourne Bushwalkers should strive to ensure:

- The inclusion of every person regardless of their age, gender, sexual orientation, race, culture or religion
- There are opportunities for people with a range of abilities to participate
- They demonstrate respect towards each other, the organisation and the broader community
- There is a safe and inclusive environment for all, free from violent or abusive behaviour
- There is protection from sexual harassment or intimidation

### Breaches of the Code

The following behaviours are considered to be breaches of the Code:

- Violent or abusive behaviour or vilification of any kind towards another person or the organisation
- Discrimination against another person based on their age, gender, sexual orientation, race, culture, religion or any other irrelevant personal characteristic
- Victimisation of another person for exercising their rights through this Code of Conduct
- Failure to maintain a safe environment free from violence, abuse, discrimination and harassment

### Responsibility of Individuals

It is the responsibility of individuals bound by this Code of Conduct to:

- Make themselves aware of the standards of behaviour required
- Be accountable for their behaviour
- Report breaches of this Code to a Committee Member or Leader

### Responsibility of Melbourne Bushwalkers Inc.

It is the responsibility of the Committee to adopt, implement and comply with this Code of Conduct and treat any breach or complaint made in an unbiased, sensitive, fair, timely and confidential manner. Any breaches of this Code will be dealt with in accordance with the Club's By-Laws and Rules.

### Policy Implementation

The Code of Conduct will be published on the Club's website, be printed in the Club's Newsletter and copies made available in the Club's meeting room.

### Related Documents

Melbourne Bushwalkers By-Laws  
Melbourne Bushwalkers Rules of Association  
Melbourne Bushwalkers Participants' Responsibilities on Club Activities Policy  
Bushwalking Victoria's Code of Conduct

*Club President – June 2011*

## WEBSITE GETS NEW CLOTHING



Getting out into the natural environment, relaxing with like-minded companions and feeling invigorated by the challenging exercise are all part of the goals we set ourselves each time we head out on a club trip. We all have memories of many great experiences. Many of us also have countless photographs that one day we will organize if only we can find more time! Fortunately the club web site has an indexed photogallery to remind us of some of those magic moments. Re-living unforgettable scenes or just recalling who was on the trip is now easier and more enjoyable – just one of a number of presentation enhancements to the club's website.

Since the first Melbourne Bushwalkers web site made its public appearance in 1996 the club's presence on the internet has undergone a number of transformations. The most recent, launched in mid-May, is just part of the evolutionary process as the club maintains its commitment to deliver news and activity details to members in a convenient and timely manner.

A critical perusal of the new site might justifiably conclude that little has changed. Much of the content looks very familiar, albeit with a new face giving it a more up-to-date look and a navigation structure that is easier to follow. Beneath the surface, though, the transformation has been profound. Starting with a clean sheet the site has been completely rebuilt – a necessary first step to position what is now a vital part of the club's communication tools to take advantage of the rapid introduction of new delivery platforms such as smart 'phones and tablet PCs, as well as the more familiar desktop and related configurations.

But why read about it? Why not just log on to <http://mbw.org.au> and see for yourself. Find previews of coming trips before they appear in the News and prepare for your next great experience. Maybe even follow the very easy guidelines and share some of your own photographs so that your companions can relive their experiences too.

*Ian Mair (Webmaster)*

## NEWS FROM THE BUSHWALKING VICTORIA ENVIRONMENT COMMITTEE

### Grampians NP

#### Campgrounds open:

Plantation, Troopers Creek, Staplyton and private campgrounds surrounding the Park.

#### Roads Open:

Mt Zero Road (Halls Gap to Mt Zero), Plantation Rd, Flat Rock Rd, Roses Gap Rd, Pohlner Link Track (Pohlner Road to Mt Zero Picnic Area), Pohlner Rd, Coppermine Track.

Walking Track and Site Closures: All Wonderland walks (including Venus Baths and the Pinnacle), McKenzie Falls walks and Zumstein area, Balconies and Reeds Lookout, all walks in the Victoria Valley, Victoria Range (western Grampians), Mt William Range, Mafeking and Mt Abrupt, Golton Gorge Picnic Area, Golton Gorge Loop and the Tilwilda Falls walking tracks, Major Mitchell Plateau tracks and Wonderland remote overnight hikes.

### Wilson's Prom NP:

Premier Ted Baillieu announced funding for urgent works to flood-damaged Wilsons Promontory National Park to ensure the popular tourist destination will be safe and accessible, which includes more than \$2.8 million for Parks Victoria to undertake immediate repair work to restore facilities and infrastructure to reopen the park, and approval for Vic Roads to spend \$6 million to repair roads and have the Darby River Bridge opened by Easter. Parks Victoria will be opening the northern section of the Wilsons Promontory National Park on Monday 4 April.

### Mornington Peninsula NP

Parks Victoria working on the newly created ocean walk, a 35 km walking track starting at Cape Schanck connecting with London Bridge near Portsea.

### State Forest Walking Track upgrades

Proposed walking track from the Ada Tree to the New Ada Mill, a distance of 2.6 km featuring very tall trees.

### Track Maintenance

Sixteen people from Maroondah Bushwalking Club, Melbourne Bushwalkers, Catholic Walking Club of Victoria, Waverley Bushwalking Club and VMTC worked on the currently closed Goldfields Track in the Yarra Ranges National Park, soon to be reopened by Parks Victoria.

*Rod Novak*  
Club delegate to  
Bushwalking Victoria Environment Committee

# Reports

## MELBOURNE BUSHWALKERS ACTIVITY STATISTICS JANUARY – MARCH 2011

Activity	Month	Number	Participants & Visitors	Km Covered	Reports Submitted
Pack Carry	Jan	2	29 (2)	54	2
	Feb	4	11 (1)	150	4
	March	1	10 (-)	74	1
	<b>Total</b>	<b>7</b>	<b>50 (3)</b>	<b>278</b>	<b>7</b>
Base Camp	Jan				
	Feb				
	March	3	27 (4)	70	3
	<b>Total</b>	<b>3</b>	<b>27 (4)</b>	<b>70</b>	<b>3</b>
TOF	Jan	1	15 (-)	10	1
	Feb	1	15 (-)	7	1
	March	1	9 (-)	10	1
	<b>Total</b>	<b>3</b>	<b>39 (-)</b>	<b>27</b>	<b>3</b>
MOF	Jan	1	11 (-)	12	1
	Feb	1	17 (2)	10	1
	March	1	13 (1)	10	1
	<b>Total</b>	<b>3</b>	<b>41 (3)</b>	<b>32</b>	<b>3</b>
Cycling	Jan	1	11 (-)	51	1
	Feb	1	4 (-)	43	1
	March	1	6 (-)	200	1
	<b>Total</b>	<b>3</b>	<b>21 (-)</b>	<b>294</b>	<b>3</b>
Wednesday	Jan	1	10 (-)	16	1
	Feb	1	21 (3)	12	1
	March	1	15 (-)	14	1
	<b>Total</b>	<b>3</b>	<b>60 (1)</b>	<b>67</b>	<b>3</b>
Conservation	March	1	3 (-)	30	1
<b>Total for activities</b>	<b>Nil</b>	<b>35</b>	<b>392 (21)</b>	<b>925</b>	<b>32</b>

### SUNDAY STATISTICS

Quarter 1 - 2010 & 2011

Week	SUNDAY WALKS			
	2010		2011	
	Total	Vis <sup>TM</sup>	Total	Vis <sup>TM</sup>
1	16	2	* CANX-Low Numbers	
2	43	6	49	11
3	14	4	36	9
4	40	11	11	4
5	CANX - TFB		CANX-High Temp	
6	19	5	18	4
7	52	15	42	6
8	14	5	19	6
9	36	10	38	9
10	13	4	28	7
11	37	14	13	1
12	15	5	32	14
13	45	9	14	5
<b>Total</b>	344	90	300	76
<b>Average</b>	28.67	7.50	27.27	6.91
<b>Vis<sup>TM</sup> %</b>		26%		25%

\* indicate car pool walks.

N.B. Bus/Car Pool Walks are not run on alternate weeks  
It is important to check the walks program.

### MEMBERSHIP

Please welcome the following new members to the Club:

Gerald Kelly	Alison Bentley
Christopher Chean	Yok Soo Amos O
Michelle Baker	Rosalind Leong
Leila Karimi	



Photo by Deb Shand.  
See Windmills and Waves, on page 10

# True Wilderness Trekking

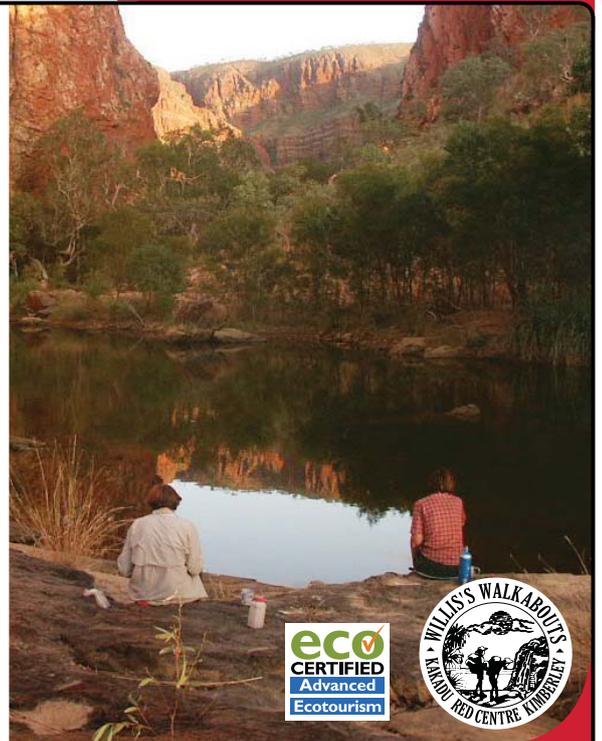
## There is no one else

Kakadu, Kimberley, Red Centre and more. For 25 years we have been taking people on treks unlike anything else on the market.

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- **Too hard? Not if you are reasonably fit.** Our clients have ranged in age from 10 to 80. With today's gear and our climate, you can trek for a week or more while carrying a pack lighter than most bushwalkers would believe.

### Stop and think. Would you like a holiday where

- you swim in clear tropical pools, pure enough to drink.
- you enjoy pristine camp sites you share with no one else.
- you walk for days or weeks without seeing anyone but those on your trek.
- you visit amazing Aboriginal art sites which will remain forever unknown to non-walkers.
- you relax by a campfire while your guide prepares you a three course meal.



12 Carrington St Millner NT 0810 [rrwillis@internode.on.net](mailto:rrwillis@internode.on.net)

Phone 08 8985 2134 Fax 08 8985 2355

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## Along the Track

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### INTRODUCTION TO BUSHWALKING FOR DEAF PEOPLE

Late last year Deaf Sports Recreation Victoria (DSRV) asked Melbourne Bushwalkers if we could help them with an introductory bushwalk. So after some correspondence and discussion we decided on a walk at Westerfolds Park, Templestowe, on Sunday 1st May.

Myself, 12 adults, 6 children and 2 dogs (one also deaf!) set out for a 10.5 km wander along the Yarra, its paths and trails (keeping to the dirt tracks where possible) and the Mia Mia Gallery & Café. Two of the adults and the 6 children (many of whom had walked in the Grampians) planned to only do part of the walk while the rest of us pressed on to the Café and lunch! Everyone had a great time, the rain held off, there were no communications issues and all 12 who finished should be easily able to complete our Easy Walks.



I hope to see some of them (we can arrange a translator for the Wednesday Night introductions) on our walks in future.

*Mick Noonan*

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### DROUIN CYCLING WEEKEND (9–10 APRIL)

Leader: Jopie Bodegraven

Despite the absence of several regular weekend bushie cyclists, on a cloudy, humid Saturday 10 of us met up at Drouin car park at 9:30 am, ready for our first day of about 59 kilometres and 650 metres of climbing as well as lovely descents in the very pretty and green ranges north of Drouin. Jopie had kindly cumulated the ascents in his estimate, so the ride proved far less formidable than my initial expectation of one 650 metre ascent! The main hill climb was to Jindavick, a very pretty little township with 2 coffee shops to choose from (the friendly service as well as the flowers and framed photos in the toilet of the first coffee shop were appreciatively noted). There was also one art gallery in town and several more within a few kilometres; we all felt that we'd like to return one day for a longer look around.

As we neared Crossover, an elite-looking group whisked past us with great panache (bottoms up, plenty of lycra – with numbers on the back – and bikes many times the value of ours. John, our closest contender for elite cyclist status and at the front, was impressed by a young woman from the group checking on his welfare as she passed him, mistaking him for being an elite-group straggler! Lunch was on a green grassy bank overlooking a beautiful horse stud farm, where we were regaled with stories from Simon, the event organiser for the group, who had just drawn up on his motorbike. He was very respectful of our planning this ourselves (or rather, Jopie doing this for us) rather than paying up to \$100 per day for what apparently largely amounted to TLC and jellybeans, which he generously doled out to us for free!

After completing the circuit back to Drouin and our caravan park, some of us took the optional extra

16 kilometre circuit round Longwarry – a quickish and refreshing evening spin which brought us back seconds before a major storm hit, followed by hours of heavy rain. Perfectly timed, Jopie!

That evening we thoroughly enjoyed being warm and cosy inside at the Family Hotel while we watched the rain bucketing outside.

Luckily, although a few of us had had a slightly less than dry night, most of the rain eased the next day as we circuted south this time (about 65 km and 600 metres total climb) through amazingly green and picturesque dairy country, with its beautiful views of intersecting layers of hills dotted with farmhouses and animals. Sleek cattle, beautifully-kept gardens and homes, the chug-chug of milking machines and the occasional rather alarmingly large milk truck passing by gave the impression, at last, of agricultural bliss.

The major social attraction that day seemed to be the widely advertised SWAP MEET at Lardner, which led to many varied interpretations; however, on passing it seemed that the main focus was, disappointingly, “general junk”, so spouses and partners could have rested assured!

Many thanks to Jopie for his impeccable leadership: meticulous planning for the best scenery and maximum enjoyment and safety, and for his careful but unobtrusive monitoring of all of our mechanical and bodily idiosyncrasies and frailties! Thanks too for the great companionship on the ride to: Ross, John, Ed, Max, Bob (brilliant in his inaugural longer ride with the club) Liz, Barry and Don.

*Sue Ralston*

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## Along the Track

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### WINDMILLS AND WAVES – PART OF THE GREAT SOUTHWEST WALK, 12–14 MARCH

Leader: Bob Oxlade



After organising the car shuffle, six of us set off from Portland on a warm and sunny March morning. We were glad to get off the roads of the town and onto the walking track along the cliff tops with fine views over a benign blue ocean. Hundreds of white butterflies danced above wildflowers beside the track, and all we wished for was a bit more shade as the sun got hotter. The sea beckoned invitingly, but was a long way below us at the foot of the cliffs. The track was clearly marked and easy to follow, except for a short section near the aluminium smelter where we put in a couple of extra kilometres locating the correct path.

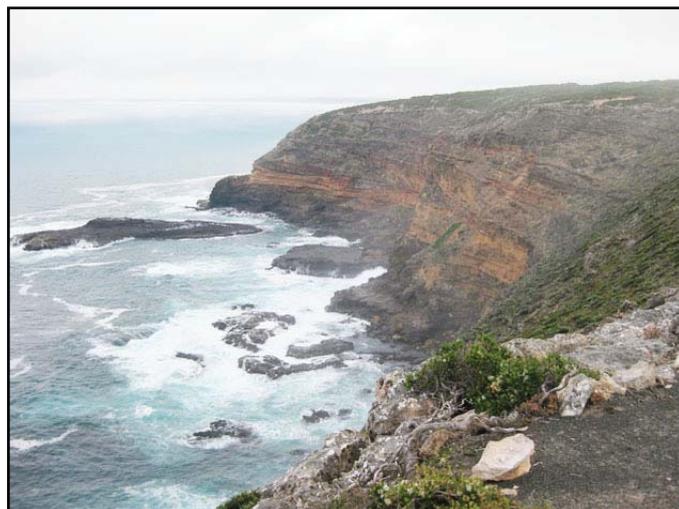
Around lunchtime we came across evidence of the recent floods: the trail had been dramatically severed by a large washaway that had created a gully about 50 metres across. The water had reduced to a trickle along the bottom, and we were able to negotiate our way across the divide without too much difficulty.

As we tramped on through the hot afternoon we longed for a way down to the water, and finally we got the chance at Yellow Rock, a popular place for surfers. Some of us made our way down the flights of wooden stairs to the small beach and took off our boots for a paddle in the waves, much to the delight of the ravenous March flies. Others chose to relax at the lookout above. Unfortunately, the last member of the party coming up from the beach did not notice her fellow bushwalkers reclining below eye level at the lookout, and set off along the track to look for them. After some confusion, the wonders of mobile phone technology reunited the group in the Enchanted Forest, and all walked on to the night's resting spot at Mallee Camp as mist rolled in from the sea and the windmills above our heads disappeared into the gloom.

The next morning, although we couldn't see much, we welcomed the fog and cooler conditions after the heat of the day before. However, the weather cleared as we reached Cape Nelson lighthouse to give us more dramatic views of the rocky cliffs and churning sea.

After morning tea we descended through sand dunes to walk for a few kilometres along the deserted expanse of Murrells Beach where we were glad to find that the tide was out and the sand firm. With Bob setting a brisk pace, we made good time and reached Trewalla Camp for lunch, then continued on to Shelly Beach where we left the ocean and the track to take a short cut across the peninsula on a dirt road past more wind farms.

On reaching the ocean once more, Bob and Janette went down to White's Beach for a swim, but others, feeling a little footsore after the long day's walking, and eyeing the gathering clouds, continued on to The Springs Camp to set up tents for the night and partake of some rest and refreshment. It was a spacious grassy campsite with a wooden shelter, water tank, toilet, and resident wallaby. When the swimmers later joined us, they regaled us with tales of scones and cream at a cliff-top house, but we didn't believe them, and our powdered soup tasted just fine anyway. The rain didn't eventuate, and that evening we were treated to a magnificent sunset over the sea, the clouds tinged with yellow and pink shades and the moon appearing above in a darkening sky.



We rose early on Monday morning to another fine day and packed up our tents as the sun rose – all except the leader who had slept in and had to breakfast very quickly to be ready to leave on time! We followed the track around Cape Bridgewater past the Blowholes, Petrified Forest and Seal Colony to Bridgewater Bay where a car and civilisation was waiting. After retrieving the other car from Portland, we had cold showers in the toilet block and hot lunch at the kiosk including some cake for Bob's birthday. Then it was time to head for home after a fine weekend's walking in good company and scenic surroundings. Fellow participants were: Bob (leader), Mark, Janette, Deborah and Agajan.

*Deb Shand*

## GREAT SOUTH-WEST WALK – EASTER 2011

Leader: Bob Oxlade

I have never seen so much blood on a bush walk, and all with no injuries. Leaches can make a little blood into a big drama. The leaches though, fell behind by lunch time of the second day into a perfect 5-day walk over Easter 2011. Bob Oxlade led 15 of us to the walk start at Moleside Camp by mid-morning Easter Friday. 12 kilometres of gentle river-side walk downstream brought us to Post and Rail Camp for our first night.

With 4 walkers new to pack carries, this camp site was not a great introduction. But a good fire mends much, and overnight rain while warm in a tent makes a unique experience. Saturday came fine and overcast, and another 17 km walking down the Glenelg river. Our track took us past several canoe parties, some people fishing, and some power boats, but no other walkers.

Saturday night at Patterson's Camp was a delight. Open, dry and set deep in the gorge with cliffs on many sides of a broad bend, we reached this camp by mid-afternoon. This gave us some relaxation in the afternoon sun. Sunday continued our walk down the Glenelg, passing ever bigger cliffs, through South Australia, and

by a busier river. We overnighted at Simsons Camp, 2 km outside Nelson.

Monday morning took us into Nelson for bacon and egg rolls, and an early BBQ lunch. Bob organised some wine and cheese for that night. It seems the habit goes everywhere with Melbourne bushies. At noon we started our walk along the Ocean Beach of Discovery Bay to White Sands Camp.

White Sands Camp was another delight. Nestled between the dunes and a long swamp, it felt secluded and undisturbed. By now the weather was clear and fine, so our wine and cheese was enjoyed standing on the dunes watching the changing light of sunset. With no trees we had a clear view, and so passed some night time identifying the major stars. (With the aid of an iPhone application Distant Suns.)

A fast walk along Ocean Beach took us to Lake Mombeong by lunch time. The drivers got into Bob's car to finish the car shuffle, and off we went to Melbourne.

*Michael Stringer*

### BUSHWALKING VICTORIA – NEW BOARD MEMBERS WANTED

New Board members are sought to replace three Board members who will not be renominating when their current term expires at the AGM on 18 June this year

The Bushwalking Victoria Board comprises five office bearers – president, vice-president, treasurer, secretary and assistant secretary – plus five general Board members, a total of 10. There are 6500 members. Monthly Board meetings are held from 5:30 pm generally on the first Tuesday of each month, except for January, and the meetings are held in the conference room adjoining the Bushwalking Victoria office in Westerfolds Park, Templestowe.

While there are no specific skills, knowledge or experience required to become an office bearer or Board member, people with significant experience in areas such as business, management, marketing, education, training, IT or conservation are encouraged to consider joining this dedicated and hard-working Board team. Should you have enthusiasm and a passion for walking with knowledge and skills that you can contribute to promoting bushwalking and representing the interests of all recreational bushwalkers then Chris Towers, the current President would love to hear from you: [president@bushwalkingvictoria.org.au](mailto:president@bushwalkingvictoria.org.au) or through the Bushwalking Victoria office on 8846 4131.

### SILVER GUM SPROUTS FROM THE ASHES

The Black Saturday bushfires have resurrected a rare species of gum tree that five years ago faced extinction. The February 2009 fires, which devastated lives and property, were a saving grace for the Buxton silver gum. The gum is found in only two sites in Australia, both outside Melbourne, and a 2005 survey found the species was failing to regenerate.

After the 2009 bushfires razed the 17-hectare Buxton Silver Gum Reserve near Marysville, the gum's hardy secrets were revealed. The fires burnt a lot of topsoil, exposing the tree's large underground nutrient-rich stems called lignotubers – previously unknown because the trees had only been examined above ground.

Parks Victoria ranger Julie Flack, who is in charge of the Buxton Silver Gum Reserve, said the discovery pointed to the trees' longevity. 'That's an indication that those trees may be many hundreds of years old', she said. The gums can seed or sprout from the lignotubers, and by June 2009 – four months after the fires – they were sprouting foliage. In September, the reserve flooded, creating ideal conditions for regeneration.

But what the gum doesn't need is another fire before the reserve has time to recuperate. 'We're hoping the trees will set viable seeds before we have another fire event,' she said. Work is being done at the reserve to control other threats to the gums, including a native parasitic climber, cassytha, and grazing by rabbits.

*Extract from Bushwalking Victoria News – May 2011.*

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](http://www.melbournebushwalkers.org.au/activities/Walks/MBW_walks_program.htm)



## PACK CARRY

### BURCHELL TRAIL, BRISBANE RANGES

**DATE** 2–3 July 2011  
**STANDARD** Easy/Medium  
**DISTANCE** About 25 km  
**LEADER** Del Franks  
**TRANSPORT** Private  
**AREA** Brisbane Ranges  
**MAP REF** Parks Victoria Notes & VMTC Brisbane Ranges

**TRANSPORT COSTS** about \$20 per person

A little more than an hour's drive from Melbourne takes you to the state's richest wildflower habitat. Set in a low range of mountains dissected by rocky gullies, the unusual geology of Brisbane Ranges National Park has preserved plants that have long since vanished from the region, together with a correspondingly diverse bird population and the greatest density of koalas in Victoria.

Being so close to Melbourne, this is a great winter pack carry walk and we don't need to do the Friday Night Camp.

We will meet at Steiglitz on Saturday morning at 8:30. From there we will then do a car shuffle to the start of the walk at Little River Picnic area. The overnight camping area for Saturday will be Old Mill Camp. And then Sunday we will head back to Steiglitz.

As bookings are required for all campsites including the Bushwalkers Only sites along the Burchell Trail, can you please let me know as early as possible if you are interested in doing this walk. Hope to see on the Walk – Del.



## SUNDAY BUS

### STRATH CREEK FALLS

(Alternative departure point)

**DATE** Sunday 3 July  
**STANDARD** Easy-Medium and Medium  
**DISTANCE:** 9 km & 15 km  
**LEADERS:** Michael Murray & Deb Shand  
**TRANSPORT:** Bus from clubrooms  
**AREA:** Murrindindi/Mt. Disappointment State Forest  
**MAP REF:** Mt Disappointment Outdoor Leisure map/ Vicmap MGA zone 55

There is plenty of variety on this challenging walk. It includes the sight of Strath Creek Falls tumbling over rocks into a sheer-sided valley, a bit of bush bashing through vigorous regrowth after fire, steep climbs up untracked spurs, some walking on 4-wheel drive tracks, wide views over surrounding hills and farmland, and rock-hopping along a creek for about 2 km.

Both groups will cover the same terrain with extra distance for the medium group, so if you enjoy adventure and are an experienced walker, come along. This walk hasn't been done for nearly 4 years, the area having been only recently reopened after the devastating 2009 fires.



## TOFS WALK

### GEELONG FORESHORE AND BOTANIC GARDENS

**DATE** Thursday 7 July  
**STANDARD** Easy  
**DISTANCE** 9 km  
**LEADER** Alister Rowe  
**TRANSPORT** Train  
**AREA** Geelong  
**MAP REF** Melway 442/452

We'll take the train from Southern Cross to North Geelong then walk along Eastern Beach to Eastern Park and the Botanic Gardens. Then back along Malop Street to Geelong Railway Station.

This will be a relaxing walk and we'll stop along the way to examine points of interest and maybe have a light lunch at a bistro and afternoon tea at the Botanic Gardens Kiosk.

Arrive at Southern Cross 8:30–8:45 am for the 9:00 am train arriving North Geelong at 9:52 am. We'll leave Geelong at 2:32 pm, reaching Southern Cross at 3:38 pm.



## BASE CAMP

### WEDDERBURN

**DATE** 8–10 July  
**STANDARD** Easy  
**LEADER** Doug Pocock  
**TRANSPORT** Private  
**MAP** Wedderburn - Kinypanial 1:50,000

Weather permitting, this weekend will be used to do some revegetation on the 'New' section of my conservation property at Wedderburn. Generally natural revegetation is happening very nicely but there are a couple of areas that I would like to give a little assistance to.

Consequently, I hope to only be planting on the Saturday and on Sunday morning visit the nearby Mt Egbert for a walk amongst the granite boulders. Leave Wedderburn after lunch, returning about 5.00 pm

There is good car access on my block so you can bring whatever excess goodies you feel like. Facilities include a shelter, pit toilet, water tanks and a gas barbecue (the old club one).

I am hoping to dig the holes mechanically, but bring a spade if you can find one. Gloves would also be useful.

Doug Pocock



**SUNDAY WALK**

**SHIP ROCK – KURTH KILN REGIONAL PARK**

**DATE** 10 July 2011  
**STANDARD** Easy  
**DISTANCE** 12 km  
**LEADER(S)** Ian Mair  
**TRANSPORT** Car – Southbank Blvd, 8:45 am  
**AREA** Gembrook  
**MAP REF** Gembrook South 1:25,000  
**TRANSPORT COSTS (per person)** \$12

We will start, finish and have lunch at the Kurth Kiln Picnic Ground which has picnic tables and toilets. Kurth Kiln Regional Park, covering 3,500 ha, contains a range of forest types and other interesting features awaiting exploration. Located a short distance east of Melbourne, the park is mostly known for its kiln used during the Second World War to make charcoal for gas producer units fitted to motor cars. It was developed and patented by Professor E.E. Kurth of the University of Tasmania. The “producer gas” was a substitute fuel for petrol which was rationed at the time.’ (Ref: Parks Victoria)

In the morning we will walk to the north following Possum Trap Track and Monkhouse Track to Shepherd Creek. We will follow a road beside this creek and then walk along a delightful track beside Tomahawk Creek back to the Picnic Ground. After lunch we will walk south from the picnic ground to the forests which are known for brilliant wattle flowers – however we may be a bit early for these. We then walk to Tomahawk Creek upstream of the kiln and then go to the picnic ground via Thornton Track which is another delightful track along Tomahawk Creek.



**WEDNESDAY WALK**

**KINGLAKE – SOUTHERN AREA**

**Date** 13 July  
**Standard** Easy-Medium  
**Distance** 13 km  
**Leader** Doug Pocock  
**Transport** Private  
**Map** Strathewan 1:25,000

On the preview we found the track I want to walk on is closed due to bridge work. If this is still the case on the 13th I have a cunning plan worked out as an alternative. Either way there will be typical Kinglake ups and downs between the 500 m and 150 m contours. Enough to warm us up on a winter’s day. The area is recovering well from the fires and we should see plenty of wildflowers and hopefully plenty of birds.

Meet at the carpark on Heidelberg–Kinglake Rd cnr Old Kinglake Rd to start at 10 am (See Melways Key Map page 10) GR 531421



**CYCLING**

**WERRIBEE/HOPPERS CROSSING**

**DATE** Sat 16 July  
**STANDARD** Easy-Medium  
**DISTANCE** 50–60 km  
**LEADER** Del Franks  
**TRANSPORT** Private  
**AREA** Werribee/Hoppers Crossing

The ride will start from the Werribee Train Station on the north side Car Park at 9 am.

Early morning coffee and lunch can be purchased on the south side of the station.

The first part of the ride will follow along the Werribee River up through the reserve land into the new subdivisions and then back through reserve land to Hoppers Crossing. This part of the ride will be mainly on shared paths and back streets.

From Hoppers Crossing we will travel along part of the Federation Trail into South Werribee where we will ride past the Werribee Zoo and Mansion, following back roads down to the mouth of the Werribee River and then back to Hoppers Crossing (or Werribee).

This ride is suitable for all types of bikes and riders, so hope to see you then.



**SUNDAY BUS**

**DANDENONG RANGES TOURIST TRACK**  
 (Alternative departure point)

**DATE** 17 July 2011  
**STANDARDS** Easy and Easy/Medium  
**DISTANCES** 13 km and 17 km  
**ELEVATIONS** 147 m gain – 319 m descent  
**LEADERS** Sue Haviland & Halina Sarbinowski  
**TRANSPORT** Bus – Leaving Clubrooms at 8:45 am  
**AREA** Sassafras and Emerald  
**MAP REF** Dandenong Ranges

Come and enjoy walking in the spectacular Dandenong Ranges. The Easy/Medium group will commence at Sassafras on the Dandenong Ranges Tourist Track. It basically follows the Sassafras Creek, winding its way through the Kallista and Monbulk areas until it joins Menzies Creek, near Emerald. The Easy group will walk the same track but start the walk at Kays Picnic Ground, just one of the pleasant points along the way. This area abounds in ancient ferns and tremendous Mountain Ash eucalypts, which make this an unforgettable walk in an area so close to Melbourne. There should be time enough for refreshments in Emerald before our return to Melbourne.

N.B. The bus will be departing from outside the clubrooms in William Street. Be there at 8:30 am for an 8:45 am departure.



**MOFS WALK**

**DANDENONG CREEK TRAIL** (Changed from Lysterfield Park)

**DATE** Monday 18 July  
**STANDARD** Easy  
**DISTANCE** 10 km easy, flat, although it can be wet  
**LEADER** Jenny Monaghan  
**TRANSPORT** Private  
**AREA** Taradale  
**MAP REF** Melway 81, 90  
**MEETING POINT** Melway 81D6 at the Junction of Snowy Street and the end of Police Road  
**TIME** 10:30 am

The July MOFS has been changed due to storm damage in Lysterfield Park. The new walk will be a linear walk on the Dandenong Creek Trail south to the Healthy Bay Wetlands. Although it is sealed and a joint cycle/walking track, there are plenty of opportunities to walk on the grass alongside.

There are usually a few horses in the paddock near where you can park



**SUNDAY WALK**

**MORTIMORE RESERVE – FOUR BROTHERS ROCKS**

<b>DATE</b>	Sunday 24 July
<b>STANDARD</b>	Easy/Medium
<b>DISTANCE</b>	15 km
<b>LEADER</b>	Max Casley
<b>TRANSPORT</b>	Carpool from Southbank Boulevard, 8:45 am
<b>AREA</b>	Gembrook
<b>MAP REF</b>	Melway Page 14, R12
<b>TRANSPORT COSTS (per person)</b>	\$12

This walk was originally scheduled for February 2011 but had to be changed due to local flooding and closure of the Bunyip State Park. When it came to writing a Preview I could do little better than to draw on that written by a previous leader! A walk not to be missed.

Mountain Ash grows on the steep southern slopes of Bunyip State Park, whilst in the foothill forests, silvertop and messmate are prevalent. Below, in the heathy woodland, correa and pink heath are to be found.

The walk will start at Mortimore Picnic Area and walk along Silvertop Ridge Track. Then over a little bridge which crosses Triangle Creek, with mossy boulders and ferns on either side. A steady climb up Nichols Hut Track to the top where we visit Four Brothers Rocks, a group of granitic rocks with views across the park, then it's back down Lyrebird Track and along the beautiful Tree Fern Track, with some of the biggest tree ferns you are ever likely to see. There's a choice of tracks to lead us south again, finishing with a delightful nature walk that will take us back to the cars.

The route is undulating throughout on varied terrain of forest tracks, heathy woodland and fern gullies. This Easy/Medium walk involves some relatively steep climbing and a steepish track after lunch. Footwear with a good grip is advisable.



**SOCIAL WALK**

**BUNDOORA PARKS**

<b>DATE</b>	Thursday 28 July
<b>STANDARD</b>	Easy
<b>DISTANCE</b>	5–6 km
<b>LEADER</b>	Jean Giese
<b>TRANSPORT</b>	Private
<b>AREA</b>	Bundoora/Macleod
<b>MAP REF</b>	Melway 19 & 20

I have found a lovely walk for us around the LaTrobe University parklands, commencing in the Gresswell Forest Nature Conservation Reserve and taking in Cascade Park and the wildlife sanctuary. Then we will walk beside the 'Moat' which flows through the university campus and lunch at 'Pings'. There will be a one km walk to the cars after lunch.

Because parking is difficult we will need a 4 km car shuffle so book early so this can be arranged smoothly.

Meet to start walking at 10:30 am in the parking area off Greenwood Drive (Melway 20B3).



**PACK CARRY**

**LERDERBERG GORGE – MCKENZIE TRACK – LONG POINT**

<b>DATE</b>	30–31 July 2011
<b>STANDARD</b>	Medium
<b>DISTANCE</b>	23 km
<b>LEADER</b>	Jopie Bodegraven
<b>MAP REF</b>	Meridian Lerderberg & Werribee Gorges 1:35 000

This is a perfect winter trip. It's close to Melbourne; we can have a campfire on Saturday night in a lovely setting by a wilderness river and the gorge scenery is impressive. It will be a Saturday morning start as it's only just over an hour from the CBD. All in all, a fun easy way to get some midwinter exercise.

It's graded medium only because of the at times tricky rockhopping along the river. In terms of energy I would call it easy/medium. Saturday is 9 km, downhill or flat with 4–5 km of slow travel along the river. We will probably also do a side trip up the Old River to have a look at the best (but possibly dry) waterfall in the area. Sunday will be 14 km with about 5 km along the river and a 330 m climb out of the gorge. Be prepared to get your feet wet if the river level is high but if it is normal or low we may be able to keep our feet dry.

We will meet at the end of Lohs Lane at 9:30 am. Take the Myrning turnoff on the Western Fwy, turn right (north) then after 1.4 km turn right again onto the Mount Blackwood Rd. After about 7 km turn right again into Lohs Lane and drive less than a kilometre to the locked gate where we park our cars.

So shake off the midwinter blues and join me for the ideal midwinter bushwalk.



**SUNDAY BUS**

**BUNGAL DAM – MT DORAN**

<b>DATE</b>	Sunday 31 July
<b>STANDARD</b>	Easy and Easy-Medium
<b>LEADERS</b>	Les Southwell and David Laing
<b>TRANSPORT</b>	Bus

For details of this walk, please contact the leaders.

