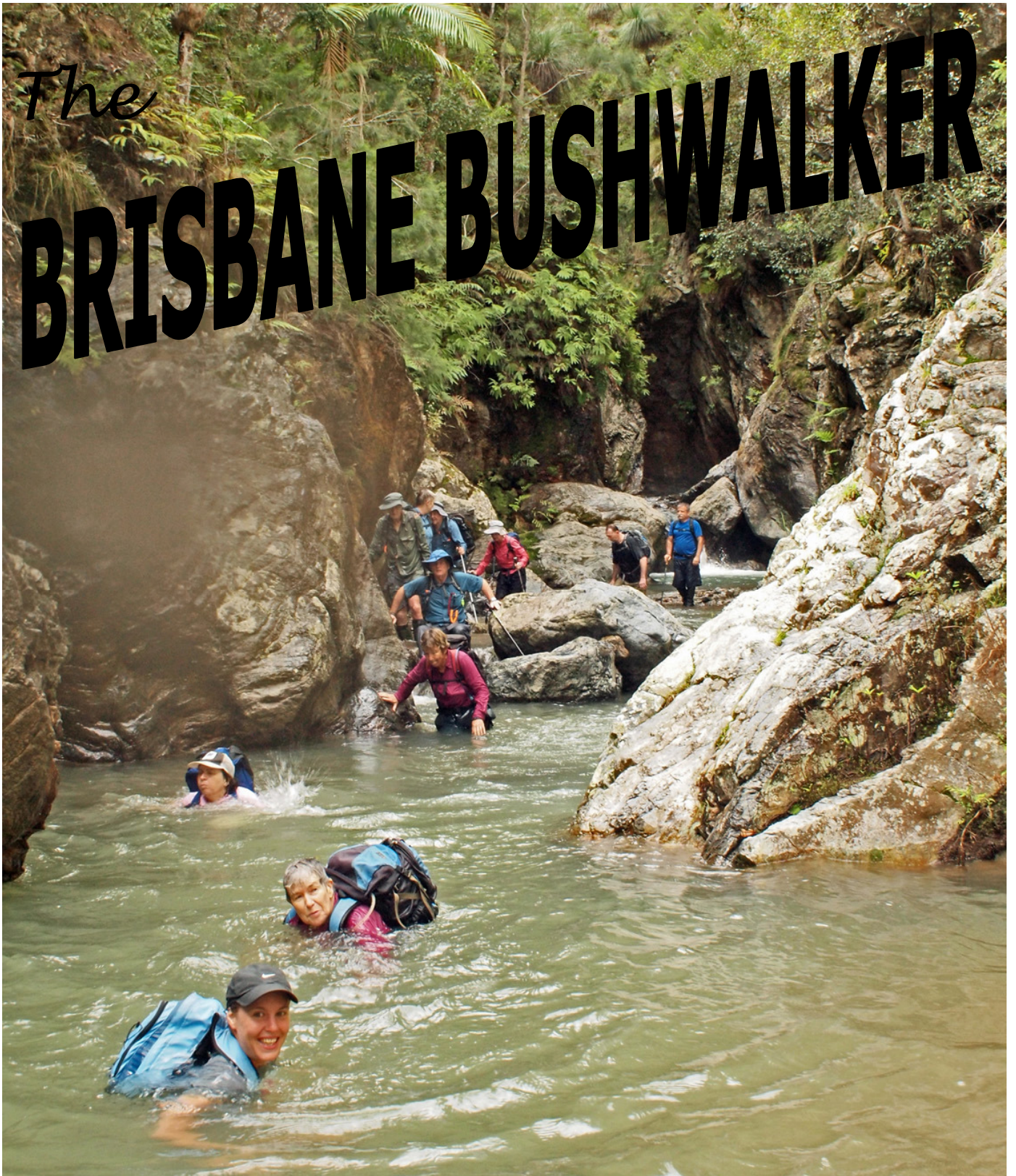


The
BRISBANE BUSHWALKER



BRISBANE BUSHWALKERS MONTHLY NEWS



BRISBANE BUSHWALKERS CLUB INC (EST. 1948)
GPO BOX 1949, BRISBANE 4001

www.bbw.org.au

April 2013

MEETINGS: The Brisbane Bushwalkers Club meets every 2nd & 4th Wednesday of the month at 7.30pm at the Newmarket Memorial Hall, cnr Enoggera Rd. & Ashgrove Ave., Newmarket. Except for December when the only meeting is on the 2nd Wednesday. All welcome.

COMMITTEE MEETINGS: The next committee meeting, to be held at 7.30pm on **Wednesday 3rd April**, is at Tom Cowlshaw's at 47 Samford Road, Alderley. Ph: 3856 4050. All members are welcome to attend.

MAGAZINE: Pre-trip descriptions are submitted via the leaders page on the web site. Any articles from members, especially post-trip reports, are welcome. The editor reserves the right to edit articles to fit available space. The preferred method for article submission is email; for other methods please discuss with editor.

Deadline for the May magazine is the Open Meeting on Wednesday 10th April.

BBW WEB SITE & EMAIL

BBW web site: www.bbw.org.au
 email editor@bbw.org.au
outings@bbw.org.au

BBW is an affiliated member of Bushwalking Qld whose website is:

www.bushwalkingqueensland.org.au

FIRST AID CERTIFICATES

To encourage members to maintain a current First Aid certificate, the Club will organise courses for Full members (not Probationary members) for half price for those who attend.

COVER PHOTOGRAPH

Northbrook Creek Descent, March 2013
 (Brisbane Forest Park) Photo: Richard Lukacz

EQUIPMENT HIRE

The following equipment is available **for club activities**. The charge *between meetings* per item is:

Foam mat\$2.00
 Self inflating mat\$5.00
 Stove\$5.00
 Tent or Pack\$10.00

There is a \$20 per item deposit. Refundable upon return of equipment in good condition.

All equipment may be booked for hire by phoning the Equipment Officer.

Pre-booking will ensure availability.

PLB: The Club has several PLBs which Leaders may borrow, at no cost, for approved club activities only. Extended loan periods will need to be arranged with the Equipment Officer.

LIBRARY

Available on the library table at all meetings:

- For sale: Long sleeve shirts \$25, Short sleeve shirts \$20, Fleece Jackets \$35, Fleece Vests \$30, Hats \$13, Caps \$10. These articles have the club logo embroidered on them.
- Car stickers and cloth badges: all \$3.00
- Long, wide bandages to be used in the unlikely event of a snake bite \$10.00
- Maps and Rasters: free loan to leaders
- Free loan to members:- Books, Magazines, DVDs and CDs. Come and browse the selection.

MEMBERSHIP FEES

Fees include magazine subscription.

Full Members: Singles \$40 per annum
 Couples \$60 per annum

Annual membership falls due 31st January.

Probationary Members:

Singles \$25 per 6month
 Couples \$40 per 6 month

Club Officials

President	David Sydes	0419 871 100
Vice President	Mike Eden	0457 687 811
Secretary	Tom Hulse	3351 2190
Treasurer	Tom Cowlshaw	3856 4050
Outings	Marion Darveniza	3378 4031
Safety & Training	Peter Lock	3351 1184
Membership	Barry Culley	0415 320 029
Librarian	Graham Olive	3277 5279
Equipment	Julie Moore	3353 5641
	email: equipment@bbw.org.au	
Photographic	Shaun Johnston	0439 724 607

Social	Burgi Wagner	3325 0629
Abseil Co-ordinator	John Granat	3265 5404
Members Registrar	Marge Henry	3856 5757
	email: registrar@bbw.org.au	

Website Admin	Shaun Johnston	
	email: webadmin@bbw.org.au	

Editors	Eugene Hedemann	3359 3114
	Jenny Zohn	3272 2732

Contact Officers

0431 691 773 or 0423 095 580 or 0434 194 996

These are VOICE ONLY numbers (ie. No SMS)

ABBREVIATIONS & GRADING

DISTANCE Short — Under 10 km per day
Medium — 10 to 15 km per day
Long — 15 to 20 km per day
EXtra Long — Over 20 km per day

ACTIVITY ABSeil; Base Camp; Day Walk; Through Walk; Easy Through Walk; Night Walk; SOCIAL Activity; KaYaK; CYCle; Safety & Training; Federation Mountain Rescue; ROGaine.

FAMILY Family — Family Group conditions; contact Leader

Example — **FSDW-3B**
Family (F)
Short Day Walk (SDW)
Graded track with obstacles (3)
Easy (B)

Note for Leaders when grading a walk: *The brief descriptions below are to help members match their ability to an activity. Do not use for grading as errors can result. To grade your walk consult the Standard List of Graded Walks.*

TERRAIN GRADING — 1 to 9

- 1 Path with smooth surface and low gradient.
- 2 Well-formed path or graded track with some minor obstacles.
- 3 Graded track, with obstacles such as rock or root intrusions or minor creek crossings.
- 4 Rough, unformed track or open terrain, with obstacles such as rock or root intrusions or minor creek crossings.
- 5 Rough or rocky terrain that may require use of hands, and/or creek crossings.
- 6 Steep, rough or rocky terrain requiring use of hands, and/or major creek crossings.
- 7 Climb or descend steep rock, using hand or foot holds. May be some exposure. Good upper body strength required.
- 8 Climb or descend near vertical rock with exposure, using widely spaced or small hand or foot holds. Climbing skills may be required. Good upper body strength required.
- 9 Sustained climbing or descent of vertical or near vertical rock with exposure, using widely spaced or small hand or foot holds. Advanced climbing skills may be required. Good upper body strength required.


FITNESS & ENDURANCE GRADING — A to E (Note: Walking times do not include breaks.)

- A** Basic — Generally suitable for new bushwalkers. Up to four hours of walking and possibly minor hills.
- B** Easy — About five hours of walking and up to 300m of elevation gain/loss per day.
- C** Moderate — About six hours of walking and up to 600m of elevation gain/loss per day. Agility required.
- D** High — High fitness, endurance and agility required. Up to eight hours of walking and about 1000m of elevation gain/loss per day.
- E** Challenging — Very high fitness, endurance and agility required. Up to or more than twelve hours of walking and greater than 1000m of elevation gain/loss per day.

INFORMATION FOR WALKERS

The Members Handbook has a complete list of Club Guidelines (also available from the library or download from the BBW website)

- Nominate for an activity via the club website, or by phoning or emailing the leader. (Some leaders only accept phone or email nominations.) Walkers must be financial at the time of nominating.
- Walkers are responsible for ensuring they are capable of doing the activity for which they nominate. Read the Grading descriptions on this page. If you are uncertain, consult the walk leader.
- If you are unable to attend the activity you must contact the leader to cancel so that others on the waiting list may go.
- Concerned relatives can ring the Contact Officer for information if the activity is exceptionally late.

TRANSPORT COSTS: Passengers are asked to pay a contribution to the driver for their share of car expenses. Each passenger should expect to contribute 10-15 cents per km. Large cars and 4WDs obviously cost more to run than small cars. If there are 3 or more passengers then 10c/km is probably a reasonable contribution. If you are unhappy with the contribution amount, you are always free to take your own vehicle. 

CAMPING FEES: National Park or State Forest camping fees are \$5.45 per person per night. (The leader will provide details.) Many NSW National Parks also charge \$7 per vehicle per day.

ALWAYS TAKE: Membership Card; lunch, snacks, spare food; water (at least 2 or 3 litres); first aid kit; hat & sunscreen; torch; whistle; pencil & paper; warm clothing (fleecy jacket minimum, thermals if you have them); raincoat. Don't forget a change of clothing & shoes for after the walk and money for car pooling & coffee.

PROGRAM

ALWAYS TAKE YOUR MEMBERSHIP CARD WITH YOU

Refer to Page 3 for a list of the minimum items required to take on a Day Walk

March

25	SNW-2A	Toohey Forest Monday night walk	Graham Olive
26	TRNG	Kangaroo Point - Pack training	Chris Hall
26	SNW-2B	River Walk-Steve's Walk	Joan Davey
27	MEETING	General Meeting	
28	TRNG	Kangaroo Point - Core training	Mike Eden
28-1	MTW-5C	Oxley Wild Rivers NP	Jenny Zohn
29-1	MTW-7D	Sundown Circuit	Lou & Marion Darveniza
31	MDW-8D	Isolated Peak via Eagles Ridge	Kelvin Taylor
31-17	LTW 4D	Trek to Everest Base Camp - Nepal	Arthur Walton

April

2	TRNG	Kangaroo Point - Pack training	Chris Hall
2	SNW-2C	West End Hills	Joan Davey
6	MDW-2A	Daves Creek Circuit	Deniz Clarke
6-7	MNW-3B	Mount Mitchell at Dawn - Photographic	Shaun Johnston
7	XLDW-3C	Sunshine Coast Hinterland Great Walk Stage 3 - Gheerulla Circuit	Bernie Ryan
7	MDW-7D	Mt Maroon - Southern Waterfall route	Lou & Marion Darveniza
9	SOCIAL	BISHAMON - Dinner Night	Shaun Johnston
10	MEETING	Tour du Mt Blanc & Tour des Muverans - Eugene Hedemann	
12-14	MTW 6D	Point Pure	Annette Miller
12-14	MBC-6C/5C	Moran's Creek, Stairway Falls	David Sydes
13	MDW-4C	Mt Zahel	Mary Comer
13	S83S&T	Kangaroo Point Nursery Cliffs	John Granat
13	ABS	Abseil Experience Day - Kangaroo Pt Cliffs	Chrissy Dott
13	SDW-6C	Sth Kobble Valley	Kelvin Taylor
14	SDW-5C	Mt May	Keith Rosbrook
14	S83S&T	Kangaroo Point Nursery Cliffs	John Granat
16	TRNG	Kangaroo Point - Pack training	Chris Hall
16	SNW-2C	West End Hills	Joan Davey
17	MINIMAXS4A	Mt Coot-tha for New members	Lou & Marion Darveniza
17	SOCIAL	Paddy Pallin - Club Only Gear Night	Chris Hall
19-21	MBC-5C	Rimfall Base Camp	Dawn and Ray Glancy
20	5-KYK	Coochin Crk to Caloundra Kayak	Keith Rosbrook
20	MDW-6C	England Creek Falls	Kelvin Taylor
20-21	MTW-6C	Basket Swamp Ck/Cataract River	Lou & Marion Darveniza
21	SURVEY	Mount Joyce via western ridge SURVEY	Bernie Ryan
21	SDW-5B	Mt D'Aguilar	Kelvin Taylor
21	MDW-5C	Little Oak Creek Survey	Richard Kolarski
23	TRNG	Kangaroo Point - Pack training	Chris Hall
24	MEETING	General Meeting	
25	MDW-6C	A Creek Route on Mt Maroon	Lou & Marion Darveniza
25	MDW 6E	Spicer's Peak/Mt Mitchell Circuit	Annette Miller
25-28	M TW 3C	Moreton Island North Through Walk	Gregory Kuss
25-28	SBC-4B	Mt Kaputar NP	Mervyn Henderson
25-28	KYK	Noosa River Kayak	Jenny Zohn
26-28	MTW-5C	The Steamers	David Sydes
27	MINIMAXM3B	Daisy Hill for New members	Chris Hall
27	SDW-8C	Kel's Creek !!!	Kelvin Taylor
28	MDW-7D	Barney East Peak Via SE Ridge (slow)	Kelvin Taylor
30	TRNG	Kangaroo Point - Pack training	Chris Hall

May

4	MDW-7C	Mt Nebo and Sth Pine River	Kelvin Taylor
4-5	LTW-3C	Rat-a-tat	Mary Comer
5	LDW-4C	Lake Manchester and the knoll	Bernie Ryan
5	Cycle	Scarborough	Alan Cooper
7	SOCIAL	Otello (Dinner & Movie)	Peter Hunt
7	TRNG	Kangaroo Point - Pack training	Chris Hall
8		Meeting	
10-12	MTW-6D	Mt Doubletop, Mt Huntley	David Sydes
11	MDW-7D	Mt Ernest via organ pipes	Keith Rosbrook
12	SDW-5C	Mt Maroon	Keith Rosbrook
12	SOCIAL	The Great BBW PuttPutt Challenge-Victoria Park Golf Complex	Mike Eden
17-19	SBC4C	Springbrook	Peter Hunt
17-19	MTW 6D	Steamers/Lower Panorama (Survey)	Annette Miller
18-19	MTW- 5C	Traverse - Mt May to Mt Maroon	Keith Rosbrook
18-19	MTW-7D	Three Peaks of Mt Barney TW	Lou & Marion Darveniza
21	TRNG	Kangaroo Point - Pack training	Chris Hall
22		General Meeting	
24-26	MBC - 7D	Mt Barney	Burgi Wagner
26	SURVEY	Gold Creek Reservoir Catchment SURVEY	Bernie Ryan
28	TRNG	Kangaroo Point - Pack training	Chris Hall

June

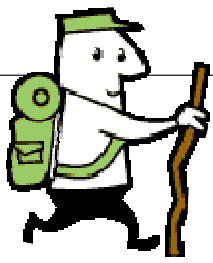
2	XLDW-3C	Mount Hobwee via the Coomera River	Bernie Ryan
2	MDW-7D	Wednesday Ck, Mt Maroon	Lou & Marion Darveniza
7-10	M TW 3C	Sunshine Coast Hinterland Great Walk	Gregory Kuss
7-10	MTW-6D	Main Range - Teviot to Spicers	Richard Walton
7-10	MTW-7D	Grand Sundown Circuit	John Hinz
8-10	MTW - 6D	Spicer's Gap to Teviot Gap	Lynley Murtagh
12		Meeting	
16	SURVEY	Hardings Paddock to Flinders Plum SURVEY	Bernie Ryan
21-23	MTW-5C	The Steamers	David Sydes
26		General Meeting	

Advance Notice

7-17	July	Kings Canyon and Uluru	Kendall Rubie
12-14	July	Byron Bay Base Camp	Bernie Ryan
21-25	July	Larapinta Trail Central Australia	Kendall Rubie
26-28	July	Christmas in July	Burgi Wagner
28 Jul - 10 Aug		Central Australian Deserts	Kendall Rubie
6-15	Sep	Cooloola and Fraser Island Great Walk.	Gregory Kuss
13-15	Sep	Bunya Mountains Base Camp	Bernie Ryan
12-13	Oct	Girraween National Park	Chrissy Dott, Peter Hunt

DEPARTURE TIME

Walkers, please be at the meeting point 10-15 mins before the departure time so that car pooling can be organised. Actual departure will be EXACTLY at the stated departure time.



.....Coming Trips.....



TOOHEY FOREST MONDAY NIGHT WALK

Night Walk Mon 25 Mar
LEADER: Graham Olive 0455539999
GRADE: SNW-2A
LIMIT: 10+
BRING: Page 3 items Torch, water.
MEET: Car park behind McDONALDS Salisbury. Cnr Toohey Rd, Orange Grove Rd & Evans Rd
DEPART: 6:30pm

MAP: BCC Toohey Forest track map

Toohey Forest is located just 10km south of Brisbane's CBD. There are extensive walking tracks through open eucalypt forest and heath. We start this two hour night walk from the car park behind the McDonalds restaurant in Salisbury. This walk will be on both sealed and dirt tracks with some short hills. There are lots of tracks so a different route each time. If we are lucky we might see a Twany Frogmouth. Bookings will not be taken for these walks so people intending to walk need to arrive at the start point in sufficient time, to register their name for the walk commencement at 6.30 sharp. By the way, these walks don't count toward full membership.

KANGAROO POINT - PACK TRAINING

Training Tue 26 Mar
LEADER: Chris Hall 0498051811
GRADE: TRNG
BRING: Jogging gear plus weighted backpack (normal walking gear isn't necessary as there are toilets and water fountains throughout)
MEET: Rotunda on River Terrace (southern end of KP cliffs)

DEPART: 6pm

This session is for those walkers looking to improve their pack carrying fitness. Whilst we do walk along the beautiful Brisbane River, the primary aim is a fitness session for walking. The session includes a weighted back pack (between 5-15 kilos), stairs, bridging, lunges, stretching etc.. Car parking is available in the streets opposite and give yourself a little extra travel time given that this starts around peak hour.

RIVER WALK-STEVE'S WALK

Training Walk Tue 26 Mar
LEADER: Joan Davey 0415 139 646
GRADE: SNW-2B
LIMIT: 20
BRING: Water Money for Coffee . Backpack if

wanting weight to carry. Some walkers also have dinner at the ship inn and they give us a 20% discount

COST: Money for Coffee or drink afterwards.
MEET: Ship Inn Southbank
DEPART: 6pm

We will meet at the Ship Inn of South Bank (Stairs opposite the Inn)as per the West End Hills Walks. We will then cross a few bridges and head along the river walk ways doing mostly flat but reasonable paced walking. We might do a few stairs at Kangaroo Point but this is optional .We will walk for approx 1.30 hrs. We will keep together and whilst there are often lots of people using the areas, we will take it easy and not rush . You will need a reasonable level of fitness and if you are preparing for a big walk, this one might help, especially if you carry a weighted pack. I'm not super fit at the moment so we will pace it so we keep together as I will not want to spread out the group. If you have any questions feel free to call or email. We will have a coffee or drink afterwards at the Ship Inn. There is usually plenty of parking on the streets but factor in heavy traffic and peak hour times.

KANGAROO POINT - CORE TRAINING

Training Thu 28 Mar
LEADER: Mike Eden 0457 687811
GRADE: TRNG
BRING: Exercise gear
MEET: Cafe on River Terrace (northern end of KP cliffs)

DEPART: 6pm

This session is for those looking to improve their aerobic and core fitness (it is not a walk but a training session).

OXLEY WILD RIVERS NP

throughwalk Thu 28 Mar -- Mon 1 Apr
LEADER: Jenny Zohn
GRADE: MTW-5C
LIMIT: 8ish
BRING: tw gear
COST: \$140
MEET: tba
DEPART: tba
CAR KMS: 1150km

Oxley Wild Rivers NP is a system of rivers and gorges, which feed from the New England tableland into the Mcleay R. This walk is part of that system east of Armidale. The walk follows old 4wd drive tracks, horse pads and river beds. There are many river crossings most around knee height under normal conditions. The pace is slow. There

is plenty of time to swim, photograph, fish, etc Wild horses, cattle, dingos, birds abound with few people if any. We can have a fire for cooking in NSW, so camp time is very relaxed. The most probable schedule will be; Day 1: Drive through Armidale and have lunch at West Kunderung. Walk up Mcleay to the Apsley Junction, continue up the Apsley for 1-2 hrs to camp. Day 2: 5-6 hrs walking continue upstream, camp for one night. Day 3: walk downstream 4-5 hrs and camp. Day 4: 3-4 hrs walk to homestead and head home. Please email any questions. See notes below for additional info and alternate plan.

SUNDOWN CIRCUIT

Through Walk Fri 29 Mar -- Mon 1 Apr
LEADER: Lou & Marion Darveniza
This activity is full.

ISOLATED PEAK VIA EAGLES RIDGE

Day walk Sun 31 Mar
LEADER: Kelvin Taylor 0403176972
This activity is full.

TREK TO EVEREST BASE CAMP - NEPAL

Through Walk Sun 31 Mar -- Wed 17 Apr
LEADER: Arthur Walton 3289 7008
This activity is full.

KANGAROO POINT - PACK TRAINING

Training Tue 2 Apr
LEADER: Chris Hall 0498051811
See activity description for Tue 26 March.

WEST END HILLS

Night Walk Tue 2 Apr
LEADER: Joan Davey 0415 139 646
GRADE: SNW-2C
LIMIT: 10
BRING: water, money for coffee some walkers have dinner at the Ship Inn after they give us 20% discount.
COST: coffee/drink
MEET: Ship Inn Southbank
DEPART: 6pm
We will walk around West End/Highgate Hill up & down some of the hills for about 1-1/2 hours for a some fitness training. Anyone training for that big walk very welcome. We will have a coffee/drink after at The Ship Inn after the walk. You do need to have reasonable fitness for this walk as we do walk at a fairly brisk pace and we do find as many hills as we can. This is not a social walk it is a training walk, there is no stopping for the 1-1/2 hours you do need to be able to push yourself that little extra. We leave at 6pm sharp so please give yourself plenty of time for traffic & parking.

DAVES CREEK CIRCUIT

Day Walk Sat 6 Apr
LEADER: Deniz Clarke 0401 725 726
This activity is full.

MOUNT MITCHELL AT DAWN - PHOTO-GRAPHIC

Photographic Sat 6 -- Sun 7 Apr
LEADER: Shaun Johnston 0439724607
GRADE: MNW-3B
LIMIT: 10
BRING: Page 3 + Extra Headlamp Batteries + SEE DESCRIPTION AND NOTES
COST: \$25 Car Pool
MEET: Fairfield Gardens
DEPART: 11:30 pm
CAR KMS: 210km

This walk is for photography enthusiasts interested in nighttime, landscape or dawn photography. Mount Mitchell is on the South side of the Cunningham Highway at Cunningham's Gap. The Mt Mitchell "tourist" track ends at the summit, which is a knife-edge ridge above a sheer cliff. Great views can be had to the North and South over Main Range National Park and East over the Fassifern Valley. The return walk is 10.2km. We will aim to get in some Star Trail, Star Field and Dawn photography, so this will be a night walk. We will leave Fairfield Gardens at 11:30pm with a view to arrive at Cunningham's Gap by approximately 1:00am after a short toilet / coffee stop at BP Aratula. We will then proceed to the summit of Mount Mitchell, aiming for the end of the track at the summit by 2:30am. At the summit we will spread out and find some nice positions for our tripods, and get in some star trail and star field photography before dawn, which is due a little before 5:50am. This would also be a good time to break out the thermos or gas cooker for beverages. Those not interested in the evening photography component of the outing are free to have a kip before dawn. After dawn, we will have a leisurely breakfast before making our way back down to the cars. Depending how fast we make the descent we can opt to have some morning tea at Boonah, or make our way back to Brisbane. Remember to bring plenty of batteries for your headlamp, as it will be getting a lot of use this night. If you have a spare headlamp, it is recommended that you bring it. You will also need a tripod. See the walk notes for more specific details. The success of this walk is very reliant on weather conditions. If we are blocked out by cloud the Star Trails / Star Field component of the outing won't be possible, though Dawn may still be an option. If we're misted in, we'll be out of luck!

**SUNSHINE COAST HINTERLAND GREAT
WALK STAGE 3 - GHEERULLA CIRCUIT**

Day Walk Sun 7 Apr
LEADER: Bernie Ryan 0432 907275
This activity is full.

**MT MAROON - SOUTHERN WATERFALL
ROUTE**

Day Walk Sun 7 Apr
LEADER: Lou & Marion Darveniza 3378 4031
This activity is full.

POINT PURE

Through Walk Fri 12 -- Sun 14 Apr
LEADER: Annette Miller 0418 791 841
This activity is full.

MORAN'S CREEK, STAIRWAY FALLS

Base Camp Fri 12 -- Sun 14 Apr
LEADER: David Sydes 0419871100
GRADE: MBC-6C/5C
LIMIT: 10 / 12
BRING: base camp + day walk gear + party
food for Saturday night
COST: \$10.90 camp fee plus petrol
MEET: TBA
DEPART: TBA
CAR KMS: 220

We will be base camping at Green Mtns, walking to Moran's creek on Saturday and Stairway Falls on Sunday. You are welcome to join us for either or both these walks. If camping, you must book your own campsite at the nprsr website www.nprsr.qld.gov.au On Saturday, we'll walk along the graded track system to Castle Crag for morning tea, then steeply down (off track!) into Moran's Creek. This is a delightful creek, with plenty of refreshing pools and cascades. We'll rock hop up the creek - (you'll need to be confident on rocks) to the base of Moran's falls - towards the end, there are some significant boulders to negotiate! We will exit the creek via the old stairway beside the falls, and take the track system back to Green Mountains - in time for pre-dinner drinks and party food to share!! If there are showers about, the creek will be too slippery - our backup option will be Fountain Falls, which is rated 5C On Sunday, we'll have an easier day, heading down Bull Ant spur to Blue Pool, then down West Canungra Creek following a disused track to Stairway Falls. There are several creek crossings, you WILL get wet boots (again!). We will return via the same route.

MT ZAHEL

Day walk Sat 13 Apr
LEADER: Mary Comer 0427 446000
This activity is full.

KANGAROO POINT NURSERY CLIFFS

Abseil Training For Beginners Sat 13 Apr
LEADER: John Granat 0409620047
This activity is full.

**ABSEIL EXPERIENCE DAY - KANGAROO PT
CLIFFS**

Abseil Sat 13 Apr
LEADER: Chrissy Dott 0411 312 241
This activity is full.

STH KOBBLE VALLEY

Day walk Sat 13 Apr
LEADER: Kelvin Taylor 0403176972
GRADE: SDW-6C
LIMIT: 12
COST: \$10
MEET: Alderley
DEPART: 7am

We will cross the Sth Kobbles Valley, starting from the ridge to the north and exiting back near the car park. The descent will be via an unnamed creek til we reach Sth Kobbles. Then ascend passing various interesting water features including the highest falls in this area. Not a particularly difficult walk and is open to fit walkers with a suitable history.

MT MAY

Day Walk Sun 14 Apr
LEADER: Keith Rosbrook 040122140
GRADE: SDW-5C
LIMIT: 12
BRING: Page 3 Gear
MEET: Fairfield Gardens
DEPART: 7am
MAP: Mt Maroon 1:25 000

Mt May is located in Mt Barney NP south southwest of Brisbane near Boonah. It is surrounded by Mount Maroon, Mt Barney and Lake Maroon. We will start walking from the Mt. May Reserve and ascend 'straight up' from the cars and undertake a circuit around both peaks of Mt. May. There is a rock ledge to negotiate and some loose scree with a bit of exposure to reach our lunch spot on the second peak (836 Metres) with great views of Mt. Barney. The descent is via a steep rocky north east ridge which takes us to another (NW) ridge back to the cars. This walk is suitable for the reasonably fit who are ready for some off track walking.

KANGAROO POINT NURSERY CLIFFS

Abseil Training For Beginners Sun 14 Apr
LEADER: John Granat 0409620047
This activity is full.

KANGAROO POINT - PACK TRAINING

Training Tue 16 Apr
LEADER: Chris Hall 0498051811
See activity description for Tue 26 March.

WEST END HILLS

Night Walk Tue 16 Apr
LEADER: Joan Davey 0415 139 646
See activity description for Tue 2 April.

MT COOT-THA FOR NEW MEMBERS

Minimaxs Wed 17 Apr
LEADER: Lou & Marion Darveniza 3378 4031
GRADE: MINIMAXS4A
LIMIT: 15
BRING: Usual day walk gear including the P3 items, 2 L water
MEET: Picnic Shelter JC Slaughter Falls picnic grounds
DEPART: 6.45am
MAP: Brisbane forest Park 1:30 000
MOBILE TO RING ON DAY OF WALK ONLY.:
0438 481 186

This trip is designed to introduce new members to bushwalking and to the Brisbane Bushwalkers club. This Minimaxs is on a Wednesday. Being during the week, an early start is needed to enable people to beat the morning traffic. Mt Coot-tha has plenty of tracks, formed and unformed plus several creeks which will enable new walkers to experience a variety of terrains. The creek bits will be Terrain 5 and there will be an opportunity to do some scrambling (Terrain 6)- alternatives do exist. Being a Minimaxs, we will be discussing safety, clothing, club protocol, minimal environmental impact, first aid, the clubs grading system etc. We expect to finish not long after lunch. Bring morning tea, lunch and the "always take" items on p3 of the Magazine.

PADDY PALLIN CLUB ONLY GEAR NIGHT

Social Wed 17 Apr
LEADER: Chris Hall 0498051811
GRADE: SOCIAL
LIMIT: 20
MEET: Paddy Pallin, 108 Wickham St, Fortitude Valley
DEPART: 6:00pm
Introducing an opportunity to have a whole shop full of new season gear to check out all to ourselves. Not only that but there will be info talks on several products. But wait - there's more! Club members will also receive a generous discount on items purchased on the night. So what are you waiting for? Sign up and come join us for a glass of wine, some snacks and a chance to update you walking gear and maybe pick up a few tips.

RIMFALL BASE CAMP

Base Camp Fri 19 -- Sun 21 Apr
LEADER: Dawn and Ray Glancy 0418 778 369
GRADE: MBC-5C
LIMIT: 20
BRING: Linen, food, daywalk gear, pre-arranged pooled dinner Saturday night
COST: \$45 per person for 2 nights accommodation plus vehicle contribution
CAR KMS: 220 kms approx
MAP: Lamington
This base camp is on a 1200 ha cattle property next to Lamington National Park. We stay in 3 cottages which have fully equipped kitchens. On Saturday, walkers will walk to Larapinta Falls. A dinner will be pre-organised for Saturday night so let me know your specialty (nibbles, main course, dessert). Sunday we will do another walk (maybe up Mt Gipps) or stroll around the property, up a creek, bird watching, read a book, whatever takes your fancy. Sunday lunch will be leftovers from Saturday night and then a quick clean up of the cottages and head for home. This will be as very relaxing weekend with plenty of time for socialising. As this base camp is very popular, Early payment will secure your place.

COOCHIN CRK TO CALOUNDRA KAYAK

Kyk Sat 20 Apr
LEADER: Keith Rosbrook 0401221403
GRADE: 5-KYK
LIMIT: 10
BRING: Page 3, Kayak, Paddle, PFD
MEET: Coochin Crk Day use area
DEPART: 8am
CAR KMS: 100km

We paddle along Coochin Creek, turn left onto the Pumistone Passage at a very narrow place and paddle beside Bribie Island. This is all in protected waters with the only influence being from winds if they occur. The pace will be moderate without rushing. Please waterproof your lunch, morning tea and all other items in your kayak. The location is in the Glass House Mountains area. Turn right off the Bruce Highway (M1) into Roys Road and follow it to the day use area. Please wait here until everyone has arrived so that we can move along the road to the boat launching area. (If Roys Rd closed, take the next turn - Bells Crk Rd) Estuary and sea kayaks are suitable and can be hired from Rosco Canoes, Goodtime and others that are on the internet. Racks and tie downs can usually be hired with the kayak. Be sure to get a PFD and paddle with the kayak. Experienced kayakers are welcome to use their TK1 kayak if they desire. If you can carry two kayaks on your car please record this in the comments area to

allow for car pooling, from Brisbane, opportunities to be considered. Please note: This is timed to catch the tide in both directions, plus we have an 8am start, between these 2 facts we will make it to the Caloundra Power Boat club for lunch! This will still be a 30km trip on paper, so kayak choice will be important - not short and stubby, think long and streamlined, This plus the tide should add ~2km an hour to our avg speed and make this day achievable. If you are unsure of your fitness look at hiring a double Kayak for this trip; in one of these reasonable general fitness should be enough. Please contact me if you have any questions

ENGLAND CREEK FALLS

Day walk Sat 20 Apr
LEADER: Kelvin Taylor 0403176972
GRADE: MDW-6C
LIMIT: 10
COST: \$10
MEET: Alderley
DEPART: 7am

England Creek falls is in the lower part of England Creek Left Branch. We will enter the creek down a ridge from the east. Dropping into a tributary and past another, seldom seen, noteworthy fall on the way down. Then start up England Creek. England creek falls has no viable work around and must be tackled head on. A tricky little scramble, upper grade 6. We then follow the creek up to the Western Window track and back to the cars at Maiala.

BASKET SWAMP CK/CATARACT RIVER

TW Sat 20 -- Sun 21 Apr
LEADER: Lou & Marion Darveniza3378 4031
This activity is full.

MOUNT JOYCE VIA WESTERN RIDGE SURVEY

Survey Sun 21 Apr
LEADER: Bernie Ryan 0432 907275
This activity is full.

MT D'AGUILAR

Day walk Sun 21 Apr
LEADER: Kelvin Taylor 0403176972
This activity is full.

LITTLE OAKY CREEK SURVEY

Day Walk Sun 21 Apr
LEADER: Richard Kolarski 0422429717
GRADE: MDW-5C
LIMIT: 8
BRING: page 3 items
COST: \$25.00
MEET: Fairfield Gardens

DEPART: 7.00am
CAR KMS: 250 km return approx
MAP: Ravensbourne 1:25000
Little Oakey Creek is one of the creeks that flow into Cressbrook Dam. We will drive to Esk and then along the Esk-Hampton Road to Deongwar State Forest. After a short car shuttle we start along a forestry road and then drop down steeply to Bull Creek near its junction with Little Oaky Creek. We will follow Little Oaky Creek upstream to check out a few waterfalls and pools. The amount of walking we do in the creek will depend on the water level and finding a suitable place to exit due to lantana. The walk out is via another forestry road. Bring protective clothing plus waterproofing for your pack in case there are pools to swim through.

KANGAROO POINT - PACK TRAINING

Training Tue 23 Apr
LEADER: Chris Hall 0498051811
See activity description for Tue 26 March.

A CREEK ROUTE ON MT MAROON

Day Walk Thu 25 Apr
LEADER: Lou & Marion Darveniza0438481186
This activity is full.

SPICER'S PEAK/MT MITCHELL CIRCUIT

Day Walk Thu 25 Apr
LEADER: Annette Miller 0418 791 841
GRADE: MDW 6E
LIMIT: 4 + Leader
BRING: Page 3
COST: \$28
MEET: Aratula 7pm Wed.
DEPART: 5.30am sharp Governors Chair
CAR KMS: ~ 275 klm
MAP: Mt Superbus 1:25,000

Transport will be pre-arranged and we will meet at Aratula at 7pm Wednesday. The plan is to camp the night before to ensure a good night's sleep before the early start, with dinner at BP Aratua beforehand. We will leave at 5.30am sharp from Governors Chair for the ascent of Spicer's Peak. If you are not coming the night before, please arrive at Gov. Chair no later than 5.15am so we can get away on time. We will be starting in the dark (head torch essential) and hopefully jaggng a nice sunrise along the way. There are some rocky exposed sections, with good views of the surrounding countryside. Unless the party is slower than I hope, we will be on Spicer's Peak not long after sunrise around 6.30am. We then follow the western ridge of Spicers for some time, enjoying views from several open, rocky sections, before dropping down steeply to the old convict road, crossing a creek, and heading up the other

side on an old road, which rises steeply to the SW ridge of Mt Mitchell. After much huffing, puffing and gnashing of teeth we will reach the graded track and head for the summit of Mt Mitchell to admire more views, then head down the cliff break and back into rainforest, skirting more cliffs and eventually coming to an open rock face with further views. About an hour of rainforest scunge, and then we will be on the track leading back to Governors Chair. This is a great circuit not often done by the club and has excellent views, but it will be a long day with big climbs and approx. 1,300m elevation gain, Barney fitness and agility will be required. This will be a 10+ hour day for fast walkers with only minimal, short stops, please consider this before nominating.

MORETON ISLAND NORTH THROUGH WALK

Through walk Thu 25 -- Sun 28 Apr
LEADER: Gregory Kuss 0408 806310
This activity is full.

MT KAPUTAR NP

Base Camp Thu 25 -- Sun 28 Apr
LEADER: Mervyn Henderson 0404570945
GRADE: SBC-4B
LIMIT: cabins full - camping only
BRING: page 3 requirements & see notes
COST: min \$55 depending on numbers
MEET: TBA
DEPART: 6 am
CAR KMS: 1100 km
COST OF TRANSPORT: \$120 pp based on 3 people/vehicle

LEAVE REQUIRED: Friday 26 April

Prepare to be spellbound by the grandeur of this landscape of lava terraces and volcanic plugs. Be awed by towering forests, breathtaking rock formations and stunning scenery at Mount Kaputar National Park! Mount Kaputar is located on the edge of the NSW north west slopes, centred on the Nandewar Range. The range's distinctive landform is a result of volcanic activity that occurred 17 millions years ago. The range is up to an elevation of 1,510 m. Lower elevations exhibit open eucalypt woodlands and open rocky outcrops are dominated by heathlands and the highest peaks have subalpine vegetation. The website is <http://www.environment.nsw.gov.au/NationalParks/parkHome.aspx?id=N0038>. Details of walks, etc. can be found on the website. See also the Annual Special 2013 Great Walks magazine for an article on Mt Kaputar NP. Walks close to our accommodation at Dawson Springs: 1. The Mt Kaputar, Mt Dowe, Eckfords & Bundabulla Lookouts, Mt Lindsay circuit is 8 km easy to medium walk - 4B grade 2. Mt Kaputar Plateau walk is a 6 km medium walk - 4B grade 3. Mt

Coryah walk is a 4 km return medium walk - 4B grade 4. Corrunbral Borawah is a 2 km return medium walk - 4A grade 5. Euglah Rock Lookout is a 2 km return easy walk - 3A grade And short drive away: 6. Mt Yulludunida Walk is a 4 km return hard walk - 5B grade ITINERARY: Thursday 25th: Drive to Mt Kaputar NP. Walks 4 and 5 (4 km) in the afternoon Friday 26th: Walk 1 (8 km) Saturday 27th: Walks 2, 3 and 4 (12 km) Sunday: 28th: Walk 6, or if time permits the Waa Gorge (2.5 km return) in the morning before the drive home. Access is on a 8 km dry weather road (best in 4x4s) ACCOMMODATION is at Dawson Springs. I have booked two cabins (Logan and Dickson) CAMPING If demand exceeds available accommodation, there are also unpowered camping areas at Dawsons Springs and Bark Hut.

NOOSA RIVER KAYAK

Kayak Thu 25 -- Sun 28 Apr

LEADER: Jenny Zohn
GRADE: KYK
LIMIT: 8 I think.
BRING: camping kit & PDF, night light, water
MEET: campsite 1
MAP: noosa river

This trip is for experienced kayakers. We will launch from Elanda pt and paddle to campsite 1 on the Thurs. Fri we will paddle to campsite 15 and return. Sat we will paddle to campsite 3, walk to the sandblow and return. Sunday paddle back to Elanda pt. and lunch at pub. The paddle across the lake can be rough, only boats with a rudder should be used. River water is ok if treated/boiled. This camp has dock access, so naturally we will have a happy hour there and enjoy the sunset & full moon, but remember to keep it lite. Once accepted you will need to forward campfees and I will update the booking. Anyone wanting to attend the dawn service is welcome to join us later. Weekend only paddlers welcome, preference given to 4 day.

THE STEAMERS

Through Walk Fri 26 -- Sun 28 Apr
LEADER: David Sydes 0419871100
This activity is full.

DAISY HILL FOR NEW MEMBERS

Minimax Sat 27 Apr
LEADER: Chris Hall 0498051811
GRADE: MINIMAXM3B
LIMIT: 15
BRING: Usual day walk gear including the P3 items, 3 L water
COST: \$3
MEET: Fairfield Gardens
DEPART: 7am

CAR KMS: 25 Klm

This trip is designed to introduce new members to bushwalking and to the club. We will meet at Fairfield Gardens as we do for many of our walks - details are on the website. There might be other walks on the day, so don't wander off with another group. We'll arrange the car pooling as usual at Fairfield. The walk starts and finishes at the Upper Car Park at the entrance of the Daisy Hill Conservation Park. We follow established dirt tracks around the park, into adjacent Neville Lawrie Reserve and Venman Bushland, returning back to the Upper Car Park. The walk is only around 10 klm, with a few ups and downs and a little off track just to give you some idea of other terrain gradings.

KEL'S CREEK !!!

Day walk Sat 27 Apr
LEADER: Kelvin Taylor 0403176972
GRADE: SDW-8C
LIMIT: 8
COST: \$10
MEET: Alderley
DEPART: 8am

Please excuse the self indulgence re naming rights, but I love this creek and it's easier than "A tributary of England Creek Right Branch lower" This creek's main claim to fame is the last 200 metres of up, ascending some wonderfully challenging cascades and waterfalls. A scrambler's delight. We will park on the Mt Glorious Rd and walk down to the bottom of England Creek Right Branch and spend some time in the creek and tributaries until we reach Kel's Creek. Then up. A short walk, around 4-5 hours.

BARNEY EAST PEAK VIA SE RIDGE (SLOW)

Day walk Sun 28 Apr
LEADER: Kelvin Taylor 0403176972
GRADE: MDW-7D
LIMIT: 10
COST: \$20
MEET: Fairfield
DEPART: 6am

A traditional tour of Barney, up Sourh East Ridge and down South Ridge, but with a slower 5 hours for the up part. The walk is open to fit, regular walkers. You will need a good history of walks, 6c's or higher preferred. Note its a slow walk but still has elevation gain of 1,000 metres plus.

KANGAROO POINT - PACK TRAINING

Training Tue 30 Apr
LEADER: Chris Hall 0498051811
See activity description for Tue 26 March.

MT NEBO AND STH PINE RIVER

Day Walk Sat 4 May
LEADER: Kelvin Taylor 0403176972
GRADE: MDW-7C
LIMIT: 10
BRING: Day walk gear.
COST: \$10
MEET: Alderley
DEPART: 7am

We will start the walk from the Manorina car park and do the tourist trail out to Mt Nebo Lookout. Then head north down a very steep rocky ridge. Some nice views along the way. Follow this down and cross the road into Sth Pine River. Seldom visited but very nice, perhaps marred a little by it's proximity to the road. Our ascent back up the mountain will be via a creek that we will access by a tunnel under the road. Up to a forestry road at the top and back to the car park. *Grading* this is a walk at the upper end of the 7 grading. The creek has some steep and awkward parts with some exposure. Continuing like this for a few hundred metres of elevation gain. *Scunge warning* Gaiters essential if you don't like the sight of your own blood. The bit from the top of the creek to the road and the first bit down the ridge are very scungy, but we will take it slow through these short sections and the rest of the walk makes it worthwhile.

SCARBOROUGH

Cycle Sun 5 May
LEADER: Alan Cooper 0448277910
GRADE: Cycle
LIMIT: 10
BRING: Basic p3 plus water & bike spares
MEET: Moora Park carpark, Swan st Shorncliffe
DEPART: 7.15 am
MAP: UBD 111, F7

Meet at Moora Park Shorncliffe 7.00 for 7.15 departure, riding through, Sandgate & Brighton, over the Hornibrook Bridge, through Clontarf, Woody Point, Margate & Redcliffe to Scarborough.

NEW MEMBERS

Welcome to the following New Members who joined during the last month:

Carina Auld	Lena Barraclough	Monica Barrett	Isabel Cabrera-Fedorniak
Ian Collins	Sharon Cribb	Darrelle Dawes	Lyn Duncan
Denise Dunn	Alison Evans	Duane Evans	Craig Gooley
Laura Grogan	Christine Hassard	Gillian Herriot	Steve Hunt
Anna Jenkins	Ray Kerkhove	Laura Kinsman	Carol Lockwood
Robert Maxwell	Nicola McDougall	Alison Mott	Yuki Nishiyama
Michelle O'Dowd	Pam Plumb	Ian Poynten	John Quinn
Praema Ranga	Peter Richert	Sonja Risa	Fabrice Rochat
Martin Schaettgen	Louise Stevenson	Rob Stevenson	Jason Taylor
Alan Tayt	Jude Tayt	Andrew Thacker	Lionel Walsh
Paul Watt	Debbie Wilks		

Congratulations to the following who have been granted Full Membership:

Jayne Ashworth	Maureen Duggan	Sharareh Farmani	Elizabeth Hurrion
Pamela Longland	Neil Parker	Sharyn Kurdzinski	

Upcoming Rogaine Events

Bushwalkers who would like to practice or improve their navigation skills might like to try out some of the rogain events offered by the Queensland Rogaine Association for SE Qld.

- Sat 27 Apr The Rogue 8 / 24hr Adventuregain - Borumba Dam (via Imbil)
- Sat 25 May 8hr Rogaine location TBA
- Sat 20 July 3 hr / 6hr Cyclegain location TBA

For further information and more event dates visit the QRA web site at www.qldrogaine.asn.au

PADDY PALLIN - CLUB ONLY GEAR NIGHT

Social Wed 17 Apr
LEADER: Chris Hall 0498051811
LIMIT: 20
MEET: Paddy Pallin,
108 Wickham St, Fortitude Valley
TIME: 6:00pm

Introducing an opportunity to have a whole shop full of new season gear to check out all to ourselves. Not only that but there will be info talks on several products. But wait - there's more! Club members will also receive a generous discount on items purchased on the night. So what are you waiting for? Sign up and come join us for a glass of wine, some snacks and a chance to update you walking gear and maybe pick up a few tips.



Don't want the magazine posted?

Now that the new website has been launched, members can choose not to have their monthly copy of the club magazine posted. This is easy to do by following these steps:

- Log in to BBW website
- Go to the "My Details" section
- Click "Edit"
- Scroll down to the "Protected" subsection
- Where it says "Magazine", untick the box.
- Click "Save"
- Logout

Colour versions of magazines are available in the "Magazine" section of the website as PDF files for downloading.

STAYING HYDRATED ON A WALK

Below is the content of a presentation given at the Wed 13 Feb club meeting by Marion Crowther. At the Editor's request, Marion has kindly reformatted her talk notes to provide this article for publication.

This article is about staying hydrated - not about treating dehydration, although many principles are the same. The other question is about overhydration - a topic that occasionally hits the news. Again I won't cover this in depth as it is a reasonably rare condition.

The body is approximately 60% water in men, 55% in women, & 45% in the elderly, so water is very important to the functioning of the body. Intracellular fluid accounts for about 66% of our body's water. About 34% is around the rest of the body - in the muscles, between various organs, in plasma, between cells and in the bloodstream. The bloodstream accounts for about 8% of the total and must remain fairly constant to enable the body to function correctly.

As fluid intake/excretion levels vary throughout time and under different circumstances, the body shuffles the water backwards and forwards throughout the various systems trying to maintain ideal conditions for all the functions. The concentrations of salts and minerals in the systems affects how the water is balanced.

Two main physiological factors assist in regulating the water in our bodies: **Thirst** and a hormone known as **ADH** (anti-diuretic hormone) which regulates fluid output through the kidneys.

Thirst is triggered by two factors:

1) Cells becoming dehydrated as water in the body is lowered which causes an increase in concentration of salts in the fluid outside the cells. The body tries to lower this concentration by finding water from somewhere and that "somewhere" happens to be inside cells. The lowering of fluid levels inside a cell sends a message to the brain to say "Please drink, we need fluid."

2) Lowering of blood volume as more water has gone out than has been coming in. Again sending the brain a message saying "Please fix this" - and causing us to feel thirsty.

Thirst is the method most of us on a bush walk will notice as the fluid regulator in our bodies. The chemical ADH, produced in the pituitary gland, does its own thing in response to volumes and concentrations of fluid around the body and we won't notice whether there is ADH being released or not at any given time. Except to say that if you are not peeing there will be lots of ADH, and if you are peeing heaps (without an infection being present) then there is no ADH.

There are many ways that water and salts are moved back and forwards across the different types of walls in our bodies but basically, they move from a region of higher concentration to lower concentration or use the sodium/glucose pump to get from our intestines to other parts of the body. It is this pump that allows "fluid replacement" or "hydration" products to get more water into our bodies faster than water alone.

A loss of 2% body weight during an event would be cause for thinking a state of dehydration has been entered and some functions of the body start to be affected.

Overhydration is quite difficult to achieve but has resulted in deaths even in bushwalkers. If you are even the slightest bit thirsty, you are not suffering from overhydration and you can go ahead and drink. If you can feel water "sloshing" in your stomach you are drinking too much too fast - slow down - your body can't absorb this properly anyway. Apart from that many of the symptoms of over or dehydration appear to be very similar.

How much should we drink to stay hydrated?

This will vary a great deal from person to person. Water can be lost from the body through urinating, perspiration and respiration.

Perspiration is an attempt by the body to lower the body temperature. Many salts and minerals are lost

via perspiration and will need to be replaced. Respiration fluid loss increases as the altitude increases - the higher you go the more you need to drink. Not so many salts are released via respiration though. Urine output is controlled more by the body than the climactic conditions - ideally urine colour should be maintained at a pale yellow colour.

Ultimately, the body can lose anywhere from 0.3 L/hr to 2.4 L/hr just in perspiration.

Water

Water is the mainstay of hydration. If the exercise is of low intensity, the length of the exercise is short (less than 1hr), or the person involved is acclimatised and fit, then water alone will usually be enough. Water is important for many functions throughout the body and if we become dehydrated at all, these functions are impaired - including our ability to think clearly and rationally. Important on any bushwalking activity. Also without enough water going in, water coming out as perspiration is either severely reduced or eventually ceases, resulting in the body overheating and this can be a grave situation. Water also helps with the clearance of lactic acid from our muscles.

Salts

A fit person has a much lower concentration of salts in their perspiration than the less fit person.

Important salts and minerals involved in keeping the body hydrated and functioning correctly include: Sodium (Na⁺), Potassium (K⁺), Calcium (Ca⁺⁺), Magnesium (Mg⁺⁺), Chloride (Cl⁻), Bicarbonate (HCO₃⁻), Phosphates (HPO₄⁻ and H₂PO₄⁻)

What are the various options for fluid replacement?

Water alone - as mentioned before, fine for short exercises or those of low intensity, or if the participant is very fit (and just going on a Grade 4 or below activity)

Fruit juices - of various dilutions

Cordials - various dilutions

Soft drinks

Milk drinks

Sports drinks and rehydration fluids

How are fluids classified?

Hypotonic - the concentration of salts in the fluid is lower than that in the cells in the body. This causes the cells to suck in water to attempt to reach an equilibrium. In extreme cases this can result in overhydrating or hyponatremia - a very serious condition. Easily avoided. Salt (NaCl) in food eaten at the same time, potassium salt (KCl), calcium, and magnesium in some dried apricots.

Isotonic - same concentration as the fluid in cells - therefore the cell neither shrinks nor swells - this is ideal for fluid consumption throughout an extended or strenuous exercise if you stay hydrated throughout. Even if a person becomes dehydrated this solution will help with rapid rehydration as the cell concentration is stronger than the solution so the body would suck the solution's water in to rebalance the situation.

Hypertonic - the solution is of higher concentration than the cell concentration, so water is sucked out the cells causing them to shrink causing dehydration.

How do our favourite drinks fit into these brackets?

Water - *hypotonic* - hence the risk of overhydrating or hyponatremia (low cellular salt levels)

Cordial/Fruit juice/soft drink - usually *hypertonic* and without the right balance of salts. If used, cordial must be diluted to at least 1 part: 20 parts, no stronger. Juice and soft drink need to be diluted to 1:4. Extra salt must be consumed - both KCl and NaCl .

Milk - slightly *hypertonic* - isn't actually too bad as a post-exercise solution - without added sugar asso-

ciated with flavoured milks. It is better reserved as a post recovery drink due to its protein content which will slow the gastric emptying and therefore slow the hydration process.

Sports drinks - many of the commercial drinks don't have their balance of sugars to salts correct and can actually cause further dehydration. If the sugar level is too high and the salt levels are too low, the body won't be able to use the sodium-glucose pump effectively and will think it has to send water into the intestines to rebalance this sugar situation. If nothing else is available then your standard sports drink should be diluted 50:50 with water and extra sodium consumed by some other means. There are exceptions to this of course.

Suitable solutions:

Commercially available products include:

- Endura
- Hydralyte Sport
- Powerade Isotonic
- Hydralyte (standard formulation)
- Gastrolyte

Home made solution:

Made using specified amounts of salt - both Na & KCl , sugar/glucose and preferably other salts also:

WHO recipe:

- 1L water
- NaCl - 3.6g
- Glucose - 13.5g
- KCl - 1.5g
- Trisodium Citrate - 2.9g (Who has this in their cupboard at home?)
- Oh, and they suggest adding some Zinc and Calcium if you have these available.

From Familyhealthhandbook.com:

- 1 L water
- 2.5ml (0.5 tsp) baking soda
- 2.5ml (0.5 tsp) table salt
- 45 to 60 ml (3 to 4 tbsp) sugar
- 1.25ml (0.25 tsp) potassium salt substitute ("lite" salt), if available

The powdered ingredients can be packed up to add to water later. Yes, this would be cheaper than commercial powdered products but doesn't contain any magnesium and varying amounts of glucose/sucrose/fructose. This will affect how willingly the solution is carried across the intestinal and cell walls - but could be ok if you were desperate.

Berocca Performance - also ok but will need some extra glucose and possibly NaCl. Contains less than 40mg salt per effervescent tablet and about 6mg of sucrose. The ingredients are good for the energy cycles in the body and it does contain magnesium as well.

Honey - carbohydrates - a mix of fructose, glucose, maltose and sucrose. It also contains many of the B vitamins, vit C, Ca⁺⁺, Fe⁺⁺, Mg⁺⁺, Phosphorous, K⁺, Na⁺ and Zn⁺⁺. All in very small amounts - so doesn't really replace a Berocca in the nutritional stakes but does contain plenty of glucose. So taken at the same time as some salty food and water, could be a useful additional source to aid staying hydrated.

Magnesium is important in the body to aid muscle contraction and to help with the clearance of lactic acid. The addition of magnesium to hydration solution has been shown to aid in the maintenance of stamina and functioning and in speeding up the recovery time after intense or extended exercise. Some commercial hydration products are including magnesium now for this reason.

How much to drink to stay hydrated?

To start an activity fully hydrated it is recommended to preload the body with 350-490mL (for 70kg adult) about 4hrs before the event. This is 5-7mL per kilo. For our early morning starts, this would mean starting the night before. Some sodium at least in this solution would help to stimulate the thirst reflex and also help the body retain the fluid consumed.

Just prior to the exercise another 200-300mL should be drunk to ensure that fluid is entering the body's circulation during the initial minutes of the exercise.

To maintain hydration from this point depends on the many factors mentioned earlier - ambient temperature, humidity levels, fitness level and weight of the person involved. Keep in mind the fit person may or may not perspire as much as the less fit person but they will definitely excrete less minerals and salts. Therefore, it is vital that the less fit person actually drinks some sort of hydration preparation rather than just water to enable them to continue happily with the activity.

The addition of glucose and salts to a drink, while staying hypo- or isotonic, also speeds gastric emptying and hastens absorption of the fluid into the body.

The Australian Institute of Sport recommends that fluid and electrolyte intake should be considered for any exercise longer than 30mins. Other materials I read in preparation for this article were more inclined towards exercise of greater duration than 1hr.

The actual amount ingested should be somewhere between 150-300mL every 15-20mins - generally the body can absorb small amounts of liquid taken often more easily than a large amount less frequently. Suggested amounts - 2-3 gulps - amount 70mL, frequently. This is where bladders and similar come into their own as you can ingest smaller amounts more often without even stopping.

It is very difficult to actually drink as much as you are losing through perspiration, so it is equally important to keep drinking after the activity until the body weight returns to normal and urine production is constant and urine is the correct colour.

So, to sum up:

Get to know your normal body weight fully hydrated prior to an activity. Aim to keep your body weight loss from fluid loss below 2% (i.e. 1.4kg for 70kg adult) to maintain optimal functioning. Now while I wouldn't call any of our members elderly, many of us would be somewhere on the continuum between a standard adult and the elderly person. As we age it is even more important to watch our fluid weight loss as it will affect our overall level of body fluids more acutely than that of a younger person who has more fluid mass to begin with.

Drink 350-500mL of fluids - preferably isotonic at least 4hrs prior to exercise.

Drink another 200-300mL just prior to exercise (at the meeting point)

Drink 150-300mL (6-12 gulps) every 15-20mins throughout the activity.

Rehydrate at the end of the activity, drinking steadily until urine colour & output returns to normal.

If you are on a particularly low sodium diet you may wish to speak with your doctor or nutritionist before using a hydration solution containing salts and minerals but from the research I conducted for this article, it is highly unlikely that any of them would be a problem as more salts are being lost in the perspiration than normal. Some people with renal impairment, on ACE inhibitors and potassium-sparing diuretics may need to be a bit careful - if you don't know what these are, you're not on them and don't need to worry. Diabetics should always monitor their blood glucose levels as a matter of course and alter their food or exercise accordingly.

The samples provided for the talk were:

Hydralyte Sport - hypotonic when made up as directed - uses Na-glucose pumps and sucks fluid into the body to even up concentrations. Slightly quicker absorption when dehydrated than an isotonic solution. Available as orange and lime flavours as sachets.

Endura Rehydration formulation - isotonic when made up as directed. Available in large tubs in several flavours. Lemon/lime in sachets.

Marion Crowther

Committee News

A message from the Outings Secretary

So far this year it has been a challenge to have a good bushwalking program. Never before have so many walks been cancelled, either because of severe weather, or more significantly, National Park closures and inaccessibility. The park tracks are gradually being repaired - some will take months - but patience is needed. Many phone calls are being made to rangers for information.

Our program depends entirely on the time and effort volunteered by our leaders. Leaders don't have any privileges, other than being able to put on walks and other activities when it suits them. The plus for leaders is that they have the satisfaction of sharing their love of bushwalking with others, a chance to meet new people, catch up with friends and basically have a great time in wonderful areas. The minus is the amount of effort involved. It really should not be all that much.

Leaders have to ensure that all walkers on their trips are capable. Not only is this a safety issue, but they need to think of the good of the party rather than the ego of the individual. It is entirely the leader's choice who they accept on their trips.

Please don't nominate for walks without having the relevant experience. If you have a recent background of serious hiking/tramping/backpacking/mountaineering, email the leader. This may influence the decision that has to be made.

Declining a nominee is not that simple:

- the walk history needs to be checked
- maybe other leaders consulted about the performance of a walker on other trips
- emails back and forth.

Now, many leaders do not have the time to do this. The hassles involved are causing many leaders to hesitate about putting on walks.

Please make it easy and pleasant for leaders - be patient - there are lots of lovely walks at the lower level. They may not be all that adventurous, but they are aesthetically rewarding. We don't give out badges for reaching each terrain or fitness level. Just enjoy the journey. Leaders are not guides. They are fellow members of the club, but usually hopelessly addicted to bushwalking.

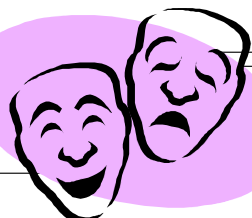
Marion Darveniza

Guest Speakers

Wednesday 10 Apr Tour du Mt Blanc & Tour des Muverans - Eugene Hedemann

Two walks in the French and Swiss Alps with some fellow BBW members:

- Tour du Mt Blanc is a 10 day walk around the Mt Blanc massif. Being one of Europe's most popular walks, we weren't alone, but when you have slogged up yet another 2600m mountain pass you don't mind sharing the views.
- Tour des Muverans is a more isolated 4 day walk in the Swiss Alps. Again, up and over several high passes, the last one being most memorable as we tramped through falling snow while trying to find the path.



Out & About

BISHAMON - DINNER NIGHT

Tue 9 Apr
LEADER: Shaun Johnston 0439724607
LIMIT: 25
BRING: BYO Wine, Selection of Beers / Beverages Available
COST: \$25-\$50
MEET: 500 Boundary Street, Spring Hill
TIME 6:45 pm

Bishamon (www.bishamonjapanese.com) is an authentic Japanese restaurant in Spring Hill. Bishamon offers an a la carte menu, as well as a separate selection of sushi and fun teppanyaki meals. For adventurous diners, the daily specials will give you an opportunity to experience something different and interesting. BYO wine however there are a selection of beers on offer. Menu: <http://goo.gl/R32ql> Some comments from Urban Spoon (<http://goo.gl/Wd0NZ>) ... "A fantastic find! Excellent Japanese food and great service. If you are after a great meal that offers excellent value for money then this place is a must." "I'm not a big fan of Japanese cuisine typically yet I really rather liked Bishamon. Had the all-you-can-eat

shabu shabu which is immensely filling. Sake tasting tray was a neat way to sample the drink. I have to say the service is excellent, particularly for such a small and busy place." "There are many 'Japanese' restaurants in Brisbane, but Bishamon is one of the authentic ones ran by real Japanese people." "This place is great! Quintessential Japanese food and service i.e. attentive, artistic and yum!"

OTELLO (DINNER & MOVIE)

Tue 7 May
LEADER: Peter Hunt 0431652083
MEET: 180 Oxford St, Bulimba
TIME: 6:30pm

Otello's is an authentic Italian restaurant with all categories included to result in a good range from which to choose in each course. The challenge is which dish to try as they all sound so delicious. Movies screening at the time will be discussed over dinner. You are welcome to come for dinner only, if you wish, as the movie times are a little late.

Peter

THE GREAT BBW PUTTPUTT CHALLENGE VICTORIA PARK GOLF COMPLEX

DATE: Sun 12 May
TIME: 4:00 pm
LEADER: Mike Eden 0457 687811
LIMIT: 16
BRING: A sense of humour and your extreme golf skills
COST: \$17(adults) + food and beverage costs
MEET: The Caddy Shack Bar, VPGC

Welcome to your not-so-personal invitation to the second not-so-annual "Great BBW PuttPutt Challenge" This year's theme is 'Bogan' so strap on your favourite flanny, boob tube or uggies, get the best mudflap created by your local hair stylist and get ready to tap your way into the BBW PuttPutt history books! There will be prizes for effort and also costume plus sportsmanship. After the games we shall retire to the Caddy Shack Bar for a well earned beverage and dinner for those that wish to show off their best acid wash denim to the rest of the general population.

Mike

Magazine Collating

Magazine collating is at Mary Comer's at Highgate Hill on Thursday 18th April at 6:30pm. There is only about 1½ hours work required. If you would like to help and enjoy an easy social night with dinner please phone 3844 6231 to confirm.



For your Bushwalking Safety
NEVER WALK ALONE...
ALWAYS TELL SOMEONE...
WALK WITH A CLUB.



If you have recently changed your address, phone number (home or work) or email please advise the Membership Registrar so that the club records can be kept up to date:
email: registrar@bbw.org.au

If unclaimed, please return to:
Brisbane Bushwalkers Club Inc.
GPO Box 1949
BRISBANE 4001

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