



## BENDIGO BUSHWALKING AND OUTDOOR CLUB

### President's Report

Autumn is a great time to be out in the bush walking with friends. David has a heap of Wednesday walks for those who can make them and congrats to David for the newsletter – it's looking good. Also, there are a few day walks on the weekends coming up at Big Hill and Bullarto Reservoir.

Last month we were locked out of our Clubrooms because the entry code had been changed and after a discussion – which included the possibility of the Rifle Brigade hotel – we were blessed to be able to go St Rechelle's Church in Golden Square. Thanks for the tea & biscuits – much appreciated. During the meeting, comments were made about David's upcoming Bogong High Plains weekend walk and what to carry. Lo and Behold! Rechelle found her pack with all that necessary stuff, and it was decided that at the May Club meeting, three of our experienced overnight walkers – will bring their loaded packs and explain what they carry and why. Should be a very informative and interesting night.

Donna and Ian are the Admin people on the Facebook page, so keep up with walk news. Friend & followers to the Facebook page up by almost 50% since October. If you do a walk, don't be shy about posting photos.

The Club is planning to also participate in shared activities with other clubs, with one of these events with the Geelong Bushwalking Club at Blackwood on Sunday the 21<sup>st</sup> of May.

The Club night is on Tuesday the 25<sup>th</sup> April at 7.30pm; come to see a film night from Cocoparra National Park. PS Hans has organised pre-Club night dinner at the Kangaroo Flat Sports Club at 6pm for anyone interested.

**Buzza**

### BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

P.O. Box 989, Bendigo, 3552  
Reg No. A0051482V

Meetings - 4<sup>th</sup> 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](mailto:enquiries@gobush.org.au)

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

BBOC is affiliated with



### COMMITTEE 2022-2023

President Graham Borrell 0438 437 680

Vice President Hans Tracksdorf

Secretary Donna Guille 0466 004 610

Treasurer Greg Doubleday

#### Committee Members:

Ian Barry

Peter O'Meara

Sandy Raeburn

#### Other Tasks:

Trips Coordinator Graham Borrell

Web Masters Donna Guille & Ian Barry

Newsletter Editor David Crocker

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.

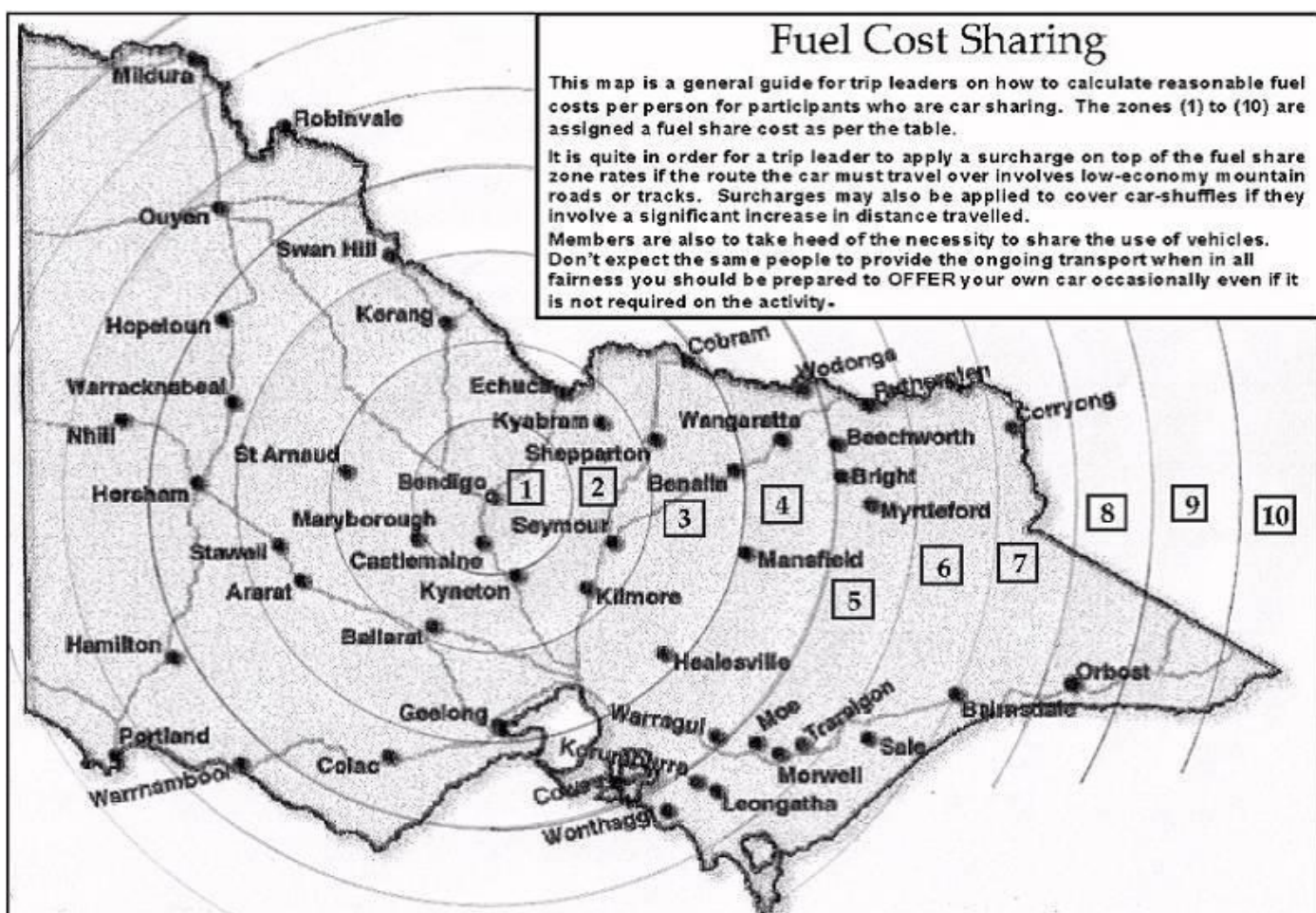


## CLUB MEETING NIGHT - MEAL CATCH UP FOR THOSE INTERESTED

Meals are pretty promptly arranged (no long wait times) and they are reasonably priced \$16-\$28 and they have a Seniors Menu. So anyone ordering, even at 6.30pm should be out of there by 7.15pm.

The Venue is 9-10 mins from Forest St Hall.

**TIME:** 6:00pm  
**LOCATION** KANGAROO FLAT SPORTS CLUB  
**CONTACT** HANS T mob 0400 049 891



### Zone & Fuel Cost

① \$10-\$15 ② \$30 ③ \$45 ④ \$60 ⑤ \$75 ⑥ \$90 ⑦ \$105 ⑧ \$120 ⑨ \$135 ⑩ \$150

## Walk gradings:

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

## Ambulance Victoria Subscription

Club members are encouraged to become Ambulance Victoria Subscription members because the cost is minute compared to the cost of emergency transport if you're out in the bush somewhere. Years ago, one of our members, Max, fractured his ankle on a walk in Tasmania and was transported for free via helicopter. So do yourself a favour and Join Up today!

***Bushwalking Victoria – monthly newsletter Bulletin 60 available at:  
[mailchi.mp/bushwalkingvictoria/apr23-bushwalking-news-15363353](mailto:mailchi.mp/bushwalkingvictoria/apr23-bushwalking-news-15363353)***

### **Deadline for GO BUSH Newsletter:**

Contributions for the Club newsletter need to be submitted one week before the Monthly Meeting  
Please send separately text from word processor and pictures as jpeg images

**DEADLINE FOR MAY NEWSLETTER IS Tuesday 16<sup>th</sup> MAY**

**Send contributions to David Crocker, email to [dcrocker46@gmail.com](mailto:dcrocker46@gmail.com)**



## TRIP REPORTS

### *Wednesday Evening Walks – The battle of the coloured lines!*

I managed to go on four of the Wednesday evening walks and record them with a GPS. (Thanks to Buzza and Ray.) What are my thoughts?

Firstly, there are plenty of tracks around Crusoe Res that aren't on any of my maps. Secondly, we should be able to gradually map the area properly for future use.

The best map I have for this area for showing tracks is an online map called "Open Topo Map". Unfortunately, the contours on this map are woeful and it does not show all tracks (or even all roads) and worse, completely fails to show some of the water races. Having said that, it's probably the "go to" map for walking here (unless someone can produce something better!)

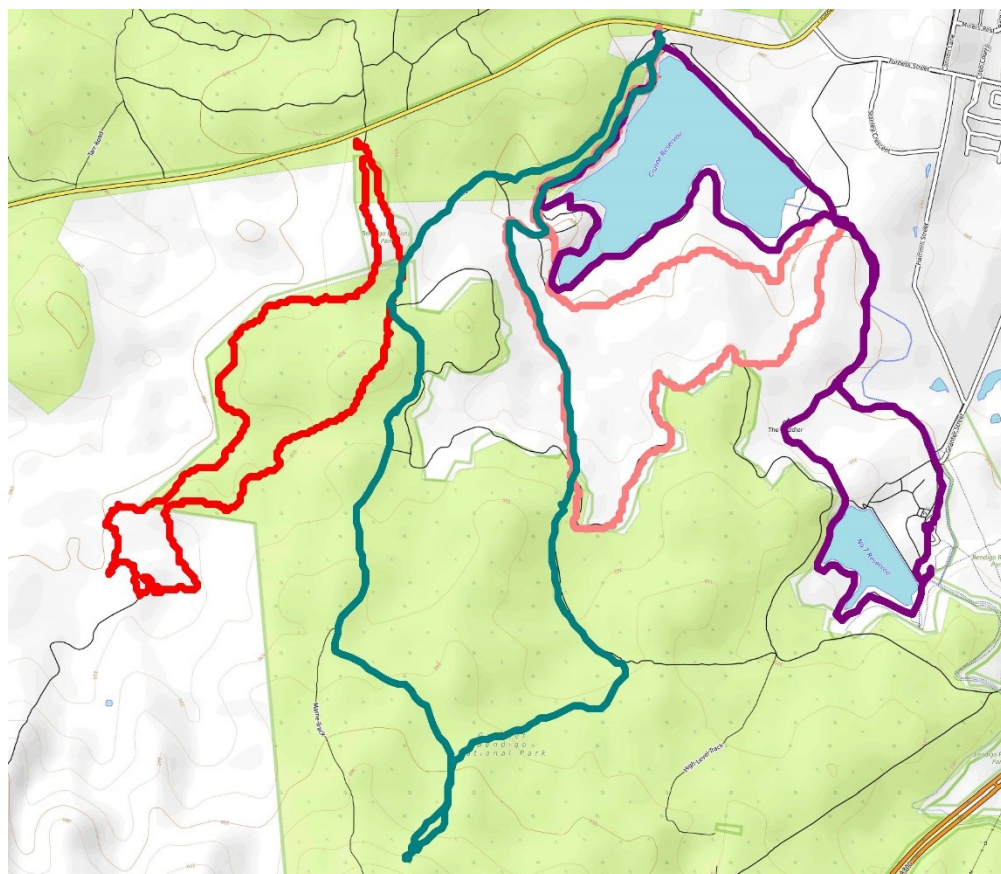
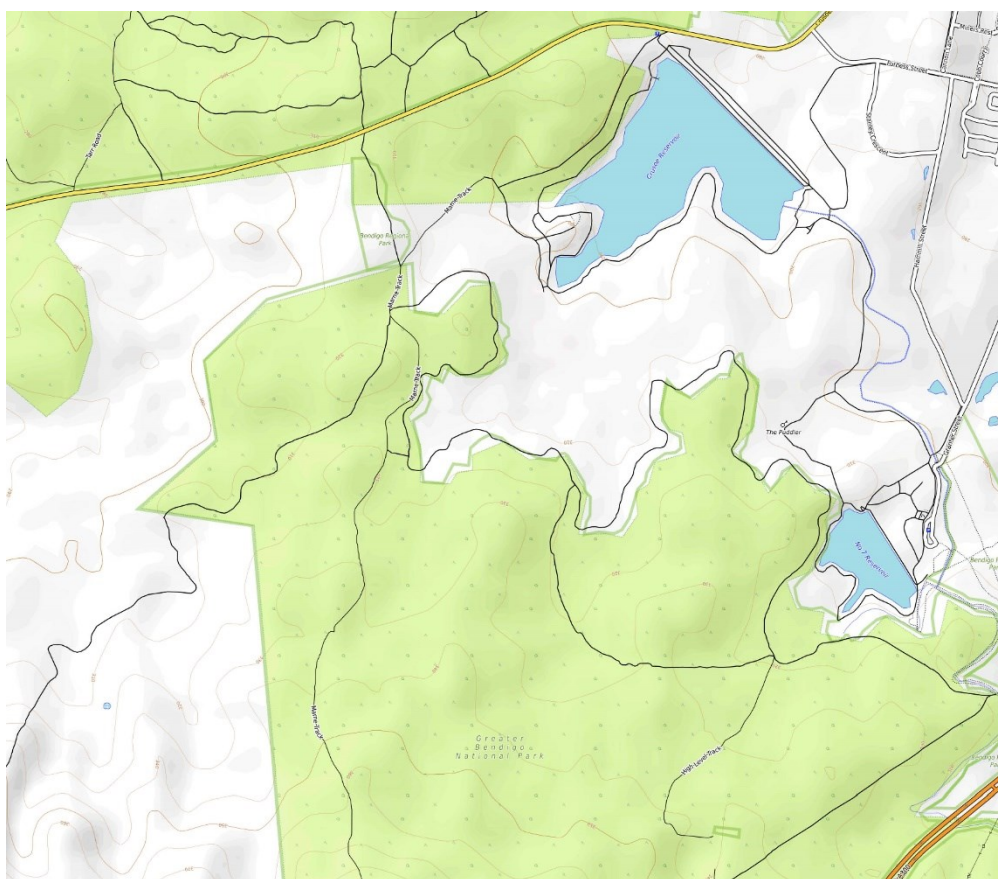
**Map 1** shows the "Open Topo Map" as it appears on screen.

**Map 2** shows the map with the four walks I recorded. To complicate matters there is a little bit of off-track walking, and the coloured lines obscure the tracks on the map.

We have

<b>Purple:</b>	<b>1<sup>st</sup> Feb</b>	<b>7.13 km</b>
<b>Pink:</b>	<b>15<sup>th</sup> Feb</b>	<b>6.19 km</b>
<b>Red:</b>	<b>1<sup>st</sup> March</b>	<b>4.81 km</b>
<b>Green:</b>	<b>29<sup>th</sup> March</b>	<b>7.29 km</b>

**Andrew M**



## ***Beeripmo in a Day. Mt Cole Range***

***Sun 5<sup>th</sup> March 2023***

I noticed the Beeripmo Walk trip report/write up by Hans T did not mention the sighting by Rechelle of a White Throated Tree Creeper (Cormobates Leucophaea) - strutting its stuff just for us. They survive & eat mostly ants!  
Good spotting Rechelle!

**Footnote by Ray W**

### ***Spider photos from Crusoe walks***

**Photos by Ray W**



## ***Castlemaine Garfield Waterwheel***

***2<sup>nd</sup> April 2023***

Sunday the 2nd was the pick of the days weather wise for the week. Thanks to everyone who participated in the walk to Expedition Pass Reservoir today and the visitors Brett, Helen, Al and Rav plus Jacky, Donna, Hans and Glenys.

**Buzza**

## ***Hepburn State Park – Jacksons Lookout, Hunts Dam & Mineral Springs***

***Wed 5<sup>th</sup> April 2023***

A Wednesday walk in fine sunny weather in the Hepburn Regional starting from the Hepburn Mineral Springs Reserve where the first aim was to head up to Jacksons Lookout and then along the Goldfields Track north towards the Chocolate Mill. We usually don't see many other walkers on Wednesdays but did encounter a group of about 9 people heading in the other direction all of whom had two trekking poles.

GO BUSH

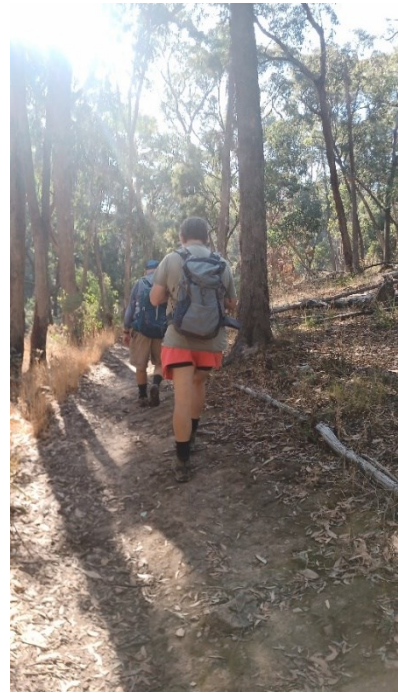
Bendigo Bushwalking and Outdoor Club

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***Jacksons Lookout***



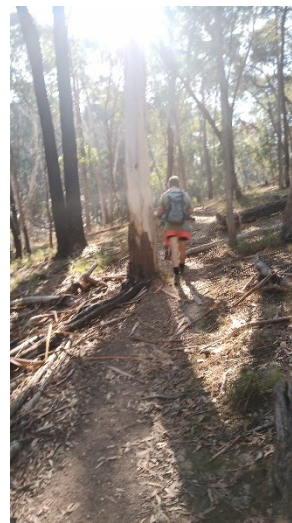
***Along the track***

When we reached the Chocolate Mill later in the morning we (actually Andrew) found that it was closed, on pre-COVID mid-week walks it used to be open. Have since discovered that it is open 6 days a week – just not on Wednesdays.

Turning south we then headed to Hunts Dam for a lunch stop. After lunch some management road walking took us to Argyle Springs from which it was just a short distance on a walking track back to the start point.

**Participants: David C (leader), Andrew M, Roger K**

**Photos by Roger K (5) and David C (3)**



***Hunts Dam – lunch spot***



***Spider webs galore***



## DETAILS FOR TRIP ACTIVITIES

### Big Hill Loop

Sunday 23<sup>rd</sup> April

Type: Day Walk

Grade: Medium

**DESCRIPTION:** The walk will take in the "Big Hill Loop". Meeting place is the No7 Reservoir Carpark (end of Granter Street, Kangaroo Flat) at 8:50am. Walk climbs to the top of Big Hill then undulates along the ridge in a westerly direction with beautiful views to the south and west before descending to Crusoe Reservoir and then back to the cars. Bring water, and a snack if you wish. Walk will return to the cars prior to midday.

No limit on numbers. Walk will commence promptly at 9:00am

Contact: Ian B

ph 0457 940 564

### The Gullies of Forest Creek

Wednesday 26<sup>th</sup> April

Type: Day Walk

Grade: Medium

Distance: 13km

Costs: Fuel Share:

Zone 1 \$15

**DESCRIPTION:**

Starting from Expedition Pass Reservoir after a circuit of the Reservoir head to the Welsh Village and then onto the Garfield Water Wheel. Along the way all the gullies that are passed through need to be identified. From the Water Wheel across the range and into the extensive valley of Forest Creek where more gullies are waiting for identification.

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.

Contact: David C

ph 0409 425 604

### Franklin Gorge

Sunday 30<sup>th</sup> April

Type: Day Walk

Grade: Easy/Medium

Distance: 10km

Costs: Fuel Share:

Zone 2 \$15

**DESCRIPTION:**

Franklin Gorge is to the northeast of Mt Franklin between Hepburn Springs and Guildford. It has steep sides rather than major cliffs but its beauty lies in its grassy remote creek flats, beautiful trees, millions of wattles, rock pools and wilderness atmosphere. There is no track through the gorge but walking on the flat areas alongside Tarilta Creek.

Tea and Cake afterwards at a café in Trentham or Daylesford.

**MEET:** We will depart from outside Rebel Sports at Lansell Plaza at 8:30am, organising car sharing.

Contact: Graham B

ph 0438 437 680

### Moon Walk

Tuesday 2<sup>nd</sup> May

Type: Night Walk

Grade: Easy

Distance: 5km

Start: 6:00pm

**DESCRIPTION:**

Ray Wilson is the inspiration behind the Moon Walk as it was at his suggestion, although we have pushed it back one month, so that the walk into the darkness won't be as late. Sunset is at 6.10 pm so we can get to the carpark in daylight.

The walk is about 5 km in length and starts at the **Crusoe Reservoir car park**. Bring a head lamp or torch. All walking is on tracks. Hopefully we can get a cloudless night, although it's difficult to forecast.

Contact: Buzza

ph 0438 437 680

## Spring Gully, Break Neck Hill & The Monk

Wednesday 3<sup>rd</sup> May

Type: Day Walk      Grade: Easy/Medium      Distance: 14km

Costs   Fuel Share:      Zone 1 \$15

### 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.

Contact: David C      ph 0409 425 604

## The Huts Tour Part 3 – Bogong High Plains

Saturday 6<sup>th</sup> – Sunday 7<sup>th</sup> May

Type: Overnight Walk      Grade: Easy/Medium

Distance:      Sat: no packs 7.3km, with packs 7.5km      Sun: no packs 6.6km, with packs 7.6km

Costs:      Fuel Share:      Zone 5 \$75

### DESCRIPTION:

An alpine walk with mountains views but no climbing of mountains.

**Friday** departure to drive to the Bogong High Plains and set up camp.

**Saturday** morning will involve day walking without packs to visit 5 huts on the Bogong High Plains, some of which you haven't been to before. After lunch at Wallaces Hut we set off with packs to walk along the Langford East Aqueduct to Fitzgeralds Hut where we will camp for the night.

**Sunday** morning we continue with a pack carry part of the walk for short distance to get to the Alpine Walking Track. Then another section of day walking without packs to visit 2 more huts (Edmondson and Johnstons). Returning to collect our packs and then walk down the Heathy Spur Track back to the cars at Rocky Valley Dam

Afternoon tea/coffee & cake at the Mount Beauty Bakery before returning to Bendigo.

Contact: David C      ph 0409 425 604

## Daylesford: Boots Gully & Charlesford Mine

Wednesday 10<sup>th</sup> May

Type: Day Walk      Grade: Easy/Medium      Distance: 15km

Costs   Fuel Share:      Zone 2 \$25

### DESCRIPTION:

The area is named for the extinct volcano, Bald Hill, which spread its lava north-westwards to form the farming lands of basalt amidst ancient ordovician slates and shales. These form the gold-bearing quartz underlying the central Victorian goldfields. The walk encompasses several of the smaller goldfields of the Daylesford area. These goldfields required water to wash the pay dirt, which was supplied by water races. Some races conveyed water from up to 20 km away near Twin Bridges. A natural spring, Hendersons, in Boots Gully and a derelict mid-twentieth century slate mine are visited on the walk.

Afternoon tea/coffee in Daylesford before returning to Bendigo.

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

Contact: David C      ph 0409 425 604



## Eastern Trig - Big Hill Range & More

Saturday 13<sup>th</sup> May

Type: Day Walk

Grade: Medium

Distance: 14km

### DESCRIPTION:

This walk will commence from the Lookout Track (just south of the Sandhurst Res - access is by left-hand turn into Phyllis St (Calder Hwy) first on left past Harvey Norman, continue over Railway Bridge then hard right & proceed to sign. (there will be more instructions & possible car pooling depending on numbers.)

This is an interesting walk - with on & off track climb to trig,

Then descend to cutting @ Big Hill & then we follow the ridgeline to the western trig & a varied return to CherryTree Lane & vehicle/s left there.

Bring water/drinks - snacks & light lunch

**MEET:** 8.30am front of Rebel Sport carpark @ Lansell Square (K'Flat)

**Contact:** Ray W                      ph 5447 8862      (msg can be left if NA) by COB Thurs 11<sup>th</sup> May.

## Leitches Creek Springs

Wednesday 17<sup>th</sup> May

Type: Day Walk

Grade: Easy/Medium

Distance: 15km

Costs    Fuel Share:

Zone 2 \$25

### DESCRIPTION:

A varied walk, through lush bushland in the Wombat Forest, the surrounds of the Bullarto Reservoir, and the hamlets of Bullarto and Leitches Springs. Points of interest include a visit to Bullarto and its reservoir, Kangaroo Creek valley, the extinct volcano Curry's Hill and Leitches Creek Springs, where in 1900 a spring water bottling plant operated.

Afternoon tea/coffee in Trentham before returning to Bendigo.



A few photos from a recce of the walk completed on 14<sup>th</sup> April.

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

**Contact:** David C                      ph 0409 425 604

## Blackwood / St Erth

Sunday 21<sup>st</sup> May

Type: Day Walk

Grade: Easy

Distance: 8.6km

Costs:    Fuel Share:

Zone 2 \$20

### DESCRIPTION:

At Blackwood there is a private garden called the Garden of St Erth. It is sited over Simmons Reef which yielded a great amount of gold during the gold rush days. A sandstone cottage was built in 1860 and named after the owner's birthplace in Cornwall. It was at that time attached to a Post Office and General Store, with a boot factory at the rear and was part of a gold field village. Tea and Cake afterwards.

**MEET:** We will depart from outside Rebel Sports at Lansell Plaza at 8.30am, organising car sharing.

Tea and Cake afterwards.

**Contact:** Buzza                      ph 0438 437 680

## Fryers Ridge Circuit

Wednesday 24<sup>th</sup> May

Type: Day Walk

Grade: Medium

Distance: 14km

Costs Fuel Share:

Zone 1 \$15

### DESCRIPTION:

A circuit walk through the Fryers Ridge Nature Conservation Reserve.

Afternoon tea/coffee in Harcourt on the way back to Bendigo.

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

Contact: David C

ph 0409 425 604

## Mt Korong

Sunday 28<sup>th</sup> May

Type: Day Walk

Grade: Easy

Distance: 10km

Costs Fuel Share:

Zone 1 \$10-\$15

### DESCRIPTION:

Mt Korong is a beautiful granite outcrop between Inglewood and Wedderburn. Countless gigantic boulders are heaped across the mountain and surrounding hills, creating unique shapes, caverns and spectacular scenery, carved by the winds of then ten thousand skies.

After the walk a cuppa and cake will be had in Inglewood.

**MEET:** At the Club rooms in Forest St Bendigo at **8:30am**

Contact: Peter O

ph 0428 512 970

## Vaughan Springs – Golden Gullies Walk

Wednesday 31<sup>st</sup> May

Type: Day Walk

Grade: Medium

Distance: 15km

Costs Fuel Share:

Zone 1 \$15

### DESCRIPTION:

A loop walk starting **near** Vaughan Springs, visiting a number of old mining sites including mines, water races, various ruins and a mine chimney before passing through Glenluce Mineral Springs on the way back to the starting point.

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.

Contact: David Crocker

ph 0409 425 604

## Mt Alexander (Twice)

Wednesday 7<sup>th</sup> June

Type: Day Walk

Grade: Medium/Hard

Distance: 14km

Costs Fuel Share:

Zone 1 \$10

### DESCRIPTION:

Walk starts at North Gap on the Main Coliban Channel and climbs to the summit of Mt Alexander on the Goldfields Track and then a descent to Shepherds Flat Lookout, before re-joining the GT to Dog Rocks. Then an off-track section climbing directly from Dog Rocks back to the summit of Mt Alexander. All down hill now on a mixture off-track and roadside walking following close to Joseph Young Drive heading northward back to the cars.

Coffee at General Store in Harcourt (by 4:00pm) before travelling back to Bendigo

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

Contact: David C

ph 0409 425 604



## Maldon & Mt Tarrengower

Wednesday 14<sup>th</sup> June

Type: Day Walk

Grade: Medium/Hard

Distance: 13km

Costs Fuel Share:

Zone 1 \$10

**DESCRIPTION:** This walk will take in the many impressive views from various points on top of the Mt Tarrengower Range. This will be a circular walk starting and finishing in Maldon and as there will be some climbing involved as fire lookout tower on the top of Mt Tarrengower will be climbed from the east and again from the west of the summit. Mostly on tracks but there will be some off-track walking traversing the slope of the mountain.

Afternoon tea/coffee in Maldon before returning to Bendigo.

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

**Contact:** David C

ph 0409 425 604

## ACTIVITIES CALENDAR

DATE	TYPE	DESCRIPTION	RATING	COMMENTS	CONTACT
<b>APRIL</b>					
Sun 23 <sup>rd</sup>	D/W	Big Hill Loop	Medium		Ian B 0457 540 564
Tues 25 <sup>th</sup>		Monthly Club Meeting		Presbyterian Church Hall Cnr Forest & MacKenzie St	
Wed 26 <sup>th</sup>	D/W	The Gullies of Forest Creek	Medium	Castlemaine Heritage National Park	David C 0409 425 604
Sun 30 <sup>th</sup>	D/W	Mt Franklin Gorge	Easy/ Medium	Along Tarilta Creek	Buzza 0438 437 680
<b>MAY</b>					
Tues 2 <sup>nd</sup>	N/W	Moon Walk	Easy		Buzza 0438 437 680
Wed 3 <sup>rd</sup>	D/W	Spring Gully, Break Neck Hill & The Monk	Easy/ Medium	Through old gold mining areas in the Castlemaine Heritage National Park	David C 0409 425 604
Sat 6 <sup>th</sup> – Sun 7 <sup>th</sup>	O/W	Bogong High Plains	Easy/ Medium	The Huts Tour - Part 3, visiting 9 different huts	David C 0409 425 604
Wed 10 <sup>th</sup>	D/W	Boots Gully	Medium		David C 0409 425 604
Sat 13 <sup>th</sup>	D/W	Big Hill Range	Medium	Eastern Trig - Big Hill Range & More	Ray W 5447 8862
Wed 17 <sup>th</sup>	D/W	Leitches Creek Springs	Medium	Bullarto Reservoir, Kangaroo Creek valley, extinct volcano: Currys Hill and Leitches Creek Springs	David C 0409 425 604
Sun 21 <sup>st</sup>	D/W	Blackwood/St Erth	Easy		Buzza 0438 437 680
Tues 23 <sup>rd</sup>		Monthly Club Meeting		Presbyterian Church Hall Cnr Forest & MacKenzie St	

DATE	TYPE	DESCRIPTION	RATING	COMMENTS	CONTACT
Wed 24 <sup>th</sup>	D/W	Fryers Ridge Circuit	Medium		David C 0409 425 604
Sun 28 <sup>th</sup>	D/W	Mt Korong	Easy	Granite country between Inglewood and Wedderburn	Peter O 0428 512 970
Wed 31 <sup>st</sup>	D/W	Vaughan Springs	Medium	Golden Gullies Walk through areas where previously much gold mining was undertaken.	David C 0409 425 604
JUNE					
Wed 7 <sup>th</sup>	D/W	Mt Alexander	Medium /Hard	A walk climbing Mt Alexander twice	David C 0409 425 604
Fri 9 <sup>th</sup> – Mon 12 <sup>th</sup>	B/C	Wyperfield	Easy		Greg D 0427 310 498
Wed 14 <sup>th</sup>	D/W	Maldon	Medium /Hard	A walk climbing Mt Tarrengower twice	David C 0409 425 604
Sun 25 <sup>th</sup>	D/W	Mt Ida Heathcote	Easy		Buzza 0438 437 680
Tues 27 <sup>th</sup>		Monthly Club Meeting		Presbyterian Church Hall Cnr Forest & MacKenzie St	



# 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. \_\_\_\_\_

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 endeavour 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 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 \_\_\_\_\_