

MELBOURNE
BUSHWALKERS INC.

ABN 14 396 912 508



THE NEWS

#880

July
2024



Hugh Gorge, Larapinta Trail - Y. Zheng

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 1 July

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 recommended). 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 these new members to the club:

Vernon Mogol
Clive Hunt

Jane Kathryn Knaggs
Margaret Wastell

Boris Cetinich
Fred Bell

Anna Fadljevic



Into the forest in Kara Kara NP - R. Jung

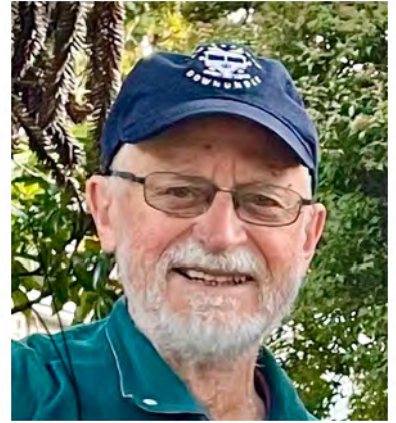
Would you like your trip photos featured in the newsletter?

Due date for contributions to August News: 21 July
Email: news@mbw.org.au



President's column

The Club has had a number of changes of clubrooms over the years and our last move to the Mission to Seafarers has proved to be a good one on many counts. However, all good things must come to an end and that end may not be too far away. We have been forewarned that the building owner, the Victorian Government, is seeking expressions of interest for the development and future use of the venue which is Heritage-listed. The Club is operating on a three-month notice arrangement so, although a call to quit is not very likely in the short term, we cannot afford to be complacent. The Committee has therefore set up a sub-committee to look into the issue and to report back. Chris Lord, Ian Mair and Ian Price have stepped up to this task and have already made their initial report. I shall keep you posted.



On another matter the Club has received an invoice from the legal business that has represented us in the dispute that resulted in a Magistrates Hearing in February. The Club has paid an invoice of \$10,000, being the insurance excess amount. The second invoice is for almost \$7,500 and has not been accepted by the insurers yet. The Club is in discussion with the insurance company and the broker over this. Again, I'll keep you posted!

During June I am swanning around in the Top End and will hopefully be back in early July in time for the next Committee meeting! Enjoy your Winter walking and take care!

Till next time,

Derrick

Club Member Awards

Go The Extra Mile (GTEM)

The GTEM award is a monthly award to recognise members for extraordinary help to others, for example:

- Aiding a leader on a walk, such as First Aid, walking an injured or unfit walker out
- Taking on leading a walk at short notice
- Assisting a leader to do a preview, if not the co-leader
- Being a 'buddy' for a struggling visitor



There can be more than one award a month.

Above and Beyond the Call of Duty (ABCD)

The ABCD annual award is for the best significant contribution by any member in the prior year. The first award winner last year was Ian Mair. The award can, for example, be for:

- Committee members undertaking significant one-off tasks
- A person in a Club role who has made an exceptional contribution for an extended period
- A walk leader who has made exceptional contributions
- Managing the Club's Federation activities



The Awards panel needs your nominations for the ABCD award by the end of February each year so it can review the nominations for the Committee prior to the AGM.

You can find the on-line forms for both these awards in the members' area of the website. The information provided will help you complete your Award Nomination. For all the awards you need to obtain the nominated person's acceptance.

Melbourne Bushies Member Survey July 2024 – We want to hear from you

Dear MBW club members,

As a member of the Bushies, we want to hear your feedback and ideas about the activities we offer to you in our club.

We want to make sure that we keep growing and providing experiences that you, our members love and in which you want to be actively involved, and of course we want to continue attracting new members.

Please assist us by answering a short survey to understand the activities you like at the club and what other activities we should include in our program.



Please take 10 minutes of your time to fill in the survey. Just click on the link at the end of this notice to start the survey.

To thank you for your time, **there's 5 x \$50 gear vouchers** which will be drawn from those who answer the survey. One entry per member.

