

MELBOURNE
BUSHWALKERS INC.

ABN 14 396 912 508



THE NEWS

#853

April
2022



Exploring Mt Alexander - B. McInerney

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 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 April

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

New members

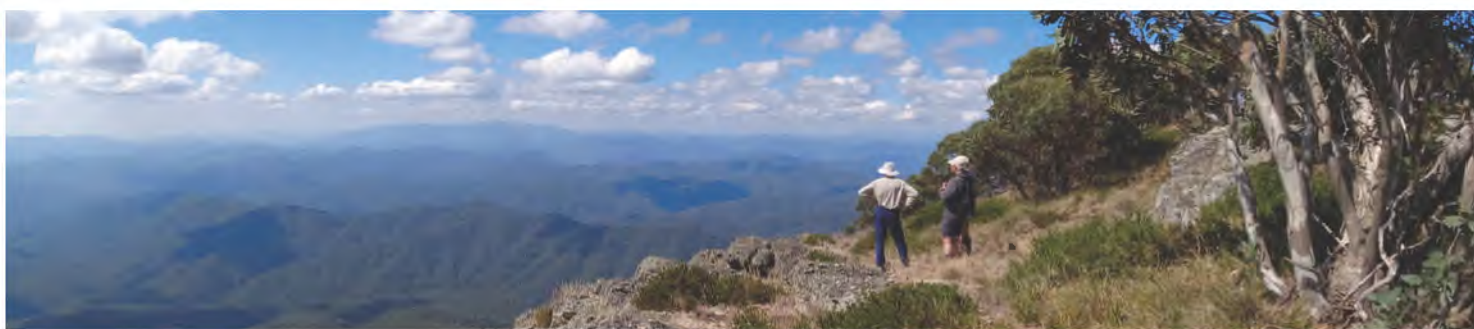
We welcome the following new members:

Harumi Nakayama
Darren Ruddick
Jason Gleadhill

Paul Smith
Sue-Ann Hamilton

Guilaine Andre
Ruth Stewart

Enrica Cheung
Azeeza Khan



Would you like your trip photos featured in the newsletter?

Due date for contributions to May News: 21 April
Email: news@mbw.org.au



President's Column

I am honoured to be entrusted by you, the Members, for a second term as your President. I do so at a time when the turmoil to our regular operations as a result of the COVID-19 Pandemic is abating, having impacted the number of activities we have been able to undertake, and changed the way we approach assembling together. I heartily commend Past-President Susanne Etti and her Committee for the way they have navigated the challenges presented, maintained a strong membership level and empowered a strong and energetic activity leadership team to continue delivering activity options.



Melbourne Bushwalkers proudly affirms its standing as the first gender-agnostic bushwalking club in Victoria. More broadly, we hold dear our passion for bushwalking as the core value that brings us together and reject all discriminatory practices that exclude capable individuals from sharing in that passion. But being first does not guarantee pre-eminence or the right to claim to be the best bushwalking club. Throughout our history of over 80 years we have seen ups and downs in our standing among our peers. Increasingly, more focussed clubs have rightfully gained a high standing with walkers seeking clearly defined emphasis on the type of activities being sought, whether they are day walks or multi-day activities, ranging from the more comfortable to the adventurous. So too, as we have grown Melbourne has grown and new clubs with a more localised access have emerged. Our future standing will be determined by how adaptable we are prepared to be in delivering our activities and how innovative we can be in the types of activities we embrace.

Building for the future is not a once-off endeavour and our willingness to adjust as expectations and social values change must be under constant review. Established practices and procedures have enabled us to face adversity with confidence and will continue to stand us in good stead, but they are not cast in stone. If the reasons for their implementation are still valid then they should remain, however, it is not enough to say something has always been done one way and should continue to be done the same way. Indeed, the pandemic has challenged some of the ways we have done things and opened new opportunities for alternative approaches as we look forward. So too, adapting to climate change while embracing long-held values of conservation and sustainable practices must increasingly become fundamental to our way of thinking and acting.

It needs no repeating that we must constantly look outside of our own activity silo in our endeavours to enhance what we do and stay relevant to the interests of our membership. Engagement with the broader bushwalking community is a key aspect, whether it is through shared activities promoted by Bushwalking Victoria or listening to the voices of our own membership who interact more broadly. We are fortunate as a club to have in our membership many individuals who champion the levers of change. Their contributions sharpen our awareness and challenge our approaches.

We are a volunteer organisation that survives through the willingness of our activity leaders to make the effort that is required to research, plan and undertake an activity. Many more of us undertake other valued contributions that make being part of the club a richer experience. As in any endeavour the returns we achieve will depend on the effort we put into supporting those that step forward with no expectations beyond the satisfaction from a job well done and the appreciation of those that share in the experience. The provision of a diverse, flexible and relevant program of training and skills development for leaders and members is in all of our best interests as we respond to the pressures for change.

I look forward to working with your elected Committee Members and the membership as we build on what has gone before and prepare for the years ahead.

Ian Mair

Annual General Meeting 2022 Outcomes

Under the capable chairing of President Susanne Etti the formalities of the night moved smoothly, commencing with an Acknowledgement of Country. A total of 51 members participated, either in person or by proxy. The President's Report and those of key Office Bearers highlighted the strong position of the club and the quick rebound following the relaxation of COVID constraints. A Committee recommendation to hold annual subscription fees at or below the 2003 level for the 19th year in a row was carried without debate. The Membership Secretary foreshadowed a review of the Couple/Family fee prior to the next AGM.



Retiring President Susanne Etti handed over the chair to the newly elected President for 2022/23, Ian Mair. Ten of the retiring Committee were re-elected for another year, to be joined by two new Committee Members ready for an active year ahead. Elsewhere in this newsletter you will find the newly elected Committee for 2022/23. The appreciation and thanks of the membership were extended to the retiring President and Committee Members Susan McInnes and David Cash. Each have contributed actively to the Committee adding their extensive experience and skill to the many different Club activities and decisions. The formal legal background of Susan, both in the roles of General Committee Member and Vice President over a number of years, has repeatedly assisted Committee deliberations. I am delighted to extend our congratulations to Susan Maughan on her being conferred the status of Life Member. Susan's exceptional service to the club was forwarded to all members prior to the AGM. A motion to simplify the club's financial accounts by removing any prior covenants was passed after a thoughtful debate.

With the end of the club's financial year and approval of the fees at the AGM, the Subscription Renewal for 2022/23 is now due starting from 1st April. While members have three months to the end of June to renew and stay financial, we encourage you to renew early. A Subscription Renewal Form is available with this newsletter or can be downloaded from the website. The AGM determined that Members of Melbourne Bushwalkers who nominate another club Affiliated with Bushwalking Victoria to which they have paid the full membership fee will receive a 50% discount on their subscription.

Wishing you all enjoyable and safe walking.
Ian Mair, President

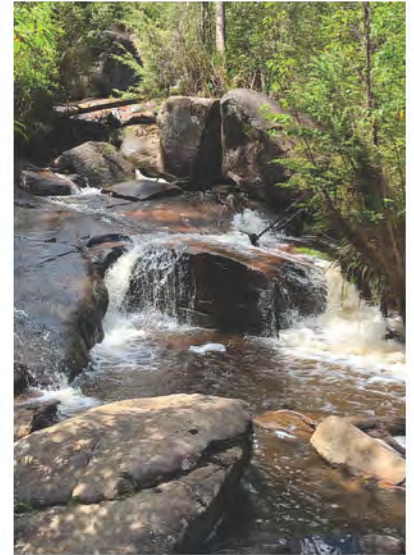


**Off track experiences in the NT
and The Kimberley. Go to the website
to view dates and availability of trips
at notraces-bushwalking-australia.com**

**Places have become available for the May 4-10 Purnululu trip please contact
Sebastien to secure your place on this trip.**

Melbourne Bushwalkers Committee 2022/23

President (president@mbw.org.au) – Ian MAIR
Vice Presidents - Kim COWIE, David STOCKLEY
Secretary (secretary@mbw.org.au) - Christopher COLLETT
Membership Secretary (membership@mbw.org.au) - Halina SARBINOWSKI
Treasurer (treasurer-mbw@mbw.org.au) - Marianne WELLER
General Walks Secretary (gws@mbw.org.au) - Stuart HANHAM
Sunday Walks Secretary (sunday@mbw.org.au) - John WIDMER
Social Secretary (social@mbw.org.au) – Theo MERTZANIDIS
General Committee Members - John TERRELL, Poppy SICARI, Bettina BRILL



Tasmania Parks and Wildlife Service: Track recovery and walker registration

Tasmania Parks and Wildlife Service has been working on re-opening various tracks damaged by wildfire in 2019. The re-opening of tracks that were fire affected remains one of the Service's highest priorities and presents significant challenges due to the remoteness of the terrain and the variable weather. Detailed information is provided within this article:



[Post fires – track recovery is well underway | Parks & Wildlife Service Tasmania](#)

Several of Tasmania's multi-day walks now have registration in place. For walkers intending to undertake a multi-day walk, they will need to check to see if it is included, and if so, they are requested to register prior to departure. This system aims to manage daily departures and reduce the potential for long-term damage to these fragile remote bushwalking environments.

The registration system has been well accepted and embraced by walkers and the Parks and Wildlife Service thanks those who have been registering for walks. More information about the system, and links to the registration for each walk are found within this page:

[Overnight walker registration | Parks & Wildlife Service Tasmania](#)

If you have any queries, please contact tracks@parks.tas.gov.au or phone 03 6165 4254 (weekdays 9am-4pm).



MEMBERSHIP RENEWAL 2022-23

Membership subscriptions are due 1st April 2022. You are not required to sign an Acknowledgement of Risk form on renewal, however you are advised that payment of fees implies acceptance of the risks involved in any activity you may undertake as a member of MBW. Members are asked to read the following wording regarding insurance cover through Bushwalking Australia.

'In voluntarily participating in activities of Melbourne Bushwalkers Inc., which are described to me by the activity leaders, I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. I also acknowledge that I may encounter weather conditions that could lead to heat stroke, hypothermia or being in locations where evacuation for medical treatment may take hours or days. In particular when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks.

To minimize risks I will endeavour to ensure that:

- Each activity is within my capabilities;
- I will carry food, water and equipment appropriate for the activity;
- I will advise the activity leader if I am taking medication or have any physical or other limitation that might affect my participation in the activity;
- I will make every effort to remain with the rest of the party during the activity;
- I will advise the leader of any concerns I am having; and
- I will comply with all reasonable instructions of club officers and the activity leader.'

I have read and understood these requirements. I will consider the risks before joining any activity of the Club. I acknowledge that I will take responsibility for my own actions, that the Club strongly recommends that all participants have comprehensive personal ambulance cover, and that payment of my subscriptions will be deemed as full acceptance and understanding of the above conditions.

