

**MELBOURNE
BUSHWALKERS INC.**

ABN 14 396 912 508



THE NEWS

#892

July
2025



South Point, Wilsons Prom - A. Wilkins

WE ARE A MEMBER OF



Bushwalking Victoria

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 7 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:

Anita Tudor

Nam Giang

Michael McCausland



Wilson's Prom fungi - 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

Early in May, I attended the annual Executive Director's briefing of the Victorian National Parks Association (VNPA). The VNPA is an independent voice for nature, advocating for a diverse and healthy natural environment in Victoria. It first came into existence 73 years ago, and while there have many things to celebrate over that period, challenges continue to mount.

Last month was the fifty-year anniversary of the current Victorian National Parks Act. The VNPA, and other passionate conservationists, worked for many years to bring it to life. It laid the foundation for protecting our most precious natural places and the vulnerable wildlife that depend on them to survive.

The first part of the Director's Briefing detailed their uplifting work in key areas: the Bushwalking Program, NatureWatch, ReefWatch, Wild Families, NextGen Nature and Nature Stewards.

Sadly, and alarmingly, the second section of the afternoon brought us all down to earth. The following is from Matt Ruchel, Executive Director of the VNPA:

"In the last year alone, Parks Victoria's budget was brutally cut by \$95 million. This gutted crucial frontline staff and the nature conservation programs that keep our parks open, healthy and safe. Meanwhile, influential voices are spreading disinformation, falsely claiming national parks "lock up the bush". Their real goal? To weaken protections and open the door to destructive industries. We cannot let that happen. Not now. Not after 50 years of progress. That's why the VNPA are leading the call for a new vision for nature. One where our national parks are properly funded, protected, and valued. We're working with a coalition of experts, scientists and policy leaders to demand real solutions from elected leaders."



Wilsons Promontory NP - A. Wilkins

Our wonderful National Parks of Victoria are treasured by all of our members. Please heed Mark's concerns and send a message by following this link to support our national parks.

<https://support.vnpa.org.au/stickupforparks>

It is also interesting to note that Norm Richards, an MBW member, was a member of the Foundation Council of VNPA in 1952 and the club joined as a corporate member in that year. At that time members were eagerly waiting for the Government to pass the National Parks Bill. You can read more about this at these links to early club publications:

<https://mbw.org.au/downloads/newsletters/news-1952-october.pdf>

<https://mbw.org.au/downloads/newsletters/news-1953-april.pdf>

https://mbw.org.au/downloads/walk_magazine/walk-issue04-1953.pdf

Susan Maughan, President MBW



Reimbursement claims for your new PLB

When bushwalking, we want the opportunity to explore new challenges, enjoy nature and do it SAFELY. However, very occasionally, things can go pear-shaped and that's when a PERSONAL LOCATOR BEACON can be a life saver. It's possible to borrow one of the ten that the Club lends to members, or you might prefer to buy your own. Unfortunately, the cost can be a deterrent, so here's a reminder of the Club's policy on re-imbursement:



When **anticipating** buying a PLB, please notify the committee, because **re-imbursement claims need to be approved by committee in advance of a purchase**. Fifty percent of the cost will be re-imbursed.

Here is a precis of the Club's policy on carrying a PLB. The full document is on our website, and all leaders are asked to be familiar with the details:

- PLBs need to be carried by every group where there is not readily accessible mobile reception to make a 000 Emergency Call along the entire walk.
- If two-way communications are not available, then a distress beacon should be activated in situations of grave and imminent danger. This equates to when you feel you are facing a life-threatening situation.
- PLBs can issue a distress alert via satellite in the event that an emergency occurs. They also provide a beacon for search aircraft and helicopters.
- They can save lives and are the most reliable method of summoning Emergency Services when a 000 call cannot be made.
- They are a last resort in cases of grave and immediate risk to life – not a first resort. Examples would include: a suspected heart attack, stroke, severe hyperthermia/hypothermia, anaphylaxis, breathing difficulties, where urgent/immediate medical attention is required; or lost walker in a remote area who cannot be found, etc.
- *ALWAYS refer to the DRSABCD first aid response.*
- Take a PLB on Pack Carries/ on all Sunday Walks/ Base Camps/ Previews and water activities outside metropolitan Melbourne.
- An assessment approach for Wednesday walks.
- Not required on Social Walks.
- *Finally - you and your party need to know how to use it correctly!*

WANTED – Social walks leaders

We need a couple more leaders for the Social Walks. If you could spare a half day on a Thursday occasionally, that would be helpful.

