



Ramble On

Newsletter of Redland Bushwalkers Incorporated

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P.O. Box 101 Cleveland 4163

August 2013

Next Club Meeting

Wednesday 14th July, 2013

7:00pm for 7:30pm start

Indigiscapes Centre, Runnymede Rd, Capalaba

Slide show - American and Canadian trip - by Alison and Jillian

Presidents Report



This is supposed to be the depth of winter, yet we had 26 degrees today, it was not even cold when I lugged my assortment of dog food and other sundry items up Mount Cotton this morning. Now why would you carry dog food up Mount Cotton you may wonder? Well, a possible answer would be that it is not nicknamed "The Mongrel" for nothing, and it has to be fed.

The real answer is of course that an eight kilo bag of dried dog food is just about the right combination of weight/volume to fill out your through walking pack when you are training, throw in an old sleeping bag and a couple of litres of water and you have the equivalent weight on your back as for a multi-day through walk. As an added bonus, if you get stuck out there you could survive quite a while! If it is good enough for Fido it is good enough for me!

I hope that you all have a very enjoyable August; personally I am busy writing lists of all the stuff I will need to bring to the next overseas adventure, the Dolomites, and the piles of stuff gets bigger and bigger.

Get out there and get stuck into those tracks! You never know how long you will be capable.

All the Best,

MATS



New Members

Welcome to: Rhonda and John King hope you enjoy your membership with us and we look forward to meeting you on the track sometime.

Our club gear now has new homes thanks to:

Geoff and Joan Arnell have taken the poles, tarps and pegs
Ted Wassenberg has the abseil gear, radios and eperb.
David Rae has the new GPS'.
The rest of gear is happily sitting in a cupboard in Hilary Riley's house.
- so a big thank you to all of these wonderful club members.



Photographic Competition:

Where has the year gone? We hope you've been happily snapping away and compiling a nice collection of photos for the photographic competition in the following categories....

1. LANDSCAPE
2. NATURE
3. PEOPLE
4. ADVENTURE
5. 10TH ANNIVERSARY

Entries for the competition **close** at the club meeting in October 2013.
We will aim to display photos and present prizes at the club meeting in November 2013.

Basic guidelines are similar to previous year's competitions and can be viewed on the website.

As in previous years, the competition is open to any club member and photographic ability is not important. Your equipment need not be hi tech or expensive - the emphasis is on enjoying the bushwalk/activity, having fun and capturing the moment .

We're looking forward to seeing your collection of photos - so what are you waiting for, get out there and enjoy!!

Contact John K 3286 5471 or jkolcze@bigpond.com



DATE SAVER - 22nd – 24th November 2013 **Redland Bushwalkers 10th Christmas Camp** **Mt Warning Caravan Park**

This was the venue for our first three Christmas camps. Come and help make this a happy, relaxed, low key, low budget thoroughly enjoyable weekend.

There is a choice of accommodation en-suite cabins or camping – **members make their own bookings.**

So if you want a cabin please get together with your friends and make your booking soon to avoid disappointment later.

There's no need to book camping yet, when you do, we've negotiated a rate of \$12.50 per person per night, with our single tent dwellers in mind.

Though we don't have sole use of the Caravan Park, we do have use of the large undercover area. More details to follow... and check out their website <http://www.mtwarningrainforestpark.com/>





Bushwalks Training & information for beginners - 17 Aug 2013

Where : White rock conservation Park School road Redbank Plains

Meet at car park end of School Road 08:30 am

Bring normal daypack including lunch. (Should finish about 2:00 pm)

Limit of 10 people.

Topics: Local significance of the park.

Bush walk ethics

Bush safety

Clothing – layering principles

Track grading system

Tips on conserving muscle strains on steep slopes

Most of these topics will be discussed or demonstrated as we walk a 5 km circuit of mostly flat road, a slight rise then a trail along a ridge back to the cars.



Fellow leaders and potential leaders

You may or may not be aware that the number of Day Walks (DW) on the current calendar is limited. Without walks our club does not exist. I'm calling on each of you to consider putting a walk on the Calendar. Most popular walks fall in the grading category of M33 and M44. I have listed a number of these areas/walks to give you some ideas.

Mt Cootha – Powerful Owl, Jacksonia Track, Simpsons Falls

Daisy Hill Area

D'Aguilar NP – Mt Glorious Mt Nebo area

Glass House Mtns - Mt Ngungun, Mt Tibrogargan

Tamborine – Witches Falls

Cunningham's Gap – Gap Creek Falls, Mt Mitchell

Mt Edwards Moogerah NP

Paddys Plain Mt Barney

Boondall Wetlands

Stradbroke Island – Amity point to Point Lookout

Thanking you,

Hilary Riley & David Rae (Outings)



WALK GRADINGS:

Distance		Terrain		Fitness	
S	Short Under 10k, per day	1-3	Graded track or open terrain, no scrub	1-3	Easy. Suitable for beginners
M	Medium 10-15k, per day	4-5	Off track, bush, minor scrub, rainforest, rock hopping, minor scrambling	4-5	Medium, reasonable fitness required
L	Long 15-20km per day	6-7	As above + thick scrub. Major rock scrambling using hands.	6-7	As above + agility required
X	Extra Long 20km+ per day	8-9	As above + rope and technical ability required	8-9	Hard strenuous, fit walkers only

AB	Abseiling	DW	Day Walk	TW	Through Walk
BC	Base Camp	SOC	Social	XT	Extended Trip
R	Bike Ride	TR	Training		

EXAMPLE:

The Albert River Circuit at O'Reilly's is 22km long all on graded track, it would be graded as: **DW X 3 5**

Activity Reports



Where: Mt Coot-tha

When: Sunday 14 July 2013

Leader: Hilary Martyn

Sunday morning dawned grey and damp but 5 members and 2 prospective new members braved the elements and met at the Hoop Pine Picnic Area for a 4 hour walk at Mt Coot-tha. Rain jackets were worn for most of the time.

The first half hour was a steep walk up the Powerful Owl track (no owls were seen or heard), and this was followed by a really steep downhill section on the Kokoda Track and onto the Bellbird Trail where the sound of bellbirds rang.

After a short morning tea stop at Gap Creek Reserve Picnic Area we headed uphill again on the Cockatoo Trail (flocks of cockatoos were seen and heard) and Jacksonia Track.

The final section was downhill on the Simpson Falls Track and back to the cars. We had planned to have lunch back at the cars but it was damp and misty so we headed home.

Hilary Martyn



Where: Mt Clunie
When: 28 July 2013
Leader: Ted Wassenberg

As our intended leaders, Tracy and Judy, succumbed to illness or other complicated issues, and rather than have the walk cancelled, I offered to take the lead on this walk. And so it was, after some hurried emails to rally the troops with some altered details, we all met at Boonah by 0730. From Boonah it was another half hour drive to the start of the walk.



The walk began by following and then crossing the border fence to drop down to Watson's Creek falls and up onto the ridge beyond. This ridge was mostly open Eucalypt country that had been burned in the last 6-12 months with evident regrowth. About 1045 we reached a point where we would need to descend into a saddle to head towards Stag Head and this was a good time for morning tea. After morning tea, we descended through



thickening scrub with numerous red formed fern shoots and into a forest of head high walking stick palms. As the ground ahead became steeper and the ridge narrowed to 10's of metres, we entered full on rain forest. After crossing Stag Head the ridge widened and the slope flattened for a while and then became very steep with small rubble underfoot and then changed to deep mulch. This made progress slow and was further complicated by tree falls and vines. Just before reaching the border fence, that crosses Mt Clunie, we encountered fallen trees, dense patches of raspberry vine and other vines. A large fallen tree fortuitously allowed easy access across the border fence. It was 1230 when we crossed the fence and it

was time for lunch. This we had beside the border fence on the first knoll we crossed.

After lunch, we continued westward and reached the cairned summit of Mt Clunie. From the summit it was basically downhill, following the border fence, down ever steepening slopes and the occasional trip wire bracing the corner posts of the border fence - eventually reaching a low point from which the rest of the walk was along undulating country, still following the border fence, back to where we had left the cars - arriving back at 1500. Thanks to Betty, Hilary, Beatrice, Alison, Jillian and David (visitor) for making this a pleasant and safe outing. We all returned home via Beaudesert to avoid race going traffic and for coffee at Macca's.



Where: Mt Greville
When: Sunday 21st July
Leader: Jillian Wilson

10th Anniversary Walk (Originally this walk was to be the **Illinbah Circuit** as it was my first walk with Redlands Bushwalkers, and it is still a favourite of mine - but unfortunately the track is still closed....)

Our party of six met at Aratula, then drove on to the Mt Greville carpark, viewing 'kangaroo mountain' on the way past. Once on the track, a sign soon directed us to the Palm Gorge, where we headed upwards for a good hour in the cool, between huge rock walls and diverse vegetation.

We rewarded ourselves with a rest at the top of the gorge, noting this junction point for our return. Off upwards again on the trail to the summit, where we enjoyed morning tea and expansive views to the west. Retracing our steps down to the junction, we headed left to walk out on the South East Ridge trail, across rocky slabs with a wonderful outlook to the east. Once down to the Waterfall Gorge junction, we took a side trip to the beginning of Waterfall Gorge as several walkers had not been there before.

Having made such good time, we decided to drive off to Mt French for a picnic lunch, then a short walk to the lookout above Frog Buttress.

It was a very pleasant outing..... thanks to all who participated.



Where: Plunkett Conservation Park

When: 27 July, 2013

Leader: Hilary & Betty

On a cold somewhat misty Saturday morning, 12 keen walkers met at the end of Flesser Rd, Cedar Creek – Hilary, Betty, Lynda, Sylvia, Carmel, Geoff, Mike, Lynn, Peter, Heather, Wayne and Leah.

Several compasses and GPS's were handed out amongst the group to 'play' with during the walk, as well as a couple of maps and we headed off through the bushland on a dirt track. Up, up, up a 'steepish' hill, and up, up, up another, and we were starting to warm up... someone suggested it might be one or two 'Mongrel' equivalents!

Morning tea was had at a rocky high point with great views over valleys still threaded with mist, and across to surrounding hills. As we had been walking, we had heard the distant roar of trail bikes – this is a popular area for them - and just as we packed up after morning tea, a group of 4 trail bikes popped up over the ridge. The track down the other side seemed impossibly steep for bikes, but they tilted straight down, jumping off a little ledge to our cheers... and Hilary and Betty claimed they'd organised the tea-time entertainment for us!!



The next section had us going off-track, through scratchy grass and bushes, some pretty wildflowers including purple native iris, wattles and bottlebrush just past their prime, following an old fence line and keeping a close eye out for barbed wire on the ground. We finally came to a rather spectacular sandstone ridge, with excellent views out to the valleys, and with features such as overhangs, holes and narrow gaps to climb through, and sheer walls of a very interesting and colourful conglomerate rock mixture. We dropped our bags at one point for a bit of climbing and exploring, and then found a good spot for lunch further up the ridge with yet more fine views. Views of... (Apparently, as per Betty and Hilary...) Mt John, Mt George, Mt Victoria, Mt Alfonso, Mt Helithumpion... 'what???... I think they're winding us up!!'

After returning to the cars we drove a short distance to Cedar Creek Park for afternoon tea... tea and coffee provided by Betty and Hilary, and some delicious home-made goodies courtesy of Lynda, Sylvia and Hilary... (should we mention the custard tart from Mike?!)

Many thanks go to Hilary and Betty for organising the walk, also to Carmel for acting as head-navigator and map-reader, and to all the afternoon-tea providers.



'The Caterpillar who was not a Caterpillar'.

As we were striding along the dirt track at Plunkett, we nearly stood upon a writhing mass of what we thought were some kind of caterpillar. Having checked with Professor Google, I think these are actually sawfly larvae (*Perga affinis*, family Pergidae), which are closely related to wasps. Sometimes called 'Spitfires' because they can dribble a yellow fluid (regurgitated eucalyptus oil) when disturbed, they communicate within the group by tapping their tails... which we did see them doing as we watched. If an individual becomes lost, it taps more rapidly until it receives an answer from the others in the group. During the day they congregate in groups of 20-30, and disperse at night to feed, often on eucalyptus trees. Both larvae and adult have no sting and are harmless to people. The Museum Victoria webpage says that although large numbers of larvae may defoliate small gum trees, they are in general not a major pest.



Where: O'Reilly's to Binna Burra Bus Trip

When: Sunday 7th July 2013

Leaders: Kerrie and Mike

Walkers:- Anne St., Anne Su., Anne T., Bill, Carmel, Catherine, Christine, Denise M, Fiona, Gary, Helen, Jean, Jennifer, Karen, Kerrie, Leah, Leisa, Lynda, Malcolm, Mark, Merryl, Mike, Narelle, and Sue.

Bus Driver:- Dave

This was yet another 10th anniversary walk and we had a number of original survivors err... participants. We gathered in the darkness at Capalaba, Cleveland and Victoria Point for the 2 hour trip to O'Reilly's. Walking started at 08.45 and we pressed on all day until about 15.30. Not a hint of rain or wind or anything nasty and the track was in good condition.

All went well until Anne # 1 (well, there were three of them) had to mention a nice, hot cup of coffee. We were only half an hour from the start at this point. I probably didn't help by mentioning that one of the club "flowers" (apple blossom) has a very nasty habit of mentioning HOT PIES just as one is going through that mid-morning phase of feeling a little peckish.

The pace picked up.

Seriously, this walk of nearly 22 km was well outside the comfort zone of a lot of us – quite a number had never exceeded half that distance. But we steamed along and for almost seven hours I was transported into a world of travel.

By the end of the day I was in a position to fully update "Lonely Planet" on The Americas, Spain, France, Japan, New Zealand, Tasmania, Central Australia, Norfolk, Lord Howe, Soloman and Macquarie Islands and Antarctica and that was just from the discussions near me.

Following lunch in the shadow of Mt Merino, Kerrie commented that unless we stepped it out a bit the coffee shop would be closed!

Talk about “Carrot and the stick” stuff!

The pace quickened further and some hours later we burst out of the forest and rushed the Binna Burra Tea house. In fact they were so keen to get rid of us at 16.00hrs firstly they locked Denise out of the front door (not a good idea with someone who works in Real Estate – the original house breakers) and then they gave out left over pies and scones, for free. Carmel is still getting over her excitement (and her ptomaine poisoning).

Having let our joints (bones, not the green leafy types) set hard in the tea house a number of us struggled to get onto the first step of the bus and there was very nearly a scuffle in the corridor as to who got the aisle seats where managing a leg cramp would be easier.

Mike was so overjoyed with the return of his “lost” pole he gave us his jokes with both barrels and the prize handouts from Kerry’s quizzes resulted in chocolate overdose for some.

The final quiz question was..... “What is a fat quarter”?

We got home, once more in the cold and the dark, at about 6pm.

Malcolm

PS:-

The topic for discussion on the next long walk is “Medical procedures and how you overcame them”. If time permits, there will also be a show-and-tell of surgical scars on the trip home.



Important Information

Guidelines for Club ethics:

- When nominating for a walk, members and visitors have an obligation to write legibly on the nomination form.
- Please contact walk leaders at least early in the 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. The leader may assign you to a car for the trip.
- 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.
- The leader of a walk has the final say on whether a person can come on a walk. Members and newcomers should be aware of this and accept it.
- 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.
- Arrive at the agreed meeting point before the set time. We try to be punctual. Late walkers can be left behind!
- It is a normal practise to share the costs of transport to and from a walk. This may vary between car owners and may be as simple as sharing the cost of the fuel among the passengers or a fixed amount for example: (10-20kms - \$5/person; 20-50kms - \$8/person; 50-100kms - \$10/person; 100-200kms - 15/person; 200-250kms - \$20/person; 250-300kms - \$25/person) Discuss this with your driver.

- Please have a change of clothes and shoes available in the car for the return journey as a courtesy to your companions and the car owner.

DAY WALK CHECKLIST:

Please ensure you have the following items so you are prepared for any eventuality whilst on a day walk.

ABSOLUTE ESSENTIALS:

- Boots (must be fully enclosed – no sandals. Boots are preferable although joggers are suitable for most social walks).
- Gaiters or long pants (unless otherwise specified).
- Daypack of sufficient capacity to carry all your needs.
- Water – Minimum of 2 litres – (bladder or two separate containers).
- Torch/headlamp with spare batteries. (Lithium batteries are lighter and last longer than alkaline batteries).
- Raincoat or Poncho.
- First-aid kit
- Whistle
- Lunch and snacks.

RECOMMENDED:

- Light fleece or Thermal top.
- Pack liner and pack cover. (protects pack contents in case of rain)
- Sunscreen and insect repellent.
- Rubbish bag (we take out what we take in; also for wet muddy gear).
- Map and compass (ideally the leader is not the only one with these items).
- Toilet paper and trowel.
- Spare change of clothes in a bag to be left in the car for the return journey – be considerate of fellow passengers and those who provide the transport.

OPTIONAL ITEMS:

- Camera or binoculars.
- Walking poles.
- Gardening gloves or similar for off track walks.

IMPORTANT:

1. Trip leaders can choose to leave you behind if you are not properly equipped.
2. Keep to walks within the bounds of the walk grading as shown on the walk calendar.

