



BENDIGO BUSHWALKING AND OUTDOOR CLUB

The more things change

Last month I wrote about changes in Maria Island NP to attract high flier tourists with lots of money. This month it is about the Ben Boyd NP on the NSW south coast.

A Community Action Group has been established to co-ordinate efforts to share information and protest against newly proposed privatisation and commercial developments within the Ben Boyd National Park NSW and the existing Light to Light walk.

<https://m.facebook.com/groups/2407149849559446/about/>

From the NSW Department of Planning, Industry and Environment

The upgraded Light to Light Walk will be an immersive 4-day experience that combines walking and eco-accommodation in one of the most impressive settings in Australia. The project will deliver a spectacular 30-kilometre coastal walk supported by hut accommodation, located in the Ben Boyd National Park on the Sapphire Coast of New South Wales.

The project will upgrade and realign sections of the current track and provide overnight accommodation at 3 sites to improving opportunities for visitor participation. Once completed, the 4-day walk can be experienced as either a self-guided walk, or done through commercial tour operators offering various levels of help to individuals or groups.

From Joni Mitchel's "big Yellow Taxi" –

*Don't it always seem to go
That you don't know what you got 'til it's gone
They paved paradise and put up a parking lot*

If you want to see the marvelous coastline of the Ben Boyd National Park before it is touristified, [and also the Nagee and Howe Wilderness etc], join with David Crocker on his walk in November

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, 35 – 41 Forest Street

Meetings start at 7:30 pm sharp

Membership: Single \$40.00
Family \$60.00

E-Mail: enquiries@gobush.org.au

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

BBOC is affiliated with



COMMITTEE MEMBERS 20/21

President	Kerrie Cramer	0409 537 799
Vice President	Christina Stuke	0400 306 683
Secretary	Graham Borrell	0438 437 680
Treasurer	Greg Doubleday	03 5448 3661
Walks Coordinator	Graham Borrell	0438 437 680
Web Master	Garry Brannan	0428 869 196
Facebook	Roland Cauka	0402 024 096
Newsletter	Garry Brannan	0450 879 917
General Committee	Anne Forsyth	0438 566 234
General Committee	Peter Galvin	03 5439 4595
General Committee	Lisa Reid	0419 973 707

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

Club Meetings:

At last the Club has been able to return to regular Club meetings. Join us in the Presbyterian Church Hall, 35 – 41 Forest Street, 4th Tuesday of every month starting at 7.30 pm sharp. Visitors are always welcome.

If 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, please contact Garry with your idea.



Monthly Meeting Activity

• Tue June 22nd	An exposé of North & East Tasmania's lesser known Mountain climbs (Mt Roland, Dry's Bluff, Quamby Bluff, St Patrick's Head, South Sister), Waterfalls (the Upper cascades of the Liffey), and Coastal walks – Low Head, Anson's Bay, Bay of Fires & the Freycinet circuit walk.
• Tue July 27th	Speaker or activity wanted

Internet:

Bendigo Bushwalking and Outdoor Club Facebook

<https://www.facebook.com/groups/2186169581602751/>

News from the Victorian National Parks Association

<https://vnpa.org.au/category/news/>

Bushwalking Victoria

Directory of Bushwalks – 'where2walk'

<https://bushwalkingvictoria.org.au/frontpage/walks-directory>

Bushwalking News Victoria – the monthly Bulletin with news, articles, and happenings.

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

Discounts for club and individual members are available from:

- *Ajays Heathmont - 10% off*
- *Bogong Equipment Melbourne - 10% off*
- *Discovery Holiday Parks (Cradle Mountain - 20% discount on shoulder and low season rates)*
- *EMC Deepdene - 10% off'*
- *Fjällräven -15% off*
- *Kimberley Offroad Adventures - 15% off*
- *Paddy Pallin Melbourne, Ringwood, Hawthorn -10% off*
- *Smitten Merino - 15% off online orders*
- *The Wilderness Shop Box Hill - 10% of*

Activities:

The Club relies heavily on those few leaders who put on activities, and it is important that they be supported by the general membership. Have a read through the calendar and if something is even remotely interesting, contact the trip leader and get more information. Get involved.

If you have something for the calendar, or an idea for an activity, talk to Buzza [walks coordinator], and then send information to Garry for publication in the Newsletter. Be aware that an activity must be in the Newsletter for the Club insurance cover to apply.

For additions to the activities calendar:-

Email trip details to Buzza buzza@bendigo.net.au or ring 0438437680

Send a write-up to Garry for inclusion in the newsletter garrybrannan@gmail.com

A Mathematical Approach to choosing Sleeping Bags

As an occasional Outdoor Ed teacher, and a self-confessed gear nut, I'm often asked by prospective overnight walkers "I'm camping in winter. What sleeping bag should I get?" My answer goes something like this: "Firstly, you should have at least two, and here's why."

To start with, let's look at some details of a well known fairly upmarket brand, One Planet. I've bought several OP bags (eight, if I can count correctly) for my family because, a) they're good, and, b) when I was officially an "Outdoor Ed professional" I got a good price. (One Planet sells a lot of gear to schools.)

In the table we see details of four bags that might appeal to a typical bushwalker. To keep it consistent, these are all "large", with "700 – 750" loft down. (Bungles, but not Camplites, are also available with a more expensive and higher quality "800 – 850" loft down.)

Bag	Shell weight	Fill weight	Total weight (gms)	Comfort °C	Limit °C	RRP
Camplite 0°	450	310	760	7	0	\$389
Camplite -10°	450	750	1200	-4	-10	\$519
Bungle -4°	440	530	970	2	-4	\$499
Bungle -15°	440	850	1290	-8	-15	\$639

There are two useful temperature ratings: "Comfort" and "Limit". "Comfort" is where a "standard female" in thermals and socks will be able to sleep without feeling cold, and "Limit" applies to a "standard male" in thermals and socks. Sleeping bag manufacturers also include an "extreme" rating, which tells you that you probably won't die!

Andrew McLean

First Aid Course

Are any members interested in undertaking a First Aid Course or renewing their qualification?

We have grant money to spend, plus Bushwalking Victoria will contribute \$40 towards the cost of each member undertaking a First Aid Course.

Contact Kerry Cramer if you are interested – 0409 537 799

Upcoming Walks and Activities

Christina's surprise hikes

Christina is planning a series of "Surprise Hikes" as follows. They will be to interesting and rewarding places, location is yet to be decided. If you would like to join her, text her for details – 0400 306 683

July			
Saturday/Sunday 3/4,	Saturday/Sunday 10/11,	Saturday/Sunday 17/18,	Saturday/Sunday 24/25
August			
Saturday/Sunday 14/15,	Saturday/Sunday 21/22		
September			
Saturday/Sunday 11/12,	Saturday/Sunday 25/26		

July 11th Loddon River and Laanecoorie Reservoir paddling trip

Rated medium 18km An easy paddle on flat water with abundant bird-life

You need to dress for the conditions and bring water, snacks, lunch, spray deck, spray jacket or cag, warm clothes in a drybag, gloves if you wish. Sun protection is always needed on the water.

We will have lunch at the caravan park (toilets there), and coffee afterwards in Tarnagulla.

Contact Garry for details of the put-in time and place. 0450879917

Sunday 1st August – Mt Kooyoora West Ridge.

Day Walk. Grade: Easy. Circuit walk: 13.7km . Fuel: Zone 2 – \$15.

Some off track through light scrub with the ground littered with timber, some rock scrambling, and a section on a road.

Bring: Morning Tea, nibbles, lunch and water. Long pants or gaiters, sun hat, sunscreen, beanie, rain jacket.

Highlights: Granite boulders of all sizes up to massive, rock shelters, overhangs, balancing rocks and colorful rock markings. Expansive views and the wild and beautiful Mt Kooyoora and its western ridge. Wallabies, kangaroos and various birds including wedge-tailed eagles.

Meet: Club's Meeting Hall in Forest Street, 8.30am sharp.

Garry Brannan 0450879917

Mt Buffalo Snow camp for Beginners and winter day walks – August 2021

2 – 3 day weekend (exact dates and duration to be determined)

Leader/Organiser - Andrew McLean (5423 2022, 0418 135934, taragump@hotmail.com)

Transport. Carpool, park at the entrance to Lake Catani Campground.

Distance 330 km each way. Cars (even 4WDs) must carry chains.

Camping: Probably two nights camping on snow. Gear selections to be made with organiser.

Walking/Snowshoeing: Easy/Medium. Possible destinations include The Horn, The Hump, The Monolith. Choice of walks will depend greatly on weather and snow conditions. (Cross country skiing is also a possibility.)

If you've never tried snowshoes, don't have a snow bag, don't have a four season tent, have never camped in the snow before and are convinced that you would freeze, this trip is for you!

Lake Catani is an ideal place to experience snow camping. It's free. It has a toilet, electric BBQ, and indoor dining area with tables and benches, and two fireplaces. (BYO wood). Campsites are sheltered and close by. Because the campsite is less than 1 km from the car park, it is very possible to carry in creature comforts (eg foam squares, extra sleeping bags, hot water bottles, lightweight armchairs, firewood)

The organiser has access to three pairs of snowshoes (these fit over normal boots), numerous duvets, spare sleeping bags, and four season tents, although snow tents aren't really necessary. Prior to the trip participants will have the opportunity to discuss gear choices with the organiser and become confident of survival!



The picnic shelter, July 2007

Wilderness Coastal Walk + more – Sat 27th Nov to Sun 12th Dec 2021

Opportunity to walk along one of the remotest sections of coastline in Vic and NSW. Major features of the walk include rocky headlands, sea caves, sweeping sandy beaches and saltwater estuaries. Plus numerous birds, plants and animals of the coastal environment.

FIRST WEEK:

- From Mallacoota past Cape Howe into NSW finishing at Wonboyn
- 6 days with 5 days of pack carrying plus a rest day, distance 59km, rating Medium

SECOND WEEK:

- From Wonboyn into (South) Ben Boyd NP and walking the Light to Light walk
- 4 days with 3 days packing carrying (34km) plus a day walk (13km), rating Easy/Medium
- From Boydtown to Eden into (North) Ben Boyd NP and finishing at Pambula River
- 2 days with no pack carrying just day walks (30km), rating Easy/Medium

COSTS:

- Walking permits (5 nights) for week 1 are \$50
- Accommodation (cabins) in Mallacoota (4 nights) about \$160
- Camping fees in Ben Boyd NP (2 nights) about \$25
- Accommodation (camping) in Eden (2 nights) about \$25
- Boat charges at Mallacoota & Wonboyn about \$30
- Car travel costs will involve travel from Bendigo to Mallacoota and return – about 670 km each way – plus extra costs to relocate the cars and walkers at the start and end of each section the walk, Zone 9 is \$95 + extra for car shuffling, total of \$110

OTHER DETAILS:

- Maximum party size is 8
- It may be possible to make a one week trip from Bendigo and complete the section from Mallacoota to Wonboyn or from Wonboyn to the Pambula River
- Expressions of interests required now
- Application and payment for walking permits will be made on 27th August
- For more details on the proposed itinerary contact
- Leader: David Crocker 0409 425 604 email: dcrocker46@gmail.com



BBOC ACTIVITIES CALENDAR April – June 2021

DATE	DESCRIPTION	RATING	COMMENTS	CONTACT
JUNE				
Tuesday June 22th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St		A presentation by Ray Wilson who has recently returned from a solo trip to Tasmania – not much talking but many photographs.	
JULY				
July 11th	Loddon River and Laanecoore Reservoir	Medium 18km	Contact Garry for details	Garry Brannan 0450879917
Tuesday July 27th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St		Speaker or activity wanted	Garry Brannan 0450879917
AUGUST				
Sun Aug 1st	Mt Kooyoora West Ridge. Circuit walk: 13.7km	Day Walk Easy	Expansive views and the wild and beautiful Mt Kooyoora West ridge.	Garry Brannan 0450879917
August 8th	Eppalock. - Campaspe Arm.	Easy	12km	Garry Brannan 0450879917
August 2021 Date - TBA	Mt Buffalo Snow camp for Beginners and winter day walks –	Easy	Possible destinations include The Horn, The Hump, The Monolith.	Andrew McLean 5423 2022 0418 135934,
Tuesday August 24th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St		Speaker or activity wanted	Garry Brannan 0450879917
SEPTEMBER				
Sat Sept 11th	Mt Camel/Mt Pleasant to Chinaman's Pass.	Easy	Day Walk	Ray Wilson 54478862
Sunday Sept 12th	Goulburn River and Lake Nagambie Paddling	Medium	29km. Might be Sat/Sunday Camp.	Garry Brannan 0450879917
Fry 17th Sep – Sun 19th Sep	Great Victorian Rail Trail	Medium	2 or 3 days of riding on the Great Victorian Rail Trail	David Crocker 0409 425 604
Saturday 18 September to Sunday 3 October, 2021 (16 days)	Flinders Ranges day walks Rating Moderate/hard Full details provided on request	Medium/ Hard	Variety of base camp and a choices from 16 day walks Ranging from Quorn (S) to the Aroona Valley (N) Many other attractions (eg. ruins, cemeteries, plants, geology)	John Lindner, 5448 3406, jwl.bendigo@gmail.com
Fri 24th Sep – Sun 26th Sep	Cathedral Ranges	Medium/ Hard	Base camping, walking the Northern Circuit (15km), Southern Circuit (11km) and Rubicon Aqueduct (17km).	David Crocker 0409 425 604
Tuesday Sept 28th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St		Speaker or activity wanted	Garry Brannan 0450879917

OCTOBER				
Fri 1st Oct – Sun 3rd Oct	South Gippsland Rail Trails	Medium	3 days of riding on 3 different Rail Trails (GSRT, MNRT & BCRT)	David Crocker 0409 425 604
Sunday October 10th	Laureston Reservoir incl tour inside the wall	Easy	9km – pleasant paddling on flat water. Ideal for new paddlers.	Garry Brannan 0450879917
Sat Oct 16th	Mt Hayes to Tooborac via Mt Koala	Easy/Med	Day walk	Ray Wilson 54478862
October 23 to October 29	Paddle the Gippsland Lakes from the Port of Sale to Lakes entrance	Hard	Five days plus travel. Distance – 80Km with 50km on open water. For experienced paddlers only.	Garry Brannan 0450879917
Tuesday Oct 26th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St		Speaker or activity wanted	Garry Brannan 0450879917
NOVEMBER				
Friday 12th – Monday 15th	Federation Walks – Based in Licola.		Gippsland Foothills and Southern Alps – FedWalks 2021 Facebook Page	
Sat 27th Nov to Sun 12th Dec	Mallacoota (Vic) to Boyd's Tower (NSW)	Medium	Pack Carry along some of the best coastline in Australia. 55km & 51km	David Crocker 0409 425 604
Tuesday Nov 25th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St		Speaker or activity wanted	Garry Brannan 0450879917
DECEMBER				
December 19th	Lake Eppalock	Easy	Twilight paddle, 8km Ideal for new paddlers.	Garry Brannan 0450879917
TBA	Club breakup			

BENDIGO BUSHWALKING AND OUTDOOR CLUB INCORPORATED
MEMBERSHIP RENEWAL 2021 – 2022

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. _____

Address _____
_____ Postcode _____

 Mobile _____  Home _____

Email _____

Next of Kin/Nominated person to contact in an emergency

Name _____ 

Address _____

2. 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 endeavor to ensure that:

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

In addition:

1. 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.
2. I will make every effort to remain with the rest of the party during the activity.
3. I will advise the leader of any concerns I am having.
4. 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 _____