The walks are only 5km or so and then we have lunch in a café together. A couple of our leaders have dropped out lately for various reasons.

If you can help out, please contact Gill Wainwright on 0438 512 900 or gwainwright@bigpond.com



Updated MBW Donations Policy

At the May committee meeting, an updated version to the Club's DONATION POLICY was accepted and is now available on our website. In essence, the committee can approve up to five hundred dollars a year to organisations that fall within our guidelines. A huge 'thank-you' to John Gursky for his preparation of this document, his hard work, and attention to detail!

All Club donations must support one or more of the following aims:

1. Bring together those who enjoy bushwalking and related outdoor activities.
2. Encourage an appreciation of the wildlife and natural beauty of this country and to assist in its preservation.
3. Organise walks and other outdoor activities.
4. Promote social activity amongst members

Guiding Principles

- Alignment: Donations must directly support the Club's aims.
- Transparency: All donations must be clearly documented and reported and be included in the Treasure's annual report.
- Accountability: Donations will be made to reputable organisations with a clear, public benefit.
- Member Interest: Donations should reflect the shared values and interests of Club members.

Eligible Donation Recipients

The Club may consider donations to the following types of organisations or initiatives:

- Conservation groups protecting bushland, biodiversity, and natural heritage.
- Search and rescue or outdoor safety organisations.
- Environmental education programs or trail stewardship initiatives.
- Not-for-profit groups that promote public bushwalking access or track maintenance.
- Emergency relief funds for natural disasters affecting outdoor regions.
- Community groups that encourage participation in bushwalking.
- Include in-kind donations as a second category, with the same approval authority by committee and no upper limit.
- Each contribution will be accounted based on its revenue foregone to the club at the time. All donations, whether in-kind or monetary, will be documented in the club's donations log held on the website.

Donation Approval Process

1. Proposal Submission

Any Club member may propose a donation by submitting a written request to the Committee, outlining:

- The intended recipient
- Purpose of the donation
- Suggested amount
- How the donation supports Club aims

2. Evaluation

The Committee will evaluate proposals based on:

- Relevance to the Club's aims
- Financial position of the Club
- Credibility and public benefit of the recipient
- Impact of the donation
- Feedback from members (if appropriate)



July Safety & Risk Reminders

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



Acknowledgement of Country: 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 in this News which has lots of tips and good advice. It is better to ring the Club Emergency Contact and/or family members and advise that you won't be back 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.



Advanced Leadership Skills Series:

For June we are looking at:

[Problem solving](#)

A handy skill for everyone. It explains the differences between normal problem solving and those needed for the outdoors environment – they are not the same!

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



MELBOURNE BUSHWALKERS (INC)

GPO BOX 1751, MELBOURNE, VIC, 3001

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.

Pre-Loved Bushwalking Gear Exchange Night - Buy and Sell

Wednesday 24th September 2025
7.30 pm - MBW Clubrooms

Come along for a fun night with the Melbourne Bushwalkers to socialise and purchase some good bushwalking bargains or to find a new home for some of your bushwalking items.

SELLERS

Bring along your no longer needed/ excess gear. Put a price tag on it, or "nearest offer". Let Bernadette Prunty or Susan Maughan know in advance if you require a corner of a table or a whole table.

BUYERS

Welcome! Browse the tables of bushwalking gear and snap up a bargain. Bring **CASH**.



Examples of previous popular items have been:
Walking clothes, backpacks, walking poles, tents, sleeping bags, walking boots etc.

Wine available at bar prices.

For further information contact Bernadette Prunty (Social Secretary) social@mbw.org.au



How to Submit an Activity Booking direct from the website Preview

Within the Members' Area of the website members can access the current Activities Program with enhanced features compared with that found in the public website version. Specifically, the Activity Preview includes:

- The Leader mobile number;
- A link to the Leader email address;
- A button to view the number of participants registered for the activity and a listing of the names; and
- A button to Register for the activity (Sunday Walks only), or a button to submit an Expression of Interest for the activity (non-Sunday day walks and multi-day activities).

For example, the upper section of a Preview for a multi-day activity is shown below:

<< <

Program for June, 2025

>> >>

☒ All activities ☐ Day walks ☐ Multi-day walks ☐ Other activities

Activity Preview

Base Camp: Hattah - Kulkyne National Park

Click to view: Participants = 6

Click to Express Interest Express interest

DATE(S)

LEADER(S)

LEADER PHONE

LEADER EMAIL

PARTICIPANT LIMIT

Fri, 06 Jun - Mon, 09 Jun

Robert Ian Mair

0476 597 615

r.i.mair@bigpond.net.au

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Selecting the relevant button will open a pop-up window with a series of optional choices that provide the Leader or the Sunday Bookings Team with the basic details required to progress the booking request. The pop-up window is pre-populated with the activity details and the member details.

Expression of Interest Form

Close

Activity:

Hattah - Kulkyne National Park

Friday, 06 June, 2025

My Details:

Robert Ian Mair

r.i.mair@bigpond.net.au

0476 597 615

My Transport Option:

☐ Driver, can take passengers from

☐ Driver; no passengers

☐ I will be a passenger with

☐ I will use Public Transport ☐ I need transport

Additional Booking:

☐ Current Member ☐ Visitor

☐ Driver with me ☐ Passenger with me

☐ Own transport to start

If a visitor, please provide the details below:

☐ Full Payment ☐ Concession Payment

☐ EFT Payment by me ☐ Credit Available

Additional Notes:

Add any additional comments or requests.
(If you are booking for more than one other person please provide details for each additional person.)

Submit Expression of Interest

The fields in the pop-up window depend on the activity type selected:

- Sunday Bus;
- Sunday Private Transport; or
- Non-Sunday activity.

Successful submission of the Registration request or Expression of Interest is acknowledged by a new pop-up window and activates the sending of an email to the Leader with a copy to the member.

Expression of Interest Form

Close

Expression of Interest submitted successfully!

You will be contacted by the leader to confirm your Expression of Interest has been received, including any additional requirements before your name can be added to the bookings list.

OK

Ian Mair
Webmaster

Modified Pyrenees Endurance Walk – 9-11 May 2025

Bernadette Harrington
Leader: Ian Mair

Friday night we set up camp at Avoca Lions Club campground on the Avoca River near the town centre. This allowed a convenient walk to the Avoca Hotel for a meal with most of the group taking advantage of the availability of a quality locally produced wine.

Saturday began with a short drive to Waterfall Campground, the morning still, crisp, cold with a blue sky, perfect walking weather. At 8.30 everyone had packs on ready to walk, when a convoy of about 10 fire management vehicles come down the road into the campground. It was a planned burn! Ian had checked prior and there had been no planned burns listed.

Fortunately for us, Ian and the Burn Manager were able to review our planned walk and make some revisions to enable us to safely progress. This required us to complete the first part to Mount Avoca by 11 as then this section of the park would be closed. It was steep and demanding, warming us all up quickly, with pressure to keep moving to make our deadline. Reaching the high point by 10, we were met by a group of fire management workers who started their burn almost as soon as we passed.

Sections of the Pyrenees Trail had been rerouted and this had included inserting new trail markers on timber poles. However, following the trail continued to be challenging as in many sections tree falls required detours and obscured the markers. It became a team effort to “spot the trail marker”.

Fortunately, with the day being so still the smoke did not follow us. An unexpected advantage of the burn was that the access roads to the park were closed so there were no dirt bikes and only one 4-wheel drive to disrupt the ambience. Our stop for the night, Camerons Campground was most welcome after the demanding day's hiking, and a campfire fire was started early to help us ward off the cold as the sun set.

Sunday was another perfect day with clear blue sky and, while more smoke was in evidence, very little of it impacted on us as we followed our route. Our new route, as previously agreed with fire management, included some sections of the old endurance trail, and signs of the path repeatedly disappeared so it required continued checking of GPS and close attention to the bush around us. Again, steep ascents and descents and clambering over, under and around fallen trees to reach our starting point by early afternoon.



Looking behind on the drive back to Avoca from Waterfall car park you could see the line of smoke from the planned burn in higher areas of the range. Back at the Avoca Bakery over coffee, cakes and pies everyone agreed it was a challenging walk through some wonderful Australian bush. Well worth the effort.

Beeripmo pack carry – 1-2 June 2025

Babak Dadvand's photos and Adriana Fari-Palko's words



Have you met Pedro Arvy, the mighty leader of our recent Beeripmo pack carry? If not, just follow the sound of fire-crackling storytelling, sizzling lamb chops, or unsolicited gear reviews echoing through the forest. Pedro (aka Petras) is a fast-walking, campfire-cooking, ultra-light-packing bushwalking YouTuber who somehow always has both the lightest pack and the heaviest stories. You'll find him online at [Pedro Arvy's YouTube channel](#), where he pairs hardcore hiking with the fine art of 'catch and cook' - think Bear Grylls meets MasterChef, but with less yelling.



Nine of us joined Pedro over the first weekend of June for a two-day adventure along the stunning Beeripmo Track in Mt Cole State Forest, just west of Beaufort and a world away from emails. The track winds through cool temperate rainforest and alpine ash forest, weaving between granite outcrops and panoramic ridgelines with sweeping views over the surrounding plains.



Some brave souls camped at Richards Campground the night before, undeterred by freezing temperatures that could have refrigerated a watermelon. But they were well compensated. Pedro, like a smoky wizard, conjured up marinated lamb cutlets, fire-baked potatoes, and corn roasted over open flames. Just when they thought the night couldn't get more surreal, a spiritual healer from a nearby camp appeared, and chakras may or may not have been realigned while Pedro flipped steaks with a stick.

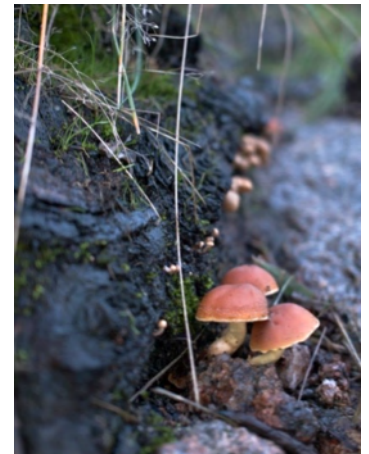
The first day saw us clock 15 km of beautiful terrain. A standout moment was passing groves of fire-scarred eucalypts, which, in true Aussie fashion, refused to give up and had sprouted tiny green branches directly from their trunks - resilience with style.



By 3pm, we rolled into Beeripmo Campground, ready to brace ourselves for another chilly night. Despite the temperature, somewhere between 'brisk' and 'why are we doing this', spirits stayed warm, powered by Pedro's stories and the previous night's smoky legends.

Day two delivered a gentle 5 km descent-ascend, then descent-ascend. With the sun out and views stretching forever, we were all reminded exactly why we do this, why we endure frosty tents, aching legs, and someone snoring through a thermal liner. Because this is what makes it all worth it.

Can't wait for Pedro's next adventure. Word on the trail is he's eyeing the Pixie Waltz, to be completed with a pub at the end. Sign me up.



Hattah-Kulkyne NP – 6-9 June 2025

Naz Anthony

Despite a gloomy forecast, ten determined bushwalkers hit the road for a 450km drive to Lake Mournpall in the Hattah-Kulkyne National Park. The weather, however, did not reflect the high energy of the group leading into the adventure. Friday night was damp and quiet - early to bed, saving energy for the big walks ahead.

Saturday kicked off with a 19km loop around Lake Mournpall, through dry lake beds and over red sand dunes that each revealed something new. The park's landscape was constantly shifting with a mix of low shrubs and beautiful red gum trees. Kangaroos and emus popped up which made the walk even more interesting. The group's resident birdwatcher Gina kept us updated with all of the birds that were flying around us. The old gum trees were a standout - absolute giants with stories of the past. There were even watermarks on the trees showing where floodwaters once reached.



By late afternoon, the skies started to change. We picked up the pace as light rain rolled in, finishing just in time. Back at camp, the Melbourne Bushwalkers' tradition of generous food sharing didn't disappoint! Dinner was a group effort, squeezed in between bursts of wind and rain. Thankfully, the fire experts Marg, Fred, and Derrick kept us warm well into the night. They also kept me warm overnight by heating up my hot water bottle because my tent wasn't exactly suitable for the conditions.

Sunday surprised us - cold, but dry! We hiked to Warepil Lookout for views of the park's vast beauty, then looped around the reference zones and ended up at Lake Hattah, where a huge flock of pelicans and other birdlife put on a show. After we completed another 19km walk, we returned to camp for a cosy evening under a full moon and, finally, no rain.

Monday morning meant packing camp and getting ready for one final walk. It started at the Pumping Station which helps keep the lake system healthy through water regulation. The walk then wound north through river red gum country. It was a privilege to be in the presence of these giants (and we gave them a big hug too). Lunch by the Murray was serene before a slightly "prickly" shortcut across dry floodplains led us to Chalka Creek, still holding water from past floods. As we neared the cars, Gina scored the grand finale - a rare Regent parrot sighting.

After 12.5km and one last coffee in Hattah, it was time to head back to Melbourne or on to other adventures - tired, happy, and slightly less dry than we'd hoped, but with plenty of warm memories. It was a great trip and a massive thank you to Ian for organising it perfectly and to Margaret, Fred, Gina, Derrick, Bas, Gayle, Carmel,

and Halina for good company. A special mention goes to Gayle who helped me write this trip report and for being a great buddy over the weekend.

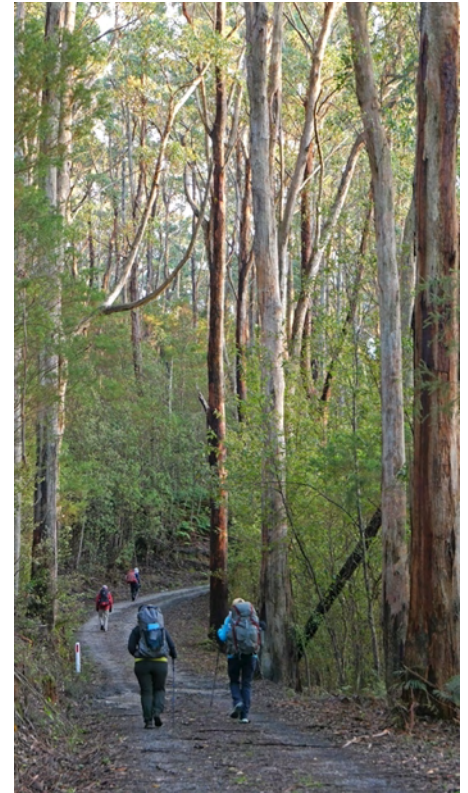


Wilson's Prom - 13-15 June 2025

Anne Wilkins

Six of us met at Tidal River on the **Friday night**, excited for some Prom walking. Short winter days call for early nights but imagine two walkers' surprise to find rude incursions had been made into their tents during dinner time by a cheeky wombat! Fortuitously Ros had a needle and thread so the wombat sized holes could be temporarily stitched up by head torch.

Saturday morning revealed a perfect bluebird day, and we made good time from Telegraph Saddle to Roaring Meg campground for lunch. We sighted varied flowers and interesting fungi along the way, and Rob tested the conductivity of the water in many of the creeks. Tents were set up with much debate about their safety, in case there were marauding Wombats or Crows at this Saturday night camp. Taking a leap of faith, we left the tents to defend themselves and set off on the return walk to the southernmost point of the Australian mainland - South Point. Enjoying some warming sun on the massive granite boulders, we scanned the calm ocean for whales, alas not today.... or maybe?! But there was a seal, sea birds feasting and stunning coastal views in all directions.



Back at camp, with dinners, Tim Tams, stories and jovial banter to warm us, we tried to stay up **until 7pm**, but the call of sleeping bags was again too strong for most.

An Eastern Yellow Robin or three kept us company at breakfast, and we were off just after **8am**, needing the walk back up to the helipad at Martins Hill before we could take off any layers. By late morning Oberon Bay revealed its wide smooth beauty to us, and the firm sand made for easy walking, before it was shoes off and a bracing wade through Growler Creek at the northern end.

A proper winding bush track took us around the coast to lunch with an inquisitive Pacific Gull at the rough, but postcard perfect Little Oberon Bay. The final bit of track revealed yet more stunning, classic Prom views before we dropped back down into Tidal River. Goodies were purchased from the shop, cars retrieved from Telegraph Saddle, and all too soon it was time to head home.

Wombat lessons learnt include: yes, they're cute, but also naughty! Don't assume your tent is safe even with no

food in it! Guard your tent or put it up just before you get in it. Consider taking a '**Friday night**'/old tent to Tidal River if you don't want to risk your almost new one being ripped up! Wombat wee in a tent is really not good!!!



Thanks for your great company, Romana, Ros, Matthias and David, and your great leading, and sharing of knowledge Rob.

Sydney Harbour and Coastal Walk - 23-30 May 2025

Derrick Brown
Leader Ian Mair

I love coastal walking at any time so the opportunity of walking this coast and exploring the Sydney Harbour made this a trip not to be missed. I was not disappointed!

Twelve bushies met up at the NRMA Lakeside resort on the North Shore on Friday evening where we stayed in cabins. Saturday dawned bright and sunny, perfect for our first 26km day. Into the Ku-ring-gai Chase National Park, along the Pittwater beach, a climb up to the lighthouse, Palm beach, great views of the peninsula - and this was the first hour! Onto Whale Beach, Bangalley Headland, magnificent surf and steps, lots of steps. And surfers, looking like black ducks bobbing in the water, just waiting for that perfect wave, at every beach, hundreds of them. Mainly men, mainly young, making me feel my age. We ended the day back at Narrabeen headland when we had a short walk back to our cabins to clean up before our second dinner at the local pub.

Having done a circuit of the peninsula, from here on we were to go south, along the coast to Sydney Harbour. Day two was another fine day, a little wind but mainly shirtsleeve weather. More beaches, more steps, more surfers, Collaroy, Dee Why (a paddle across a creek outlet) North Curl Curl (high cliffs), high surf, and sea swimming pools. Now we were passing through coastal suburbia, with houses virtually on the beach. There were no empty houses, except for those being renovated or re-built, and there were lots of those. I felt that the builders should have been advertising aquarium windows as some dwellings were at sea level. Tonight's digs were at the Quarantine Station at the outer harbour. This has been done up and is a resort with good facilities (not all open to us as a filming unit had priority). After a meal here we watched the sun go down from a small beach before retiring to our cottages.



Flat Beach and Manly. This was busy, busy, with the beautiful people playing beach volleyball and crowds walking the famous promenade. In and out of the coves we went, now seeing the harbour traffic and hundreds of moored small boats. Even though there were substantial housing areas we also went through considerable areas of bushland with muddy tracks, much to my surprise. We were now in Middle Harbour which we crossed on a small bridge before finishing for the day at Rocky Point where we caught the ferry to Sydney Quay. Now we had our close-up views of the bridge (the coat hanger) and the Opera house. We were to stay at the Sydney YHA for the next three nights.

A new YHA has been built over the early Sydney dwellings in an area that became known as 'The Rocks'. It is nothing like the UK YHA buildings that I knew of my youth. This was a hotel-like place, not flash but quite acceptable. The terrace bar stood out as being a missed opportunity - it had been designed by a public toilet architect and was equally attractive. The terrace, however, gave views over the harbour to the Opera House. The early buildings - or at least the foundations over which the YHA now stands - have been exposed and are now open to view along with the artefacts that were found during the excavations. Signage tells us the stories of the people, pubs, alleyways and rogues that inhabited this rather shady part of the evolving town of Sydney. From



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our YHA bedroom Gina and I had a great view of the Opera House and we were delighted to find that a Light show opened that evening, so we had a front-row seat with the Opera House being a central piece of the lighting show.

After a restful night and before resuming our circumnavigation of the harbour we took the ferry to the zoo on the north shore. We spent several hours there and I saw, for the first time, a tree kangaroo, high up in a tree, looking very comfortable, but very out of place! Then we resumed our walk, exploring Sydney Harbour National Park, and the WWII gun emplacements that gave us views of the Quarantine

station, just over the water, where we had stayed two days ago. We ended up back at the zoo from where we took the ferry back to the harbour quay and the YHA. That evening we explored more of the Rocks area and saw more of the light show with buildings lit up and heaving crowds of people.

Then we were to see some varied areas - along the south side of the harbour. Taking the ferry to Rose Bay we then walked back to the city. Again, some grand houses and displays of wealth at Point Piper, hundreds of moored boats, a swimming hole for me and a close-up view of some of the Australian Navy before we were back in the city. Here we finished for the day and went our own ways to explore, in my case, the Botanic Gardens, the Opera house, and the Art gallery of NSW where I saw the Archibald Prize Portrait Exhibition. The day was completed by the group walking to Darling Harbour, with its side-by-side restaurants and magnificent harbour views. A splendid and most varied day!



After our third night at the YHA we caught a ferry, this time to Watsons Bay. Within a few minutes we were at Camp Cove where Governor Phillip first landed on January 21, 1788, in Port Jackson, we were informed. He had actually landed at Botany Bay a few days earlier but after exploring the coast he found Port Jackson, as he named it, and the first fleet landed there on January 26. Camp Cove is quite a small bay and now has the remains of another old fort there.

Now we proceeded along a very different coast, high magnificent cliffs, some wonderful banksias, more steps, middle-class housing, and then - Bondi Beach! It wasn't a day for the beach, windy and cold. There was quite a surf and no-one swimming. What a beach though! I couldn't help but remember my first visit here many years ago that coincided with the Bondi Beach Nude Swimming Gala! No, really, it was a coincidence! Our digs tonight, our final night, were at a pub/hotel at South Maroubra, where we were most comfortable and where we enjoyed our last dinner, a rather good one.



Our final morning was a magnificent walk through Malabar National Park along cliffs, past more beaches, this time with loads of surfers enjoying huge waves in good weather. A whale was spotted, then as we all searched for it, it spouted, if that's the word, several times for us. A few days later it was reported that a pod were in the harbour and that Manly ferry had to make way for them. The rocky coast was a delight and I was

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quite sad to be finishing the walk. However, I was able to get another swim, joined by Di, in a small cove in Kamay Botany Bay National Park where we ended the walk with lunch and ice creams. We had walked 135km and climbed and descended about 50,000 steps (OK, maybe a small exaggeration, but a lot!)

A little later I was at the airport, about to board the flight home. The attendant scanned my boarding pass, paused and looked at me. "Will you be alright on the steps?" she said.

Some thoughts on walking around the Sydney coast: The footpaths close to the harbour are sometimes quite crowded so some areas have paths with a white line down the middle, like a road. I didn't actually see a 'Keep left' or a 'No overtaking' sign but they were probably there.

Beach signs proliferate, it is not uncommon to have a list of 20 restrictions e.g. No littering, No smoking, No vaping, No alcohol, No swimming outside flags, No collecting shells, No fishing without life jacket, No nudity, No fires, No camping, No dogs, No cats, No alcohol, No children, No begatting children, No jumping off cliffs ... This list may not be totally complete or correct but you get the idea. It should perhaps add: Nervous citizens should stand still and breathe gently.

Thanks are due to Ian for the smooth and efficient organisation of all the transfers, accommodation, and myriad details - it all worked beautifully. This was a bushwalk like no other. And thanks to a great team for your company - Susan, Halina, Naz, Di, Therese, Ray, Brian, Denise, Jenny, Gina - I really had a ball.

Workshop: Using your Smartphone for Navigation

Saturday September 13, 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, 2023, and 2024. 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 9 and closes at 5.00pm on Saturday, August 30.

To Register use the link on the Website Activities Program.

You will need to provide your Name, Mobile Number and Make and Model of your Smartphone. Numbers are limited; this is popular so 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.

Upcoming activities

July 2025

Thu 3	DAY: Brimbank Park	Pvt	E	Jopie Bodegraven
Sun 6	DAY: Masons Falls & Mt Sugarloaf circuit	Car	E/M	Bettina Brill
Mon 7	MTG: Club Committee Meeting	Pvt	E	Susan Maughan
Wed 9	DAY: Blue Mountain	Pvt	E/M	Judith Shaw
Wed 9	SOC: Dehydrating meals: A 101 Guide	Pvt		Hiroko Nakano
12-13	MNT: Bunyip NP & Kurth Kiln walking track	Pvt		Bob Edwards (BTAC)
Sun 13	DAY: Gembrook-Emerald	Bus	E&E/M	Christopher Collett & Hiroko Nakano
Sun 20	DAY: Whiskey Creek Loop	Car	E/M	Quentin Tibballs
Mon 21	DAY: TBA (Leader required)	Pvt	E	
23-26	LOD: Xmas in July at Inverloch	Pvt	Var	Susan Maughan
Thu 24	SOC: Tan Track, Royal Botanic Gardens, City	Pvt	E	Margaret Champion
Sat 26	DAY: Kalorama to Doongalla return	Pvt	M	Fiona Gallery
Sun 27	DAY: Serendip Sanctuary & You Yangs	Bus	E&E/M	Theo Mertzandis & Keith Dudson
Wed 30	SOC: Forests, Health & Hope	Pvt		John Gurskey

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



More wonderful Wilsons Prom fungi - R. Jung