

*The*  
**BRISBANE BUSHWALKER**  
*June 2015*



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**BRISBANE BUSHWALKERS MONTHLY NEWS**

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

[www.bbw.org.au](http://www.bbw.org.au)

**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.

**For the period from March-May 2015, the Club will trial only one meeting per month on the 2nd Wednesday of the month.**

**COMMITTEE MEETINGS:** The next committee meeting, to be held at 7.30pm on **Wednesday 3rd June**, 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 Walks page on the web site. Articles from members, especially post-trip reports, are welcome. Lengthy articles may be edited to fit available space. The preferred method for article submission is email; for other methods please discuss with editor.

**Deadline for the July magazine is the Meeting on Wednesday 10th June.**

#### 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



#### COVER PHOTOGRAPH

"Relaxing (like lizards) at Lizard Point"  
photo: Anthony Logan

#### 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



*Members can hire up to 4 items at one time for a maximum charge of \$10 per person.*

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.

#### 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.

#### FIRST AID CERTIFICATES

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

The Club will refund 70% of the cost upon completion.

## Club Officials

President	Marge Henry	3856 5757
Vice President	Steve Cockburn	3260 5787
Secretary	Tania Withington	
Treasurer	Tom Cowlshaw	0427 226 006
Outings	Arthur Walton	0418 730 541
	email: outings@bbw.org.au	
Safety & Training	Chris Hall	0498 051 811
New Members	Bernie Ryan	0432 907 275
	email: membership@bbw.org.au	
Librarian	Burgi Wagner	3325 0629
Equipment	Elena Williams & Jenny Howell	
	email: equipment@bbw.org.au	
Photographic	Martine Jellema	0437 805 414

Social	Kurt Wagner	3325 0629
Abseil Co-ordinator	John Granat	0409 620 047
Members Registrar	Anna Bransden	
	email: registrar@bbw.org.au	
Website Admin	Shaun Johnston	
	email: webadmin@bbw.org.au	
Editors	Eugene Hedemann	3359 3114
	Jenny Zohn	0407 630 362
	email: editor@bbw.org.au	

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** **ABS**eil; **Base Camp**; **Day Walk**; **Through Walk**; **Easy Through Walk**; **Night Walk**; **SOC**ial Activity; **KaYaK**; **CYCl**e; **Safety & Training**; **Federation Mountain Rescue**; **ROG**aine.

**FAMILY** Family — Family Group conditions; contact Leader

**Note for Leaders when grading a walk:** *The brief descriptions below are to help members match their ability to an activity. 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, fallen debris, or creek crossings.
- 4 Rough, unformed track or open terrain, with obstacles such as rock or root intrusions, fallen debris, or creek crossings.
- 5 Rough or rocky terrain that may require use of hands, and/or creek rock hopping that requires small to moderate steps. Fallen debris possible.
- 6 Steep, rough or rocky terrain requiring use of hands, and/or creek rock hopping requiring moderate to large steps or jumps. Fallen debris possible.
- 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. Slower pace with frequent breaks.
- 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 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 \$5.75 per person per night. (The leader will provide details.) Many NSW National Parks also charge \$7 per vehicle per day.

**ALWAYS TAKE:** 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

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

### May

26	TRNG	Tuesday Kangaroo Point - Pack Training	Chris Hall
26	TRNG	West End Hills	Joan Davey
27	MDW-3B	-AUDIT Apple Tree Park to Purling Brook Falls & return	Lou & Marion Darveniza
27	MDW-6D	Mt Castle - 'Gap/Hole-in-the-Wall' & Sylvester's Lkt	Peter Shera
28	MNW-3A	Bunyaville Conservation Park	Richard Duczmal
28	TRNG	Thursday Kangaroo Point - Core Training	Pete Watson
28	SNW-3B	Mt Coot-tha Thursday night walk	Graham Olive
29-31	MTW-6D	Point Pure	Lou & Marion Darveniza
29-31	MBC-5C	Rimfall Base Camp	Ray & Dawn Glancy
30	MDW-5C	Running Creek Falls	Ray Glancy
30	SDW-7D	Mt Beerwah - east route; Tibrogargan - tourist route	Peter Shera
30	MDW-3A	Jolly's Lookout to Boombana	Michele Cottrell
30	MDW-4B	West Canungra Creek	Joan Davey
30-31	XTW-3C	Binna Burra to O`Reillys to Binna Burra	Richard Duczmal
31	XLDW-3C	Wyaralong Dam - Shoreline Trail	Bernie Ryan
31	SDW-5C	Mt Gipps	Ray Glancy
31	LDW-3B	Toolona Creek Circuit	Diana Norkaitis
31	LDW-3C	Numinbah to Apple Tree Park	Mary Comer

### June

1	SNW-2A	Toohey Forest Monday night walk	Graham Olive
2	MDW-2A	Boondall Wetlands/Nudgee Beach	Tom Vaughan
4	MNW-3A	Bunyaville Conservation Park	Richard Duczmal
4	SNW-3B	Mt Coot-tha Thursday night walk	Graham Olive
4-8	STW-8E	Twelfth Annual Barney 4 day Classic	John Hinz
5-8	MTW-4C	Sunshine Coast Coastal Pathway	Greg Kuss
5-8	MTW-6D	Teviot to Spicer's	Jarrah Gard
6-8	MTW-6D	Spicer's Gap to Teviot Gap	Wade Chang / Justin Shera
6-8	XBC-3D	O`Reillys to Binna Burra to O`Reillys in one day	Richard Duczmal
6-9	MTW-6D	Spicer's to Teviot 4 Days	John Shera/Julie Shera
7	SDW-3A	Morelia walking track: from Manorina Carpark	Michele Cottrell
7	MDW-5C	Southpine River, Mt Glorious [Creek and off Track]	Lindsay Waddel
7	MDW-2A	Lake Samsonvale	Joan Davey
7	LDW-3B	Caves & Lower Bellbird Circuits	Mary Comer
8	SNW-2A	Toohey Forest Monday night walk	Graham Olive
9	TRNG	Tuesday Kangaroo Point - Pack Training	Chris Hall
9	TRNG	West End Hills	Joan Davey
<b>10</b>	<b>Meeting</b>	<b>Walking the Camino Santiago de Compostela -</b>	<b>Richard Duczmal</b>
11	MNW-3A	Bunyaville Conservation Park	Richard Duczmal
11	SNW-3B	Mt Coot-tha Thursday night walk	Graham Olive
13	LDW-3B	Coomera Circuit	Peter Lock
13	MiniMax 2B	Brisbane Forest Park	Tim Easton
13-14	Between 5-7	Mt Glorious Barracks – Under 40	Ross Ernst / Wade Chang
14	LDW-4C	Lake Manchester and the knoll	Bernie Ryan
14	LDW-3C	Warrie Circuit	Diana Norkaitis
15	SNW-2A	Toohey Forest Monday night walk	Graham Olive
18	MNW-3A	Bunyaville Conservation Park	Richard Duczmal
18	SNW-3B	Mt Coot-tha Thursday night walk	Graham Olive
19	MDW-2A	Nudgee Beach/Boondall Wetlands	Tom Vaughan
19-20	MDW-8D	Mezzanine Ridge, Mt Barney	Tim Easton
20	MDW-3A	Westside Track + Greene's Falls	Michele Cottrell
20-21	XTW-3C	Binna Burra to O`Reillys to Binna Burra	Richard Duczmal
21	SDW-6B	Southpine River, Mt Glorious [Harland Rd Circuit]	Lindsay Waddel



22	SNW-2A	Toohey Forest Monday night walk	Graham Olive
23	TRNG	Tuesday Kangaroo Point - Pack Training	Chris Hall
25	MNW-3A	Bunyaville Conservation Park	Richard Duczmal
25	SNW-3B	Mt Coot-tha Thursday night walk	Graham Olive
27	MDW-8D	Logans Ridge - Mt Barney	John Perry
27	MDW-4B	Lyrebird and Orchid Grotto Lookouts	Joan Davey
28	LDW-5C	Teviot Range - Northern Section	Bernie Ryan
29	SNW-2A	Toohey Forest Monday night walk	Graham Olive

## July

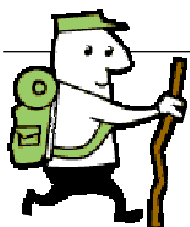
2	MNW-3A	Bunyaville Conservation Park	Richard Duczmal
3-5	X-mas in July	Kurt Wagner	
4	MDW-7D	Mt Barney For Beginners - SE Ridge	Arthur Walton
4	LDW-2B	Daves Creek Circuit and Upper Ballunjui Falls	Diana Norkaitis
4	MDW-7D	Mt Barney For Beginners - SE Ridge	John Perry
4	SDW-4C	Golden Stairs and Paddys Peak	Chris Hall
4-5	MTW-5C	The Steamers	Sonja Risa
5	LDW-3B	Coomera Circuit	Mary Comer
8	<b>Meeting</b>	<b>Conquering Kilimanjaro - Jarrah Gard and Tamara Messinbird</b>	
9	MNW-2A	Chermside Hills Reserve	Stephen Perry
11-12	S&T	Leader Training Base Camp - Mt Glorious Barracks	Chris Hall
12	LDW-4C	Mount Joyce	Bernie Ryan
17-19	MBC-3B	Byron Bay Base camp	Bernie Ryan
17-19	MBC-4A S&T	Navigation Training Weekend	Lynley Murtagh

## August

1	MDW-8E	Logan's & Savages	David Haliczzer
1	MDW-7C	Mt Greville Four Gorges	Tania Withington
2	MDW-6C	Flinders Peak via South Ridge	Bernie Ryan
8	MDW-8D	Isolated Peak and North Ridge	David Haliczzer
8-9	MTW-6D	Mt Doubletop/Mt Huntley	Annette Miller & Cath Carkeet
12	<b>Meeting</b>	<b>Exercises, preparation for bushwalking - Cathy Stewart</b>	
14-16	BC/Variou/Social	Pilgrimage Weekend	Marge Henry
15	MDW-6D	Wilson's Peak via Verandah and Wilson's Ck return	David Haliczzer
19	SOCIAL	K2 - BBW Gear night	Chris Hall
22	MDW-8D	Mezzanine Ridge - Mt Barney NP	John Perry
22-23	S&T	First Aid Training Base Camp - Mt Glorious Barracks	Chris Hall
22-23	MTW-7D	Three Peaks of Mt Barney TW	Lou & Marion Darveniza
28-30	SBC-4B	Springbrook Purlingbrook & Twin Falls	Peter Hunt & Michele Cottrell
29	MDW-3B	67th Anniversary walk of Toohey Forest and Mt Gravatt	Chris Hall
30	MNW-3B	Photography Excursion: Sunset and Full Moon Rise from Mt Mitchell	Martine Jellema
30	MDW-7D	Mt Maroon - Southern Waterfall route	Lou & Marion Darveniza

### 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.....

## **TUESDAY KANGAROO POINT - PACK TRAINING**

Training Tue 26 May  
LEADER: Chris Hall 0498 051 811  
GRADE: TRNG  
BRING: Exercise gear, joggers  
MEET: Rotunda on River Terrace (southern end of KP cliffs opp the fancy marble church)

DEPART: 6pm  
This session is for those walkers looking to improve their pack carrying fitness - not a free replacement for gym training. 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

## **WEST END HILLS**

Training - Night Walk Tue 26 May  
LEADER: Joan Davey 0415 139 646  
GRADE: TRNG  
LIMIT: 15  
BRING: water, money for coffee some walkers have dinner at the Ship Inn after they give us 20% discount.

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 is 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.

## **APPLE TREE PARK TO PURLING BROOK FALLS & RETURN**

Day walk-AUDIT Wed 27 May  
LEADER: Lou & Marion Darveniza 0438 481 186  
GRADE: MDW-3B -AUDIT  
LIMIT: 6  
BRING: Usual day walk gear, 2 L water, waterproofed packs  
COST: \$20

MEET: Fairfield Gardens  
DEPART: 6:30am  
MAP: Springbrook 1:25000  
MOBILE ON DAY OF WALK ONLY: 0438 481 186  
This walk is part of the Gold Coast Hinterland Great Walk. From Apple Tree Park we follow a graded track losing height down to Little Nerang Creek (West Branch), then up the creek crossing it a number of times before reaching Warringa Pool. (optional swim !!!! - think very optional!!!) From here the route continues to the foot of Purling Brook Falls. Purling Brook Falls is very spectacular as it goes over a massive 100m cliff of Rhyolite. We should be able to walk behind the base of the falls and enjoy looking through a curtain of falling water and continue to the top of the falls. The return is the same way as we came. The total distance is about 14 km - think a bit less

## **BUNYAVILLE CONSERVATION PARK**

Training Thu 28 May  
LEADER: Richard Duczmal 0400 744 896  
GRADE: MNW-3A  
LIMIT: 12  
BRING: Page 3 items and torch, water is available in park.  
MEET: At entrance car park on West side of Old Northern Road and 350 m North of Collins Road in Albany Creek.

DEPART: 6:30pm  
Bunyaville Conservation Park is lightly wooded with multiple intertwined dirt roads, fire trails and tracks. Birds, koalas and possums including many of the glider possum species are known to frequent the area. Wallabies and even occasional kangaroos may also be seen along with a variety of snakes and lizards. Among the many tree species present are spotted gum, grey ironbark, narrow-leaved ironbark, white mahogany, tallowwood, forest red gum, grey gum and brush box. The 10 km long walk will last for two hours. Water and toilets are available near one of the car parks inside the park.

## **THURSDAY KANGAROO POINT - CORE TRAINING**

Training Thu 28 May  
LEADER: Pete Watson 0400 706 493  
GRADE: TRNG  
BRING: joggers, towel, skipping rope  
MEET: Adjacent to 'Cliffs' Cafe, S end of clifftops

DEPART: 6pm  
This is an interval training session with a variety of exercises for those wishing to improve their gen-

eral fitness. Core and strength fitness is essential for us to be comfortable in carrying packs and negotiating some of our tougher walks enjoyably.

### **MT COOT-THA THURSDAY NIGHT WALK**

Night Walk Thu 28 May  
LEADER: Graham Olive 0455 539 999  
GRADE: SNW-3B  
LIMIT: 20+  
BRING: Torch, water, raincoat, fleece jacket, First-aid kit.  
MEET: angle carpark west of Kuta Cafe Mt Coot-tha  
DEPART: 6:30pm  
MAP: BCC Mt Coot-tha track map  
MUST: Read trip description

The Mt Coot-tha Thursday night walks are exercise walks to assist people with improving their bushwalking fitness and to learn techniques for night-time walking. The walks will commence at 6.30pm from the angle parking car park on the approach to the lookout on Mt Coot-tha. The walks will be approximately 2 hours in duration, on fire trails and marked tracks, with obstacles such as rock or root intrusions, fallen debris, and some, usually dry, creek crossings on some of the tracks. The walks will also involve the descent and ascent of the mountain at a reasonable walking pace with up to 520 metres gained and lost over the length of the walk. In places the terrain of the walk will involve walking on loose surfaces with moderate and in some places, steep inclines. Participants will need a moderate level of fitness suitable for hill walking. Participants will need the appropriate hiking footwear, Torch, water, raincoat, fleece jacket, First-aid kit. Walking poles are useful. 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. For further information please contact the walk leaders. By the way, these walks don't count toward full membership.

### **POINT PURE**

Through Walk Fri 29 -- Sun 31 May  
LEADER: Lou & Marion Darveniza 3378 4031  
This activity is full.

### **RIMFALL BASE CAMP**

Base Camp Fri 29 -- Sun 31 May  
LEADER: Ray & Dawn Glancy 0419 719 480  
GRADE: MBC-5C  
LIMIT: 20  
BRING: Linen, food, daywalk gear, pre-arranged communal dinner Saturday night  
COST: \$50 per person for 2 nights accommo-

ation plus vehicle contribution, all your own food (excluding Saturday night communal dinner)

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 Running Creek Falls. A communal dinner will be pre-organised for Saturday night so let me know your specialty (nibbles, main course, dessert) (one only, not all three). Sunday we will do another walk (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 a very relaxing weekend with plenty of time for socialising. As this base camp is very popular, Early payment will secure your place.

### **RUNNING CREEK FALLS**

Day Walk Sat 30 May  
LEADER: Ray Glancy 0419 719 480  
GRADE: MDW-5C  
LIMIT: 15  
DEPART: 7.30 am at Mt Gipps School House  
MAP: Lamington

This is a walk as part of the Rimfall Base Camp. This is to ensure that this walk becomes part of a club member's walk history. We meet and depart from the School House at 7.30 am sharp, utilising whatever 4 wheel drives we have available and drive across private land to park at the base of Black Snake Ridge. From here, we meander up and down on a faint track to meet Running Creek which we then follow to the junction of England and Running Creeks. From this junction, it is approximately 600 metres of creek walk/rock hopping till we get to the falls for lunch, and a lovely spot it is too. We then retrace our steps in time to get back to the cottages to clean up and get ready for the Saturday night communal meal. If you've nominated for this base camp, can you nominate for this walk to ensure that it becomes part of your history. Ray and Dawn

### **MT BEERWAH - EAST ROUTE; TIBRO-GARGAN - TOURIST ROUTE**

Day Walk Sat 30 May  
LEADER: Peter Shera 0435 866 933  
GRADE: SDW-7D  
LIMIT: 6  
BRING: P15 of Members Handbook  
COST: petrol \$25/passenger  
MEET: Fairfield Gardens  
DEPART: 5am from Fairfield Gardens

CAR KMS: 140km return

Starting from the Beerwah carpark 7am, ascend Mt Beerwah (~500m) via the East route following the red dashes painted on the rock to the summit. Descend ~9am via the same route. Afterwards, drive to Mt Tibrogargan carpark and ~noon climb (~300m) Tibro via the tourist route on the west side. Descend via the same route. Depart ~3pm for Brisbane.

### **JOLLY'S LOOKOUT TO BOOMBANA**

Day Walk Sat 30 May  
LEADER: Michele Cottrell 0427 579 069  
GRADE: MDW-3A  
LIMIT: 20  
BRING: Page 3 items, 2-3 litres of water  
COST: \$4  
MEET: The Gap Park'n'Ride near Enoggera Reservoir  
DEPART: 8am  
CAR KMS: 35km return  
MAP: D'Aguilar National Park, South D'Aguilar Section

This is an easy, pleasant, recently cleared, track walk, close to Brisbane with minimal drive time. About 10km all up with the 2 extra loops at either end. The return walk through open eucalypt forest and rainforest, with some great views. Reasonable canopy cover for 2/3 of the walk. The pace will be around 4km per hour, with time to stop for items of interest, including photographs. There are toilets (refurbished!) at Jolly's lookout and some at Boombana where we will stop for a morning tea break (please bring your own!). Planning to have coffee/tea etc afterwards at Walkabout Creek. This walk is suitable for new members.

### **WEST CANUNGRA CREEK**

Day Walk Sat 30 May  
LEADER: Joan Davey 0415 139 646  
This activity is full.

### **BINNA BURRA TO O'REILLYS TO BINNA BURRA**

Through Walk Sat 30 -- Sun 31 May  
LEADER: Richard Duczmal 0400 744 896  
GRADE: XTW-3C  
LIMIT: 10  
BRING: Page 3 and usual through walk gear  
COST: \$20 + \$5.75 per person for tent site  
MEET: Fairfield Gardens  
DEPART: 6:00am  
CAR KMS: 200km approx  
MAP: Lamington NP

This 2 x 21 km through walk is in the rainforest on the border track at Lamington National Park. We will have views into the Numinbah Valley, across to Springbrook, the escarpment, into the Tweed

Valley and Mt Warning. Apart from its distance, this is an easy walk through rainforest with its many ancient Antarctic beech trees. Tent sites at O'Reillys can be booked at <http://parks.nprsr.qld.gov.au/permits/> - look for Lamington National Park - Green Mountains camping area tent sites. You are responsible for organizing and paying for the tent site booking. This is an indulgent through walk as the campsite has proper showers, toilets and level tent sites.

### **WYARALONG DAM - SHORELINE TRAIL**

EXTRA Long Day Walk Sun 31 May  
LEADER: Bernie Ryan 0432 907275  
This activity is full.

### **MT GIPPS**

Day Walk Sun 31 May  
LEADER: Ray Glancy 0419 719 480  
GRADE: SDW-5C  
LIMIT: 15  
DEPART: 7.00 am sharp Mt Gipps School House  
MAP: Lamington

So many great intentions on Saturday nights at Rimfall crash on to the rocks of an early start on Sunday. Having said this, there are often a few hardy souls who are up for a challenge on the Sunday after Saturday night. This is a short sharp steep grunt up to the Border Fence (Dawn says I should point out that it's the Qld/NSW border but I think she's being pedantic). Once we reach the border, we'll stroll down to the Bird Cage for smoko and then retrace our steps back to our cottages to clean up for lunch before heading home. This walk description is to ensure that those people who do Mt Gipps have it reflected in their walk history.

### **TOOLONA CREEK CIRCUIT**

Day Walk Sun 31 May  
LEADER: Diana Norkaitis 0408 700 520  
GRADE: LDW-3B  
LIMIT: 15  
BRING: Usual Day Walk Gear  
COST: \$25  
MEET: Fairfield Gardens  
DEPART: 7:00am  
MAP: Lamington N.P.

This walk is 17.4km in the O'Reillys area of Lamington NP. We leave the Border Track for Elabana Falls where we will have morning tea. The morning is then spent walking upstream along the very beautiful Toolona Ck with its many waterfalls. There are creek crossings but if we are smart shouldn't get wet feet. Lunch will be taken at Wanungara Lookout overlooking the Tweed Valley. The walk along the escarpment features



many ancient Antarctic Beech Trees. We will complete the circuit by returning along the Border Track. The entire walk is in the rainforest.

### **NUMINBAH TO APPLE TREE PARK**

Day Walk Sun 31 May

LEADER: Mary Comer 0427 446 000

GRADE: LDW-3C

LIMIT: 15

BRING: Usual Day Walk Gear

COST: \$20

MEET: Fairfield Gardens

DEPART: 7.00

MAP: Gold Coast Great Walk

This walk covers a section of the Gold Coast Great Walk. We will start at the settlement of Numinbah and walk 8kms to Apple Tree Park on the Springbrook Road where there are toilets and picnic tables. We return on the same track. The map suggests that there are 900 steps but last time we counted only 863! There is one flight of 809 so walkers must be reasonable fit to enjoy doing this. The vegetation varies with 2 creek crossings. Coffee will be at the Numinbah Cafe.

### **TOOHEY FOREST MONDAY NIGHT WALK**

Night Walk Mon 1 Jun

LEADER: Graham Olive 0455 539 999

GRADE: SNW-2A

LIMIT: 10+

BRING: Torch, water, raincoat, fleece jacket, First-aid kit.

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. No need to book for these walks, just turn up. Members wanting to walk should be at the start point ready to go at 6.30 PM sharp. This activity does not count toward full membership.

### **BOONDALL WETLANDS/NUDGENE BEACH**

Day Walk Tue 2 Jun

LEADER: Tom Vaughan 0407 283 106

GRADE: MDW-2A

LIMIT: 12

BRING: Page 3 items, 2 litres of water

MEET: 7.45am Car park at end of Bicentennial Rd, Boondall

DEPART: 8am

The walk starts from the Boondall Wetlands car park at the end of Bicentennial Rd. We start walking through the wetlands, stopping at a nice bend on Nudgee Creek. We will also stop at a viewing tower atop the old land fill area and then walk out to Nudgee Rd. The walk will continue along the road beside Schultz's Canal and on to Nudgee Beach for coffee at Pam's Cafe. We return the same way. Wide brimmed hat and sunscreen essential, but the walk is almost totally flat, so heat should not be a problem. When we return to the car park there is the option of also doing a shorter walk out to Cabbage tree Creek for those who so desire. We should finish the walk around lunchtime. Walk distance 13 kms Elevation gain 20m This walk is suitable for new members.

### **BUNYAVILLE CONSERVATION PARK**

Training Thu 4 Jun

LEADER: Richard Duczmal 0400 744 896

*See walk description for Thu 28 May*

### **MT COOT-THA THURSDAY NIGHT WALK**

Night Walk Thu 4 Jun

LEADER: Graham Olive 0455 539 999

*See walk description for Thu 28 May*

### **TWELFTH ANNUAL BARNEY 4 DAY CLASSIC**

Through Walk Thu 4 -- Mon 8 Jun

LEADER: John Hinz 3846 1432

GRADE: STW-8E

LIMIT: 4 including leader

BRING: Light through walk gear

COST: \$17.25 pp camping fees + car expenses

MEET: Highgate Hill on Thursday afternoon

DEPART: 5.30pm

MAP: Mount Lindesay 1:25000

NOMINATIONS: No online nominations. Contact leader directly

Starting in 2003, every year I have led a four day walk for BBW during the June long weekend. No two walks have followed the same route. Quite a few didn't end up being four days either, due to injuries or weather problems. I plan to make this year's walk a genuine four dayer! Apart from one year at Sundown, each walk has been in Mt Barney National Park, a testament to the large variety of interesting routes available there. This year we return to Mt Barney, with another new circuit that that covers a wide range of terrain, with views for a lot of the time. After leaving Brisbane late on Thursday afternoon, we will have dinner in Beaudesert. After camping the first night in a convenient location, on Friday morning we will ascend the East Peak of Mt Barney using Logan's Ridge. This is the most direct way to the top with some

great views and interesting scrambling. Camp will be at the old hut site in the East Peak - West Peak saddle. Saturday will see us climb West Peak, then descend the mountain via Midget Ridge and Midget Peak to our camp site on Barney Creek. Our final night's camp will be at a delightful rainforest location on Barney Spur. To get there we will need to ascend the seldom climbed Gwyala Peak, then traverse south easterly towards Burrajum Peak, before leaving the ridge at a knoll, and heading south on to Barney Spur. We will find water at our camp by heading down a gully to a small waterfall. On our final day we will descend a spur into the headwaters of Cronan Creek, before picking up the track back to Yellow Pinch. Come along if you're looking for a challenge in truly spectacular and remote country. There is some difficult scrambling involved, and possibly some thick vegetation to get through, although the bushfires from several years ago should have cleaned a lot of the worst stuff up. Long and hard days may be required. Therefore it is only suitable for experienced and fit through walkers. All candidates must be approved by me. Also please note that Friday is not a public holiday so you will need to be able to take this day off work.

#### **SUNSHINE COAST COASTAL PATHWAY**

Through Walk Fri 5 -- Mon 8 Jun  
 LEADER: Greg Kuss 0408 806 310  
 This activity is full.

#### **TEVIOT TO SPICER'S**

Through Walk Fri 5 -- Mon 8 Jun  
 LEADER: Jarrah Gard 0422 371 188  
 GRADE: MTW-6D  
 LIMIT: 8  
 BRING: Usual TW gear, warm clothing, 3L water + capacity for 6L  
 COST: petrol contribution + \$11.20 camp fees  
 MEET: Car pool from Brisbane to Aratula  
 DEPART: Friday afternoon  
 CAR KMS: 360 km (approx)  
 MAP: Cunningham's Gap & Mt Superbus 1:25,000

NOMINATE: Direct email to leader only  
 This is a classic through walk traversing mountainous terrain between Teviot Gap and Spicers Gap. Like all Main Range walks, this features impressive views, lots of up and down and a variety of terrain from rainforest to open forest with grass trees. The walk is suitable for fit and experienced throughwalkers. Each day involves walking along the Main Range escarpment, offering spectacular views, and occasional cliff breaks which require confidence in scrambling. We will camp

Thursday night at Teviot Gap, having exchanged cars and keys with Wade and Justin's group who are doing the walk in the opposite direction. On Friday we'll have lunch and spectacular views at Lizard Point, and then head to our campsite at Mt Steamer saddle - water available here. On Saturday, we'll climb Panorama Point, Mt Asplenium and Mt Huntley (hopefully meeting the other group somewhere along the way), and we'll camp at Huntley saddle. Day 3 will see us conquering Mt Doubletop and Spicer's Peak before a steep descent to the cars at Spicer's Gap. I will contact participants closer to the date to arrange car-pooling, departure times etc. Nominate to leader please.

#### **SPICER'S GAP TO TEVIOT GAP**

Through Walk Sat 6 -- Mon 8 Jun  
 LEADER: Wade Chang / Justin Shera  
 This activity is full.

#### **O'REILLYS TO BINNA BURRA TO O'REILLYS IN ONE DAY**

Base Camp Sat 6 -- Mon 8 Jun  
 LEADER: Richard Duczmal 0400 744 896  
 GRADE: XBC-3D  
 LIMIT: 10  
 BRING: Page 3 and usual base camp gear  
 COST: \$25 + \$5.75 per person per night for tent site  
 MEET: Fairfield Gardens  
 DEPART: 1:00pm  
 CAR KMS: 200km approx  
 MAP: Lamington NP

High fitness and endurance are required to complete the 43 km round trip but not agility. Also, the border track does not have a significant variation in elevation. We will set up tents at O'Reillys on late Saturday. Early on Sunday we will commence the 10-12 hour return trip to Binna Burra. After recuperating on Sunday night at O'Reillys we will most likely return to Brisbane mid morning on Monday (public holiday). This walk is in the rainforest on the border track at Lamington National Park. We will have views into the Numinbah Valley, across to Springbrook, the escarpment, into the Tweed Valley and Mt Warning. Tent sites at O'Reillys can be booked at <http://parks.nprsr.qld.gov.au/permits/> - look for Lamington National Park - Green Mountains camping area tent sites. You are responsible for organizing and paying for the tent site booking on Saturday 6 and Sunday 7 June. The campsite has proper showers, toilets and level tent sites.

#### **SPICER'S TO TEVIOT 4 DAYS**

MTW Sat 6 -- Tue 9 Jun  
 LEADER: John Shera/Julie Shera 0403 308 407

This activity is full.

### **MORELIA WALKING TRACK: FROM MANORINA CARPARK**

Day Walk Sun 7 Jun  
LEADER: Michele Cottrell 0427 579 069  
GRADE: SDW-3A  
LIMIT: 15  
BRING: Page 3 items  
COST: \$5  
MEET: The Gap Park'n'Ride near Enoggera Reservoir  
DEPART: 8am  
CAR KMS: 40km  
MAP: D'Aguilar National Park, South D'Aguilar Section

(N.B. This is the June long weekend.) Starting from the Manorina Carpark walking to Mount Nebo lookout - 6km return. We will also add the 1km loop close to the start of the walk. A pleasant, short walk, close to Brisbane! Wet eucalypt forest containing groves of cabbage tree palms. Spectacular views over Samford Valley and Moreton Bay. Mostly a gently-sloping, well-defined track but it is a little steeper with some steps in some places. Return along the same track. The pace will be around 4km per hour, with time to stop for items of interest, including photographs. Planning to have coffee/tea etc afterwards somewhere in Mt Nebo (nice to support the locals!). This walk is suitable for new members.

### **SOUTHPINE RIVER, MT GLORIOUS [CREEK AND OFF TRACK]**

Day Walk Sun 7 Jun  
LEADER: Lindsay Waddel 0433 881 899  
This activity is full.

### **LAKE SAMSONVALE**

Day Walk Sun 7 Jun  
LEADER: Joan Davey 0415 139 646  
GRADE: MDW-2A  
LIMIT: 15  
BRING: Page 3 Picnic Lunch  
MEET: Bullocky Rest  
DEPART: 8.00 am  
MAP: MBRC Trail network

This walk is approx. 12klm and is around the banks of Lake Samsonvale. We start at Bullocky Rest picnic area and head towards Forgan Park we continue around the lake to Forgan Cove where we will have morning tea. We will then continue on for about 4 klm around the lake and end up back to Forgan Cove and back to Bullocky Rest. It is a mix of track and fire trail it is a little undulating at times but mostly flat walking. It is not a circuit we do double back in a few sections. There is plenty of bird life on the lake and you may also

see Red-browed Finches, Pale-headed Rosella's and maybe even a Whistling Kite. We will have a picnic lunch (which can be left in your car) at Bullocky Rest they have shelter sheds with picnic tables & chairs and BBQs. Bring a chair just in case we don't get a shed as it can get very busy there. We will meet at the top car park near the toilets at 7.45am for a 8.00 start. We will take it easy so we can enjoy the lake and surroundings so bring your camera or binos if you wish. This walk is suitable for new members.

### **CAVES & LOWER BELLBIRD CIRCUITS**

Day Walk Sun 7 Jun  
LEADER: Mary Comer 0427 446 000  
GRADE: LDW-3B  
LIMIT: 12  
BRING: Day walk gear  
COST: \$20  
MEET: Fairfield Gardens  
DEPART: 7.00  
MAP: Lamington NP

This 16km walk is in the Binna Burra section of Lamington NP. Firstly we will walk the Caves circuit passing through an historic area of the Aboriginal people and with views into the Coomera valley. Then after a 500m walk down the road walk the Lower Bellbird Track. We will continue downhill on the Shipstern Track to Lower Ballanjui Falls where probably we will have lunch then a fairly long uphill after lunch with some nice views on the way.

### **TOOHEY FOREST MONDAY NIGHT WALK**

Night Walk Mon 8 Jun  
LEADER: Graham Olive 0455 539 999  
*See walk description for Mon 1st June*

### **TUESDAY KANGAROO POINT - PACK TRAINING**

Training Tue 9 Jun  
LEADER: Chris Hall 0498 051 811  
*See walk description for Tue 26 May*

### **WEST END HILLS**

Training - Night Walk Tue 9 Jun  
LEADER: Joan Davey 0415 139 646  
*See walk description for Tue 26 May*

### **BUNYAVILLE CONSERVATION PARK**

Training Thu 11 Jun  
LEADER: Richard Duczmal 0400 744 896  
*See walk description for Thu 28 May*

### **MT GLORIOUS BARRACKS - UNDER 40**

Under 40s Base Camp Sat 13 -- Sun 14 Jun  
LEADER: Ross Ernst / Wade Chang  
GRADE: Between 5-7

LIMIT: 25  
BRING: base camp gear, day walk gear, pre-dinner nibbles and/or afternoon tea to share  
COST: \$10  
MEET: Friday 5pm onwards  
DEPART: Sunday afternoon after clean up  
MAP: D'Aguilar National Park

Hey Big Brother / the Future of BBW, So You Think You Can Bushwalk, you want to be the next BBW Top Model, or you think you've got The Voice to yell "Hey Bob"? Forget reality shows, My Bushwalk Rules!! Last year we had a ball at Barracks, the memory is still vivid in some people's mind as we had so much fun, long lasting friendship created, some of us have since become Leaders of the club. This year is gonna be the same, if not better. Come and joining us for what promises to be a life-changing experience at the Mt Glorious Barracks. There'll be walks, scrambles, socialising and of course shared food and drinks around the campfire. Bring party food to share. There is plenty of room for camping, 6 bunk beds are also available (preference will be given to those who don't have a tent). It has tank water, fully equipped kitchen, shower, toilet and secure off street parking. Walks TBA.

#### **LAKE MANCHESTER AND THE KNOLL**

DAY WALK Sun 14 Jun  
LEADER: Bernie Ryan 0432 907 275  
This activity is full.

#### **WARRIE CIRCUIT**

Day walk Sun 14 Jun  
LEADER: Diana Norkaitis 0408 700 520  
GRADE: LDW-3C  
LIMIT: 15  
BRING: Day walk gear  
COST: \$25  
MEET: Fairfield Gardens  
DEPART: 6:30am  
MAP: Springbrook NP

This is a wonderful mainly rainforest walk. We drive to Springbrook to start the walk at Tallabana picnic area. From here we descend, crossing and going under waterfalls to the base of cliffs. The rock formations are spectacular. It is a 17km circuit but we may extend it by up to 3.5kms by going on side trails to the Twin Falls and/or towards The Pinnacle. After morning tea there is an option for some/all of the group to scramble up The Pinnacle. (See notes.) From here we return to the main track and walk to the Meeting of the Waters for lunch and possibly a swim (?? brrr). Then there is a long, gently uphill section to the top of the cliffs at Canyon Lookout. We then continue on the track to our starting place. This walk is suitable for new mem-

bers with reasonable fitness who are comfortable with the long distance.

#### **NUDGEE BEACH/BOONDALL WETLANDS**

Day Walk Fri 19 Jun  
LEADER: Tom Vaughan 0407 283 106  
GRADE: MDW-2A  
LIMIT: 12  
BRING: Page 3 items, 2 litres of water  
MEET: 7.45am Car park at end of Fortitude Street, Nudgee Beach.  
DEPART: 8am

The walk starts from the Nudgee Beach car park at the end of Fortitude Street, near the toilet block. We start by walking the boardwalk before proceeding to the Anne Beasley Lookout. We will then follow the bikeways beside Nudgee Creek to the Boondal Environment Centre. Rd. There we will have morning tea before doing the wetlands circuit and returning to Nudgee Beach for coffee at Pam's Cafe. Wide brimmed hat and sunscreen essential, but the walk is almost totally flat, so heat should not be a problem. We should finish the walk around lunchtime. Walk distance 15kms Elevation gain 20m This walk is suitable for new members.

#### **MEZZANINE RIDGE, MT BARNEY**

Day Walk Fri 19 -- Sat 20 Jun  
LEADER: Tim Easton 0421 139 022  
GRADE: MDW-8D  
LIMIT: 7  
BRING: Page 3, o/n camp gear  
COST: fuel \$25 + camping fees  
MEET: Yellow Pinch  
DEPART: 6.00am, Saturday 20 June  
CAR KMS: 300km return  
MAP: Sunmap Mt Lindesay 1:25,000

This a very exposed ridge for most of the way with an elevation of 900m. Returning via the eastern ridge. A good level of fitness required and experience with exposed rock.

#### **WESTSIDE TRACK + GREENE'S FALLS**

Day Walk Sat 20 Jun  
LEADER: Michele Cottrell 0427 579 069  
GRADE: MDW-3A  
LIMIT: 20  
BRING: Pg 3 Gear  
COST: \$7  
MEET: Alderley  
DEPART: 8am  
CAR KMS: 66km return  
MAP: D'Aguilar National Park, South D'Aguilar Section

We will combine two adjacent walks. The Westside Track branches off the Western Window track, starting from the top of the Maijala day-use area. There is a short steep slope towards the western

end. We will have a lunch break at the vehicles left at the Maiala picnic area and then walk to the falls. The Greenes Falls track passes over rainforest pools and ends at a lookout adjacent to Greenes Falls. Be prepared for an uphill walk on the return trip. Total walking distance of 10 to 11km. This walk is suitable for new members.

### **BINNA BURRA TO O'REILLYS TO BINNA BURRA**

Through Walk Sat 20 -- Sun 21 Jun  
LEADER: Richard Duczmal 0400 744 896  
GRADE: XTW-3C  
LIMIT: 10  
BRING: Page 3 and usual through walk gear  
COST: \$20 + \$5.75 per person for tent site  
MEET: Fairfield Gardens  
DEPART: 6:00am  
CAR KMS: 200km approx  
MAP: Lamington NP

This 2 x 21 km through walk is in the rainforest on the border track at Lamington National Park. We will have views into the Numinbah Valley, across to Springbrook, the escarpment, into the Tweed Valley and Mt Warning. Apart from its distance, this is an easy walk through rainforest with its many ancient Antarctic beech trees. Tent sites at O'Reillys can be booked at <http://parks.npsr.qld.gov.au/permits/> - look for Lamington National Park - Green Mountains camping area tent sites. You are responsible for organizing and paying for the tent site booking. This is an indulgent through walk as the campsite has proper showers, toilets and level tent sites.

### **LOGANS RIDGE - MT BARNEY**

Day Walk Sat 27 Jun  
LEADER: John Perry 0432 322 171  
GRADE: MDW-8D  
LIMIT: 8  
BRING: Page 3  
COST: \$25.00  
MEET: Yellow Pinch  
DEPART: 6 am  
CAR KMS: about 240 km  
MAP: Mt Lindesay

Logans Ridge provides the most direct route to the East Peak of Mt Barney. It has much open rock providing great views of the surrounding country, and also has several areas of exposed rock to negotiate. Good scrambling skills and confidence with moderate exposure are required. In addition the route up is steep so a high level of fitness is required. Our descent route will be South East Ridge and we will have lunch somewhere on the way down. Please email me if you want to nominate. If you haven't walked with me please let me know what walks of this level you have done be-

fore.

### **LYREBIRD AND ORCHID GROTTA LOOKOUTS**

Day walk Sat 27 Jun  
LEADER: Joan Davey 0415 139 646  
GRADE: MDW-4B  
LIMIT: 12  
BRING: Usual daywalk gear, 2 - 3 L water  
COST: \$25  
MEET: Fairfield Gardens  
DEPART: 7 am  
CAR KMS: 220 km  
MAP: Lamington National Park (Hema maps)  
This walk is from O'Reilly's in Lamington National Park. It is partly on graded tracks, partly on rough trails, with a variety of vegetation and some nice views if the weather is clear. Starting from O'Reilly's we head along the Border track for a few kilometres then follow a trail to an old logging camp, the former Forester's Camp. We then head to the escarpment for good views from Lyrebird and Orchid Grotto Lookouts. There will be some vines and fallen trees in this section. We will go to the first part of Castle Crag to see Balancing Rock. From here we follow a 4WD track before branching off along Moran's Creek to the Wishing Tree graded track on the way back to O'Reillys. There are a variety of walking surfaces with rough trails rather than graded tracks so hence the 4 for terrain but it is not too difficult, so should be suitable for newer members who are interested in venturing off the maintained tracks.

### **TEVIOT RANGE - NORTHERN SECTION**

Day Walk Sun 28 Jun  
LEADER: Bernie Ryan 0432 907 275  
This activity is full.

### **X-MAS IN JULY**

social Fri 3 -- Sun 5 Jul  
LEADER: Kurt Wagner 0413 272 085  
LIMIT: 80  
BRING: meal to share  
COST: \$10 for kitchen and hall  
MEET: car pooling from Brisbane  
DEPART: arrival before 8pm  
CAR KMS: ca. 130km

Christmas in July will be held at Bigriggen Park, near Rathdowney. This Park is perfect for a relaxed weekend away, set on 100 acres, surrounded by National Parks and ideal for bushwalking in the Mt. Maroon and Mt. Barney area. There is a choice of accommodation: camping \$9.00 per person/ night, bunk houses or dormitory, at very reasonable prices. There is the use of a hall, big enough for 80 people and a kitchen to prepare and store food. As usual we will have shared nibbles on Friday with Happy Hour starting at around 4pm.

On Saturday there will be walks to choose from (usual day walk gear required) as well as the opportunity to have a relaxing day. In the evening we will have a shared meal. When nominating please indicate whether you would like to bring nibbles, main or dessert. I will send out a list later to the date. Rather than waking Santa from his well-earned rest we will have a Secret Santa Steal where a person is allowed to take someone's gift if they want to do so. Should be

lots of fun! Please bring a unisex "Secret Santa" gift to the value of \$15. Remember to bring sufficient warm gear as it might be quite chilly out there.

Arrival on Friday night: before 8:00pm How to get there: Drive through Rathdowney, turning right after the school into Boonah Rathdowney Rd. After 7km turn left into Upper Logan Rd. then turn right after 600m into Bigriggen Rd. From there it is 2km to the Park on gravel road

*On the occasion of Bernie Ryan's 50th birthday celebration at Kookaburra Cafe, Cathy was inspired to write this ode which was read out on the night.*

### Bernie

*Leading walks is what he likes, Bernie loves to go on hikes,  
Tall and strong he strides along, head and shoulders above the throng.  
His walks and base camps fill up fast, old favourites we've enjoyed in the past.  
Byron and Bunya and Mapleton too, plus now he's surveying tracks that are new!  
Mt. Joyce, Sandy Creek, and Wyaralong Dam, fresh and interesting, that's the plan!  
Now I see Barney's on his hit list too - is there nothing this man can't do?!  
He loves a good steak and fish and chips, and he never puts an ounce of it on his hips(!)  
Friday nights are for social dinners, (he'll walk it all off again in 60 minutes!)  
Though fast on foot along the ground, (his long strong legs know no bound)  
Yet behind the wheel it's a different story, he won't go fast, not for love or glory!  
But creep along like somebody's mother, are we EVER going to get there - oh brother!  
Yet we all love him, fearless leader, honest and fair and very polite,  
You can always count on Bernie to do what's right!  
So three cheers for Bernie who's 50 today, let me add hip, hip hooray!*

Cathy Stewart

### NEW MEMBERS

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

Joseph Abeya	Carlos Aiex	Roman Angel	Gavin Brady
Magda Budek-Gora	Karla Cameron	Louise Clarke	Amy Cook
Jane Davidson	Renee Dien-Wilson	Benitta-Marie Graham	Mary Harris
Gareth Hartnell	David Horgan	Mark Inglis	Domenica Kelly
Luiz Filipe Lima	Lachlan McLean	Brian Parker	Helena Parker
Cassandra Rose	Amanda Rosenfeld	Scott Ruhland	Glenda Saunders
Jan Sexton	Terry Sullivan	Michael Tansky	Roderick Trubshaw
Robyn Trubshaw	Robert Wilson	David Young	Mia Young
Bianca Young	Airong Zhang		

*Congratulations to the following who have become Full Members:*

Janette Bailey	Lee Mauger	Andy Mauger	Pauline Kasper
Josie Duigu	Cheryl Turner	Carmel Massingham	Veronica Gammie
Morag Elliott	David Rae	Julie Brown	Alexander Robey



## Ensure you Tick this off



Do you like a nice juicy steak after a long hike? Do you think your pack has everything needed for a great day out? Well there may just be one last item on the list that needs ticking off.

For most bush walkers venturing out along the east coast of Australia, the dangers of the outdoors in respect to creepy crawlers normally consider diligence with snakes and spiders. Leeches, ant bites and ticks are considered part of the experience, almost expected on some trips, yet at most, are an annoying itchy experience lasting a few hours or possibly into the next day.

Well before you reach into the first aid kit to remove that tick, consider this. Ticks are creating havoc. A well-documented side-affect of a tick bite has taken the interest of the science and medical fields. MMA or known as Mammalian Meat Allergy is on the rise. Essentially this is an allergy to red meat, with the side effects taking hold hours after food consumption. The main culprit with this allergy is the humble tick.

When a Tick has fed on a mammal such as a wallaby, possum or kangaroo prior to attaching itself to a human, the tick's blood, and particularly the stomach, still contains alpha-gal, a form of carbohydrate or simply, a body sugar. The mammals are able to synthesise the alpha-gal, but for humans, the gene responsible for this process is inactive.

Most people try to remove a tick by pulling it off with a pair of tweezers or accidentally remove it by scratching the skin's surface. The squeezing action injects the tick's blood and even some of the stomach contents into the person's blood system, which triggers the human immune system response or antibody to the alpha-gal. The activation of the immune system may lay unrecognised for hours, months or even indefinitely, and then suddenly triggered after eating red meat. The reaction to red meat containing the alpha-gal can produce mild symptoms such as minor irritations and feeling unwell, to severe reactions such as anaphylaxis, oedemas (swelling) and hives.

For any of these symptoms, immediate medical advice is required. Prevention is better than cure and it is recommended to regularly check your body when in the outdoors, never pull or squeeze a tick from your body, wear protective clothing such as gaiters and long pants even though only a superficial barrier and use insect repellent.

The recommended tick removal is to use a wart removal product such as "Wartner" which, when applied, freezes the tick and after ten minutes will brush off the skin without injecting any of the alpha-gal into your blood stream. For larval stages, use a permethrin cream. Appropriate tick removal may not only prove best practice for your immediate health, but ensure long term health and lifestyle choices with red meat consumption.

If you have experienced sensitivity or allergy symptoms to red meat, discuss a MMA allergy test with your doctor. Make sure your first aid kit has a wart removal applicator, readily available over the counter from a chemist.



Alexander Robey

*Two interesting useful internet sources:*

*ABC: Dr Karl's Great Moments In Science, "Tick bite causes meat allergy", 25-Feb 2014*

*ABC Catalyst, "Mammalian Meat Allergy" (tick allergy), 17-Feb 2015*



*Tick Removal Summary:*

**For adult ticks:** use a wart removal product such as "Wartner", "Wart Off" or "Medi Freeze Skin Tag Remover" which freezes the tick and after ten minutes will brush off the skin.

**Tiny larvae or nymph ticks:** use a cream containing permethrin. This is basically the same kind of cream as you get for scabies. Just rub that in. The ticks will all die and soon you'll be able to just rub them off.



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## Safety & Training update

The club is always looking at ways of improving the safety awareness of all members so that walks are enjoyable and incident free - well as much as it can be in a land of mozzies, leeches, storms etc.

Some recent events include:

- Remote First Aid was held at the Mt Glorious on the weekend of 14-15 February, led by an accredited group of highly experienced paramedics and assisted by Paul Sharwood, a respected walker, climber and critical care nurse. This has provided 21 new people in the club with the skills to provide first aid, with limited resources, in remote situations. Another session is being provided later this year in August for those members actively involved in the club.
- Navigation weekend was at Lake Maroon on 27-29 March, conducted by Lynley Murtagh, a highly regarded leader. The weekend was a huge success and a second event is planned for July this year.
- Advanced Abseiling training at Kangaroo Point Cliffs on 11 April, run by John Granat, a long term coordinator of this activity. John also conducts other abseiling sessions for beginners throughout the year. This recent advanced session was to get more co-leaders up to speed with correct abseiling techniques and provide a formal venue for those already with experience. A more advanced and accredited Leader Guide course is being fine-tuned to take some of these people onto the next level later this year, allowing more abseil events to appear on the club calendar.
- Leader training was also held at the Mt Glorious Barracks on 18-19 April, facilitated by Chris, Neil and Shannon. We had a lovely group of members looking at the challenges facing a leader. This is a great opportunity for expanding your skills across a range of areas and allows some folk to contribute back to the club via leadership roles. Again, more sessions are on the calendar for these workshops.

Thanks to the dedication of those above we can all walk and more safely enjoy our outdoor experiences.

Chris Hall

### Guest Speakers

#### **Wednesday 10 Jun      Walking the Camino Santiago de Compostela**

Richard Duczmal

Richard will present details of the historic 785 km walk through northern Spain. Included will be tips for prospective walkers and as much as photographs and words will allow. Richard completed this walk in the later part of 2014.

#### **Wednesday 8 Jul      Conquering Kilimanjaro**

Jarrah Gard and Tamara Messinbird

Jarrah and Tamara climbed to the summit of the 5,895m Kilimanjaro over 6 days in August 2014 and will be sharing photos, stories and some tips on what to expect, information about the route and guides they used and other advice on things to consider when booking this amazing hike.

#### **Wednesday 12 Aug      Exercises, Preparation for Bushwalking**

Cathy Stewart - Physiotherapist

Cathy is an active club member and also a physiotherapist. She has agreed to come along and give us some valuable input into the topic of Exercises, Preparation for Bushwalking, and Managing Injuries. Something we all should pay more attention to so that we can extend and enjoy our walking "careers".



## Easter at Cania Gorge

Last year Burnie asked Karen where she would like to go for her birthday and she said Cania Gorge - so off they went. This year Karen put the Cania Gorge walk on the list as a base camp and a number of people put their names forward, and what a good weekend it was.

The camp site was the Cania Gorge Retreat, west of Bundaberg. It is a privately operated camp ground with a fair bit of space, good clean amenities and loads of friendly people, including children who were up early and riding their bikes or walking their dogs. The area has a lot of sandstone gorges and little soil which created a reasonably open undergrowth.

The trip up was wet, wet and wet, but Saturday was clear with only a couple of hours of high humidity and Sunday was even better. Good walking weather turned on by our able leader Karen.



Saturday we walked around 16k and covered all the walks local to the camp ground and there were some magnificent scenes. Unfortunately two of the pedestrian bridges had been smashed by Cyclone Marcia which arrived shortly after they had been rebuilt so that will cost the parks and wildlife crew a lot of time and money to replace but they had put in temporary crossings to keep the walks open. One interesting cave was Bloodwood cave, named after the tree root which had come down through the roof and disappeared into the ground below. If you weren't looking you could miss it, but once seen it was obvious why it was called Bloodwood Cave. A highlight for most of us was the first stop - the Fern Pool. It was a captivating location with the pool ripples reflected on the small overhang.

For lunch on the day we stopped under an overhang over one of the creeks. Again very scenic and also cool. After the walks we drove down to Cania Dam where we were able to see the end of Sunday's walk, the Castle Lookout.

Sunday we covered 22k along a track. Pretty easy going and again it was very enjoyable with a good view from above the dam. A number of large Golden Orb spiders had built their webs across the track so we were watching each other to make sure no-one walked into one. Unfortunately Angie Sobyra was unwell so she and Ian Poynten missed the walk, but, on the positive side Karen arranged with Ian to act as a taxi to the start and to pick us up at the end which we all appreciated. Karen said we would be back by 3.00pm and she was within 2 minutes of her timing. Well done Karen!

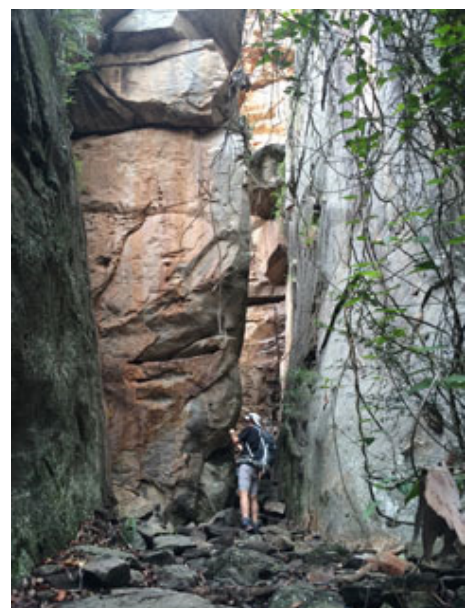


The drive was well worth the time, even adding another dimension to the walk through the variations of countryside covered. All in all a good Easter. Thanks Karen from all of us.

Tony Everett



Cania Dam



King Orchid Crevice

## The Pilgrimage 14-16 August 2015 at Kalbar Showgrounds

It all started when a group of bushwalkers from the Brisbane Bushwalkers Club went on a walk up Mt Barney sometime before 1970. They then decided to hold another "pilgrimage" up Barney the following year. As the numbers grew they decided to hold the Pilgrimage at another site, as there was some concern of so many people going up Mt Barney.

The representatives of Bushwalking Queensland Inc. (then called Queensland Federation Of Bushwalking Clubs - QFBWC) took on the task and organised the first official Pilgrimage to Girraween in 1971. Since then, various affiliated clubs have organised the pilgrimage on behalf of the Federation.

This year the Pilgrimage, is being hosted by the Queensland Bushwalkers Club.

There will be walks organised in the region on Saturday at varying levels of fitness and expertise and in the evening a Bush Dance in the School of Arts Hall in Kalbar. On Sunday there will be yoga and cycling, as well as the opportunity to sell or swap your preloved bushwalking gear. The intention is to finish around midday.

Accommodation will be at the Kalbar Showgrounds which has facilities for tents as well as caravans or camper trailers and also has powered sites and showers.

If you would like to attend, please nominate via the website in the usual manner. However, I won't accept anyone till after we get final details from the host club re costs etc around June/July sometime.

Apparently we started it so should continue to support it!

You can check the website, with more details of the weekend at

<https://sites.google.com/site/qldbwc/pilgrimage-2015>

Marge Henry

*To the Editors,*

*Brisbane Bushwalkers Monthly News*

In the May 2015 issue, there was an article about the origin of the word Pilgrimage. I may have had something to do with this.

I quote from an item I wrote some years later.

"A few words about the Federation Pilgrimage. For many years before the Federation existed, we always has a Mt Barney Base Camp in September, being chosen as between seasons and for the Spring wildflowers. There were a number of less active members and "social" members who made a big deal each year about going on the Barney trip. In a wicked moment one year, when, as Editor and Outings Secretary, I was writing the trip preview, I referred to this as being their "Annual Resurrection", when they went on pilgrimage to the Holy Mount.

The word Pilgrimage caught on and later came to be used for the annual get-together of the Q'land Federation of Bushwalking Clubs, regardless of where it was held."

See attached verses "Barney of the Pilgrims"

This appeared in the July 1968 issue of the Brisbane Bushwalkers Monthly News. It was written for the 150<sup>th</sup> anniversary of the first ascent of Mt Barney by Captain Logan, Commandant of the Moreton Bay Penal Settlement, and Alan Cunningham, Colonial Botanist, up the ridge that now bears the name of Logans Ridge (Not the easiest route up!).

Wishing the Club continued prosperity

Margaret Kentwell (nee Hammond) Hon. Life Member

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## Barney of the Pilgrims

It was penned in derision  
By an Editor, tongue-in-cheek  
A dig at those for whom  
It was the Holy-of-Holies  
The Barney Pilgrimage  
But the name endures

Dooayrdin and Yahnddaddan  
Of the dark people  
Twin Peaks of granophyre  
The false Mt Warning  
The Lindesay of Logan and Cunningham  
Our first Bushwalkers  
It lured them then  
It lures us still

Passes, peaks and portals  
Chimneys, slabs and scree  
Spurs and gorges, creeks and ridges  
Moonlight ascents, windswept summits  
And promises "Never again"

So much has it seen and heard  
Birthday parties, wedding parties  
Services of worship  
Building parties, searching parties  
Strains of the Valkyrie  
The logbook holds the tales

I will lift up mine eyes unto the hills  
And my pack upon my back  
I will lift my feet on, on and up  
And my spirits shall soar  
To the summits of achievement  
And heartfelt content

Margaret Kentwell (nee Hammond) July 1968

### Upcoming Rogaine Events

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

- Sat 30 May 8hr Rogaine, Cressbrook Dam, Toowoomba
- 4-5 July 24 hr (or 15 hr) Rogaine (near Moore, 1.5 hrs from Brisbane)
- Sat 18 July Cyclegaie (near Hampton)

*For further information and more event dates visit the QRA web site at [www.qldrogaie.asn.au](http://www.qldrogaie.asn.au)*

### Magazine Collating

Magazine collating is at Sharon Cribb's at Brighton on Thursday 18th June at 6:30pm. There is only about 1½ hours work required. If you would like to help while enjoying an easy social night with dinner please phone 0438 553 250 to confirm.



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



If you have recently changed your address, mobile number or phone number (home or work) or email, please update your record on the website so that the Club register can be kept up to date.

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

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