

The
BRISBANE BUSHWALKER
July 2015



BRISBANE BUSHWALKERS MONTHLY NEWS



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

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 1st July**, 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 August magazine is the Meeting on Wednesday 8th July.

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

Narrow Neck, Blue Mountains
photo: Tania Withington

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

June

22	SNW-2A	Toohey Forest Monday night walk	Graham Olive
23	TRNG	Tuesday Kangaroo Point - Pack Training	Chris Hall
23	TRNG	West End Hills	Joan Davey
24	MDW-6C	Mt May Creek	John Stevens
24	Meeting	Slides from Tasmania - Ros and Richard	
25	MNW-3A	Bunyaville Conservation Park	Richard Duczmal
25	SNW-3B	Mt Coot-tha Thursday night walk	Graham Olive
25	TRNG	Thursday Kangaroo Point - Core Training	Pete Watson
26	Social	Himalayan Cafe	Karen & Bernie Ryan
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
28	SDW-5C	Mt Greville	Vedran Hadzihalilovic
29	SNW-2A	Toohey Forest Monday night walk	Graham Olive
30	Social	West End Hills Anniversary Dinner	Joan Davey

July

1	SDW-5C	Knapps Peak	Jon Beer
2	MNW-3A	Bunyaville Conservation Park	Richard Duczmal
3-5	Social	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 Ballunju Falls	Diana Norkaitis
4	MDW-7D	Mt Barney For Beginners - SE Ridge	John Perry
4	SDW-5C	Golden Stairs and Paddys Peak	Chris Hall
4	SDW 5C	Mt. Maroon	Kurt Wagner
4	SDW-5C	Mount Maroon	Shaun Johnston
4	SDW-5C	Mt Maroon - slow	Elena Williams
4-5	MTW-5C	The Steamers	Sonja Risa
5	LDW-3B	Coomera Circuit	Mary Comer
5	LDW-3B	Toolona Creek Circuit	Barry Culley
8	Meeting	Conquering Kilimanjaro - Jarrah Gard and Tamara Messinbird	
8	SDW-5C	3 Short Glasshouse Mountains	Jon Beer
9	MNW-2A	Chermside Hills Reserve	Stephen Perry
11	SDW-5C	Mt Greville	Wendy Spiry
11	Minimax 3A	Chermside Hills Reserve - Chermside	Steve Cockburn
11	MDW-5C	East Cougal + Boyds Butte	Nick Brooking
12	LDW-4C	Mount Joyce	Bernie Ryan
12	MINIMAXS-4A	Mt Cootha New Members	Wendy Spiry
12	LDW-3B	Toolona Creek Circuit	Diana Norkaitis
12	SDW-4A	Mt Matheson Trail	Steve Cockburn
17-19	MBC-3B	Byron Bay Base camp	Bernie Ryan
17-19	MBC-4A S&T	Navigation Training Weekend	Lynley Murtagh
18	MDW-5C	Lower Portals - Barney Gorge Campsite Circuit	David Haliczzer
19	MDW-3B	Mt Cordeaux & Bare Rock	Diana Norkaitis
25	LDW-4C	Augies Loop (Mt Nebo)	Michele Cottrell
29	SDW 7C	Pages Pinnacle from the sharp end - Numinbah State Forest	Jon Beer

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
2	MDW-3A	Jolly's Lookout to Boombana	Michele Cottrell
2	LDW-3B	Coomera Circuit	Barry Culley



8	MDW-8D	Isolated Peak and North Ridge	David Haliczzer
8-9	MTW-6D	Mt Doubletop/Mt Huntley	Annette Miller & Cath Carkeet
9	LDW-4C	Gold Creek Hills	Bernie Ryan
9	Minimax4A	Iron Bark Gully for New members	Peter Lock
12	Meeting	Exercises, preparation for bushwalking - Cathy Stewart	
14-16	BC/Various/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	MDW-7D	Mt Maroon - Southern Waterfall route	Lou & Marion Darveniza
30	XDW-4C	Teviot Range - Southern Section	Bernie Ryan
30	Minimax4A	Iron Bark Gully for New members	Peter Lock

September

4-6	MBC-5C	Rimfall Base Camp	Ray & Dawn Glancy
5	MDW-5C	Running Creek Falls	Ray Glancy
6	MDW-4C	Mount Zahel	Bernie Ryan
6	SDW-5C	Mt Gipps	Ray Glancy
9	Meeting	Walking in Scotland - Stuart Cunningham	
15	LDW-3C	Warrie Circuit	John Perry
18-20	LTW-7D	Mt Widgee/Stinson Wreck	Tim Easton
26-27	MTW-3B	Echo Point	Mary Comer

Don't want the magazine posted?

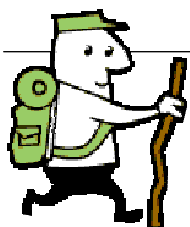


Members can choose not to have their monthly copy of the club magazine posted. Just follow these steps:

- 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.



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

TOOHEY FOREST MONDAY NIGHT WALK

Night Walk Mon 22 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.

TUESDAY KANGAROO POINT - PACK TRAINING

Training Tue 23 Jun
 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 23 Jun
 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.

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 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.

MT MAY CREEK

Day Walk Wed 24 Jun
 LEADER: John Stevens 0431 929 466
 This activity is full.

BUNYAVILLE CONSERVATION PARK

Training Thu 25 Jun
 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.

MT COOT-THA THURSDAY NIGHT WALK

Night Walk Thu 25 Jun
 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.

THURSDAY KANGAROO POINT - CORE TRAINING

Training Thu 25 Jun
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 general fitness. Core and strength fitness is essential for us to be comfortable in carrying packs and negotiating some of our tougher walks enjoyably.

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 before.

LYREBIRD AND ORCHID GROTTO LOOKOUTS

Day walk Sat 27 Jun
LEADER: Joan Davey 0415 139 646
This activity is full.

TEVIOT RANGE - NORTHERN SECTION

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

MT GREVILLE

Day Walk Sun 28 Jun
LEADER: Vedran Hadzihalilovic 0405 173 732
GRADE: SDW-5C
LIMIT: 8
BRING: 3L Water + usual Day Walk gear from Page 3 of the BBW mag

COST: \$20
MEET: Fairfield Gardens
DEPART: 7 am

CAR KMS: ~200 km
MAP: Mt Alford 9441-44 1:25,000
Mt Greville is a 770m peak in the Moogerah Peaks National Park close to Aratula. It features rock-hopping up a gorge, cliffs and slabs, open eucalyptus forest, and awesome views. We ascend Waterfall Gorge, which is quite steep. At the top of the gorge is a slabby rock outcrop where we will have morning tea with excellent views over Lake Moogerah. We contour a bit before the final ascent to the summit for lunch for great views of the peaks of the Main Range. Our descent will be via the main track along a ridge which has better views for the descent. This is a good introduction to off track walking for newer members who've completed a number of longer track walks, who are reasonably fit and ready to tackle a steep up and down.

TOOHEY FOREST MONDAY NIGHT WALK

Night Walk Mon 29 Jun
LEADER: Graham Olive 0455 539 999
See activity description for Mon 22 Jun.

WEST END HILLS ANNIVERSARY DINNER

Social Tue 30 Jun
LEADER: Joan Davey 0415 139 646
GRADE: Social
LIMIT: No limit
BRING: See notes
MEET: 6pm

28th July will mark 6 years since I have been doing the West End Hills walk so to celebrate we are having a Pizza night. We will meet in the Lyons Park on Paradise St at the bottom of Sankey St Highgate Hill for Pizza and a few drinks. There is a pizza oven there. You need to have been on any of my West End Hills walks over the last 6 years. (partners welcome). Please nominate on the web and email me and let me know what you are bringing. We need nibbles, Pizza (home made), salad and desert. Start time is 6pm come earlier if you like as I will be there from about 5 getting the fire ready.

KNAPPS PEAK

daywalk Wed 1 Jul
LEADER: Jon Beer 0429636670 on day of walk only

GRADE: SDW-5C
LIMIT: 12
MEET: Fairfield Gardens
DEPART: 6.30 am
CAR KMS: 200 kilometres
MAP: Maroon 1:25000 topographic

Knapps Peak is an isolated mountain of approximately 630 metres in height. It is located about 20 klms from Boonah and is accessed via private property by kind permission of the landowners. The peak itself is in open forest has no outstanding features but does give, because of its vicinity North of Mt Maroon, good if distant views of the nearby Scenic Rim mountains including Mt Barney NP and The Main Range. More distant views can be had of Lamington NP, the Moogerah peaks and The Little Liverpool Range. To make the day more interesting we'll walk around the base to the northern side to ascend then once on top after lunch we'll descend back to our beginning via the southern spur. This is a short walk but one not often done by the club. Refreshments will be back at Boonah. Jon

BUNYAVILLE CONSERVATION PARK

Training Thu 2 Jul
LEADER: Richard Duczmal 0400 744 896
See activity description for Thu 25 Jun.

MT BARNEY FOR BEGINNERS - SE RIDGE

Day Walk Sat 4 Jul
LEADER: Arthur Walton 0418 730 541
GRADE: MDW-7D

LIMIT: 8
BRING: Pg 3 Gear, 3L Water
COST: Petrol Money \$5
MEET: Christmas in July Base Camp
DEPART: 6.00 am
CAR KMS: 200km approx
MAP: Mt Lindesay 1:25000

This walk is being conducted in conjunction with the Christmas in July Base Camp. Priority will be given to capable walkers who have never been up the South East Ridge of Mt Barney before. We will depart the base camp and drive to Yellowpinch where the walk will commence. We will ascend South East Ridge which will lead us up to East Peak. After taking in the views at East Peak (our likely lunch spot) we will then descend to the saddle between East and West peaks. From the saddle we then descend South Ridge and return to the carpark at Yellow Pinch. As with any Barney walk good fitness and stamina is required. There are several exposed areas and the walk involves around 1,100m in elevation gain, so please bear this in mind when nominating.

DAVES CREEK CIRCUIT AND UPPER BALLUNJUI FALLS

Day Walk Sat 4 Jul
LEADER: Diana Norkaitis 0408 700 520
GRADE: LDW-2B
LIMIT: 15
BRING: Page 3 gear, 2+ litres water
COST: Vehicle contribution \$20
MEET: Fairfield Gardens
DEPART: 7:00am
CAR KMS: 220 kms
MAP: Beechmont

This is a beautiful graded track walk in the Binna Burra section of Lamington NP. It combines rainforest, eucalypt forest and heathland, with good views to the southern end of the Numinbah Valley, Springbrook and the coast beyond. We will have the opportunity to do a side trip to climb Surprise Rock for some great views. Another side trip along a graded track to the head of Ballunjui Falls also provides access to the Ballunjui Cascades, Booboora Falls and the view from Gurai-gumai Rock to the north. Together these will provide a graded track walk of ~18 km which is suitable for new members who are happy with the distance.

MT BARNEY FOR BEGINNERS - SE RIDGE

Day Walk Sat 4 Jul
LEADER: John Perry 0432 322 171
GRADE: MDW-7D
LIMIT: 8
BRING: Pg 3 Gear, 3L Water
MEET: Yellowpinch carpark

DEPART: 0600

CAR KMS: 200km approx

MAP: Mt Lindesay 1:25000

This walk is being conducted in conjunction with the Christmas in July Base Camp. Priority will be given to capable walkers who have never been up the South East Ridge of Mt Barney before. We will start from Yellowpinch Carpark where the walk will commence. We will ascend South East Ridge which will lead us up to East Peak. After taking in the views at East Peak (our likely lunch spot) we will then descend to the saddle between East and West peaks. From the saddle we then descend South Ridge and return to the carpark at Yellow Pinch. As with any Barney walk good fitness and stamina is required. There are several exposed areas and the walk involves around 1,100m in elevation gain, so please bear this in mind when nominating.

GOLDEN STAIRS AND PADDYS PEAK

Day Walk Sat 4 Jul

LEADER: Chris Hall 0498 051 811

GRADE: SDW-5C

LIMIT: 12

BRING: Page 3 Gear & 3L Water

MEET: Bigriggen Camp Grounds

DEPART: 07:30 or thereabouts

MAP: Maroon 9441-42

For Xmas in July walkers: Park at Drynans Hut, walk 100 metres then wade across Barney Ck for shoe change. We walk up Drynans Hut Road to the bottom of Golden Stairs, a small creek which we shall follow along side to the head. We leave the creek to walk up to the Golden Stairs, a large rock sheet to enjoy expansive views. A gentle spur leads us up to the crest of Paddys Peak Ridge, then to Paddys Peak with views on the way. Going back to Barney Ck we follow Paddys Peak Ridge back down with views either side. Good offtrack experience for new members with a good fitness level.

MT. MAROON

DAY WALK Sat 4 Jul

LEADER: Kurt Wagner 0413 272 085

GRADE: SDW 5C

LIMIT: 14

COST: \$3.00

MEET: Bigriggen

DEPART: 7.00

CAR KMS: 13km

MAP: 9441-42 Maroon

Mt Maroon Mt Maroon is a prominent 965m peak located in the Mt Barney N.P. An area sometimes referred to as "The Scenic Rim". Located just off the Rathdowney- Boonah Rd. We will ascend via the conventional route, up the north-east ridge

(often referred to as the tourist route, as there are several harder routes), and then scrambling up a gully at the side of some scenic cliffs on our way to the saddle. Once we reach the false peak we traverse rocky terrain with a few steep bits to the true summit. From the top excellent views of Mt Barney and surrounding valleys all the way to Brisbane can be enjoyed during lunch. Return is down Marroon creek with exchange of car keys when we meet Shauns group coming up from there.

MOUNT MAROON

Day Walk Sat 4 Jul

LEADER: Shaun Johnston 0478 124 075

GRADE: SDW-5C

LIMIT: 14

BRING: P3

COST: \$3.00

MEET: Bigriggen Campground

DEPART: 0700

CAR KMS: 20km

MAP: 9441-42 Maroon

Most will be familiar with Mount Maroon (Wahlmoorum or Sand Goanna in local dialect), a majestic, 966 metre, two-humped mountain jutting out of the MacPherson range in Mount Barney National Park. The summit of Mount Maroon, festooned with a cairn of remarkable size, commands spectacular 360 degree views over the surrounding area including Mount Barney, Mount May, Lake Maroon and the Scenic Rim. We will be entering Mount Barney National Park via Drynans Hut and making our way to Paddys Plain before ascending Mount Maroon via Maroon Creek, with a morning tea stop along the way on the slabs of the creek with great views West to Mount May and Barney. At some point during this exercise we will meet Kurt's group and exchange car keys. After summiting and partaking in some lunch and great views, we will make our way down via the Cotswald (or "Tourist") track to Kurt's group's cars.

MT MAROON - SLOW

Day Walk Sat 4 Jul

LEADER: Elena Williams 0439 873 311

GRADE: SDW-5C

LIMIT: 12

BRING: day walk pack, page 3 items, 2-3L water

MEET: Bigriggen camp ground

DEPART: 0830

MAP: Maroon topographic

This walk is part of the Xmas in July base camp. Preference will be given to people on the base camp. We will have heaps of time and we will take our time to climb Mt Maroon. If you have not

climbed Mt Maroon before this is a good opportunity. However please note: the mountain will not be any less steep and there will still be rocks to scramble up, over and down so bear this in mind when nominating. Mt Maroon is a prominent peak of 967m in the Mt Barney National Park. We will walk up the Cotswold Track which is a fairly obvious track up the north east ridge. This is the conventional route up Mt Maroon and is sometimes referred to as the "tourist track". It is quite steep with 600m elevation gain hence good fitness is required. About halfway up the mountain there is a bit of scrambling up a gully beside some scenic cliffs on our way to the saddle. Once we reach the false peak we traverse some rocky terrain with a few steep bits to the true summit. Here we are rewarded with magnificent 360 degree views of surrounding mountains, valleys and Lake Maroon. This is a lovely spot to relax and lunch whilst enjoying the views. We will descend via the same route. This walk is suitable for people with good fitness and is a good introduction to off track mountain walking.

THE STEAMERS

Through Walk Sat 4 -- Sun 5 Jul
 LEADER: Sonja Risa 0412 021 939
 This activity is full.

COOMERA CIRCUIT

Day Walk Sun 5 Jul
 LEADER: Mary Comer 0427 446 000
 GRADE: LDW-3B
 LIMIT: 15
 BRING: Usual day walk gear
 COST: \$20
 MEET: Fairfield Gardens
 DEPART: 6.30am
 MAP: Lamington NP

Starting in the car park at Binna Burra in Lamington NP this 17.4km graded track is mainly in rainforest. We have excellent views to the Coomera Falls and then follow the creek upstream, with several creek crossings, to near the escarpment. Our return is on the Border Track. This is a very beautiful walk with wonderful trees, cascades, mosses and ferns. It is a suitable walk for new members to the club. At Binna Burra the temperature is cooler than Brisbane !

TOOLONA CREEK CIRCUIT

Day Walk Sun 5 Jul
 LEADER: Barry Culley 0415 320 029
 GRADE: LDW-3B
 LIMIT: 15
 BRING: Usual day walk gear
 MEET: Fairfield Gardens
 DEPART: 7am

CAR KMS: 250kms

MAP: Lamington NP

This walk is 17.4km in the O`Reillys area of Lamington NP. We leave the Border Track for Picnic Rock then visit the very beautiful Elabana Falls where we will have morning tea (and a swim if you're game!). The morning is then spent walking upstream along Toolona Creek with it's many waterfalls and "tree gardens". There are some creek crossings but if we are smart we shouldn't get wet feet. Lunch will be taken at Wanungara Lookout overlooking the Tweed Valley and Mt Warning. The walk along the escarpment features many ancient Antarctic Beech Trees. We complete the circuit by returning along the Border Track. The entire walk is in the rainforest.

3 SHORT GLASSHOUSE MOUNTAINS

Day Walk Wed 8 Jul
 LEADER: Jon Beer 0429636670 on day of walk only
 GRADE: SDW-5C
 LIMIT: 12
 MEET: Alderley
 DEPART: 6.30 am
 CAR KMS: 120 klms
 MAP: Glasshouse Mountains 1:25000
 The Glasshouse Mountains about 60 kilometres north of Brisbane accessed from the Steve Irwin Way offer a variety of short and satisfying walks. We'll do 3 of these short "mountains" - Beerburum via 'grassy ridge', Tibberooowuccum 'there and back' via forestry trail with short scramble, and Ngungun in a circuit format. All three give different aspects of the surrounding country and more impressive 'big 3' Coonowrin (Crookneck), Tibrogargan, and the mother of them all Beerwah. Refreshments will be had at a cafe off Steve Irwin Way or at Glasshouse Mountains township.

CHERMSIDE HILLS RESERVE

Training Thu 9 Jul
 LEADER: Stephen Perry 0428 188 151
 GRADE: MNW-2A
 LIMIT: 12
 BRING: Bring page 3 items and torch, water is available at start (end) and Bushland Centre
 MEET: Opposite 421 Trouts Road, Chermshire West
 DEPART: 6.30 pm.

Start on Giwadha track, to Spider Hill, Stringybark track, finish Giwadha track, on road to Pomax track and Milne Hill reserve across animal thoroughfare bridge over Hamilton Road to Raven Street Reserve. Onto Banksia track to Downfall Creek Bushland Centre (water and seats available but toilets are closed), Xanthorrhoea track to

Raven Street Reserve and back to start via Po-max track. On the 11 km walk we will be in reserves that have Grass trees, banksias, casuarinas, weeping myrtles, blueberry ash, small matrush, comb ferns, bloodwoods, rough barked apples, stringybarks and sheoaks. Because of the circular nature of the walk it is possible for anybody to discontinue at about 5 km and 8 km. Depending on the group it is also possible to increase the distance by walking figure eights throughout the intertwined tracks in the reserves. There are seats and tables at the start (also end) for a picnic but you need to bring all food and drinks etc. This walk does not count towards full membership

MT GREVILLE

Day Walk Sat 11 Jul
LEADER: Wendy Spiry
This activity is full.

CHERMSIDE HILLS RESERVE - CHERMSIDE

MINIMAX Sat 11 Jul
LEADER: Steve Cockburn 0421 059 482
GRADE: Minimax 3A
LIMIT: 15
BRING: Usual day walk gear+ 2 litres water.
MEET: Chermshire Hills Reserve Picnic Shelter Cnr of Hamilton Road and Trout Road. Entry on Troutts Rd.
DEPART: 7am

This activity is designed to introduce new members to bush walking and to the Brisbane Bushwalkers club. This Minimax is on a Saturday am and is being held locally in Brisbane and is designed for those new to the club or who might not feel too confident at this point to hit the track system. All are welcome to attend but as this activity is on local walking tracks and off shoots, this activity would suit those who might be keen but feeling a little under confident and beginning the journey into bush walking . Please note we will still be doing hills, some off track bits, different walking surfaces and environs and will cover a fair amount of territory and topics as we move through the Reserve. We will not go above any walk gradings of Terrain 3-4. Being a Minimax, we will be discussing safety, clothing, club protocol, minimal environmental impact, first aid, the clubs grading system etc. We expect to finish well before lunch so bring your morning tea and the "always take" items on p3 of the Magazine.

EAST COUGAL + BOYDS BUTTE

Day Walk Sat 11 Jul
LEADER: Nick Brooking 04 1972 4296
GRADE: MDW-5C
LIMIT: 12

BRING: Page 3 "always bring "at least 2L water, bring a torch.

MEET: Fairfield Gardens

DEPART: 7 am

CAR KMS: 200km

MAP: Sunmap1:25,000 Springbrook

The Cougals are twin peaks in the Springbrook National Park on the NSW border. We'll park the cars at the end of the Garden of Eden Rd, follow the track beside the border fence following a ridge. We get good views as we climb, we can see the summits we intend to reach. Then we enter rainforest and eventually it gets steep and rocky. When we reach a cliff line there is an interesting cave, which we'll have a look at - make sure you bring your torches. A bit of a scramble up an easy cliff break through spear lilies to the summit of East Cougal with great views. Then we'll descend along the east ridge into a saddle and head up to Boyds Butte. This is rougher and less well defined than the route up East Cougal. There's a viewing spot at Boyds Butte. We will return via the same route. Currumbin for coffee. This is a good walk for new members who have climbed a couple of mountains, are fit and don't mind the odd bit of wait-a-while.

MOUNT JOYCE

Day Walk Sun 12 Jul
LEADER: Bernie Ryan 0432 907 275
This activity is full.

MT COOTHA NEW MEMBERS

Minimax Sun 12 Jul
LEADER: Wendy Spiry 0409055000
GRADE: MINIMAXS-4A
LIMIT: 12
BRING: Morning Tea and "always take "on P3
MEET: Slaughter Falls Car Park - Picnic Shelter
DEPART: 7.00am

When you enter Slaughter Falls Car Park drive in as far as you can and you'll see the picnic shelter. This walk is designed to introduce new members to bushwalking and to the Brisbane Bushwalking Club in particular. Mt Cootha has plenty of tracks, both formed and unformed, as well as beautiful creeks. We'll do a variety of terrain from Terrain 2 to Terrain 4. We'll be discussing safety, clothing, club protocol, minimal impact, first aid, and the grading system. I'd expect to finish just before midday. Please nominate online.

TOOLONA CREEK CIRCUIT

Day Walk Sun 12 Jul
LEADER: Diana Norkaitis 0408 700 520
GRADE: LDW-3B
LIMIT: 12

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 it`s 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.

MT MATHESON TRAIL

Short Day Walk Sun 12 Jul
LEADER: Steve Cockburn 0421 059 482
GRADE: SDW-4A
LIMIT: 15
BRING: Usual day walk gear+ 2 litres water.
COST: \$20 Fuel Contribution
MEET: Fairfield Gardens
DEPART: 7am

CAR KMS: Approx 200km

This is a short half day walk suitable for newer club members who are interested in trying out an easier track walk with a few challenges and a few scrambles to make it a little interesting. We will leave Fairfield Gardens at 7am and proceed to Aratula. From here we will proceed to the Pioneer picnic area at Spicers Gap. The road in is gravel and a little steep and rough but 2wd vehicles with reasonable clearance are OK, This walk follows dis-used, unmaintained roads which are almost as good as a graded track, therefore, average fitness will be fine. There is a very short section of scrambling over a rocky steepish area where we will take our time but will be a challenge for new walkers. The views from Governor's Chair and the at other places along the track are magnificent and we will stop for lunch near the end of the walk where the views are excellent. After lunch the walk continues as the Heritage Trail and there are some interesting features of early pioneering days. Back at the car park we can visit grave sites of early settlers in the area. If interested we will stop for a coffee and chat in Aratula. Distance: 8.1 km return Time: Allow about 3 hr walking time

BYRON BAY BASE CAMP

Base Camp Fri 17 -- Sun 19 Jul
LEADER: Bernie Ryan 0432 907 275
This activity is full.

NAVIGATION TRAINING WEEKEND

Navigation Training Fri 17 -- Sun 19 Jul
LEADER: Lynley Murtagh 0414 631 115
This activity is full.

LOWER PORTALS - BARNEY GORGE CAMPSITE CIRCUIT

Day Walk Sat 18 Jul
LEADER: David Haliczzer 0432 901 030
GRADE: MDW-5C
LIMIT: 10
BRING: See Members Handbook
COST: \$25
MEET: Fairfield Gardens
DEPART: 6:30am
CAR KMS: 220
MAP: Mt Lindsay 1:25000

Aim to begin walking at 8am we will go to Lower Portals then following a rough track to Barney Gorge Campsite for morning tea. Afterwards we will follow the creek downstream as far as Barney Falls for lunch. This is a bit of a climb and scramble so may push the grade up a little. After lunch we will make our way back downstream to Lower Portals and back to the cars.

MT CORDEAUX & BARE ROCK

Day Walk Sun 19 Jul
LEADER: Diana Norkaitis 0408 700 520
GRADE: MDW-3B
LIMIT: 12
BRING: Usual day walk gear
COST: fuel contribution \$20
MEET: Fairfield Gardens
DEPART: 7:00am
CAR KMS: approx 200km return

This is a lovely varied 12 km graded track walk from Cunningham's Gap, which would be very suitable for new members. We start the walk with an uphill climb through rain forest until we reach a rocky outcrop just below the top of Mt Cordeaux. Here, where there are wonderful views, we will have morning tea. We then continue gently uphill to Bare Rock where we will have lunch and more views. We return to the cars by the same, now downhill route, and head to Aratula for coffee.

AUGIES LOOP (MT NEBO)

Day Walk Sat 25 Jul
LEADER: Michele Cottrell 0427 579 069
GRADE: LDW-4C
LIMIT: 15
BRING: Pg 3 Gear
COST: \$4
MEET: The Gap Park'n'Ride just before Enoggera Reservoir
DEPART: 8am
CAR KMS: 35km return

MAP: D'Aguilar National Park, South D'Aguilar Section

Augies Loop begins at Bullocky's Dam, just past Jollys Lookout. This is a track walk of 16 km with some loose gravel sections (including some steep sections, up AND down) with 900 metres "rise and fall", over this walk's length. The walk will follow South Boundary Road, Creek Road and Augies Road. There is a creek crossing where we will have lunch beside a shallow, picturesque pool. It is likely to be a 5 to 6 hour walk, including generous breaks. NOT aiming for a fast pace, but the walk requires some stamina. We will pass through wet and dry eucalypt forest, and some rainforest. As we will be walking along forestry roads, we can walk 2 to 3 abreast, (for most of the way), making it easier to talk amongst ourselves as we walk.. There are 12 Apiary sites (bees) along the way, just off the track (just in case anyone is allergic to bee stings). "There will be an opportunity for people to "push themselves" (if they wish), walking up a moderately steep hill, about 1.5 km long. This walk is suitable for all members with a moderate/high level of physical fitness.

LOGAN'S & SAVAGES

Day Walk Sat 1 Aug
LEADER: David Haliczzer 0432 901 030
This activity is full.

MT GREVILLE FOUR GORGES

Day Walk Sat 1 Aug
LEADER: Tania Withington 0458 043 557
GRADE: MDW-7C
LIMIT: 8
BRING: Page 3, minimum 3 litres water
COST: \$20
MEET: Fairfield Gardens
DEPART: 0630
MAP: Mt Alford

Mt Greville is an isolated peak near Aratula approximately 770 m high. It has open eucalypt forest, heath, cliffs, great views and a few interesting gorges. The route will be up Waterfall Gorge to the slabby rocks for morning tea overlooking the Lake, down the gully behind the slabby rocks over loose shale to the bottom of the two gorges, up the right hand Gorge which includes scaling a ten metre wall using a cable cave ladder, traversing the ridge to summit the mountain for lunch. The final descent will include the usual track until we reach a lookout and take a turn down steep shaly gorge until we reach to top and Palm Gorge and head back to the cars. Good skills on loose shaly ground, scrambling skills and comfort with exposure are critical to enjoy this walk.

FLINDERS PEAK VIA SOUTH RIDGE

Day walk Sun 2 Aug
LEADER: Bernie Ryan 0432 907275
This activity is full.

JOLLY'S LOOKOUT TO BOOMBANA

Day Walk Sun 2 Aug
LEADER: Michele Cottrell 0427 579 069
GRADE: MDW-3A
LIMIT: 15
BRING: Page 3 items, 2-3 litres of water
COST: \$4
MEET: The Gap Park'n'Ride just before Enoggera Reservoir
DEPART: 8am
CAR KMS: 35km return
MAP: D'Aguilar National Park, South D'Aguilar Section
WALK DISTANCE: 10km return

Jolly's Lookout is located in the D'Aguilar National Park in the Mt Nebo area. The lookout has spectacular views across the Brisbane valley to the coast line. This is an easy, pleasant, recently cleared, 10km track walk, close to Brisbane with minimal drive time. We will walk Egernia circuit, then Thylogale track which takes us to Boombana Park, where we will stop for morning tea. There are public toilets. We will then walk the short Pitta circuit past a 300 year old strangler fig. We will then return to Jolly's Lookout via the Thylogale Track. There are some great views with 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 break (please bring your own morning tea!). This walk is suitable for new members.

COOMERA CIRCUIT

Day Walk Sun 2 Aug
LEADER: Barry Culley 0415 320 029
GRADE: LDW-3B
LIMIT: 15
BRING: Usual day walk gear
COST: \$20
MEET: Fairfield Gardens
DEPART: 7am
MAP: Lamington NP

Starting in the car park at Binna Burra in Lamington NP this 17.4km graded track is mainly in rainforest. We have excellent views to the Coomera Falls and then follow the creek upstream, with several creek crossings, to near the escarpment. Our return is on the Border Track. This is a very beautiful walk with wonderful trees, cascades, mosses and ferns. It is a suitable walk for new members to the club. At Binna Burra the temperature is cooler than Brisbane !

Walking Conservation of Energy

At NOLS, (National Outdoor Leadership School, Lander Wyoming USA) <http://www.nols.edu>, we would present the concepts of conservation of energy to our students on the very first day. I worked there from '77-83, when I was fresh out of college. We would take expeditions of 15 students and three instructors into the wilderness for five weeks at a time in summer, and up to three weeks in the winter. I imagine that there have been some refinements since then, but this is what I incorporate into every step I take on the trail. I hope you find some of this useful to you as well.

The orientation of these concepts is not to get to the top of a mountain or pass first, although if the climb is sustained enough, you may do so, but to get anyone to the top of anything, or hike through with the energy and capacity to continue on for the rest of the day.

Pace:

The pace at which you walk is governed by your breathing, and not the other way around. Pick a pace where your breathing is comfortable and relaxed. If you find yourself breathing too hard, or having to stop to catch your breath, you need to slow down. Everyone is different, but for me, when I am climbing everything but the steepest ascents at a high altitude, I take two steps with every in and two steps with every out breath. On the flats, I tend to take three steps for each in and three for each out. This is why I often hum a waltz to myself as I hike along.

The Rest Step:

The Rest Step is a way to give your muscles a little break with every step of a climb by momentarily transferring all the weight your leg is bearing to your skeletal system. To do this, your entire sole of your foot (or a large majority) has to be in contact with the ground. No toe walking. At the end of each step, straighten your leg all the way until your knee locks. This transfers all the weight onto your bones. Keep your resting leg straight like this while you place your other foot. The benefit can be illustrated by the following example: Imagine a section of trail that takes 500 steps to get up. If you "rest" for 1/2 second every time you place your other foot, by the time you get to the top, you have rested 250 seconds, or about 4 minutes during the climb. Not bad! You will get to the top and can keep going, while others not using the technique will want to take a short break to catch their breath (about 4 minutes will do for them), and you will be four minutes down the trail.

Do your best to not stop for minor reasons:

Stopping and starting uses up a lot of energy. This means, leave enough room between you and the person in front of you, where you can keep moving even if they come up short momentarily. If you need to, continue with the same pace, but adjust the length of your steps (shorten them) until the person ahead starts moving again.

Foot Placement:

1. Keep as much as the sole of your foot as you can on the ground as you step. As mentioned above, toe walking uses far more energy, and precludes the use of the rest step. If the grade is not too steep, this means just getting a good calve stretch with every step. Ahhh, relaxing! As the trail steepens, search out foot placements where you can get your foot horizontal enough to use the rest step. Be careful to step in such a way that you do not roll a rock out from under your foot. If need be, turning the foot across the grade, and walking in traverses can "flatten out" a steep grade. Be careful to not roll your ankle on something loose.

2. When climbing and descending, breaking a large step up or down into smaller steps is a goal to keep in mind. Use the natural features of the trail to do this where possible. Sure you can muscle up a big step if you need to - but when you go up or down a stairway, do you find taking the steps 2 at a time easier and more relaxing than one at a time? I didn't think so.

3. Scout the foot placements of the person ahead of you. Use them if they look like they will work, or break them up into smaller steps if you need to.

4. Avoid loose or slippery situations. It takes a lot of energy to correct for a slip or fall. With wet roots and rocks, or dry pebbly and loose rocky trails, take extra care. In loose and slippery situations, pick places where your foot is the most level, and cannot move too far if it slides. Step on the up hill side of loose objects, preferably with a part of your foot on something solid as well. With wet roots and rocks, find features that will cup your foot as you step, or step to use the soil between the roots.

5. When descending, lean forward and bend your knees, to keep your centre of gravity over your feet. This may mean taking shorter steps. Leaning back as it gets steeper will make your footing less stable, and invites a slip or fall. If you get to a very steep or large step down, sometimes it is more secure to turn around and face the ground/rock while stepping/ down climbing backwards.

Micro route finding/altitude gain and loss:

For the vast majority of people, going up is more work than going down. The idea here is to pick a route as you walk where you do not have to lose the altitude you have gained unnecessarily, and waste that effort. In the course of a long hike, the extra centimetres can add up. Compared to someone not paying attention, you can do the same walk as they, and you will have climbed many meters less than they have at the end of the day. In some situations, especially if the hike is long and/or you are carrying a heavy load, this can make a significant difference to your over all energy level. Examples of this are things like: Stepping over a rock or log in the trail instead of up onto it and then down again on the other side, Walking around an obstruction like a stone wall or boulder, Traversing around a dip, or stepping across it instead of down into it and up out of it, Using the features of the trail to help you maintain or climb (if the trail is trending up) as it leads you along. Taking a few extra steps on the level is easier than working your body and load up something, just to drop down it on the other side. Similar things are true when descending. If the trail is trending down, avoid going up, even if it is just for one step.

Leave enough distance ahead of you to scout where that person is walking. Choose to follow their example, or not, depending on your judgement.

Macro route finding:

All this applies to off trail as well. There is the added component of route finding. The group is organized by the leader, and the navigator(s) will be choosing the general route, and the entire group must be aware of what it is. In my experience, it is poor practice to rely on only one person to navigate. The person out front is not necessarily the leader. (I like to "lead from the rear", unless the route finding is particularly tricky or exposed.) As Scout, they need to understand where the general route is, and will be doing the most scouting and thrashing about in the bush. The second person hangs back several steps, observing, and then smooths out the route by choosing to follow, or to diverge momentarily if energy can be saved. The others then follow along, while applying conservation of energy principles. If the route is particularly challenging, the members may take on different roles as they leapfrog each other with easier routes.

Trail organization:

I add this section as it really is about conservation of energy of the entire group. It uses much time, energy, and resources, and potentially puts others at risk, to look for missing / injured people, or other situations that require group coordination. This is a safety issue I feel very strongly about. The overall rate of the group, especially in situations of poor visibility and tricky terrain / navigation, is determined by the person in the REAR. The over arching principle is that every person keep the next person behind them in sight. If they loose sight, they slow down or stop until everyone is accounted for. If the route is really challenging, risky, or the weather really bad, for example, then the group needs to be tighter than that, and in some cases, the person in front keeps the last person in sight. This is important at trail junctions or other turns as well. There are many, many examples of hikes going from fun, to search and rescue missions, because the group was not moving according to this principle. This almost happened on the last hike I was on. The group had gotten split between faster and slower, and there was a few minute gap between the front party and the rear party. It was late in the day, the sun was going down, everyone was anxious to be in camp. One person between the parties missed the campsite turn off completely. They had just kept walking down an old fire road that we had been on only for the last five minutes, believing the first section of the group was still ahead of them. But luckily, when the second half of the group arrived in camp, it was realized that this person was not in present, and someone was able to see them, and call them back just as they were getting out of sight and ear shot. In another 30 seconds, no one would have known if they were still behind the group in the bush, or down the road in either direction. Instead of making camp, we all might have had to mobilize to find this person, potentially into the dark.

So there you have it; the basics of conserving energy and having a fun and safe time hiking in the bush.

Joshua Gordon



A NOTE FROM THE EQUIPMENT OFFICERS

Jenny Howell and Elena Williams are pleased to introduce themselves as the new Equipment Officers for the club and will share this role.

Regarding the borrowing of equipment, members are reminded of the following:

- Up to 4 items may be borrowed with a maximum charge of \$10.
- Equipment will be charged per fortnight ie. between the 2nd and 4th Wednesday of each month.

Jenny and/or Elena will attend the meeting hall every 2nd and 4th Wednesday of the month at 7.30pm to facilitate member's collection and/or return of equipment.

Recently there have been some lengthy delays in the return of equipment. Please return equipment asap after use, ie. the next Wednesday when an Equipment Officer will be at the meeting hall. Fortnightly charges will occur until equipment is returned. Equipment is often reserved or required by other club members so please consider this and do not "hog" gear. Please email or phone the Equipment Officers with any problems, concerns or delays in returning of equipment.

Equipment may be borrowed for private use but will depend on availability. Club activities take priority and our newest gear will be reserved for club activities. Each item will be charged separately and per fortnight. Please refer to charges on page 2 of this magazine.

Jenny and Elena look forward to assisting people to get out and enjoy their bushwalking. Any questions regarding equipment, bushwalking or throughwalking they are very happy to assist.

Many thanks from the Equipment Officers.

Some internet links for interesting articles and reviews

I read this online mag, Trailgroove, and thought some of the members might be interested. It does gear reviews and reports on walks, mainly overseas, but I have seen a couple of Aussie walks featured.

This is the link to it: www.trailgroove.com

Jim Jeavons

Editor note: The link to the magazine page works OK but I found some of the review articles very slow to load. Nevertheless, it may be worth the wait. Eg, I found the review on Sea to Summit Ultralight Insulated Mats to be interesting.

Another review site I like is Outdoor Gear Lab www.outdoorgearlab.com

NEW MEMBERS

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

Rebecca Austin	Sue Batten	Pietro Borghesani	Roland Borsody
Andrew Bryant	Joshua Caldwell	Timothy Carter	Glenn Cruickshank
Dennis De Pellegrin	Warren Finch	Kevin Flynn	Karen Foster
Maree Hobbins	Rosie Jurica-Brown	Virag Kishazy	Carla Laguardia
Simon Lee	Eril McNamara	Fabio Moretto	David Parker
Katrina Robinson	Brian Statham	Paul Steward	Peter Wassenaar

Congratulations to the following who have become Full Members:

Sonja Boden	Daniel Cirsky	Lisa Fleming	Peter Grace
Christina Lando	Suresh Radhakrishnan	Julie VanDore	

MONTHLY MEETINGS

It appears that there are some committee members with strong views on attempting to reduce their work load by reducing the club meetings to one per month.

Our club is a large club with an abundance of opportunities because it comprises of a group of caring people with a broad range of interests and skills pivotal on a common interest of environmental appreciation and preservation.

Over the years this growth developed due to the passion members generate from one and other and to close the doors to a chance to catch up with each other is in my opinion a significant retardant to the club's welfare and member's comradery.

Management committee members should be aware it is a privilege and honour that members entrust you (us) to develop the club's welfare in as many ways as possible. Further, that your involvement is voluntary and you have no obligation or motivation more than what your personal resources permit or is convenient for you for the time being.

There are other members who are able and always willing to contribute to our club. This is the passion of being involved and it is important for us to foster this passion by giving as many opportunities as possible TO members to get together and communicate.

Let's Reinvent the Wheel (the way it was a few years ago)

The club has two meetings per month – 2nd and 4th Wednesday at 7.30pm.

2nd Wednesday – Open Night

Induction for the new members and enquiries are attended.

Nothing is necessarily organised. Members roll up and do their business, hire gear, maybe buy something whatever's going.

Have a few informal announcements. Pay subscriptions whatever. Even a few impromptu slides. Have a cuppa about 8.30pm etc. enjoy the comradery.

4th Wednesday – General Meeting

Hold the meeting briefly. Present a feature (if practical), and all of the above as per the open night.

Having two meetings a month allows the club's management to process more smoothly, be co-ordinated and be kept up to date.

Duty of Commitment.

The committee should recognize the club's objectives (clause 3 of our rules) which includes among others:

1. To encourage, foster and maintain bushwalking and **associated pastimes as activities for recreation**; and
3. **To promote social interaction**, education and generally acceptable behaviour for members and associates of members.

Any closing of the doors to member's opportunity to personally interact does not make sense and must be seen to be in conflict with what we have undertaken to provide to our members.

Please remember it is all voluntary and no one is forcing you to attend a meeting, so why be selfish and withdraw the pleasure others might get developing their passion to be involved with BBW.

Thomas Cowlshaw
(BBW Treasurer)

Feedback Session on Club Meeting Structure and processes

Next meeting - 7.30, 24 June 2015

Following feedback from our club survey last year, we have recently trialled having one meeting a month for the months of March, April and May. This certainly put less demands on everyone and had some benefits by concentrating / compacting our efforts with a high attendance experienced at the monthly meeting.

To date, we have received some feedback that suggests there have been some significant practical issues associated with not having the two meetings and I would refer you to Jon Beer's letter to the editor in the April BBW club magazine which articulately put the case for a reversion back to two meetings a month. I would recommend you read this. Some of these significant issues are:

- Club Gear Returns and borrowing need to be done regularly.
- Library resource returns.
- Large numbers of new members signing up causing backlogs in the new members registration processes. It appears that two meetings are needed to adequately process the new applicants.

We need to consider how we can best meet these needs and vital club requirements and processes and also meet the needs of the wider club membership. We invite you to come along to our next meeting to hear your views and give feedback from you about this. We also welcome your ideas on how we can structure our meetings to adequately meet our club requirements and also meet other needs of the wider club community. We also invite you to become involved and contribute to, and at, our meetings.

Please come along with an open mind and solutions focus and give your contribution. We as a Committee can then plan for our future way of meeting and addressing our club meeting processes, business requirements and social aspects. Please also remember that we are all volunteers with a variety of time limitations. The more you contribute, the better our great club will be and become and the more you will receive in return. Please consider what you are able to contribute to this and our other Club needs.

If you are unable to make the meeting please feel free to email me and I will read out your feedback and contribution on the night so you will be part of the group process.

My details are - vicepresident@brisbanebushwalkers.org.au

Steve Cockburn

Guest Speakers

Wednesday 24 Jun Slides from Tasmania

Richard Lukacz & Ros Firster

Ros and Richard will give a slide presentation on their recent trip to Tasmania (10 minutes) & Overland Track (6 minutes). Includes Maria Is. Tasman Peninsular, Mt Anne & Frenchman's Cap, Mt. Field.

Wednesday 8 Jul Conquering Kilimanjaro

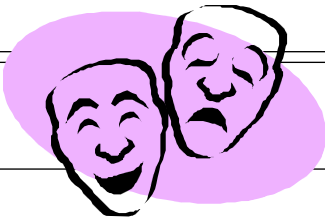
Jarrah Gard and Tamara Messinbird

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".



Out & About

HIMALAYAN CAFE

Social Fri 26 Jun
LEADER: Karen & Bernie Ryan 0432 907 275
MEET: 640 Brunswick St New Farm
DEPART: 6:30pm

New Farm's 'Himalayan Cafe' is a wonderfully authentic Nepalese and Tibetan restaurant that serves a tasty range of traditional cuisine in a relaxed setting. Sit inside on cushions by the Himalayan prayer wheel or on the tables and chairs in the outside dining area. In keeping with Nepalese culture there is a massive range of vegetarian dishes on the menu, as well as beautifully fresh seafood and premium meat dishes in generous portions. Try the creamy sherpa chicken curry or the wonderfully tender goat stew.

K2 - BBW GEAR NIGHT

Social Wed 19 Aug
LEADER: Chris Hall 0498 051 811
LIMIT: 30
BRING: Questions, wish lists and wallet.
MEET: 140 Wickham St, Fortitude Valley
TIME: 6:00pm

TENTATIVE DATE CLAIMER AT THIS STAGE (Text below from previous nights at K2) K2 has generously offered to put a gear night on for BBW Members. These nights are a great opportunity to learn from people that know the gear and also use gear on a regular basis. Preference to Ordinary membership holders then Provisional members and lastly to those that have already attended a gear night in the last 12 months. Get in quick!

XMAS IN JULY

SOCIAL Fri 3 -- Sun 5 Jul
LEADER: Kurt Wagner 0413 272 085
LIMIT: 50
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

Magazine Collating

Magazine collating is at Ros Firster's & Richard Lukacz' at Coorparoo on Thursday 16th July 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 3901 7707 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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