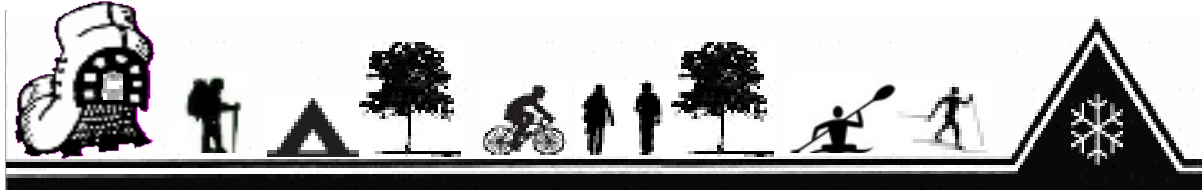


GO BUSH

SEPTEMBER 2016



BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

Presidents report

The year is closing fast, and with the good rains that we have had, the wild flowers promise to be magnificent. Maybe sometime soon it might even stop raining, and we will get some pleasant weather. So, get out and enjoy the outdoors.

The committee have not received any suggestions for a Christmas break up as yet. We will need to do something over the next month, as venues will start to be booked out. Please give it some thought, then share your ideas with a committee member.

Of interest is the Parks Victoria review of the use and activities in our state and national parks. While it is too late to attend the information night it is not too late to make a submission. My concern is that in an attempt to create economic activity national parks will become just another tourist attraction, along with all the infrastructure and the wilderness aspect that we as a group enjoy will be lost. [See below]

The committee did not meet this month due to other commitments by the members.

Happy hiking Kerry Cramer

Hello friend of parks,

In December this year Parks Victoria will reach its 20th anniversary.

As part of the celebration we are undertaking the Strengthening Parks

Victoria project to reflect on what parks mean to Victorians and visitors, and to talk about how we should evolve to be a world class parks management agency.

You can find out more, and share your thoughts on the website lets-talk.parks.vic.gov.au/strengtheningparks

If you have an enquiry please get in touch via talk@parks.vic.gov.au.

Looking forward to hearing your thoughts.

Regards,

The Strengthening Parks Victoria team



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.

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



COMMITTEE MEMBERS 16/17

President	Kerry Cramer	03 5441 4422
Vice President	Anne Bridley	03 5442 6188
Secretary	Chris Franks	03 5439 3549
Treasurer	Position Vacant	
Trip Coordinator	Garry Brannan	04 5087 9917
Equipment Officer	Chris Franks	03 5439 3549
Web Master	Peter Pemberton	04 2886 9196
Newsletter	Garry Brannan	04 5087 9917
General Committee	Roland Cauka	04 0202 4096
General Committee	Leisje Wilson	03 5441 6118

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.

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

• September 27	Club Meeting – Whitsundays Kayak Trip , Garry and crew.
• October 25	Club Meeting --- Travelles up North. , John Lindner
• November 22	Club Meeting – Gammon Ranges , Peter and co.
• December	End of Year Function – Date and Venue – 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 a committee member

Membership fees.

Fees are \$60 for a family and \$40 for single members. 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.

Bits and Pieces

Bushwalking News Victoria

The most recent Bushwalking Victoria Newsletter can be found here.
Lots of interesting stuff – take a look.

<http://www.bushwalkingvictoria.org.au/what-we-do/publications/newsletters>



Garry's Sea Kayak – Specifications

Length 518cm

Width 59cm

Weight 28kg

STORAGE SPACE FRONT 63 liters

Prijon Kodiak – made in Germany

Volume 390litres

Max. Load 150kg

Recommended Paddler Weight: 80 –115 kg

STORAGE SPACE REAR 114 liters

Why do we do this?

Out bush, when the going gets tough, I have been known to ask this question. This short film from Parks Victoria affirms the reason.

https://www.youtube.com/watch?v=bQwx-_3li5w

Trip Reports

Whitsunday Islands by Kayak – July 2016

Sunday 10th July

Day 1 – After so many months of training and preparation, it was finally time to take to the water. Today we paddled from Shute Harbour to Henning Island – about 17km. The tidal range in the Whitsundays can range up to 4 metres, and this causes strong currents between the islands. We were starting at slack tide, with the expectation of a favorable current approaching Henning island. The weather forecast was for South Westerly winds at 15kts; this was not going to make for a pleasant crossing.



Kerry, David, Geoff, Barry, Rechelle, Ray, Garry, and Andy.

It is fair to say that there was a bit of apprehension at the start, but pretty quickly everyone got into a rhythm and the paddling was pleasant. By about the half way mark the waves were getting up a bit, maybe a metre or so, but we made good progress and landed at Henning in 2:30 hours



Henning Island – the best camp site – easy access and the only one with grass.

Monday 11th July

Day 2 – Word overnight of unsettled weather to come – possibly strong northerly winds. Right now though the weather was terrific and we paddled easily across from Henning to Hamilton Island. The resort management on Hamilton don't encourage visitors of the itinerant Kayaking variety, so when we landed I appealed to everyone to "blend in", but honestly, we were dressed in such an assortment of kayaking garb we probably looked more like Worth's Traveling Circus. Anyway, once Ray had finished washing his feet in the fountain in the hotel foyer, we were off to Bob's Bakery for coffee and cake – the last decent coffee for the trip but not the last cake.

Once back in the boats, the sea started to get rough, with waves and swell coming from different directions making for very sloppy and unpredictable conditions. Within sight of landfall at Chance Bay, "Scamper" the local water taxi came charging across towards us. "Scamper" was to deliver water and food drops for us later in the trip, and Wayne, the skipper, had come across to



David, Rechelle, Garry and Andy - coffee at Bob's Bakery, million dollar views.

warn us of impending bad weather, and to inform us that he would not be able to do the drops as scheduled because the sea would be too rough after Wednesday. With that proverbial spanner in the works we paddled on to Chance Bay to re-group and decide on what to do next.

Tuesday 12th

Day 3 – We had decided overnight that we would continue around to Whitehaven Beach, and wait out the bad weather there. We knew that “Scamper” was due at Whitehaven at 8am to pick up campers, so we were on the water before 7 to ensure that we caught up with Wayne to arrange our food and water drop for the following day.

Paddling was easy, and the tide pushed us quickly through Solway Passage. The view on the other side was amazing; Whitehaven Beach is kilometers of pristine, dazzling white sand already swarming with tourists. They continued to arrive all morning, literally thousands of them in yachts, power boats, ferries, powerful boats of every description, and by helicopter and sea planes as well.

We set up camp in the most sheltered place we could find, and settled in for the duration. Barry and Geoff paddled off to assist an Italian couple making a film, and Ray went swimming with his underpants on his head; well, his hat was in the boat with the Italians. The rest of us spent the day paddling, swimming and snorkeling in much conventional attire. Andy even got to swim with a turtle; half his luck.

Wednesday 13th

Day 4 – Today was meant to be a rest day, but with the bad weather approaching all but Barry and Geoff decided to paddle the 10km up to the lookout at Hill Inlet. Barry and Geoff had been there the day before. The paddle out was great, and the views from the lookout fantastic, but the wind freshened to a strong headwind in the afternoon, so it was a tough paddle back to camp.

That evening we had our dress-up Hawaiian night, great food, a few cocktails and lots of fun. David was the standout cross-dresser, but he only just shaded Kerry.



Garry, Rechelle and David. Don't adjust your set, normal programing will resume shortly.

Thursday 14th

Day 5 – Very windy today, and any paddling would be uncomfortable at best. Ray, Barry and Geoff chose to stay in camp while the rest of us took a stroll up the beach back to Hill Inlet. I slightly misjudged the tide, so at the crossing of the inlet the water just got deeper and deeper, and mixed with much laughter we ended up swimming. The views from the lookout really are picture post-card stuff.



On our return to the camp several hours later we found Ray in his tent very unwell. He had fallen heavily on rocks, was in considerable pain and had an obvious problem with breathing. The newly acquired VHF Marine radio was called into service, and after what seemed like a very long time, the Volunteer Marine Rescue boat arrived from Airlie Beach with a paramedic, and Ray was evacuated after dark and in very bad conditions. Geoff had chosen to go with him and they had a very uncomfortable trip back to the mainland. It started raining shortly after.

Friday 15th

Day 6 – The weather had definitely turned for the worse, rain, wind, rain and more rain. A couple of kilometers from camp there was a high point with spasmodic mobile phone coverage, and from there Rechelle received a text message from Geoff with a report on Ray; he had eight broken ribs and a punctured lung.

We set up a tarp for shelter from the rain, and spent the day relaxing, telling tall tails and true . . . well, there were so many stories, some of them must have been true.



There seemed to be no end to the rain and don't we look a miserable lot. Maree had made Ray a fantastic fruit cake to share. Kerry topped it off with some rum and it went down a treat. Unfortunately Ray was not there to enjoy it.

Friday and Saturday morning – 55mm of rain, wind to 40Kts and we had Whitehaven Beach all to ourselves.

Saturday 16th

Day 7 – The weather forecast was for winds abating today, but increasing again tomorrow, so we packed up and paddled to Whitsunday Cairn Beach. 21 kilometres in just over two hours; pretty good going but admittedly with some tidal assistance. David wrote the following about what we saw on arrival.

Imagine; you have just paddled over 20 kilometres, you admire the calm, aquamarine sea, the reflection of the rainforest.

Suddenly, the water seems to be boiling. We watch thousands of small fish break the surface of the water as though in a wildlife documentary. The cause of their fear; large Spanish Mackerel attacking from all directions, leaping into the air, their mouths full of the smaller fish. These magnificent fish just a blur of blue, grey and silver.

This is why we do what we do. You don't see these things sitting at home. This is the real world.

Sunday 17th

Day 8 – Although we were back on schedule, it was prudent not to paddle the very exposed water around the top of Hook Island, but rather to stay in protected water down to Curlew beach for a couple of days. This was a quick and easy paddle, but first we climbed the impressive Whitsunday Cairn; impressive even though it was shrouded in cloud.



Whitsunday Cairn with Peter Bay in the background.

Monday 18th

Day 9 – The Whitsunday Islands were formed from a submerged volcanic mountain range and have some very deep flooded valleys. Today we decided to spend the day exploring nearby Nara Inlet with Aboriginal cave paintings, a fresh water waterfall & swimming holes, and dozens of mega expensive yachts all hiding from the bad weather.

Tuesday 19th

Day 10 – The forecast was still for strong winds, but at least we now had good protection from Whitsunday Island as we paddled south to Dugong Beach. David spotted a whale way off to our left swimming parallel with us, but as we watched it turned towards us and we actually stopped paddling, fearful that it might surface directly under our boats. As it turned out, it was a female with a calf, and they both surfaced several times 50 or so metres in front of us. Wow.

At Dugong we walked the track to the summit of Whitsunday Peak, the highest point on the island – great views particularly to the north.

Wednesday 20th

Day 11 – Three days left and still the challenging return crossing of the Whitsunday Channel. For several days, early morning conditions had been mild with the wind only rising later in the day. We chose to make the crossing a day early allowing extra time to explore South Molle Island and its kilometers of walking tracks.



The view from Whitsunday Peak north to Hook Island, Curlew Beach and Nara Inlet. Note the beautiful sunshine that Queenslanders always rave about.

Initially conditions were good, but when we got into the channel proper, there were big swells from the south, with the sets coming through at about two meters. Not a lot of chat in the boats for a while, and both Kerry and I went close to being tipped out by the same wave as it broke right on top of us. It was very pleasing to get into the shelter of South Molle Island with only the four kilometer paddle to Shute Harbour left to complete the trip.



The moon rising over Paddle Bay from my tent – South Mole Island.

The campsite at Paddle Bay on South Molle is fantastic, a great beach [at high tide], lots of grass, tables, toilet. Unfortunately another group was in residence on the grass because our booking was for tomorrow. Anyway we squashed up in a corner out of the way to be later greeted by the other group – believe it or not, the Outdoor Education group from LaTrobe in Bendigo. It is a small world.

Thursday 21st

Day 12: A relaxing day spent walking, exploring and swimming on South Molle Island

Friday 22nd

Day Last – Just a lazy paddle back to our starting point at Shute Harbour, then the task of washing all the gear, cleaning the kayaks and preparing for the trip home. That evening we had a celebratory dinner which Ray and Maree; a fitting end to the trip.

My thanks to Rechelle, David, Kerry, Andy, Ray, Geoff and Barry.

Cheers, Garry



Approaching to Spion Kop Lookout – The view south to Goat Island with Long Island in the distance

Whitsunday Islands trip– some info.

The Whitsunday Islands are mostly National Park and there are numerous camp sites available to book for \$5 a night. These sites have very basic facilities, generally just a table and drop toilet. There is no drinking water on the islands, so we all carried 25 litres of water at the start, and had two water drops arranged via the water taxi from Shute Harbour.

The conditions were often difficult but what a fantastic trip. Distance paddled – over 130kms.

The route marked below was paddled anti-clockwise.



Activities . . . September and beyond

September – Wednesday 28th – Spring Gully & Break Neck Hill

Type: Day Walk

Grade: Easy/Medium 14km

Description: A walk on the Great Dividing Trail (GDT) through parts of the Castlemaine Diggings National Heritage Park, commencing in Fryerstown.

The morning follows the GDT from Fryerstown passing through Irishtown and Choken Flat before turning north and making the steady climb to Break Neck Hill (405m). Further north the Dingo Park is passed before making a short steep climb to The Monk (459m). From The Monk the route now turns south along the GDT (Old Coach Road) passing the old mining village of Spring Gully where there is much evidence of the 1850s gold mining.

Afternoon tea/coffee in Castlemaine before returning to Bendigo.

MEET: At 8:30am in the carpark in front of [Rebel Sport at Lansell Square](#), Kangaroo Flat.

Fuel Share: Zone 1 \$10

Contact: David Crocker ph 0409 425 604

Thursday 29th Sept – Sun 2nd October – Gulpa Creek Paddle

Contact Garry for details ph 0450 879 917 nb – Suitable for experienced paddlers only.

October – Sunday 2nd – Heathcote-Graytown National Park.

Grade: This is a medium graded walk of 16km in open forest. Walking is mostly on unsealed rocky roads. There are two trackless sections and two hill climbs.

Highlights: Panoramas from Mount Black and Melville's Lookout, ruins of the foundations of World War 2 prisoner-of-war camp No. 6, historic Graytown cemetery (not very many marked graves and the cemetery is not that interesting to me. Morning tea), evidence of past gold diggings and very old and magnificent Grass Trees.

Bring: Morning tea, lunch, nibbles and at least one litre of water. Personal first aid and suitable clothing for the weather. People who use walking poles should bring them. Refer to walksafe booklet page 16 for a list of items which should be in your pack

Meet: Club's Meeting Hall in Forest Street at 8.30am on Sunday 2 October **(note Daylight Saving commences)**.

Afternoon tea: In Heathcote at a suitable location.

Fuel Share: Zone 2, each passenger pays \$15.

Leader: Bob Jones. Mobile 0458012934. Ring me with any queries otherwise just roll up.

October – Wednesday 5th – Sailors Gully & Welsh Village Walk

Type: Day Walk

Grade: Medium 13.5km

DESCRIPTION: A circular walk starting at Pennyweight Flat Children's Cemetery with visits to Garfield Water Wheel, Expedition Pass Reservoir (lunch) and the Welsh Village. With old water races, stone ruins, mine shafts and empty quarries to see along the way.

Afternoon tea/coffee in Castlemaine before returning to Bendigo.

MEET: At 8:30am in the carpark in front of Rebel Sport at Lansell Square, Kangaroo Flat.

Fuel Share: Zone 1 \$10

Contact: David Crocker ph 0409 425 604

October 7 - 9 – Federation Weekend – Day Walks in the Western Grampians

Bookings have close.

Sat 15th & Sun 16th October - King River Rafting and/or Kayaking

The plan is to spend the weekend paddling on the white water section of the King River immediately downstream of Lake William Hovell. This is a relatively short run and three runs each day are possible - four if we are keen enough. Ideal for beginner paddlers but is still great fun for the experienced.

This trip will be suitable for those who have never rafted before and also for those who have never paddled a kayak in white water but would like to give that a go. To attempt the kayaking, you will have to have had flat water kayaking experience.



Be prepared to get wet and be prepared for cold conditions. You will need wetsuits or dry-gear and a couple of changes of clothes so you are sure to have something dry and warm to change into.

The club has some wetsuits, but I advise you to try them on before you leave Bendigo so you can check that they fit properly. When I checked last week there were at least a dozen wet suits for sale at Cash Converters – always good to have your own gear.

Overnight accommodation will be at the King River Camp at Cheshunt – hot showers, a dry, warm room and bed, plus the convenience of a fully equipped commercial kitchen, and a great recreation area with a wood fire. (<http://www.kingrivercamp.org.au/>)

You do need to contact me if you are interested so we get sorted with gear, clothing and accommodation.

Garry Brannan ph 04 5087 9917 garrybrannan@gmail.com

October 23rd Sunday – Mt Kooyoora.

Day walk. Grade: A 13.7km circuit walk. 5km is off track through light scrub with the ground littered with timber. Every now and then we will have to scramble a bit or pick our way around large boulders. We have to ascend 119m to the summit.

What to Bring: Morning Tea, nibbles, lunch and water. Long pants or gaiters, sun hat, sunscreen, and a wind proof top.

Highlights: Granite boulders of all sizes up to massive, rock shelters, overhangs, balancing rocks and colourful rock markings. Expansive views and the wild and beautiful Mt Kooyoora and its western ridge.

Where to Meet: Club's Meeting Hall at 8.30am.

Fuel Costs: Zone 2. \$15.

http://parkweb.vic.gov.au/_data/assets/pdf_file/0003/313806/Park-note-Kooyoora-State-Park.pdf

Garry Brannan ph 0450 879 917 garrybrannan@gmail.com

Saturday 12th to Sunday 22nd November – Coastal Wilderness Walk

Thurra River, Croajingolong NP (Vic) to Merrica River, Nadgee Nature Reserve (NSW)

This is an extended walk of 94km over 12 days to be undertaken as two six day walks, with two rest days in Mallacoota in between.

Sections: From Thurra River to Mallacoota - Pack carry 6 days (61km)

From Mallacoota to Ranger Station (Merrica River) - Pack carry 6 days (53km)

Grade: Medium

Party Size: Maximum party size is 8

Opportunity to walk along one of the most remote sections of coastline in Victoria and New South Wales. Major features of the walk include rocky headlands, sea caves, sweeping sandy beaches and saltwater estuaries, plus numerous birds, plants and animals of this coastal environment. Most campsites on the trip will be reached by lunchtime which will give ample opportunity to explore the coastal environment.

Rest days on Sat/Sun 19/20th November in Mallacoota will allow for local exploration, and for those leaving or joining the trip [subject to suitable transport arrangements].

Detailed information available for those interested.

Garry Brannan ph 04 5087 9917 garrybrannan@gmail.com



Top Left & Left – Turpin Falls Campaspe River. Monday 19 September.

Above – North Itallowie Creek just downstream from its junction with South Itallowie creek. Gammon Ranges. This is what happened to a dry creek bed following an estimated 35mm of rain. Friday 9 September.

Below Left – Trentham Falls. Coliban River. Monday 19 September.

Below Right – Metcalfe Cascades. Coliban River. Monday 19 September.



The deadline for the next edition of GoBush will be Wednesday October 19th

Please forward Trip Reports interesting articles and additions to the activities calendar to Garry – garrybrannan@gmail.com ph04 5087 9917

The Editor reserves the right to edit contributions where space, clarity or propriety dictate, and to maintain editorial consistency.

BBOC ACTIVITIES CALENDAR

Date	Description	Rating	Comments	Contact
September				
Tuesday 27th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		TBA	
Wednesday 28th September	Spring Gully & Break Neck Hill 14km. A walk on the Great Dividing Trail	Day Walk E/M	GDT from Fryerstown through Irishtown, Choken Flat, Break Neck Hill (405m), The Monk (459m), to Spring Gully.	David Crocker 0409 425 604
October				
Thursday Evening 29th September to Sunday 2nd October	Grand final long weekend. A paddle from near Picnic Point on the Murray, along Gulpa Creek into the Edward River and on to Deniliquin.	M	Much of the Gulpa Creek is in flood, so the trip grading has to be for experienced paddlers only. The birdlife should be spectacular.	Garry Brannan 0450 879 917
Sunday 2nd October	Heathcote-Graytown National Park. 16km *Daylight saving commences*	D/W Medium	Panoramas from Mount Black and Melville's Lookout, World War 2 POW ruins, very old and magnificent Grass Trees.	Bob Jones. 0458012934
Wednesday 5th October	Sailors Gully & Welsh Village Walk Medium 13.5km	D/W	From Pennyweight Flat Children's Cemetery visits the Garfield Water Wheel, Expedition Pass Reservoir and the Welsh Village.	David Crocker 0409 425 604
7th to 9th October	Federation Walks weekend.	Various	Day walks on both Saturday and Sunday in the Grampians	John Lindner 5448 3406
Sat 15th & Sun 16th October	King River Rafting	M	Wet and wild weekend. Basecamp at the King River Camp at Cheshunt	Garry Brannan 04 5087 9917
Sunday, 23rd October	Bike Ride – Cancelled Walk – Mt Kooyoora daywalk Distance ~ 10km	E/M	Box ironbark woodland, great views, granite tors and caves.	Garry Brannan 04 5087 9917
Tuesday 25th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		Travelling up North., John Lindner	
Wed 26th			Bendigo Cup Holiday	
Sunday 30 October.	Hepburn Regional Park. 13Km.	D/W Easy.	Blowhole, Breakneck Gorge and 5 mineral springs	Bob Jones. 0458012934.
November				
Saturday 5th November	Werribee Gorge – 10km circuit walk providing spectacular views of the gorge.		From the Gorge Eastern Walk, travel up the gorge toward Myrniong Creek, climb the spur to Eagles Eyrie, return via Falcons lookout.	Hans Tracksdorf 04000 49 891
12th – 27th Nov 16 days	Croajingolong/Nagee Wilderness Thurra River – Merrica River	Medium P/C	Two walks of one week duration each Participants can do either week or both.	Garry Brannan 04 5087 9917
Tuesday 22th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		Gammon Ranges, Peter and co.	
Saturday 26th November	The Granites of Mt YTarrengower A circuit walk of circa 9km	D/W	The walk is varied and takes in some of the granites on the west side of the mount. Walk involves hill climbing, town walking and off track	Hans Tracksdorf ph 04000 49 891
December				
4th Sunday	Bike Ride – Western half of the Bendigo Bushland Trail	Easy	The Bendigo Bushland Trail encircles the fringe of Bendigo on tracks & some roads.	Garry & Rechele 04 5087 9917

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 2016/17 are due from 1st July 2016. 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

Please ensure you sign and date the Acknowledgement of Risk at the bottom of the page

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: