



## BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

*President's message for June*

*Committee members Greg, Peter, Roland, Keith and myself met at my place on June 16. In summary:*

- *The new BBOC Logos, which will be free to club members, have arrived. They will be given out with new/renewed membership tickets.*
- *Greg and Peter are still developing a 'Leader's Pack', for inclusion in our website. This will be a great help to any member considering leading an activity; and we do need more leaders.*
- *Garry has set up Dropbox to store photos, reports etc, which will provide us with permanent backup of these. Peter will advise us on the best way to use it.*
- *Garry is updating our BBOC flyer to spread around public notice boards, as a means of advertising our club.*
- *Keith, who is now our Activities 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 may be at the September meeting.*
- *The June meeting will feature John Lindner presenting 'A paddle into History – In Sturt's Wake. Garry will give a brief explanation of desert navigation as a followup from Bill Clark's presentation last month.*
- *Don't forget Buzza's day walk in the Leaghur State Park, on Sunday June 28. See Calendar Items in the back of 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 5447 8156
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

- **June 23rd**            **“In Sturts Wake”,** a paddle into history – **John Lindner.**  
**10 Min Talk – Navigation in the desert** – an overview [see Bill Clark for the lesson]  
– **Garry Brannan**
- **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 **Scandanavian Wanderings.**
- **August 25th**        **Patrick Burtscher** will discuss his boutique 10-day Nordic Walking tours to his spectacular Austrian homeland in the heart of Europe’s alpine region.

## 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



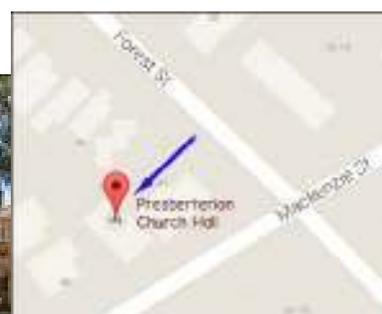
## Membership – time to start saving for 2015/16.

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 will now be conducted in the  
St Johns Presbyterian Church Hall,  
35-41 Forest Street, Bendigo.



## Bushwalking News Victoria

The most recent edition the Bushwalking Victoria Newsletter can be found [here](http://www.bushwalkingvictoria.org.au/newsletter-archive.html) .

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



# Bits and Pieces

## Staying Warm

It's hard to stay happy if you're cold and wet. Choosing the right outdoor clothing can keep you comfortable and protect against potential dangers such as hypothermia. Activities outdoors, after all, are meant to be fun.

### **The essentials of staying warm:**

*Stay dry:* Water conducts heat better than air so the more water held in your clothing, the faster your body heat will be transferred away. As moisture evaporates it also produces cooling, so wet clothing has two sneaky ways to steal your body warmth.

*Block the wind:* Wind increases convective heat loss by carrying your heat away on currents of cool air. Your best wind-proofing strategy is to wear a tightly woven shell garment that deflects wind but allows some moisture transport.

*Layer to trap heat:* Spaces between the fibers of your clothing trap a layer of warm, still air next to your skin. The amount of air you can trap depends on the number of layers you're wearing, their thickness, and loft. Layering your clothing is probably the single best way to manage heat loss in the outdoors – several thin layers are more efficient than one thick layer. It allows you to regulate your body temperature to match physical activity, wind, temperature, and moisture.

**She's Freezing** – Women are more susceptible to cold than men. Blood vessels near the surface of women's skin constrict sooner, and to a higher degree, than men's do at the same temperature. As a result, women feel cold quicker, particularly in their extremities. Although women generally have a higher percentage of heat-conserving fatty tissue, they have less muscle mass and do not create as much body heat when exercising. If you tend to feel cold, man or woman, it's particularly important to eat and drink regularly, and to carry extra layers with you.

### **Warming Ways**

- Eat regularly and keep well-hydrated.
- When you're moving, remove a layer of clothing before you start to sweat. When you stop, add a layer before you start to cool off.
- Wear mittens in preference to gloves – your fingers can share their heat.
- Wear a wool or fleece hat – and a scarf or neck gaiter. Up to 50% of your total heat loss occurs through the head and neck.
- Ensure your boots, gloves, and socks are not too tight. Good blood circulation is essential to keeping hands and feet warm.

