

# GO BUSH



Bendigo Bushwalking and Outdoor Club Inc. September 2024



## President's Report

Greetings bushwalkers. Daylight saving is almost here and our Twilight Walk series during spring and summer continues with the first one on Wednesday the 2<sup>nd</sup> October. Trip leaders are important to our club, but not everyone wants to lead walks, and another essential role is the committee. The committee meets once a month at the Bendigo Club and the meetings take about 1.5 hours – not an onerous task at all – in fact it's all about the 3 CCC's – catchup, chat and coffee. Talk to a committee member for more details.

At the September Club meeting we have our AGM. We are looking for volunteers for committee positions as well as the secretary position. 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", and Bendigo has three walks to encourage new members to join our Club – Gayle's Spring Gully, Buzza's Mt Lofty and Ian's Mt Feathertop walk

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

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## Upcoming Activities

### **Crusoe Reservoir Twilight Walks (1<sup>st</sup> and 3<sup>rd</sup> Wednesdays)**

**Wednesday 2<sup>nd</sup> October**

Meet at the Crusoe Road carpark at 5.50pm for a 6pm, 7km walk around Crusoe Reservoir and/or Number Seven Reservoir. Walking as the sun sets with the fading light shimmering through the trees and chatting to fellow walkers is a great way to get that exercise as well as meeting new friends. Ring or Text Buzza on 0438 437680

### **One Tree Hill, Spring Gully**

**Sunday 6<sup>th</sup> October**

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 Gayle 0419 332 659.

### **Lightning Hill Eaglehawk**

**Wednesday 9<sup>th</sup> October**

**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

### **Crusoe Reservoir Twilight Walks (1<sup>st</sup> and 3<sup>rd</sup> Wednesdays)**

**Wednesday 16<sup>th</sup> October**

Meet at the Crusoe Road carpark at 5.50pm for a 6pm 7km walk around Crusoe Reservoir and/or Number Seven Reservoir. Walking as the sun sets with the fading light shimmering through the trees and chatting to fellow walkers is a great way to get that exercise as well as meeting new friends. Ring or Text Buzza on 0438 437680

### **Mt Ida Day Walk**

**Sunday 20<sup>th</sup> October**

From the top of Mt Ida you can see the world – well the parts to the north, south, east and west of Heathcote that is but all the same, it is a fantastic place to walk in unspoilt and generally unburnt open woodland – with those fantastic views from the top. Meet at the Clubrooms in Forest Street at 8.20 am for an 8.30 departure Ring or Text Ian on 0457 940 564

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**Club Meeting**  
**Tuesday 22<sup>nd</sup> October**



## **Bendigo Bushwalking and Outdoor Club monthly Meeting**

Tuesday 22<sup>nd</sup> October 7.30pm in Forest Street at the hall  
Come along for a friendly chat and a cuppa



‘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. 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.

## **Coliban River Day Walk**

**Sunday 22<sup>nd</sup> September**

On an overcast morning, we set forward from Bendigo when we met another three participants in Malmsbury. After an initial walk through the Botanic Gardens, we followed the channel northwards and alongside the scenic Coliban River for about 3km until we reached a farmhouse with a couple of noisily barking dogs and views of Mt Alexander. Returning via the same trail we made a couple of side trips, to a river gorge and to Ellis Falls where we stopped to admire the bubbling brook. After a short break we returned to Malmsbury Bakery for a coffee. Total distance 7km in length. Thanks to everyone for coming along.



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Ellis Falls on the Coliban River

## Mutawintji Base Camp Photos (Trip report next month)







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## Membership

Fees are \$60 for a family and \$40 for single members. Payable each financial year.

A Membership Form can be found on the website at [www.gobush.org.au](http://www.gobush.org.au).

Remember you must sign the Acknowledgment of Risk at the bottom of the membership application otherwise you are not covered by the Club insurance.

You are welcome to try a trip or two at the nominal cost of \$2 per trip.

## Membership Benefits

Insurance coverage on member's trips.

Your Bushwalking Victoria membership card enables you to obtain discounts at a number of retailers. Note that Bushwalking Victoria membership cards need to be presented prior to processing of sale.

<http://bushwalkingvictoria.org.au/bwv-membership-card-benefits/bwv-membership-card-benefits>

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

## Reminder to Walk Leaders

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

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

**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](mailto:enquiries@gobush.org.au) by the 3<sup>rd</sup> 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

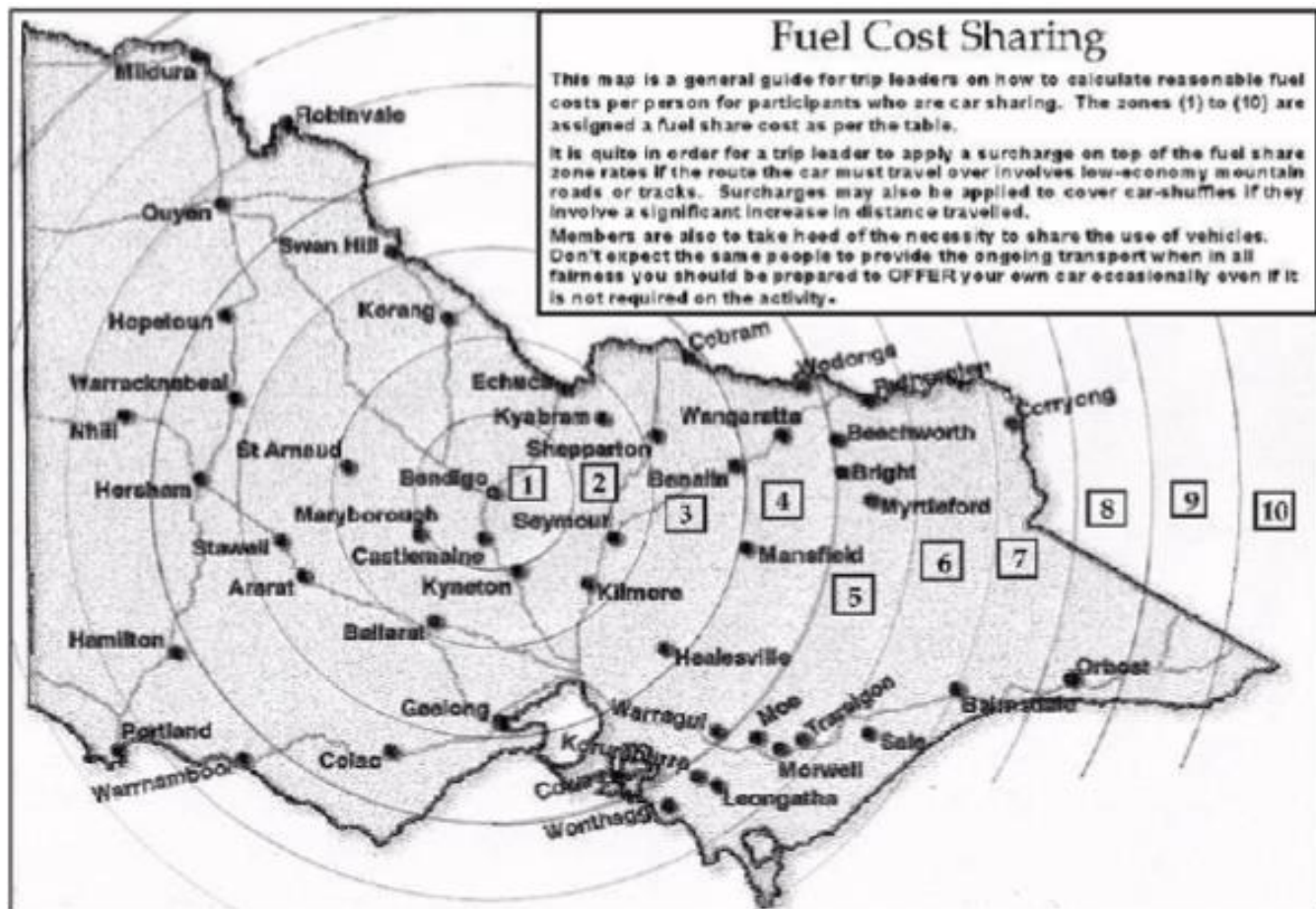
This acknowledgment of risk applies to all club activities I may undertake as a member of the Bendigo Bushwalking and Outdoor Club Inc. In voluntarily participating in activities of the club which are described to me by the activity leaders, I am aware that my participation in the activities may expose 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





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

### Bendigo Bushwalking Club Committee 2023-2024

President	Graham Borrell	0438 437 680
Vice President	Hans Trackdorf	
Secretary	Donna Guille	0466 004 610
Treasurer	Greg Doubleday	
Committee Members	Ian Barry	
Peter O'Meara		
Trip Coordinator	Graham Borrell	0438 437 680
Webmasters	Donna Guille & Ian Barry	
Newsletter	Buzza	







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 .

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## Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
<b>September</b>				
Sunday 1st	Spring Gully	Easy/Med	9am to 11am 7km	Gayle 0419 332 659
Monday 2 <sup>nd</sup> to Thursday 5th	Mutawintji Base Camp	Easy/Med	Day Walks	Greg 0427 710 498
Sunday 8th				
Wednesday 11th	Lightning Hill	Easy/Med	9.30 to 11am 7 km	Nola 0419 334 673
Sunday 15th				
Sunday 22nd	Malmsbury	Easy/Med	11km Day Walk	Buzza 0438 437 680
<b>Tuesday 24th</b>	<b>AGM Club Meeting</b>	<b>Easy</b>	<b>Presbyterian Church Hall</b>	<b>35-41 Forest St Bendigo</b>
<b>October</b>				
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 <sup>th</sup> to Sunday 13th	Federation Weekend		Wilson's Promontory	See BWV Website for details
Wednesday 16th	Crusoe Res 6pm	Easy/Med	Twilight Walk 7km	Buzza 0438 437 680
Sunday 20 <sup>th</sup>	Mt Ida	Medium	Day walk 12km	Ian 0457 940 564
<b>Tues 22nd</b>	<b>Monthly Club Meeting</b>	<b>7.30pm</b>	<b>Presbyterian Church Hall</b>	<b>35-41 Forest St Bendigo</b>
Sunday 27th	Mt Moliagul	Medium	Day Walk 12 km	Buzza 0438 437 680



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## Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
<b>November</b>				
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				
Wednesday 13th	Lightning Hill	Easy/Med	9.30am - 11.30am 7 km	Nola 0419 334 673
Sunday 17 <sup>th</sup>	Mt Lofty	Easy/Med	Day walk 12km	Buzza 0438437680
Wednesday 20th	Crusoe Res 6pm	Easy/Med	Twilight Walk 7km	Buzza 0438 437 680
Sunday 24th		Easy/Med		
<b>Tuesday 26th</b>	<b>Monthly Club Meeting</b>	<b>7.30pm</b>	<b>Presbyterian Church Hall</b>	<b>35-41 Forest St Bendigo</b>
Friday 29 <sup>th</sup> to Sunday 1st	Mt Feathertop Circuit	Medium	Overnight Walk	Ian 0457 940 564
<b>December</b>				
Sunday 1st	Spring Gully	Easy/Med	9am-11am 7km	Gayle 0419 332 659
Wednesday 4th	Crusoe Res 6pm	Easy/Med	Twilight Walk 7km	Buzza 0438 437 680
Sunday 8th				
Wednesday 11th	Lightning Hill	Easy/Med	9.30am - 11.30am 7 km	Nola 0419 334 673
Sunday 15th				
Wednesday 18th	Crusoe Res 6pm	Easy/Med	Twilight Walk 7km	Buzza 0438 437 680
Sunday 22nd				