

MELBOURNE
BUSHWALKERS INC.

ABN 14 396 912 508



THE NEWS

#867

June
2023



Dawn at Blanket Bay, Great Ocean Walk - R. Jung

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 5 June

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:

Lorraine Lindsay
Tanya Chambers

Julia Tompkins
Lucia Wynne

Rebecca Clifton
Leonie Haddad

Sunny Sun



Mount Bogong summit - J. Pilco Vargas

Would you like your trip photos featured in the newsletter?

Due date for contributions to July News: 21 June

Email: news@mbw.org.au



President's Column

A late footnote to the May President's Column announced that I would be stepping down as President at the end of May. The weeks in between have seen a number of steps taken to ensure the club will continue to thrive.

I am very pleased to let you know that at a Special Committee Meeting on 23rd May, convened in accordance with the provisions of the Melbourne Bushwalker's Rules of Incorporation to fill a casual vacancy, Roger Wyatt was unanimously elected to be your President from 1st June until the next AGM in March 2024.



Roger has been a member of Melbourne Bushwalkers for over 22 years, is currently on Committee as Sunday Walks Secretary, previously served 4 years on Committee as Membership Secretary (2010-13), has lead 80+ walks (day, multi-day and overseas, including 6 searches as a member of Bush Search and Rescue (BSAR)) and is the regular provider of Map and Compass Navigation Training sessions. Now a semi-retired logistics professional having managed significant operations and projects, volunteered with CFA and served 10 years in the Army, he is ideally suited to take the club into its next chapter of growth and consolidation.

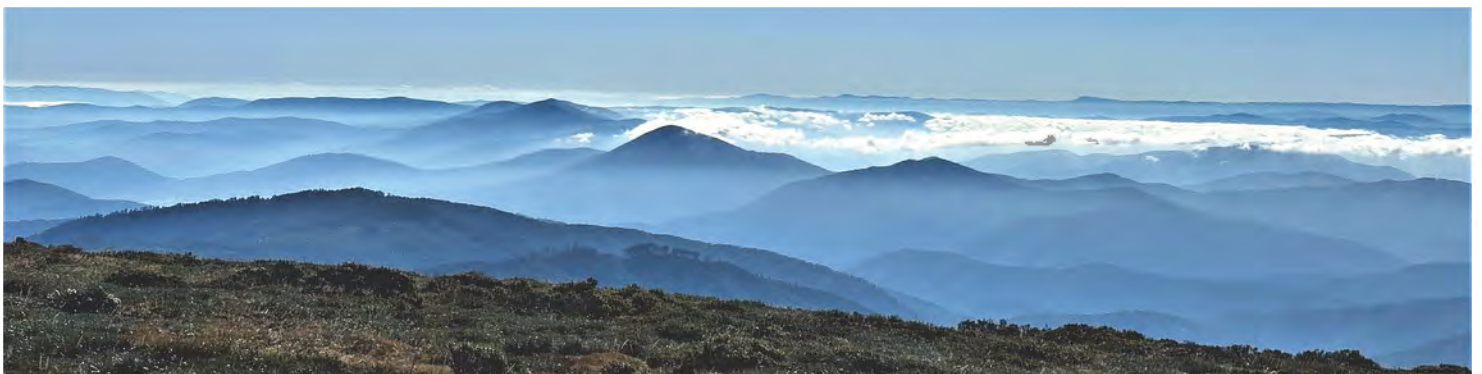
I am sure you will all continue to provide Roger with the level of support and assistance that I have enjoyed in my period as your President. Melbourne Bushwalkers prides itself on the number of members that volunteer their time and effort to make the club more than just a low-cost guided walk provider. Friendships forged and experiences shared add value well beyond any consideration of dollars saved. Being prepared to give back as much as is received enriches us all in new experiences and personal development that live far beyond the years enjoyed with the club.

A replacement has already been found for the role of Sunday Walks Secretary so that Roger can concentrate his attention on his priorities as President.

A number of members have asked why I decided to step down as President. I hope the following explanation will suffice to answer any speculation. In a word I was "overloaded" due to the number of commitments I had voluntarily taken on. Filling the role of President and Webmaster concurrent with contributing as an active walks leader proved to be unsustainable. I was increasingly finding my contributions to any one role were not being conducted to my satisfaction. Faced with external challenges to the website security requiring increased attention and some issues before the Committee which I personally felt I did not have enough time to address adequately, I decided it was in the best interest of the club and my personal state of mind to step down as President.

I look forward to continuing in an active role with the club supporting the President and Training Officer as we continue to develop the next generation of leaders, and working with creative and skilled members to support and extend our online activities, including the transition to a future webmaster. Not least of the opportunities offered by our digital footprint that I will be addressing is the opportunity to add further to the preservation of the club's rich history for all to share in a convenient and informative way.

Ian Mair



June Safety & Risk Reminders

Winter is here, so if you're a winter walker check you have an **Emergency Blanket** in your First Aid Kit and learn to identify the signs of **Hypothermia**. We also feature **The Leaders Guide** (Blue Card).



Carry an Emergency Blanket: They are made of ultra-thin aluminium foil, only cost a few dollars, are available from a range of outlets including chemists, and weigh next to nothing (around 40gms). They could save your or someone else's life this winter. They can also be used as a heat reflector on the floor of your tent, or to attract searchers.

