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THE NEWS OF THE Melbourne Bushwalkers Inc.

ABN 14 396 912 508

June 2016

MEMBERSHIP FEES ARE DUE! – SEE PAGE 13.

DO I NEED TRAINING OR IS IT JUST COMMON SENSE?

Melbourne Bushies has had such a dedicated selection of leaders which have and do offer a wide range of opportunities to hike and explore the local, national and international natural areas, all utilising their own individual knowledge, understanding and skills. But it is time to implement a co-ordinated, uniform approach for our Club and empower more of our members to lead with confidence by offering an ongoing training program.

These leaders have undertaken extensive planning and preparation to offer our members experiences. Now MBW has reviewed its direction and is building a training framework to support leaders. A comprehensive report compiled by Mick Noonan has mapped out a direction to follow which further skills up our leaders and formalises our training program.

Whether you are leading, are an experienced leader or would love to become a new leader, the training units have adapted to offer you ALL SOMETHING to either revise, revisit or equip you with understandings of what requirements are necessary to lead a variety of walks.

Bushwalking Victoria has developed modules for training which we felt were worthwhile as a framework to begin our training and schedule nights to those interested in undertaking this training.

MBW training components address basic needs of becoming a leader, planning and conducting walks, from day to extended ones. The July navigation training organised by Roger and the First Aid training organised by Nigel to be offered later in October have been invaluable components of training. My role is to facilitate the process and encourage our experts to present the units which will cover areas from conducting, planning walks to critical incident management.

I am pleased to announce our first unit

HAVE YOU CONSIDERED BECOMING A LEADER?

will be offered on

WED 17TH AUGUST, 2016 – 7:30 pm.

COME ALONG to explore the possibilities without any commitment

Let me know if you are interested.

Angela Vetsica – Training Officer



Due date for contributions (including August previews) to July News: 21 June

MEMBER OF



Bushwalking Victoria

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

The News of the Melbourne Bushwalkers Inc (The News) is published monthly, and is the official newsletter of Melbourne Bushwalkers Inc.

Editor: Merilyn 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

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.

Please note:

Next committee meeting will take place on
Monday 6 June 2016

NEW MEMBERS

We welcome the following new members:

Felicity Rynn
Ian Leslie Price
Keith Longridge
Stephanie Demetrios
Christopher Green
Grant Reithmuller
Michael Howson
Michelle Bishop
Zeni Chen
Paul Holt

Call for Expressions of Interest BIBBULMUN TRACK, WESTERN AUSTRALIA, 23 SEPT-2 OCT 2016



The 1000 km Bibbulmun Track in the south-eastern corner of Western Australia ranks amongst Australia's top long distance walking tracks. The 127 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. This section gives walkers the best mix of forest and coast as well as, after Peaceful Bay, some of the most challenging days on the entire Track.

Check out the Bibbulmun Track web site for more details: <http://www.bibbulmuntrack.org.au/trip-planner/track-sections/walpole/>

If there is enough interest am planning to walk this section in late September 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.

PRESIDENT'S COLUMN – JUNE 2016



Blissful ignorance, or blind faith that it will happen to the other person but not me, plays a part in the everyday life of all of us. Often we are unaware of the risks to which we are exposed, yet daily we read or hear of accidents that befall others no different from ourselves. Risk is part of life, not least when we go bushwalking.

As a responsible Club we make members and visitors aware of the inherent risks involved in bushwalking. Requiring the formal signing of an **Acknowledgement of Risk** (AoR) form, or explicit acceptance of such as part of the membership renewal process, is not just a formality associated with the bushwalking insurance cover we provide through Bushwalking Australia. Nor is it an abdication of responsibility for making a best effort to address safety aspects of participation in Club activities. It is, however, part of a conscious effort by the Club to raise awareness of the risks involved in bushwalking and an acknowledgement that the principal responsibility for personal safety rests with each of us as adults. Of itself, the AoR is but a small part of the measures the Club takes to try and minimise the risks to member safety without making our activities program so mundane as to be of little interest.

Each year the Club records a number of injuries and other incidents involving members and visitors. These range from broken bones and insect bites to less serious scratches and bruises. It is a leader's responsibility to judge the significance of the incident and as appropriate submit a report to the Committee. Apart from triggering any follow-up action with potential insurance claims or disciplinary requirements, the data recorded provides invaluable input to reviewing the Club's risk management approach each year.

We all know that prevention (risk minimisation) is the best approach. A large component of the approach to prevention can be viewed as common sense. Yet, unless a culture of concern for safety exists it is all too often the case that common sense can be overlooked. Establishing and maintaining a concern for safety involves sound practices, leadership and repetition of expectations. Whilst they may not always be immediately recognised as components of providing a safer walking experience, some of the more prominent aspects of the Club's practices are:

- A walk grading system that takes account of potential hazards and degree of difficulty to assist members to judge the suitability of a walk for their personal capabilities (as required by the AoR);
- The conduct of walk previews to underpin the grading system and identify potential changed circumstances due to natural events;
- The appointment of experienced leaders and whips to each walk;
- Provision of training and mentoring opportunities for all members, particularly leaders, including leadership skills development, navigation training and first aid training;
- Pre-walk briefings that run through the safe walking expectations from all participants, including not leaving the group (track) without providing a clear indicator or notification to another walker, and the use of whistles to convey safety or distress messages;
- Operation of an Emergency Contact System in the event of late return of walkers, with procedures clearly defined to guide Club actions to expedite safe return;
- Provision of Club first aid kits and Personal Locator Beacons for leaders to use on walks;
- Guidance to members on equipment selection to make walking both more enjoyable and safer; and
- Explicit policies to guide leaders and walkers when faced with extreme heat or bushfire hazard conditions.

The Club's **Risk Management Plan** documents the identifiable risks to us all as bushwalkers and lists the procedures and actions the Club recommends to minimise their impact. It distils a wealth of experience. All members are encouraged to download and read a copy from the Club's website. Don't be put off by its length or the terse style of presentation. Don't discard it as evidence of bureaucratic interference with what you really want to know to enjoy bushwalking. Keep it handy and glance at it from time to time and you will be surprised by how much it adds to your body of common sense.

Personal safety is the responsibility of each of us. Together we can minimise the risks by maintaining a culture of safety awareness and ensuring our Club has sound practices in place.

Ian Mair

2016 Social Calendar

Wednesday 22 June

GREAT BARRIER ISLAND, NEW ZEALAND



Stuart Hodgson and Susan Maughan are doing a talk on 'tramping' on Great Barrier Island, North Island, NZ. Pauline Dinatale and Bernie Prunty joined us and we all agreed the place surpassed expectations.

Great Barrier Island is in the Hauraki Gulf, past Waiheke Island and involved a four and a half hour ferry trip to reach it. The island is off the grid and a walker's paradise. Every corner offered stunning scenery and we enjoyed beautiful weather and balmy nights.

Our accommodation was the former Harbour Masters cottage on Whangaparapara Harbour, now a budget lodge. However, the island had enviable DOC coastal camping sites that were established to a high standard that included showers and shelters.



FEDERATION WALKS WEEKEND 2016 Saturday 8 and Sunday 9 October

Interested in a Base Camp experience in the western Grampians?

The Federation Walks Weekend is a Bushwalking Victoria (BWV) event. It is an event not to be missed for an unforgettable experience of walking in an interesting location and a night of great social interaction with walkers from clubs all across Victoria. Each year one or more walking clubs affiliated with BWV take a turn to host the event in a different location.

The 2016 event is being hosted by the Wimmera Bushwalking Club (based in Horsham). Walks will be in the northern and western parts of the Grampians National Park and will include the Black Range State Park and Mt Arapiles.

Details of each walk can be found on the Federation Walks website. Check it out for a very exciting program and a host of other details about the schedule for the weekend, booking arrangements, accommodation options and what to take: <http://www.fedwalks.org.au/>

Booking opens on 8 July 2016 and close at midnight 31 August 2016. Get in early or miss out on the walks you would like to do.

The guest speaker on Saturday night will be David Roberts, Grampians Ranger in Charge, with a presentation about Victoria's newest long distance trail – the Grampians Peak Trail.

If you book to attend please let Mark Heath (Melbourne Bushwalkers Federation Weekend 2016 coordinator) know so you can be kept informed of options for a Melbourne Bushwalkers get-together during the weekend.



Admiring the views from the Black Range
Photo by Ian Mair

NON-COMMITTEE ROLES, 2016-17

Each year the Club has a large number of volunteers filling roles as activity leaders and in non-Committee functions. For 2016-17, in accordance with the By-Laws, the Committee approved the following non-Committee positions along with their incumbent members for the current year. The appreciation of all members for the many who contribute to helping make the Club run smoothly is noted.

Environment Officer	John TERRELL
External Relations Officer	Stephen INGROUILLE
Training Officer	Angela VETSICAS
Federation Weekend 2017 Organiser	Margaret CURRY (and unnamed helpers)
Pack Carry Coordinator	Jopie BODEGRAVEN
Base Camp/Lodge Coordinator	Wendy FORTINGTON
Wednesday Walks Coordinator	Ed NEFF
Saturday Walks Coordinator	Maureen HURLEY
Cycling Coordinator	Philip G BROWN
MOFs/TOFs Coordinators	Graham HODGSON, Janet HODGSON
Social Walks Coordinator	Jean GIESE
Asst. Sunday Walks Secretary	Delwyn C FRANKS
Asst. Social Secretaries	Susan MAUGHAN, Jenny ANDREWES
Equipment Officer	John FRITZE
Newsletter Editor	Merilyn WHIMPEY
Webmaster	Ian MAIR
Assistant Webmaster	Mark A HEATH
Database Administrator	Ian MAIR
Non-walker Visitor Database	Gillian WAINWRIGHT
Social Media Officer	Ian MAIR
Social Media Editors	Mark HEATH, Christina HUGHES
MeetUp Officer	Nigel HOLMES
Mail Pick-up	Mark HEATH, Deborah BISHOP
Finance Reviewers	John BOYD, Richard HANSON
Librarian	Margaret CAMPION
Archives Officer	Ken MACMAHON
Maps Officer	Mark HEATH
First Aid Kits Officer	Jenny ANDREWES
Clubroom Forms Officer	Gillian WAINWRIGHT
Club Emergency Contacts	Jim MARSDEN, Richard G LONG, Delwyn C FRANKS, Mick NOONAN, Ed NEFF, Jopie BODEGRAVEN, Stuart HANHAM, Derrick BROWN, Ian MAIR, David LAING, Susan MCINNES, Margaret CURRY, Richard HANSON
BSAR Coordinator	David LAING
BSAR Members	Derrick BROWN, Gina HOPKINS, Bill METZENTHEN, David LAING, Diane WOODCROFT, Mick NOONAN, Andy ELAM, Roger WYETT
Meet and Greet Officer	Jenny ANDREWES
Wednesday Duty Roster Helpers	Margaret CURRY, Fay DUNN, Susan HAVILAND, Graham HODGSON, Carol SISSON, Susan RALSTON, Cassandra PACE, Mick NOONAN, Wendy FORTINGTON, Carol WARD, Margaret Njeri CORNES, Jamie BRAUN, Mary DALEY, Jopie BODEGRAVEN, Roger WYETT, Margaret CAMPION, Jill ALLEN

Ian Mair, President

BLUE MOUNTAINS EASTER WALK 25–29 MARCH 2016

7:15 on a lovely clear Easter Saturday morning saw our little group of six waiting at Katoomba station, mindful of our leader's firm instruction not to be late for our 7:50 train to Mt Victoria. We had all arrived the evening before in ones and twos by car or plane and train, in time to have dinner together at the gracious Art Deco Avalon restaurant, with its dress circle views of the valley and the mountains beyond. After a bit of a wait, we were floating along on NSW rail, past mist-filled valleys and the impressively refurbished Hydro Majestic hotel.

From Mt Victoria Station we wound our way to Victoria Falls Road, at the end of which we started the walk proper at Victoria Falls Track. A sign indicating that the Grand Canyon Track loop would be closed until August was a bit disappointing, especially for John who had been looking forward to re-living his canyoning experiences there, but in fact the next day we were able to experience some beautiful sections before reaching the barricades.

The steep descent of over 650 metres into the valley gave us spectacular views of the massive escarpments and the layers on layers of misty blue, as well as of the impressive multi-tiered Victoria Falls in a tree fern valley. The idea of a swim in the rock pools was enticing, but that was to be saved up for our lunch spot at a creek crossing further on, where some found a semi private swimming hole while others paddled or dozed on the rocks.

The afternoon took us through the lovely Blue Gum forest, with its tall, very straight and almost luminous trunks. The Grose River being considered unsafe for drinking, we filled up our water bladders from an intersecting creek about 2 kilometres from the Acacia campsite, which we reached with an hour to spare before nightfall.

The campsite was crowded but actually quite spacious and close to the river, with even a kind-of-acceptable toilet. Unfortunately, several campers had lit fires there, despite the clear instructions not to do so.

Fairly soon we were getting ready to turn in for an early night, after Deb had kindly distributed Easter eggs, and with Agajan waxing lyrical about the joys of a (double-malt?) whiskey – whether actual or virtual I wasn't sure, but I hoped it was real because he deserved it.

Sunday was another clear day for our walk along the valley, criss-crossing creeks and the river to the beautiful Beauchamp Falls and the quite steep and the slippery Rodriguez Pass, where we met for the first of many times an unfailingly cheery, well-kitted out young family, the youngest child seeming to be no more than 5 years old, and also a young teenage girl in thongs, firmly connected to boyfriend.

The lower sections of the Grand Canyon seemed to take us into another world of semi-enclosed stillness, clear reflections and the almost fluoro-green of the ferns and mosses.

We then climbed steeply up to the clifftops again and to the dramatic but tourist-filled Evans lookout. Deb suggested an excellent route change along the clifftops, past the aptly named Bridal Veil Falls to Govett's Leap (named after the Bushranger who galloped over the precipice rather than be captured alive) and then back down the valley again, through a very exciting, steep and very scenic route down the dripping, moss- and fern-covered escarpment, taking a trajectory similar to that of a funicular railway. Again we were back at the campsite with an hour of daylight to spare after a very satisfyingly full day.

That night it rained a little, but it was only misty in the morning – for which we were thankful as we got quite hot in the steep walk up to the clifftop to Perry's Lookdown, meeting some trail runners along some of the steeper sections, in training for an event at Mt Buffalo the following weekend.

Judith suggested a fantastic route change and we set off for Pillar Point which offered probably the most extensive and dramatically beautiful views of the whole trip. A plaque there indicated that the Sydney Bushwalking Club had been instrumental in saving this whole area from being tunnelled for coal in the early 1930s.

The pretty, lightly forested Pulpit Rock Track along the ridge and then the Popes Glen track brought us finally to Blackheath Station. There, any stresses which we might have experienced over the past few days paled into insignificance as we all frantically dived into packs for change and struggled with the ticket machine instructions to get our 6 tickets in time for the (hourly) Katoomba train, 6 minutes away.

Our final meal together, before going our different ways the next day, was at the lovely Monte Bello Restaurant which Judith had thoughtfully booked before our walk.

Thanks to my fellow walkers Judith, Carol, John and Deb for their gentle company and of course (despite his suggestions that my pack be relegated to the military museum) to our very skilled and responsible leader, Agajan, for giving us three very full and memorable days of spectacular walking.

Susan Ralston

PACK CARRY – THE NORTHERN PROM 22–25 APRIL

The northern section of Wilsons Prom is mostly designated as a wilderness zone.

The hiking circuit requires a permit, a skills checklist and a limit of six per campsite.

Our group decided to spend three days in April, walking in an anti-clockwise direction, through this zone. We were aware that there had been track marking and clearing over the summer months so only some sections were of concern.

After spending Friday night at the Stockyards camping ground we drove to Five Mile car park to begin the walk. We sat in cars for a good five minutes waiting for the downpour of rain to ease. Fortunately that was the last of the rain for the rest of the trip.

Five Mile campsite is a seemingly endless 18 km walk along a vehicle track. It was scenic but very long. Reaching the beach and campsite we decided to have a late lunch and head for John Suey for the evening. Fresh water was the topic of conversation throughout this trip and fortunately we loaded our packs before heading off.

The steep climb out of Five Mile was rewarded with great views and a steady descent to John Suey.

The campsite was stunning, a peaceful bay with beautiful sand and rocky headlands.

The same could not be said about the sluggish water supply, suitable only for a well salted soup or pasta.

Leaving John Suey we headed up Three Mile beach. It was so lovely to walk in the morning sun along a mostly deserted landscape. A kayaking group were in the distance and it was interesting watching their attempts to launch through the breaking waves.

We soon left the beach and headed inland to cross over to the west coast. Our goal was Chinaman beach for the second evening. Navigation was becoming more considered as the track, at times, was not obvious. Maps, gps, prior knowledge and a touch of old-fashioned geography skills blended beautifully. Fortunately there was potable water here. Mid afternoon saw some of us reading on the beach, watching black swans, soaking hot feet in the lapping water, and one playing native with the friendly fish swimming around his legs. It was a full moon that night and the flat water and quiet was very special.

The following morning we prepared ourselves for the notorious Chinaman's swamp. Known for its ability to confuse the most talented of navigators, the group walked in very focused. What a let-down when we arrived at a dry and waterless clay plan. We combined beautifully to navigate our way to Little Barry campsite for lunch.

The walk out included another 5 km of that tedious vehicle track. The daily distances of 21.5 km, 17 km, and 20.8 km whilst carrying significant kilos of water made that last 5 km a real mental challenge.

Many thanks for Judith for her organisation, to fellow walkers, Deb, Halina, Ian, and Steve who all made such an adventure safe and possible.

Jeanette



Photos by Stephen Ingrouille and/or Ian Mair

GREAT OCEAN WALK JOHANNA TO PRINCETOWN 13–15 MAY 2016

Leader: Jeanette Burnett

Participants: Jill Allen, Deb Bishop, Jenny Andrews, Deb Shand, Di McKinley, Meredith Quick, Steve Ingrouille, Anne Marie Mulder, Kate Lawless

Saturday morning arrived, blue skies with hardly a cloud in sight. Our local Honeycombe hosts, as Princetown Reserve was under water, provided tea or coffee in bed to those who were struggling to cope with the 7 am wake-up call. The original plan was soon back on track. After the photo opportunity, we met Abby at the appointed time for transportation to Johanna to start our walk.

We commenced the walk from Johanna Beach to Ryan's Den. Opting to take the more scenic route, we cut through the farmland before heading down to the isolated beach and sea cliffs of Milanesia. Not all was without incident. The fast rising tide and the large swell took its toll when our intrepid bushies attempted to cheat the rising tide only to be caught by the freak wave and slow reflexes. Score at lunch day 1: Nature 1 bushies 9, one very wet unnamed person spent our lunch break sunning themselves and drying out in the autumn sun. After lunch, we rambled the roller coasters up and down the coast to reach Ryan's Den.

Upon arrival at Ryan's Den we set about the task of establishing our campsites. After much deliberation the premium sites were selected. We gathered in the shelter to prepare our evening meal, to compare equipment, to espouse the merits of Aldi hiking equipment, discuss the quality of various dried food stuffs and to exchange the best methods of cooking whilst on the track.

On Sunday, we all rose at the appointed time, ready for departure at 8 am. Our Flemish camp companion, Eric, was astounded by our punctuality and willingness to follow Jeanette's instructions. We were ready to take on today's challenge, forewarned by the Internet reports stating 'the wildest and probably the most challenging section of the track to walk'.

Off we set, continuing through coastal forests that lead to Cape Volney over to Moonlight Head. The Gables Lookout provided spectacular views of the sea cliffs. We continued along the track through the grove of casuarina trees, arriving at Wreck Beach. We were thwarted by the turning tide and high swell, preventing us from taking the beach walk. We opted to take the safer route through to Devil's Kitchen. From Devils Kitchen we followed a new section of track that hugged the coastal cliffs towards Princetown. We then headed towards the wetlands around Princetown, and the recent rain and flooding was evident. The Honeycombe residence was in sight. Our last hurdle were sections of the track still immersed after the recent flooding. Despite the prompting of our leader most opted to take the soft option to take the 'high ground' by walking around the puddle. Only the intrepid bushies opted to ford the Gellibrand Delta, wading gallantly through the 100 mm to 200 mm deep puddles.

This walk started and finished the same way. We were welcomed back to Princetown, our host, bearing a bottle of sparkling white, a cold glass and a wide grin, greeted us! Most responsible travellers opted for coffee. Some accepted the hospitality ... as only a Melbourne Bushie could!

A big thank you goes out to Jeanette for a well-organised and delightful trip.

Meredith Quick



Photos by Stephen Ingrouille

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

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

Bookings notified to 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.



CROSS-COUNTRY SKIING

REGISTRATION OF INTEREST

DATES 1–31 July 2016
STANDARD Easy/Medium
LEADER Doug Pocock
TRANSPORT Private

One of the joys of winter is to rug up warm, put on cross-country skis and explore the alpine country. Jan and I are proof that you don't have to be an expert to enjoy the experience.

For some years now the Club has not programmed ski trips because of the uncertainty of snow conditions. This is a pity because it has also meant that we have not run introductory trips to enable people to get some basic skills. In the past, Jan and I have used the opportunity of an unexpected snow fall to nick up and have a very pleasant time.

I propose a system whereby members can register an interest so that a list can be drawn up and, if someone wants to organise a trip (with very little notice) then contact can be made and a trip organised. These would be Club trips and members would be covered by Club insurance.

Information required would be:

- Name
- e-mail address
- Address (for car sharing)
- Do you have a car (4wd? Chains?)
- Are you available all week or only weekends?
- Are you a beginner interested in an introduction to skiing?
- Are you experienced and would like to organise a trip?

Doug Pocock

Please note I will be away for some of May and June so you may not get a prompt reply.



NAVIGATION TRAINING

NAVIGATION TRAINING – WERRIBEE GORGE

DATE Saturday 2 July 2016
RETURN TIME By 5 pm
STANDARD Easy/Medium
DISTANCE 5–6 km
ELEVATION 120 m fluctuation
LEADER Roger Wyett

TRANSPORT Car pool from Clubrooms, 8:45 am
AREA Werribee Gorge
MAP REFERENCE Melway Key Map 7 B5
TRANSPORT COSTS (per person) approx. \$15

We will car pool from Club Rooms, departing at 0845 and meeting in the top car park at the entrance to Werribee Gorge at approx 0945. After a short 1.5 km walk we will undertake the theory aspects in a shed (in case of rain) and then a number of group navigation tasks across country to gain experience navigating on a bearing. As well as a few tips and tricks to make navigation easy.

The group will be limited to 6 participants, so all participants will have a chance to navigate in a small group, without any pressure, as this is all about learning. Please bring a compass (borrow one from another Club member) and standard day pack, as we will be away from the cars all day, but likely to be an early finish, as long as no one gets lost!



SUNDAY BUS

OLINDA FOREST TRAIL (DANDENONGS)

DATE Sunday 3 July 2016
RETURN TIME Southbank Boulevard at 6:00 pm
STANDARDS Easy/Medium and Medium
DISTANCES 17 km and 21 km
ELEVATIONS Generally hilly
LEADERS Andrew Francis and Theo Mertzaniadis
TRANSPORT Bus – leaving Southbank Blvd at 8:45 am
AREA Olinda Forest, Dandenong Ranges National Park
MAP REFERENCE Monbulk North 7922-2-N (1:25,000)

Olinda Forest boasts a variety of forest landscapes from clusters of mountain grey gum trees and cool ferny gullies to dry bushland. A lot of the forest area remains relatively isolated and contains much undisturbed native habitat. These are pleasant walks with waterfalls, lyrebirds and good views.

Both walks start at Woolrich Lookout, 500 m, with a splendid vista of the surrounding mountains. There is a steep descent through the RJ Hamer Forest Arboretum (which contains some 150 exotic tree species) into the valley. The lunch spot for both walks will be the Silvan Reservoir, before tackling tracks which are undulating and climb slowly to the Olinda Falls. The medium walk will have steeper climbs and extra distance.

The walks are entirely on tracks and quiet management roads, some of which are steep and can be muddy – make sure

your shoes have good grip! The final steep ascent will reach the finish of both walks at Mt Dandenong Observatory, 633 m, rewarded with views of the Melbourne skyline and coffee.



TOFS WALK

ALTONA WETLANDS AND SEASIDE

DATE	Thursday 7 July 2016
RETURN TIME	3:30 pm Flinders Street Station
STANDARD	Easy
DISTANCE	10 km
ELEVATION	1 small hill
LEADER	Merilyn Whimpey
TRANSPORT	Train
AREA	Altona
MAP REFERENCE	Melway Maps 54, 208, 209

This is my favourite of the TOFs walks I've led, mostly for the abundant birdlife. We start at Westona Station and follow Laverton Creek past the Truganina Explosives Reserve and across a foot and cycle bridge to Truganina Park, climbing to the 100 Steps of Federation Hill, which is the only hill around and offers 360° views. Then we walk along the shoreline to Westona.

From Flinders Street Station platform 10 catch the 9:31 am Williamstown train. You have to change at Newport for the Laverton train, which arrives at Westona Station at 10:10. The next train, 9:51 from Flinders Street, will get you to Westona by 10:30 if all goes well, but will make you late for the 10:30 am start if there are any problems.



SUNDAY CAR POOL

CAPTAIN CREEK – WOMBELANO FALLS

DATE	Sunday 10 July 2016
STANDARD	Easy
DISTANCE	16 km
ELEVATION	390 metres
LEADER	Mark Simpson
TRANSPORT	Carpool – leaving Southbank Blvd at 8:45 am
TRANSPORT COST	\$12.00 (per person)
AREA	Kinglake

This is a pleasant walk for winter through the tall green forests of Kinglake.

From Southbank we drive to Yarra Glen and up the Melba Highway to start our walk at the Wombelano block of Kinglake National Park.

The tracks are easy 4wd, with some short sections of road linking the track.

We follow Blackfish Way beside the creek, to Island Creek picnic area for morning tea then on to a gentle climb up towards Wombelano Falls for lunch. Although the creeks were flowing, the Falls were a little subdued on the preview, after all our dry weather, so perhaps by July they will be flowing with more vigour. Returning along Captains Creek Rd through tall eucalypt and banksia we should reach the cars with plenty of time to stop at Yarra Glen for refreshments on the way home.



WEDNESDAY WALK

CANDLEBARK TRACK – WOMBELANO FALLS.

DATE	Wednesday 13 July 2016
STANDARD	Easy/Medium
RETURN TIME	3.30 pm
DISTANCE	13 km
LEADER	Doug Pocock
TRANSPORT	Private
AREA	Kinglake
MAP	Kinglake National Park – Outdoor Leisure series

The first part of this walk gives some sharp ups and downs, typical of walking on the side slopes of Kinglake plateau. It also includes about 700 metres (100 metres climb) through fairly thick scrub. However, after that the walk is on forestry roads with more gentle ups and downs. We will finish with a visit to Wombelano Falls. There should be a good flow at this time of year.

Meet at the Wombelano car park for a 10:15 start.

Coming from Yarra Glen or St Andrews go to Kinglake. At the roundabout take the Whittlesea Road for 4.5 km and look for signpost to Extons Road (or Drive) on the right. Coming from Whittlesea it is about 5.5 km from Pheasant Creek. Turn left. Follow Extons Rd for 3.7 km then turn right into Captain Creek track. Follow 2.4 km to the car park



SUNDAY BUS

POINT NEPEAN – LONDON BRIDGE

DATE	Sunday 17 July 2016
RETURN TIME	6 pm to city
STANDARDS	Easy and Easy/Medium
DISTANCES	14 km and 17 km
ELEVATIONS	60 m
LEADERS	Del Franks and Deb Shand
TRANSPORT	Bus – leaving Southbank Blvd at 8:45 am
AREA	Point Nepean National Park
MAP REFERENCE	Park Map, Melway 166, 167

Point Nepean is one of Victoria's most beautiful natural landscapes. Its rich history has played an important role in shaping the early settlement, quarantine and defence of Victoria. The park is 560 hectares and located at the very tip of the Mornington Peninsula, with outstanding coastal scenery and panoramic views of Bass Strait, the Rip and Port Phillip. Visitors can explore the military forts and tunnels, discover the historic Quarantine Station, view the memorial where Prime Minister Harold Holt went missing and enjoy the diverse coastal environment.

The area has a rich history extending back to the large Quarantine Station (established in 1852 and recently opened to the public) and Fort Nepean (dating back to the 1880's) with well preserved fortifications and gun emplacements.

If you have not been there before this is a 'must do' for the scenery and history. If you have been then the great views and new opened areas are worth a return visit. The walk is graded based on the distances with no obstacles of significance and is particularly suited to visitors and new members as well as those who want to stretch out. It's often warm, often cold, always windy and there is no water available inside the park so come prepared for all weathers and an interesting day out.



MOFS WALK

FINNS RESERVE – WESTERFOLDS PARK –
CANDLEBARK PARK

DATE	Monday 18 July 2016
RETURN TIME	3 pm
STANDARD	Easy
DISTANCE	11 km
ELEVATION	Negligible
LEADER	Graham Hodgson
TRANSPORTE	Private
AREA	Westerfolds Park – Templestowe
MAP REFERENCE	Melway Map 33

A pleasant walk following bush tracks along the banks of the Yarra with occasional walking on the bike paths.

The walk starts at Finns Reserve where we will do a loop around the reserve taking in some interesting facts about the early settlers and buildings that used to be in the park.

We will then walk east and over the Yarra suspension bridge following the bike path for a short distance before following a track around the banks of the river and eventually arriving at Westerfolds Park. We will continue to follow the river until we briefly enter Candlebark Park where some suitable lunch spots can be found.

After lunch we will retrace our steps back into Westerfolds and do a pretty little nature walk before returning to the cars. A very imaginative children’s (and adult) playground and gardens are situated near the cars and we will spend some time exploring it and having fun with some of the activities. Come on we are all young at heart.

Meet at the lower carpark (northern end) of Duncan Street. Melway map 33 B4 at 10:30 am.



LODGE

CHRISTMAS IN JULY IN KILCUNDA (mid week)

DATE	Tuesday 19 to Thursday 21 July 2016
CHECK IN/OUT	Times to be confirmed
STANDARD	Easy/Medium
DISTANCE	12–16 km
ELEVATION	Coastal tracks – ups and downs
LEADER	Susan Maughan
TRANSPORT	Private
AREA	Kilcunda
MAP REFERENCE	Bass Coast

Part social excursion/part day walk, this themed ‘Christmas in July’ is a handy excuse to leave the winter confines of the city and enjoy the bracing air of the Bass Coast. Although the holiday house is now booked out there is still the possibility of renting a second house in Kilcunda should there be sufficient interest. Or, come down for the Wednesday walk and pub dinner.

Tuesday 19 is settle-in day: think fluffy slippers, pre-dinner drinks and let-your-hair-down for the bring-a-plate Christmas dinner. Of course we’ll have a Santa sack!

Wed 20: exchange said slippers for hiking boots as we set off for our walk (to be determined by the weather and conditions). That evening we’ll head to the local pub for dinner.

Thur 21: I’ll know our check-out time closer to the date. However, if conditions are favourable we might squeeze in a half day’s walk.

Please contact Susan Maughan for all enquiries regarding accommodation options or the walk.



WEDNESDAY WALK

KILCUNDA WALK, JOINT WITH ‘CHRISTMAS IN JULY’

DATE	Wednesday 20 July 2016
STANDARD	Easy/Medium
DISTANCE	12–16 km
ELEVATION	Coastal tracks – ups and downs
LEADER	Susan Maughan
TRANSPORT	Private
AREA	Kilcunda
MAP REFERENCE	Bass Coast

See preview for lodge trip above.



PACK CARRY

WILSONS PROM – REFUGE/SEALERS COVE CIRCUIT

DATE	22–24 July 2016
RETURN TIME	Sunday evening
STANDARD	Easy/Medium
DISTANCE	27 km
ELEVATION	Sea level to 300 m
LEADER	Roger Wyett
TRANSPORT	Car Pool
AREA	Wilson’s Promontory
MAP REFERENCE	Wilson’s Promontory 1:50,000
TRANSPORT COSTS	(per person) Estimated \$30 + camp permit \$12.50 + accommodation

This is an ideal walk for members getting into pack carries, as well as for those that know the beauty of the Prom (even in winter).

I have pre booked a 6-bunk hut for Friday night, as well as the camp site at Refuge Cove, thus \$220 will be shared between the walkers, but at least we will be guaranteed a dry night’s sleep (no snorers please) free from the ever-present wombats at Tidal River. Additional walkers are welcome but you will need to do your own booking.

After a short car shuffle to Mt Oberon car park we will head down the 4WD track to turn off to Waterloo Bay, then up the east coast through Little Waterloo to Refuge Cove for the night.

On the Sunday we will walk on to Sealers Cove, were we will cross the creek, then through the board walk in the flood plains, then climbing up through temperate forest to Windy Ridge and onto Telegraph Saddle.



SATURDAY EXPLORER

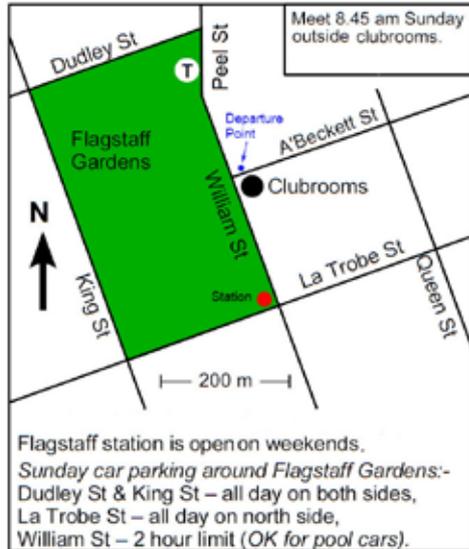
DESTINATION T.B.C.

DATE	Saturday 23 July 2016
STANDARD	Easy/Medium
LEADER	Maureen Hurley
TRANSPORT	Private

See details of this walk in next month’s newsletter and on the web site.

ALTERNATIVE DEPARTURE POINT FOR SUNDAY WALKS OPPOSITE CLUBROOM

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



SOCIAL WALK

PLENTY RIVER, GREENSBOROUGH (TRAIN)

DATE Thursday 28 July 2016
STANDARD Easy
DISTANCE 5 km
ELEVATION Flat
LEADER Jean Giese
TRANSPORT Train
AREA Greensborough
MAP REFERENCE Melway 10 and 20

In 2014 we had two walks exploring the Plenty River. This month we will continue our journey. Starting from the Greensborough Railway Station, we will do a circuit of Poulter Ave Reserve before following the river upstream through Whatmough Park and on to Kalparin Gardens. Next we will explore Parkingtons Flat then head downstream to lunch at the RSL Club, which is near the railway for our return home.

Catch the Eltham/Hurstbridge line train from Flinders Street, platform 1 at 9:39 (Southern Cross, platform 9 at 9:42) to arrive at Greensborough Station at 10:26. Book with leader.



SUNDAY BUS

DYERS CREEK – BUNYIP RIVER (GEMBROOK)

DATE Sunday 31 July 2016
STANDARDS Easy and Easy/Medium
LEADERS Halina Sarbinowski and Marilia Cipolloni
TRANSPORT Bus – leaving Southbank Blvd at 8:45 am

Preview will be available in the next newsletter.



SUNDAY CAR POOL

DAYLESFORD FOREST AND LAKES

DATE Sunday 24 July 2016
RETURN TIME 6:00 pm, clubrooms
STANDARD Easy/Medium
DISTANCE 17 km
LEADER Stuart Hanham
TRANSPORT Carpool – leaving Clubrooms at 8:45 am
AREA Daylesford
MAP REFERENCE Vicmap, 1:25,000 Daylesford and Eganstown
TRANSPORT COSTS (per person) \$18

This very scenic walk will start at the Tipperary Springs Reserve on the western edge of Daylesford and head south-east through native forest, along Sailors Creek to the Central Springs Reserve, and around the northern shore of beautiful Lake Daylesford. It then crosses the Ballan Road, passes through an old gold mining area and joins a dismantled railway line, on the way to lovely Lake Jubilee. We will visit another mineral spring and walk along an impressive avenue of European trees on our way around the lake, before returning through southern Daylesford, to the south side of the main lake, and back up the other bank of Sailors Creek to more mineral springs and the cars. This is an undulating walk with a few potentially muddy sections. People may wish to take a cup to sample the different mineral waters along the way. Afterwards, the plan is to have coffee at the Lake Daylesford Café.

