



FOOTPRINTS

October 2018

Newsletter of the Border Bushwalking Club Inc.
affiliated with Bushwalking Victoria



COMMITTEE

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General Committee: **Bernadette:** Activities Coordinator, **Liz:** Newsletter Editor, **Ira:** Meeting Suppers & Social Convener, **Chris:** Equipment Officer, **Marie:** Membership & Data Base Manager, **Sandy, Vanessa, Cindy.**

CLUB NIGHT 7:30 TUESDAY OCTOBER 2nd

A LOOK AT CLIMATE CHANGE AND RENEWABLE ENERGY.

BBC Life Member Bruce Key is not just a pretty face. He runs a course on Sustainability for the Wodonga U3A and is our October Club night presenter. Those of you who have walked with him will know what a wealth of knowledge he is on matters environmental.

Bruce will be using graphics to show that climate change is happening now. He will also discuss the most common arguments used by those who do not accept the science and finally will examine the question of whether the concept of an electricity system based entirely on renewable energy is viable.



Visitors are always welcome at meetings and supper is served afterwards. **Club Nights** are regularly held on the **first Tuesday** of the month (except December and January) at 7:30pm. The room is opened half an hour before the start so that members may socialise.

www.borderbushwalkingclub.com.au

WELCOME

We extend a warm welcome to the following new members:

Coco Chen	Chris Wicks
Phillip Pennell	Leona Lane

Welcome back to:

Tony and Meri Long.

We trust that you will enjoy all that the Club and its members have to offer.

CONTRIBUTIONS TO FOOTPRINTS.

Your contributions are keenly sought. If you have been on a club trip please send a short, or indeed long, report to the editor. **Photos** of outings are also greatly appreciated. **Please try to send photos as small files.**

Send to: newsletter@borderbushwalkingclub.com.au

Deadline for next Footprints is 22/10/18

A huge thank you to all those who submit material.

Prepare now for our November Club night.

Our November Club Night will include an opportunity to 'Buy, Sell or Swap' so start thinking about what gear you might like to clear out of cupboards and wardrobes. It is also the night we provide members with an opportunity to share half a dozen photos of memorable places they have been in the great outdoors as part of our "Oh, the Places I've Been!" theme. These can be from anywhere in the world and do not have to be from club activities.

Email photos to Ralph vicepres@borderbushwalkingclub.com.au NO LATER THAN SUNDAY OCTOBER 28th

FROM THE PRESIDENT'S STUMP

While tramping in New Zealand last year I was bemused when our guide kicked over any cairns we came across. According to him they were not natural; they were an intrusion on the natural environment and they served no purpose as navigational aids; they were just another form of graffiti.

This got me thinking, especially when I recalled the number of places I have hiked where I have seen cairns. There's a massive one atop Mount Bogong and there are quite a few in Mount Buffalo NP. When club members were driving along the Great Ocean Road a couple of years ago we nearly rear-ended the cars that had pulled up in the middle of a sweeping bend. The reason? The occupants had stopped to photograph the hundreds of stone cairns arranged like an art installation on the tiny beach.

The word *cairn* is derived from middle Gaelic meaning “*mound of stones built as a memorial or landmark*” and those of us who hike in remote and wilderness areas welcome the sight of an occasional cairn indicating the way to go when we're being directionally challenged. The purpose of rock cairns since time immemorial have been as a navigational aid for travellers in wild areas. Whenever we get lost, we see a cairn and — in theory — can then easily get ourselves back on track; they're like beacons that guide us on our way. The problem is that sometimes cairns are built for no real navigational purpose and have even been blamed for the deaths of numerous hikers on Scotland's Ben Nevis.

(see... <https://www.telegraph.co.uk/news/earth/countryside/12182557/The-deadly-secret-of-Ben-Nevis-man-made-cairns.html>)

Despite appearances to the untrained eye, rocks are both habitats and preservers of habitats. Moving rocks increases erosion by exposing the soil underneath, allowing it to wash away and in turn increases the risk, in some areas, of landslides and flooding in the valleys below. Every time a rock is disturbed, an animal loses a potential home, since many insects and mammals burrow under rocks for protection and reproduction. Pointless cairns change the value of the wilderness experience by degrading an already beautiful landscape. Building cairns where none are needed for route finding is antithetical to the “Leave-No-Trace” ethic. Move a stone, and you've changed the environment from something that it was to something man-made. A stack of rocks left by someone who preceded us does nothing more than remind us that other people were there before us. It is an unnecessary marker of humanity, like leaving graffiti — no different than finding that ubiquitous tissue on the track. Pointless cairns are simply pointless reminders of the human ego. Let's put a stop to this invasive practice. Fight the urge to stack rocks and make your mark. Consider deconstructing them when you find them, unless they're an obvious marker on an indistinct route.

Ian



Here is an app well worth putting on your phone. It might just save your life.

[emergencyapp.triplezero.gov.au](https://www.triplezero.gov.au/emergencyapp)

Emergency+ Smartphone App

The Emergency+ app is a free app developed by Australia's emergency services and their Government and industry partners.

The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services. Click on the link in blue above and then click on the pictured icon and follow instructions to download.

TRIP REPORTS

Mount Stanley

Spring had sprung the day before but it had sprung a leak. For some reason I had chosen a Sunday, the second day of Spring, for my second attempt at Mt Stanley for the year and the weather put many a song in my heart.

Six members gathered Henny Penny like, at the top of the mountain (**I can see clearly now the rain has gone**) to great views of snow on the surrounding mountains. We began our descent but after a while the results of recent rain were obvious and it was **slipping and a sliding** for all. We heard a gentle cry from Eileen (**please help me I'm falling**) as she very gracefully bottom planted in the mud. **C'mon Eileen** was all that was required to get her on her feet and finishing our descent.

Fortunately the track improved greatly once we turned off the Jeep track and onto Granite and then Parky's and soon we were having morning tea **down by the river**.

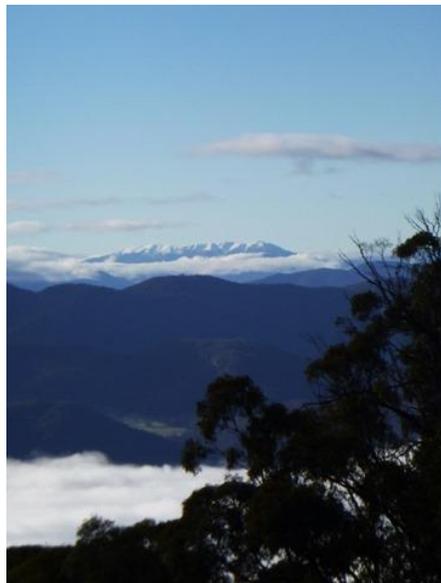
After a lovely break we began to **climb every mountain**. Well it was just one mountain but we went up and down it a few times. I enjoyed having **sunshine on my shoulders; it makes me, and the group, happy**.

Our lunch break was at the bottom of our last big, on track, hill. Between bites you could hear **please release me** but the hill was there to be climbed and climbed it was. At the high point we turned onto the cross country section. Charles took the lead and found the easiest pathway way through the bracken and rocks. It felt like **a long way to the top** and when we got to the **rock me** section we declared **you can go your own way**. That way everyone could say **I did it my way**.

After some close encounters of the turd kind (**insert your own 5 note sequence here**) we made it to the top and we were **on top of the world**.

Thanks everyone for a day that was **simply the best**.

Bernadette.



Snowshoe Mt. Buffalo.

I was pleased to join Ron's walk and, together with Ken, were patiently instructed in the art of snowshoeing. During the day the cloud lifted and sunshine occasionally shone through, making the snow sparkle. No wind and a pleasant temperature made for a pleasant day as Ron took us along the Reservoir Track on Mt. Buffalo. New muscles were discovered, so Ken and I were glad to stop for lunch up above the Reservoir. Ron was keen to return via Mt. Dunn, but the foot track was obliterated by snow. Instead, a bit of fun was had crossing a snow-filled gutter, and Ron playfully demonstrated how to go up.....and down! On the return trip in the afternoon the snow was getting sludgy, and that made our muscles work harder, but in due course we arrived back at the car where we thankfully shed our shoes. Thanks for a lovely and instructive day, Ron.

Chris S.



Diary of a walks leader

Tawonga Gap Track South Saturday 8 September,

- | | |
|------------------|---|
| Wednesday 6 pm | Weather looks fine for Saturday, should I wear shorts?
Nine people have booked in. Organise cars, calculate petrol money. |
| Thursday 5 pm | One person books in late ('I've been away!')
Reorganise cars, recalculate petrol money |
| Friday 9 am | One person cancels ('Family visit'). Just as well we didn't need that car. Recalculate petrol money, send email to all walkers. |
| Friday 6 pm | One person books in very late ('Pretty please, I forgot!'). Notify driver, recalculate petrol money. |
| Saturday 8.20 am | SMS: 'XX got lost on the way here, we'll be a bit late.' |
| Saturday 9 am | Arrive at Tawonga Gap car park, relieved to find two cars there already. Two others soon arrive. |
| Saturday 9.15 am | Find change for visitors' fees. Put on boots, deliver walk briefing. Remind people about petrol money. |
| Saturday 9.20 am | Weather fine and cool, start walking. |
| Saturday 9.30 am | One person not well, decides to withdraw from walk. I accompany walker and friend back to car then return to group. |

- Saturday 11 am Morning tea, treat walker's blisters, discuss socks. Group appreciates warm weather and snow views. Less enthusiastic about steep hills.
- Saturday 12.30 pm Lunch! Person who forgot fork is banished to Naughty Corner to eat salad with fingers. My lentil lasagne much admired. Considerable discussion on how to chop vegetables with a mandolin (or should that be a mandoline?). Brief conversation with man passing by in Toyota Landcruiser.
- Saturday 2 pm Short stop on return trip to discuss essential elements of a Singapore Sling.
- Saturday 2.45 pm Reach cars just ahead of 12 men on trail bikes. Pose for group photo. Remind everyone about petrol money.
- Monday 9 am Bank visitors' fees. Send risk form to archive. Notify membership secretary of visitors. Send lasagne recipe to Walks Coordinator. Write trip report. Book in for next week's walk!
Eileen.



Glen Creek Loop Walk.

Ten brave people took off on the Glen Creek Loop Walk, determined that the prediction of rain, hail, snow, etc., would not deter their adventurous spirit.

After an uphill walk to the lookout over the Mudgegonga Valley, we also viewed Mt Buffalo, Mt Stanley, Mt Jack, Big Ben, and the distant Kiawa Valley. With a chill in the breeze, we continued on down, heading off track, following a dry creek bed. Raincoats were put on after a few drops fell, but were no longer needed when we reached our morning tea spot, which was an old hut site, with billy still insitu in the fireplace.

We then negotiated a small creek, and a short, steep uphill, until we reached a little used 4WD track. This undulated through the gums and blooming wattles, and after successfully crossing a creek with no wet feet, lunch was enjoyed on the

hillside .

The track continued meandering until farmland was reached and then it was uphill and back to our starting point. There was a brief, heavy downpour , that occurred while we were inside enjoying tea and Tim Tams. Thank you to all the walkers who made it an enjoyable day's walk. Pauline.



Ski reports from our resident snow bunny Sue.

2/9/18

A wonderful day for skiing – sunny, packed base with fresh powder on top. Two of us had a ball on the lower part of Rocky Knobs. 3 yellow tailed cockatoos were spotted busy feeding on the new shoots on the snow gums. Easterly wind was a bit chilly but those downhill runs were sublime....



9/9/18

Five of us started out on rapidly softening spring snow in less than ideal weather conditions but fairly good visibility – wind chill was up & rain forecast later hence the cold weather gear.

We did have some sunny moments with the wind mainly north westerly all day. We headed over to the lower slopes of Rocky Knobs again & had a good workout with some fancy telemarks by some. Finished the day earlier with a run down Wombats as light rain was falling & ended up at Treats in Tawonga with well treats!



16/9/18

Three of us had the BEST day of the season – quite magical. Who would have thought it possible mid September!! A beautiful sunny day, cool breeze, fresh powder on a firm base with some frosting overnight & we could ski anywhere off piste all over Heathy Spur. Very few skiers out. Great lunch spot perfect for lazing on the rocks like lizards & great views. The Main Range was spotted with its mantle of snow. Some wonderful downhill runs with all the fancy turns particularly down the west side of Marm Point – just superb!! The only tracks there were ours. A very full enjoyable day. Sue



The ascent of Mt Beauty

Not everyone knows that there is a 'Mount' Beauty that looks over the township that shares its name. True, it's not a mountain like Bogong or Feathertop and it rarely sees snow, but it does provide an interesting and slightly challenging day walk, especially in the Spring. Six of us set out on a warm sunny morning and headed up the Survey Track beside the golf course, pausing regularly to admire the view of snow-capped Mt Bogong. We walked through shady gullies and admired the wattle in flower. As we came around a bend we were surprised to see a sleek, fat wombat sitting on the track. He took one look at us and scampered through the bush at surprising speed.

We marched onward and gradually upward, and with a bit of a scramble we reached the (unremarkable) summit of Mt Beauty and peered down at the Kiewa West Power Station deep in the valley below. From there it was down to the Luncheon Log for lunch with a view overlooking the Kiewa Valley. Sadly, we discovered the Log has been taken over by ants, several of whom were probably squashed when we sat on them. Their relatives took revenge on one of us who jumped up, limbs waving around.

After lunch it was downhill nearly all the way, visiting the gorge and failing in our attempt to persuade some local kids to share their Tim Tams with us. Then it was back to the cars and a demonstration of what you can do with titanium knees before we all headed home. Eileen.



Wallaby Mine/Fletchers Dam walk.

As a relative newbie to the club, today's walk from Lake Kerferd to Wallaby Mine via Fletchers Dam provided some thrilling new experiences, plus a diversity of scenery and as always, excellent company with a really lovely group of walkers.

Paul led a group of 15 from Lake Kerferd at around 9.15am and we headed through tall trees and blackberry/bracken undergrowth towards Hurdle Flat and Fletchers Dam, via some of the extensive pine plantations owned by Hancocks between Beechworth and Stanley. A poignant memorial had been erected by 'Charlie's Mates' in Hurdle Flat for an 18-year-old apparently killed by a falling tree in 1959.

Morning tea was a joyous but prickly affair amid the gorse and blackberries that had taken over a mining gully. Finding a good off-road convenience stop was definitely a worthy challenge!

Beautiful scenery towards lunch was a mix of tall eucalypts, blooming wattles and large mullock piles as we descended to stop at the 'battery', a massive water-wheel structure built to crush large rocks into smaller rocks for gold extraction. Paul informed us that it was kept intact until WWI, when the metal was repurposed for the war effort, and his knowledge of the area was really fascinating. Once again I felt very grateful to learn more about our rich local heritage under such experienced bush-walking leadership.

Paul saved the best until last, with a scrambling climb to look over the vast Wallaby Mine and then an excursion of about 100m into an old mining tunnel with absolutely no hint of any stamp of authority about it – very exciting! We decided to stop and turn back after reaching a junction where half the tunnel was blocked by an old rock fall, and where two clear inches could be seen above the central support post – even more exciting!

We then wended our way back around the other side of Lake Kerferd to finish in buoyant good humour at approximately 2.30pm. I'll definitely look forward to walking this one again in seasons to come! Leanne.



And a Blast from the Past.

As part of our 40th anniversary celebrations, each month a report from the past will be featured. This month's article dates back to May 1985.

Overnight walk Burrawa Pine National Park, Stony Creek to Saddle to camp to Jephcott and Jewell road. 18 participants. Leader, Rob Hill.

A beginners walk. The Thursday night pre walk meeting ironed out problems of tentage etc.

A 7am start allowed a car shuffle to take place on day 1. This took longer than expected but we reached the campsite mid afternoon. Unfortunately the unusually dry autumn caused several members an extra "water walk". One member became detached whilst performing her ablutions at the water point and despite her companions "coo-ees", went *down* instead of *up*. She arrived as a search and rescue operation set off! The evening was highlighted by (in addition to the port), a visit from National Parks ranger Wayne.



Members of the search and rescue party re-enacting how lost walker looked when last seen.

NOTICES

WANT TO GO ON A WALK BUT NEED SOME GEAR?

We hire:

Tents

- Sleeping bags
- Back-packs
- Hiking poles
- Waterproof jackets
- We even have a dehydrator if you want to prepare your own meals (or dry your excess Summer produce)
- And lots more...



WANT TO LEAD A WALK BUT WORRIED ABOUT SAFETY?

We have the following equipment available for free for any club walk:

- First aid kits
- GPS
- PBLs

Where do I get the gear?

ADVENTURE GEAR, DEAN ST ALBURY



I am pleased to inform you that the cumbersome process of accessing [where2walk](#) on our website has as of today, become a one step process instead of the previous 5-step process. No more logging in, registering as an 'individual member', using your club coupon code and informing office bearers or walk leaders of the log-in details and renewing this process each year. You can simply [click on the link](#) and go to the walk you would like to see information on.

We are in the process of assessing user-friendly options such as a club/member zone on the website where our affiliated clubs and members can easily access future premium content without hassles. We are also in the process of evaluating where2walk and how we can transform it into a more valuable resource for our members.

In the meantime, it is just one click ...!

Please let me know if you have any questions.

Kind regards
Izolde Bensch
Office Assistant
Telephone: (03) 9846 1132
Email: admin@bushwalkingvictoria.org.au
Web: www.bushwalkingvictoria.org.au

DON'T FORGET TO COLLECT YOUR BWV MEMBERSHIP CARD AND \$AVE.

We have received the 2018-19 BWV Membership cards which entitle you to discounts at selected retailers.

You can obtain one of these by

- * obtaining from club rooms on a club night
- * from some leaders or committee members who may have some spares.

The list of retailers can also be found at <https://bushwalkingvictoria.org.au/bwv-membership-card-benefits>



Leader Training - Extended Course

Date: Saturday, 6 October 2018

Venue: Conference Centre, Outdoor Activities Hub, Westerfolds Park (Melways 33 G4)

Time: 09:00 - 16:00

Morning Bushwalking Victoria Members,

We will be offering advanced training for walk leaders next month.

This free one-day course is for leaders who have led some day walks and now aim to extend their skills to lead Basecamps and overnight hikes (pack carries).

The course covers the following topics:

- How to plan for and lead a base camp.
- Planning an overnight hike – preparation, equipment, food, risk assessment.
- Navigation – an extension of the day walk navigation course; planning your navigation using a route planning card.
- Weather permitting a practical navigation exercise in the park.

Please bring:

- 1) Compass (preferably Silva)
- 2) Lunch
- 3) Notebook, pen & pencil.
- 4) Wet weather gear (waterproof coat, stout shoes)

We will provide morning and afternoon tea, a course handbook and maps.

How to register:

Send an e-mail to Judy Hunter at judy@bushwalkingvictoria.org.au by 29 September 2018. Provide your name and surname, affiliation (club/individual member), and a short paragraph of your recent bushwalking leadership experience.

Venue directions:



We look forward to seeing you there!

Want some cooking inspiration for your overnight walks?

Following up from our last club night, "The Food in my Pack", Bruce has contacted the author of the magnificent cookbook which he describes as being, **"by far the most comprehensive, colourful and useful book on high energy, light-weight recipes for the outdoor enthusiast that I have ever seen."**

Those who would be happy with an e-book can order one at <https://xtremegourmet.com>

Or they can contact me, (Sonya), directly by this email address or by calling me on 0409 667 468, and we can organise something.

I just had someone recently contact me by phone and he paid by cheque via the 'snail mail' as he referred to it.

I will offer a discount of 30% on all purchases. If they go through the shop they have to enter in a note in the payment section so I know it is from your connections.

Enter Bruce Key's name in the notes. If they don't enter a note, I will not know to give them a discount.

The shop will show the full price on order, but when I fulfil the order, I issue the discount then.

So with the book at a discounted rate, the cost would be \$21 plus \$7.95 postage (Total cost \$28.95).

The Ebook would be \$14.

8 Dinner

This is what we have been waiting for, right? What do you cook when you don't have a kitchen? Recipes range from those using one pot, those that require a little more effort, to those that are harder and fiddlier. Each recipe contains features to make recipe selection easier:

- Unpacked weight of raw ingredients so you know how much the dry meal weighs
- How many pots you need for the dish
- A nutritional panel
- Energy star rating
- Hints and tips
- Cooking time

You only have to pick, pack and cook – it's that simple. It's so satisfying knowing that you have made the right choice nutritionally for your body's need and have given your taste buds a real treat.

One more thing before we get into the dinner recipes: take note of the serving size of the barley, pasta, polenta, quinoa, rice and risoni. Whilst the meals as described are a good ration and nutritional value for me, I suggest that you cook a few recipes at home and see if the portions are adequate for you. If you feel the meal will not be enough to fill you up, just increase the portion size.

On the next two pages I have supplied ideas for a 14 day hike. Coffee, tea, Milo, milk, sports drink and cup of soups that are drunk every day have not been included in the weights or kJ per day. Also, chocolate rations have not been added to the menu suggestions. The choice of drinks and chocolate is up to you, so don't forget to add these in to your weights and kilojoules calculations.

Oh, what a view! Dawn from the top of Mount Kaputar near Narrabri, NSW, looking north-east. Photo by Brad Le Brocq.



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Table 6: A menu suggestion for a 14 day hike.

Day	Breakfast	Lunch	Dinner	Snacks	Weight and kJ for the day
1	No meal required	Biscuits, salami & cheese 156 grams 2566 kJ	Fried rice 155 grams 2119 kJ	Sesame seed bar 40 grams 694 kJ	351 grams 5379 kJ
2	Natural muesli & freeze dried fruit 91 grams 1501 kJ	Cracked wheat salad 80 grams 1113 kJ	Polenta & veg 161 grams 2057 kJ	Flat pan choc cake, ginger nut biscuit 145 grams 3309 kJ	477 grams 7967 kJ
3	Pancakes with honey & nuts 150 grams 2731 kJ	Flat bread, tuna & cheese 275 grams 3194 kJ	Pasta momay 273 grams 2605 kJ	Anzac biscuit, scroggin 128 grams 2074 kJ	826 grams 10,604 kJ
4	Breakfast polenta 141 grams 2440 kJ	Falafels & hummus 176 grams 1628 kJ	Pea, potato, mushroom soup 188 grams 2772 kJ	Ginger nut biscuit, apple crumble 212 grams 4843 kJ	717 grams 11,683 kJ
5	Peach & cinnamon quinoa 112 grams 2472 kJ	Cous cous salad and salami 163 grams 2644 kJ	Stroganoff & cous cous 170 grams 1711 kJ	Nutrislice, protein balls 100 grams 2248 kJ	545 grams 9075 kJ
6	Trail oats 159 grams 1689 kJ	Savoury shallot pancakes 238 grams 3416 kJ	Lentil soup 191 grams 2691 kJ	Custard crunch, Anzac biscuit 141 grams 2972 kJ	729 grams 10,768 kJ
7	Hash brown 98 grams 1769 kJ	Biscuits, salami & cheese 156 grams 2566 kJ	Pizza 219 grams 2996 kJ	Ginger nut biscuits, sesame seed bar 80 grams 1790 kJ	553 grams 9121 kJ
8	Scrambled eggs 101 grams 1265 kJ	Falafels & hummus 176 grams 1628 kJ	Tuna cous cous salad 193 grams 1863 kJ	Rice pudding, Anzac biscuit 197 grams 4261 kJ	667 grams 9017 kJ
9	Toasted muesli & freeze dried fruit 70 grams 1267 kJ	Chick pea patties & tomato sauce 183 grams 3245 kJ	Dumpling hotpot 145 grams 1366 kJ	Protein balls, ginger nut biscuit 85 grams 1966 kJ	483 grams 7844 kJ
10	Buckwheat pancakes 205 grams 4338 kJ	Flat bread, salami & cheese 215 grams 3256 kJ	Spaghetti bolognese 238 grams 2630 kJ	Camp scones, sesame seed bar 149 grams 3024 kJ	807 grams 13,248 kJ

This EBook was purchased by thekeys@bigpond.net.au via crowdfunding

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Barley risotto

1 1 5 10 mins V 182 g M 188 g

Label the bags and place all ingredients into the allocated bags. Copy or print out Method at camp and keep together with the bags.

Soak the contents of Bag 1 (barley mix) in 1 cup of water for a minimum of 1 hour. In the meantime add the contents of Bag 2 (sauce mix) into a bowl and slowly add ¼ cup of water, stirring to make a paste. After the soaking time, bring the pot to the boil and simmer for about 6-7 mins. Add the paste, then the sun dried tomatoes to the pot and cook for 2-3 mins until the liquid has evaporated. Serve.

For a larger serve add an extra ¼ cup of barley and water. Before you set up camp for the night, get the barley mix soaking, this will reduce the cooking time. Take some extra grated parmesan cheese in your ration to sprinkle over the top.

Ingredients	Vegetarian		Bacon	
	serve (182 g)	per 100 g	serve (188 g)	per 100 g
Barley	½ cup	100 grams		
Dried peas	1 Tbsp	11 grams		
Real bacon bits	1 Tbsp	11 grams		
Dried corn	1 Tbsp	4 grams		
Fried shallots	2 Tbsp	12 grams		
Pine nuts	1 Tbsp	12 grams		
Milk powder	1 Tbsp	10 grams		
Parmesan cheese	1 Tbsp	10 grams		
Vegetable stock	½ tsp	3 grams		
Lemon pepper	½ tsp	2 grams		
Dried basil	½ tsp	1 gram		
Dried garlic	½ tsp	1 gram		
Salt, pepper	½ tsp	1 gram		
Dried chilli	few pinches			
Sun dried tomatoes	2 each	10 grams		
Water	¼ cup for preparation 1 cup for cooking			
Bag 1 - vegetarian option	TVP beef slices	5 each	5 grams	

Nutritional Information	Vegetarian		Bacon	
	serve (182 g)	per 100 g	serve (188 g)	per 100 g
Energy [kJ]	2260	1242	2426	1290
Protein [g]	35.1	19.3	33.2	17.6
Fat: total [g]	17.8	9.8	20.6	10.9
Saturated [g]	4.6	2.5	4.6	2.4
Carbs: total [g]	50.4	27.7	57.3	30.5
Sugars [g]	8.0	4.4	7.9	4.2
Sodium [mg]	417	229	388	206
Fibre [g]	6.6	3.6	7.4	3.9



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Camp stroganoff

1 1 4 7 mins V 189 g M 205 g

For the vegetarian option, break up the TVP beef slices into small chunks. Label the bags and place all ingredients into the allocated bags. Copy or print out Method at camp and keep together with the bags.

Add the contents of Bag 1 (risoni mix) and beef jerky to a pot with 1½ cups of water. Soak for a minimum of 20 mins. In a bowl add the contents of Bag 2 (sauce mix) and slowly pour in ¼ cup of water, mix thoroughly. Put the sauce aside for now. After the soaking time of the risoni mix, bring the pot to the boil and cook for 5 mins. Add the tomato paste and then the sauce mix, stirring thoroughly. Cook for a further 1-2 mins until the mixture thickens slightly.

For a larger serving, add an extra ¼ cup of risoni and water. Note any variation will change the nutritional value.

Ingredients	Vegetarian		Beef	
	serve (189 g)	per 100 g	serve (205 g)	per 100 g
Bag 1 - risoni mix	Risoni	½ cup	102 grams	
Keep separate	Dried mushroom	½ cup	7 grams	
	Beef jerky		25 grams	
Bag 2 - sauce mix	Milk powder	2 Tbsp	20 grams	
	Grated parmesan	1 Tbsp	10 grams	
	Instant mashed potato	1 Tbsp	8 grams	
	Beef stock	½ tsp	3 grams	
	Dried chives	½ tsp	1 gram	
	Dried thyme	¼ tsp	1 gram	
	Sweet paprika	¼ tsp	1 gram	
	Dried onion	¼ tsp	1 gram	
	Dried garlic	½ tsp	1 gram	
	Ground chilli	few pinches		
Keep separate	Salt, pepper	few pinches		
	Tomato paste		25 grams	
Water	¼ cup for preparation			
	1½ cups for cooking			
Bag 1 - vegetarian option	TVP beef slices	6 each	6 grams	
Bag 2	Vegetable stock	½ tsp	3 grams	

Nutritional Information	Vegetarian		Beef	
	serve (189 g)	per 100 g	serve (205 g)	per 100 g
Energy [kJ]	2073	1097	2353	1148
Protein [g]	23.4	12.4	32.3	15.8
Fat: total [g]	6.3	3.3	7.1	3.5
Saturated [g]	3.6	1.9	3.9	1.9
Carbs: total [g]	86.9	46.0	90.9	44.3
Sugars [g]	4.6	2.4	10.2	5.0
Sodium [mg]	373	197	854	417
Fibre [g]	0.1	0.1	0.1	0



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Park Management Notification

Deer aerial shooting trial

Parks Victoria will be implementing a deer aerial shooting trial in the Mt Buffalo and Alpine National Parks in October 2018.

A significant expansion of deer populations in the Alpine and Mt Buffalo National Parks has been observed over the past decade, including increasing signs of deer activity and impacts at higher elevations.

In response, Parks Victoria has implemented a deer control trial to determine the most efficient, effective and humane techniques for managing deer. The focus to date has been on ground-shooting. Parks Victoria is now adding aerial shooting to the trial.

Parks Victoria will use the results of the trial to help determine the best combination of deer control techniques for different areas and circumstances. These results will then be used to guide the development of an ongoing, sustainable, landscape scale deer control plan for the alps.

The NSW National Parks and Wildlife Service (NSW NPWS) have been using aerial shooting to control deer in Kosciuszko National Park for several years and have reported positive results. Parks Victoria has drawn on the expertise of NSW NPWS to plan its operation.

The trial will be conducted in **Mt Buffalo National Park**, north west of Mount Buffalo Road, and two areas of the **Alpine National Park** - the area around **Mt Feathertop**, east of Harrietville, and the area around **Mt Pinnibar**, near Tom Groggin. **No shooting will occur within 300m of the Deer Control Area boundary.**

The trial will take place over **3 – 4 days between 8th October and 26th October 2018** (only on week days). The **exact dates will depend on the weather.**

The **areas of the parks subject to shooting will be closed** for the 3 – 4 days that shooting occurs. No main roads will be closed. For example, the Mount Buffalo Road and the Great Alpine Road will remain open.

While the shooting areas will be closed, large areas of both parks will remain open to visitors, including Lake Catani Campground, the Horn, the Gorge and the Chalet, Lakeside Day Visitor Area and Dingo Dell on Mt Buffalo, and Mt Bogong and the Bogong High Plains in the Alpine National Park. The Tom Groggin Camping Area, in the adjacent Kosciuszko National Park, will also remain open. Mt Hotham, Falls Creek and Dinner Plain will not be affected.

Only deer will be targeted.

The trial will be undertaken by accredited and experienced shooters who will adhere to strict protocols to ensure the safety of park users and animal welfare.

If you have any questions about this project please contact Parks Victoria on 13 1963.



FEDERATION WALKS

20 October 2018

Four of the walks have sold out, with limited spaces left in the medium walks and more available in the easy and easy/medium walks. The Board felt that this is a good opportunity for us as a bushwalking community to invite non-members along to give bushwalking a go and perhaps as a result, they may join your club. So please let your members know that they are welcome to invite friends or family, who are not current members, to book a place on a walk they recommend to them within their ability. They will still need to book through TryBooking but do not have to be current members and can just put into the Walk Club Name Field: Invited by {INSERT CLUB NAME}



Bushwalking Victoria (BWV) welcomes you to the 2018 Federation Walks event, which will be held on **Saturday 20th October** on the Mornington Peninsula. Our base is Elgee Park, a private property, vineyard, and sculpture park which is owned by the Myer family, who have generously permitted BWV to host the event on their beautiful estate.

Walks range from a short family walk – which is ideal for those who'd like their children or grandchildren to join in – to easy rambles, semi-urban explorations, undulating routes of medium difficulty through lush tree-fern gullies and along cliff tops with spectacular views, right through to a hard 26km challenge. Whatever your interests – history, culture, botany, bird-life or simply bushwalking – there will be a walk to suit you.

So...take a look at the walks on offer, choose the one which appeals to you most (and is comfortably within your capabilities) and book by clicking on the applicable booking button (active as of tomorrow morning, 18 August at 07:00).



After your walk, you're invited to return to Elgee Park, where you can enjoy the delightful afternoon tea and have a stroll around the private sculpture collection. Elgee Park wines will be available for a free tasting, as well as for purchase, and a food truck on site will offer a dinner menu (please pre-book to make sure your choice is available

- details [here](#)) for those who'd like to stay and enjoy the company of like-minded walkers from around the state.

Bushwalking Victoria would like to thank all our clubs and members who have assisted us so wonderfully to be able to offer you this event. Thank you to all of you who have volunteered to lead and co-lead walks on the day, it is much appreciated! A special mention for their enormous effort go to Peter Conroy (Fed Walks Co-ordinator), Judy Hunter (BWV Board), Liz Robinson (walk notes, editing) Andrew Robinson (walk maps), Ana Thompson (TryBooking set-up) and again to Liz and Andrew for preparing and co-coordinating the printing of the Fed Walks booklet - you have all done an amazing job and we look forward to enjoying the result of your efforts!

Federation Walks – Dinner Menu *(available early if required)*

Cooked to order

- Salt & pepper calamari with fresh lemon, & colourful garden salad \$20
- Vegetarian pumpkin feta quiche & colourful garden salad \$20
- Marinated free range chicken skewers & colourful garden salad \$20
- French fries served in a cone \$5
- Selection of soft drinks, mineral water, iced tea \$2-\$4

Add our own special sauces and condiments to your dinner.

Served with eco-friendly crockery and cutlery.

Pre-order to avoid disappointment.

Email: captaincalamari2@gmail.com with your order prior to 1 October.

See you at Elgee Park on 20 October!

CROSS COUNTRY SKIING

Contact Sue Cardwell

02 6056 0501 or sunacard@outlook.com

Trips are planned with a few days notice snow & weather permitting on the borderskiers Yahoo site. If you wish to join this group please contact the co-ordinator Warwick McLachlan 6025 1323, 0418 673 164 or mcla@bigpond.net.au

Most trips Grade 3 medium with some hard at times. Fit beginners will be welcome.

Photo credits this issue:

Leanne Eileen
Charles Sue
Pauline
Sue
Leona
Ian



EVER WONDER WHERE TO GO WALKING?

Bushwalking Victoria has this fabulous walk directory with detailed information on about 200 walks in Victoria.

Check it out by clicking on the link below.

<http://www.bushwalkingvictoria.org.au/walks-directory>



PHOTOS IN FOOTPRINTS.

Often on walks there will be photos taken of participants. If you **DO NOT** wish your photograph to be taken, it is **YOUR** responsibility to inform fellow walkers.

ACTIVITIES PROGRAM

LEADERS reserve the right to change the activity route on the day depending on prevailing conditions and altered circumstances. A walk leader can refuse permission for any person to take part in his/her activity. A list of trip participants must be prepared and the non-member fee (currently \$5) should be collected before the start of the trip. This is a requirement of our insurance policy. Without this list participants may not be covered by insurance.

EMERGENCY CONTACT PERSONS (ECPS): Leaders must leave trip details, including a list of participants and their contact numbers with a family member, or if none available, with an ECP. In the event of a delay, the ECP will contact families and decide on the next course of action.

PARTICIPANTS (members and visitors) must check with the leader that their fitness and experience suit the walk.

Follow the leader's instructions at all times. Pay own ambulance costs – insurance is recommended (but accidents are rare).

BOOKINGS: If you intend participating in any of the activities listed below you are required to personally speak to the Leader **no later** than the **Wednesday** prior to a **day** activity or **7 days** prior to an **overnight** activity or unless otherwise indicated. SMS bookings are not appropriate. **Please be aware that leaders have the right to decide the size of the group they will accept for their activities. Activities may become fully subscribed before the general cut-off date. By contacting the leader early you may avoid missing out.**

FIRST AID KITS: are to be taken by leaders on each walk.

BIVY BAGS: The club has bivy bags available for activities where extreme cold may be an issue.

GRADING

Grade 1

(Easy) Opportunity for large number of participants, including those with reduced ability to walk/cycle on well-marked and even formed tracks. **Formed tracks** may have a few steps. Should not be steep. Suitable for beginners. Distance should not exceed about 10km.

Grade 2

(Easy-Medium) Easy activity, mostly on tracks of low gradient. Opportunity to walk/cycle easily in natural environments on well-marked tracks. Tracks should not be steep. Distance should not exceed about 15km.

Grade 3

(Medium) Medium activity with some hilly sections and/or rougher terrain. Opportunity to walk/cycle on defined and distinct tracks with some steep sections requiring a moderate level of fitness. Suitable for fit beginners. Distance should not exceed about 20km.

Grade 4

(Medium-Hard) Steeper, rougher terrain and may have off-track sections (no more than one quarter of the walk) or a longer distance track walk. Opportunity to explore and discover relatively undisturbed natural environments mostly along defined and distinct tracks. Tracks can be steep. There may be short sections of rock scrambling

involved. Leaders should have map reading abilities and/or ability to use a compass. Distance depending on circumstances. Not suitable for most beginners.

Grade 5

(Hard) Off-track or difficult terrain. Opportunity for walkers with advanced outdoor knowledge and skills to find their own way along often indistinct tracks or off track in remote locations. May include steep sections of unmodified surfaces. There may be rock scrambling, creek walking and crossing involved. Distance should not exceed 30km, but may be short and difficult. Not suitable for beginners.

Grade 6

(Very Hard) Strenuous off-track walk or very long distance. Opportunity for highly experienced walkers to exploratory remote and challenging natural areas without reliance on managed tracks. Terrain may be steep, uneven and no track. There may be rock scrambling, creek walking and crossing involved. Distance covered is unlimited, but may be short and difficult. Only for experienced walkers and not suitable for beginners.

Exploratory Is unknown to leader and while every effort has been made to grade the activity appropriately, there may be some unexpected aspects which may increase the difficulty of the walk.

ACTIVITIES CALENDAR

YHA Melbourne & BBC Intra Club Walk -Dinner **Friday, September 28th** **Ungraded**
Leader: Deb **7pm**

Phone: 0410047884 before 8pm

Bookings by: Friday, September 21st

Join us for dinner on Friday night at The Star Hotel, Guinea St. Albury at 7pm. It will be a great way to end a good days walking and talk about the walks coming up for Saturday and Sunday or the AFL Grand final.

YHA Melbourne & BBC Intra Club Walk **Friday, September 28th** **Grade 4**
Pine mountain and Rocky Knob **10km**

Bushwalking

Leader: Deb

Phone: 0410047884 before 8pm

Bookings by: Wednesday, Sept. 26th

Pine Mountain is a gigantic rock monolith reputedly one and half times as large as Uluru. The walk to the top over imposing rock outcrops is rated as strenuous (grade 4) but offers panoramic views of the surrounding Murray River valleys.

YHA Melbourne & BBC Intra Club Walk **Saturday, September 29th** **Grade 3**
Flaggy Creek Gorge Walking Track **14km**

Bushwalking

Leader: Deb

Phone: 0410047884 before 8pm

Bookings by: Wednesday, Sept. 26th

This is a rugged 14km (7-hour) return walk that provides access to the waterfalls and rock pools within Flaggy Creek George. Panoramic views over the Murray River are available from Valley View after 1.5km.

Section 1: Kurrajongs to Valley View (1.5km) – is a continuous climb through granite boulders. This section is a demanding climb with very few flat areas. On reaching Valley View there are views in both directions along the Murray River. Caution is required on this section as there are unguarded cliff edges.

YHA Melbourne & BBC Intra Club Walk **Sunday, September 30th** **Grade 3**
Mt. Granya Walking Track **10.4km**

Leader: Deb

Phone: 0410047884 before 8pm

Bookings by: Wednesday, Sept. 26th

This walk through open forest links Cotton Tree Creek with Mt Granya Summit via Granya Falls.

**Bike by the Lake
Cycling**

Saturday, October 6th

**Grade 2
46 kms approx.**

Leader: Ian

Phone: 0425782983

Bookings by: Thursday, October 4th

This is a bike ride on the High Country Rail Trail beginning at Ludlow's Reserve and taking cyclist on a scenic journey beside Lake Hume, across the Sandy Creek Bridge to Tallangatta where we'll lunch at the popular Teddy's Joint (<https://www.facebook.com/teddysjoint>) before riding back to Ludlow's, a total distance of around 46kms. The trail is undulating with some moderate gradients and is a mix of smooth gravel and sealed sections. A great warm-up ride for those doing the 'Tall Trestle Treadle' the following week. (Cyclists must have a roadworthy bike, puncture repair kit and spare tube.)

**Walk and Gawk Whitebox walk Chiltern N.P.
Birdwatching, Wildflower discovery and BBQ**

Saturday, October 6th

**Grade 2
Easy - Medium**

Leaders: Liz N & Chris

Phone: Liz 0408702886

Bookings by: Wednesday, October 3rd

Bring your sense of wonder, binoculars and bird identification book for this stroll along the Whitebox Walk Chiltern National Park. How much of this lovely walk we complete is dependent on the number of birds and wildflowers we see.

Our wildflower expert Ira will be ably assisting us locate and identify flowers.

Master birdwatcher Chris will charm the birds from the trees. Liz will bring the firewood for our lunchtime BBQ at the Honeyeater Picnic ground where our walk starts and ends.

The walk is up and down but the pace will be moderate to downright slow.

Bring something to throw on the BBQ and maybe a little something to share as well.

Mt. Dunn and Macs Point on Mt. Buffalo

Sunday, October 7th

Grade 3

Bushwalking

Leader: Paul Schirmer

Phone: 0412 404 770

Bookings by: Thursday, October 4th

The walk starts at the reservoir car park. Our first objective is Mt Dunn at 1492 metres. The last bit is a climb of about 100 metres and metal stairs to reach the summit but the views are spectacular. From here the trail heads toward Wild dog Plain, Split Rocks and Giants Causeway with amazing rock formations. Further on Macs Point offers stunning views over the Great Dividing Range. The final leg follows the Rocky Creek Track through snow grass plains and snow gum forest to the cars.

Huon Hill Wodonga

Sunday, October 7th

Grade 2

Bushwalking

Leader: Cindy Pickering

Phone: 0410 425 335

Rising 263 metres above the Murray and Kiewa floodplains, Huon Hill offers spectacular views of Lake Hume, the Kiewa Valley, the Alpine Region, Murray and Kiewa Rivers, and Albury and Wodonga cities.

We start this walk at the cattle grid entrance to the Reserve. From there we climb gradually up to the lookouts close to the top of Huon Hill. This is time to take in the horizon as it unfolds before us. At the top we will stop for morning tea where we will enjoy the 360 degree views of Albury Wodonga, the Weir and various landmarks.

Afterwards we walk the Bundy Track to the Kiewa River and make our way back to the awaiting cars.

Faithful's Hut

Saturday, October 13 -

Grade 3

Overnight camping

Sunday October 14th

14 kms

Bushwalking

Leader: Christine Sobey

Phone: 0429000252

Bookings by: Monday, October 1st

PLEASE NOTE EARLY BOOKING DATE

This is a walk I led many years ago while doing the BMLC. It's an overnight walk, but can be extended to two nights if you don't have to turn up to work on the Monday. Cars are left at Strawberry Saddle, and we walk a couple of k's down to Faithfull's Hut following old cattle pads and the creek. A leisurely afternoon walk down to the nearby waterfall after lunch. Sunday morning we walk back up past the cars and onto the flank of Mt Cope, seeking out a stand of ancient snow gums, moving on to the summit for lunch. Then it's down towards Ryders Yards, but turning back at the aqueduct and heading back to the road via brumby/cattle pads, again along the flank of the hill wending through the scrub. Back to Faithfull's for tea, while those heading home pick up their cars at the road. On the Monday it's a leisurely morning brekky, a stroll around the area, then back up to the cars and home. Due to off-track work, this is a fine weather walk only.

Mt. Tabletop - Dinner Plain

Saturday, October 13th

Grade 3

Leader: Deb

Phone: 0410047884 before 8pm

Bookings by: Wednesday, October 10th

At 1593 metres above sea level, Mt. Tabletop is a distinctive flat plateau linked to the Great Dividing Range by a low ridge. From JB Plain, about 1.5 km west of Dinner Plain village, walk south (following an old fence line) across the plains for 0.5 km. From here the route is marked by orange triangular markers. After crossing snow grass plains and Snow Gum woodland the route drops down to Tabletop Creek and then follows a long ridge up to the plateau. The track is marked to a rocky outcrop just below the summit. Return via the same route. All up about 14kms. Hopefully there will still be a bit of snow around on the peaks.

Tallangatta Tall Trestle Treadle - High Country

Sunday, October 14th

Ungraded

Rail Trail Event

Cycling

Leader: Cindy Pickering

Phone: 0410 425 335

Tall Trestle Treadle

Ride Highlights

- Corryong to Colac Colac: 6kms of cruisy flat riding
- Shelley Station to Koetong Station: 8 kms easy downhill riding through magnificent forest. BBQ lunch at Koetong Pub.
- Koetong Station to Darbyshire: Slightly more adventurous. 8 kms of downhill with superb views.
- Old Tallangatta to Tallangatta: an easy 9 kms along the sealed section of the High Country Rail Trail

Refer to the High Country Rail Trail website site for the registration form. <http://highcountryrailtrail.org.au/>

Bogong Village

Saturday, October 20th

Grade 3

Bushwalking

15kms approx.

Leader: Eileen

Phone: 0412042195

Bookings by: Wednesday, October 17th

Bogong village nestles in the hills between Mt Beauty and Falls Creek. We'll start with a steep climb up Black Possum Spur before looping round and back down via the Red Fox track, from where we can walk round the lake back to the cars. It's about 15 km with steep ups and downs, but hopefully some interesting views.

Pub to Pub by Bike

Saturday, October 20th

Grade 3

Cycling

65 kms return

Leader: Ian

Phone: 0425782983

Bookings by: Tuesday, October 16th

Yep, it's on again due to popular demand! Meeting at the Happy Valley Hotel car park, Ovens at 9.45 for a 10:00 start. The ride is all on the sealed Murray to the Mountains Rail Trail over generally flat terrain via Eurobin,

Porepunkah and Bright to Wandiligong. We will lunch at the Wandiligong Pub before heading back to Happy Valley Pub. <http://www.happyvalleyhotel.com.au/>

(A condition of this ride is that participants MUST partake of refreshments at both the pubs) Cyclists need to have a roadworthy bike, spare tube and puncture repair kit. There are options for those who don't wish to do the full ride to join us at Eurobin, Porepunkah or Bright.

Please note final booking date as a reservation for lunch will need to be made at the Wandi Pub.

Harrington Track **Saturday, October 20 -** **Grade 3**
Overnight camping **Sunday October 21st** **22kms over 2 days**
Leader: Paul Schirmer
Phone: 0412 404 770

Bookings by: Wednesday, October 17th

Harrington's Track, constructed in 1895 to allow miners to access the upper reaches of the Indi (Murray) river, goes from Bunroy Station to Stony Creek near Tom Groggin Station.

The track follows closely the Indi River early in its length with good views at Higgins Knob. We will camp near Riley's Memorial or nearby Surveyors Creek. Jack Riley is said to be the inspiration for Banjo Patterson's poem "The Man from Snowy River".

Next day, instead of hiking through to Stony Creek this time, we will return to Bunroy Station via the Surveyors Creek and Barlow Break Tracks.

This will be a great introduction to overnight hiking as the first day is about 10 kilometres and the second day about 12 kilometres plus we will see some spectacular country.

Myrtleford to Bright by bike **Saturday, October 27th** **Grade 2**
Cycling **62 kms return**

Leader: Ian

Phone: 0425782983

Bookings by: Tuesday, October 16th

We'll meet at the back of Coles Supermarket in Myrtleford at 10:15am before heading off on the Murray to the Mountains Rail Trail for a cruisy 2 hour ride to Bright on a sealed rail trail with virtually no hills. After feeding our faces in Bright at 'What You Eat' cafe we'll ride back to Myrtleford. Easy peasy! Cyclists to bring a spare tube and puncture repair kit and water. If you don't want to ride the full distance there are options to join us at Eurobin, or even Porepunkah.

Falls Creek Young's Hut day walk **Saturday, November 3rd** **Grade 3**
Bushwalking

Leader: Eileen

Phone: 0412042195

Bookings by: Wednesday, October 31st

We'll accompany Ian's overnights on their way in to Youngs Hut from Pretty Valley in the morning, then return after lunch. The walk is about 8 km in each direction with some climbing and the top part is very exposed.

Hopefully we will have great views and no dramas!

Young's Hut Overnight **Saturday, November 3rd -** **Grade 3**
Overnight camping **Sunday, November 4th**

Leader: Ian

Phone: 0425782983

Bookings by: Tuesday, October 30th

My last visit to "our" hut was just before Winter set in, so this will be an opportunity to see how she has fared in our absence. Young's Hut is a rustic former SEC survey hut that our club maintains in conjunction with Parks Victoria. The walk will start from Pretty Valley Pondage, follow the Fainters Fire Trail for a few kms before heading cross country to Pole 333, past Mt Jim on the track leading to the hut, a distance of approx 20kms. Return journey is via the same route with a possible side trip to Mt Jim. We should have great views to Mt Hotham, the Razorback and Mt Feathertop and may see some brumbies. Walk is both on and off track, with a couple of short steep climbs, and is very exposed across the top.

(I would appreciate someone to organise hikers coming from Albury/Wodonga)

All wheel drive and High Range 4WD
Novice Drivers.
Mostly unsealed roads with no obstacles and minor gradients.
Can be low clearance with single range and road tyres.
May be difficult in wet conditions.

Mt. Buffalo The Big Walk

Sunday, November 25th

Grade 4

Bushwalking

22 kms or 14kms

Leaders: Rick & Cindy

Phone: 0410425335 after 6pm

Bookings by: Wednesday, November 21st

The Big Walk (22 klms return) is one of Mount Buffalo's great walks and a wonderful way to enjoy the spectacular views of the Australian Alps while passing through several vegetation zones. There is an option to join this walk at Rollasons Falls (14 klms return).

Falls Creek Hidden Waterfall

Saturday, December 1st

Grade 3

Bushwalking

14 kms approx.

Leader: Eileen

Phone: 0412042195

Bookings by: Wednesday, November 28th

This is a repeat of a walk a few of us did early in the year. Starting from Cope Hut we take the Alpine Walking Track to Cope Saddle then along the aqueduct to Ryders Yards for morning tea. Then it's back to the aqueduct for a short distance until we turn off along a faint track for about 2 km to the waterfall located in a rocky gorge. Return by the same route. The walk is about 14 km and relatively flat.

Falls Creek Ropers Lookout - Two options

Saturday, December 15th

Grade 3

Bushwalking

Leader: Eileen

Phone: 0412042195

Bookings by: Wednesday, December 12th

Ropers Lookout is the rocky knoll from where we get spectacular views over Falls Creek and the High Plains. It is reached by a short sharp climb from the end of the dam wall but can be made into a day walk which is all on tracks. Option 1: We start from Howmans Gap and follow the delightful Packhorse Track up to Falls Creek. After pausing to admire Falls Creek Falls, we make our way through the village, walk over (or under) the dam wall then up Ropers Lookout for lunch, returning by roughly the same route. Distance 20 km. Option 2: Drive to Falls Creek and join the walk there. Distance 13 km with less climbing. Please nominate your preferred option when booking in.

The Three Tracks pre Christmas walk

Saturday, December 22nd

Grade 3

Leader: Mick Sheedy

22kms approx.

Phone: 0437101009

Deb: 0410047884 before 8pm

Bookings by: Tuesday, December 12th

After meeting at Mt Beauty we will head up to the Bogong village to start our walk. The first track starts with a short steep climb up the Black Possum Spur track to Mt Arthur before going down to Bogong Creek Saddle. Bogong Fire track will start us off on our second track which makes its way underneath Mt Bogongs West Peak to where our last track following Roper Spur track to which we will then follow back to our cars. There will be a small car shuffle at the start and finish of our walk and the walk is approximately 22ks

The Grey Hills Track Loop Walk

Saturday, January 5th

Grade 4

Leader: Mick Sheedy

22 kms approx.

Phone: 0437101009

Deb: 0410047884 before 8pm

Bookings by: Wednesday, January 2nd 2019

Lake Guy at Bogong Village is where we will commence our walk climbing up Black Possum Spur to Mt Arthur. From here we join The Grey Hills track, this track could be over grown or uneven and may not be well defined. Hopefully we should get good views of Mt Bogong as we walk along the ridge to where we meet Spion Kopje Fire

Track. We then have a short walk to Spion Kopje and should enjoy great 360 degree views before descending back down Spion Kopje fire track to Lake Guy to our cars. All up the walk will be approx 22kms

Falls Creek Day walk **Saturday, January 12th** **Grade 3**
Bushwalking
Leader: Eileen
Phone: 0412042195
Bookings by: unspecified
Save the date, more details later.

Mt. Buller to Mt. Stirling Overnighter **Saturday, January 19th -** **Grade 4**
Leader: Mick Sheedy **Sunday, January 20th** **23 kms approx.**
Phone: 0437101009
Deb: 0410047884 before 8pm
Bookings by: Friday, January 11th 2019

We will be leaving Albury early on Saturday morning and driving to Mt Buller. After leaving cars near Tip Corner we will follow the unsealed Cornhill Road, which leads to Cornhill Track. Following Corn Hill Track we will descend to Howqua Gap Hut, before heading up to the summit of Mt Stirling (1,747m) on Howqua Gap Trail. From the open grassy summit we'll get views of the Crosscut Saw, Mount Buller and Mount Buffalo. The walk from Buller to Stirling is 8km one way/16km return.

After setting up tents at Bluff Spur Hut (just off the summit of Stirling), we will have lunch, then there will be an option to walk to Craig's Hut in the afternoon (7km return).

After packing up on Sunday morning we will make the return trip to Mt Buller and the cars.

All up (from Buller to Stirling and Craigs Hut, on Saturday and returning to cars on Sunday) about 23km over the two days, all on well marked tracks, with a few steep short climbs/descents.

Great Ocean Walk **Monday, March 25th -** **Grade 3 - 4**
Multiple night camping **Sunday, March 31st 2019**
Leader: Ron Hammond
Phone: 0437101009
Deb: 0410047884 before 8pm
Bookings by: *Monday, October 15th*

Great Ocean Walk –March 25th to 31st March plus a day or too each side. one direction, eight days, long-distance walk, 100km Website: www.greatoceanwalk.com.au

The Great Ocean Walk is a one-way walk starting from the Apollo Bay Visitor Information Centre through the Great Otway and Port Campbell National Parks to finish at the iconic Twelve Apostles near Princetown.

Disclaimer *All statements and opinions expressed in articles published in 'Footprints' are those of the respective authors and do not necessarily represent the views of the Editor, the Committee or members of the Border Bushwalking Club.*