RENEWAL SLIP

If any of your personal details have changed, update your details through the Members' Area of the club's website, or complete the form below and send it by email to membership@mbw.org.au, or if paying by cheque forward it with your payment to the Membership Secretary.

If paying by cheque or EFT please be sure to clearly identify who the payment is for to assist the Treasurer and Membership Secretary to identify you and ensure your renewal is properly recorded.

Payment to the Membership Secretary, together with completed form (if required) by one of the following methods:

- Cash or cheque on club night (cheques payable to Melbourne Bushwalkers Inc.)
- Cheque and Renewal Slip posted to Membership Secretary, Melbourne Bushwalkers Inc, P.O. Box 1751, Melbourne 3001
- **(Preferred)** EFT to the club account. **Please ensure your full name and 'SUBS' appear on the transfer.**
(Account Name: Melbourne Bushwalkers, A/c No. 0058-46013, BSB: 013-006).

Fees (Please circle your membership category) *

Single member: \$45 **	Concession: \$34* (Proof required ***)
Couple/Family: \$72 **	Concession: \$50* (Proof required ***)

Notes: * Members who have nominated their Home Club as other than Melbourne Bushwalkers and paid the insurance cover to their Home Club should only pay 50% of the appropriate fee noted above.

** **Members who currently receive their copies of 'NEWS' via postal mail should add \$25.00 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.)

Fill in Address, Telephone number(s) and Email address only if changed since last renewal:

Street Address:

Suburb / Postcode

Tel: [H] [W] Mobile:

Email: Home Club:

Emergency Contact Tel:.....[H][M][W]

April Reminder

Mick Noonan

Club activities can involve a lot of tiring physical effort and often driving long distances (which of course is why many members look forward to a sleep on the bus on the way home after a Sunday walk!). **Driver Fatigue and Road Safety** can become a real issue which is why we have a guideline on it.



Driver Fatigue and Road Safety: See the Club guideline in this edition of the News which has lots of tips and good advice. It is better to ring the Club Emergency Contact and/or family members and advise that you won't be back until late or even the next day than to press on when you should have stopped. So share the driving and offer to assist if you think the driver is getting tired.

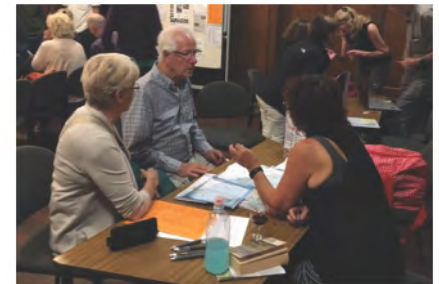
If you're the driver don't be afraid to ask someone else to drive or, if that's not viable, stop and take a break and have a power nap. If an overnight flight is needed, then collect all receipts so you can try to claim a refund.

P.S. Remember to spot the interloper above!

More Meet and Greet Volunteers Needed!

Mick Noonan

One of the aspects of our Club that new members appreciate is the personal welcome and information session we provide for visitors on Wednesday Nights in the Clubrooms. This '**Meet and Greet**' is provided by members who volunteer to assist. Many new members comment on how welcoming they found their first experience and its importance in their decision to join our club.



We have a regular turnover of volunteers providing the Meet and Greet and the amount of information conveyed can vary with their own club knowledge and experience, and how they understand their role. It is important that we have consistency in the information provided which is outlined in the club's Meet and Greet Checklist.

We are providing a **training session** to ensure there is consistent information provided depending on the visitor's experience, and to ensure our volunteers are confident and comfortable in their role. This is a great time to seek additional volunteers to join our current group of 16 to provide everyone with the skills and information required. We are lucky to have Margaret Curry as the trainer. Margaret is a very experienced Meet and Greet volunteer herself and knows the club "inside-out"! The training session will be for the current and new volunteers. The details are:

The Mission to Seafarers Clubrooms

6:30-7:30 Wednesday 27 April

(all social and training activities require members to be double vaccinated)

So, if you would like to assist in providing this important service and get new members off to a great start then **why not give it a go!** To discuss the role and/or attend the training please contact Judith Shaw who is our Meet and Greet Officer: judithshaw@protonmail.com

The night will also be a regular Wine and Cheese Night with an interesting presentation, so you are very welcome to stay on after the training if you choose!



Guideline on Driver Fatigue and Road Safety

This Guideline has been developed as an aid to members when using private transport for club trips.

There is a significant increase in the risk of you being involved in a crash if you are becoming tired when driving. When you are starting to become tired you can't concentrate on your driving and so you can't respond as quickly and safely as you should. Driver fatigue contributes to more than 20% of road crashes in Victoria.

Causes of fatigue (drowsy driving)

Fatigue can be caused by:

- A lack of quality sleep
- Driving when you would be normally sleeping (overnight)
- Having a sleep disorder such as sleep apnea. Symptoms of sleep apnea include heavy snoring broken by sudden periods of silence, restless sleep and constantly being tired during the day.

It is important to remember that you can't fight sleep.

