

<i>President</i>	Neil	50235559
<i>Vice President</i>	Meryl	50227676
<i>Secretary</i>	Peter	50221898
<i>Treasurer</i>	Karl	50227676
<i>Quarter Master</i>	Roger	50257325
<i>Newsletter Editor</i>	Tina	0448801656

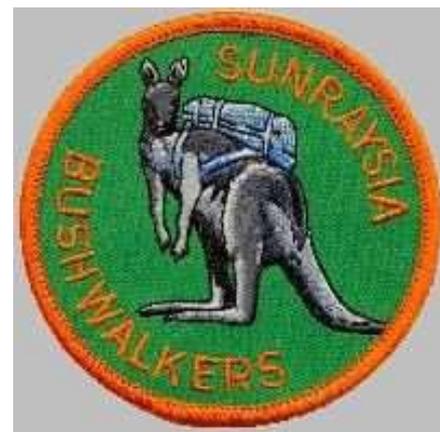
**Membership Fees**  
**\$40 per Person**  
*Subs due 1<sup>st</sup> July*

# Sunraysia Bushwalkers 2019

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Website  
[www.sunbushwalk.net.au](http://www.sunbushwalk.net.au)

## May 2019



Affiliated with:  
  
 Bushwalking Victoria  
 towards better bushwalking

### *In this issue:*

- ❖ AGM details
- ❖ Snake Island SB walk - report
- ❖ Walhalla Walk – member report
- ❖ Patsy – Japan and Italy walk report
- ❖ Tony & Teresa – Fiji report
- ❖ Susan Saris – Guest speaker
- ❖ Heysen Trail – Walk update and interest
- ❖ Child Safety Policy and code of conduct
- ❖ Ambulance cover for bushwalkers
- ❖ Wimmera Calendar
- ❖ **Calendar**

Subscriptions due in July

\$40 for the year.  
 Direct bank transfer  
 BSB 063 520  
 Acc 00907072

Or bring to the meeting.



**Meeting Wednesday 1 May**  
**Apex Park clubrooms**  
**7.30 start.**



Some point of discussion at the meeting for events on Wednesday

- ❖ Annual Dinner date and place.
- ❖ Sunset National Park and Mt Jess Weekend  
 Your ideas and input is valuable.

### 2019/2020 Annual General Meeting

This month is AGM Month. The following positions will be available and nominations will be taken on the night or contact Peter Rhodes if you would like to nominate for a position.

#### **ELECTION OF OFFICE BEARERS for 2018/19**

<b>POSITION</b>	<b>PERSON ELECTED</b>	<b>NOMINATOR</b>
President	Neil Hammerton	Patsy Sandell
Vice President	Meryl Hale	Alison Hammerton
Secretary	Peter Rhodes	Jeff Milne
Treasurer	Karl Sommer	Patsy Sandell
Newsletter Editor	Tina Binding	Alison Hammerton
Quartermaster & web site	Roger Cornell	Verna Wakefield
Committee: President, Secretary, Treasurer ( Signatories to Club Bank Account ) Cheques require two signatures ).		

### Snake Island Sunraysia Bushwalking Group Walk April 14 2019



This morning's walk from Fotherby Park, to western "tip" of "snake Island", now called "Junction Island", Wentworth. 9 x members took approx. 1Hr 40 mins return trip. Pictures of aerial view of Island, group pic at the tip of Island, junction of Murray & Darling rivers, foot bridge connects to Island.

Thanks to Tony and Greg for pictures.

