

**MELBOURNE
BUSHWALKERS INC.**

ABN 14 396 912 508



THE NEWS

#847

October
2021



Larapinta view - G. Martin

WE ARE A MEMBER OF



Members of the Melbourne Bushwalkers Inc meet on Wednesday evenings between 6.30-8.30 pm in the club rooms WHEN COVID RESTRICTIONS ALLOW at:

Mission to Seafarers Victoria
717 Flinders Street
Docklands

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

Next committee meeting: Monday 4 October

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

Editor: Deb Shand

Calls for expressions of interest for club activities and extended trips, 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 high resolution files which are capable of being edited.

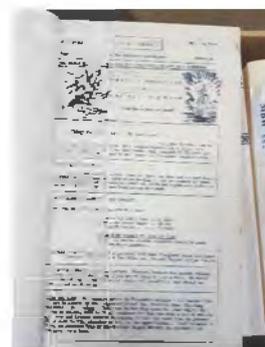
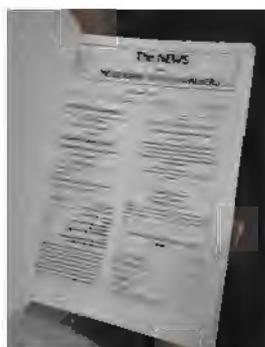
Please send your contributions as unformatted text files by email to news@mbw.org.au

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

Historic newsletters for sale

Gloucester Charities Book Sale has received a number of bound copies of old Melbourne Bushwalkers newsletters. There are 14 books in all covering the years 1962-1999. If anyone is interested in purchasing these please contact Annemie Pelletier at annemiepelletier@yahoo.com The books are heavy so postage could be expensive.



Would you like your trip photos featured in the newsletter?

Due date for contributions to November News: 21 October
Email: news@mbw.org.au



President's Column

Another month that we spend away from forest trails and meeting family, friends, and fellow hikers. Just a few weeks ago it was R U OK? Day, our National Day of Action on the **second Thursday of September (9 September 2021)** and dedicated to reminding people to regularly check in with family, friends, colleagues, and neighbours. Life's ups and downs happen to all of us, and the current lockdown is challenging for many of us for different reasons. The chances are that someone you know might be struggling. Your genuine support can make a difference whatever they are facing, big or small. I hope you are keeping well and looking after yourself too.

In the absence of meeting in person the club has reopened the virtual club room to provide members with an opportunity to connect with each other and learn about club updates like the one focusing on reconciliation. You will notice that we now have an Acknowledgement of Country on our club website. An Acknowledgement of Country is a way to acknowledge and pay respect to First Nations peoples as the Traditional Owners and ongoing custodians of the land. Acknowledgements are often made at the start of an event - such as a meeting, speech, or formal occasion.

Melbourne Bushwalkers respectfully acknowledges the Traditional Owners of the land on which we walk and meet, their Elders past and present, and the important role Indigenous people play in managing the land used for outdoor recreation.

MBW will encourage leaders and members of the club to acknowledge the first nations people of the land on which a club activity is being held. More information on our reconciliation work is provided in this newsletter by our Vice President Kim Cowie.

This month the Club is implementing a new 'reminder system' to boost the knowledge and skills of both our members and leaders. We hope it will help everyone to have fun and keep safe in the outdoors by being well prepared. I want to recommend that you read the article on our new "Reminder System" in this Newsletter.

The Victorian government Roadmap to re-opening has been released. The full details can be seen here: <https://www.premier.vic.gov.au/victorias-roadmap-delivering-national-plan>

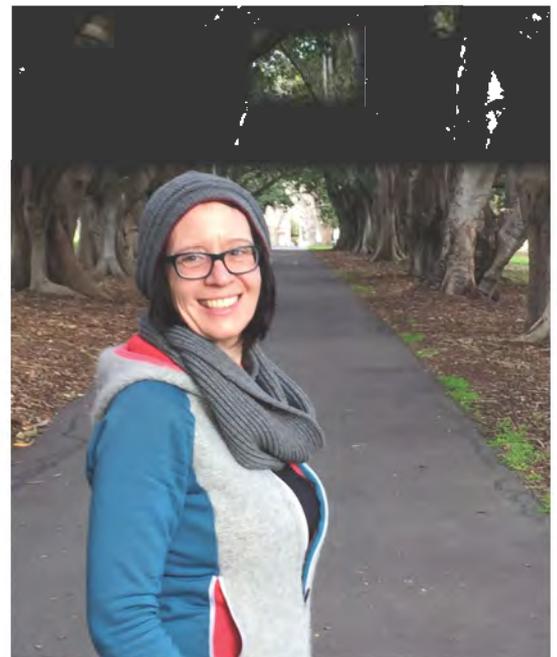
All activities up to and including 31st October have been cancelled for Metropolitan members. The safety and wellbeing of our members and their families is our priority. Given the unprecedented impact of COVID-19, we continue to monitor the situation taking advice from Bushwalking Victoria, Government and Health Experts. The MBW Committee has prepared a 'Walk Re-start Plan' to safely return to hiking. The above details provide the current best advice from the authorities on walk plans but may be subject to change. Leaders will confirm details at the time of booking.

At its monthly meeting on Monday, 6th September, the Club Committee discussed vaccination requirements for participants in club activities. It is anticipated that all participants in club activities will need to be doubly vaccinated for COVID-19. The club encourages our members to be doubly vaccinated as soon as possible. If members wish to comment on this matter, please address correspondence to president@mbw.org.au. There will be further discussion on this matter at the October Committee meeting.

I am looking forward to welcoming you back soon onto the trail. In the meantime, see you on our virtual Club room meeting in the coming weeks.

Keep well and healthy.

Best
Susanne



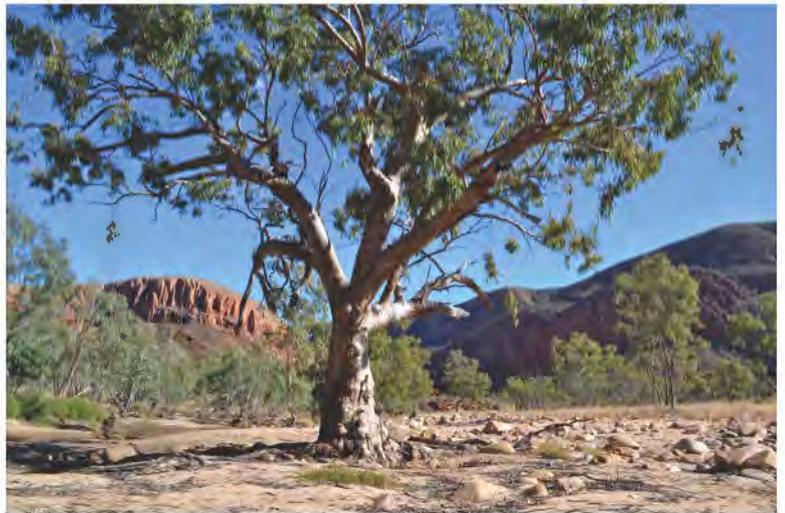
Acknowledging the Land on Which We Walk

Kim Cowie

Australia is a nation that has always enjoyed the benefits of a multi-cultural society. Even prior to the arrival of 'Europeans', the land and sea which forms Australia consisted of a large number of different and distinct Nations; each with its own cultural practices. But one belief is integral to many First Nations peoples... That the land is integral to culture, to spirituality, to language and to law.

Unlike European culture where land is thought of as being owned, for the people of the First Nations each person belongs to their land and has a strong relationship to it; think of it as similar to the relationship we might have with our parents or grandparents. Thus, every person is entrusted with the knowledge and responsibility to care for their land, and in return the land provides us with a sense of identity and belonging. This relationship is often referred to as 'connection to country'.

As members of Melbourne Bushwalkers, we have the privilege of being afforded many opportunities to walk through bush, along coastlines, through the deserts, and across urban landscapes of the lands of the First Nation people. As a result, to recognise and pay our respects to the traditional owners, and to encourage us all to learn more about our own rich history, Melbourne Bushwalkers is proud to implement the following initiatives:



Larapinta trail - G. Martin

1. An Acknowledgement of Country will appear on the front page of our website as a sign of our respect to the original custodians of our country.
3. We encourage activity leaders to provide the opportunity for members to acknowledge the country on which the activity is being undertaken at the start of each activity.
4. We are embarking on a project over the coming months to provide the name of the First Nation on which an activity will be taking place in its' own field on the activity Preview page.

In addition, going forward we will be including 'Acknowledgement of Country' training in our club's Leader Training program, and will link our 'Acknowledgement of Country' guidelines to our website downloads page.

What is an 'Acknowledgement of Country'?

An Acknowledgement of Country is an opportunity for anyone to show respect for Traditional Owners and the continuing connection of Aboriginal and Torres Strait Islander peoples to 'Country'. It is not a new tradition. 'Acknowledgement of Country', together with the 'Welcome to Country' have been part of Indigenous cultures in Australia for many thousands of years and are of great significance to many Indigenous people.

Unlike a 'Welcome to Country', an 'Acknowledgement of Country' can be delivered by anyone; indigenous or non-indigenous, and is usually performed at the beginning of an event. There is no set protocols or wording for an Acknowledgement of Country. As with any mark of respect, the sentiment means more than the actual words used.

Noticeboard

But for those members who would like some guidance on wording, we provide the following two examples:

If you know the name of the First Nation of the land on which you are standing:

We would like to acknowledge the Traditional Owners of the <insert First Nation or Clan name> nation on which we meet today. We would also like to pay our respects to all Aboriginal and Torres Strait Islander peoples and their Elders, past, present and emerging.

In future you will be able to find the appropriate First Nation name on the activity preview page of the Club website. Information is also often available on the website of the relevant local government, state park or national park.

If you are unsure of the name of the First Nation of the land on which you are standing, or the activity is being held across multiple locations (eg. by video link):

We would like to acknowledge the Traditional Owners of the land on which we meet today. We would also like to pay our respects to all Aboriginal and Torres Strait Islander peoples and their Elders, past, present and emerging.

Where will we source First Nation names from?

Due to the lack of written historic records, the borders between the different Nations are not always clear and will often differ from those used for Land Claims. As a result, we will be using the map designed by the Australian Institute of Aboriginal and Torres Islander Studies (AIATSIS) as our first source of First Nation locations, but we always welcome members to contribute additional information which increases accuracy.

And finally...

Undertaking an 'Acknowledgment of Country' is not a requirement that the Club will enforce. Rather, our initiatives are designed to provide club members who wish to do so with tools and the opportunity to assist them to express their respect and acknowledgement of our First Nations people, their history and their continuing connection to the land on which we walk.



Larapinta country - G. Martin

Christmas Base Camp on again!

The Club's much-loved CHRISTMAS BASE CAMP at Warburton is on again - a great chance to get away!!

There are varied walks on offer over the five days - flat, treed, steep, hilly, and often ending with a coffee or ice-cream. We usually get in at least one Yarra River swim. Another option is to chill out in camp - read, relax, and have a dip at our own private Little Yarra River frontage.

Come along any time - a day, a few nights, the whole Christmas period. We have private cabins, dorms and lots of camping spots among the gum trees. The cost is \$250 per night, but that is divided by our total number. We have EXCLUSIVE use of the camp.

The Camp has a huge kitchen (it can cater for over 100), lounge, outdoor meals and sitting areas, a recreation room (the scene of our quiz night and hilarious 'charades' last year) and a loud koala. Everything that you could want, really.

Traditionally we have a dress-up theme for dinner on Christmas day. This year it is "BOLLYWOOD". Knock yourself out!

NOTE - we have added an extra day this year, commencing on THURSDAY 23 Dec. Departure date is TUESDAY 28 December. 23 & 24 - self cater / Christmas Day - share a plate / Boxing Day - BBQ / 27 - pub meal.

Contact Susan Maughan to book.



Time for some house keeping

There seems to be a light at the end of the tunnel, and we may within a few months be able to head off and enjoy the great outdoors again. Unfortunately, that time is not yet with us, however, in the meantime it would be great if members checked their details to ensure that they provide the current information. With most members receiving the newsletter by an email link it does not seem as though current details are important. You are so very wrong.

With restrictions eased in regional Victoria a few members were able to check (with the help of the webmaster) who lived outside of areas where restrictions existed and were able to get together a group of enthusiastic walkers to participate in a pack carry during September. This is just one benefit of having correct details on your profile with the club. There are many ways that your information helps with planning. Leaders of walks can use the information to help organise carpooling (when it is allowed). It could also help with just catching up with people to walk with who live in your local area.

If you go into the Members' Area and then into the Members tab and type in a suburb, the names of all the people who live in that suburb and have tagged it as being able to be displayed, will pop up. However, allowed contact details can only be checked one at a time. Members' details are only accessible by members who log into the Members' Area of the club's website and all members can choose how much information they want to be made available. The choice is yours. If you are having trouble accessing the Members' Area of the club's website, please let me know by emailing membership@mbw.org.au

Hoping to catch up with members soon.

Thanks
Halina Sarbinowski – MBW Membership Secretary.



New “Reminder System”

Mick Noonan



One of the outcomes from this year’s risk management activities is a new ‘**Reminder System**’. The aim is to help keep people safe and having fun in the outdoors by:

- regularly reminding members and leaders of important information they should be aware of
- maintaining and improving their knowledge and skills
- encourage compliance with Club policies and procedures

For example, Fire and Snake reminders in Spring and carrying an Emergency Blanket on extended activities in Winter. Many of the reminders are just as relevant to walking on your own or with family and friends. The system will be based around a regular calendar of reminders and articles in the News.

We realise that while this is an important activity it can also be a ‘bit dry’. So to encourage you to read the reminders I will add a extra one each month that does not belong, so see if you can spot it! Unfortunately there are no prizes.

For the moment we are simply calling it the “Reminder System”. Other naming options could be “Do.U.Recall?”, “Memory.Bytes” etc: Happy to get comments and suggestions! See the first of our Reminder Articles below.

October Reminders

Hopefully many of us will get out walking with the club, family or friends in late Spring or early Summer. For the lucky members who live in Regional Victoria that opportunity will have come already.

Fire Season: The Fire Season generally starts in October and runs through to the end of April. So look out for Total Fire Bans and use the Victorian Emergency App to keep across what’s happening near you. With the more benign fire outlook this spring we should also expect more Planned Burns, so check using the link on the Club’s Website before you venture out.

In Fire Season, Leaders should take an AM/FM radio, get the Vic Emergency App loaded onto their mobile, take a Personal Locator Beacon PLB (they can be borrowed from the Club) or a Satellite Phone on overnight walks, and review the *Guideline on Extreme Weather and Considering Bushfire Risk before an Overnight Walk*.

Snake Season: The snakes have not seen us on the tracks for a while so you may surprise them this year. Consider wearing long pants and/or gaiters and keep alert! Put those Snake Bandages back into your First Aid Kit.

When walking in the Otways this year ensure you securely package your food in a bear box to protect it from the marauding koalas who reside in the area.

Ensure you are choosing a suitable walk: If you are not bushwalking fit e.g. from long lockdowns, check the walk grading and preview description to make sure you’re fit enough for your walk.

Previews: Leaders should use the Clubs online or paper **Preview Notification Form** to make sure your Preview Contact knows where you are going. Also an email must be sent to Clubs Emergency Contact System Mailbox ecs@mbw.org.au (done automatically if you use the online system) for insurance purposes.

Fire Fire Season Outlook for Spring in Victoria

Mick Noonan

The fire season outlook for Spring was officially published early in September by AFAC (the Australian and NZ National Council for Fire and Emergency Services) with inputs from the Bureau of Meteorology etc. These outlooks are used by all State Emergency Services to guide their activities. Our Victorian Fire Season normally starts in October and runs through to the end of April.

The overall outlook for Victoria this Spring is positive. To date, much of the state has experienced average to above average rainfall conditions and this is likely to result in continuous grass and crop fuels through most areas west and north of the Great Dividing Range. Soils in the southwestern pastures have saturated upper and lower layers this year meaning that a median to above median rainfall forecast for this region in spring is likely to result in normal to above normal pasture growth conditions.

As a result, the north-west and west of the state may see an increase in fire potential later in spring, prior to harvest. Many forest areas are normal or wetter than normal with the forecast of above-median rainfall during Spring, the fire season is expected to be below normal across the eastern, north-east, central ranges and Otway ranges. Along the coastal and foothill forests of Gippsland, monthly rainfall in July was much drier than normal.

Given the higher than median temperature and median rainfall outlook along the coast of eastern Victoria, the Gippsland fire season is likely to commence in early Summer. Burnt areas from the 2018-19 and 2019-20 seasons are included as part of the below normal assessment in eastern Victoria on the map. The higher soil and fuel moistures in many forests may promote opportunities for planned burning during the outlook period and may extend further into late spring compared to drier years.

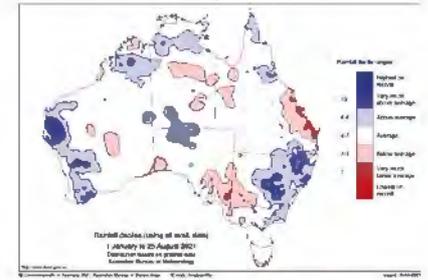


Figure 2 1 January–25 August 2021 rainfall deciles

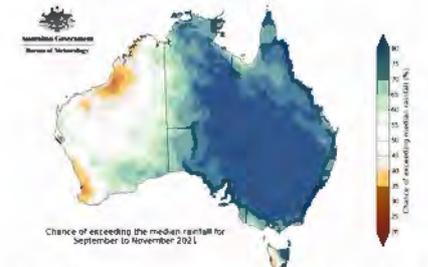


Figure 3 September–November 2021 rainfall outlook

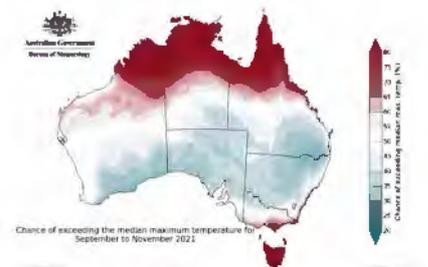


Figure 4 September–November 2021 maximum temperature outlook

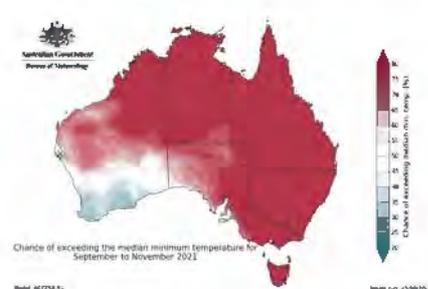


Figure 5 September–November 2021 minimum temperature outlook

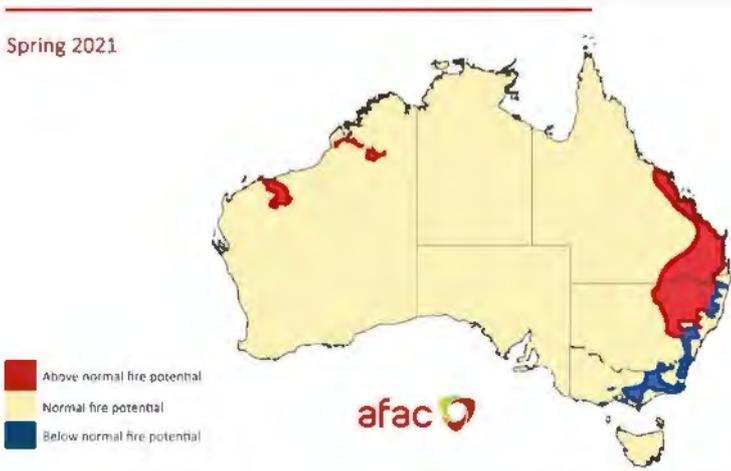


Figure 1 Seasonal Bushfire Outlook Spring 2021. Areas are based on the interim biogeographic regionalisation for Australia and other geographical features

So, if we get out of lockdowns in Melbourne or you are one of the lucky members living outside of Melbourne, then Spring will be a great time for enjoying the outdoors! A link to the complete report follows with more climate specific information and the outlook for all the states.

<https://www.afac.com.au/auxiliary/publications/newsletter/article/bushfire-seasonal-outlook-spring-2021-australia-s-national-picture-of-fire-potential>

UPDATED: Guidelines for Leading a Day Walk with Melbourne Bushwalkers

Mick Noonan

We have undertaken a major review of this key Guideline for Day Walk leaders. The guideline covers all the activities to select a walk, plan and prepare, what to do on the day and afterwards. While focused on day walks much of it also applies to cycling and extended activities. The updates are as follows:

- Leader to consider making an **Acknowledgement of Country** at the circle before a walk.
- **Fire Season** now normally starts in October not November
- If there are **15 or more visitors** on a Walk, then the Whip should be an experienced Leader
- Adding to the **Whistle Process** the relaying of an unacknowledged signal
- Updating the **start location for Sunday Walks**
- Updating the requirement to carry a radio **in Fire Season** from AM to FM/AM
- Reinforced the importance of having a **Preview Contact and sending advice to the Club's Emergency Contact System** to assist with any insurance claim from an incident on the Preview
- Encourage leaders to provide a few **extra maps** for keen members to help improve their skills
- Updating where to **send Walk Previews to**, from the News Editor to the Webmaster
- Updating the **Sunday Walks departure point** from Southbank to Flagstaff Gardens
- The **reimbursement of transport costs for previewing** a walk has a cap of \$80 per walk
- Leaders' activities for the **Panorama Sunday Bus** updated to current practices
- Updates to **Walk Standards** re revised guidance for impacts of ascents/descents on walk times and ratings
- Checking all **cars are mobile** before heading home after a car-based activity

Thanks to all those who contributed to the updates. The new document can be found in the Leader's Area on the Club's Website. So, if you are a walk Leader and maybe you haven't led for a while or just want a quick refresh then have a look!



Chewton Goldfields Walk - S. Hanham

Tree planting for a good cause: School kids to the rescue

Ray Thomas



Silver Banksia - R. Dabal

The Year 6 students from St John's in Euroa did a superb job recently, planting 3 new areas on the Seven Creeks, to improve our local environment in several important ways. Their work will enhance the scenery that we all enjoy, greatly add to the habitat value for wildlife, and also help a special tree species that needs some new safe homes.... Silver Banksia.

These small trees used to be widespread in Victoria, including Euroa and district. In fact, that's most likely the reason behind the name 'Honeysuckle Creek' in Violet Town. Honeyeaters love the sugary nectar, and the insects attracted to the flowers give masses of food for breeding birds, including critically endangered ones like the Regent Honeyeater. It's an important habitat plant for sure, and the rich soils along our creek make this a real "food basket" for wildlife! But sadly, the Banksias were tasty to rabbits and sheep, so the old trees, and any new seedlings, have been almost entirely wiped out over time. And this has caused an extra complication that's not so obvious - the few remaining populations are now so isolated from each other, that they can't cross pollinate. The plants are at risk of inbreeding and are getting weaker....

We've seen that same issue in lots of the trees that we propagated for the Regent Honeyeater Project in Benalla. The local students helped us enormously with the propagation, so I wanted to give every seedling in our nursery the best chance possible. Watering, fertilizing, hot-house in winter, shade-house in summer, weeding, and finally planting with TLC – even the littlies got a foot in the soil!! And years later I discovered that some of these "littlies" were actually genetically not up to scratch. The reduced populations of local trees, plus their isolation, has produced in-breeding, and we were planting some of these along with the goodies. I know of Yellow Box trees that we planted 20+ years ago, that are just tightly packed 2m shrubs, instead of 20m trees. In the wild, these "runts" would drop out of course, because it's survival of the fittest out there.

But we don't want this to keep happening for our rare and valuable plant species; it's a one-way street... So, the conservation community has rallied to this cause since the 1990s, combining everyone's efforts into the "Banksia Rescue Project". Botanists, ecologists, nursery specialists, and a great team of volunteers, have collected seeds from all over the region, propagated them, and grown the seedlings side by side in purpose-built "plantations" to cross pollinate. For example, at the Euroa Arboretum, and also the RHE Project's "Noah's Ark" plantation of 30 odd species that need this kind of help. And years later, these plantations are producing new crops of seeds every year, with genes from all the small populations across the region!! It's a much healthier situation: these genetically diverse seeds are now being propagated en masse every year and planted in suitable sites to make new populations that will stay healthy for the long-term.

So here's a big thankyou to St John's students for their hard work with the planting. It's giving a future to a lovely tree that was on the way out, as well as improving things for all the wildlife that need this tree. Thanks also to Euroa Arboretum for growing thousands and thousands of Silver Banksias over the years, and to the many volunteers who have done so much of the practical work. Last, but not least, thanks to Jim Begley from the Goulburn-Broken Catchment Management Authority, for co-ordinating everyone's efforts so well for years and years! This is a great model for how we could help lots of our threatened species...



Little Wattlebird - D. Ingwersen

Larapinta Trail - lockdown escape

Geof Martin (who also took the photos)

The 250km Larapinta Trail is one of the most spectacular multi-day hiking experiences in the world running west from Alice Springs (Telegraph Station) to Mount Sonder (Rwetyepme), along the spine of the West MacDonnell Ranges. This trip was undertaken from 31 May-15 June 2021 over 16 days.



This time last year, Jill Allen started planning for another club walk on the famous Larapinta Trail. I was privileged to gain a place on this walk, and it really had me excited. She gathered a team of eight and our planning went ahead at full speed with great expectations.



Covid19 looked under control as the departure date approached, but as you would be aware it raised its head again and again. Out of the eight starters, only three made it to Alice Springs for the walk - the three, including me, having driven out of Melbourne the week before lockdown. Very lucky for us, but we really felt for those stuck in 'limbo', especially for Jill who had put so much time and effort into planning the trip.

After getting Covid tests in Alice Springs and receiving negative results (phew!) we were off. Our walking route took us through the streets of Alice, up the Todd River and into the West MacDonnell Ranges, quickly gaining elevation onto Eros Ridge, the first of many on this 250km trail. From this

vantage point, the West Macs unfold in what appears to be a sea of red waves forming 'crests and troughs'. The colours and textures of these ancient lands are so captivating and evocative, enhanced by the dramatic light changes at sunset and sunrise.

Hidden within the ranges are a plethora of rugged gorges which contain a diversity of plants and wildlife, it is a visual delight to walk amongst these massive cliff walls and boulder screes. The gorges form the exit points for the many of the ancient rivers which flow intermittently on their travels south to the Great Artesian Basin. Being a dry time when we visited, these riverbeds are sandy and soft, making for excellent tent pads, usually set amongst grand old gums. Conversely, sleeping on the high ridges (around 1100 metres) offered lofty 360-degree campsites, providing an 'out of this world' experience.

Our visit coincided with recent good rainfall which resulted in several positive impacts. Wildflowers and general vegetation were extensive, with the hillsides



Along the track

often displaying a carpeting of stunning blooms. Birdlife was amazing: eagles, falcons, black cockatoos, parrots and masses of budgies created a wonderful acrobatic display. Some of the gorges and rivers had delightful water soaks and ponds, often with herons feeding on the plentiful small fish.

To round out this trip report, I have a story regarding dingoes. Early in the walk we were asked to look out for a 'boot', apparently a woman had one of her hiking boots taken by a dingo at Ellery Creek campsite. I'm not sure how she continued her walk, but this story had a good life working its way up and down the trail!! When we camped at Ellery Creek, the dingos were howling loudly through the night. It was fascinating and a bit unnerving, with a constant chorus going back and forth through the gorge. We even had the dingo pack visit our camp, but we foiled them, we slept with our boots!

I have to say this walk is a huge credit to the local volunteers who established the track and still go out and maintain the various sections. It is a mammoth achievement. We wish to acknowledge the Traditional Owners and Custodians of the Central and Western Arrernte Country for allowing us the opportunity to share this magnificent place.



Meanderings of a Bendigonian

Gayle Cameron

When regional Victoria had our last break from lockdown, I made a last minute (the day before and with a favourable weather forecast) decision to drive up to Glenrowan for the weekend. Armed with my Craig Sheather book, *Best Walks of Victoria's High Country*, the plan was to do four walks over the weekend and spend a few dollars in the country towns. The first walk was the White Box walk on Mt Pilot, then the El Dorado walk. On the Sunday I started with the Mt Glenrowan walk then the Winton Wetlands (dry). All beautiful and the flowers were just starting to come out in the bush.

I did have an interesting downhill trip on my way back to car after the Mt Glenrowan walk. This was listed as a 12km, 4-hour loop walk (took much less). The first ascent to Mt Glenrowan was quite easy and a beautiful view. Coming back down the loop near vineyard farmland, things got very interesting! My solitude was interrupted by a pesky magpie who was set on



Along the track

swooping and dive bombing me for about 1 km! I didn't have a hat on so wanted to protect my head. The crossed hiking poles over my head only antagonised the bird. I quickly walked out of what I thought was "his" area but he still persisted. I ran for a bit, apparently you don't do that! He attacked me about five times. Turns out I should have been throwing him food!! I cut back into the forest to walk uphill to escape the determined creature. I have had a few incidents with magpies before, a chunk missing from my ear and several swoopings, but this damn bird would not leave me alone. You may laugh now. Does anyone else have any magpie stories?



During lockdown I discovered the value of **YouTube**. It is a treasure trove of information, some interesting and some downright boring, but I now have lots more walks on the bucket list. I put together a list of my favourite people that I think are worthwhile and entertaining to watch. Most of these hikers take a drone along with their clever camera work and some only speak at the end of the clip. Most are short clips. The footage on some of them is amazing! Almost feels like you are there with them.

Want to go walking in **Wales or South East UK**? Then watch: **WildBeare** - Beautiful scenery even in the rain!

Prefer trails in **Australia**? **Josh Carr Hikes** - From WA and his drone footage of the Larapinta is spectacular. Murchison River Gorge walk is also beautiful.

Sweden? **Erik Normark** - He hikes in the snow and all year round as well as skiing. His clips are of nature sounds and he only speaks very little. Beautiful.

British Columbia? **Foresty Forest** or for his full length hikes **Moresty Forest** - This young man drives his 4WD van to a camping spot, then rides a bike as far as he can, before hiking to peak bag all the summits in BC. His drone footage of the glaciers is awesome.

Pyrenees? **Chase Mountains** - Chase is a Tassie lad living over in Spain now. He does the long walks all through Spain. He is also a "conditioning" coach and has lots of great stretches for hikers and tips on how to prevent injuries.

Backpacking TV - **Eric Hansen** - Great information for anyone starting out on gear choices and tips to stay safe.

Schill Brothers Outdoors - These brothers do very entertaining chats on backpacking gear, food, hikes and other interesting topics.

NSW bush? **Scotty's Gone Walkabout** - Rather long clips but his drone footage of the Budawangs and Blue Mountains is quite something.

New Zealand - **Elina Osborne** - I love her Asian inspired food tips.

JupiterHikes - for those who really want to go ultralight when doing long trails.

Homemade Wanderlust with Dixie (Ian L's favourite) - Lots of tips and clips of challenging hikes.

Please note that there are a few ads, just skip over them or get a coffee. I hope you enjoy some of these as much as I have and see you all in the great outdoors once lockdown is lifted.

October 2021

Please note: Due to Covid-19 restrictions the activity program is subject to change. Please check the website for updates.

Mon 4	MTG: Club Committee meeting			
Wed 6	MTG: Clubroom meeting 7.00-8.30pm (video link)			Robert Ian Mair
Wed 13	MTG: Clubroom meeting 7.00-8.30pm (video link)			Robert Ian Mair
Wed 20	MTG: Clubroom meeting 7.00-8.30pm (video link)			Robert Ian Mair
22-24	PC: Cobungra/Bundarra Rivers to Hotham	Pvt	M/H	Ray Thomas
Wed 27	MTG: Clubroom meeting 7.00-8.30pm (video link)			Robert Ian Mair

For detailed preview notes and program updates, please refer to the activities program on our website:
https://mbw.org.au/mbw_activities/MBW_activities_program.php