Symptoms of fatigue

Fatigue is easy to detect, with symptoms including:

- Yawning
- Sore or heavy eyes
- Slower reaction times
- Finding you're daydreaming and not concentrating on your driving
- Driving speed creeps up and down
- Impatience
- Impaired driving performance such as poor gear changes
- Stiffness and cramps
- Loss of motivation

How fatigue affects your driving

Fatigue has a huge impact on your driving and can affect your ability to drive safely, similar to the effect of drink driving. Research shows that being awake for 17 hours has the same effect on your driving ability as a BAC (blood alcohol concentration) of 0.05. Going without sleep for 24 hours has the same effect as a BAC of 0.1, double the legal limit.

Driving while tired or fatigued can result in:

- Slower reaction times
- Lack of concentration – errors in calculating speed and distance are common
- Reduced vigilance and poor judgement
- Nodding off – even for a few seconds can result in dire consequences

How to beat driver fatigue

If you don't get enough quality sleep you go into debt, basically "owing" yourself more sleep. The only way to repay this debt is by sleeping. Until you catch up on sleep, you have a greater risk of having a fatigue related crash.

Cooking in the Bush

Peter Heading

A series of articles from the early 1980's on outdoor cooking run by Marc Gottsch on behalf of the Council of Adult Education. Note: Some of these notes are not going to be applicable for a pack-carry, but you may pick up a tip or two that you can apply in any situation.



Article Three – Summertime cooking

Always make sure you are familiar with fire regulations and in the summertime, beware of “total fire ban” days. Penalties for non-observance are high.



What do you do when you can't light a fire? Well, you don't cook on a fire outdoors, that's for sure. On such days you won't feel much like hot meals anyway. Have a few tins of ham or corned beef with you on camping trips, cheese, fresh or tinned fruits don't have to be cooked. We can and do eat many vegetables raw, carrots (tinned or fresh), beans (tinned or soaked dehydrated), lettuce, cabbage, onion, peppers etc.



If you are camping in summer, plan your food with no or little cooking menus in view. The empty plastic bag from a wine cask, filled with water and put on a bonnet of the car or a flat rock in the sun on a “total fire ban” day will heat water hot enough for several cups of instant tea or coffee. Before the sun goes down, fill a vacuum flask with water heated this way and you can have your hot coffee at night.



Leaders Dinner - 10 February 2022

Bettina Brill

The club has a pool of leaders who put in their free time to prepare and lead walks, write up reports, do previews and keep everyone safe. The



committee felt that we should acknowledge these efforts and organise a get together of current leaders. Luckily the weather was fine, so we could all gather in the courtyard of the Seafarer's mission. 36 leaders took the opportunity to catch up, talk walks and enjoy fabulous food. A great thank you to Angela Vetsicas who organised the event and picked up some great food for us. I couldn't resist and got some Greek sweets (far too many, but no one complained).



And a great thank you to all the leaders that make the walks happen.

The IPCC raises the alarm: impacts of climate change are here, so take action now

Susanne Etti

The UN-backed IPCC's [Working Group II report](#), landed on February 28 and chronicled an "atlas of human suffering" following the code red warning for humanity that was the IPCC's sixth assessment report on impacts last year.

The world is currently facing multiple, complex challenges with impacts on health, welfare and livelihoods to name a few. I joined the virtual press conference on the night it was released in Berlin, Germany. It was a sobering event to say the least and it has taken me a few weeks to make time for this update for you.

"The scientific evidence is unequivocal: climate change is a threat to human well-being and the health of the planet. Any further delay in concerted global action will miss the brief, rapidly closing window to secure a livable future." That is the key message of the latest Intergovernmental Panel on Climate Change (IPCC) [Climate Change 2022: Impacts, Adaptation & Vulnerability report](#)., a more than 3,600-page document chock full of devastating details about the toll of rising sea levels, extreme weather and heat, and escalating natural disasters – making clear that climate impacts are already devastating communities around the world and are accelerating rapidly. And while no place on Earth will be left untouched by the effects, in many cases, regions that contributed the least to the problem will suffer some of the harshest consequences. Since the last such report in 2014, many threats have moved from the "projected" column to the "unavoidable" – the consequence of continued failure to rein in global emissions. That's the indictment.

The report warns that we are already experiencing the devastating impacts of climate change and continuing on our current trajectory would be catastrophic. Heat waves and droughts have become more frequent and intense. Storms have gotten stronger, while sea levels are rising and oceans are becoming warmer. This is already causing serious damage to ecosystems, human health, businesses, and economies around the world.

6 Big Findings:

1. Climate impacts are already more widespread and severe than expected.
2. We are locked into even worse impacts from climate change in the near-term.
3. Risks will escalate quickly with higher temperatures, often causing irreversible impacts of climate change.
4. Inequity, conflict and development challenges heighten vulnerability to climate risks.
5. Adaptation is crucial. Feasible solutions already exist, but more support must reach vulnerable communities.
6. But some impacts of climate change are already too severe to adapt to. The world needs urgent action now to address losses and damages.

Learn more:

- Read 6 Major Findings of the IPCC Report on Climate Impacts, Adaptation and Vulnerability by [WRI](#)
- Listen to [special bonus episode](#) by Global Optimism which focused on the new IPCC AR6 report on adaptation with Patrick Verkooijen, CEO of Global Center on Adaptation. You will learn what's in the text and what it means for all our work accelerating solutions to the climate crisis.

UN Secretary-General Antonio Guterres called the report "*an atlas of human suffering and a damning indictment of failed climate leadership.*"

It is a rapidly closing window of opportunity for Climate Action & we are in the decisive decade. The future for the climate crisis and its solutions is yet to be determined for us. Together we can drive ambitious climate action to secure a safe and healthy planet for all. Let's get to work.