For more details of the days walk please check out our facebook page

<https://www.facebook.com/groups/117835691596192/>



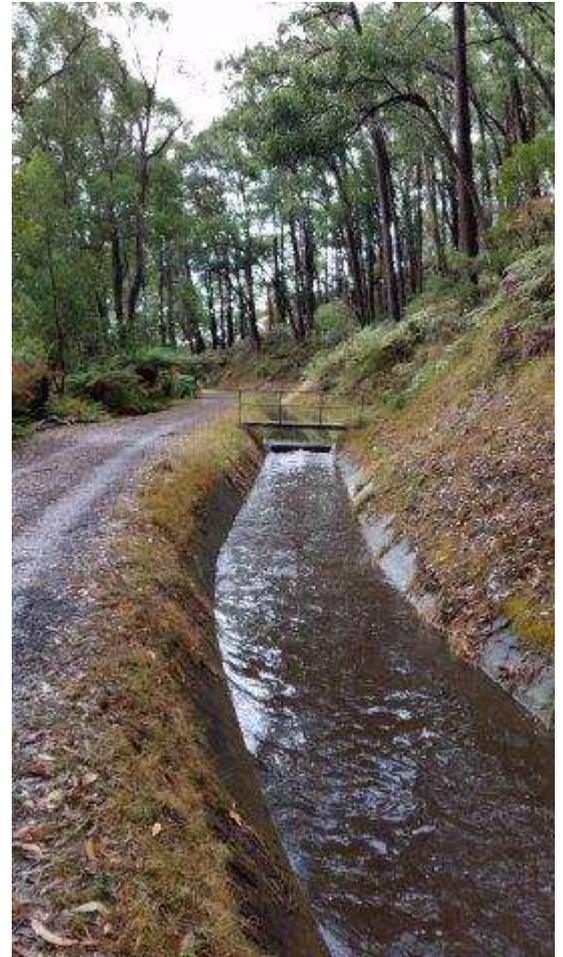
## A WALK THROUGH HISTORY (1921, 1934, 2017 & 2019) Walhalla

The second part of the walk from Parliament House in Melbourne to Walhalla and the start of the Alpine Walking Track saw Bill, Geoffrey and Roger being joined by Christiane to do the section from Healesville to Walhalla.

We commenced walking after driving from Mildura at about 4pm and covered 6 kilometres which reduced the first day's walk down from 30kms to a more manageable 24 and had us walk alongside various water races. Coming from drought effected Mildura it was a surprise to be greeted with rain but at least the forecast indicated that by the second day it should clear up. So, with two days walking along decommissioned water races with consequential easy gradients it was not hard walking other than for distances a little longer than we normally walk. As we progressed along tracks, paths and roadways it was becoming more enjoyable as we entered forest among the tall eucalypts and thick fern and shrub understorey of the cool temperate rainforest. The tramways were left from the numerous logging undertakings through to the 1960's and this reminded me of a photo album I had back at home compiled by Edith Luth through 1934-39

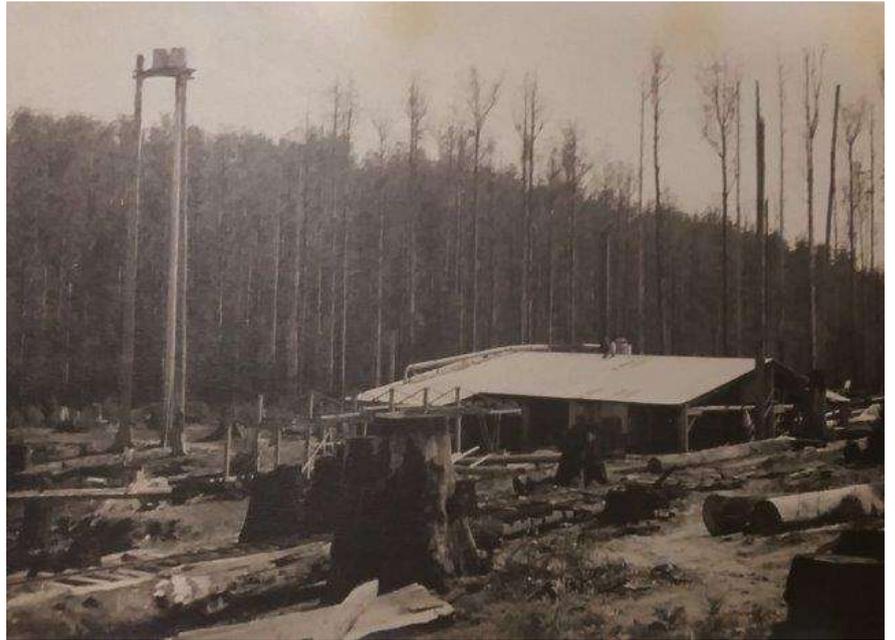


The album includes this photo of a crossing of the Ada River along which we walked. In our walk we also visited the site of the New Ada Mill and came across some timber machinery abandoned alongside the track.



I wondered whether this was equipment that is also in the photo album. See photo on next page.





