



BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

President's message for July

Committee members Greg, Roland, Chris, Keith, Kerrie, Maggie and myself met on July 21.

- The July meeting is our AGM, which will include election of Office Bearers. The good news is eight of our 10 Committee members have agreed to go around again, although Greg, our Treasurer since the inception of the Club, would like a rest. So if you are able to assist with this job, and you don't need to be a chartered accountant to do it, please put your name forward at the meeting, or if you can't attend but would like to do it, give me call now (0408061766). Also, our General Committee person Maggie is not available for 2015/16. We do need a woman to fill this position. It's not onerous, just attend some Committee meetings and help with good ideas and actions, just as Maggie has done.
- Garry, Peter and Roland have set up Dropbox to store photos, reports etc, which will provide us with permanent backup of these. Go to the link <http://tinyurl.com/ou89w4m> and see what's there. There will soon be some advice in the newsletter on the best way to use it.
- We saw a draft BBOC flyer that Garry has prepared to spread around public notice boards as a means of advertising our club. It's very good.
- Keith, who is now our Walks Co-ordinator, has agreed to give us a talk/exercise on the leader's courses for day and over nite walks, that he has attended. This will be at the September meeting.
- Also, Keith wants all outstanding BBOC Activity Registration Forms. So if you've led an activity recently and have a Form not submitted to the Club can you please do it now. Send either the hard copy or a scanned pdf of it.
- The July meeting will feature local identity Roger Muller who will talk on Skiing in Iceland and other things Nordic.
- On the activities calendar before the August meeting are the Regent Honeyeater Tree Planting, a day walk in Daylesford/Sailor's Falls and in late August, paddling on the King and Buffalo Rivers. See details of these in this newsletter.
- Check out our continually improving website at <http://gobush.org.au>.

Come along on Tuesday nite and enjoy the company and the information.

Leigh Callinan

BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

P.O. Box 989, Bendigo, 3552
Reg No. A0051482V

Meetings - 4th Tuesday every month [except Dec]
Presbyterian Church Hall, Forest Street
Meetings start at 7:30 pm sharp.

Membership: Single \$40.00
Family \$60.00

Web address: <http://gobush.org.au>

BBOC is affiliated with



The statements and opinions expressed in articles herein are those of the Editor and individual authors. They do not necessarily represent the views of the Bendigo Bushwalking and Outdoor Club Inc.

COMMITTEE MEMBERS 14/15

President	Leigh Callinan	03 5442 3675
Vice President	Kerry Cramer	03 5441 4422
Secretary	Chris Franks	03 5439 3549
Treasurer	Greg Doubleday	03 5448 3661
Coordinator	Keith Longridge	0417 151 591
Equipment Officer	Chris Franks	03 5439 3549
Web Master	Peter Pemberton	0428 869 196
Newsletter	Garry Brannan	0450 879 917
General Committee	Kerrie Norris	03 5447 8017
General Committee	Roland Cauka	0402 024 096
General Committee	Maggie Smyth	03 5443 4530

Club Meetings:

Meetings are at 7.15 for a prompt 7.30 pm start on the 4th Tuesday of every month (except December) now in the Presbyterian Church Hall, 35-41 Forest Street, Bendigo.

There is an annual calendar of speakers, presenters, and activities. Visitors are always welcome.



Monthly Meeting Activity

- **July 28th** **AGM plus Rodger Muller – Skiing in Iceland/Nordic Huts**
Roger Muller local identity of note, be it in boots or on cross country skis will give us an insight to his recent **Scandinavian Wanderings**.
- **August 25th** **Patrick Burtcher** will discuss his boutique 10-day Nordic Walking tours to his spectacular Austrian homeland in the heart of Europe's alpine region.
- **September 22nd** **Keith Longridge** – Aspects of leadership from the Bushwalking Victoria courses.
- **October 27th** **TBA**
- **November 24th** **Liesje Wilson** -- a presentation on her experience on Tasmania's South West Track.

Ideas Wanted

Do you have any ideas for the club meeting nights, pictures of special trips you have been on [club or otherwise], interesting people you know who might come and speak at a meeting, or anything else that you might think of to entertain the ever increasing numbers attending meetings. If so please contact the Arts and Entertainment Officer, AKA Kerrie - 5447 8017



Membership – Subs are now due for 2015/16.

Fees are \$60 for a family and \$40 for single members. A Membership Form is at the back of the newsletter.

Welcome to new members and visitors

Meeting Place, St Johns Presbyterian Church Hall

A reminder – meetings are now held in the St Johns Presbyterian Church Hall, 35-41 Forest Street, Bendigo.



Trip Reports

Mclvor Range at Heathcote

On Sunday July 19th, Max Stevens, John Cameron and companion Brad Warner, Buzza, Maggie & Rod Smyth, Kerrie Norris, Judy Fitt and I walked the Mclvor Range at Heathcote¹.

It's an easy forest walk along the crest of the Mclvor Range in the Heathcote – Graytown NP. The rolling hills overlooking Heathcote are covered in Eucalypts, Wattles, Chinese scrub and Heath. There is one climb of 150m and two smaller ones each less than 100m. Features include mining relics, granite outcrops, lookouts.

It was a beautiful day. We walked 12 km in a circuit, over about 4 hrs.

We had coffee and cake after the walk and then some of us visited Heathcote Winery to taste and buy.

Leigh Callinan



¹Tempest, Glenn (2013). Victoria's Goldfield Walks – A walker's guide to the Central Victorian Goldfields. Pp 786 - 79

Leaghur State Park – Sunday June 28th

The Wintersun Gods smiled on us because after a coolish cloudy start to the walk, the white stuff soon cleared away as we set off eastwards through the park. A good turnout - twelve in total - and a truly flat walk although the Black Box wetland was very dry. We paused for a break after an hour sitting on an embankment and after our break set off in a north westerly direction for Lake Meran through the open woodland.

At one stage a huge kangaroo skipped along in front of us but the most interesting thing was the number of scar trees we saw. Without really looking Kerrie counted eight and obviously they are scattered in numerous numbers throughout the park. As well we encountered midden sites.

Finally we reached the lake (10kms already)(after circumnavigating a deserted homestead) (with no dogs) where we found some logs, some shade, some sun and had a leisurely lunch overlooking a watery Lake Meran. Then it was back along the western edge of the park initially along tracks but then through the woodland again and more birds and scar trees before taking to the track aging for the final stretch back to the cars.

The plan was to have coffee and cake in Boort on the way home but a winter Sunday afternoon in a small country town brought that undone, so after a final chat we all headed home.

Thanks to John, Brad, Melinda, John L, Bob, Glenys, Ray, Roland, Brett, Kerrie and Keith for making it a great day out. Buzza



One of the many scar trees found during the walk

Activities . . . July and beyond

Sunday 26th July – Sugarloaf Range and Wellsford Forest Day Walk

This is a 14.0 k walk along the rugged little range at the eastern end of the Wellsford Forest, finishing off with a visit to some very old and rather beautiful eucalypts. We will be doing some off-track walking, rocky and rough, and also using some old vehicle tracks. The walk is a loop, so we will start and end at the same location.

Attractions: summit lookout, views of Perseverance Mine, some interesting rock outcrops and plants, magnificent old eucalypts

Please bring: water, your own first aid kit, snacks, lunch, waterproof/windproof gear, warm clothes, good boots, walking poles. Rating: easy-medium. Fuel Share – \$10.

Meeting: 8.30 am, Presbyterian Church Hall, Forest Street

Leader: John Lindner, 54483406 (no need to notify of intention to come, just turn up)

Regent Honeyeater Project, Benalla

Community tree-planting weekend, 1 - 2 August 2015



This long-term project involves restoring habitat for native fauna, particularly the endangered Regent honeyeater which once used to frequent Bendigo. We plant indigenous species of trees, shrubs and herbs in a well-prepared area, and are informed about the many aspects of the project (eg. nest boxes for arboreal animals, regular bird surveys).

Organisation is meticulous. You work pretty hard and go home feeling exhilarated.

What is provided: accommodation in the Guide Hall (mattresses on the floor),

Saturday dinner at the TAFE restaurant, Sunday barbecue lunch, hot drinks for morning and afternoon tea.

You need to bring: 2 breakfasts, Saturday lunch, pillow and sleeping bag, old outdoor gear and boots and gloves for the planting work, good clothes for Saturday night dinner, towel, raincoat, beanie, sunhat, hand planting tool if desired

Please let me know a week before so I can book you in for the catering.

