

The

BRISBANE BUSHWALKER

May-Aug 2017



BRISBANE BUSHWALKERS QUARTERLY NEWS



BRISBANE BUSHWALKERS CLUB INC (EST. 1948)
GPO BOX 1949, BRISBANE 4001
www.brisbanebushwalkers.org.au

The Brisbane Bushwalkers Quarterly News is a selection of articles that have been posted on the Brisbane Bushwalkers web site over the past few months. This newsletter will be published quarterly - or thereabouts - depending on the number of articles that are posted.

<p style="text-align: center;">MEETINGS</p> <p>CLUB MEETING: 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.</p> <p>COMMITTEE MEETING: Committee meetings are held on the 1st Wednesday of the month at 7.00pm at 228 Stafford Rd. Stafford. (cnr Gamelin Cres). All members are welcome to attend. (Check for December and January in case meetings are rescheduled.)</p>	<p style="text-align: center;">EQUIPMENT HIRE</p> <p>The following equipment is available <i>for club activities</i>. The charge <i>between meetings</i> per item is:</p> <table style="margin-left: 40px;"> <tr><td>Foam mat</td><td style="text-align: right;">\$2.00</td></tr> <tr><td>Self inflating mat</td><td style="text-align: right;">\$5.00</td></tr> <tr><td>Stove</td><td style="text-align: right;">\$5.00</td></tr> <tr><td>Tent or Pack</td><td style="text-align: right;">\$10.00</td></tr> </table> <p><i>Members can hire up to 4 items at one time for a maximum charge of \$10 per person.</i></p> <p>All equipment may be booked for hire by emailing the Equipment Officer. Pre-booking will ensure availability.</p> <p>PLB: The Club has several PLBs which Leaders may borrow, at no cost, for approved club activities only.</p>	Foam mat	\$2.00	Self inflating mat	\$5.00	Stove	\$5.00	Tent or Pack	\$10.00
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<p style="text-align: center;">MEMBERSHIP FEES</p> <p><u>Full Members:</u> Singles \$40 per annum Couples \$60 per annum</p> <p style="padding-left: 40px;">Annual membership falls due 31st January.</p> <p><u>Probationary Members:</u></p> <table style="margin-left: 40px;"> <tr><td>Singles</td><td style="text-align: right;">\$25 per 6month</td></tr> <tr><td>Couples</td><td style="text-align: right;">\$40 per 6 month</td></tr> </table>	Singles	\$25 per 6month	Couples	\$40 per 6 month	<p style="text-align: center;">LIBRARY</p> <p>Free loan to members:- Books, Magazines, DVDs, CDs</p> <p>Free loan to leaders:- Maps and Rasters</p> <p>Duration of loan:- 2 weeks for Maps, 4 weeks for all other items. If unable to return items on time please put them in the mail.</p> <p>For Sale:- Snake bandages: \$10.00 Car stickers and badges: 3.00 Club T shirts, jackets, vests</p>				
Singles	\$25 per 6month								
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<p style="text-align: center;">FIRST AID CERTIFICATES</p> <p>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 50% of cost upon completion.</p>									
<p style="text-align: center;">COVER PHOTOGRAPH</p> <p>Taken from trip report: "A backup plan - Moonlight slabs" by Marisa Stewart</p>									

CLUB OFFICIALS					
President	Chris Hall	0498 051 811	Social	Anna-Lena Moore	0423 779 266
Vice President	Graham Olive	0455 539 999	Technology Officer	Julie Van Dore	
Secretary	Tom Cowlishaw	0427 226 006	Abseil Coordinator	Ross Ernst	
Treasurer	Lucy Guzman		Members Registrar	Anna Bransden	
Outings	David Sydes	0419 871 100		email: registrar@brisbanebushwalkers.org.au	
	email: outings@brisbanebushwalkers.org.au		Website Admin	Shaun Johnston	
Safety & Training	Andy Mauger			email: webadmin@brisbanebushwalkers.org.au	
Membership	Peter Lock		Editors	Eugene Hedemann	0419 667 850
	email: membership@brisbanebushwalkers.org.au			Jenny Zohn	0407 630 362
Librarian	Alison Green			email: editor@brisbanebushwalkers.org.au	
Equipment	Jenny Howell & Elena Williams		Contact Officers		
	email: equipment@brisbanebushwalkers.org.au				
Photographic	Denise Libien				
	email: photographic@brisbanebushwalkers.org.au				

PREPARING FOR AN ACTIVITY
<p>Information on the types of activities, their grading scales and the types of equipment you may need can all be found on the website at these places:</p> <p>Activities the Club Undertakes</p> <p>Brisbane Bushwalkers Club offers a wide range of activities for members' enjoyment. The main club activities are day walks, through walks and base camps. These are ...</p> <p>See full article at website: https://www.brisbanebushwalkers.org.au/club-activities</p> <p>Activity Grading System</p> <p>Brisbane Bushwalkers conducts activities over a wide range of skill levels. Consequently, we have evolved a grading and classification system which is designed to be ...</p> <p>See full article at website: https://www.brisbanebushwalkers.org.au/gradings</p> <p>Recommended Equipment</p> <p>Initially we recommend you spend little or no money until you discover which activities you enjoy. Discussion with experienced members will reveal the "pros and cons ...</p> <p>See full article at website: https://www.brisbanebushwalkers.org.au/equipment</p>

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BBW Magazine recognised by State Library

Posted by Chris Hall on Wednesday, 2nd of August, 2017

Great news for the history of the Brisbane Bushwalker monthly news and magazine. We recently began discussions with the State Library of Queensland to digitise the monthly news magazine, including the copies that they hold, going back to February 1982. This is an important step in preserving and making access to one of Brisbanes iconic bush walking clubs history.

Approval for this project was received from the State Library of Queensland (SLQ) as part of their Community Heritage Digitisation programme. Four units within the SLQ will be working on this project and two of them are the Queensland Memory and Collection Preservation teams. We will be advised as digitisation progresses and ultimately all copies will be available through the SLQ online catalogue called OneSearch (<http://onesearch.slq.qld.gov.au/primolibrary/libweb/action/search.do?vid=SLQ&fromLogin=true>)

Members can further assist by donating any older copies to SLQ ie. from 1948 to January 1982, via Chris Hall, President, Brisbane Bushwalkers

NEW WEBSITE FEATURES

Comment Notifications

Posted by Shaun Johnston on Saturday, 29th of July, 2017

If you post a photo or a trip report, it's natural to want to be informed if someone posts a comment about it!

So, we've just added a notification feature to complement the new comments feature. The notification feature runs once a day at about 6am, looking for new comments on things that people have posted. If it finds them, it lets the author know by sending an email with a summary of the last day's comments on things they have posted.

We hope you will find this new notification feature useful!

If not, you can opt out of comment notifications by visiting your Account Details page, clicking on the Preferences foldout, and clicking the checkbox that says "Don't email me about comments on things I post"

Dedicated Photos Page

Posted by Shaun Johnston on Sunday, 16th of July, 2017

We've now added a dedicated page to the website where members can view photos posted by fellow walkers. The photos can be filtered by photographer name, activity name or destination.

Check out a short demo here: https://youtu.be/07rCZWpo_NU

Commenting on Trip Reports, Photo Albums and Photos

Posted by Shaun Johnston on Monday, 19th of June, 2017

Our march toward a more vibrant online community continues with the roll-out of comments and likes for trip reports, photo albums and individual photos!

If you visit any new trip report, photo album or photo, you will now be able to see a small box indicating the author and post date. You can also 'Like' the post - a feature which may be familiar to those who use Facebook. If more than one person likes the post, the 'Likes' count will appear beside the link.

You can now add comments to trip reports, photo albums and photos as well! Just scroll down to the discussion section and get posting!

Big note: If you have authored a trip report or photo album, and someone comments or likes, we don't yet have a way to let you know that it happened. Rest assured we are working on this, and will have a solution soon!

Another note: You may notice that some older photos and trip reports do not have a like link or discussion section. This is because these items were added before the new features were put in place. Sorry! We will try to add like and comment functionality to these older photos and trips in the coming weeks.

As always, if you have any problems with these features please send either myself (Shaun) or our Technology Officer Julie an email at webadmin@brisbanebushwalkers.org.au or technology@brisbanebushwalkers.org.au respectively.

Photo Albums, Trip Reports, Traces, Locations

Posted by Shaun Johnston on Saturday, 20th of May, 2017

We've added Photo Albums, GPX Traces, Trip Reports, and Locations. We have also added a Discussion facility which should make communication between club members easier.

- **Photo Albums**
Photo Albums are pretty self explanatory. They are photos from activities. Members can upload photos after they complete an activity. NOTE - at the moment, photo upload is quite slow. Please be patient when uploading. We are working to resolve this issue.
- **GPX Traces**
GPX Traces are traces recorded with a GPS Handset or other GPS-capable device. Leaders can now upload their traces to share with other leaders. The website provides visualisation of the route recorded by the GPX, over a topographic map supplied by OpenStreetMaps.
- **Trip Reports**
Leaders may now add Trip Reports to their completed activities. Over time, the repository of Trip Reports submitted by leaders will become a very valuable resource.

How do I Post?

If you visit an activity that you have completed, you will see some new options. If you are a leader, you will see this ... See *website for detailed information*.

Car Pooling Information is Back

Posted by Shaun Johnston on Sunday, 19th of March, 2017

Club members may recall that in the Brisbane Bushwalkers website's previous incarnation, they were able to record some car details, and these car details would be attached to activity nominations. This was in place to assist leaders in arranging car pooling for activities. In the new website incarnation, this feature was not present.

The good news is, we've just put them back better than ever! What's Better?

Good question! Here are a few features of the new Car Pooling Information system.

- Members may now add more than one vehicle to their profile.
- Adding a vehicle to a nomination is optional, and members may select which vehicle they wish to attach to their nomination.
- Members may change which vehicle is attached to their nomination, or remove it, after they have nominated.
- We've added a couple of extra fields - Make / Model, Colour, and a 4WD checkbox, to help provide extra detail about vehicles used to car pool.
- The registration number field has been retained, but is optional.

Great! How Do I Use It?

... See *website for detailed information*.

For Leaders: Car Pool Information in Printable Lists

We haven't forgotten leaders! The printable PDFs for activity nomination lists also contain car pooling information.

UPDATE ON NATIONAL PARKS SINCE EX-CYCLONE DEBBIE

Posted by Chris Hall on Wednesday, 10th of May, 2017

Hi folks, after being away from Brisbane for a few weeks I thought you might like to hear some news about the National Parks. Firstly though, Shannon and I would like to thank all of those who passed on their best wishes for our marriage at the end of April. Your social media comments, emails and cards have just blown us away. After a trip to the Warrumbungles, Blue Mountains, Sydney and then the Hunter Valley, we returned to get married in a bush setting just north of Toowoomba. Now back to bush walking business.

Mt Glorious Barracks

We have now refined our agreement with QPWS to use the Mt Glorious Barracks in D'Aguiar National Park (NP). The club is permitted to book one weekend per month throughout the year for club activities. BBW will give priority to Safety & Training activities ie. Leader, Navigation and Remote First Aid weekends, however we will try and confine these weekends to outside of the peak walking season months for the area. QPWS only require that we sign a volunteer register for each of these weekends, acknowledge their code of conduct, perform maintenance and track monitoring (further details to be provided to Leaders). Arthur Walton has kindly agreed to continue to be the club contact/organiser for these events. Arthur, I took some photos of work that we can do around the Barracks when I returned the BBW gear last Friday in preparation for the Leaders weekend - not including the dead rat I extracted from the toilet.



Photo: Training weekend at Mt Glorious Barracks by Chris Hall

Lamington NP Track Closures

The QPWS Park Rangers and staff have been working hard to re-open their track walks after the damage caused by ex-cyclone Debbie. Our resourceful Leaders have not let these closures daunt their efforts to fill the club Activity Calendar and I congratulate them for their enthusiasm. You can see that latest track closure reports on <https://www.npsr.qld.gov.au/park-alerts/> and advice from the Rangers in the Lamington NP indicate that some of these tracks may not open again for a very long time due to significant landslides, treefalls and funding.

I'd like to thank all those leaders who have assisted the QPWS Rangers in the search efforts for a missing man in the Green Mountains section of Lamington NP over the past month. Unfortunately he still hasn't been found and our hearts go out to the family who would like to see closure.

Photo: Tree fall near Lightning Falls on the Albert River Circuit by Shannon Bratton

There have also been many track assessments conducted by leaders in both the Binna Burra and Green Mountains sections of Lamington NP since ex-cyclone Debbie. These leaders have used their expert knowledge to provide the Rangers with photos, descriptions and way points of treefalls, landslides and other obstacles to track thoroughfare. An example is the assessment done on the Albert River Circuit which found 21 tree falls that need attention. Without these assessments the QPWS would not have had the knowledge to plan repairs and report on conditions.

The road access to the Green Mountains section has improved with the Lamington Road now open with lower speed limits and at least one one-way section so drivers need to use caution. My suggestion is to car pool as much as possible if you are using these roads. Duck Creek Road is still closed and there are no reports as to when it might re-open. Road reports in those areas can be found at <http://www.scenicrim.qld.gov.au/roads-update>.

Use these closures as an opportunity to find less travelled tracks and enjoy your bush walking as we head into our peak walking season.



Conservation of Energy and Safety while Walking

Posted by Josh Gordon on Tuesday, 7th of March, 2017

Greetings, Earthlings, I am Joshua Gordon and have been a member of BBW for a few years. I often walk at the rear, pretty much out of habit from my old days as a National Outdoor Leadership School (NOLS) instructor in the US. When I am out with the Club and there is any sort of sustained climb of five minutes or more on the route, I almost always come up to one or more people who have had to stop to catch their breath. Some of these folks have been walking for years, and some are "new" to the sport. It is primarily with these folks in mind that I offer the following tips, though those who have no trouble going up hills or hiking over longer distances may find them useful as well. Not only are the concepts relevant to individual comfort but to their safety, and to the safety of the group overall.

Because of this, at NOLS, (National Outdoor Leadership School, based in Lander Wyoming USA) [http:// www.nols.edu](http://www.nols.edu), we would present the concepts of conservation of energy to our students on the very first day. We would take expeditions of up to 17 students and three instructors into the wilderness for five weeks at a time in summer, and up to three weeks in the winter. The principles are what I incorporate into every step I take on the trail. 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.

Perhaps the key element of safety and conservation of energy is **pace**, at both a group and an individual level.

1. As a group, **the overall rate of the group, especially in situations of poor visibility and tricky terrain, is determined by the person in the rear.** The overarching principle is that the front person keep the last person in the group in sight, or, if the situation allows the group to be more spread out, each person keeps the person behind them in sight. If they lose sight, they slow down or stop until everyone is accounted for. **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.** Once everyone in the group adopts this principle, the pressure on slower walkers to keep up is removed, as well as the possibility of separation. Communication is maintained throughout the group. This enhances the safety of the group and overall success of the outing.
2. Individually, **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 hard, or having to stop to catch your breath, you need to slow down to a pace where you can breathe. There is no shame in breathing. Everyone needs to. The length of your steps are like gears. Take shorter steps when it is harder, and longer when easier. For example, when you get to an easier section, instead of walking faster, keep the same pace, but make your steps longer.



Do your best not to stop for minor reasons. Stopping and starting uses up a lot of energy. This means leaving 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.

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, the 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, and rests your muscles. 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 foot, by the time you get to the top, you will have rested 250 seconds, or about 4 minutes during the climb. Not bad! You will get to the top of the section and can keep going, while others not using the technique will want to take a short rest break ... (about 4 minutes will do for them), and you will be four minutes down the trail. (Unless you are keeping the person behind you in sight, as you should be, in which case you will be standing and waiting patiently, fresh as a daisy.) You may choose to share your secret rest step technique with them at this point...

Your Foot Placement is another key facet of your walking:

1. **In order to take advantage of the rest step it is important to keep as much of 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 calf 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 or step somewhere else if you feel you want 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 uphill 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 center of gravity over your feet.** This may



mean taking shorter steps. Leaning back as it gets steeper is a natural tendency, but 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 earth while stepping/ down climbing backwards or sideways.

Route finding can be a lot of work for walkers:

1. Micro route finding/altitude gain and loss:

For the 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 centimeters can add up. Compared to someone not paying attention, you can do the same walk as they do, 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 mean a significant difference in energy. 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 stonewall 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 to not make their "mistake" as well. Look for the best route for you, which may differ from the way the person in front of you just chose to go.

2. Macro route finding:

All this applies to off trail as well. There is the added component of route finding through the bush or other unmarked terrain. 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 safety is an issue.)

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 chooses to follow, or to diverge momentarily if energy can be saved. The others then follow along, while applying micro route finding and the other conservation of energy principles. It is not uncommon for the first two people to "leapfrog" each other as the group moves through the bush.



So there you have it. The principles of safety and conservation of energy through pace, the rest step, foot placement, and micro and macro route finding. I hope that you will get some value out of this article. Feel free to contact or speak with me if you feel inclined to do so. Your fellow Earthling and walking buddy, Joshua Gordon.

Trip Report: East Ridge, Spurs, and Waterhole – Lockyer NP

By Bob Reid on Monday, 14th August 2017

The ten people on this walk indicated they enjoyed it. It is a relatively easy off-track walk but there are a few points to note:

1. There were a number of Leaders on the walk and the consensus among them was that this would be better as a Grade 4 walk than a Grade 5. There was really no need for scrambling or use of hands to negotiate the rocky ascents and descents.
2. Navigation (all 56J) is straightforward. It is a matter of:
 - Parking at about 430920 6963870
 - Following paths roughly west to the 'T' at about 429980 6963680
 - Heading west up the spur to the track at about 427530 6964130
 - Following the track roughly north to about 427340 6964830
 - Heading east down the spur to Spring Creek at about 428790 6964950
 - Following the overgrown track on the northern side of the creek down to about 429760 6964240
 - Working through the lantana to the spring (just a trickle downstream after a dry period) in Spring Creek at about 429700 6964150 – may need to scout up and down the creek a bit to find the best water
 - Crossing the creek on a pad and working across to a little-used track at about 429660 6964060
 - Following the track south east then south across the top of the 'T' above to the wide track at about 429940 6963390
 - Keeping left along the track back to Krugers Road within sight of the cars.
3. Undergrowth on the ascent spur may be denser in future as recovery after fire proceeds.

Trip Report: Mallawa and Daves Creek

By Bob Reid on Monday, 24th July 2017

Jim Lydon scouted the 650 m off-track part of this walk but was unable to come along so it was lead by Mary Comer and Bob Reid, with some path-finding by Ryan Langley.

We had some waypoints for a suggested preferred route generally a little to the SE of the ridge crest. These waypoints (measured from a paper map) are shown in the gpx track of our walk which has been uploaded. Waypoints DC 1 is on the Border Track about 670 m NNE of Joalah Lookout and waypoint DC 4 on the Daves Creek Circuit.

There are no steep or rocky sections but there is the usual rainforest floor vegetation with hanging vines, lawyer canes, and wait-a-while. There is a vine thicket at ground level a little over half way along but this can be avoided. General advice to avoid the vine thicket is to keep at least 20 to 30 m on the south-east side of the ridge crest.

Long trousers and sleeves should be recommended as a minimum with gloves and gaiters suggested.

Nineteen people may have been few too many for the off-track section as it was impossible for those finding the way to see how those towards the tail were getting on.

Participants seemed to enjoy the off-track section that adds some spice to the Daves Creek circuit, together with a few scratches.

Trip Report: Chris & Shannon Showcase the Central Highlands

By Tony Everett on Monday, 10th July 2017

What is it about returning home to where you grew up, or where your family had a significant presence?

Chris Hall did just this with his BBW trip to Capella recently, where he grew up on a cattle property. Capella? Where the bloody hell is that you might ask. Well, it is 54km north of Emerald which is west of Rockhampton.

We all stayed at the Capella Van Park where the hosts Jodie and David had prepared an area for us away from the other residents. It included a covered area, tables, large fire place and more wood than you could poke a stick at. We had one corner of the park for campers and a few of us on the other side of the road with power.



*Mt MacArthur
by Chris Hall*



*Indigenous caves
by Chris Hall*

Monday. We headed off to an unnamed hill for our first walk which included locating and checking out the caves for aboriginal hand paintings, pulling spear grass out of our socks, shoes/boots and trousers and generally getting the feel of the place. After lunch we walked over another unnamed hill, across a saddle and down a gully, to find a cliff face similar to 'Sawn Rocks' and back around the hill base to the dam where we had left the vehicles. Three of the group decided to extend their walk and climbed the next hill and made their own way back, picking up the trail of the main group and following them home.

Tuesday. It was up Mt Macarthur 746m but only about 400 odd metres of up. The going was slippery under foot with dust and rubble so it was an interesting hike. At the top we generally managed to avoid the Golden Orb webs which were everywhere and located the stone cairn where Chris had previously hidden a bottle of port. The cairn had been knocked over by a fallen prickly pear and Chris told us that it was a family tradition to have a taste of the port and leave another bottle in its place. While we all enjoyed the port and the view, there were those who wondered just how true this family tradition was, or, was it a case of Chris thought he needed a sniffer for his efforts? (It was a nice drop Chris and definitely worth the effort!)



Wedge tailed eagles were circling on the air currents as we climbed and that was one of the highlights as they were not far above us, and seen again from the top.

View from top of Mt MacArthur along the Peak Downs Range by Chris Hall

Coming back down was a little more difficult, again due to the dust and rubble under foot which made it somewhat slippery in places but with the usual BBW team approach everyone on the hike made it up and back safely.

Wednesday. This was a tourist day. We started by travelling to the Rubyvale gem fields where we did the underground tour then had a go at fossicking. Everyone found sapphires, but not 'the big one'. Back to van park for lunch and then off to a friend of Chris's for a tour of his farm which was very informative. David and his wife have put a lot of effort into sustainable farming which is predominantly chick pea and wheat, with some cattle and have won an award for their work. They opened their house and grounds for a bbq dinner, enjoyed by all.



Inside the Miners Heritage mine shafts by Chris Hall

Lords Table Mountain and The Anvil by Chris Hall

Thursday. Another great hike, easier for some than others, but again the BBW team spirit kicked in and everyone made it safely. We drove out to the base of Lord's Table and away we went. The shale and rock rubble was a bit of a challenge for everyone as it went for around 60-70m on a gradient of around 50 degrees. The final ascent was a challenge for some, easier for others as it involved some rock climbing up and along narrow ledges. At the top (740m elevation) we walked to a scenic lookout where many photos were taken.

A late bbq lunch which was prepared by Anne Kemp and Katrina for us (these two really looked after us) and we were hosted by the Capella Historical Society for a tour and bbq dinner. Apart from the great food for dinner, two highlights were the Tom and Jerry cartoons in the old theatre and starting a tractor with a shotgun charge. It was another entertaining afternoon, then back to the park for a final time before packing up and heading to Carnarvon Gorge for some and home for others.



David explaining the planting of Chick Pea at 'Dalkeith' by Chris Hall

On **Friday** we all had a communal breakfast before we left. With leftovers from the previous evening and contributions by all, it was a great way to hit the road. All in all, a great few days was had by everyone.

Trip Report: Mermaid Mountain via 417

By Sharon Cribb on Wednesday, 21st June 2017

Web page: 9 photos

Mermaid Mountain is in the southern section of D'Aguilar National Park near Lake Manchester. The walk starts from Lake Manchester Road, from there we ascent to Dandy's Knob and back down to Lake Manchester circuit where we will cross Cabbage Tree Creek several times before reaching a ridge which ascends to trig point 418.

The ridge is open woodland and off track. At the top we continue on the fire trails, which is steep in places to take us to Mermaid Mountain to take in the views before descending steep fire trails where we will lose all the height that we had gained throughout the day.

The walk is about 18km with about 800m of elevation.



Trip Report: A backup plan - Moonlight slabs

By Marisa Stewart on Thursday, 15th June, 2017

Web page: 13 photos

With our planned Short Leaning Hike now blown off the agenda (literally – high winds and showers swirled the peaks of Barney) we set off regardless to find adventure and, weather permitting, see where the day might take us. With five leaders in our crew I was certain it would be interesting.



By 9.30am we had reached the popular swimming hole at the base of Barney Waterfall, where we relished in David's lemon cake. Too cold for a swim in the fun 'whirlpools', it was here our party separated into two, our group deciding to head up the waterfall to Moonlight slabs situated in the Isolated-North Peak saddle.

I was excited to see where this route would take us and the sights we would see. Scrambling up slippery slabs, the geology was fascinating, as one would expect in this corner of the world. Happily trundling along I was in one moment singing Stevie Nicks' Landslide (in response to a section of the hillside newly subsided), but the next moment wasn't feeling quite right.

Very suddenly I felt like someone had hit the purge button on my energy stores, draining me of my usual bounce. Luckily for me Greg noticed: "are you ok?" He enquired. I sat myself down on a rock and pondered my condition, "umm... I don't feel good," was my reply. Now worried, he came to my aid with an offering of hydralyte and a 'killer python' sugar hit. After a pause to rest I pushed on, much slower but still determined despite my now

diminished confidence on the terrain. Normally hot on the heels of the leader, I was now well out of my comfort zone and dragging myself up the slope, requiring occasional stops to catch my breath.

Paul offered alternate route suggestions, whilst the rest of the group sprung nimbly up the rock. Greg kept an ever watchful eye on me while I negotiated the boulders and thick tangles of foliage. I wasn't feeling great, but still enjoyed every minute of it. The spectacular cloud shrouded vistas our reward once we reached the saddle, we took a brief moment to soak it all in before retreating down the other side for shelter out of the howling wind.

Beautiful flowering Banskia Spinulosa lead us to the creek in the next valley, where we then commenced our shortcut back to the cars. With my spirit undiminished, I was still smiling as I rock-hopped slowly and clumsily down the creek, I had a giggle when I got tangled in a vine and tripped over a log at the same time. Whilst we didn't get to do our intended hike, it was still a great day. This little trooper wasn't going to be stopped and the fact that no-one had to carry me out under the conditions was celebrated for a brief moment.

Tremendous thanks to the team for their patience and for a top day yesterday. Thank you Paul for the confident leadership, and thanks to Greg for the words of encouragement.

Trip Report: Eagles Ridge - alternative hike

By David Haliczzer on Sunday, 11th June, 2017

Web page: GPX Trace: Paddy's Peak, Mt May circuit from Drynan's Hut

As the wind was too strong according to forecasts, prior experience and observations in the morning of the hike, our group opted for a low altitude alternative leaving Drynan's hut at 6am hiking along Paddy's Ridge until we turned off for Mt May at the base of the NE ridge, ascended Mt May and then returned via Tourist route and then Paddy's Ridge again until the Mt Maroon turnoff from this ridge was met. We ended following the route via Paddy's Plains and back to cars. A good alternative when a high level walk is needed but has to be canned due to inclement weather.



Trip Report: Mt Cougal Survey

By TJ Craig on Tuesday, 30th May 2017

28/5 - BBW Survey of Mt Cougal to try reaching the saddle before climbing up to west peak. Originally organised by myself and Shaun. First attempt. Led by myself with wonderful companions Nick, Michael and Vanessa. Shaun unable to attend this time. After leaving Tallebudgera Creek we climbed gradually to the base of west peak. After a failed attempt to locate a safe way to the saddle amongst the Lilly's we found the old traverse under the peaks over to where the Boyds Butte/East peak intersection is. Along the way we found a cave under the saddle - never knew that was there!

A quick scenic from East peak before heading back down an alternate ridge to the creek. An amazing day! 9hrs off-track bush bashing, no or little gps/mapping, just a little research, some good local knowledge by myself and Nick Brooking and the determined spirit of our fellow hiking companions. Most probably a LDW-6C/D. Mt Cougal Tallebudgera Creek to East Peak (Boys Butte/Garden of Eden) Traverse.

Trip Report: Running Creek Falls

By Chris Hall on Tuesday, 23rd May, 2017

Web page: GPX Trace: Running Creek Falls



A group of 14 BBW bushwalkers led by Ray Glancy were granted access by Ken and Jan Drynan to walk the Running Creek Track from their property starting at Waypoint 56JNP E03451 N66967 and returning to the same spot ie. the end of the 4WD track on the Drynans property. Ken Drynan had slashed the 5.5 klm of 4WD track a couple of days previously.

Conditions in the morning were foggy, low cloud and wet under foot. Two of the three 4wds that had road tyres couldn't make it up the steep hill at 56JNP E02346 N66884, so some of the party walked in on the fire trail the remaining 1.5 klm. The remaining vehicle (Rays) suffered some damage due to the wet and muddy conditions, sliding into a tree at one point. Before you go making assumptions, the driver wasn't Ray.

The 1 klm walking trail to the Running Creek Remote Bush Camp site at 56JNP E04206 N67137 is reasonably clear and taped for skilled walkers. That bush camp site has suffered no tree falls and is very usable except for minor fern growth that can be trampled or pulled if camping. It would be useful to have a wooden signpost at this campsite as it isn't obvious and the sight of the creek pulls your attention away from its location.

The next 3.5 klm to the England Creek Remote Bush Camp (not an official site) site at 56JNP E06074 N68019 was again fairly good to navigate, except for one large treefall marked at 56JNP E04522 N67170 which was best walked around to the right and should eventually be easily walked as a new track develops from walkers.

The England Creek Bush Camp site has been reduced slightly by a large treefall which has fallen into Running Creek but pulled a large rootball out of the camping area ie. equivalent of one tent site. There are two small remaining areas of possible camping with approx. 4-5 tent sites.

The remaining 1.5 klm of walk to the Running Creek Falls was done by crossing Running Creek and using the old and now re-established bush track paralleling the creek. This is now fairly well taped and is a good route when rock hopping and wading in the creek is not preferred.

In summary, the recent ex-Cyclone Debbie has flushed out the creek very well and there seems to be little damage by the way of treefalls or landslides along this track.

Trip Report: Flinders Peak ESE Ridge Survey

By Shaun Johnston on Saturday, 20th May, 2017

Web page: 4 photos

Rather than entering via Mt Flinders Road and Flinders Plum, we instead entered via the Mt Elliott Road approach to the conservation estate. I stipulated that we would need to car pool using 4WD or high clearance vehicles. After going through the first gate, we encountered a small creek where some of the earth surrounding the cement causeway across it had been washed out, but we crossed it with little difficulty. We were a bit confused at the second gate because the sign indicated no four-wheel driving, but the land owner near the gate shouted out to us that it was OK to enter the estate and proceed to the next gate, which we did (after thanking the land owner!). We proceeded to the next gate, which contained a few washouts that were probably navigable by a 2WD with high clearance, but best suited for a 4WD.

At the next gate, we got out, geared up, and instead of taking the dirt road, made a direct bee-line for the ridge following alongside a gully, coming out on the trail that comes off S Ridge, about 20 metres from an old campsite. We followed the trail toward the mountain until it started turning South, then headed up the side of the ridge, contouring occasionally, until we found ourselves crossing a small scree slope over to the ridge proper at about 520 metres altitude.

The going up the slope was surprisingly good. As is usual for Flinders, there was a fair bit of scunge and loose rock, but nothing like I was expecting, which was a pleasant surprise. As we gained more elevation, the rock became a lot nicer, and there were definitely some possibilities for higher grade scrambling for the more adventurous. There were also numerous rocky outcrops along the way which provided some nice views.

Before long we were looking across directly at the pinnacle to the North of Flinders' summit, and then we spied the tower and buildings atop the mountain just past the next knoll.

We had morning tea at the summit, and then decided to explore a little of the upper section below the exit of the "Adventure Creek" route that we have previously been up. The intention was to aim a little more directly for the summit. There was a bit of hairy scrambling (mainly due to rock quality rather than exposure), but we soon found ourselves about 10m vertically from the summit, at which point we contoured back to the track to avoid a bunch of scrub. I think it would be worthwhile contouring in the other direction next time, to see if we can hit amicable rock instead.



After having lunch at the summit for a second time, we proceeded down S Ridge and back out.

All in all it was a successful but short survey, and we agreed that the route up the ridge would be along the lines of a 5B, and the section we explored at the top of "Adventure Creek" would be high 6. There is more scope to survey the ridge to find routes that are less scungey, and may provide better views, especially from the cliff to the North.