

MELBOURNE
BUSHWALKERS INC.

ABN 14 396 912 508



THE NEWS

#903

June
2026



Northern Prom hikers greet the day - G. Martin

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 1 June

The News of the Melbourne Bushwalkers Inc (The News) is published monthly, and is the official newsletter of Melbourne Bushwalkers Inc.

Editor: Deb Shand

Calls for expressions of interest for club activities and extended trips, walk reviews, articles, poems, news items, photographs of Club events, reports of new gear, book/ movie reviews, letters to the editor, advertisements, et cetera are always welcome (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:

Jonathan Michael Kelso
Heike Burkhardt

Walkers on the
Shipwreck Coast -
R.I Mair



Would you like your trip photos featured in the newsletter?

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



This month, our President Susan has invited another member to contribute a guest column in place of the regular President's column. Geetha took on the challenge.

Why do I bushwalk?

Geetha Kurudi

More than 23 years ago, I took my family on the Queen Charlotte Track in New Zealand's South Island. On day 3 of the 5-day walk, my younger son flopped down on the track in frustration and asked, "what's the point, mum?" I couldn't answer him. He got up eventually and we completed the Track. Since then, I have done many day walks and some multi day hikes, but I still don't have a firm answer to that question.

I grew up in India, people didn't go on a walk unless they had to. As it was then, even today it is not easy just to step out for a long walk. Roads and pavements are full of hazards. Walking tracks are few and hard to get to.

Soon after I arrived in New Zealand, more than 35 years ago, I had decided to walk everyday. I used to walk a kilometre and feel accomplished. Some years later, the company I used to work for sponsored willing employees on an eight-day Outward Bound course. I don't know what got into me, I signed up. I knew very little about it and no-one I knew had been on it. I did some incredible outdoor activities with a bunch of people I met on day one. The last activity was a 12km walk – I knew it was coming and was very anxious about it. I hadn't walked more than a few kilometres regularly in the lead up to it. After I completed it, I felt such euphoria that it was the start of my dedication to walking and tramping. I did local fund-raising fun walks and built up to a nervous half marathon. I joined the local tramping club and walked the many hilly tramping trails of greater Wellington.

I did drag my family on to another multi-day hike, the Abel Tasman track and the Tongariro crossing day walk. Not surprisingly, they didn't take to it. I went on to do a few multi day hikes on my own in New Zealand, Australia, Peru and Japan. When I decided to move to Melbourne 14 years ago, I looked up on the internet for a hiking club even before I got here. I joined the Melbourne Bushwalking Club soon after I was settled in. Since then, I have been a regular Sunday bus walker.



On the last Sunday bus walk I did with the club, rain was forecast in the later part of the day. Nearly everyone talked about this imminent rain as we drove out of Melbourne. It started raining before we got to the start of the track and we were all drenched half an hour into the walk, the rain gear did little to keep us dry. We squelched though 12 kms of a nice track, had a quick lunch standing up and flicked leeches off each other. Will I sign up for another bushwalk? Yes, of course I will.

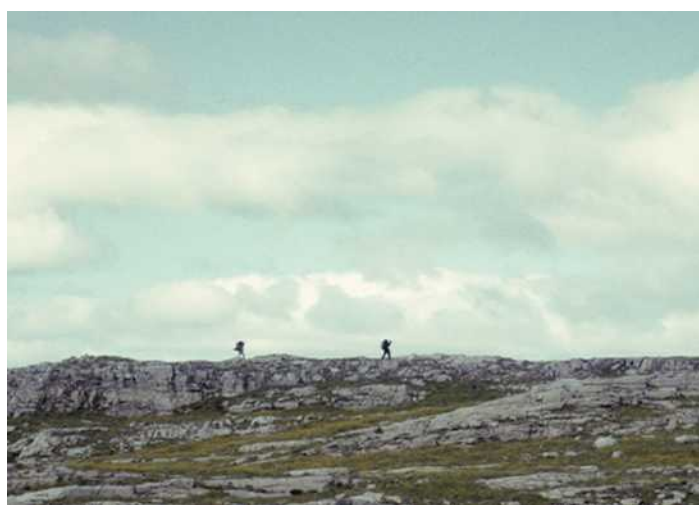
That question my son asked all those years ago still haunts me now and then. I have asked other people why they bushwalk and I have gotten various answers: exercise, being outdoors, for mental health, being in nature, enjoy the bush/forest, long walks, stretching the legs. Yes, all that but what keeps us coming back? I don't know, do you?

Going The Extra Mile Award – Josh Song



Josh was always the first to offer help and he unstintingly gave assistance along a very tricky track which involved more than ten river crossings. His perpetual smile and ability to see the funny side of a situation contributed greatly to the bonhomie of our party of sixteen. To the benefit of everyone, he shared his fishing and culinary skills.

For the first time ever, we had no nurses in our group, yet he was the one who, each day, kindly changed a medical dressing for another member. He was a huge asset on the multi-day trip.



Movie night: “The North” – a hiking film

When: Monday, 15th June (to be confirmed)
Where: Cinema NOVA

"The North" is a film about two friends walking the breathtaking Scottish West Highland Way and Cape Wrath Trail. What begins as a 600-kilometre trek soon becomes a test of trust and endurance as they look to reconnect with each other and nature.

It will be screened at the Cinema NOVA, Carlton, commencing early June. See the trailer for more details: <https://www.cinemanova.com.au/films/north-the>

The proposed date for an MBW group is **Monday 15th June** (\$11.00 on Monday nights). **Mark it in your diary now!** Final details will be advised when they are confirmed closer to the date. Contact the Social Secretary (Bernadette Prunty) on social@mbw.org.au if you are interested in attending.

Wine and chat: The Kimberley up close

When: Wednesday 24 June 7.30pm
Where: MBW Clubrooms, The Mission to Seafarers

Drawing on images from a dozen or so trips, the talk captures the spirit of this ancient landscape, the logistics of reaching it, and the realities of traversing its rugged terrain.

Along the way, John Fritze shares snapshots of everyday life in the Kimberley and a selection of hard-won do's and don'ts - some amusing, others sobering. An evening designed to inform, inspire, and immerse both future leaders and armchair travellers.



Designing Better Hiking Gear for Hikers Over 60

The catalyst for this project came from a hut on a hike a few years back. I'd ducked in out of the rain and got chatting to an older hiker who was out with his daughter on one of her first real overnight walks. He was clearly in his element, but at some point the conversation turned and he spoke openly about how his body was changing under him, how the sport he had loved his whole life was getting harder, and how the gear didn't quite meet him where he was anymore. That stuck with me long after we left the trail, and it's the seed of this project.

Hi all, my name is Felix Allanson and I'm an Industrial Design Honours student at RMIT University. I've been welcomed onto a couple of Melbourne Bushwalkers walks recently as part of my research, and I wanted to write a short piece introducing myself, the project, and my delightful experience with the Melbourne Bushwalkers.

Outside of uni I'm a hiker and a surfer. Many of my weekends are spent in the bush or in the water somewhere, and the outdoors has shaped how I live and design. This project is the place where those two parts of my life meet. The project is focused on designing hiking gear that responds to the needs of active hikers aged 60 and over. Not clinical or medical gear, but real performance equipment that respects the physical changes that come with age while still being aspirational, capable, and built for the kind of walking this club does every week.

Right now, I'm in the early "need finding" phase of the research. The goal at this point isn't to design a product yet. It's to listen. I want to understand from hikers in the club what works, what doesn't, what gets in the way, and what small annoyances have built up over years on the trail. The more I can learn from the people who actually live this, the better the eventual product design will be.

I've had the chance to walk with MBW twice so far. The first was the Fryers Ridge pack carry over the long weekend, led by Ian. Two days in the bush, generous company, and conversations that gave me far more than any formal interview ever could. The second was a Wednesday walk along the Darebin Creek in Melbourne's north led by Jerry, all clear weather and easy company. What's stayed with me from both is the people. The depth of experience, the humour, the kindness in sharing it with a researcher who turned up out of nowhere. I rang my parents after the Darebin Creek walk and vehemently insisted they should both join a walking club. That's how impressed I was.

Over the coming months I'll be developing prototypes and testing ideas, and my hope is to return and present these to members of the club, and ultimately come back at the end of the year and present something tangible to the club. If you'd like to share your own perspective on hiking, ageing, and gear, there's a short optional survey linked at the bottom of this article. It takes a couple of minutes. Anything you share will directly shape what gets designed, I truly appreciate all insights.

