

Sunraysia Bushwalkers Newsletter



June 2021



Welcome to a new month and enjoy the serenity of Tony's photo, take a moment and imagine our next outing. The meeting on Wednesday June 2nd has been postponed until we find out how long the current restrictions will be in place.

As you go for walks near your home to keep fit, enjoy the colours of autumn, until our footprints can join the others in the sand.



HEYSEN TRAIL WALK NO 4

ADELAIDE HILLS (BRIDGEWATER TO CUDLEE CREEK) VERY "UNDULATING"!!

On Thursday 20 May, 7 walkers (Michael, Russell, Tony, Patsie and three first club walk participants, Marg B, Marg J and Alan B) set out for the Adelaide Hills to begin our 5 day walk to Cudlee Creek.

We stayed at cabins in Belair Caravan Park in a lovely National Park environment where we joined up with Roger who was seeing family in Adelaide. We went for a shakedown walk around the park's tourist trails. That evening at the local Belair pub set us up for the "easy" walk to come.

Next Day Friday : Day one, was magnificently warm and sunny with a clear blue sky. After the car shuffle to leave 2 cars at the days end point, we had a pleasant jaunt from Bridgewater to the back of Mt Lofty where we encountered a massive steep and long unrelenting jeep track up to the Restaurant at the summit (...quite a shock to the system as this was supposed to be a relatively easy undulating walk overall) ...never mindno doubt just an isolated aberration... Coming a little way down from the top we passed our exclusive accommodation for the next 3 nights.... the 10 bed YHA Mt Lofty which had wonderful views over the city of Adelaide...but still another 10 kms to go for the day.... so onwards without stopping. Lovely views, mostly well marked trail ...until late in the day we missed a turn right and walked on for a couple of Kms before realising our mistake and turning down another road with the intention of bisecting the correct trail. It was getting late and some of us were tired, so it was agreed that a few would wait on the road while the others kept going to find the right track and thus the cars (!) which luckily, they did! That night we spent our first time in the (unmanned) YHA ...quite comfortable, electricity, hot showers, heaters. but after takeaway Pizzas from Crafers.... early to bed.

Day Two started with the usual car shuffle followed by a demanding walk, often along made roads until a short steep descent on stoney dirt road produced our first casualty fall ...Marg was shaken but not too badly stirred... delighted to find nothing broken she soldiered on but over the next few hours of mostly up and sometimes down, started to feel a delayed effect on her knees of her earlier tumble. We got close to the end and a few went on for the final KM or so to retrieve the cars and it was back to the YHA. Marg pulled out due to increasing knee pain, we had another take away dinner....Indian and again early to bed

Day Three Sunday. We left Marg to be picked up at the YHA by her husband and tried to get the cars to the appointed end spot BUT found the access road too rough for driving cars so had to replan the end point to the next access point some 5 kms short ...It started as a long gentle up but soon after another **long steep** "up" section we encountered the mother of all descents**very** steep , long and again, very rocky and stoney. A painfully slow descent followed, our memories largely informed by memories of Marg's fall the day before on a descent. The day finished at the cars after a nice level walk along a creek in a pretty valley but it was only 1.30. What could we do? ...head for the Norton Summit pub of course! ...and then back to the YHA. Dinner was at Crafers Hotel but just before we left there was a brief hotel electricity blackout and they were unable to take our money when we left...we were hopeful but all were rung the next day for phone payment!!



Day 4 Monday. The fourth day. We cleaned up at the YHA, and off we went. Again, the weather was good but cooling. The car shuffle allowed us to leave our cars at Cudlee Creek opposite a tavern, it was the usual ups and downs during the day including a big climb and big descent. Always great views. We went through logged forest and burnt-out areas until we got on the flat to the town. There were two parts of Cudlee Creek marked on the map that the trail went to and we went for the bigger part.....whoops no cars! After walking along the dangerous narrow Gorge Rd for a Km or so to find them we realised our mistake, the cars were parked at the other part of the town, about 2 Kms by said dangerous road . Again Roger, Tony, Russell and Patsie took a minor road and walked back the other side of town while the three of us waited for them in an appointed spot. After all our sitting around waiting, the beer at the Cudlee Creek Tavern was most welcome. Then we drove onwards 15 Kms to our final accommodation, the Birdwood Motel. The boys got a 6 bed old style Cottage and the girls a well-appointed motel room. We had a good dinner at the Birdwood Hotel just across the road and again were early to bed.

