

Sydney Bush Walkers Newsletter

JULY 2010

Sydney Bushwalkers
PO Box 431 Milsons Point NSW 1565

Inside This Edition →

The President Says - <i>Ron Watters</i>	1
Editor's Note - <i>Melinda Turner</i>	1
National Parks Tourist Development Bill becomes Law - <i>Keith Muir</i>	2
Letter from Jan and Margaret in Europe - <i>Jan Mohandas</i>	3
Du Cane Range, Tasmania / February 2010 - <i>Karl Miller</i>	5
Maureen's Meander to Melbourne / Narooma to Merimbula - <i>Maureen Carter</i>	7
Wild Dog Mountains / June 26-27 - <i>Stephen Brading</i>	8
Three Weeks in France on the Chemin St Jacques - <i>Robert McIlwaine</i>	9
Walks & other activities / 1 - 30 June 2010 - <i>Stephen Brading</i>	10
Copies of the Original Gundungura Map - <i>Michael Keats</i>	14
Baby its Cold Outside- Keeping Warm in the Outdoors - <i>Tony Holgate</i>	15
The Midweek Walkers - <i>Bill Holland</i>	18
Buying/Selling/Giving it Away	19
Picasa Web Albums and Google Groups - <i>Karl Miller</i>	19
Training Events	20
The All Purpose Weather Forecaster	20
Message for your consideration	20
Winter Social Program - <i>Kathy Gero</i>	21



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The President Says

The Clive Robertson Show on 2UE found us on the internet and asked for one of our members to be interviewed on great bush walks around Sydney. Nigel Weaver went along and did us proud.

Brrrh it's cold. So Tony Holgate's article on hyperthermia in this month's newsletter is most apt. We must always be on our guard against this ever present danger. I commend this article to you. We are arranging for it to be placed on the resources pages of our web site.

SBW had 11 participants in the Paddy Pallin 6 hour regain on 19-20 June; Peter Case, Adam Pritchard, Alitia Dougall, Richard Pattison, Marcia Kaye, Helen Macdonald, Paul Benitez, Helene Cass, Paul Barton, Vivien de Remy de Courcelles and Emmanuelle Convert. Well done to all of you.

Richard Pattison and Paul Barton finished 5th overall. Emmanuelle and Vivien placed 13th and 3rd in the mixed section. Richard, Paul, Helene, Peter and Adam are all new members.

It's great to see you out there having a go. Special congratulations to Vivien and Emmanuelle for co-ordinating the effort.

Nav Shield has just concluded. SBW was again represented. No results to hand yet.

Club member Don Andrews has kindly offered to run an introduction to kayaking day in the summer. Details are being settled, so as the saying goes "watch this space"

Ron Watters

Editor's Note

Hello everyone,

Winter is well and truly here, definitely time to get the winter sleeping bags out, brrrh!

I have received lots of great articles for this month's newsletter and I send out a big thank you to all who have contributed.

In fact, I have received so many articles that I have had to hold some back for next month. That's a first! So if you have sent something in and it is not in this newsletter, watch out for the August Magazine.

Pay particular attention to Tony Holgate's great article "**Baby its Cold Outside- Keeping Warm in the Outdoors**". This gives a timely reminder on hypothermia and how to avoid it. Please take the time to read this article and tailor the advice to ensure your own personal wellbeing when you are out in the bush this winter.

Please continue to send all your beautiful photos to me in their original file formats as this helps us to produce a better image in the final magazine or newsletter. Unfortunately I do lose image quality when compressing the final document in order to make it small enough for electronic purposes.

See you out there.

Melinda Turner (editor@sbw.org.au or turner.melinda@gmail.com)

Please welcome the following new members

- ✿ Peter Hinchy
- ✿ Christina Day
- ✿ Lisa Sheldon
- ✿ David Angell
- ✿ Jim Close
- ✿ Richard Pattison
- ✿ John Kennett

National Parks Tourist Development Bill becomes Law

Keith Muir

The National Parks and Wildlife Amendment (Visitors and Tourists) Act 2010 was passed by Parliament on June 9, 2010 with Bipartisan support.

The National Parks and Wildlife Act's protection of nature has been weakened for the benefit of private tourist interests and commercial gain. The NSW Greens fought to block the Bill and then to amend it. For various reasons, the NSW Coalition did not oppose the Bill, but importantly, the Coalition did support the key Greens' amendment to the Bill that would have removed Ministerial discretionary power over lease approvals. This amendment would have strengthened the community's ability to effectively defend national parks against Ministerial excesses in the courts. Sadly, the amendment was lost in the Upper House by just one vote.

The new Act will allow a broad range of buildings and activities in national parks for exclusive commercial use. Other changes introduced include commercial tours which can be conducted in wilderness for the first time.

The commercial use of wilderness provisions in the Act are said to just apply to commercial backpacker outfitters and the like. However, the Act will not operate that way, because there will be cross-fertilization between various development opportunities under the new legal regime.

Wilderness areas are remote places and as such very costly for commercial operators to access, without the use of vehicles or helicopters and bases from which to support their operations. So economic pressures may well see vehicle access follow once commercial access is granted. The very concept of wilderness could be threatened.

The Colong Foundation sought the advice and assistance from highly respected barrister, Mr Tim Robertson SC, who in 2004 so admirably defended the Grose Wilderness from exclusive occupation by Fox Studios. Justice Lloyd in his judgment on that case found that the production of the commercial feature film "Stealth" (about rogue military aircraft), "has nothing to do" with the National Parks and Wildlife Act's objects or the purpose for reserving land as National Park. The case was thrown out of Court, but not until after several local conservationists had been arrested defending wilderness.

The legal action to stop "Stealth-type" activities will now be virtually impossible but vigilance can stop bad developments from sprouting up in our precious National Parks. In fact, the law overturns 20 years of case law that limited private commercial facilities in national parks essentially to inherited buildings and the ski resorts. Mr Robertson said that the legislation "destroys this delicate balance that the Courts have struck, which gives primacy to the conservation objectives of the Act."

The whole point of the new Act is to destroy the nexus between uses of the national park and the conservation purposes for which the park was reserved, and with it the power of the Courts to adjudicate on whether the Minister's decision accords with those purposes. Under these new laws, it is the Minister, and not the Courts, who will decide whether a use accords with the Park's purpose.

Mr Robertson advised that the proposed legislation "removes the legal protection of National Parks from uses which damage their ecology and landscapes, by destroying the principle that National Parks can only be used for a purpose which promotes the use of the land as a public park. It provides the legal authority for the privatisation of National Parks by enabling exclusive possession rights to be given for commercial purposes to private interests under the broad rubric of sustainable tourism. Under this rubric, National Parks will be able to be used for general tourist purposes, such as tourist resorts, convention centres, shopping centres, fast food outlets, sporting activities and fun parks, at the discretion of the Minister, even where those uses do not promote the conservation of the Parks."

Given the Coalition's stance on Part 3A planning laws, and their vote in the Upper House against the central thrust of this new law, it seems likely that the Coalition Parties will fix our park laws. Further, the Shadow Environment Minister, Catherine Cusack wrote to the Nature Conservation Council in November 2009 and advised that she and the then Shadow Tourism Minister, Don Page, "do not support private accommodation facilities inside National Parks." The Coalition has moved away from this stance, and must be encouraged to review this position while in Opposition, so that national parks can be protected by policy, if not by law.

National Parks and Wildlife should not be selecting development sites in parks with the aim of offering these sites to the tourism industry in an 'investor-ready' form. Our parks should not become profit centres for developers.

There is no evidence whatsoever to support the notion that private development in national parks will boost the tourism industry or provide extra funds for park management. A stronger nature tourism industry for NSW with more people enjoying the parks is best achieved by encouraging tourism investment in nearby towns where it most benefits regional communities.

With our rapidly growing population, the integrity and protection of our parks is more important now than ever before.

National Parks Tourist Development Bill becomes Law ^{cont.}

Support needed to build the campaign

The Colong Foundation will maintain the campaign to keep nature's National Parks free of built accommodation or other exclusive developments, a policy that should be part of any enlightened State Government administration.

We need your generous support to keep the campaign momentum going, to monitor any new park development proposals and to help cover our campaign expenses. We must now press the cause of national parks right through to the state election in March 2011. Call or email Keith at the Colong office 0412 791 404 (mob) 9261 2400 (wk), email keith@colongwilderness.org.au, send donations C/- the Colong Foundation for Wilderness, Level 2, 332 Pitt St, Sydney, NSW 2000.

Last year a broad coalition stopped National Parks being opened up for blood sports: hunting wildlife with dogs, guns and bows and arrows. The passage of this Bill into law has tainted the environmental credentials of the NSW Government and to some extent to Opposition Parties who supported it.

National Parks must not become profit centres for tourism development. Let Premier Kristina Keneally and the Opposition Leader Barry O'Farrell know just how much you are opposed to the development of private accommodation and facilities inside national parks.

Let the NSW Government and the State Coalition also know you want national parks to remain public and permanently protected, for nature and quiet enjoyment, forever.

Email your concerns to:

Premier Kristina Keneally: premier@www.nsw.gov.au and

Environment Minister Frank Sartor: office@sartor.minister.nsw.gov.au

Leader of the Opposition, Barry O'Farrell LOP@parliament.nsw.gov.au

Shadow Environment Minister, Catherine Cusack Catherine.Cusack@parliament.nsw.gov.au

Letter from Jan and Margaret in Europe

Hello,

I am writing this in a hurry from Vienna from an Internet cafe using an Austrian keyboard with letters all over the keyboard and not having familiarized with the way all the keys are distributed. This first email from Europe is now written in the correct sequence but the story is easy to follow.... We are well and feeling great in spite of the lack of sunny weather in Europe.

We arrived in Vienna 2 days ago and will leave for Basel in Switzerland tomorrow early morning. The weather in general has not been good for the last 10 days and today is our 12th day in Europe after leaving Sydney on the 10th of June. Luckily we had one good day in Passau in Germany on the 12th of June and we arrived in Vienna on the 19th of June, 1 day early due to the persistent wet weather. We had planned to have a rest day in the middle of the cycling tour but decided to keep cycling towards Vienna along the Danube bike route taking only 7 days to cover about 320 km. It was good that we arrived in Vienna 1 day early as we had a rain free but cloudy day, windy and cold, yesterday, just ideal for visiting the museums and coffee shops in Vienna.

Most of the popular and frequently visited Museums do not open on Mondays, such as today, in Vienna. We walked a long way from our Pension Fünfaus (where we are staying in Vienna) along one of the major roads - Maria Heifer road - into the centre of City of Vienna yesterday. First stop was a coffee shop and then the tourist information office to get a good map of the centre of town and the location of the museums. We went to see the famous statue of Mozart in a nearby park and then to the Main Vienna (Wien) museum and then to the Roman museum. We learnt a lot about the historical and cultural background of the city of Vienna during the last 2000 years, after spending many hours in these two museums.

After the two museums we found enough enthusiasm and strength to continue to wander around the cultural centre of Vienna. We saw the imposing Cathedral of St Stevens on our walk back and then the new large Parliament house. We arrived back in our Pension by 5 pm and had a nice dinner after 7 pm in a nearby Austrian Restaurant called Mozart. The large Railway station nearby, the Vienna West Bahnhof is nearby and we went there to familiarize about the location we should be tomorrow morning with our bikes in Boxes to leave for Zurich. We packed the bikes the day we arrived here as there was some warm sunlight in the central courtyard in the Pension Fünfaus. It took us two hours to get the bikes into the cases and carry them up 2 levels of stairs as there is no lift in the Pension. We asked for a ground floor room but the unfriendly woman in charge refused to do that.

We bought the train tickets from Vienna to Zurich in Sydney online and got the tickets printed out there, but had to get the seats booked for reservation here yesterday. Then we were told that there will be buses to link two trains as the line is damaged due to heavy rain during the last month all over Europe. When we reach Zurich we will activate our expensive Swiss rail passes to travel in another train from Zurich to Basel, both in Switzerland. We will leave Vienna at 7:20 am and probably reach Basel around 5 pm if the bus link does not take too much extra time.

Letter from Jan and Margaret in Europe ^{cont.}

At Basel we have Youth Hostel accommodation with double room for 3 days. We will stay in Youth hostels until we leave Switzerland on the 4th of July to go to Lake Constance, bordering Germany. We will be doing day rides on our Bikes in Switzerland most of the time.

The cycling tour along the River Danube, most of the way in Austria has been fabulous in spite of the frequent, persistent and at times heavy rain. However we managed to do this ride for 5 days during periods when there was no rain. Only on one day we had no choice but to ride in heavy rain and in cold conditions for about 40 km. It was also pretty scary as the bike route went through busy narrow roads between cliff lines and the river, most of the way on bike lanes but without any bike lanes along long stretches in dim weather. The buses, cars and trucks had bright lights to help them out and we had little bike lights and reflective rain gear to protect us from the rain and the traffic. We survived all that without any problems. On another day we did the ride when it was drizzling whole day but without showers or heavy rain and covered about 60 km. On another day the weather was sunny and warm and we cycled for over 70 km and enjoyed the scenery immensely along the river Danube. Most of the nights, the rain fell heavily and continued well into the morning and making our departure often late.

Our camping plans had to be abandoned and so we have not had to use our tents so far and they remain dry. Luckily we managed to find in door accommodation every night during our bike ride along the Danube, staying first night in a Farmhouse, the next 4 nights in Private homes and the 6th night in a cabin in a Camping place nearer to Vienna. All these rooms were well furnished double rooms and we also got excellent breakfasts. At the Farm house we were also given dinner, some typical Austrian food. So we have enjoyed some Austrian hospitality and met many helpful and interesting Austrian people. At the last Private home we stayed we got a free bottle of wine and a nice Austrian dessert after the English speaking grandson of the hostess got us two Pizzas delivered to our room as the town was too far away. So we have had a good time so far in spite of the rainy weather.

Even though Margaret did not have spare time for training before leaving Sydney, she had been riding her bike with the trailer very well. We kept the distances to around 40 km for the first two days and that did help. The Danube cycle path is usually smooth and wide but there were some sections we did find it difficult to manage to ride safely due the mud after heavy rain. The route is very well marked we managed to follow the entire length of the 320 km without much trouble. We feel that we also survived the cycle route through the middle of Vienna to the Pension well too.

We have had little drama every now and then along the tour. At Passau I was helped by a nice bike mechanic in a bike shop on a late evening on the Sunday there by finding the parts which go inside the shoes for my cleats for the new cycling shoes from his collection of miscellaneous left overs. I had taken an incomplete set of cleats for the new cycling shoes without realizing it. Without the parts from this helpful mechanic I could not have used the shoes on the Shimano SPD pedals. On the day of the heavy rain, I had a front wheel puncture just 500 metres from the Bed and Breakfast place in Persenberg. Margaret had to return with her bike to take my trailer and I had to carry my bike the rest of the way. It was fixed the next morning when the rain stopped. An old Austrian driver bumped my trailer when he went off the road to avoid an incoming vehicle, but did no harm.

Our travel from Sydney to Frankfurt on two Emirates flights with a stop in Dubai was comfortable and uneventful. There was no trouble catching the train from Frankfurt to Passau. The train journey to Passau was on a bright sunny and we enjoyed the nice Scenery all along the way. Everything looked so green and interesting. We spent a lovely day enjoying the old world charm of a beautiful Bavarian town. The second day we were in Passau, the people there were celebrating the Bavarian Beer Festival and the bridge across the town was closed off with the Beer suppliers and with many little shops selling Bavarian food. Everyone was having a great time and the friendly Bike mechanic had opened the bike shop only because of the large number of people there. Three rivers meet in Passau, making the river Danube very wide downstream towards Vienna. Between Passau and Vienna many other rivers join Danube making it very wide by the time it reaches Vienna.

During our ride along the Danube, the cycle path went past a small number of big towns, many little villages, a small number of large castles located high above hills and occasionally along Industrialized areas. There were hundreds of leisure boats, commercial boats, tourist boats and tugs going up and down the river. Often they had to wait long time to go through locks where the water levels were controlled for safe travel along the river. Many tourists take the boat travel to go through a very interesting geographic location in the river, about 40 km downstream from Passau, where the river Danube does a loop (2 180 degree turns) and continues in the same direction towards Vienna. Most of the way from Passau to Vienna and beyond cyclists can ride on both sides of the river except at the Loop where all cyclists have to ride on the southern side of the river. We had to catch a ferry to cross over, but we took the boat for 4 km to travel through the Loop and then get to the southern side. At the Loop of the river, the northern bank is so steep that there is no cycle path at all.

It is 2:30 pm now and I have been here for almost 2 hours struggling with this unusual keyboard and it is time to stop. We may go this afternoon to have another visit to a couple of museums as the weather is still not looking good in Vienna. There is one museum I really wanted to visit - The Napoleon Hochzut Museum. But it does not open until 10 am tomorrow and we will be leaving Vienna at 7:20 am and will have to give it a miss.

Cheers from us, Jan & Margaret

Du Cane Range, Tasmania / February 2010

Karl Miller



L to R - Traveller Range, Lake St Clair, Mt Olympus (background), Mt Gould (foreground)

I had just had a great 10 day trip traversing the Wilmot, Frankland range behind Lake Pedder with the Hickson brothers, Marion and Shahram.

So, with another week up my sleeve in Tassie, it was late February in Hobart when I made a really, really serious mistake. The mistake was that I put a topographic map in front of the Hickson brothers (Neil and Ian). It wasn't even the fact we were in a pub when I put the map in front of them. Nope, the REALLY big mistake was showing them the map an hour they had entered said pub.

Funny how everything looks flat and 100,000:1 becomes 25,000:1 through the bottom of a beer glass!!! By the time they poured over my topo, every bump (i.e. 2-3 major contours) was 'climbable' and every ridge 'went'. A sentiment expressed more than once was, 'I haven't done it but it'll go'.

"Up this valley, camp at this lake, into that saddle, climb that peak (Olympus), past that lake and down to this one. Along here, over that peak (Gould) - haven't actually done that one but it looks like it goes." "You must climb the Acropolis" "Can't get to Geryon from Acropolis, have to go via the Labyrinth" "Just head for Kia Ora down this ridge, I reckon it will go". "Mt Ossa is over here - you've got to do that".

"Yep, I reckon that will do you for 5-6 days", said Ian finally. Back at the Hostel that night, I carefully consulted Chapman's guidebook and allowed myself 7 days plus an extra for bad weather.

Truth be told, they put together a really excellent route that was both challenging and spectacular.

- From St Clair visitor centre, up Cuvier Valley to Lake Petrarch.
- Next day traverse Mt Olympus, down to L. St Clair, then north to Mt Gould Plateau.
- Over Mt Gould and the Minotaur the following day to the Labyrinth and hence into Pretty Valley.
- Acropolis, the Labyrinth, Mt Geryon (caught by bad weather)
- Then the length of the Du Cane Range to Du Cane Gap, Kia Ora Hut and back to my start via Overland track over the next three days.

Here is the route in Google Maps - <http://www.gmap-pedometer.com/?r=3555043>

Day 1 - Caught the bus to Lake St Clair, lunch at the visitors centre, and then managed to lose the indistinct track through the button grass in Cuvier Valley for an hour, before finding a very special campsite on the shores of Lake Petrarch. Warm glowing sunset over the lake - perfect.

Day 2 - Next day up the track to Byron Gap, then off-track up the Dolerite boulder strewn northern ridge to Mt Olympus summit. This is my first time on Dolerite and boy is it presenting some serious boulder hopping - many boulders are the size of cars, some the size of houses, with gaps and chasms to match. Having reached the northern summit, down to L. Oenone, lost the track and ended up bush bashing down to L. St Clair, with a decent cliff face to circumvent toward the bottom. Belted up the track to Narcissus Hut and camped that night on Gould Plateau

Day 3 - Visibility is down to 100 - 200m and following the indistinct path NW, it heads off to traverse Mt Gould to the east, so I bush bash NW and pick up a cairned route to the top, where it a km of tough boulder hopping to the summit. Fortunately the cloud lifts and enables me to make a very steep descent down the north ridge into the saddle with the Minotaur, then its summit. The descent off the Minotaur is via a steep gully that is partially cairned and then a pad along the ridge

Du Cane Range, Tasmania / February 2010 cont.

where you would expect it. Down at Pine Valley Hut, I learn the card game the whole of Antarctica plays to while away the long hours - would you believe - Cribbage!

Day 4 - Up and gone early to climb the Acropolis. There are a couple of narly moves toward the top and it is a rather chilly 2C at the summit with a 30km wind to boot. Then up into the Labyrinth where it is raining lightly at L. Elysia. The track beyond is well cairned but as the weather closed in to 100m visibility, it started to hail and sleet lightly. I checked regularly for hypothermia, but still got sucked in by the cairns, missed my turn to L. Helios and bumped smack into the back of Mt Geryon in the clag. Realizing what I had done and with no chance of locating the lake campsite in those conditions, I selected the nearest flat(ish) area and set up the tent in the driving sleet. Taking three times longer than normal with frozen fingers I finally had a cold and wet tent to save my butt and a warm sleeping bag to crawl into.

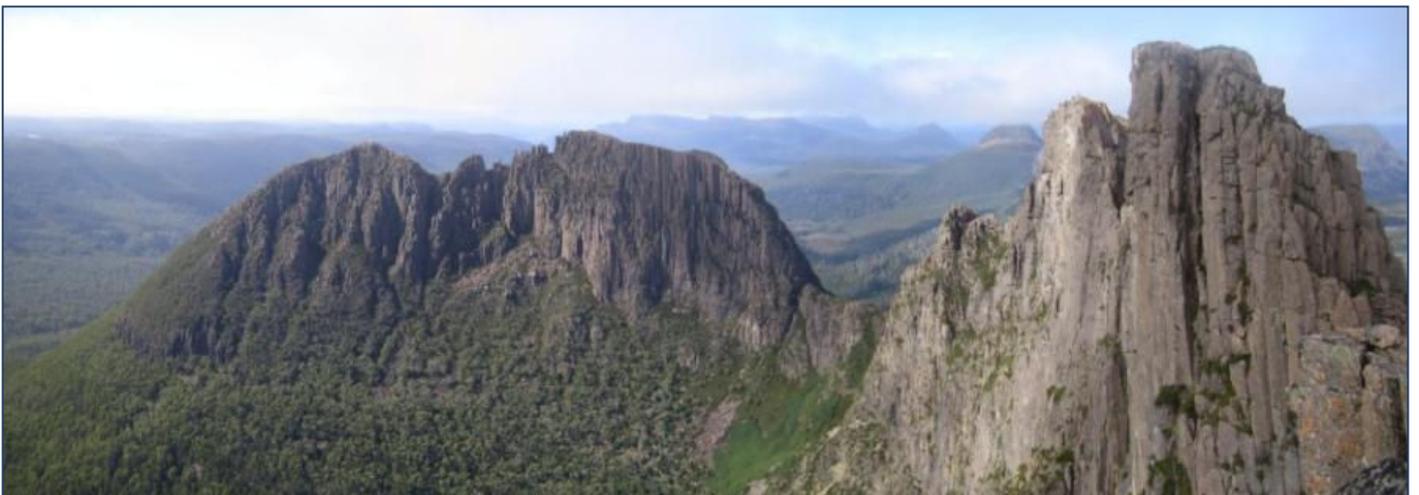
Day 5 - After a lumpy and cold night, woke to find a light coat of snow on tent and surroundings. Shoes frozen solid, lesson learnt the hard way and finally pliable after 20 minutes over the stove (OK, you snow campers can stop laughing now!!!). Once the snow and ice had thawed a bit it was up Geryon for a view of the Acropolis, less seldom seen, then via Big Gun pass to Mt Massif for lunch. This has a pleasant depression with numerous tarns, suitable for camping. The route off Mt Massif down the ridge to the east had me stumped. Chapman's guide book describes a route taking the southern side of the ridge. He gives a convoluted route which I couldn't recognize from the top of the cliff. However on the northern side of the ridge is a simple grass gully (located at the exact same GR given for the southern route - go figure) which steepens and narrows to pass you through the cliff line, then a traverse round 3-400m to meet the E-W ridge once more. Camped Castle Crag and for fun set up tent in exact location and took photo from same rock to replicate Chapman's guide book. Located water pool 30m from summit.

Day 6 - Stayed put till clag cleared mid morning, then found way off Castle Crag and down into Du Cane Gap, hence via the waterfalls north to Kia Ora Hut on the Overland. Contemplated and planned timing required to do Mt Ossa and get back to visitor centre on day 8. It was possible but it would be a marathon day and quite frankly I was exhausted, so decided against it. Was entertained by a Trangia Convention at the dining table that night (my poor Pocket Rocket was an orphan) and five locals from Launceston that were struggling along with 20-25kg start weight packs.

Day 7/8 - Leisurely walk down the Overland to Echo Pt Hut where the rats entertained us and my hut mate filled me in on South American walking (watch this space). Boy the new Bert Nichols Hut is enormous (and rather impersonal compared to the old style). Out to the visitor centre next day for bus at 11 (ish)

It was very tough work scrambling every day over Dolerite boulders the size of tables, cars and around or under those the size of houses. Chest high scrub in places and very steep climbs and descents topped it off. However spectacular views, magnificent cliff lines, a sense of achievement and a lesson well learnt in foul weather walking, made it a trip that will not be forgotten anytime in the near future.

Thanks again for the suggested route guys.



L to R - Acropolis, Geryon Sth (from Geryon Nth)

Maureen's Meander to Melbourne / Narooma to Merimbula

May 24-30



Moorehead Beach

The participants were:

Liz Wills
Erith Hamilton
John de Coque
Barbara Mitchell
Anita McMahon
John Thorn
David and Maureen Carter

A group of between eight and four walkers braved the indifferent weather in late May to walk along sections of the NSW South Coast from Narooma to Merimbula. I seem to bring the rain south as we were turned back by floods just south of Moruya in February and this time high seas and flooded lagoons prevented us from walking in Mimosa Rocks National Park. However, we enjoyed the wild weather, beaches and coastal forests together and were particularly impressed with attempts by the Bega Valley Shire Council to construct a Coastal Path in more easily accessible places between Bermagui and Merimbula.

Our progress can be followed on <http://users.tpg.com.au/dccarter/MMM>

We will pick up the missing links in October with six or seven days walking in Eurobodalla NP, Mimosa Rocks NP and Ben Boyd NP near Eden.

Maureen Carter

WILLIS'S WALKABOUTS

Bushwalking Holiday

Sale!

2010 is special. Unusually late rain in May means later trips will have more water than normal – a big plus for those who enjoy tropical swims.

Every single trip in my program is one I enjoy doing myself. We need only a few more bookings to run some great trips that will be even better this season! Get in now and you win.

Book and pay for any Australian trip which already has bookings before your next newsletter comes out and I'll give you 20% off. Check the availability page on our website.

Something really special. One of those trips goes into the most restricted area in Kakadu. It's the place where I had the single **most magical moment** of my bushwalking life. No photo can do it justice so there is none on the website. If you want to find out more, you'll have to come and see for yourself.

bushwalkingholidays.com.au

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Wild Dog Mountains / June 26-27

Stephen Brading

Despite a dodgy weather forecast for Saturday and no useful train service due to track work six of us met at Blackheath and drove to Dunphys car park which was empty except for 2 campers. At 9.35am we started walking and enjoyed a snack stop in sunshine on Ironpot Mountain overlooking the upper Cox River valley. Five minutes later the clouds enveloped us and we donned Gortex jackets on the Ironmonger track for a shower that lasted less than five minutes accompanied by a significant temperature drop. The clouds then cleared and we enjoyed good weather for the rest of the walk. Lunch was at the junction of Breakfast Creek and the Cox River. After which Pam minded the packs while making herself a cup of tea and enjoying the sunshine. The old mine was where I thought it was and Chris stated it was much better than the last mine SBW took him to visit. We returned to our packs then made our way down a pretty good foot pad to our campsite arriving at 2.30pm. The early arrival was useful as it took over an hour to get a half decent fire going as all wood was saturated. We had a pleasant evening around the fire with everyone in bed by bushwalkers midnight. Sunday was the perfect weather that was forecast. We left camp at 8.15am walked to the end of the first arm of the Blue Dog Buttress and commenced our climb to Knights Deck. The cool air made this climb easier. Arrived at Knights Deck at 10.30am and enjoyed the view while having morning tea. Then down the ridge to the shaded Breakfast Creek this time coming out right at the side creek junction. The conglomerate rock of the Wild Dogs cliffs like Knights Deck never fails to impress. Lunch was back in the sun at Frying Pan Flat before tackling the solid climb that is the Pots and Pan Spur. We reached the cars at 3.45pm and had dinner at the Lawson Hotel before heading home.



Yvonne and Stephen descending unnamed spur from Knights Deck



View from the top of Pots and Pans Spur

Participants were:

Stephen Brading
Yvonne Brading
Chris Birch
Ksenya Pakhomov
Rachel Brennan (P)
Pam Campbell

Three Weeks in France on the Chemin St Jacques

Robert McIlwaine

In May this year I walked from Le - Puy- en- Velay to Moissac a distance of 420kms. This is part of the Via Podensis, which becomes the Camino de Santiago or pilgrims' way at St Jean Pied de Port on the French Spanish border in the Pyrenees. Bishop Godelscalc of Le Puy undertook the earliest recorded pilgrimage to Santiago de Compostella in 950 to 951 AD.

The Chemin du Puy or Via Podensis is the busiest (and consequently the most developed) of all the routes, which cross France. The countryside through which the route passes is varied, from the spent volcanoes of the Velay, through the immense wild plateaus of the Aubrac, then to the valleys of the Lot, the Quercy.

This walk is full of history and very scenic. It is also an opportunity to fully immerse oneself in French culture, language and food. Unlike other parts of the Pilgrims Way the vast majority of walkers are local French people or Francophone Canadians or Swiss.

May 2010 was unseasonably cold with up to 30cms of snow falling one day in the area through which the walk passed. For the first week it was extremely cold then suddenly very warm. You need to be prepared for cold weather particularly on the Aubrac Plateau.



Pilgrims blessing at le Puy

Le Puy-en- Velay is a spectacular and traditional starting point for pilgrims to Santiago de Compostella. It is well worth a day's sightseeing before you start. I recommend you attend the pilgrims Mass early in the morning before your departure. A worthwhile experience whether or not you are religious.

The path is well marked and easy to follow with a few exceptions. It follows the Grand Randonnee 65 probably the most popular walking track in France. The surface is a combination of ancient paths, woodland paths, dirt farm tracks and a fair bit of bitumen but very quiet backcountry roads. In May the countryside is carpeted with wildflowers in bloom. There are regular 200 metre climbs and one 500-metre climb but it is generally fairly easy walking.

It passes through a number of picturesque villages such as St Cheyl d'Aubrac, St Come d' Olt, Espalion and Estaing. All these villages are ideal places to overnight. It also passes through some major medieval pilgrimage centres such as Conques, Cahors and Moissac. No major cities are encountered with Moissac being the biggest town I had to walk through.

A range of accommodation is available from self catering "*gite communaux*" (similar to youth hostels run by the local council) to private gites where accommodation is dormitory style but providing excellent demi pension (bed, breakfast and excellent evening meal) for 30 or so Euros, to hotels and Chambre de Hotes for those who don't wish to sleep in a dormitory. There is a lot of accommodation available for walkers generally every 10 to 20 kilometres. However in May there is very heavy demand for beds due to so many French walkers enjoying the numerous public holidays. Unlike Spain the gites can and are often booked in advance.

A number of opportunities are available to stay in gites, which are part of medieval abbeys such as in Conques or Moissac or even a convent at Vaylats. These are a highlight of the walk.

Staying in the gites is an essential part of the experience of the walk. For those who don't wish to carry their full pack a number of companies provide a baggage transport service from one gite to the next e.g. Transbagages or Factage.

There is a great camaraderie amongst the "pelerins" and for many it is a deeply spiritual walk even for people who are not religious. Knowledge of French is close to essential as English is little spoken in this area. Having said that people went out of their way to help a poor Anglophone like me with next to no French.

There is lots of material on the net about this walk some good sites are www.csj.org.uk, www.santiago-compostela.net and in French www.chemindecampostelle.com

There are two essential guidebooks required. These are the peculiarly named "Miam Miam Dodo" a guide in French to accommodation and services on the route (Miam Miam means yummy yummy in French) and Alison Raju's "The Way of St James - le Puy to the Pyrenees"

The advantages of this way over others is that it is not overrun by massive numbers as the main Spanish route has apparently become, it remains an un-touristed area of France, it is very scenic walk and the accommodation, food and wine is excellent.

I hope at some time in the future to recommence at Moissac and walk on into Spain.

Walks & Other Activities 1 - 30 June 2010

Stephen Brading

Leaders: - After an activity please email completed Walks Attendance Form and Activity Report to: walksreporting@sbw.org.au, bradingfamily123@optusnet.com.au and databasemanager@sbw.org.au
Please keep the signature sheet as these are a legal document. Thanking you in anticipation - Stephen

Date, Walk Location & Route	Activity Participants
<p>SUN 30 MAY - Day Walk - Easy-Medium Dharug National Park: <i>Wiseman's Ferry - Devine's Hill - Western Ridgetop - Finch's Line - Wiseman's Ferry</i> Walk Report: The weather forecast for coastal areas south of Sydney was for heavy rain and high winds, which sounded very dodgy. But in contrast, the weather was excellent in the Wiseman's Ferry area, and we had a good day for walking. At Wiseman's Ferry we crossed Hawkesbury River on the punt and made our way up Devine's Hill via the convict-built road, taking the opportunity on the way to check out the supporting walls and culverts of the road, which certainly was made to last! At the top we took the rough foot-track out along the ridge that runs westwards, eventually reaching our lunch spot high on the clifftops with great views of the MacDonald Valley down below. After lunch we retraced our steps to the top of Devine's Hill, and got onto Finch's Line, which was an earlier attempt to build a road uphill from the river to the top of the range. Along this trail the views of Hawkesbury River from the clifftops were fantastic from two or three different places. Arriving at the bottom of Finch's Line we then did the road bash back to the punt, crossing back to Wiseman's Ferry where several of us finished off a great day with well-earned hot</p>	<p>Nigel Weaver Margaret Weaver Adrian Buzo Jan Phillips Gueza Chavez (P) Erika Robles (P) Ian Mustchin (P)</p>
<p>WED 2-JUNE - Day Walk - S212 Easy/Medium 10km Garrawarra State Recreation Area: <i>Waterfall station - Lake Toolooma - Cawley's Saddle - Old Helensburgh Rail Tunnel - Helensburgh Station.</i> Walk Report: This walk did not go ahead. The reason for this situation is that by about 11am on the day before the walk I had had no applicants!</p>	<p>Nigel Weaver</p>
<p>SAT 5 JUNE - Day Walk - M211 Q 15km Blue Mountains NP: <i>Springwood - Clarinda Falls - Sassafras Gully - Glenbrook Creek - Perch Ponds - Lost World Lookout - the Duck Hole - Glenbrook. No Walk Report received:</i></p>	<p>Tony Holgate & Others</p>
<p>SAT 5 JUNE - Day Walk - L222 28km Royal National Park: <i>Bundeena to Otford. Walk cancelled due to bad weather</i></p>	<p>Maureen Carter</p>
<p>SUN 6 JUNE - Day Walk - M223 Garigal National Park: <i>Meet at Deep Creek reserve, walk along the walking track to close to Oxford Falls, continue along the fire track. Morning tea at model aircraft field. Bush bashing down to the valley and join Deep Creek again.</i> <i>Climb up to the ridge and to Belrose. Depending on the party and weather conditions we might visit the cascades at the other side of Forest way</i> Walk Report: When we started weather was excellent. The walking track at some stages was covered with rainwater so we had wet feet at some stages. We got to the morning tea spot (model aircraft field) as expected and found a track that took us to the top of the ridge. Followed the track and decided to head down to get to deep creek. Very dense bush bashing on the slop and wet feet at the bottom (reeds and ferns in the water) possibly as a result of previous rains. We discovered a very beautiful waterfall at the junction of the side creek flowing to deep creek. Another try of bush bashing heading to the other ridge and had lunch at the top of the ridge. Got to the exact point we had planned in Mona Vale rd and visited the aboriginal engraving (the shark which is hunting a man and a woman with a weapon on her hand). Then easy track taken back to the cars. A couple of afternoon showers on the way back to the cars.</p>	<p>Shahram Landarani David ? (V) Jodie Hill (V) Helen Lalas Shelia Zaman D Sutherland Ted Nixon S Chu Fiona Hume (P)</p>
<p>SUN 6 JUNE - Day Walk - M222E - Q 9km Nattai NP: <i>Wangtanderry Station - Bonnum Pic and return. Forested plateau to the large rocky platforms and knife edge ridge to the Pic. Sweeping views of the Wollondilly Valley to Warragamba Dam.</i> Walk Report: Scenic day, brilliant views to Warragamba Dam. Challenging walk along the knife edge. Leader tested the first aid skills of the group by crashing face first into a rock. Happy to report leader still able to eat roast pork at Mittagong RSL at the end of the day.</p>	<p>Ron Watters Patrick McNaught Mark Dabbs Geoff Coleman Peter Case (P) Genevieve Avery (P) Adrian Buzo Christine McColl Brian Surin Glen Draper Richard Pattison (P) Lloyd Hansen Gail Hansen</p>

Walks & Other Activities 1 - 30 June 2010 cont.

Date, Walk Location & Route	Activity Participants
<p>SAT 12 JUNE - Day Walk - Medium Govetts Valley: <i>Govetts Leap - Junction Rock - Blue Gum Forest - Little Blue Gum - Grose River - Victoria Creek Falls and Lookout</i></p> <p style="text-align: center;">Walk Report:</p> <p>A good solid day's walk in fine sunny weather with no dramas.</p>	<p>Chris Dowling Andrew Vilder Tim Yewdall Jen Melocco (P)</p>
<p>SUN 13 JUNE - Day Walk - M111 - 14km Metropolitan area - north: <i>Rivercat to Kissing Point Wharf - Putney Park - Morrisons Bay - Glades Bay - Bedlam Point - Huntleys Point - Tarban Creek - Hunters Hill - Pulpit Point - Kellys Bush - Woolwich Wharf. Return to City by ferry</i></p> <p style="text-align: center;">Walk Report:</p> <p>The walk went as per programme in fine wintry weather.</p>	<p>Ian Rannard Kate Hourigan Christine McColl Carol Werner Reudi Werner Nigel Wingate Kaye Walker (P) Sandra See Helen Lalas Denise Shaw Colin Rannard (V)</p>
<p>MON 14 JUNE - Day Walk - M222 - Easy/Medium 16km Metropolitan area - south: <i>Loftus station - tram to National Park station - Old Fire Track - Audley - Buttenshaw Heights - Muddy Creek - Audley - Honeymoon Track - Loftus station.</i></p> <p>Walk Report:</p> <p>The weather was fine and mild - ideal for walking. Our party took the tram from Loftus to Royal National Park station where we alighted and descended the Honeymoon Track down to Audley, then taking the easterly track up Artillery Hill where we had a break. Atop the hill we left the track, making our way northward and then eastward through the bush to the remote spot where Muddy Creek flows into Port Hacking. It was a great place for lunch, high on the cliffs above the creek. We then headed southwards along the western side of the creek, crossing to the other side when the bush became too thick. We continued to follow the creek until we reached a large waterhole. It was a great spot for our afternoon break, and would be a great place for a swim in summer. Leaving Muddy Creek we made our way through the bush, finally coming out on the foot track that leads westward to Audley. From there we retraced our steps to Loftus, arriving at the station shortly before dark.</p>	<p>Nigel Weaver Margaret Weaver Denise Shaw Marcia Kaye Gail Hansen (P) Leigh McClintock Julian Martin Glenn Draper Brian Surin Hugh Fyson David Bell Lucy Moore Gueza Chavez (P)</p>
<p>12-14 JUNE - Long Weekend Walk - L332 40km Kanangra area: <i>Uni Rover Trail - Mt Billy - possible high camp on Mt. Colong - Mt. Armour - Inglis Selection - Church Creek - Kowmung River - Cambage Spire - Kanangra.</i></p> <p style="text-align: center;">Walk Report:</p> <p><i>Stephens Comment:</i> Three days of terrific walking weather, great views in magnificent country in good company plus a bit of luck finding water when we really needed it made this a most memorable long weekend. Thank you Tony.</p> <p><i>Statistics from Jim Close:</i> Day 1 - 18.5km 8.10am - 3.17pm = 7hrs 7mins Day 2 - 12.2km 9.02am - 4.37pm = 7hrs 35mins Day 3 - 21.8km 6.35am - 4.42pm = 10hrs 7mins Totals - 52.5km 14hrs 12mins actual walking time (excluding all stops along the way). 10hrs 37mins stopped time during the day for all rests, meals etc while we were enroute from campsite to campsite and not walking. Total ascent was 2897m from the time we started to the time we finished. Maximum elevation was 1232m (achieved at about 5 mins after the start of the walk).</p>	<p>Tony Holgate Jodie Dixon Stephen Brading Vivien de Courcelles Emmanuelle de Courcelles Jim Close Huw ap Rees Anook</p>
<p>12-14 JUNE - Long Weekend Walk - S223E Gardens of Stone & Wollemi NP: <i>Baal Bone Gap to Newnes via the dividing range. Camps at Woolpack Rock Gap and Mt Dawson caves.</i></p> <p style="text-align: center;">Walks Report:</p> <p>Frosty, cool, clear days and 50mm rain two weeks ago gave us perfect conditions for this classic traverse. Rather than Ball Bone Gap itself, we gained MacLeans Gap via an ascent of Cape Horn. Thanks to excellent track intelligence from Oliver Crawford and others, Blue Rock Gap, Hughes Defile, Woolpack Gap and other obstacles were easily overcome. This was great country to walk in with lots of variety - scrambling up and down pagodas, ramps and slots made for interesting route finding and navigation, capped off by stunning views into the Wolgan and Capertee Valleys. Headed north as far as the Green Room at Pt Nicholson before returning to Newnes via a slightly unplanned route. Note to self - Must head back to explore further.</p>	<p>Karl Miller Richard Pattison (P) Ian Wolfe Paul Barton Stephen Dolphin Peter Love Grace Love Melinda Turner David Trinder Daniel Laver Peter Hinchey (P) Christina Day (P)</p>

Walks & Other Activities 1 - 30 June 2010 ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>12-13 JUNE - Weekend Activity Hawkesbury River -Kayaking Trip: <i>Brooklyn - Cowan Creek - Camp - Akuna Bay - Dangar Island - Brooklyn.</i> Activity Report: Waterfall at Refuge Bay flowing strongly. Stiff headwind in Cowan Water. Unexpected challenges as the tide comes in and in and in. Dinner by, nearly in the water! First class hamburgers at Dangar Island.</p>	Ken Collins Tony Manes Kay Chan Mike Floyd John Sharp (P) Richard Denham Ron Watters
<p>13 - 17 JUNE - Weekend & Midweek Activity Activity Report: This was a midweek stay at Gradys Riverside Retreat on the Shoalhaven River. Eight members attended and we all had an enjoyable time. Our walks included a visit to Yalwal goldmining area and the next day our host Michael led on a delightful walk through private property near the camping area. We left our cabins a day earlier than planned when the weather deteriorated with strong winds and damp conditions.</p>	Bill Holland & 7 Others
<p>THU 17 JUNE - Day Walk - M222 16km Blue Mountains NP: Glenbrook Gorge - Portal Lookout - Glenbrook. A circular walk starting & finishing at Glenbrook Station. Walk Report: There were ten on this walk as some belonged to another Club. The morning brought some showers which unfortunately made the rocks very slippery and recent flooding had caused vegetation to block our way. I also noticed that closer to the Nepean the weeds, including lantana, have grown so much that it was not easy to locate the start of the climb up the ridge to Portal Lookout. Some people found the climb up the tree and the rock face a little daunting but all were safe and enjoyed lunch with extensive views of the Sydney Basin from the top. The sun shone on us for the afternoon walk back along established trails to Glenbrook.</p>	Maureen Carter Suzanne Aubrun Ian Mustchin (P)
<p>SAT 19 JUNE - Day Walk - X222 46km Mt Hay Meataxe Trainer: Start of Mt Hay Fire trail (Leura) to Mt Hay and back, with following bush -track detours on way out: Fortress Hill and back 8 km, Lockleys Pylon and back 8 km. Walk Report: <i>Stephens Comment:</i> It is remarkable what you can do on an easy dirt road. We managed a side trip to a view out and back at the end of the Mt Hay road as well as a side trip to Flat Rock as well bringing the total distance to 50 km odd. Fantastic effort from Yvonne who had not walked or hardly been to the gym since early May. Met Tony & Gail Crighton who were doing a private Perrys trainer before their trip to Europe. Nice meal with the Vilder family at the Lawson Hotel after the walk.</p>	Andrew Vilder Yvonne Brading Stephen Brading Sandra See
<p>SAT 19 JUNE - Day Walk - M222 15km Blue Mountains NP <i>Galong Farm - Ironpot Mountain - Ironmonger Spur - Coxs River - Blue Dog Spur - Knights Deck - Cattle Dog Ridge - Breakfast Creek - Hobbles Spur - Galong Farm.</i> Walk Report: Walk cancelled due to lack of interest (only one person had booked in).</p>	Chris Dowling
<p>SUN 20 JUNE - Day Walk Brisbane Water National Park <i>Pindar Ridge - Pindar Lookout - ridgetop north of Double Lagoon - return to Wondabyne</i> Walk Report: It was a great day for walking - fine and mild. We left Wondabyne station and followed the tracks along Pindar Ridge to Pindar Lookout, from where there are great views of the lower Hawkesbury River and Dangar island. From the lookout we went off-track along the ridge that runs in a south-south-east direction out to some bluffs high above Double Lagoon. Although we were making a good speed in this off-track section of the walk, time constraints made me feel that it was prudent to stop at a rockshelf about three-quarters along the ridgetop. It was a good place for lunch, with fine views south across the valley to Cogra Hill and adjacent ridges. After lunch we returned to the track along Pindar Ridge and made our way back to the station, stopping along the way for an afternoon break at a pleasant viewing point alongside the track.</p>	Nigel Weaver Margaret Weaver Anita McMahon Rhoda Kriek (P) Corne Kriek (P) Jan Dormor Misako Sugiyama Gail Hansen (P) Lloyd Hanson (P) Julian Martin Nigel Wingate Christine Edwards
<p>SUN 20 JUNE - Day Ride 40km Metropolitan Area <i>Ride from Olympic Park (Homebush) to Brighton-le-Sands and finish at Tempe</i> Activity Report: The ride didn't go ahead, no takers up to Friday so I cancelled the ride and made alternate plans, then on Saturday I had two very late takers for the ride but as I had made alternate plans they were out of luck. Maybe the July ride will be better attended</p>	Maurice Smith
<p>WEEKEND 19-20 JUNE - Bush care Kangaroo Valley / Coolana - Maintenance And Bush Regeneration No Activity report received:</p>	Barry Wallace & Others

Walks & Other Activities 1 - 30 June 2010 cont.

Date, Walk Location & Route	Activity Participants
<p>WEEKEND 19-20 JUNE - Weekend Walk 16km Kanangra Boyd NP <i>Ben Lomond Firetrail - Surprise Creek - Hollanders River - Tuglow Falls - Box Creek and Box Creek Falls - Black Banksia Falls and return to cars via unnamed ridge.</i></p> <p style="text-align: center;">Walk Report:</p> <p>A small group of us braved the cold weather and were duly rewarded with views of three magnificent waterfalls flowing strongly. On the way down to the Hollanders River we were stopped swiftly in our tracks by the sound of rifle fire uncomfortably close to us. After much screaming and whistle blowing voices replied and assured us we were not about to be shot. When we arrived down at the river we met a group of young men out pig shooting. (They were on private land on one side of the river and we were in the NP on the other side of the river) Worth remembering that there are 'shooters at Shooters Hill!'</p>	<p>Melinda Turner Linda Tarran Ron Watters Ksenya Pakhomov</p>
<p>WEEKEND 19-20 JUNE - Rogaine Near Gosford <i>Paddy Pallin 6 hour Rogaine</i></p> <p style="text-align: center;">See Vivien's report in the August Magazine</p>	<p>Vivien de Rémy de Courcelles Emmanuelle Convert Paul Barton Richard Pattison Peter Hinchy Christina Day Peter Case Adam Pritchard Alitia Dougall, Helene Cass Paul Benitez</p>
<p>TUE 22 JUNE - Day Walk - S211 Royal National Park Bundeena - Bonnie Vale - Cabbage Tree Creek entrance and upstream to Bundeena Drive, Marley track to Deer Pool - Coast track to Bundeena.</p> <p style="text-align: center;">Walk report:</p> <p>Sunny with occasional afternoon showers. Pleasant cabbage tree palm forest around the basin. Some thick scrub to Bundeena Drive. Rain at Deer Pool prevented afternoon tea. Good company, made the 5pm ferry with a few minutes to spare. Walk needs low tide to skirt the basin. Worth doing again.</p>	<p>Ron Watters Denise Shaw Bob Galloway Emily Clough Yogeeta Naidoo (P) Tony Manes Kay Chan</p>
<p>SAT 26 JUNE - Day Walk - M212 15km Waterfall to Engadine: WATERFALL STATION, KANGAROO CREEK, ENGADINE TRACK AND ENGADINE STATION.</p> <p style="text-align: center;">Walks Report:</p> <p>We all met at Waterfall station for an early (8.30) am start. After 10 minutes and despite walking on a track we were drenched from the water on the bushes. The first waterfall and pool were met with awes and the cameras came out. Several pools later we had morning tea on a nice rock shelf while the weather stayed overcast but without rain. We had lunch under an overhang close to Karloo pool and picked up a couple of leeches. By the time we started moving again, the sky had cleared: not a cloud in site and a welcoming warm sun. We sun basked on the rocks after reaching the Engadine track and its impressive stairs. The climb up to the station was done at a good pace by all and we had time for coffee and cake in Engadine. It was a great group of very enthusiastic prospective and a few more seasoned members who agreed that this walk can be upgraded to Q.</p>	<p>Vivien de Rémy de Courcelles Belinda Wright (P) Trevor Wright (P) Nicole Bailey (P) Caroline Catt (P) Lisa Sheldon (P) Glenn Draper Georgia Bain (P) Ian Thorpe</p> 
<p>SAT 26 JUNE - Day Walk - L321 30km +/- 1000m Metropolitan Area - North - Cowan 2 Sphinx Cowan Station, Berowa Waters, Mt Ku -Ring-Gai, Apple Tree Bay, Gibberagong Track, Sphinx Trailhead (Bobbin Head Rd, Nth Turramurra)</p> <p style="text-align: center;">Walk Report:</p> <p>We met at the finish, where Clare, acted as support crew and ferried us all to Cowan, leaving all cars for a convenient finish. Sandra arriving by train was relieved when we finally turned up a few minutes late. The overnight rain that threatened came to nothing. With half the group consisting of the Wild Endurance "Wildcat" team from a few weeks ago, the pace up front was hot and the rest of us just had to hang on. No new records were set for coffees consumed during the walk but a very pleasant lunch at Apple Tree Bay kiosk was had before wrapping it up. There was a strange absence of Trailwalking Teams out on the track, though one team we passed at Apple Tree Bay was heading for Davidson and expected to be getting some night walking practise.</p>	<p>Karl Miller Marcia Kaye Sandra See Melinda Turner Jodie Dixon David Trinder</p>

Walks & Other Activities 1 - 30 June 2010 ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>SUN 27 JUNE - Day Walk - M221 Blue Mountains NP - Upper Glenbrook Creek: <i>Falconbridge -Sassafras Gully -Numantia Falls -Glenbrook Creek - Sassafras Gully - Falconbridge.</i></p> <p style="text-align: center;">No Walk Report received:</p>	<p>Tony Holgate & Others</p>
<p>SUN 27 JUNE - Day Walk - M222 Q Macquarie Pass NP: <i>Lees Road Lookout - Caloola Pass - Tongarra Valley - Green Pass - Tongarra Head - Refrigerator Point - Cliff tops - Lees Road Lookout.</i></p> <p style="text-align: center;">Walk Report:</p> <p>The descent into the beautiful green valley was a little tricky to find, but with plenty of cairns and eager walkers to search for them we made it down to a morning tea of Birthday cupcakes in the winter sunshine. Climbing out of the valley was made easier with a track and handrail (rope) made by the local landowner, before the real challenges of the day began. Boulder scrambling up the cascades, pushing our way through the rainforest & following wallaby tracks through the bracken was ably accomplished by everyone, and we finished off the day off with dinner at the Mittagong RSL.</p>	<p>Linda Tarran Ron Watters Caroline Gong Jenny Edwards Geoff Colman Philippa Smith Jennifer Melocco Julian Martin</p>
<p>WEEKEND 26-27 JUNE - Weekend Walk M332 (Medium/Hard) Q 22km Wild Dog Mountains DUNPHY CARPARK, CARLONS FARM - IRONPOT MTN - IRONMONGER SPUR - BREAKFAST CREEK & COX RIVER JUNCTION - 3KM DOWN COX - CAMP - BLUE DOG BUTTRESS (580M TRACKLESS CLIMB) - KNIGHTS DECK -OFF TRACK DOWN TO BREAKFAST CREEK - FRYING PAN FLAT - POTS & PANS SPUR - DUNPHY CARPARK, CARLON FARM.</p> <p style="text-align: center;">Walk Report: See separate magazine article.</p>	<p>Stephen Brading Yvonne Brading Chris Birch Ksenya Pakhomov Rachel Brennan (P) Pam Campbell</p>

Copies of the Original Gundungura Map

Michael Keats

Following an enquiry from a member of both The Bush Club and SBW I have located the copyright holder and obtained permission to reproduce copies of this map

It is rather large 760 x 960 mm.

Please advise if you are interested by 15th July 2010.

I will then canvass a price for this quantity and advise all respondents.

All costs will be disclosed. I will take no margin. I will not hold stock. This is a once off offer.

As the map is of interest to many walkers in both clubs this offer is being made.

My email address is mjmkeats@easy.com.au and my telephone number is 9144 2096.

Please note I must adhere to the 15th July deadline



BUSHWALKS WANTED FOR SBW SPRING PROGRAM 2010

What bushwalking ideas do you have?

We are so lucky in Sydney. We can easily walk in the mountains close by, in parks that thread their way into the suburbs of Sydney, along beaches, through rainforest covered mountain ranges or our awe inspiring Alps.

Those walks you have always wanted to do, those walks others would love to do, SBW needs your help! We need all trips; easy through to hard. There is also room for trips that look at history, cultural or environmental issues. Or maybe a gourmets walk!

The Summer Walks Program is now being compiled; get those walks to me as soon as possible.

Tony

02 9943 3388 (h) / 0434 968 793 (m)

tholgate@optusnet.com.au

“Baby its Cold Outside- Keeping Warm in the Outdoors”

Tony Holgate

Part 1 / Hypothermia - That's not just cool!

The human body works very well at about 37 centigrade. The extremities (arms and legs) can get considerably colder without serious damage, but the core temperature (internal organs) must be maintained at about 37 . In cold, wet, windy conditions the loss of heat from the body is greatly increased. This can lead to a rapid drop in core temperature.

Unless some action is taken this can quickly lead to mental confusion, loss of coordination, unconsciousness, failure of breathing and circulation, and **death**.

Hypothermia can be defined as "a decrease in the core body temperature to a level at which normal muscular and cerebral functions are impaired."

Conditions Leading to Hypothermia include; Cold temperatures, improper clothing and equipment, wetness, fatigue, exhaustion, dehydration, poor food intake, no knowledge of hypothermia and alcohol intake (which causes vasodilatation leading to increased heat loss)

What are "hypothermic" temperatures? Temperatures and other factors can lead to a loss of core body temperature.

- Below freezing
- Prolonged exposure to water below body temperature.
- Any temperature less than 37 degrees can be linked to hypothermia (ex. hypothermia in the elderly in cold houses) or peripheral circulation problems such as trench foot and frostbite. Be aware that most cases of hypothermia occur at temperatures above freezing. The greater hazards are wind and wet. Note that this can even occur in the tropics.

Signs and Symptoms of Hypothermia. Watch for the "-Umbles" - stumbles, mumbles, fumbles, and grumbles which show changes in motor coordination and levels of consciousness

Levels of Hypothermia

Mild Hypothermia - core temperature 37 - 35 degrees C

- Shivering - not under voluntary control
- Can't do complex motor functions (ice climbing or skiing) can still walk & talk
- Vasoconstriction to periphery

Moderate Hypothermia - core temperature 35 - 34 degrees C

- Dazed consciousness
- Loss of fine motor coordination - particularly in hands - can't zip up parka, due to restricted peripheral blood flow
- Slurred speech
- Violent shivering
- Irrational behavior
- Paradoxical Undressing - person starts to take off clothing, unaware they are cold
- "I don't care attitude"

Severe Hypothermia - core temperature 33 - 30 degrees and below (*immediately life threatening*)

- Shivering occurs in waves, violent then pause, pauses get longer until shivering finally ceases - because the heat output from burning glycogen in the muscles is not sufficient to counteract the continually dropping core temperature, the body shuts down on shivering to conserve glucose
- Person falls to the ground, can't walk, curls up into a foetal position to conserve heat
- Muscle rigidity develops - because peripheral blood flow is reduced and due to lactic acid and CO2 build-up in the muscles
- Skin is pale
- Pupils dilate
- Pulse rate decreases

Death from Hypothermia

- Breathing becomes erratic and very shallow
- Semi-conscious
- Cardiac arrhythmias develop, any sudden shock may set off Ventricular Fibrillation
- Heart stops, death

“Baby its Cold Outside- Keeping Warm in the Outdoors” cont.

How to assess if someone is Hypothermic

- If shivering can be stopped voluntarily = mild hypothermia
- Ask the person a question that requires higher reasoning in the brain (count backwards from 100 by 9's). If the person is hypothermic, they will not be able to do it. [Note: there are also other conditions such as altitude sickness that can also cause the same condition.]
- If shivering cannot be stopped voluntarily = moderate - severe hypothermia
- If you can't get a radial pulse at the wrist it indicates a core temp below 32 - 30 degrees
- The person may be curled up in a foetal position. Try to open their arm up from the foetal position; if it curls back up, the person is alive. Dead muscles won't contract only live muscles.

Signs and Symptoms

Early warning signs

- ✿ Feeling cold, shivering
- ✿ Tiredness or exhaustion
- ✿ Anxiety, lack of interest, lethargy
- ✿ Clumsiness, stumbling or falling
- ✿ Slurred speak, difficulty in seeing
- ✿ Sense of unreality
- ✿ Irrational behavior

Later signs (you are faced with a medical emergency)

- ✿ Obvious distress
- ✿ Shivering stops despite cold
- ✿ Collapse and unconsciousness
- ✿ Coma

WARNING: a person can progress from first symptoms to coma in less than less than 30 minutes. During all this the person may not complain at all.

Remember

Prevention is the best policy. If the conditions are hypothermic, stop, camp (or find shelter from wind and water), replace wet clothes with dry, add extra layers of clothing, wear a beanie and gloves, check everyone else in the party, rest, have a warm sweet drink. Severe hypothermia should not occur if you watch and do something about the warning signs. Because of the nature of hypothermia, individuals may not be aware that they are becoming hypothermic; you should watch each other for the signs.

Part 2 / Dressed for the Occasion

Layering

The principle to remember about keeping warm in the outdoors is trapping warm air close to the body and to insulate it from the cold. This is best done using layers of clothing. As well as protecting the body from wind, rain and snow, layering allows you to regulate the amount of body heat trapped, by adding or removing a layer. It is important to realize this works both ways - adding layers for the cold and removing them as you heat up. It is about regulating your body temperature and matching your clothing to the climate, your individual thermostat and activity levels. Each layer performs a different function. There are a range of fabrics available to wear as layers. These include silk, wool, fleece, polypropylene, nylon, down and other synthetics. Cotton is a poor choice as it is slow to move moisture away from your skin, and is not only ineffective as insulation, but when wet actually helps draw heat from you.

The Base Layer

This is the first layer of clothing that is worn directly next to the skin. This layer should be able to keep the body warm while also moving moisture away from the skin, also known as “wicking”. An excellent choice for the base layer is polypropylene and polyester, as they combine both of these attributes. Polypro long underwear and t-shirts can be found at just about any outdoor retailer, and are relatively inexpensive. In really cold environments, you may also wear sock liners. This layer should be a snug fit to facilitate the wicking process.

Middle Layers

Middle layers are clothing worn on top of the base layer. These pieces add insulation to the body, and trap more air and therefore heat than the base layer could alone. On the torso, one might wear a fleece jacket or jumper, and a down jacket or vest. Bottoms could include synthetic pile pants or fleece bottoms. Note that while down is very effective, it quickly becomes useless when wet. This layer should be loose, but not too loose. There are many different weights of middle layer, as these are the most insulating layer and need to be matched to the conditions. The features of the middle layer can be important; for example, high collars, zip open fronts, thumb holes in the sleeves. The features are about extending the range of conditions you can use them in.

Outer Layers

The outer “shell” layers should be windproof and water repellent to keep out wind, rain and snow. Wind can quickly chill the body. While nylon rain jackets and pants work well, they do not breathe well. Gortex and other similar shells allow some of the moisture generated by sweating to escape, minimizing the buildup of moisture inside your clothing due to sweating. In Australia, the combination of humidity and temperatures can sometimes

“Baby its Cold Outside- Keeping Warm in the Outdoors” cont.

mean it is difficult to balance keeping warm with keeping dry. Again there are a variety of features that need to be matched to the conditions. Note that often walking exposes your outer layers to significant wear and tear on scrub and rocks and therefore needs to be durable so you do not compromise your wind and water protection layer. Always select a jacket where the hood’s functionality is not compromised by wearing a pack.

Head, Hands and Feet

Keeping the extremities warm is just as important as the body core. As it gets cold you will get chilled fingers and toes. The layering system applies to these areas as well. For instance, one could wear thin wool or synthetic gloves, with thicker fleece gloves on top, and insulated shell gloves over the first two if it is very cold out. On the feet, one or two layers of wool socks can be worn inside boots. It can be a dilemma when you need to cross a very cold river. Bare feet can be painful and expose you to the risk of injury, but crossing in your walking footwear means walking with wet feet. **Wear a Hat!** You can lose a lot of heat through your head, keep the head warm by wearing a wool or fleece beanie cap, one that ideally reaches down to cover the ears. A neck muff is also very useful in cold conditions. It is possible to add layers to the head by wearing clothing with a hood, such as a fleece or down jacket. The rain jacket should have a hood as well to keep out rain.

Hints

- The layering principle is about changing what you wear, add or remove your hat, adjusting zips, add or remove clothing,
- Do not let yourself get too hot or too cold.
- It is better to have a spare layer, than get caught too cold.
- If it is cool, put on a warm layer or shell, when you stop to avoid cooling too much.
- Drink enough. The extra layers can cause you to sweat more and cold air will cause you to dehydrate faster.
- Remember that you do not want to be soaking wet from you sweat, as that reduces the efficiency of the layers.
- Match your choice of layers to the climate (temperature, humidity, wind and rain) and activity.
- Ask a leader if you are in doubt.

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The Midweek Walkers

Bill Holland

The Mid Week Walkers are an informal gathering of people in SBW who find the time to enjoy walking, cycling, kayaking during the quiet times of the week when others are working hard to support us.

The range of activities caters for all abilities with emphasis on a more relaxed style of walking. Some even prefer to spend at least part of the time back at base reading, bird watching or just relaxing in the outdoors. In most cases you can join us for all or any part of the Monday to Friday events, but we need to know you are coming. If you would like to be added to our Midweek Walkers mailing list please let me know by contacting Bill Holland 4296 3084 or by email to billholland@bigpond.com

Past the half way mark now and soon the days will be longer and warmer. Camping out is not very exciting in winter but thankfully the cabins have heaters and the days very pleasant for walking.

The weather was quite acceptable for our stay at Gradys Retreat in June, that was until Thursday when the strong winds came with rain to follow so one by one we decided to quit a day early. Still, we had walking on a couple of days. On Tuesday we drove to Yalwal (nearly twenty years since I was last there) and walked to the gold mine area. Being the day after the long weekend the campgrounds were messy from heavy use and people too lazy to carry out their rubbish in their vehicles. On Wednesday our host Michael led on a very pleasant walk through some private property and enlightened us on local history.

This month (July) we go to Bathurst and pretend to enjoy the icy conditions in similar fashion to our European ancestors. Therefore, we have "Christmas in July" at Robyn's Farm - see below - and the Mid Winter Feast in the Clubrooms on the next social night (July 21st).

Being forced to remain indoors over the last couple of weeks I must admit it is rather pleasant here, close to the seaside and by the seaside is where we will be in August. A firm booking has been made for the house at Myola, on Jervis Bay. Fran spent a couple of days there this week with her daughter and highly recommends the accommodation and surroundings.

Talking of bookings, we are having a great deal of success. Tombara was well attended some weeks ago; Gradys Retreat had eight attending and the New England trip is about fully booked with ten people who've paid their deposits.

So, here are our plans for the next few months:

Mon 19th - Fri 23rd July - Farewell to Robyn's Farm.

This may be the last time we can stay at Robyn's and as we have had many pleasant stays here it would be nice to say farewell to the farm. There will be events planned including Christmas in July and a visit to Abercrombie Caves. Come and join us for all or any of the days.

Mon 16th - Fri 20th August: Villa Paradise Myola

Myola is nice and quiet, one-street village on the beautiful Jervis Bay. The house is modern and comfortable and is surrounded by beautiful bush. The garden of the house goes down to river (handy for kayakers) a stroll through the bush brings you to the kilometres long beaches of the bay. Good stretches for cycling as well.

Likely cost: around \$25 per person per night depending on numbers.

The booking has been made so let me know if you would like to attend.

Mon 20th - Fri 24th September Yalwal Camping Ground

A favorite camping area, crowded on weekends but empty through the week. There are many walking and exploring opportunities, including canoeing on the adjacent dam.

New England National Park, Mon 18th - Fri 22nd October:

We will stay at "The Residence" at Banksia Point. There are opportunities for lots of walking, animal and bird watching in New England and other nearby national parks. The area is magnificent at this time of the year. Due to the distance we will combine transport arrangements where possible. Likely cost will be **about** \$25 per person per night.



Buying/Selling/Giving it Away

Do you have some old gear that you no longer need? Would you like to sell it? Would you like to give it away? Is there something you need, perhaps one of our members would like to sell that very item!

Well here is your opportunity. We are going to trial a 'Buying/Selling/Giving it Away' page in the next few newsletters. If it works and can be managed we will continue with it. So.....

This could be your old tent here!



Make your descriptions and/or small photo fit in a text box this size and we can see if it sells!

Macpac Gift Card

Club member, Kathy Gero has a Macpac gift card which she would be happy to sell for its value which is \$172.51. There is no expiry date. This is a result of an inappropriate purchase. Contact Kathy on 91307263 or email kathymg73@gmail.com.



Western Mountaineering - Highlite - produce an unbelievably light weight range of sleeping bags using 850 fill power down and a minimum of extras e.g. just a half zip. Rated at 4C and weighs just 485g. I use one regularly year round and have slept to 4C on several occasions (albeit with thermals and beanie) so the rating is accurate. Paddy's sell them at \$550. Contact Karl - kz.karlmiller@gmail.com or 0428 458 788

Silnylon Tarp - Design as per my AAWT trip. Loads of room coming from its asymmetric shape and beak. It measures 2.6m wide at front, 1.6m wide at back and 2.9m long (incl. beaks). Weights 285g. Including guys, pegs and emergency blanket for groundsheet, my shelter totals 430g and packs to 10cm dia. x 20cm. Price \$140. Alternatively I have the Silnylon available for sale at \$15/linear meter (blue only, 60" wide) and you can use it to make your own design. Contact Karl kz.karlmiller@gmail.com / 0428 458 788



Picasa Web Albums and Google Groups

Picasa Web Albums

We have new, easier way to get your photos available to share on the website. Essentially you can upload your photos to a Web Album (Picasa) and let us know the link. Many of us are using web albums to share with family and friends already. Please click on the following link for instructions on how to upload your photos:

<http://www.sbw.org.au/SiteMedia/w3svc853/Uploads/Documents/Picasa%20Web%20Album%20-%20Beginners%20Guide.doc>

Google Groups

To encourage interactive use of this facility, it is now possible for **anyone** in the group to create a message to the whole group (rather than asking Ron to send it out). If you are not on the list (i.e. you aren't getting short notice and alteration updates by e-mail), just drop me or Ron an e-mail and we'll add you.

- Maybe you have want to plan a walk - You could ask "Who has walked in MacDonnells and can point me in the direction of water here
- Maybe you have a day off in the middle of next week. "Hi, I'm heading up to Blackheath next Wed, if you want to join me on this walk
- Please Note - No commercial messages, no chain or joke mail to be sent.
- Moderation is in place but the message should go out within a few hours.

Karl Miller

Training Events

Comprehensive Remote Area First Aid Courses 2010



The BWRS is holding a number of Comprehensive Remote Area First Aid Courses. The next one is:

- October 9th, 10th and 23rd, 24th at Berrima Scout Camp

For information and registration visit the BWRS Web Site at:

<http://www.bwrs.org.au/?q=remote-area-first-aid>

For more information contact:

TEL: (02) 4225 3580 David or Merri Sheppard

Email: sheppard david1@bigpond.com

The All Purpose Weather Forecaster

Print this page out and hang a piece of string in the middle. Then hang the page on the outside of your pack.

Condition of String	Weather Conditions
String wet	Raining
Icy	Frosty
Swinging	Windy
Horizontal	Very Windy
Missing	Cyclone
Dry	Clear
White	Snowing
Unseen	Foggy
Shadow	Sunny
No shadow	Cloudy
Underwater	Flooding
Dirty	Dust storm
Moving up and down	Earthquake

Club member, Alex Popovski sends the following message for your consideration

I have entered the City2Surf again this year after the pain of running last year. This year, however, I thought I'd better raise some money for a worthwhile cause. I am supporting a charity close to my heart (pardon the pun). 'Heart Kids' is a charity that supports children with heart disease and their families during the tough times of diagnosis, medical procedures and potentially the loss of a life.

Please give as much as you can but remember no amount is too small. All amounts of \$2 or more are tax deductible so whatever amount you were thinking of donating just double it as you'll get half of it back in a few weeks time if you donate before 30 June. Donations will be accepted right up until race day on Aug 8. Let's see how much we can raise!!

Follow the link below to my fundraising page.

http://www.everydayhero.com.au/aleksandar_popovski_1

Thanks for your support, Alex

Winter Social Program

Kathy Gero

ALL MEETINGS ARE HELD AT THE KIRRIBILLI NEIGHBOURHOOD CENTRE
AT 8pm UNLESS OTHERWISE INDICATED.

JULY

14th July **New Members Night**
8pm Introduction to SBW for intending prospectives

21st July **Xmas in July/ Mid-Winter Feast**
8pm At the Kirribilli Neighbourhood Centre Gallery Room Level 1
Come and celebrate the middle of 2010, with our iconic SBW -style party.
Merely bring yourself and a plate of something delicious (savory or sweet) to share. The club provides all your beverage needs as well as eating utensils. We may even have Gluwein!!!!

We need a gluhwein maker and a recipe as our as our maker after many years of splendid service now resides on the South Coast. If you can help please contact our Social Secretary Kathy Gero on kathymg73@gmail.com

AUGUST

4th Aug **Committee Meeting**
7pm Observers welcome

11th Aug **New Members Night**
8pm Introduction to SBW for intending prospectives

18th August **EcoTraining Guides**
8pm



Join Mark Hutchinson, Director of EcoTraining Australia, for a discussion on reconnecting with nature, conservation through education and raising the guiding standards in Australia.

Founded in 1993 in South Africa, Mark brought EcoTraining to Australia in 2007 with the aim to develop professional field guides for the growing nature based tourism market in Australia. With a bush training facility on the Western border of Kakadu National Park, and mobile training facilities with the capability to train at any remote location in Australia, EcoTraining provides the only hands on, practical guide training in the country.

So come and join Mark for a presentation on how these immersive, 28 day bush camps are helping to improve the guiding standards in Australia, and how this is enhancing the outdoor experience for all nature enthusiasts. And with plans to expand into the Blue Mountains region, Mark also wants to hear your thoughts how we can work together to provide a more enriching experience for all Bushwalkers.

COME AND SUPPORT OUR GUEST SPEAKERS!

Our Social Secretary, Kathryn Gero has changed her email address.

Her new email address is: kathymg73@gmail.com

If you would like to organise a social event for club members contact Kathy and share your ideas with her!

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