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THE NEWS OF THE Melbourne Bushwalkers Inc.

ABN 14 396 912 508

September 2018

CHANGE OF SUNDAY WALKS DEPARTURE LOCATION FROM 22ND JULY

Due to redevelopment works in Southbank Boulevard the departure point for all Sunday walks (bus and carpool) commencing on or after Sunday 22nd July will depart from the Alternate Departure Point (Cnr. Abeckett Street and William Street) adjacent to the clubrooms.

Visit the location map on the website for more details on public transport and parking options.

https://mbw.org.au/MBW_club_locn.php

Details of the redevelopment plans for the area can be found here:

<https://www.melbourne.vic.gov.au/building-and-development/shaping-the-city/city-projects/southbank-boulevard/Pages/transforming-southbank-boulevard-dodds-street.aspx>

SAVE THE DATE

THE MUCH-ANTICIPATED MBW AUCTION RETURNS!

26TH SEPT 26TH SEPT

BUY!!

Time to upgrade to Nordic poles?



You, too, can be the owner of a trendy daypack



SELL!

One lucky Bushie might be the new owner of your old boots



Here is your chance to sell your old tent



By popular demand, your auctioneer for the night is

GRAHAM HODGSON

Due date for contributions (including November previews) to October News: 21 September

MEMBER OF



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 3 September 2018

NEW MEMBERS

We welcome the following new members:

Maria Cahill
Jane Clark
Bronwyn Rees
Sharon Thomas
Linda Wang

This drawing was seen at the back of a toilet door in the Bogong Rover Chalet during our ski week 11–18 August. Remind you of anyone in the Club?



Other pictures from the ski week below.



Dinner time at the Bogong Rover Chalet



Macnamara's Hut
Photos by Bill Metzenthien

GUEST COLUMN – SEPTEMBER 2018 SMALL CHANGES CAN MAKE A BIG IMPACT



Sea levels are increasing. Glaciers are retreating. Temperatures are rising. The effects of elevated greenhouse gas emissions can be seen and felt around the world. Mother earth is certainly sending more and more invoices in form of extreme weather events. Against a backdrop of climate change attracting daily prominence in the news it's hard not to feel overwhelmed with the urgency of change and what we can do as individuals, community and the wider society to make sure we look after our planet.

Small everyday changes to your lifestyle can go a long way. There are many tangible actions you can take that have a genuine impact on the wider problem. By being conscientious in your consumption habits, actively pursuing more sustainable alternatives and using your money for good, you can contribute to the bigger effort to make the world a cleaner, greener place. I focus in this article on plastic, food waste, apparel industry. Each topic in itself deserves a lengthy discussion limited by space and time. Read this as a first instruction and a reminder to find out more.

Beat the plastic pollution

Plastic waste has attracted a lot of attention in the past year. From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. Plastics production goes back as early as the 1800's. Without knowing the environmental repercussions at that time, the invention of plastic was considered a breakthrough. Plastic products soon became present in our daily lives. And now, plastics and plastic packaging are an incredibly important part of the global economy. Plastic production has increased significantly over the past 50 years, from 15 million tonnes produced in 1964, to 311 million tonnes produced in 2014. That's a 2000% increase over 50 years. And this is expected to double again over the next 20 years if we continue consuming plastics as we currently do. The production of plastics draws on fossil feedstock (or crude oil), with a significant carbon impact that will become even more significant with the projected surge in consumption.

So here is a safe, easy introduction into the world of cutting down on plastic waste:

- Go refillable not just when bushwalking but also in your day to day life.
- Use a reusable bag when you shop (whatever bag type you use, use it as many times as possible; choose bags made from recyclable materials; never allow a bag to become litter – recycle, reuse and repurpose your bag).
- End littering. Properly dispose of your own trash and pick up litter when you can – aim for 3 pieces on your next bushwalk.
- Invest in a reusable coffee cup and use it when you meet your MWB hiking friends on your next Sunday walk.
- And last skip the straw.

Reduce food waste

Globally, the impacts of food waste are astounding. But what does food waste have to do with climate change?

Basically, rotting food produces methane, a potent greenhouse gas. By sending this food waste to landfill, Australians are generating methane equivalent to around 6.8 million tonnes of carbon dioxide. On top of that, the needless production, harvesting, transporting, and packaging of that wasted food, all generates greenhouse gases too. Let's also not forget the amount of water used in the production of food which is, considering the water scarcity we see in Australia but also ashore, something we should keep in mind at all times.

So what can you do?

(continued on page 4)

SMALL CHANGES CAN MAKE A BIG IMPACT (continued from page 3)

- Check the fridge before you shop and only buy what you need.
- Plan your meals. It saves time, money and reduces food waste.
- Check date labels and know the difference between:
 - 'Use by' – food has to go.
 - 'Best before' – food is at its best and can be eaten after this date as long as it has been stored correctly.
 - 'Display until' – a stock control message for retailers.
- Use leftovers and be creative with your next meal.
- Ask for smaller portions or a 'family bag' when eating out.

Environmental footprint of your gear.

The face of pollution is not limited to fossil fuels or raw sewage in our waterways. The fast fashion we buy each season is creating a negative impact on our planet. Mass-produced 'fast fashion' is hugely wasteful. However, sustainably made clothes are usually more expensive than fast fashion but, besides ending up in op-shops and second-hand clothing stores, treating each purchase as an investment both in quality and the environment is a great place to start. A growing number of brands are innovating towards sustainable solutions and encourage consumers to do the same, also in the outdoor gear section. Sure, the low price points associated with fast fashion and hiking gear can be tempting but the overall price of it is wreaking havoc on our world, in more ways than one.