Midweek – Murrindindi Scenic Reserve Base Camp - 15-17 February 2022

Halina Sarbinowski

After doing several walks at the Murrindindi Scenic Reserve I wanted to enjoy a base camp at the reserve as there was some great walking in the area. However, at the end of a Sunday walk the reserve was always crowded. As I enjoy the serenity of the bush, I really didn't want to share the experience with hordes of others, so I eventually decided to hold a MIDWEEK base camp at the reserve. This proved a popular choice as 11 Bushies decided to join me for the experience.

Ian and I arrived early on the Tuesday to suss out the camping areas. Our first choice, the Blackwood Camp was perfect for individual campers as foliage separated each site but it did not suit the group experience that I wanted to enjoy. The next site, Cassinia Camp, was perfect.

Tragedy struck early. Ian decided to set up our weekend tent only to find it wasn't in the bag. We had a fly, poles but no tent. After initially thinking that he would need to head home to retrieve it, he decided that with balmy weather predicted that we wouldn't need it. We could enjoy lightweight camping. After 1 ½ hours and with the use of ties, he managed to have a respectable shelter set up.



Friday night was a relaxed affair as we sat around in a circle enjoying our evening nibbles, dinner and drinks. We discussed the next day's walking and with a forecast in the low 30s, decided not to do our planned arduous walk over Mt Despair, but to do the Boroondara Track Circuit commencing along the Murrindindi River Walk from the swing-bridge at the day picnic area.

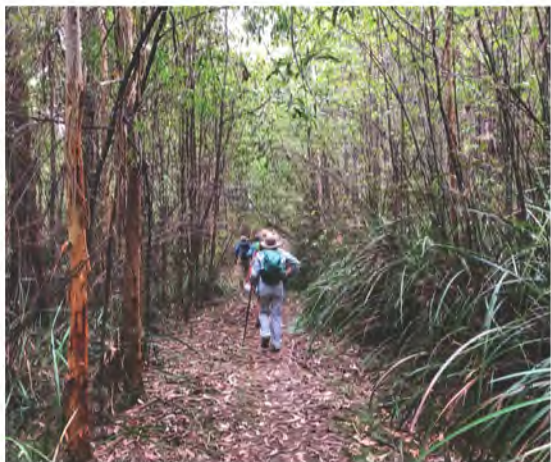
Next morning, after the Wednesday morning arrivals had set up their tents, we commenced our walk. The track started very easily, meandering along the river, however, once we commenced Boroondara Track proper it was a slow and steady uphill climb. After enjoying lunch at the highest point of the walk we made our leisurely way back to camp, often

stopping to check out the river. Back at camp the river proved enticing for those who wanted to cool down after the walk.

Again, we sat in a circle enjoying shared nibbles and discussing the next day's plans with only slightly lower temperatures predicted. Before we even started preparing dinner a drop or two was felt. As no rain was predicted these were ignored until the heavens opened and we were caught in a heavy downfall. With chairs, tables and food abandoned we scrambled for our tents only venturing out when rainwear was clad to put away as much as possible. Dinners were cooked in annexes. Ian and I were pleasantly surprised as our makeshift shelter proved highly successful. We stayed dry all night.

Next morning, after packing up, we headed to the Ferns Camp, which was the start of our second walk. We had decided to complete the River Walk to the Cascades Picnic Area. I had





always done this section in reverse...always downhill...always easy. It was a bit of a shock to the system to realise just how much uphill was involved. After enjoying the views of the Murrindindi Cascades, swollen by the night's rain, we finally got to the picnic area and enjoyed our lunch. Our return was to retrace our steps, but with Ian leading, most decided to try out Camp Creek Road, a logging track, with the Camp Link Track as an alternative.

After our two days of walking most of the group decided to reward themselves with a special treat on the way home at the Yarra Valley Chocolaterie and Ice Creamery. The choice of ice-cream flavours was discussed as we enjoyed our special treats before heading our separate ways home.

Mt Cobbler, Cobbler Lake and Dandongadale Falls - 21 February 2022

Bernadette Harrington

Friday

There were a couple of unexpected aspects to the Friday night camp at King Hut. Beginning on arrival, we were confronted by dozens of 4WD vehicles from the Yarra Valley 4x4 club and their camping gear lining both sides of the track through. Fortunately, members of our group had managed to secure us a quiet area on the bend of the river. Then our night's sleep was disrupted by loud bellows ringing out as a group of cows with calves roamed throughout the campsite, leaving fresh cow pats around our tents.

Saturday

At the Muesli Spur Track trail head, we met up with three more of our group who had come in early in the morning, making 11 of us. Our leader, John Terrell, started out through tall trees. Before long the track began a steep ascent and care had to be taken as it passed over rocky sections, loose dirt and leaf litter under foot. It was perfect walking weather with clear skies lightly studded with clouds. As we got higher the spur narrowed allowing us views on both sides across various alpine ridges into the distance, including the 'knobby' summit of Mount Cobbler.

On reaching Cobbler Plateau the track climb became more gradual, coming out on Speculation 4WD Road which we followed for a short distance to its junction with Cobbler Lake 4WD Road. Here we found a collection of fallen logs in a grassy area that made the perfect lunch spot. After lunch we turned on to the Mt Cobbler walking track, continuing a gradual climb through scrubby bush and eucalyptus, reaching the junction with the Lake Cobbler walking track early afternoon. Here we set up camp in a lovely grassed area.

