

MELBOURNE
BUSHWALKERS INC.

ABN 14 396 912 508



THE NEWS

#872 November
2023

The graphic features a background of a blue and purple mountain range. At the top and bottom, there are decorative borders of stylized leaves in shades of blue and purple. The text is centered and reads:

XMAS PARTY INVITATION

TUESDAY, 12 DECEMBER

MISSION TO SEAFARERS, 717 Flinders St, Docklands
6PM -9PM

Finger food provided. Drinks available at the bar.
RSVP TO: social@mbw.org.au by December 1st

Join us to catchup & celebrate another
fabulous year!

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 13 November

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 (maximum 400 words). 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:

Katherine Wilson
Hugh Maclaren
David Hewitt

Barbara Anette Wright
Tarun Mehta
Graham Hunter

Gourav Bhaduri
Annie Savage.
Nicole Mechkaroff

Joanne Parkin
Bradley Harris



Fryers Ridge wildflowers - D. Shand



Would you like your trip photos featured in the newsletter?

Due date for contributions to December News: 21 November

Email: news@mbw.org.au

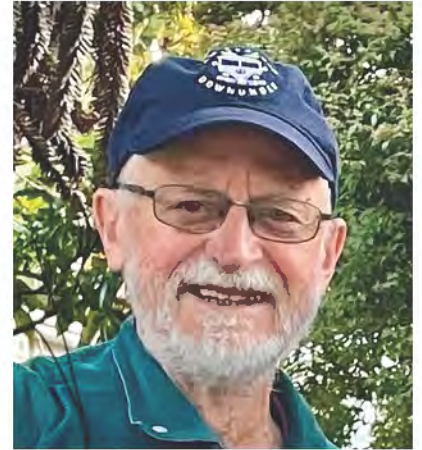


President's column

Hello from the (new/re-cycled) President!

I find myself once again in the President's chair! I thank David Stockley for stepping up to be our acting President in the most competent manner for the past two months.

There are many of you who don't know me but I've been around for a while. I joined the club in the late eighties and walked virtually every Sunday thereafter until I began pack-carry walking, which became my preference. I soon found myself on the Committee, becoming Secretary, then Vice-President before becoming President. I stepped down from the Committee in 2000, some little while ago! The club has grown from 300-odd members then to more than 500 now with many more in the process of qualifying. I am privileged to join a committee which is a most competent band of enthusiastic people and I look forward to once more having a role in managing the club's activities. The club has been a large part of my life, providing me with many opportunities for adventures together with the skills and experiences to travel and walk in exciting places around Australia and the world. I have made many firm and long-standing friendships and I have learned a great deal from our many talented members, past and present. I consider this to be a wonderful part of the club. Exploring and walking through nature with good friends and camping under the stars is a pastime beyond compare.



Working together we shall ensure that the club continues to be successful. I hope to see you on the track soon, in fact I've just met some of you last weekend!

I hope to see you soon at the Christmas party,

Derrick Brown

New President and committee members

At the recent October committee meeting Derrick Brown was nominated and accepted the role of President of the club. Derrick has been a stalwart member of the club for many years, and brings a wealth of experience to this position.

The club would also like to thank David Stockley, who has been acting President, in the past few months.

In addition, John Gurskey and Annemarie Mulder have joined the committee as general committee members to fill recent vacancies.

On behalf of all club members we welcome Derrick, John, and Annemarie to the committee and wish them well as they fulfill their new responsibilities.

Chris Collett (Secretary)



Vale Graham Wills-Johnson

Jerry Grandage

Long-time members will be saddened by the recent death of Graham who was one of the stalwarts of our club in the 1970s and maintained his membership until 2020. He was a very active walker and leader and he was so much more than this. The 70s was the decade when bushwalking values had become seriously threatened by conflicting interests and we needed to get involved in the debates and controversies of the times. Graham was tuned in to these issues, arguably more than anyone else in the club at the time. He was on the club committee for much of the decade and President in 1977-79. He consistently encouraged us to pursue an active role in conservation issues. If he was less active in our club in the 1980s it was because he transferred some of his energy to the Victorian National Parks Association where he was President from 1984 to 1987. And all this was combined with a career as a Chemistry lecturer at RMIT.



Graham's legacy has been profound. Those of us who were privileged to walk with him will remember him as a valued companion. We recall his attributes as walker and leader – his conversational skills – his curious habit of puffing like a steam-engine when walking up steep hills – his insistence on shaving during some trips (and I have a vivid memory of him sitting outside his tent in the sublime environment of Hanging Lake, Southwest Tasmania – shaving!). The wider bushwalking community owes much to his tireless efforts on conservation and National Park advocacy.

And Graham often waxed lyrical in the pages of our monthly newsletters and the annual Walk magazine. I'll finish this tribute to him with some excerpts from his write-up of a 1972 club trip to the Arthur Ranges and Lake Pedder in Tasmania. This experience was both brilliant and poignant – the latter because 1972 was Pedder's last summer before it was flooded. Graham's words reveal his own sensitivity and capture the essence of what we all value in places like in the Arthur Ranges:

Our wilderness, for several days, was pure Wagner. Huge rocky crags loomed through swirling fog and vanished again. Looking down from some pinnacle through a sea of whiteness, suddenly you would find yourself looking at a black lake which looked back, unblinking, into your very soul – and when you looked again it was gone and all was once more white. Incredibly folded rock screamed silently, writhing in agony in the grip of forces past all comprehension, generated millions of years ago. Valhalla is not far from here. But then a total change. The air grew still, the stars came out, and a heavy frost put a sparkling white patina on the tents and sheets of ice on the water-buckets. At Promontory Lake the sun rose on a perfect jewel of a day. From the highest point of Mt. Scorpio an hour later on our side trip, we could see blue smoke rising from among the trees on the edge of the lake a mile away and a thousand feet below. The crisp morning air easily carried our cooee down to those who had stayed in camp, and clearly brought their answer back.

But the eye is constantly drawn, as if hypnotised, to something on the southeast horizon. We have been getting closer to it day by day, and ever since we saw it for the first time in the remote distance it has exercised a compelling fascination. That giant fang, standing up among the lesser mountains, is Federation Peak – a huge canine tooth of rock – a spear thrust into the sky. It will take us several hard days to reach it.

You looked down then, and wondered if human foot had ever been set on the shore of Lake Mars in its lonely valley far below, surrounded by impenetrable-looking Scoparia forest. Has anyone, since time began, ever been down there? I suppose so – but here is one of those rare places where you can pretend not and know that this might be true.

continued next page

They say there's something in the button-grass water which gets into your system and makes you go mad. The symptoms are that you keep going back to Tassie year after year. I had not been before. I will be going again.

Thankyou Graham – I suspect you would appreciate these words being re-cycled.

A memorial gathering is scheduled for November 17, details following.

REMEMBERING GRAHAM



Image by Suze, 2009

Dear Friends,

A get-together is planned for 17 November (which would have been Graham's 85th birthday) in Melbourne, at the Sunken Garden section of Queen's Park, Moonee Ponds.

We plan to meet from 12 noon until 3pm, and hope you are able to come. Bring a picnic lunch, or just drop in to say hello.

We will be in Melbourne from 15th to 20th November, and if the weather looks inclement we'll circulate a plan B meeting place for the same date and time.

We've been absolutely bowled over by the number of wonderful e-mails from Graham's friends at Melbourne Bushwalkers' Club, Victorian National Parks Association, Friends of Bogong and RMIT. Do please bring your memories along to share with all of us. And please pass on this invitation to anyone we might have missed.

See you then.

Brian and Helen Wills-Johnson
bwillsj@optusnet.com.au

Market Night - Wednesday, 22nd November, 7-8pm



This event was hugely popular last year, so let`s roll with it in 2023.

Here`s a chance for you to sell your surplus-to-needs or duplicated equipment. There will be tables set up in the Celia Little Room for sellers to display their gear.

Best of all, you can reconnect with old friends or even meet some new ones on the night.

SELLERS - please reserve your space with Susan Maughan. Display your asking price on each item.

BUYERS - please bring cash for your purchases and snap up a bargain..

New Years Day BBQ kicking on from 12 o'clock

Back by popular demand! The Bushies' much-loved New Year's Day BBQ is returning to **BELLBIRD PICNIC AREA, KEW**.

No need to book, but bring along everything - e.g. plates, glass, tools, chair, something to throw on the BBQ and a little something to share.

There's a large parking area and the site is adjacent to a pretty section of the Yarra. There's also a shelter, offering shade from the sun - I am ever-hopeful of good weather!



Community Forum: Nature's Voice in Action

Australia's biodiversity has declined rapidly under the EPBC Act and we now have [more than 1,700 species and ecological communities that are known to be threatened and at risk of extinction](#).

We can reverse this devastating trajectory by coming together to ensure that nature is properly protected.

Where: The Hawthorn Arts Centre (Main Hall), 360 Burwood Rd, Hawthorn

When: 6.45pm for a 7.00pm start (finishing at 8.30pm) on Friday 10th November

Speakers: **Dr Monique Ryan** MP; **Dr Michelle Ananda Rajah** MP; **Brendan Sydes**, ACF's National biodiversity Policy Advisor and **Paul Sinclair**, ACF Campaigns Director

Transport: Glenferrie Train Station is nearby, and the Route 16 Tram stops at the venue.

RSVP: [Come along to hear how you can put your love for nature into action!](#)



Swift parrot. Credit: Australian Museum

With thanks to Horst Peter Eisfelder, 1925-2023

Over the years Melbourne Bushwalkers has made numerous relocations of its monthly meeting place. With each move records are lost or misplaced. Gaps appeared in our historical records, or the records were never kept as their significance at the time was not recognised. A common story.

Time passes and the natural cycle of life runs its course. With each passing of a current or former member we share the sadness that it entails. Memories of good times and hard times, experiences shared and friendships made. Time moves on.

Occasionally the passing reveals a store of memories filed away for the next generation. Old photographs and documents shining a light on activities and interests treasured by the owner, a curiosity to those that follow. Melbourne Bushwalkers is fortunate that these memories sometimes find their way to our archives. We are always grateful to the thoughtful descendants that take the time to find a new home for these treasures of the past. Patiently we fill the gaps in our own memories and historical records. Slowly we convert those of greatest significance to digital formats for the ease and convenience of members to peruse.

So it was with the passing of Horst Peter Eisfelder earlier this year, aged 97. He was only a member from April 1948 to 1956, but during that short period took many photos which he assembled into albums to share with fellow club members. Back in 2013 (see "The News", Issue 745, April 2013) Horst provided access to his images and many of these are reproduced in the online photogallery for those early years. They are some of our earliest and most valued photographic records. In October this year, Horst's son Rodney passed on the original album of black and white prints which will be stored with other old albums in the club's archive.

Accompanying the album was a folder of notes, correspondence and documents dating back to the early 1950's. Some of the earliest membership lists, Committee Reports to the Annual General Meeting, Quarterly Activities Programs and more, including an early draft of the first Constitution of the Federation of Victorian Bushwalking Clubs (now Bushwalking Victoria). Many of these have been registered with the Australian Historic Records Register held by the National Library of Australia.



Walking alongside the water channel, Werribee Gorge, April 1951 (Horst Eisfelder Collection)



Horst Peter Eisfelder (left) receiving the Cross of the Order of Merit of the Federal Republic of Germany, February 2021, in recognition of his work preserving the memory of the Holocaust.

Horst Peter Eisfelder lived a remarkable early life that underscored his commitment to keeping records for future generations. While only a member of Melbourne Bushwalkers for a comparatively short period his time was in the formative years of the club. He continued to meet regularly with the friends he met for the rest of his life. True to this day, Melbourne Bushwalkers is more like a family than simply a walking tour group.

We are forever grateful to Rodney and Suzie Eisfelder for entrusting the club with the records that are part of our early history.

Ian Mair
Webmaster

November Safety and Risk Reminders

Mick Noonan, Risk Officer



This month the theme of “*being prepared*” continues. If you are well prepared then you and your fellow walkers will have more fun and reduce the impacts if something does go wrong.

Take Plenty of Water: The Club recommends a minimum of 2 litres of water for a day walk, so make sure you check the forecast and take enough for the situation e.g. length of walk and temperature. Your water should be easily accessible while you are walking! Drink plenty of water before and during the walk. If not used to walking in hotter weather, consider taking more than 2 litres. Avoid the hottest parts of the day if you can and if it is going to be 38 degrees or more don't walk. On the track try putting a wet Chux around your neck!

Why walkers need to take a Whistle (NEW): All walk participants need to carry a quality whistle. Why?

- If you get lost/separated from the group e.g. on a toilet stop, a whistle is the best way to be found.
- If there is an emergency near you, then you can whistle for help (3 blasts)
- If you or others are having difficulty staying in sight of the group, you can whistle for a regroup (2 blasts)
- If you hear a call for a regroup or an emergency and no one acknowledges the call (1 blast is an acknowledgement) you can relay the call (repeat the 2 or 3 blasts)

So you need a good quality whistle, those that come on a pack are generally not acceptable - a loud and peeless whistle so they work when wet. Good quality whistles are available from the clubrooms for \$2. Also don't blow them without warning when close to people or indoors!

Do you have appropriate Ambulance Cover? (MOD): This is essential to cover you when bushwalking in the outdoors. Make sure you have comprehensive cover or renew it if you have let it lapse. Ambulance Victoria's Family or Singles cover will protect you throughout Australia from possibly a very expensive bill for an ambulance or helicopter ride. Many Private Hospital Insurance covers will only cover you from urban or rural street addresses not remote tracks or paths.

Carry your GREEN HEALTH CARD: Make sure you carry the Club Health Card in your pack. In case of an emergency we may have to provide your health information to get you the best medical treatment. You can print one off from this Newsletter and pop it in a small zip lock sandwich bag.

Health Advice to Leader (MOD): Before a walk quietly let the Leader and/or Whip know of any health or other issues you have they should be aware of that might impact you on the walk, e.g. where you keep your EpiPen.

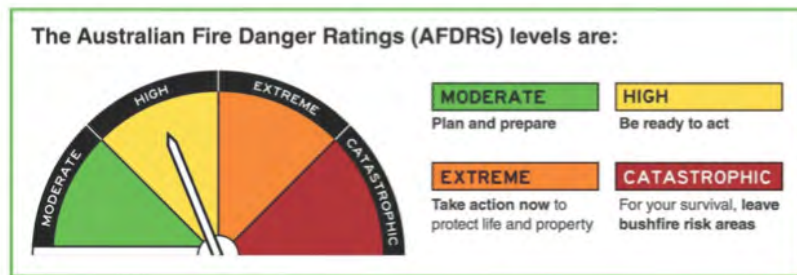
Members and especially Leaders are encouraged to read these monthly Reminders to stay aware of their responsibilities as participants or as leaders on Club Activities: NEW = a new item; MOD = changed from last time; and the others are unchanged.

PERSONAL HEALTH DETAILS CARD	
Name:	_____ D.O.B / / _____
Address:	_____ _____
Next of kin:	_____
Relationship:	_____ Phone: _____
2nd contact:	_____
Relationship:	_____ Phone: _____
MELBOURNE BUSHWALKERS INC	My doctor: _____
	Phone: _____
	Current medical conditions/allergies:
	Medications:
Ambulance cover: YES/NO	_____
Private Health Insurance Fund name:	_____

Updated Activity Policy – Fire Season, Total Fire Ban and Extreme Heat

The Committee has approved an update to the above activity policy to align it with the new **Australian Fire Danger Ratings (AFDRS)** levels introduced nationally last year.

The new AFDRS is significantly different to the previous system. It is based on more recent science, many more input factors and importantly now focuses on what people need to do at each level – see the full description in this News.



From a member and leaders' perspective there is little change. We still use the declaration of a Total Fire Ban to decide what action to take. The key part of the policy is repeated below:

If a Total Fire Ban is declared in the Activities Fire Ban District then all Day Activities will be cancelled and Multi-Day Activities will either be cancelled, delayed or varied to ensure their safety.

- 1) Activity Participants should check the Club or CFA Websites for Total Fire Bans the evening before an Activity from October to April (Total Fire Bans are normally declared at 4pm each day for the next 4 days). If unsure contact the Leader.
- 2) The Walk leader will cancel the walk using the process in Attachment 2 below.
- 3) Any day Activity in progress when a Total Fire Ban is declared in that area will cease and exit by the safest route when safe to do so.
- 4) If a Multi Day Activity has commenced when a Total Fire Ban is declared for one or more of its days then the activity will either:
 - a) cease and exit by the safest route when safe to do so, or
 - b) be delayed, or
 - c) be rearranged to avoid walking or travelling when dangerous so as to reduce the risks on the Total Fire Ban days as far as possible.
- 5) For Base Camps and Lodges the Group may stay at the Base Camp/Lodge if considered safe by the Local CFA Officer/DSE Officer/Park Ranger, the accommodation manager and leader.

In reviewing the policy we also removed the never used, and difficult exemption process that allowed some walks to continue despite a Total Fire Ban. Changes were also made so the Club can react more quickly in periods of extreme fire danger. The other useful information included are the factors the CFA considers in declaring Total Fire Bans:

As well as the **Fire Danger Rating**, the Chief CFA Officer also considers other factors such as current fires in the landscape, resource commitment and increased likelihood for human and lightning induced fires when declaring Total Fire Bans.

Therefore, the CFA might declare a **Total Fire Ban** for areas that have not reached an 'Extreme' Fire Danger Rating.

Even if a Total Fire Ban is not declared our leaders, knowing the activity area, retain the discretion to cancel or modify an activity due to fire risk or high temperatures.

Mick Noonan. Risk Officer

Know Your Daily Fire Danger Rating



Stay aware of the fire danger rating and know what to do.

Fire Danger Ratings tell you how dangerous a fire could be if one started. The higher the rating the more dangerous the conditions. Fire Danger Ratings feature in weather forecasts during the fire season.

Everyday you should:

- » Monitor conditions and official sources for warnings.
- » If a fire starts near you, take action immediately to protect your life.
- » Do not wait for a warning.
- » Adhere to local regulations governing fire activity.
- » Ensure any industrial and agricultural activities adhere to relevant guidelines.

To check your district's daily Fire Danger Rating, visit cfa.vic.gov.au, download the **VicEmergency App** or call **1800 226 226**.

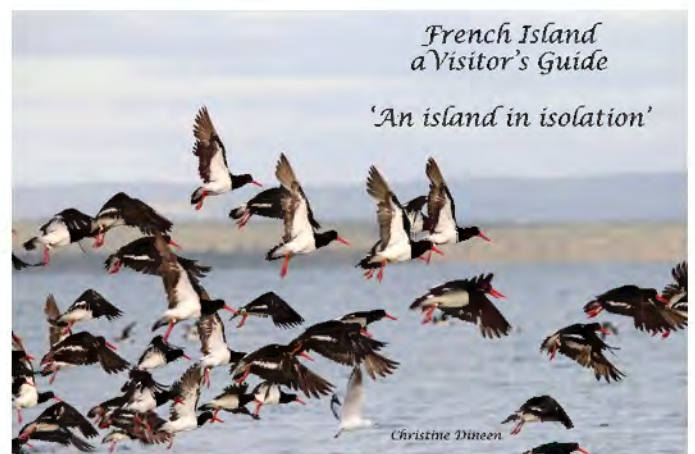
	What does it mean?	What should I do?
CATASTROPHIC	<p>If a fire starts and takes hold, lives are likely to be lost.</p> <ul style="list-style-type: none"> » These are the most dangerous conditions for a fire. 	<p>For your survival, leave bushfire risk areas.</p> <ul style="list-style-type: none"> » Your life may depend on the decisions you make, even before there is a fire. » For your survival, do not be in bushfire risk areas. » Stay safe by going to a safer location early in the morning or the night before. » Homes cannot withstand fires in these conditions. You may not be able to leave and help may not be available.
EXTREME	<p>Fires will spread quickly and be extremely dangerous.</p> <ul style="list-style-type: none"> » These are dangerous fire conditions. » Expect hot, dry and windy conditions. 	<p>Take action now to protect your life and property</p> <ul style="list-style-type: none"> » Check your bushfire plan and that your property is fire ready » If a fire starts, take immediate action. If you and your property are not prepared to the highest level, go to a safer location well before the fire impacts. » Reconsider travel through bushfire risk areas. » Leaving bushfire risk areas early in the day is your safest option.
HIGH	<p>Fires can be dangerous.</p>	<p>Be ready to act.</p> <ul style="list-style-type: none"> » There's a heightened risk. Be alert for fires in your area. » Decide what you will do if a fire starts. » If a fire starts, your life and property may be at risk. The safest option is to avoid bushfire risk areas.
MODERATE	<p>Most fires can be controlled.</p>	<p>Plan and prepare.</p> <ul style="list-style-type: none"> » Stay up to date and be ready to act if there is a fire.

Monitor conditions and official sources for warnings by going to cfa.vic.gov.au, emergency.vic.gov.au or call the VicEmergency Hotline on **1800 226 226**

Video Session, 3rd October: French Island - A Visitor's Guide

For our regular MBW video session on the 3rd October we were fortunate to have Christine Dineen provide a presentation on French Island. As noted in the Introduction to her comprehensive Visitor's Guide: "Close to Melbourne, but in many ways a world apart, is French Island. Even though it is only 65km from the CBD it is still a mystery to many Victorians who know little if anything about what the island has to offer."

The 45 minute presentation included a history of French island, its industries, flora and fauna, its road to becoming a National Park and Christine's journey in writing the book, "French Island A Visitor's Guide – an island in isolation". The talk was supported throughout by visuals, photographs of the island and interesting anecdotes.



Melbourne Bushwalkers has visited French Island numerous times over the years, often leaving with questions about its history and natural features. The video presentation added a new dimension to our understanding. The Visitor's Guide gives even more detail and is a highly recommended resource for the casual day visitor or those



seeking to explore in greater depth. Despite its relative closeness, the island setting can mean those who go unprepared may find themselves wishing they had done more homework before they arrived. Included in its punchy presentation style are eight walking / cycling routes for those keen to enjoy the outdoors.

“French Island A Visitor’s Guide” is intended as a pocket guide for people who plan to visit the island or would like to gain an insight in what it has to offer and why French Island is such an amazing natural asset that needs to be preserved for future generations.

The book, including an A3 size map retails for \$20.00 – this includes postage. Contact Christine at dineenc@optusnet.com.au for further information.

On a Clear Day you can see Forever - Mt

McDonald-The Nobs-Mt Clear – 28

September-1 October, 2023

Meredith Quick

The group met early on Friday morning at a small camping area next to the Jamieson River at Low Saddle Road and Brocks Rd intersection. The forecast was for a hot weekend.

All went to plan and we set off at 8am to walk up Low Saddle Road to the track head. The weather was warm and we soon stopped to discard our extra layers. At the track head we turned into the bush and continued our climb up along a slightly overgrown track gaining altitude quickly. We soon came to the first of many rock scrambles for the day. Mt McDonald stands at 1620m and we had an 820m climb to reach the summit. The warm day made it hard going, but once on the summit the views made the effort worthwhile. We had a beautiful clear day so it was relatively easy to distinguish the many familiar peaks around us.



Time was ticking, so we left the summit and picked our way along the ridge before heading down a very overgrown track to our campsite at the saddle and junction of Son-of-a-Bitch-Spur and the Nobs Track on the AAWT. Unfortunately, water was not close by, so we dropped our packs and walked 2 km down the road to our plentiful fresh, clear water source. With our tents up we gathered around our campfire for dinner. The climb in the warm weather had exhausted us all, and with the knowledge we had more climbing the next day, we retired early.

Another warm, clear day dawned on Saturday, and we packed dry tents. We set off early walking up the Nobs Track and AAWT to the top of The Nobs, where we took an opportunity to make the most of the fine weather and the spectacular views. We knew the total climb of 755m on Saturday was going to be tough because of the climb the previous day, but we also had a 520m descent, over a distance of 14km.

Along the track

We carried on, heading over High Cone, stopping for a leisurely lunch in a saddle. That morning we again encountered an overgrown track and many fallen trees that slowed our progress along the ridge line. In the afternoon we ascended Square Top and Mt Clear. Once again, we marvelled at the views and braced ourselves for the steep descent. We weren't disappointed as we dropped down to the saddle quickly, knees aching but intact. After the descent we then walked approximately 500m along a management track to our campsite. We were fortunate, a good water source was only 500m away. Again, we had an early night, everybody was exhausted from a hard two days.



The final day was a leisurely 12.5km stroll along management tracks to Low Saddle Rd, all on track and downhill. It sounded easy compared to the previous two days, but the constant pounding on the hard road surface was demanding. We returned to the cars by midday and made it into Mansfield for coffee by 3pm. A great way to finish a type 2 fun weekend.

Northern Grampians/Gariwerd Rock Scrambles – 6-8 October 2023

David Reckenberg

These two days of walking were described as DIFFICULT and this was not hype. We were lucky to have the leadership, encouragement and cajoling of Leigh and Gina.

Our base camp for the weekend was Stapylton Campground, which we trickled into during Friday. Some arrived after dark and someone decided that it was easier to sleep in the boot of their car than to put their tent up in the dark. Those of us who arrived before dark enjoyed a brilliant dinner, cooked over an open fire. Thanks for the firewood, Leigh.



The aim of Saturday's walk was to explore Potter Creek and its

waterfall. It

was a long day

of rock scrambling and battling our way through heavy bush. We started by climbing up above, and crossing, Potter Creek Falls. The sun was shining and we followed along a razor back ridge, getting magnificent views towards the Southern Grampians and the Western Districts. Spring flowers were in bloom, with blushes of purple, pink and yellow all around us. We observed different varieties of orchids, common pink heath and plenty of Grampians Heath Myrtle. However, the vegetation that made the greatest impression on us was the Dagger Hakea. The scratches lasted days!



Along the track



We were in awe of Leigh's navigation skills as he was able to devise short cuts to get us back to the campground at a reasonable hour. The final part of the walk was along Potter Creek, where we visited the impressive rock paintings at Ngamadjidj Shelter. On Saturday evening Leigh provided sausages for everyone, as well as the firewood.

Sunday was authentic hard rock scrambling and we had been warned that there would be a heart stopping moment when we would need to jump a metre wide, very deep chasm. So, we headed out with some trepidation.

The day was brilliantly sunny again. We enjoyed the climb to the main lookout just below Mount Stapylton, where the real scrambling started. Firstly, up a high rock wall to reach the summit. Then it was a slow scramble, clamber and grope

along the plateau towards Mount Wudjub Guyan-Gunigalg. This is a fascinating but precarious landscape. There are a series of high ridges and deep crevices to navigate. We were again in awe of Leigh's ability to lead us, and to find passages in the absence of marked trails and he and Gina provided lots of welcome advice and guidance. Celesta and I avoided our rock shimmying test as we cleverly found a way to squeeze through a small rock hole.

Finally, we arrived at the famous crevice leap. I had a plan based on advice from Gina – don't think, don't look down and jump for your life. I made it – and with all that pent up nervousness could have jumped twice the distance. After letting our heart rates settle down, we headed off again and almost immediately needed to inch our way around an exposed cliff face. No time to relax. We kept repeating: get a good hand grip, get a good hand grip!



We had lunch looking across at an iron-stained cliff face, above some caverns through which we descended after lunch. Then it was up to Mount Wudjub Guyan-Gunigalg lookout. After climbing Flat Rock, we descended gently back to our cars through forests of invasive native willow.

This was a difficult, but stunning and rewarding hike. Thanks to Leigh and everyone in our group for your camaraderie and support.

Tarilta Creek Beginners Pack Carry – 14-15

October, 2023

Perspective from a newbie – Michael Layland

Signing up for a weekend pack carry can be a leap of faith for an introvert like me. But as I tentatively step up from Sunday bus hikes with the MBW to multi-day hiking it's time to move out of my comfort zone. I need not have worried – from the get go everyone was incredibly friendly and helpful.



The Tarilta Creek Beginners PC was a nice balance of experienced hikers and those new to the adventure – we had 2 newbies, myself and Andie on this hike, and 12 veterans to help guide us on our way. Ian was our lead and always instilled a sense of confidence. With Halina as the whip I felt confident in where we were going and that I wasn't going to be left behind. I found the beginners pack carry to be incredibly informative. Everyone was happy to share tips and advice and I learned more than I would ever have expected. Although I think there's still some internal debate with the experienced bushies as to whether you should sleep with thermals or naked – I opted for clothes for fear of possibly sleepwalking!

The walk itself was beautiful and there were plenty of challenging parts with bush bashing and some steep inclines. I found there was quite a big difference between carrying a day pack and carrying a muti-day pack on your back. And yes Ian, next time I will listen to you and leave my camp chair at home.

I found the different ways people were cooking to be really interesting. There were many different pots and ignition sytems in play. There were also a lot of different ways to sterilize water – from boiling, to steripens to filtering systems.

A couple of shout outs if I may. A big thanks to Gina for ongoing commentary of the birdlife we encountered along the way. And to Jill for going above and beyond the call of duty to give fantastic advice along the whole journey (and for helping me set up my tent for the first time). Jill and I actually had the same tent and during the morning of packing up our gear she mentioned that it's always important to sleep with your head towards the tent entry because that's the largest part of the tent that slopes down to your toes with restricted access... at the time I was too embarrassed to admit I slept with my head the wrong way around and spent the night wondering why it was so cramped at that end.

I'll take a lot of things with me:

- The generosity of spirit of fellow hikers.
- Learning the hard way to pack light.
- Sleep with your head towards the tent entry.
- Leave your camping chair at home or save up some dollars for a Helinox Chair Zero.

Filled with a new confidence, and a body slowly recovering, I'm looking forward to more multi-day hikes going forward.



Eastern Strathbogie Ranges – 22-24 September, 2023

Jacque Paynter

On Friday, the group of three, Fiona, Cameron & Jacque drove from Melbourne to meet Ray at Mt Wombat where we would spend the afternoon practising our abseiling skills. A comfortable evening was spent indoors before an early start Saturday morning.

We began our venture at Lima East with a steady climb in pleasant weather. After reaching a high point we continued uphill along the ridgeline where we explored the area for caves and fortunately were not disappointed. Pushing through scrubby patches we reached Scott's Peak, stopping for lunch to enjoy the distant views of Lake Nillahcootie. With our bodies refuelled we embarked on a shortish side trip to the large rocky slabs before continuing south toward the Lightning Ridge Track which we followed before steeply descending through thick scrub to our campsite on Monee Creek. There were a couple of very weary walkers, so an early night was in order for some, while others enjoyed a lively and wide-ranging conversation over dinner.



Sunday morning, we were ready for another long day initially crossing Monee Monee creek followed by a steady climb to Whites Rock where we took in the views of Rocky Ned and enjoyed our morning tea. A sharp descent into Rocky Ned Falls found us rock hopping and scrambling before making our way up cliffy faces to our lunch spot near the top of the falls. After a short rest we began our steepest ascent to Rocky Ned! Fiona decided she'd sit this one out instead opting to take the road to our meeting point where she waited patiently for the remaining three to return. The climb was a challenge with packs given the exposure and narrow spaces to navigate yet we were rewarded with spectacular views on reaching the top.

The final leg of our trip included an easy descent through huge rocky slabs which overlooked the lush green pastures of Blackwood Park, our destination. Thank you, Ray for the off-track adventure that included varied terrain and some tricky navigation.

And a final comment from Ray:

We were a bit early in the season to catch the massed flowering of Fringe Myrtle shrubs that stretched for hundreds of metres down the final slopes - 3 or 4 weeks later would have been spectacular!! But even so, the moss-covered granite and brilliant lime-green shrubs made for an enjoyable and easy end to the walk. Thanks to Jacque for her interesting report. Thanks also to Fiona and Cam for sharing some really nice photos.



Upcoming activities

November 2023

Thu 2	TOF: Cranbourne Botanic Gardens & surrounding bushland	Pvt	E	Rosemary Cotter
Sun 5	DAY: Sorrento-Portsea: Front and Back beaches	Car	E/M	Richard Hanson
Tue 7	SOC: Melbourne Cup Day: The Dandenongs	Pvt	Soc	Susan Maughan
Wed 8	DAY: Mason's Falls-Sugarloaf circuit	Pvt	E/M	Jerry Grandage
10-12	PC: Macalister Springs-Crosscut Saw-Mt Speculation	Pvt	M	David Cash
10-12	BC: Tarra Bulga & Morwell National Parks	Pvt	E/M	Jan Colquhoun
Sat 11	TRG: Glasgow Road circuit	Pvt	M	Robert Ian Mair
Sun 12	DAY: Monbulk to, and through, Emerald	Bus	E/M&M	Rose Perich & Brett Daniel
Mon 13	MTG: Club Committee meeting	Pvt		Derrick Brown
Tue 14	MTG: Video session: Walking Iceland's Laugavegur Trail	Pvt		Robert Ian Mair
17-19	PC: Mt Buffalo Big Walk	Pvt	M	Yiting Zheng
18-19	MNT: BTAC: Alpine National Park, Howqua area	Pvt		Meredith Quick
Sun 19	DAY: Anakie Gorge circuit	Car	E/M	Helen Takano
Mon 20	MOF: Mt Jerusalem-Kinglake NP	Pvt	E	Doug Pocock
Wed 22	SOC: Melbourne Bushies Market Night	Pvt		Susan Maughan
Thu 23	SOC: Tan Track, Royal Botanic Gardens	Pvt	E	Margaret Champion
24-26	BC: Two of Mt Buffalo's hidden rocky gorges	Pvt	H	Ray Thomas
Sat 25	DAY: Mt Macedon/Hanging Rock area	Pvt	E/M	Helen Graesser
Sat 25	TRG: Glasgow Road circuit	Pvt	M	Robert Ian Mair
Sun 26	DAY: Wombelano Falls/Andrew Hill	Bus	E&E/M	Halina Sarbinowski & Jan Colquhoun
27-6	PC: Overland Track, Tasmania	Pvt	M/H	Jill Allen
Wed 29	DAY: Olinda Upper Falls & Valley circuit	Pvt	E/M	Jenny Andrewes

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