Let's think briefly about water consumption and carbon footprint of the fast fashion. It takes 2,700 litres of water to make one cotton shirt; enough water for one person to drink for 2½ years. The carbon footprint of a garment largely depends on the material. While synthetic fibres like polyester have less impact on water and land than grown materials like cotton, they emit more greenhouse gases per kilogram.

In addition, water pollution goes hand in hand with apparel production. Beyond a garment's vibrant print, statement embellishments and glistening finish lies countless toxic chemicals. After agriculture, textile dyeing is the world's second biggest polluter of clean water. And let's not forget also the human aspect here. The Global Slavery Index's 2018 report states that \$127.7 billion worth of garments at risk of including modern slavery in their supply chain are imported annually by G20 countries, a group of nations which account for 80 percent of world trade.

So what can you do to shop more ethically?

- Invest in environmentally friendly materials.
- Shop at op shops and markets – one person's trash is another person's treasure after all.
- Recycle, repurpose and buy garments on buy/swap/sell websites (the next MBW auction is in September)
- Make do and mend or turn your old clothes into something new by altering them.
- Shop sustainable brands!
- Shop sparingly and be conscious. Take care of it and cherish it. Each garment has had this journey.

Living a more planet-friendly lifestyle is similar to planting seeds. Often times you start off with something really small but the more you plant, the more impressive your garden is. Let's all plant our first seed today! This is our only planet.

Susanne Etti

Passionate about our planet and living a low carbon lifestyle



Photos taken by Ian Mair on the Ventnor-Rhyll walk, Sunday 8 April 2018.

THE MBW HALF-YEAR CHECKUP ACTIVITY STATISTICS – JANUARY TO JUNE COMPARISON

	2017			2018		
	Trips	Average Nos	Average Visitors	Trips	Average Nos	Average Visitors
DAY WALKS						
MOFs	6	11.0	1.8	4	11.3	0.7
TOFs	6	15.3	1.2	6	12.5	1.2
Sat/Dande Explorer	4	12.5	1.8	4	9.0	0.5
Sunday bus	13	50.8	17.1	13	47.7	11.0
Sunday carpool	12	16.9	3.5	11	16.1	2.8
Wednesday	10	10.7	0.9	11	8.7	1.0
Social walks	6	10.7	1.5	6	5.3	0.2
OTHER ACTIVITIES						
Conservation	2	2.5	0.5	3	2.5	0
Navigation training	1	10.0	3.0	2	8.0	0
Track maintenance	2	2.5	0	7	2.0	0
Base camp	5	14.8	2.4	7	13.5	1.8
Lodge	1	22.0	3.0	1	10.0	1
Pack carry	11	14.4	2.3	13	10.1	1.6
Cycling	6	4.8	0.5	4	6.3	0.5

* Average attendance & visitor numbers exclude trips where figures not provided.

* Cancellations in 2018: High temperature – SUN CAR x 1, NAV. TRAIN. x 1; bad weather – PC x 2; low numbers – MOFs x 2, PC x 2 & CYC x 1.

Highest Attendances – January to June 2018

MOFs: Feb 19 **Birdsland, Belgrave Heights** 16 (1 visitor)

TOFs: Feb 01 **Wandin – Mt. Evelyn** 18 (2)

Saturday/Dandenongs Explorer: Apr 28 **Seaford** 10 (1), **Upper Ferntree Gully** 10 (1) & Jun 23 **Ferny Creek** 10 (0)

Sunday bus: Jan 07 **Lake Mountain** 61 (16) # #

Sunday carpool: Jun 10 **Mt. Little Joe** 25 (0)

Wednesday: Apr 11 **Lower Lerderderg Gorge** 13 (4)

Social walks: Jan 25 **Gardiners Creek** 9 (0)

Navigation training: Feb 10 **GPS** 11 (0)

Base camp: Jun 08 **Beechworth** 17 (2)

Lodge: May 11 **Tidal River** 10 (1)

Pack carry: May 04 **Barmah National Park** 15 (2)

Cycling: Feb 17 **Malvern East – Ruffey Lake** 8 (2)

Special Mentions

Beginners' Pack Carries

Jun 23 **Brisbane Ranges** 8 (3)

Interstate Pack Carries

Mar 03 **Tarkine** (N-W Tasmania) 8 (0)

Off-Shore Base Camps

Feb 09 **Deal Island** (Tasmania) 12 (2), Feb 16 **Deal Isl.** 12 (2) & Apr 29 **Maria Isl.** (Tas.) 15 (2)

(continued on page 6)

Noticeboard

THE MBW HALF-YEAR CHECK-UP *(continued from page 5)*

Overseas Base Camps

Mar 09 **Great Barrier Isl.** (northern NZ) 16 (0)

Canoeing (comeback)

Mar 29 **Glenelg River** 12 (1)

Training Presentation

Jun 06 **Equipment demonstration for multi-day walks** 7 (0)

Leaders' Training

Jan 07 **Critical Incident Management** (Unit 7) 11

After a strong first half year in 2017, most average attendances have fallen slightly, this year. This is partly due to 6 more cancellations, than for the same period last year. However, it's pleasing to see an increase in the number of Base Camps, Pack Carries and Track Maintenance events. Cycling attendances are also up. Our Activity Coordinators and many leaders have continued to deliver an interesting and varied program. With a recent increase in Club membership and several potential leaders in training, the second half of 2018 and beyond, looks bright.

