



FOOTPRINTS

February 2019

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 7:30PM TUESDAY, FEBRUARY 5TH HEADING NORTH.



In 2018 a number of club members headed to various northern reaches of Australia. Amazing walks, scenery, animal/birdlife and Aboriginal culture were enjoyed. Some trips required serious 4 wheel driving to reach, some serious bushwalking and all a wonderful sense of adventure.

Come along and listen to these folk talk about and show amazing photos of these adventures. It may inspire you or simply remind you of what a diverse and beautiful place Australia is.



Where : Senior Citizens, Meeting Room, Civic Centre Complex, Hovell Street, Wodonga

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:

Martin Young **Neil McDermott**
Kerryn Parkinson **Felicity Collins**

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 and acknowledge photographer.**

Send to: newsletter@borderbushwalkingclub.com.au
Deadline for next Footprints is 22/2/19
A huge thank you to all those who submit material.

Christmas Barbeque 2018.





Border Bushwalking Club

Club Member of the Year 2018

AWARDED TO

Ira Robinson

Awarded 4th of December 2018



As the outgoing recipient, I have chosen to pass on the club member of the year award to Ira Robinson, in acknowledgement of her efforts toward the organisation and catering for the Club's 40th Anniversary celebrations back in March this year, and also her longstanding support to the club.

Most club members will be aware of Ira's catering and hospitality prowess – in addition to the 40th anniversary, you'll be aware that Ira has, yet again, coordinated tonight's Christmas party.

And you might be aware that she is usually the second person to arrive at each club night (after the key holder) so that she can set up the club suppers.

In addition though, Ira has been a long-term committee member and provides a thoughtful and compassionate view-point at each meeting, and she has also demonstrated continued advocacy and care for our club and our environment such as participation in the hawkweed program and community events.

Ira has made a real contribution to the well-being of the club and its members and is strongly deserving of this acknowledgement.

David Graf



AND WHILE WE ARE CONGRATULATING...



Congratulations!



to SUE CARDWELL ON BEING AWARDED AN OAM FOR HER SERVICE TO COMMUNITY HEALTH. Well done Sue from all of us at BBC.

FROM THE PRESIDENT'S STUMP

Welcome to a New Year, one that I hope will be full of heroic hikes, racy rides, peaceful paddles and shuushing skis! I encourage you to get involved in every way you can with the Border Bushwalking Club; whether it's taking part in the many activities we serve up, making the leap and leading a walk; attending our informative Club Nights; or becoming involved as a member of our Committee. If you do nothing else, I would encourage you to participate in a walk or two. Apart from getting out of the house, hiking has many benefits for your body, especially when we consider the majority of our members are in the 50+ age bracket. Listed below are a number of interesting facts and statistics that highlight the many benefits of walking.

HEAD – walking boosts circulation, triggers endorphins, decreases stress hormones and increases oxygen supply to every cell in your body. Research shows that the mere act of walking has a statistically significant effect on the symptoms of depression.

HEART – Walking is more than twice as effective as running at fighting off heart disease, and an hour a day cuts the risk of heart attack in your 50s and 60s in half.

BONES – All exercise is good for the spine and studies have shown walking boosts bone density in spine and pelvis, reducing the chances of hip fractures by 40%.

MUSCLES and AGING - Walking prevents muscle wastage (something over 60s can never get back), triggers the cells' anti-aging processes and even helps repair DNA. It also wards against brain shrinkage and increases memory, creativity, reasoning and sociability.

JOINTS – Frictionless movement is thanks to synovial fluid in your joints – and research shows that regular walking increases the levels of this 'magic oil' and causes the body to supercharge it with its own anti-inflammatory compounds.

LUNGS – An hour's walk a day can reverse thirty years gradual aerobic capacity decline according to a US study which saw 50 year old subjects regain the lungs of their 20 year old selves.

WEIGHT – Insulin allows your body to absorb the energy in food, but it also encourages the long-term storage of fat. Walking causes insulin levels to drop, at the same time increasing your muscle's sensitivity to what insulin there is. That means you burn energy more efficiently and fat more readily, cutting the risk of obesity in half and the chance of developing Type 2 diabetes by 60%.

RISK OF CANCER – According to the World Cancer Research Fund walking seems to be one of the best weapons against cancer, with 10,000 cases of breast and bowel cancer being preventable in Britain alone by spending an hour on foot.

So check out the Activities Program, contact the Leader and start doing your body a big favour! Ian.



TRIP REPORTS

RITCHIES HUT

After meeting up in Benalla we were soon off to our first night stay at 8 Mile Camp with the rain greeting us. It wasn't long before tents and the gazebo were up, Tania had the smell of a roast in the Weber cooking. Up early Saturday morning we drove up to the start of the walk, why do walks always start with an uphill start in the morning? Climbing up the Bluff with water running down the track and the thick fog made for an interesting climb. With some small rock scrambling we made the top in time for a snack with the views still hidden. After a small detour in the wrong direction we were off to the hut for lunch, with everyone hoping for views. We set off back into the fog and managed to see where the track descended back down off the Bluff. With some careful foot placement on the rocks we were soon at the cars. Sunday morning had us walking along the high track to Ritchies Hut with great views over the Howqua river, and a small creek crossing had us at the hut. On our way back the group split up with only three of us opting to cross the river, which turned out to be 12 river crossings. So with our feet wet we set off holding hands making our way back to camp and lunch at Mansfield. Mick.



Hidden Waterfall 01 December 2018

Everyone must have been keen to get a walk in before the silly season hits. Fifteen assorted people booked in for this walk, female and male, young and less young, experienced walkers and new chums, nearly as varied, in fact, as the people I met at the Sociology Association conference last week! We parked at Cope Hut in sunny but rather breezy weather and made good time to Cope Saddle and thence to Ryders Yards for morning tea. While we were there one Scott demonstrated how to sit cross-legged and stand up without using your hands, another Scott showed great prowess at push ups and the third Scott watched on in admiration.

Then it was back to the aqueduct and a search for the little cairn that marks the start of the waterfall track. It was easily located but the track itself was faint in places, occasionally boggy and with at least one fallen tree that had to be climbed over, under or around. We could hear the creek in the distance, then it came into view and we knew the waterfall was close. Soon we were looking down on it from the rocky ledge above. The more agile and nimble footed walkers decided to walk down to the water's edge while the rest of us watched on from above while we ate our lunch.

Suitably refreshed, we started the climb back to the aqueduct on the track that was now slightly more visible, having had 15 pairs of feet over it. Then it was back to the cars and home. The highlight of this walk was the magnificent display of wildflowers, especially the great banks of purple *Hovea* contrasting with yellows, white and green of other plants, and the occasionally distant snow patch. A great day all round. Eileen.

THE ROCK BY NUMBERS

As I drove from Wagga to The Rock for my Sunday morning walk I listened to a podcast about letting children play with maths. It was interesting and entertaining but as I drove home after our day I had a giggle about all the numbers I had been playing with.

- 1: The number of people I had booked in on the Tuesday.
- 4: The number of people I had booked on the Wednesday
- 5: The number of people I had booked on the Thursday
- 1: The number of people who cancelled.
- 3: The number of times I recalculated travel costs.
- 1: The number of people who turned up unexpectedly on the Sunday.
- 37: The predicted maximum temperature.
- 34: The actual maximum temperature.
- 30: The temperature by the time we finished walking.
- 6: The kms in the walk according to the sign.
- 7: The kms in the walk according to the website.
- 330: The height gain in meters.
- 7: The number of people who started the walk.
- 2: The number of people who walked down early.
- 5: The number of people who made it up the Rock for the first time.
- 7: The number of satisfied walkers.
- 10: The score the views at the top get.
- 1: The person who stepped up to take over leadership.
- 1: The leader who says, 'thank you Paul for taking over when you were needed.'
- 2: The number of tracks going up to the peak.

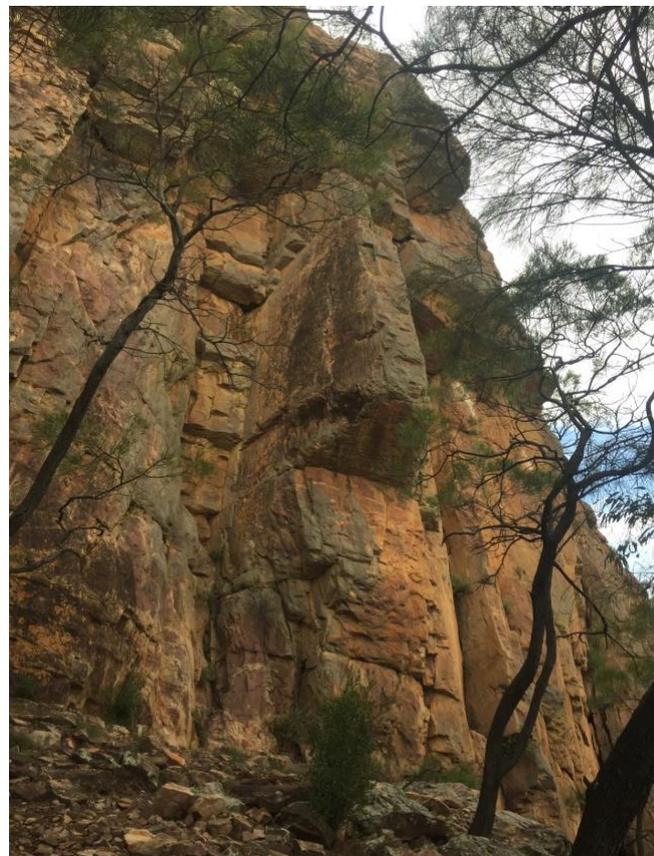


I explored the new track after I had ensured that our walker who wasn't quite as recovered from injury as she had hoped, was safely down. It could be great for future walks in the area.

This walk formed part of the **16** Days of Activism Challenge for me. The goal set was **52**km, representing the number of women who had died by violent means in Australia when the challenge started. I completed **98** km over the 16 days. Not that I needed the excuse!

100: My score for the great group we had on the day.

Bernadette.



OVERNIGHT AT JOHNSTON HUT

This was my first overnight hike, and I loved every minute of it!

We set off from Rocky Valley Dam along the Big River Fire Track with a stop mid-way for morning tea, reaching Johnston Hut for lunch. The scenery was absolutely stunning with lush grass and snow gums surrounding a very neat and welcoming hut, and I couldn't have imagined a more perfect place to spend the night – a nearby creek was flowing swiftly, the rain held off until about 3am then stopped around 6am, the temperature was very brisk but perfect for testing out my new down jacket, and under Ian's encouraging guidance I was able to find a suitable spot to pitch my borrowed tent and sleeping bag.

Mid-afternoon we donned our day-packs and headed to Edmondson Hut, meeting up with another Albury-based group along the way which kept the conversation bubbling along very well. The location of Edmondson Hut was equally beautiful and the hut itself was very spacious inside – I could imagine signing up for another overnighter there quite easily. On return, fresh pineapple was shared around by Ron, super-sweet and juicy and completely unexpected.

After dinner, Ron brought out a small plastic bottle of 27-year-old port, Ian shared around a bag of high-quality chocolate bullets, Coco and I supplied the necessary chuckles and conversation fillers as stories abounded and a very pleasant evening was had by all. I even managed to get some sleep! The sense of peace was what captivated me most, not just in terms of sound, but being so far away from electronic devices and the constant buzz of day-to-day affairs.

Next morning we packed and headed off at about 9.30am towards Kelly Hut. The walk there was even more beautiful than the other two huts with huge snow gums and wildflowers abounding, but Kelly Hut itself was a really eerie place. Rundown, with feral cats scattering on our approach, and dead trees lying all about, I was glad not to spend the night there. Still, it was great to visit and gave us a chance to walk a bit further with a full pack (thinking ahead to more challenging walks). Ron then checked his GPS and it looked like a large band of rain was heading our way so that put the wind in our sails! It didn't take all that long to get back to the car and head down to Mt Beauty for burgers, wedges and coffee – the perfect end to a perfect weekend.

Many thanks to leader Ian and fellow-walkers Ron and Coco for some truly wonderful companionship. I'd highly recommend Ian's upcoming easy overnighters for beginners, they're a great way to test out whether overnight hiking is for you and also to hire or start buying gear and developing a camping routine. I'm sure I'll be doing more. Leanne.



PRE CHRISTMAS WALK. Santas were seen around Bogong Village.



A busy weekend

What better way to recover from the excesses of Christmas than to spend a weekend walking at Falls Creek, especially with a forecast of 40^o C in Albury. On Saturday, three of us made an early start and drove to Pretty Valley pondage, where parking was at a premium. The weather was unusual, already warm but overcast, very humid and with no breeze. Even more unusual was the fact that very few flies were around.

We headed across the causeway and up the Fainter Fire Trail, pausing often to admire the magnificent wildflowers and the views (that's my story, anyway. Being short of breath had nothing to do with it.) Then it was across to Pole 333 for morning tea, watched over by a small group of feral horses (aka brumbies) who suddenly took off as a group of horse trekkers came over the hill. We made our way down to Weston's Hut through the forest and tried to avoid getting wet feet at the boggy spot. The present Weston's Hut was built in 2010 to replace one destroyed in bushfires. We were just finishing lunch when the horse trekkers caught up with us. On the return trip, the climb up through the forest was hot and humid, much sweating all round, but by the time we reached Pole 333 there was a gentle breeze to cool us on the last part of the journey.

I had two different companions on Sunday and we decided to go to Roper's Lookout rather than Roper's Hut, because my planned walk there before Christmas had been cancelled due to persistent rain. We started at Howman's Gap and followed the Packhorse Trail up to Falls Creek, past the magnificent Falls Creek Falls which are a short walk below the Gully carpark and well worth a visit. We stopped briefly at the Day Shelter to use the facilities and were surrounded by a pack of noisy ankle biters doing craft activities. Any thoughts of having morning tea there were soon abandoned and instead we headed up Wombat's Ramble and along the aqueduct to the Nordic Bowl, for a peaceful rest under a shady tree.

We decided to walk down in front of the dam wall rather than across it, which meant a short sharp descent and climb but soon we were on the final stage of the ascent of Roper's Lookout. The track is well defined, with steps set into the rock at key places. From the top you can see over Falls Creek, Rocky Valley Dam and beyond. It was a little breezy on the top so we retreated behind a rock for lunch, not wanting our salad to become airborne. The return trip was along the same route to the village and down the stair case to the main road, then back on Packhorse. It had been another very warm humid day but most enjoyable. Back home it was a quick shower and change of clothes, grab a cuppa and out again. The Bright Mountain Film Festival was in Mt Beauty for one night only, and three of us went along to be inspired or amazed at what other people do. There were bowls of laksa for sale beforehand,



so we sat outside and slurped the hot spicy soup then headed into the Community Centre which was set up as a cinema for the night. There were seven short films in all. One by a young man who cycled through northern Canada to the Arctic Ocean cooled us down, and the story of an unfit woman who decided to run a marathon showed us what determination can do. Altogether it was an excellent weekend with good company and plenty of laughs. Eileen.



Four Women On Top

The 10 highest peaks in Australia – The Aussie 10, are not only all within a relatively short distance of each other in Kosciuszko National Park, but are also easy to access (map reading/navigation skills necessary) and make for a great few days hiking. With temperatures between Christmas and New Year set to soar, our timing was perfect for the first time KNP'ers Tania and Leanne. It would also be Leanne's first ever, extended walk and the first time I had been responsible for a lot of off-track navigation. Bushwalkers don't sleep in, so an early start from Charlottes Pass saw us heading up the Main Range Track towards Blue Lake, by 8am. The advantage of an early start is pole position in the line of cars. We were not alone, in fact we were never alone, there were heaps of people, most doing the 22km summit loop. And one crazy guy carrying skis and making the most of the last of the snow! It was hot, our packs were full and by the time we got to the Blue Lake intersection we were happy to dump them, put our little packs on and set off cross country to bag our first peak; Mt Twynan, 2195m Australia's 3rd highest peak. Tania commented, "Every time I looked up, the view was incredibly inspiring, with the sheer vastness of the landscape." For those who have never been off track in KNP, it's rocky, full of gorse and roots, scrubby, boggy and undulating, with snow grass in the gaps. Taking a different way back we picked up our packs and followed the Main Range Track which goes straight over the top of Carruthers Peak, 2145m, #2 for the day and Australia's 10th highest. Passing Club Lake on our left, Lake Albina on our right, Mt Lee and Mt Northcote (not in the Aussie 10) we headed towards Muellers Pass and The Wilkinsons Valley for 2 nights. Pam found us the perfect spot and commented as we were eating tea that night, "The endless open views, fascinating terrain with a combination of snow grass, alpine herb fields, rocky climbs and cross-country path-finding made today so enjoyable. It's a bonus to have so many creeks, waterholes and rivers for a bountiful water supply. Even though the wind at times was so strong, the constant drone of flies could still be heard. Today's main challenge was avoiding ants!" Day 2 also started early as we had 4 peaks to bag and staying high it wasn't long before Alice Rawson, 2167m, the 7th highest Australian peak and Mt Townsend 2209m, Australia's 2nd highest were behind us. The wind had picked up so we had a snack, consulted the map and headed towards Abbott Peak, 2159m and 9th highest. Not all the high peaks have trigs, sometimes the trig is on a lower peak, and this is where map reading and interpreting the terrain is vital. It's even better, when you run into people coming the opposite way that help out. With 3 down and one to go, we headed for 8th highest in Australia, Byatt Peak, 2159m out on the spur from Abbott Peak and our lunch spot. Eating lunch, we thought so far so good, what we didn't know was it was about to get nasty. We had to descend through gorse riddled, root matted ant territory with rocks hiding the creek. If the terrain didn't get us the ants did their best. We had to intersect Hannells Track, which would be fine if it was a cleared track, but all it is a cairn every now and then, a vague idea someone had a long time ago. Right on cue, Leanne spotted a sad looking bunch of stones and we followed them up the valley towards where we were camped. There may have been some swearing, there may have been some self doubt but FOUR WOMEN ON TOP, just kept pulling feet out of bogs and crevices and headed east for a challenging end, to a big totally off track day. At 8am on day 3 we were the only people on top of the boss, Kosciuszko 2228m. Leaving Kosci we headed to our next peak, Australia's 5th highest, Etheridge 2180m. As we walked down from this big grassy hill it was obvious the Thredbo chairlift had opened.

The line of people passing us went on and on and it was a relief to drop our packs and head off to find our last 2 peaks, 4th highest, Rams Head 2190m and 6th highest North Rams Head 2175m. This was a little tricky as there are so many piles of rocks in that area and very little height difference, but by early afternoon the Aussie 10 had been all bagged. With the intention of camping on the Snowy River near Kangaroo Ridge, we headed off track just below Kosciuszko Lookout, picking up a recreational ski trail that took us to another great spot, with our own private swimming hole. Like the other 3 days, we left early on our last day to climb up onto Kangaroo Ridge and navigate to Mt Stilwell and a walking track that would take us back to where it all began. For Leanne, "This has been one of the peak (pun intended) experiences of my life so far. On reflection it feels like I've always been on the journey towards climbing these mountains. Thanks to the support of Pam, Tania and Deb, that journey – my first multi-day hike, has finally been realised." Deb.



Four Huts at Falls Creek.

As all walkers will know the weather forecast becomes your best friend before a walk. As leaders know it becomes your life support.

One week out: 44 in Albury and a hot 27 at Falls. All walkers are warned that the walk may be cancelled or modified and fire risk is closely monitored.

Four days out: Yay! The temperature prediction is right down to 23 at Falls.

Two days out: Where did those thunderstorm predictions come from?

On the day: A few showers and pleasant, cool walking weather; the lovely company of 8 walkers; An eerie fog that rolled in and out at lunchtime; Some very relaxed brumbies who were happy to pose for photos; visits to Kelly, Fitzgerald's, Edmonson's and Johnston's huts and a big storm after we were safely out of the high country.

A fantastic day in a wonderful part of our backyard. Thanks to all for making it such an enjoyable day. Bernadette.



Jagungal trip report

The 'Ups and Downs' or 'Highs and Lows'

A mid afternoon departure from Wodonga saw the seven of us walking into round mountain hut for our first night camp. The high of that day was the first site of Mt Jagungal – a magnificent view. The low was that the prediction of plague proportions of march flies was sadly true. The next 3 days were punctuated at regular intervals by the thwack of Pete's hat as he attempted to singlehandedly exterminate every march fly.

The next morning saw us up early to try to beat the predicted rain forecast for lunch time. We made excellent time to our next hut – Derschkos.

The highs of this day – the view from the upper campsite (we christened it 'Jagungal heights'), and the fact that we did beat the predicted storms. The low – the Jagungal wilderness has a very effective shift system – as soon as the march flies clock off, the mosquitoes take over with vengeance – meaning a hasty retreat to tents instead of lingering over the view of sunset over Mt Jagungal.

The following day we were rewarded with glorious weather (once the fog cleared from the lowland campsite). This was the day of 'ups and downs'. We happily abandoned our heavy packs at Tumut Creek, and then followed the footpad up Mt. Jagungal.

Spectacular views all the way, a couple of small rock scrambles and before we knew it we were at the summit. We had

plenty of time to drink in the views.

It was then back down to (reluctantly) pick up the heavy packs for a warm walk to our final night's destination of O'Keefe's hut. This is a beautiful little hut complete with newspaper wallpaper dating back to the 1930s to keep us entertained. We were momentarily visited by a guy walking the Australian Alps track with just a 50 litre pack. The rest of the night was spent wondering what he eats, wears, sleeps in etc (google www.thehikinglife.com for the answers). An early start on the final day for the 'ups and downs' of the 14km track back to the car park. Great views along the way, a dip for some of us in the cool water of the Tumut River, and then a slog up the hill to our starting point of Round Mountain hut. Then the drive home to discover that we hadn't really been hot – hot was the 42 degrees experienced at home whilst we had been relaxing in the high 20s. Thanks Bernadette and Pauline for putting on a great walk, and to the rest of the group for being excellent company. Vanessa.



HAWKWEED SURVEY ON THE HIGH PLAINS

Ira, Ron and Sue made their annual foray up on the Bogong High Plains to participate in the annual Hawkweed Survey run by Parks Victoria and unfortunately a large patch of King Devil hawkweed was found on the back of Rocky Knobs – a new area for hawkweed. If this weed is not checked and hopefully eradicated at high altitudes it can out compete native plants and alter natural ecosystems. They emit chemicals which inhibit the growth of nearby plants. Each year volunteers join Parks Victoria staff to survey for this weed on the Bogong High Plains.

There are several weekly sessions. Free accommodation in Falls Creek and transport daily to the selected search grid. You provide your own food. A great experience. If interested check Parks Victoria website and join under Park Connect. For other information talk to us. Ira, Ron and Sue OAM!



NOTICES

Boot blues

What is your most important item of equipment? Hands up all those who said boots. Yes, this is the obvious answer to that question for experienced walkers. But the deeper significance of it can only be appreciated when you are looking at boots that are falling apart when you are at least 25km away from the nearest road over rough terrain.



Ask me how I know This is a picture of my boots in early 2018 while in the Upper Hope Valley of the South Island of NZ. They might look well used but, in fact, they were bought only a few months before the trip and had been used for only 10 days in total. They were leather boots made by a respected European manufacturer and cost about A\$300 .

My mate and I had just spent a week walking from Lewis Pass over the Nelson Tops to Brass Monkey Bivvy, down into the Nina Valley, over Devilskin Saddle into the Doubtful Valley and then finally via Lake Man bivvy to the Upper Hope Valley. A great week of walking but with lots of bashing through scrub, falling into holes in the tussock and fording streams – i.e. normal remote tramping in NZ. We were resting up at Upper Hope Hut and preparing for another week where we were going to attempt to cross the Nelson Tops and traverse the main range all the way around via Mt Stapp to Harper Pass. We were expecting it to be very hard and slow going as we'd not managed to find reports of anyone doing the whole traverse in the past.

So, what to do? Well clearly, I would need to tie them together as best I can and exit via the nearest road. We agreed that my



mate would continue alone and I'd exit to the Windy Corner shelter and make my way to Christchurch to buy another pair of boots and then try to intercept my mate on route to our original destination of Arthurs Pass. The slightly galling bit was that we had just collected the food drop that we'd spent two days walking in the previous week to put in place. So, I was about to carry out the 7 days food that I'd carried in the previous week.

I'd carried around a McNett Field Repair Kit with me for years that I'd never had cause to use. It had a small tube of glue intended for such repairs. A group of hunters had been helicoptered into the hut the previous week and they'd left a lot of stuff including a roll of duct tape. I used both the glue and the tape. The boots (just) made it the 25km to the road although the duct tape lasted only about 5 kms of walking beside (and in) the Hope River.

So, after walking out, I hitchhiked to Christchurch and bought a new pair of boots and then caught a bus up to Arthurs Pass in the vain hope of finding my mate. As it happened, he'd had bad weather and had to exit back to Windy Corner himself a few days later.

When you return a pair of boots in these circumstances, you can almost see the assistant wondering what mistreatment you've subjected them to. You'll have to explain that no, you are not such an idiot as to have left them sitting beside the heater to dry out. Nonetheless, the retailer returned them to the importer and they gave me a full credit.



The replacement boots that I bought in Christchurch were a NZ\$250 pair from a respected US manufacturer. They were fine for the four days that I used them around Arthurs Pass before returning to Australia. But they were really surplus to requirements so I decided to take them to Europe with me on a 30 day trip on GR5 from Lake Geneva to Nice. A pretty solid trip (650km with 35,000m of climbing and carrying full camping gear) but mostly on tracks so I thought that I'd wear them out on that trip. Well, you guessed it, after ten days the first of the side seams split and the other split a week later. Fortunately, the rest of the boot held together for the rest of the trip and, again, the retailer returned them to the importer for a full credit.

As you can imagine, I was getting something of a reputation with my walking friends of being a touch hard on boots. I will admit to being a regular walker (typically 60-80 days per annum with a full pack) but I look after my gear and it generally lasts me for a very long time. I'd typically got 8-10 years from a pair of boots before the sole had worn to the point that it was time to resole or retire them. I have had a couple of pairs of boots with glued soles that have lasted that long so I accept that there are some boots of this kind that do last the distance.

While walking the length of Colorado in 2013 on the Continental Divide Trail, I'd had a pair of boots fail but they had been in use for many years so I'd not thought much of it. But it was notable that those boots looked fine for the first three weeks but then literally fell apart in the fourth week.

I've been walking for about 50 years so it occurred to me to question whether there had been a significant change in the way boots are manufactured in that time. There was! Up until maybe 20 years ago, most good walking boots were Norwegian welted construction where the midsole is sewn to the upper and the outsole. What it has to do with Norway I have no idea as it was mostly Italian and German boot manufacturers that used it. It is also known as "double sewn" construction as two lines of stitching are visible on the outside of the boot. There are other techniques that result in external stitching that are not true Norwegian welting so make sure you ask.

So, in the hope of getting better durability, I went in search of some Norwegian welted boots. I could not find any in the shops that I tried in Australia but eventually found that there were two companies in Germany that still make Norwegian welted boots – Meindl and Hanwag. It is a dying art as it is a very skilled trade and the people that do it are gradually popping their clogs. So, I eventually bought a pair of Hanwag Horndli boots and have been very happy with them and I've bought a second pair to keep in the cupboard!





They have now done about 20 days walking, are ageing gracefully and, I expect, will give me many years of service. They give good support, are a wide fitting and are reasonably light at 1650gms for a pair of size 10s. It may well be that there are boots made with other techniques that will wear just as well – both Meindl and Hanwag also make boots from synthetic materials and/or with other manufacturing methods. But I now prefer to rely on boots made with a technique that has stood the test of time.

When you are in the market for new boots it is worth asking about how the boot is constructed. You may be greeted by blank looks from the staff as it is by no means obvious from looking at the boot in the shop. If you are wanting boots for occasional walking on tracks then almost everything in the shop will be suitable. But if you are looking for boots that will survive (and help keep you comfortable and safe) on extended walks in NZ or in Tassie then you do need to be much more knowledgeable and selective about what you buy.

A final word about Goretex. Wonderful stuff on your back but whether is it useful in boots depends very much on what you'll use the boots for. If you are going to be off track in the backcountry, then goretex linings will do a great job of keeping the water IN once your feet get wet. I prefer to have boots where the water will gradually drain away. John Hillard.

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

Photo credits this issue:

Deb	Ron
Eileen	Liz
Pauline	Sandy
Vanessa	Ralph
Ian	Brad
Leanne	Tania



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

Wednesday after Work Kayaking

Leader: Sasho

Phone: 0418 228924

Meeting Place: Noreuil Park boat ramp

There's no better way to relax after work than to float along a lazy river with the sun warming your skin and a paddle in your hands keeping an eye out for platypus, kangaroos coming down to drink and spotting many species of birds. The cost is \$15 that includes kayak, paddles, life jacket and transport. The participants must be able to swim 25m.

Wednesdays from now until
the end of Daylight Saving.

Time: 5pm until 7:30/8pm.

Ungraded

North Razorback Track

Bushwalking and Overnight Car Camping

Leaders: Mick Sheedy

Phone: 0437101009

Deb: 0410047884 before 8pm

Bookings by: Wednesday, January 30th

This walk starts with great views from the moment we get out of the cars. We head off through the trees following the walking track, which then opens up to clear views along the ridges up to Mt Feathertop. The track is not well defined from this point but we just climb up until we reach the top. There may be an option to visit MUMC Hut

Saturday, February 2nd

Grade 3

depending on the group and time. From the cars and return it's approx. 10kms, cars to MUMC Hut return is 16kms approx.

Stoney Creek track is an easy 4x4 track, but the last 2kms are a bit bumpy and rocky and needs a bit of clearance to the start of the walk.

Four Wheel Drive Victoria Track classification rates this as a Medium track: some steep and/or rocky/slippery/sandy sections. Suitable for medium clearance vehicles with dual range and all terrain or road tyres.

Beat the Heat. Breakfast and Swim.

Saturday, February 9th

Ungraded

Bushwalking

Leader: Bernadette

Phone: 0419241687

Bookings by: Wednesday, February 6th.

Early February is usually the hottest part of our Summer, although it's hard to believe that it could be hotter than some of the weather we've already had.

You will have two choices:

Both walks will start and end at Noreuil Park. After the walk both groups will meet and stay for a picnic breakfast and a swim (or float) if you like. There are BBQs if you'd like to cook but otherwise just pack something that you can leave in your car until after the walk.

Walk one will start at 7.30am and the group will wander along our beautiful Murray River tracks for about an hour. This is a grade 1 walk. Ring Pauline if this appeals.

Walk two will start at 6.30am and will do a figure 8 walk exploring the gardens, Monument Hill, Nail Can Hill and part of the river track. This short grade 3 walk will be around 2 hours and includes a few short, sharp ascents and descents. Ring Bernadette to join this group.

Ryder's Yards Overnight and Swim.

Saturday, February 9th - 10th

Grade 2

Overnight camping

Leader: Ian

Phone: 0425782983

Bookings by: Tuesday, February 5th

After having to cancel this walk recently I have rescheduled it. The walk is an easy 6kms out to the huts at the yards, all on track and is eminently suitable for FIRST TIME overnights. The walk follows the Australian Alps Walking Track from Cope Hut, passes Cope Saddle Hut and then along a track beside the viaduct. Last time I did this trip it took two hours walking at a very leisurely pace.

There are plenty of level grassy places to pitch your tent, an ample water supply and a very comfortable hut where we can cook our meals and socialise. If it's hot (or not) we can take a short walk to some secret falls where there is a beautiful swimming hole. I suggest you bring your bathers!

If you are worried that you may not be properly equipped, remember you can hire gear from Adventure Gear, Albury or we can rustle up whatever you might need from other members. I hope as many 'first timers' as possible can join me for this little adventure!

The Long Spur/Cleve Cole Hut

Saturday, February, 23rd -

Grade 4

Leader: Mick Sheedy

Sunday, February 24th

19kms approximately

Phone: 0437101009

Deb: 0410047884 before 8pm

Bookings by: Monday, February 18th 2019

After meeting up in Wodonga we'll head off to Mitta Mitta, from here we drive up the Omeo Hwy to where it meets the Snowy Log Rd. Snowy Log Rd meets the Malhauser Rd and onto Malhauser Camp where we will leave the vehicles. We then have a short steep walk up to the AAWT. We turn right and follow the AAWT which passes Maddisons Hut ruins until we reach our stay at Cleve Cole Hut. Hopefully we make the hut for lunch.

After lunch there are the options of either relaxing or walking to the summit of Mt Bogong/ West Peak.

Another option is to visit Howman Falls.

The reports that I have read say that Snowy Log /Malhauser Rds are medium 4wd tracks.

Yindyamarra Sculpture Walk**Sunday, February 24th****Grade 1****Bushwalking****Leader: Sue S.****Phone: 0417590535****Ralph S****Phone: 0417590535****Bookings by: Friday, February 22nd.**

Inspired by Bernadette and Pauline M offering "Beat the heat walk, breakfast and swim" join us on the Yindyamarra Sculpture Walk. Starting at 7:00am at the Totem Pole outside the River Deck Café, Noreuil Park, Albury, we will walk along the Waggarri Track to Horseshoe Lagoon stopping at each of the 11 excellent aboriginal sculptures that are part of the ever expanding Yindyamarra Sculpture Walk.

Total distance 10 km of almost all flat walking returning to the River Deck for coffee.

If you like to learn more about the Sculpture Walk visit this link <https://www.alburycity.nsw.gov.au/leisure-and-culture/public-art/yindyamarra-sculpture-walk>.

Hotham to Falls Creek (Pretty Valley Pondage)**Sunday, March 3rd****Grade 3****Crossover.****Approx. 19kms****Bushwalking****Leader: Ralph****Phone: 0417590535****Leader: Bernadette****Phone: 0419241687****Bookings by: Wednesday, February 27th**

Join us on the very popular annual crossover event. We head out from both the start and finish of the walk and exchange car keys when we meet half way.

The only decision you need to make about this walk is which direction to do it in. Both groups cover the same route, both groups will puff as they ascend and move swiftly as they descend and both groups will have amazing views and great company.

Ralph will be leading the group from Pretty Valley Pondage to Hotham and Bernadette will co-lead, taking the group in the other direction. When we meet half way, we will stop for a yarn perhaps for lunch depending on time, exchange car keys and continue on.

This walk is approximately 19km and all on well worn tracks.

Spion Kopje Overnighter**Friday, March 8th - Sunday,****Grade 3****Bushwalking****March 10th****Leader: Bernadette****Phone: 0419241687****Bookings by: Sunday, March 3rd**

Spion Kopje is one of my favourite places in the Falls Creek area as it has such great views. We have done it many times as a day walk but there is now a gate at Watchbed Creek which means it would be a very long day walk.

I'm proposing that we walk 5 km out to Edmonson's Hut on Friday night and then walk to Spion Kopje and back to the tents with day packs on the Saturday. Saturdays walk would be around 19km.

On Sunday we will walk back to the cars and be down off the hill by lunch time.

Introduction to Falls Creek**Saturday, March 16th****Grade 2****Bushwalking****Leader: Eileen****Phone: 0412042195****Bookings by: Wednesday, March 13th**

This day is designed for beginners or those new to the area, but all are welcome. It comprises two or three shortish walks. We will drive to Falls Creek and walk up Roper's Lookout for a bird's eye view of the area. This walk is 2 km each way, flat at first then with a steady climb on a marked track with some steps. Next, we will drive to the start of the Wallace Hut Heritage Circuit, a 5.6 km loop that takes in some of the significant heritage and ecology of the High Plains. The walk is on a good track, flatish with one short climb. We will go at an easy pace and your leader, a trained tour guide, will explain some of the features of the area. If time permits, on the drive home we will stop briefly to explore Fainter Falls, about 700m off the main road.

Great Ocean Walk
Multiple night camping
Leader: Ron Hammond
Phone: 60 401 233
Bookings by: ASAP

Monday, March 25th -
Sunday, March 31st 2019

Grade 3 - 4

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.

Tali Karng
Overnight camping
Pine mountain and Rocky Knob
Bushwalking
Leader: Deb

Thursday, March 28th -
Sunday, March 31st.

Grade 4
Roughly 36km all up over the
3 days and except for about
500m all on track.

Phone: 0410047884 before 8pm
Bookings by: Monday, March 18th

Tali Karng is a hidden lake deep in the mountains of Gippsland, fed by snowmelt waters of the Wellington Plains. The lake is believed to have been formed about 1500 years ago when a massive rock slide collapsed into the valley damming the waters of Nigothoruk Creek above Wellington River. The water runs underground from the lake to emerge as the Wellington River 150m below in the Valley of Destruction. The easiest route to Lake Tali Karng begins at McFarlane Saddle Carpark on the Moroka Road, 60 km from Licola.

Thursday 28th March/Day 1: Big drive of approx. 7hrs to McFarlane Saddle Hut. Camp overnight.

Friday 29th March/Day 2: Follow Wellington Plain Track to intersection with Moroka Gap Walking Track (6km). Then follow the Moroka Gap walking track to the intersection with Mt Wellington Track (1km). Leave big packs there and walk (easy walk) the 1km to summit of Mt Wellington – for smoko. Return to packs (1km) and continue south on Mt Wellington Track to Taylor Lookout and then onto Millers Hut (4km). Continue along the Millers Hut Track for 2km to Nyimba Hut and set up camp for 2 nights. Approx 15km

Saturday 30th March/Day 3: **Option 1:** Take Gillios tk to Lake Tali Karng. The last bit of this track is very steep. Allow 5hrs for return walk and 1.5hrs for walk around lake to Snowden Falls, if possible. Return to camp for night. Approx 9km

Option 2: Take Gillios tk to Lake Tali Karng. The last bit of this track is very steep. After walking (if possible) to Snowden Falls, return to camp via Echo Point Track which climbs a little less steeply than Gillios Track, for 1km to meet Riggall Spur Track. Follow Riggall Spur Track back to camp. Approx 9.5km

Sunday 31st March/Day 4: Pack up and leave early and walk west from Nyimba Hut past Wellington Plains Tk to junction with Spion Kopje Tk. Head north following Spion Kopje Tk to rocky summit. The track is faint in places but follows the ridgeline north to a saddle. Turn east here (rest of Spion Kopje Tk is overgrown) over grassy plains for approx. 500m (no track) till you hit the Wellington Plains Tk just to the south west of Moroka Gap Tk. Keep following Wellington Plains Tk north to McFarlanes Saddle Hut. Approx 3hrs/11km. Drive home.

Tawonga huts Gourmet Weekend
Overnight camping
Leader: Ian
Phone: 0425782983
Bookings by: Monday, april 1st

Saturday, April 6th - Sunday,
April 7th

Grade 3

It's on again!

This is an overnighter with a difference. We will walk less than 5km to Tawonga Huts (Falls Creek area) with full packs but they will be full of gourmet goodies as well as tents and other essential gear. Once we have set up camp and off loaded the goodies some may like to walk on to Mt Jaithmathang to work up an appetite for our special shared dinner accompanied by a few laughs and tall stories. The next day our packs will be much lighter as we head back, probably via Weston's Hut.

This walk is very suitable for those who have never done an overnighter before and your leaders will guide you regarding equipment needed and what we have for hire.

It's also a great walk for some more experienced walkers who would enjoy a more relaxed, social weekend.

Last year's theme was 'Bring a Furry Friend'. This year's theme will be divulged when you book in! The first to book

get first choice of food to bring.

I would appreciate someone acting as a Co-Leader to organise the menu!

Wild Horse Creek

Saturday, April 13th

Grade 3

Leader: Deb

Approx. 23kms

Phone: 0410047884 before 8pm

Bookings by: Wednesday, April 10th

Wild Horse Creek is on Track 107 about 10kms from the carpark at Watchbed Creek, where this walk begins. We will initially follow a management track before veering off and following the pole line and Kelly Track to Fitzgeralds and Kelly Hut. This part of the walk is fairly flat and has great views. At Kelly Hut we join Track 107 and descend to Wild Horse Creek, where we will have lunch. After the climb back up to Kelly Hut I would like to make return trip back to the cars via the Aquaduct Track but this will depend on a number of factors including the weather and finding the track. All up about 23km.

Baranduda Tower

Sunday, April 14th

Grade 5 Hard

Bushwalking

30kms

Leader: David G

Phone: 0432 632 142 after 8pm

Starting from Ridge lane, this is a long walk with lots of up and downs as we follow the spine of the ridge to the tower and retrace our steps back. However it is all on good track. Around 1500m total altitude gain over the course of the day.

Morton National Park (The Budawangs)

Wednesday, April 17th - April

Grade 5

Bushwalking

22nd

Hard

Leader: Peter Smith-Allen

Phone: 0260271 980

Bookings by: Wednesday, April 3rd

Max. numbers: 8

Day 1. Wednesday 17th

On Wednesday afternoon we will drive up the Hume Hwy to Goulburn, we will then head south east to the Shoal haven River where we will car camp for the night.

Day 2. Thursday 18th Approx. 14.5 km

After a short drive to Wog Wog campground we leave the cars and start the walk following the Scenic rim walking track. We pass over Corang Peak and visit Corang Arch before descending to Burrumbeet Brook camping area, where we camp overnight in a cave.

Day 3. Friday 19th Approx. 15km

Today is a big day; we continue to follow the Scenic Rim walking track before joining the Monolith walking track. From here we follow an old foot pad up a very steep rock face in-between Mt Cole and Mt Owen. We head between Mt Cole and Owen before descending into once again a very steep gorge. We once again pick up the Monolith walking track and follow this until we descend into Cooyoyo Creek, where we camp for the night. **(There will be some very steep rock scrambling and short sections of rope climbing in this section, pack hauling will be required).**

Day 4. Saturday 20th Approx. 12km

After leaving our overnight packs at the top of Cooyoyo Creek track we head for the castle. **(This is once again not for the faint hearted and requires some very steep rock scrambling and short sections of rope climbing. Walkers may opt out for this section if they wish).** After the castle we pick up our packs and descend into the cool fern clad gorge of Monolith Valley and follow the track back to our overnight camp near the base of Mt Tarn.

Day 5. Sunday 21st Approx. 11km

This morning we back track to Canowie Creek where we leave the track and follow an old foot pad to the Corang River. We follow this until reaching a great swimming hole where we will camp for the night.

Day 6. Monday 22nd Approx. 9km

Following Corang Lagoon Walking Trail we pick up the scenic Rim trail and make our way back to the cars. We should be back at Wog Wog Camping ground around lunch time for our drive back home.

Buffalo Views.

Saturday, May 4th

Grade 4

Bushwalking

Leader: David G

Phone: 0432 632 142 after 8pm

Bookings by: Wednesday, May 1st

We'll start walking from Mackey's lookout. It will save the bulk of the 'big walk' up the mountain while allowing us to walk up into that wonderful view across the gorge to the chalet. There is still a climb up to the chalet though, and the section of the walk past the chalet still has some climb in sections.

We'll then make our way past the underground river and take a side-trip up to 'View point', past Lake Catani, and then explore the Chalwell galleries circuit (note; the galleries circuit involves a little ladder-work and contortioning – you can wait this section out at Lake Catani if you'd prefer). We'll then return to the chalet and back down the way we came.

We'll start early, but you must bring a torch (and don't make dinner plans) – we could be pushing the dusk on the return down to the cars if we lose time at some stage.

**Winter Solstice- bushwalk around Beechworth
and Ghost tour**

Saturday, June 22nd

Grade 2

Leader: David G

Phone: 0432 632 142 after 8pm

Bookings by: Friday, May 31st

Following the drive from Wodonga (leaving 4pm) we'll get in the mood by starting our night at a suitably spooky location (feel free to come dressed for the occasion). From there we'll set off on our night's journey by following the gorge walk past the powder magazine. Bring some nibbles to share (and maybe a thermos) for a light dinner at the falls.

We'll then make our way into town in time for the Asylum ghost tour (90 minutes, \$35)

<https://www.asylumghosttours.com/> and then walk through town back to the cars.

We should be back in Wodonga by midnight.

Safety – be aware that we will be walking on a public road. You will need a head-torch and spare batteries. Toilets available at the beginning and end of the ghost tours. If rain, the asylum tour component will still go ahead, but we might book in for a meal somewhere instead of the walk.

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.*