



## BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

*President's message for August*

*Committee members Roland, Chris, Keith, Kerrie, Liesje and myself met on August 18.*

*In summary:*

- *We discussed First Aid Courses, and we will find an appropriate one for some of us to attend. Meanwhile who has an up to date First Aid Certificate? We don't know, so please if you have one, email me on [acallinan@vtown.com.au](mailto:acallinan@vtown.com.au) and let me know, for our records.*
- *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's some advice in this newsletter on the best way to use it. Roland is going to give us a demo on using Dropbox at our September meeting. Don't miss it.*
- *Memberships are now due. Don't forget to get your shopping discounts applicable to members, you'll need a current membership.*
- *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. If you have experienced something that would test any Leader, Keith would like to hear from you, as he needs good Leadership problems to complement his talk.*
- *Another reminder that we need 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 us either the hard copy or a scanned pdf of it.*
- *The August meeting will feature Patrick Burtscher discussing his boutique 10-day Nordic Walking Tours to his spectacular Austrian homeland in the heart of Europe's alpine region.*
- *The next Club activity is this Saturday (29th) – Werribee Gorge day walk. There are then five activities in September to look forward to. See details of these in this newsletter.*
- *We are foreshadowing a 'Where are we?' quiz for next year, in which groups of 4 randomly allocated members will try to identify a location from 1 digital image. That should answer the question 'Who really knows the Australian bush?'*
- *We hope this year's Xmas party will be at the Lake View Hotel (opposite Lake Weeroona) on December 15.*

*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



**Bushwalking Victoria**

The statements and opinions expressed 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 15/16

|                   |                 |              |
|-------------------|-----------------|--------------|
| President         | Leigh Callinan  | 03 5442 3675 |
| Vice President    | Kerry Cramer    | 03 5441 4422 |
| Secretary         | Chris Franks    | 03 5439 3549 |
| Treasurer         | John Lindner    | 03 5448 3406 |
| Coordinator       | Keith Longridge | 0417 151 591 |
| Equipment Officer | Chris Franks    | 03 5439 3549 |
| Web Master        | Peter Pemberton | 0428 869 196 |
| General Committee | Roland Cauka    | 0402 024 096 |
| General Committee | Leisje Wilson   | 03 5441 6118 |
| General Committee | Vacant          |              |

## 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

- **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.
- **September 22nd** **Keith Longridge** – Aspects of leadership from the Bushwalking Victoria courses.
- **October 27th** **Roland Cauka** will demonstrate the wonders of 'Drop Box'.  
**Keith Longridge** – Calendar planning
- **November 24th** **Liesje Wilson** – a presentation on her experience on Tasmania's South West Track.
- **December** **EOY Function**
- **January 26th** **TBA**

## 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.

Please make John Lindner, our new treasurer, feel like he has a job to do – 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

### DAYLESFORD AND SAILORS FALLS WALK – Sunday 2 August 2015

In many respects this Sunday sojourn was reminiscent of a leg of the 'Tour de France'. It had all the hallmarks of the great event, but without the bicycles and the falls. Transport to the start was in the team bus; we had our own safety car (a Volvo of course) that we sent off to check the course; we had to negotiate our way through a quaint village market at the first stop, Castlemaine; the team leader laying out the team rules at the start; the nervous checking of gear and provisions; the GPS comparisons prior; the bunch start; the peloton stretching out over the first leg; eating on the move; the peloton hauling in the breakaways; the laggards staying in touch with the main bunch; the varied country scenery; and the quiet village lanes sans the adoring crowds and big prizes.

This walk followed a mixture of walking tracks, closed roads and an abandoned railway line formation. Part of it incorporated sections of the Goldfields Trail, a long distance trail that links Ballarat to Bendigo, with a branch to Bacchus Marsh. Many relics of the gold mining era were found along the way including aqueducts, eroded gullies, tailings, and railway bridges to name a few.

Our intrepid group made good progress along Paddock Track through to Jubilee Lake for a photo opportunity on the jetty. From there, it was a short hop, skip and jump through to Daylesford Lake, for the lunch stop. This was an inspired stop that provided all the essential requisites: North facing picnic tables, toilets, water views, good coffee and fortuitously, glorious sunshine, however fleeting, (8km).

Having fed and watered well, the reassembled group headed off westward past the dam wall through light forest to cross Sailors Creek, and eventually picked up Black Jack Track to head south.



The crew at Jubilee Lake with newcomers to Australia from Iran, Amir and Toktam out in front.

Having left Black Jack track to cross Old Tom Creek on the home leg, our group was persuaded to take a variant that took us upward to our highest altitude for the short skip down the road to our starting point (17km). At several points through the walk our route intersected with the



A Daylesford to Ballarat train crosses the Jubilee lake bridge in the early 1920's. This section of the former North Creswick to Daylesford line was closed in 1953, but the bridge still exists. (Photo Harry Miller - John Cleverdon collection)



The Jubilee Lake bridge as it appears today. Note the walkway now just as it was then.

route intersected with the 'Three Lost Children Walk', a desperately sad story in that.

Excellent coffee at Hepburn Springs was a fine reward for a lovely walk made even more enjoyable by the convivial company.

Thanks to our members, lapsed members, local, regional and interstate visitors, Garry, Rechelle, Susan T, John, Janet, Mervyn, Kerrie, Bob, Max, Jenny, Amir, Toktam, Chris, Brad and Susan Mc.

Keith Longridge, Walk Leader



## Activities . . . August and beyond

### 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

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### Grampians weekend – 4-6 September

Cathedral Rock and Boroka Peak Grading M-H.

The plan is to drive to Halls Gap on Friday afternoon/evening (otherwise you're going to have to leave super early on the Saturday) and then hike up to Cathedral Rock, in the Mt William Range on the Saturday.

Access to this 'hill' has been made a bit easier since the heavy rains circa 6 years ago, which created a virtual 'superhighway' to the base. The hike is fairly straightforward with a steep climb up a cleared wash-away (graded medium). To get to the summit of Cathedral Rock then requires a bit of off track hiking – a bit more challenging. Once on top of the feature, the vegetation is pretty open and the walk to the top not that difficult. Coming back down is not difficult at all. The total overall distance involved is not great ~ 10km

On Sunday hike to Boroka peak from Elephant Hide car-park, This is a difficult walk up the side of the Mt Difficult Range [would you expect anything less], a climb of about 500 m with the last 1 km of the walk the steepest. The reward at the top – spectacular views. This is an out-and-back walk, unless we can arrange a car shuffle ~ 6km

We will have lunch and coffee on our return to 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 Tim's Place Halls Gap. Dorm accommodation is \$30 per person with bedding included. Tim's Place has tea & brewed coffee available and cooking facilities. I would suggest that the preferred option for Saturday night would be the Halls Gap pub for a counter-meal.

Bring food for breakfast x2, Saturday lunch, snacks for two days, solid footwear, hat, wet weather gear.

Contact Hans if your interested [0400049891] Email [h.tracksdorf@bendigo.vic.gov.au](mailto:h.tracksdorf@bendigo.vic.gov.au)

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### O'Keefe Trail Bike Ride – Sunday 6th September

The O'Keefe trail is finally open from Heathcote to Bendigo. Come and enjoy a day bike riding the trail. BYO bike, lunch and plenty of water. We do need to transport the bikes to Heathcote so it would be helpful to bring your vehicle with a bike carrier on it. If you do not have a bike carrier then please let me know so I can organise bike transport.

Meeting at Lake Weeroona Boathouse Car Park. Weather dependent – 8:45 am. We will leave a car at the lake then drive cars to Heathcote for the ride. Possible stop time permitting - Axedale Tavern.

Cost: Fuel Share \$10

Phone Roland Cauka 0402024096 [rcauka@gmail.com](mailto:rcauka@gmail.com)

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## 11-13 September - White Water Rafting – Mitta Mitta River

Two days paddling the upper Mitta Mitta from the Blue Duck to Hinnomunjie. This is a long drive, so it may become a three day trip if there is sufficient interest.

This is one of the classic white water trips of North East Victoria.

Accommodation – the Lodge at Glen Wills – very comfortable, warm and cheap. Please claim a spot early so I can book accommodation.

Sam North - 0400 567 201 or Garry Brannan – 0450 879 917

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## Day Walks In The Flinders Ranges

Trip fully booked out. John Lindner, 5448 3406

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## 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](mailto:facilitator@lpln.org)

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

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!!

Rating M-H. Distance: 42kms

Map: Albacutya 100,000 Fuel share ring: 5

Leader Bill Clark – 5442 1432

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## Terrick Terrick National Park – Sunday 27 September.

Why not join me for a 14km circuit walk in the Terrick Terrick National Park on **Sunday 27 September**. It will be flat and easy walking although we will climb the three rocky outcrops in the park. Come and enjoy a spring day walking through open woodland with wildflowers blooming and high bird activity.

The park is 70km north of Bendigo and the fuel share is \$15 per person.

Full details in the September Newsletter.

**Leader: Bob Jones. Mobile: 0458012934.**

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## Glenelg River Paddling

Booked out – Garry Brannan 0450 879 917

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### Federation Walks Weekend – 24th and 25th October

|                 |  |
|-----------------|--|
| 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.<br>They are all rated easy to medium standard.<br>They range from 11 k to 19 k in length.<br>Each one has detailed notes and a map.<br>There is a provided leader for each walk.                   |
| 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> |

Many of the walks are booked out so don't delay making a booking if you are interested. Details of available walks can be found here <http://www.fedwalks.org.au/newsupdate.html>

COSTS 2 days - \$30, 1 day - \$20,

BOOKINGS CLOSE 15 September

Contact John Lindner for more information – 5448 3406 [jwl.bendigo@gmail.com](mailto:jwl.bendigo@gmail.com)

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### 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

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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.

This will not be a splash and giggle trip, but will involve some serious paddling. As a minimum you would have to be confident to paddle 30km/day on open water. Training starts soon, get involved. It will be a lot of fun, and the fitness gained will be reward in itself.

Garry Brannan 0450879917

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## 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>



# BBOC ACTIVITIES CALENDAR

| Date  | Description   | Rating        | Comments  | Contact                             |
|---|---|---------------|---|-------------------------------------|
| <b>August</b>                               |   |               |   |                                     |
| Tuesday 25th<br>7.30pm                      | Club Meeting - Presbyterian Church Hall, 35-41 Forest St.   |               | <b>Patrick Burtcher</b> will discuss walking tours to his spectacular Austrian homeland in the heart of Europe's alpine region.   |                                     |
| <b>Saturday 29th</b>                        | Werrabee Gorge – 10km circuit walk providing great views of the gorge.  | DW<br>M       | Plus – Eagles Eyrie – this park is a breeding site for both Wedge-tailed Eagles and Peregrine Falcons   | Hans Tracksdorf<br>5443 4442        |
| <b>September</b>                            |   |               |   |                                     |
| Fri 4th – Sun 6th                           | Grampians N.P. Cathedral Rock + Boroka Peak   | BC<br>DWx2    | A base camp weekend with accommodation in Halls Gap   | Hans Tracksdorf<br>5443 4442        |
| Sunday 6th                                  | Bike ride Bendigo to Heathcote on the O'Keefe Rail Trail  |               | Of road trail, 48 km one way with car shuffle.  | Roland Cauka<br>0402 024 096        |
| Thursday 10 to<br>Wednesday 23<br>(14 days) | Flinders Ranges – a series of one-day walks   | M/H           | Booked out.   | John Lindner<br>5448 3406           |
| 12th – 13th                                 | Mitta Mitta River Paddling  |               | This trip may be extended to three days. Accommodation: Glen Wills Retreat  | Sam North<br>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>   |                                     |
| Tuesday 15th                                | Registration for Federation walks close today   | Various       |   | John Lindner<br>5448 3406           |
| 18th – 20th<br>[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<br>5442 1432             |
| Tuesday 22nd<br>7.30pm                      | Club Meeting - Presbyterian Church Hall, 35-41 Forest St.   |               | <b>Keith Longridge</b> will talk on the Leadership & Extended Walk Leader Training provided by Bushwalking Victoria   |                                     |
| Sunday<br>September 27th                    | Terrick Terrick National Park Day Walk.   | E/M<br>DW     | The granite peaks of Terrick Terrick National Park contrast with areas of remnant native grasslands.  | Bob Jones<br>0458 012 934           |
| <b>October</b>                              |   |               |   |                                     |
| Sunday 4th                                  | Local Day Walk  | DW/E          | Spring Flowers  | Kerrie Norris                       |
| Saturday - Monday<br>3rd -5th               | Paddling the Upper Murray River (3 days)  |               |   | Sam North<br>0400 567 201           |
| Friday 2 October<br>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> |                                     |
| 16th – 18th                                 | Mt Samaria  | E             | Base camp   | Graham Borrell<br>0438 437 680      |
| 23rd – 25th                                 | Federation Day Walks - Daylesford and Hepburn Springs.<br><a href="http://www.fedwalks.org.au/">http://www.fedwalks.org.au/</a> | DW<br>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<br>7.30pm                      | Club Meeting - Presbyterian Church Hall, 35-41 Forest St.   |               | Roland Cauka will demonstrate the wonders of 'Drop Box'.<br>Calendar planning: Keith Longridge.   |                                     |

| Date                                      | Description   | Rating               | Comments   | Contact                        |
|---|---|----------------------|--|--------------------------------|
| Wed 28th –<br>Sunday Nov 1st              | Glenelg River Paddling<br>Limit 12 – <b>Booked out</b>  | E                    | A five day paddle from Glenelg to Nelson,<br>including Princess Margaret Rose Caves.   | Garry Brannan<br>0450879917    |
| Saturday<br>31st October                  | Fryers Ranges. Day walk.<br>Distance app 10-15kms.  | E-M                  | An exploration of the eastern part of the<br>park.   | Bill Clark<br>5442 1432        |
| <b>November</b>                           |   |                      |  |                                |
| 20th – 22nd                               | Wilsons Promontory National<br>Park   | BC - Day<br>Walks    | Iconic walks from Tidal River to locations like<br>Squeaky Beach, Tongue Point, & Mt Oberon.   | Graham Borrell<br>0438 437 680 |
| Tuesday 24th<br>7.30pm                    | Club Meeting - Presbyterian<br>Church Hall, 35-41 Forest St.                                    |                      | Liesje Wilson – ““Summer Walking in South<br>West Tasmania.”   |                                |
| <b>28th or 29th</b>                       | <b>Day Walk Leader wanted</b>   |                      |  |                                |
| November 28 to<br>December 13<br>16 days. | Kosciuszko National Park - Dead<br>Horse Gap to Blue Waterholes -<br>160km. Maximum walkers - 8 | PC<br>Hard<br>Alpine | Walk the entire length of the Kosciuszko<br>main range with the opportunity to climb<br>seven of the 10 highest peaks in mainland<br>Australia | Garry Brannan<br>0450879917    |
| <b>December</b>                           |   |                      |  |                                |
| Tuesday 15                                | <b>End of Year Function</b>   |                      | Lake View Motel overlooking Lake<br>Weeroona. Swimming optional.   |                                |
| <b>January</b>                            |   |                      |  |                                |
| Tuesday 26                                | Club Meeting - Presbyterian<br>Church Hall, Forest St. 7:30pm.                                  |                      |  |                                |
| 27-28                                     | <b>Day Walk Leader wanted</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.

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



The deadline for the next edition of GoBush –  
Wednesday September 16th.

*Please forward Trip Reports and interesting articles to Garry at  
[garrybrannan@gmail.com](mailto: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: