

The **BRISBANE BUSHWALKER**

June 2008



BRISBANE BUSHWALKERS MONTHLY NEWS



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

www.bbw.org.au

PRICE PER ANNUM \$20.00
(included in Club Membership fee)

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

COMMITTEE MEETINGS: The next committee meeting to be held at 7.30pm on **Wednesday 4th June** is at Tom Cowlishaw's at 47 Samford Rd. Alderley. Ph: 3856 4050. All members are welcome to attend.

MAGAZINE: *It is preferred that leaders submit pre-trip descriptions via the leaders page on the web site.*

Articles may also be submitted by e-mail or CD (RTF format). Typed or clearly printed copy is acceptable. Articles may be given to the Editors at any meeting, or mailed to: Editor, Brisbane Bushwalkers Club Inc. GPO Box 1949 Brisbane 4001 or Fax 3274 6782.

Pre-trips will be given first priority, then articles in order of receipt (subject to available space). The editor reserves the right to edit or reject copy where necessary.

DEADLINE for the July magazine is the Open Meeting **Wednesday 11th June**
Pre-trip descriptions for all activities please!

website

www.bbw.org.au

email

editor@bbw.org.au
outings@bbw.org.au

Cover Photograph

"Tea and scones at Mt Mitchell"
by Kay Byrne

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

EPIRB: An EPIRB is available for loan on club activities. The EPIRB is free of charge to leaders.

GPS: A GPS is available for loan on club activities. The GPS is free of charge.

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

*All equipment may be booked for hire by phoning the Equipment Officer.
Pre-booking will ensure availability.*

LIBRARY

Books, Maps and Magazines are available for loan between meetings. A fee of 50^c per item is required. Late fees do apply.

MEMBERSHIP FEES

Annual membership falls due 31st January.
Fees include magazine subscription.

Full Members: Singles \$48.00 per annum
Couples \$76.00 per annum

Probationary Members:
Nomination fee \$30.00 per 6mth

FIRST AID CERTIFICATES



BBW will refund 50% of the cost of a recognised First Aid certification course for full members. Show the receipt and give a photocopy of the certificate to the Treasurer.

Club Officials

President	Tom Cowlishaw	3856 4050	Photographic	Jo Iriondo	3892 7640
Vice President	Narelle Haling	3857 4263	Librarian	Burgi Wagner	3325 0629
Secretary	Ian Marlow	3207 1750	Abseil Co-ordinator	John Granat	3265 5404
Treasurer	David Sydes	3318 4085	Members Register	Shirley Peadon	3892 4641
Outings	Elaine Beller	0417 069 366	Website Admin	Gary Curtis	3801 1311
Safety & Training	Kay Byrne	3397 1021	Editors	Eugene Hedemann	3359 3114
Membership	Ray Glancy	3343 8854		Jenny Zohn	3272 2732
Social	Carrol Helander	3396 8652		Elaine Beller	0417 069 366
Equipment	Greg Long	3841 1720	Contact Officers	Tom Cowlishaw	3856 4050
				Greg Long	3841 1720

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

Example — FSDW-3B

Family (F)

Short Day Walk (SDW)

Graded track with obstacles (3)

Easy (B)

ACTIVITY	ABSeil; Base Camp; Day Walk; Through Walk; Easy Through Walk; Night Walk; SOcial Activity; KaYaK; CYCle; Safety & Training; Federation Mountain Rescue; ROGaine.
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FAMILY	Family — Family Group conditions; contact Leader
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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 download from the BBW website)

- Nominate for an activity on the clipboard list at the meetings. 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 meetings contact the leader (who keeps the list).
- 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. These may vary depending on several factors, but for the average car you should expect to contribute 9c/km per person. Trips needing 4WD or extra space for gear tend to cost more. 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 \$4.50 per person per night. (The leader will provide details.) NSW National Parks also charge \$7 per vehicle per day.

ALWAYS TAKE: **Membership Card;** Food & Water*; First Aid Kit; Sunscreen; Torch; Whistle; Paper/pencil; Warm Clothing; Raincoat; Sun Hat. Don't forget a change of clothing & shoes for after the walk.

*Water allowance, where noted, is the minimum the leader recommends.

PROGRAM

ALWAYS TAKE YOUR MEMBERSHIP CARD WITH YOU

Refer to previous page for a list of the minimum items required to take on a Day Walk

May

28 Meeting Feature: Camp cooking

30-1	MTW-6C	The Steamers	David Thorpe	32893773
31	MDW-2A	Bribie Island, Southern Tip	Kay Byrne	33971021
31-1	MTW-5C	Cordeaux to Castle - 'one way'	Jon Beer	38651808
	KYK/MDW-3B	Moogerah Dam	Irena O'Donnell, Peter Hunt	3843 5522

June

1	MDW-4C	Glasshouse Mts. Mt Beerburum, Mt Ngungun, Mt Coochin	Eddie Chappel	32619337
	MDW-5C	Byron Creek Circuit Mt Mee State Forest	John Stevens	0431 929 466
3	MDW6	Mt. Bell	Brian Randle	32662932
	SOCIAL	Otello	Peter Hunt	3351 3642
6-9	STW-6D	Sixth Annual Barney Four Day Classic	John Hinz	3846 1432 (H/W)
7	MDW-2B	Noosa National Park	Greg Long	38411720
	MDW-2B	Daves Creek Circuit	Ray Glancy	3343 8854
7-9	MBC-5C	Sundown Nat. Park	Peter Hunt	33513642
	MTW-4C	Girraween Rock Experience	Sue Rogerson	
8	SDW-3C	Glasshouse Mtns-Mt Ngungun	John Shields	32646565
	MDW-6C	Mt Maroon - Cave Route	John Dwyer	3844 9213
9	MDW-6C	Mt Maroon South Ridge "Reverse Circuit"	Jon Beer	38651808

11 Meeting Feature: Antarctic Author Lynette Finch

13-15	MBC-5C	Rimfall Base Camp	Dawn Glancy	3343 8854
14	MDW-4/5B	Mt Coot-tha	Marion Darveniza	3378 4031
	MDW-5C	Neglected Mountain	Cath Carkeet	3357 5607
15	MDW-4C	Upper Portals	Jenny Zohn	
	MDW-5C	Love & Cedar Creeks	Paul Gorell	
	MDW-6C	Leader Training - Northbrook Gorge	Kay Byrne	33971021
20-22	MBC-3B	NEW MEMBERS BASE CAMP - Brisbane Forest Park	Ray Glancy	33438854
	MTW-6C	The Steamers	David Thorpe	32893773
21	SDW-5C	Mt Greville	Kevin & Leanne Pinter	32733517
21-22	MTW-6C	Mt Maroon South Ridge Through walk	Lou & Marion Darveniza	3378 4031
22	LDW-4C	Sunshine Coast Great Walk-Flaxton to Gheerulla Circuit	Eddie Chappel	32619337
	SDW-5C	Mt Moon - Leader Survey	Jon Beer	38651808
	MDW-5C	The Cougars	Nick Brooking	3262 5244

25 Meeting

27-29	LBC-7E	Mt Barney for First Timers Weekend	Brian Randle/Lynsey Moore/Drew O'Brian	33666135
28-29	MTW-8D	Logan's Ridge, Mt Barney- Through walk	Lou & Marion Darveniza	3378 4031
	MDW-4C	Mt D'Aguilar via Piper Comanche SURVEY	John Shields	32646565
	MDW-5C	Mt. Greville for the Vertically Challenged	Jenny Zohn	
	MDW-5D	Wilson's Peak via Verandah	Paul Gorell	

July

4-6	WALKNWORK	Mt Glorious Barracks	John Shields	32646565
	LROG-5C	NavShield 2008	Peter Lock	3351 1184
	MTW-6C	The Steamers	David Thorpe	32893773

PROGRAM

ALWAYS TAKE YOUR MEMBERSHIP CARD WITH YOU

Refer to previous page for a list of the minimum items required to take on a Day Walk

5	MDW-4C	Mt Zahel	Mary Comer	38446231
	MDW-7D	Mt Barney via S & SE Ridge	Kevin & Leanne Pinter	32733517
6	MDW-5C	Oaky Creek South Branch	John Stevens	0431 929 466

9 Meeting

11-13	MTW-6C	The Steamers	David Sydes	33184085
	MTW-7D	Mt Barney - Midget Ridge Throughwalk	Jon Beer	38651808
12	SNW-3B	Koala Bushland	John Stevens	0431 929 466
13	MDW-2C	Mapleton Falls to Ubajee Lookout	John Shields	32646565
	MDW-5C	South Kobble Creek via Knoll 560	Paul Gorell	
	MDW-5C	Mt Maroon for the Vertically Challenged	Jenny Zohn	
18-20	LDW-6D	Mt Barney for the Vertically Challenged	Jenny Zohn, Co-Leader Brian Randall	
	SOCIAL	Xmas In July - Mt. Glorious	Burney, Carroll Helander	
				38693261,33968652
19	SDW-4B	Beaudesert Historical Society- Shepherds Walk	Kay Byrne	33971021
20-6	LTW-4D	Larapinta Trail	Julie Moore	3353 5641

23 MEETING Feature: RACQ CareFlight Rescue

August

22-24	MBC-5C	Rimfall Base Camp - Second Camp	Ray and Dawn Glancy	3343 8854
29-31	MBC-2B	Goomburra New Members Base Camp	Ray Glancy	3343 8854

MEMBERSHIP CARDS

BBW walk leaders will need to see your membership card at the start of all walks, so PLEASE have it with you! You may be refused participation in an activity if you cannot prove your membership status.

Increasing Your Navigation Skills

I recently attended a new members base camp and had a number of enquiries regarding learning to navigate. We did direct them to the safety and training courses that BBW hold but there is also available the Qld Rogaine Association that have three or four rogaines a year and this is ideal to improve on your navigation skills.

Rogaining is the sport of long distance cross-country navigation, in which teams of two to five people visit as many checkpoints as they wish in a set time period. The classic rogaine is 24 hours in duration, however, there are also shorter events of 6, 8 and 12 hours. Of course you do not have to be out for the whole time. Teams may return to the Hash House as often and for as long as they wish for food, rest, sleep or socialising. Many teams enter just for a few hours of relaxed navigation practice and don't worry about the competitive aspect. It is exciting when your clever navigation actually gets you to a checkpoint.

Perhaps people can get a team together and enter. The next events are as follows:

- July 5th - 8 hours
- September 13th - 12 hours
- October 11th - 6 hour metro

The QRA web site is www.qldrogaine.asn.au

Lynley



Coming Trips

MEETING - CAMP COOKING

LEADER: Picnic Pete

EMAIL: peter@rock.id.au
A few members will demonstrate their favourite camping recipes. If you would like to cook please co-ordinate with Picnic Pete before the meeting. Otherwise, bring your spoon!

THE STEAMERS

Throughwalk Fri 30 May - Sun 1 Jun
LEADER: David Thorpe 32893773
MOBILE: 33617642 (w)
EMAIL: david.thorpe@lion-nathan.com.au
GRADE: MTW-6C
LIMIT: 8
BRING: Warm gear
COST: \$9 camping+fuel
DEPART: 8pm BP servo Aratula after dinner
CAR KMS: 400km.approx.

This is a classic cold winter throughwalk in the Main Range NP. We start on Friday night with dinner at Aratula then head off to our first night's campsite. Sat. morning we start with some steep ups which gets us to the Funnel and Mast for morning tea then up to the Stern to see the view of the Steamers shown by Ian Marlow on our website. After lunch we climb Mt. Steamer for views of the area then descend to the Steamer Saddle for our second nights camping. On Sun. morning we follow the Main Range north to Davies Ridge where we drop our packs and with morning tea and essentials in hand climb to Lower Panorama Pt. then up to Panorama Point for great views of the area. We return to the packs for lunch then walk down Davies Ridge to the cars. This is not suitable for a first time throughwalk. 4Wd access is needed.

BРИБІ ІСЛАНД, ПІВДЕННИЙ КІНЦЬ

Day Walk Sat 31 May
LEADER: Kay Byrne 33971021
MOBILE: 0429924726
EMAIL: kby51515@bigpond.net.au
GRADE: MDW-2A
LIMIT: 16
BRING: Usual day walk gear p.3
This activity is full.

CORDEAUX TO CASTLE - 'ONE WAY'

Throughwalk Sat 31 May - Sun 1 Jun
LEADER: Jon Beer 38651808
GRADE: MTW-5C

LIMIT: 8
BRING: Party food!
COST: transport costs and camping fees
CAR KMS: 220?
MAP: Cunninghams Gap and Townson
1:25000 topographic maps
TRANSPORT: pre-arranged - leaving Friday pm -
note 3 vehicles required!
This activity is full.

MOOGERAH DAM

Base Camp Sat 31 May - Sun 1 Jun
LEADER: Irena O'Donnell, Peter Hunt 07 3843
5522
EMAIL: iodonnell@slc.qld.edu.au
GRADE: KYK/MDW-3B
LIMIT: 25
BRING: base camp gear, no tents required,
kayak/canoe
COST: \$27.50 cabin accom
DEPART: 7am Fairfield Gardens
CAR KMS: 220

MOOGERAH DAM PADDLE:Mt Mathieson Track
This is a soft option base camp staying in cabins at Camp Laurence located on the shores of Lake Moogerah. The water has returned after recent rain and we can again explore this picturesque lake and surrounding area. Saturday will be a day paddle with lunch at the dam picnic area before returning via a secluded gorge. You will encounter mountain scenery and abundant birdlife - don't forget to pack the camera. Cabins have foam mattresses so only a sleeping bag is required. Amenities include flush toilets and hot showers. Please bring all your food and cooking equipment. We will have the use of an undercover area with tables and chairs but no kitchen facilities. Sunday we take a short drive to Spicers Gap for a day walk on Mt Mathieson circuit. The walk is on a rough graded track with a mixture of rainforest and eucalypt forest. The walk leader will be Peter Hunt.

GLASSHOUSE MTS. MT BEERBURRUM, MT NGUNGUN, MT COOCHIN

Day Walk Sun 1 Jun
LEADER: Eddie Chappel 32619337
MOBILE: 0432733847
EMAIL: edwin.chappel@bigpond.com
GRADE: MDW-4C
LIMIT: 12
BRING: As per Mag, 2 litres water
This activity is full.

BYRON CREEK CIRCUIT MT MEE STATE**FOREST**

Day Walk Sun 1 Jun
LEADER: John Stevens 0431 929 466
GRADE: MDW-5C
LIMIT: 12
BRING: Usual day walk gear & at least 3 litres of water
DEPART: 7am Alderley
CAR KMS: 120
MAP: Laceys Creek 1:25,000
MT BYRON 1:25,000

This walk starts from Peggs Road. After walking on the road for a short distance, we'll follow a logging track down to Byron Creek. We'll then walk down Byron Creek until we reach a waterfall where we'll have lunch. After lunch we'll follow the creek for another hour until we reach a logging road that will take us back up to the cars. This is a very pleasant walk, with plenty of shade and many swimming holes. At least half the distance is within the creek bed and requires some rock hopping. It can get slippery on a wet day. Nominate direct to leader.

SIXTH ANNUAL BARNEY FOUR DAY CLASSIC

Through Walk Fri 6 - Mon 9 Jun
LEADER: John Hinz 3846 1432 (H/W)
EMAIL: johnhinz@optusnet.com.au
GRADE: STW-6D
LIMIT: 5 including leader
BRING: Light through walk gear
COST: NP camping fees + car costs
DEPART: 5:30pm TBA on Thursday night 5 June
MAP: Maroon, Mount Clunie and Mount Lindesay 1:25000

Note - no list to be kept at meetings. Nominate directly with leader by email or phone. This is the sixth year that a hardy band of BBW walkers will be venturing into the Mt Barney area for a four-day scenic tour. On Day 1 we will depart from Cleared Ridge, then climb Montserrat Lookout for a good perspective of our future route, before traveling via Cedar Pass to reach the Ballow Range. We then travel south west along the range to our camp on Junction Peak, after taking in the excellent views from Double Peak on the way. The next day should be shorter, and involves descending to our camp at the T-junction on Mount Barney Creek via a long rain forested ridge. Sunday will involve traveling up the creek a short distance, before ascending Gwyala Peak via its south-west ridge. We should get some views on the way up, as well as from an open slab on the northern side of the peak. A long and gradual descent in open forest will provide inter-

esting views towards the main Mt Barney massif. Camp tonight will be on Mt Barney Creek. Our last day will involve some rock hopping in the creek, before following some well worn foot tracks back to the vehicle at Cleared Ridge, concluding a very memorable walk. Come along if you're looking for a challenge and are an experienced and fit through walker.

NOOSA NATIONAL PARK

Day Walk Sat 7 Jun
LEADER: Greg Long 38411720
MOBILE: 0408264763
EMAIL: longmg@netspace.net.au
GRADE: MDW-2B
LIMIT: 15
BRING: Usual day walk gear
MAP: Noosa NP brochure from EPA shop or www.epa.qld.gov.au

This activity is full.

DAVES CREEK CIRCUIT

Day Walk Sat 7 Jun
LEADER: Ray Glancy 3343 8854
MOBILE: 0419 719 480
EMAIL: rayanddawnglancy@yahoo.com.au
GRADE: MDW-2B
LIMIT: 15
BRING: Usual Page 3 daywalk gear
DEPART: 7am Fairfield Gardens
CAR KMS: 220 kms
MAP: Beechmont
MEMBERSHIP CARD: You must bring your membership card to go on this walk

This medium length walk is especially suitable for new members. There is ample time to stop and look at anything interesting along the way. This walk has a fascinating variety of forest and heath and descends through Nixon's Creek Valley out onto Daves Creek Country. The track passes through rainforest, tall eucalypt forest, and montane heath. At the lookout, we will see spectacular views down the Numinbah valley (weather permitting), and then it's back to Binna Burra via Tullawallal Circuit and then to a cafe for coffee and cake.

GIRRANEEN ROCK EXPERIENCE

Through Walk Sat 7 - Mon 9 Jun
LEADER: Sue Rogerson
MOBILE: 0400 784 745
EMAIL: bbwwalks@yahoo.com.au
GRADE: MTW-4C
LIMIT: 6
COST: \$40 petrol + \$14.5 camping + vehicle fee of \$7

This activity is full.

GLASSHOUSE MTNS-MT NGUNGUN

Day Walk Sun 8 Jun
LEADER: John Shields 32646565
EMAIL: johnshields@netspace.net.a
GRADE: SDW-3C
LIMIT: 15
BRING: Usual p.3 + 2lt water
CAR KMS: 80-100
MAP: Glass House Mtns
RESERVES ACCEPTED: SELF SERVE NOMI-NATIONS PREFERRED

This activity is full.

MT MAROON - CAVE ROUTE

Day Walk Sun 8 Jun
LEADER: John Dwyer 3844 9213
MOBILE: 0408 077 491
EMAIL: john@mountainmojo.info
GRADE: MDW-6C
LIMIT: 8
BRING: Usual Day Walk Gear
MAP: Maroon 1:25000
This activity is full.

MT MAROON SOUTH RIDGE "REVERSE CIRCUIT"

Day Walk Mon 9 Jun
LEADER: Jon Beer 38651808
GRADE: MDW-6C
LIMIT: 8
DEPART: 6am Fairfield Gardens
CAR KMS: 250
MAP: Maroon 1:25000 topographic
NOMINATE: direct to leader

Mt Maroon is located in the Mt Barney NP south southwest of Brisbane near Boonah. This version of Mt Maroon South ridge is virtually the reverse of the usual South Ridge walk. We'll walk 'around' the mountain to the Paddy's plain area where we'll go up the main western gully and then to the summit. Descent will be via South Ridge, down a 'ramp' from near the top and then contour over to the ridge and back to the bottom. The advantage of doing the walk in this direction is that descent is shorter and takes less time. Highlights include the usual close views of Mt Barney and the 360 degree panorama from the summit.

RIMFALL BASE CAMP

Base Camp Fri 13 - Sun 15 Jun
LEADER: Dawn Glancy 07 3343 8854
MOBILE: 0418 778 369
EMAIL: rayanddawnglancy@yahoo.com.au
GRADE: MBC-5C
LIMIT: 20
BRING: Linen, food, daywalk gear, 4WD (if you have one), pooled dinner Saturday night (to be pre-arranged)

COST: \$38 per person for 2 nights accommodation + car contribution (if pooling)
CAR KMS: approx 220 kms
MAP: Lamington
MEMBERSHIP CARD: A current Membership Card must be carried on this activity
This activity is full.

MT COOT-THA

Day Walk Sat 14 Jun
LEADER: Marion Darveniza 3378 4031
EMAIL: louandmarion@gmail.com
GRADE: MDW-4/5B
LIMIT: 12
BRING: Always take P3, 2L water
DEPART: 7:30am Carpark below Summit cafe, Mt Coot-tha - just up from roundabout - UBD p158 D18
MAP: Brisbane Forest Park 1:30 000
This trip will follow some tracks, some fire trails, wander up some rocky creeks plus a bit of cross country (off track). It will be very suitable for those who want to try off track walking through moderately rough country without being under pressure. It will be a fairly short day. Most of the walk will be terrain Grade 4, but the creeks will involve easy rock hopping (grade 5) and maybe a scramble up one of the falls if the rock is not greasy (alternative track exists). New walkers very welcome. Coffee at the Summit cafe.

NEGLECTED MOUNTAIN

Day Walk Sat 14 Jun
LEADER: Cath Carkeet 3357 5607
GRADE: MDW-5C
LIMIT: 12
BRING: Usual day walk gear, 2+ l water
DEPART: 7:00am Fairfield Gardens
CAR KMS: 230 km
MAP: Lamington 1:25000
Neglected Mountain is a 739 m peak in Lamington National Park, which we access from Christmas Creek Road via Beaudesert and Laravale. We leave cars at Stinson Memorial Park and approach the mountain from the south-west. After a walk along Gap Creek Road, we climb steeply to the main ridge, with open forest, grass trees and some loose rocks underfoot. There is an undulating climb (with some scrambling) to the summit with good views along the way of the peaks of the scenic rim. We retrace our route back to the cars. Reasonable fitness is required for the ups on this walk. Suitable for fit newer members who've comfortably completed some long track walks and are ready to launch into "peaks and views" walking.

UPPER PORTALS

Day Walk Sun 15 Jun
LEADER: Jenny Zohn
EMAIL: Jenny.zohn@gmail.com
GRADE: MDW-4C
LIMIT: 10 inc. leader
BRING: See must take p.3 + 3lt water.
This activity is full.

LOVE & CEDAR CREEKS

Day Walk Sun 15 Jun
LEADER: Paul Gorell
MOBILE: 0422 091 300
EMAIL: gorell@powerup.com.au
GRADE: MDW-5C
LIMIT: 15
BRING: Refer to Pg4
CAR KMS: 80km return
MAP: Brisbane Forest Park
This activity is full.

LEADER TRAINING - NORTHBROOK GORGE

Training Sun 15 Jun
LEADER: Kay Byrne 33971021
MOBILE: 0429924726
EMAIL: kby51515@bigpond.net.au
GRADE: MDW-6C
LIMIT: 16
BRING: Guide for Leaders; map and compass
+ "always take" on P3 of Mag

DEPART: 7:00am Alderley
CAR KMS: Approx 100
MAP: Brisbane Forest Park 1:30 000

This leader training day is open to any member who is interested in leading walks & recently appointed leaders. Experienced leaders will assist by giving short, informal talks during the day. Members can bring their own map and compass, or get the maps from the librarian; I will have some spare compasses. Knowledge of navigation is not a pre-requisite. Topics covered will include club insurance, leader ethos, walk planning, walk surveys and walk promotion, and advice about leading a walk. The training programme will be sent to nominees by email or by other arrangements. You will need to obtain a copy of the Club's Guide for Leaders from the librarian, or download it from the BBW website. We start walking at the Mt Glorious Road/Lawnton Road junction (GR752779) and finish at the Wivenhoe Lookout - so there will need to be a car shuffle. It is not an overly difficult walk, but it will entail some off-track & rock hopping - obviously the main emphasis will be on training.

NEW MEMBERS BASE CAMP - BRISBANE FOREST PARK

New Members Base Camp Fri 20 - Sun 22 Jun

LEADER: Ray Glancy 07 33438854

MOBILE: 0419 719 480
EMAIL: rayanddawnglancy@yahoo.com.au
GRADE: MBC-3B

LIMIT: 25
BRING: Base camp gear, tent, sleeping bag etc chair. PLUS 'Must take Page 3'

COST: \$4.50 per person per night camp fee
MAP: Brisbane Forest Park
MEMBERSHIP CARD: A current Membership Card must be carried on this activity

The club has been offered exclusive weekend use of the old Ranger's Station opposite Maiala Day Use area and the plan is to use this camp-ground for New Members Base Camps. The area offers secure (locked) camping areas so members' cars and equipment should be safe at this venue. The walks haven't been decided yet but there is scope for different levels of walks. Members are required to arrive on Friday night but as the venue is only an hour from the outskirts of Brisbane, this shouldn't be a problem. Saturday morning will be the usual talks on ethics, first aid etc., after which we will do a walk in the area. Late Saturday afternoon will be a discussion on equipment while we have nibbles and wine. Sunday morning will be talks on safety and training, through walking etc. and another short walk. Sunday afternoon at approximately 3pm we will head home. The venue has a large grassed area, covered spaces for outdoor meals etc. plus a fully equipped kitchen (fridge, stove, microwave etc.), shower and toilet. As probationary members will presumably be using this base camp to qualify for full membership, completing all the walks and talks on this weekend is compulsory.

THE STEAMERS

Through Walk Fri 20 - Sun 22 Jun

LEADER: David Thorpe 32893773

MOBILE: 33617642 (w)

EMAIL: david.thorpe@lion-nathan.com.au

GRADE: MTW-6C

LIMIT: 8

BRING: Warm gear

COST: \$9 camping+fuel

DEPART: 8pm BP servo Aratula after dinner

CAR KMS: 400km.approx.

This is a classic cold winter through walk in the Main Range NP. We start on Friday night with dinner at Aratula then head off to our first night's campsite. Sat. morning we start with some steep ups which gets us to the Funnel and Mast for morning tea then up to the Stern to see the view of the Steamers shown by Ian Marlow on our website. After lunch we climb Mt. Steamer for views of the area then descend to the Steamer Saddle for our second nights camping. On Sun.

morning we follow the Main Range north to Davies Ridge where we drop our packs and with morning tea and essentials in hand climb to Lower Panorama Pt. then up to Panorama Point for great views of the area. We return to the packs for lunch then walk down Davies Ridge to the cars. This is not suitable for a first time through walk. 4Wd access is needed.

MT GREVILLE

Day Walk Sat 21 Jun
LEADER: Kevin & Leanne Pinter 32733517
EMAIL: kevinleanne@primusonline.com.au
GRADE: SDW-5C
LIMIT: 12
BRING: Day walk gear
COST: Fuel contribution
DEPART: 7:00am Fairfield Gardens
MAP: Mt Alford 1:25000
PREFERRED CONTACT: Email
MEMBERSHIP CARD: Current card is required to go on this walk

Mt Greville is a beautiful isolated peak east of Aratula. We will ascend via Waterfall gorge and descend Palm Gorge. At the top of Waterfall gorge is a great spot for morning tea, and then on to the summit for lunch. There are spectacular views of Lake Moogerah (with a lot more water than usual !) and the main range from both spots. This is a good introduction to 'off track' walking but you need to have done a few harder track walks previously. It won't be a long day. NO WALK NOMINATION LIST OUT AT MEETINGS - CONTACT LEADER DIRECTLY.

MT MAROON SOUTH RIDGE THROUGH WALK

Through Walk Sat 21 - Sun 22 Jun
LEADER: Lou & Marion Darveniza 3378 4031 - Contact leaders directly
EMAIL: louandmarion@gmail.com
GRADE: MTW-6C
LIMIT: 8
BRING: Usual through walk gear, party food, day pack
COST: \$4.50 camp fee + car pooling costs
DEPART: 7am TBA
CAR KMS: 210km
MAP: Maroon 1:25 000

We will climb Mt Maroon via the South ridge, lunch on top then descend via Maroon Ck to camp at Paddy's Plain. On Sunday morning with a light day pack, we will go up the other tributary of Maroon Ck aiming to reach the "Rim", return to Paddy's plain for a late lunch, then follow Paddy's gully to the falls. From there it is a short walk to Mt Barney Ck, then along the creek back to the cars. Since there are two rocky cliffs to get up

towards the top of Mt Maroon, people need to be confident climbing up on rock. For this reason, it is advisable to take a fairly light pack. Water will have to be carried until an hour or so after lunch on Saturday. PLEASE CONTACT LEADERS DIRECTLY - NO LIST AT MEETING

SUNSHINE COAST GREAT WALK-FLAXTON TO GHEERULLA CIRCUIT

Day Walk Sun 22 Jun
LEADER: Eddie Chappel 32619337
MOBILE: 0432733847
EMAIL: edwin.chappel@bigpond.com
GRADE: LDW-4C
LIMIT: 12
BRING: As per Mag, 2 litres water
DEPART: 6:30am Aspley Hypermarket, Aust Post Sign
MAP: Sunshine Coast Great Walk

This 17k Walk is the middle section of the Sunshine Coast Great Walk. It starts from the end of Flaxton Mill Road & continues through Flaxton Walkers Camp, Mapleton Falls, Delicia Road Conservation Park, Ubajee Walkers Camp & Gheerulla Falls. The grading is 4C & not 3B as there are a couple of steep sections (both up & down) & there is a short section of rock strewn Baxter creek leading to a waterfall. Reasonable fitness is required. The walk is suitable for new members who have successfully completed a grade 3 walk or are fit. We will start from the Aspley Hypermarket at 6.30am as we have to organise a car shuffle at the start. Please nominate by phone, e-mail or at meetings.

MT MOON - LEADER SURVEY

Day Walk Sun 22 Jun
LEADER: Jon Beer 38651808
GRADE: SDW-5C
LIMIT: 12
COST: transport and "coffee"
DEPART: 7am Fairfield Gardens
CAR KMS: 220?
MAP: Teviot and Mt Alford 1:25000
NOMINATE:: direct to leader

This walk is a survey for leaders wanting to learn new off-track walks, but other members are welcome to nominate. Mt Moon is an isolated peak located near Moogerah Dam in the Boonah shire south southwest of Brisbane. We'll access this mountain (hopefully?) from the western side, ascending a rocky open ridge to the southern and lesser peak. Once on top we'll follow the ridgeline over to the main northern peak for lunch. Descent will be either down a gully near the saddle or via a ridge off the southern side. Surrounded by private property, Mt Moon is a national park, and gives fantastic views of the nearby Mt Greville

especially the 2 main gorges - Palm and Waterfall. Surrounding views of the Main Range and other scenic rim peaks are other highlights. As I haven't lead this walk before this will be a survey for me too. If for any reason access is a problem, another offtrack walk of similar grade in the same area will be organised.

THE COUGALS

Day Walk Sun 22 Jun
LEADER: Nick Brooking 3262 5244
MOBILE: 04 1972 4296
EMAIL: brooking@bigpond.com
GRADE: MDW-5C
LIMIT: 12
BRING: Day Walk Gear, at least 2l water
COST: Fuel. \$18
DEPART: 7am Fairfield Gardens
CAR KMS: Approx 200km
MAP: Sunmap 1:25,000 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 up a steep ridge through some lantana at the start. We get good views as we climb. 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 more great views. Then over the saddle to West Cougal, it's a bit rougher and a little more scrambling. We will return via the same route. Currumbin for coffee. This is a good walk for new members who are have climbed a couple of mountains on tracks and are now ready to go off-track.

MT BARNEY FOR FIRST TIMERS WEEKEND

Day Walk/social Weekend Fri 27 - Sun 29 Jun
LEADER: Brian Randle/Lynsey Moore/Drew O'Brian 07 33666135 (L)
MOBILE: 0409 725843 (L)
EMAIL: moorealjac@optusnet.com.au
GRADE: LBC-7E
LIMIT: 15 (Incl Leaders)
BRING: Always take p3, + 3-4 litres of water plus torch (compulsory) for climb, food & drink for the weekend (including party food), sleeping bag & pillow (ear plugs also suggested for people allergic to zeds in the night).
COST: Approx \$85 - tba
DEPART: Own arrangements (phone Rob if needing transport)
CAR KMS: Approx.200 km
MAP: Mt Lindesay (1:25000)

It's on again, in the tradition so wonderfully established by Rob Leavy: Mt Barney for First Timers offers those who are ready to do the 1100m climb & 20k round trip of this SE Qld centrepiece, the opportunity to combine that wonderful experience with a very social weekend. Arriving Fri evening, we will be overnighting Fri and Sat nights in one of the cottages at Mt Barney Lodge. The cottage has full crockery, cutlery and fridges and gas stoves; & it has hot showers etc. On Sat, we climb to the East Peak via the South East Ridge. After lunch on top, our descent will be down to the East-West saddle and then via South (Peasants') Ridge. Although there is not much exposure on the climb, there are a couple of tricky and steep sections and so those who have a significant fear of heights should not nominate. (If in doubt, discuss with Brian, Drew or Lynsey.) Sat night is post-climb celebration, so bring your munchies etc and your choice of beverages. No walks are planned for Sun but, for those with some surplus energy left, there is an interesting climb up Mt Gillies behind the Lodge. Check out time is 11am on Sun. Booking Conditions: Fitness: You must have climbed at least one of Mt Maroon, Mt May or Mt Greville (or equivalent) without ill-effects to your health, fitness or concerns with the terrain. Cost: Approx \$85 per person, payable on signing up, by cash or by cheque made payable to BBW. AND SORRY: there can be no Sat morning arrivals - we need a precision start for a big day; & you have to pay for both nights, as we have booked accommodation for the weekend.

LOGAN'S RIDGE, MT BARNEY- THROUGH WALK

Through Walk Sat 28 - Sun 29 Jun
LEADER: Lou & Marion Darveniza 3378 4031 - Contact leaders directly
EMAIL: louandmarion@gmail.com
GRADE: MTW-8D
LIMIT: 6
BRING: Through Walk gear, 3l water, nibbles to share before dinner.
COST: \$4.50 camping fee + car contribution
DEPART: 6am TBA
CAR KMS: 210km
MAP: Mt Lindsay 1:25 000
On Saturday we will ascend Mt Barney by Logans Ridge and Saturday night camp at the old hut site. On Sunday morning we will go up to the summit of West Peak (the highest peak on Mt Barney) and then return to the cars via the South East Ridge. Light packs are recommended as the ridge up is rocky and exposed in a few places but as we are spending the night on the mountain, there will be time to enjoy the view on the way up

as well as on top. Warm clothes will be needed as Mt Barney can be very cold in Winter. CONTACT LEADERS DIRECTLY - NO LIST AT MEETING.

MT D'AGUILAR VIA PIPER COMANCHE SURVEY

Day Walk Sun 29 Jun
LEADER: John Shields 32646565
EMAIL: johnshields@netspace.net.au
GRADE: MDW-4C
LIMIT: 10
BRING: Day pack [as page3] 2l water
COST: fuel contrib [\$12]
DEPART: 7am Albany Ck Centro Shopping Centre (Westpac sign) UBD 108F16
CAR KMS: 80
MAP: BFP

The plan is to travel on the track out towards the old trig point but drop off the track to find the wreck. I have been there once before but will accept any advice offering and welcome anybody who can help us find it. From there we will follow a ridge and travel out offtrack to make our way to the 3 peaks of Mt D'AGUILAR. We will return off track to the old trig point then back to the carpark. Celebratory coffee stop at Samford will be enjoyed on the way home. THIS IS A SURVEY AND EXPECT THE UNEXPECTED IN THE COUNTRY WE WILL TRAVERSE. Registration by email / phone or direct contact with leader

MT. GREVILLE FOR THE VERTICALLY CHALLENGED

Day Walk Sun 29 Jun
LEADER: Jenny Zohn
EMAIL: jenny.zohn@gmail.com
GRADE: MDW-5C
LIMIT: 12
BRING: Usual p.3 +3lt water
CAR KMS: 210
MAP: Mt. Alford 1:2500
This activity is full.

WILSON'S PEAK VIA VERANDAH

Day Walk Sun 29 Jun
LEADER: Paul Gorell
MOBILE: 0422 091 300
EMAIL: gorell@powerup.com.au
GRADE: MDW-5D
LIMIT: 12
BRING: Refer to Pg4
CAR KMS: 260km return
This activity is full.

MT GLORIOUS BARRACKS (QPWS VOLUNTEERS ONLY)

Base Camp Fri 4 - Sun 6 Jul

LEADER: John Shields 32646565

MOBILE: 0447824988

EMAIL: johnshields@netspace.net.au

GRADE: WALKNWORK

LIMIT: 10

BRING: work clothes as well as day walk gear

COST: \$9-00 camp fees

DEPART: meet at barracks

CAR KMS: 80

MAP: BFP

QPWS Ranger will meet us on the Saturday to work in with us to clean up weeds and lantana around the perimeter of the area. The lantana will be removed by putting a chain around the base and winching it out with my vehicle. All that we have to do then is stack it on a heap. Other smaller weeds will be pulled by hand or dug out. Bring eye protection, secateurs, pruning saws, gloves etc. It is planned to include bushwalking on the weekend and I think that a damper around the camp fire on Saturday night will be in order. "All work and no play makes John a sad boy". If you can only be there for the Saturday this will help. THIS BASE CAMP IS RESTRICTED TO REGISTERED QPWS VOLUNTEERS ONLY. Beds will be available otherwise bring your tent. John will arrive on Friday after lunch. ONLINE BOOKINGS PREFERRED

NAVSHIELD 2008

Rogaine Fri 4 - Sun 6 Jul

LEADER: Peter Lock 3351 1184

MOBILE: 0419496837

EMAIL: peter@lock.id.au

GRADE: LROG-5C

LIMIT: 12

COST: Approx \$40 entry fee

CAR KMS: approx 2000km

The 20th annual NSW Wilderness Rescue Association Navigation Shield is a fabulous social experience, with nearly 1000 people in the base camp. Many organisations (including BBW) enter several teams, some using the event as a training opportunity, and some being more serious about competition. This will be the 4th year that BBW has entered teams. We will leave Brisbane Friday morning to arrive at the base camp Friday night. The competition is from 8am to 7:30pm on Saturday, including 1.5 hours of darkness. We stay at the base camp again Saturday night and head for home on Sunday. The location is secret, but not too far from Sydney. A rogaine competition involves walking off track through the bush, and using a map and compass to find control points that have been placed by the organisers. There are some more details on the internet at <http://www.bwrs.org.au/bwr/pages/navshield.html>

Make the long trip worthwhile by walking with me in the Blue Mountains in the preceding week, or visit your grandmother in Sydney.

THE STEAMERS

This is a classic cold winter through walk in the Main Range NP. We start on Friday night with dinner at Aratula then head off to our first night's campsite. Sat. morning we start with some steep ups which gets us to the Funnel and Mast for morning tea then up to the Stern to see the view of the Steamers shown by Ian Marlow on our website. After lunch we climb Mt. Steamer for views of the area then descend to the Steamer Saddle for our second nights camping. On Sun. morning we follow the Main Range north to Davies Ridge where we drop our packs and with morning tea and essentials in hand climb to Lower Panorama Pt. then up to Panorama Point for great views of the area. We return to the packs for lunch then walk down Davies Ridge to the cars. This is not suitable for a first time through walk. 4WD access is needed.

MT ZAHEL

Day Walk Sat 5 Jul
LEADER: Mary Comer 38446231
MOBILE: 0427446000
EMAIL: mco71878@bigpond.net.au
GRADE: MDW-4C
LIMIT: 15
BRING: Usual day walk gear
MAP: Thornton 1:25000 topo
This activity is full.

MT BARNEY VIA S & SE RIDGE

Day Walk Sat 5 Jul
LEADER: Kevin & Leanne Pinter 32733517
EMAIL: kevinleanne@primusonline.com.au
GRADE: MDW-7D
LIMIT: 10
BRING: Day walk gear
DEPART: 6:00am Fairfield Gardens
MAP: Mt Lindesay 1:25000
MEMBERSHIP CARD: Current membership card
is required to go on this walk
PREFERRED CONTACT: Email
Mt Barney is in an area known as the central

Scenic Rim and is southwest of Rathdowney. Other well known peaks in this area are Mt Ernest, Lindesay, May and Maroon. This walk up Mt Barney is via South Ridge and returning via South East Ridge. South ridge leads to the Barney Saddle located between East and West Peaks. Please note that the terrain on South East ridge is more difficult and we will descend via this ridge only if conditions appear favourable. Sunset is approx 5pm so a reasonably quick pace is required to return by this time. It will be a long and reasonably arduous day. There is an elevation difference of 1100m between where we leave the cars at Yellowpinch and the summit of East Peak, our lunch spot. Parts of the ascent and descent are very steep with medium levels of exposure and loose ground. On a clear day, the views are spectacular. NOMINATE DIRECT TO THE LEADER NO LIST AT THE MEETINGS

OAKY CREEK SOUTH BRANCH

Day Walk Sun 6 Jul
LEADER: John Stevens 0431 929 466
GRADE: MDW-5C
LIMIT: 12
BRING: Usual day gear
DEPART: 6:30am Alderley
CAR KMS: 120
MAP: Mt Byron 1:25,000

This walk starts along the Somerset Trail, approximately 2 kms from the ranger's office. We follow the Somerset Trail for another 2 kms, then walk along a few logging roads until we reach the state forest boundary. We then head down a spur until we reach Oakey Creek South Branch. We will follow the creek back up to the cars. Expect a lot of rock hopping.

THE STEAMERS

Through Walk Fri 11 - Sun 13 Jul
LEADER: David Sydes 33184085
MOBILE: 0419871100
EMAIL: david.sydes@ibahealth.com
GRADE: MTW-6C
LIMIT: 8
COST: \$9 camping + fuel
DEPART: 8pm BP Aratula - meet at 7pm for dinner

CAR KMS: 400km

This is a very popular walk (with good reason) in the Main Range National Park. We start Friday night at Aratula for dinner, then we'll drive through Cunningham's Gap and south to Emu Creek for our first nights camp. On Saturday morning, we get the blood pumping straight away with a steep climb to the Funnel and Mast, and then to the Stern for a great view of the Steamers (as shown on our website). After lunch, we'll

XMAS IN JULY MT.GLORIOUS

Base Camp Fri 18 - Sun 20 Jul
 LEADER: Burney, Carrol Helander
 38693261,33968652
 MOBILE: 0422386080
 GRADE: SOCIAL
 LIMIT: 16
 BRING: Walking Gear, Table, Chair, Xmas outfit, Plate (See Burney), camping gear, warm clothes
 COST: \$9 per person +\$ for main course
 DEPART: Mt. Glorious Barracks

XMAS IN JULY SOCIAL:

There may not be snow but it will be a bit chilly on the mountain. Please bring FIREWOOD for the campfire, if possible. We can easily arrive up at the barracks after work on Friday. Saturday walks are possible with various grades from a leisurely stroll to big stuff if there are leaders who offer. There are a few bunk beds in the hut but bring Base Camp gear unless otherwise informed. The hut has a fridge, stove and microwave, hot shower and septic toilet. There is lovely tank water, also. We will celebrate our Xmas dinner in the Shed with your table and chairs creating a cafe style ambience. Come in your Xmas gear, flashing earrings and with carols to sing. That's just the men. Girls bring the Mull Wine. Please contact Burney with a plate suggestion for the dinner. The old Rangers station is on the left, 700m past the information board at Maiala Pk. The gate has red and white tape on the post. The gate should remain closed except when driving through.

BEAUDESERT HISTORICAL SOCIETY- SHEPHERDS WALK

Day Walk, Social Sat 19 Jul
 LEADER: Kay Byrne 33971021
 MOBILE: 0429924726
 EMAIL: kby51515@bigpond.net.au
 GRADE: SDW-4B
 LIMIT: None
 BRING: Normal Day Walk gear + \$15
 COST: \$15 + Petrol to Beaudesert
 DEPART: 7am Fairfield Gardens Carpark

This walk is an annual event for the Beaudesert Historical Society. It commemorates the life of Chinese shepherds who worked and lived in the area of the Ginbroken Range near Christmas Ck and the Albert River at Kerry. This walk provides an opportunity for participants to have some idea of the hardships and isolation faced by the Chinese Shepherds during those mid nineteenth century years walking their sheep to be washed in the washpools at Christmas Ck and the Albert River and the hardships of crossing the Ginbroken Range. We will leave Fairfield Gardens to

arrive at Beaudesert at 0800hrs where we will be transported by bus from the Historical Soc Complex to Christmas Ck to visit the Monument erected to the memory of three shepherds killed in a skirmish in the nineteenth century. We will then continue on the bus to the Kerry via the Darlington Range and walk up to a vantage point on top of the Ginbroken Range and return. On our return there will be a sausage sizzle and all walkers will be returned to Beaudesert by approx. 2.30pm. Your \$15 will pay for the bus transport and the sausage sizzle, damper and billy tea. Come along for a educational and social day out. PS. Wear your BBW T-shirt.

LARAPINTA TRAIL

Through Walk Sun 20 Jul - Wed 6 Aug
 LEADER: Julie Moore 3353 5641

MOBILE: 0402722871
 EMAIL: anymoore@optusnet.com.au
 GRADE: LTW-4D
 LIMIT: 6

DEPART: Pre-arranged

This walk is in the West McDonnell Ranges, Alice Springs. The walk is full at present but I would be happy to talk to anyone who is exceptionally keen as we may have withdrawals due to injuries. The majority of the group will fly out on 19th July and return on the 9th August.

RIMFALL BASE CAMP - SECOND CAMP

Base Camp Fri 22 - Sun 24 Aug

LEADER: Ray and Dawn Glancy 3343 8854

MOBILE: 0418 778 369
 EMAIL: rayanddawnglancy@yahoo.com.au

GRADE: MBC-5C
 LIMIT: 20

BRING: Linen, food, daywalk gear, 4WD (if you have one), pooled dinner Saturday night (to be pre-arranged)

COST: \$38 per person for 2 nights accommodation PAYABLE ON NOMINATING + car contribution (if pooling)

CAR KMS: approx 220 kms

MAP: Lamington

MEMBERSHIP CARD: A current Membership Card must be carried on this activity

This activity is full.

GOOMBURRA NEW MEMBERS BASE CAMP

New Members Base Camp Fri 29 - Sun 31 Aug

LEADER: Ray Glancy 3343 8854

MOBILE: 0419 719 480

EMAIL: rayanddawnglancy@yahoo.com.au

GRADE: MBC-2B

LIMIT: NO LIMIT

BRING: BASE CAMP GEAR, THERMALS,

FLEECES, FIREWOOD, CHAIR, 10 LITRES WATER,
COST: \$9 per person (2 nights) camping + car contribution
DEPART: See leader
CAR KMS: app 200 kms
MEMBERSHIP CARD: A current Membership Card must be carried on this activity.
The Goomburra Campground is situated in the Goomburra State Forest adjacent to parts of the rainforest Main Range. Goomburra is approximately 2 1/2 hours drive west of Brisbane just over Cunningham's Gap. Directions can be obtained from me. PROBATIONARY MEMBERS MUST ARRIVE ON FRIDAY NIGHT. Friday is arrival day and due to the fact that people may have work commitments till late in the day there will be no organised evening meal so members should either plan to eat before they leave Brisbane though I will have tables and a stove set up for those who wish to cook when they get there. AT 8AM SHARP on Saturday morning we will have discussions on club ethics and behavior, and first aid. PLEASE DON'T BE LATE. After the discussions, we will split into groups doing various track and off track walks. Please note the grading, though there are footpads to all the look-outs and places of interest it follows the natural terrain so some walks may be slightly outside the range of some members. Please don't let this put you off (do a little training before hand) as the views from the Hole-in-the-wall and various look-outs are some of the best in south-east Queensland. Saturday night there will be demonstrations on equipment and we will be have party food and a glass of something. It is a good chance for new members and full members attending to get to know each other and relax around a campfire. Sunday morning will be further discussions on equipment, food and then we will set off on a shorter track walk which will complete the New Members Base Camp weekend. We will pack up and head back to Brisbane early afternoon with maybe a coffee stop at Aratula. PROBATIONARY MEMBERS MUST COMPLETE ALL THE WALKS AND ATTEND ALL THE TALKS TO USE THE BASE CAMP TO QUALIFY FOR FULL MEMBERSHIP. DON'T FORGET YOUR COLD GEAR (last time I was there the temperature dropped to Minus 6 deg.)

Pat's Bushwalking Tips

When passing yaks or buffalo on steep, narrow tracks always stand on the uphill side of the track so you won't fall over the edge if nudged by one of the animals. This is not really such a problem in SE Qld where there are few steep, narrow tracks.

I knew that bushwalkers generally like to have two purposes for everything. In winter we all like to keep warm and clean and recently I discovered a second purpose for panti liners. I won't go into the first as I think most people are clear on that one. The second is as a foot warmer. When your feet are really cold and your socks just aren't good enough, insert a panti liner in each boot so that it lies on the sole of the boot and under your socks. This provides another layer of insulation and is very cheap and effective, particularly in the snow and rain.

Another item with two uses is dental floss. As well as the traditional use for flossing teeth, it makes a strong thread for doing emergency repairs on a walk. You should also carry a largish needle that can thread the dental floss. It can then be used to sew up boots, packs or even tents.

If readers would like to send in their own bushwalking tips we may be able to make this a regular column. Hopefully the standard will improve. Ed.



Blister Tips from the Foot Fitness Podiatrists

These are the notes provided by Podiatrist Rachael Bradhurst who spoke at the meeting on 14 May on the topic of walking & foot care

Prevention

1. Size shoes correctly
2. Break in shoes and socks carefully
 - *not* on event days
 - use for non-sporting activities and increase length of wear time gradually
3. Do not wear cotton socks as they hold moisture adjacent to the skin
 - synthetic / acrylic socks are best to wick moisture away
 - 2 pairs may help on long hiking events
4. If a "hot spot" is noticed during activity, apply padding to decrease friction
 - eg. 2nd skin / Band-Aid Blister Block (available at supermarkets / pharmacy)
 - professional re-usable silicon toe-covers are available at your Podiatrist
5. If severe biomechanical abnormalities are present aim to improve foot stability
 - orthotics or shoe padding may be necessary

Self Treatment

Intact

1. Use a sterile needle (sterilise in fire or with metho) to gently pierce base of blister
2. Allow fluid to drain - let gravity do the work - apply light pressure if needed
 - draining the fluid gives massive pain relief
3. Apply a small amount of betadine liquid near the hole & a bandaid / elastoplast

Partially / Fully Deroofed

1. Salt water bath
 - a warm, strong salt solution - ie. more salt than will dissolve
 - Check for blood & clean any pus, dirt or sock fibres
2. Poke drainage holes thru any skin flaps - if possible
 - use a sterile needle (sterilise in fire or with metho)
3. Dress
 - Don't apply betadine liquid to open blister bases as it will sting like blazes
 - Use an antiseptic cream (eg Savlon) instead
 - Cover with a dressing – bandaid / elastoplast / Bandaid Blister Block
 - Use padding around the blister to off-load pressure
4. If red or infected or very painful – consult your Podiatrist or GP asap

Blister Prevention Myths

- Antiperspirants / Drying powders / Cotton socks / Metho on skin

General Advice

1. Watch for these signs of infection – if any present consult your Podiatrist or GP asap
 - Redness, heat, swelling & pain
 - Redness tracking back from wound
 - Pus within blister or surrounding tissue
 - Increasing pain or fever

Activity Modification

1. If infected stop aggravating activities
2. Not infected: decrease friction, protective padding and can do activities to pain tolerance

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GREAT OCEAN WALK

A group of BBW walkers recently completed the Great Ocean Walk in southern Victoria. The party of six included Marion (Leader) & Lou Darveniza, Rae & John Sheridan, Cheryl Curtis, Wendy Spiry.

The Great Ocean Walk was opened in January 2006; walking distance approx.100km; start Apollo Bay finish close to the Twelve Apostles; we took 7 days including 6 nights camping; tracks / camping facilities superb; a real wilderness area which generally follows spectacular isolated coastline in a giant loop picking up Cape Otway.

What a magic time the group had enjoying magnificent forests, beaches, wildlife, sandstone formations, seascapes all thoroughly therapeutic. The walk perhaps rates as 'Medium' difficulty. We celebrated Wendy's 60th birthday at Station Beach.

For committed walkers this is a walk to place on the 'must-do' list. For more info ask any of the group.

Lou Darveniza



Post Trip Report - Point Pure Through Walk, 3-5 May 2008

This trip report conveys some of the lessons learned from my first through walk experience with the club. The trip was a three day Point Pure Survey near Glenn Rock, graded MTW-6C. The bunch of people I was "stuck" with for three days were absolutely great, friendly, fun, energetic, fit and very helpful.

Getting onto my first through walk was difficult. The challenge was to convince the leader that I was sufficiently fit and capable of looking after myself during the walk. To increase your chances of getting onto that first through walk, try to meet up with the leader on a club night, rather than organizing it over the phone or through email. They will quickly assess if you are up to the task.

The golden rule of through walking is weight, weight and more weight. I over packed by a long shot - the total weight of my pack was a not so comfortable 25kg. Yes, there were a few things that should have been left at home upfront, but on many other items, I made some not so smart choices. From camp discussions, it seems that 18kg for a pack is considered the upper end to aim for. Serious "light

"weight" walkers will have 12kg packs.

The following are my quick wins in reducing weight. For starters, through walkers appear to be fairly comfortable with the smell of the group over the three day trip - wearing the same pants and shirt is quite fashionable and having in excess of that is unnecessary. Make sure you invest in good thermals, beanie and gloves. They will come in very handy on those cold freezing nights. For males, the three day unshaven look is in and there is no need to carry shaving gear. Keep the weight of your toothpaste and toothbrush to a minimum and ask yourself if a full roll of toilet paper is luxury you can do without. Carry enough water to get to your next scheduled water stop and a little extra as reserve for an emergency. To conserve weight, it is best to carry a sizable water bladder and one water bottle to assist with refilling.

When it comes to food, I was surprised at how much party food the group collectively carried. It included various dips & crackers, chips, chocolates, cheeses and lollies. Don't forget to take a little something to share around the camp at night! Chomping down on some of the different treats is a nice way of making the night enjoyable. Make sure it is light; maybe repack things into plastic containers, if they were stored in glass jars. In essence, repack anything into smaller and lighter containers whenever possible.

My pack was a trusted travel pack that weighted a little over 4kg. In hindsight, I could have saved myself 2 kg or more, by hiring a pack from the club. Likewise, the tent can make a huge difference. One of the walkers carried a tent that weighted just a fraction above 1kg. Mine was a bulky 3kg model that needed to be carried on the outside of the pack, due to its size. You certainly don't want to have anything sticking out from your pack as it hinders your ability to walk through the bush. The Therm-a-Rest mat was a full length model, some of the walkers used shorter mats to save on weight. Others even had mats that doubled as chairs!

Someone on the walk said every gram saved quickly adds up, and this certainly holds true. If you want to take along an mp3 player, spare battery or anything not deemed essential for survival, ask yourself if it would be more enjoyable to have the item or to carry a lighter pack over the distance and terrain. I certainly had a great time schlepping my pack along the track. Hope to meet up with you soon on the next through walk.

Jens Prekschat

Post Trip Report - Mt Mitchell Day Walk 3rd May 2008

Last month I went on a Day walk up Mt Mitchell. For those who don't know, Mt Mitchell is a peak on the Main Range at Cunningham's Gap. It can be ascended via an easy track winding through eucalypt and grass trees. It is a fairly open walk so is best left for the cooler weather when the sun is not so hot. The saddle and lookouts on the way up give some great views of the Main Range to the south and also to the north-west.

The day was perfect weather and because the walk is a short one, we had a very reasonable start time of 0730hrs from Fairfield Gardens. We started the walk from the Cunningham's Gap car park, where we met up with Ranger Steve who was on hand to answer any questions about the area and to find who was out and about in his national park.

We made pretty good time to the morning tea stop because we knew that our leader Greg Long would be boiling the billy and treating us with a scrumptious morning tea of scones with jam and cream. We were not disappointed, (although I am used to a silver tea service which was missing on this trip)

An hour after morning tea we were on top of the mountain looking carefully over the razorback and enjoying the view and sunshine. The lizards and snakes were also out enjoying the last of the warm weather. We came across a lovely specimen of carpet python lying across the track, and shared our lunch spot with a friendly fat skink.

Even though I have been up this mountain several times it is still one of my favorite destinations because it rewards with great views for only 10km return. We also had plenty of time to make Aratula café for afternoon tea and get home to Brisbane at a reasonable hour. God forbid you could mow the lawn!!!

Kay Byrne

Committee News

MEMBERSHIP OFFICER'S REPORT

Please forgive my tardiness in reporting to club members regarding membership activity – but I've been a little bit busy (thank God for an understanding wife). Prospective new members are still coming through the door in numbers that are a little unusual for this time of year (the New Year's Resolutions are either fulfilled or forgotten) and to this end I have put another 2 NMBC's on the club's calendar – the Goomburra Base Camp has no Full Member limit and I would appreciate a few leaders to help me with walks on both Saturday and Sunday. On the subject of leaders, we desperately need leaders to put walks on the calendar suitable for entry level members because if 30 people join per month this equates to 2 extra full track walks needed each month if we are to retain the majority of those coming through the door. So far this year we've held 2 base camps at Green Mountains and 2 at Mt Glorious with the Family NMBC being held on the weekend of 16 to 18 May. I hope that the Family Base Camp links younger members with children and that they become a self-supporting subgroup of the club with more activities as the numbers grow.

YOUNGER MEMBERS GROUP

At the NMBC in May, there were approximately 13 'younger' probationary members who attended. In conversation with a few I mentioned that there had been an 'Under 35's' group in the club and they all expressed an interest in resurrecting that section of the club. I believe that this interest should be fostered to make our club more attractive and relevant to this age group. These young people are happy to walk with older members as they recognise that more experienced walk leaders know interesting walks and destinations but they still like the idea of walking amongst themselves as well. Anybody who is interested in supporting or involving themselves in this group could contact me and I will put them in touch with those who have already expressed an interest.

Ray Glancy
Membership Officer

Wed 28 May: What's Cooking?

At this meeting there will be a camp cooking night where we will examine some recipes and cooking techniques and equipment. If you have a great camping recipe that you can demonstrate, please contact me and I'll organise a slot for you in the programme. If you don't have anything to cook, then bring your spoon so you can have a taste.

Ph 3351 1184 or email: peter@lock.id.au

Picnic Pete

GUEST SPEAKERS

Wed 11 June: ANTARCTIC AUTHOR LYNETTE FINCH

Lynette will talk about her time in the Antarctic researching one of the Antarctic explorers.

Wed 23 July: RACQ CAREFLIGHT RESCUE

A representative from RACQ CareFlight rescue will provide a comprehensive insight into their services, and a glimpse of what goes on behind the scenes of their life-saving emergency operations. RACQ CareFlight Rescue operates throughout South East Queensland assisting critically injured and seriously ill patients. They attend various search and rescue missions, motor vehicle, sporting and recreational accidents. BBW members have been appreciative of this service in the past. While we hope we are not in need of them again, it is nice to know this service exists. Come along for an informative and inspirational presentation.

Narelle

LIBRARY NOTES

Thank you to John & Lyn Daly

John & Lyn generously donated one copy of each of their *TAKE A WALK* books to the BBW library. Member who want to take a walk in the

- **Blue Mountains**
- **Northern Territory National Parks**
- **National Parks in Victoria and**
- **National Parks in New South Wales**

will find those guide books extremely helpful.

Those books are a valuable addition to our library, easy to use and not too heavy in your pack.

Burgi

Volunteers required for magazine collating

One of the “behind the scenes” activities that happens to ensure you receive a copy of this magazine is the Collating Night. Every month we have approx 500 magazines delivered from the printers and volunteers lovingly fold each magazine, apply three pieces of sticky tape and stick on a mailing address label. Sounds tedious? Not when you are doing it with a group of BBW comrades. Some like to make a social occasion out of it and incorporate take-away dinner and drinks. Its amazing how fast those collated magazines pile up when you are immersed in the latest BBW gossip.

We are looking for people who would like to host collating nights at their houses for the remaining months of this year. There is only about 1½ hours work required if you have 6 -8 volunteers on the night. You may like to get everyone to chip in for takeaway dinner or, alternately, you can specify everyone arrives after dinner (and finish with supper). Starting time is typically anywhere be-

tween 6:30 and 7:30 but that's up to you to choose.

Ian and Shirley will arrive at the agreed time with the magazines, sticky tape dispensers and mailing labels. Hopefully your best BBW friends will contact you and offer to assist but you may have to prompt a few people to get the numbers.

Remaining dates for this year are:

Thursday 17 July

Thursday 21 August

Thursday 18 September

Thursday 16 October

Thursday 20 November

Thursday 18 December

If you would like to host a Collating Night please email the editors at editor@bbw.org.au and we will put you on the calendar.

NEW MEMBERS

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

Denis Audet	Glenda Bruckner	Bronwyn Clarke	Geoff Dillon
Sarah Dillon	Lorraine Domin	Naomi Field	Elaine Greer
Tracey Hammell	Georgie Hope	Derek Ireland	Dora Koncsos
CJ McCarthy-Wells	Marcus Newton	Paul Opitz	Melissa Patterson
Kerry Ring	Peta Robertson	Helen Sitcheff	Istuan Varga
Jason Watson	Linda White	Joy Wood	

Congratulations to the following who have been granted Full Membership:

Lei Liu	Greg Maurice	Sofia Oliver	Jens Preikschat
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BUSHWALKERS HELP FIGHT TREE DIEBACK

Cathie Duffy Masters

Driving past paddocks about twenty years ago in Western Australia I was dismayed to see dozens of silver dead gum trees, and was told about the terrible tree disease, *phytophthora*, and told to pronounce it *fye-toff-the-rah*. Today the disease is found in all states, including parts of coastal Queensland.

Phytophthora cinnamomi is a fungus that attacks the roots of some plants, causing root rot, which prevents the plant from absorbing water and nutrients. It was probably introduced with European settlement and is silently spreading through native plants. It is an opportunistic traveler, which survives in small clods of soil on vehicle tyres, animal hooves, and on bushwalkers' boots and joggers. Bushwalkers have taken an active role in helping to stop the spread by ensuring their boot soles are thoroughly cleaned after every walk. A good habit is a routine cleaning before storing the boots. The dried mud is knocked off the uppers, rim and sole of the boot, a wire brush is used to work off any excess soil and the boot is washed down. Grey water from the laundry is sufficient. This ensures the root rot is not carried to the next adventure destination!

Methylated Spirits or household bleach will kill the spore even more effectively. A painter's tray or disused kitty litter tray is a good vessel for a centimetre depth of metho or bleach, and a thorough drenching of the boot sole.

Walkers in WA on the National Parks Association Queensland tour to South West National Parks last year were diligent in using the brush down station on track in the Porongorups. A couple of years before on an extended walk on the South Coast track in Tasmania, two days from anywhere, we were surprised to encounter a ranger patrolling the wash down facility, and were pleased that we had done the right thing.

On a recent field trip to Barrington Tops National Park, chief ranger Terry Fields revealed approximately fifteen square kilometres of the central plateau of this World Heritage Area have been affected, and the Watergauge Trail between Beean Beean and Black Swamp has been quarantined. Absolutely no visitor access is allowed. Vehicles, mountain bikes and walkers' shoes were thought to be contributing factors. A vehicle washdown facility has been built for essential services' vehicles such as fire trucks and ranger machinery.

Boot wash down facilities are planned for some of Queensland's precious national parks. Bushwalkers understand the responsibility they have not to harm the lovely areas they walk in, and are taking the challenge to ensure they do their bit in preventing the spread of the insidious *phytophthora*.

More information is available from a fact sheet on the Commonwealth Government's Department of Environment and Water web page:

www.environment.gov.au/biodiversity/ (and then search on "phytophthora").

Blister Tips from the Foot Fitness Podiatrists

(.....continued from Page 17)

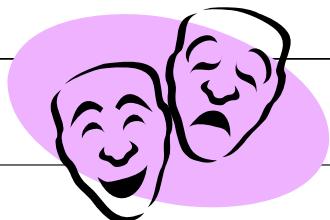
Outcomes

Most blisters resolve after 5 – 7 days

We hope this assists the next time you have any unfortunate run-ins with blisters!

Don't forget to keep an eye out for your mates feet too... let them know if you see anything that needs a checkup! When hiking, the position of your feet can be the cause of:

- Foot pain
- Leg pain
- Knee pain
- Hip pain
- Back pain
- Muscle tightness
- Recurring injuries (like ankle sprains)
- Balance issues
- Shoe problems
- Slow recovery (from exercise / injury)



Out & About

DINNER AND MOVIE NIGHT

WHEN: Tue 3 Jun, 6:30pm
WHERE: Otello Cafe Italiano
180 Oxford St, Bulimba
CONTACT: Peter Hunt, 3351 3642
EMAIL: peterjameshunt@optusnet.com.au

This restaurant is definitely Italian with authentic meals in all courses from which to choose. The challenge is which dish to try as they are all reasonably priced as well. The hot chocolate is said to be the best in town so come along and explore. Movies screening at the time will be discussed over dinner. You are welcome to come for dinner only, if you wish, as the movie times are a little late.

Peter



THURSDAY NIGHT WALK

GRADE SNW-1
WHEN: 6.10 sharp - don't be late.
WHERE: Good Will Bridge, Southbank side.
BRING: Membership Card, Water, \$'s
CONTACT: Jenny Zohn. No need to book.
Join us for a very brisk midweek walk in our fair city as we explore the walking tracks along the river, as well as city parks. Bring a few dollars for coffee and possible city cat fares. (S'bank to The Powerhouse, Newfarm is approx 12km return, walks will average 9km & 2-2.5hr) Occasionally another member may be substitute leader. This walk does not count towards full membership.

Jenz

Magazine Collating

Magazine collating is at Rosemary McConnell's on Thursday 19th June at Bardon at 7:00pm. There is only about 1½ hours work required. If you would like to come along for an easy social night and take-away dinner please phone 3369 8714 to confirm.

XMAS In July

MT. GLORIOUS BARRACKS

Social / Base Camp Fri 18 - Sun 20 Jul

Contact: Burney, Carrol Helander
38693261, 33968652
Mobile: 0422386080

COST: \$9 per person +\$ for main course
LIMIT: 16

BRING: Walking Gear, Table, Chair, Xmas outfit, Plate (See Burney), camping gear, warm clothes

MEET: Mt. Glorious Barracks

There may not be snow but it will be a bit chilly on the mountain. Please bring FIREWOOD for the campfire, if possible. We can easily arrive up at the barracks after work on Friday. Saturday walks are possible with various grades from a leisurely stroll to big stuff if there are leaders who offer. There are a few bunk beds in the hut but bring Base Camp gear unless otherwise informed. The hut has a fridge, stove and microwave, hot shower and septic toilet. There is lovely tank water, also. We will celebrate our Xmas dinner in the Shed with your table and chairs creating a cafe style ambience. Come in your Xmas gear, flashing earrings and with carols to sing. That's just the men. Girls bring the Mull Wine. Please contact Burney with a plate suggestion for the dinner. The old Rangers station is on the left, 700m past the information board at Maiala Pk. The gate has red and white tape on the post. The gate should remain closed except when driving through.



For your Bushwalking Safety

NEVER WALK ALONE...

ALWAYS TELL SOMEONE...

WALK WITH A CLUB.

If you have recently changed your address, phone number (home or work) or email
please advise the Membership Register Officer so that the club records can be kept up to date:
Shirley Peadon—email: registrar@bbw.org.au; or phone: 07 3892 4641

If unclaimed, please return to:
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GPO Box 1949
BRISBANE 4001

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