



Ramble On

Newsletter of Redland Bushwalkers Incorporated

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October 2012

Next Club Meeting

Wednesday 10th October, 2012 7:00pm for 7:30pm start

President's Report

It is October already, the footy grand finals have been played and ABC radio will be an endless series of cricket matches, a boring prospect isn't it? Not if you are a bushwalker! October is full of exciting events, just have a look at our calendar. Next weekend there are two throughwalks looking for participants, Steve Tolcher is going leech wrestling at Echo Point and Dave Rae has a Flintstone re-enactment at Girraween, trying to prove that mankind were better off staying as cave dwellers. I wonder if anyone dares to emulate Raquel Welsh's furry bikini from One Million Years B.C.?

The week after, Ted is daring another group to cross the razorback to Mt. Castle. I was very impressed by myself after my first crossing, until I discovered the cowpats on Boar's Head, upstaged by a bovine –again! The same weekend and Kerrie circumnavigates Lake Manchester and a week later Narelle and Leisa are walking the Ship stern Circuit.

Then the big bus trip is on, the bus trips are the most popular events after the Christmas party, many thanks to Kerrie and Mike for organising them. This month they had to change the route, instead of Wivenhoe they are now heading to Lake Manchester. I am sure it will be a success as long as people don't start arguing about if it is City or United...

And last in October but not least, Tracy and Judy goes out looking for the Lost World. Let's hope they find it. Wayne at least knows where to find the Cougals on the same weekend.

And all this comes on top of a September that was so full of activities that I am still trying to catch my breath. The standout of course being our fantastic Pilgrimage, thanks again, Hilary and Betty for organising the best Pilgrimage ever, to paraphrase Juan Antonio Samaranch. And a huge thank you to all the keen helpers who helped make everything a great success. The walk program was very extensive, if 120 bushwalkers walked on average 8km, it means that we collectively walked all the way to Sydney! Lucky we didn't, 'cause then we would have missed out on the bush dance.

So, get out there and enjoy yourselves, you got no one to blame but yourself if you get bored.

See you on the track,

MATS



Upcoming Activities

Photographic Competition Reminder!!!

The next club meeting on Wednesday 10th October is the closing date for the Photographic Competition.

Each competition entrant will need to have their:

- photos mounted on the black cards and the details on the labels written in
- entry form filled in with name and contact details,
- photos or videos saved on a CD, in .jpg format with the photo/video title as file name
- \$1 per photo entry or video entry (eg. 5 photos and 1 video = \$6)

Mike, Wayne and Leah shall be accepting entries and payments, and will have extra entry packs and mounting cards available for anyone who missed out!

If you cannot get to the meeting and wish to submit your photos and videos, please contact one of us to arrange a drop-off or pick-up.

Leah ph. 0435 048 815 email lstephens@tpg.com.au

Mike ph 0418 189 904 email sew@baystitch.com.au

Wayne ph 0402 734 900 email wayne.porter@brisbane.qld.gov.au



Activity Reports



Bushwalkers Pilgrimage 2012

Thanks to all the Redlands Bushwalkers the Pilgrimage was a huge success. These pictures tell the story of a fun filled action packed weekend.

More pictures can be found on the Club website, "photo gallery"

Sign up at the 'Dog Box' with Betty.





Pictures - Clockwise from top left:

1. Malcolm present haggis to our President
2. Furry animals serving the ice-cream
3. Lynn Endacott winner of the RBW green scarf comp.
4. Succulent roast dinner
5. Teds Pages Pinnacles ready to leave



Where: Kondalilla Falla and Baroon Pocket Dam Walk

When: 23 Sept '12

Leader: Marnie Thomson

After a lovely drive up to the beautiful Sunshine Coast hinterland we met in the carpark of Kondalilla Falls and 7 of us headed off for what turned out to be a great walk.

It is such a pretty walk and very popular on a Sunday morning. We hadn't been walking all that long when laughter broke out and it was that John had found a \$20 note on the track after Marnie, Heather, Jen and Helen had walked over it. He was thrilled and rightly so, a big hamburger planned for lunch he said.

We stopped at the bottom of the falls and had a snack and just soaked up the beautiful surrounds, rocks of all shapes and sizes everywhere.

Continuing on our way stopping at all the viewing spots and also admiring the variety of trees that were around and Helen and Marnie told us the bird names after hearing their different callings.



We stopped in the main picnic area and Marnie had supplied us all with morning tea, which was enjoyed by us all. As we were walking up to the car a quite large goanna walked across the path and the birds started going crazy. Thinking that we would be then saying our farewells Marnie said no we have another small walk to do. We drove to Maleny and then out to Baroon Pocket Dam where we did a small 1.5 km walk on a lovely mown track of quite different vegetation than the falls area. The trees were all named which helped immensely.

Five of us then ventured into Maleny and had a very yummy lunch. Lovely company and a beautiful day of walking was enjoyed by all.



Where: Mount Maroon

When: 2 Sept. '12

Leader: Bob Hartley

Eight members, and visitors Ann and Evan met at Rathdowney and set off for the Cotswold Road start point. It was a typical spring day, sunny and not too hot - perfect conditions for Catherine, John and Wayne to experience a more challenging daywalk with the Club.

Under our "old" walks classification the grading for Mt Maroon would have been Distance – Medium, Duration – Medium, Route – Track and Rock Hop, Terrain - Steep and Broken, Difficulty – Hard, Fitness – Fit



The group made good progress, first ascending a ridge through dry eucalypt forest before scrambling some 150 meters up a gully to reach the Maroon plateau for a late morning tea.



A short walk through she-oak and grass tree followed by some rock hopping saw us reach the summit, about 575 meters higher than our start point, just in time for lunch. The ascent was devoid of any fauna, except the occasional skink and the call of a currawong.

After the customary summit photo we retraced our steps. It was a bit harder to descend but, with some excellent coaching on technique from Rob Santry, we all improved our skills - learning to take "bold steps" and "heel and toe" to stay on our feet.

With experienced members assisting the "first timers" we arrived back at the cars with a sense of achievement.



Where: Lower Portals – Upper Portals and back

When: 22 – 23 Sept '12

Leader: Mats

If you are planning a walk in the Mt. Barney area, what is the most important landmark for navigation?

No, not Barney, not Lindesay or Maroon, it is of course the toilet block in Rathdowney, the scene of numerous bushwalker rendezvous. How many frosty mornings have you spent chatting away near it, waiting for the inevitable carload of stragglers to come tearing around the corner by the pub?



This time there was no waiting, since both cars arrived simultaneously, so Rathdowney was only a brief interlude and it was not frosty, it was very warm. The heat worried us a bit as we started up the ridge towards our first stop, the Rocky Creek Portals, but as we were to cross the creek further on we could top up our water supply there. Rocky Creek portals were almost dry, only the large pool contained any water; it was quite a change from the flowing creek that we encountered just a few weeks ago.

We had a late morning tea at the Lower Portals and quickly set off up the ridges, the day got gradually hotter as we slowly gained altitude and it was quite a relief when we crested the

last steep ridge up to the forest road above Yamahra Creek. The views of the Barney peaks through the gaps in the foliage are astounding along this ridge. After a knee crunching descent, we popped out of the bracken right at the campground and quickly set up camp.

We spent the rest of the afternoon having a dip in the creek, then lounging at the campground, waiting for another group that was booked in that night, but they never showed.



Sunday morning we started rock hopping down the creek, one of us could not get enough and decided to hop IN the creek, but the enthusiasm cooled off as quickly as her legs, so we all stayed on dry land after that. After about an hour we met a bloke coming the other way, he was part of the group that had been booked in the night before. They had driven to Cleared Ridge and walked from there, but got carried away and decided to rock hop down to Barney Gorge junction campsite. He was now walking back to the car, to drive to Lower Portals and wait there for the rest of the group, who were to continue down the creek.

The weather was glorious; the scenery as fantastic as ever and we enjoyed ourselves greatly as we slowly picked our way among the boulders.

When we got to the Junction campsite there was a large group of people having lunch, they were guided by the lady who runs the camping shop in Boonah. A further twenty minutes down the creek we encountered three girls sitting in the shade, they were the group that had split from the bloke we met earlier, they had only managed to move 500m since morning! They were an Aussie girl and her two friends from Germany, led by the girl's father that we could see a bit further down the creek; they had no map, no compass and were not aware that you could walk up along the ridge to Lower Portals.

We continued downstream a short while to where you have to bypass a waterfall high up on a narrow ledge on the southern side. After a bit of a palaver, we decided to not do this as Hilary had slipped a fair bit and was not confident of tiptoeing on ledges with those boots, so we scrambled up very high on the northern side instead. While we were up on top of this ridge catching our breaths suddenly both the other groups came puffing up the hill after us! Neither had the confidence or skill to negotiate the ledge, so they assumed we knew the way and followed.

The Boonah group decided to climb down into the creek on the other side of the ridge, but we decided to bail out and follow the ridge up to the track leading back to the Portals. This proved to be a wise decision as the views from the exposed ridge were second to none. The other group decided to follow us, the Geman girls now completely exhausted, I do not think they will remember their Aussie bush experience fondly.

The rest of the walk was uneventful and somewhat tiring in the heat. By the time we reached the cars I had consumed 5 litres of water in a day, a new personal record I think.



Walkers and occasional tourist guides were: Hilary, Betty, Marika and Mats.



Where: Tooloom Falls Base Camp (To climb three peaks: North & South Obelisks and Edinburgh Castle)

When: 29 September to 1 October 2012

Leader: Ted Wassenberg

Day 1 -- We drove down Sat morning to meet at Woodenbong at 0900h near the Woodenbong Driveway Garage, 100m past the Urbenville turnoff, where there is a toilet block on the LHS. Everyone arrived on time. There were Mats, Sue, David and Margie, Judy, Ted and Chrissy (a BBW guest).

From Woodenbong we drove to Urbenville, through town, straight ahead on a minor road for ~ 3.2 km, to turn left into Tooloom Falls Road. At the Tooloom Falls campground we set up our tents and pooled everyone into two 4WDs for the short drive across a wet causeway above Tooloom Falls to the base of South Obelisk (beehive) for the climb.



We started the climb at about 1100h and it took several hours to push up the steep slope and through low scratchy scrub and trees passing an overhanging rock wall with unusual sculptured hollows. The views from several rock slabs we crossed were spectacular. We could see, Mt Barney,

Clunie, Wilson's Peak and a number of rocky peaks around us. Lunch was at the cairn on the summit. We returned to base camp around 1500h.

Day 2 – Edinburgh Castle

Sunday, we left camp at 0800h in two 4WD to drive to Woodenbong, then down Boomi Ck road to Brumby Plains and North Yabbra Forest Road. This took us into the state forest to the start of the Sovereign Trail track leading to the base of Edinburgh Castle. This distinct track follows an old logging road and has lantana and flowering shrubs encroaching onto it. After several km the track became fainter to see and rose very steeply on a she-oak covered ridge. Morning tea was at a small rocky section half way up the ridge where Judy became a tick magnet.



With two steps forward and one back on the pine needles we reached a cliff face where we traversed left into a gully leading to the summit. Here we explored around the rim and made an entry in a logbook found in a tin buried within the cairn. After lunch, as we descended, David had fun recording our antics slipping and sliding on the pine needles and thick coating of leaves. We returned to base camp the way we had come.

Day 3 -- North Obelisk (Mats Andersson)

Monday, after packing up our camp, we were five of us doing the short drive to the mountain that dominates the landscape at Urbenville, Margie and Dave selecting to chill out at the campground rather than bashing through scrub for a third day.



The walk started with a disappointment, there was a “No Swimming” sign at the sewage ponds, I had so looked forward to do some laps on our return. Why were we at the sewage works you may wonder?. - Because that is the access point is the answer.

Ted had gotten instructions from the ranger, -Aim between the two big trees in the paddock, then straight up the hill, veer to the left into the gully, follow the gully up to the saddle. So that is what we did, and soon found us at the top. The forest was much more open than the two other walks, albeit very steep in parts. We traversed across the top plateau up to the summit cairn where the obligatory pictures were taken. A short push through some scrub found us at a morning tea spot on a shelf with splendid views towards the South Obelisk, it looked very sharp and steep from that angle.

Back down at the saddle we searched for a way up through the cliffs surrounding the north- west summit, found some promising ones, but none that could safely be attempted without ropes and climbing gear.

When we got back down, a short drive found us in the coffee shop in Woodenbong for the mandatory post walk caffeine fix.



Outdoor-tober -Media Launch organised by QORF (Qld. Outdoor Recreation Federation) Thursday 27 September 2012.

Four members of the Redland Bushwalkers (Betty, Hilary, Judy and Ted) attended and participated in a media event that involved the Minister for National Parks, Recreation, Sport and Racing, Steve Dickson, abseiling down to the crowd waiting below accompanied by other abseilers wearing letter boards that spell out the word OUTDOORTOBER.com.



We met up at 0600 h at the centre of the cliffs at Kangaroo Point and met the organisers and other members for the event who included rockclimbers, bushwalkers and outdoor education teachers. We set up our ropes and were given instructions on what we had to do, basically abseil down together and maintain a line so that the letters on our backs would spell out the word. After a practice abseil we were ready to abseil down with the minister. As you can see from the photos all went well and we then joined the crowd below for more promotional photos and a sausage breakfast.





Something of Interest

The extract is taken from the website: <http://hhcc.com.au/immune-boosting-bushwalking/> and also included in Queensland Bushwalking Association's newsletter for October, thanks to them we will share it with our members also.

Immune Boosting Bushwalking

on September 8, 2012

Six hours of bushwalking has a powerful immune boosting effect according to Japanese research. They actually found that communing with nature, increased cancer fighting natural killer cells. They also found that bushwalking is a natural stress reliever, helping alleviate depression and anxiety as well as decreasing blood pressure.

The leading researcher, Yoshifumi Miyazaki, found that the stress hormone cortisol was 13.4% lower in those who gazed on forest scenery for 20 minutes than in people who stayed in the city. Maybe the scenery on the computer screen doesn't count!

Immune boosting bushwalking on a country weekend:

Another study, in which people spent two nights at a hotel in the country and went bushwalking for three leisurely strolls while they were there, showed that the cancer-fighting part of their immune system increased. The author of the study, Li Qing of Tokyo's Nippon Medical School, also noted that the increase could still be observed 30 days later.

The old fashioned advice of "get some fresh air" turns out to be good advice. It's a combination of the smell of the trees, listening to the birds, and the feel of sunshine through the leaves. They all have a calming effect, says Miyazaki. After all, he points out, humans lived in nature for several million years. "We were made to fit a natural environment, so we feel stress in an urban area". Miyazaki believes that "when we are exposed to nature, our bodies go back to the way they should be".

Forest Therapy

The research has been called Forest Therapy and is being embraced by governments and citizens alike. In 2006, a government-affiliated organization began designating certain forests 'Forest Therapy bases'.

Forest Therapy bases are maintained by local governments. At some of them, visitors can take a guided walk with experts on forests and health care. At one base, medical check-ups among the cypress trees are offered to visitors for free every Thursday. And some companies are even including forest therapy in their employee health care programs. Li Qing believes that in a few years, a forest therapy program will be developed to help patients whose immune systems have been compromised.

It seems obvious that bushwalking promotes well-being, but it's also great that research is being done on such a free-of-side-effects therapy. With concrete evidence of bushwalking having an immune boosting effect, the enormous value of our forests may be appreciated by more people.





Important Information

KIT LISTS

Please ensure you have the following items so you are prepared for any eventuality whilst on a walk. Please note that denim jeans are not suitable for bushwalking. They are hot, heavy and hard to dry when wet.

Day walk equipment checklist:

Boots: Must be fully enclosed – no sandals. Joggers may be suitable for social walks and some beginners' walks.	Toilet paper and trowel.
Day pack: A comfortable backpack, large enough to take all you require for the day.	Map and compass: The leader should not be the only walker with these items.
Pack liner/plastic bag: To keep your pack's contents dry.	Torch/headlamp: With spare batteries. If your walk takes longer than expected, you may be walking in the dark.
Water: Minimum TWO litres per day, preferably in two separate containers.	First aid kit: See 'membership kit' for suggested contents.
Lunch and snacks: Keeping your energy levels up with the right foods and drinks is important.	Sunscreen and insect repellent.
Raincoat/poncho: For rain protection and an extra layer against the cold.	Fleece or thermal top.
Hat/cap	Rubbish bags: for removing all your rubbish.
Whistle	

