

# WALKLINES

***Newsletter of the Waverley Bushwalking Club Inc  
February 2025***



Next Meeting: February 10th at the Mount Waverley Community Centre

Speaker: - Alain Young - Healthy Aging and Wellness

*Waverley Bushwalking Club wishes to acknowledge receipt of an in-kind grant from the City of Monash*

# Waverley Bushwalking Club Inc.



PO Box 685, Glen Waverley, Vic 3150

[waverleybwc@waverleybushwalking.org.au](mailto:waverleybwc@waverleybushwalking.org.au)

Web: [www.waverleybushwalking.org.au](http://www.waverleybushwalking.org.au)



## PRESIDENT'S REPORT

Hi all,

Our first Walklines of the year, so a big Happy New Year to you all! I hope everyone has had an enjoyable summer so far and remains healthy and active.

Our revamped end of year celebration at the Burvale Hotel was a resounding success, with great food efficiently served by the hotel and range of entertainments provided by the club to take us through the evening. The highlights included an exhibition of square dancing that included several club members, our customary music and song segment by Simon Johnson (with some original compositions), and various lucky draws and prizes. The committee is planning to hold next year's event at the same venue.

Walks were a bit scarce in December, but the January program filled nicely with 9 walks and February and March are already quite full. Many thanks therefore to our leaders for again putting on a good walking program for us. But as I said in my report last December, we are over-reliant on our existing leaders and are not seeing sufficiently many new leaders to share the load. As it's not yet too late for another New Year's resolution, why don't you resolve to lead a walk this year? An easy way to do this is to contact a leader for a walk you plan to join, and ask if you could co-lead it to gain some leadership experience. Your offer is sure to be accepted with enthusiasm!

Our monthly meetings recommence this month too, on Monday 10 February. Our speaker for the month is Alain Young, an exercise physiologist who will speak about staying fit and healthy as we age. That's of course one of the reasons we go bushwalking, but is it enough? Come and join us to hear Alain, and also to socialise before and after the meeting with other club members over coffee or tea and refreshments.

Our membership year is coming to a close (at the end of March), and the committee has decided to keep fees unchanged for next year. As a club we remain in a strong financial position. More than half our fees, by the way, go to membership of Bushwalking Victoria and club insurance costs.

That's it from me. Enjoy the remainder of our summer and stay healthy, fit, and safe as we continue to enjoy wonderful walks in nature.

**Rolf Exner**

***Put your New Year's resolutions into Action!***

"Alain, an Accredited Exercise Physiologist from Equip4Life will be conducting a Healthy Ageing and Wellness Seminar for us at our meeting on February 10th.

This includes topics such as: health myths and misconceptions, the 4 keys to healthy living, nutritional tips and the most effective exercises for maximum health benefits.

There is a free follow up program available for any interested members as well."

***Leaders: Some options for collecting first aid kits***

***Jane May***

Carrying a club first aid kit and PLB is a requirement for all leaders on our walks, base camps and pack carries.

It is sometimes inconvenient to collect the club first aid kit and PLB, especially for our leaders who live further away from the Waverley area.

Collecting the kit from a previous leader on a walk and letting Peter know, or asking a participant on your walk to collect from Peter and return it, are some of the options leaders can use.

We thank Peter Lomax for his ongoing support in managing, tracking and updating the clubs many kits. If you are having an issue collecting or returning a kit please contact myself or Peter Lomax .

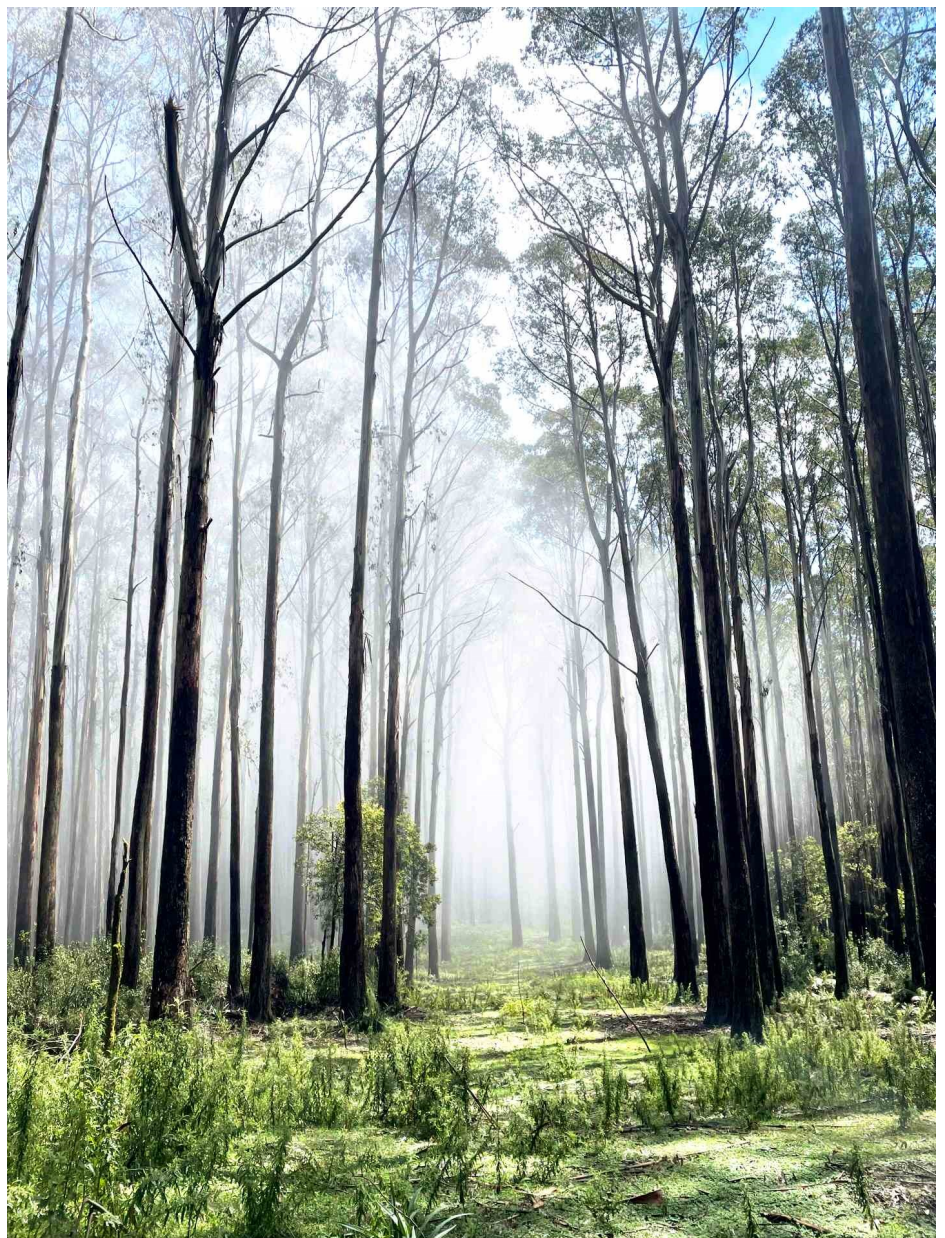
***Winning Photo***

This photograph won the photography competition at the End of Year celebration in December .

Congratulations Rolf Exner.

"The photo was taken last October on the club hike from Mt Donna Buang to Dom Dom Saddle, in the vicinity of The Knobs.

The day started wet and cold, but after a couple of hours it started to clear leaving a light fog around the trees." (Rolf)



## DAY WALKS

### GLYNNS RESERVE, WARRANDYTE

Wednesday, December 11<sup>th</sup>

Leader: Rod Jones

Report: Heather Lucas

We were very lucky to get such a perfect day for this walk around the Yarra River.

We walked on the north side of the river for a change and we didn't see another soul for the whole of the walk.

We did see a couple of very large kangaroos and some relics of a long abandoned farming community, including a derelict dairy and the re-



Photo: Mani Andreetta



Photo: Heather Lucas

mains of a mud brick house.

The walk was on land which is now controlled by Parks Victoria but yet to be established as parkland.

The tracks were predominantly on narrow footpads winding through bushland and along the edges of the beautiful Yarra River.

We had to take great care on one goat track which was high above the Yarra because there was a steep drop-off into the river below. Luckily it was dry and not slippery.

Our morning tea spot was an old campfire surrounded by a circle of rocks – a seat for all nineteen of us.

We completed the 13 km walk in 5 hours and enjoyed a nice coffee outside the Warrandyte Bakery.

Thank you Rod for another original and interesting walk. We all enjoyed it.

### PARADISE TO EMERALD LAKE

Thursday, November 28<sup>th</sup>

Leaders: David and Wendy Lumb

Report: Val Messer

Nineteen walkers, including three visitors, set off from Paradise, following the Eastern Dandenong Ranges Trail to Emerald Lake.

It was a picturesque walk, through ferns and trees following the Puffing Billy rail track and through what remains of the Nobelius Heritage Park. Its history dating back to the 1880s is displayed on posts along the trail.

History. Carl Alex Nobelius, a horticulturist originally from Finland, obtained the land for his nursery and by 1890, had expanded it from 50 to 200 hectares. He obtained stones for peach, almond, and cherry trees from the Goulburn Valley fruit industry and plum stones from France. Nobelius employed eighty workers, exporting his trees to five nations - in one year alone over 400,000 to South Africa.

Fruit trees were lifted, packed in hessian sacks and transported to the port by bullocks. He lobbied for the construction of a narrow-gauge line which was completed in 1900 (now known as Puffing Billy). He was given permission to build a packing shed on railway land also. Sadly, the world war in 1914 saw the collapse of his enterprise.

Today the Nobelius Heritage Park is maintained by the local council and volunteers.

Thank you, David and Wendy, for a delightful walk with morning tea at Emerald Lake and lunch at the Paradise Hotel.

## LERDERDERG HERITAGE RIVER AND WHIPSTICK LOOP

Saturday, January 11<sup>th</sup>

Leaders: Suzanne Lipe and Rob Russell

Report and Photos: Suzanne Lipe

The middle of summer is not really the time to be walking in the Lerderderg and Wombat State Forest area, as it can be hot, humid and the vegetation very dry. But having postponed this walk from November due to unusually hot weather, here we were again facing similar conditions.

Out of 31 registered participants, only 9 intrepid explorers resisted the comfort of their airconditioned lounges to be rewarded by this lovely walk.

Our walk started from the Garden of St Erth in Blackwood, a charming 1860's sandstone building now used as a gardening supply/plant shop and café.

We took the mostly single file dirt tracks on the west side of the Lerderderg river, along the many kilometres of water races built by the gold miners during the 1850s and 1860s.

Temperatures were already in the mid to high 20s, but the overhead shade and slight breezes made it very pleasant walking, as we wandered past old tailing piles and several mine shafts.

We arrived at the Crown Dam, a shady ferny gully where we enjoyed a morning tea stop and read about the incredible feats of water diversion engineering that occurred at this site.

There was no evidence, but we had to imagine huge vertical timber slabs which once held the earthen wall of the Crown Dam. Tunnels and kilometres of water races were constructed mostly by a French contractor, Pauline Bonford, to divert water to the Simmons Reef gold mine for nearly 30 years.

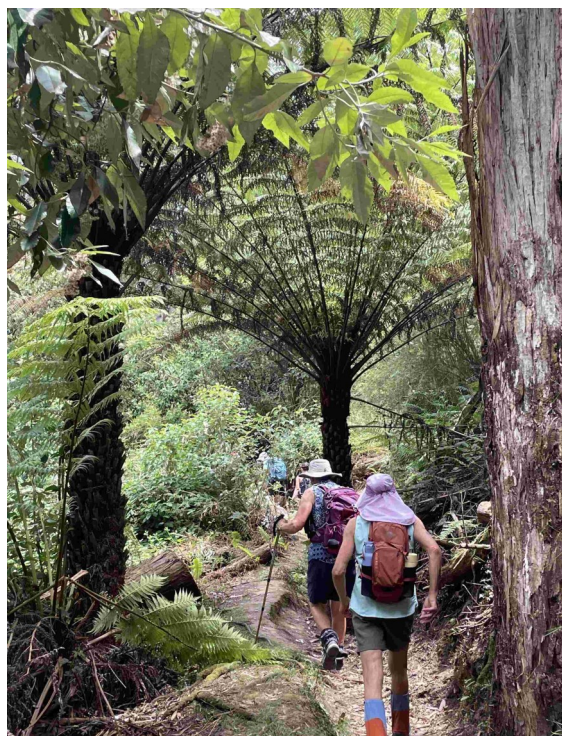
Nearly two tons of gold was extracted in the Blackwood area, but this was at the expense of the forest which was once called the "Ruined Forest".

The Wombat State Forest was proclaimed in 1871, but logging continued until 2006. Re-growth of the forest is occurring, as evidenced by the large number of relatively uniform sized young trees, but only the gullies and difficult to access areas showed signs of larger, old world trees.

We returned back along the east side of the river, winding our way along shaded water races and ferny gullies to the picnic/parking area to have our lunch.

Temperatures were now consistently between 30-31 C, so we opted to modify the Whipstick Loop by doing an out and back along the tree shaded, ferny gully – hence avoiding an otherwise open forested section – to complete 12.2 km of very pleasant walking.

Kudos to everyone who came along, handled the conditions so brilliantly and had a lovely day - Sharon Higgins, Helen Lucas and Rob Russell who were our car pool drivers, Lois Cain, Jan Copland, Lee Ha Lee, Bronwyn Garita, Amy Ng and Suzanne Lipe. Thanks for the great company too.



## GRIFFITH FALLS

Saturday, January 4<sup>th</sup>

Leader: Rolf Exner

Report and Photo: Rolf Exner

What better way to welcome in the New Year than a bushwalk in our beloved Dandenongs! We started at 7:00 am to beat the heat.

Griffith (or Griffiths) Falls is a little-known waterfall in the Dandenongs, close to the Inverness Track and Mountain Hwy.

We took a long and deliberately hilly circuitous route to the Falls, beginning with a steep climb up Chandler Hill.

We shortened the walk on account of the heat to omit Stoney Rise and most of the Lyrebird Trail, but still ascended nearly 800 m, so the walk was a good workout for everyone.

The trail was easy underfoot everywhere except for the 600 m side trail into the Falls which was very rough, and the off-track back to the highway, which was even rougher. The Falls had a nice flow of water.

Despite the heat we were able to finish our 14 km walk by 11:30, in time to enjoy morning tea in a café in Boronia and be home for lunch!



## MULLUM MULLUM (Upper Reaches)

Saturday December 21<sup>st</sup>

Leader: Rolf Exner

Report: Rolf Exner

A walk so close to Christmas was unlikely to attract a big crowd, but it provided a good opportunity for some exercise before the festive season began.

Our little group of seven was nearly overwhelmed at the start by hundreds of like-minded people doing a 5 km fun run that also started from Schwerkolt Cottage, but fortunately it went in the other direction.

The walk was along a bike path, but we endeavoured to walk on both sides of Mullum Mullum creek to make it a loop walk: in doing so, we avoided the bike path about half of the time.

We made good time despite the deliberately slower pace as it was designated an easy-medium walk. We made it to the turn-around point, where Mullum Mullum creek emerges from a couple of large stormwater pipes, before morning tea.

Morning tea with our post-walk café stop was held in the Burnt Bridge shopping centre. After a nice break, we continued on, returning to the start where we had our lunch together. Overall, a lovely, shaded urban walk, through reserve bushland along the creek.

### ***Welcome New Members***

The Waverley Bushwalking Club warmly welcomes

Kedar Bhatta, Tracey Ding, Jane Gu, and Jan Burrows

May you experience many happy hours with the Club, both on and off the track.

## **LYSTERFIELD AND CHURCHILL PARK**

**Wednesday, December 18<sup>th</sup>**

**Leader: Simon Johnson**

**Report: Jane May**

This was a pre-Christmas stroll not far from home on a mild summer day.

Simon had it covered! Twelve walkers were already organised for the festive season and ready for a lovely walk in the sun.

Starting in Lysterfield Park, we saw only a few kangaroos but we enjoyed the views. Morning tea was in the shade of two beautiful old spreading trees.

Then we strolled on to Churchill Park and ate lunch at the shady Churchill Park Picnic shelter.

Our goldilocks walk had just a couple of hills, good views and plenty of time to have a chat. Thanks Simon and Linda.

## **SHERBROOKE FOREST / KALLISTA LOOP**

**Wednesday, January 22<sup>nd</sup>**

**Leaders: Rod Jones and Heather Lucas**

**Report: Anne Winstanley**

Our walk began at Grant's picnic ground - well known to WBC members but a convenient place to meet and even more convenient for coffee at the end, even if it doesn't come with a complimentary chocolate!

The climb up Clematis track is rewarded with beautiful forest and the lovely hydrangeas you see in the photo. We walked through Sherbrooke to the Alfred Nicholas Gardens and had our morning tea near Sassafras Creek.

We returned via a short circuit within the upper Sherbrooke Forest area. No matter how many times you walk these tracks, or in whatever configuration, they always deliver a beautiful feast of ferns, flowers, trees and oxygen.

Thanks Rod & Heather



## **ANAKIE GORGE & BRISBANE RANGES**

**Sunday, January 19<sup>th</sup>**

**Leaders: Simon Johnson and Linda Stewart**

**Report: Sharon Higgins**

Fourteen walkers met at the picnic area with an expected temperature of 29 degrees.

Simon and Linda led us along a very dry and sometimes rocky track, lined with trees without leaves and the odd Xanthorrhoea tree. We followed the Stoney Creek Trail where a pipe-line was constructed back in 1870 to carry water from the creek to Geelong. Morning tea was at the bottom of the dam, then we continued to the lookout, where we saw views of the You Yangs and sat down for lunch.

Following the Ted Errey nature walk, an 8 km loop with some steep descents, we continued back on to the Stoney Creek Trail. Even though the temperature reached 29 degrees, we all coped very well. We finished at 2.20pm with coffee or cold drinks at the Anakie General Store.

Many thanks to Linda and Simon.

## MERRI AND EDWARDS CREEK CIRCUIT WALK

Saturday, January 25th

Leader: Richard Watson

Report: Jeanette Greer

Photos: Richard Watson

On a fine summer day, our group of four walkers drove to Coburg Lake Reserve for the start of our 12 km circuit walk combining Edwards Creek and Merri Creek trails.

We started off walking north alongside Edgars Creek to Edwardes Lake Park which was delightful bushland despite being a suburban location.

We opted to cross the creek at the pedestrian bridge rather than by the stepping stones as the water level in the creek meant some of the 'stepping stones' were under water.

Our morning tea stop was overlooking the peaceful Edwardes Lake.

We then walked along a short section of suburban streets to the Merri Creek.

Heading south along the Merri Trail, we enjoyed sampling aniseed-flavoured flowers and wild blackberries, and saw quite a few of the cactus plants in flower.



Our lunch location was a well-placed seat in the shade at the edge of the creek.

Then it was only a short walk back to Coburg Lake Reserve.

And we all enjoyed listening to some of our leader's memories of living in this part of Melbourne some years ago.



# PACK CARRY - CROSSCUT SAW AND VIKING CIRCUIT

November 2nd to November 5th

Leader: Rolf Exner

## Report and Photos: Rolf Exner

The Crosscut Saw and Viking Circuit is a classic wilderness walk in remote country north east of Licola in the state's east. Just to drive to its start on the Howitt Plains takes five hours, the last one and a half of which are on a gravel road.

The area, part of the Alpine National Park, clearly intimidated our early explorers with feature names that include Mt Buggery, Mt Despair, the Terrible Hollow and Horrible Gap.

I first walked the circuit ten years earlier, also on the Cup weekend. Back then, there were just a few cars at the Howitt Plains car park - this time there were at least fifty cars parked there when we arrived, and every campsite on the circuit was crowded.

The first day began with an easy stroll out to the Vallejo Gantner hut at Macalister Springs, where we met those of our group who had come up the day before.

From there the going got harder as we climbed up and down the "teeth" of the Crosscut Saw. After five hours hiking, we were only at Mt Buggery, still two hours from our intended destination of Mt Speculation, but we decided we'd set up camp there.



*On the Crosscut Saw*

On the next morning, we made it to Mt Spec, and from there to the water source at Camp Creek. We tanked up on water since we weren't confident that there would be water at our next intended campsite, Viking Saddle. This proved a very good decision.

We were behind schedule by starting back at Mt Buggery, and were delayed further by a fall by one member of our group that resulted in an injured wrist and much spilt blood. We made camp after eight hours hiking at a clearing about 1.5 hours short of Viking Saddle, relying in the water we'd brought.



*Slow going approaching Viking Saddle*

On day 3 we headed to Viking Saddle, where there was water, but where we learned that there had been a big crowd the previous night and all campsites were taken - just as well we camped where we did!

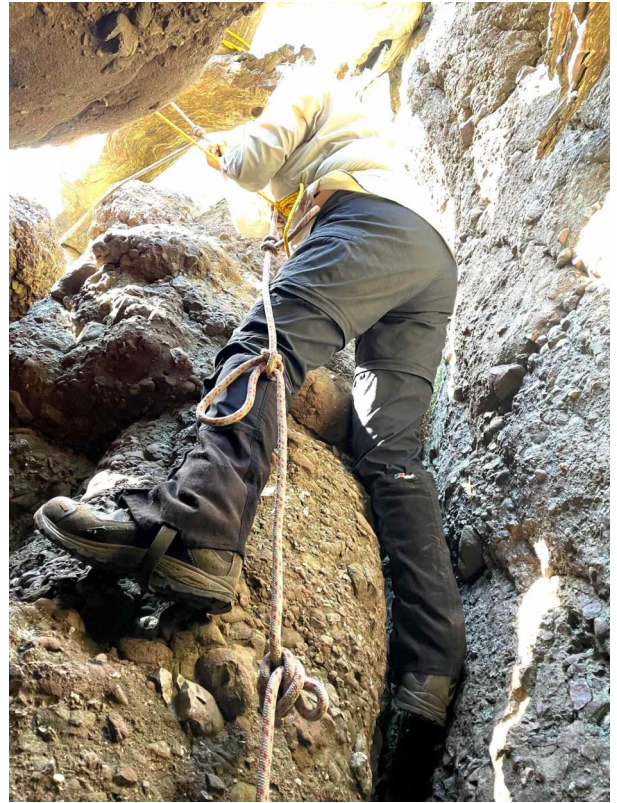
Then came a challenging climb up the Viking, which included the famous 5-metre rock climb up a chimney in the mountain, with pack-hauling to bring the packs up.

Once on top we struggled to find the track to South Viking, but got there in the end after some off-track walking. Fortunately, the track from there down to the Wonnangatta River was distinct and fairly easy walking.

After eleven hours hiking, we had finally caught up with our schedule, but alas, all comfortable campsites were taken, so we had to squeeze out extra campsites for our ten tents in some very tight places.

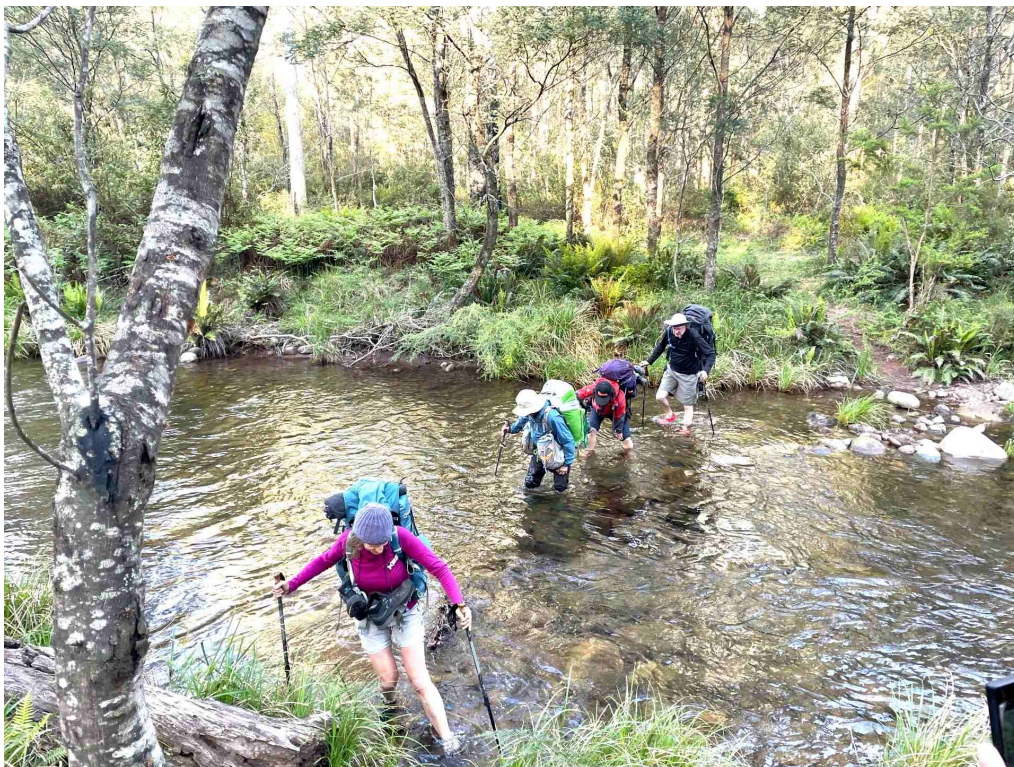
The final day began with a wade across the river, followed by a long uphill walk along the notorious Zeka Track, a 4WD road.

We turned off the Zeka Track after about 10 km to begin a "short-cut" back to the Zeka Spur track. This track, which had offered clear and easy walking back in 2014, was now heavily overgrown, and the four kilometres back to the Mac Springs track that we'd walked on the first day was effectively off-track. We finally made it back to our cars after a ten hour walk.



*Climbing the Viking Chimney*

Our epic adventure was over, save for a long car trip back home! A very hard walk, very exhausting, but greatly enjoyed by everyone.



*Wading the Wonnangatta River*

# ANGLESEA BASE CAMP

(Featuring the 3 day Surf Coast Walk)  
December 4th to December 8th

**Leaders: Margaret Reeve and Barbara Davies**

## Day 1: Point Impossible to Bells Beach

**Report: Louise Alexander and Marg Reeve**

After a lengthy car-shuffle, we set off along the firm sands towards Torquay. The fifteen kilometre trek included beach and cliff top walking with stunning coastal views. Fortunately, the sea breeze mitigated the heat somewhat. We soon came upon the optional dress beach where all over tans seemed popular. Here the views were a bit more controversial and generated much discussion. Eddy got into the spirit of the area as evidenced in the attached photo.

It was warming up and everyone appreciated morning tea on a shaded grassy slope.

We then moved inland to meander through Torquay town centre and around Point Danger to great views from Rocky Point. Ongoing cliff erosion is closely monitored with sections of the track closed and/or rerouted as required.

Lunch was taken in the welcome shade of Jan Juc Surf Club with boots taken off to cool down our feet.

Fortunately, as the afternoon heated up, our end point at Bells Beach came into view spurring us on.

Re-energised walkers then completed the trek and found a cool spot to await their drivers.

We happily finished off the walk with gelato and iced coffees at Chocolaterie.

Paddling in the waves was a refreshing conclusion to a great day.

Thanks to Marg and Barbara for all their work.



*Photo: Louise Alexander*

## Day 2: Bells Beach to Anglesea

**Report: Robyn Timmers**



*Photo: Louise Alexander*

It was a perfect day today - not so humid and with plenty of cloud coverage. It was a short drive to Bells Beach to number off and set out. We were now in the Wadawurrung Country - traditionally known as Djarrak – or the Great Otway National Park.

We headed along a good, well-maintained track with glimpses of the ocean through the green bushy foliage.

We took a slight diversion to check out the popular local paraglider launching space. Here we had great contrasting views of the soaring orange cliffs and the blue expanse of the ocean.

We then moved through the shaded area of the stringybark woodland and iron bark forest. We spotted very nice houses after leaving the ocean views. It was nice easy walking here with plenty of leaf foliage to cushion our way.

Tucked away is the off-shoot to the Jarosite Mine. This was a very busy mine in the 1920s for extracting the jarosite as a source of iron oxide. It was noted by one of our walkers that it was used in the paint for our old red rattler trains.

It was the Iron Bark Basin for our morning tea break where we saw plenty of action as it was being set up for an annual night fun run on the following night.



*Photo: Robyn Timmers*

From here the path got trickier with plenty of up ups and downs and rocky stepping stones. Point Addis gave us a boardwalk panoramic view before we ventured down to the sand for a 1.4km walk along the beach to our lunch time break.

Then followed the last five kilometres back to the Anglesea campground. It was a nice viable walk with both ocean views and woodlands.

Thanks Marg and Barb. We appreciate all the work you did to make this an excellent base camp.

### **Day 3: Anglesea to Aireys Inlet (Split Point Lighthouse)**

#### **Report: Margaret Reeve**

There was no sleep-in for the drivers, who did an early car shuffle to Aireys Inlet Lighthouse before rejoining the group.

Then we exited the rear of the caravan park and crossed the dry river bed on firm sand before picking up the Surf Coast Trail at Anglesea Surf Club.

A welcome surprise at morning tea was the newly opened Point Roadknight café, so a longer stop ensued. More beach walking before a brief comfort stop at Urquhart Bluff, then we continued around the amazing rock formations and platforms.

Lunch was enjoyed in the shade of overhanging branches back on the walking track.

We then marvelled at the picture perfect views of Eagle Rock Marine Sanctuary as we approached the lighthouse along the cliff top.

Refreshments were enjoyed at the Lighthouse Café to finish the day.



*Photo: Gillian Paterson*



# HOWMAN'S GAP BASE CAMP

December 27th to January 1st  
Leaders: Elizabeth Leung and Gary Dubsy

## Report and Photos: Jane Taylor

This was my first time at the annual group camp at Howman's Gap, and the experience did not disappoint. With 20 members from WBC attending, we shared the YMCA Lodge with several other bush walking clubs.



*Walking the Alpine Way*

With each day offering a choice of 5-6 walks, ranging in degree of challenge, there was plenty to appeal to any kind of bush walker. The mountains and the Bogong High Plains put on their best dress of high-country wildflowers, and awesome views. The weather treated us to sunshine and mid-twenties temperatures.

Perfection!



*Wallace Hut & White Daisies*



*Aqueduct crossing*

The social highlight was the “Olympic Games” held on New Year’s Eve. Everyone appeared in various combinations of green & gold, with some dress-ups paying homage to the original Olympians.

We formed into groups with each table representing a country, with its flag, and the “countries” competed in some high-spirited games. There was even a podium for first second and third medals in each event.

Thank you to Darylne Bell (Diamond Valley) for her splendid leadership, and to Gary Dubsy and Elisabeth Leung for all the organising they did for WBC members.



*Waverley Bushwalking Club members at the base camp*

## EVIL ON MOUNT ROSEA

*This song/bush ballad was written after the WBC basecamp in the Grampians.*

*It is based on the walk we did to Mt Rosea. At the Gate to the East Wind I took a panorama of the fabulous view – but Eddie moved and his face was distorted.*

*We had been binge watching The Rings of Power at the time (a prequel to Lord of the Rings)*

**Simon Johnson 4 November 2024**

Through the shifting sand we trod  
Now turned to solid rock  
Up the mountain we climbed  
A mystery to unlock.....

There was an adventure to unfold  
as we started the Mount Rosea climb  
Through ancient land made of sand  
Not sure what we would find  
All we knew was that we were searching  
Ready to save the world  
And it started peacefully enough  
And the adventure unfurled

Searching for the Gate of the East Wind  
We were in a Lord of the Rings saga  
We knew there was evil up there  
And we must break that evil power  
At first the trek was kind  
climbing gradually through the forest  
We passed the Grand Stairway track  
Too dangerous to traverse

Then we hit the rocks and  
Our stamina was put to the test  
The slope - got steeper  
There was no time for rest  
The trek got tougher as up we went  
Bright jewels were hidden in the bush  
We watched the sky grow dark  
As upwards we pushed

This land had been a sea  
Millions of years before  
The seabed's ripples were plain to see  
on the track we now explored  
And as the dark clouds gathered above  
Giant outcrops of rocks appeared  
Over and under and around them we went  
We felt an impending fear

And then at last a sign -  
There on the right it stood  
The Tower high on a distant mountain  
Overlooking Gariwerd  
Who lives in that tower?  
Are they evil? Are they good?  
Can they see this brave band of walkers?  
No longer hidden by the woods

The wind picked up with an icy chill  
The rain it began to fall  
We huddled together on the track  
Slowed down to a crawl  
It was getting tough we needed a break  
We found a place that had been formed  
Protected on all sides  
It was an oasis in the storm

And what did we find in this wondrous place  
An orchid truly sublime  
Six stalks - twelve glorious flowers  
Pink ladies all in a line





Rested we pulled on our hoods  
Another look at the map  
Clambering over mighty outcrops  
Pushing our bodies through tiny gaps

Now Eddie had become silent  
Something wasn't quite right.  
His demeanour had changed a bit.  
It was a troubling sight  
Arriving at the Gate of the East Wind  
With a precipice down below  
Out with my camera to capture the moment  
Eddie turned - and I froze!!



There looking back at me  
Was a monster to behold  
Three eyes and a gruesome laugh  
Something evil had taken hold  
We knew there would be evil up here  
But didn't expect it to be one us  
Too late to fight it now  
There's nothing we can trust!

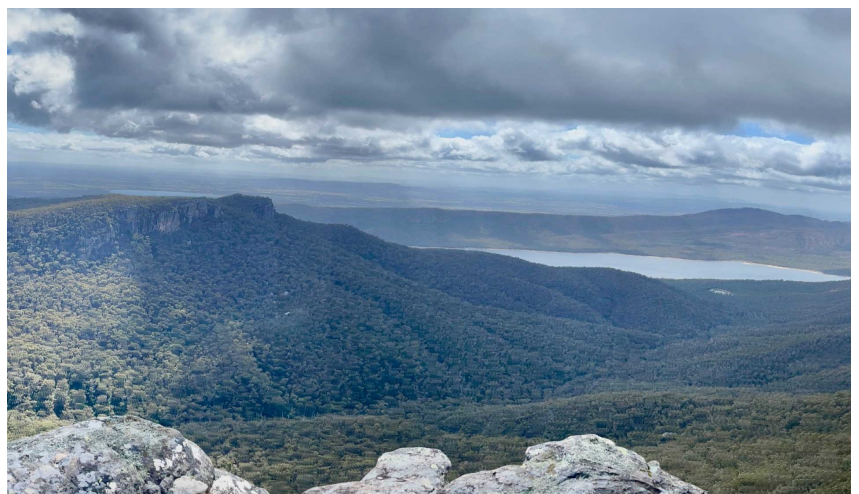
*Simon has kindly provided the words of the song that he performed at the WBC end-of-year celebration in December 2024, as well as the accompanying photos.*

Quickly we ran down the path  
The evil to escape  
Across the narrow bridge we fled  
And into a new landscape  
We climbed Mt Rosea  
And down to the forest below  
Back to the cars we sped  
Far from that evil plateau.

We don't know what happened to Eddie  
Did he shake off that evil curse?  
But we still quiver and shake at the memory  
Of that distorted face and worse ....  
Could we all have succumbed  
To the evil that lurked up there  
Been taken over by that dreadful force  
And turned into a nightmare?

And if you don't believe  
This terrible evil tale  
I still have the picture that I took  
It shows the gruesome details.

Through the shifting sand we trod  
Now turned to solid rock  
Up the mountain we climbed  
A mystery to unlock.....



## Grading of Walks

The gradings shown in the Club Events List are advisory only. If in doubt, please check with the walk Leader. The gradings below apply to day walks and base camps only. For pack carries and other types of events consult the Leader prior to booking.

- ◆ **SHORT:** Level terrain, on formed tracks. Distance up to 5km.
- ◆ **EASY:** Gently undulating terrain on formed tracks. Distance up to approx. 12km.
- ◆ **MEDIUM:** Sustained climbs and descents. Some of the Walk may be off formed tracks. Distance approx. 15-18km.
- ◆ **HARD:** Consistent walking with moderate to hard climbing in scrub and forest, on and off tracks. Distance depends on terrain.
- ◆ **EXPERIENCED:** Walking in difficult terrain that may require special knowledge such as unscheduled camping, rock scrambling, survival techniques, first aid or navigation.

Some walks will indicate a grade of walk between these main types, e.g., Medium-Hard, this signifies that the walk will be more challenging than the first grade nominated but not as challenging as the second grade nominated.

Leaders have final say on participant acceptability, fitness etc. Members and temporary members may be asked to prove experience.

## Group Sizes

At the discretion of the Leader and dependent on the logistics of the walk (difficulty of the terrain, car parking limitations etc). Typical maxima: Day – 24; Overnight – 12.

**Temporary and Associate Member Fees:** \$5 per person per event. The fee will be collected by the Leader before the Event.

## Bookings

Day Walks are open for registration in the online booking system known as Ontrax up to two months prior to the event. A longer period applies to Base Camps and Pack Carries. Bookings for walks are typically made in Ontrax by members of the Club. Visitors would normally ask the WBC Membership Secretary to put their name on a walk. Alternatively, the Walk Leader can be contacted.

## Cancellations

Cancellation from a walk is done via Ontrax and is normally done by the club member. You will be prompted to provide a reason for the cancellation. Visitors should contact the walk Leader who can then cancel them off the walk.

Please process cancellations as soon as practicable. There are usually people on the waiting list who can then be transferred on to the walk.

## Transport

When registering for a walk in Ontrax you must nominate whether you will be a driver or a passenger to get to the walk's start. The amount that passengers are to contribute to the driver's petrol and car running expenses is determined by a formula in Ontrax based on the distance to be travelled. This formula is modified from time to time according to fluctuating petrol prices. The walk Leader will let drivers know what the passenger cost for that particular walk will be. A share of E-tag and/or car park/entry fee costs may need to be added. Leaders will ensure that passenger numbers are evenly allocated.

Members attending a walk should not turn up at the meeting place and automatically assume that they will be passengers. They should arrive in time and be prepared to drive their car if so requested by the Event Leader. Their car should be 'fuelled' and ready in case of such a request. A Member, who for any particular reason cannot, or would not be prepared to act as a driver if requested, should have notified the Event leader of this in advance.

## Meeting place

The meeting place for the walk is nominated in Ontrax and the Leader (or deputy) will be at the meeting place before the departure time given in Ontrax. You should aim to be at the meeting place ten minutes before the departure time to allow the Leader time to organise the car sharing arrangements. Leaders will not wait for you if you are not there by the departure time.

## Club Emergency Contacts

All inquiries about late return of members must first be directed to the Leader's telephone number, then to the Club Emergency Contacts. Do not contact the police as they will not know of the club activity. The police will be advised if the Club Emergency Contact believes that the party is in danger. Premature contact with police could waste their time and may cause later difficulties for the club.

The Emergency Contacts details are in Ontrax under the WBC Club tab, on the Contacts page of the WBC website, and in our Walklines newsletter.

## Before the Walk

- Check the grading of the activity and read the grading definition in *Walk Notes*, which is a guide only. If in doubt check with the leader before you decide to participate.
- Inform the leader, with as much notice as possible, if unavoidable circumstances prevent you from attending the event.
- Bring all the correct clothing, equipment, food, and water with you, see *Clothing and Equipment for Day Bushwalks*. Don't rely on others to lend you items or carry them for you. If in doubt about what to bring ask the leader at booking time or before departure. Some equipment may be hired from bushwalking shops or WBC.
- Complete the *Personal Health Details – Emergency Information form* or “Vial of Life” and place it in an outside pocket of your backpack.
- If you suffer any medical condition that may require special action, please ensure that you carry the appropriate instructions in a sealed envelope, or they are with a friend at the activity. If necessary, carry the required medication.
- Carry a personal First Aid Kit comprising:
  - A minimum of: Variety of bandaids including extra large, Alcohol swabs for wound cleaning, 1 conforming bandage 7.5cm, 1 heavy weight crepe bandage 7.5cm, 1 triangular bandage, Safety pins, Gauze swabs (ie. 3 swabs 7.5cm x 7.5cm pack), Moleskin or adhesive tape or similar for covering hotspots on the feet, Thermal accident blanket, Personal medication ie. own pain killer tablets, antihistamine tablets - these will fit in a plastic ziplock bag.
  - Plus:** Alcohol hand wash, Sunscreen, Roll on RID (or similar) for insects and leeches, Small plastic bag for rubbish.
  - Optional extras:** Betadine, Gastrolyte tablets and glucose for hot weather, Instant cold pack, Duct tape, Pointy tweezers for ticks and splinters, Scissors, Snake bite bandage.
- Carry with you the mobile phone number of the Event Leader so that if your car breaks down en route to or from the activity or you become separated from the group you can advise details as soon as possible. This may also help the Leader to render assistance.
- Ensure you leave details of the activity and the Event Leader's name and phone number with your family or friends and make them aware of the emergency procedures in *Walk Notes*.
- It is wise to insure yourself for ambulance and medical treatment – WBC does not cover you for these expenses.

## During the Walk

- Arrive at the meeting place in time to depart on the activity at the time stated
- Obey all reasonable instructions given by the leader.
- Advise the leader if you feel unwell or cannot cope with the activity
- If you are at the front of the group and the leader is not with you stop at all track/road junctions, signs, or whenever there is doubt about the correct route and wait for instructions from the Leader.
- Irrespective of where you are in the group, ensure that you can see the person behind you [and vice versa]. If not slow down and wait.
- The Whip is there to assist slower group members and to ensure that nobody is left behind. If you need to leave the track, for any reason, please inform the leader or Whip and leave your pack on the track.
- Carry a whistle at all times and remember the code:

Three short blasts regularly spaced	Emergency signal from person/s in distress
One long blast	Acknowledge a distress signal
Four short blasts regularly spaced	Emergency, regroup with leader immediately.
- Provide assistance and support to others on the activity. Club events are generally not competitive and success of the activity is dependent on members providing mutual support and encouragement.

***Remember, you have a responsibility for your own safety.***

***By following these few simple procedures, you will contribute to the safety and enjoyment of the whole group.***