Hypothermia: The gradual onset of the effect of exposure to extreme cold may be overlooked in the early stages. When the body loses heat faster than it can create it and the core temperature is lowered, the condition is known as **hypothermia**. It is responsible for several deaths each year in Australia.


Carry an Emergency Blanket and wear suitable clothing (eg. not cotton or denim) especially in Winter to ensure you always have adequate protection from the cold, particularly when combined with wet and windy conditions. On overnight walks be self-sufficient and do not rely on reaching huts for shelter. Avoid physical exhaustion by walking within your group's capabilities.

For the early warning, mild and severe signs and symptoms, and how to treat Hypothermia see the St Johns Ambulance **Hypothermia First Aid Sheet** in this News. For Bushwalkers additional warning signs can be lagging behind and stumbling. Also, difficulty unwrapping a sweet such as a barley sugar is a simple test for loss of usual co-ordination. **Severe Hypothermia is a medical emergency** and requires urgent medical attention, Call 000 if possible or else summon Emergency Services as quickly as possible, eg. using a PLB.

Leaders Guide (Blue Card) NEW: This card is designed to be taken on walks and is a basic guide for all Leaders on what to do before and during a walk. It also has a handy Whip's Guide. It complements the leaders Emergency Checklist in last month's News. You can collect one in the Clubrooms or print the version in this News, trim it up and put in a zip lock bag (last updated 2022).

Members and especially Leaders are encouraged to read the monthly Reminders to stay aware of their responsibilities as participants or as leaders on Club Activities: NEW = a new item; MOD = changed from last time; and the others are unchanged.

Mick Noonan, Risk Officer

Leader's Guide	
BEFORE THE WALK - <ul style="list-style-type: none">• Appoint a suitable Whip give them a map, and discuss route• Form a circle, Acknowledgement of Country, Name off, welcome Visitors• Number off, check total with any other leaders• Ensure all have seen a Yellow Walker Card and have a Green Health Card• Introduce Walk, tell people re:<ul style="list-style-type: none">- No going ahead of leader- Stopping and waiting at intersections- Always keep the person behind in sight- If going for a loo stop leave pack on the track- To let Leader know if any problems- Care for the environment	
DURING THE WALK - <ul style="list-style-type: none">• Keep eye on everything especially Visitors• Stop at Junctions• Regularly let people catch up• Regularly check with whip, especially at stops• Keep people informed of route• Ensure sufficient breaks, e.g. Morning/afternoon tea, lunch	IF AN INCIDENT OCCURS <ul style="list-style-type: none">• Be sure of the problem – don't panic DRSABCD• Get/keep people together• Allocate tasks/take appropriate actions• Seek assistance• Be aware of leader's rights - you have ultimate authority• Refer to Emergency Checklist Whip's Guide DURING THE WALK <ul style="list-style-type: none">• Always be in sight of the last person• At catch-ups make yourself obvious to the leader• Count at regular intervals, especially at stops, and look to advise leader• Stop at any packs for the owner to return• Follow the map• Assist any stragglers• Advise leader of any or potential problems e.g. whistle codes<ul style="list-style-type: none">- 1 blast (acknowledge, 2 blasts (stop & regroup- 3 blasts (emergency)• Generally make leader's job easier
Note: This leaders Blue Card is available in the Clubroom or print this page and put in a Zip bag	
04/2022	

Training Activity: Unit 4 – Risk Management

DATE	Wednesday, 2 August, 2023
VENUE	Rivers Room, Clubrooms
TRAINER	Mick Noonan
START TIME	7:00pm
FINISH TIME	8:30pm

Melbourne Bushwalkers assists activity leaders to develop their skills and capabilities through structured training sessions, formal mentoring, as well as field training. These training units has been developed from a core prepared by Bushwalking Victoria and adapted to our club requirements over the years.

The units are highly recommended for activity leader and may also be undertaken by all members. So if you're a current leader wanting to improve your risk management on day or extended activities, or a recent leaders who has not done this unit before, then this is for you! Note that this Unit is included in the leaders Training Day on August 5th.

At the completion of this unit you will understand:

- Basics of Risk Management, and how it is involved in most decisions that we make.
- Identify and evaluate Hazards/Risks.
- Use strategies to manage risks e.g. reduce the chance that they will occur, and the impacts should they occur, with practical examples.
- Legal responsibilities and a Leaders Duty of Care
- Leader protections for members and leaders

If interested in attending, please email noonan1953@gmail.com. You need to book in advance as there are a number of handouts provided on the day.



First aid fact sheet

Hypothermia



- DO NOT rub affected areas.
- DO NOT use radiant heat such as fire or electric heaters.
- DO NOT give alcohol.

Signs and symptoms

Mild

- feeling cold
- shivering
- clumsiness and slurred speech
- apathy and irrational behaviour

Severe

- shivering ceases
- difficult to find pulse
- slow heart rate
- loss of consciousness

What to do

- 1 Follow DRSABCD.
- 2 Move the patient to a warm, dry place.
- 3 Help the patient to lie down in a comfortable position. Handle the patient as gently as possible, avoiding excess activity and movement.
- 4 Remove any wet clothing from the patient.
- 5 Place the patient between blankets or in a sleeping bag, and wrap them in an emergency blanket.
- 6 Cover the patient's head to maintain body heat.
- 7 Give the patient warm drinks if they are conscious. Do not give alcohol.
- 8 Place hot water bottles, heat packs and other sources of external heat directly on the patient's neck, armpits and groin. Be careful to avoid burns. Body-to-body contact can be used if other means of rewarming are not available.
- 9 If hypothermia is severe, call Triple Zero (000) for an ambulance.
- 10 Stay with the patient until medical aid arrives.



