

THE BUSH CLUB NEWSLETTER



Winter 2018

www.bushclub.org.au

Walks Program Autumn p. 11

WALKS SUBMISSIONS

For both the printed Program &

Short Notice Walks preferably use Online form

www.bushclub.org.au/OnlineForms/WalkSubmissions/WalkSubmissionForm.htm

or go to the For Leaders section on our website

The postal address for all Bush Club correspondence – Secretary, Treasurer - is

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**Web Information and Notice
Board**

www.bushclub.org.au

CONTRIBUTIONS WELCOME

Please send anything you think will interest
our members to

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Celebrating 80 Years with 80 Walks by 80 Leaders

The Bush Club turns 80 in September next year, so to help celebrate that occasion we're embarking on the 80 Leaders Project. Our aim is to attract 80 different leaders to put a suitable walk on the Program and lead it by birthday time.

The 'walk' may include abseiling, cycling, kayaking or canyoning – or be a pack walk – be of any Grade, a minimum of 10 kms and be anywhere (Australia or overseas.)

The normal Bush Club requirement that there be a minimum of 4 persons (who are Members or Prospectives) will apply.

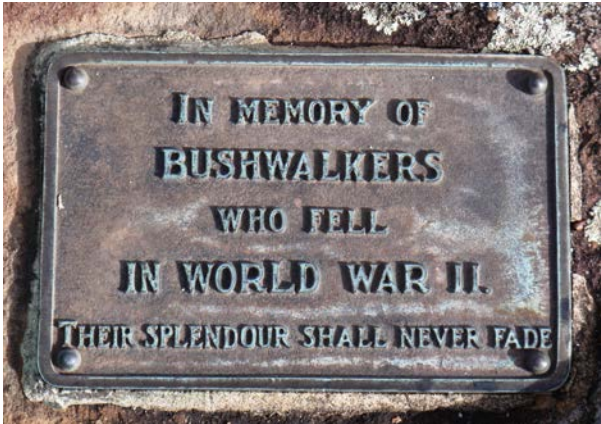
By limiting this to one walk per Leader we feel this is a way to involve many Members. ***So, you have plenty of time, between now and the Summer Program to put on your thinking cap and nominate a walk.***

Details on submissions and reporting will be provided closer to the Summer Program. If you're unsure whether you're up to it, why not talk to an existing Leader about helping you out.

The Project Committee is: John Hungerford, Roy Jamieson, Michael Keats & Bob Taffel.

ANZAC DAY CEREMONY AT SPLENDOUR ROCK

Keith Maxwell



This year there was a strong crowd of mid-week walkers present on ANZAC Day to remember the dedication of the Splendour Rock plaque 70 years ago in 1948. Background notes were read out about installing the plaque before the usual simple, but of course, moving ceremony. The service is roughly timed to have a spectacular climax with sunrise and cloud this year gave us a special sunrise over Kings Tableland.



The author and Bushwalking NSW President (in hat) Alex Allchin both assisted in this ceremony, which opened with a welcome to country and concluded with the National Anthem. A bugler played 'The Last Post'. Splendour Rock is an outstanding vantage point with around a 220 degree sweep of view that goes well into the distance. It is also hard to tire of the "Wild Dogs" access walk with its mix of forest and rock pass / ups and

downs. Overnight near Splendour Rock a little tent village pops up. There is a certain magic in an ANZAC Day visit to Splendour Rock.

2019 could be a good year to sense the magic of this place. Put the date in your diary now.

A **COMPULSORY** PACK ITEM. WHEN DID YOU LAST CHECK IT?



There have been several instances lately where walkers have had 'issues' on a walk but haven't been carrying any first aid items.

The Bush Club recommends **ALL** walkers carry a small first aid kit. Individual walkers should not rely on the leader or anyone else to have such a kit. But, what should be in your first aid kit? Trips and falls are the most common injury so keep that in mind. It's up to you as to what you carry, but the things that are probably most useful are:

Plasters, Blister pack, saline solution - most chemists sell single use steritubes
Tube of antiseptic (Betadine, Dettol, Savlon)
A couple of sterile dressings.
Pressure / Snake bandage (The Smart Snake bandage has squares so you know if the tension is right) - you can also use this for sprains etc.
A few tablets for pain management, Ibuprofen (anti-inflammatory) or paracetamol.
Tubigrip is good if you're prone to tendonitis.
Foot fleece - wool you can tease out and use when you start to feel a hotspot - prevents blisters, plus an emergency foil blanket.

Place all items in a ziplock bag and leave in your back pack permanently. Refill as required and check dates every few months.

So if you haven't checked in a while make sure all the items in your kit are up to date. Or if you don't have a kit it's time to make one up and put it in your pack.

If you need some help, try these links:

<https://www.healthdirect.gov.au/first-aid-kits>

<https://stjohnscoutsnsw.org.au/downloads/>

Also, when signing on for a walk take special note of that last column on the right. That's asking whether you have a first aid qualification. If you have a current qualification put Y or Yes, if not then N or No. Also check that any qualification you've had is still current. That column is not asking whether you have a first aid kit or not.

Another good idea is to check out First Aid apps on your Smartphone.

Two that come to mind are Red Cross and St John. Once you have that First Aid kit in place we are asking all members to print off and fill out the Club's Emergency Contact & Medication Information sheet and keep it in your kit. Should you run into a problem on a walk that information could be crucial.

<http://www.bushclub.org.au/down/BushClubEmergency&MedicalForm.pdf> or from the For all members – Forms and downloads web page.

SPEAK UP!!

Kaye Birch

There have been a few incidents recently which could have been avoided if the walker had spoken with their leader. For example, if you have a medical issue (ongoing or on the day) which could cause a problem on the walk, you need to advise the leader - in private if preferred. It's unlikely that you will be told that you can't do the walk (there could be a few exceptions for a particular type of walk) but if the leader knows in advance, should 'the worst' happen, he or she would know how to deal with the situation.

Other examples might be where you have run out of water (or are about to) or if you are starting to feel the effects of heat. Tell the leader early, don't wait to hit the ground in a faint which could have much worse consequences. There is always a solution e.g. some people might have a lot of water to spare (but don't rely on this!) or a longer rest period can be called. Similarly, if you approach a situation which causes you distress or discomfort (eg a very exposed ledge, a deep-water crossing - speak with the leader, **not** the man or woman, next to you) - so that appropriate help can be offered or an alternative route found. You will not be regarded as a nuisance or a complainer but rather as someone who is concerned for the whole group.

WELCOME NEW MEMBERS

Matthew Madin

Anne Fussell

Paul Fien

Maeve Stephenson

Ruth Barratt

Jon Hestelow

Swee Yeo

Bron Stepowski

Emily Galer

Jason Watts

THE LEADER'S FUNCTION – 27 APRIL

There was an excellent turnout of Leaders at the function held at the Pymble Uniting Church Hall.



The Club thanked our leaders for their commitment.

Over the past 12 months there was also congratulations to these Leaders who have led the most walks.

Yuri Bolotin – 48

Roy Jamieson – 33

Adrian Jones – 26

Bob Seibright – 22

Nicola Le Couteur – 19

WINTER FLORA TO WATCH FOR



Banksia spinulosa, also known as Hairpin Banksia, can be seen from North Queensland south to Victoria. It grows from the coastline inland to the Great Dividing Range. It flowers in winter, the spikes varying in colour from brown to red, orange and gold.

WHEN A CROSS ISN'T A CROSS?

Here's an article of interest from the Blue Mountains Gazette from last month.

CROSS A MYSTERY

Two of Springwood Bushwalking Club's members recently came across a large stone cross in Sassafras Gully after following what appeared to be some old stone steps and a faint track. The cross, which is 14 metres by 18 metres, is made from large rocks collected from the site. In addition to the cross a number of paths have been made using smaller rocks along the edge. It's not clear where the paths lead. The cross appears to be around 60 years old and the site has been fully cleared at some stage. Members would like to hear from anyone who has any information about the cross. You can contact Tony Foster at apfoster@iinet.net.au. Springwood Bushwalking Club has more than 220 members. Details: Springwoodbushwalker.org.au.



CURIOUS FIND: Springwood Bushwalking Club members with the rock cross.

Springwood Bushwalkers invited Brian Fox, John Fox and Michael Keats along to check out the cross. Bush Club leader John Pickard has produced a likely answer.

He believes the cross is almost certainly a LOCKSPIT. No, not something spat out by the gods of the mountains, but a marker of portion boundaries used by surveyors. The cross is probably at the junction of four portions.

Initially lockspits were trenches, but from at least 1901, lines of stones were permitted.

What's on our website?

Leader profiles and volunteers who will help new leaders. The list is at the end of the online program.

Information and forms for leaders.

Guidelines for all members including Walk Grading Guide.

Photo gallery (enormous) – see photos of walks from the last 4 months.

Tips on all sorts of things related to bushwalking and the website.

Archives of previous newsletters as well as historical Walks & Talks.

Formula for transport share costs

Just browse through the menu at
www.bushclub.org.au

Bush Club Committee plus contact details – see contact us on the website.

THE GREAT SOUTH COAST WALK

By Maureen Carter

“Imagine walking for 660 km along some of the most beautiful coast line in Australia, on pale golden sand as the waves of the blue Pacific crash in, across rocky headlands and alongside sheer sandstone cliffs, through pristine coastal forest and heath, around tranquil inlets and lakes, traversing national park and coastal village.” You have just imagined the Great South Coast Walk.

A group of dedicated bush lovers and walkers is currently working towards linking the many tracks that already exist along the south coast to form a unique walking experience. The walk starts at Bundeena and traverses white sand beaches; meanders through native forests; friendly villages pop up at intervals; you find the challenges of colourful and dramatic rock formations; and always, you are accompanied by the roar of the waves, a chorus of birds and the occasional inquisitive macropod. At the end you can experience seven days of solitude (or more) in Nadgee National Park before reaching the Victorian border at Mallacoota.

One day whilst enjoying a picnic at Pretty Beach, near Batemans Bay, I remarked on how wonderful it was to be just retired and surrounded by the wonders of nature, walking in such a superb coastal location. Our friend Jim suggested that I “keep walking to Melbourne” – so I did. But that was after much research and calling the challenge Maureen’s Meander to Melbourne so that we could avoid walking 90 mile beach in Victoria and cycle beside it instead. In fact, we cycled the whole of the Victorian coastline, one way or another.

Many Bush Club members joined me as we tackled the wonders of the south coast walks and the challenges of lack of water, route finding and avoiding private property, or not, in some cases. We had so many amazing experiences, such as finding a collection of sculptures in the bush, a colony of endangered hooded plovers, whales keeping pace with us along a deserted beach and so much silence and solitude. It took us three years to complete all the sections and they were not all in the order of north to south, especially as the drought broke when we reached Moruya and we watched as lagoons that were cut off from the ocean for years turned into raging torrents.

As we camped in secluded areas or enjoyed the company of local people boating us across a water body, I often reflected on how lucky we are to have so much beauty accessible to us mortals living in noisy, crowded cities. I am now beginning to think that it is time to start planning a return to some of those magic places and hope to put some walks on the program as well as encouraging other leaders to do so. I would also like to encourage all members to consider supporting the concept and for more information you can contact the Great South Coast Walk Steering Committee at information@greatsouthcoastwalk.net. Website: <http://greatsouthcoastwalk.net> and my record of the walks, which I enjoyed with many Bush Club members, is at <http://www.users.tpg.com.au/dccarter/mmm>.

The Great North Walk

Sydney to Newcastle

March 2018

David Bell

This wasn't done as an official Bush Club walk as only two members (David Bell and John Hungerford) were members of the walk party. However, it may be of interest to any Bush Club members interested in doing the entire walk or sections of it in the future.

Anyway, three of us (John, Roger Browne and myself) left Macquarie Place on March 13.

This is the official start (or finish of the GNW). A quick ferry ride to Hunters Hill then a walk up the Lane Cove Valley in showery conditions to Lane Cove National Park.

The next day we continued up the valley, crossing over into the Berowra Valley to camp at Tunks Ridge. The closure of the GNW at Fishponds due to the rifle range now adds a few kilometres to that section.

The next day took us to Cowan and then on to Brooklyn where we met up with Karen and Tony (Sydney Bush Walkers) who were joining the walk as well as getting the first food drop courtesy of Lucy Moore.



After the night at the Angler's Rest we set off on the ferry to start the next section from Little Wobby Beach. This is not officially on the GNW but was considered to be more scenic than the official route from Patonga.

We climbed up the back of Little Wobby to join with the Highway Ridge Track which took us to the GNW just east of Mt Wondabyne. After a swim at

Kariong Falls we camped at a small clearing south of Scopas Peak.

The next day proved to be a real stinker (38 degrees) so after collecting water from a drop site near the Old Highway at Mooney Mooney Bridge we set up camp on the upper part of Mooney Mooney Creek.

The creek here is still tidal and deep enough for swimming so all of us had a dip. No nibbles from any lurking bull sharks.

Conditions the next day were cooler so we got to the Somersby Store by lunchtime and had a compulsory 2 hour stop with cold drinks, ice creams, burgers etc. We headed off the Somersby Plateau to stay the night at a beautiful campsite on the edge of Palm Grove Nature Reserve before heading off the next day to enter the Hidden Valley and crossing Ourimbah Creek to begin a series of ascents and descents to get to Yarramalong.

By then we had got word of some serious rainfall heading our way, so it was decided to review our next steps once at Yarramalong. After more drinks and food at the Yarramalong General Store, Barry the store owner, kindly allowed us to stay in his back shed for free. This proved a blessing as the rain thundered down during the night. The next morning Lucy arrived with another food drop. Karen was feeling a bit crook so she and Tony decided to go back to Sydney with Lucy. They will no doubt complete the GNW another day.

The remaining three then set off in showery conditions up Cedar Brush Road and then entered the rainforest. This was also our first serious encounter with leeches. The rain continued as we ascended to the next camp on Kingtree Ridge. A wet night with leeches crawling around and over the tents.

It was still showery the next day as we crossed Olney State Forest. We had originally planned to camp at the Basin, but this was abandoned due to the rain. After crossing Wollombi Brook, we ascended to the highest point of the GNW (550m) and then descended to the next camp at Watagan Creek.

The rain had gone by the next morning, so we had our first dry walking for some days. An easy crossing of Watagan Creek was followed by an ascent via Flat Rock and then over the ridge down to Congewai Road and a road bash to Crawford Tank, our next campsite. The sun was well out by the time we got to Crawford tank so we were able to dry

our gear on a gate. Jill the property owner dropped by and gave us permission to have a fire that night – the only one we had on the entire walk.

The next day we again ascended via the Watagan Track through dry forest including a stop at some magnificent grass trees at Barraba.



The rest of the day was via a fire trail and road to Hunter Lookout.

After enjoying the sunset from the Lookout, we set off next day for our longest leg (27km) of the walk. The first section (to Heaton Lookout) proved to be particularly slow as the track is not in the best condition and parts of it are obstructed by fallen timber. From Heaton Gap to Teralba is a mix of ridge top walking and then a fire trail descent followed by a long road bash into Teralba. That section could be improved with a proper foot track beside the road.

Our final day into Newcastle was a mix of urban and bushland walking followed by a ramble along Newcastle's magnificent beaches. And then into the Newcastle CBD. We reached there on March 26.

All in all, it took us 14 days which is about the average length of time people take.

Bush Club PLB Personal Locator Beacons

The Club has two Personal Locator Beacons (PLB) for use by leaders on walks.

Tony Hickson (email bushclubwebmaster@gmail.com) and Graham Conden (0418 647 951) are custodians of the PLBs. You can contact them at any time to borrow one.

Note that a PLB is to be used only in life threatening situations, as a last resort. You should always try to contact emergency services via your mobile phone and "triple zero". Emergency services will have a better idea of how to respond to your incident/injuries if you can contact them via your mobile phone.

For more information see the **Information for Leaders** page on our website.

www.bushclub.org.au

PADDY PALLIN ANECDOTES

By Keith Maxwell

Recently, I was in the NSW State Library looking at just some of the Paddy Pallin archives. You may say that I was probably touching history when I found some interesting hand-written notes of Paddy.

Bush Club trips in private cars are now common but Paddy gives June 1959 as the first BC outing by private car.

Over many years, really fit bushwalkers have aimed to complete "The Three Peaks" in under 48 hours. Paddy thought it may have been first done in May or June 1958. From Katoomba walkers must do a return trip to visit Mounts Cloudmaker, Paralyser and Guouogang. The total distance is about 90 km with 6000 metres of ascent / descent.

He also had some fascinating anecdotes of past bushwalkers who have given their name to sites in the Blue Mountains.

Many bushwalkers will remember descending "Tarro's Ladders" off the end of Narrow Neck for a weekend walk into the 'Wild Dogs'. There is even a plaque part way down the ladders to Walter Tarr, whose love of the area earned him the title "Duke of Clear Hill".

Now I had often heard bushwalking historian, the late Wilf Hilder refer to Walter at BNSW Meetings but two other names were also in these PP records. The writer has used 'Roots Ridge' several times to access camping on the Kowmung River, from the Gingra Track, including family trips with our daughters. Parents do what parents do. I can still remember cold feet from multiple river crossings carrying our (then young) girls across the river to and from the camp site.

Like 'Tarro', Wally Roots was another bushwalker explorer of areas we now commonly visit. Paddy says his unofficial title became "Ruler of the (Wild) Dogs". Bushwalkers who follow the track towards Mount Cloudmaker from Kanangra Walls will pass close to Pages Pinnacle. Peter Page must have had a great love of Mount Solitary as Paddy called him the "Duke of Mount Solitary".

Myles Dunphy (principally among others) produced many sketch maps of the Blue Mountains that were invaluable to early bushwalkers (even up to the 1970s) as topographic maps were yet to be produced.

WWII did a lot to concentrate the thinking of army map makers. The 1942 "EMERGENCY" first edition of the 1:63,360 scale (one inch to the mile) Jenolan sheet, prepared by "The Australian Section of the Imperial General Staff" is best described as a coloured sketch map. Ridges are shown by hatching; there is not a contour in sight!

These early sketch maps of Dunphy and others are still fascinating as they are littered with far more personal names than these few examples.

The NSW State Library is a special accessible and expanding resource with a vast store of state records. Many bushwalking clubs have lodged material here. Like all libraries, it has moved past printed material to electronic material. Previous BC web pages are now on record with the library.

A BLAST FROM THE PAST

From ***Walks and Talks*** - December 1959

MY FIRST BUSH WALK – Carlon's Farm
May 1957 --- Davey Elkins.

It was dull and overcast that Saturday morning, long ago, when I first donned my pack and boots. I could not let a little rain deter me. After all this was to be my first outing with the Bush Club. I set off for the station feeling (and no doubt looking) very conspicuous. Ah! Central at last. Good heavens! I didn't know so many people carried packs. Where is the Bush Club I'm supposed to meet? I'll ask this lady. "Yes, this is the Bush Club". We soon board the train and I settle myself quietly into a corner out of everyone's way. One wrong word from anyone, and I'll get off at the next station, I'm thinking to myself. On arriving at Katoomba, we caught a bus out as far as the Explorers Tree. Here, I was informed, we were to commence walking, and we were soon wending our way cautiously down Nelly's Glen. (I still think Nelly was a mountain goat), which was very slippery owing to the recent rains. Everyone was talking of having lunch at the old pub site, and I had happy visions of a large glass of cold foaming ale. Wasn't I disappointed when I saw the old pub site. An hour for lunch and the leader told us it was time to move off. It was then that I heard that now famous remark "You people must be frightfully well organised!" "How much further ????" I keep asking myself and hope it can't be far now. I'm beginning to wonder what happened to that nice light pack I left home with. "There's the farm" somebody shouts, and I pick up a little until I see the hill we have to go down. About half an hour and four or five skinned toes later, I manage to crawl through the farm gate, ready to pass out on the nearest bed. After a very nice dinner I was ready for bed, but what's this! Somebody suggesting another walk! when? Now! Impossible! What sort of people are these? Up early on Sunday morning, only to find half the party out walking already (Don't these people ever sleep?) During breakfast there is a lot of talk about climbing the chains and somebody's head! Sounds very unusual and interesting, but my feet talk me out of it, so I join the party returning via Nelly's Glen. Six or seven of us set off, being reinforced by two or three campers who have been out since Friday night. (What do they carry

in those huge packs). We have to go up that steep hill instead of down it, but later on we find ourselves once again at the Old Pub site for lunch. The weather is still uncertain, and shortly after leaving the lunch site it begins to rain heavily. I begin to look round for shelter, but soon abandon this idea, however, when I realise that no one else is stopping. Half-way up the Glen, wet to the skin and the rain harder than ever, I decide that I'm not really keen on becoming a bush walker after all. It is rather uncomfortable at times isn't it? Surely there must be better ways of spending a weekend. We finally reach the top and just catch a bus to the station, while waiting for the train we have a chance to dry ourselves a bit, and once in the train I begin to feel warm and rested, and by the time I get to Central, I decide to give it another chance and I have never regretted it. So ended my first (and almost last) bush walk.

MORRIE'S TRIP TO NEPAL (The result)

By Morrie Donovan

On the 1st of March, 10 of us arrived in Kathmandu, staying at the very good Moonlight Hotel. In the group were my eldest granddaughter, husband and her 2 children Blake 2 and a half and Layla 5 years old.



Also 2 other granddaughters, Ron Binet, Jacqui Bogue, Jocelyn and myself. Our objective was Khopra Danda 3660m and the opportunity to go to Kaire Lake 4660m. Also to view close on our left would be Dhaulagiri 8167m, first climbed in 1960 by a young Kurt Diember and even closer on our right would be Annapurna 8091m which was

the first 8000m mountain to be climbed in May 1950 by Maurice Herzog which was an epic struggle of adventure and hardship. Between Dhaulagiri and Khopra Danda Ridge is the Kali Gangaki River Gorge the deepest Gorge in the world, being 7000m from Dhaulagiri's east summit to the river below.



I devised a route which would suit Blake, Layla, myself (I'm old) and others to enjoy. 3 days later we took the 8 hour bus trip to Pokhara for an overnight stay. In the morning we were then driven for 2 hours to Nayapul. With us, was our main guide Khadga, plus 3 other guides and 5 porters. After some morning tea in Nayapul we started the trek it was was a 1000m ascent to Ghandruk a beautiful Nepalese village. Next day another 700m up to Tadapani a much smaller and colder village. The following day didn't go to plan, Jocelyn, I and a guide descended 1400m to a spot where we were met by a 4x4, driven to Nayapul, hired a car with driver to return to Pokhara. The others continued on as planned to the remote Khopra Danda. (Comment; Unlike the NBN or mobile reception in Australia, Guides and Porters seem to be able to communicate by mobile almost anywhere in the Himalayan Mountains to get assistance)

Jocelyn, I and Raj our guide whom we got to know quite well, spent several days looking for good coffee in Pokhara. As well, after getting the all clear from the Mountain Hospital in Pokhara, we devised a way to meet the group at the walks end in Tatopani. A rough 6 hour 4x4 drive to the village. Whilst waiting we did a day walk to the bottom of the Kali Gandaki Gorge. We walked up the track/road which is being pushed through to Tibet. They are doing this with minimum machinery and human labour, the road/track is open, you just

walk under or around heavy earth moving equipment whilst they do what they need to do! It was a bit of an eye opener, especially where the thundering river below had gouged through two mountain sides and a grader trying to push the very narrow road on the cliff side high above. Days later we were all reunited, in short, their trek went very well, and whilst very cold at Khopra Danda with snow everywhere, the views were spectacular.

While the boys looked after Blake and Layla the 4 girls and Khadga and a guide headed up to Kaire Lake, 2 granddaughters turned around at 4200m, whilst the eldest granddaughter and Jacqui got to about 4550m and with snow, cold, altitude and the lateness of the day, the guide deemed it to be too dangerous to continue. To sum up, all our guides and porters were fantastic, helpful and caring. Blake and Layla won their hearts and spent most afternoons all playing together outside whilst others sought comfort from the lodges. I have to say they don't have screen time (no tv or devices) play most days in the Alice Springs red dust. Their Mother Jessica left no stone unturned to make sure they had the right attitude, clothes and a very limited number of small toys.



In conclusion it was a wonderful family adventure with 3 generations. Small kids can trek in Nepal. My

granddaughters for their age are widely travelled, but I wanted them to see a couple of the big mountains, namely Dhaulagiri, experience the guides, porters and Nepalese village lifestyle. On the homeward journey good friend Ron said - it was good - but I'd rather be in the Snowy Mts camping by a hut and a running stream. I missed out on Dhaulagiri, so I filled in a couple of hours in Kathmandu and bought another climbing book - Annapurna by Maurice Herzog dictated in Hospital after his epic 1950 reconnaissance of Dhaulagiri deemed too dangerous and impossible to climb, so he turned his attention to Annapurna. Note; We went with Himalayan Sunrise - Bishnu Raj a very small company.

VALE IAN FIRTH - 1940-2018



Bush Club member Ian Firth passed away at the end of January.

Ian became a member in March 1997 and maintained his membership until his death.

Ian walked with several leaders between 1997 and 2006.

Ian Firth was 77.