

FOOTPRINTS

March 2024

*Newsletter of the Border Bushwalking Club Inc A5665
Affiliated with Bushwalking Victoria*

We acknowledge the Traditional Owners of the lands and waters on which we travel and meet. We respect their elders past and present.

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Ira: Meeting Suppers & Social Convener; Wendy; Equipment Officer; Alwyn: Policy; General member: Tim.



**SUMMER FUN
IN THE SUN**



From the President's Stump Pool



Recently I led an overnight trip to Ryder's Yards (see Trip Report). We had a great time, but I have to admit that if I hadn't already cancelled the original trip then I was sorely tempted to cancel this one too. The key word here is "sorely" because that's how my feet were feeling prior to the trip. I had a bad case of plantar fasciitis in my right foot, and a strained Achilles tendon in my left. With the help of anti-inflammatories and by making sure I kept to a slower than usual pace, I managed to make it to the Yards, got to swim at the secret waterfall and walk/hobble out on Sunday.

The experience led me to think about some simple foot exercises we should all consider if we are to maintain strong and healthy feet for our bushwalking activities, and I found quite a few listed under 'How to' on the 'Great Walks' magazine website.

Here are just a few that you might consider adding to your regular exercise regime ...

Achilles tendon stretch Sit on the floor with your legs extended in front of you and a towel wrapped around the ball of your foot. Keep your heel on the ground as you pull the towel toward you with your toes pointed, stretching the Achilles tendon. Hold for 30 seconds and repeat three times.

Plantar stretch Sit on the floor with your legs extended in front of you and a rolled-up towel under the arch of your foot. Cross your other leg over your knee and grasp your foot with your hand, pulling the toes back toward your ankle to stretch the plantar fascia. Hold for 30 seconds and repeat three times.

Arch stretch Sit on the floor with your legs extended in front of you and a rolled-up towel under the arch of your foot. Use your hand to hold onto your ankle as you gently press down on the towel with your heel, stretching the arch of your foot. Hold for 30 seconds and repeat three times.

Toe raises Stand with your feet hip-width apart and hold onto a support for balance. Keeping your knees soft, raise your heels so you're standing on your toes and then lower them back down. Do two sets of 15 repetitions.

Calf raises Stand with your feet hip-width apart and hold onto a support for balance. Keeping your knees soft, raise your heels so you're standing on your toes and then lower them back down. Do two sets of 15 repetitions.

Toe curls Sit on the floor with your legs extended in front of you and a rolled-up towel under your feet. Use your toes to curl the towel toward you, then return it to the starting position. Do two sets of 15 repetitions.

Side-to-side hops Stand with your feet hip-width apart and hold onto a support for balance. Lift your left foot off the ground and hop to the side, landing on your right foot. Immediately hop to the other side, landing on your left foot. Continue hopping side to side for 30 seconds.

Front-to-back hops Stand with your feet hip-width apart and hold onto a support for balance. Lift your left foot off the ground and hop forward, landing on your right foot. Immediately hop backward, landing on your left foot. Continue hopping forward and backward for 30 seconds.

I look forward to catching up with you on a track or a bike path sometime soon. Ian

WHAT'S COMING UP IN THE NEXT SIX WEEKS?

For more details of the activity please click on **events** in our club website. You will also find the leader's phone number here. Please ring them to discuss the walk and to book in.

<http://borderbushwalkingclub.com.au/>

Don't forget events are added to the website frequently so check often or you may miss out.

At the moment a lot of our walks are based in the Falls Creek area. Do you have other ideas of places we can walk in the hotter months?

In fact, why not add an event yourself? An experienced leader will support you.

Saturday 2 nd March	Falls Creek: Frying Pan Spur the not-so-hard way	Grade 3 Medium
Saturday 16 th March	Falls Creek: Beginners' Discovery Walk	Grade 2 Easy/Medium
Saturday 30 th March	Falls Creek: Wild Horse Creek	Grade 3 Medium
Weekend 6–7 April	Falls Creek: Tawonga Huts Gourmet Weekend	Grade 3 Medium
W/E 12–14 April	Falls Creek: Spion Kopje/Edmonson Hut	Grade 3 Medium
W/E 13–14 April	Kosciuszko NP: Wheeler's Hut	Grade 3 Medium

Hume and Hovell (1)

The Hume and Hovell Track was established in 1998 to commemorate the exploits of these two great explorers. Starting in Yass, NSW, it covers 426 km, ending at the Hovell Tree on the banks of the Murray in Noreuil Park, Albury. While sections of the Track have been well-used for short trips and overnight stays, there have been many problems with bushfires, floods, access and encroaching suburbia. Hence, last year the NSW government invested \$\$\$ to develop a ten-year strategic plan to make the track better for all users. The results of this work have just been released and can be seen at [Strategic Plan — Hume + Hovell Track \(humeandhovelltrack.com.au\)](#) There's a lot of marketing jargon in the document and most of the recommendations focus on the northern part of the Track, but there are also plans to upgrade the area around the Hovell Tree and Eastern Hill to show more clearly that they are part of the Hume and Hovell Track.

