



PO Box 27
BUNDABERG QLD 4670

"MAKING TRACKS WITH US"

BUNDABERG BUSHWALKING CLUB'S NEWSLETTER

info@bundabergbushwalkers.com
www.facebook.com/BundabergBushwalkingClub
www.bundabergbushwalkers.com

MAY, 2017

2016/2017 Club Executives

<i>President</i>	<i>Darryl</i>	<i>(4152 8882)</i>
<i>Vice President</i>	<i>Allison</i>	<i>(4155 2875)</i>
<i>Secretary</i>	<i>Joy</i>	<i>(4152 7281)</i>
<i>Treasurer</i>	<i>Barry</i>	<i>(4151 2438)</i>
<i>Newsletter Editor</i>	<i>Jill</i>	<i>(0404 695 644) (4151 2975)</i>
<i>Newsletter Distribution</i>	<i>Pauline & Verlie</i>	<i>(0438 186 559) (4152 8885)</i>
<i>Walk Co-ordinators</i>	<i>Eion, Heinz</i>	<i>(4153 5653) (0408 892 745)</i>
	<i>Peter, Richard</i>	<i>(4155 6697) (0429 888 552)</i>
	<i>Darryl, Brian</i>	<i>(4152 8882) (0419 568 479)</i>
<i>Radios/PLB</i>	<i>Mary</i>	<i>(0414 190 566)</i>
<i>Facebook</i>	<i>Allison & Mary</i>	<i>(4155 2875) (0414 190 566)</i>

Current Fees: (due July 1 each year)

- (1) Membership fees – \$20 per adult
\$10 if under 18 (for one or more children from the same family)

 - (2) Walk fees – \$2.00 per adult member and children 5 to 18 years of age
\$4.00 per visitor
-

General:

Visitors attending a walk are temporary members for the walk, upon signing the acknowledgement of risk and obligations until the walk outing is completed. A minimum of one walk must be completed before application for membership of the Bundaberg

Bushwalking Club will be accepted. Membership application is mandatory after participation in the second walk.

All persons take part in outings on the understanding that they do so entirely at their own risk. They agree that the responsibility, which they take for their own safety, is the same that they would apply if they were on their own organised outing.

Those intending to participate on outings are asked to contact the nominated walk leader prior to the walk. This particularly applies to newcomers to club outings. Comfortable walking shoes/boots and suitable clothing should be worn on all club outings. A suitable day pack should also be carried (see inside for suggested packs)

On day walks, car loads are generally arranged at the nominated departure point with passengers contributing to petrol costs etc. Suggested basic contributions for passengers are:-

**10-20kms \$5/person, 20-50kms \$8/person, 50-100kms \$10/person
100-200kms \$15/person, 200-250kms \$20/person, 250-300kms \$25/person**

Member Handbook. This reference handbook has been compiled by the club to provide essential information regarding club guidelines, member responsibilities, etc. All club members both new and established are required to have a copy of this booklet. Anyone requiring a booklet please contact any one of the Club Executive.

Newsletters are available from the following outlets:

1. Bundaberg Disposals and Outdoors
2. B.C.F.
3. Midcity Markets Disposals (51 Bourbong Street)
4. Bundaberg Regional Council Library
5. Ray's Outdoors
6. Gin Gin Regional Library

It would be appreciated if any contributions to the newsletter (and they are always welcome) could be received by the editor several days before the meeting.

Email address for newsletter items is: jill@miljil.com

The club email address is info@bundabergbushwalkers.com

Contact Code A few reminders for all walkers

- Please contact walk leaders **a least one week before a walk**. If you leave it till Thursday or Friday night you may be disappointed to find that the walk has been cancelled, due to apparent lack of interest. Also dates, details etc can & do change. Leaders give their time to organise walks and need to know if they are committed to lead a walk.
 - Arrive at the meeting point 10 minutes before the set time. Our times are departure times and we try to be punctual. Late walkers can be left behind!
 - Read the walk description and note the rating. If you are unsure of your abilities, please discuss this with the leader before nominating. Neither you nor other walkers will have a good day if your fitness is not of a suitable standard.
 - Do you have a health problem that may affect your performance on a walk? It is important that you inform the leader of this and discuss the matter.
 - If you have commitments after a walk please discuss this with the leader before commencing a walk. Leaders cannot guarantee the time of return, due to weather, terrain & the expertise of walkers
- Many thanks to Gladstone Clubs Newsletter editor for the basis of this information.

Walk Fees: Walk fees are \$2 per adult member and children 5 to 18 years of age. Visitors pay \$4 per adult. The walk fees will continue to be reviewed quarterly.

➤ **Name Badges:** These are available at \$4.00 each. Contact Barry (41512438) for yours.

➤ **Membership Cards:** All financial members must have their card and be able to produce it at the start of each walk on request.

Vice President's Ponderings:

It will be with relief when the new President returns from holidays and can take over the reins. A busy meeting was held this month re-writing the walk program for the cooler months ahead. At this time of year we try to fit in more harder walks to suit the weather conditions. A number of changes were made so please check the walk program thoroughly.

Over the May long weekend the combined club camp hosted by Gladstone Bushwalking Club was held in Miriam Vale. There were about 60 campers in attendance ranging from 12-86 yrs, with 11 members from Bundaberg. It was perfect weather conditions and a good variety of walks and activities were on offer. Campers were also kept busy catching up with each other during happy hour, a bush dance, supper and a night of raffles. Some members were luckier than others in coming home with the prizes. The traditional handing over of the Wolca stick to the next combined camp hosts took place and that would be BUNDABERG! If you want to know what the Wolca stick is be sure to attend the next meeting when I'll officially hand it over to the President. Planning will then commence for next year's combined camp. A big thank you to the Gladstone club for a well organised and enjoyable camp. Keep an eye on Facebook for some photos.

Happy trekking.
Allison

Bundaberg Bushwalking Club Facebook

If you're on Facebook then check out the Club's Facebook page and please 'Like' us. There will be regular posts and photos of club walks and outings.

www.facebook.com/BundabergBushwalkingClub

Bushwalking Queensland – Facebook and Twitter

www.facebook.com/groups/bushwalkingqueensland/

They are also on Twitter with the handle being [@BushwalkingQld](https://twitter.com/BushwalkingQld).

WALK REPORTS:

April 9, 2017 – Sheepstation Creek, Watalgan

After driving on a little further than the short walking group's destination we parked near some rustic cattle yards. Seven adventurous walkers set off on the medium/hard walk for a meander along Sheepstation Creek on the western side of the Double Sloping Hummock. An overcast day provided pleasant walking conditions. Recent rains had greened the countryside and created many picturesque waterholes dotted along the running creek. We decided to explore and have a look for the mystery cave. Relying on GPS coordinates, a faint memory and gut instincts the cave was soon found. The "icing on the cake" after a steep hill then scrambling through a rainforest patch thick with prickly vines. We enjoyed lunch in the cool forest by the rock face and cave opening. It was quite an easy walk back down the hill and along the creek again. The group walked about 7 kilometres in total and had returned to the vehicles by 2.30 pm. Thanks to Ian and Heinz for an enjoyable bushwalk. - *Leann*

April 9, 2017 – Littabella National Park

Five walkers joined walk leader Barry for this easy walk along the forest roads in the Littabella National Park. The countryside on the drive to Littabella was green and the dams full after the recent rain making for a pleasant drive. After leaving the hard walkers we drove a little further before parking and although still early, decided on a morning cuppa before setting off. We had hoped to explore some side tracks marked on both Graham's GPS and Barry's maps but they were nowhere to be found - probably long overgrown.

After about 3km one unfortunate member tripped and fell injuring his knee (too much talking and not enough looking where he was going!!) which curtailed our walk rather abruptly. Two members of the group walked back to the vehicles for a 4WD to retrieve the injured while the remainder of us retraced our steps. After an early lunch we drove the few kilometres to The Tiny Teapot at Rosedale for a well deserved coffee/tea and cake before driving home. I'm happy to report that our injured walker did no serious damage and made the Easter camping trip to Gaeta. - *Jill*

April 14 – 17, 2017 - Easter Camping at Gaeta Reserve

Three members travelled to Gaeta Reserve on Thursday afternoon followed by a further four members on Friday morning. Friday afternoon was a recca drive into the Bania National Park with the hope of finding an access route to climb Mt Bania the following day. Two 4WD vehicles tackled the Rollercoaster Road into the national park which was quite near to where we were camping. At the top of the range Darryl, Brian and Barry plotted the proposed route that the walkers would hopefully follow the following day. Back in the vehicles again, we drove along the top of the range as far as the cattle yards and hut before having to retrace our steps due to the road being damaged and blocked by debris from Cyclone Debbie.

Saturday morning one more member arrived just in time to join the group who were attempting the first summit of Mt Bania in the club's history. This was achieved quite easily but apparently, thanks to Darryl, the descent was quite steep and tricky. Saturday afternoon we drove to the Kolan River on the Kalpower Road where two members enjoyed a swim, one coming face to face with a rather large fish.

Sunday morning we met Lucinda and a further four members at Camp Creek where we split into two groups, one heading up the creek (the hard option) and the other heading down the creek (the easier option – see walk report). After the walk, five members packed up and returned home leaving the original three members to enjoy a quiet night around the campfire. Thankyou to everyone who attended and made for a very enjoyable Easter break. A big thankyou to the Gaeta Rural Fire Brigade for preparing the reserve for us in advance by mowing the camping area.

Question – guess which member got locked in the toilet block and needed rescuing? - *Jill*

April 16 2017 - Camp Creek, Gaeta – downstream

At approximately 8.30am 11 potential walkers plus Barry in the 'support vehicle' met at the crossover of Camp Creek and Wonbah Road. Eight opted for the 'hard' upstream walk leaving only three of us for the supposedly easier downstream option. With plenty of water in the creek after the recent heavy rains, there was much skipping and leaping from one side to the other, and from the creekbed to higher ground alongside. It did not take long however before all three of us managed to sink in the damp sand and emerge with varying degrees of wet boots. In no particular hurry we enjoyed several snack and photo stops as we proceeded past the junction with Takilberan Creek. A little way along we stopped for lunch - or it may have been brunch, and Ian took his first swim. The writer managed to sink up to her thighs whilst paddling in bare feet. Fresh and rested we decided to return to the creek junction and then head upstream along Takilberan Creek. When the creek bed got too

hard to negotiate we climbed the bank and then crossed a wide grassy field much to the surprise of a horse and some cows peacefully grazing there. Apparently not used to human intruders they all took off into the scrub. Soon we were able to return to the creek which here was flowing and gurgling merrily over a pebbly bottom. Before the map and GPS confirmed it was time to leave the creek, Ian grabbed another quick "swim" and we then headed across country. After some distance we picked up an old track which lead us back to Wonbah Road and a short walk back to Camp Creek where Barry was waiting for us. Our easy walk covered nearly 9 kilometres and much to our surprise the *hard* walkers had already returned and departed for home having notched up a somewhat shorter distance. Well! - *Mary*

April 23, 2017 – Mt. Walsh, Mt Walsh National Park

Well, here is still one of the best walks in our local area which, by the way, seems to becoming more popular with walkers from all over the world. On reaching the picnic area car park at 8.15am, we observed that numerous other people had already been to the top and back...making this another 'Red Arrow Fitness' track maybe?

Our journey to the summit was challenging with spectacular views along the way of the green North Burnett country side. (Maybe a result of recent rain from cyclone Debbie).

At the top we had an early lunch while looking over the Pinnacles towards Biggenden, Mt Perry, Paradise Dam and Goodnight Scrub. The views were awesome, but somewhat hazy, due to a local bushfire in the east, but still well worth the effort up "Struggle Mountain".

Maybe an easy walk up Coonar Beach at low tide next? Thankyou all, for sharing this really special day with me. - *Ian*

April 23, 2017 – Coalstoun Lakes National Park

It was a girls only walk to the Craters, with five participants, two of whom were new. It was a beautiful day for a walk and the countryside looked lovely following the rain. National Parks had made walking easy having cleared the track so it was easy to find our way. We took our time, about 50 minutes to walk to the second crater where we had a snack before returning. The bird hides were not needed as there were few birds in evidence though there was a chorus of frogs from the first lake. Though the walk is short, the incline does give a good cardio workout. We then took a scenic drive cross country to Chowey Bridge where we had lunch and checked out the water hole. The creek obviously has a lot of force when it rains with the amount of debris stuck up in the trees. At this point the new comers headed home and two continued our country drive to Paradise Dam before heading home. Thanks ladies for the pleasant company and we hope to see you on future walks. - *Allison*

A Reminder

Membership fees are due 1 July each year – Please do not send cash through the mail

FUTURE WALKS AND OUTINGS

OUR INSURANCE COVER REQUIRES THAT WALKERS MUST BE FINANCIAL MEMBERS OF THE CLUB. FINANCIAL MEMBERS MUST SHOW THEIR MEMBERSHIP CARD AT THE START OF EACH WALK / OUTING

PLEASE STUDY THE BACKPACK REQUIREMENTS BEFORE PARTICIPATING IN A WALK

May 6, 2017 (Saturday) – Social event at Elliott Heads

A late afternoon walk along the Elliott Heads Esplanade will be followed by a fish and chip dinner. Kayakers to make their own arrangements. Leave from Thabeban State School at 3.00pm. Contact Verlie (4152 8885) to register.

May 14, 2017 – Boolbunda Rock, Mt Perry area – Hard S3d/e

This hard walk, situated approximately 10 km from the Bundaberg side of Mt Perry, is off track and over steep terrain and is suitable for fit, experienced walkers only. Requirements - at least 3 litres of water, sufficient food, hat, sunscreen and a personal first aid kit. Leave from North State School at 6.30am. Contact Graham (0435 586 811) to register and for more information.

May 14, 2017 – Wongi State Forest (Kullogum Section) - Easy S2b

This walk can be used for navigational practice – either with GPS or compass and map. The club has an ample supply of both GPS and compasses for those who do not own their own. Requirements – 2 litres of water, food, hat, sunscreen and a personal first aid kit. Leave from Brothers Club car park at 8.00am. Contact Barry (4151 2438) to register.

May 28, 2017 – Utopia Rock Pools/Waterfall Creek, Mt Walsh National Park – Medium S3c

This medium walk will involve some off track and rock hopping up the creek to the waterfall visiting the rock pools on the way. Fitness and agility required. Requirements - 2 litres of water, food, hat, sunscreen, insect repellent and a personal first aid kit. Leave from Brothers Club car park at 7.00am. Contact Mary (0414 190 566) to register.

May 28, 2017 – Burnett Heads to Port Marina and return – Easy S1a

This easy walk will be approximately 6 kms with several coffee shops along the way! Requirements – 2 litres of water, food, hat, sunscreen and a personal first aid kit. Leave from Riverside Parklands, Quay Street at 7.30am. Contact Allison (4155 2875) to register.

June 1 – 4, 2017 (B'berg Show Holiday) – Bunya Mountains (2 Vacancies available)

Due to a late cancellation, two vacancies have become available for this trip.

Two adjoining chalets have been booked and a deposit paid. Distance from Bundaberg is approximately 336 kms and car pooling is available. A meeting to discuss final details will be arranged later this month. Contact Barry (4151 2438) to register.

What to bring:

Linen – Sheets, towels, pillowcases, tea towels and bath mats.

- Food and Beverages – Including tea / coffee / milk.
- Fuel up – There are no petrol or ATM outlets on the mountain- NB: 30kms to nearest service station.
- Torches – Recommended due to lack of street lighting.
- Pack warm!– Temperatures are 5-7°C cooler than surrounding plains.
- Toiletries – Toilet Paper, Soaps, Detergents and Garbage bags.
- First Aid Items – Tea tree oil or Pyrethrins, Stingose.
- Details regarding treatment of ticks is available in your compendium.

- Firestarters and Matches (and kindling)
- Other – Camera, Binoculars.

June 6, 2017 – Monthly Meeting

Meet at Bundaberg State High School F Block (beside the Administration Building) at 7.00pm. Park on Maryborough Street and enter through the gate beside the Administration Building.

June 11, 2017 –The Pinnacles, Mt Walsh National Park – Hard S3c

This circuit walk will leave from the Mt Walsh picnic area to the Pinnacles and return. This walk is easier than Mt Walsh taking approximately 5 hours with plenty of rest breaks and lunch at the top.

There are good views of the surrounding area and interesting rock formations.

Requirements – 3 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from Brothers Club car park at 7.30am. Contact Ian (0488 588 917) to register.

June 11, 2017 – Utopia Rock Pools, Mt Walsh National Park – Easy S1a

This is an easy 3km return walk on a formed track. Some exploration of Waterfall Creek will also be available for those wishing to explore a little further. Requirements - 2 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from Brothers Club car park at 7.30am. Contact Barry (4151 2438) to register.

June 17, 2017 (Saturday) – Social day at Coonarr Beach – Low tide 8.00am

This social day will involve a walk followed by a byo bbq lunch. More details to follow. Contact Ian (0488 588 917) to register.

June 18, 2017 – Two day Kayak/Camp to Humpy Island, Keppel Bay - Cancelled

June 25 , 2017 – Coongarra Rock to the waterfall – Medium S3d

This walk will involve a car shuffle. The walk will be from Coongarra Rock, down Smith Creek and then up Coongarra Creek to the waterfall. Requirements - at least 3 litres of water, food, hat, sunscreen and a personal first aid kit. Leave from Brothers Club car park at 7.00am.

Contact Richard (0429 888 552) to register.

June 25, 2017 – Cordalba State Forest – Easy S1a

This easy ramble through the state forest will be on formed tracks and followed by lunch at the Cordalba Hotel. Requirements - 2 litres of water, food, hat, sunscreen and a personal first-aid kit.

Leave from Brothers Club car park at 8.00am. Contact Barry (4151 2438) to register.

July 1, 2017 – Social event to be advised

July 9, 2017 - Cassillus Creek, (near Granite Creek Rest Area) – Medium/Hard

More details to follow. Contact Richard (0429 888 552).

July 9, 2017 – Apple Tree Creek Vineyards – Easy S1a

This easy walk will be through a private vineyard in the Apple Tree Creek area followed by coffee in Childers. Requirements - 2 litres of water, food, hat, sunscreen and a personal first-aid kit. More details to follow. Contact Verlie (4152 8885) to register.

July 18 – end August, 2017 – Central and north-west Queensland road trip

It is envisioned that departure will be on 18 July and the full trip will take approximately six weeks. This trip will include visits to various places of natural beauty, historical interest and some touristy things; bush walks where possible, free camping where possible and plenty of kayaking. The route will go west via Theodore, Fairbairn Dam (Emerald), Longreach, loop thru Isisford, Stonehenge and Lark's Quarry to Winton; on to Mt Isa, Lawn Hill, Normanton and then east to Lynd Junction, Hughenden (via Porcupine Gorge), Charters Towers, Clermont and finally Cania Gorge. Most stops will be two to three nights with four nights at Lawn Hill. The itinerary can be flexible to some extent but due to the need to book some places (especially Lawn Hill) well in advance there can't be a lot of discretion. If interested in all or part of this trip please contact Mary on 0414 190 566.

July 23, 2017 – The Giant's Staircase, Mt Walsh National Park – Hard M3d

This long, hard walk in the Mt Walsh National Park is suitable for fit, serious walkers only. Requirements - at least 3 litres of water, food, hat, sunscreen and a personal first aid kit. Leave from Brothers Club car park at 7.00am. Contact Heinz (0408 892 745) to register.

July 23, 2017 – Voss Road, Elliott River – Easy S1a

This will be an easy ramble and map reading exercise. Requirements – 2 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from Brothers Club car park at 8.00am. Contact Barry (4151 2438) to register.

September 8 – 10, 2017 – Pilgrimage at Killarney Showgrounds

YHA Bushwalkers will be hosting this year's pilgrimage at Killarney Showgrounds. Cost \$50.00 per person for unpowered camping. Visit their website – yhabrisbanebushwalking.org.au - to register.

FOR YOUR INFORMATION

2017 Annual Photo Competition Rules

Photos must be taken during the current year and on club walks or outings.

Categories: Landscape, Wildlife, Macro and People (one or more persons) along with a photo of any subject featuring the colour 'black'.

An additional category of Free Choice has been included this year. This may be a photo of any subject taken in any year.

One 6 x 4 photo per person per category. \$10 Bunnings gift vouchers as prizes.

Walking buddies needed!!

