

MELBOURNE
BUSHWALKERS INC.

ABN 14 396 912 508



THE NEWS

#904

July
2026



Cathedral Ranges fungi watch quietly as walkers pass - M. Simpson

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 6 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:

Diane Whitmore
Elke Hockings
David Hockings
Robert Stephen Carr
Amanda McManus
Anastasian Edisugiarto
Margarete Kleinschmidt



Hakea flowers, and rock that was shaped by waves long before the Larapinta Trail existed - G. Martin

Would you like your trip photos featured in the newsletter?

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



On Saturday, 20 June, Ian Price and I were happy to attend and represent Melbourne Bushwalkers at Bushwalking Victoria's annual clubs' forum and AGM. The day offered the opportunity to share ideas and experiences, and to learn about other clubs' successes, challenges and lessons. Throughout the day there were several workshop sessions, with two workshops running at the same time in each timeslot. So Ian and I split into two, and therefore covered the following subjects: Local Promotion, AI & ChatGPT, Satellite Devices, Shaking Up Your Walks Program, Digital Visibility, and Making Volunteering Easier.

Following our lunch break, we were introduced to the Guest Speaker, Lee Miezis, CEO Parks Victoria. Under Lee's leadership, in 2025–26: "Parks Victoria is taking a more focused 'back to basics' approach to management - strengthening how they deliver essential park services on the ground and working more closely with Traditional Owners and local communities. They are prioritising the fundamentals: open, safe and clean parks, responsive local decision-making and practical land conservation and asset management. Community connection will inform everything they do. They're investing in better engagement and volunteering systems to make it easier for people to contribute to the care of parks and reserves." With good will and a well-honed sense of humour, he addressed the pesky questions from the floor.

The AGM saw some changing of the guard, as expected, with a special mention to Robyn Shingles of Benalla & Strzelecki Bushwalking Clubs, who has held various executive member roles over the past twelve years. Thank you, Robyn, for your huge contribution to the bushwalking community.

Susan Maughan

Discovering Italy on foot

Clubroom presentation by Annemarie Mulder Wednesday 29 July

Italy's influence on global culture is enormous - from art and architecture to food, wine, and design. But behind all of that is a quieter treasure: it's one of the most rewarding places in the world to walk. Alpine ridges, Mediterranean paths, volcanic landscapes, and centuries old pilgrimage routes create a country that reveals itself step by step.

Italy asks to be explored slowly and sensitively, away from the crowds when we can manage this, and with curiosity for the small details that make each unique region feel alive. Walking allows you to touch and breathe the

land in its

seasons,

and notice the small things, the light, the stone, the rhythm of villages and countryside.

It's a place that rewards attention and patience if you have the willingness to walk - a lot.

I'll share the Italy I've walked: moderate distances, comfortable stays, historical towns, beautiful weather, self-guided routes, and the kind of problem solving that feels like part of the adventure. I'll also pass on the tools that helped me - the apps, websites, and local walking clubs - along routes such as the Via Francigena, Cammino Materano, Cinque Terre, and Pisa. I hope you'll join me.



Review of film “Forest Country”

Shown in our Clubrooms, 27th May 2026.
Bernadette Prunty

At our recent regular monthly Wednesday evening presentation in our Clubrooms, we had a film screening of *Forest Country* presented by Lewi Haskins the film maker, and Nic Fox who is an activist, conservationist and ecologist.

Forest Country is a 2025–2026 documentary film by Lewi Haskins, in collaboration with Warburton Environment, that documents the ongoing destruction of native forests in Victoria. Despite government promises to end such logging, the film highlights the fight to protect ecosystems, wildlife, and community safety in the Central Highlands and Yarra Ranges National Park.

By 2024 the Victorian government announced the end of native forest logging, only for it to continue in more insidious forms, known as **loophole logging**, which is happening across Victoria including in the Dandenong Ranges National Park, Enfield State Park and the Wombat-Lerderderg National Park. The film shone a light on the ongoing battle for environmental protection and sustainable land management in Australia.

I found the film to be extremely informative, powerful and deeply moving and a reminder of the connection between local communities, nature and our forests. The film highlighted the devastating implications of loophole logging. I was saddened to hear about the destruction of large numbers of ancient hollow-bearing trees which are home to critically endangered species such as Leadbeater's Possums, Greater Gliders and yellow-bellied gliders.

We had the opportunity to have an informative discussion with Lewi and Nic about the issues of concern. We explored practical skills for effective campaigning, and simple, meaningful actions that can make a real difference in the community to stop further destruction of our forests.

Below are some links with further information and suggested actions we can take.

<https://vnpa.org.au/whats-vics-byproduct-framework/>

If you would like to become involved in the campaign, or to attend or organise future screenings of **Forest Country** in your local area, you can contact:

Nic Fox: nicfox21@gmail.com or mailto: admin@victorianforestalliance.org.au

Lewi Haskins: haskins.lewi@gmail.com

Further to this issue, **ABC Four Corners** has recently aired **Timber Turmoil**, a new investigation into the end of native forest logging in Victoria and what comes next for our forests. It seems we are importing native logs from Tasmania now to keep Victorian mills running. As Victoria considers new public land laws, this is a timely opportunity to better understand the issues and what's at stake.



Timber Turmoil – ABC Four Corners

Monday 22 June, 8:30 pm
ABC TV and ABC iview

Here is a link to Environment Justice Australia's (EJA) report on the logging industry:

<https://envirojustice.org.au/publication/following-the-money/>

This site includes a guide to email the PM and Minister Watt to ask them to put an end to native forest logging.

(Thank you to Helen Thompson for alerting us to these additional resources)

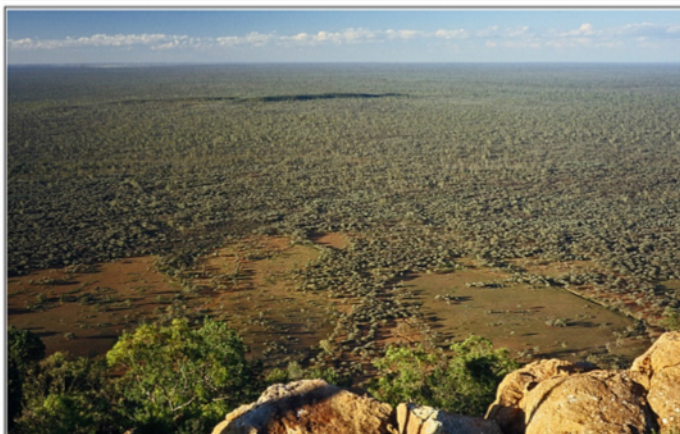


Expression of Interest: walking in Western NSW 25 July to 8 August

Leader: Rob Jung

While based in Sydney, I had the opportunity of exploring some wonderful places in Western NSW. Life out there is on the edge, with about one of every three years being very dry. Good rain, which has been the case recently, provides a rare opportunity for some very interesting offtrack walks in these places. Winter is the time, because of the climate.

Thus, at short notice, I am proposing a driving trip in late July-early August 2026 to walk in two of these places: Mutawintji (near Broken Hill) and Gundabooka (near Bourke). The plan is to do the good day walks possible, but also short (1-2 night) overnight pack carry walks, in both places. Most of the walks could be rated medium, provided carrying water isn't hard for you. Underfoot, the terrain is often stony.



Charles Sturt after reaching the summit in 1829:
"It rises like an island in the midst of the ocean..."



The main creek

Gundabooka



Mutawintji

Water is an issue in both Parks & we are likely to need to carry 5L for pack carrying to some of the overnight campsites. Conditions will determine how far that carry might be. However, I do know from previous experience where water can be found in both places. That water could need treatment, possibly filtration, alum or both. In Gundabooka, water should also be carried in the car for our car camping stay.

Another issue is Park access. When dry, their entrance roads are OK, although possibly corrugated. After rain they are treacherously slippery and these roads are then rightly closed. To cover this possibility, we need to have enough food and stove fuel to last until we are able to drive out. Under good conditions, access is possible in 2WD vehicles, however AWD or 4WD can be useful.

For more details including articles about both areas contact Rob at robjung99@gmail.com

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 to 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



WEM 03/96

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.

Projector for Sale

The club has a surplus projector which is for sale to the highest bidder.

The device is a Mitsubishi model XD435U, for specifications see this link:

<https://www.manualslib.com/manual/687406/Mitsubishi-Electric-Xd435u.html?page=2#manual>

The projector comes with a hardcopy setup guide.

You can use it with different inputs:

- USB memory stick
- Camera or DVD player via a TV out connection
- PC or laptop via a "D-sub" analog monitor output

If you are interested, please contact Andreas at secretary@mbw.org.au by end of July 2026.

The projector will be sold to the highest bidding member.



Advanced Leadership Skills Series

For July we are looking at:

Building confidence of individuals and the group

This topic overs:

- Research, Planning and Preparation
- Getting Started, Finding the Way
- Showing Interest, Being an Expert
- Showing Concern, Achieving Objectives
- Being Brave and Showing Strength

Note: The complete article set is available on the Website



Fryers Ridge Circuit – 9-10 May 2026

Glenn Swane

Saturday rolled in with a blanket of overcast cloud - dramatic but not particularly cold. Within minutes of walking we'd warmed up, layers unzipped, and the group settled into an easy rhythm. We had met in Fryerstown, where we were introduced to Felix, an RMIT honours student researching hiking-gear design. Over two days he received enough opinions, theories, and unsolicited design improvements to fill a second thesis.



We set off along the Dry Diggings Track, heading north-west and then north. The trail was gentle and familiar, though walking it in the opposite direction from the previous Sunday's bus walk made everything feel slightly new. The landscape delivered its usual Goldfields character: mine diggings, collapsed tunnels, old batteries, and the lingering sense that the 1850s were an era of astonishingly hard labour. At one point we skirted a man-made gully leading to a tunnel entrance; a couple of adventurous walkers scrambled down for a closer look, returning with reports of darkness, history, and loose footing.



The forest around us was classic regenerating dry sclerophyll - Box-Ironbark regrowth under 150 years old, scrappy and resilient. Blackberry made several unwelcome appearances, as blackberry tends to do.

We reached camp with plenty of daylight to spare. Tents went up smoothly beside a dry creek bed, dinner was prepared, and a neatly built fire became the centre of conversation. The evening was relaxed and companionable, ending with a well-earned sleep.

Sunday morning arrived bright and promising. Breakfast was eaten, tents packed, and we stepped out into sunshine. Our first stop was the historic Railway Dam bridge for a group photo, followed by a wander through an old aqueduct. We even paused for the passing train - and yes, several perfectly timed photos were captured.

Crossing over the train tunnel, we began the climb back toward Fryerstown. Sunday delivered more hills, giving everyone ample time to chat with Felix about hiking gear for older walkers. Felix, wearing shorts, was particularly curious about why most of us preferred long pants. He received thoughtful, practical answers - and possibly more detail than he expected. Throughout the day he conducted one-on-one interviews, gathering insights on comfort, durability, pockets, fabrics, and the eternal debate of shorts versus trousers.

The terrain shifted as we followed Jacob's Track and Morgan Track, winding our way back toward Fryerstown. Legs were pleasantly tired, spirits still high, and the promise of coffee drew us onward. We finished the circuit with a well-earned stop at the local nursery café - the perfect end to a weekend of good walking, good company, and a surprising amount of gear-design consultation.



Larapinta: 'The trail that keeps giving' - 17 May-1 June 2026

Geof Martin

We wish to acknowledge the Traditional Owners and Custodians of the Central and Western Arrernte Country for allowing us the opportunity to share this magnificent place.

Date: 17 May-1 June 2026 (16 days)

Group 1: Angus, Khan, Carol, Romana, Babak, Adriana and Jill (Leader)

Group 2: Marg, Fred, Sinead, Anita, Kate, Sylvia and Geof (Leader)

The Larapinta Trail is one of the most spectacular and demanding multi-day hiking experiences in the world. Running 230 km east/west from the Alice Springs Telegraph Station to Mt Sonder/RwetYepme, along the mesmerising spine of the West MacDonnell Ranges.

Two MBW groups completed this epic journey over 16 days, one group walking easterly from Mt Sonder to Alice Springs and the second group opting for the opposite direction.



The Larapinta is a visual, cultural and spiritual experience, taking you on a journey through time as it all unfolds in such dramatic fashion. Walking this trail you can't help but be in awe of a landscape created over 500 million years ago that has evolved into what it is today.

Our path took us up to many high vantage points, here the West Macs appear to be a sea of red waves forming 'crests and troughs'. The colours and textures of these ancient lands are so captivating and evocative, enhanced by the dramatic light changes as the day passes, particularly during dusk and dawn. Conversely our route also took us into another world, one of rugged gorges and valleys containing a diversity of plants, wildlife and water systems, all set within massive cliffs and boulder screes. These are the exit points for many of the ancient rivers which flow intermittently on their travels south to the artesian basin. These riverbeds are sandy and soft, making for excellent tent pads, usually set amongst grand old gums. The recent good rainfall displayed several positive impacts. Wildflowers and general vegetation was extensive, often the hillsides displaying a mass of stunning blooms. Birdlife was glorious, eagles, falcons, parrots and budgies creating a wondrous acrobatic display. Some of the gorges and rivers had delightful water soaks and ponds, often with herons feeding on

the plentiful small fish. Something that surprises the Larapinta walker is the chorus of sounds experienced, such as the dingo howls reverberating through the gorges at night, or the breezes that create a wash and whistle through the acacia foliage. But the biggest revelation is the 'gurgling' sounds when you carefully listen with an ear to a ghost gum at a dry creek bed... is this a conduit to a subterranean river?

Some highlights we experienced along the trail:

- The celestial beauty of a dark sky with a 'dancing' milky way above us.
- Watching a full moon rising along with an opposing sunset - a very special sight.
- Negotiating the Hugh Gorge water crossing... a great chance for a wash and a laugh.

continued next page

Along the track

- Scrambling down the Razorbacks 'dinosaur tail' - a challenge but just loved it!
- Rock hopping massive boulders in the stunning Spencer Gorge - so much fun.
- Walking and camping on arguably the world's oldest river, the Finke.
- Entering into the prehistoric world of ancient Cycads on Pravda Spur.
- Walking in a wonderland among the high cliffs and waterholes of Ormiston Gorge.
- Climbing the iconic Mt Sonder/RwetYepme (1380m) for a surreal sunrise or sunset.
- Brinkley Bluff for its endless panoramic views across the Chewings Range and beyond.
- Ormiston Pound's natural amphitheatre enclosed by towering red quartzite peaks.
- The solitude of the morning sky as we looked out across to Mt Giles - just magical.

As both groups gathered back in Alice for a well-earned shower and a plated meal, stories were exchanged with boasts of superiority, but what was clear, the Larapinta addiction had struck... with a chant of 'let's do it again'.

Can I share two stories with you:

On our current trip we met a young woman camping at Fringe Lily. She was looking very unsettled and appeared to be drying out her gear. Earlier in the day she'd been told confidently by a Park Ranger how to traverse the Hugh Gorge water crossing as a solo walker. "Just strip off, put your pack on your head and walk to the other side". Well, this waterhole drops off to a 2.5 metre deep pool... you get the picture. As she walked in she quickly disappeared, luckily reappearing on the other side!



The second is an historical account about the formation of the Larapinta. The trail's brainchild responsible for its early development in 1987 was Alan Ginns (a senior planner from the NT conservation commission). After government approval, to get the project off the ground, Ginns secured help in the form of low-security prisoners from the Alice Springs Correctional Facility to carve out Sections 1 and 2. All were aborigines who eagerly put their names on a waiting list to work outdoors for the equivalent of 27 cents a day. Interestingly it was necessary to declare parts of Simpsons Gap National Park a prison!



A big thank you and a huge pat on the back to the local volunteers (Friends of the Larapinta) who helped establish the track and still go out and maintain the various sections. It is a mammoth achievement.



Albert Park to Botanic Gardens circuit – Monday 15 June

Jan Case

Mark Simpson stepped in to lead this walk. Seven of us set out from Middle Park Station on a very chilly winter morning. We walked along Albert Park Lake, then we stopped at the Boer War Memorial near Albert Road. Two more walkers joined us here. We then walked to the Shrine and stopped in one of the courtyard gardens with a wall depicting all the stations that soldiers joining the First World War left from. Morning coffee was at Observatory Cafe. Then a circuit of the gardens. The Children's Garden was closed on a Monday. We had views of the Lakes and enjoyed our lunch in the sun overlooking the main lake. We then headed to Guilfoyle's 'volcano', enjoyed the views from the top and then walked through the Australian Rainforest. Two of us left to spend more time in the gardens and the rest headed back to Middle Park. Thanks Mark.



Two Bays walking trail – 13-14 June 2026

Ros Leong

I was looking forward to the Two Bays Track as I did it 12 years ago but never got to use the campsite and was very curious about it. We were brave or just die-hard as it threatened to pour 20mm on the first walking day.

Our group of 10 started at Latrobe Car Park on Saturday and immediately started climbing up towards the Seawinds Garden at Arthurs Seat. The views of the coast were gorgeous as we meandered up in the hills. We were extremely lucky with the weather as it only started raining late in the day and subsided to a drizzle when we reached Lightwood Creek Camping Area. Our Leader's suggestion of bringing brollies proved very useful as when it rained, it POURED! It poured again after setting up the tents and a few braved the rain with raingear and brollies to cook and eat standing up at one of the platforms. I wasn't one of them.



continued next page



The next day we walked among lots of healthy grass trees much of the way. There were a few k's of road walking through suburbia which was not much fun but still ok. Then we hit lush and pretty Greens Bush and it was very nice all the way to Cape Schanck. The weather was great on Sunday, and we had a scenic lunch spot a couple of k's before Cape Schanck overlooking the cliffs and sea.

We had a lovely group and a good leader which made the whole experience very pleasant. Thanks, Anne, for organising and leading and fellow walkers for the great company!

Cathedral Range base camp - 19-21 June 2026

Mark Simpson

The Cathedral Ranges are always great fun for a walk.

We arrived at Neds Gully, a beautiful campsite across the Little River, in time to set up camp under the brooding sandstone peaks shrouded in cloud. After an early dinner, sitting outside, the light drizzle of rain gradually increased intensity as the cold set in, so we all retired to our tents for an early night. That was not to be, as there were a number of party animals around, howling well into the night, so it would be a bleary eyed and tired start to the next day.

We set off at 7:30am in all our wet weather gear, galloping along the easy River trail to the Messmate track, which climbs to Sugarloaf Peak at 920m, scaling some very steep rock faces.



The dense dark forests are ideal habitat for lyrebirds and we were well rewarded with sightings and their music all day.



From Sugarloaf, it's only 2.4km to the Farmyard but can take almost two hours across the rocky exposed ridge line. In the rain it was hand over foot clambering and much rock scrambling. There were many slips and plenty of bruises.

After lunch at the Farmyard we continued along the Ridge Track, a veritable minefield of odd size and shaped boulders strewn randomly. The pace was slow and careful. Occasional views of farmland below brightened the mood up to the Cathedral peak where we all decided it was time to return to camp and make an earlier than planned return to Melbourne for a good nights rest.

Upcoming activities

July 2026

Thu 2	DAY: Candlebark, Eltham Lwr & Westerfolds	Pvt	E	Jopie Bodegraven
3-5	BC: Beechworth (Old Priory)	Pvt	E/M&E/M	Jan Colquhoun
4-5	PC: Beginners-Brisbane Ranges	Pvt	E/M	Robert Ian Mair
Sun 5	DAY: Baxters Beach & Wetlands circuit	Car	E	Christopher Collett
Mon 6	MTG: Club Committee Meeting	Pvt		Susan Maughan
Wed 8	DAY: You Yangs	Pvt	E/M	Judith Shaw
Sun 12	DAY: Gembrook to Emerald	Bus	E&E/M	Christopher Collett & David Gilbert
Sun 19	DAY: You Yangs	Car	E/M	Quentin Tibballs
Mon 20	DAY: Churchill National Park	Pvt	E/M	Doug Pocock
23-26	BC: Christmas in July	Pvt	E/M	Susan Maughan
Thu 23	SOC: Williamstown Foreshore & Jawbone Rsv	Pvt	E	Gillian Wainwright
24-26	BC: Otways-Hammonds Campground	Pvt	E/M&E/M	Anne Wilkins
Sat 25	DAY: Olinda Valley	Pvt	E/M	Carole Patterson
25-8	PC: Walking in Western NSW	Pvt	M	Rob Jung
Sun 26	DAY: Lyonville to Trentham	Bus	E&E/M	Andreas Meister & Annemarie Mulder
Wed 29	SOC: Discovering Italy on Foot	Pvt		Annemarie Mulder

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