Donning light day packs, including our empty water bladders, we continued on up to Mt Cobbler. The track emerged onto a relatively treeless slope to follow the ridge line to a high point. Passing through a small cluster of boulders, I was surprised by the track taking a steep rocky drop down to a narrow rocky 'isthmus' then an abrupt steep climb to the actual summit. An impressive approach to an impressive peak. Perfect weather allowed us to enjoy the uninterrupted 360-degree views of the Alpine National Park, and time was taken to attempt to identify the various peaks.

Leaving the rocky summit 'island' we took a short detour further along the ridge to get a look back to the Mt Cobbler



Along the track

summit from a different viewpoint, then retraced our steps to a GPS point taken on a previous walk. Here we bush bashed through dense bush across the small valley looking for the water source, eventually locating three small pools where the creek flow was accessible from the surface. We had a relaxed, relatively mild evening at the campsite, until the mosquitoes 'encouraged' us to our tents.

Sunday

We awoke to a slightly overcast day, mild and still, and started with an easy walk down the Lake Cobbler walking track. There had been recent track work, so no fallen trees to climb over, also you could see they were attempting some remediation, using the cut limbs to fill areas of eroded tracks.

Reaching the Dandongadale River, its flow low and sluggish, we chose to enjoy morning tea sitting around on rocks in the riverbed before following the track up and out to emerge at Cobber Lake Hut. The site was nearly empty giving us the pick of camp sites; lake front sites were favoured. Once the tents were set up, we headed out to Dandongadale Falls.

The first waterfall was made up of a number of wide rocky terraces, resulting in cascades between small pools on the different levels, before dropping off the edge. From here we continued on over a low ridge coming out on a small rocky outcrop at the top of the 255 metre drop fall. Even though the water flow was low the sight was impressive. We took it in turns to lay down and peer over the edge of the ledge to get a view of the fall and the rocky escarpment to the valley below. Lunch was had sitting on the rocky ledge enjoying the views out, occasionally feeling the spray from the fall blow back over us. A few of the group headed out along some exposed rocky shelves on the other edge of the fall to get a different view.



Wandering back to the campsite we had the rest of the afternoon free to do what we felt like, this included: heading out along the road north from the lake to get views of the waterfalls from across the valley; swimming in the lake; exploring the bush to the east of the camp to see if it would be possible to bush bash a route out the next morning; or enjoying a hot drink looking out over the lake. All the four wheel drive vehicles had left by mid-afternoon so the lake was ours.

Monday

We woke to a wonderful scene of mist rising off the lake and enjoyed breakfast watching this as the sun came up over the mountain in front. The day still with clear blue skies.

The decision was to bush bash, heading off in a south easterly direction, aiming to avoid the area of marsh and meet the Cobbler Lake 4WD track. At different points we would stop while various map/GPS apps were referred to before consensus was reached on the route. The bush proved manageable, we circumnavigated the marsh land successfully, but one of the bigger hazards was the numerous wombat burrows hidden by overhanging bush. On reaching the track we continued following this up to the high point before turning onto Speculation 4WD track and walking through tall, towering gums back down to our cars. Fortunately, as it was a Monday, the only vehicles that passed us were two motor bikes.



This was a wonderful unhurried walk, providing some awe inspiring views and time to explore in near perfect hiking weather.

Mt Buffalo Big Walk – 25-26 February 2022

David Cash

On Saturday morning our group of 10 saddled up our backpacks at the Eurobin Creek Picnic area to commence the Mt Buffalo Big Walk. The morning was humid and overcast with the possibility of rain or showers threatening. The initial climb was quite steep through tall forest – pleasant but rather sweaty due to the humidity. Upon reaching the Seven Mile Spur track on the ridge the gradient eased off for a pleasant walk through the forest. As our altitude increased the trees thinned and we were walking across the exposed granite rock faces with great views of the Ovens Valley and surrounding mountains. After lunch we enjoyed the numerous lookouts and the dramatic granite cliffs and gorges. We witnessed a lone rock climber slowly scaling the granite towards the Chalet.



Afternoon tea was spent in the Chalet carpark with much needed coffees and refreshments from the coffee van. I was pleasantly surprised to see the Chalet, although vacant, had been given a fresh lick of paint and the garden was being maintained. A contrast to my last visit.

A pleasant afternoon's walk through the bush and around the shores of Lake Catani preceded arrival at our camp site. I was taken by the natural beauty of the snow gum forest and manmade lake. The Buffalo plateau has quite a different character to other high plains destinations. It has a sense of enclosure – a scaled down version of the high plains with small snow plains surrounded by snow gum forests.

After setting up camp most of us did the Chalwell Galleries track walk. What a surprise, not only more views but we soon found ourselves squeezing through the tight space of a granite fissure. Quite unexpected excitement for what I thought would be short afternoon stroll through the bush.



After a pleasantly cool night for sleeping, we set off for the return walk to the Chalet area via the Underground River track. More views of the alps and identifying of mountain peaks some of us had scaled just weeks before. The underground river offered a caving opportunity some of us attempted to take up but were prevented by the limited capacity of our torches. Morning tea at the Chalet carpark provided coffee and refreshments again – an unexpected luxury during an overnight walk. From the Chalet we retraced our steps down the mountain with the possibility of a side trip to Rollasons Falls. In the heat of the afternoon not everyone was keen but a few of us made the effort. The falls were well worth it – high enough with plenty of flow over the granite rock face and enclosed by dense bush.

A steep afternoon descent and we were back at the cars for the drive home. A great walk in a unique part of the alps. Thanks Brett, Enrica, Fang, Halina Jill, Leigh, Prabhu, and Ros for your company and Ian for organising the walk.

Great Ocean Walk: Marengo to Cape Otway - 4-6 March 2022

Silvia Grande



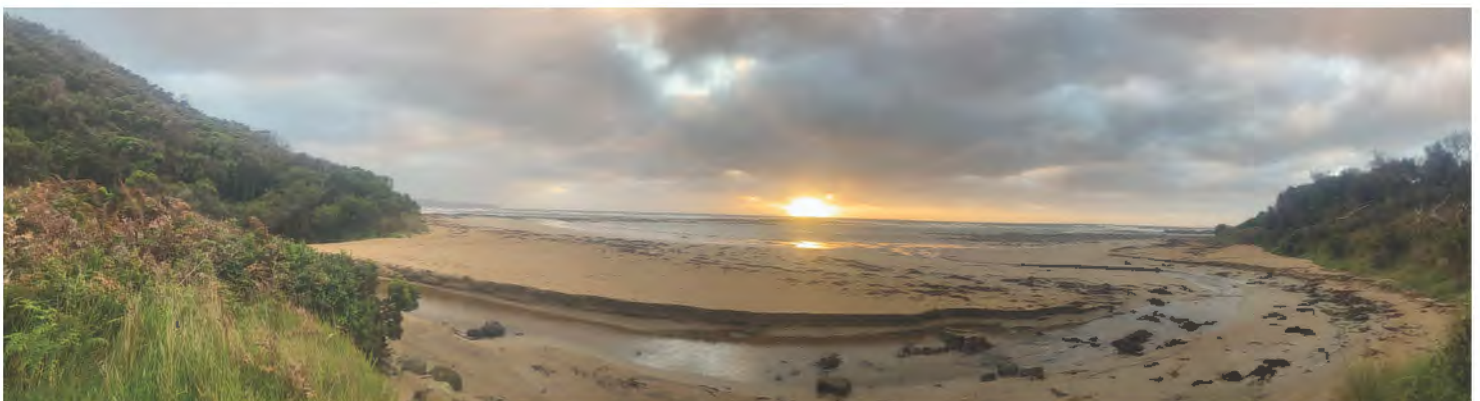
A slightly soggy group of 7 met on Saturday morning at the Marengo caravan park for the start of our Great Ocean Walk. We had all met for lovely pub dinner the night before and when we said our goodnights, we did not expect the all night downpour which conveniently stopped at 8am.

The walking at the start was pleasant on rock shelves and sandy beaches, with some boulder hopping needed to keep going forward. With the tide coming in we decided that we needed to head inland. We walked uphill through temperate forest, marvelling at the giant gums and all the birdlife we were witnessing. We followed the track back down to the beach where we again did more rock hopping, then once again decided we had to follow the inland track as a sign told us that "Freak waves" were common, so we did not follow the beach to Blanket

Bay, our campsite for the night. The rain stayed away all day and some of us were looking forward to a swim, but the cool change hit and that was the end of our swimming plans. Our campsite had absolute ocean frontage and we had a little waterfall behind us.

Sunday morning, after a very windy and wet night, we set off to the Cape Otway lighthouse. The track meandered along the coast and the vegetation was pure coastal, with native box, sea heath, correa and westringia to name some, all hardy plants to withstand the cold gusty winds carried across the Great Southern Ocean. A small detour was made down to Crayfish Bay and we once again headed off. Lunch was had at the Cape Otway campsite where we took the opportunity to visit the small cemetery and say our goodbyes.

All in all a long and interesting walk was covered in the two days with fellow walkers Gina (leader), Derrick, Ken, Chris L, Deb, Ian L.



Buller West Ridge: a leader's ruminations - 11-14 March 2022

Ian Mair

How often have I driven along the road eastward from Mansfield towards Mt Buller? Each time I marvel at the view of Mt Buller and the imposing West Ridge with its seemingly unscalable slopes as it extends stepwise towards the summit. But this time seemed different. It would not be the first time I have taken this route to the top. The sharp rocky ridges are deeply engraved on my memory as challenging, nevertheless doable for fit and able bushwalkers without the need for special equipment. Perhaps it was the knowledge of possible thunderstorms and winds predicted for the area that would add to the degree of difficulty? We pressed on and the thought receded into the background.

Friday night camp would be at Carters Mill Campground shortly after Sawmill Settlement. This small, free, camping area is popular with many visitors to the area. I worried that the campground would be occupied by others, and we would be left to find what space was vacant on the rough and uneven ground. Early arriving members of our group reported back that there was only one other group on the site and my concerns eased. My relief was nothing compared to what I experienced when I arrived. In the last year or so the campground has undergone a huge transformation! Terraced camping areas have replaced the hard, sloping, hillside with space for more campers. A new toilet block stands prominently on the upper slope.



Saturday morning, we set off from the picnic area at Mirimbah where we left our cars. Following the Australian Alpine Epic Mountain Bike Trail on the north side of the Delatite River we moved cautiously along this scenic trail to the point where we would start our climb to the top of Mt Buller. Our early start would stand us in good stead before the mountain bikes arrived from the opposite direction following their death-defying plummet from the top of the mountain. Arriving at the toe of Doughty Road unscathed we prepared for the steady climb to our Saturday campsite along the West Ridge.

The climb to our campsite would be steady and we had plenty of time. Moving intermittently along the unsealed road and a close-by footpad-come-bike-track, we were on schedule to have an early arrival at camp. The weather was good and no rain predicted until the following day. All participants were moving comfortably at their own pace with no pressure to move faster. Views from our campsite on the West Ridge would be delightful in preparation for the big effort on Sunday. What could go wrong?

A pause to regroup on the road, lively chatter between the participants, then time to move on. As I started to move off the sharp shrill sound of a whistle penetrated my sense of well-being. Called back to a small group at the tail end the sounds of concerned discussion became clear. One of the participants had experienced chest pains. It was time to call on First Aid Training and consultation with those in the group with relevant experience to decide a course of action. Nearly nine hours later with the last glimmer of daylight disappearing the whole group was back together again at camp on the West Ridge. Mansfield Hospital medical staff had cleared any concern that the incident was a possible heart attack.

A quick meal and into bed. Next morning was the big day for the ascent along the rugged West Ridge. A quick check of the latest weather forecast as we prepared to depart next morning had moderated the predictions of thunderstorms and high winds. The day was shaping up to be a good one to remember. Mt Buller West Ridge is considered by some as the best walkers' approach to Mt Buller. The challenging ascent along the rugged West Ridge Track offers stunning views of the surrounding area. We were not disappointed. The photos on our website tell the story better than words.



Reaching Mt Buller Village for lunch was one of our goals. On the previous West Ridge walk we had feasted on burgers. The incentive to repeat the experience was a strong motivator for some and moved us forward. Alas, the burgers that were available had queues of hungry visitors. Keen to move on we settled for lesser fare. Woe beholds the leader that promises too much! But an experienced leader does not dwell on such matters. Keep the group moving and hope the incident is soon forgotten. We now set our sights on the camping area around Bluff Spur Memorial Hut and the nearby Mt Stirling. It loomed as a long slog along the unsealed road from Howqua Saddle Hut.

With good fortune an upgraded bike track from Bluff Spur Memorial Hut to Howqua Saddle Hut had not yet been opened to mountain bikes and made a delightful alternative to the road. Alas, it cannot be recommended as a future option since the track is clearly designed for downhill traffic and the prospect of meeting a mountain bike coming down the hill at full speed could only result in disaster. We savoured our good fortune and made good time to camp. Surprisingly we were almost alone at the camping area. Tents erected, a quick refreshment, and we set off to the summit of Mt Stirling to savour the views.

Smoke from controlled burns in the Delatite River valley below towered over the summit of Mt Buller. Dark humour flourished and images of my car, now parked on the slopes of Mt Buller, covered in ash like the ruins of Pompei were just recompense for the burger disaster of 2022. Thinking of food, it was now time to return to camp and prepare for the evening feast. Like the Knights of the Round Table, we sat in council as we judged the various dishes that blossomed from dry offerings each of us had carried.



Another dry night and we were set for the walk back to the cars. It was mainly downhill and not expected to be other than what we planned, a pleasant walk down treed slopes and along the Delatite River valley back to the cars. With everyone back safely it was now time to relax and head to Mansfield for a final farewell.

The satisfaction felt of a trip that has turned out well is hard to explain. The support and contribution of fellow

participants cannot be underestimated. Each contributes according to experience and expertise. Such is the joy of being part of a club. In particular I would like to thank Gina for standing in as leader while I attended to our medical incident, and Leigh and Prahbu for helping weary walkers into camp after the visit to Mansfield Hospital.



Upcoming activities

April 2022

2-3	PC: Lerderderg Gorge	Pvt	M	Agajan Akbari
Sun 3	DAY: Anakie Gorge-Steiglitz	Bus	E/M&M	Gregory Johnson & Halina Sarbinowski
Mon 4	MTG: Club committee meeting	Pvt		President
Thu 7	TOF: Cherry Lake-Williamstown	Pvt	E	Bill Metzenthien
8-10	PC: Eagles Peaks	Pvt	M	Mark Simpson
9-25	PC: Great South West Walk	Pvt	M/H	Robert Ian Mair
Sun 10	DAY: Marysville-Steavenson Falls Circuit	Car	M	Stuart Hanham
Wed 13	DAY: Balt Camp circuit	Pvt	E/M	Therese Ryan
14-18	LOD: Easter at Falls Creek	Pvt	E/M	Judith Shaw
14-18	PC: Moroka Gorge	Pvt	M/H	John Widmer
Sun 17	DAY: Creswick Forest walk	Car	E	Brett Daniel
Mon 18	MOF: Finns Reserve-Westerfolds Park	Pvt	E	Graham Hodgson
Wed 20	DAY: Dandenongs	Pvt	E/M	Kerry Press
22-25	PC: Tali Karng & The Sentinel	Pvt	M	John Widmer
22-25	LOD: ANZAC weekend at Mt Hotham	Pvt	var	Dianne Mckinley
Sun 24	DAY: San Remo-Cape Woolamai	Bus	E&E/M	Bernd Neubauer & Theo Mertzandis
Wed 27	TRG: "Meet & Greet" volunteers training	Pvt		Margaret Curry
Wed 27	SOC: Walking in Norway	Pvt		Robert Ian Mair
Thu 28	SOC: Blackburn Creeklands	Pvt	soc	Eleanor Weekes
Sat 30	DAY: Plenty River	Pvt	E/M	Jerry Grandage

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