In August and September this year, club member Jill Keyser will be walking the Camino de Santiago (856 km through France and Spain). She will be walking around 10-12 km per day in preparation, and would like to do a couple of walks a week between 15-25 km. If there are any members, male or female, who would like to join her on these longer walks, not necessarily through bush, and hopefully with a few reasonable hills thrown in, then she would love to hear from you.

She would be happy to walk anywhere within 100km of Bundaberg, any day and would be happy to contribute to any expenses, share travel etc.

If you are interested please contact Jill direct on 4156 1075 or email jkinsouciance@gmail.com

If any members have done this walk and would like to give her some pointers, advice etc., or any "must see's" or "must avoids," she would be glad to hear from you.

Rangihau Ranch, Coromandel Peninsula, New Zealand

Offering horse treks through the beautiful and historic landscape near Coroglen.

Email rangihau@xtra.co.nz or visit www.rangihauranch.co.nz

Membership Fees

When paying membership fees, please do not send cash through the mail. If you wish you may pay your fees by direct debit to the Club's account which is BSB 064-403 Account No. 00915879 and quote your surname as the 'reference'. You may also pay your fees to the walk leader at your first available walk. A receipt and membership card will be mailed to you by the Treasurer.

Walk Recci Costs

Just a reminder to anyone carrying out recce's for walks. Funds are available to cover expenses (fuel etc.). Just submit a claim (mileage travelled) to the treasurer.

First Aid

In an attempt to encourage more members to become First Aid proficient, the Club will pay a 50% fee subsidy to those members who attend and complete a recognised First Aid or CPR course.

The subsidy will be paid on presentation to the Treasurer of the receipt for such course.

Walk Gradings

Max Kilometres per day	Terrain	Fitness
S. up to 10 kilometres	1. Graded track	a. Unfit beginners
M. 10-15 kilometres	2. Tracks, steeper sections, open terrain	b. Fit beginners
L. 15-20 kilometres	3. Off track, minor scrub, creek/rock hopping, minimal navigation	c. Fitness and/or agility required
X. Over 20 kilometres	4. Scrambling, thick rainforest, hard navigation 5. Technical rock ability, abseil	d. Good fitness and agility a must e. Strenuous. Experienced, very fit walkers only

Thank you to Leanne Donaldson MP, Member for Bundaberg, for the photocopying of this Newsletter.

SUGGESTED BACKPACK CONTENTS

Bushwalking activities by their nature have a potential risk. To minimise the risk you are responsible for your own backpack contents and medical needs. The Leader has the right to ensure you have the basics.

COMPULSORY

Hat	Rain jacket (or poncho)	First Aid Kit
Water (at least 2-3 Litres)	Lunch & snacks	Spare food
Torch or Headlamp	Whistle	Pencil & Paper
Toilet paper	Mirror (old CD)	
Thermals (at least a spare warm shirt or jacket)		
Compass or GPS (& learn how to use them), spare batteries		

OPTIONAL

Space blanket	Multi tool/pocket knife	Pink surveyors tape
Soft gardening gloves (good for lantana, sun protection or if cold)		

EMERGENCY

Matches in a waterproof container, small candle stub or tea light
Emergency fly Water purifying tablets
Roll of good quality gaffer tape

FIRST AID IDEAS

Basics:

1 triangular bandage	Elastic bandage
2 non adhesive dressings	Gauze bandages 25mm, 50mm, 75 mm
Scissors, Tweezers, Needles	Safety pins
Crepe bandage (snake bite, sprains)	Wound dressings (bandaids, various)
Eye patch	Plastic bag
Painkilling tablets	Antiseptic cream
Insect repellent	Sunscreen
Cream for stings (eg paraderm, stingose)	
Space blanket (alternate is a large garbage bag)	
Emergency information sheet & personal medication	
First Aid Ready Reckoner book	

Other:

Gastrolyte	Anti diarrhoea tablets	Antihistamine
Lavender oil (antiseptic & soothing. Applied neat to the skin it relieves chafing, sunburn and other burns)		
Tea tree oil (antiseptic and antifungal. Apply to skin diluted. Can be mixed with lavender & water as insect repellent)		
'Second Skin': Wound tape (good for blisters)		
'Wart Off Freeze' to remove ticks		