In a medical emergency call Triple Zero (000)

DRSABCD Danger ▶ Response ▶ Send for help ▶ Airway ▶ Breathing ▶ CPR ▶ Defibrillation

You could save a life with first aid training • www.stjohn.org.au • 1300 360 455

This information is not a substitute for first aid training. Formal instruction in resuscitation is essential. St John Ambulance Australia is not liable for any damages or incidents that may occur in the use of this information by other parties or individuals. This is not for commercial distribution. © St John Ambulance Australia 2022.

Federation Weekend 2023

The Essendon Bushwalking Club is in the process of organizing this event for 21-22 October. It will be based in Trentham and 20 walks will be offered each day, covering the Trentham, Blackwood, Lyonville and Daylesford areas. The organizers are looking for leaders, whips and walk ideas, so if you can assist, please contact Col Purchase at Essendon, via colwilpurc@gmail.com or text to 0407 879 751. If you do volunteer to help, it would be appreciated if you could let me know, via gws@mbw.org.au

To check on progress with the walks and accommodation arrangements etc., see www.fedwalks.org.au These events tend to be very popular and can be booked out quite early.

Stuart Hanham

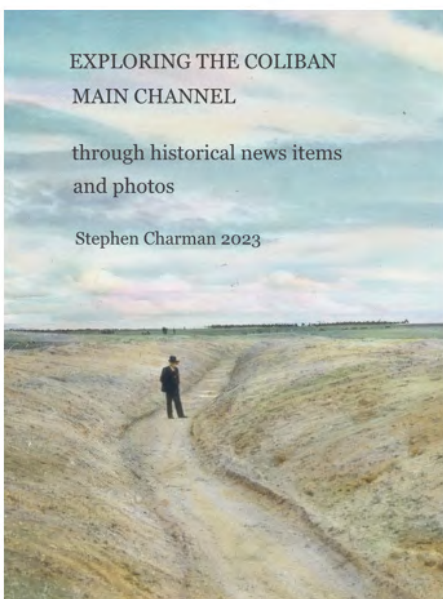
Exploring the Coliban Main Channel

Steve Charman

In late 2022 a fellow member of a local Facebook History Group posted an intriguing photo (shown above) of a structure that had once been part of the Coliban Main Channel, which conveys water to the city of Bendigo from the upper Coliban river and its series of reservoirs. The structure is an example of a wooden flume that once transported water above and across gullies encountered at regular intervals along the course of the channel as it winds its way over some 70 kilometres between Malmsbury Reservoir and its destination (these days Sandhurst Reservoir at Big Hill Bendigo). The photo is dated 1894 and is one of a series taken by M. Law of scenic sites in Central Victoria, his wife and an assistant often appearing (as they are here) in these photos at various localities.



In this case a location had been given, "Whisky Gully near Mount Alexander". Being an ardent bushwalker or more accurately "rambler" I immediately decided to search for it's location and to take a photograph of how the scene looks today from where I thought M. Law had stood. And so, this is how obsessions start.



Over the following weeks on the State Library website I discovered more historic photos taken of the early features of the Main Channel (which had been built during the 1870's). I then set out to discover the locations of these old photos and to photograph what remained of these features. It wasn't long before I discovered, via Trove, a number of detailed newspaper articles written about the Channel system at the time of it's construction. These articles give an in depth description of the channel and the country it flows through. The photos and articles are so vivid and evocative, I hope that by collecting them in a book I'm able to convince both lovers of history and of bushwalking to follow the course of the Coliban Main Channel with a new appreciation of what lies before their eyes.

The book 'Exploring the Coliban Main Channel, through historical news items and photos' can be purchased at various outlets in Castlemaine, including Stonemans Bookshop and the Castlemaine Visitor Information Centre, Mostyn Street. It's also available at the Harcourt Heritage Centre, 7 High Street Harcourt.

WANTED: your favourite dehydrator meal recipe

Bettina Brill



Send in your recipe, if possible with photo of ingredients and/or the cook enjoying the result. Who knows, if we get enough recipes we can have our own Melbourne Bushies dehydrator cookbook. For more info and inspiration contact Bettina who is making this her little project.

Fruit Leather

This recipe was kindly provided by Judith Shaw.

Fruit leather is really easy to make.

Ingredients:

Most kinds of fruit are suitable as long as they are ripe: eg. apples, pineapples, pears, mangoes, plums, peaches, apricots, berries, cherries. Feijoas when in season make delicious fruit leather.



Method:

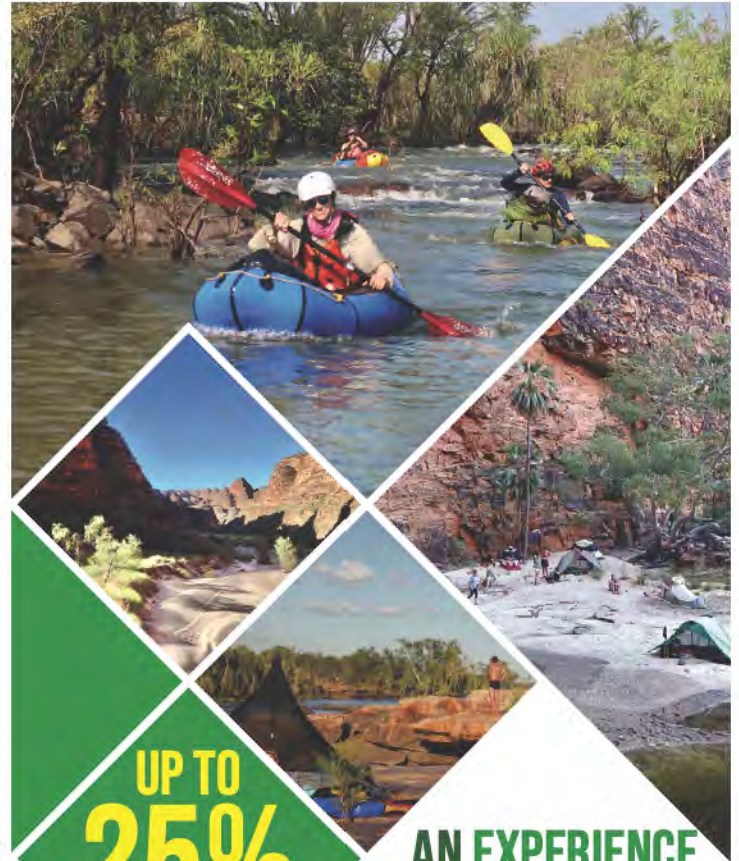
Puree the fruit. There is no need to add sugar, as the dehydrating process concentrates the natural sweetness of the fruit. Add a little water or lemon juice if necessary. The mixture should be the texture of runny jam; it should drip off a spoon.



Dehydrate for 6-12 hours, checking regularly. The mixture is ready when it has a leathery texture and the surface is smooth and no longer sticky. If you leave it too long it will become brittle. If



the dehydrator doesn't have a fruit leather tray you can use parchment paper, but peel the paper away before it cools to prevent sticking. Roll the fruit leather into cylinders and wrap in foil.



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DRYSDALE BUSHWALKING: 2ND TO 15TH JUNE 2024



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Experiment with combinations. Cooked rhubarb and strawberries are good, also banana, mango and passionfruit. Starchy fruits such as bananas are best combined with more watery fruits. Optional extras include shredded coconut, or a half cup of plain yoghurt for extra tang.



ASPIRING LEADERS, WE NEED YOU!

LEADERS' TRAINING DAY

Sat 5th August, 2023, 9:00 am – 5:00 pm

Rivers Room at Clubrooms @ Mission to Seafarers Victoria

Why not attend this free training offered uniquely by our club to skill up members and build confidence to take on leading roles?

Suitable for new leaders, those thinking about leading, and previous leaders returning after a long break.

The trainers will be Angela Vetsicas, Ian Mair, and Mick Noonan. The day covers:

Welcome and Introductions

So You Want to Become a Leader?

- The concept of leadership.
- Different styles of leadership and Key Relationships.

Walk Research, Planning & Previewing

- Why, Who, Where, When and How to organise a walk.
- Conducting a preview, what to do before, during and after.
- Resources to access when selecting a walk, especially our extensive data base.

Activity Processes, Documentation & Resources

- Walk description and grading, walker registration.
- Map, GPS track and walk notes, transport plans, emergency details, incident reports.
 - Online Website and Paper Processes.

Conducting the Walk

- Tasks which need to be completed a week and a day prior to the walk.
- Tasks to perform after you arrive at the walk but before you start walking; appointing a Whip.
 - How to conduct your walk in a safe manner so that all participants enjoy the walk.

Risk Management & Safety

- Basics of Risk Management, and how it is involved in most decisions that we make.
 - Identify and Evaluate Risks.
 - Use strategies to manage risks, practical examples.
 - Legal responsibilities; Leader protections.

Critical Incident Management

- What are Critical Incidents, how to avoid them/reduce their impact.
- Dealing with the Critical Incident and with Emergency Services, Scenario Exercises.
 - Post Activity support for recovery and grieving.
- A Leader's view of the new Club Critical Incident Processes.

MEMBERSHIP RENEWAL 2023-24

Membership subscriptions are due 1st April 2023. 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: \$90 **	Concession: \$68* (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 \$30.00 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]

Snowy Bluff and Moroka Gorge revisited – 22-25 April 2023

Rob Jung

The trip: Doolans Plain - Moroka R — Snowy Bluff – Mt Dawson - Shanty Hollow – Moroka Gorge – Horseyard.
John Terrell (leader), Bruce and Rob

John's original plan to do a 4-day track circuit walk in the Woods Point area was postponed until after the deer hunting with dogs season. It was a long weekend and these deer hunters have a less savoury reputation. John substituted this walk with another exploratory trip which included Snowy Bluff, the Dawson Range and Moroka Gorge. His research suggested that this route had not appeared on club trips in recent years and it would be worth revisiting. John and I had both actually walked the route previously on the same trip, but that was 51 years ago and a lot might have changed in that period! From what we remembered, we expected this new plan would be much harder.

