

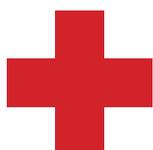


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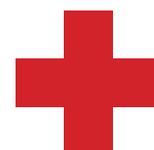
# THE NEWS OF THE Melbourne Bushwalkers Inc.

ABN 14 396 912 508

July 2013



## FIRST AID COURSE Saturday 3 August 2013, 8:30 am to 4:40 pm



Once again the club is running a First Aid Course. It is on Saturday 3rd August 2013, 8:30 am to 4:40 pm (CPR update only 8:30 am to 11:30 am) at Suite 6, 476 Canterbury Road Forest Hills (near Brentford Square shopping centre)

Cost to club members after MBW subsidy is \$40 each (CPR update only \$20).

Bookings are essential and payment may be made via EFT to the club's bank: ANZ BSB 013 006 Account 0058 46013, or by cash in the club rooms. Don't forget to include your name and that the money is for the First Aid course in your transfer.

Please also email or call Gill Wainwright as we need to provide the centre with names for your certificates.

This is a great opportunity to gain first aid training at little cost, and MBW encourages members and particularly leaders to participate.

Course includes CPR, asthma, bleeding shock, bites and stings and snake bandage.

To remain current, first aid needs updating every 3 years and CPR yearly.

Come along, it is good fun and easy!

*Gill Wainwright*

## NAVIGATION TRAINING Saturday 6 July 2013

Need to refresh your knowledge? Too embarrassed to ask the question?

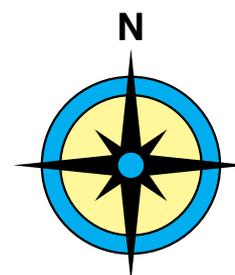
Does not matter, this day will be aimed at the novice who wants to:

- Understand the basics of reading a map
- Know how to set a map to ground and relating features to the map
- Use a compass
- Navigate on a bearing

A mixture of theory and practical activity near Werribee Gorge will be limited to 12 participants, all of whom will receive a free copy of the Geoscience Australia Map Reading Guide and Mapping Template!

Contact Roger Wyett [rwytt1@gmail.com](mailto:rwytt1@gmail.com) to reserve your place.

This will be a car pool departing from the clubrooms at 8:30 am. All participant's will need to bring a compass (borrow one from a fellow club member) and standard day activity equipment (day pack).



**Due date for contributions to August News: 21 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 21st of the month.**

Advertisements should relate to bushwalking (e.g. gear, maps, trips, tours, health and fitness etc.). These may be published subject to space availability and Editor's discretion. For current advertising rates contact the Editor at [news@mbw.org.au](mailto:news@mbw.org.au).

Please note:  
Next committee meeting will take place on  
**Monday 1 July 2013**

## NEW MEMBERS

We welcome the following new members to the Club:

Grade Chae  
Lisa El Refaie  
Jamie Pilco Varcas  
Quentin Tibballs  
Leigh Naunton

## AWARD-WINNING RECIPE FROM THE BUSHIES BAKE OFF



### SUSAN'S AWARD-WINNING DATE SLICE

Heat oven to 200°C.

Place 350 g of chopped dates in a saucepan with 90 ml water and the zest of 1 lemon.

Heat through till soft and gooey. Then cool.

Mix together 225 g wholemeal flour, 100 g of rolled oats, 75 g of brown sugar.

Stir in 150 g of melted butter.

Grease a square cake tin.

Put half of oat mixture into tin and press it down.

Spread the date mixture over this.

Top with remaining oat mixture.

Bake for 20 minutes, or until golden on top.

Cool and then cut into 16 pieces. YUM.

### PRESIDENT'S CORNER

President Mick Noonan cunningly scheduled his return from Europe to miss the closing date for submissions to the July *News*! By all reports he and Carol have had a great trip and as he sits back reading this month's edition of *The News* I am sure his mind will be racing between catching up on all that has happened in his absence, taking charge of our Future Directions and dreams of their next big trip.

It has been a busy month with several key events important to our worry-free enjoyment of bushwalking, in addition to our full program of walk and social activities. Topping the list was the Bushwalking Victoria Leadership Day, bringing together the senior office holders of the majority of Victorian Bushwalking Clubs, to discuss items of mutual interest. Melbourne Bushwalkers was represented by myself, the Sunday Walks Secretary (Halina Sarbinowski) and the Treasurer (Poppy Sicari). Vigorous discussion and information exchange included that on the new Rules of Association introduced by the Victoria Government with a number of mandatory provisions which all clubs must comply with, the new Vision for the future of bushwalking and 5-Year Strategic Plan prepared by Bushwalking Victoria after extensive discussion and feedback from clubs and bushwalkers, preparations for this year's Federation Walk in October being organized by Boroondara Bushwalkers, government liaison and support for bushwalking, member insurance and subsidies for training programs. The Bushwalking Victoria AGM, held after the earlier meeting, also saw the handover after three years of Presidency from Chris Towers to Tony Walker. I am sure you will all agree that Chris has done a gargantuan job and join with me in thanking him for his efforts, at the same time welcoming Tony as he and his team prepare to deliver on the 5-Year Strategic Plan.

Also in June Mark Heath represented the President at a Victorian National Parks Association (VNPA) function where their President outlined the VNPA priorities for the future. One topic that is receiving growing and widening support is concern for the protection of our National Parks with a number of initiatives being taken around the country to try and arrest attempts to open access to more commercial interests. You will find more background information on this in the following pages.

Winter is well underway and as you enjoy the club's Winter Program our Activity Coordinators have been busy piecing together the Spring Program covering September–November. If you have been checking the club's online Activities Program you will have seen the planned events taking shape as members like yourself volunteer their time and effort to give us another full and enjoyable mix of events, whether you prefer to relax in a Base Camp setting, get a quick fix on one of our many Day Walks, or go the distance and challenge yourself to Pack Carry in one of those places that can only be reached on foot. And don't forget the Social Activities and Conservation events that also have an important place in a vibrant bushwalking club.

#### Reminders for this month:

- 1 If you are lucky you may just have time to register for the Navigation Training day on the 6th July.
- 2 Bookings are underway for the First Aid Training on 3rd August. Help yourself to help others in this important area of skills development.
- 3 The 'door' is open for bookings to our Bush Dance on 7th September. With the ever-popular Bushwahzee bush band it promises to be another swinging night for the young at heart.

*Ian Mair, Acting President*

### LONDON-EDINBURGH-LONDON BIKE RIDE.

Many people will remember Gareth Pocock, a former MBW member. Gareth is living in Edinburgh and is training hard for this 1400+ km ride held on 28th July to 2nd August. He is aiming to finish rather than to win.

If you want to follow his progress go to [www.londonedinburghlondon.com](http://www.londonedinburghlondon.com) and follow the prompts.

*Submitted by Gareth's proud Dad, Doug Pocock*

# 2013 Social Calendar

### Wine and Cheese Evenings, Presentations

#### August 28: Wine & Cheese and Bushies' Auction

Sotheby's stand aside, the Bushies' Auction is back on the calendar. This is your chance to make a few bob from surplus gear and contribute to the recycling revolution. Bring along your once loved treasures and the Bushies' auctioneers, Graham and his assistant, will put your goods under the hammer. Further details concerning the auction will be published in the next Newsletter and on the website.

### Restaurants and Other Activities

#### Susan's Social Corner

Lunches – Susan will continue to play social host for lunches throughout the year. Keep an eye on the *News* and the website for details of upcoming events.

#### Other Fun Events

Join us for the occasional casual evening stroll to visit restaurants. Details will be posted here in the newsletter and on our website.

#### Bushies' Christmas Party

The Bushies' Christmas Party will be held on 10 December 2013. Further details of the party will be provided later in the year.



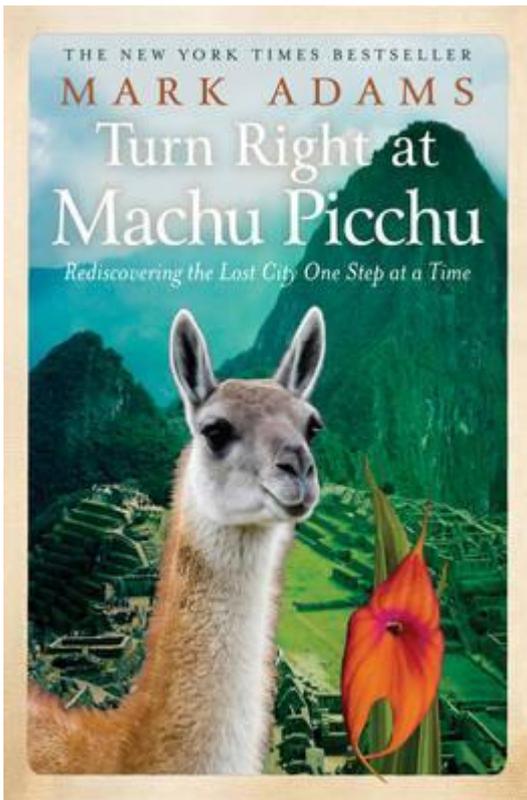
Bushies enjoying the view of Cradle Mountain from Dove Lake.

Photo by Ian Mair.

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## Noticeboard

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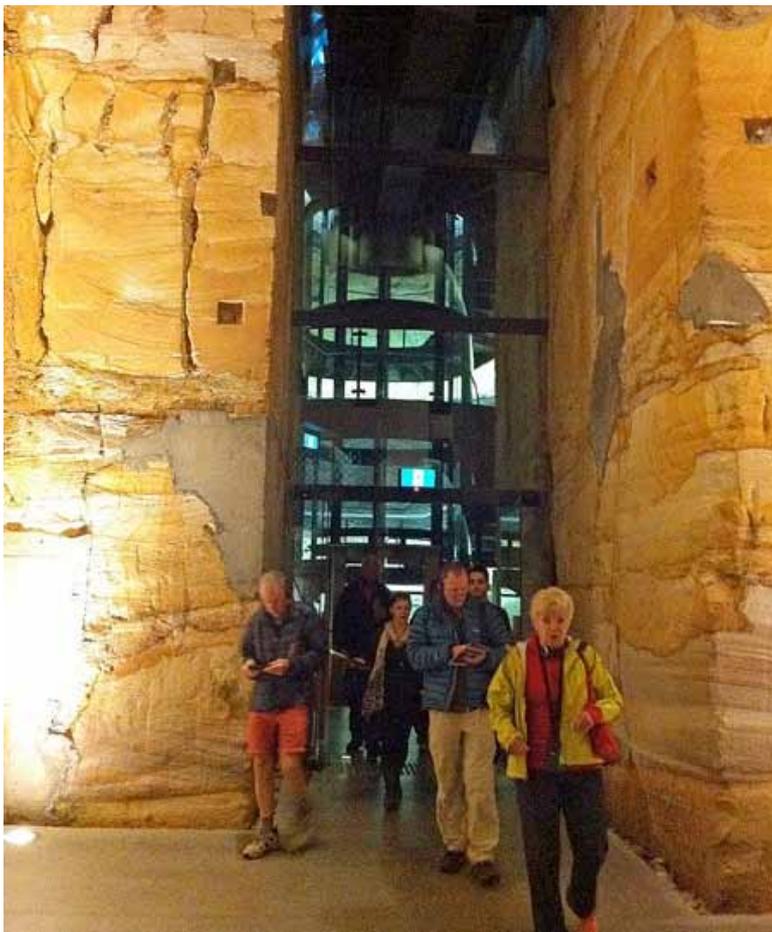


Until Mark Adams became an editor for an adventure magazine he had no idea that there was a world populated by long-distance cyclists, climbers, hikers, heck ... adventurers! After all, he was just a regular guy with a lit degree, a wife and kids. At 41, though, he had a wake-up call, and was drawn to Peru, his wife's country of birth. As the centenary of Hiram Bingham's 'discovery' of Machu Picchu approached, this was the chance to retrace the three exploratory expeditions that he undertook between 1911 and 1915, with the assistance of The National Geographic Society.

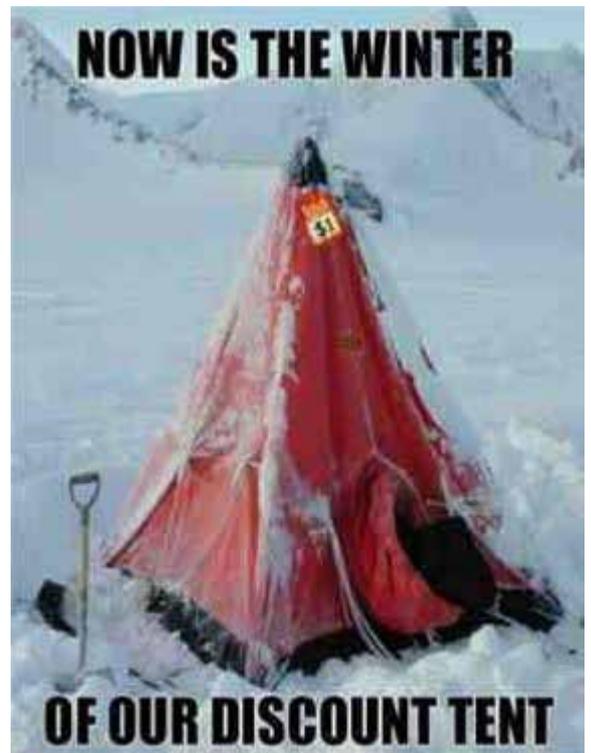
So, now all that Adams needed was a guide/ historian/ adventurer. Enter Western Australian John Leivers, the best kind of phlegmatic character to have on your team – 'these tourists don't even camp any more; can you imagine that, Mark?' Poor Mark. The last time he camped was when he was a young boy and his parents erected a tent for him in the back garden.

Despite this inauspicious start, Mark ventures out into the Andes for a month, learning much about the Inca, conquest, history, the politics of Yale, and modern tourism. He is a self-effacing companion, witty, compassionate and thoroughly entertaining.

*HIGHLY RECOMMENDED BY SUSAN MAUGHAN*



After the Overland Track walk, some bushies visited the Mona Gallery in Hobart. Photo by Ian Mair.



### ENVIRONMENTAL EVENTS – JULY 2013

Yes, it's cold and wet and the days are short, but the equinox is behind us and before long it will be Spring. Here are some activities to look forward to.

#### Track maintenance – Wirilda Track 31 August to 1 September

In March this year we had a Sunday bus walk along the delightful Wirilda Track in Gippsland, but we noticed while walking how overgrown it was becoming in parts. As a result of this I have been in touch with the local Parks Victoria Ranger and the Friends of Tyers Park who have invited us to join them on a work party to clear the track.

This is a great opportunity to help maintain a track that we have walked many times, both on day walks and pack carries. We will also be able to enjoy a night camping in the bush beside the Tyers River – or you can just come up for a day.

I would like to encourage as many members as possible to put this date in their diaries and come along for a weekend of snipping, slashing and chopping fun! There will be jobs to suit everyone. What better way to welcome in the Spring?



#### Regent Honeyeater Planting 21–22 September

Although there are a number of planting weekends organised by Ray Thomas, I would like to gather a group of Melbourne Bushwalkers to attend this weekend. We can organise car-pooling to travel up to Benalla on Saturday morning. Free accommodation is provided in the Scout Hall, or you can bring a tent and camp outside. There are also motels and a caravan park in Benalla if those options appeal more after a day toiling in the soil. Saturday night dinner and bush dancing is provided, so there is plenty of fun to be had!

If you haven't been on a tree planting weekend before, consider coming this year. It's a wonderful way to learn more about bush plants and animals, put something back into the world and meet many other people from different places who enjoy the outdoors.

For information about either of these activities or to register your interest, please contact Deb Shand at [deb.shand@bigpond.com](mailto:deb.shand@bigpond.com).



### WHO SHOULD MANAGE OUR NATIONAL PARKS?



Rally to keep commercial interests out of Wilson's Promontory (1998)  
(Source: Graham Wills-Johnson)

The association between National Parks and bushwalking is an obvious one. A substantial proportion of our day and multi-day walks take place within National Park boundaries. We are drawn by the beauty and, at times, the adventure of being in a natural environment. The National Parks network is a community asset that has a long history of struggle and debate to establish and maintain. Pressure on the viability of the National Parks network is constant and all bushwalkers should try to be aware some of the current issues.

Concern about the long-term preservation and conservation of our parks has

been to the fore in the minds of Melbourne Bushwalkers members from the club's earliest days. The club was actively involved in the establishment of the Victorian National Parks Association (VNPA), including joining as a founding Associate Member (*The News*, No. 49, September 1952). Countless members have given of their time and effort over the years to prepare submissions and to support campaigns to address specific issues, such as the removal of cows from Alpine areas. Where necessary we have taken to the streets to lend our voice to the argument (see photograph).