Thank you to Melbourne Bushwalkers for opening your trails and your time to a curious student. I'm ever grateful for it.

Felix Allanson
Industrial Design Honours, RMIT University

You can access the survey [here](#) or scan the QR code.



June Safety & Risk Reminders



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

Hypothermia

**IN A MEDICAL EMERGENCY
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.**

DRSABCD Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation
The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation. [DOWNLOAD THE DRSABCD FACT SHEET.](#)

WARNING

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

MILD SIGNS AND SYMPTOMS

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

SEVERE SIGNS AND SYMPTOMS

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

WHAT TO DO

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

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

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

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

continued next page

Advanced Leadership Skills Series

For June we are looking at:
[Styles of leadership](#)

This topic on the leader's journey covers various styles:

Telling; Selling; Testing;
Consulting; Joining;
Doing nothing

Note: The complete article set is available on the Website



Noticeboard

For early warning signs, mild and severe signs and symptoms, and how to treat Hypothermia see the St Johns Ambulance **Hypothermia First Aid Sheet** in this News. For Bushwalkers additional warning signs can be lagging behind and stumbling. Also, difficulty unwrapping a sweet such as a barley sugar is a simple test for loss of usual co-ordination.

Severe Hypothermia is a medical emergency and requires urgent medical attention, Call 000 if possible else summon Emergency Services as quickly as possible e.g. using a PLB.

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

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

Mick Noonan, Risk Officer

Leader's Guide



BEFORE THE WALK -

- Appoint a suitable Whip give them a map, and discuss route
- Form a circle, Acknowledgement of Country, Name off, welcome Visitors
- Number off, check total with any other leaders
- Ensure all have seen a Yellow Walker Card and have a Green Health Card
- Introduce Walk, tell people re:
 - No going ahead of leader
 - Stopping and waiting at intersections
 - Always keep the person behind in sight
 - If going for a loo stop leave pack on the track
 - To let Leader know if any problems
 - Care for the environment

DURING THE WALK -

- Keep eye on everything especially Visitors
- Stop at Junctions
- Regularly let people catch up
- Regularly check with whip, especially at stops
- Keep people informed of route
- Ensure sufficient breaks, e.g. Morning/afternoon tea, lunch

IF AN INCIDENT OCCURS

- Be sure of the problem – don't panic DRSABCD
- Get/keep people together
- Allocate tasks/take appropriate actions
- Seek assistance
 - Be aware of leader's rights - you have ultimate authority
- Refer to Emergency Checklist

Whip's Guide
DURING THE WALK

- Always be in sight of the last person
- At catch-ups make yourself obvious to the leader
 - Count at regular intervals, especially at stops, and look to advise leader
- Stop at any packs for the owner to return
- Follow the map
- Assist any stragglers
- Advise leader of any or potential problems e.g. whistle codes
 - 1 blast (acknowledge, 2 blasts (stop & regroup
 - 3 blasts (emergency)
- Generally make leader's job easier

04/2022

Note: This leaders Blue Card is available in the Clubroom or print this page and put in a Zip bag



Taking in the view at Langi Ghiran - R.I Mair

MEMBERSHIP RENEWAL 2026-27

Membership subscriptions are due 1st April 2026. You are not required to sign an Acknowledgement of Risk form on renewal, however you are advised that payment of fees implies acceptance of the risks involved in any activity you may undertake as a member of MBW. Members are asked to read the following wording regarding insurance cover through Bushwalking Australia.

'In voluntarily participating in activities of Melbourne Bushwalkers Inc., which are described to me by the activity leaders, I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. I also acknowledge that I may encounter weather conditions that could lead to heat stroke, hypothermia or being in locations where evacuation for medical treatment may take hours or days. In particular when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks.

To minimize risks I will endeavour to ensure that:

- Each activity is within my capabilities;
- I will carry food, water and equipment appropriate for the activity;
- I will advise the activity leader if I am taking medication or have any physical or other limitation that might affect my participation in the activity;
- I will make every effort to remain with the rest of the party during the activity;
- I will advise the leader of any concerns I am having; and
- I will comply with all reasonable instructions of club officers and the activity leader`

I have read and understood these requirements. I will consider the risks before joining any activity of the Club. I acknowledge that I will take responsibility for my own actions, that the Club strongly recommends that all participants have comprehensive personal ambulance cover, and that **payment of my subscriptions will be deemed as full acceptance and understanding of the above conditions.**

RENEWAL SLIP

If any of your personal details have changed, update your details through the Members' Area of the club's website, or complete the form below and send it by email to membership@mbw.org.au, or if paying by cheque forward it with your payment to the Membership Secretary.

If paying by cheque or EFT please be sure to clearly identify who the payment is for to assist the Treasurer and Membership Secretary to identify you and ensure your renewal is properly recorded.

Payment to the Membership Secretary, together with completed form (if required) by one of the following methods:

- **(Preferred)** EFT to the club account. **Please ensure your full name and 'SUBS' appear on the transfer.**
(Account Name: Melbourne Bushwalkers, A/c No. 0058-46013, BSB: 013-006).
- Cheque and Renewal Slip posted to Membership Secretary, Melbourne Bushwalkers Inc, P.O. Box 1751, Melbourne 3001

Fees (Please circle your membership category) *

Single member: \$45 *

Concession: \$34* (Proof required **)

Couple/Family: \$90 *

Concession: \$68* (Proof required **)

Notes: * Members who have nominated their Home Club as other than Melbourne Bushwalkers and paid the insurance cover to their Home Club should only pay 50% of the appropriate fee noted above.

** Holders of a Seniors Card or Commonwealth Healthcare Card only are not eligible for a concession.

*** Copies of the club newsletter are only available as PDF files downloaded from the website. **No hard copy subscriptions are available.**

Name: Year of Birth (optional).....

Name: Year of Birth (optional).....

(**Note:** Year of Birth is used for statistical purposes only and not published in any lists.)

Fill in Address, Telephone number(s) and Email address only if changed since last renewal:

Street Address:

Suburb / Postcode

Tel: [H] [W] Mobile:

Email: Home Club:

Emergency Contact Tel:..... [H][M][W]

Lake Tali Karng and Wellington Plain – 6-9 March 2026

Keith Dudson

This was a fun walk. Led by the indomitable Bernadette Young, nine walkers - Anita, Khan, Roger, Romana, Mark, Bettina, Ruby and Keith enjoyed the walk to, from and around this remarkable lake. A huge 'thank you' to Bernadette for her particularly thorough walk reconnaissance.

The group mustered at Muttonwood Camp (via Licola) next to the Wellington River on Friday evening. En route (and return) some enjoyed an outstanding roast meal in Moe – well worth the small diversion.

Saturday started with fine weather which lasted until approximately noon when a seemingly innocuous fog gathered. This slowly deteriorated into a very wet mist. Prior to the fog appearing, the walk across the wide alpine meadows was very pleasant.



The goals on Saturday were to walk to and pitch tents at Nyimba (toilets and water tank) camping area by lunch time, then walk to two look-outs – Gable End and The Sentinels. The exercise was worthwhile but the dense, moist mist prevented an otherwise impressive view. Some light rain on Saturday night added to the adventure.

Sunday morning greeted us with more wet mist and most of us expected a soggy, steep morning walk to the lake. Walking through the magnificent eucalypts and snow gums with the mist swirling around us was memorable. After a few kilometres we were delighted to see patches of blue above, which, as we descended, cleared to a blue sky. It appeared that the soggy mist was centred on the mountain tops and alpine meadows.

The lake - approximately 1500 years ago a landslide from the 700m Sentinel blocked the

Wellington River to form Lake Tali Karng. It is the only deep lake in Victoria's high country and the only lake formed other than by glacier and volcano. After a quick walk in the restorative sunshine around the lake, we pressed on to another riverside campsite.

'15 river crossings' - synonymous with any reference to Lake Tali Karng proved to be easy and enjoyable. Each crossing was like a calendar photo. Notwithstanding thoroughly soggy socks, the group reached the Wellington River bridge to commence the return car shuffle.

A delightful journey thanks to Bernadette.



Easter on the Crosscut Saw, Mt Speculation and Mt Cobbler – 2-6 April 2026

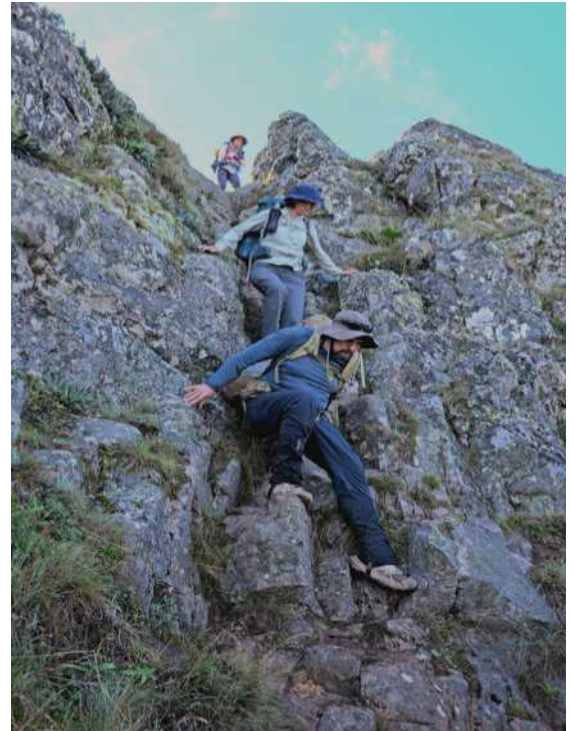
Richard Hanson and Sinead Hanley

We spent Easter tackling one of the most iconic circuit walks in the Victorian Alps – Mt Cobbler, Mt Speculation and the Crosscut Saw. Nineteen walkers signed up, which is a testament to both the walk and our leader, John Terrell, who generously accepted us all and split us into two groups heading in opposite directions.

Our first stop after climbing Muesli Spur was Mt Cobbler, a rocky summit with dramatic drop-offs and expansive views. Many in Group B climbed Cobbler for the first time, making the panoramic vista well worth the tricky rock scrambling. From there, John led us on an absolute bush bash down a steep gully in search of water. I'm glad he knew where we were going.

We then enjoyed a lovely walk to Mt Koonika and across to Mt Speculation. We camped just below the summit among snow gums and woke to a valley filled with a sea of clouds. The sunrise was amazing – one of those moments that makes the effort worthwhile.

Quite uniquely, we were able to stand on a rock with the setting sun behind us and see our reflection in a rainbow!



The next day, we tackled the Crosscut Saw, including the aptly named Horrible Gap and Mt Buggery. The magnificent views came at a cost – we were constantly going up or down. It's not an easy walk, but it was very rewarding.

It was a steep, slippery descent to our campsite at the base of Stanley Name Spur, where we formed a dense cluster on a small grassy patch. We packed up in light rain, which didn't dampen the morning yoga limbering. Our final day

along Stanley Name Spur proved steep, long and unrelenting. It took us seven hours to cover 12 kilometres, with plenty of mushroom spotting along the way.

Leeches were enthusiastic, and one unlucky walker placed his pack on a bull ant nest, resulting in ants finding their way into his shirt. Fortunately, they didn't make it any lower – otherwise, "ants in his pants" would have been entirely accurate.

Thanks to John for a great walk, and to Simon, Richard, Ross, Sinead, Babak, Adriana, Glenn, Romana and Anita for their great company.



The Bluff-Howqua River circuit - 10-12 April 2026

Kristian Brown

“Take me to ‘a river somewhere’...”

And that is exactly what this walk delivers, winding its way through one of the most picturesque corners of the Victorian High Country. The Bluff–Howqua River circuit has all the ingredients of a truly great hike: challenge, variation, rock scrambles that keep you honest, long downhill descents that test the knees, and more than a few fungi sightings along the way.

The landscape shifts beautifully as you move through it, from tall alpine gums and twisted snow gums clinging to the ridgelines to sections of dense bush that suddenly open up to sweeping views across the ranges.

Underfoot, it is a mix of rocky paths, soft forest floor, and the occasional reminder to watch your step as the terrain keeps you engaged.

Topping out at around 1700 metres, the views feel earned, the kind that make you stop mid-step and take it in for a moment longer than planned. Saturday night brought its own kind of magic. I went to bed in a tent and woke up in what felt like a stunning igloo, camped beside the iconic Bluff Hut, where we shared dinner and warmed our feet by the fire.

A familiar stop at Ritchie’s Hut by the river gave us a chance to pause, have lunch,

and almost convince ourselves to stay the night. But this marked the beginning of our final descent back to Seven Mile Flat Campground, the start and end point of a truly memorable hike.

A nod to the group, led by Mark Simpson, who seemed to glide effortlessly up the highs without ever second-guessing the route. Backed by a crew with years of experience, you could say it had a bit of an A-team feel about it. All in all, a walk that delivers in every way. The kind that leaves you tired, a little humbled, and already thinking about what is next.



Northern Promontory Circuit: Traversing the Northern Prom via the coastal route – 20-25 April 2026

Geof Martin

Walkers: Rob, Kate, Geof, Bernadette, Alex and Astrid

Note: This walk should only be attempted by the very experienced and well researched, it is tough and unforgiving, requiring careful preparation and great navigational skills.

We wish to acknowledge the Traditional Owners and Custodians of the GunaiKurnai and Boonwurrung lands for allowing us the opportunity to share this magnificent place. Their lands reach from the Victorian Alps, along the Great Dividing Range and its southern coast to the 'tongue' of Victoria, called Yirik/Woomom (Wilsons Promontory).

Overview:

Victoria's oldest national park, the 'Prom', was initially reserved in 1898 (fully incorporated by 1950) to protect its diverse ecosystems and rugged granite landscape. But long before this between 14,000 and 43,000 years ago a land-bridge to Lutruwita (Tasmania) existed allowing human migration. However, the advent of colonial occupation saw the indigenous peoples displaced by sealers, logging, grazing, mining, fishing and of course tourism. Even the Australian Army had its turn - I invite you to do some further research, it's quite fascinating.

This walk took us to the northern area of the Prom. It's a special zone given protected status within the National Park, requiring camping permits and is limited to groups of six walkers. It is certainly not for the faint-hearted, unfit or the unprepared.

Hiking the Northern Promontory by traversing its coastline counterclockwise is to say mildly, a difficult undertaking. Our leader, Rob Jung, was the mastermind of this intrepid adventure. His meticulous planning replaced the usual swamp route and bush-bashing with a series of demanding rock scrambles, exposed tidal beaches and the negotiating of large expanses of tidal flats. This route requires advanced planning and preparation, with sound knowledge of the area's terrain and tidal variations. Rob had this all covered - but was our group of six up to it?

The Walk:

The first day took us on a long road walk past stately stands of 'giant' banksias and finally onto Five Mile Beach bathed in gorgeous late afternoon light. A short beach walk led us to the seductive and 'inky' Miranda Creek, and finally to our strategic camp amongst a tangle of tea-trees.

Next morning, we headed north to the adjacent bay, crossing at low tide a mirror-like Miranda Creek, climbing up through a heavily overgrown and scrubby track, before finally descending to the beautiful Johnny Souey Beach. We were now firmly in the mode of coastal walking with no walking tracks to be seen, just secluded beach camps offering incredible sunrise views and serenity.

Our third day required a series of scrambles to negotiate the granite headlands, along with the relief of long stretches of beach walking, using our best friend the tide. One thing for sure, wildlife is in abundance if going by the plethora and variety of animal tracks etched into the beach sand. Camp tonight was in the scrub, escaping a rapidly disappearing beach caused by a rising tide close to Entrance Point, near the north-eastern tip of the Prom.

Day four brought another spectacular morning, a low tide and a wide expansive beach to walk. We rounded

continued next page



Along the track

Entrance Point and headed west with the aim to progress along the northern coast and turn south to Tin Mine Cove. Again we were confronted with numerous rock scrambles over several headlands, but to break this up we moved off the rock shelf to walk along the seabed at low tide. It was such a fascinating experience walking in the ocean with a pack, and at the same time having banjo sharks swimming at your legs and pelicans casually cruising past. Clearing the last headland we waded happily into Tin Mine Cove (so named after a failed mining venture), such a sight of tranquility and knowing it will be our base for two nights - ahh!



The bay here is so clear and inviting, a quick dip and wash, while a circling Sea Eagle eyes us off and a 'crackle' of Black Cockatoos move across the adjacent treetops. Our extended time at Tin Mine Cove allowed us some grateful downtime to relax and beach comb - but not for long. Around the headland came a pod of dolphins playfully making their way past our camp oblivious to us. A couple of hours later they made a return performance and later during a glorious sunset they appeared a third time - we couldn't believe our luck, so magical.

Day six would see us back at our cars, but not before we tackled the most demanding section of the walk. Our route took us along the length of Chinamans Beach, before making a beeline across 15km of Corner Inlet's tidal flats - all at low tide. This was highly exhilarating and visually stunning, but also heart pumping as our progress depended on keeping on the move to avoid being stuck in the soft surface before the ocean returned. There were moments of apprehension, but everyone made it across to Millers Landing - a bit muddy and very tired, but with a great sense of achievement.

Finally:

The northern section of Wilsons Promontory is a vital stronghold for species that are rare or absent in the busier southern regions. While you'll still see famous locals like wombats and kangaroos, the north is specifically managed as a land and marine sanctuary for elusive and endangered wildlife.

Our coastal route brought us into many encounters with magnificent plant and animal life: dolphins, emus, red-shouldered wallabies, parrots, pelicans, black cockatoos, sea eagles, octopus, exotic fish, banjo-sharks, swans, giant sea-star and battalions of crabs scuttling across the tidal flats as if on army manoeuvres. One very memorable highlight as we walked along a beach section, a wedgetail eagle suddenly launched itself from behind a bush, ran chaotically across the sand until it reached airspeed and flew out across the bay, such a majestic sight.



Photo collage by Rob Jung



Langi Ghiran Base Camp - 24-26 April 2026

Babak Dadvand and Ben McInerny

Langi Ghiran is a place of cultural and spiritual significance to the Traditional Owners, the Djab Wurrung people. Rugged granite peaks and gentle sloping woodlands are the dominant features of this local landmark. A great place to walk for those with a sense of adventure.

Day 1 served up 17.4 km of weirdly warm autumn weather for our walk with Ian leading. We set off from the Picnic Area in a weather that felt a bit too generous for late April Melbourne - jumpers off within the first few

kilometres and never seen again. Make of that what you will.

The climb towards Mount Langi Ghiran was solid work, and the views good enough to distract you from your knees, your mortgage, and the general state of things. We were able to ascend to the summit, which we were prevented from doing on the past hike due to dangerously slippery rocks. From there we pushed on to Hidden Lagoon, which had taken the "hidden" brief so seriously it had ditched the water altogether. A dry lagoon. We had a look, paid our respects, and headed back to the campsites. That night the fire did most of the heavy lifting. Politics got dragged out, kicked around, and quietly buried. Life got the same treatment.

Day 2 of our "Base Camp" version of roamings around the Langi Ghiran wilderness was a welcome twist on the original walk back in May 2024 which was a Pack Carry over the two days. We had a relaxing start time of 9:30am (which was appreciated as many reds were "interviewed" the night prior) - so we packed up the camp and convoyed out to the start point at the trailhead to the aboriginal rock paintings (Lar.ne.jeering Art Site).

The climb and visit to the art site was a pleasant way to warm the muscles before heading into the more strenuous off-track and steep section of the hike immediately after the rock art. Not long into the off-track part commenced there was an excited squeal from our Irish visitor that turned out to be a 10cm long moth clinging to a tree trunk. After this fun moment, the ascent got more and more challenging: steeper, ever-present prickles, and a few mild rock scrambles to mix up the experience. Nothing dangerous, just rewarding.

Reaching the upper plateau about 30 minutes later provided us with spectacular views over the plains below with a clear sight of the Grampians in the distance. Thereafter it was a pleasant stroll across a shallow bowl of easy scrub to the point at which we had to descend to reach our goal of the summit of Mt Gorrin across the valley. This was another highlight whereby we dropped down a 15m chute between enormous boulders providing just the right level of thrill which Ian is a master at delivering.

Once down, it was an even clearer walk across a large flat saddle to where we commenced the climb to the summit of Mount Gorrin for lunch. Stomachs and eyes satisfied, we began the very steep (and even more prickly) descent back to the cars to complete yet another wondrous outing. The battle with a thousand scratching cats was now done for another year-or-so!

A GREAT weekend. Thanks Ian; getting us there and back for the cost of a tank of petrol that now apparently requires a second mortgage.



A weekend on the Shipwreck Coast - 22-24 May 2026

Ian Mair

Victoria's western coastline is dramatic for visitors with its towering limestone cliffs carved into magnificent natural features by the relentless southern ocean waves. Located on an inlet along the western coast the town of Port Campbell is ideally situated to access the top attractions of the area. The appropriately named "Sow and Piglets Guesthouse" was base for most of our group of 20 on our weekend of walking and exploration. The nearby iconic limestone stacks known as the "Twelve Apostles" were originally named the "Sow and Piglets" before the name was changed in the 1920s as a marketing tactic to make the landmark sound more appealing and boost tourism following the construction of the Great Ocean Road.



limestone cliffs. The Twelve Apostles stood tall in the distance as we neared the location of the Visitor Centre. A long descent on the Gibson Steps allowed us to reach the beach for a closer look at the cliffs and towering limestone columns.

For those who arrived early Friday afternoon there was the option to take the Port Campbell Discovery Walk following a clifftop path that leads out to the headland with great views over the town and coastline. We completed the introductory tour of Port Campbell with a visit to the local jetty and view points from the opposite headland. Then it was time to relax and sample the craft beers made on the premises of the "Sow and Piglets".

Saturday morning delivered perfect walking weather for our longest walk of 7km along a section of the Great Ocean Walk from Princetown to the Twelve Apostles Visitor Centre. View points along the route provided stunning panoramas of the

After collecting our cars at the Twelve Apostles Visitor Centre we made another stop on the way back to Port Campbell to visit Loch Ard Gorge, named after the wreck of the ship Loch Ard in 1878. Here we had the opportunity to learn about the perils of this notorious coastline plus being rewarded with more spectacular views. The cemetery near Loch Ard Gorge is a sombre historical site dedicated to the victims of the Loch Ard shipwreck. Out of 54 passengers and crew it claimed 52 lives, making it one of Victoria's most famous maritime disasters. Only four bodies were ever recovered. They were laid to rest in coffins fashioned from timber washed ashore from the wreck.

After a day of walking and sightseeing we were ready for a hearty meal at the Port Campbell Hotel.

With characteristic good planning our leader had planned an easier day on Sunday and we completed our tour of the Shipwreck Coast with more natural features to the west of Port Campbell. The adjacent Bay of Martyrs and Bay of Islands were first on our list, featuring a cluster of limestone pillars along the constantly changing shoreline. Next was a visit to The Grotto with a name that titillates the imagination. And last was London Bridge, still a popular feature even after the loss of the connecting arch that once connected it to the mainland. A stop at the Dairylicious Fudge Shop on the way back to Melbourne capped off a thoroughly enjoyable weekend.



Upcoming activities

June 2026

Mon 1	MTG: Club Committee Meeting	Pvt		Susan Maughan
Thu 4	DAY: Valley Reserve, East Malvern	Pvt	E	Halina Sarbinowski
Sun 7	DAY: Willimigongon Ck (Mt Macedon)	Car	E/M	Halina Sarbinowski
Wed 10	DAY: Mt Macedon	Pvt	E/M	Fay Dunn
13-14	PC: Two Bays Walking Trail (suit beginners)	Pvt	E/M	Anne Wilkins
Sun 14	DAY: Coliban Aqueduct & Fryers Ridge	Bus	E&E/M	Quentin Tibballs & Grant Roger
Mon 15	DAY: Albert Park Lake-Botanic Gardens cct	Pvt	E	Mark Simpson
Mon 15	SOC: Movie Night: The North (Cinema Nova)	Pvt		Bernadette Prunty
19-21	BC: Cathedral Range Ridgeline circuit	Pvt	M/H	Wen Qi
Sun 21	DAY: Grass Tree Walk, Brisbane Ranges	Car	E/M	Judith Shaw
Wed 24	SOC: The Kimberley Up Close	Pvt		John Fritze
Thu 25	SOC: Valley Reserve/Scotchmans Creek	Pvt	E	Margaret Curry
Sat 27	DAY: Ferny Creek	Pvt	E/M	Elizabeth Gwynn
Sun 28	DAY: Sugarloaf Reservoir-Christmas Hills	Bus	E/M&M	Matthias Frey & 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



Dandenongs-Olinda
Sunday walk
- L. Reece