



THE SYDNEY BUSHWALKER



SEPTEMBER 2004

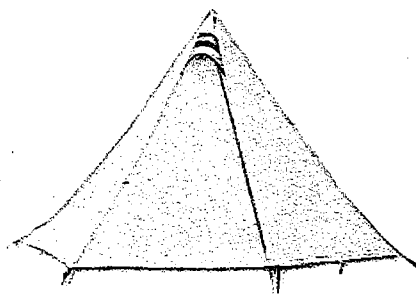


Print Post Approved PP 235723/01270



1045 Victoria Rd
West Ryde 9858 5844

Come in and see one of the best lightweight and roomy bush walking tents currently available. It sleeps 3 and weighs in at only **2340** grams complete (with the mesh inner tent and pegs.) Or just **1260** grams fly, pole and pegs.



GOLITE HEX 3 or 4 SEASON SHELTER

USES

3 or 4 season hiking or backpacking, winter camping, mountaineering

Price: \$ 599.00

WEIGHT

800 g canopy + 370 g pole + 90 g pegs and sack

DESCRIPTION

This 4-season, extremely versatile, roomy 3-person, canopy-style shelter is bound to become your favourite all-year home-away-from-home. Unlike a tent, which essentially

requires you to use poles, inner tent with floor and fly whenever you pitch it, the Hex 3 is a component system: You can use just the canopy with or without a floor, or just the bug net inner tent, or the canopy with the bug net. And you can pitch the Hex (canopy or Nest) over a paddle on a canoe trip, or over a ski pole on a ski-tour. Or hang the canopy via its top loop from a branch or a line suspended between trees. You can dig a snow pit under it and increase the amount of usable space; you can pitch it over rocks; and you can put it up quickly by yourself in the nastiest weather. How's that for versatility.

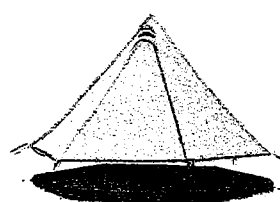
Dual roof vents provide excellent air flow, and the supplied extra guy lines can be used to pitch the leeward side (the side facing away from the wind) well off the ground to increase ventilation. SiLite construction and the six-sided shape with extra stake-outs midway along each side add up to an incredibly wind-stable, weatherproof shelter. Functional details include reflective, adjustable guy points: the adjustability ensures a good, taut pitch, while the reflective strips simplify pitching the Hex in the dark (and mean that it's much easier to find your Hex when returning to camp after dusk - and less likely that you'll trip over a corner once you have...)

Available in Sun for people who want to be seen, and Forest for those who don't.

For even more versatility, there will be a new trekking pole extender that will enable you to leave the Hex 3 pole at home and use any standard trekking pole to pitch the Hex 3! Available soon

FEATURES

- SiLite™ silicone-impregnated rip stop nylon
- Hexagonal shape sheds elements superbly
- Adjustable aluminium centre pole (also available as a separate item)
- Top loop
- 2 large roof vents
- 2-way door zipper
- Reflective adjustable stake out loops
- 9 Y-stakes
- Floorless design
- 4-season palace for 2 or home for 3
- Stake sack, SiLite™ stow sack included



HEX 3 FLOOR Only

Price: \$ 169.00

WEIGHT

620 g

DESCRIPTION

Perfect for those who want a waterproof floor, but don't need full bug protection.

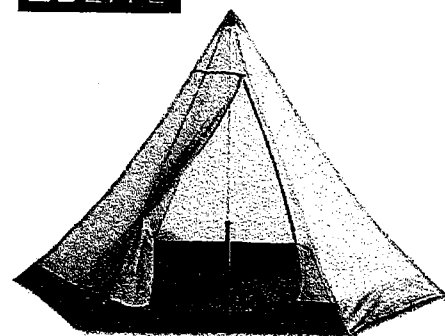
FEATURES

- Clips into Hex 3 canopy at 6 corners
- Abrasion resistant Cordura® centre

pole patch

- 6000 mm waterproof floor
- 4-inch bathtub design

HEX 3 NEST (No pole)



Price: \$259.00

WEIGHT

1080 g net + 90 g pegs
(if you already have the shelter then you won't need to take 2 lots of pegs and keep the weight down)

DESCRIPTION

The perfect companion to the Hex 3 shelter when you're heading into mosquito or insect-laden adventures. Can be pitched separately when desert camping.

FEATURES

- No-see-um mesh canopy
- Full length 2-way C-shaped door zipper
- Foam cone pole seat at apex Pole Only Pole Only
- Abrasion resistant Cordura® centre pole patch
- 6000 mm waterproof floor
- 4-inch bathtub design
- Stow sack

Pole Only
Price: \$85.00
Weight 370 g



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Issue No. 838

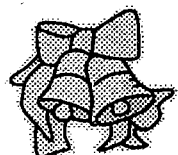
THIS MONTH INCLUDES

THE SYDNEY BUSHWALKER is the monthly bulletin of matters of interest to members of

The Sydney Bush Walkers Inc

PO Box 431 Milsons Point 1565.

Editor: Bill Holland
Production Manager: Frances Holland
Printers: Kenn Clacher, Barrie Murdoch,
Tom Wenman Don Brooks Fran Holland



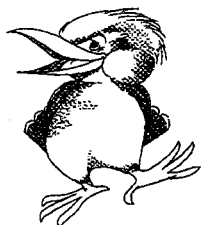
Wedding Bells

Congratulations to popular members Margaret Sheens and Jan Mohandas who were married on Sunday 12th September.

Are you on the SBW Email List?

Once a month, we send out a friendly email to SBW Members and Prospectives.

The email acts as a reminder of the upcoming social event for the month, along with a short note on something of interest to our members. If you'd like to be added to the list, simply send an email to: social@sbw.org.au



Don't Forget our Social Night !

Wed 20th October. Environmental Update by Keith Muir - Colong Foundation

ADVERTISERS:

Alpsport	Front cover
Paddy Pallin	Back cover
Wilderness Transit	5
Willis's Walkabouts	7

REGULAR FEATURES:

- 2 From the Committee Room
- 3 Message from President Maurice
- 4 Editor's Note
- 5 Treasurer's Report
- 18 Social Notes
- 18 A Joke or Two

FEATURE ARTICLES

- 4 **Future Shock**
A message from your Archivist
- 8 **Maquarie's Kingdom**
Review by Owen Marks of the latest book by Almis Simankevicius
- 9 **Blue Mountains World Heritage**
A splendid book by Alex Colley and Henry Gold - reviewed by Bill Holland
- 10 **Water Can Kill You**
Doug Floyd of BWRS writes of the problems of overhydration
- 17 **Guidelines for Qualifying Walks**
The Management committee has issued guidelines- Ron Watters tells us

CONSERVATION:

- 6 **News from Coolana**
Don's regular report on our property
- 7 **Sydney Water Ways**
Pamela Irving writes of water wastage

WALK PAGES

- 12 **Walk Notes:**
Barry Wallace summarises recent walks
- 13 -15 **Peter Love's Kakadu Walk**
A tale of Kakadu wanderings by Richard Darke
- 16 **The Great Grose Trek**
Jim Percy who finds the Engineers Track and environs very satisfying

The Sydney Bush Walkers Inc.

Our Club was formed in 1927 for the purpose of bringing bushwalkers together; enabling them to appreciate the great outdoors; establishing a regard for conservation and promoting social activities.

The Club's main activity is bushwalking but includes other activities such as cycling, canoeing and social events.

Our Walks Programme (published quarterly) features day walks on most Saturdays and Sundays, some mid week walks and overnight weekend walks.

Extended walks are organised in areas such as Larnington, Snowy Mountains etc as well as interstate.

Our meetings are held on Wednesday evenings (see Social Programme) at Kirribilli Neighbourhood Centre, 16 Fitzroy Street, Kirribilli (near Milsons Point Railway Station). Visitors and prospective members are welcome.

General Enquiries: Phone 0500 500 729
SBW Website www.sbw.org.au

Office Bearers

President:	Maurice Smith
Vice-President:	Rosemary MacDougall
Treasurer:	Tony Marshall
Secretary:	Leigh McClintock
Walks Secretary:	Peter Love
Social Secretary	Caro Ryan
Membership Secretary	Ron Watters
New Members Secretary:	Grace Martinez
Conservation Secretary:	Pamela Irving
Magazine Editor:	Bill Holland
Committee Member:	
	Barry Wallace Gail Crichton
Delegates to Confederation:	
	Jim Callaway - vacant -

Contact The Committee:

Members are welcome to contact the following officers on Club matters:

President :	Maurice Smith
9587 6325 (h)	mauricethewalker@ihug.com.au
Vice President :	Rosemary MacDougall
9428 5668 (h)	rmacdougall@bigpond.com
Secretary:	Leigh McClintock
8920 2388 (h)	mcclintock@pacific.net.au
Treasurer	Tony Marshall
9713 6985 (h)	tbuilder@bigpond.net.au
Members Secretary:	Ron Watters
0419 617 491	wattersr@bigpond.net.au
New Members Secretary:	Grace Martinez
0405 473 029 (m)	gracie_mar@yahoo.com.au

From The Committee Room - September

A report on proceedings at the Management Committee meeting on 1st September 2004



- The Committee admitted Lynette Huang and Heidi Volp to full membership
- The "Guidelines for Qualifying Walks" proposed by Ron Watters were adopted

and the Committee thanked Ron for his work in developing these guidelines.

[These guidelines are published on page 17]

- The period for completing the SBW Electronic Media Questionnaire closed on 31 August. The Web Site Sub Committee is preparing a report for the Management Committee on the results. The Management Committee will consider the matter at the next meeting.
- Ron Watters is preparing a draft proposal for Standard Navigation and First Aid Tests and will consult as necessary with club members
- Walk leaders and training weekend leaders will be asked to send completed activity forms direct to the New Members Secretary immediately after completion of walks and training weekends. This will speed up the processing of prospective members applications for full membership by eliminating the need to check walks and tests completed at a later date.
- As required under the terms of our Sydney Catchment Authority grant, a report has been submitted to the Authority on Coolana.

New Committee Member:

Gail Crichton has joined the Management Committee in place of Heike Krause who recently resigned her position following a move to Queensland

Vale George Walton

Very sadly we report that George Walton passed away on 28th August, aged 73 years.

George joined SBW in the late 1970's and, with his wife Elaine and later, his son Matthew, enjoyed many walks with both SBW and The Bush Club.

Members will remember George for his love of weekend and extended walks. He was an expert navigator and led many walks; his favourite areas being Kosciuszko, Blue Mountains and Kanangra National Parks.

George will be greatly missed by his wife Elaine, sons Andrew, Richard, Matthew and Cameron and his many friends in SBW

Message from President Maurice:

While watching the television images and the radio broadcasts of the Athens 2004 Olympic Games I was, as ever, amazed at the athleticism of all the athletes, Australian and other nations, regardless of whether they were successful or not. They have worked for so long and for many years to achieve the status of becoming an Olympian.

In our own back-yard we have numerous examples of club members who have Olympic type achievements. At the risk of embarrassing both, I will name two of them for their achievements in the Club's 2004 annual "Kanangra to Katoomba in a Day" bushwalk. As an aside for those members not familiar with this walk, Kanangra Walls is about 35 kilometres south-east of Jenolan Caves. From there to Katoomba is approximately 43 kilometres as measured on the map, in reality, it is quite a bit more due to all the little zigs and zags that the track takes, and it involves close to 2,500 metres of climbing in the course of the walk.

For Ken Smith, a huge "well done". When Ken completed the walk on 4 September that marked the 12th time that he had completed it as a day walk. No easy feat, nor easy on the feet either. Our other athlete shares the name of an Australian swimming icon, Ian Thorpe. "Our" Ian walked from Katoomba to Kanangra solo on Friday 3rd September in 9 hours 45 minutes, then on the official walk on Saturday walked with 10 other club members to complete the walk in 11 hours 45 minutes.

When Tony and Gail Crichton and I met Ian at the end of the Saturday walk, we were not only amazed that Ian had managed such an achievement, but that Ian was so relaxed about it. Quite an achievement indeed Ian, well done.

Among the people in the club who deserve recognition for their ongoing efforts are those leaders who year after year have walks on the program, sometimes to familiar places and sometimes to new places. Without your efforts the club would not be a club, as we rely on you trip leaders to take us to your "special" places and to make us extend ourselves. Please keep up the good work and I and all your fellow club members look forward to your continued efforts.

Over the past 12 months the members of the Coolana Sub-committee have spent many hours of effort in planting over 300 young trees in and around the area of the Coolana camping flats. The funds to purchase these trees came from a

grant supplied by the Sydney Catchment Authority. The young trees are well protected from the many hungry wombats that have made their home in the area. The club members salute your efforts and we look forward to enjoying the shade cast by these trees in a few years time when they have grown taller.

Lastly, for this month, I observe that since 1927 when the club was formed, a vast number of relationships have developed between club members. Many of these relationships have resulted in marriage. In my time in the club I have seen many such relationships develop. Well it is still happening; on 12th September two of our members were married to one another. Congratulations and best wishes to Jan and Margaret.

Maurice Smith



Have You Changed Your Address?

If you have changed your address or phone number recently, please advise:

Members: Ron Watters

Prospectives: Grace Martinez

The advice should be in writing directed to the Club's postal address. This will ensure that our records show your current address and prevent delay in receiving the magazine each month.

Notice - Camp Fires and Stoves



All members are advised to check the restrictions on lighting fires in intended camping areas. Be aware that high to extreme bush fire danger currently applies throughout much of NSW. This means that fires in the open are restricted and may only be used under certain conditions eg. a camp fire for cooking purposes.

However, most national parks, reserves and forest areas around Sydney have Local Fire Bans which mean no fires of any nature are permitted

Total Fire Bans may be declared on days of extreme fire danger and fires in the open, including cooking and camp fires, are totally prohibited for the period of the ban.

Lighting any fire in the open on a day of "Total Fire Ban" may lead to a fine of \$5,000 and six months imprisonment.

This applies to any naked flame including camp fires and camping stoves.

LEADERS: The closing date for the Summer Walks Programme is 15th October.
Easy to Easy/Medium walks particularly welcome

Future Shock!

A Message from your Archivist



I had this thought when sorting through old walk reports from the early 1930's that how lucky the Club is to have records from so long ago. One of our members is collating the Club walks by area and type of walk and as the Club Archivist I was able to help him.

With one or two exceptions we have all of our walk programmes from 1927 until today - 77 years. And, we have all of our club magazines from the very first issue; nicely bound in book form sitting up there on the archives book shelf.

Then I thought of my personal walk records. I have recorded each walk I have led since I started in 1980. It should be no trouble to look these up, I thought, the lists from those early years are on discs from my old computer as are my private records, old bank accounts, personal letters etc

Now that is a problem! In early days I used the works computer and copied to 5 1/4" floppy disc, later on my own computer I used 3 1/2 discs and more recently compact discs. The problem is that many modern computers only handle compact discs - and it seems their days are also numbered. So unless I can find an older computer and transfer records some of my own past has been lost.

This move to computerised recording of events in prose and pictures, however, has many positives. Electronic records can be sorted, indexed, cross referenced etc. Digital photos retain colour and resolution better than old slides and printed photos. But what of the future?

There is no problem whilst we retain our records on paper but we need to think about the method and means of archiving SBW records as we move more and more into electronic recording.

I hear that the National Archives are reverting back to magnetic tape in the hope that such records will always be accessible. Our printed magazines and walk programmes are safe but we should think about our website. The photos and reports on the site will need to be preserved but how will this be done and who will do it?

And what about your personal files, emails, letters etc?

Bill Holland

Editor's Note:



The day is warm as I write this - ideal walking conditions. I should be out walking instead of sitting here typing.

And there is plenty of choice. Our walking programme in spring is very busy, taking advantage of ideal walking conditions, but let's think about the warmer, hotter conditions of summer. What of the next walks programme? What about summer walking?

Now that our insurers have graciously permitted us to walk above the snowline the Christmas/New Year extended walks can once more venture into the very high country and snow conditions. There are also coastal walks and swimming opportunities.

So leaders - take note of the closing date for the Summer Walks programme and prepare your walks. Evening walks have been popular in past years and perhaps we can see more of these in the extended daylight hours.

Which reminds me, don't forget our newer members and older members who like to have easy to easy/medium walks; so suitable for the hot summer weather.

The currently very dry bushland presents dangers of fire and possible absence of water (see the warnings shown elsewhere in this magazine) but it is interesting to read the article on Page 10 outlining the dangers of drinking too much water. Thanks Caro for directing my attention to this article.

This month the magazine records the closing of Eastwood Camping Centre. This business has supported our club with advertising over many years and we are sad to see it close.

We also have two book reviews, each comes highly recommended and copies will be available for sale in our Clubrooms.

Keep your walk reports coming in and I do enjoy reading the jokes sent in even though many cannot be published.

Bill Holland

Contact The Editor:



Copy for publishing in the SBW magazine should be received by the editor by the end of the first week of each month.

Letters stating your viewpoint on matters of interest are most welcome. Please send your submission in by mail (preferably typed), on floppy disc, or by email addressed to The Editor

Telephone: 9484 6636
Email: billholland@bigpond.com

Treasurer's Report

Eight months Jan - Aug

SBW Bank Account

Opening Balance January	\$ 6,745	
Receipts	36,871	
Payments	23,726	
Closing Balance August	\$ 19,890	
Receipts		
Membership Fees	23,716	
Advertising	1,695	
Interest - General	731	
Interest - Coolana	917	
Interest - Conservation	303	
Investment redemption	6,000	
Donations - Coolana	3,000	Note 3
Other	509	
Total Receipts	\$ 36,871	
Payments		
Administration	1,348	
Affiliation & Insurance	8,516	
Magazine	5,486	
Communications	830	
Membership	426	
Coolana	1,974	Note 1
Other 208		
Equipment purchased	1,399	
SCA Grant	3,540	Note 2
Total Payments	\$ 23,726	
Net Increase in Cash Held	\$ 13,145	

Note 1 - Includes rates paid to June 2005.

Note 2 - Remaining balance of \$150 to be paid for photography and report preparation costs.

Note 3 - An additional \$300 was received early in September.

The Committee is reviewing the Club's investments and funds will be transferred to investment accounts during September.

Tony Marshall

Weekend Walking Gear for Hire

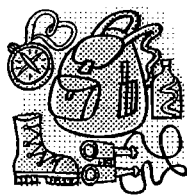
The club now has a small pool of weekend walking equipment available for hire. The rates for weekly hire are:

Weekend pack:	\$15
Sleeping bag:	\$15
Sleeping mat:	\$5
Ground sheet:	\$2
Tent:	\$20
Complete kit	\$50
(For hygiene reasons you must provide and use	

your own sleeping bag liner)

Equivalent refundable deposit required.

Contact: Geoff McIntosh 9419 4619



Eastwood Camping Centre Closing Down Sale

It is with great regret that we announce that Eastwood Camping will cease trading within the next couple of months. The changing demographics have resulted in a negative trend that appears to be too strong to buck.

We wish to thank all members of Sydney Bushwalkers for their wonderful support and loyalty.

We are having a "Closing Down Sale" with truly outstanding bargains, most items at cost or below. In these sad circumstances you are kindly requested to cease our ongoing advertising from the next issue. With warmest regards to all your members.
Brian Liebman.

NSW WILDERNESS TRANSIT

Bus To

JENOLAN CAVES. KANANGRA WALLS.

YERRANDERIE GHOST TOWN

STARLIGHTS TRACK. BUNGONIA CAVES.

WOG WOG. NERRIGA

Departs from Sydney's Campbelltown Railway Station

Via Penrith, Katoomba & Blackheath for

Kanangra Walls Mon & Wed at 11am. Frid at 7am

Returns 4pm Mon, Wed, Frid.

Via Starlights, Mittagong & Manian for

Wog Wog-Nerriga Tues. & Thurs & Sun at 11am

Returns 4 pm Tues, Thurs, Sun.

Yerranderie Ghost Town first Saturday in each

month, returns Sun at 1 pm (any Friday min 6)

Group booking discounts or charter service

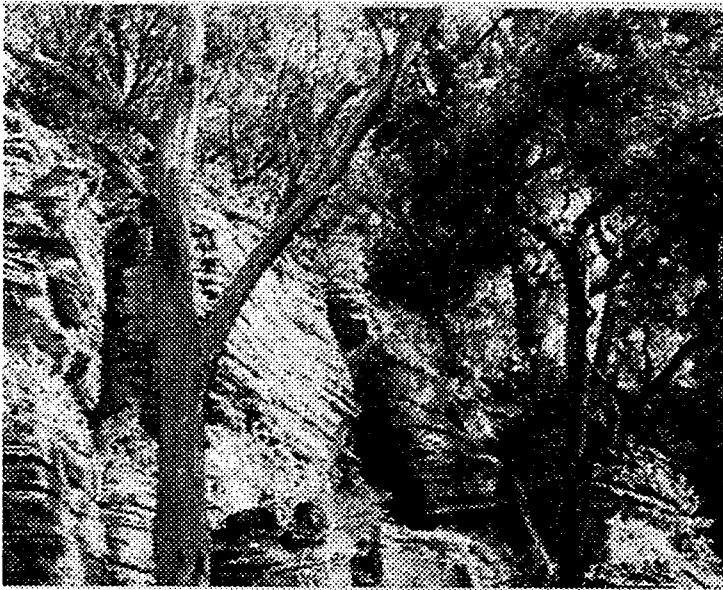
Tel 0246 832 344 Mob 0428 832 344

www.wildernesstransit.com.au



On 20th October - There will be an Environmental Update in the Clubrooms by Keith Muir from the Colong Foundation

NEWS FROM COOLANA



August has seen the practical completion of the plantings at Coolana under the SCA Grant 2003. The nurturing of the plants will continue for sometime yet. A final report has been sent to the SCA with a letter of thanks.

The drought continues to stress things at Coolana with the wombats digging up grass and chewing on wattle tree roots prompting Shirley to supplement their diet with a donation of a bale of hay. Watering of the plants continues with another three dying during the month. There is still no evidence of damage by grazing to any of the plants protected by plastic guards. Some areas of the eastern flat have been opened up by the clearing of vines and fallen timber this was to allow the planting of SCA trees. The

easier access has also allowed the poisoning of many of the tobacco plants on the eastern flat. A start has been made on clearing the moth vine infestation from the eastern flat. The efforts of some additional members on the recent maintenance weekends have really made a difference. The rate of progress is remarkable when the 70 year old ladies do not have to carry their own 20 litre drums of water.

A new 4hp utility lawn mower was purchased during the month and was used at Coolana with great effect. The new 4 horses were noted to be a lot more willing than the tired 3.5 horses of the old mower. The walking tracks were cleared and the leaf litter and fallen trees were removed from around the shelter shed to reduce the fire hazard. Joan Rigby planted the last 7 trees near the creek and Wilf improved the track across to the eastern flat. The composting toilet project continues with Patrick suggesting a possible site between the shelter hut and the tool shed about 25 meters from the tool shed. The site is marked with stakes, have a look and let us know what you think.



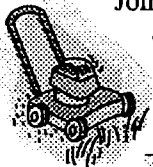
There is very little growing at Coolana at present with only 10mm of rain at the end of the month. The grass still has some short 30mm long green blades and the water is still dripping into the dam at the creek. We have water in the pipe and the tank is full. When it does rain we will need to start mowing the cobbles pegs as soon as they start growing. I still need some more volunteers for the mowing schedule. Any volunteers?

Don Finch

Coolana Maintenance

23rd, 24th October: It's a wonderful property but needs some gentle care and maintenance. The weeds start growing in Spring but there are other tasks to be done.

Join us for a pleasant weekend of light work and socialising around the evening campfire



Wanted: Do you have a surplus lawnmower to donate to Coolana - must be 4 stroke and in good working order. Please phone Don on 9477 2251

The Coolana Fund:

Donations to the Coolana Fund are very welcome and will be used to provide income to assist with the maintenance of this wonderful property.

Many thanks to those who have already donated or have indicated an intention to include the Coolana Fund in their wills. Please send in your donation, addressed to

"The Coolana Fund"

*The Sydney Bush Walkers Inc
PO Box 431 Milsons Point 1565.*

CONSERVATION MATTERS

Pamela Irving

Sydney's Water Ways

Sydney has an average of 600,000 mega litres of water available for use each year, taking into account the variability of the annual rainfall. Unfortunately our current annual use is 635,000 mega litres. What's to be done?

A recent report "*Water and Sydney's Future, Balancing the Values of our Rivers and Economy*" addresses this undeniable shortfall. Proposals include continued water restrictions, labelling of water-using appliances re their efficiency, and an annual cap on the volume of water which can be taken from Sydney's dams for domestic /commercial/industrial use. This would leave more water available to restore the Hawkesbury/Nepean system. The most basic ways to save household water - ie rain water tanks and grey water systems - have been discouraged until recently. A last resort is for water to be pumped from the Shoalhaven River to prop up Sydney's supply.

A government-appointed panel, including *Clean Up Australia's* founder Ian Kiernan, is currently assessing how Sydney can better use its water, including re-cycling grey water and sewage.

Builders are now required to design homes to be 40% more water efficient. Native plant gardens instead of lawns are encouraged. Eventually all new homes will be designed to use 75% less water than existing homes.

Industrial, commercial and government users consume more than a quarter of Sydney's annual total. This is drinking-quality water which is simply used and discharged into the sewerage system. The commercial property sector has huge losses from leaking and inefficient cooling towers. Ten percent of Sydney's water is lost because of leaks in the city's 22,000 km of water mains.

By 1825, Sydneysiders had polluted the Tank Stream, their first water supply. By 2004 we've done a pretty good job on the Hawkesbury/Nepean River system as well. Salvinia weed chokes the river itself. Giant harvesters operate six days a week, removing up to 500 tonnes each week. Other exotic weeds have replaced Australian natives on the banks, and introduced mosquito fish and carp decimate the numbers of native fish. Weirs block the river's natural flow. Better water management in Sydney would allow more water to be released into this ailing system. The agriculture on its floodplains is estimated to be worth more than one billion dollars.

The environmentally disastrous proposal to build yet another dam at Welcome Reef on the Shoalhaven River doesn't address the basic problem, which is water wastage, not water shortage.

Source: *Sydney Morning Herald* and *Total Environment Centre*

WILLIS'S WALKABOUTS

Arctic Spring last chance

March 2005

4 weeks in
Alaska and the Yukon
Includes a one week
trip by dog sled!

- Great views of the aurora.
 - Temperatures well below Australia's record low of -23°C, but you stay warm!
 - Local bed and breakfast accommodation while you acclimatise.
 - Short walks to forest service cabins in southeast Alaska
- Check out our website or ask for our trip notes.

Too cold?
Ask for the
brochure
describing our
many northern
Australian
bushwalking
holidays!

www.bushwalkingholidays.com.au



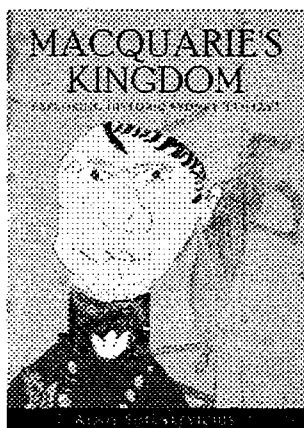
Willis's Walkabouts 12 Carrington St Millner NT 0810 Email: walkabout@ais.net.au

Phone 08 8985 2134

Fax 08 8985 2355

Book Review -

Macquarie's Kingdom by Almis Simankevicius.



Fellow members of Sydney Bush Walkers NSW Australia. It gives me great pleasure to announce that another book has been written by Almis Simankevicius, our Writer in Residence. Written for adults, and includes an introduction suitable for

schoolchildren as well.

You will recall that he has written three others on wanderings in other countries and luckily they are still in print. **Santiago** was a walk in Spain from Pamplona to Santiago de Compostela on the Pilgrim's Way, staying in medieval inns. **On The Milford Track** he was braving the rain and crossing the glorious alpine areas of New Zealand with grand views and staying in National Park huts. **Odin's Last Rune** was a rural meander on boggy paths across the width of Britain, staying in pubs and guesthouses.

This new book **Macquarie's Kingdom** is placed right in our backyard and with this book you can explore colonial NSW from your very own house. This book is a walking and/or car tour guide of the architectural splendours of Macquarie's Sydney and suburbs, the surrounding countryside including Newcastle and villages on the way to Bathurst.

Governor Lachlan Macquarie was in charge here from 1810 to 1821 and this is a grand compilation of the convict era. After reading this book you will be pleased to know that Macquarie was a man of culture, a decent pious Scottish chap. He was trying to run a convict settlement so as not to displease the British Govt. yet trying to please the freed convicts who realised that they were better off here than in Britain and free immigrants who were arriving

wanting a decent future. Yet the old die-hards were hard to please as well. All this is described in detail for us to enjoy. Written for the young and old alike.

Once the modernity of Sydney and suburbs is stripped away, you can enjoy the past and, as is the way with Almis, he arrives as the convicts did, by boat into Sydney Cove now known as Circular Quay. He writes in a chronological order with a potted history of how the convict period began in England and then he goes forwards and backwards in time while telling of the Macquarie buildings scattered over New South Wales. History without tears for us indeed thanks to Almis who seems to have read every book of reference on the subject in the Mitchell Library, Sydney.

Each chapter is set in a different area with its appropriate map, and with a chapter reference at the back of the book where there is more detail. Some photos and drawings as well. You see the area as it is now, and are transported in memory to the olden times when life was entirely different.

The extensive Reference section is located at the back of the book. There is transport information, important addresses and a list of Tourist Bureaus. There is also a Cast of Characters, a List of Terms used in the book and a Recommended Reading section.

What more can I say? It has a sensible cover that can take wet hands, small enough to fit in a large pocket, with large print and will give pleasure to the most fastidious. You finish the book with a knowledge of late Georgian and early Regency periods in our city. This and his other books are available at bookshops or via www.goodwalkingbooks.com

I hope another book is planned, as this one is informative, enjoyable and as well researched as his other three books.

Owen Marks

September 2004

Extract from "Bush Heritage News" - Spring 2004

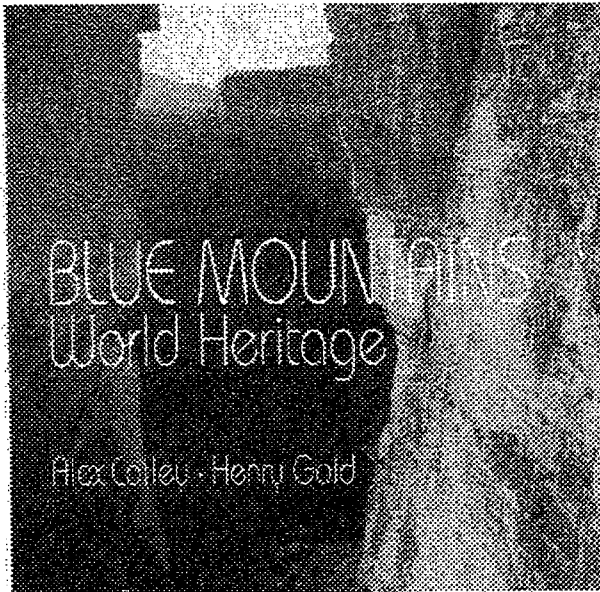
(acknowledging donations made as requested at the funeral of Bob Duncan)

"In Memory"

Rosslyn Duncan sent in many donations in memory of her husband **Robert 'Bob' Duncan**, who died suddenly while bushwalking in the Bungle Bungles, WA. Adrienne Shilling and other friends also remembered this 'lovely, gentle bushwalking companion'.

Book Review - Blue Mountains World Heritage

Text by Alex Colley Photographs by Henry Gold



This a beautiful and well presented book, lavishly illustrated with 60 full colour photographs and 28 photographs reproduced in sepia toning. Appropriately, as a book dedicated to conservation, it is printed on chlorine free paper from plantation forests.

Alex Colley has produced the text with quality assistance from several well known conservationists.

As stated in the "Acknowledgements" section of the book: "Much of the information in this book came from individual contributions and from articles written by members of the Colong Foundation and contributed to the *Colong Bulletin*." Alex Colley has done a magnificent job in collecting and editing the articles as well as adding his own extensive text.

And what more can be said in praise of Henry Gold's photography. Each magnificent photograph is worthy of framing and each in its own way tells a story; from misty mountains to the detailed foliage of rainforest and the tumbling waters of the Kowmung River.

I particularly liked the very clear map included with the introduction. It shows the park system around Sydney and the extent of the Greater Blue Mountains World Heritage area. These national parks and wilderness areas are familiar to us all. We have walked in them, camped by the rivers and climbed the mountains. This is a book to inspire those who love to walk in the bush. It will bring back many memories to those no longer active.

Alex Colley describes the seventy years long

campaign to save the Greater Blue Mountains - a 240 km chain of eight national parks and four wilderness areas. The difficulties of dealing with political parties and the efforts made by dedicated conservationists as part of "Colong Committee Campaign" to bring the pressure of public opinion to achieve a desirable result are well covered in this book. The importance of these campaigns is given a well deserved emphasis.

Each chapter tells its own story as conservationists battle to preserve the areas contained within Greater Blue Mountains and the book concludes with the celebration of World Heritage dedication at a ceremony in May 2001 attended by 2,500 people

The chapters are:

1. The Dawn of Conservation
2. The Greater Blue Mountains
3. The Save the Colong Campaign
4. The Boyd Campaign
5. Wollemi, and the Colo
6. Further Additions to the Park System
7. The World Heritage Campaign
8. Threats to the World Heritage Area
9. Celebration and Dedication

Bushwalkers and bushwalking clubs receive prominent mention throughout the book and are shown to be part of a valuable history.

Blue Mountains World Heritage is "must buy" for all those who love the outdoors and treasure our wonderful mountains and bushlands. A great gift to someone special at Christmas or just buy it for your own pleasure.

Bill Holland

Blue Mountains World Heritage is A Colong Foundation for Wilderness publication and is available from

***The Colong Foundation for Wilderness,
Level 2, 362 Kent St, Sydney NSW 2000.***

An order form is enclosed with this magazine. Cost \$50.00 each

Club Archives:

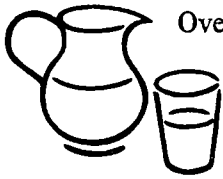
The Club archives are held at the Editor's address and can be accessed at all times by phoning 9484 6636.

They include bound copies of all magazines from inception, financial and membership records and minute books post 1960 (earlier minute books are in the State archives)

Water Can Kill You!

Doug Floyd (BWRS)

Hyponatremia at Trailwalker - Cause by Drinking Too Much Water.



Over the weekend, I was with Bushwalkers Wilderness Rescue as a safety response team member, for this years Oxfam Community Aid Abroad fundraiser "Trailwalker". 380 teams of 4 people (1,520) walked 100 km on bush tracks around Sydney within 48 hours. 358 teams (1,448) completed the journey. The weather was great as usual this time of year, the wild flowers are blooming, the birds are mating and all was right with the world.

We had a relatively easy time with only a few people to pick up and escort out of the bush, mostly knee or ankle injury. Four people required hospitalisation over the weekend, two for dehydration in a normal ward and two for over-hydration in intensive care. Yes, they drank too much fluid and ended up in hospital in intensive care with hyponatremia.

If we drink too much fluid (water or sports drink), during prolonged exercise, our body uses what's needed as perspiration to cool us and we urinate the rest. Sweat and urine remove salt from the body; if we drink, too much we remove too much salt from the body, until the only place left with much salt is the brain. The water is then attracted to the brain seeking the salt, the brain swells and you're in all sorts of bother. This is Hyponatremia and it occurs when the sodium level of the body falls to a low level. One participant in Trailwalker last year was hospitalised with hyponatremia in intensive care for 6 days.

We evacuated a man who had a fit, dropping like a sack of potatoes and opening a gushing wound on his head. When I checked him out, he was sitting, wrapped in a space blanket because he was cold, supported by two team mates. His breathing and circulation seemed OK. His wound was bandaged and not bleeding. His eyes were dilated and he was conscious but he was "non compos" and could not communicate with me or his team mates. He would not lie down so we transported him out to the ambulance sitting in the 4wd. He was taken to hospital and diagnosed as having hyponatremia. He was placed in a coma until his serum sodium levels could be brought back up and the brain swelling could be reduced.

From what his team mates said, last year he had competed and had become dehydrated. This year he drank much more, 3-4 litres an hour, sports drink and water. They started at 8am and he collapse around 3:40pm, ie after 7 1/2 hours, it was warm, in the 20's but not hot.

Why do so few of us know anything about this malady? Could it be anything to do with the multinational corporations selling "bottled water" and "bottled sports drinks"? A quick check of the web shows that an increasing number of people are afflicted with this malady. One woman died of hyponatremia after collapsing at the 22km mark of the 2002 Boston Marathon and there is mention of other deaths. I saw one NavShield competitor who dropped out with what he described as dehydration, at CP Charley. From his symptoms and what I know now I suspect that hyponatremia was contributing to his state.

Now you know about overhydration but what do you do about it, to thread the fine line between dehydration->hyperthermia and hyperhydration->hyponatremia? Unfortunately, we all differ so you will need to learn what is right for you. Sports drinks are better than pure water, but they were developed for short-term exercises and may not do the trick for you in endurance type exercise.

For bushwalking it would seem to me that the answer is to eat on a regular basis, eg at breakfast, morning tea, lunch afternoon tea, and dinner, (provided your not eating fad foods low in salt or sugar) and drink regular amounts of water or fruit juice or sports drink or tea.

I often take staminade powder with me and drink pineapple juice, particularly in summer. I always put a big pinch of salt in my evening meal.

In a hot dry climate, doing hard manual work, the folk law is: -

*"if you drink a glass of water and are still thirsty eat a teaspoon of salt and drink another glass".
"in the evening drink until you pee three times and your urine colour is no darker than light straw colour".*

Below are some links to web pages on the subject (I found these with a Google search for ["over hydration" hyponatremia].

http://www.jnj.com/news/jnj_news/20031030_105713.htm

<http://www.honoluluclub.com/pulse.php?ID=31>

<http://www.cptips.com/water.htm>

<http://www.tylenol8hour.com/page.jhtml?lid=facts>

<http://www.miamitropicalmarathon.com/Hyponatremia.htm>

<http://www.runwashington.com/features/medhyponatremia02.html>

<http://www.hphoustonmarathon.com/fluids.php?look=marathon>

[The AIS web site has topic sheets on fluid, sweat losses and sports drinks....]

THE WALKS PAGES

Walk Notes: 9 June 04 to 7 July 04.

The period commenced with the Queens Birthday weekend; and Leigh McClintoch led a party of 7 on his visit to the Warrumbungles National Park. They climbed up to admire the view from Fans Horizon on the Saturday, then retired to Camp Pincham for happy hour with the koalas. Sunday saw the ascent to Balor Hut and the luxury of dropped packs for the climb onto Bluff Mountain. Most people left early on Monday for the drive home but 3 stayers remained for a look around. Leigh has ideas for another one of these next year, so watch that program. Spiro was also out that weekend with the party of 14 on his annual expedition to Mount Colong enjoying ideal walking conditions; and wasn't that just as well. They encountered a number of other parties and some feral pigs along the way. They also recommend Hampton Hotel for a quick cheap meal; something about a "Willey Burger" I think Spiro wrote. Kenn Clacher led a party of 4 on a walk over that weekend out from Little Tootie Firetrail into the Wollongambe. We do not appear to have a report for Maurice's qualifying walk in Morton National Park that weekend but Ian Rannard led a party of 17 on his Sunday qualifying walk from Kuring-gai railway station to Hornsby Station. The walk went to program with no untoward incidents.

David Rostron conducted an extended walk into Kakadu National Park over the period 18th to 30th June with the 10 walkers who made the trip enjoying almost perfect weather conditions, scenery and water systems. David also remarked on the efficacy of the use of a GPS receiver in such featureless terrain as prevails in that part of the world.

The weekend of 19, 20 June brought snowy conditions to the heights of the Blue Mountains for Gail Crichton and the party of 14 on her walk out from Kanangra Walls to the Kowmung River and return. They experienced mainly rain whilst walking, with a well placed easing on Saturday evening for the camp fire activities, but on their return to the cars they encountered a winter wonderland of snow that prevailed much of the way along the road back to Katoomba. Graham Conden reported 12 starters, scrambling, pagodas, a canyon, and caves, for his Saturday walk out to Gooches Crater and beyond, all rounded off with a touch of snow at the finish. On the Sunday Ian Thorpe led a party of 3 on his Semi-circumnavigation of Jamison Valley in cool and windy conditions. The views from Mount Solitary were stunning but they

were sore puzzled by the sound of a chain saw away toward the Golden Stairs until they came across a Lyre Bird that may have been the source of the sounds.

The midweek walk that week, on Tuesday 22 June, was billed as "walking and whale watching" under the leadership of Bill Holland. The party of 12 enjoyed excellent weather conditions and yes, they saw several whales as well as the spectacular views from the cliff tops.

The three starters who turned out for John Bradnam's hard walk out from Carlons Farm over the weekend of 25, 26, 27 June were not disappointed. They walked out to Medlow Gap on the Friday night and walked the last few hours to the finish at 2000hours Sunday in the dark. Not surprisingly John observes that they were "completely knackered" by the time they reached the cars. It's good to see the occasional truth in advertising. Of the several day walks that weekend Mark Patteson led a party of 14 on his Saturday early start walk in Lane Cove National Park. The weather was good, the party fast and they just finished in the dark at 1720 hours. Zol Bodlay was also out that day with a group of 11 on his Orange Grove walk in Marra Marra National Park. It was a beautiful sunny day and the walk provided a range of experiences and terrain not to mention oranges. Caro Ryan led a trip between Thornleigh and Berrowra railway stations on the Sunday. The party of 11 enjoyed beautiful weather conditions, encountered numerous other parties along the way and put in a rather full day at a good pace. Bill Holland reprised his whale-watching trip from the previous Tuesday for a party of 20 that day as well, again in good conditions. We do not appear to have received reports for Anne Maguire's Saturday walk out from Blackheath or Ken Smith's Sunday trip out from Woodford.

Wilf had Stage 1 of The Marie Byles Walk from Patonga to Newcastle scheduled as a midweek walk for Wednesday 30 June but no report appears to be to hand for this event.

A party of 7 turned out for Maurice's entirely exploratory walk in the Ettrema Wilderness over the weekend of 3, 4 July. They had easy going on the wide ridges but the narrow ridges were another matter entirely, what with steep sides of crumbling loose soils and the occasional errant rock. One such rock managed to inflict a minor head cut to the leader. Maurice would also be prepared to disclose the location of a certain impassible waterfall in Touga Creek that forced the party to abandon the creek and take to the

ridges and hilltops to get out to the cars. It was nonetheless described as a very enjoyable weekend. I have a note from Wilf indicating that his walk that weekend over stages 4 and 5 of the Great North Walk went, kindly led by Rosemary MacDougall in Wilf's absence due to a knee injury that kept him from leading any of his weekend walks for the Winter programme. No report seems to be available however. Tony Crichton was also indisposed that weekend due to influenza so Ian Thorpe stepped in and led the party of 2 on his Saturday walk from Cowan to Westleigh. Not sure how they arranged the car swap but they enjoyed the walk so much they continued on to Thornleigh. Peter Cunningham led a qualifying walk that day, out to Bonnum Pic from the Wombeyan Caves Road in excellent weather with a party of 12. The party made good going over the rather rough terrain though the leader had some difficulties communicating with the party due to a loss of voice caused by a cold. The third Saturday walk that weekend, another qualifier, was led by Richard Darke with a party of 7. Weather conditions were perfect with no wind and warming sunshine. Nigel Weaver had a walk scheduled for the Sunday that weekend but there does not seem to be a report for this.

Bill Holland led a mid week bicycle ride around Windsor and Richmond on Tuesday 6 July with a party of 4. It was an enjoyable day and an interesting ride on either good bicycle tracks or quiet back roads around market gardens and farmlands.

This, combined with a sudden dearth of reports, brings the walks reports for this month to an end.

Barry Wallace

The Six Foot Track in a Day - 21st August.

The day dawned fine but the number of walkers was down for this annual club walk.

Our group of 9 including the leader headed off from the Explorers Tree near Katoomba at 6.30am. We had 4 prospectives amongst our group and the anticipation was high as they were all strong walkers. Our valuable support team led by Andrew proceeded to the Megalong Road Crossing where the group arrived at 8am for some light refreshments. After a short break we headed off towards our official morning tea stop after crossing the Cox's River near Bowtells Suspension Bridge. It was all uphill to the Little River crossings and then onto The Pluviometer Hill

where our support team provided a welcome sight. After taking in some hot soup, juice and lovely chocolate biscuits the group then hit the long fire trail out along The Black Range to Jenolan Road where afternoon tea awaited us. Jenny & Ian decided to run from here to the finish at Jenolan Caves. Tony and Mary ran a large proportion of the way Mark (leader) and Tu ran the last few kilometres. The remainder of the group walked, and we had everyone to the finish by just after 5pm where our photographer Mike filmed each groups arrival at Caves House.

Our support team then transported everyone to The Hampton Hotel for hot showers and cheese and wine before a hearty 3 course dinner.

I would like to thank Andrew for all his help in organising the support team and his input into the menu. To the rest of our great support team a huge thank you also, and finally to my group of walkers especially our 4 prospective people, guys you can be proud of your effort.

Robyn at The Hampton Hotel looked after us in our first year staying there and I look forward to using this establishment again next year.

Walkers: Mark Patteson (leader), Jenny Paton, Sue Arnott, Maurice Smith, Tu Tra, Michael Thai, Tony Manes, Stuart Douglas, Mary Lui.

Support: Andrew Vilder (leader), Don Brooks, Ian Thorpe, Patrick McNaught, Kay Chan, Michael Arnott. (Ian & Patrick walked a few sections of the 43km walk.)

Mark Patteson

Glenbrook Gorge 29th August

Eight of us happy walkers, including two prospectives, had a cloudy, humid day, turning to welcome gentle rain by lunch time. We clambered over and under many obstacles and slipped on wet rocks going through Glenbrook Gorge before reaching the Nepean River. However, the 2001/2 fires make the ridge climb to Portal Lookout easier now, but, the fallen tree we use for access to the cliff face has been damaged, making the exposure more of a challenge. Bob Smythe was an asset to the party as he had a climbing tape and he led us on his preferred route to Tunnel View Lookout. We then cruised the easy option tracks and roads back to our apple and rhubarb crumbles at Glenbrook. The views through the gorge, and later looking down, are exceptional in this area which is so often overlooked by experienced bushwalkers.

Maureen Carter

Carry Water!

Leaders and walk participants should take care to carry adequate water for the day. Many areas are still experiencing dry conditions and normal water bearing creeks may be dry.

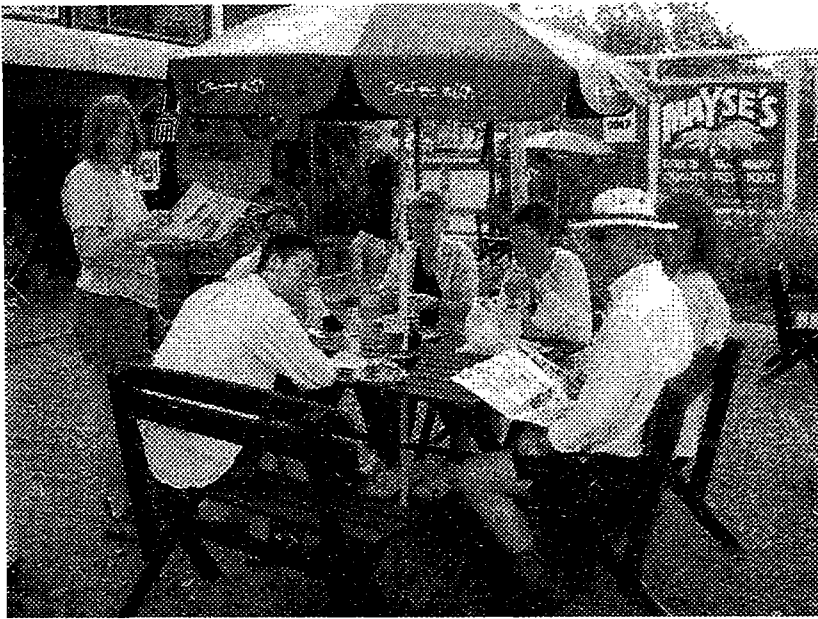


Peter Love's Kakadu Walk - 25th July to 6th August 2004 *Richard Darke*

Participants: *Peter Love (leader), Richard Darke, Anne Himmelreich, Pamela Irving, Grace Martinez, Marie Rose, Gillian Thomas, & Ian Thorpe*

This was a trip I had dreamed of for a number of years, and I now finally had the opportunity to go for it. But now, writing after the event, it seems like just a pleasant dream. Forgotten is the pain. I lost 3 kilos in weight and suffered some temporarily swollen feet, but I also gained many happy memories. I have 250 or so digital photos to remind me, and I'm a lot fitter than before I went. When I got home, I ate like a horse and doubled my intake of fresh fruit – but that is to suggest we did not eat well on the trip. On the contrary, it turned out to be a gourmet experience, despite the fact that we each had to carry 10 kilos of food for 12 nights in addition to everything else!

Most of us were carrying around 22 kilos (not including those wine casks) when we set out in 30 degree heat. But I'm getting ahead of myself. First of all, the 8 of us met after an early breakfast in Darwin on a balmy Saturday morning, to be picked up by the minibus which was to take us to Gunlom Falls (of Crocodile Dundee fame), the start of the walk.



A stop for ice cream at Adelaide River, and that last beer and hamburger at Maysey's in 'downtown' Pine Creek were our last contacts with 'civilisation'. After a five hour journey, we were disgorged at Gunlom where we swam in the huge natural pool at the foot of the falls, before shouldering packs and staggering up a 150m steep climb up onto the escarpment and away from those saltwater crocs, in the afternoon sun. We were finally underway, setting off in a generally easterly direction to walk some 100km towards our pick up point 13 days later at Jim Jim Falls. We soon left the day-trippers behind, and within an hour had Kakadu to ourselves. We were not to meet a single other person for the next 12 days, or hear any mechanical noises. This was a novel, pleasant experience.

Peter and Pamela were Kakadu veterans with 7 trips here between them, but for the rest of us, this was all new and exciting – a big step into the unknown. We plagued them with questions about what was around the corner – trouble was, Pamela was last in this particular area 10 years ago, so it was a tough ask to expect her to remember it all in detail! Peter promised us a succession of 5-star campsites, with lots of water in the form of creeks, waterfalls, cascades and swimming holes. And a glut of aboriginal cave paintings to admire. He also reassured us we would not get eaten by crocs. I have to say, he delivered on all these promises!

Many of us found it hard getting adjusted to the heat (up to 38 degrees and sometimes humid), combined with the weight of the packs, especially as all the walking is off track – there simply are not any trails in Kakadu, other than the occasional pig or buffalo run which usually started out with great promise before veering off in the wrong direction. Oh well, back to the bush! I was surprised at just how much these factors in combination can slow a party down. Frequent rest and swimming stops are needed, and this brought the average walking speed per day down to about 2 km/h. This was not helped of course by the need to accommodate Grace's impulse to jump into every pool we passed! But "on, on!" Peter would say "we've got a long way to go". "Not so fast" Anne would say. "Let's enjoy our surroundings". So a 12km day was a big effort, especially if not completed before the heat of the afternoon, which meant we had some early starts. Some of us found it easier than others. Thorpie may not have been as keen on water as Grace or his namesake, or have had those large webbed 'Other Thorpe' feet, but boy, could he fly across the land when following a compass bearing!

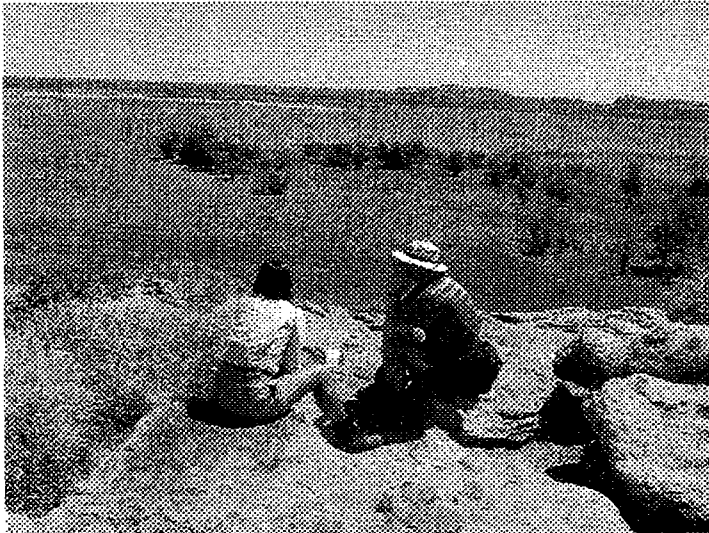
Personally, I learned a lot about navigation, having to take bearings and stick to them to ensure we hit the next creek at all, not to mention in the right spot! Ian and Peter did a splendid job of ensuring we did not go wrong, and having the GPS available always very reassuringly confirmed we were in the right place.

In getting adjusted to the conditions some of us suffered the effects of heat exhaustion along the way. "You must drink 1 ½ litres of water to be properly hydrated before walking each day. Hydrate! Hydrate!" was Peter's mantra. And he was right. Bloated stomachs notwithstanding, this was sound advice. We were also exceptionally lucky to have a sympathetic Marie and her medical kit to take care of us. She even had to treat herself when bitten in the eye by a green ant.

I had been warned that I would get fed up with repetitive dried food, and crave fresh fruit and veg along the way. But this did not happen. We were in food groups, and everyone went to a lot of trouble to produce and dehydrate excellent dinners before the walk – such dishes as Moroccan sausage, Thai chicken curry, spag bol, roast lamb,

vegetarian pasta, & tuna mornay. "This is restaurant quality fare" said Peter after one meal. And we took lots of herbs and spices for added flavour. Gillian and Anne even took seaweed along as part of their diet! Legendary desserts were produced, such as Marie's Japanese cheese cake, and Peter's tiramisu. Then there was Ian's chocolate and vanilla mousse. Admittedly, we also ate a lot of custard – with apple, mango, mixed fruit and more custard – but what the heck, it was usually fortified with 58.5 % rum! Marie made naan bread. And most of us grew alfalfa along the way so we always had fresh veggies. Grace even produced fresh chicken & bok choy on the first night. (She plans to produce a walking recipe book based on our experiences).

We were also well supplied with lollies – Ian for example seemed to have an endless supply of sour worms, which was perhaps the source of his boundless energy. We even had a ground coffee plunger as a luxury item – a great bargaining tool! So personally, I didn't crave anything foodwise, though I have to admit that on the odd hot afternoon the thought of an ice cold beer did cross my mind!



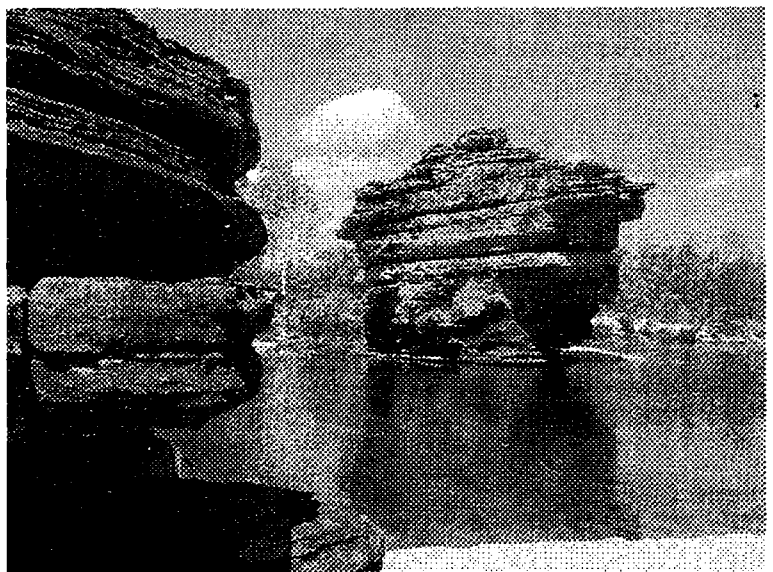
Despite the heavy loads, the journey steadily progressed, and one day began to merge into the next. We basically followed water systems as far as we could, and then leap frogged across to the next one. This generally involved traversing level open savanna woodland, dodging the green ant nests as best we could, but still getting them down our necks and in our hair! This explained a lot of demented jumping about and slapping of ones own body. Cross country also involved some tougher, rougher, and steeper but unavoidable sections of the dreaded stone country – still with the inevitable ants. As Peter put it, although hard work, these treks made one appreciate all the more the outstanding campsites at the end of each day. No gain without pain, as they say.

Anyway, in this manner we progressed up the quiet Waterfall Creek, and crossed to the babbling

brook of Barramundi Creek and the wonderful Buff Pool (camp 3) where we found tropical exuberance. It boasted a waterfall and a natural shower tumbling into cricket oval-sized crystal waters stocked with fish and turtles, as well as excellent camping under huge *allosyncarpia ternata* shade trees. Thence to Picaninny Pools – an absolute delight. Next came the strangely-named Gronophyllum Creek (images of Frodo and Gollum), with its many sand beaches, then on to tumbling Cascade Creek, and eventually to the bigger Twin Falls creek system, Rainforest Gorge Creek, and finally Jim Jim Creek. What was amazing was how different in character each of these water systems turned out to be. Some with lazy flows and water lilies, others torrents with a succession of waterfalls and cascades, others a series of wide rock platforms and deep pools. Each of us had our favourite. After this year's long and late wet season we were never short of water.

We tried to get to camp early most days, so we could swim, read, relax, and wash clothes. At one stage though Peter said that he "didn't wash his socks for a week, but he did wash his sweaty cheese". I wondered if he could tell the difference?

I guess that of all 12 camps, the ones at Buff Pool, and Serpent Cave Falls with its huge rock platform, waterfall, cave, outlook, and comfortable sand/grass mix to sleep on stand out. So too do Surprise Falls (so-named because one so unexpectedly comes across them and their dramatic views); Twin Falls Creek thanks to its deep, deep swimming holes; and also the picturesque and giant monolith islands in Jim Jim creek, shaped like ships in the sea and displaying burnished copper colours in late afternoon reflected in the surrounding water. This last, camp 11, was perhaps the most idyllic of all.



While we saw myriads of birds, other fauna seemed in short supply, apart from a few wallabies and (thankfully fewer) snakes. We came across lots of freshwater croc tracks, but only one dead croc (cane toad poisoning? These odious creatures have now got to Kakadu, and are expected to extend their range to Darwin by the next Wet). There were ample signs of dingo, pig and buffalo but none of these animals in sight. The only other, less welcome, creatures in plentiful supply were mosquitoes, thanks to the recent rain.

While it was hot by day, the nights were very pleasant, the lowest temp we noted being 11 degrees overnight,

with some nights remaining as high as 20 degrees. No rain, but lots of dew though to dampen our bags at night. We all had mossie nets, but there were some extraordinary designs in evidence, from Marie's and Peter's very professional home-designed versions, to Ian and Richard's – let's be charitable – pathetic attempts to ward off the bloodsuckers using pricey commercial brands! Actually, when the shop where I bought the net were shown my bloodied, battered net full of dead mossies, they promptly gave me a full refund! Then of course there was Pamela's sarcophagus-like bivvy-tent which kept out both mossies and dew. She had been here before and knew the ropes!

We enjoyed beautiful clear nights to take in the stars, with satellites and shooting stars galore. Ian, our resident astronomy buff, spent many evenings interpreting the heavens for us. Ian I should mention also provided our musical entertainment, with an endless supply of song. He was also our alarm clock: "Morning has broken, like the first morning..."

It's amazing how people can lose things, even in the bush: "Has anybody seen my glasses?" this, repeatedly from both Peter and Grace. "Who's stolen my compass again?" from me. "If you keep losing it, then why not hang it round your neck?" Marie in contrast found in her muesli something she had not intended to bring, namely a 20g weight from her scales at home. Fancy carrying unneeded weight! The most useful discovery of the trip though, must have been Marie's medical tape – leucoplast, which we found fixes everything, from tears in packs and mossie nets to Grace's watch strap. It also became evident that labelling plastic bags is important, if only to differentiate between powdered milk and lemon Gatorade!

All good things must come to an end, even Gillian's volleys which fell apart on the home straight. Eventually, having been 12 days without seeing another soul, we finally did bump into some day trippers on the next to last day, and it was a shock. Especially as they were occupying our planned lunch and swimming spot. "Kakadu's getting too crowded" we grumbled. On getting to the top of Jim Jim Falls, we met the same trippers again, but no-one else on the whole trip. Jim Jim, with the view down the escarpment to match-stick sized people below and our pick up point, was splendid. A sheer 220m drop, and a panoramic view back along the edge of the escarpment which we had been tramping for almost a fortnight.

On the final morning we were picked up to bump our way along the 4WD track to Cooina and civilization – and that hamburger and beer again. That afternoon most of us took the Animal Tracks aboriginal bush tucker tour. We were given an insightful introduction to aboriginal culture. And we learned to eat bush carrots, green ants (yes, sweet revenge, and delicious when a whole nest of them is rubbed between the palms, sort of a crunchy lemon taste), lilly stalks and seeds – all of which would have been useful to have known about at the start of the trip. We also got to eat goose and damper, saw dozens of buffalo, a few saltwater crocodiles. Next morning we took the Yellow Waters billabong tour at sunrise, then some of us took a coach trip to the aboriginal sites at Ubirr Rocks, and Cahill Crossing – the border with Arnhem Land, which requires a special permit to enter.

Then it was back to Darwin and our celebration dinner down at Buzz on the marina, before we all went our separate ways. Back to the real world of e-mail and text messages, and the news (not that much seemed to have happened in the world while we were away).



Now in retrospect it seems like a dream, with just the photos and our memories to remind us. And that nagging feeling of missing it all, and furtively planning the next trip, and going on to places we did not see this time, such as Koolpin Creek and Twin Falls. How quickly we forget the discomfort of the overland treks, the heat, the pack weights, the green ant bites and the mossies. And how fondly we recall the water holes, the cool streams, the waterslide at the Cascades, waterfalls like the huge Amphitheatre Falls, the glorious sunsets, that enormous full moon, the stars and the companionship, not to mention the food. I now have a PC screensaver of the beautiful rain forest-bound Four Pools Falls in front of me as I type.

The fact is, the only way to see the Arnhem Land Plateau and its water systems in Kakadu is to walk. There is no road in, no air access, no

tracks and given the limited permits issued, few are privileged to enjoy this pristine World Heritage area. As Grace put it: "Coming here, you can see wonderful things *no-one* other than a walker who makes the effort can see. This is very special."

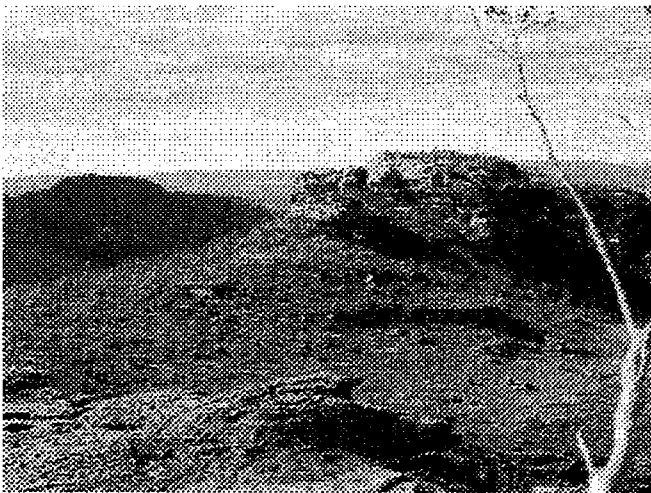
Richard Darke

First Aid Certificates

To encourage leaders and members to get their St John's First Aid Certificate, the Club will subsidise the cost of gaining an accredited Senior First Aid Certificate up to \$50 and if combined with an accredited Remote Area First Aid, up to \$80.

The Great Grose Trek

Jim Percy.



It is Sunday afternoon and the sound of hail is loud enough to drown out the sound of the trumpet and organ recital in the Great Hall of Sydney University and North Sydney looks like the snowfields with hail causing traffic jams with vehicles unable to get traction. It has been raining all day in the Blue Mountains and I have a three-day walk starting tomorrow!

However the weather forecasters are predicting Monday and Tuesday will be fine and warm with a change on Wednesday that may bring some rain – so the walk is on.

Monday, true to forecast, is fine and warm with a light nor-westerly, a quite delightful day at Mount Hay to begin the walk. We begin a little late due to a train holdup but our small party of three moves along at a catch-up pace. Up and over Mt Hay, to the steep down through the escarpment and across to Boorong Crag. Very soon we are at Andy Macqueen's Lookout for lunch. The descent though Shaws Gully to Byles Pass goes without incident apart from Rick noting, "It is strange to be perspiring so much on a descent." We complete the descent without incident and on reaching the Grose, proceed upstream to a point opposite Garrad Gulch. The plan is to cross the Grose at this point and camp in the hope that there will be water flowing in the creek and that there is a campsite. All is well with a plentiful supply of water and a reasonable campsite.

Tuesday dawns overcast but otherwise fine. On moving off we find the Garrad Gourmet Campsite only 200M further on. - Next time.

Travel on this northern side of the Grose is all-new and with no remnants of the Engineers track to help, the walking is reasonable if slow for most of the time. We somehow manage to miss the lake shown at 612792 even though we had had a good look at it yesterday from above. We did however find the remains of the

prospectors' camp at Zobels Gully with a good flow of water in the creek, and so we lunched at the Zobel Mine Visitors Canteen. During lunch Paul spotted a small mouse size creature climbing a tree nearby. We were unable to identify it further as it was a distance off. It could have been a glider or marsupial mouse. Across the Grose after lunch, now assisted by parts of the Engineers Track we moved on quite quickly to Rocky Points Creek to camp at Rocky Points Park. RPC is flowing nicely as expected and the camp is first class. Rain had been threatening since lunch but had held off until after dinner, then it rained quite steadily well into the night.

Wednesday brings another fine day and leaves nothing more to do but make our way through two delightful forests to Du Fours Buttress and climb out. The trees of these forests are smaller than Blue Gum's *E. deanii* but the area is as large or larger. In the first of the forests, the larger of the two, a miniature Blue Gum, what do we find but two horses?

A big surprise! These horses are in very good condition and they do not look as if they have spent the winter here. I will report them to the NPWS but will NPWS have the resources to do anything?

The climb up Du Fours buttress is taken slowly with lots of rest stops and we arrive at the top in good time for lunch at the Yardley Family Cave and Café. The car pickup at the Mt Hay Fire Trail completes the walk and concludes a great trip.

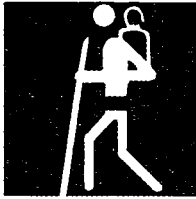
The Engineers Track was installed in the early 1860's as a survey track when the decision was still to be made as to where to run the railway across the Blue Mountains. If the decision had been made to run the railway along the Grose Valley it would have been one of the great railway trips of the world! You can still walk this great trip!

Thanks to Rick and Paul for an enjoyable 3 days.

The walk was Mt Hay to the Pinnacles via the Grose River. Monday to Wednesday, September 6 to 8 and was a two day weekend walk turned into a three day trip. It was intended primarily for the midweek walkers, but of course anyone can be a midweek walker.

The more leisurely pace allowed exploring and a better appreciation of the wonderful Grose Valley.

Trip members were Paul McCann, Rick Angel and Jim Percy.



SBW Guidelines for Qualifying Walks

Ron Watters

These guidelines are produced for the benefit of the Management Committee in assessing requests that walks be regarded as qualifying walks, for leaders and aspiring leaders in submitting walks for the program and for new members in understanding the experiences they may encounter on a qualifying walk.

Preamble

Sydney Bush Walkers Inc. requires prospective members to undertake two one day qualifying walks and one weekend long qualifying walk.

To be able to comfortably complete these qualifying bushwalks intending members will need to have an appropriate level of stamina, as well as a number of skills, including the ability to:

- (a) meld with the other party members to contribute to the success of the walk
- (b) walk both on and off track over varied and uneven terrain
- (c) rock hop
- (d) rock scramble
- (e) climb steeply sloping mountains
- (f) sidle on steep slopes
- (g) wade creeks/ivers and sometimes swimming
- (h) carry a pack appropriate to the walk such that each member is self-sufficient and for the weekend walk to have basic camping skills
- (i) recognize hazards, such as exposure to potential falls, and take appropriate steps to mitigate those hazards, including alerting other party members to those hazards
- (j) acquire "in the field" navigation experience
- (k) assist in whatever way may be necessary to overcome adverse circumstances that might arise in the course of the walk

Qualifying walks provide an opportunity for new members to demonstrate their ability to meet these challenges.

Qualifying walks are not a test of speed or of the limits of a walker's endurance. They are a way of communicating what may be encountered on an SBW walk. They provide an opportunity to demonstrate basic potential which can be developed with experience.

Set out below are a number of general requirements. Because it is difficult to cover all situations in concise descriptions, the Management Committee may approve any walk as a Qualifying walk where it is satisfied that special circumstances will be, or were present.

Distance covered depends on the terrain. The two should always be read in conjunction and terrain described accurately. Distance per day can vary widely from as little as approximately 10k to as much as 25k or more in a day. Therefore no general statement is made that a specific distance must be covered on qualifying

day or weekend walks.

Qualifying walks will normally involve: -

- (a) Approximately 6 hours walking excluding breaks per day (allowing for lunch and other meal breaks, drink stops, view stops, personal stops, route finding checks, this generally equates to 7.5 or 8 hours ie a full day in the bush)
- (b) and any one of the following in the course of the walk
 - About 2 hours walking off track
 - (a track is a well defined cut track like the tourist tracks in the area around Katoomba, but does not include rough footpads and well defined open ridges)
 - One or more climbs of 300 metres
 - At least 2km of rock hopping
 - Rock scrambling (includes boulder clambering, ascending or descending steep rock walls or rock faces which may have spikes, rungs or chains or require use of a fixed hand line, BUT does not involve specialist rock climbing skills and its associated equipment)

Not all of the above conditions will necessarily be encountered on any one walk but are likely to be encountered over the three Qualifying Walks programme.

Some Examples of Qualifying Walks

Day Walks .

Valley of Waters, Empress Falls, Vera Falls, Hippocrene Falls, Slacks Stairs, Wentworth Falls.
Otford to Bundeena
Carlons Farm to Splendour Rock and return,
Golden Stairs to Mt Solitary (East Col) and return
Mt Hay Rd, DuFours Head, Blue Gum Forest, Junction Rock, Rodriguez Pass, Grand Canyon, Neates Glen

Weekend Walks

Kanangra Walls to Orange Bluff via Roots Ridge and return via Brumby Ridge
Six foot track camping at Alum Creek
Carlons Farm, Blackhorse Ridge, Mobbs Soak, Mt Yellow Dog, Kanangra Creek, Coss River, Breakfast Creek, Carlons Farm
Kanangra Walls, Cambage Spire, Kowmung River, Colboyd Range, Kanangra Walls

Social Notes - October

Caro went missing in action this month. She apologises but circumstances and work overload prevent her from contributing her Social Blurb this month. I can tell you that SBW socialised very well in September and there's an interesting programme ahead.... Editor

Social programme - October

Wed 6th Committee Meeting

7pm Committee members and observers welcome

Wed 13th New Members Training Evening

8 pm This is your ideal opportunity to hear more about Sydney Bushies from our great New Members team. Also get some practical advice on topics such as what to bring on walks, how to build up your fitness and tips on how to get the most out of our great club.

Wed 15th Environmental Update

8 pm Keith Muir - Colong Foundation

There are many issues that affect our beautiful wilderness and bushland areas. Spend an evening with Keith Muir as he gives us a slide presentation and update on some of the current issues and hear how you can be involved in helping out the environmental cause

Mid - Week Walking Group:

There is a group of members with time available to participate in mid-week activities. The next three months are very busy with some extended stays in delightful places, such as

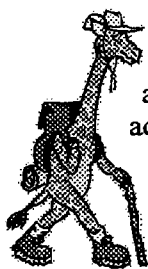
Sun 9th to Sat 23rd Oct Great South West Walk

The medium grade walk starts and finishes at Portland (Victoria) with a food drop at the halfway point. Participants can join or leave the walk at the halfway point at Nelson.

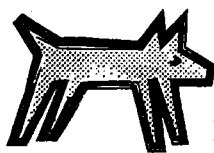
Mon 25th - Fri 29th Oct River Murray Houseboat
Departing from Mildura.

Mon 8th - Fri 12th Nov Moonan Brook Cottage
Comfortable accommodation near Barrington Tops with day walks in the rainforest

Mon 29th Nov - Fri 3rd Dec: Berrara Beach
Holiday Cottage on the South Coast with beach walks, canoeing on the lagoon and river, cycling beachside and forest roads or just easy bushwalks. You are welcome to join us. Contact details are in the "Spring Walks Programme".



And Last Of All - A Joke Or Two



The Tale Of Poor Whisky

The Local pub had a stray dog they called Whisky, that had for years spent time at the bar wagging his tail and receiving pats from the customers.

Then the day came that Whisky died.

The pub was in mourning for their old pal Whisky and decided to do something to help them remember all the good times they'd had with Whisky.

One customer suggested mounting Whisky's head on a backboard on the wall. Another customer objected strongly, saying you can't bury our mate without his head!!

Then the other customer said, well how about we use his tail then. Dogs often have their tails docked.

So it was agreed and Whisky's tail was hung on the wall.

Several months later around midnight, the publican was awoken by a scratching sound at the back door of the pub. It was Whisky's Spirit. Whisky asked the publican for his tail back. As he needed it to get into doggy heaven.

Whisky said, "I can't get in without my tail." The Publican shook his head and said, "I'm sorry Whisky. I can't give you your tail back."

Whisky asked why not.

To which the Publican replied "I'm sorry Whisky. But I'm not allowed to re-tail spirits after hours"

Gimme Twelve Drinks

A man walks into a bar, sits down and says to the bartender, "Quick pour me twelve drinks."



So the bartender pours him twelve drinks and the man starts shooting them back really fast, one after another.

The bartender says to the man, "Boy you are drinking those drinks really fast."

The man says, "Well, you would be drinking really fast too if you had what I've got."

The bartender says, "What've you got?"

The man says, "75 cents."

Contributions Welcome:

Members' contributions to this magazine are very welcome. Send in your interesting stories of recent walks, letters, notices, jokes etc by mail (preferably typed), on floppy disc, by fax or by email addressed to The Editor

Fax: 9980 6009 (phone 9484 6636 first)

billholland@bigpond.com

THE COLONG FOUNDATION FOR WILDERNESS presents
the story of the preservation of the GREATER BLUE MOUNTAINS

BLUE MOUNTAINS

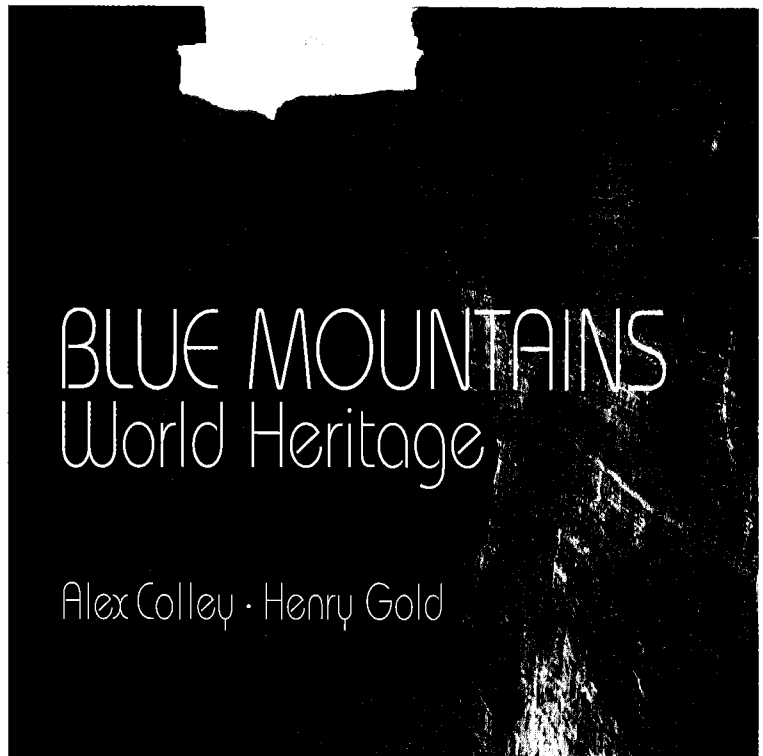
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Written by conservation icon
Alex Colley • Lavishly illustrated with
Henry Gold's superlative photographs

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evocative black & white photographs from
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which secured bit by bit a 240
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environmentally damaging proposals
that otherwise would have eliminated
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“We have to use with skill what simple equipment we can
carry on our backs to achieve shelter,
prepare food and have a night's rest”

If you really want to get the best
out of what you carry with you,

Paddy Pallin, 1900-1991

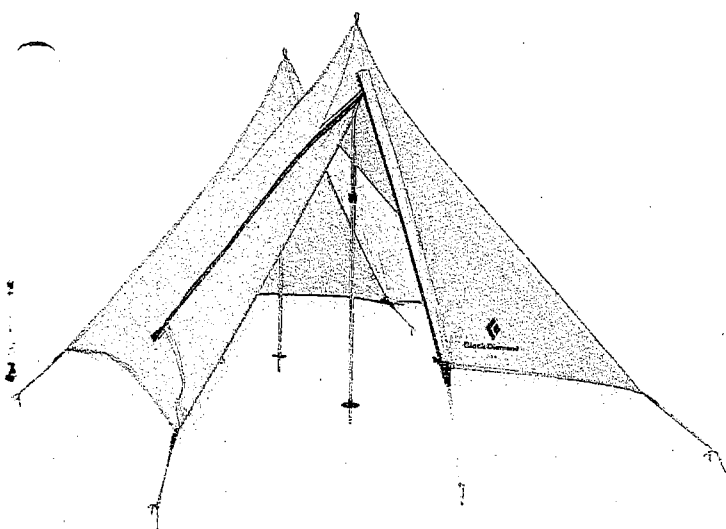
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