That previous walk with MUMC was indeed a HARD trip. During Easter 1972 (31-March to 4-April) we walked from Doolans Plains - Moroka R - Snowy Bluff / Dawson Range - Shanty Hollow – Mt Kent / Moroka Gorge – Lt Cromwell - Mt Wellington / Tarli Karng / Wellington R. All in 5 days. The Moroka R to Moroka Gorge and Lt Cromwell section of the MUMC trip was then all *off-track*. By 1974 a road had been built for logging into Shanty Hollow.

Day 1. From Doolans Plain, we descended the 4WD track, initially through wet alpine ash forest to the much drier valley of the lower Moroka River. The sun was warm and we chose shade to eat lunch on the far bank after an easy river crossing. We then climbed to a good campsite near the falls on Snowy Bluff Ck. There was a good flow in this creek, unlike 1972 when the creek was dry. This time there was also evidence of animals wallowing in the mud adjacent to the falls. This disturbance was likely caused by deer.



The ascent route of Snowy Bluff from the Moroka River with the campsite (▲) near the waterfall on Snowy Bluff Ck.

We didn't escape deer hunters on this trip. Just prior to reaching our campsite, we chatted to a group of them. Deer stalkers (without dogs) are allowed in National Parks in Victoria and that is what they were. They were planning to stay a week. In their opinion the deer they were hunting caused little disturbance, but that is *not* what we saw.

Day 2: We climbed to Snowy Bluff via the ridge north of the falls. It was not a difficult route

through wooded slopes with occasional grassy areas. We found weeds like scotch thistle, dug up areas, and a deer antler on our way up. Near the summit we heard a deer honking loudly at close range, without seeing it. John decided to delay lunch until we reached the open peak east of Snowy Bluff ("East Peak"). That was an excellent choice, although the cloudy and misty weather we had during our climb, persisted. Its an excellent viewpoint with camping prospects in the area.

After lunch at "East peak" our route was very slow, very scrubby and difficult, especially the climb out of a deep saddle to the south. There had been a recent fire and the resulting regrowth was very thick and tiring. The route was also interspersed with large boulders. The amount of water I was carrying was small and in one place I collected some more from small depressions near a wet cliff edge using a large syringe.

We made very slow progress, with no camping prospects evident, so when after about 2.5km from lunch we

Along the track

came to a small clearing, we camped. There was no water down the adjacent gully to the SW. The situation was looking grim: we had very little water and were surrounded by very heavy scrub which inhibited progress. Over dinner, conversation was very subdued and serious as we discussed alternatives to continuing with our plan. We could not hope for a repeat of the bounty experienced on the 1972 trip. Then, in a recently burnt part of the Dawson Ridge, we came across a pile of tin cans. Many of them were unopened. Tins of peaches and apricots were a very welcome addition to our now meagre water rations. Unfortunately, the labels had disappeared, and some of us found we had collected tins of spaghetti and baked beans.

Day 3: It had been a clear, damp night and for breakfast I was able to make a large cup of tea from the dew I had sponged from my tent fly. Although prospects for a happy traverse of the Dawson Ridge were not looking good, we continued, helped by Bruce's extra water and his motivation.



Fortunately, conditions soon improved. The remaining ridge, though rocky and scrubby, was much easier to traverse. It was an attractive ridge and there were very good views into the Wonnangatta valley with occasional (dry) campsites with views. A grassy plain surrounded rocky Mt Dawson. We felt much more enthusiastic about our route following this morning's walking. Our map showed permanently closed logging roads near Mt Dawson and we sought to reach one of these, south of the summit, to speed progress. Our old 1972 route, descended east from the summit directly into Shanty Hollow.

The scrub on this newer approach was thick and in pushing through one band of thin saplings, I tripped, slashing parts of my face with a sapling as I fell: scratching my eyebrow, cheek and ear. Sunglasses fortunately protected my eye. From the amount of blood let, Bruce wasn't convinced about the latter. Field first aid was successfully administered by Dr's Bruce and John. (Two days later, the doctor at my GP clinic was very impressed by Bruce and John's repair work.) Afterwards we continued and soon we found the old road and followed it to Shanty Hollow.

We were having a late lunch at Shanty Hollow when another group of four walkers arrived. They had followed a similar route to us, except they had followed McMillans Track to the Moroka River from the Moroka Road. On the previous night they had camped near "East Peak", and were rewarded with excellent sunset views as the mist had cleared late in day 2. There is now a good road into Shanty Hollow and we followed it for about 4 km south east to be close to the spur descending into Moroka Gorge. We camped on the road verge, carrying water to camp from a creek crossing the Shanty Hollow Rd. It was a closed management road, so we weren't too concerned about night traffic.

Day 4: From camp it was a short distance east along the Shanty Hollow Rd to the Moroka Gorge access ridge. A



small rock cairn on the road verge marked our starting point for the descent. In 1972 John and I had ascended Mt Kent from Shanty Hollow and then descended 350m from Mt Kent to reach this point and was just part of day 2!

We followed the very scrubby ridge into Moroka Gorge. The

Along the track

ridge was vague at first, then became more sharply defined and steeper, containing rock steps. We descended into Kent Ck just downstream of its falls and just upstream of Moroka Gorge.

I hadn't been to Moroka Gorge since the 1970's. It was great to see it again and its waterfalls. This time, the large very green mossy boulders scattered along the Gorge especially impressed me. Last time I was there in November 1978, the gorge was filled with the colour and aroma of the purple flowering mintbush. Progress through Moroka Gorge has always been slow and this time the route was very rough and slippery. We explored a little downstream, then very carefully and sometimes precariously made our way back up the Gorge to the exit track from Lummican Gully. It was a very pleasant luxury following the narrow track back to the Horseyard and our car. In the 1970's there was no track into the Gorge.

Beginners: Cape Schanck to Greens Bush –

22-23 April 2023

Romana Trufas

On April 22 I ventured for my first Pack Carry adventure on the beautiful Mornington Peninsula: an overnight trip covering a breathtaking hike along the coast passing Cape Schanck and the inland route through Greens Bush, part of Mornington Peninsula National Park. Not knowing what to expect and being slightly anxious about my (quite heavy) backpack, I was pleasantly surprised by the warm welcome from the group leaders and rest of the group at the meeting point. Time was spent to inspect the backpacks of the more inexperienced hikers and to provide the first insights on how to keep your backpack compact and light.



The day announced slightly overcast but free of rain which was perfect. We started the hike along the coast marvelling at the views from Cape Schanck and along the Two Bays Walking Track. The group kept a brisk but pleasant pace, chatting to know each other as we made our way towards Bushrangers Bay. After a quick stop on the beautiful beach, we continued our hike inland towards Greens Bush. I had visited and walked a few trails through the Mornington Peninsula National Park, but it was my first time in this area. The track meanders through bush and forest, and one cannot get enough of its variety and busy bird life. Just as we were approaching our camping ground, we spotted a huge owl in one of the taller trees. Gina, our leader and avid

birdwatcher, noted that its species is called the Powerful Owl. It was just taking its meal, an unfortunate possum.

Arrived at camp, we all set up our tents and then gathered around two wooden tables to prepare our dinner. I was curious to inspect the various types of tents and the experienced hikers were happy to explain the pros and cons





of the various options. After tents, the next lesson was on cooking utensils, hiking food and water filters. I learned there are various options, and that it's important to consider practicality, weight, and size. There was a large variety of dried food options which all turned out to look and smell amazing once cooked and ready to eat. My initial anxiety disappeared with this awesome group of people eager to show you the ropes of pack carry hiking and share stories from their own longer hikes. I felt like in a big family, immediately included and looked after.

A gorgeous sun greeted us the next morning and after a hearty breakfast we started on our day two hike. The highlights of this day have been the grass tree forest, the walk through shoulder-high fern and, last but not least, the well-deserved coffee and cake (and glass of bubbly for some) at the end of the walk. I want to thank our leader Gina and the entire group for the great and fun weekend packed (pun intended) with beautiful views, valuable learnings and just amazing companionship.

Mt Bogong - Challenging your muscle memory on the Staircase Spur - 21-23 April 2023

Jaime Pilco Vargas

A Medium/Hard graded walk to the highest peak in Victoria that does not disappoint if you are after a challenge. Preparation/training is highly recommended, do not just trust your muscle memory... I am talking from experience; I struggled to walk for a couple days after this trip.

A Friday departure was required due to the distance to the start of the walk. During the transit to our destination, some adjustments to the walk leadership were arranged as our former leader had to stay in town following medical advice, and one of our fellow bushies assumed the leadership. The party arrived at Mountain Creek Campsite in three groups and some of us enjoyed a lovely meal at the Settlers Tavern in Tawonga to fuel up before the walk. An 8AM start was agreed and the party retreated to their tents in search of a restful sleep.

- *Side note: Arriving early at the campsite is recommended, especially during long weekends, as it tends to be busy with other bushwalkers and campers.*

It's Saturday: after a restful night and a warm brekky, the five bushies are all layered up and ready to depart.

After walking a couple of kilometres on the road with a couple of creek crossings (there were bridges; however, some of our bushies took on the challenge of rock hopping) we arrived at the start of the mighty Staircase Spur track...



The *real* journey begins at the base of the Staircase Spur trailhead, where we start the climb up the steep and rugged terrain, chasing a ~6.5Kms uphill walk with ~1.3Kms elevation change. Muscle memory, this is your test... each of us follows their own pace making sure we regroup and take breaks to recover energy. We reached our first milestone, the Bivouac



Hut, where we stopped a bit longer for morning tea and a caterpillar show brought to us by mother nature.

As we ascended, we were treated to breathtaking views of the surrounding mountain ranges. As we neared the top of the spur, the trail levelled out, providing a chance to catch our breath and take in the incredible scenery, but don't be fooled! As the trail approaches the tree line, the terrain becomes more rugged, and now we had to navigate rocky outcrops and steep switchbacks. The final ascent to the summit of Mount Bogong is a challenging scramble over

loose rocks and boulders, but the views of the Victorian Alps and surrounding peaks are spectacular.

- *Side note 2: As we took a break along one of the rocky boulders, we met with a couple of hikers going up and down the top as a day walk; we met again at the summit and found that one of them had felt and got a couple of scratches. Our crew was avid to provide some first aid to clean and cover the wounds and hand out some pain killers. Carrying a few extra grams is always worth a reminder to take a small first aid kit on your walks!*

After a last stroll, we got to the summit. The view was not as good as we would like, as we had some clouds coming up, however, we were all happy to reach the summit in time for lunch. As we were resting, we saw some trail runners also reaching the mountaintop as part of the Running Wild - Alpine Challenge, including distances from 10Km to 100Km to be run over 48hours - who are the crazy ones now? Joke aside, this was a fantastic display of fitness and endurance.

Once fed and rested, we started our way down to the Cleve Cole Hut. As we walked through the clouds, we met a few more runners until we finally arrived at the Hut and campsite. This was a control point for the challenge and a meeting point and designated camp for the crew; we had a full house at the grounds, and it looked like a little tent town.



After setting up camp and a cup of tea for some of us, we discussed the plans for later in the day and tomorrow. It was suggested to get back to the summit for the sunset, but the idea didn't gain many punters as we were a bit tired and we knew it could be freezing after Sunset. However, we did agree to go down to the Howman Falls after breakfast on Sunday, provided we had good weather, and return to the cars via the Eskdale Spur for a change. Suddenly it was dinner time and time to talk about the different foods we brought, ranging from top shelf dehydrated meals to two-minute noodles. The sun was gone, and with it, the light and the temperature started to drop; it was time to get in the tents.

- *Side note 3: We could hear the runners arriving through the night.*

On Sunday, after a cold night, we woke up to a sunny morning and dry tents (surprisingly, no condensation). We

Along the track

had an early brekky and headed down to the Howman Falls, leaving the packs at the campsite. Soon we found the paths surroundings were covered in frost, displaying a beautiful but challenging scenery as we went down, do not slip! As we went down, we saw some minor falls, which, in a warmer season, would have been an excellent spot for a refreshing bath, not in this cold... After sorting some fallen trees and puddles, we arrived at the falls, what a fantastic place. After a few pictures we made our way back to camp to collect our packs and start the way back to the cars.

As we got to the campsite, we finished packing and getting ready for departure. It was suggested, and everyone agreed, to get back to the summit to take advantage of the clear sky. Packs on the backs and we headed off to Hell Gap, where we dropped the packs to continue to the summit a bit lighter. What a great decision to return to the summit! We had the most amazing views, but no camera could capture it as well as our memory. We had a break and morning tea before returning to pick up the packs and continue with the walk down to the cars.

- *Side note 4: As we were enjoying the views from the summit, one of our crew noticed some paper-like things on the top of the summit landmark and decided to explore; it was a set of laminated paper sheets about a hiker and lover of these mountains who passed away recently and for whom a friend left the papers at the bottom asking for a fellow hiker to take them to the summit and leave it there as Mt Bogong was his happy place. In Memory of David Farnsworth 10/3/1938 – 5/03/2023.*

We made our way back to Hell Gap, and, after a sip of water, we started the descent towards Michell Hut, the designated meeting point, as we decided we could go down at our own pace. Some of us went down very fast, maybe inspired by the runners we saw the day before.



After a short break at the hut, which was in immaculate condition, maybe in preparation for the snow season [Editor's note: Michell Hut, which was covered in graffiti on the inside walls, was scrupulously cleaned in March 2023 by Friends of Bogong volunteers, including one Melbourne Bushie, working with Parks Victoria], we started our way down to the next meeting point, Camp Creek Gap, for lunch. Again some of us went down faster than others and once at the meeting point, we met a group of young guys having lunch, well a feast,

including a variety of foods we would not even consider to take to a pack carry because of the weight. Well, we are not as young as them anymore!

After a rest and a quick chat we start the last leg of our trip, ~7kms to the carpark/campsite. After walking through the Staircase Spur track, we found another track and followed it to avoid walking on the road. Finally we arrived. After a wash, we were ready to say goodbye to Mt Bogong. Time to plan the way back to Melbourne, a coffee break at Mt Beauty and dinner at the Seven Creeks Hotel in Euroa... and we were back home. Walk figures: Total distance: ~31Kms (inc. side trips); Total ascent: ~1955m (inc. side trips).

Thanks to Ian L. for organizing a fantastic walk, Trish for leading it, and Ian M, Agajan and Ting for the company. See you on the next walk! As we were returning to Melbourne, we learned about the sad passing of a fellow bushie and a wonderful friend. **In memory of Deb Bishop.**

Great Ocean Walk: Marengo to Cape Otway Light Station – 13-14 May 2023

Annemarie Mulder

The Great Ocean Walk makes for a great weekend pack carry. This autumn walk with the luck of good weather was a highly doable walk for moderately fit walkers, easily reached within 3 hours drive and just over 200km from Melbourne.

The scenery is spectacular along beaches, through forests, and with views of Bass Strait. There's history as ships sailed the south coast bringing supplies to Melbourne, and tragic stories of shipwrecks which foundered in wild seas on the treacherous Cape Otway reefs before and even after the lighthouse was built in

1846-48. There's still old wreckage and an anchor which can be seen at low tides. The *Lady Loch* foundered in Blanket Bay and *Eric the Red* was wrecked in 1880 at Parker Inlet while bringing exhibits, silver, and a piano to the Melbourne International Exhibition.



Overall: We covered 30 km of the traditional 100km full GOW, so that's almost a third of the distance. We walked in two days what the standard route does in three. We knocked off the longer 20 km on the Saturday, leaving an easy 10km on the Sunday. A small group of five, led by Rachel Keen, made it a relaxed walk with time to chat with everyone and pretty much keep together.

The **Friday** night peak traffic was horrendous, but some of us were smart enough to leave at midday or after 6 and got a clear run. I recommend a food stop at Forrest, high up in the Otways, as it's over halfway and there's an eclectic choice of The Forrest Hotel, a brewery, and *Dar Teta*, a middle eastern restaurant. How's that for the middle of nowhere?

The Marengo campsite, just past Apollo Bay is an excellent location to car or tent camp on the Friday night. It's well maintained, on a spectacular beach, right on the GOW track, and it knocks 2km off the start of the walk!



Saturday: An hour's car shuffle to leave a car at the Lighthouse end of the walk left some of us time for a morning shower, slow breakfast and checking packs.

Saturday's walk divided into two sections: the first 7km followed along the beach, up along the cliffs, then a 150m uphill slog to the Elliot River Campground. It's a forest camp with plenty of space, a toilet and water but a little early for us to stop. Onward then to part 2, 11.8km. Quite different. The track heads inland through forests of mountain ash, and you cannot even hear the sea. It climbs continuously for 5km to a height of 240m, goes flat, then descends to the beach for the other 5km.

What do we remember? Beautiful inland forest of tall trees and ferns, fascinating fungi and as soon as you head back down to the beach there's a



change to mid-sized coastal trees. Steep short descents down and climbs out of beaches, on many stone and slippery timber steps. Then there was the **MUD!!** Endless, at least 10km of MUD. The combination of hundreds of hiker footprints and heavy rain over the past weeks made for slippery, sloshy mud soup, forcing us to pick our way onto the path edges, detour into the forest, walk in the ditches, then carefully crisscross back over the 'soup' if one side became a deep puddle. Slow, steady, and squishy going. 3 out of 5 used poles, and the others, well, they had better balance. No-one slipped and fell!

Tired by mid-afternoon we reached Blanket Bay campground and pitched our tents on a grass area above the beach (wet tents in the morning) or the smarter of us under the trees (dry tents). There were 6 other tents in the hikers' camp, and quite a few car campers and families nearby. There was water, a 3-sided shelter, a long

walk to the toilet, and bush rats just waiting around for scraps. We'd been warned and had taken containers or double bagged our food overnight. We were too smart for those rats. What a stunning location: a pristine bay, roaring ocean, moonlight on the silver sea and a golden sunrise.

Sunday: A cruisy 10km over 3 hours. It was an easy undulating path which climbed only 100m up to cliff-top paths, still going up and then down to the beach on what seemed to be the GOW characteristic steep stone steps. The vegetation becomes shorter along the cliffs making walking more exposed. We stopped at Parker Inlet to rest and enjoy the warm weather. We rescued a lost eel, which at first we thought was a snake,



wiggling across the sand looking for its river. We put it back into the

stream to continue life in the river and sea. All along the path we had spectacular views of the beaches and clear turquoise water. Crayfish Bay would have to be the best and on the list for a summer day out. It was great to see the Cape Otway light station in the distance, then watch it get progressively closer. It never ceases to surprise how quickly you cover distance while walking.

Us Melbourne coffee addicted walkers had entertained ourselves all morning with talk of cappuccinos and cake which we'd have when we reached the lighthouse. It was not to be: the café was closed due to staff shortages. Back in the car, we drove back to Marengo, picked up other cars and headed into the main street of Apollo Bay. Finding a café, we ordered up large, and savoured our antidote to 'dehy' food with multiple coffees and all variations of eggs benedict, omelettes, and pancakes with ice cream. We deserved it!



Upcoming activities

June 2023

2-4	MNT: Grampians Track Maintenance	Pvt	E/M	Mark Heath
Sun 4	DAY: Bostock Reservoir & Bungal State Forest	Bus	E/M&E/M	Halina Sarbinowski & Robert Ian Mair
Mon 5	MTG: Club Committee Meeting	Pvt		President
Tue 6	MTG: Video session - tba	Pvt		Robert Ian Mair
9-12	PC: Hattah Lakes & Murray River	Pvt	E/M	Robert Ian Mair
Sun 11	DAY: Kurth Kiln-Tomahawk Creek	Car	E	Annemarie Mulder
Wed 14	DAY: Greens Bush, Mornington Peninsula NP	Pvt	E/M	Ed Neff
Sun 18	DAY: High Lead C/P-Reids Mill- Powelltown	Bus	E&E/M	Kim Cowie & Grant Roger
Thu 22	SOC: Princes & Royal Parks (public transport)	Pvt	E	Merilyn Whimpey
23-25	LOD: Phillip Island (Hostel)	Pvt	Var	Halina Sarbinowski & Robert Ian Mair
Sat 24	DAY: Sherbrooke area	Pvt	E/M	Elizabeth Gwynn
Sun 25	DAY: Tarilta Creek	Car	M	Bettina Brill
Mon 26	MOF: Panton Hills-St Andrews	Pvt	E/M	Roger Wyett
Wed 28	SOC: Dolomites and Dumplings	Pvt		Bettina Brill
30-2	PC: Avon-Mt Hedrick Scenic Reserve	Pvt	E/M	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



Fungi, Great Ocean Walk - A. Mulder