

ALAN P. RICHY

THE SYDNEY BUSHWALKER



MARCH 2006





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MARCH 2006

Issue No. 856

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

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Printers: Kenn Clacher, Barrie Murdoch,

Tom Wenman Don Brooks Fran Holland

Opinions expressed in this magazine are the opinions of the authors and do not necessarily reflect the policies or views of The Sydney Bush Walkers Inc.

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About Our Club

The Sydney Bush Walkers 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 Lamington, 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.

Website www.sbw.org.au

Office Bearers

| | |
|-------------------------|----------------|
| President: | Jan Roberts |
| Vice-President: | Margaret Carey |
| Treasurer: | - vacant - |
| Secretary: | Greta James |
| Walks Secretary: | David Trinder |
| Social Secretary: | Kathy Gero |
| Membership Secretary: | Fran Holland |
| New Members Secretary: | Maurice Smith |
| Conservation Secretary: | Bill Holland |
| Magazine Editor: | Pam Campbell |
| Committee Members | |

Caro Ryan Ron Watters

Delegate to Confederation:
Jim Callaway Wilf Hilder

Contact the Committee:

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

| | |
|------------------------|--|
| President : | Jan Roberts |
| 9411 5517 (h) | janc.roberts@bigpond.com |
| Vice President : | Margaret Carey |
| 9957 2137 (h) | margaret_carey@bigpond.com |
| Secretary: | Greta James |
| 9953 8384 (h) | gjam6037@bigpond.net.au |
| Treasurer | - vacant - |
| Members Secretary: | Fran Holland |
| 9484 6636 (h) | fernband@bigpond.com |
| New Members Secretary: | Maurice Smith |
| 9587 6325 (h) | mauricethewalker@ihug.com.au |
| Walks secretary: | David Trinder |
| 9660 9945 (h) | tba |

April Social Programme:

| | |
|----------------------|-------------------------------------|
| Wed 5 th | Committee Meeting |
| Wed 12 th | New Members Night. |
| Wed 19 th | South America with Gerry Leitner |



From the Committee Room

A report of proceedings at the Management Committee meeting on 1st March

- Following the decision to ask members how they would like to receive club communications, the Committee approved a redraft of questions to be asked when subscription renewals went out
- The Secretary read out a letter from Chris Sonter to the President, dated 22 February. The letter contained high praise for the work of the Treasurer, Tony Marshall. The Committee approved the sender's request that the letter be read out at the Annual General Meeting.
- The Committee voted to accept Misako Sugiyama and Neil Soutar as Active Members.
- The Committee decided that an ad hoc sub-committee should be formed, after the AGM, to recommend members for elevation to Honorary Active status, as part of the 80th anniversary celebrations in 2007.
- The following payments were approved; magazine postage \$387; annual report \$574; rent (three months) \$1,160
- The Secretary was asked to circulate the draft minutes of the 2005 AGM to Committee members.
- The Electronic Communications Committee reported that the estimated finish time of the consolidated data base was now September.
- Concern was expressed that the website was starting to look dated. Essential changes (only) would be made after the new Committee was elected at the AGM.
- It was reported that an estimated a saving of \$13/year/member if all club communications were sent by electronic means.
- The President reported that feedback to the trial issue of the Leaders Newsletter had been overwhelmingly positive. There was discussion about specifically mentioning individual members in a what may be interpreted in a negative way in written club communications and it was agreed to seek advice from the Club's Honorary Solicitor on appropriate boundaries
- The Committee noted that Howard Toth, of Confederation, had written to the club taking issue with some of the content of an article on insurance, published in the February magazine. The Committee accepted The Editor's proposal to deal with the matter by publishing Howard's letter in the magazine. (see Letters Page 4)



Have You Changed Your Address?

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

| | |
|---------------|---------------|
| Members: | Fran Holland |
| Prospectives: | Maurice Smith |

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.



Meet the New President



Jan Roberts was elected President at the 78th Annual General Meeting of SBW on Wednesday 8th March 2006. Jan has been an active member for over 15 years and held the position of Social Secretary in 1995/6.

Here in Jan's words is her reaction to her election and her first article as President of SBW

It Was A Big Night.....

Sydney Bush Walkers have not seen a crowded meeting like the one that gathered for last month's AGM in a long while. Packed to bursting point, 60 plus club members were on hand to witness the election of new office bearers for the 05/06 club year, and participate in the election of a new Committee.

Unlike other years, this year multiple candidates were nominated for many of the roles which made the process much more interesting than in some of the previous elections I have attended. After 15 years as a member of SBW I'd decided to 'give something back' again and accepted nomination for President - and for this role there were three standing.

The three of us took it in turns to state our credentials for the position which was followed by a secret ballot amongst the members present. The scrutinizers Patrick and John were then closeted away to do their duty, votes were

tabulated and yours truly was ultimately announced as the new office bearer. This over with the meeting moved on to the election of new office bearers for the 05/06 club year. This over with the meeting moved on to successfully elect the remainder of the Committee with the exception of that of Treasurer.

So come on SBW members - we need to fill this position if we are to have a fully functioning Committee to carry out the tasks of running your club! The hunt is on for a member with the experience and motivation to join the Committee - so give me a call if you think you may be able to participate.

Some of my thoughts on current SBW issues:

- Firstly, one of the main challenges for SBW going forward as I perceive it is to continue to convert a high percentage of prospective members to full membership. New members are critical to the survival of any club, and SBW is no exception. The work carried by the New Members group last year achieved a massive 33.3% of prospectives to full membership, and deserves a huge pat on the back to all concerned. SBW like all recreational clubs competes for the interest and participation of its members with other outdoor activity based organisations. To remain a strong and vibrant club we need to continue to focus on growing the membership by supporting our new members each step of the way.
- Secondly, we need to continue to improve the range of walks provided to members through leadership development and enhanced communications via electronic form. Email and Web based information should continue to grow and provide a continuous stream of 'up to date' information to those who seek it. Others will be content with the traditional paper and post methods of receiving just the monthly club magazine and walks programs. In essence we should be able to cater for both preferences, while at the same time substantially reduce the costs to SBWs coffers - and the unnecessary sacrifice of trees. As our roots as a walking club are based on a long history of conservation efforts we need to practice what we preach... so what do you think??

Hoping to walk with you soon.....

Jan

Traditionally, the inauguration of the new President is carried out during campfire celebrations at Coolana on the weekend after the elections. However, as Jan had an unavoidable commitment interstate she could not attend the Coolana celebrations. Therefore, her inauguration took place on Wednesday 15th March in the clubrooms at the start of the social evening.

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Letters to the Editor:

Magazine On Line:

Personally I'd rather have the thing in my hot little hand (even allowing for lost items) as I don't particularly like "screen info" (I don't have a printer and my eyes are not so comfortable with screen).

Perhaps a choice could be offered to members, so that those "Computer Wizzes" can receive it online whilst we other pre-baby boomers/traditionalists could remain with the hard copy/snail mail or whatever term it is. The inevitability of the Electronic Age devours us all!

Marian Plaude

Any Old Gear?

At the end of last winter I was 'cleaning out my cupboard' of old bushwalking gear and afterwards contacted Mission Beat to see if they would be interested in my old sleeping bag (a Paddy Pallin "Hotham"!) and an early model thermarest.

The promptness and courtesy of Mission Beat's response was encouraging and they even offered to pick up these items from the CBD where I was working as their van was free at that time of day. When I asked the driver when the items would be passed on to someone needing them he replied 4 o'clock that afternoon!

I know many other walkers will have acquired items over the years which now see little or no use but which could make a huge difference in bringing comfort to those who for whatever reason may be living on the streets and often sleeping out, and not just on weekend bushwalks like us lucky ducks.

If you want to contribute unwanted gear to where it will be immediately appreciated you can contact Mission Beat on 1300 306 461 to arrange drop-off or have gear picked up.

Peter Kaye

DONATE YOUR OLD BUSHWALKING GEAR

Help the homeless
Sleeping Bags, and Mats
Anoraks and Fleeces
Rucksacks

to arrange drop-off or to have gear picked up
Phone: Mission Beat 1300 306 461



Like to Give Patrick a Hand?

SURVEYOR WANTED to re-establish one of the Coolana boundaries, field work estimated at 1.5 hours, no desk work, easy work for the right applicant. Must have own EDM gear,

chainmen/chainwomen/chainpersons supplied, all plans and DP available. Remuneration nil.

Apply by phone; Patrick James 9567 9998 or email pjames28@bigpond.net.au

Letter in Reply to Recent Article on Insurance:

I refer to an article on insurance published in last month's magazine. The article contains the following statements which are not correct:

1. Public Liability Policy

The article states that "This policy imposes no restrictions on club activities". This is not correct and I refer you to the exclusions stated in the policy together with Endorsement 3. In addition it also needs to be understood that the policy only provides cover for those activities detailed in the Insured's Business as stated on the policy Schedule. Further this policy not only indemnifies the Club against claims from the general public but also from Club Members who are separately indemnified under the policy in accordance with the Cross Liability clause.

2. Personal Accident

The statement has been made that the policy does not necessarily cover Ambulance Transport. Here again this is not correct. The policy will cover Ambulance Transport where the member does not have cover under private health insurance or other scheme but where it is necessary that the assistance of the Air Ambulance be obtained the transport must be arranged either by the land ambulance or emergency services.

Reference to the fact that risk waivers are required to be signed by members for activities such as skiing and abseiling do not apply to the Personal Accident policy but at present do apply to the Public Liability policy. Injuries sustained by members on all club activities irrespective of the activity are covered by the PA policy even though they may not be covered under the Public Liability policy.

The question as to whether or not a Club provides personal accident insurance for all members is up to each individual club. However it is my strong belief that every club should provide personal accident insurance for all its members as the premium is minimal for the benefits provided.

Regarding the other quotes that SBW received I do not believe the quote received for Public Liability cover is on the basis of 'like for like' with that provided under the BWA policy.

Incorrect statements such as those made in the article can cause problems not only within SBW but in other Clubs where members of SBW are also members and it would therefore be appreciated if these statements can be corrected.

Howard Tooth -Insurance Officer Bushwalking Australia

Howard has the advantage in having the latest copy of the insurance policies and I accept the corrections he has outlined above.

However my explanation of the nature of the policies was only a small introductory part of the article appearing in last month's magazine. The major point made was the high cost of insurance and the question of whether accident insurance is necessary for our members.

Bill Holland



Editor's Farewell:

After five years as Editor it is time to say farewell. And welcome Pam Campbell as your new Editor. I am sure each of you will do your utmost to ease Pam into the Editor's desk and continue to send in those walk reports and other articles in good time for publication.

The "Sydney Bushwalker" magazine is an icon of the club. It was first published in June 1931 and has each month for nearly 75 years recorded a part of the Club's history.

As Archivist, I have been privileged to hold all of the magazines bound in book form. Sometimes I look back over the years. Memorable walks, meeting notes, celebratory events are all there. Even births marriages and deaths of club personalities over the years. It brings to me a sense of pride in belonging to a great Club and being able to record, if only for a relatively short time, part of the Club history.

I have enjoyed being Editor for the last five years. It has taken up a lot of time but has been well worthwhile. My task has been made easier by assistance and advice offered from time to time by past editors and other members. Thanks to all of you who have sent in articles, reports and photos. I enjoyed receiving those jokes; some were not suitable for publishing but they lightened my day.

And thanks to the printing crew and all those who help to put this magazine together each month (the collating group). We have lots of fun on these very special social evenings.

Finally, very special thanks to Fran, my wife, who patiently acted as proof reader and editorial adviser. Her helpful and timely advice has assisted me greatly in putting together what I hope has been a successful magazine.
Bill Holland

Contact The New 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:** Pam Campbell
Telephone: 9570 2885

Email: campbepa@tpg.com.au

Club Archives:

The records of SBW go back nearly 80 years starting with the very first meeting are held in 1927.

These archives are held at my address and can be accessed at all times.

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

For more information please phone me 9484 6636 or email billholland@bigpond.com

WILLIS'S WALKABOUTS

Kimberley Wild Rivers

Drysdale, Durack, Isdell, Charnley and more



The wild rivers are what makes the Kimberley so special. Most of our trips there are based on rivers. Here is a taste.

The Drysdale. Huge river, huge park.
> amazing concentration of art, especially Bradshaw style.
> gorges, waterfalls and wildlife
> every tributary is different

The Durack. First done last year, we can't wait to get back
> amazing cliffs, amazing scenery
> even some of the smallest creeks had hidden wonders

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www.bushwalkingholidays.com.au

The Isdell. Gorge country. Some are...
> small & shady; others broad & grassy
> full of paperbarks and flowers
> dry; others wall to wall wet
> home to some great Wandjina art

The Charnley. Spectacular 30km gorge.
> dozens of art sites in styles we have seen nowhere else
> lots of exploring without full packs

The Unknown and Unnamed
Our May Mitchell Explorer will explore a river we've never seen. Except on a map. Looks fascinating.



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

Phone 08 8985 2134 Fax 08 8985 2355

News From Coolana



February is our best month for tree growth, some seem to have doubled in size over the past month or two. However the wonderful combination of heat and rain do terrible things to the pesky weeds. Having said that I am pleased to report this year is the first year since we decided to seriously tackle the weed problem by planting the trees (shading out the weeds) and constantly mowing (removing the heads before the yearly seeding) that the whole property was not covered by six foot high Cobblers Pegs and other nasties.

The mowing team, Barry (filling in for Don), Glen, Rick and a bit of help from Bill & Patrick's Prospective weekend team got to work and did the usual great job mowing and in the process putting the end to thousands of new weeds. Barry mainly worked on the eastern flat, keeping it open for our next visit from the CVA team, while Rick and Glen mowed the

flat and slashed part of the slope. There is still a lot to be done in the more difficult areas on the slope, creek beds and riparian land which all need a good slashing. Wilf did hut maintenance, clearing around the area and putting in drains etc.

This was the first time for twelve months that the conditions were suitable for spraying, sunshine, no wind, no rain and no children so I sprayed and weeded until I ran out of round up and energy, there is lots more to be done. Rescued trees from the dreaded Turkey Rhubarb and found some still some covered with it which I couldn't get to.

When we left about four o'clock it started to rain and poured until we got to the outskirts of Sydney where it was completely dry (we did get lots of lovely rain later on that night) which means that the spraying that I did on Sunday will have been washed off and probably will not work.

Wilf and I went over to the Quakers on Saturday night, talked a lot about the V.G. valuation, Aboriginal land claim and regeneration of their riparian land. We didn't achieve a lot but had a very pleasant evening. One interesting point that came out of the discussion with the Quakers regarding the Aboriginal Land Claim was that during one of their many talks with Sunny (not sure if that spelling is right), the Aboriginal Elder was that as the Kangaroo Valley was a passing through area, used by many tribes and that Werona and Coolana is "Yowie" country which means that they would not camp overnight or use the land in any sort of permanent way.

Patrick urgently needs on volunteer surveyor to fix the boundaries near the tool shed. This is the final step before the D.A. goes to Shoalhaven Council for the Composting toilet so it would be good if someone could assist Patrick. *Gretel Woodward*



Maintenance and Bush Regeneration:

It's a wonderful property but needs some gentle care and maintenance. The trees are doing fine but need some supporting attention and there is mowing to be done. There are other tasks to be done as well. But it's not all work - there is ample time to socialise and enjoy the evening campfire. The next maintenance weekend is scheduled for **1st, 2nd April**. No need to phone just come and join us. All welcome



Camping at Coolana:

Autumn is a great time to enjoy our magnificent property. The days are cooler and there are great walks around the cliffs and rainforest areas. There is no need to book just come and join the social scene.

Members, prospective members and their families may visit and stay at Coolana at any time. Directions can be given by phoning 9484 6636

Please do not camp under the wattle trees as they are unstable in high winds. And take care with fires

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, with cheques made out to "The Sydney Bush Walkers Inc" and addressed to

"The Coolana Fund"
The Sydney Bush Walkers Inc
PO Box 431 Milsons Point 1565

Conservation Notes

Once again (in February) I had the privilege of attending the bi-monthly meeting between NPWS (Central Region) and NPA. Bob Conroy (NPWS) reported on several items including:

- A new State Recreation Area (Maroota Ridge) has been gazetted.
- The NPWS has taken on responsibility for Jenolan, Abercrombie and Wombeyan Caves Reserves pending a Plan of Management. A Karst Conservation Unit has been formed to advise on management,
- The strategic Plan for Blue Mountains National Park is near complete.
- A Special Waters Strategic Management Plan (Sydney) is under preparation and will be available for public comment from 1st March.
- A Conservation Management Plan for walking tracks in the Blue Mountains is ready. The Plan details 37 out of the 300 hundred recorded tracks as heritage tracks and have historical details and guidelines documented.
- The Watagans Plan of Management is on exhibition.
- The Emirates proposal for the Wolgan Valley envisages fencing in 3,600 acres (in cooperation with other land owners and NPWS) but this still has to be determined. Some suggestions for land swap are being considered.

It's old news now (announced July 2005) but the relocation of 171 Blackhawk Squadron from Townsville to Holsworthy will create ongoing environmental problems for surrounding areas. After relocation it is estimated that 1200 - 1500 sorties will be flown each year with up to six helicopters in each sortie. And where will they fly? Present flight patterns have them heading in all directions with the eastern flights over the Royal National Park. Perhaps the army sharp shooters can use the deer for target practice. *Bill Holland*

Urgent Action Required To Save Jenolan Caves *John Poleson*

America claims that the first National Park in the world was at Yellowstone. This is not so. Some years before Yellowstone was gazetted, Jenolan Caves was declared a reserve and heavy fines were introduced for persons damaging the area or the caves. Although not called a National Park, Jenolan was in fact the first area in the world to receive such protection.

The Jenolan reserve is currently in danger of privatisation. The reserve is being transferred from the managing Trust to the National Parks and Wildlife Service. This is a good thing. Unfortunately, the world famous tourist caves will be excluded from this acquisition and will be tendered out for private management together with the Caves House Hotel. Currently the Caves House is leased to a private company and it is proposed that the caves also be leased out and privately managed by the hotel.

There is a dangerous trend to privatise our publicly owned parks and reserves. This trend must be halted immediately. Your support is urgently needed.

Another issue has arisen in the same area. Last week, without reference to anybody, the Jenolan Caves Reserve Trust closed down the Jenolan camping area. This area has been used for over a hundred years by walkers and family groups. No reason was given for its closure and there was no public consultation. Walkers using the Six Foot Track and families on lower incomes will now have to stay in Caves House Hotel as camping is prohibited in all other parts of the reserve.

Both of these issues require your support. Write to the Minister For The Environment, Bob Debus at NSW Parliament House expressing your outrage at both proposals.

Suburban Inheritance Saves Pristine Plateau *James Woodford SMH 13/2/06*

The school teacher Catherine Clare White will never know that the sale of her modest northern beaches home allowed the purchase of almost an entire wild plateau, closing a gap in one of the state's most popular national parks.

Ms White, a bushwalker and lover of nature, decided before her death in 2002 to leave the biggest slice of her estate to the Foundation for National Parks and Wildlife. But it was on condition that the money - close to \$1 million - be used to buy an area of wilderness.

It has taken almost two years for the Foundation's executive officer, Leonie Gale, to find and then negotiate the purchase of an 1845-hectare property within Morton National Park, inland from Nowra. Settlement took place last week. It will be handed to the National Parks and Wildlife Service.

At the headwaters of the Ettrema Gorge, the Saeck property near Sassafras is made up of vast swamps and forests. The block is inhospitable, without any infrastructure except a few rough dirt trails - a person could wander for weeks without seeing another soul.

For more than 25 years, the property was owned by the 12 children of John and Annette Saeck and has

largely been left undisturbed, adding to its conservation value.

The children live as far afield as London and Brisbane, which made negotiations for the purchase long and difficult.

The Saeck children's biggest concern was to ensure the protection of a rock monument and plaques, which were put in place as a memorial to their parents and sister.

One of the daughters, Jewel Saeck, said it was logical that her parents' former property was protected as a national park.

"I am glad the land will never be subdivided, that it will always be left as it is," Ms Saeck said.

Using money from the Dunphy Wilderness Fund and another smaller bequest the foundation also bought a second holding nearby - 238 hectares with four kilometres of frontage onto the Endrick River.

The Foundation's Ms Gale has been told by Ms White's family that she would have been happy with the purchase of the land. "She sold a quarter-acre block and bought a park. It's a great big wild place - she would have been thrilled," Ms Gale said.

Snakebite in the Canyon

Edited from a more detailed account published on Yahoo Groups (available on groups.yahoo.com/group/OzCanyons/message/7101) (Thanks to Caro Ryan for advice of this message)

How The Tide Turns.

As we prepared for the day with anticipation of what lay before us, no one was contemplating that the day would present itself, with a life-threatening situation.

After having a great day canyoning, we were one and a half hours from the car and not quite halfway up the spur, when a Tiger snake struck. I didn't see the snake, the untracked terrain was more in his favour than mine; dead leaf and bark litter on the ground and heath up to our shoulders.

It frightened the hell out of me; all of a sudden there was a sharp sting in the side of my calf. Instinctively my leg lashed out and as I looked down there was either a Death Adder or Tiger snake approx 60cm long flying through the air as it was flung from my leg.

I reached down and lifted my pants leg revealing 3 puncture marks. I got a little anxious, and quietly thought, "This could be bad, how bad is it going to get, will I be able to get to the fire trail?" "Na it's probably a dry bite, or maybe it was only a mild bite; should get to the access road still standing"

At this point my heart rate was high due to the incline we were marching up, this would help the venom get into my system much more rapidly. We quickly applied a pressure bandage from the knee down to my ankle as we only had three bandages, ideally it should be applied from the groin down to the ankle. We rested here for a while to bring my heart rate down and see what was going to happen with symptoms.

Just 15 minutes after the bite I have a mild headache feel nauseous and start to vomit, we hoped was anxiety related rather than the first sign of symptoms. The vomiting subsided rather quickly and I didn't feel too badly. We briefly discussed what the plan of action would be, Joe and Dave thought I should stay still, but feeling a bit anxious and trying to convince myself that the bite was not that bad, I insisted that I was up to moving on further. We were still in timbered terrain and not in a good spot for a rescue and I was certain I could get far enough to improve our position and chances at a more efficient rescue.

We decided to move slowly as to exert as little energy as possible and try and keep my heart rate down. We had proceeded on for 15 minutes only travelling a short distance when I started to vomit again, my headache was getting worse and started feeling weak and a bit dizzy.

With things getting worse I requested that Dave leave the EPIRB with Joe and me and go on ahead and raise the alarm with his mobile phone back at "Hole in the Wall" car park, and when I pull myself together Joe and I would try to continue on behind. Eventually I managed to go a little further for maybe 10 minutes more before I was vomiting again I felt too sick and too weak to continue with my futile effort to get to the fire trail. Fortunately we had made it to a relatively clear and open area out of the timber, no problems if air retrieval was called for. I informed Joe I was not

able to continue and we should make our stand here. At this point, still vomiting intense headache, vision now getting blurry, abdominal pain and growing weaker, I couldn't do much for myself now.

Joe took control of the situation now and proceeded to make me comfortable and reassure me that we will be laughing about this next week. With more than enough dry warm gear to see the night out if need be Joe made me a bed out of our wet suits, helped me put on my wet weather jacket and covered me with what thermal clothing we had; 3 pair I think.

4.00pm, Not long after Joe had settled me in, I began to vomit again, only now just blood and foam, vision was getting worse, pain around the bite area and sore lymphatic system up and down my leg, the abdominal and headache pain increasing, hot and cold flushes, kidney pain, and really getting weaker. Reluctantly I asked Joe to turn on the EPIRB.

For the next two and a half hours Joe kept me going by constantly telling me that it will all be over soon and just to relax and focus on my breathing. He kept me conscious by talking to me, asking how I was feeling, he took clothing off me when I felt too hot and put more on me when I felt cold, he tried to ease my anxiety by telling me that I wasn't vomiting blood and that it was just bile and even sat beside me holding up clothing to shade me from the sun.

6.30pm, finally we heard the approaching Care Flight chopper, this lifted our spirits immensely so much so that I actually began thinking I am going to survive this ordeal and I said to Joe "Start filming Joe, I am not doing this again."

Unable to land, the chopper dropped off two Paramedics and they began to treat me. They are informed of the situation, I am diagnosed as having definite symptoms of a severe venomous snakebite. But being that I could not be 100% sure that it was definitely a Tiger snake they did not administer any anti venom as such. They administered an IV for fluids and injected me with Stomatal, which stopped the nauseous and vomiting, then cut away my clothing and applied a pressure bandage from my groin to my ankle, then stretcher me and prepare everything for the extraction. This took 25 minutes, 7.15pm Care Flight winched me on board and flew me to Nepean Hospital.

Upon arrival at Nepean Hospital nearing 8.00pm I was taken straight to the Resuscitation Unit, it didn't take long to confirm that it was a Tiger snake bite. With adrenalin on hand in case of heart failure or an allergic reaction to the antivenom, they began administering the antivenom. Fortunately I responded well to the antivenom and was sent to the ICU.

40 hrs and 13 vials of antivenom latter I was feeling a lot better.

Even though we made a few bungles, they were only petty; Joe and Dave did all they could and all they needed to do and I am sincerely grateful to them, as I am to everyone involved.

Tony Maurer.

It's The Principle That Matters

Leigh Delbridge

I have been asked by the Editor to comment on the accompanying articles on CPR (February magazine) and Snakebite (opposite page) to see if there are any lessons to be learned relating to first aid while bushwalking.

In both articles I am reminded that, in First-Aid treatment, it is the principle, based on an understanding of the underlying problem and how it should be dealt with, rather than the specifics of detail, that are important in saving a life.

I still have the First-Aid Manual that I studied in detail and always took with me in my early bushwalking days in the 1960's. Resuscitation then involved learning the "Holger-Neilsen Technique", a method I practiced till perfect, whilst Snake Bite Treatment was based on the "Cut, Suck & Tourniquet Technique", and so I always carried a sharpened penknife and red rubber tubing at the ready. Fortunately perhaps I never had the opportunity to use either technique as they were both, at the very best, only marginally effective.

CPR (Cardio Pulmonary Resuscitation)

The first article reports that the guidelines for CPR have been changed such that a standard ratio of 30 chest pumps to 2 breaths should now be used for adults and children alike. This recommendation was made by the International Consensus Conference on Cardiopulmonary Resuscitation held in Dallas, Texas in January 2005. However it is important to point out that, although this is now the recommended ratio, it is recognized that there is no evidence that the previous ratios recommended were either better or worse, in saving lives. It was just that studies showed that many paramedics, focused too much on the ventilation aspect (breathing) of CPR, perhaps unnecessarily, and that a standardized ratio for adults and children alike with more emphasis on continuous chest compression would be easier to implement as routine.

Mouth-to-mouth resuscitation, having been well described in Biblical days, was re-discovered by Drs Elam and Safar in the late 1950's and is based on the principle that exhaled air has more than sufficient oxygen to sustain life (for several repeated cycles) and that the best way to deliver it is to blow it directly into the mouth and thus into the airways and lungs, rather than relying on the former methods such as bellows or Holger-Neilsen which attempted to draw fresh air into the lungs mechanically.

In the early 1960's Drs Kouwenhoven and Jude discovered that compression of the sternum pumped blood from the heart and could sustain circulation. The two were put together by the 1970's and modern CPR became established as a resuscitation technique during the Vietnam War. In 1973 the American Heart Association formally began a campaign to teach the method to the population at large. The principles are very simple: get air into the

lungs by blowing and get the oxygen to the brain by pumping. The introduction of that change revolutionized CPR and has saved countless thousands of lives since.

Whilst the recommendations such as the above are important, it needs to be recognized that they are little more than fine tuning a well established technique.

Snake Bite Treatment

The second article describes an experience of having been bitten by a Tiger Snake. Tony is clearly very lucky to be alive as he and his friends had only a vague idea of some of the details of snake-bite treatment but did not understand the underlying principle.

Snake bite treatment underwent a revolutionary change in 1979 when Dr Sutherland discovered that snake venom largely travels back up the limbs in the lymphatic system, not in the blood circulation as originally thought, removing forever the need for "Cut, Suck & Tourniquet".

The lymphatics are a very low pressure system powered by the pumping of muscles in the limbs. The "Pressure-Immobilisation Technique" is based on the principle that if you stop lymphatic flow, venom will not get back into the circulation and thus will not cause harmful effects. However both components of the technique need to be implemented for full effectiveness. Pressure is achieved by application of a firm bandage (about as firm as you would put on a sprain) starting at the bitten area and going centrally until you run out of bandages.

Tony and his friends seemed concerned about the detail, such as not being able to start at the groin and go down to the ankle. It doesn't matter - neither the direction of application nor the area covered is as important as to just doing it. More important was to observe the other half of the treatment - immobilization. That is achieved by complete rest, lying flat and quiet, and not moving a muscle, if necessary by putting a splint on the affected limb. Transportation should be brought to the patient rather than vice versa. Getting up and attempting to walk closer to an evacuation point is potentially fatal. In a research study at John Hunter Hospital in 1994, Dr Howarth showed that walking after either upper or lower limb envenomation overcame the compression effect of a pressure bandage, and inevitably resulted in venom entering the systemic circulation. Once again understanding the principle of treatment is what really matters in First-Aid.

Many thanks to Leigh for this advice. I am sure our members will find his comments very valuable. Any member wishing to have an electronic copy of this article for future reference should contact me by email to billholland@bigpond.com

The Annual General Meeting

The 78th AGM was held on Wednesday 8th March. There approximately 70 present. The elected office Bearers are shown below. Barry Wallace will give a full report of proceedings in next month's magazine.

Your New Committee Is

| | |
|-----------------------------|------------------|
| President: | Jan Roberts |
| Vice-President: | Margaret Carey * |
| Public Officer: | Maurice Smith |
| Treasurer: | - vacant - |
| Secretary: | Greta James |
| Walks Secretary: | David Trinder * |
| Social Secretary | Kathy Gero |
| Membership Secretary | Fran Holland * |
| New Members Secretary: | Maurice Smith |
| Conservation Secretary: | Bill Holland |
| Magazine Editor: | Pam Campbell |
| Committee Member: | |
| Caro Ryan | Ron Watters |
| Delegates to Confederation: | |
| Jim Callaway | Wilf Hilder * |

* New to Committee

and the Non-Committee Office Bearers are:

Delegates to Confederation (2):

| | |
|-------------------------------------|-----------------|
| - vacant - | - vacant - |
| <u>Magazine Production Manager:</u> | Fran Holland |
| <u>Magazine Business Manager:</u> | Pam Campbell |
| <u>Printers:</u> | Kenn Clacher |
| Tom Wenman | Don Brooks |
| <u>Web Master:</u> | Michael Chapman |
| <u>Archivist:</u> | Bill Holland |
| <u>Hon Solicitor:</u> | Richard Brading |
| <u>Hon Auditor:</u> | Chris Sonter |
| <u>Coolana Committee:</u> | Don Finch |
| Barry Wallace | Patrick James |
| <u>Search and Rescue Contacts:</u> | Gretel Woodward |
| David Trinder | Rob Barrie |
| <u>Kosciusko Hut Delegates:</u> | |
| Ian Wolfe | Kenn Clacher |

The two special resolutions to amend the constitution were carried. These changes dealt with the calculation of the initial membership fee when prospective members gain full membership before the end of the 12 month prospective membership period.

Treasurer's Report

Receipts and Payments to February 2006

| | |
|---------------------------|--------------|
| Receipts | \$ |
| Prospective Fees | 835 |
| Interest - Conservation | 92 |
| Interest - Coolana | 277 |
| Interest - General | 218 |
| Magazine Advertising | 530 |
| Total | 1,952 |
| Payments | |
| Printing Production | 319 |
| Magazine Postage | 762 |
| Postage, Phone & Internet | 80 |
| Administration | 142 |
| Total | 1,303 |
| Cash surplus (deficit) | 649 |
| Closing Bank balance | 8,213 |

Tony Marshall

Annual Subscriptions Now Due *

The Annual General Meeting determined that the SBW Annual Subscriptions for 2005 would be:

| | |
|-----------------------|-----------|
| Single Membership | = \$45-00 |
| Household membership | = \$73-00 |
| Non Active Membership | = \$20-00 |
| Non Active + Magazine | = \$34-00 |
| Magazine only | = \$20-00 |

A payments slip will be mailed to you soon. Please return this with your cheque

* These subscriptions do not apply to Prospective Members



How Do You Want Your Club Mail ?

The Membership Renewal Form (payments slip) to be sent out at the end of March will be accompanied by a SURVEY asking members to indicate their preference for receiving club communications, including quarterly walks programmes, monthly magazines, annual reports and membership lists.

Members will be given one choice for each type of communication with options being email, website or by post.

The choices stated in this survey will not be binding on members at this stage. However, the results of this survey will guide the Committee in making decisions aimed at reducing the cost of communication.

Changes to the method of distribution are expected to be implemented later this year.

It is important that you respond to this survey even if you wish for no change to your present mailing. The Committee will base its decisions on the survey results - the more who respond, the better the result.

For Sale

Women's Berghaus zip-off pants, grey, size 12, \$45 (new \$89.95). Only worn for 2 hour try-out. Shorts part are nice and long (great cover for middle-aged thighs). Contact marnott@tpg.com.

THE WALKS PAGES

Notices

David Trinder was elected Walks secretary at the Annual General Meeting. David can be contacted on 9660 9945 or by email d.trinder@yahoo.com.au (new address pending)

Please note that my phone number shown in the Autumn Walks programme for Sunday 2nd April is incorrect (my error). Please alter the phone number to 9484 6636. *Bill Holland*

Extracts from Wilf Hilder's Confederation Tracks and Access Report - February 2006

Black Dog Track - This was a part of the Gundungurra Trade route that ranged across their tribal area from the Camden region through Burragorang Valley, lower Cox River, Medlow Gap, Megalong or Kanimbla Valleys to the adjoining Wiradjuri tribal area. In the early 1960's, as part of the great fire road construction era, following the catastrophic bushfires of 1957, the very historic Black Dog Track was destroyed in several places by the Megalong - Kedumba fire road.

Subsequently a branch fire road was built from near the present day Carlons Head track junction to Carlons top paddock on Ironpot Ridge. The present Dunphy Camping Area (car park) is adjacent to the old top paddock. The access road from Carlons to the Dunphy Camping Area has at last been regraded.

On the Eastern side of the Camping Area a fence crosses Ironpot Ridge. Access across this fence is by a stile, and then the fire road heading to Bellbird Ridge and the main Megalong - Kedumba fire road. The start of the fire road becomes very steep and is coated with a coarse granite sand. The steep pinch in the fire road should be avoided at first by following the bridle track on the right hand side of the road, (after the stile) and then crossing it carefully at a bend just before it gets really steep. On the left hand side of the road at the crossing point is a mound of earth and a low wooden sign bearing the familiar words "Private Property". Behind this sign is a well used bridle track sidling around the ridge. Look out for the old zig zag bridle path on your right running uphill to the fire road or the modern well used horse track a little further on which also runs uphill to the fire road. These foot bypasses are obscured and not easy to find when approaching the Dunphy Camping Area from the fire road (downhill). Highly recommended for safety reasons.