Day 5 Tuesday. The final day ... wet and rainy, too rainy to walk unless essential and the bakery was just across the road (next to the pub) and the National Motor Museum just the next building down the road from our accommodation. Elementary my dear Watson, we decided to maybe do a 5 km walk along the trail in the afternoon if the weather cleared!! Roger, Tony and Russell did that walk in very inclement conditions! As for the rest it was walk **over** at 65 Kms, about 15 Kms short of that originally planned. That night it was dinner at the pub again and awards were given

- Rookie of the Walk: Margaret
- King of the Mountain: Tony
- Sprint Champion: Roger
- Navigation Expert: Patsie
- Social Conversationalist: Alan
- Best Team Player: Russell
- Best stolen wine drinker: Myself



REFLECTIONS AND LESSONS

This was a hard and demanding walk for most of us. It was beautiful terrain with wonderful views but much more than **undulating**. As organiser I didn't take enough notice of the contours in planning distance each day (and it was not uncommon to rise and fall over 200 vertical metres at a time). A planned rest day or short walk day in the middle would have helped . On the other hand the Adelaide Hills do make walk planning for car drop off and pick up somewhat difficult. Car travel time for placement of vehicles was often time consuming and should be taken into account by others planning to walk this section...supported

The next section, the 80 kms from Cudlee Creek to Tanunda, will be less demanding in all ways, roll on!

Thanks to participants, thanks especially to Roger for support and navigational expertise (thank goodness for his walking fitness) thanks also to other experienced club members Russell, Tony and Patsie both for their support to me and of the three club walk "first timers" ,

Michael



Local Fitness Walk Suggestions

Lock Island, walk along the sandy track to the weir, and then return.

Another suggestion down that way are the stairs from Cureton Avenue down to the dog park, but mix it up by walking down the ramp as well. But, if you want the locals secret track, park in the park at the Lock, turn your back on the river and take the grey gravel path closest to the road and head toward the embankment and look for the large basket sculpture, you will then find a steep little track toward Cureton Avenue guarded halfway up by a very large bulls ant nest. If you find this you know you are on the right path, this track is narrow with loose stones, but it offers a steep hill and you can, if game take the vertical path made by bicycles, but that way is only after you have warmed up! There is a cross road at the bulls ant nest to allow you to take another steep little incline off to the right.



The Billabong Any of the Walks around the Billabong are enjoyable, Ducks Foot lagoon walk is about 6 km and if you add in Bragg's Bridge you have added an extra 2 Km

The walk from the Ranfurly Park Recreation Reserve toward Cabarita written up in an earlier newsletter, and for the What 3 Words location [amaze.philosopher.amibavlent](https://www.what3words.com/locate/amaze.philosopher.amibavlent), is the turn off



Merbein Up and down the Merbein escarpment at the Look-out and the Blandowski steps. Another option is from the Merbein Cemetery down the hill to the Merbein Common.

Red Cliffs The Look-out at Red Cliffs is also a spot to try out the steps and get some hill practice.

If you walk for 12 hours a day it would take 690 days to walk around the world.

Witchetty Grub, or witjuri'

This famous "grub" is the larval stage of a cossid Wood Moth, it spends approximately three years as a larva before pupating and spending three or four days as an adult. In the adult stage it is unable to eat as it does not have any feeding organs, and is only able to mate and once the eggs are laid the adults time is over.

Imagine how big the larva was to make the Moth sitting on the saw.



The average wing span of the Giant Wood Moth is 23 cm and they can weigh 30 grams. The males are typically about half the size of the females. The life cycle of the Wood moth is still being discovered, it is known the female lay's up to 20 000 tiny eggs which are distributed on tiny silk threads after hatching, but the next year is a mystery, the grubs bore into the host tree when about 25 mm long. The in-between stage is believed to live on roots.



DUNOLLY BIKE RIDE

In late April, 7 of riders (Michael, Roger, Tony, Peter, Matt, new member Gary Laver and David Mc Millan) journeyed to Dunolly to ride the signposted unmade tracks and trails around this historical old gold mining area over 3 days. These were **not rail trails** and only two of the five “towns” visited (besides Dunolly) still had any life, and only one of them had commercial eating/drinking options but it did give a good view of the diggings, with some historical ruins still visible. It was also a great way to see some of the typical forested areas of central Victoria. We stayed in two cabins in the Dunolly Caravan Park ...Snorers and non- snorers ...no prizes for guessing which one I was in!! Cabin quality was low ...original style roughies. On the first night we discovered Dunolly Pub ...good food, good beer and wine, close to the caravan Park, perfect.



Day 1 Long ride to Laanecoorie Reservoir 35 Kms in lovely weather. We rode out over the rough inland tracks had lunch at the reservoir and returned to Dunolly. Tracks were cyclable but at times rough! On the return journey I opted for the bitumen because of neck pain and was joined by David and Gary. About 5 Kms out of town riding single file I realised that Gary was nowhere in sight. David and I waited 10 minutes, still no Gary. At this stage anxiety was starting to bite, **how could** I let a rider fall off the conga line??!. Although very tired I rode back over a long hill expecting to see him sprawled on the ground with tire marks over him“clank,clank” came the sound on the other side of the rise , “clink, clank” ...and there he was, with a bag full of roadside collected beverage cans (10c each !) This is Gary’s marvellous obsession for which he has been awarded the local U3A bike riding groups coveted award ..the “Keep Mildura Beautiful Award” . He didn’t know it at the time but later that night I hid his wine cask as a punishment (and subsequently enjoyed it on Heysen 4thank you Buddy !) We had dinner in the Dunolly Pub again!

Day 2 Ride 20 kms in the morning and ride to Betley in the afternoon 10 Kms. More good weather On the way in the morning we passed old diggings infrastructure and old pub ruins. A great enjoyable shortish ride.

In the afternoon a few of us ventured into Maryborough via car and had a look at the renowned Maryborough Railway station. It’s absolutely unbelievably enormous and very grand and dignified ...wouldn’t be out of place as one of the major stations in London ..if you ever get a chance see it!

Mark Twain who visited the area in the late 1800’s, described it as a magnificent Railway station with a town attached to it!

That night we discovered a local restaurant, very enjoyable and good quality food (with reasonable wine choice)

Day 3 Ride to Moliagul and return 30 kms. The group rode the tracks, while I took the bitumen on account of sore neck (don’t have to look down so much on a bitumen road) Enjoyed a great coffee and Cake at the Community Centre and a beer



at the old pub. We were told that new arrivals are breathing life back into this very old town, good to see! (It was the site of the finding of the "Welcome Stranger" nugget. That night we ate again at the Dunolly pub

Overall, this was an enjoyable three days of riding, pretty easy, interesting environment, reasonable signed trails. Dunolly has just enough to keep you occupied for 3 or 4 days and you can get onto the wider trail infrastructure of Maryborough if desired.

Michael

28 May



My journalistic interest was piqued, what did the Maryborough Railway station look like? I decided to "visit" and share with you.



"The 1890-1 building is Queen Anne style red brick that displays hallmarks of the Anglo-Dutch style. The outside roof consists of different types of Dutch gables with faceted chimneys. Cement renderings decorate the building and echo the style of the wooden details of the windows and doors. Tuscan order columns support a wide but similarly profiled lintel and large bluestone steps form the entrance to the base.

The long platform is covered by a spectacular veranda. It has a hipped roof, part of which is glass. The veranda cast-iron columns also act as down pipes for storm water, which is stored in large

underground tanks. The foyer's tessellated floor was laid by Cawkwell's of Malvern, whose work can also be seen at Parliament House in Melbourne. The Station's interior features carved ticket box windows and an elaborate English Oak or Australian Mountain Ash ceiling."

Credit and thank you to the Maryborough Midlands Historical Society for the information and images, and thanks also to their correspondent who supplied information, Glenda James.



Next time we break down in the area, I will be off to check out the railway station!

PROGRAM 2021					
Month	Date	Activity	Coordinators	Nos.	Comments
June	· Wed 2	· Club meeting Apex Park Clubrooms			Delayed due to Covid Restriction
	· Sunday 6	· Cardross area or Koorlong State Forest Walk followed by a "Cardy Burger" lunch	· Roger Cornell		· 9.00 am start at the Cardross Store. Lunch to follow walk.
	· Sat, Sun, Monday 12,13,14	· Queen's Birthday camp and walk at Beeripmo (near Avoca).	Meryl & Karl		· Full details to be provided prior to event. Leave Friday, camp at Avoca, return Monday.
July	· Wed 7	· Club meeting Apex Park Clubrooms			· 7.30 pm start
	· Sunday 11	· Hattah Trek – Highway to Murray River (approx., 18 kms walk across Hattah Kulkyne NP and finish at "Sextons")	· Peter Rhodes		· 7.00 am start. Full day walk with day pack. Full details to be provided prior to event. Bus travel an option.
	· Sat 24 and Sun 25	· Mid-Year Dinner.	· Neil and Alison, et al		· Venue TBA. Full details to be provided prior to event.
August	· Wed 4	· Club meeting Apex Park Clubrooms			· 7.30 pm start
	· Sat 7, Sun 8	· Mopoke Hut to Mt Crozier camp and trek.	· Meryl and Karl		· Full details to be provided prior to event.
	· Sunday 8	· Local walk, perhaps Apex Park	· TBA		· Full details to be provided prior to event.
	19th 25th	· Heysen Trail #5 - Kersbrook to Tanunda	· Michael Jobe	· 5+	· commercial accommodation, byo bike, club bike trailer to be used
September	· Wed 1	· Club meeting Apex Park Clubrooms			· 7.30 pm start
	· Sunday 12	· Yarrara State Forest walk and pub lunch.	· Peter Rhodes		· 8.00 am start. Meet Centro car park to enable car-pooling. Morning walk followed by lunch at Werrimull Pub.
October	· Wed 6	· Club meeting Apex Park Clubrooms			· 7.30 pm start
	· 9 – 10	· Grampians Camp and day walks.	· Meryl and Karl		· Full details to be provided prior to event. Travel down Friday evening and return Sunday.

	· Sunday 10	· Merbein Common, local walk for non-campers.	· TBA		· Full details to be provided prior to event.
November	· Wed 3	· Club meeting Apex Park Clubrooms			· 7.30 pm start
	· Sunday 21	· Murray Sunset NP or Hattah Kulkyne NP morning walk followed by BYO lunch.	· Peter Rhodes		· 8.00 am start. Meet Centro car park.
	· 8-15th	· Murray River Canoe Trip	· Michael Jobe		· camp on river bank, may be supported
December	· Wed 1	· Club meeting Apex Park Clubrooms			· 7.30 pm start
		· End of year break up.	· TBA		· Date and venue TBA.

Some walks have restrictions and the number column is a rough indication of participants at this stage

Options to be considered. Please contact the coordinator as soon as possible if you are interested in the event or need more information by emailing enquiries@sunbushwalk.net.au

The following projects have been listed by members to gauge interest. Unforeseen circumstances (Covid??) may cause plans to be cancelled but these projects will be added to the program as club activities if a sufficient number of members apply. All projects will have a leader/coordinator and costed plans will be provided. Generally non-refundable deposits will be required.

Michael Jobe Coordinated Events;

Maria Island and Frecinet Walks [22 – 28 March, commercial accommodation in fixed location, day walks].

Goldfields Track Bike Riding [19- 24 April, commercial accommodation, byo bike, bike club bike trailer to be used].

Heysen #4 Trek [20 – 26 May, Bridgewater to Kersbrook, commercial accommodation, supported day pack walking].

Dunolly and surrounds Bike Riding [14 – 19 August, commercial accommodation, byo bike, club bike trailer to be used].

Heysen #5 Trek [20 – 26 September, Kersbrook to Tanunda, commercial accommodation, supported day pack walking].

Murray River Canoe Trip [early November, eg 8 – 13 November, camp on river bank, may be supported].

Roger Cornell Coordinated Event:

Hinchinbrook Island walks and Cairns bike riding [June or July, camping on island].

Other suggested events without dates at this time:

Walls of Jerusalem camp and day walks – Dick Johnstone

Chalka Creek paddling – Matt Jones and Peter Rhodes

Blue Mountains (NSW) – Green Gully Track in Oxley Wild Rivers NP – Tony Grasso

Other ideas for walks:

Wilson's Prom

Atherton Tablelands

Flinders Island, King Island or Deal Island

Warrumbungle's, NSW

Glenelg River Canoe Camp

Guess Who

Today's challenge, can you identify two members of our club from these facts, and put the facts with the person.

I have ridden camels on a week trek in the Northern Territory.

My first hike was in Lamington National Park when I was 22

I have been a scuba diver, so have I.

I did gymnastics when I was younger and gave up as a teen.

I did gymnastics and started as a teen.

My first hike was a preparation for a week hiking in Fiji.

I canoed in the Katherine Gorge when I was 20 with a group of friends.

I have washed in a mountain stream just below the snow line while camping on a ski trip.

I have competed in 4, 24 hour Rogaines.

I trained in the medical field, so did I.

I speak several languages and my favourite hike is on the island of Corsica.

My favourite hike is along any rockpools and I am known for falling in the water.



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