The survey is open for a month, then we will share a summary of findings in the club newsletter and at a

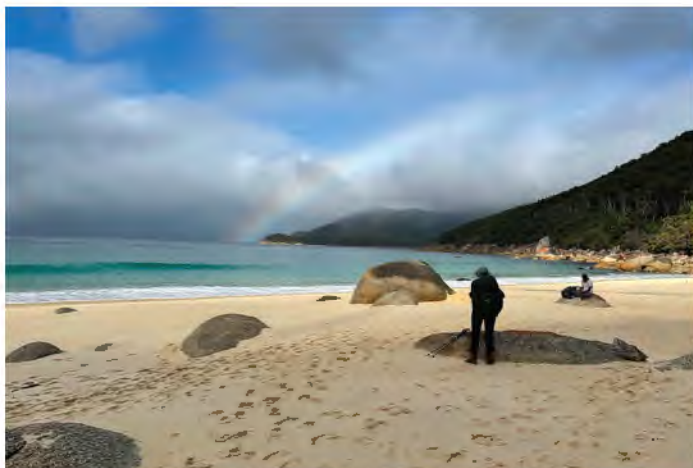
Wednesday club night. The prize draw will also be done at the club night.

We really value your comments for the club. Thank you.

The MBW Committee.

Survey Link is below:

<https://forms.gle/u2NZT6pLUEB17aSF7>



NON-COMMITTEE ROLES, 2024-25 (updated June 2024)

Each year the club has a large number of volunteers filling roles as activity leaders and in non-Committee functions. For 2024-25, in accordance with the By-Laws, the Committee approved the following non-Committee positions along with their incumbent members for the current year. The appreciation of all members for the many who contribute to helping make the club run smoothly is noted.

Environment Officer	John GURSKY
Risk Officer	Mick NOONAN
Training Officer	Mick NOONAN
Pack Carry Coordinator	Jopie BODEGRAVEN
Base Camp/Lodge Coordinator	Jill ALLEN
Wednesday Walks Coordinator	Fay DUNN
Saturday Walks Coordinator	Helen GRAESSER
Cycling Coordinator	-
Skiing Coordinators	Trish ELMORE
Monday/Thursday Coordinators	Graham HODGSON, Janet HODGSON
Social Walks Coordinator	Jean GIESE
Asst. Sunday Walks Secretary	Theo MERTZANIDIS, Brett DANIEL
Sunday Walks Booking Officers	Halina SARBINOWSKI, Prabhu DELLI, Njeri CORNES, Peter TAYLOR, Ian MAIR
Asst. Social Secretaries	Susan MAUGHAN, Jenny ANDREWES
Equipment Officer	Brett DANIEL
Newsletter Editor	Deb SHAND
Awards Panel Chair	TBA
Awards Panel Members	Angela VETSICAS, Mick NOONAN
Webmaster	Ian MAIR
Assistant Webmaster	Mark HEATH
Social Media Officers	Ian MAIR, Mark HEATH, Jill ALLEN, Nina IZETT
Mail Pick-up	Mark HEATH, Ian MAIR
Finance Reviewers	Rachel KEEN, Ray SPOONER
Librarian	Cecily HUNTER
Archives Officer	Ken MACMAHON
Maps Officer	Mark HEATH
First Aid Kits Officer	Jenny ANDREWES
Clubroom Forms Officer	Liz GWYNN
Club Emergency Contacts	Jenny ANDREWES, Mick NOONAN, Jopie BODEGRAVEN, Stuart HANHAM, Derrick BROWN, Ian MAIR, Susan MCINNES, Margaret CURRY
BSAR Coordinator	Nigel HOLMES
BSAR Members	David LAING, Nigel HOLMES, Stephen MURPHY, Kim COWIE, Claire LUXFORD, Prabhu DELLI, Hiroko NAKANO
Meet and Greet Officer	Liz GWYNN
Wednesday Duty Roster Helpers	Judy MACWILLIAMS, Fay DUNN, Gillian WAINWRIGHT, Margaret CURRY, Bernadette PRUNTY, Adriana FARI-PALCO, Neil O'REILLY, Rose PERICH, Therese RYAN, Liz GWYNN, Helen DOBBYN, Tina LEEUWRIK, Bernadette HARRINGTON

Derrick Brown
President

July Safety and Risk Reminders

This month we are covering both the **Acknowledgement of Country** and the issue of **Driver Fatigue**.