Expressions of Interest:

NORTHERN VIETNAM ADVENTURE TOUR November 2016

- A 20-day tour of Northern Vietnam. Highlights include:
- 9 day trek crossing Mt Fansipan (3143 m), Vietnam's highest mountain, and visiting local villages;
 - 2 day tour of Cuc Phuong National Park where we visit the Primate Rescue Centre;
 - 3 day Halong Bay Cruise staying on a junk;
 - Various day tours in and around Hanoi.

The tour will only be offered to members and limited to 8 participants. As the trek is deemed strenuous I will only accept participants who I am confident will be capable of the trek. We will be leaving Melbourne on either 5th, 6th or 7th November 2016 (dependent on when the cruise is available).

If you are interested and want more details, including estimated cost, please email Halina Sarbinowski.



**CROSS-COUNTRY SKIING: BOGONG HIGH PLAINS
ROVER CHALET – AUGUST 6–9**



The Club is lucky to be able to offer a week’s X-C skiing on the delightful Bogong High Plains. We are able to stay at the Rover Chalet which is a 12 km ski in from Falls Creek and is an excellent base for back country skiing.

The Chalet is comfortable with heating, showers, toilets, laundry and a drying room. Food is by a pre-set menu, all dry food is in the chalet and we only have to carry in fresh food. A voluntary roster is drawn up to ensure all cooking, cleaning, wood chopping, bread-making etc. is done with minimum fuss to allow full days skiing. The chalet is warm so light weight sleeping bags can be taken in. Normal skiing clothes and a change for in the chalet are required but laundry facilities means that packs can be kept light for the ski in.

Depending on the weather (at this stage sunny days and good snow is forecast) we take lunch and have trips out to many parts of the Plains with generally an easy option and a longer, harder option. Favourite destinations include Mt. Jim, Rocky Knobs, Mt. Cope, Fitzgeralds Hut, Mt. Nelse, and High Plains Creek Waterfall.

The cost for the week is \$425 and this covers the week at the chalet, return bus trip from Mt Beauty to Falls Creek and sleeping accommodation on Friday night.

Doug Pocock

MEMBERSHIP RENEWAL SLIP

Payment to the Treasurer, together with completed form by one of the following methods:

- Cash or cheque on Club night (cheques payable to Melbourne Bushwalkers Inc.)
- Cheque and Renewal Slip posted to Treasurer, Melbourne Bushwalkers Inc, P.O. Box 1751, Melbourne 3001
- EFT to the Club account. (Account Name: Melbourne Bushwalkers, A/c No. 0058-46013, BSB: 013-006).

Please ensure your full name and ‘SUBS’ appear on the transfer.

Fees:	Single member: \$45*	Concession: \$34* (Proof required**)
<i>(Please circle your membership category)</i>	Couple/Family: \$72*	Concession: \$50* (Proof required**)
	News Only Subscribers: \$27.50	

Notes:

- * Members who currently receive their copies of ‘NEWS’ via postal mail should add \$17.50 to continue. No new hard copy subscriptions will be accepted.
- ** Concession membership applies to those who hold an Australian Government concession card, not a Seniors Card only.

Name:		Year of birth (optional)
Name:		Year of birth (optional)
(Note: Year of birth is used only for statistical purposes and not published in any lists.)		
<i>Fill in Address, Telephone number(s) and email address only if changed since last renewal:</i>		
Street Address:	YES / NO	<i>Indicate left if you agree details can be displayed to other members in the Members’ Secure Login Area (Default in Bold)</i>
Suburb & Postcode:	YES / NO	
Tel: [H] [W] Mobile	YES / NO	
Email:	YES / NO	
Emergency Contact:Tel: [H][M][W]	YES / NO	

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!

July 2016				
1-31	SKI: X-C Skiing: Registration of interest	Pvt	E/M	Doug Pocock
Sat 2	TRG: Navigation Training – Werribee Gorge	Pvt	Easy	Roger Wyett
Sun 3	DAY: Olinda Forest Trail (Dandenongs)	Bus	E/M&M	Andrew Francis & Theo Mertzandis
Thu 7	TOF: Altona Wetlands and seaside	Pvt	Easy	Marilyn Whimpey
Sun 10	DAY: Captain Creek – Wombelano Falls	Car	Easy	Mark Simpson
Wed 13	DAY: Kinglake area	Pvt	E/M	Doug Pocock
Sun 17	DAY: Point Nepean – London Bridge	Bus	E&E/M	Del Franks & Deb Shand
Mon 18	MOF: Finns Reserve – Westerfolds Park	Pvt	Easy	Graham Hodgson
19-21	LOD: Lodge: Christmas in July in Kilcunda (mid wk)	Pvt	E/M	Susan Maughan
Wed 20	DAY: Kilcunda walk, joint with ‘Christmas in July’	Pvt	E/M	Susan Maughan
22-24	PC : Wilsons Prom Beginners Circuit: W’loo–Refuge–Sealers	Pvt	E/M	Roger Wyett
Sat 23	DAY: Saturday Explorer: destination t.b.c.	Pvt	E/M	Maureen Hurley
Sun 24	DAY: Daylesford Forest and Lakes (ALT DEPT)	Car	E/M	Stuart Hanham
Thu 28	SOC: Plenty River, Greensborough (train)	Pvt	Easy	Jean Giese
Sun 31	DAY: Dyers Creek – Bunyip River (Gembrook)	Bus	E/M&M	Halina Sarbinowski & Marilia Cipolloni

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