

Go Bush



Bendigo Bushwalking and Outdoor Club Inc. January 2024

President's Report

The new year awaits us, and the Calendar has numerous activities awaiting including an overnight pack carry walk on the Bogong High Plains lead by the experienced David. As well Hans has a walk on the previous Sunday around St Georges Lake in Creswick and our twilight walks are ongoing from Crusoe Rd carpark. The final two summer daylight saving walks in March are going to be in the Epsom area and led by Hans.

Also on the March Labour Day weekend, the Club is presenting two activities that are miles apart – one is a series of day walks in the Grampians and a Rail Trail Bike ride from the Murray River to the mountains. Ring the leaders involved. February's Club Meeting features a talk by an adventurer who undertakes guided walking tours in Norway. Put this date in your diary because it promises to be an informative evening.

The new calendar has an increased focus on overnight walks, base camps and bike rides while retaining the ever-popular evening and day walks. So, until the day on a bush track somewhere, we meet again – until that day - keep yourselves safe and enjoy 2024.



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FARMER WALKS THE ENTIRE COASTLINE OF VICTORIA FROM SA TO NSW

Interesting article about how a local from Nelson walked the entire coastline of Victoria in 2005. _Lynn Murrell says he is not raising the profile of a particular cause. He is not collecting money for charity and is not spruiking for a political party. Refreshingly, the 57-year-old says he simply wanted to walk Victoria's coastline to see it for himself. _Now, almost 2000 kilometres, 103 days and two pairs of shoes later, the Cape Nelson deer farmer has become the first person to walk the coastline unassisted. His trek began at the South Australian border on January 4 and ended at Cape Howe on Sunday. April 16, 2005

Mr Murrell said the walk was a pilgrimage and not to lecture on issues such as wind farms or coastal development. "I put it down to that old idea of a pilgrimage," he said. "I didn't commit myself to take on any causes because I felt like I had to keep moving and I didn't want to get embroiled in local issues. "What I have agreed to do is to listen to all those things and encourage debate on the issues... when I get back." "I walked with councillors, politicians and schoolchildren so they kept me company for a part of the trip," he said.

Mr Murrell trained for two months in sand dunes to build up his legs and back before the walk. He also drove the route to scout out camp sites and leave food for the walk. "It went pretty smoothly," he said. "Physically I was fine but mentally I was starting to think 'yeah I will be happy when it's over'." When asked what stretch of the coast he loved the most, Mr Murrell becomes as parochial as the people he met along the way. "Everyone that I have met along the coast asks that question and every bit of Victoria's coast has had its own wonderful experiences," he said. "Everyone thinks their own part is the best. However, having compared the Portland, Bridgewater area where I grew up... I'm very proud of the fact that our bit of coast stacks up with everywhere else."



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Upcoming Activities

Bendigo Bushwalking and Outdoor Club monthly Meeting

Tuesday 27th February 7.30pm in Forest Street

The Huts Tour Part 3 – Bogong High Plains

Saturday 24th – Sunday 25th February

Type: Overnight Walk Grade: Easy/Medium

Distance: Sat: no packs 7.3km, with packs 7.5km Sun: no packs 6.6km, with packs 7.6km

DESCRIPTION:

An alpine walk with mountains views but no climbing of mountains.

Friday:

Departure to drive to the Bogong High Plains and set up camp at Buckety Plains Campground.

Saturday:

Morning will involve day walking without packs to visit 5 huts on the Bogong High Plains, some of which you haven't been to before. After lunch at Wallace's Hut, we set off with packs to walk along the Langford East Aqueduct to Fitzgerald's Hut where we will camp for the night.

Sunday:

In the morning we continue with a pack carry part of the walk for short distance to get to the Alpine Walking Track. Then another section of day walking without packs to visit 2 more huts (Edmondson and Johnstons). Returning to collect our packs and then walk down the Heathy Spur Track back to the cars at Rocky Valley Dam

Afternoon tea/coffee & cake at the Mount Beauty Bakery before returning to Bendigo.

COST:

Transport to and from Bogong High Plains ZONE 5: \$75/passenger.

Accommodation costs: \$0.00 Contact: David Crocker ph 0409 425 604 email: dcrocker46@gmail.com

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Mt Alexander Day Walk

Sunday 4th February

A ten kilometre half day walk at Mt Alexander incorporating sections of the Goldfields Track as it traverses the mountain. Highlights include Dogs Rocks and Shepherds Flat Lookout. The walk has a Medium Rating and participants are requested to ring Ian and/or meet at 8.25 am outside Rebel Sports at Lansell Plaza (weather permitting) and anticipated finishing time about 1pm with about Coffee and cake afterwards at the Harcourt General Store. Ring Ian on 0457 940 564 for details.

St Georges Lake Creswick Day Walk

Sunday 18th February

St Georges Lake is an idyllic walk on another section of the Goldfields Track between Ballarat and Bendigo, although a circumference of the lake is planned. At approximately 12 km, the surrounding area includes remnant pine forests and great views of the hills and valleys. The walk has a Medium Rating and participants are requested to ring Hans and/or meet at 8.25 am outside Rebel Sports at Lansell Plaza (weather permitting) and anticipated finishing time about 1pm with about Coffee and cake afterwards at Creswick. Ring Hans on 0400 049 891.

Grampians Peak Trail Base camp/day walks

Friday 8th to Monday 11th March 2024

Labour Day long weekend

Base camp at Jimmy Creek campground south of Halls gap nights. Jimmy Creek is accessible by car.

3 single day walks:

Saturday 9/3	Jimmy Ck to Yarram Gap Rd	13 km moderate
Sunday 10/3	Yarram Gap Rd to Griffin Trail Head	12 km easy
Monday 11/3	Griffin Trail Head to Cassidy Gap	12 km moderate

Cost - minimal - perhaps \$5 per night (each site is \$16.40 per night, up to 6 people per site) plus transport. Bendigo - Jimmy Creek is 237 km. Car shuffles each day at the Grampians. Rationale. Grampians Peak Trail (GPT) overnight camping is super dear - \$49 per night per tent site. Base camping is very cheap! Suitable for "day walkers" seeking something more adventurous as well as old hands who want to try the GPT but think the fees are ridiculous! (Or prefer a day pack to something heavier!) No requirement to do all three days. Ring or text Andrew M 0418 135 934

Murray to Mountains Rail Trail Saturday 9th to Monday 11th March

Type: Base Camp with Day Bike Rides

Grade: Medium/Easy Distance: Saturday 66km, Sunday 64km, Monday 44km

DESCRIPTION:

PROPOSED RIDING ITINERARY -

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Friday:

Departing Bendigo Friday afternoon/evening to Myrtleford CP, 250km.

Saturday:

Drive to Harrietville and ride on the new (sealed) Great Valley Trail from Harrietville to Bright (25km) (morning coffee) and then on to Wandiligong on Bennetts Trail (5.5km) and return to Bright (5.5km) (lunch).

After lunch ride from Bright back to Myrtleford (30km). Car shuffle to collect car from Harrietville.

Sunday: Drive to Yackandandah to leave a car here. Drive on to Beechworth. Ride downhill from Beechworth to Yackandandah (22km) on the new Rail Trail/Bike path (morning coffee). Drive to Beechworth. Car shuffle to leave a car at Myrtleford. Ride from Beechworth to Everton (16km) (lunch).

Ride from Everton to Myrtleford (26km). Car shuffle to collect car from Beechworth.

Monday:

Drive to Everton. Do car shuffle to leave a car at Milawa. Ride from Everton to Wangaratta (26km) (morning coffee). Ride from Wangaratta to Oxley (9km) (lunch).

Ride from Oxley to Milawa (9km). Car shuffle to collect car from Everton. Afternoon tea/coffee at Milawa Bakery Café, then drive home to Bendigo

COST:

Transport to and from Myrtleford + a number of car shuffles. ZONE 5 \$75 + \$10 (car shuffles)

Accommodation costs for camping at Myrtleford Holiday Park for three nights, \$45. Contact: David Crocker ph 0409 425 604 email: dcrocker46@gmail.com

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Membership

Fees are \$60 for a family and \$40 for single members. Payable each financial year.

A Membership Form can be found on the website at www.gobush.org.au.

Remember you must sign the Acknowledgment of Risk at the bottom of the membership application otherwise you are not covered by the Club insurance.

You are welcome to try a trip or two at the nominal cost of \$2 per trip.

Membership Benefits

Insurance coverage on member's trips.

Your Bushwalking Victoria membership card enables you to obtain discounts at a number of retailers. Note that Bushwalking Victoria membership cards need to be presented prior to processing of sale.

<http://bushwalkingvictoria.org.au/bwv-membership-card-benefits/bwv-membership-card-benefits>

Note: RRP = Regular Retail Price-does not include sale or consignment items or hire gear.

Reminder to Walk Leaders

Under our insurance policy organised through Bushwalking Australia, it is required that we obtain the name & address of any temporary members who come on walks and that they sign an Acknowledgement of Risk Form before participating in an activity. These details should be collected by the walk leader via the appropriate form, together with the fee, and passed on to the treasurer.

Any serious incident occurring on a walk must be reported to the leader and the committee to enable the correct procedure to be followed.

All Activity Leaders are reminded that they need to have forms on hand for activities – Activity Registration Form, Incident Forms, Emergency Forms. Completed forms are to be sent to the secretary either with a scan to the Club's address or a photo/scan to 0466 004 610.

Notice to Members and Visitors: Members and Visitors (temporary members) should always have their personal emergency information on their person for all activities – Participant's Emergency Contact and Medical Form.




Members and Visitors should note they are responsible to inform any person taking photos, or the Activity Leader, if they do not wish to be included in photos that can be used for club purposes.

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Buzza is doing the newsletter for the interim period until we find another newsletter editor and so any email content should be sent to enquiries@gobush.org.au by the Tuesday before the Club Meeting

BENDIGO BUSHWALKING AND OUTDOOR CLUB INCORPORATED MEMBERSHIP RENEWAL FORM

New and renewing members alike MUST sign the Acknowledgment of Risk. Membership fees are due from the first of July. Adults \$40, Family \$60. Payment as follows: • Post a cheque together with this form to The Treasurer, Bendigo Bushwalking and Outdoor Club, PO Box 989, Bendigo 3552 • Bring cheque or cash to the monthly meeting: 4th Tuesday of the month, 730 pm, Presbyterian Church Hall, Forest Street • or pay by Direct Debit BSB – 633000 Account No – 134109016 Reference – your name. Please notify the Treasurer and provide a signed Acknowledgment of Risk at the earliest opportunity. Please complete all the following sections

1. PERSONAL DETAILS Adults 1. _____ 2. _____
Children 1. _____ 2. _____
2. Address _____
_____ Postcode _____
3.  Mobile _____  Home _____
4. Email _____
5. Next of Kin/Nominated person to contact in an emergency Name
_____  _____
6. Address _____

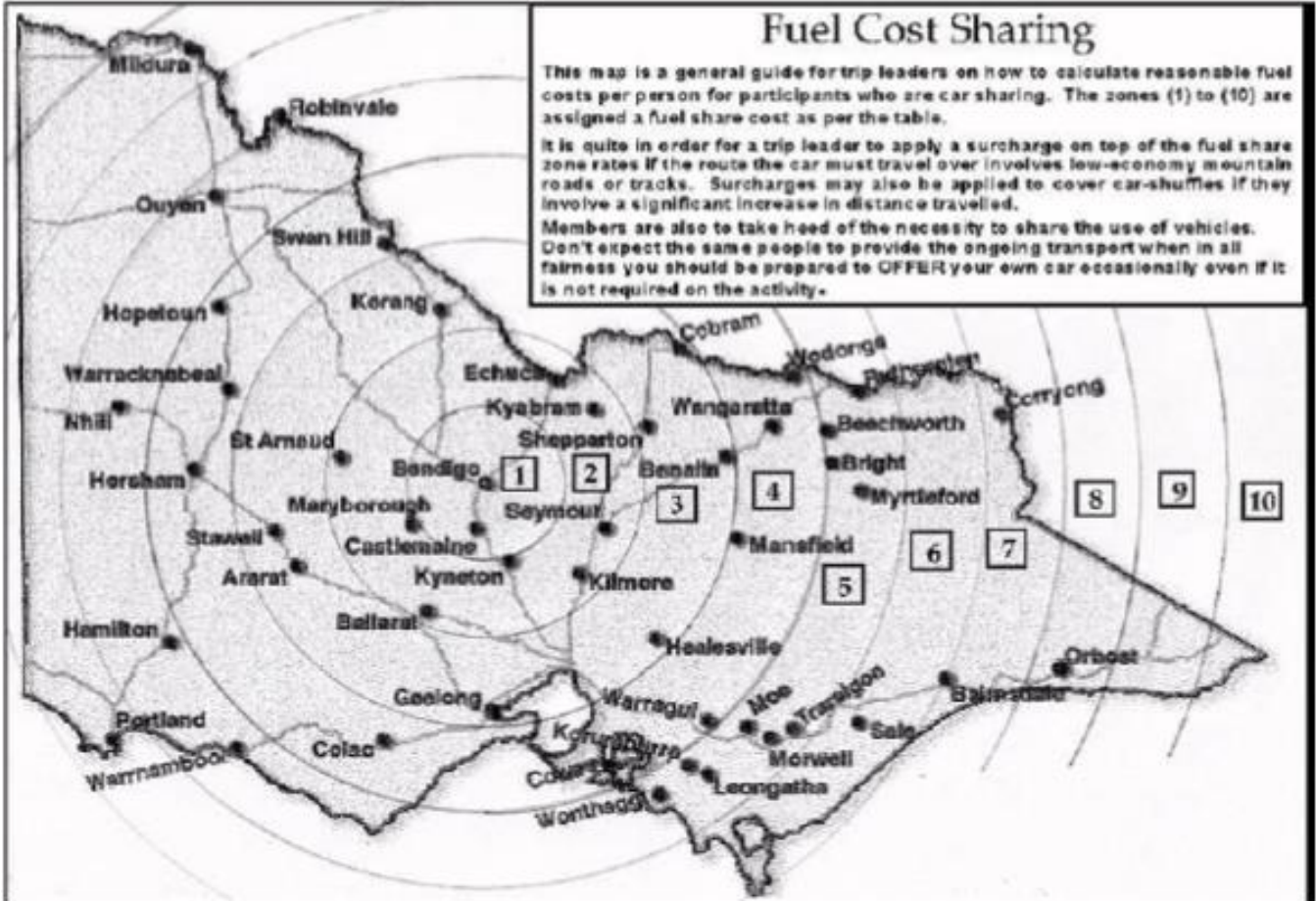
ACKNOWLEDGMENT OF RISK AND OBLIGATIONS OF MEMBERS

This acknowledgment of risk 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 endeavour 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. 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 acknowledgement 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,

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Name _____ Signed _____ Date _____



Zone & Fuel Cost

① \$10-\$15 ② \$30 ③ \$45 ④ \$60 ⑤ \$75 ⑥ \$90 ⑦ \$105 ⑧ \$120 ⑨ \$135 ⑩ \$150



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PARTICIPANT'S EMERGENCY CONTACT & MEDICAL INFORMATION

This information is for emergency use only and is to be carried in your pack at all times in a sealed plastic envelope. It is your responsibility to update this information if there is a change in details.

Name: _____

Home Address: _____

_____ Post Code _____

Telephone: Home: _____ Mobile: _____

Medical Information:

Medical Condition: _____

Current Medications: _____

Allergies: _____

Do you have current immunisation against: Tetanus Y/N HepA Y/N HepB Y/N

Medicare Number: _____

Private Health Insurance Fund (name): _____

Ambulance subscriber Y/N

Emergency Contact:

Name: _____

Home Address: _____

_____ Post Code: _____

Telephone: Home _____ Mobile _____

Relationship: _____

Signed: _____ Date _____

Privacy Statement:

The information contained in this form is for emergency use only and will be used if you are ill or injured whilst participating in an activity of your bushwalking club. The information will only be accessed by the walk leader or their delegate and given to the relevant medical and/or emergency services personnel.

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Bushwalking Calendar Gradings

Easy
Easy / Medium
Medium
Medium / Hard

Gently undulating terrain, mostly on formed tracks.

Gently undulating terrain with some short climbs

Both on & off formed tracks with some sustained climbs.

Medium walks but may also include rougher terrain, heavy scrub, rock scrambling, longer climbs & descents, or exposure to bad weather.

Bendigo Bushwalking Club Committee 2023-2024

President	Graham Borrell	0438437680
Vice President	Hans Trackdorf	
Secretary	Donna Guille	0466 004 610
Treasurer	Greg Doubleday	
Committee Members		
	Ian Barry	
	Peter O'Meara	
Trip Coordinator	Buzza	
Webmasters	Donna Guille & Ian Barry	
Newsletter	Adele	

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Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
February				
Sunday 4 th	Mount Alexander Walk	Med	Meet Rebel Sports 8.25am	Ian B 0457 940 564
Tuesday 6 th	Number 7 Reservoir 6pm	Easy	2-hour 6km Evening Walk	Buzza 0438 437 680
Sunday 18 th	St Georges Lake	Med	Meet Rebel Sports 8.25am	Hans T 0400 049 891
Tuesday 20 th	Number 7 Reservoir 6pm	Easy	2-hour 6km Evening Walk	Buzza 0438 437 680
Saturday 24 th Sunday 25 th	Bogong High Plains	Medium	Overnight Pack carry Walk	David 0409 425 604
Tues 27 th	Monthly Club Meeting Walking in Norway	7.30pm	Presbyterian Church Hall Guest Speaker	35-41 Forest St Bendigo
March				
Tuesday 5 th	Crusoe Reservoir 6 pm	Easy	2-hour 6km Evening Walk	Buzza 0438 437 680
March 8-11 th	Grampians Base Camp	Easy/Med	3 single Day Walks	Andrew 0418 135 934
March 8-11 th	Murray to Mountains	Easy/Med	Bike Ride	David 0409 425 604
Tuesday 19 th	Crusoe Reservoir 6 pm	Easy	2-hour 6km Evening Walk	Buzza 0438 437 680
Sunday 24 th	Kamarooka Bike Ride	Easy	Mountain & E Bikes	Buzza 0438 437 680
Tuesday 26 th	Monthly Club Meeting	Easy	Presbyterian Church Hall	Greg & Rochelle
Fri 29 to Mon	Easter			