Conflicting demands between recreational users and environmental interests, even between different recreational user groups, will long continue. Access to National Parks by bush walkers, recreational walkers, cyclists, trail bikers, 4WD owners, horse riders, fishermen and shooters, to name some of the interest groups, are not always synergistic. Stringent environmental views would close off access all together. Budget constraints and cut-backs in parks management services lead to track closures. Our interests will only be considered if we continue to be informed and heard, both directly and through the representative bodies we support.

The debate escalates to a more serious level when the issue is one of commercial access to National Parks. Across Australia there have been moves at the State and Territory level (where responsibility for management resides in all but a few of our over 500 National Parks) to open access to logging concessions, grazing licences, hotel development and prospecting rights, amongst others. This has brought State control into question and raised the issue of whether our National Parks should be under federal government control. We all need to understand the implications of these moves and have a considered opinion so that we may be counted in the vote when our view is sought, and the ubiquitous reach of email and social media all but guarantees you will be approached. To help you get up to speed here are a few starting points:

Should our National Parks be under federal government control?

- (a) VNPA have declared it is time to make National Parks truly national. (<http://vnpa.org.au/page/nature-conservation/parks-protection/parks-under-threat>)
- (b) Academic ecologists have taken to the internet to express their concern about State control. (<https://theconversation.com/making-national-parks-truly-national-14794>) (<https://theconversation.com/our-national-parks-must-be-more-than-playgrounds-or-paddocks-14389>)
- (c) GetUp! Have initiated a campaign and petition for federal protection of our National Parks. (<http://www.getup.org.au/campaigns/national-parks/protect-our-parks/protect-our-parks>)

*Ian Mair, Acting President*

### HATTAH LAKES – MURRAY RIVER PACK CARRY 7–10 JUNE 2013

‘Enjoy the Murray River’ said Ian, so I did. But I was the only one – the rest may have thought that it was too cold! It wasn’t, but the current was quite strong – the Hattah–Kulkyne National Park and surrounding area had had some good rain – so it wasn’t advisable to swim far from the bank. However, Ian had arranged the weekend well so we had fine days and cold nights – and no rain.

We gathered together on Friday night at the Hattah campsite and ate around a camp fire. It was a cold night – there was ice on the car in the morning. The motel contingent arrived next morning, making us a party of twenty-one. We set off after moving the cars to the visitor centre car park, but not before we had the pack weighing ceremony. The lightweight brigade is growing – many packs were in the 10–13 kg range, one or two much more



*Photo by Ian Mair.*

and a couple of unknowns – but they looked suspiciously large! Ian explained that we were going to be guided by his GPS, which had been loaded with the appropriate waypoints. Jopie mentored some of the group who were learning the mysteries of navigating by the old-fashioned compass so we had lots of back-up checks! We travelled eastwards, over flat terrain, very easy walking following the Bugle Ridge Track alongside mainly dry lakes. A bunch of emus soon showed some interest in us. I had spent the previous week in the desert country and had clocked emus running effortlessly parallel to the car at 40 km/hour. The vegetation had improved greatly since my last visit, the trees are looking healthy and the red gums are magnificent – many of them were quite huge. We reached the river at Messengers Bend at the junction with the Chalka Creek. Engineering work is in progress here with the aim to restore the Hattah Lakes system after years of drought. A pumping station has been built to take out water from the river to supply the lakes system. When the scheme is complete it is expected that the lakes will fill once every two to three years and be flooded once every eight years (maybe then we’ll again have a Murray Lakes canoe trip??). We moved on and soon made camp on the river bank. Loads of space, so we spread out our eighteen tents (prime riverbank sites were in demand) got the billies boiling and put on warm clothes as the sun set. A good campfire made for a convivial evening. We were all tucked up by eight o’clock.

As we only had fourteen km to walk on Sunday we set off at 9 am, following the river closely. There were some fine beaches along this stretch of river. The temperature improved and by the time we stopped for the day it was very pleasant to just sit in the sun and relax ... or go birding ... or exploring ... or swimming! Relaxing on the bank I realised that I was sitting on a large midden! Shells – thousands of them – were scattered all around. Just a bit downstream was the wreck of the steamer ‘Gentle Annie’ – one of many of the steamers and paddle boats that met a watery end in the Murray. We watched a beautiful sunset before taking up positions around the campfire for dinner. As we were packing up next morning a rather splendid-looking fox appeared close by Jenny’s tent and showed great interest in her pack. ‘Could I run off with this?’ it was thinking. It didn’t seem very concerned when we shoed it off and it merely sauntered away down the road, no doubt disappointed that it didn’t get breakfast.

We took off at a good rate – we had some seventeen km to do today – mainly off-track. This was the easiest off-track ever – open, sparsely-timbered rolling dunes. We were mystified by very large tyre tracks and discovered later that a machine had been used to rout out rabbit warrens, as part of the on-going fight against these pests. I was impressed by the group’s speed, no slow ones here! Ian’s navigation was spot on, getting us back to the Visitors’ Centre soon after lunch.

This was a most pleasant three-day walk, easy walking, good weather, and good company. I enjoyed meeting up with some of the old faces as well as meeting some newer and younger members. Thank you all, and thank you Ian for a well-led trip.

Leader – Ian Mair, walkers – Halina Sarbinowski, Ralph Blake, Judith Shaw, Alannah Matheson, Matt Jones, Jerry Grandage, Fay Dunn, Angela Vetsicas, Rosemary Martyn, Deb Bishop, Gill Wainwright, Rebecca Neil, Bob Oxlade, Jopie Bodegraven, Jenny Flood, John Fritze, Les Southwell, Mark Heath, Gina Hopkins, and me,

*Derrick Brown.*

## Previews of walks and activities

**FEDERATION DAY  
13th OCTOBER 2013**

### **LERDERDERG AND WESTERN GORGES**

Well club members, that time of the year is fast approaching – Federation Day. The 2013 Federation Walks are being coordinated by Boroondara Bushwalking Club. I can only say that the organisers have put together a fantastic list of walks.

The walks are being held in the western gorges area north west of Melbourne. This includes Lerderderg State Park which is a favourite of many bushwalkers, Brisbane Ranges National Park, Wombat State Forest and Werribee Gorge State Park

A variety of walks will be available with gradings from easy to medium/hard, including those interested in Geocache and Photography. All up there are 23 walks. In the past walk booklets have been provided but due to costs walk information will be provided on the internet.

Registrations open on the 1st August and close on 13th September 2013. The registration fee for the event is \$22. I strongly advise that registering early will ensure that you will get the walk that you want.

When selecting walks look through the list of walks available and number 1 to 4 in order of preference. I strongly suggest that you register well before the close off date. This event is taking the place of the Sunday Bus so booking one week before the event will bring grief.

Please note that information regarding Federation Day can be found on [www.boroondarabushwalking.org.au](http://www.boroondarabushwalking.org.au). (Boroondara Bushwalking Club). All bookings are to made to Michael Murray (Coordinator MBW). Cheques are to be made out to Melbourne Bushwalkers Inc.

*Michael Murray  
MBW Coordinator*

## Willis's Walkabouts

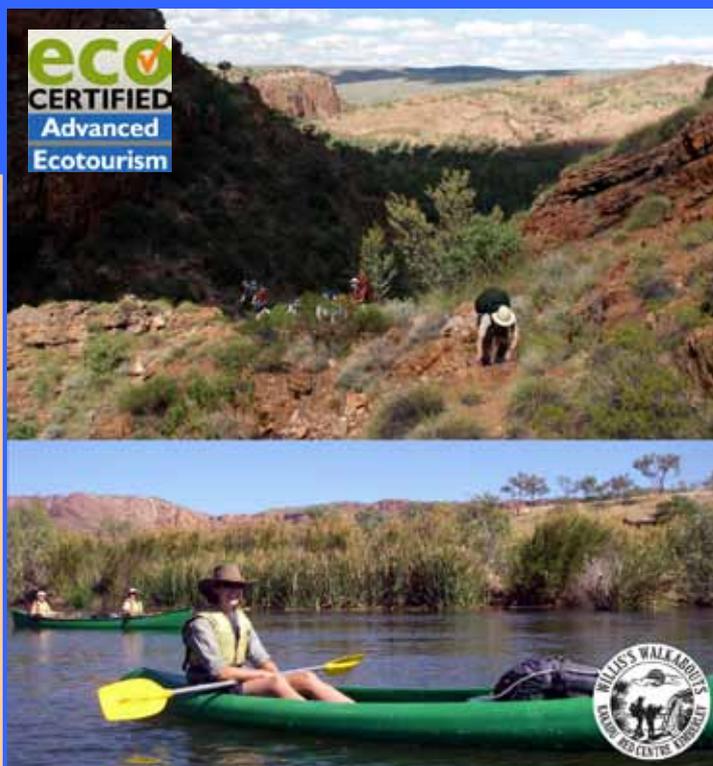
### **Kimberley Highlights 22 August - 7 September**

This is a wonderful trip that doesn't get the attention it deserves. You begin with a leisurely four-day paddle down the Ord River, stopping to explore places most paddlers never see. This is followed by a six-day off track walk in the Carr Boyd Range where swim follows swim as you make your way past numerous spring-fed waterfalls. The final section is again untracked. You drive to El Questro, take a helicopter into the Cockburn Range and do a leisurely seven-day walk past art sites, pools and caves as you work your way back to where you began.

**Too long?** All three of the sections can be done on their own.

On all sections, you spend your evenings relaxing by the fire as your guide cooks you a three-course meal.

If you'd like a relaxing wilderness experience in three of the Kimberley's best areas, you owe it to yourself to have a look at the trip notes on our website.



[www.bushwalkingholidays.com.au](http://www.bushwalkingholidays.com.au) [rwillis@internode.on.net](mailto:rwillis@internode.on.net) Ph: 08 8985 2134

### ADVANCE NOTICE AND CALL FOR EXPRESSIONS OF INTEREST

**Bibbulmun Track, Western Australia  
18–26 October, 2013**



The 970 km Bibbulmun Track in the south-eastern corner of Western Australia ranks amongst Australia's top long distance walking tracks. The 128 km section from Walpole to Denmark is regarded by many as one of the highlights of the track, passing through stunning forests of karri and tingle trees, with place names as captivating as the 'Valley of the Giants', before entering into the rolling hills of the coastal zone beside the Southern Ocean. As if the scenery and natural beauty were not enough at any time of the year, the month of October is a special time with the wildflowers close to their best.

Halina and I will be walking this section and have added it to the club program so that others may share in the experience. Whilst it is still some months away it is recommended to book flights early to take advantage of lower fares.

If you are interested please speak to Ian Mair or Halina Sarbinowski or email [r.i.mair@bigpond.net.au](mailto:r.i.mair@bigpond.net.au). As I am going to be away in Western Australia during September and October be sure to contact me before end-August if you are interested.

*Ian Mair*

### CHRISTMAS PACK CARRY ADVANCE NOTICE.

To enable walkers to plan ahead I would like to advise that I will be leading a medium grade pack carry in East Gippsland from 26 December 2013 until 1 January 2014. This will be to Reedy Creek Chasm in the Buchan Headwaters Wilderness Zone of the Alpine NP.

There is also the Expressions of interest from Ian Mair of the very interesting NZ walks from January 4–19 2014 and any other walks that maybe on the program at Christmas

*Bob Oxlade.*



### REMINDER – CALL FOR EXPRESSIONS OF INTEREST New Zealand January 4–19, 2014

The May copy of The News and the online Noticeboard include details of two planned walks in New Zealand next January – the Heaphy Track and the Travers–Sabine Circuit, both at the northern end of the South Island.

This note is a reminder that Expressions of Interest were requested by the end of July. Those intending to go have already started booking places on the Heaphy Track where pre-booking is essential and some huts have limited spaces still available.

To join the group or for further information please contact Ian Mair. As I am going to be away during September and October be sure to contact me before end-July if you are interested.

*Ian Mair*



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.mbw.org.au/mbw\\_activities/MBW\\_activities\\_program.php](http://www.mbw.org.au/mbw_activities/MBW_activities_program.php)

**CUT OFF TIME FOR SUNDAY BUS ONLINE BOOKINGS  
 4:00 PM THURSDAY PRIOR TO THE WALK.**

Bookings notified to [busbookings@mbw.org.au](mailto:busbookings@mbw.org.au) after the cut off time will not be processed and a credit will be issued.

Payment to the leader of the full bus fee and late fee of \$5.00 will have to be made on the day if your booking has not been confirmed prior to the walk.



**SUNDAY BUS**

**LOST CHILDREN'S TRACK**

<b>DATE</b>	<b>Sunday 28 July 2013</b>
<b>STANDARDS</b>	<b>Easy and Easy/Medium</b>
<b>DISTANCES</b>	<b>15 and 19 km</b>
<b>ELEVATIONS</b>	<b>Not much</b>
<b>LEADERS</b>	<b>Arron Laki and Nik Dow</b>
<b>TRANSPORT</b>	<b>Bus – Leaving Southbank Blvd at 8:45 am</b>
<b>AREA</b>	<b>Daylesford</b>
<b>MAP REF</b>	<b>The Three Lost Children's Walk</b>

This walk mostly follows the Lost Children's Track, which commemorates the tragic death of three young children (aged 4, 5 and 6) in 1867 who went for a walk and lost their way. We should be safe from that fate thanks to the well signed route.

It will be a day in the forest, mostly fairly young trees but in places some fine stands will lift the spirit. There are no big climbs and only a few steep sections but it's up and down all day, on good quality track. Only a few sections had rough gravel and you could get away with using lighter walking shoes, but if it has rained, make sure you have good tread on the soles.

We start at the Memorial Park and finish at the picnic ground where the track finishes. Along the way we depart from the official track to take in Sailors Falls, dry on our preview day but still a pleasant lunch spot. The longer walk will also leave the Lost Children's Track to do a loop up to Jubilee Lake, where (time permitting) coffee can be obtained, towards the end of the day.



**TOFS WALK**

**ARTHURS SEAT – KING'S FALLS**

<b>DATE</b>	<b>Thursday 1 August 2013</b>
<b>STANDARD</b>	<b>Easy</b>
<b>DISTANCE</b>	<b>10 km</b>
<b>ELEVATION</b>	<b>Undulating, total elevation about 100 m</b>
<b>LEADER</b>	<b>Janet Hodgson</b>
<b>TRANSPORT</b>	<b>Private</b>
<b>AREA</b>	<b>Mornington Peninsula</b>
<b>MAP REF</b>	<b>Melway 159, 171</b>

The walk will start from Seawinds Park. We will walk through the Australian native plant garden at Seawinds to the lookout

at the highest point of Arthur's Seat. We will then follow the Two Bays walking track which hugs the western side of the mountain leading south to Kings Falls. We will return on the same track to Seawinds with a detour around the T.C. MacKellar Walk. This is a beautiful walk with fine views. Victoria's floral emblem, the epacris impressa will be in flower and we may see wedge tailed eagles, roos and more!

Meet at the Seawinds carpark next to the toilet block (Melway 159 D13) at 10:30am.



**SUNDAY CAR POOL**

**BYERS TRACK – THE TUNNEL – SHAW'S LAKE**

<b>DATE</b>	<b>Sunday 4 August 2013</b>
<b>STANDARD</b>	<b>Medium</b>
<b>DISTANCE</b>	<b>17 km approximately</b>
<b>ELEVATION</b>	<b>Some short and steep sections</b>
<b>LEADER</b>	<b>Max Casley</b>
<b>TRANSPORT</b>	<b>Car pool leaving Southbank Blvd at 8:45 am</b>
<b>AREA</b>	<b>Lerderderg, near Bacchus Marsh</b>
<b>MAP REF</b>	<b>Lerderderg Gorge 1:25,000</b>
<b>TRANSPORT COSTS (PER PERSON)</b>	<b>\$14</b>

This will be a circuit walk starting and finishing near Blackwood Township. We go downstream beside the Lerderderg River through forest along Byers Back Track to the Tunnel. This was made by miners to divert the river so they could more easily search for gold. We then climb away from the river and follow a road and a water race to Shaw's Lake and continue to Sweet's Lookout for good views and then go down to the finish.



**CROSS-COUNTRY SKIING**

**BOGONG HIGH PLAINS – ROVER LODGE**

<b>DATE</b>	<b>10–17 August 2013</b>
<b>STANDARD</b>	<b>Various, though Medium/Hard to ski in</b>
<b>DISTANCE</b>	<b>Initially 12 km, with packs</b>
<b>LEADER</b>	<b>Doug Pocock</b>
<b>TRANSPORT</b>	<b>Private</b>
<b>AREA</b>	<b>Bogong High Plains</b>
<b>MAP</b>	<b>Outdoor Leisure Map</b>

There have been a few notices about this trip over the last few months. There are still a few places, if you are interested speak to me (or if I'm not around then Merilyn).



**SUNDAY BUS**

**DANDENONG RANGES WESTERN TRAIL**

<b>DATE</b>	<b>Sunday 11 August 2013</b>
<b>STANDARDS</b>	<b>Easy/Medium and Medium</b>
<b>DISTANCES</b>	<b>14 and 16 km</b>
<b>LEADERS</b>	<b>Delwyn Franks and Mick Noonan</b>
<b>TRANSPORT</b>	<b>Bus – Leaving Southbank Blvd at 8:45 am</b>
<b>AREA</b>	<b>Dandenong Ranges National Park</b>
<b>MAP REF</b>	<b>Melway 74 H4</b>

I have done this walk a number of times and I believe that it is one of the prettiest walks in the Dandenong National Park and give the people who do the medium walk a nice challenge.

The Medium walk will commence at the Ferntree Gully picnic ground area and will start with the first climb of the day, which is the 732 steps of the Kokoda Trail.

The Easy/Medium group will begin the walk at the top of the steps, at the One Tree Hill picnic ground.

Both walks will then be walking through a few friendly hills (not hard, just a good workout) which provide some great views of Mount Dandenong, the City of Melbourne and the surrounding areas.

Although this walk is in spring please be prepared for a possible cold and wet day, bring your proper weather gear and clothes. This is a great walk and I look forward to see you on the day. Del.



**WEDNESDAY WALK**

**MASONS FALLS, KINGLAKE NATIONAL PARK**

<b>DATE</b>	<b>Wednesday 14 August 2013</b>
<b>STANDARD</b>	<b>Easy/Medium</b>
<b>DISTANCE</b>	<b>14 km</b>
<b>LEADER</b>	<b>Ed Neff</b>
<b>TRANSPORT</b>	<b>Private</b>
<b>AREA</b>	<b>Kinglake National Park</b>
<b>MAP REF</b>	<b>Outdoor Leisure Map, Kinglake National Park</b>

The Masons Falls area has only recently been reopened following the 2009 bushfires. A very impressive picnic area, toilets and carpark has been built at Masons Falls, together with a new Falls viewing platform. New growth and regeneration is evident throughout our walk.

We will meet at the Masons Falls carpark at 10:00 am. If coming from Melbourne proceed to Whittlesea and then take the Whittlesea Yea Road, C725 to Kinglake West, turn right on to the Whittlesea Kinglake Road (Healesville Kinglake Road), C724 and after approximately 3.8 km turn right onto National Park Road, proceed approximately 4 km to park entrance, continue approximately 1.5 km to the Masons Falls carpark. (Ignore the carpark just inside the park entrance.)

The walk starts with a short Lyrebird Circuit walk to the new Falls Lookout. It then follows Running Creek to the Tryst after which we start a steady climb of 400 m over 3 km to the summit of Mount Sugarloaf for a well earned lunch spot. The leader can boast that it is all downhill from here back to the cars!



**LODGE BASE CAMP**

**GRAMPIANS (HALL'S GAP) LODGE WEEKEND**

<b>DATE</b>	<b>16–18 August 2013</b>
<b>STANDARD</b>	<b>Easy/Medium</b>
<b>DISTANCE</b>	<b>20–30 km</b>
<b>LEADER</b>	<b>Del Franks</b>
<b>TRANSPORT</b>	<b>Private</b>
<b>AREA</b>	<b>Grampians (Hall's Gap)</b>
<b>MAP REF</b>	<b>Central Grampians</b>
<b>TRANSPORT COSTS (PER PERSON)</b>	<b>about \$60</b>

We'll be staying at the YHA Eco-Lodge at Hall's Gap which has excellent facilities for a social/walking weekend. Accommodation costs per person per night will be about \$30.00 (4 person dorm) or \$85.00 (twin/double share).

Walks will be in the Hall's Gap area and are still to be finalised. Ideas at the moment are Wonderland Loop, Mt Rosea, McKenzie Falls to Zumstein.

Even if you have walked in the area before spring is a wonderful time of year and a great experience. So hopefully you will join me in experiencing the magic of the area on this weekend.

If you are interested in doing this weekend please contact me so I can book the accommodation.



**CYCLING**

**WOODEND**

<b>DATE</b>	<b>Saturday 17 August 2013</b>
<b>STANDARD</b>	<b>Medium</b>
<b>DISTANCE</b>	<b>50 km</b>
<b>LEADER</b>	<b>Howard Friend</b>
<b>TRANSPORT</b>	<b>Private</b>
<b>AREA</b>	<b>Woodend, Carlsruhe, Tylden, East Trentham</b>
<b>MAP REF</b>	<b>Vic Roads Pages 59–60</b>

This route was the 2013, 50 km Road Ride – one of the Mad Ride routes organised by the Melbourne Bicycle Touring Club. All roads are sealed. We will start the ride in Woodend, have morning tea at Carlsruhe, lunch at Trentham East and return to Woodend via Ashbourne Road. Participants should be capable of keeping up with the group. We'll meet at the car park at the Information Centre (western side of the Calder Highway, just past Tylden–Woodend Road) in time to depart at 10:00 am. Bring your lunch.



**SUNDAY CAR POOL**

**NEW: MT PIPER AND SPRING PLAINS NCR**

<b>DATE</b>	<b>Sunday 18 August 2013</b>
<b>STANDARD</b>	<b>Easy/Medium</b>
<b>LEADER</b>	<b>Richard Long</b>
<b>TRANSPORT</b>	<b>Car pool leaving Southbank Blvd at 8:45 am</b>

For details of this walk, please see next month's News.



**MOFS WALK**

**BLUE LAKE – PLENTY RIVER**

**DATE** Monday 19 August 2013  
**STANDARD** Easy  
**DISTANCE** 10 km  
**LEADER** Alistair Rowe  
**TRANSPORT** Private  
**AREA** Plenty  
**MAP REF** Melway 10

Meet before 10:30 am in the first carpark (Mel 10F5). If you need to come by public transport, I could collect you from the Greensborough Station no later than 10 am.

We will walk around the lake and then head south. The park is good and the bushland scenery is quite attractive. There are a couple of sites of historical interest.

We could have afternoon tea at the pleasant 'Rivers' café in Yarrambat.



**SOCIAL WALK**

**KOONUNG CREEK RESERVE AND WETLANDS**

**DATE** Thursday 22 August 2013  
**STANDARD** Easy  
**DISTANCE** 5 km  
**ELEVATION** Flat  
**LEADER** Jean Giese  
**TRANSPORT** Private  
**AREA** Greythorn  
**MAP REF** Melway 32 and 46

These social walks commenced in July two years ago. This month we will repeat our first walk in the very pleasant Koonung Creek Reserve and lunch again at the Moka Pot Café, which thoroughly met with our approval.

Meet to commence walking at 10:30 am in Greythorn where Wandean Street meets the Reserve (Mel. 32H12).



**DANDENONGS EXPLORER**

**DATE** Saturday 24 August 2013  
**STANDARD** Easy/Medium  
**DISTANCE** Approximately 16 km  
**LEADER** Doug Pocock  
**TRANSPORT** Private  
**AREA** Mt Dandenong  
**MAP** Melways 52, 66, 122

A walk where will have a look at both the east and west side of the Dandenongs. Typically ups and downs as befitting a the area. Some people would probably appreciate having a walking stick. Mainly on tracks but a short section on back roads.

Meet at Olinda Falls carpark (toilets there) Falls Rd., Kalorama. Melways 66 K2. Be there in time for a 10:00 am start and we will finish in time for afternoon tea.



**PACK CARRY**

**BAW BAW NATIONAL PARK SNOW SHOE**



**DATE** 24–25 August 2013  
**STANDARD** Medium  
**LEADER** Ralph Blake  
**TRANSPORT** Private

For details of this walk, please contact the leader.



**SUNDAY BUS**

**MORNINGTON TO THE BRIARS (AND WINE TASTING)**

**DATE** Sunday 25 August 2013  
**STANDARDS** Easy and Easy/Medium  
**DISTANCES** 14 km and 17 km  
**ELEVATIONS** Minimal  
**LEADERS** Halina Sarbinowski and Ian Mair  
**TRANSPORT** Bus – Leaving Southbank Blvd at 8:45 am  
**AREA** Mornington Peninsula

Two years ago we decided to explore the bay beaches between Mornington and Mt Martha following the cliff top along the esplanade to the Balcombe Estuary Boardwalk then onto The Briars. This was a new walk for the club, and it coincided with Frankston and South Eastern Wine Show. The views along the bay made this an exceptional walk, however, combined with the Balcombe Estuary Boardwalk which weaves its way through the bushland on the south bank of Balcombe Creek till it reaches The Briars and The Briar walks makes this a walk not to be missed.

We have decided to again coincide with the Frankston and South Eastern Wine Show again, which for a tasting fee of \$10 allows us to enjoy tastings of wines made from citrus fruits, stone fruits, berries, guavas, carrots, parsnips, herbs and many other exotic ingredients (9:00 am to 3:00 pm). For those who do not want to participate in the tasting of this amateur wine making competition we will explore The Briars which has a number of walks to enjoy. The 'Wetlands and Bird Hide Walk', 'Woodland Walk' and the 'Ker-bur-rer Walk' can all be explored and enjoyed in The Briars boundaries.

Before leaving we hope to convince the ranger to play a tape that gives insights into the historical significance of The Briars, including its roots that are entwined with Napoleon.

This is a walk that will be enjoyed for a variety of reasons. I hope that you will join us to enjoy this lovely area of our bay.

Bus transport meets at Southbank Boulevard, south side of the Arts Centre, before 8:45 am. Leader or deputy will be there rain, hail or shine!

August 2013				
Thu 1	TOFS: Arthurs Seat	Pvt	Easy	Janet Hodgson
Sun 4	Byers Track – The Tunnel – Shaw’s Lake	Car	Med	Max Casley
10–17	Cross-Country Skiing, Bogong High Plains	Pvt	var	Doug Pocock
<b>Sun 11</b>	<b>Dandenong Ranges Western Trail</b>	<b>Bus</b>	<b>E/M &amp; M</b>	<b>Delwyn Franks and Mick Noonan</b>
Wed 14	Masons Falls, Kinglake National Park	Pvt	E/M	Ed Neff
Sat 17	CYCLING: Woodend – 50 km	Pvt	Medium	Howard Friend
Sun 18	NEW: Mt Piper and Spring Plains NCR	Car	E/M	Richard Long
Mon 19	Blue Lake – Plenty River	Pvt	Easy	Alistair Rowe
Thu 22	SOCIAL: Koonung Creek Reserve and Wetlands	Car	Easy	Jean Giese
Sat 24	Dandenongs Explorer	Pvt	E/M	Doug Pocock
24–25	PACK CARRY: Baw Baw National Park Snow Shoe	Pvt	Medium	Ralph Blake
<b>Sun 25</b>	<b>Mornington to the Briars (and wine tasting)</b>	<b>Bus</b>	<b>E &amp; E/M</b>	<b>Halina Sarbinowski and Ian Mair</b>

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