Also, if you missed the item “**ALERT You need your own comprehensive Ambulance Cover**” in the May News you could be thousands of dollars out of pocket in the event of an accident on a walk requiring ambulance assistance if you do not have your own personal/family **comprehensive ambulance insurance!**

Acknowledgement of Country (NEW): All club activities are recommended to include an Acknowledgement of Country to the traditional owners of the land the activity is being held on. There is no set protocol or wording for an Acknowledgement of Country. As with any mark of respect, the sentiment means more than the actual words used. But for those members who would like some guidance on wording, we provide the following two examples. If you know the name of the First Nation of the land on which you are standing:

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

You should be able to find the appropriate First Nation name on the activity preview page of the Club website. Information is also often available on the website of the relevant local government, state park or national park. If you are unsure of the name of the First Nation of the land on which you are standing, or the activity is being held across multiple locations:

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

Each outdoor activity has the name inserted in the Preview by the Webmaster and the name for the Clubrooms/Melbourne CBD is the clans of the Kulin nation.

Driver Fatigue and Road Safety: 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! See the Club guideline attached 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 till 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/or have a power nap.

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





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.

continued next page

Before you start driving:

- Make sure you regularly get enough sleep.
- Be aware of your biological clock, namely that you are at an increased accident risk when driving between 1am-6am and 1pm-5pm.
- Don't start a long trip after a long day's work.

When you are driving:

- Take a powernap if tired. Research shows that even a small sleep or powernap of 10 minutes can significantly reduce your chances of a crash caused by fatigue.
- Cool the car interior.
- Don't drink alcohol.
- Share the driving whenever possible.
- Take regular breaks – at least every two hours – to help reduce the effects of fatigue.
- Eat proper and well-balanced meals, preferably at your normal meal times.
- Don't travel at times when you'd usually be sleeping.

The only way to address fatigue is by sleeping. Make a choice not to drive when tired.

Workshop: Using your Smartphone for Navigation

Saturday September 14, 9am to 3pm at

Outdoor Activity Hub Conference Room, Westerfolds Park, Fitzsimmons Lane, Templestowe

Andrew Robinson, who runs this very popular one-day Workshop for Bushwalking Victoria, is conducting it for Melbourne Bushwalkers. A number of members have already done this course with BWV and with us in 2022 and 2023.

In this Workshop we will look at how GPS satellite navigation works – the theory, practicalities, advantages and limitations. We will discuss a variety of free smartphone mapping/navigation apps, including Avenza, Organic Maps, and Terra Map. An outdoor practical exercise will be included. Detailed notes, activity sheets and map will be supplied.

Registration for the Workshop opens at 9.00am on Saturday, August 10 and closes at 5.00pm on Saturday, August 31. To Register, click [HERE](#)

You will need to provide your Name, Mobile Number and Make and Model of your Smartphone.
Numbers are limited, book early!

Enquiries: bushnavigationandmaps@iinet.net.au or noonan1953@gmail.com

IMPORTANT: After registration, successful applicants will be provided with information on what to bring. They will also receive detailed instructions on phone setup. Preparation and pre-reading **MUST** be completed **BEFORE** the workshop. You must already be familiar with basic map/compass navigation and be conversant with your own smartphone e.g. be able to update software and install new apps.



ASPIRING LEADERS WE NEED YOU!

LEADERS TRAINING DAY

Sat 31st August, 2024, 10:00 am – 5:00 pm, Seafarers Clubrooms (note time change)

Why not attend this free training offered uniquely by our club to skill up our members to 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 Leaders view of the new Club Critical Incident Processes.



Going the Extra Mile: Brett Daniel

The GTEM Award is about recognising good deeds or extra effort by club members while on a club activity. Sometimes it involves a good deed that does not relate to the club. Such was the case at the Rainforest Gallery carpark on Mt Donna Buang at the end of our Sunday walk when Brett Daniel noticed a car with a flat tyre

arriving at the carpark and proceeded to assist the lone driver to change the wheel. A worthy effort deserving of recognition by the club.



Expression of Interest: AOTEA GREAT BARRIER ISLAND, AOTEAROA NZ, MARCH 2025

Yes, it's true - there's another Club trip to the fabled GREAT BARRIER ISLAND, NZ, in March 2025!

Saturday 8 March

Depart early morning from Tāmaki Makaurau/Auckland for the four-hour ferry trip to The Barrier.

We stay at the Medlands Backpackers for the following six nights, affording us ample opportunity to explore with five varied day walks (Sunday bus standard).

Next up is an *optional* two-day pack carry. Our overnight hut at Mt Heale is serviced, meaning we have mattresses in two dorms, gas cooking supplied, some pots and plates, a water tank, and two drop toilets. Best of all, we have, entirely for free, the most stunning sunset. The walk concludes next day with a soak at the Kaitoke Hot Springs.

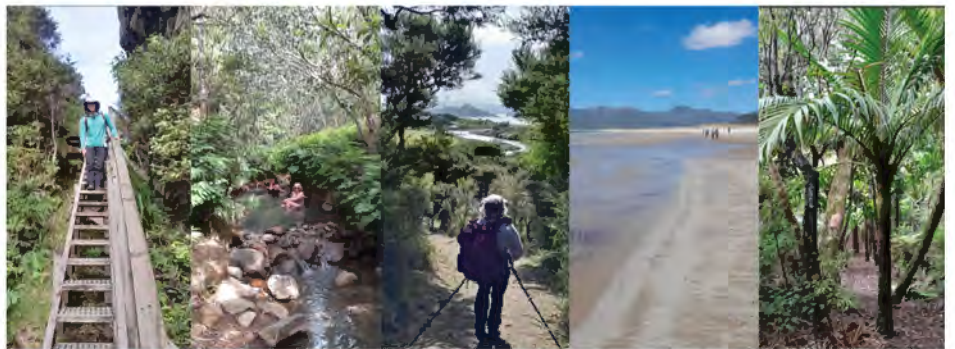
The final three nights are in the small township of Tryphena, with one more day walk, then a free day on 17 March. Being St. Patrick's Day, we head to the Irish pub to celebrate our last night.

Tuesday 18 March

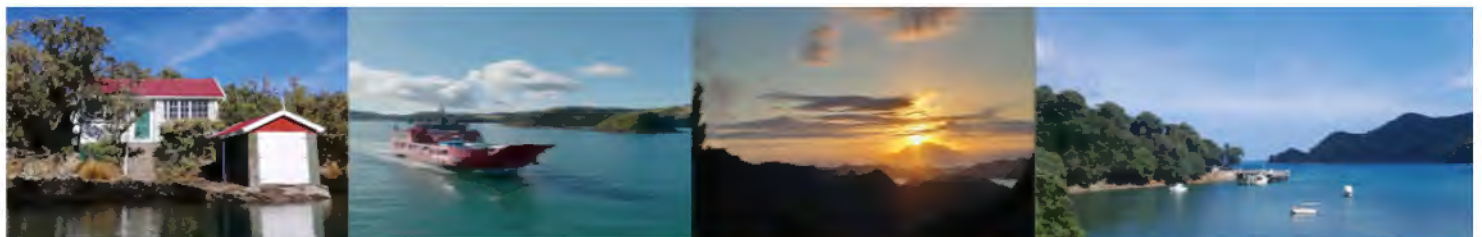
A thirty-minute morning flight returns us directly to Auckland Airport for connecting international flights.

Please contact me for walks information, details of the costs, anything. Early birds will be invited to join me on an adventure to RANGITOTO ISLAND, an extinct volcano in Auckland Harbour. This is a rare opportunity to hire a 1920s bach, a modest holiday home (Tuesday 4/3 and Wednesday 5/3).