Stuart Hanham
(General Walks Secretary)

Social Event

Wednesday 31 October, 8 pm

**NOTE VENUE: MISSION TO SEAFARERS, 717 FLINDERS STREET CITY
NORWAY – A WALKERS' WONDERLAND**



Norway may seem like a long way to travel to go walking but the landscape and friendliness of the people make it very worth the effort. Walking in Norway takes you through a dramatic landscape that's begging to be explored on foot, whether it's a short stroll, a rocky scramble or a long-distance trek. You pass through snow topped mountain ranges, into dense forests, down alpine valleys and beside deep blue lakes.

Norway's hiking hotspots are less crowded than some similar areas in other countries, and away from these popular areas you can find stretches of serene, unspoilt landscapes where it's possible to walk for hours without seeing another soul. A network of rustic mountain huts, plush guesthouses or camping in the wild, and world-class transport infrastructure, make it a wonderland for walkers.

Join Ian and Halina as they take you on a magical tour of their recent walking adventures in the Rondane and Jotunheimen National Parks.

Wine and Cheese also available.





Bushwalking Victoria

Bushwalking Tracks and Conservation

We need more Volunteers please!

Area: Great Otway National Park - Lorne area

Date: Thursday, 13 September - Sunday, 16 September 2018 (if you can only help one or two days, that will be much appreciated too).

Campsite: [Big Hill Campground, 1265 Deans Marsh-Lorne Road, Benwerrin](#)

Number of volunteers needed: 15-20



When:	13- 16 September
Where:	Clearing Tracks around Lorne.
Skills needed:	Chain sawing, Brush cutting, General gardening
Transport:	Your own to camp site.
Accommodation:	Your tents beside cars.
We'll provide:	BBQ, Drop Toilet, Fire Places.
Please bring:	Camping gear & food & water.
Scope of work:	General track clearing.
Meeting time:	9.00 am at the campsite each day.
Finish time:	Afternoon.
Travel time:	130km (1.40H) from Melbourne.

[To register your interest:](#)

**Please contact David Miller on 0417 565 919 or
e-mail projects@bushwalkingvictoria.org.au for more details.**

BLACK RANGES PACK CARRY, 27TH TO 29TH JULY, 2018



The location for the Friday night campsite was on the Glenelg River at the Cherrypool Highway Park, just off the Henty Highway and opposite the Black Ranges. Due to recent heavy rainfall the area was a bit wet, but suitable campsites were found and an enjoyable evening was had around a campfire, watching and listening to the pelicans along with various creatures splashing about in the river.

After a car shuffle on Saturday morning, the walk commenced at the intersection of Rees Road and the Black Ranges track. Nine intrepid walkers headed off track through some light scrub with a rocky outcrop in sight. The weather was kind with sunshine and a very light wind. At the top of the first high rocky outcrop, the first of many great views of the Arapiles, Grampians and other landmarks were seen. This was followed by much rock hopping. Descending the ridge and then sidling across another ridge had us heading towards the next destination of the Mudadgadjiin Shelter and picnic area. After lunch in a very pleasant picnic area basking in the glorious sunshine, we collected water from the tank for the overnight campsite. Viewing the ancient Aboriginal art above the picnic area at the shelter, we then headed towards the hard part of the walk. After crossing a flattish scrub area we headed up alongside the escarpment, ever slowly climbing upwards. This track was marked with cairns and quite easy to follow. Before long the group was chanting the catch cry of 'where's the next cairn'. The views can only be described as magnificent as the narrow track, close to very steep cliffs in many parts, wound its way along the escarpment to our destination campsite. Five multi-coloured goats were spotted whilst selecting suitable campsites. Were these mountain goats? No, that was us! Wedge tailed eagles entertained with their antics provoking discussion as to who was winning the territorial battle for supremacy.

Rock climbing skills were put to the test to climb a rocky tor to check out the massive cairn at the top. Needless to say, the view from up there was awesome. The Grampians including Mt Zero, as identified by one of our knowledgeable group, Rocklands Reservoir and many other features were seen.

Up high, but in a fairly protected area, camp was set up amongst the smaller trees and in between the substantial rock slabs near the massive summit cairn. As the sun set, the temperature dropped quite significantly and all retired for an early night. The wind picked up and several showers made sure that skills with tent pitching on rock slabs and under small trees were tested.

All remained dry and an early start with light rain had the group following the cairns along the escarpment, albeit the track not as close for this section, which made for very pleasant walking. Views were limited for the first hour as a heavy mist covered the valley below. Care was taken following the rain with the slippery rocks of which there was no shortage. The next destination was the Muirfoot Track and, after descending from the escarpment, this was soon reached through an area that had been affected by a bushfire four years ago. Wildflowers were emerging all through this section and indeed spring is nearly here. The next waypoint was Wild Man Caves and a lunch break. After a visit to Wild Man Caves the heavens opened. The temperature dropped, hail and rain came bucketing down chilling all to the core albeit momentarily. Sunshine appeared as the end of the walk approached. The car shuffle had us all back at the Cherrypool meeting site.

A big thank you to our leader Ian Langford for organising this memorable walk and to fellow walkers Rose, Meredith, Kate, Maria, Di, Allan and Stefan for such great company and a very enjoyable weekend.

Gayle

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.

**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.



LEADERS John Fritze and Carol Ward
TRANSPORT Bus – leaving cnr A'Beckett and William Streets (opposite clubrooms) at 8:45 am
MAP REFERENCE Meridian 1:50,000 Wombat State Forest Touring

These walks, in the goldfields country south of Daylesford, form the last leg of the Wallaby Track, which is part of the Great Dividing Trail. Both walks follow the same route, with an extra 4 km added to the start of the Medium walk. The walks are along pleasant bushland trails through the Wombat State Forrest and Hepburn Regional Park. The gradings are based on the distance covered rather than difficulty, as there are no major climbs.



TOFS WALK

BALCOMBE CREEK AND THE BRIARS
DATE Thursday 4 October 2018
STANDARD Easy
DISTANCE 10 km approximately
TOTAL ASCENT A bit of a hill
LEADER Bill Metzenthen
TRANSPORT Private
ACTIVITY AREA Mt Martha
MAP REFERENCE Melway maps 144, 145, 151

Meet at the car park at the corner of Watsons Rd and Mirang Ave (Melway 144 J12) by 10:30 am ready to leave one or two cars here and drive a short distance to The Briars park.

At The Briars we'll do a woodland and wetland walk. We'll also look at the visitors' centre, the historic homestead, a vineyard, bird hides and all sorts of interesting things. We might see koalas and kangaroos, as well as many types of birds.

We'll finish by following the Balcombe Creek Walkway back to the car/s left at Watson Road.



PACK CARRY

MT BUFFALO BIG WALK
DATE Friday 5 to Sunday 7 October 2018
STANDARD Medium
DISTANCE 30 km including 5 km side trip
LEADER Ian Mair
TRANSPORT Private



SUNDAY BUS

WOMBAT STATION – SAILORS FALLS – TWIN BRIDGES
 (PLEASE NOTE: ALTERNATIVE DEPARTURE POINT)

DATE Sunday 23 September 2018
RETURN TIME 6:30 pm to city
STANDARDS Easy Medium and Medium
DISTANCES 16 km and 20 km
TOTAL ASCENTS No major climbs

ACTIVITY AREA Mount Buffalo National Park
MAP REFERENCE Parks Victoria Park Note: Mount Buffalo National Park

Mount Buffalo provides a blend of spectacular views with a challenging but manageable walk in one of Victoria's most picturesque areas. We will walk from Eurobin Creek Picnic Area at the base of Mount Buffalo to Lake Catani at the top and return, camping Saturday night at Lake Catani.

The Big Walk is a great way to ascend Mount Buffalo at your own pace. The Big Walk is 11.3 km (or 16 km with a side trip to Rollasons Falls which we will do on either the up or the down leg), quite steep and takes about 4-5 hours one way from Eurobin Creek Picnic Area to the Gorge Day Visitor Area. It is a relatively flat further 2 km to Lake Catani camping area. Hikers pass through several vegetation zones as the altitude increases, while enjoying spectacular views of the Australian Alps and The Gorge from numerous lookouts.

Numbers are limited due to restricted campsites at Lake Catani. Let me know quickly if you are interested. Hikers need to be reasonably fit and have strong footwear as The Big Walk ascends over 1000 metres in only 9 kilometres!



SUNDAY CAR POOL

SPRING CREEK, BRISBANE RANGES NATIONAL PARK
 (PLEASE NOTE: ALTERNATIVE DEPARTURE POINT)

DATE Sunday 7 October 2018
STANDARD Medium
DISTANCE 13 km
TOTAL ASCENT 420 m with total climbing 215 m
LEADER Richard Long
TRANSPORT Carpool – leaving cnr A'Beckett and William Streets (opposite clubrooms) at 8:45 am
TRANSPORT COST Approximately \$15 per person
ACTIVITY AREA Brisbane Ranges National Park
MAP REFERENCE ES Map p 673 1:50,000; Meridian Maps Brisbane Ranges 1:30,000

This walk entails a steep descent into Spring Creek and a steep ascent out but both are short. About half our walk is along firetrail tracks, somewhat overgrown. At this time of year orchids will be flowering, particularly near Reids Road. As we walk towards the valley occasional glimpses of the CBD can be seen, also to the north west the Glenmore Wind Farm. After crossing Spring Creek valley we walk along clifftops which form the edge of a lava plain. There is no proper track as we follow a farmland boundary fence to our right. There are good views towards the National Park. Eventually we join a good track which crosses Spring Creek via a concrete bridge near the valley head.



WEDNESDAY WALK

SMITHS GULLY

DATE Wednesday 10 October 2018
RETURN TIME 3:15 pm back to cars
STANDARD Easy Medium
DISTANCE 13 km
ELEVATION Minimal
LEADER Margaret Curry
TRANSPORT Private
ACTIVITY AREA Smiths Gully/St Andrews
MAP REFERENCE Melway maps 264, 265, 394 and 395

In 1854 gold was discovered in what is now known as Smiths Gully. Our walk follows a heritage trail along Smiths Gully

Creek to St Andrews through the Old Caledonia Gully alluvial gold diggings. Interpretative signs provide information on the mining days. Leaving this trail we walk through beautiful farming countryside and the Warrandyte Kinglake Nature Conservation Reserve. Many wallabies and kangaroos in the area. Easy walking with a few hills. Time to explore nearby Queenstown cemetery which dates to the mid 1880's and also for a coffee at the Smiths Gully general store.

Meet at the Peter Franke Reserve (Melway map 264 H3) at 10:00am for a departure by 10:15am. For information and bookings contact Margaret.



BASE CAMP

PHILLIP ISLAND

DATE Friday 12 to Sunday 14 October 2018
RETURN TIME Return to city by 6:00 pm
STANDARD Easy
DISTANCE 10-12 km each day
LEADER Meredith Quick
TRANSPORT Private
ACTIVITY AREA South Eastern Victoria – Phillip Island

On the Saturday we will walk Cape Woolamai and the Pinnacles with spectacular views of Phillip Island and the surrounding coastline. Cape Woolamai is the highest point on Phillip Island and is also the largest shearwater rookery. Between October and April this area is home to thousands of shearwaters so there is something for the birders! For those that want to continue walking we will have an option to explore more of the island with an additional walk at the Nobbies to see if we can find some penguins or seals at home.

Sunday sees us returning to the mainland to walk the popular George Bass Coastal Walk. This walk is a cliff top walk that stretches from the outskirts of San Remo at Punchbowl Road, to the Bass Highway in Kilcunda. Once at Kilcunda we will take some time to inspect Bourne Creek Trestle Bridge, we may even find time to pop into the local pub for light refreshment, prior to our return trip to Punchbowl Road. The walk is approximately (14 km) seven kilometres long and takes an average of 2 hours to walk one way. With a car shuffle some may opt to walk one way only, whilst still taking in the highlights!

The number participation is limited to 12 people. We will be staying at the Woolamai Family Retreat: 13 Pinedale Avenue Cape Woolamai. The accommodation cost is \$60 per person for the two nights (assuming all 12 places are taken). Beds will be allocated on a first in basis, please note there are 3 queen beds, so it may necessitate some of us sharing.

- The room configuration is
- Master bedroom: 1 queen size bed.
 - 2nd bedroom: 1 queen size bed.
 - 3rd bedroom: 2 sets of single bunk beds (4 single beds in total).
 - 4th bedroom (detached studio): queen bed & bunks.
- Linen is not included and you will need to provide the following items: top & bottom bed sheets (or sleeping bag), pillowcases, towels (bathroom or beach towels) and bathmats. The house details can be viewed at Woolamai Family Retreat.
- For further information and bookings please email Meredith.



PACK CARRY

THE GRAMPIANS: THE FORTRESS/MT THACKERAY

DATE 12–14 October 2018
RETURN TIME 9 pm 14 October
STANDARD Medium, experienced walkers only.
 If I have not walked with you previously please supply details of person who can vouch for you.
DISTANCE Day 1 14.2 km, Day 2 15.8 km
TOTAL ASCENT Day 1: 560 m, Day 2 860 m
LEADER Claire Luxford
TRANSPORT Private
ACTIVITY AREA Grampians
MAP REFERENCE Southern Grampians, Spatial Vision Guide

Camp site for Friday night yet to be decided.
 This is wildflower season, expect all your senses to be delighted.

Wilderness walk, commence with a visit to the Manja Aboriginal rock art shelter just off Harrop Track. We will visit the rugged Fortress and remote Mt Thackeray. Captivating views assured throughout the day. Camp high on Victoria Range Saturday night.

Saturday: commence walking from Harrop Track Carpark destination Mt Thackeray Hiker Campsite. Walk through banksia and heathland forest. Walking on track, spectacular views assured of Fortress and surrounding mountainous terrain. The Fortress is an impressive peak with sharply tilted, stratified cliff-lines ramparts. It is the high point of the remote central Victoria Range wilderness area. Expect to see peculiarly sculpted sandstone formations. Jagged rock formations are numerous, along with giant chimney stacks, caves, cliffs, ravines, overhangs and heavily eroded protrusions. We will explore many ravines and lookout platforms. Excellent views of deep creek valley assured.

Side trips to Fortress and Mt Thackeray.

Sunday: 16km. Begin with walk to Mt Thackeray, 2.7km side trip. Continue walking on Victoria Range through really rocky country. Great views and wildflowers.

Arrive back at cars at about 3:30pm
 Back in Melbourne 8–9 pm.



SUNDAY BUS

GEORGE BASS COASTAL TRAIL

(PLEASE NOTE: ALTERNATIVE DEPARTURE POINT)

DATE Sunday 14 October 2018
STANDARDS Easy and Easy/Medium
LEADERS Jenny Andrewes and Stephanie Nortier
TRANSPORT Bus – leaving cnr A'Beckett and William Streets (opposite clubrooms) at 8:45 am

For details of this walk please contact the leaders.



FEDERATION WALKS 2018

MORNINGTON PENINSULA

DATE Saturday 20 October 2018
STANDARD Various
DISTANCE Various
LEADER John Terrell (MBW contact)
TRANSPORT Private

ACTIVITY AREA Mornington Peninsula
MAP REFERENCE Melway map 161 G3
WALK COSTS \$20 per person

The annual Federation walks event brings together members from all Victorian bushwalking clubs for a day of varied walks and good company. Federation Walks 2018 is coordinated by Bushwalking Victoria with participation from numerous clubs and will be held on a single Saturday on the picturesque Mornington Peninsula with the Elgee Park Winery in Merricks North as the gathering place. There will be 16 walks with different gradings on offer including a family-friendly walk in Coolart – so gather your kids and grandchildren!

A maximum number of 10–18 people can participate in a walk depending on the walk grading. For the family-friendly walks, each family can have up to 6 participants with a maximum of 19 families per walk. The family walk will be offered twice on the day, one mid-morning and one mid-afternoon.

BOOKINGS ARE COMPULSORY AND CLOSE ON MONDAY 1st OCTOBER. Some walks are already partly booked out so early booking is encouraged.

Refreshments will be available all day, afternoon tea is provided and you can also book for dinner.

For full details and bookings go to <https://bushwalkingvictoria.org.au/federation-walk-2018-mornington-peninsula>



CYCLING

STRZELECKI RANGES (GIPPSLAND)

DATE Saturday 20 October 2018
START TIME Depart from location in notes below at 9:30 am
RETURN TIME Finish ride 3:30 pm
STANDARD Medium
DISTANCE 65 km
TOTAL ASCENT 800 m or 600 m
LEADER Philip Brown
TRANSPORT Private
ACTIVITY AREA West Gippsland
MAP REFERENCE ridewithgps search Strzelecki and beyond

Meeting place is at the Tetoora Road Hall, 120 km from the city. To get there take M1 Freeway to the C425 Korumburra Warragul Road exit, head south for 14 km. The hall is on your right. Start time 9:30 am.

The ride is a mixture of sealed and unsealed roads. We will see remnants of the Kooweerup to Strzelecki rail line. Green rolling hills in this dairy farming area, sweeping views of the Latrobe Valley, French Island and Western Port Bay.

No coffee on this ride. There is an option of a 5 km car shuffle to reduce the climb by 200 m.

The ride will be at an easy pace so come along and join me for the fresh country air in a beautiful part of the state.

For more information or to book ring or email the leader.



PACK CARRY

LERDERDERG AND OLD RIVER CIRCUIT

DATE Saturday 20 to Sunday 21 October
STANDARD Medium
DISTANCE 21.5 km over 2 days
LEADER Ian Mair
TRANSPORT Private
ACTIVITY AREA Lerderderg State Park
MAP REFERENCE VicMap Diggers Gully 1:30000

The Lerderderg State Park offers some of the best challenging walks within an easy 2 hour drive or less from Melbourne, making it one of the more interesting walk destinations. Dropping down into the Lerderderg River from the surrounding western plains takes you into a different world of rugged rocky spurs, narrow gorges and dense bushland.

The proposed route takes in Bears Head Range, Old River Circuit and a section of the Lerderderg River that allows walkers to experience the diversity of the area. Starting out from Lohs Lane at an easy pace to help loosen, up the route follows several management tracks to skirt around the Ah Koh Gully Reference Area to the top of the Bears Head Range Track. The route will then follow the top of the range, dropping sharply down into the Lerderderg River, at one point traversing a narrow rocky crest near the junction with Old River. A quick paddle to cool the feet and we are ready to pick our way up the Old River between the boulders until we reach the base of the Old River Waterfall for lunch. From the base of the falls it is a scramble up the steep slopes shared by goats to reach a more gentle scrub. We test our navigation skills as we work our way between the trees until we pick up the Hogan Track which leads us back down to the Lerderderg River where we will camp for the night.

On Sunday we will start off with a walk up a section of the Lerderderg River to the start of the Razorback Track. A steep climb back up from the river gets us back onto easier ground to complete the circuit with a bit of off-track walking to avoid the roads.



SUNDAY CAR POOL

TANGLEFOOT WALKING TRACK

(PLEASE NOTE: ALTERNATIVE DEPARTURE POINT)

DATE Sunday 21 October 2018
STANDARD Easy/Medium
LEADER Theo Mertzandis
TRANSPORT Carpool – leaving cnr A’Beckett and William Streets (opposite clubrooms) at 8:45 am

For details of this walk please contact the leader.



MOFS WALK

WOORI-YALLOCK – O’S HANNASSY AQUEDUCT – DEE ROAD

DATE Monday 22 October 2018
 (Please note date changed from 15 Oct.)
RETURN TIME 3 pm
STANDARD Easy
DISTANCE 11 km
TOTAL ASCENT 140 m
LEADER Graham Hodgson
TRANSPORT Private
ACTIVITY AREA Warburton
MAP REFERENCE Melway maps 286–289

This walk was originally programmed in May, but due to illness and overseas travel by a number of the usual walkers there was not enough interest to warrant the trip proceeding.

This is a new walk for MOFS and traverses the western end of the O’Shannassy Aqueduct. The walk is similar to the more familiar Dee Road to Yuonga Road section but it is always interesting trying a different route. The start of the walk is a bit cruel in as much as there is an immediate climb of some 130 m. However, most of the remaining trip is flat apart from a section near Don Road.

The scenery is particularly spectacular, with grand views down into the valley below and the ever present tree ferns and mountain ash. The walk ends with a 1.5 km gradual descent to the Yarra River and the cars.

The walk does entail a car shuffle so please meet at Dee Road just where it crosses over the Yarra at Melway 289 B3 by 10:00 am.

For bookings and further information ring Graham.



SOCIAL WALK

JELLS PARK

DATE Thursday 25 October 2018
RETURN TIME Early afternoon
STANDARD Easy
DISTANCE 5 km
LEADER Eleanor Weekes
TRANSPORT Private
ACTIVITY AREA Wheelers Hill
MAP REFERENCE Melway map 71, K5

Enter JELLS PARK from Waverley Road. Park near Madelines Café. We meet outside the Café at 10:15 am. The walk includes a loop around the lake, and other areas of the park, in an easy and pleasant environment.

We return for lunch at Madeline’s Café, close to our cars. Book with leader.



PACK CARRY

POWER’S LOOKOUT – DRUM TOP (Joint VMTG)

DATE 26–28 October 2018
STANDARD Medium/Hard
DISTANCE 20 km
LEADER Ray Thomas
TRANSPORT Private
ACTIVITY AREA South of Myrree

This walk explores the plateau country between the King River near Cheshunt and 15 Mile Creek south of Myrree.