Black Dog Ridge - A whistle blowing informant informs me that the fire road along Black Dog has not been upgraded recently as implied in last month's Tracks & Access report, but is in very good condition. My apologies for misleading you.

From a reliable "leak" I learned that the level of Lake Burragerang has risen in the past couple of months by some 10 metres thus covering the historic Gundungurra trade route/Black Dog track Cox River crossing with several metres of stored water. I was also informed that the last rapid in the Cox River was just below Black Dog Creek.

Pittwater Peninsula: - A few months ago while walking in the Dee Why area we came across a Greenlink notice in a bush regenerated area. Greenlink is a wildlife corridor scheme promoted by the Northern Beaches Envirolink Inc. and in most cases close to the Bicentennial Coastal Walk or joining it.

Greenlink extends from the Warriewood Wetlands in the north to Harbord in the south and includes Bantry Bay (east side) and Mermaid Pool below Manly Dam on Curl Curl Creek.

There is a lavish book available from Mr. Phil Redan, Northern Beaches Envirolink Inc., 16 Bennett Street, Harbord NSW 2096 for \$20 (post & packaging included). The Greenlink book is in full colour, 60 pages and gives details of some seldom visited parks and reserves in the area. Recommended to suburban walks leaders looking for "new" country, but I would have liked to see more detail on the maps in the book. I note this book is only available from Phil Redan and not bookshops etc.

Wilf Hilder

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Walks Notes.

Period 8th November 2005 to 7th December

There were two day walks left in the lurch at the end of last month's report. We had Ralph Penglis reporting a party of 8 on his Sydney Harbour Gourmet Walk on Sunday 6th November. The walk went from Rose Bay to Rose Bay; stopping at Nielsen Park for morning coffee and possibly a swim, at Watsons Bay for lunch at the pub and a great view of harbour activities, and at Vaucluse House for afternoon tea. On top of all that the weather for the day was perfect. Nigel Weaver was out that day as well, with a party of 3 on his walk from the Golden Stairs to Kings Tableland in Blue Mountains National Park. Conditions started out foggy but this lifted by the time they were out among the waratahs on Knife Edge ridge and the top of Solitary. They managed just as many meal breaks as Ralph's lot but it was all a lot more informal in places such as just down from Ruined Castle, Singajingalong Creek and Kedumba Creek. Views also featured from various locations along the way and they reached the car at Kedumba gate at around 1730 hours, a great day having been had by all.

The weekend of 12, 13 November saw Rick Symons out on his walk to Wollongambe Crater from Bell with 9 in the party enjoying sunny conditions and the chance of sunburn. There were several crossings of the Wollongambe River after they negotiated the steep ridge descent to arrive there. They even camped alongside the river in an overhang that provided comfortable accommodation for the party with even some space to spare for one or two more. Jan Roberts led/hosted a day walk on the Saturday with 13 on the walk and 16 at the barbecue to follow. The weather was perfect as the party headed off from the leader's place through Ferndale Park and out into Lane Cove National Park. Morning tea was had at a place called Kookaburra Café and then they proceeded to De Burghs Bridge for a crossing and turnaround back up the opposite bank of the Lane Cove River. They were pleased to see signs that the Lantana infestation is being removed, but not quite so pleased to discover that the Kukundi Wildlife Sanctuary had closed early so the visit to a baby Tawny Frogmouth was off. Afternoon tea at the aforementioned Kookaburra Café led to a return to the leader's home for much showering, fluid replacement, and barbecue light off. Then the evening wildlife started to perform, or so it says here.

Things were somewhat more staid on Ron Watters' Sunday walk in Blue Mountains National Park out from Erskine Lookout. The party of 13 enjoyed swimming in Erskine Creek at the morning tea stop, then went on to conquer a 200 metre climb up the Jack Evans track, glad they were only carrying day packs. The pleasant open forest going across to the Nepean was no preparation at all for the choked lantana slopes and cliff lines that awaited them after lunch. After accomplishing around 700 metres progress in the first hour the party were offered a riverfloat option and split according to belief or preference. The 6 who chose the waterway made about 1 km in their first hour and were slowly outpacing the land party when a

passing power boat operator intervened and provided a shuttle service to get them all to Erskine Creek by around 1645 hours. All of this to the amazement of the land party still thrashing around in their lantana web on high.

After waiting an hour the water babies left notes and climbed up to Nepean Lookout and reached the cars around 1835. This was all well and good, but the car keys were all with the land party. The land party eventually freed themselves from the entanglement and all emerged from the park, with some help from a few friends and a special out of hours gate opening, at around 2130.

Some of the friends who helped had spent the day out on Tony Manes' navigation instructional walk in the area. They party of four had had a day of perfect conditions what with the rain over the previous week, the abundant wildflowers and ideal spring weather, and were relaxing over dinner at Lapstone Hotel when the call came to assist the Ron Waters party. Tony reckons Ron should come on his next course.

Wilf Hilder led a midweek walk in the vicinity of Manly Dam on Tuesday 15th November with a party of 2. The third man missed the bus in the early morning and never arrived. The party were not out of the woods then either, they missed the right bus-stop and had to reconfigure the walk to start at Brookvale Oval. They made good progress through Allenby Park and on to Manly Dam Reserve but slowed somewhat when they encountered the need to reconcile the street directory map and the bushy terrain. Patches of very nice wildflowers were noted as they headed south into the Burnt Bridge catchment where they spent a bit of time checking out sections of the track for future reference before heading back past the earless stone kangaroo to Manly Wharf.

Saturday 3rd December saw Mark Dabbs and one other walker out on his sea kayak paddling trip out from Woy Woy Bay to Pelican Island and return. The day was fine and sunny with some wind in the afternoon, a headwind of course but other than a little sunburn there were no problems. Richard Darke was also out that day with a party of 15 and glorious sunshine for his car shuffle trip to Saddleback trig. They also had westerly winds, but many more leeches following an overnight storm. They found that many of the tracks in the area are now substantially overgrown, with the going hard and difficult to follow. They truncated the walk somewhat due to the heavier than expected going, choosing to exit via Paddys Pass and return to the starting point where they engaged in a complicated car shuffle to get every one out.

Bill Holland had a party of 8 out on his midweek walk from Milsons Point to Waverton Park on Tuesday 6th December. The evening was hot but it was all made bearable by a milkshake at the start and a drink with dinner in the park.

There was also an extended walk in Tasmania over the period 10 to 18 December with Susi Arnott and a party of 6. A full report should appear elsewhere in this issue if all goes to plan.

All of which brings this walks report to a close.

Afloat With the Admiral

Ron Watters



The golden horde streamed under the Spit Bridge. Amongst the yellow hulls and matching paddles was the dashing red and white mirage of Mark, the stylish blue of Pamela's craft, Glenn in bottle green. Five double kayaks and fifteen singles made up the fleet of 25 mariners under the banner of Admiral Ron and Rear Admirals Pamela and Melanie. Thirteen experienced kayakers and 12 now and then paddlers

Off Seaforth Bluff we regrouped and headed across the channel to Sugarloaf Point to come ashore for a well earned morning tea and swim at a small shell covered beach.

"Cake" brought the swimmers rushing from the delightfully warm water. A large banana cake and an orange poppy seed was a fitting beginning to Patrick's return to the outdoors. And the cakes

tasted as good as they looked.. The Admiral and John had managed to get them there in pristine (well almost) condition.

It must have been that extra piece of cake that capsized the flagship as the Admiral attempted a sharp turn to port to rejoin the fleet just off shore for the paddle to Bantry Bay. But the wise heads amongst us adjudged his steed too flighty for him and he swapped places with Craig to join John in a double.

At the head of Bantry Bay high tide approached. Though pleasant there was no place to land so rested on our paddles and then followed the shore to Flat Rock Beach for lunch. Gently shelving, into waist deep water with shady trees lining the bank it was the perfect spot for lunch and a cooling swim.

The conversation and laughter flowed merrily. An hour just zipped by. So pleasant relaxing and watching the passing marine scene. But my expert route advisers jolted me out of my reverie with "time to go"

We opted for a leisurely return via Castle Cove and Northbridge bays. The afternoon breeze whipped up some waves and laser yachts whizzing around gave the novice paddlers a challenge. Some sunbathers on the little beach at Northbridge Point were somewhat startled to see 20 kayaks emerge and come ashore-must have thought Operation Overlord was about to begin again. But we coexisted happily..

Another swim then off on the final leg to the Spit.

Up ahead Maurice and Gail made a two person effort to demolish the Spit Bridge! much to the astonishment of Mark. But it brushed that stalwart pair off and traffic chaos was averted! To this day who was steering remains a maritime mystery! And will for evermore

The maritime theme continued with drinks on the verandah of the Middle Harbour Yacht Club watching the yachts bobbing up and down and children playing on the sand below.

Well paddled Patrick! We enjoyed having you with us again, a most fitting return to the outdoors.

Special thanks to Rear Admirals Melanie and Pamela and to all the other experienced paddlers for helping the "new chums on the water" and guiding them home safely, and to all who came and made the day an outstanding success.

Admiral Ron



Camp Fires and Stoves

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

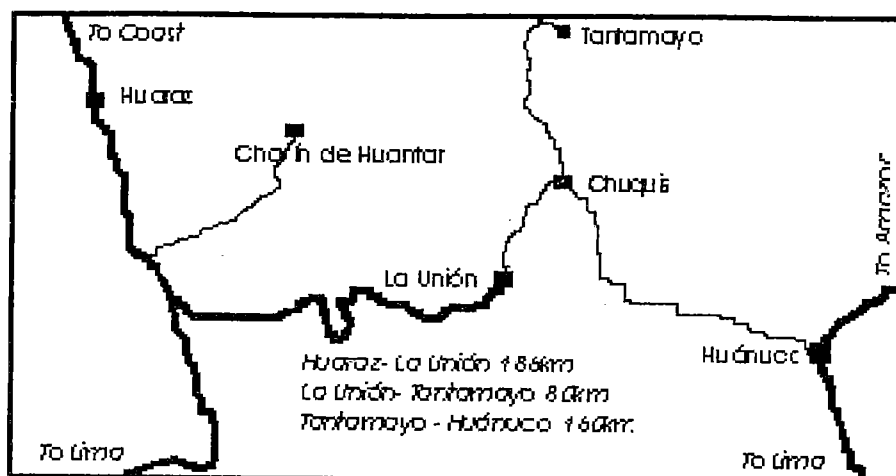
However, most national parks, reserves and forest areas around Sydney may have Local Fire Bans which mean no fires of any nature are permitted

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

South American Trip Notes - Peru

Gerry Leitner

Part 1. Trip Huaraz - La Unión



I left Huaraz on 22nd June at 13:00 not knowing that I shall arrive at 19:30 in complete darkness in La Unión. The trip from Huaraz to La Unión is by rural buses and is not a comfortable one. You enter a basic comfort zone in terms of bus services, accommodation, and food.

The bus travels from Huaraz south and at Conococha turns east. Trans El Rápido has direct services to La Unión via Huallanca and the Abra Yanashalla Pass (4720m). This pass can be closed in bad weather by snowstorms, even in summer. Abra Yanashalla is the continental watershed. Rivers to the west bring their waters to the Pacific Ocean; the rivers to the east go into the Amazonas; the rivers to

the west bring their waters to the Pacific Ocean.

It should also be noted that south of the Abra Yanashalla is the Cordillera de Huayhuash (where Lima's water supply comes from) and north is the Cordillera Blanca. At Pachacoto you follow the Río Pachacoto to the Altiplano. Imperceptibly this flat area rises to the Abra Yanashalla. Very often, you have icy peaks towering above the road. From the Abra Yanashalla the road descends steeply first into the Quebrada Huarapasca. The scenery is superb all the way especially through the Río Vizcarra valley.

At Huincho Chaca ("bridge") the Yanashalla Pass road joins the Chiquián road. Chiquián is a mountain hikers' paradise, albeit walks in the Cordillera de Huayhuash are very hard and most take 3-4 days. At the road junction, the bus stops to pick up more passengers which walked up from the village. The road is winding but sealed and in good condition until the Huansala mine.

It should be noted that the Peruvian government imposes now strict conditions for new mines to reduce river pollution. At the Huansala mine, the water is recycled and the river Vizcarra looks very clean, although not drinkable. We had a brief unscheduled stop at the mine to help a stranded police car who skipped of the road. Another stop around 18:00 was made in Huallanca, quite a large town. This is a 6- 7 hrs very scenic trip. You need warm clothes on the bus!

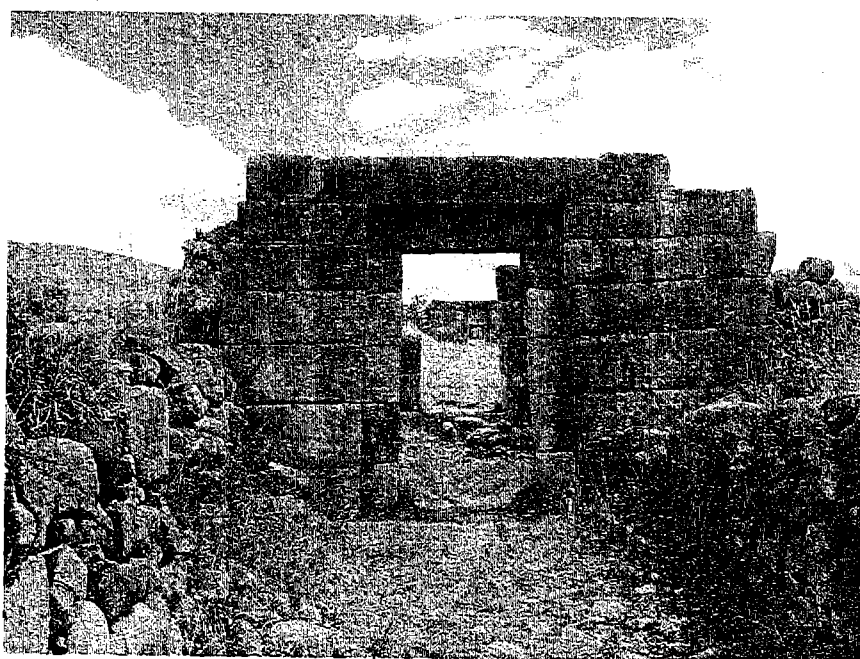
La Unión

Arriving late from Huaraz I had no choice but take the first available hostel near the bus terminal. It was the Hostal Paraíso: wafer thin walls, washing and toilet facilities downstairs in the yard and absolutely filthy! I changed the next day to Hostal Alvarado which has one room with private bath.

La Unión is an attractive little market town in the Vizcarra valley. It is the starting point for a visit to the Inca citadel of Huánuco Marca. A short distance from town there are also several hot thermal springs.

La Unión is not yet on the tourist trail as it is rather difficult to reach. There are direct services to and from Huánuco, the provincial capital, and Huaraz. However, the tourist facilities certainly need some improvement. There is a central location for all long distance buses and colectivos at the western entrance to the town.

Next morning I walked up to Huánuco Pampa, the location of the Inca citadel Huánuco Marca. This and the many (unexplored) hot thermal springs are the main attraction of La Unión. Starting point for the climb up to the flat area is the market area. At the moment, the town's people are paving the beginning of the trail. It is after a few hundred metres nothing but a steep mountain trail through a ravine. To reach the flat pampa area takes nearly two hours. Once on the flat area I went straight across as I knew my way to the archaeological site from a previous visit. In fact, there are two archaeological sites. At the far western end of the plateau



near the junction of two Inca trails there are some pre-Inca archaeological sites ascribed to the Yarowilca culture which originated in Tantomayo and at one stage incorporated this area. Very little is left of these vestiges and are nothing compared with the original Yarowilca sites around Tantomayo (See later).

On my way to the Inca citadel, I stopped at a farmer's house. He showed me his crop of quinoa. This is an Altiplano type of buckwheat which only grows at high altitudes. Continuing towards Huánuco Marka I had to jump several times over a little brook. At the archaeological site is now a caretaker. Huánuco Marka was in Inca days an important administration centre cum supply depot. It is situated halfway between Cuzco and Quito, the two major Inca cities. The most important features are an Ushnu platform, Inca baths, and the remains of a huge building. Whilst I was visiting the site, there was also a group of young students from La Unión visiting Huánuco Marka. It is obvious from my conversation with them that they are actively interested in their past and proud of their Indian ancestors. There is also a road leading up to the Pampa and it is possible to go by mototaxi. I started this excursion at 08:30 and was back in La Unión by 15:00. I spent one hour at the site. At the end of July, the villagers hold a fiesta at the ruins.

Back down in La Unión I hired a mototaxi and visited first the Tauripampa thermal baths. These are located about 10 minutes east of town on the main road to Huansala. They are small and consist of a building and an open-air hot spring. A short staircase leads down to the hot springs at the river Vizcarra level. From the Tauripampa thermal baths, I went to Conoc Thermal baths. These are on the north side of town about ¾ hour from town. This is a larger complex and also has a hotel with basic accommodation. Termas de Conoc has two inside pools. Nearby is a suspension footbridge across the Río Vizcarra.

The following day I continued to the Pre-Inca fortress towns near Tantomayo on a tributary of the Marañón. Again, this is not a comfortable trip and basic accommodation awaits you in Tantomayo again.

This trip is suitable for a small group say three or four as you travel on rural buses which are geared towards the comfort and convenience of the local inhabitants. Furthermore, the area is outside the normal tourist trail and accommodation is basic to say the least. Only if you are a trail-blazer....

Bus Company: Trans El Rápido, Bolognesi 261, Huaraz Fares Huaraz-La Unión: A\$6.25

Accommodation La Unión Hostal Paraíso: A\$3.50 (definitely no!)

Accommodation La Unión: Hostal Alvarado: A\$7.00 with private bath

Admission Huánuco Marka archaeological site: A\$2.00 Dinner in Chifa: A\$15.50 (4 Chinese meals)

Bush 'N Beach with Zol

Four of us met at 7:30am on a Saturday morning beside a sleepy Narrabeen Lagoon. This would be the ending point of our walk. The predicted 32 C was not yet unleashed and all was cool and tranquil.

Leaving two cars, Zol (our fearless and informative leader) and Sarah Bodlay, Steven Bradbury and myself drove to our starting point at Frenchs Forest where we met up with the other four intrepid walkers - Yvonne and Steven Brading, Caro Ryan and Melanie Freer.

First stop was the extensive Bantry Bay gallery of Aboriginal rock carvings. Well, it wouldn't be a Zol walk without this as Zol, over the years, has done extensive research on these rock carvings and has discovered some that were previously, if not unknown, then certainly obscure. Men, large fish and shields dominated this collection.

Crossing busy Wakehurst Parkway and dodging silent and speeding mountain bikes, we made our way down the hill to the upper reaches on Many Dam where we had our first swim of the day. We then followed a series of suburban bush tracks passing a group of young men doing bush restoration work. Not the right demographics to be the usual bushcare group. It finally made sense when we saw the uniformed guard accompanying them.

Then it was a matter of skirting around a couple of unfriendly (at least for bushwalkers) golf courses until we emerged on Queenscliff Beach. This ended

the "Bush" section of the walk.

By now, the heat of the day was really making an impact! We traversed the rocks at the north end of the beach to make our way through the "Worm Hole" - a tunnel in the rocks supposedly made by fishermen so that they could get around the rocks at high tide. Some of us had come this way two weeks previously on Jan Roberts' walk but it did not diminish the delight of the passage.

From there, we walked along a series of beaches and headland tracks, stopping for the divine indulgence of ice creams at Dee Why - and they are fantastic ice creams - although they melted all too fast in the heat of the day. In fact, Melanie's ice-cream collapsed not once - but twice. Ugh.

From Dee Why, rather than taking the track over the Long Reef Headland, we followed the rocks on the shoreline. Some of these rocks were made up of bubble-like structures. It would have been interesting to know the reason for that but, sadly, we had no geologist with us.

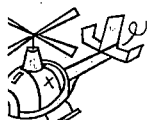
From there it was a short walk to Narrabeen beach where the final swim was partaken and then all that remained was a stroll through suburban streets to Narrabeen Lagoon and our waiting cars.

A delightful day. Thank you Zol.

Greta James

EPIRB - Emergency Position Indicating Radio Beacon

SBW has purchased an EPIRB for use by club members, in particular walks leaders. If you would like to take the EPIRB for a walk give Leigh McClintoch a ring on 8920 2386 and arrange to collect it



South Bound Walkers Re-Visited: December 2005

Susi Arnott

(South Bound Walkers' first Tasmanian adventures on the South Coast Track in January 2005 appeared in the March magazine)
 Leader : Susi Arnott Support Team : Malcolm and Liz Thornton, Alan and Suzanne Aubrun, Valerie Joy.

Life turns on a dime, so the saying goes, and on December 10th, 2005, I find myself, newly single and very fragile, bound once more for Tasmania with a brand new group of South Bound Walkers - our destination this time, the Overland Track.

Day 1: Cradle Mountain Visitor Centre to Scott Kilvert Memorial Hut (Lake Rodway)

We sign in at the Cradle Mountain Visitor Centre, the driving rain obliterating all visibility outside. Heaving on our waterproofs for the 30 metre dash to the shuttle bus, each one secretly wonders 'Whose idea was this?' . . . However in typical Tassie style, watery sunshine has appeared by the time we are disgorged at Ronny Creek, and an inspired decision to visit historic Waldheim Hut means we watch from shelter as our bus companions slog out the first exposed button grass section of the track through the next deluge .

We eventually set off relatively dry across the plain and climb through damp rainforest to Crater Lake, small boat shed perched at its edge, craggy cliffs and waterfalls on the opposite shore.

We encounter some mud which causes concern for those who have not experienced the South Coast Track. Ditto the wind which howls around us as we struggle up to Marion's Lookout . . . I recall the top of the Ironbonds on the South Coast Track and know conditions could be so much worse. The fast-moving clouds afford fleeting glimpses of wildflowers sparkling in soggy sunlight above lakes so blue they're black. A lucky snap captures the scene for eternity.

We huddle for a cuppa à la Suzanne in Kitchen Hut, then pick our way along the face track beneath the flanks of Cradle Mountain - brooding columns of ancient rock amid menacing, shifting mist. Alan has some difficulty balancing his pack - we find out why several days later when it's his turn to cook dinner! A little "A" frame chalet appears, a Swiss mountain scene which signals the end of our day. We stumble thankfully into the Scott Kilvert Memorial Hut on the shores of Lake Rodway.

Day 2: Lake Rodway to Waterfall Valley

Sparkling sun greets us, and Cradle Mountain sits splendid for all to see. We march through Lake Rodway's Myrtle Beech forest, up and up to Benson Peak for panoramic views and a well-earned rest. 'This is more like it!' sighs Malcolm - we make the most of it, for we are in Tassie, after all - which is why after descending to Waterfall Valley Hut for lunch, three of us double back to Cradle Mountain to climb this mighty peak in brilliant sunshine.

After a long, hot scramble (exposure!) up massive hunks of dolerite, shattered in rockslides millions of years old, I sit and gaze out from the summit at a 360 degree view over peaks, mountains, valleys and lakes; and I reflect upon the rewards of bushwalking.



Day 3 : Waterfall Valley to Windermere Lake

Morning cloud and mist slowly clear to reveal the whites, oranges, reds and yellows of heath and lemon-scented boronia as we climb onto the moor. It's blowing hard by the time we meet the Cradle Huts group which has been travelling more or less alongside us. Busy chatting, fearless leader fails to notice one of them is sitting on the sign to Lake Will, so we miss the turn-off and march on until rumblings from the rearguard alert leader to her mistake, and we head back. Well worth the detour, Lake Will shelters beneath Barn Bluff, its shores cloaked with wildflowers and native pines.

Lunch at Lake Windermere proves chilly and we hurry for the shelter of crowded Windermere Hut: Alan opts to brave the elements and put up his tent on the platform outside, while Valerie and Susi, desperate to feel clean, immerse themselves, squealing, in the freezing waters of the lake

Day 4 : Windermere Hut to New Pelion Hut.

Intermittent rain clears as we cross yet another moor and enter the Pine Forest. We encounter moss, mud, leaf litter and rushing streams before reaching Frog Flat for lunch; but the big surprise comes later - we plod into New Pelion Hut to be greeted by a veritable bushwalker's Taj Mahal! Separate sleeping areas, plenty of communal room, spacious verandas and helicopters to take out the rubbish. Even a guardian angel who whips all our drying clothes off the veranda when a thunderstorm sweeps through in the wee small hours. (Well this is Tassie after all).

Day 5 : Pelion Hut to Kia Ora Hut

Twinges of regret as we leave New Pelion Hut although the miserable weather does nothing to diminish the beauty of mossy forests and clear rushing streams as we head for the Mount Ossa turn off. Huddling in the rain, the group decides to divide, the sensible to head straight for the Hut, the obsessive two determined to attempt Mount Ossa.

Taking no notice of the howling wind and tales of

destruction from the odd traveller coming the other way, Alan and I set off into mist and sleet which lifts from time to time to allow us a view of rocks hurled into a jumble by forces we can only begin to imagine. As we near the top, Alan decides to stop, but I battle on over huge boulders crying 'Come on Frodo Baggins - to the gates of Mordor!'

I clamber as far as I dare, catching glimpses of lakes and forests spreading below between clouds and squalls before I, too, scurry back down the cliff face.

Retrieving our lonely packs at the junction, (dry thanks to large orange garbags), we follow the track as the afternoon sun breaks through to reveal Mount Ossa looming behind us; two hours later Kia Ora Hut comes into view, crowded but comfy.

Day 6 : Kia Ora Hut to Windy Ridge Hut

A stunning day which takes us to du Cane's Hut, built last century as a trapper's shelter, and thence to d'Alton, Fergusson and Hartnett Falls. All the rain which dumps on this part of the world certainly does produce a breathtaking display when it comes to waterfalls . . . six very happy walkers skip into Windy Ridge Hut after a picture postcard perfect day!

Day 7 : Windy Ridge Hut to Pine Valley Hut

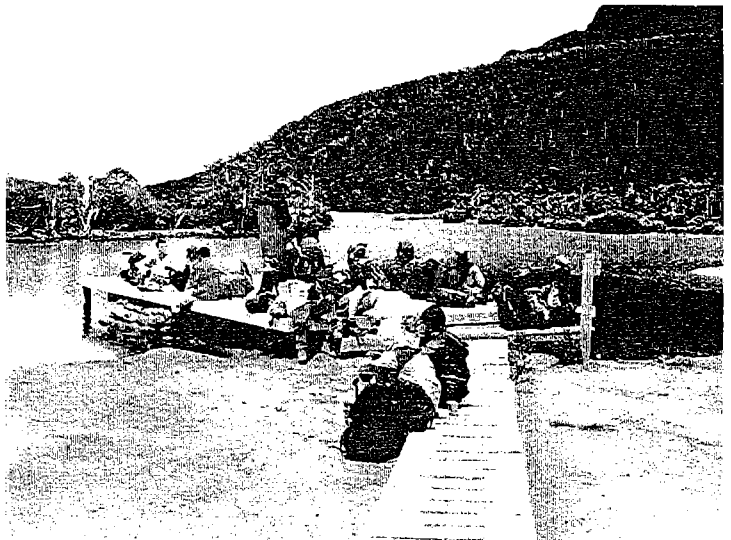
Nature grants us a second clear day in a row to take the side track to Pine Valley Hut, over the scary suspension bridge, through the Myrtle Beech and Pine forest and on to the hut nestled in an Elvin-like scene from Lord of the Rings.

Once again the more sensible stayed put while the possessed climbed up the Labyrinth, shown off to its best colour-soaked advantage in the brilliant sunshine. red waratahs, yellow boronia, white ti tree

sparkle beneath the mighty Acropolis looming against the vivid blue sky.

What better birthday treat for your scribe - magnificent conditions to top off a most successful walk! I descend to find a freezing stream in which to duck and squeal, then arrive at the hut to find that Valerie has arranged my birthday party complete with cake and singing candle.

Day 8 : Pine Valley Hut to Lake St Clair ferry.



The rain falls for our last day, and we arrive early in the morning at Narcissus Hut to drink hot chocolate and do crosswords until our afternoon ferry arrives to take us back to civilization . . .

Despite traumas and heartbreak, life goes on . . . companions love and support . . . and Nature's beauty remains, a constant through the different seasons of our lives.

The Mid-Week Walkers



The Mid-Week Walkers are an informal group of SBW members who have time to spare for mid-week activities, some of which are shown on the Walks Programme and some organised at short notice and advised by monthly newsletter. If you would like to receive our newsletter or join us on an activity please phone me on 9484 6636 or email billholland@bigpond.com

After our very pleasant stay at Berrara Beach in early February we are now looking forward to the week at the Woorabinda Ski Lodge at Jindabyne at the end of March. We have a good group (about 14 people) and lots to walk and talk about.

Then in April (24th - 28th) we have a **Bicycle Ride Around Canberra**. Staying in comfortable cabins or camp. We will see the autumn colours of Canberra and ride easy distances at a relaxed pace. You are welcome to join us. In June we are considering a stay on the north coast.

Here are the mid-week day walks planned for the coming weeks. Please refer to the Autumn Walks Programme for leaders and other details

Tuesday 28th March **Royal National Park**
Waterfall - Kangaroo Creek - Heathcote. Plenty of swimming opportunities on this creek walk. Grade: M222 (Medium) 12km

Tuesday 4th April **Western Sydney Regional Park** - Fairfield City Farm - Prospect Reservoir - Greystanes Creek - Toongabbie. A long but scenic walk in Sydney's outskirts. Grade: M211 (Medium) 18km

Tuesday 11th April **Circular Quay to The Spit**
Circular Quay - ferry to Cremorne - Taronga Zoo - Bradleys Head - New SHFT track Middle Head - Balmoral (lunch) - The Spit Grade: M111 (Easy)

Friday 14th April **Ku-ring-gai Chase National Park**
Berowra - Cowan Creek - Gibberagong Track - Wahroonga. Easy track walking with pleasant scenery.

Monday 17th April **Middle Harbour Bushland**
Castlecrag -- Long Bay Bushland - Clive Park - Sailors Bay - Castlecrag. Mostly bushland tracks, plus some streets and parks. Scenic waterviews. Visit Chateau Pont Du Nord vineyard! Grade: S121 (Easy) 10km

Tuesday 25th April (Anzac Day) **Blue Mountains NP**
Faulconbridge -- Springwood. Mostly easy tracks in shady ferny gullies, but some rough pad sections over a spur in the middle.

Social Notes

Hi Everyone,

With the coming of March and the Autumn season, one can look forward to walking again. The new walks programme is very good for both prospectives and walking veterans.

The February social evening featured an audio-visual presentation of the Gardens of Stone National Park by Peter Christian.

Peter's portrayal was excellent and the area is one to put on your "to see and do" list. As the name implies there are very impressive rock formations, valets and gorges, as well as wonderful fauna. It was a most exciting presentation. Thank you Peter!

All of the Social Evenings in the Autumn Programme take you overseas - New Guinea, South America and the Indian Himalayas (the SBW trip was in November 2005). Come and let your mind go a-wandering. This will get your legs motivated to move.

* This is probably/possibly my "last chat" to you all I hope you have enjoyed the Social Programme during 2005 year, 2006, has some great evenings on the agenda

Enjoy your walking and social nights.

Kathy

* [Not quite your "last chat" Kathy. Congratulations on being re-elected Social Secretary....Ed]

April Social Programme:

- Wed 5th **Committee Meeting**
7 pm Observers welcome to see the new Management Committee in action
- Wed 12th **New Members Night.**
8 pm Introduction to SBW for intending prospective members
- Wed 19th **South America Information night.**
8pm All you have wanted to know about South America. Gerry Leitner will show you the places to travel, the sights to see, indicative costs and transport tips. Enjoy the slides and ask Gerry about his travel guides

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: Ron Watters 0419 617 491



Waste not - Want Not

Several boys from Maribyrnong State School were spending their lunchtime playing by Maribyrnong Creek. When they arrive back late the headmaster hauls them up to his office for an explanation.

The first boy explains, "Sir, we were throwing peanuts into the creek".

The headmaster lectures him severely for wasting good food when so many in the world are starving. He orders him to write a hundred lines, "Waste not - want not".

The second boy offers the same excuse, receives the same censure and penalty.

Now it's the third boy's turn to be questioned. Looking a bit bedraggled, he looks up at the headmaster and says, "Sir, I'm peanuts".

Taken from *The Penguin Book of Australian Jokes* by Philip Adams and Patrice Newell.

After the Wedding



A newly wed girl was being welcomed at the husband's home in a traditional manner. As expected, she gave a speech:

"My dear family, I thank you for welcoming me in my new home and family", she said

"Firstly, my being here does not mean that I would want to change your way of life, your routine."

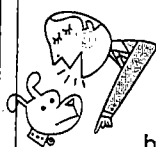
"What do you mean my child?" asked the patriarch of the family.

"What I mean Dad is: Those who used to wash dishes must carry on washing them.

"Those who used to do the laundry must carry on doing it.

"Those who cooked shouldn't stop at my account. Those who used to clean should clean.

"As for me, I'm here just to entertain your son."



The Amazing Flying Dog

A woman is out looking for a pet, and so she's trying the local pet shops. She walks into a small pet shop and explains her need to the attendant. He thinks for a moment and then says, "I've got just the thing for you madam. I'll just get him."

With that, he disappears into the back of the shop, and returns a few seconds later with a cute little puppy. "This dog is a special dog," he tells her. "It is able to fly," he explains, and with that throws the dog into the air. It immediately begins to float gracefully around the shop.

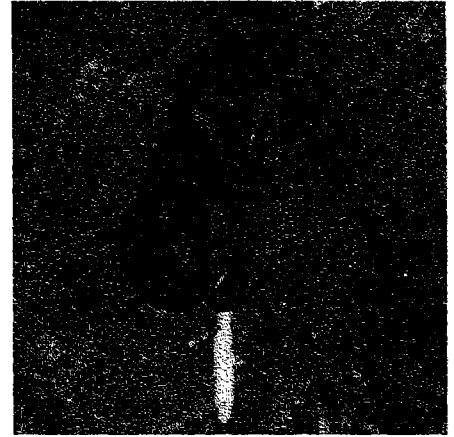
"There is one problem with him, however. Whenever you say 'my', he'll eat whatever you've mentioned. Watch. 'My apple!'" The lady watches in astonishment as the dog zooms over to the shop attendant and furiously devours an apple he has produced from his pocket.

"He's cute, and so unusual. I'll take him," she says, and a few minutes later she is on her way back home with dog to show her husband.

"Darling, look what a clever pet I bought today!" she exclaims when she gets back home. "He can fly!"

The husband peers at the dog, and then remarks, "Fly eh? Ha! My foot!"

discover comfort



IN THE
BUSH, THE
PROBLEMS
OF LIFE
ARE NO
LONGER
COMPLEX

Paddy Pallin

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