Susan Maughan



45 MIN STAIRCASE THE HOT SPRINGS ENTICING VIEWS BEACHES GALORE STEWARDSHIP



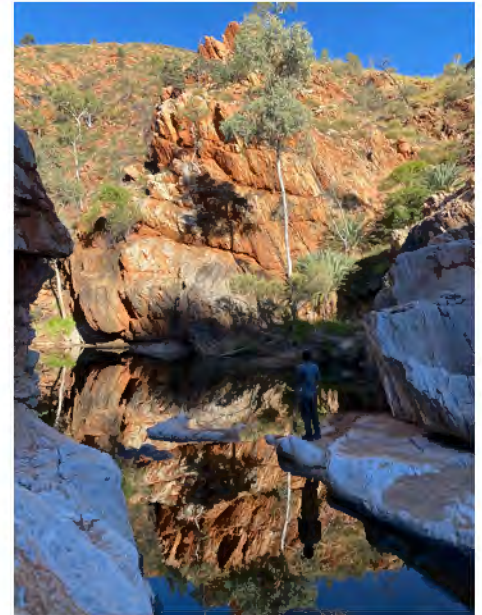
RANGITOTO 1920s BACH THE CAR FERRY TO AOTEA LITTLE BARRIER SUNSET QUIET ENJOYMENT

Larapinta Trail, Group 1 – 17 May-2 June, 2024

Rebecca Brereton

The weeks of gram shaving pack weight were finally over! Seven of us boarded QF796 to Alice Springs to meet our eighth Darwinian comrade for a MBW pub meal at the Diplomat Hotel.

The next day we drove to Redbank Gorge to start the East-to-West Route. Wasting no time, we climbed Mount Sonder that afternoon – a very sacred mountain said to represent a pregnant woman. As I anxiously tried to keep pace with the group, I wondered what compelled me to signed up for a 15-day hike in the Australian desert! Having trudged over the mountain's pregnant belly and boobs, I gladly refuelled sitting on her forehead and took in the rocky expanse of the untouched forever-ever-land.



On day 2 we settled into our walking legs through the hot desert valleys up to Hilltop campsite. Ting grappled with the frustration of her new non-freestanding tent as she settled in for a windy night nestled in a bush under the stars. Meanwhile Prabhu enjoyed the comfort of the infamous \$14 Kmart tent, having been converted by Jill's enthusiastic recommendations. The sunset overlooking Mount Sonder served as great evening entertainment before an early night's rest.

Over the coming days we enjoyed the subtle changes in flora and landscape as the trail meandered through the endless desert. There were some steep climbs scattered amongst long stretches of winding trail

through the undulating wilderness. It was surprisingly green for a desert and scattered with different beautiful flowers along the way.

Prabhu was an effortless powerhouse, breezing through the trail. Bettina's geological mind enjoyed the subtle changes in rock formations and Carol was the first to spot the beautiful little flowers scattered along the path. Michael was the jack-of-all-trades, repairing shoes and knees with sports tape and even replacing a tooth filling assisted by Ting's nursing skills! Jill was a stellar organiser as always and planned out a great itinerary to ease us into the trail and maximise access to the best camping spots. Richard was a calm rock of steadiness and was a great counterbalance to Jill's athletic pace, while Ting managed to propel her little legs fast enough to stay at the front of the pack. I managed to pick up the pace as the days drew on, aided by a fitness boost from the steep ascents and the welcome shade of the rocky valleys.

The weather was overall mild as desert weather



Along the track



goes – early twenties in the day and down to around 5 degrees at night. We had an unexpected 24-hour downpour three quarters of the way through the trip, which held us over at Jay creek for an extra day. As a stroke of misfortune we were joined by a very wet and excitable group of 27 teenagers who all managed to squeeze under the small shelter, which acted like an echo chamber for all the singing and shouting. When the rain finally passed, we headed off back to peace and quiet on a nice long flat stretch to Simpsons Gap.

Around this time, we learned of a missing solo hiker from helicopter and foot patrol searches. He was a 64yo Victorian man who had been alerted as missing by his wife after failing to check back into his hotel. It was eerie to imagine that he had not long walked the trail we were passing through, and very sad to learn

that his body was eventually found a few days later. It was a good reminder of the risks of solo hiking, even on very well marked and popular trails.

Overall, it was a great experience. It was by far the longest pack-carry I'd done but the drop off boxes and hot showers and coffee at Ormiston Gorge and Standley Chasm provided some welcome doses of luxury. The group gelled well amidst the backdrop of Jill's organisational prowess and the different sections of the trail were varied enough to keep things engaging.

Once we got back to Alice Springs we had a celebratory steak at the Diplomat Hotel before most of us headed back home. Jill, on the other hand, remained in Alice ready to greet a new bunch of fresh hikers to do the whole thing again, this time West-to-East!



Kara Kara National Park – 7-10 June, 2024

Therese Ryan

“Where’s that?” was the response when I mentioned my plans for the June long weekend. Situated between St Arnaud and Avoca, this park is a large intact area of Box-Ironbark vegetation and according to the Parks Victoria website, it has 275 species of native flora. It certainly is well worth a visit.

Ten walkers joined Ian for a base camp at Teddington Reservoir. I was surprised to see many others there but the camp area is spacious and I never felt too close to our neighbours. There are actually two reservoirs there with a dam wall between them. The southern one, by the campground, was empty.



Along the track

Most walkers arrived on Friday and with the freezing conditions and thanks to those who brought much wood, the first of the amazing fires was lit and enjoyed. Over the weekend, these were a highlight with many stories keeping us entertained. In the late afternoons we were treated to spectacular flight and sound shows by the white cockatoos.

Ian had planned walks that would take the group to the north and south of this linear park. Saturday's walk took us on a loop south to Teddington Hut and beyond. The sunny day, the open forest and the pleasant off-track walking all made for a most satisfying time. Shared pre-dinner snacks and another great fire ended the day.



On Sunday we headed north and east of the dams to Teddington. A lovely stroll. Some of us returned to camp and left Ian's group to explore further. Halina's report of this section is as follows:

"After saying "Meet you back at camp" eight walkers continued along the planned route. We headed west along Stuart Mill Gap Road until we re-entered Kara Kara National Park and zigzagged north off-track heading towards "West of England" fire tower. We stopped often to admire a view or the flora, especially the "Earth Star", an unusual fungi, and we were surprised by the button grass. Seeing "swept" areas under trees, Ian explained that these were sleeping spots of kangaroos. Kangaroos choose to lie down on the south of trees to escape the heat. It seems that these sleeping areas are basically south within 20 degrees. Rob confirmed the direction.



At the Fire Tower the view made us feel we were on top of the world. We ate lunch at an unexpected picnic table and explored the area. Unfortunately, the tower was not accessible to the public. After lunch we followed established trails for several kilometres. Rob, always checking water quality, was able to check yet another water source. The quality was better than Sydney water...but the look of it made us shy away from using it. The final stage to camp was again off track. This section, although not straightforward due to drop offs that needed to be circumnavigated, was an enjoyable part of the walk. Finally, we reached camp and were welcomed by a roaring fire lit by those who had chosen to return to camp early. With an incoming cold spell this was greatly appreciated."

On Monday the group explored the historic area of St Arnaud before the drive home. Thanks to Ian, Halina, Jane, Rob, Helen, Siva, Stuart, Ray, Shiv and Sally for their various contributions to the wonderful weekend.



Upcoming activities

July 2024

Mon 1	MTG: Club Committee Meeting	Pvt		Derrick Brown
Thu 4	TOF: Quarry Hills	Pvt	Easy	Jopie Bodegraven
Sun 7	DAY: Tunnel Point Track	Car	E/M	Judith Shaw
Wed 10	DAY: Warringal Parklands/Banyule Flats	Pvt	Easy	Denise Charman & Brian Steffenson
Sun 14	DAY: Burchell Track loop North of Stieglitz	Bus	Exp&E/M	Yiting Zheng & Chris Collett
Sun 21	DAY: Belgrave-Sassafras circuit (train based)	Car	E/M	Bettina Brill
24-27	BC: Christmas in July at St Andrews	Pvt	M	Susan Maughan
Thu 25	SOC: Hughesdale-Murrumbreena (train based)	Pvt	Easy	Liz Gwynn
Sat 27	DAY: Kalorama, Dandenong Ranges	Pvt	M	Fiona Gallery
27-28	PC: Beginners: Daylesford & Goldfields Track	Pvt	Easy	Gina Hopkins
Sun 28	DAY: Tallarook SF-Warragul Rocks	Bus	E&E/M	Grant Roger & Bernd Neubauer
Wed 31	SOC: Walking with ibex in the German Alps	Pvt		Bettina Brill

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