It traverses a very interesting range of geological features and forest types, including untouched conglomerate cliff areas, entrancing horizontal rock slabs to wander across, spectacular views down into a rugged deep gorge, an open granite plateau at the end of the walk, and a forested creek valley to camp in on the way.

There are fantastic views from both sides of the plateau, and across the open foothill forests

It will be an area I’ve always wanted to explore, and will do some previews to find the easiest, most interesting routes, and the best views!!



SATURDAY WALK

DANDENONGS EXPLORER – KALLISTA AND SHERBROOKE

DATE Saturday 27 October 2018
RETURN TIME 3:00 pm to cars
STANDARD Easy/Medium
DISTANCE 14 km approx.
TOTAL ASCENT 300 metres
LEADER Liz Telford
TRANSPORT Private
ACTIVITY AREA Kallista, Sassafras, Sherbrooke

MAP REFERENCE Melway map 75 K4

I will be leading an easy/medium walk taking in the Sherbrooke Forest, parts of the Sassafras Creek track and a visit to the Alfred Nicholas gardens in the Dandenong Ranges. The walk commences and ends at Grants Picnic Ground. Generally, the walk will be on the easy side of medium, although there is a steep downhill section on a muddy track and a 20 minutes climb. Email bookings are preferred for club members by Thursday 25 October. Visitors should ring me to book in and discuss the walk. The meeting place is Grants Picnic Ground (Melway map 75 K4). Please arrive at 9:45 am to commence walking at 10:00 am.



SUNDAY BUS

LONDON BRIDGE – POINT NEPEAN

(PLEASE NOTE: ALTERNATIVE DEPARTURE POINT)

DATE Sunday 28 October 2018
RETURN TIME 6:00 pm, cnr A'Beckett & William Sts
STANDARDS Easy and Easy/Medium
DISTANCES 14 km and 17 km
TOTAL ASCENTS 60 m rise, both walks
LEADERS Brett Daniel and Susanne Etti
TRANSPORT Bus – leaving cnr A'Beckett and William Streets (opposite clubrooms) at 8:45 am
TRANSPORT COST Standard Sunday bus charge of \$25 applies
ACTIVITY AREA Point Nepean National Park
MAP REFERENCE 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 Bay. Visitors can explore the military forts and tunnels (dating back to 1880's), discover the historic Quarantine station, as well as the memorial where Prime Minister Harold Holt went missing, and enjoy the diverse environment.

If you have not been there before this is a must do for the scenery and history. The walk is graded based on the distance with no obstacles of significance and is particularly suited to visitors. It's often warm, often cold and windy. THERE IS NO WATER AVAILABLE INSIDE THE PARK SO COME PREPARED. Hope to see you on an interesting day out.



WEDNESDAY WALK

MT MACEDON AREA

DATE Wednesday 31 October 2018
RETURN TIME 3:30 pm to cars
STANDARD Easy/Medium
DISTANCE 14 km
TOTAL ASCENT 500 metres
LEADER Fay Dunn
TRANSPORT Private cars
ACTIVITY AREA Macedon
MAP REFERENCE Melway map X909 H10

We start with a steepish climb up to Mt Towrong. After this there are gentle ups and downs, generally on clear tracks, apart from a poorly maintained short section (at time of preview) that requires a bit of a bush bash and log clambering. The walk takes in Sanitarium Lake and The Camels Hump.

Meet at The Trading Post Cafe, 686 Mt Macedon Road, Mt Macedon at 10:00 am where we will leave some cars as there is limited parking space at the start of the walk.



SOCIAL

NORWAY – A WALKERS' WONDERLAND

DATE Wednesday, 31 October, 2018
VENUE Mission to Seafarers, 717 Flinders Street, Docklands
ORGANISER Ian Mair
TRANSPORT Private
START TIME 8:00pm
BOOK WITH Not required

The varied scenery, from popular marked trails and tourist attractions to wild and untamed mythical landscapes, has earned Norway a well-deserved reputation as a major hiking destination in Europe. The Norwegian Trekking Association (DNT) runs more than 550 affordable hiking cabins all over Norway. They are a pleasure to stay in and make Norway's wide-open and unforgiving terrain far more accessible.

In July Ian and Halina did two 6–7 day walks in the Jotunheimen and Rondane National Parks, using Oslo as a base.

RONDANE CLASSIC: This popular hike goes through the heart of Rondane National Park in a few days. From north to south the geology shows how the landscape has been formed by the glaciers throughout history.

JOTUNHEIMEN CLASSIC: One of the more traditional hikes, it visits the heart of Jotunheimen National Park and experiences one of Norway's highest summits, Glittertind at 2465 metres. The scenic walk along the Besseggen ridge is also a part of the route. This is a fantastic experience if your physical abilities are good.

Come along and get a taste of walking in Norway and set your own goals for a visit.



PACK CARRY

RAZOR-VIKING CIRCUIT (Joint VMTC)

DATE 2–6 November 2018
RETURN TIME Late on 6th or some time on 7th
STANDARD Medium/hard
DISTANCE 43 km
LEADER Jopie Bodegraven
TRANSPORT Private
ACTIVITY AREA Alps via Licola
MAP REFERENCE SV Buller–Howitt Alpine Area 1:50,000
FIRE BAN DISTRICT North Eastern
TEMPERATURE REFERENCE SITE Mount Buller

This is an alpine classic with the remote and spectacularly rocky Razor and Viking combined with Mt Speculation and the Crosscut Saw to make a superb but demanding 4 day circuit.

We start at the Howitt Car Park on the Howitt High Plains Road which should have just been opened after its seasonal closure. We will do the circuit as an anticlockwise loop with a serious off track section from near Mac Springs directly down into the wilds of the Wonnangatta River to camp the first night there and then next day also off track up a long spur and over 3 humps including the Viking and South Viking to camp in Viking Saddle. If we have time we may detour along the crest of the Viking. On day 3 we move on to camp at Mt Speculation, with a side trip out along the Razor, hopefully

Previews of walks and activities

all the way to the fabulous North Peak that very few ever get to. Day 4 is back to the cars via the Crosscut Spur.

There is a high probability of fallen trees and bushfire regrowth, even on the tracked sections, so be prepared for some tough stuff. Keep your pack weight down for this trip too and be prepared for foul cold, wet and windy alpine weather, although we hope of course for bright blue skies

After the walk I intend to camp Tuesday night at the Bryce's Gorge carpark and on Wednesday do the Conglomerate Falls – Piemans Falls circuit before driving home in daylight. Anyone who doesn't have to be home for work on Wednesday is welcome to join me.

The recommended Friday night campsite is at the Bennison Plains designated campsite at GR772543. Drive via Licola to Tamboritha Saddle, go another about 3.7 km I think from memory and turn left. After a few hundred metres turn right into a large open area to camp. 100 metres further the road crosses Shaws Creek which has good water and a swimming hole. There's also a loo nearby. We will aim to leave there at 8 am to be at the start walk point by 9 am.

Expressions of Interest

2019

FRIDAY 8 MARCH to SATURDAY 17 MARCH 2019

YES, there is a return trip to Great Barrier Island, North Island, NZ.

This wonderful jewel lies in the outer Hauraki Gulf, 100 kilometres north-east of central Auckland, and it is a trampers' paradise.

IT'S ON AGAIN
THE CLUB TRIP TO GREAT BARRIER ISLAND, NZ!
FRIDAY 8th MARCH- SATURDAY 17th MARCH 2019
susanmaughanoz@hotmail.com

THE ACCOMMODATION

Medlands Backpackers A new DOC hut A little bit of luxury



THE VIEWS



THE CAMARADERIE **THE TRANQUILITY**



TUESDAY 4th JUNE to SATURDAY 22 JUNE 2019

Attention South Sea Island Adventurers!

Come along for the Club's inaugural trip to VANUATU.

Bring a sense of daring, be prepared for not everything going to plan, expect to get your feet wet, and don't forget your camera.

One hour's flight from Port Vila is MALEKULA ISLAND, where will hike the iconic Manbush Trail. This will be a 5 day trip, rather than the usual four, as advertised below. Later we will explore the adjacent outer Maskelyne islands by outrigger.

<http://www.malekula.travel/manbush-trail-tour.html>



EXPRESSION OF INTEREST

VANUATU 4th- 22nd JUNE 2019

INCLUDES A GUIDED FIVE DAY PACK CARRY ON THE MANBUSH TRAIL
(There is the option of using local porters)

AND

A FOUR DAY OUTRIGGER TRIP TO OUTLYING ISLANDS

Susan Maughan
susanmaughanoz@hotmail.com
0478 504 441

Photos courtesy of Grant Dixon Photography

For the itineraries and enquiries contact Susan Maughan.

Bus transport meets at Southbank Boulevard, south side of the Arts Centre, before 8:45 am. After 22 September we will meet the bus at the Alternative Departure Point, corner A'Beckett Street and William Street, adjacent to the Clubrooms. Leader or deputy will be there rain, hail or shine!

October 2018				
Thu 4	TOF: The Briars – Balcombe Creek	Pvt	Easy	Bill Metzenthén
5–7	PC : Mt Buffalo Big Walk	Pvt	Med	Ian Mair
Sun 7	DAY: Spring Creek (ALT DEPT)	Car	Med	Richard Long
Wed 10	DAY: Smiths Gully	Pvt	E/M	Margaret Curry
12–14	BC : Phillip Island	Pvt	Easy	Meredith Quick
12–14	PC : The Fortress – Mt Thackeray	Pvt	Med	Claire Luxford
Sun 14	DAY: George Bass Coastal Trail (ALT DEPT)	Bus	E&E/M	Jenny Andrewes & Stephanie Nortier
Sat 20	DAY: Federation Walks 2018	Pvt	var	John Terrell (Co-ord)
20–21	PC : Lerderderg & Old River Circuit	Pvt	E/M	Ian Mair
Sat 20	CYC: Strzelecki Ranges (Gippsland)	Pvt	Med	Philip Brown
Sun 21	DAY: Tanglefoot Walking Track (ALT DEPT)	Car	E/M	Theo Mertzánidis
Mon 22	MOF: West End O'Shannassy Aqueduct	Pvt	Easy	Graham Hodgson
Thu 25	SOC: Jells Park	Pvt	Easy	Eleanor Weekes
26–28	PC : Power's Lookout – Drum Top (joint VMTC)	Pvt	M/H	Ray Thomas
Sat 27	DAY: Sherbrooke area	Pvt	E/M	Liz Telford
Sun 28	DAY: London Bridge – Point Nepean (ALT DEPT)	Bus	E&E/M	Brett Daniel & Susanne Etti
Wed 31	DAY: Mt Macedon area	Pvt	E/M	Fay Dunn
Wed 31	SOC: Norway – A Walkers' Wonderland			Ian Mair & Halina Sarbinowski