### **Sleeping Warm**

- Buy a sleeping bag rated for temperatures a few degrees colder than you expect to encounter.
- Before you get into your sleeping bag, exercise for a few minutes until you start to feel warm. When you climb into your bag, the extra heat will be trapped so it takes less time to warm up the space inside.
- Empty your bladder before going to bed, so your body doesn't have to expend energy keeping the extra liquid warm, and it may save you getting up during the night.
- Wear your hat to bed.
- Eat a good evening meal so that your body has fuel to see you through the night. This will also restore glycogen reserves, and assist repair from injury and fatigue.

<https://www.mec.ca/AST/ContentPrimary/Learn/HikingAndCamping/CampingSafety/StayingWarm.jsp>

A couple of upcoming events from the Loddon Shire which may be of interest.

### **Naturally Loddon - Wedderburn Landscape Restoration Tour – Sunday 13 September**

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 eucy 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.

Tour meeting point 9.50am Wedderburn Community Centre.

Cost: Free event, lunch included. Bring your hat, sunscreen, appropriate footwear, water bottle, binoculars and camera.

RSVP by 9 September to Anthony Gallacher. More information at

<http://www.loddon.vic.gov.au/Lists/Events/Naturally-Loddon-Wedderburn-Landscape-Restoration-Tour>

### **Naturally Loddon – Terrick Terrick National Park – Friday 2 October to Sunday 4 October**

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

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.

Location – Davies Homestead, Kow Swamp Road, Terrick Terrick

Day (and evening) visitors welcome. Cost: Free event, no pre-bookings needed.

Contact: Keith Stockwell. 03 5480 9254 stocky@echuca.net.au

<http://www.loddon.vic.gov.au/Lists/Events/Naturally-Loddon-10th-Annual-Activities-Weekend-Terrick-Terrick-National-Park>

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## The logic question six-year-olds can answer, but leaves adults baffled

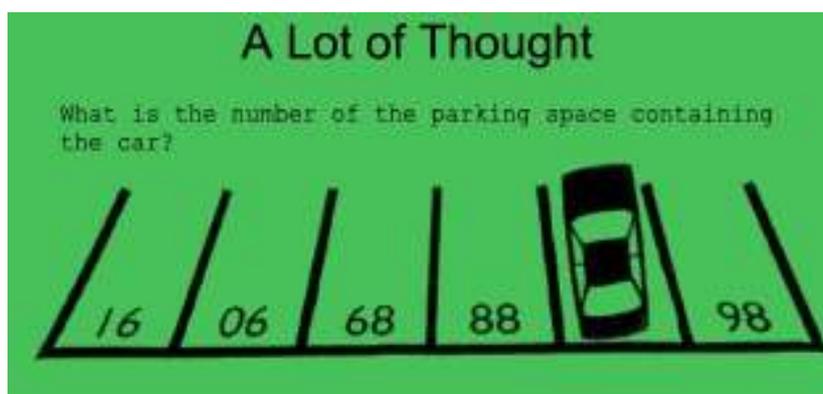
[From The AGE, June 18, 2015]

This puzzle, from a Hong Kong primary school admission test for six-year-olds, is supposed to be solved in under 20 seconds.

Based on the visible numbers in the image above students are asked to work out the number hidden by the parked car.

The numbers - 16, 06, 68, 88, X, and 98 - don't exactly lead to any quick pattern recognition.

Have you figured it out yet?



## Trip Reports

### Mt Feathertop – May 8 – 10th

This walk was abandoned prior due to the forecast of deteriorating weather conditions. Rescheduled to Friday 15 April to Sunday 17 April 2016.

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### Victoria Range Tour de Force, May 2015 – A Novices Tale

Its always interesting when you sign up to go hiking with a new group, so when Victoria Range got mentioned I was all interested. Now I hadn't hiked with Buzza and Garry before but hell they looked about my vintage, so didn't expect that we could get up to to much harm.

Garry and I rocked up at Buzza's place (we were going in his car) and he had a small caravan hooked up! - nothing like roughing it. Anyway, once we eventually got to the Baundik Camping reserve [after I had been given the after dark tour of the metropolis of Rupanyup], the advantage of the caravan became obvious as Buzza had all of the comforts of home.

Garry and I put up our tents and we had an early tea and then soon everyone hit the hay. Everyone except for me that is. I went looking for the comfort of a fireplace to keep warm on this somewhat crisp night, because I had somehow misplaced his sleeping bag and only had a blanket! Anyway, all turned out good because by the time I was ready to go to bed at 11, Buzza reappeared from his van and when I mentioned my dilemma, he fossicked around inside the van and produced one ersatz [*substitute*] bag, which made the night endurable.

The next morning appeared bright and sunny and after breakfast we were ready to hit the track: destination – the elusive 'Hole in the Wall'. We started off along Hut track, thru fairly open country, possibly made more accessible due to recent bushfires. Once up on the ridges we either skirted, walked around or squeezed thru the large rock features which scatter the Grampians.

With the aid of Garrys miracle navigation device, we eventually 'discovered' our first destination of the day. The 'Hole in the Wall' is a huge narrow rock with a big 'hole' in the middle. It is high up on a ridge, yet is only visible when viewed directly from the north or south.

This became our lunch stop. From here we got a great view of the back of Mt Thackeray and generally large



*The Hole in the Wall*

sections of the Victoria range. Not being contented with the mild walk we had up to this point, we now continued on downhill, generally to descend into the Billywing Gorge! Not a task for the faint hearted due to certain sections of shear walled canyons, which even a mountain goat wouldn't tackle. You could swim or wade thru if you were keen – by the mid afternoon we were not that keen, so we had to negotiate a few detours up, over and around the tricky bits.

By late afternoon with the sun rapidly sinking in the west, there were still a few more hills to traverse and creek beds to follow; we arrived back at the road just before dusk.

By the time we walked back to the car we'd covered about 15km, which I thought was pretty amazing given the sort of country we'd crossed!

That night we fired up our own campfire, which succeeded in heating us up a little.

SUNDAY. – Another perfect day.

Now I thought Buzza and Garry must be a bit stuffed after yesterdays 'big effort', so I expected a 'soft option' to be on offer today, but to no avail!

Garry had another 13-15km planned for us and there was no wavering. This morning we hiked straight out from the Baundik Camping Reserve, up the spur line looking for Hollow Mountain [not THE Hollow Mountain, another one]. It didn't take us all that long to get to the location, only made a bit tricky because the cave was high up and you could easily walk right past it. There were markers which led you up the side of the rocks and eventually into Hollow Mountain, which was like a large auditorium, with a big sandy base and an upper balcony. From inside you got a great view across to Red Cave approximately one Km across the valley. From here we continued up the spur line towards the top of the hills, where we stopped for lunch on a large rocky outcrop. Once again the weather was glorious and from this vantage spot we could see the hole in the rock, where we had been yesterday.

After lunch it didn't take us long to reach the saddle where we branched off to look at an 'old Hans feature', which was a solitary rock outcrop with a cave (read overhang), elevated 6-7 metres above the ground. Buzza and Hans climbed up around the back to explore this feature. Inside is an old fireplace, apparently not visited for many years.

From here we tried to travel across the rocks towards the road but only encountered large chasms and drop offs. In the end we retraced our steps right back to the main saddle and from there headed directly to the Victoria Range Track. Once on the track (by mid afternoon), we followed this right back to its junction with Goat Track. We knew we were now back in civilization, as the four wheel drives whizzed past us in all directions, (in fact it was just the same group, going first one way, and then the other.) Finally by late afternoon, we arrived back at Baundik reserve, having covered another considerable distance! By the time we struck camp and left there, the sun was again setting rapidly in the west. Buzz detoured off to Horsham for gas. A sensible move, as there was bugger all fuel available on a Sunday night at Rupanyup (which we toured once again in the dark), or any of the other towns we passed through. Buzza assured us that the Café at St Arnaud would still be open and he was right. We managed to get some decent hamburgers there and as we were leaving they put up the closed sign, another jackpot.

In Summary. A Great Hike undertaken in perfect hiking weather.

Buzza and Garry sure know how to explore an area. Garry's 'fandangled navigational aid' sure impressed me. ( I've mentally thrown my old compass in the bin!)

There's gotta be parts of the Victoria Range that Europeans have still not trodden. The traditional owners have had 40000 years to cover every other inch of it, I'm sure.

Roll on the next hike – Just remind me to up my Seniors insurance.

Postscript. The only downside to this hike is that I left my expensive native timber trekking stick in Buzzas car and it got thrown out with the rest of the rubbish.

Hans Tracksdorf



*Above: The view across to Red Cave, and  
Below; Buzza and Hans in side the cave at Hollow Mountain*



## Wilson's Promontory May-June 2015

*Wilson's Prom is an amazing place. It offers the spectacular scenery of granite mountains, open forest, rainforest, huge wind eroded boulders, sweeping beaches, rugged coastlines, and a Light Station perched on a small peninsula jutting into the wild seas of Bass Strait.*

*The Prom has had an interesting history. Initially it was part of the tribal lands of the Brataualung. These people were decimated particularly by disease after the 'discovery' of the Prom by European explorers in the 1790s. George Bass first sighted Wilson's Promontory in January 1798 during his whaleboat expedition from Sydney to Western Port. He recommended that it be named in honour of Thomas Wilson, a London friend of Flinders.*

*Bass and Flinders were accompanied by the "Nautilus", sent to investigate the potential for sealing. The "Nautilus" returned to Sydney with 9,000 seal skins and several tons of seal oil. That set the scene for the next forty years; sealers exploited the colonies on the islands around the Prom, and by the 1830s seal numbers had declined to such an extent that the industry had ceased to be viable.*

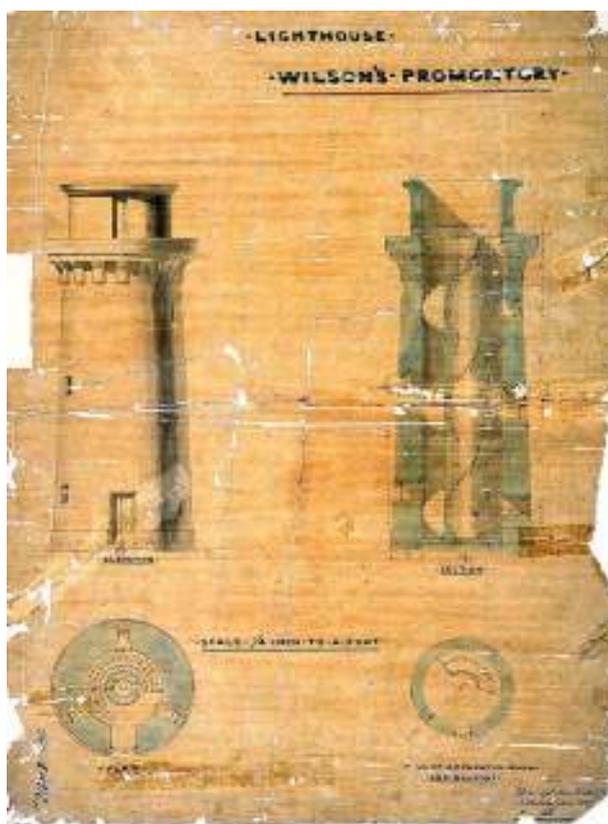
*Refuge Cove was a busy whaling station for many years, but as with the seals, whale numbers declined, and by 1847 whaling activities had virtually ceased on the shores of Wilson's Promontory.*

*Sealers Cove attracted timber millers to the Prom in 1847, and a mill was set up some time around 1853. Staves and other split timbers were in demand from Melbourne, and posts and railings for fences were sold to pastoralists, but by 1860, the mill had closed. The industry was re-established in 1903, but abandoned when the mill was destroyed by bushfire in 1906.*

*A lighthouse was built on South East Point in 1859 as a guide to shipping in the turbulent waters of Bass Strait.*

*Grazing and mining were other industries attracted to the Prom in early years, but a campaign by the Field Naturalists Club of Victoria eventually led to the temporary reservation of 36,842 hectares as a site for a national park on 8 July 1898, the first such park in Victoria.*

*Further additions were made to the park, the last being in 1969, bringing the total size of the park to 49,049 hectares, 125,000 acres in the old numbers.*



Original drawing from 1857. © Copyright National Archives of Australia 2015

*Of course, the park is now the domain of campers, tourists and bushwalkers, just as it should be.*

### **Our story begins here**

*Thursday evening*

*A bit of a chaotic start; six out of eight members leave Bendigo in wet rainy conditions and meet up with me in Melbourne where I've spent the day. Bob couldn't leave till Friday as he had an early morning drop-off at the airport.*

*The rain cleared as we journey through Melbourne, pity the same could not be said for the traffic. There is discussion about alternate routes, but we're over the Bolte Bridge, no choice now. It is not till we are approaching Koo Wee Rup for our planned evening meal that the traffic starts to thin. The South Gippsland Highway is almost free of traffic, but it is rough, especially in the back seat of Geoff's 4x4 – beats driving though. Then finally we arrive at our overnight destination – the public park in the middle of Fish Creek, complete with the biggest undercover BBQ area I've seen.*

*Not sure if camping is permitted here though. Rechelle spent a sleepless night waiting to be moved on or locked up as a vagrant.*

## **Sealers Cove to Refuge Cove**

*Day 1, Friday*

*An early start and off to the Prom, the entrance to the park is just 26km away. It only took a few minutes to complete a car shuffle and obtain permits etc from the park office, and we were on the track from the Telegraph Carpark heading for Sealers Cove.*

*My last visit to the Prom was just after the fires in 2005 when everything in the northern part was black. Now, despite more fires in 2009, the park appears to be recovering well. Evidence of the fires is everywhere though, so to the damage from the flooding in 2011 as a consequence of 340mm of rain in 24 hours. Anywhere you look on the hill-sides there are gullies completely scoured of vegetation and soil, and on the walk into Sealers, numerous plaques with before and after photos adorn newly constructed sections of the track.*

*The walk up to Windy Saddle is through open forest, but then the track swaps to the southern side of the range and becomes wet; the landscape is littered with mossy rocks, the under-story thick with ferns, and there is a dense canopy of eucalypts overhead. At the bottom of the ridge a boardwalk crosses a swampy section of Sealers Creek, and just before the beach, a band of teatree and a long drop dunny. This could only be Australia.*

*The stroll along the beach was great but with just a hint of urgency as the tide was rising, and the depth of water in Sealers Creek where we were to cross is unknown. A classic case of “don't panic Mr Mainwaring”, the water wasn't even knee deep.*

*With more than half the days walk completed, it was time for a leisurely lunch, and the obligatory swim for Rechelle. Bob almost caught up with us here, he was spotted on the beach just as we were leaving. He had instructed me not to wait, so we didn't. The creek was much deeper when he crossed. Apparently his shorts were hitched as high as they would go to keep them dry.*

*From Sealers to Refuge Cove the track is rocky, undulating, and offers some great views of the eastern coastline and beaches. The camp-site at Refuge is large and sheltered with lots of tree cover. In my view, the pick of places to camp at the Prom.*

*Rain clouds had threatened all day, but we were still dry. The evening was very cold, so after dinner we had a chat on the beach then early to bed.*

### **Stats: Day 1**

*Distance 17 Km, Bobs pedometer, 29,080 steps.  
Elevation rise for the day – 805m, loss – 991m.  
At the Lighthouse weather station,  
Strongest wind gust – 81km/h, Rain 9mm*



At Sealers Cove

## **Refuge Cove to the Light Station**

*Day 2, Saturday*

*Sometime during the night, or at first light, a yacht had snuck into the bay and was anchored on the far side from the camp area where there is the most protection; an idyllic setting indeed.*

*The climb out of Refuge Cove is steep and rocky – just the thing to get the heart pumping first thing before you warm up.*

*The consolation is the fabulous views back down to Refuge Cove and out the sea to the east. After a bit we dropped packs and wandered out to Kersops Peak. The Light house was in clear view to the south nestled under the ever threatening dark clouds. Low clouds were flying past overhead driven by strong winds from the North West, but we were completely sheltered [for now anyway] on the eastern side of the range.*

We walked back down to sea level on a well graded track for morning tea at Nth Waterloo Bay, then on to Little Waterloo Bay and a chat to some “thoroughly de-krauted” Germans camped there [their words], then over a headland for the 1500m walk on the beach at Waterloo Bay. The end of the beach was a good place for lunch. A pair of Ravens kept us well entertained with their efforts to open packs, and their antics trying to distract us with the clear intention of stealing food.

From the beach it is then a steep climb for two kilometers for a gain in altitude of 300m, but from there it is downhill all the way to the Light Station. Well, almost to the Light Station; if the last 300m were any steeper it would have required steps, or better, an elevator.

The Lighthouse was completed in 1859, built of granite from a nearby quarry at a cost of £15,572. The four cottages adjacent to the Lighthouse were built to accommodate the lighthouse keepers and their families. Some of these buildings also date back to 1859. We stayed overnight in one of the cottages; well appointed with a good kitchen, two bathrooms and HOT showers – bliss.

Part of the deal to stay at the Light Station is the ranger guided tour of the Lighthouse. Our guide Andrew gave us the full tour – access to everything except the lamp room atop the tower [no-one gets in there except the people from the Australian Maritime Safety Authority], and information on all aspects of the Light Station. There is also a small Museum with displays of early equipment including an extraordinary Fresnel lens dating back to when the light was powered by kerosene.

There was no mortar used in the construction of the tower, and the balcony relies on gravitational force on the the structure above it to hold it in place.

Even with the strong wind blowing the balcony felt absolutely stable. The same could not be said for our cottage though. Wind gusts overnight were so strong that the building seemed to shake and the noise was very loud; I thought any moment the roof would come off. I had been banished to sleeping in the sun room on the veranda because of a vicious allegation related to snoring. Apparently this was to ensure the rest of the crew would get an undisturbed night sleep. Ha, fat chance. Not with that wind blowing; no one slept well.



David, Rob and Robs reflection in the Fresnel Lens

### **Stats: Day 2**

Distance 17.8 Km, Bobs pedometer, 32,474 steps.  
Elevation rise for the day – 1120m, loss – 1055m.  
At the Lighthouse weather station  
Wind gust [to midnight] – 98km/h, Rain 3mm.



## **Light Station to Oberon Bay**

Day 3, Sunday

*There must be something in the water at the Light Station. Everyone was up early, breakfast over, cottage cleaned and on the track 10 minutes early. That wasn't the half of it though. We all seemed to have the skates on making really good time to Oberon Bay. In fact we covered the 15kms in time to have lunch there. On the way we checked out Roaring Meg Falls [more trickle than roar], and Halfway Hut which, as the name suggests, must be half way to somewhere.*

*It was good to get into camp early though. We set up camp in the shelter of a band of tea trees, then had time to explore the beach and surrounding area. The sea was very rough, with wave after wave breaking simultaneously on the*

*shallow beach. Flotsam on the beach was mostly large cuttlefish bone.*

*In the evening the talk turns to astronomy; attempts are made to locate and identify planets and signs of the zodiac. We also attempt to calculate the time of the low tide in the morning. We know the time of the high at Sealers the previous Friday, but is the tide actually an hour later each day, and what effect will being on the other side of the Prom have? The consensus is that the low tide should be at about 7am.*

### **Stats: Day 3**

*Distance 15Km, Bobs pedometer, 28,348.*

*Elevation rise for the day – 582m, loss – 641m.*

*At the Lighthouse weather station*

*Wind gust – 113km/h, Rain 3.5mm*



*The obligatory sunset - Oberon Bay*

## **Oberon Bay to Tidal River**

Day 4, Friday

*All too soon it's time to pack up on day last. Even though we were very protected from the wind last night, sand covers everything inside the tent. No-see-um mesh might keep out the bugs, but not this fine wind blown sand.*

*It is right on low tide as we walk along Oberon beach, so the hope is that we won't have to take our boots off to cross Growlers Creek. The wind is blasting sand into our faces, and it is not particularly pleasant. In no time though we have tiptoed across Growlers, and for a short time are in the shelter of a ridge from Mt Oberon. Here there is more evidence of the damage from the floods, and it gets worse as we trek around towards Norman Beach. Some gullies have been eroded so greatly that Parks have built bridges to span the gaps, others have piles of rock pushed into them to restore access.*

*When we arrive at Little Oberon Bay, the wind has picked up and is ripping the tops of the*

*waves, blasting a shower of spray back out to sea.*

*By 11am we are in Tidal River, hot showers get rid of the invading sand, and hot coffee clears out the cobwebs. Then it's time to head home.*

### **Stats Day 4**

*Distance 7.6Km, Bobs pedometer, 16,902.*

*Elevation rise for the day – 254m, loss – 254m.*

*At the Lighthouse*

*Strongest wind gust – 94km/h, Rain 18mm.*

*Thanks to Rechelle, Bob, David, Kerry, Geoff, Andy, and Rob.  
Garry.*

**Post script.** *It is interesting to note that at no time were we more than 12.5km from the Light Station ATRF [as the Raven flies], and although the Light Station recorded 33mm [1½ inches] of rain during our time there, we stayed dry for the whole weekend. How lucky is that?*

## Activities . . . June and beyond

### Sun June 28th Leaghur State Park Day Walk

Leaghur State park was increased in size in 2010 because it is one of few parks that have Black Box Woodlands with an encompassing wetlands area. The wetlands are flooded when the Loddon River overflows [it flows northward but to the east of the park] and this lends itself to the many birds and other wildlife which find habitat in the area. These include Whistling Kites, Brown Falcons and Fairy Wrens, wallabies and kangaroos.

While the area is predominantly flat and walking is off track, it is still a fascinating park to walk through.

Distance 10- 12 kms and rated EASY.

Fuel Share – \$20.00

Meeting Location - TBA - Please ring if you are coming.

Buzza 0438437680

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### 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)

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### 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 barbeque 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

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## 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](mailto:k.longridge@campaspe.vic.gov.au)

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## Paddling – August 21st – 23rd

Sam North has listed three weekends for paddling this winter. At this stage water levels are low and the forecast not brilliant, so destinations and details may not be decided until just before the event. If you are interested, it doesn't matter if you have not paddled before. Sam will tailor the trip to the participants. Safety is always the uppermost consideration. A likely starting point would be the King River south of Wangaratta. Rafting runs on the King are great fun, the rapids not too onerous, and you are guaranteed of a thrill or two.

Contact Sam on 0400 567 201

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## Sat 29 August – Werribee Gorge

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 Myrning 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 – Hard. There are some steep and 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

Hans Tracksdorf 5443 4442

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## Down the Track . . .

### Day Walks In The Flinders Ranges, September 2015

<b>Date</b>	Thursday 10 to Wednesday 23 September 2015 (14 days)
<b>Outline</b>	Nine one-day walks in the Flinders Ranges, ranging from Hawker to Aroona Valley.
<b>Grading</b>	All the walks have formed tracks or use the beds of creeks. Medium to hard (rough gravel and stones underfoot, climbing and descending, narrow foot-tracks, some formed dirt roads). Recommended that you bring walking poles.
<b>Meeting</b>	Thursday 27 August, 8.00 pm, 5 Ross Street, White Hills
<b>Walks</b>	<ol style="list-style-type: none"><li>1. Along the Heysen Trail over the Yourambulla Ridge</li><li>2. Saint Mary's Peak</li><li>3. Mount Ohlssen Bagge</li><li>4. Bunyeroo Creek geological walk</li><li>5. Bunyeroo and Wilcolo Creeks circuit</li><li>6. Wilkawillina Gorge</li><li>7. Yaluna loop walk</li><li>8. Mounts Dib and Dob</li><li>9. Bathtub Gorge</li></ol>
<b>Other</b>	Kanyaka Station ruins Douglas Bruce tomb Brachina Gorge geological Yellow-footed Rock Wallabies if we are lucky
<b>Leader</b>	John Lindner, 5448 3406, <a href="mailto:jwl.bendigo@gmail.com">jwl.bendigo@gmail.com</a>



### 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, <a href="http://www.bushwalkingvictoria.org.au">www.bushwalkingvictoria.org.au</a> [Click on "What we do", and then on "Federation Walks Website", or <a href="http://www.fedwalks.org.au/">http://www.fedwalks.org.au/</a>

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

- 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](mailto:jwl.bendigo@gmail.com)

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## Glenelg River Paddling – Wed 28th [Bendigo Cup] – Sunday Nov 1st

An easy five day paddle from The Pines to Nelson, with a visit to the Princess Margaret Rose Caves.

Wed – travel to The Pines campsite and complete care shuffle. Thursday to Saturday – paddling.

Sunday – short paddle into Nelson and return to Bendigo. Canadian Kayaks, double bladed paddles, Max 12.

Garry Brannan, 0450879917

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## 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



Your deluded editor beavering away at the newsletter, whilst dreaming of the Whitsundays kayak trip

## The deadline for the next edition of GoBush – Wednesday July 23

Please forward Trip Reports, details of Coming Events, and interesting articles to Garry at [garrybrannan@gmail.com](mailto:garrybrannan@gmail.com) 0450879917

## Keith Longridge has taken over the role of Activities Coordinator.

For additions or alterations to the activities calendar, and write-ups for the newsletter, contact Keith on 0417 151 591 or email him at [k.longridge@campaspe.vic.gov.au](mailto:k.longridge@campaspe.vic.gov.au)

Date	Description	Rating	Comments	Contact
<b>June</b>				
Tuesday 23rd 7.30pm	<b>Club Meeting - Presbyterian Church Hall,35-41 Forest St.</b>		<b>"In Sturts Wake",</b> a paddle into history – <b>John Lindner.</b>	Leigh Callinan 0408 061 766
Sun 28th	Leaghur State Park	DW E	A significant Black Box wetland and Loddon River floodplain	Graham Borrell 0438 437 680
<b>July</b>				
Sunday 5th				
10th – 12th				
17th – 19th				
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	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
<b>August</b>				
Sunday 2nd	'Daylesford & Sailors Falls'	DW M	16km circuit walk	Keith Longridge 0417 151 591
7th – 9th				
14th – 16th				
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.		<b>Patrick Burtcher</b> – Walking tours in Austria.	
<b>Saturday 29th</b>	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
<b>September</b>				
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	<a href="http://www.loddon.vic.gov.au/Lists/Events/Naturally-Loddon-Wedderburn-Landscape-Restoration-Tour">http://www.loddon.vic.gov.au/Lists/Events/Naturally-Loddon-Wedderburn-Landscape-Restoration-Tour</a>	

Date	Description	Rating	Comments	Contact
Tuesday 15th	Registration for Federation walks close today	Various		John Lindner 5448 3406
18th – 20th				
Tuesday 22nd 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.			
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
<b>October</b>				
Sunday 4th	Local Day Walk	DW/E	Spring Flowers	Kerrie Norris
3rd -5th	Paddling the Upper Murray River (3 days)			Sam North 0400 567 201
Friday 2 October to Sunday 4	Loddon Shire – Terrick Terrick National Park – October	E	<a href="http://www.loddon.vic.gov.au/Lists/Events/Naturally-Loddon-10th-Annual-Activities-Weekend-Terrick-Terrick-National-Park">http://www.loddon.vic.gov.au/Lists/Events/Naturally-Loddon-10th-Annual-Activities-Weekend-Terrick-Terrick-National-Park</a>	
9th -- 11th				
16th – 18th	Mt Samaria	E	Base camp	Graham Borrell 0438 437 680
23rd – 25th	Federation Day Walks - Daylesford and Hepburn Springs. <a href="http://www.fedwalks.org.au/">http://www.fedwalks.org.au/</a>	DW Various	<b>A must for our Club</b> – 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, inclding Princess Margaret Rose Caves.	Garry Brannan 0450879917
<b>November</b>				
<b>Oct 31 or Nov 1</b>	<b>Day Walk Leader wanted</b>			
6th – 8th				
13th – 15th				
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.			
<b>28th or 29th</b>	<b>Day Walk Leader wanted</b>			
<b>December</b>				

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.*

## 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:

