

Go Bush

April
2024

BENDIGO BUSHWALKING AND OUTDOOR CLUB INC.



Our walking group on the Mount Alexander circuit walk, with a fabulous view.

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Bendigo Bushwalking and Outdoor Club Inc. April 2024

Hiking side effects include sweating, euphoria, and general awesomeness

Anonymous

Source: <https://australianhiker.com.au/advice/hiking-and-outdoor-quotes/>

Bendigo Bushwalking and Outdoor Club Inc.

Presents

EXPEDITION CRUISES TASMANIA'S WILDERNESS COAST

Explore Australia's island state poised at the edge of the world, where the Southern, Indian and Pacific Oceans collide. Tasmania's natural beauty sees rugged mountain ranges culminate in soaring coastal cliffs and crescent-shaped beaches. Its intriguing colonial history comes to life in haunting convict buildings and heritage sites. Shaped by its climate, fertile pastures, and verdant valleys, it produces a bounty of world-renowned food, wine and artisanal beers and spirits, making a Tasmanian expedition cruise an experience for all the senses. Club members Greg & Robyn recently completed a voyage of discovery with Coral Expeditions and from the hundreds of photographs have reduced them to just fifty photos - but these images are the best of the best.



Come along to our Club meeting on Tuesday the 23rd of April at 7.30 pm in the Presbyterian Hall in Forest St, Bendigo to experience the trip of a lifetime. And take yourself back two hundred & twenty-six years to the year 1798, when one of Robyn's ancestors; her great, great, great, great-grandfather, Able Seaman, Peter Hibbs was on board Mathew Flinders' ship, the HMS Sirius, on Flinders' epic voyage of circumnavigation and discovery around Van Dieman's Land (Tasmania). A landmark on the west coast of Tasmania continues to bear Hibbs name today.

*Photo of Tasmanian coastline from pixabay

President's Report

Last month's Club Meeting featured a presentation by Peter Holmes an adventurer who undertakes guided cross country ski tours in Italy, France, and Norway. The Activities calendar has an increased focus on two hour and half day walks, base camps, and bike rides, although the Beeripmo Walk has been postponed due to the recent fires in the area. Two participants of the twilight walks, Nola and Gayle have volunteered to lead walks in the bushland areas near where they live; Lightning Hill in Eaglehawk and One Tree Hill in Spring Gully. There are also plenty of day walks on the calendar. So, until the day on a bush track somewhere, we meet again – until that day - keep yourselves safe and enjoy 2024. Finally, the end of the financial year is the time to renew your club membership and that time is with us soon, and your continued support ensures that the Club remains strong and viable.

TRIP REPORTS

Kamarooka Bike Ride Sunday 24th March

After meeting at the clubrooms, we took the bikes (including Bill's E-bike) to the start of our ride on Whipstick Rd, Eaglehawk where the gravel road begins. We followed Rifle Range Road northwards through the forest, looking decidedly healthy after recent rains. At Nuggety track we turned right and after about ten minutes arrived at Notley's Campground, where about a dozen campers in their vans rested in the sunshine. Our next destination was Old Tom's Mine where we had our first break.

The Bendigo Bushland Trail we were following disappeared, but we followed numerous trails towards Shadbolt Picnic Area, where new plantings were visible. Flagstaff hill where we looked at the orientation table showing various landmarks and mountains within the viewing area; unfortunately, tree growth obscured many of the places. We retreated down the gravelly track to Skylark Road which we followed for about four kilometres to the junction of Loesers Road, and followed Loesers towards Black Rock Reef.

We never made it because the distance was increasing from our departure point and we decided to have a break alongside a picturesque waterhole. After the break Bill's E bike came to the fore because headwinds accompanied us along Sandfly Track and then the Whipstick Rd, where the traffic was more common. After arriving at the cars, we decided a scrumptious lunch at Eaglehawk Bakery was the best option. Thanks to Bill, Jason, and Gary for a memorable ride.



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Upcoming Activities

Bendigo Bushwalking and Outdoor Club Monthly Meeting **Tuesday 23rd April 7.30pm in Forest Street**

(Tasmanian Cruise presentation with Greg and Robyn)

Come find out about day walks and bike rides

OR

Just come along for a chat and a cuppa.



Black Hill Reserve Kyneton Day Walk – **Sunday 28th April**

Black Hill Reserve is a granite outcrop about 6kms north of Kyneton and features well marked trails around the small hilltop as well as a track along the main spur, with lookout points overlooking the surrounding plains. The walk is about 8-10 km in length and should finish about 1pm, after which we can adjourn to a suitable café for a cuppa and cake. Meet at Rebel Sports for an 8.30 departure. Fuel cost is approx. \$30. Buzza 0438 437 680

One Tree Hill Half Day Walk – **Sunday 5th May**

One Tree Hill is a part of the Greater Bendigo National Park and features many interesting tracks and rock outcrops. This walk is the first of a series of 1.5 to 2 hour day walks of approx. 6-7 kms in length that the club is conducting during the cooler months. The One Tree Hill walks will be on the first Sunday of each month and led by a Twilight walk participant, Gayle C. Meet at the Spring Gully Hall at 9.00 am. Ring Gayle 0408 443 860.

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Lightning Hill Half Day Walk – Wednesday 8th May

Lightning Hill near Eaglehawk is also part of the Greater Bendigo National Park in an area covered in mining operations and featuring interesting tracks and rock outcrops. This walk is the first of a series of 1.5 to 2 hour day walks of approx. 6-7 kms in length that the club is conducting during the cooler months. The Lightning Hill walks are being led by Nola, in one of her favourite walking areas and will be on the second Wednesday of each month and will be 1.5 to 2 hour day walks of approx. 6-7 kms in length. Meet at the Shelter near the Children's playground at Lake Neangar in Eaglehawk at 9.30 am. Ring 0419 334 673.

Mt Bealiba Day Walk – Sunday 19th May

Mt Bealiba is one of the highest hills to the west of Dunolly and is part of the Bealiba Range which runs southerly from the small township of Bealiba and features well marked trails around the small hilltop as well as a track along the main spur, with lookout points overlooking the surrounding plains. The walk is about 8-10 km in length and should finish about 1pm, after which we can adjourn to a suitable café for a cuppa and cake. Meet at Rebel Sports for an 8.30 departure. Fuel cost is approx. \$30. Buzza 0438 437 680



Group at Mount Alexander summit cairn

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Mount Alexander Circuit
walk

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HERE ARE SOME TIPS FROM THE BUSHWALKING VICTORIA WEBSITE ON PACE, RHYTHM & REST STOPS WHEN WALKING IN A GROUP.

A steady walking pace, good rhythm and regular rest stops contribute greatly to enjoyable bushwalking that can be sustained all day and keep the group together.

Experienced walkers with a good walking rhythm can assist less experienced walkers by walking with them. They should not force a pace that may be too fast for less experienced walkers. The overarching consideration is to ensure that the pace is comfortable for the slowest member of the group.

A group is only as fast as its slowest member. Putting slower individuals close to the front of the group helps set the pace, keep the group together, and maintain a pace within everybody's comfort zone.

If a person walks too fast for the rest of the group ask them to slow down to the group's pace. They could also take on the whip role or assist with navigation.

Keeping the group together is important for both safety and enjoyment.

Rest stops

It is important for the group to establish a good routine for rest stops. A leader should be proactive in informing the group when and where rest stops will occur.

For example, set an easy pace for the first 15–20 minutes for everyone to warm up then have a rest to adjust to adjust clothing, equipment and footwear.

Activity periods should vary depending on the nature of the group and how they are coping with the conditions. Rests stops allow the group to reform and catch their breath, have a drink and a snack and adjust clothing.

Time allowed for a rest stop needs to be counted from when the last person arrives. The last members in the group are usually the most tired and require the most rest.

When and where to stop will depend on the weather, terrain and the progress of the group.

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Select pleasant rest spots (e.g. under a shady tree or at the top of a hill with a view) so that the group can enjoy the break. Avoid stopping in cold, wet and windy or exposed locations.

Rest breaks provide good opportunities for the group to discuss what is ahead so that they can enjoy highlights and identify objectives.

Unscheduled stops may include photo opportunities and observing interesting flora and fauna, and views.

Too many stops can break up the rhythm and can cause frustration. For example, it is best to slow down on a long climb rather than stopping frequently.

Climbing and descending

Use shorter steps on uphill climbs. Ground features can form natural steps to make climbing easier. For each step, place the whole foot on the ground where possible to reduce stress on the body.

On steep descents, place the feet carefully, heel first and knees bent. Avoid leaning backwards. This will help prevent and control slipping. Placing hands on available trees and rocks may assist balance and control. Wearing gloves can make this easier.

Some bushwalkers find walking poles are very useful and help to maintain rhythm, pace and balance, especially when climbing and descending.

Zig-zagging across steeper slopes may be easier than going directly up or down. This effectively reduces the gradient of the slope, the strain on the knees and the energy consumed with each step.

Zig-zagging or traversing on steep slopes also prevents rocks or ice dislodged by people above hitting those directly below – this is an important safety consideration.

When descending steep rock slabs it is best to keep the boot sole flat on the rock surface to maximise friction and grip.

<https://bushwalkingmanual.org.au/the-trip/pace-and-rhythm/#:~:text=New%20South%20Walkes-,PACE%2C%20RHYTHM%20AND%20REST%20STOPS,sole%20flat%20on%20the%20rock%20surface%20to%20maximise%20friction%20and%20grip.,-Updates%20record>

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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.

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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.

Adele is doing the newsletter and any email content should be sent to enquiries@gobush.org.au by the Tuesday before the Club Meeting to be included in the newsletter.

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

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

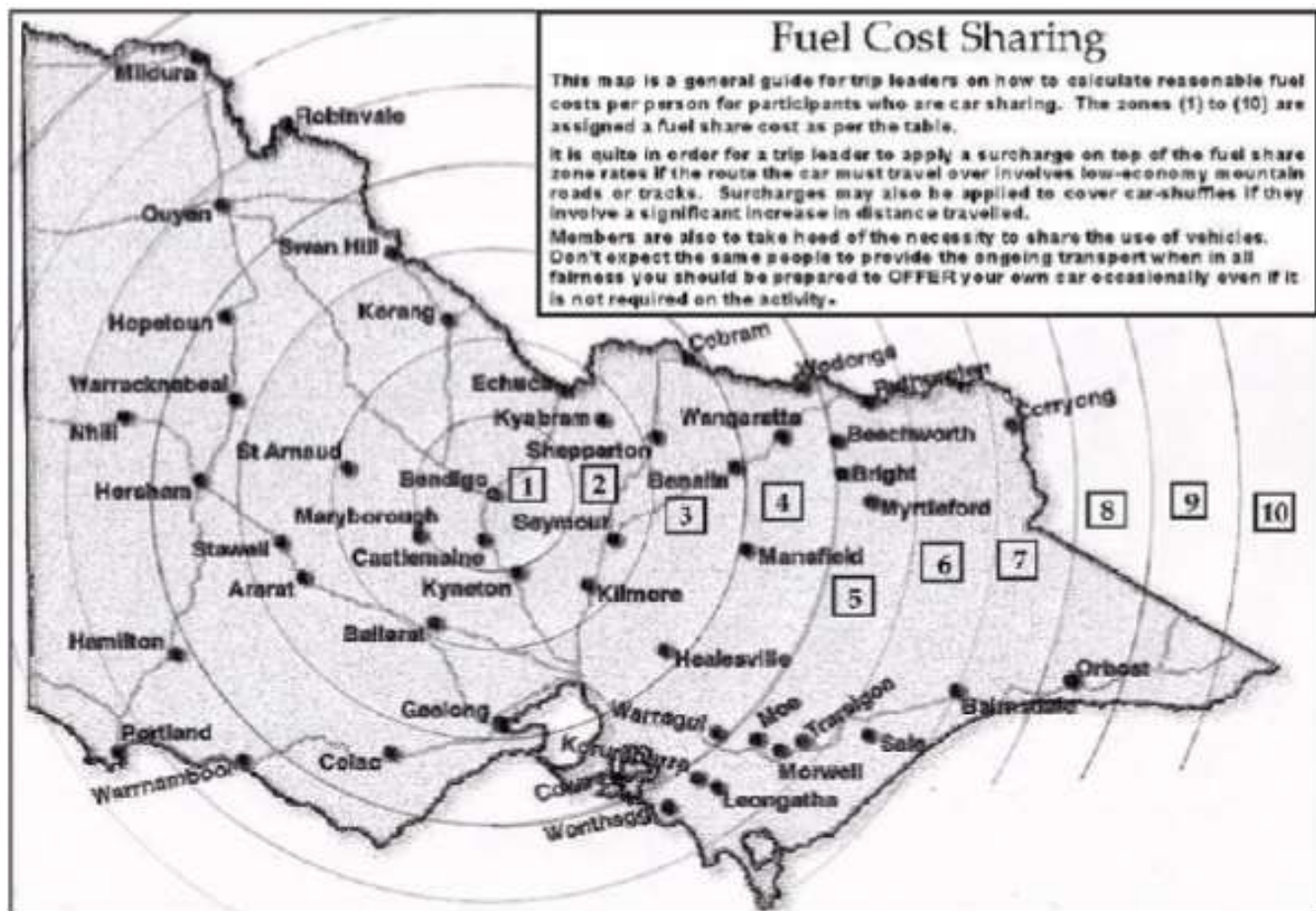
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death, or to loss of or damage to my property, I also acknowledge that I may encounter weather conditions that could lead to hypothermia and being in locations where evacuation for medical treatment may take hours or days. In particular when participating 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,

Name _____ Signed _____ Date _____

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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.

Bushwalking Calendar Gradings

Easy	Gently undulating terrain, mostly on formed tracks.
Easy / Medium	Gently undulating terrain with some short climbs
Medium	Both on & off formed tracks with some sustained climbs.
Medium / Hard	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	0438 437 680
Vice President	Hans	
Secretary	Donna	0466 004 610
Treasurer	Greg	
Committee Members		
	Ian	0457 940 564
	Peter	
Trip Coordinator	Buzza	0438 437 680
Webmasters	Donna & Ian	
Newsletter	Adele	

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Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
April				
Friday 5 th to Sunday 7 th	Mt Feathertop Circuit	Medium	Overnight Walk	Ian B 0457 940 564
Sunday 14 th	Mt Alexander	Easy/Med	Day Walk	Hans T 0400 049 891
Saturday 20 th	Mt Greenoch	Easy/Med	Day Walk	Ray W 5447 8862
Tues 23rd	Monthly Club Meeting	7.30pm	Presbyterian Church Hall	35-41 Forest St Bendigo
Sunday 28 th	Black Hill Kyneton	Easy/Med	Day Walk	Buzza 0438437680
May				
Sunday 5 th	One Tree Hill	Easy/Med	2 Hour walk	Gayle 0408 443 860
Wednesday 8 th	Lightning Hill	Easy/Med	2 Hour Walk	Nola K 0419 334 673
Sunday 12 th	Mother's Day			
Sunday 19 th	Mt Bealiba	Easy/Med	Day Walk	Buzza 0438 437 680
Sunday 26 th	Werribee Gorge	Medium	Day Walk	Hans T 0400 049 891
Tuesday 28th	Monthly Club Meeting	7.30pm	Presbyterian Church Hall	35-41 Forest St Bendigo

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Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
June				
Sunday 2nd	One Tree Hill	Easy/Med	2 Hour walk	Gayle 0408 443 860
Saturday 8 th – Monday 10th				
Wednesday 12th	Lightning Hill	Easy/Med	2 Hour Walk	Nola K 0419 334 673
Sunday 16th	Chewton	Easy/Med	Day Walk	Buzza 0438 437 680
Sunday 23th				
Tuesday 25th	Monthly Club Meeting	7.30pm	Presbyterian Church Hall	35-41 Forest St Bendigo
July				
August				