Hume and Hovell (2)

Hume and Hovell didn't end their travels in Albury but continued on into Victoria, although this part of their journey is less well known. In 1924 a series of cairns was erected to mark their route through Victoria, and now, the Explorers' Bike Ride has been designed to mark the 200th anniversary of their 1824 trek, following the original route where possible. Passing through the backcountry of Victoria from Albury to Werribee, the ride can be done in short stages or as a through trip, at a time of your choosing and at your own pace. In its entirety, the route is 650 kilometres in length with 7200 metres of elevation gain and a ride time of approximately 36 to 40 hours. It can be completed solo or in small groups either as one epic adventure or in convenient smaller stages spread over the year. Each stage involves 4 to 5 hours of riding with an opportunity to camp at the end of each stage. Motel accommodation is available in some of the towns. For more information, see the Explorers Bike Ride 2024 website <https://www.hhride.net/home>

Life Membership

The Border Bushwalking Club awards Life Memberships to members who have given outstanding service to the Club over many years. Currently, there are eight Life Members, the last of whom was appointed in 2018. The Club rules (Constitution) also have provision for Honorary Members, although few, if any, have ever been appointed. The procedures for appointing Life and Honorary members have been somewhat opaque, shrouded in the mists of time, and as part of its regular review of policies the Committee has rewritten the policy on Life and Honorary members to make the process more transparent. The full policy can be seen on the Club's website (Members' section), but the key points are as follows:

- Life and Honorary Members are appointed at the discretion of the Committee based on nominations received.
- Life Members are members who have been recognised for exceptional service to the Club as defined in the criteria below.
- Honorary Members those who are not current or former members but who, through their professional or personal activities, have provided exceptional benefit to the Club.
- Granting Life Membership is a balancing exercise, with the following **criteria** being provided as guidance. The nominee will:
 1. be a currently active, financial member
 2. have demonstrated an exceptional contribution of service that is of measurable benefit to the Club
 3. have provided valued leadership and/or been an outstanding role model to the members in general. These roles may include, but not be restricted to – service on committees, fund raising activities, participation as a Walks Leader, environmental protection or any such activities that promote and benefit the Club and its members.

Nomination for Life Membership

1. Any current fully financial member can nominate any member with the nomination seconded by at least one member. Nominations must be on the approved form and will be called for once a year. This timeline may be varied in exceptional circumstances at the discretion of the Committee.
2. Nominations should outline the nominator's reasons for proposing the candidate and state how the candidate meets the criteria.
3. Nominations will be reviewed by a sub-committee comprised of 2 Life Members and the President of BBC or their nominee. The sub-committee will decide who should receive awards from among those nominated and make recommendations to the BBC committee.
4. Not more than one Life Membership will be awarded each calendar year, although this may be varied in exceptional circumstances on the recommendation of the sub-committee.
5. The Club President will announce the award at the Annual General Meeting.

Nomination for Honorary Membership

Any current fully financial member can nominate a person for Honorary Membership in writing at any time. The BBC Committee will decide on the appointment and fix the term, which may be renewed. The award will be announced at the AGM or other suitable occasion. (continued on next page)

Life Membership: Call for Nominations

In accordance with the policy outlined above, the Committee is now calling for nominations for Life Membership. Nominations must be made in writing on the form attached to this issue of *Footprints* and must be submitted by email to Vice President Alwyn alwynard@bigpond.com by 5pm on Monday 25 March 2024. Nominations should show, in as much detail as possible, how the candidate meets the criteria outlined above.



Welcome to new members

Paul Elliott, Rosa D'Angelo, Vasthi Strydom, Valerie Radcliffe.

If it ain't broke....

This is a cautionary tale for anyone planning to walk on the Big River Fire Trail between Watchbed Creek trailhead and the Edmonson Hut turnoff. At times, this track can be a little rough, a little muddy perhaps, but recent work to overcome this has created a set of new problems. In short, there are now several long sections covered in large, sharp, irregular stones (or small rocks). Not only are these hard on the feet, they are also very unstable and rock and roll alarmingly when trodden on. Even with walking poles for balance I had to walk very slowly to avoid twisted ankles or falling. Hence, my progress was very slow and extra time should be allowed on walks.

A Safety Issue: Numbers on walk

The Committee wishes to remind leaders and members that there must be a minimum of **FOUR** people on a Club walk or other activity, as stated in the Risk Management policy. If there are fewer than four and those people wish to proceed after assessing the possible risks, then the activity **will not be recognised** as an official Club activity for insurance and other purposes.

Photo credits this issue

Bernadette, Connie, Deb, Eileen, Mick, Sam, Wendy and apologies to anyone I've missed.

Trip reports

Young's Hut Day and Overnight trips



Saturday Jan 20th was a perfect day to walk to Youngs Hut, nestled at the head of a secluded valley between Falls Creek and Mt Hotham. Youngs holds a special place in the hearts of BBC as we have helped to maintain it for many years and it's also in a lovely setting.

A group of five walkers with full packs met up with six day walkers at Pretty Valley. It was cool and cloudy, but Fainters Fire Trail soon fixed any thoughts of being cold. The

cross-country section over to Pole 333 generated much discussion about the best way to go, which was repeated with more passion when we returned via a different route the next day. Meanwhile, on their return journey the day walkers opted to take the track that joins the Fainter Fire Trail just before Tawonga huts and which gives great views of Feathertop.

The track beyond the Cobungra Gap turn off is really overgrown and seemed to lead us straight to the hut without needed to decide where to turn. After lunch, the day walkers hastily reorganised their packs to ensure raincoats were right at the top, given the threatening clouds all around. They said goodbye and left the overnights to set up their cosy home for the night. After that, a walk to the waterfall proved beyond doubt that our President is indeed crazy. We watched as he plunged.



The next day was warmer and windier. We walked back glad of heavy packs to pin us down. Pole 333 is a meeting of tracks and as a result you always meet other walkers. On this walk met an off-duty ranger who informed us that the works we could see at Youngs were indeed a new toilet that should be in before Winter. Welcome news as the current 'leaning loo of Youngs' can be a scary experience.

Next we met Johnno, a very animated and enthusiastic AAWT through walker. It seemed he'd seen no one for days and had lots of words and joy saved up. In contrast, on their return journey the day walkers met many people of few words. They encountered several contestants doing the Mt Bogong to Mt Hotham run,

a mere 64 km canter with eye-watering altitude gains and losses. As each runner approached we stepped out of the track to let them pass, often getting a word or two of thanks on the way.

On our trip to Youngs we could see that a bit of TLC is required so a working bee may appear on the program soon. They are always fun as well as productive so do consider coming along.

Bernadette and Eileen



Canoe Weekend

Friday night was the first night of our two-day canoe down the Mitta River. On Saturday morning, after a short car shuffle, we set off from Mitta Mitta and headed downstream towards our destination, Eskdale.

There's just something about sitting back in a canoe, being pushed along by the current in beautiful clear water. That is, of course, if you don't fall out of the canoe, as the two leaders did. They quickly found out that the water was very chilly. That night, we all had great meals and yummy sweets at the Eskdale Pub.

Sunday consisted of another short car shuffle before launching canoes from Pigs Point, again heading downstream in search of Lake Hume. Some were lucky enough to catch a glimpse of the elusive platypus. With the river current making it easier to paddle, the group soon reached the expansive waters of Lake Hume and the waiting cars. Mick.



Planning is already underway for another canoe weekend next summer, so keep an eye on the Events page on the Club's website for more information.

Walks, Lies and Physio Tape in Kosciuszko NP (with apologies to Steven Soderbergh)



Walks: On Sunday 28th February eight people set off for four days' walking to Cascade Hut and Tin Mine Hut. This return trip is a pleasant section of the Australian Alps Walking Track. The company was great and the waterhole at Cascades was much appreciated at the end of two of the days. We met a few snakes along the way and the resident brumbies at Cascade Hut kept us entertained at night as they grazed right beside our tents.

After a night in a real bed, seven of us continued on to walk the Main Range Track. This delightful walk did not disappoint. We were blessed with a misty morning and a pleasant breeze to help us through the afternoon. We agreed that it's in the running for Australia's best day walk with its never-ending mountain views and lakes thrown in as a treat. Being 'on top' of Australia was a joy.

Lies: Well, the weather forecast initially said rain; lies. The forecast also predicted nothing above 19 degrees; lies. 'This is the last hill today'; lies. There were many amusing stories told as we sat around in the evenings, some causing tears to roll down our faces, but I'm quite sure they were all true.



Physio Tape: We certainly used up a fair amount of this with complaints ranging from Achilles, Plantar Fasciitis, blisters and sore heels. The most amusing moment was when our resident physio had completed taping an Achilles to be told that the problem was actually on the other leg. Who needs Netflix with entertainment like this?

Bernadette



Ryder's Yards Overnighter

Wow! What a great weekend we had recently, visiting Ryder's Yards and the 'secret' waterfall.

Seven of us, including one first-timer, drove up to the Cope Hut carpark on a glorious sunny Saturday morning and after a quick visit to the iconic Cope Hut for those who hadn't seen it, we chucked on the packs and set off across the official Australian Alps Walking Track in high spirits that remained that way for the rest of the weekend.

After a pleasant walk that took us past Mount Cope, we stopped at Cope Saddle Hut for a break and a bite to eat. The old SEC hut was built about 1958 for patrollers of the Cope water races and is currently undergoing a spruce up. Most of it has been repainted and it's looking quite refreshed.



From there, the walk into the yards was pretty cruisy and we were pleased to see that we had the place to ourselves, but what was even more pleasing was the sight of recently erected brand new toilet, and there was even an ample supply of toilet paper too! Oh, Happy Days!

After putting up tents, and having some lunch and a cuppa, some of us changed into our swimming gear and headed off to the secret waterfall. About an hour

later we were gazing at the water plummeting over the rocks and into the waterhole, so we scrambled down the cliff top to the rocks beside the pool.

The water was mountain-cold, but not so cold that we were gasping for breath (at least not after a few minutes immersion). Four of us paddled around for about 20 minutes while the others were content to soak their feet and then we made the trek back to camp, collecting water from the viaduct on our way.



The evening was spent sitting and relaxing out in front of the 'cook' hut until the sun started dipping on the horizon and the temperature dropped enough to suggest it was time for bed. We decided to forgo a fire and slipped quietly away to cosy up in our sleeping bags. During the night Sam snuck out to set up his camera gear to capture some of the brilliance and wonder of the night sky and the Milky Way. When he showed us the results of his 4:00am photo shoot over breakfast we were blown away by his artistry and skill.



After we'd breakfasted and packed up and were about to head off, Ira offered us a free Tai Chi session, so our start was delayed by 30 minutes while we all followed her through some relaxing moves that primed us perfectly for the two-hour hike out. Thank you, Ira, I'll have to make sure you're on all my future walks.

The day ended with the usual drive down the mountain to the newly refurbished Rocky Valley Cafe near the Mount Beauty caravan park entrance where we enjoyed some delish food.

A memorable weekend with great company, lively conversations, and another invigorating swim in our 'secret' spot!
Ian



(You can see more of Sam's shots at [@cup of shots](#) on Instagram)

Car pooling policy

The Club encourages members to car pool for travel to the start of walks to reduce costs, encourage sociability and minimise our carbon footprint. Participants are expected to contribute to drivers' costs, with all participants paying the same amount and each driver receiving an equal amount. The leader is responsible for calculating, collecting and distributing 'petrol money' using a formula that takes into account distance travelled, number of participants, number of cars, and a cost factor. **Leaders please note:** the cost factor is currently **\$0.30**.

In response to requests, here is an example of how the policy works. **Participants** are all people undertaking the activity who wish to car pool, including leader, drivers and passengers. Those who do not wish to car pool should tell the leader when booking in. **Designated drivers** are the drivers of vehicle used in the car pool.

Leader uses Google Maps or prior knowledge to get accurate estimate of the distance to be travelled from agreed meeting place (e.g. Bunnings, Wodonga) to the start of the walk and doubles this for the round trip. This distance is **multiplied** by number of cars needed and current cost factor rate:

Distance x number of cars used x cost factor

The calculated number is then **divided** by the number of participants to give an amount in dollars and cents. Round to nearest dollar and collect this amount from each **participant**. Divide this amount equally between **drivers**.

Example:

Seven people book in for a walk at Falls Creek starting and finishing at Cope Hut car park. They meet at Bunnings in Wodonga. The distance to start of walk is 122 km, making it 244 km for round trip. Two cars are needed.

Distance x number of cars x cost factor: $244 \times 2 \times 0.30 = \146.40

Divide by number of participants (7) = \$20.91. Round up to \$21.00

Leader collects \$21.00 from each participant including drivers (\$147.00)

Two cars were used, leader gives \$73.50 to each driver.

We run a cash economy. To help leaders, participants should bring notes/coins in small denominations.

\$

Cut off date for input to the next issue of Footprints: 19 March 2024

Contributions to *Footprints* can be sent to newsletter@borderbushwalkingclub.com.au

Services included in your BBC membership include:

A range of gear available from the club to hire at a minimal rate:

1. Back-packs
2. Hiking poles
3. Waterproof jackets
4. We even have a dehydrator if you want to prepare your own meals

Safety equipment available free of charge for leaders of club activities:

- First aid kits
- GPS
- PLBs

All of the above is stored and managed by **Adventure Gear, 479 Dean Street, Albury.**

Call in and have a chat to Gino and Wendy for all your equipment needs, whether it be hiring or buying at the special BBC club discounted rate.

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*