

Go Bush



Bendigo Bushwalking and Outdoor Club Inc. March 2024

Nature is one of the most underutilised treasures in life. It has the power to unburden hearts and reconnect to that inner place of peace.

Janice Anderson

Source: <https://australianhiker.com.au/advice/hiking-and-outdoor-quotes/>

President's Report

March's Club Meeting is going to feature a talk by Peter Holmes an adventurer who undertakes guided walking tours in Norway and Italy. As well as this, he has worked as a bushwalking and backcountry ski guide for over 30 years. He has guided many back-country ski trips, both here in the Victorian Alps and Kosciuszko National Park, with Mt Bogong being his favourite back-country mountain to ski. In 2019 he completed his goal of walking the Australian Alpine Walking Track. For the last few winters, he has been working at Windy Corner as an XC ski instructor, as well as finding the time to conduct skiing trips in Italy. Don't miss this great opportunity.

Also on the March Labour Day weekend, the Club presented two activities that were miles apart – one is a series of day walks in the Grampians and a Rail Trail Bike ride from the Murray River to the mountains. The weather for the weekend was unusually warm but that did not decrease the enthusiasm at Andrew's Base Camp at Jimmy Creek in the Grampians. Saturday's walk was quite memorable with the following two day's walks curtailed by the weather, but all enjoyed the chance to swim in the refreshing river and lake offerings.

The Crusoe Reservoir Twilight Walks have been popular during daylight saving and the Club is hopeful they can be maintained in some form during the winter months. They are quite easy to run, so if there is anyone or a couple of friends willing to help in this regard, this will be greatly appreciated. Contact the Activities Coordinator for information.

The Club would like to welcome Adele as the new editor of the Club magazine Go Bush. All submissions to the newsletter must be submitted to the club by the third Tuesday of each month to be included.

The calendar has an increased focus on overnight walks, base camps and bike rides (Kamarooka this month) while retaining the ever-popular day walks. So, until the day on a bush track somewhere, we meet again – until that day - keep yourselves safe and enjoy 2024.

Graham

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*GUEST SPEAKER: PETER HOLMES
NEXT CLUB MEETING TUESDAY 26TH MARCH*



Guided Alpine and Cross-Country Ski Trips to Italy

I have worked as a bushwalking and backcountry ski guide for over 30 years. I have guided many back-country ski trips, both here in the Victorian Alps and Kosciuszko National Park, with Mt Bogong being my favourite back-country mountain to ski. In 2019 I completed my goal of walking the Australian Alpine Walking Track. For the last few winters, I have been working at Windy Corner as an XC ski instructor, and guiding ski trips in Italy, post-COVID.

I will be sharing on the 26th March, on my experiences of a 20 day back country ski trip in the Indian Himalaya and my more recent work, guiding ski trips to Italy.

Nordic Ski Adventures started taking ski trips to Italy in 2021. We spend time in stunning alpine villages and ski on beautifully groomed trails, in places like the Dolomites, Courmayeur and Livigno. From the moment your ski holiday starts with us, everything is taken care of, so you can focus on what is important, the skiing! Come and see this unique culture, cuisine and 1500+ km of ski trails.

Peter Holmes

M:0457 570 346

E:nordicskiadventures@gmail.com

WWW: <https://nordicskiadventures.com>



Courmayeur, Val di Ferret, Italy

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Upcoming Activities

Bendigo Bushwalking and Outdoor Club Monthly Meeting
Tuesday 26th March 7.30pm in Forest Street
(Special guest presentation by Peter Holmes from Nordic Ski Adventures)

Mt Feathertop Overnight Walk (via North West Spur)
Fri 5th - Sun 7th April 2024

It is proposed to travel Friday afternoon (2-3pm) to Smoko Campground adjacent to the Great Alpine Road, where we will camp the night ready to commence our walk to Mt Feathertop in the early morning. Smoko Campground is a large free camp with toilets.

Saturday morning, we pack up and drive a short distance to the start of the walk near the Trout Farm. Mt Feathertop is the second highest mountain in Victoria and probably the most appealing. It certainly has 360 degree views on a clear day.

North West Spur is a Grade 5 Walk, meaning that it is both very steep, in places, and rough. It is the less frequently used route to Mt Feathertop. After 7km of ascent we reach the MUMC Hut. From here it is 2km to the summit. We will come off the summit and camp near Federation Hut at the top of Bungalow Spur. There is a toilet facility and spring water nearby.

Sunday morning, we break camp early and return to the cars via North West Spur. The total 2 day distance is 22.2km with a 1728m ascent/descent,

Then its home to Bendigo by 4:30pm, with a stop at Myrtleford and maybe Murchison.

Please Note: Participants must contact the walk leader at least 5 days prior to the start to assist with the planning of the logistics (car share, convoy, and meeting time on the Saturday). If you don't contact the Leader: Ian B (0457940564) then you won't be part of the club group. Travel Share cost: Zone 5 \$75.

MT ALEXANDER DAY WALK. SUNDAY 14 APRIL 2024.

GRADING – HARD . This is an Off track walk of only around 7-8 km located on the Eastern side of the Mount Alexander Reserve . Theres a lot of descending and steep climbing and people of reasonable fitness should be able to handle it .(Not suited for angina or people with knee issues.) . Just as a guide . If you find the Crusoe evening walks easy and they're Grade 1, then this would be about Grade 6+ . Bring your own Lunch and drinks (thermos) . Meet Rebel Sport Carpark 9 am (it's not a long walk) . Will tailor the walk according to the weather on that day .

For more queries call m 04000 49 891

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Mt Greenoch & Mt Beckworth - Saturday 20th April

Synopsis: We will travel over in convoy & firstly climb Greenoch 'in the footsteps of the Major.' Then proceed to the Beckworth Scenic reserve for a solid climb to the famed "Lollipop Tree". More about this later. Classic central Victorian scenery to be had from both climbs. A stop in Clunes afterwards. Rating - Easy /Medium Fuel Levy: \$25 BYO your everything i.e. drinks, nibbles & lunch. Meet K/Flat Sports Club car Park (enter via Mackenzie St West) at 8.40am.-sharp.

Contact: Ray W 54478862 if you want to come or to learn more.



The 4 Peaks Challenge Sunday April 21st, 2024

Think you can rise to the challenge of 'summitting' Mt Leura, Mt Sugarloaf, Mt Elephant and Mt Noorat on the same day? Then this Friends of Mt Leura Inc. activity, in partnership with Mt Leura & Mt Sugarloaf Management Committee, is a must do for you and your family or friends.

Where: Meet/start @ Volcanic Education Centre (Mt Leura Road, Camperdown) at base of Mt Leura at 9.30am. Coffee van onsite.

BYO: Morning tea, lunch, snacks and plenty to drink; sunscreen, day pack plus camera and/or binoculars for the terrific views. Wear: Sturdy footwear and clothing suitable for the weather. Transport: BYO vehicle. All welcome and bring the kids ... but please note that some steep and rough terrain will be encountered so a degree of physical fitness is required.

For more information contact: John F on 0487 341 337



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Beeripmo Overnight Walk Saturday 4th- Sunday 5th May 2024

It is proposed to travel to Richards Campground arriving around 10am, where after a short break we will commence the Beeripmo Walk (20.6km) in an anti-clockwise direction. The overnight camp is located at Mugwamp, just off the Mugwamp Track, about 6km from the start but the initial walking involves a steady accent. We will set up camp and then walk out to Mt Buangor and back (approx. 3km optional). Drop toilet and a rainwater tank are provided at this camp site.

Sunday morning we pack up early and commence walking by 8am with a 12km, mostly downhill walk, back to Richards Campground. The last couple of kilometres descends steeply. After lunch we will drive back to Bendigo (1h 40m) via Avoca. Returning home after 3pm,

The walking track is Grade 4. And the walk will suit someone who is reasonably fit and wants the challenge of an overnight pack-carrying walk. You must be prepared for all weather conditions and able to carry all your gear, food and water.

Google Beeripmo Walk for more information, map and elevation details.

Please Note: Participants must contact the walk leader at least 5 days prior to the start to assist with the planning of the logistics (car share, convoy, and meeting time on the Saturday). If you do not contact the Leader: Ian B (0457940564) then you will not be part of the club group. Travel Share cost: Zone 3 \$45



Crusoe Res walkers

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Some photos from Grampians trip.....



Photos from Bogong overnight walk.....



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HERE ARE SOME TIPS FROM THE BUSHWALKING VICTORIA WEBSITE ON HOW TO BUILD ON YOUR BUSHWALKING EXPERIENCE.

Build Your Experience

Individuals or groups wishing to undertake more demanding, challenging and remote area trips, should have the appropriate level of experience for the trip circumstances. Experience must be progressively gained to develop the fitness, skills, knowledge, confidence and judgement needed for harder trips to be completed safely.

Some factors that affect trip difficulty include:

- Long duration - multiple days with heavier packs
- Longer days walking
- Demanding terrain - such as bigger climbs and harder off track stages
- Challenging weather

Gradually increasing the difficulty and challenge of trips undertaken develops the wisdom of experience necessary for safety in the bush.

Walking with others can assist individuals gain additional and varied experience. One effective way to progressively develop bushwalking skills is to join a bushwalking club. Clubs offer different types and locations of trips - it is worth doing some research to find a club that meets your needs.

Bushwalking clubs generally have policies, processes and practices to ensure enjoyable and safe trips for their members. These typically include:

- Carefully planned walks program, including beginner trips
- Collective "local knowledge" of walking routes and areas from previous trips.
- Well described trips - most clubs use a trip grading system. Advice is readily available for intending participants to ensure that a decision to join the trip is an informed one.
- Trip leaders with appropriate skills and experience, and mentoring support for new leaders
- Members generally know each other well and are familiar with each other's skills, experience and fitness.
- Trip leaders provide oversight to check that intending participants have adequate skills and experience for a trip, especially on more challenging trips.
- Members share experiences of tough conditions, hazards, gear selection, etc.

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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.

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 for the interim period until we find another newsletter editor and so any email content should be sent to enquiries@gobush.org.au by the Tuesday before the Club Meeting

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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 _____

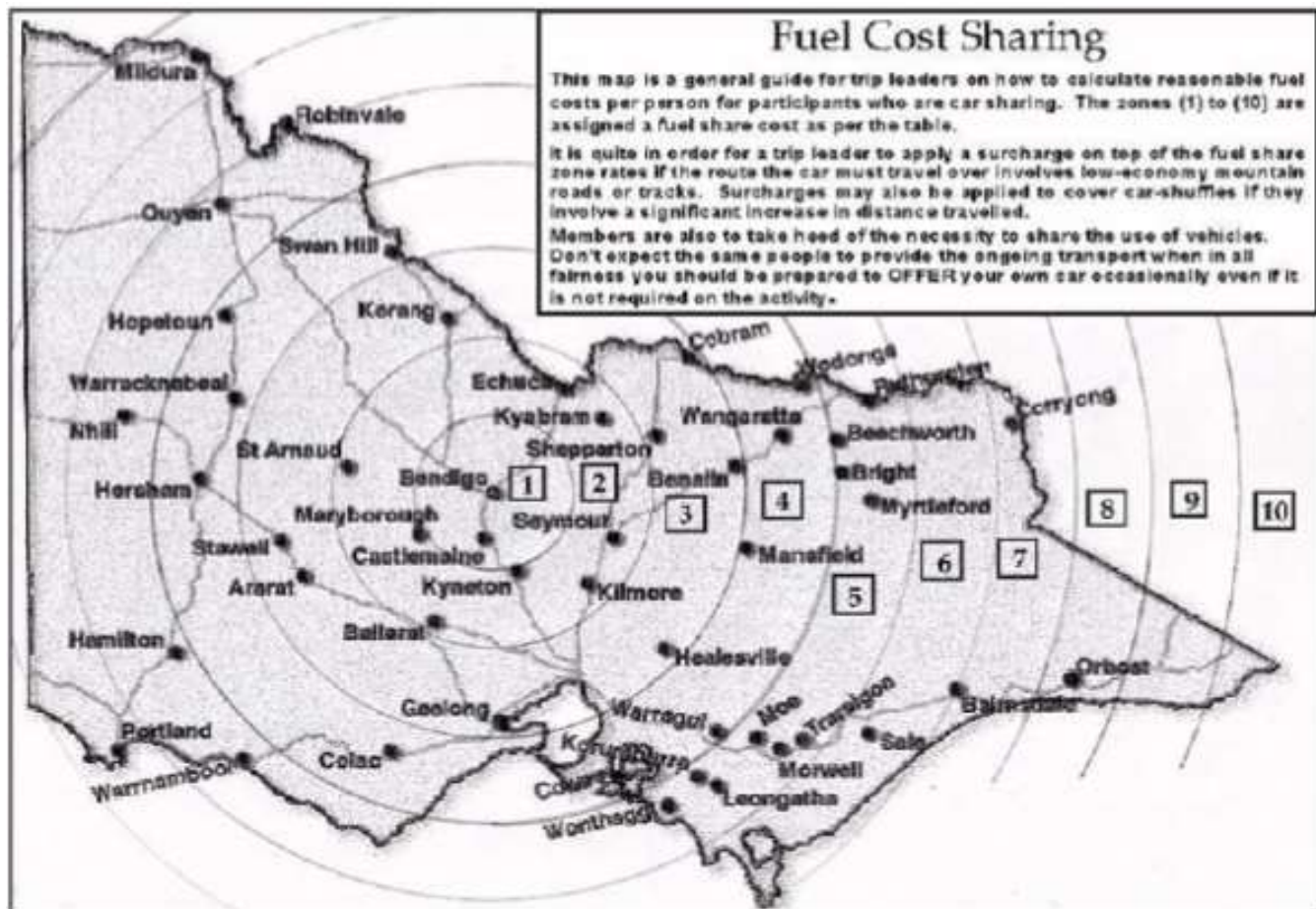
ACKNOWLEDGMENT OF RISK AND OBLIGATIONS OF MEMBERS

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
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	0438 437 680
Vice President	Hans	
Secretary	Donna	0466 004 610
Treasurer	Greg	
Committee Members		
	Ian	0457 940 564
	Peter	
Trip Coordinator	Buzza	0438 437 680
Webmasters	Donna & Ian	
Newsletter	Adele	

We need your help.....

Have you got ideas for future activities?

Would you like to have a go at being a leader for an activity?

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Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
March				
Tuesday 26 th 7.30pm	Monthly Club Meeting Peter Holmes Presentation		Presbyterian Church Hall	35-41 Forest St Bendigo
Fri 29 to Mon	Easter			
April				
Friday 5 th to Sunday 7 th	Mt Feathertop Circuit	Medium	Overnight Walk	Ian B 0457 940 564
Sunday 14 th	Mt Alexander	Easy/Med	Day Walk	Hans T 0400 049 891
Tues 23 rd 7.30pm	Monthly Club Meeting	7.30pm	Presbyterian Church Hall	35-41 Forest St Bendigo
Sunday 28 th	Black Hill Kyneton	Easy/Med	Day Walk	Buzza 0438437680
May				
Saturday 4 th – Sunday 5 th	Pyrenees Bereepmo Circuit	Easy/Med	Pack Carry Overnight Walk	Ian B 0457 940 564
Sunday 12 th	Mt Bealiba	Easy	Day Walk	Buzza 0438 437 680
Sunday 19 th	Werribee Gorge	Medium	Day Walk	Hans T 0400 049 891

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Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
June				
July				
August				