

Go Bush



Bendigo Bushwalking and Outdoor Club Inc. August 2024



President's Report

A great variety of walks have been added to the Calendar including a Base Camp at Mutawintji National Park (northeast of Broken Hill) in early September. Gayle is continuing her Sunday morning walks at Spring Gully, Nola with her walks through the Whipstick, there's a day walk along the Coliban River at Malmsbury and Ian is conducting an overnight pack carry walk to Mt Feathertop in late November.

At the October Club meeting, there will be an overnight pack carrying walk exhibition night, so that participants can see what experienced walkers include in their packs, in preparation for the Mt Feathertop walk one month later.

In November, Bushwalking Victoria is presenting "Try a Bushwalking Club Month" in which all bushwalking clubs will present three walks to encourage new members to join walking clubs

Finally, Memberships are due now.

If you haven't yet renewed, do so today to keep the club healthy.

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Vice-President's Report

A VIRTUAL LIFE

These days there are a lot of interested people following hiking and outdoor adventure websites and social media platforms like Facebook, etc. One of the challenges organised clubs like ours and others have, are to try and encourage the followers, to actually get out and join us in our outdoor adventures. I just came off a 5 day adventure on the Grampians Peak Trail the other week, hiking there with some friends. The trail was actually fairly busy with lots of other hikers. Most of them are generally 20-30 year olds. Most young people are not members of any organised outdoor clubs and generally just hike with friends, or 'meet up groups'. These groups just post their activities on line and interested parties register their interest to attend. One meet up group I was a member of, ran a Werribee gorge hike where participants came from all localities including Geelong, Melbourne, Ballarat & Castlemaine. Anyway the point of the story is that we ran into such a meet-up group of 6 people on the Peak Trail, they were part of the All Trails group, which one hiker told us had '6000 followers!'

So we can see that there are a lot of people out there that have an interest in the great outdoors and hiking and camping. After nearly closing 2 years ago, our club has generated a lot of renewed interest in the Bendigo community, largely through our Facebook Site, where we promote our activities and upcoming events. All potential new members and FB followers are encouraged to attend any of our advertised events. Everybody needs to start somewhere. So if you're interested, come along and join in, you won't regret it.

Hans Tracksdorf
Vice President

Upcoming Activities

One Tree Hill, Spring Gully

Sunday 1st September

One Tree Hill is a part of the Greater Bendigo National Park and features many interesting tracks and rock outcrops. This walk is the one of a series of 2-hour day walks of approx. 7-8 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. Meet at the Spring Gully Hall at 9.00 am and afterwards will be a cuppa and cake at the Spring Gully General Store. Ring or Text if you are planning on going. Gayle 0419 332 659.

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Mutawintji National Park Base Camp Monday 9th to Friday 13th September

The ancient landscape of Mutawintji National Park, northeast of Broken Hill, is rich in Aboriginal History. Dominated by the Byngano Ranges whose vibrant red colour dramatically captures changes in the light, this outback home to the famous hand stencil art of local First Nations communities as well as many other important cultural and historic sites.

Walking tracks include the Rockholes Loop, Mutawintji and Thaaklatjika tracks. Ring or Text Greg on 0427 710 498 if you are thinking of going.



Mutawintji National Park

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Lightning Hill Eaglehawk Wednesday 11th September 1.5 to 2 hour Walk

Another excellent midweek offering from Nola starting at the Kids playground at Lake Neangar at 9.30am for a two-hour 7km walk in the bush surrounding Lightning Hill in Whipstick National Park. Ring or Text Nola 0419 334 673

Coliban River Day Walk Sunday 22nd September

A walk through the Malmsbury common, will follow this walk between the Malmsbury to Elphinstone water channel and the Coliban River downstream of Malmsbury. This walk is predominantly flat and is about 11km in length. Ring or Text Buzza 0438 437 680.



Bendigo Bushwalking and Outdoor Club monthly Meeting

Tuesday 27th August 7.30pm in Forest Street at the hall
Come along for a friendly chat and a cuppa

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Take a Forest Walk – September 2024

A request was made to circulate this activity to members, so whilst it is not a club activity it will be of interest to members.

'Take a Forest Walk', the book of 35 walks around the forests and goldmining areas of Bendigo and Heathcote that Bendigo Orienteers and ACF Central Victoria have been working on for 18 months, has finally come to fruition.

A public launch will take place on Wednesday, September 4th at Crusoe No. 7 Park, Granter Street, Kangaroo Flat at 10.30am. Anyone with a genuine interest in the outdoors is most welcome to attend the launch to celebrate this achievement.

The book celebrates the walking tracks, mining heritage, wildflowers, birds and wildlife in the forests that surround our city. The book will be available through the Bendigo Visitor Centre and other outlets following the launch.

Try A Bushwalking Club Month – November 2024

Message from Bushwalking Victoria

- To introduce non-bushwalkers to clubs
- To introduce experienced independent bushwalkers to clubs
- To create an experience where participants are likely to attend subsequent club walks, leading to club membership
- To promote bushwalking clubs in a targeted marketing campaign with a focus on the mental and physical health benefits of walking in nature, in a community
- To promote the learning, safety and support opportunities clubs have to offer
- To celebrate BWV's 90th anniversary

We encourage all clubs to get involved in this event. It's a great opportunity to grow your membership, introduce younger and more diverse people into your clubs and showcase your club. For the greatest impact, we would like to include as many clubs as possible.

What is the commitment required from your club?

Club tasks: Schedule "Try A Bushwalking Club" walks during November 2024.

BWV tasks: Management of walks templates, walks listing, booking system and payments, marketing/press releases, plus welcome packs/brochures.

Additional Details:

- Participating clubs will schedule at least 1 "Try A Bushwalking Club" walk/workshop.
 - It would be great if clubs could schedule at least 3 walks, 1x Easy, 1x Medium and 1x Harder, more if you like (walk grade details TBA)
 - Weekends, weekdays and weeknights are all good
 - Consider including some of your most popular "highlight" walks, or themed walks (waterfalls, sunset, urban street art etc)
 - Consider walks that are easy to get to, possibly public transport accessible, further away walks ok, with car pooling an option but be mindful that participants will be strangers

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- Walks need to include at least 25% current members (not just leaders), to truly show newcomers what it is like to be a club member
 - Ideally incorporate coffee/lunch etc post walk for social aspect
 - Consider walk capacity for the best experience for a newcomer, split into 2 if needed
 - Consider running a “workshop” for beginners, covering off gear and safety, or other topics that may interest new participants
 - Consider what the first and last impression/experience will be for new participants. How will they feel welcome from the outset? How will they feel when leaving? BWV can provide guidance on this if required.
- Provide brief walk descriptions to BWV using a provided template.
 - BWV will manage the centralised booking system, and cover costs for that system. Participant lists will be communicated to clubs with enough time for planning. There will also be an option for clubs to use their own online booking system.
 - Participants will be charged a small \$5 fee, which will be passed back to clubs after the event. Current club members will not need to pay.



The spectacular Grampians Peaks Trail is a challenging 160km 13-day/12-night hiking experience through the rugged interior of the Grampians (Gariwerd) National Park. Starting at Mt Zero in the north and heading south, the trail passes over the summit of Mt Difficult (Gar), continues through Halls Gap with hiking highlights including Redman Bluff, Major Mitchell Plateau and Mt Abrupt before reaching Dunkeld in the south. [from Parks Website]

I've now completed two whole circuits of the trail and cannot recommend it highly enough. The constructed campsites, some of which have all weather shelters, are well sited and a lot of thought has been put into their design. Three of them , Mt Difficult, Mt Abrupt and Cassidys Gap, are perched on escarpments, with great views.

All of the campsites have sizable water tanks and the campsites all have Phone USB recharge points.

Hans Tracksdorf
Vice President

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TRIP REPORTS

SUNDAY, 7th July, 2024

Crusoe Adventure 4 Leader Gayle C4 9.00 am Group Approx 7kms

A group of eight bushwalkers met at the carpark for the 9.00 am 2 hour walk on a very frosty day. Fortunately the sun came out making for perfect walking conditions. The route took us around the No 7 reservoir, then passed the Puddler en route to Crusoe reservoir. Birdlife was non-existent at this time, perhaps staying in their nests to keep warm? The kangaroos were plentiful and not shy at all. A circuit of Crusoe and back onto the track back to No 7 carpark.

The perfect parking spot for a variety of walk, have a shelter, grassed area and toilets.

7.06 kms and 1.5 hours.

A big thank you to the seven walkers who joined me for this walk

Debbie, Glenys, Merlyn, Sally, Emma, Grace and Tricia.

11.00am 4 Big Hill Circuit

This group of four headed off along Cherry Tree Track to take the easier ascent to Big Hill. The birds were starting to wake up and the bush was beautiful. The track followed a fire trail, then alongside a channel before reaching Thornbill Track, which was the beginning of the gentle ascent to the top. The last section being a little steeper. A cairn at the top was a welcome sight. There were excellent views of the Crusoe Reservoir and the city, along with beautiful views of the countryside to the south. A short walk along the ridge and off to the left of the track was a disused mine from yesteryear. A very steep descent and ascent followed as the track meandered alongside private properties and the sound of the Calder broke the quiet of the western side. The birdlife along this section was a nice diversion from the traffic noise.

9.18km 4.5 hours.

Many thanks to Merlyn, Sally and Chris for joining me on this wonderful walk.

Gayle Cameron

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SUNDAY, 4 th August, 2024 - Womindjika (One Tree Hill)

9kms and 2.45 hours.

Leader: Gayle Cameron

A group of fourteen walkers met at the carpark opposite the Spring Gully General Store. We headed off up Shakespeare Street to follow the fence line along the Spring Gully Reservoir heading south. The bush is starting to come alive with the wattle now blooming. The Wattle Drive bridge was the first significant feature, a well built historical structure. The next feature was at the southern boundary of the Reservoir and were the water tower stood majestically. The group then turned east and headed along tracks, going cross country to avoid the hairpin bends of the mountain bike track heading towards the 4WD track leading down to Mandurang Road. A dry Coliban channel provided access to the ridge with super teamwork and consensus amongst a few navigators getting all the participants across. Then a very steep descent 4WD track down to the road where we crossed to Womindjika to circumnavigate up to the fire tower. Once again the bush is coming alive with the plants entering their spring time phase. The group managed a very steep cardio ascent to the tower. As the leader had misjudged the timeframe, slightly, it was off down the northern side which was all downhill to Francliff Street, ie the Bendigo Bushland trail. Coffee at the Spring Gully Store afterwards for some walkers provided entertainment, with one walker showing deft bird catching skills!!!! Look out Mickey Minor!

Many thanks to Louise, Debbie, Pamela, Janina, Noel, Kathryn, Anne, Tracy, Donna, Stephen, Karen, Sylvia and Len for joining in and making this a great morning out in the bush. See you all on the next one!

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MALDON HANS SPECIAL - 18 AUGUST 2024

The rains of Saturday cleared on Sunday and we had a nice sunny morning for our outing to Maldon . First stop was the Bonne Espresso Café in the Main street , where the part owner told us he was heading off to the island of Arran in Scotland, next week. To our surprise Deidre, in our group, said she hailed from the Isle of Mull, only 50km distance (as the crow flies). What's the odds on that??

After a quick coffee refresher we headed to the western side of Mt Tarrengower reserve, to start our walk in Mantons Lane. We took our first detour here to explore the Big V – a big white stoned V sign, laid out on top of the hill here .From the top we got great views to the south east (Mt Franklin), and Mt Kooroocheang near Smeaton, to the south. The Big V is connected with WW1 but not necessarily denoting victory in the war. I'll let readers do their own research here. We climbed up the zig zag road to the ridge and then down the other side , which was quite steep in sections. Destination Precipice Rock.

The country here is very open and we sighted numerous mobs of kangaroos . Stopped at Precipice Rock for a late morning tea/coffee break. This big granite slab is actually located down at the base of the mountain, rather than up high. From here we traversed the western face of the mountain to stop on a scenic knoll , for lunch. After this, we had a fairly steady climb all the way back up to the Tarrengower Lookout tower. From here you got good views in all directions . The final part of our journey, involved descending the delightful 'Lisles Reef track'. This descends thru a myriad of mining workings, including stone walls , small kilns and ramped switchbacks , which were used by horses , to carry the rocks to crushing plants and furnaces. Arrived back at our car mid afternoon .

Thanks to Deidre, Noel & Kathryn for joining me on a most pleasant outing to the Maldon Hills.

Hans Tracksdorf



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>

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

Reminder to Walk Leaders

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

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

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

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

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

Buzza is doing the newsletter and so any email content must be sent to enquiries@gobush.org.au by the 3rd Tuesday, 7 days prior the Club Meeting to meet the newsletter deadline

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BENDIGO BUSHWALKING AND OUTDOOR CLUB INCORPORATED MEMBERSHIP RENEWAL FORM

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

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

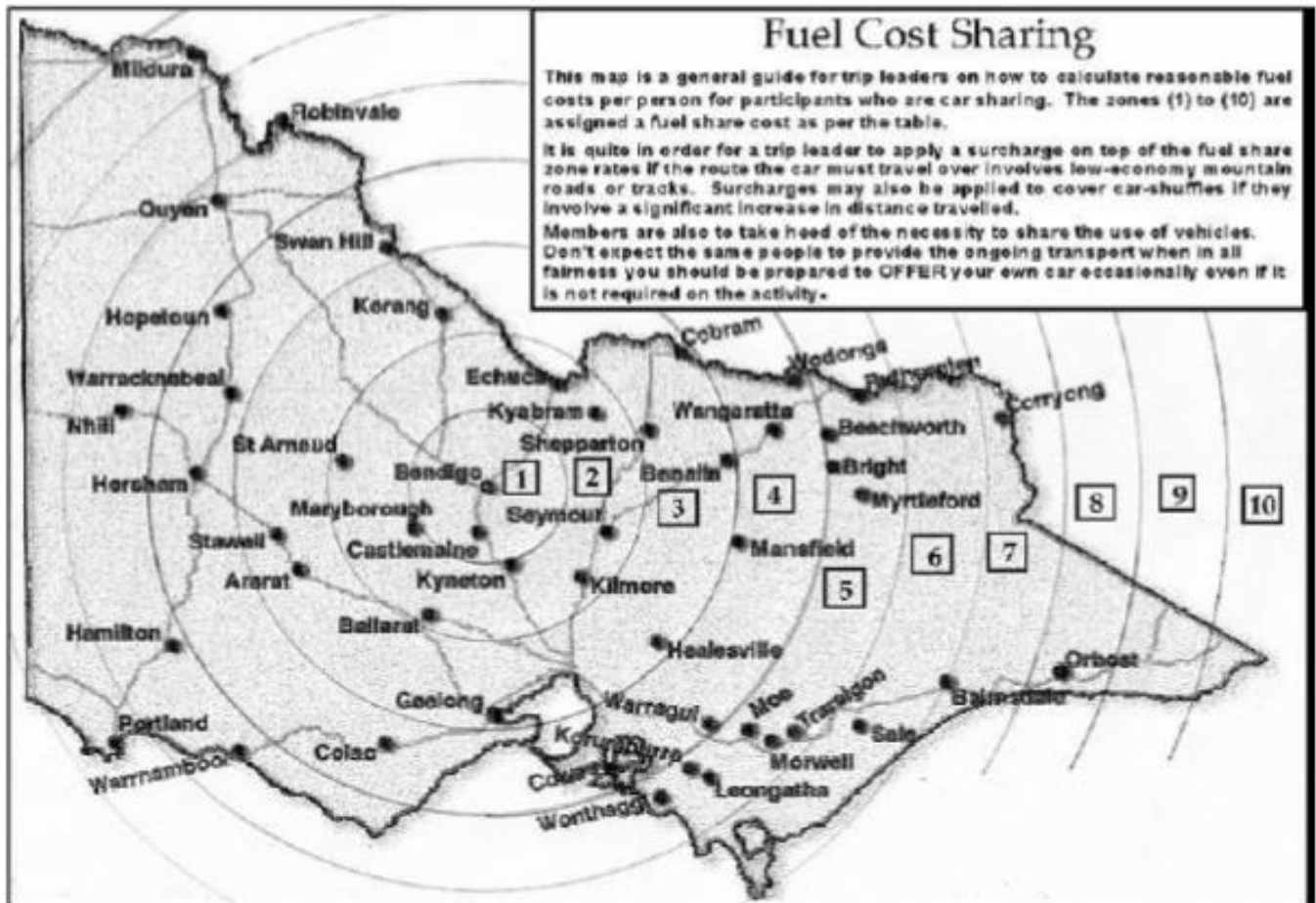
ACKNOWLEDGMENT OF RISK AND OBLIGATIONS OF MEMBERS

This acknowledgment of risk applies to all club activities I may undertake as a member of the Bendigo Bushwalking and Outdoor Club Inc. In voluntarily participating in activities of the club which are described to me by the activity leaders, I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness or death, or to loss of or damage to my property, I also acknowledge that I may encounter weather conditions that could lead to hypothermia and being in locations where evacuation for medical treatment may take hours or days. In particular when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks described to me by the activity leader. To minimise risks I will endeavour to ensure that:

Each activity is within my capabilities. I am carrying food, water and equipment appropriate for the activity. In addition: I will advise the activity leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity. I will make every effort to remain with the rest of the party during the activity. I will advise the leader of any concerns I am having. I will comply with all reasonable instructions of club officers and the activity leader. I have read and understand the above requirements. I have considered the risks before choosing to sign this acknowledgement of risk. I still wish to join the activities of the club. I acknowledge that I will take Responsibility for my own actions and that signing this form, or the payment of my subscription will be deemed as full acceptance and understanding of the above conditions,

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

SITUATIONS VACANT - CLUB SECRETARY

The Bendigo Bushwalking Club is looking for a new Secretary. We are grateful to Donna who has fulfilled the role for the past two years. Volunteers are the lifeblood of the Club. If you are a new or older member, talk to us about helping us out. The secretarial position involves attending a committee meeting each month on the Tuesday before the Club meeting and collecting mail for the club. Donna has Minutes and Agenda Templates and is available to help you with the job.

Feel free to contact Donna 0466 004 610 for details.

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PARTICIPANT'S EMERGENCY CONTACT & MEDICAL INFORMATION

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

Name: _____

Home Address: _____

_____ Post Code _____

Telephone: Home: _____ Mobile: _____

Medical Information:

Medical Condition: _____

Current Medications: _____

Allergies: _____

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

Medicare Number: _____

Private Health Insurance Fund (name): _____

Ambulance subscriber Y/N

Emergency Contact:

Name: _____

Home Address: _____

_____ Post Code: _____

Telephone: Home _____ Mobile _____

Relationship: _____

Signed: _____ Date _____

Privacy Statement:

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

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Bushwalking Calendar Gradings

Easy
Easy / Medium
Medium
Medium / Hard

Gently undulating terrain, mostly on formed tracks.
Gently undulating terrain with some short climbs
Both on & off formed tracks with some sustained climbs.
Medium walks but may also include rougher terrain, heavy scrub, rock scrambling, longer climbs & descents, or exposure to bad weather.

Bendigo Bushwalking Club Committee 2023-2024

President Graham Borrell 0438 437 680

Vice President Hans Trackdorf

Secretary Donna Guille 0466 004 610

Treasurer Greg Doubleday

Committee Member Ian Barry

Committee Member Peter O'Meara

Trip Coordinator Graham Borrell 0438 437 680

Webmasters Donna Guille & Ian Barry

Newsletter Buzza



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Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
August				
Sunday 4 th	Spring Gully	Easy/Med	9am-11am 7km	Gayle 0419 332 659
Tues 27th	Monthly Club Meeting	7.30pm	Presbyterian Church Hall	35-41 Forest St Bendigo
September				
Sunday 1st	Spring Gully	Easy/Med	9am to 11am 7km	Gayle 0419 332 659
Monday 9 th to Friday 13 th	Mutawintji Base Camp	Easy/Med	Day Walks	Greg 0427 310 498
Sunday 8th	TBA			
Wednesday 11th	Lightning Hill	Easy/Med	9.30 to 11am 7 km	Nola 0419 334 673
Sunday 15th	TBA			
Sunday 22nd	Malmsbury	Easy/Med	11km Day Walk	Buzza 0438 437 680
Tuesday 24th	AGM Club Meeting	Easy	Presbyterian Church Hall	35-41 Forest St Bendigo

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Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
October				
Wednesday 2nd	Crusoe Res 6pm	Easy	Twilight Walk 7km	Buzza 0438437680
Sunday 6th	Spring Gully	Easy/Med	9am-11am 7km	Gayle 0419 332 659
Wednesday 9th	Lightning Hill	Easy/Med	9.30am – 11.30am 7 km	Nola 0419 334 673
Saturday 12 th to Sunday 13th	Federation Weekend		Wilsons Promontory	See BWV Website for details
Wednesday 16th	Crusoe Res 6pm	Easy/Med	Twilight Walk 7km	Buzza 0438 437 680
Sunday 20 th	Mt Ida	Medium	Day walk 12km	Ian 0457 940 564
Tues 22nd	Monthly Club Meeting	7.30pm	Presbyterian Church Hall	35-41 Forest St Bendigo
Sunday 27th	Mt Moliagul	Medium	Day Walk 12 km	Buzza 0438 437 680
November				
Sunday 3rd	Spring Gully	Easy/Med	9am-11am 7km	Gayle 0419 332 659
Wednesday 6th	Crusoe Res 6pm	Easy	Twilight Walk 7km	Buzza 0438 437 680
Sunday 10th	TBA			
Wednesday 13th	Lightning Hill	Easy/Med	9.30am - 11.30am 7 km	Nola 0419 334 673
Sunday 17 th	TBA			
Wednesday 20th	Crusoe Res 6pm	Easy/Med	Twilight Walk 7km	Buzza 0438 437 680
Sunday 24th	TBA	Easy/Med		
Tuesday 26th	Monthly Club Meeting	7.30pm	Presbyterian Church Hall	35-41 Forest St Bendigo
Friday 29 th to Sunday 1st	Mt Feathertop Circuit	Medium	Overnight Walk	Ian 0457 940 564