I have transport in the ute for 2 other people.

John Lindner, 5448 3406

Daylesford and Sailors Falls – Sunday 2 August 2015

Duration: 5.50 hrs day walk;

Length: 16.8km, circuit

Grade: Medium

Features: Lakes, eucalypt forests, waterfalls and many relics of the gold mining era

The walk follows a mixture of walking tracks, closed roads and an abandoned railway line formation. Part of it follows sections of The Goldfields Trail, a long distance trail that links Ballarat to Bendigo, with a branch to Bacchus Marsh. *John & Monica Chapman, John Siseman, Day Walks Victoria (2nd ed, 2011) 71*

There are several creek crossings without bridges; after rain wet feet can be expected at some of these crossings. However, there are many places to conveniently truncate the walk in particularly adverse weather conditions.

This circuit walk would appeal to those who may wish to extend their day walk experience in relative safety and the higher level of amenity afforded by the lunch stop at Daylesford Lake.

Fuel share: Ring 2; \$20pp

Map: VICMAP 1:50,000 *Trentham*

Contact: Keith Longridge 0417 151 591; or k.longridge@campaspe.vic.gov.au

Paddling – August 21st – 23rd

Sam North has listed three weekends for paddling this winter. At this stage water levels are still very low and the forecast not brilliant, so destinations and details may not be decided until just before the event.

If you are interested, [and it doesn't matter if you have not paddled before], register your interest with Sam or Garry, and when the rivers rise to suitable levels, we will ring around and organise the trip; not necessarily on the calendar date.



Safety is always the uppermost consideration, and Sam will tailor the trip to suit the participants. A likely starting point would be the King River south of Wangaratta, although the Whitehorse Canoe Club currently rates the river level as “stay at home”. With good water, rafting runs on the King are great fun, the rapids not too onerous, and you are guaranteed of a thrill or two.

<http://www.whitehorsecanooclub.com/levels.php>

Contact Sam on 0400 567 201 or Garry 0450879917

Sat 29 August – Werribee Gorge

Day walk. A 10km circuit walk providing spectacular views of the gorge. Start at Ingleston Road side and enter the Gorge via Eastern Walk. Travel up the gorge toward Myrniong Creek and then climb the spur up to Eagles Eyrie. Return back to Ingleston Road, detouring to Falcons lookout en route. Falcons Lookout is a breeding site for both Wedge-tailed Eagles and Peregrine Falcons

NOTE. This has not yet appeared as a described walk in any of the guide books, despite being less than one hour from Melbourne CBD.

Grade would be Medium but there are some Hard short steep rocky sections which require scrambling.

Bring water, your own first aid kit, snacks, lunch, waterproof/windproof gear, warm clothes, good boots, and walking poles if you need them.

Fuel share: Ring 3 – \$30.00

Meet in Forest Street outside the meeting rooms for 8:00am departure.

Hans Tracksdorf 5443 4442

Grampians weekend – 4-6 September

Cathedral Rock and Boroka Peak

The plan is to drive to Halls Gap on Friday afternoon/evening, and then hike up to Cathedral Rock on the Saturday. On Sunday hike to Boroka peak from Halls Gap before returning to Bendigo.

Highlights: Cathedral Rock – a long lost Summit Cairn originating from the 1920s
Boroka Peak – the best lookout in the Grampians

The planned overnight accommodation is at the Halls Gap YHA EcoHostel. Dorm accommodation is circa \$30 for non YHA members, bedding is included.

Contact Hans for further information [0400049891]. Full details in the August newsletter.

Day Walks In The Flinders Ranges

Trip fully booked out. John Lindner, 5448 3406

Naturally Loddon - Wedderburn Landscape Restoration Tour

Sunday 13 September 10:00am – 4:30pm

Tour meeting point 9.50am

Wedderburn Community Centre, 24 Wilson St, Wedderburn

Cost: Free event, lunch included.

The Wedderburn Landscape Restoration tour will visit sites around Wedderburn that are part of the Wedderburn Conservation Management Network and Loddon Plains Landcare Network landscape restoration projects.

Stops will include Kooyoora Connections sites(s) in the Sunday Morning Hills, nest box monitoring at Hard Hill Reserve, a de-commissioned eucalyptus harvesting restoration site, soaks of Mt Korong and Mt Kooyoora, Loddon Plains Community Bird Monitoring Project survey sites and Wheel Cactus control works at Mt Buckrabanyule.

Bring your hat, sunscreen, appropriate footwear, water bottle, binoculars and camera.

RSVP by 9 September to Anthony Gallacher – 0447 095 501 – facilitator@lpln.org

18th – 20th September [3 days] “Round Swamp” – Wyperfeld National Park

Rating M-H. Distance: 42kms

This is 'The Plan': Day 1 – Walk westerly for about 15kms fully loaded and base camp.

Day 2 – Day-packs only, go to Round Swamp and return to base. App 10 to 12kms total.

Day 3 – Return to car/s at Albacutya.

Water: We recommend you carry 4ltrs per day. We will do a water drop on the way out to be collected on the return journey. Nb: We will be travelling through many kms of burnt out ground at first, bring sunglasses.

Your entry pass will be a compass. No compass – no go!!

Map: Albacutya 100,000 Fuel share ring: 5

Leader Bill Clark – 5442 1432

Naturally Loddon - Terrick Terrick National Park

Friday 2 October 4:00pm to Sunday 4 October 12:00pm

Free park tours, early morning birding Saturday (from 7.10am), nature walks, static display, evening presentations, surveys, working bees, screening of AFL grand final.

Cost: Free Event

Location: Davies Homestead, Kow Swamp Road, Terrick Terrick

Requirements: free camping site available at the Davies Homestead site for the duration of the weekend. Campers should bring their own drinking water, food and camping equipment.

Day (and evening) visitors welcome. No pre-bookings needed.

Contact:

Keith Stockwell [03] 5480 9254

stocky@echuca.net.au

Glenelg River Paddling

Booked out – Garry Brannan 0450 879 917

Down the Track . . .

Federation Walks Weekend



DATES	Friday 23 (evening), and weekend 24 – 25 October 2015
LOCATION	Daylesford-Hepburn Springs
EVENT ORGANISER	Federation of Victorian Walking Clubs (Vic Walk) in conjunction with Bayside Walking Club and The Great Dividing Trail Association.
BBOC ORGANISER	John Lindner, 5448 3406
WALK ACTIVITIES	20 1-day walks are being run on the 2 days. They are all rated easy to medium standard. They range from 11 k to 19 k in length. Each one has detailed notes and a map. There is a provided leader for each walk.

There must be a limit on the number of people on each one, but I'm not sure what this is. When you book, you choose 3 walks for each day, and one of these will be allocated to you on a first come-first served basis. After booking and paying on-line, you still have to register for your walk on the day.

Your payment includes afternoon tea after each walk.

CENTRAL VENUE	Hepburn Primary School, Main Road, Hepburn
BOOKING	Go to the website, www.bushwalkingvictoria.org.au [Click on "What we do", and then on "Federation Walks Website", or http://www.fedwalks.org.au/

PLEASE NOTE If you intend coming, you must make your own booking and payment. There will be no block club booking as such. This means that whether several of us go on the same walk is complete potluck, unless you book with another person.

Please notify John after you have made your booking.

COSTS	2 days - \$30, 1 day - \$20, Saturday night dinner - \$34 Therefore the maximum cost would be \$64
BOOKINGS OPEN	Monday 15 June
BOOKINGS CLOSE	15 September
JOHN'S PLAN	<ul style="list-style-type: none">• Stay at Daylesford Caravan Park, Ballan Road, Fri and Sat nights.• Confirm registrations for the walks on the Friday night to avoid congestion on Sat..• Participate in a walk each day.• Attend the Saturday night dinner, with guest speaker David Bannear.

I would like to get a group of people who would like to do all this too.

YOUR CHOICES You may go for one day or both.

John Lindner, 5448 3406, jwl.bendigo@gmail.com

November 28 to December 13 [16 days] – Kosciuszko National Park

Dead Horse Gap to Blue Waterholes – 160km Maximum walkers - 8

Pack Carry - Hard/Alpine

Walk the entire length of the Kosciuszko main range with the opportunity to climb seven of the 10 highest peaks in mainland Australia. The walk will then generally follow the Australian Alps Walking Track. Requires a long car shuffle and a food drop.

Garry Brannan 0450879917

The Whitsunday Ngaro Sea Trail

Walk across pure white sands, sail over turquoise waters, see ancient rock art, rugged headlands, dry rainforest, rolling grasslands and experience the breathtaking views.

Travel from sea to summit with varying grades of difficulty and length across South Molle, Hook and Whitsunday Islands. The area is kayak friendly and within easy reach using hire vessels or bare boats.

Garry Brannan 0450879917

Bits and Pieces

Bushwalking News Victoria

The most recent edition the Bushwalking Victoria Newsletter can be found [here](#) .

<http://www.bushwalkingvictoria.org.au/newsletter-archive.html>



An interesting online bushwalking magazine can be found here <http://emag.bushwalk.com/BWA201506.pdf>

The July meeting is our AGM.

Current Committee members with the exception of Greg and Maggie are standing again. Anyone can nominate for any position, but in particular the positions of Treasurer and General Committee Member need to be filled. Give some thought to what you might be able to offer the Club as a Committee Member, or talk someone else into nominating.

BENDIGO BUSHWALKING AND OUTDOOR CLUB NOMINATION FORM

I _____

Wish to nominate _____

for the position of _____

for the 2015/2016 Financial Year.

I hereby accept the nomination (nominees signature)

Signed by the Nominator _____

BBOC ACTIVITIES CALENDAR

Date	Description	Rating	Comments	Contact
July				
Sunday 26th	Sugarloaf Range and Wellsford Forest. Day walk, 14.0 k., loop	DW E/M	A rugged little range and some flatland forest	John Lindner, 5448 3406
Tuesday 28th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		AGM plus Rodger Muller – Skiing in Iceland/Nordic Huts	Leigh Callinan 0408 061 766
Friday July 31, [evening], Sun 2nd	Regent Honeyeater Tree Planting Friday 31 July (evening) and weekend 1- 2 August	Easy, but maybe hard work.	This long-term project involves restoring habitat for native fauna, particularly the endangered Regent honeyeater. Involves working with others, information sessions, meals provided.	John Lindner, 5448 3406
August				
Sunday 2nd	'Daylesford & Sailors Falls'	DW M	16km circuit walk	Keith Longridge 0417 151 591
Sat & Sunday 21st – 23rd	Paddling in NE Victoria (King and Buffalo Rivers)			Sam North 0400 567 201
Tuesday 25th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		Patrick Burtscher will discuss walking tours to his spectacular Austrian homeland in the heart of Europe's alpine region.	
Saturday 29th	Werribee Gorge – 10km circuit walk providing great views of the gorge.	DW M	Plus – Eagles Eyrie – this park is a breeding site for both Wedge-tailed Eagles and Peregrine Falcons	Hans Tracksdorf 5443 4442
September				
Fri 4th – Sun 6th	Cathedral Rock – Grampians + another great walk TBA	BC DWx2	A base camp weekend with accommodation in Halls Gap	Hans Tracksdorf 5443 4442
Thursday 10 to Wednesday 23 (14 days)	Flinders Ranges – a series of one-day walks	M/H	Some of the best peak and gorge walks in the Flinders. Full details and map from John on request	John Lindner 5448 3406
12th – 13th	Mitta River Paddling			Sam North 0400 567 201
Sunday 13th	Loddon Shire – Wedderburn Landscape Restoration Tour	E	http://www.loddon.vic.gov.au/Lists/Events/Naturally-Loddon-Wedderburn-Landscape-Restoration-Tour	
Tuesday 15th	Registration for Federation walks close today	Various		John Lindner 5448 3406
18th – 20th [3 days]	"Round Swamp" – Wyperfeld National Park. 42kms	M-H	A walk in the park; three days out and back to find "Round Swamp".	Bill Clark 5442 1432
Tuesday 22nd 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		Keith Longridge talks of the Leadership course with Bushwalking Victoria	
Sunday September 27th	Terrick Terrick National Park Day Walk.	E/M DW	The granite peaks of Terrick Terrick National Park contrast with areas of remnant native grasslands.	Bob Jones 0458 012 934
October				
Sunday 4th	Local Day Walk	DW/E	Spring Flowers	Kerrie Norris
Saturday - Monday 3rd -5th	Paddling the Upper Murray River (3 days)			Sam North 0400 567 201

Date	Description	Rating	Comments	Contact
Friday 2 October to Sunday 4	Loddon Shire – Terrick Terrick National Park – October	E	http://www.loddon.vic.gov.au/Lists/Events/Naturally-Loddon-10th-Annual-Activities-Weekend-Terrick-Terrick-National-Park	
16th – 18th	Mt Samaria	E	Base camp	Graham Borrell 0438 437 680
23rd – 25th	Federation Day Walks - Daylesford and Hepburn Springs. http://www.fedwalks.org.au/	DW Various	A must for our Club – fantastic walks and great social atmosphere. Registration from 15th June 2015.	Coordinator for BBOC – John Lindner
Tuesday 27th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.			
Wed 28th – Sunday Nov 1st	Glenelg River Paddling Limit 12	E	A five day paddle from Glenelg to Nelson, including Princess Margaret Rose Caves.	Garry Brannan 0450879917
Saturday 31st October	Fryers Ranges. Day walk. Distance app 10-15kms.	E-M	An exploration of the eastern part of the park.	Bill Clark 5442 1432
November				
Oct 31 or Nov 1	Day Walk Leader wanted			
20th – 22nd	Wilson's Promontory National Park	BC - Day Walks	Iconic walks from Tidal River to locations like Squeaky Beach, Tongue Point, & Mt Oberon.	Graham Borrell 0438 437 680
Tuesday 24th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		Liesje Wilson -- a presentation on her experience on Tasmania's South West Track.	
28th or 29th	Day Walk Leader wanted			
November 28 to December 13 16 days.	Kosciuszko National Park - Dead Horse Gap to Blue Waterholes - 160km. Maximum walkers - 8	PC Hard Alpine	Walk the entire length of the Kosciuszko main range with the opportunity to climb seven of the 10 highest peaks in mainland Australia	Garry Brannan 0450879917
December				

E – Easy M – Medium H – Hard D – Day DW – Day Walk PC – Pack Carry BC – Base Camp

It is now Club policy that if possible, the weekend after each General Meeting is reserved for a day walk [either the Saturday or Sunday], or some other E/M day activity.

For additions or alterations to the activities calendar, and write-ups for the newsletter, contact the Trip Coordinator, Keith Longridge on 0417 151 591 or email him at k.longridge@campaspe.vic.gov.au



The deadline for the next edition of GoBush – Wednesday August 19.

Please forward Trip Reports and interesting articles to Garry at garrybrannan@gmail.com 0450879917

MEMBERSHIP RENEWAL FORM

Adults:

1. _____

2. _____

Children:

1. _____

2. _____

3. _____

Address: _____

Postcode: _____

Phone: _____ Mobile: _____

Email: _____

Next of Kin/Nominated person to contact in an emergency:

Name: _____

Phone: _____

Address: _____

Membership Fees for 2015/16 are due from 1st July 2015. Please return this form with your payment to:

The Treasurer,
Bendigo Bushwalking & Outdoor Club Inc.
PO Box 989, Bendigo, Vic 3552

Membership: Adults - \$40, Family - \$60.

The Newsletter "GoBush" will be forwarded to you by email.

If you wish a hardcopy of the news letter delivered by Australia Post – tick the box

ACKNOWLEDGMENT OF RISKS AND OBLIGATIONS OF MEMBERS

This acknowledgment of risks applies to all club activities I may undertake as a member of the Bendigo Bushwalking and Outdoor Club Inc. In voluntarily participating in activities of the Club which are described to me by the activity leaders I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. I also acknowledge that I may encounter weather conditions that could lead to hypothermia and being in locations where evacuation for medical treatment may take hours or days.

In particular when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks described to me by the activity leader.

To minimise risks I will endeavor to ensure that

- Each activity is within my capabilities,
- I am carrying food, water and equipment appropriate for the activity.

In addition

- I will advise the activity leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity.
- I will make every effort to remain with the rest of the party during the activity
- I will advise the leader of any concerns I am having, and
- I will comply with all reasonable instructions of club officers and the activity leader.

I have read and understand the above requirements. I have considered the risks before choosing to sign this acknowledgment of risk. I still wish to join the activities of the Club. I acknowledge that I will take responsibility for my own actions and that signing this form or the payment of my subscription will be deemed as full acceptance and understanding of the above conditions.

Name:

Signed:

Date: