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Sunraysia Bushwalkers

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Affiliated with:



Membership Fees

\$30 per Person

Subs due 1st July

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Blue Tinsel-lily



Grampians Fringe Myrtle



Running Postman



Victoria Range

To view the complete calendar please follow the link:
<http://www.sunbushwalk.net.au/calendarofactivities.html>

Grampians Federation Weekend 2016

As a consequence of leading some of the walks during the Federation of Bushwalking Club's get-together weekend Meryl & Roger were asked to put in reports. The following are their contributions as sent to Chris Dunmill of the Wimmera Club.

Meryl's Report

You can be really proud of what your Club has achieved in organising the 2016 FedWalk, culminating in a weekend of tremendous walks in one of the best bushwalking spots on earth. The bonus for the Sunraysia 4 is that we only had 4 hours drive to get there.

Karl & I were given Walk 15, 'Fortress Views'. I think the lunch/turn around point made it an excellent achievable option for many who would have been daunted by continuing on to the Fortress itself. As weather & work would have it, we only completed our check out walk on the Friday prior to the Fed. Walk weekend. This had several advantages. Mainly we were able to clear numerous small trees and branches which had been knocked down with the spates of nasty weather in September, and we also had a better picture of timing for various rest or lookout points. In addition, the marked difference in water flow coming down the river track was quite remarkable over the 3 days. My personal bonus was that I could take my time photographing the flower bounty without being responsible for the group at that stage. I've never seen so many flowers on that track & was particularly excited to see the horny conebush flowering - crazy plant! And such a grand orchid season.



Horny Conebush - Isopogon ceratophyllus
Family: Proteaceae



Fortress Walkers

Our groups comprised 12 & 20 walkers. The 20 proved hard to feel comfortable with, mainly because one walker was simply unfit for this walk. I think it would have been OK otherwise, but the smaller number was definitely easier to head count.

On both days, the initial climb up to the first rock overhang proved challenging for many. I guess the Saturday walkers scored the glory of the track with marvellous weather & a comfortable pace allowing us all to mingle easily & not feel pressed if someone wanted to pause a little longer. We even indulged ourselves with a longer lunch

break just to really take in the views & allow some to scramble around a bit. On Sunday, the winds were fierce at times, making conversation almost impossible and not conducive to lingering at breaks - that's how it goes.

Each day presented a minor bother. On Saturday, on the return, 1 walker (who had been struggling from the start), managed to get poked by a stick and stumble, then cracked her head rising up under a rock, then scored a nosebleed (which wasn't unusual for her). A fellow club member & I waited and walked slowly, very slowly, with her down the track. This delayed our return by 30 minutes. I informed them both I would be completing an incident report on return to Laharum, & did so. She was fine at dinner later on.

On Sunday, as indicated earlier, one walker wasn't up to the climb. I elected to walk with her slowly and gently encourage her, and delegated my whip duties to another walker. We were 15-20 minutes behind the group's arrival at the lunch spot. Fortunately, this walker felt OK - dejected at her slowness but happy to have made it, & she managed a normal pace going down.

As a general comment, I was astounded at how much some folks carry on a moderate 4-5 hour day walk!! 3+ litres of water! Thermals! Is this well-prepared or fear?

For future planning, please highlight the elevation profile as a guide for people to make good choices for their physical capacity.

The Fed. Walk booklet is always a valuable resource for us to plan future walks in a region. And it must be said, the 2016 booklet has set a new standard. Well done here as well.

Roger & Barb led a group up the Chimney Pots on Saturday, and attempted to get to Mt Thackeray on Sunday. A solid fallen gum proved too much for Roger's little chain saw, so I think they met up with another group and took in the Aboriginal Art walk over at Black Range - not sure on those details. Anyway, Roger is simply not meant to go to Thackeray - I think he's only made it there once in 6 attempts & that once was his check out walk for the Fed. Walk!

Report By Barb & Roger

After all the stormy weather of the week and days before the walks weekend we were finally blest with a couple lovely calm sunny days, at least for travelling and the first day of walk!. The abundant rain had transformed the country side. As we neared the Grampians

some of the fields were a mass of yellow cape weed, almost as good as a Canola crop in bloom.



Our accommodation was at the Scout Camp at Laharum - a very adequate camping site situated well off the road amongst natural bush. Our creature comforts were not neglected in that there were showers,(with lovely hot water), flushing toilets and a large communal kitchen together with a large eating area - what more could one

want? Plus we had orchids and wonderful fungi growing around our tents.

On driving into the camp site we did have to do a little track clearing of fallen timber plus take it gently through all the water that was running either side and over the track.



Spider Orchid



Meryl, Karl & Roger enjoying 'Happy Hour'



*Yellow Navel
Lichenomphalia chromacea*

The tea meal on the Saturday was held at the Laharum Sport Complex and ovals and was catered for by a local group of farmer's wives. They did a superb job, managing to feed a beautiful roast meal plus sweets to approximately 260 Federation members. After the meal there was a power point presentation by a National Parks representative who gave an up-date on the \$30 million being spent on the construction of an end to end walk through the Grampians, planned to become one of Australia's iconic walks.



Report by Barb

THE ILLUSIVE MOUNTAIN

(A report of the Federation weekend walk – Mt Thackeray - Walk 16)

I first heard about Mt Thackeray when at school in Ballarat in the early 1960's and had the thought then that I would like to have a “go” at it sometime in the future. My first opportunity was around 1989 when a group from Sunraysia Bushwalkers entered the area of Billywing Gorge in the Western Grampians with the aim of *perhaps* climbing Mt Thackeray. It was *perhaps*, as we ran out of time without achieving the summit. Several other attempts were made in the intervening years, including one weekend when celebrating my 50th birthday. On that occasion the attempt was from the Victoria Valley side and although we made it to the 4wd track along the ridge we had entered cloud and drizzle and thought better of it – enticed by the thought of a slap-up meal that was awaiting.

When asked by Chris Dunmill if I would lead a walk for the Fed Weekend I was happy to attempt anything that he chose to allocate to me. I was surprised when he suggested that I would be given the Mt Thackeray walk especially as I had not actually achieved its summit in 5 attempts. He pointed out that as a walk leader I would be required to do the walk prior to the weekend so I took the opportunity to do so on the Monday following the Leader's training day in Ballarat and was happily joined by Alan Obst (who was to be co-leader) and Peter & Helen Conroy.

To access the start of the walk it was necessary to drive up the Goat Track and then along the trail along the Victoria Range ridge which entailed getting a key from Parks for the gate to access the 4wd track. On the drive to the summit car park we encountered a number of trees over the road and observed that someone (I assume Parks staff) had cleared a way through for us. The drive was longer than I anticipated and we were blessed with fine weather for the walk although low level cloud was skudding past. It has become a cherished memory having at long last achieved the summit more than 50 years after first hearing about Mt Thackeray.



Chimney Pots Walkers

So, to the Federation weekend. The walk was scheduled initially for both Saturday and Sunday but due to the lack of interest was reduced to just Sunday. I was re-assigned to the Chimney Pots walk with Alan and enjoyed perfect weather – which was amazing after what had lead up to the weekend.

On Sunday with forecast of winds reaching 100+klm/hr three walkers joined Barb (co-leader for the Sunday walk) and I as we set off in the Jackaroo armed with a chainsaw and a key to the still closed 4wd track. I have 3 petrol chainsaws and I chose to take the smallest, big mistake. After about one kilometre along the Goat Track we came to a tree across the road that was about 45cm in diameter and there was no way around it. In a vain hope of not disappointing the three who had chosen the walk I fired up the chainsaw which then refused to “go on song” and as a result it was obvious that we were going to have to turn around and beat a retreat.



We were fortunate that when we arrived back at Buandik campground to meet up with Walk 20: Aboriginal Art Site Tour lead by Di Knoll and were invited to join them. It added another dimension to my knowledge of the Grampians especially as Ben Gunn was the local rock art specialist that lead us through the various forms and interpretations of what we were observing.

I stand in awe of the achievement of Chris Dunmill (President of the Wimmera Bushwalkers – our hosts for the weekend) and his team of members who put on an excellent weekend under trying circumstances. I have attended roughly 8 Federation weekends since 2002 and although it was in familiar country I enjoyed it more than any other Fed Weekend. Well done all who organised it.

Report by Roger



REMOTE AREA FIRST AID 16th & 23rd October 2016

The course largely funded by a Sport & Recreation grant received by the club was conducted over two Sundays with a prior reading task and online test of several hours. The first Sunday took us through the basics and the second was adapting our knowledge to remote area situations with a number of very realistic wounds and situations. It was the hands session that became the best of the learning experience where we applied our new found knowledge.

The photos are a record of some of the practical that we undertook.

In relation to our club's use of first aid and what we carry I came to the conclusion that we are short on triangular bandages and that members should carry their own individual pain relief medications.





A very cheerful patient!

I also think that we could look at adopting a policy for each member to have with them a record of vital information in the event of them being injured that can be readily accessed by anyone giving assistance. The form that the Federation use for their Fed Weekend walks would be a good template to adopt. It could be stored on the club's website in a fillable & printable pdf.



Trip & Trek News - latest news on trips and treks

More information on these items can be obtained from the SBW Secretary



PGL Adventure Camps provide venues and accommodation at Campaspe Downs (Kyneton/Macedon Ranges area) and Camp Rumbug (Wilsons Prom area)

Take a Walk Adventures are now promoting and providing information on their Andalusian Coast to Coast Walk.

Southcoast First National have information on their Inverloch holiday homes.



OYAT (NZ) are now promoting and providing information on their many trips and treks including Milford, Routeburn and Stewart Island.

Murray River Walk - Riverland South Australia now has information on a designated walk that is now included in the Great Walks of Australia.

Willis's Walkabouts has information on their next Kakadu Highlights Trek (Oct 24 - Nov 6)



CALENDAR

2016			
Nov	2nd	Meeting	
	12th	Canoe Trip - Darling Annabranh	Contact Noel 0438 456 335
	19th - 27th	Croajingalong - Pack walking	Contact Karl or Meryl 50227676
Dec	7th	Meeting	
	11th	 Christmas Break-up 	Contact Neil 50235559

Next Meeting

Wednesday November 5th at 8.00 pm

**Please note that due to the high water at Apex Park
our meeting will be held at the Scout Centre, Nichols Point,
formally the old Pumping Station,
Cnr. Cureton Avenue & Karadoc Avenue**