The photo on the left is The Federal Mill and was taken in 1938. We saw information boards along the walk that included photos of the water tower, or one similar, that had 3 tanks each capable of containing 3000 gallons which means that 34000 litres could have been at the top of those three trees, remarkable.



This photo is the Ada Tree that is estimated to be over 300 years old and has a girth at chest height of 15 metres and was as high as 90 metres until a storm broke 15 metres off the top.

Back to the walk. It was interesting that although we were not walking through the water catchment area (prohibited) we were walking alongside it for many kilometres and parts of it seem to be currently logged.

Christiane having an after-lunch kip on a fallen trunk.



As the week progressed, we all were enjoying the greater fitness that we had gained from the walk, that is, up until Friday when just about lunchtime an injury occurred that meant we were unable to complete the last 2 ½ days of the walk.

This occurred in an area where we were walking on a road and although we did not have telephone reception, that is through the tower network, we were able to ring 000 and had remarkable clear communication. I put this down to the emergency carrier being via satellite and although it was not classed as an emergency, we were unable to proceed. Two hours later we were picked up by the police in a Landcruiser and delivered to a railway station to make our own way back to Melbourne and thence to Mildura.

So, we have some unfinished business to complete the walk through to Walhalla.

Christiane



Bill



Geoffrey



Roger 27/04/2019



Melbourne Womens' Walking Club 1938



## SHORT WALKS IN JAPAN AND ITALY 2018

### JAPAN

At this stage of life (no mortgage, good health, no children at home and flexible work) it is such a privilege to be able to travel and enjoy walking in countries which are so different to our own. One photo might suggest that some of the wild life is similar to our own however, I noticed in both countries, a lack of birds. It seemed quite strange not to see many in either the skies or the countryside – perhaps they are very shy or well camouflaged. We are blessed in Mildura with colourful noisy gorgeous bird-life.

The Japan holiday (Backroads of Japan) was booked through World Expeditions and, having travelled with them before, we were not disappointed. We walked in countryside in the 5 lakes area near Mt Fuji (the squashed snake was at the start of the walk) and only the first section was steep and caused a bit of panting. Despite being September it was still quite humid and we had two typhoons during our month away but were not troubled very much. Unfortunately Mt Fuji (or 'Shy Boy' as the locals call it) remained shrouded in cloud until the very last part of the day.

The next walking section was on the historic and beautiful Nakasendo way – the original route between Tokyo and Kyoto – although we only needed to walk a short section. It was a gentle undulating path and we took the opportunity to ring the 'Bear bell' to frighten off any wild life. The original village buildings were delightful and our stay in one of the traditional ryokans (complete with onsen bathing) was well worth the visit. All travel during this trip was either on foot or using the local public transport which assisted in immersing us in modern Japanese culture. The mountains called and we spent 2 days in a small village where the walking was again relatively gentle, following the river and gorge. Autumn colours were just emerging and this was our first opportunity to experience public outdoor onsen. Our guide told us that the Japanese love Autumn as much as cherry blossom season or perhaps even more.

After a few days in Kyoto where we were able to cycle around the city and visit many of the beautiful Shinto and Buddhist temples, our last walk was through the Nara valley – a rich agricultural area which is also the region where Buddhism was first introduced to Japan from China. Once again the walking was gentle – through persimmon orchards, rice paddies, small villages, shrines and alongside moated tumuli where the ancient emperors are buried – a great cultural experience. The tour finished with a couple of days in bustling Osaka where some of our group tracked down the local AFL team (Osaka Dingoes) so that they could watch the Grand final. One of them even won the meat tray!

My friend and I spent another 10 days in Japan using the magnificent and reliable public transport system (including the shinkansen bullet trains) and 'shanks pony' to get around as well as cycling around the art island of Naoshima. We managed to join the local female population in a public onsen in Matsuyama which we believe is the oldest public bath in Japan. Not for the very modest but a truly humbling and liberating experience.



I hadn't expected snakes!!



The 5 Lakes area near Fuji



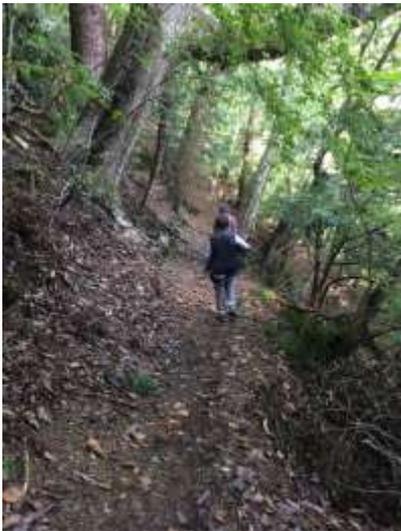
Village along the Nakasendo Way



One of the 'Bear Bells'



Tokyo Street scene



Typical walking conditions



Mountain village - start of autumn



Golden Shrine Kyoto



Strolling through the persimmons



Gentle walking in the Nara valley

## AMALFI COAST ITALY

I believe that it is not worth travelling to Europe at my age unless I stay at least a month, so as I planned to have a visit with my youngest daughter in London for Christmas, I decided to look for a walking trip over New Year as she would be going to France to ski (as you do!)

Unfortunately most of the walking companies do not have many trips in December so there was little to choose from (I balked at a suggestion to walk in Iceland in winter). Luckily my other daughter suggested an Amalfi coast walk over New Year which turned out very well. The season meant few people on the walking tracks however towns such as Amalfi were still crowded. Luckily we had no rain and the weather was perfect for walking.

Exodus Travel organised the group tour which was centred in the town of Bomerano, high up on the mountain above Amalfi, Positano and the Sorrento peninsular. Views from there were magnificent but the elevation also resulted in snow falls over the last two days which hampered our last day of walking.

The walks all commenced from Bomerano and were relatively easy (all downhill except one day) and walking poles were essential to help our ageing knees. I fared well but most of the other less experienced walkers complained of very sore legs resulting in some of them walking parts of the steps backwards. The walk to Amalfi was half on a small track and half in town areas as the small villages almost join up along the coast. Our second walk above the village was even more spectacular than the 'Walk of the Gods' which was our third walk. We had panoramic views of the whole Sorrento peninsular and our guide was able to point out all the spots noted in Greek and Roman mythology e.g. areas from the myths of Jason and the Argonauts and Odysseus' s adventures.

While millionaire views were plentiful, the beaches were covered in grey larval stone and not a patch on our sandy pristine coast. It was well worth travelling over New Year as the hotel provided magnificent seafood meals which is traditional at this time.

The advantage of walking in winter is obviously the lack of crowds but this also meant that some of the optional activities were not available due to closure or inclement weather e.g. trips to Capri and the crater of Vesuvius. However, visits to Pompeii and Herculaneum were fantastic and had been on my bucket list for years.



'Walk of the Gods' - to Positano 3<sup>rd</sup> walk



Above the Sorrento peninsular 2<sup>nd</sup> walk



Above Bomerano –sunny but very chilly

## Our Fiji Trip in Shangri-La Resort , Yacuna Island, March 2019 - Tony Grasso

In 1978, Teresa & I, did a 19 days Pacific cruise, which included 2 ports in Fiji, Suva & Nuku'alofa .This time 7days/6 nights @ the Shangri-La Resort , on a 107 acres island resort on Yunaca Island. South of Nadi on the Coral Coast. The climate was tropical , being humid with a narrow range of temperatures between 24 C to 31C. This was a reasonably priced package , costing under \$1,400 ea, including return flights from & to Melbourne, airport transfers, buffet breakfasts, one dinner & a massage. Our room was spacious & balcony overlooking coconut trees & water view of lagoon. There was free use of kayaks , Polynesian fire dance shows & did a free scuba diving pool lesson. We also did a 3 hour “Village Tour” , visiting a furniture factory, a primary school & village with a Kava Ceremony & traditional singing & dancing .

The activities that I participated that can relate to our bushwalk club,

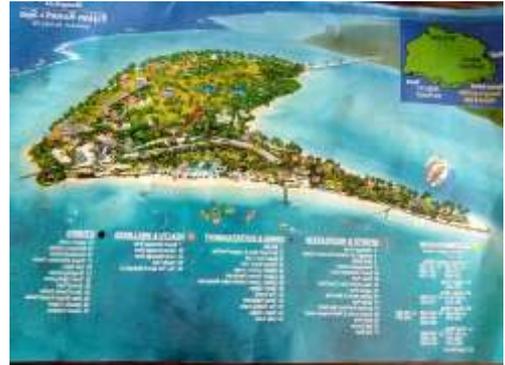
1. Did a 2 hour guided kayak tour , around the Yunaca Island , approximately 3.5 Kms , over shallow lagoon, open water & through some mangroves.

Also, noticed a small moray eel, poking it's head out of a stone wall & the horns poking above water surface, from a dead cow!

2. A one hour guided “Nature Walk” on the Island, with emphasis on plants used by indigenous Fijians for medicinal purposes.

3. A 2 hour guided bike tour , through nearby village

We were surprised how little had changed , since 1978 , as the way Fijians live in villages, with little or basic amenities, e.g the school had no air conditioning nor ceiling fans. However, they seem to live a happy lifestyle.



Susan Saris will be sharing information about water allocations at our May meeting.

## Hello my little bushwalking fiends

Here is the full itinerary for Heysen 2

I'm now seeking expressions of definite interest asap so I can organise accom ..... Say EOIs by cob next Saturday  
 You will note that this is a luxury /bludge walk but it will have its harder moments ...its about 80 kms over 5 walking  
 days...day pack only

Currently have 5 definite takers, including 2 taking cars...so transport is taken care of !

Those that have already confirmed don't have to do it again but I would be grateful for a deposit of \$100 pp from you  
 so I can start booking accommodation (same goes for new 'definites')

We can get together at club meeting on 1<sup>st</sup> may to finalise details /preferences

I have all maps . You might want to do your own research ..Heysen trail website etc

Note could be cold and wet ...early June ! ...but nice and snug in comfortable accom with luxury shower each night  
 ..bliss !

Cheers

Michael Jobe

Further information: 0400 549 988

## HEYSEN TRAIL WALK : SATURDAY 1 to FRIDAY 7 JUNE 2019

Itinerary based on having **two** cars. Proposal to use commercial modation on **all nights** ...3 or 4 in Cara parks and one or two in expensive B&Bs Nevertheless (just in case ) bring a sleeping bag **Walking with day pack only. Carry enough water for the day** Estimated cost is ... Petrol share + \$280 Accommodation + evening meals. Need definite commitments asap AND (say) **\$100 down** for prepaying accommodation costs

DATE	ACTIVITY	OVERNIGHT	TERRAIN/KMs
SAT 1 JUNE	Drive to Victor harbour "Touro" in VH	Victor Harbour Caravan park (cabin)	Drive
SUN 2	Car Shuffle to Waitpinga Camp Site (south of VH) <b>Walk Waitpinga to Newland Hill camp Site</b> (close to Victor Harbour ) Pick up by car	Victor Harbour Caravan park (cabin)	15 kms Mainly Flattish or undulating Coastal
MON 3	Car to Newland Hill CS Car Shuffle to Inman Valley <b>Walk Newland Hill to Inman Valley</b>	DECIDING ...Expensive B&B ??...or drive back to Victor Harbour Cara park or forward to Mt Compass cara park	19 KMs Undulating
TUES 4	Car Shuffle to "Heysens Rest B&B (near Myponga) <b>Walk Inman Valley to Heysens Rest B&amp;B</b> (near Myponga)	Heysens Rest B&B (Unit )	13 KM Hilly One big climb
WEDS 5	Car Shuffle to Mt Cone Camp Site <b>Walk Heysen Rest B&amp;B to Mt Cone</b> Pick up and transfer to Mt Compass Cara park	Mt Compass Caravan park (cabin or OS Van)	18 KM Slow up ... two short steep climbs
THURS 6	Car Shuffle to Mt Magnificent <b>Walk Mt Cone to Mt magnificent Turnoff</b> and then walk TO SUMMIT Mt Magnificent	Mt Compass Caravan park (cabin or OS Van )	18 Mk Mainly down .Uphill last 5 kms
FRI 7	Drive to Mildura		

Look out in your email for the information on the **Child Safety and Code of Conduct**.

Here it is on the website for you to read at your leisure

<https://bushwalkingvictoria.org.au/policies-and-guidelines?highlight=WyJjaGlsZCIsImNoaWxkJ3MiLCJzYWZldHkiLCJwb2xpY3kiLCJjaGlsZCBzYWZldHkiLCJjaGlsZCBzYWZldHkgcG9saWN5liwic2FmZXR5IHVvGljeSjd>

Discussion began at our last meeting of the importance of having **Ambulance Cover** on our walks and the responsibility of who pays the bill if you aren't covered. If not covered please consider having cover whilst on walks. Peter will be following up and sharing more details of this at our meeting.

Some dates for the **Wimmera Bushwalking** group for May if you are heading that way.

Note: To make things easier for the leader, please try to register your interest for walks at least 2 days prior to the date.

All participants must make contact with the leader

<b>May 5th</b>	<b>Briggs Bluff Plateau</b> - An experience of the plateau blow Briggs Bluff. A bit of a climb, but worth the views!	Medium	Chris 0447 745 996
<b>May 18th –19th</b>	<b>The Fortress - from Victoria Range Road</b> - exploring the rugged Fortress area.	Medium-hard	Steve 0428 871 210



## CALENDAR

2019

Month	Activity & Date	Activity	Coordinators	Comments
May	<b>Wed 1</b>  Sat 11 & Sun 12 Sunday 12	<b>Club meeting Apex Park Clubrooms 7.30 pm start</b>  Sunset NP - Mt Jess walk OR Merbein Common/Blandowski Steps behind winery	Meryl Hale  TBA	Option of a weekend camp or day walk, or Meet in car park at bottom of Pump Hill for this local walk.

<b>June</b>	<b>Wed 5</b> Sunday 16  Dates TBA	<b>Club meeting Apex Park Clubrooms 7.30 pm start</b> Raak Plain and Ochre Pits OR Nangiloc/Colignan river walk.  Heysen Trail - Victor Harbour to Mt. Magnificent	Peter Rhodes and  Michael Jobe	We will choose the better option depending on weather conditions.  Contact Michael for details.
<b>July</b>	<b>Wed 3</b>  Saturday 13 and Sunday 14	<b>Club meeting Apex Park Clubrooms 7.30 pm start</b>  Mid-year dinner	TBA	Coordinator, venue and meal details TBA.
<b>August</b>	<b>Wed 7</b> Saturday 3 and Sunday 4, or Sunday 4  Early August	<b>Club meeting Apex Park Clubrooms 7.30 pm start</b> Grampians Camp (perhaps Mt Stapleton, Briggs Bluff or Boroka Lookout) <b>OR</b> King's Billabong walk.  Scotland: West Highland Way (Glasgow to Fort William)	Meryl Hale  TBA  Michael Jobe	Camp details and transport options TBA  Meet in main car park adjacent to embankment at 9.00 am. Contact Michael for details
<b>September</b>	<b>Wed 4</b>  Saturday 14 or Sunday 15	<b>Club meeting Apex Park Clubrooms 7.30 pm start</b>  Yarrara Flora Reserve (Millewa)	TBA	Wildflower walk and perhaps lunch at the Werrimull Hotel.
<b>October</b>	<b>Wed 2</b> Saturday 12 and Sunday 13 Sunday 14  Dates TBA	<b>Club meeting Apex Park Clubrooms 7.30 pm start</b> Mopoke Hut to Mt Crozier hike OR  Apex Park/ back of Native Nursery walk.  Munda Bididi Bike Ride - WA	Meryl and Karl  TBA  Michael Jobe	Overnight camp and trek.  Local walk, meet Apex Park Clubrooms.  Contact Michael for details
<b>November</b>	<b>Wed 6</b> Sunday 10  Dates TBA	<b>Club meeting Apex Park Clubrooms 7.30 pm start</b> Paddle and/or walk Hattah Lakes.  Bike Ride Tasmania - Devonport then Stanley/Delorraine	Matt Jones and Peter Rhodes  Michael Jobe	Meet at Centro at 8.00 am prior to driving to Hattah. Bring lunch or snacks as appropriate. Canoe sharing can be arranged. Contact Michael for details

***Note:* All activities and dates are subject to change. Always contact the Leader to register your attendance.**

**IMPORTANT INFORMATION**

It is necessary for all participants to carry a whistle on all walks as per the BWV guidelines. The following are the whistle signals

**1 long blast acknowledging a distress signal**

**3 short blasts for distress**

**4 short blasts indicating an emergency and for walking party to regroup ASAP**