



# Ramble On

Newsletter of Redland Bushwalkers Incorporated

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P.O. Box 101 Cleveland 4163

## October 2013

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### Next Club Meeting

Wednesday, 9<sup>th</sup> October, 2013

7:00pm for 7:30pm start

Indigiscapes Centre, Runnymede Rd, Capalaba

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### Presidents Report



It is good to be back!

Having spent the first half of September traipsing around in the hiking wonderland of the Italian Dolomites, it has been hard to settle back into the normal daily routine of commuting and working. Thankfully the Queensland government have decided to soften the blow by putting a long weekend in the beginning of October, so off we go on another adventure. Sundown here we come!

The conditions are completely the opposite this time. While in Italy, we had to contend with how to stay warm in the snow and the cold, biting wind. Now we have to make sure we have enough water and shade and no threatening bush fires.

Summer came early this year, September temperature records fell everywhere and even if it has cooled down to more bearable temperatures, it is still warm. Make sure you bring extra water when you go out for a bushwalk. Heat exhaustion and dehydration can be very dangerous and set in without prior warning. Don't let this put you off getting out there though; there are plenty of fantastic tracks in the relative cool of the Lamington rainforest to explore during the warmer months.

I hope to see you soon on a track somewhere!

MATS







# OXFAM TRAILWALKER

100KM | TEAMS OF 4 | 48HRS

Take on the ultimate challenge, Brisbane 20-22 June 2014

We need YOU to join our team, are you fit, healthy and needing a challenge? Tackle 100km of Australian bush within 48 hours, as a team of four, and make a difference by raising funds to help overcome poverty and injustice around the world.

If you would like to train regularly and are committed to help make a difference why not give Kerrie Coulter a call and show your interest.

(Subject to fitness ability we require 1 member)

Registrations for teams open late November 2013.

Walk is through D'Aguilar National Park from Mt Glorious to Mt Coo-tha over some steep terrain.

If you can help Kerrie please phone: 07 3822 7259 or 0402 130 759



**JINGLE** 🎵.....**JINGLE** 🎵.....**JINGLE** 🎵  
**It's**  
**CHRISTMAS CAMP** 🎵  
**TIME AGAIN!** 🎵  
**FRIDAY 22 TO SUNDAY 24**  
**NOVEMBER 2013**



**Fun, laughter, walking, storytelling, singing,  
a bit more walking, dancing, eating  
and more walking.**

**To celebrate our 10th Anniversary year we are going back to our first club  
Christmas camp venue:**

**Mt Warning Rainforest Park  
153 Mount Warning Road  
Mount Warning  
Gold coast Hinterland**

**<http://www.mtwarningrainforestpark.com/>**

**See how easy it is!.....**

**For \$12 per person (paid to RBC Christmas Camp Treasurer Betty Murray by 13 November 2013)**

you will receive.....

- Fresh salads to go with your BYO meat for Saturday night
- Christmas pudding dessert
- Sunday morning pancakes

Everything else you bring yourself....*don't forget happy hour food on Saturday!*

### Accommodation

- Book your own CABIN direct with the Park. Check the website, (<http://www.mtwarningrainforestpark.com/>) and book online as early as possible (payment to venue management). Note - If only wanting one night phone park.
- Reserve your own UNPOWERED CAMPSITES. Cost \$12.50 per person per night; payment due on arrival to Mt Warning.

**##We need to know numbers so please, fill in the accommodation sheet at a club meeting or contact Hilary Martyn (email: [westovermartyn@bigpond.com](mailto:westovermartyn@bigpond.com); phone: 3821 7801)**

Stay tuned for the list of walks!.....  
A good range of walks will be available –  
More information to come.

Want more info..... see Laurel Santry, Hilary Martyn or Hilary Riley at the club meetings.



## New Members

Welcome to: Trevor Smith, Kerry de Clauzel, Julie Cummings.

We hope you enjoy your membership with us and we look forward to meeting you on the track sometime.



### WALK GRADINGS:

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

<b>AB</b>	Abseiling	<b>DW</b>	Day Walk	<b>TW</b>	Through Walk
<b>BC</b>	Base Camp	<b>SOC</b>	Social	<b>XT</b>	Extended Trip
<b>R</b>	Bike Ride	<b>TR</b>	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:** Redland Bay Conservation Area

**When:** Sunday 8 September 2013

**Leader:** Marnie Thompson

Our group of eleven met at 7.30 AM at the Rocky Passage Road intersection on Serpentine Creek Road for a morning walk into the Redland Bay Conservation Area. It was a good day, sunny and not too hot and I was hoping to get a look at an old hut in the Conservation Area.

The terrain generally was fairly flat, scrubby, dry and sandy. In several areas healthy looking grass trees grew in abundance. In other places tall ferns grew green and sheltered in small glens of filtered sunlight. There were just a few old and quite large trees, some with blackened bark from past fires.

As expected there were many flowers blooming shyly amongst the grasses and small trees. This small list of those we identified gives some idea of the many flowering plant we came across on the track: Boronia, Native iris, Hibertia, Hakea, Banskia, Grass trees and various types of Lomandra including a small variety with protruding long sprays of pale yellow blossoms. Many of the other blooming plants were very tiny and could not be identified by us except for a tough very small leafed little ground bush bearing gorgeous tiny pink flowers. Marnie thought this flowering plant was called Milk maids.

Eventually Marnie lead us to the famous hut. It was fascinating, built mostly from local rocks. Only the lower part of the small building has survived but I could imagine that it would have been a sturdy small dwelling for somebody who liked solitude. It was situated a long way into the bush from the road where we started out.

There is an old story that the owner of the hut was a well-known hermit called Russian Jack. He reportedly walked to Cleveland and back from his stone hut in the Redland Bay bush pushing a wheelbarrow when he needed supplies. There are many other stories about an eccentric local Russian Jack and his wheelbarrow in places as far off as WA. Perhaps it was the same man. Perhaps he retired from his years on the road to the bushland at Redland Bay, building a stone hut to live out his twilight years peacefully and in harmony with nature.

After the walk some of us took a coffee break at a friendly café. It looks like an upside down hull of a boat and sits right above Pelican Slipway at Weinam Creek Marina. It was a great ending to a really interesting, friendly and easy Sunday morning walk.

Report: Helen McKenna



**Where:** Venman's Reserve, Mt Cotton

**Date:** 15th September.

**Leader:** Brian Leggett

Fourteen eager participants [including 3 guys] set off from the car park on a very warm Sunday.



Our aim was to walk to Daisy Hill via Venmans circuit, out past the Lake to the Koala Centre and return via Stringybark Track back to enjoy lunch with a view of the lake before returning back through Venman's Circuit.

As we have not been out there for 3 years things seemed a little different with a lot more undergrowth and some areas were very green even though the creeks were very dry.

This walk was quiet eventful as we came across 2 ambulances near Daisy Hill as an unfortunate cyclist had a mishap. We encountered many cyclists in the same area. We managed to see a goanna crossing our path and then he retreated up the nearest tree, the biggest event of the day happened to be a very large snake scurrying up a

tree as it was disturbed by a boy with his horse...the snake was at least 2 metres in length.

A few local lads were diving into the lake to provide some entertainment as we enjoyed our lunch break. The Daisy Hill Koala centre has been up-graded, they now have a great area for the Koalas as well as a few lizards much to the delight of the visiting children.



Thanks to Leah, Jean Bob, Ruth, Ann-Marie, Sandy, Geoff, Marnie, Glynnis, Julie, Heather, Karen along with Cheryle and leader Brian.

We walked 16.1klms and took around 6 hours to get back to the car-park.  
Report: Cheryle Leggett



**Where:** Lost World via Echo Point and Mt Worendo

**When:** 7-9 September 2013

**Leader:** nominally Tracy, in reality Judy ably helped by Dave

**Walkers:** Judy, Dave R, Hilary R, Betty, Teresa, Pedro, Tracy

Having promoted this outing as a great walk in a gorgeous part of Lamington, this walker has slightly revised her opinion.

Four of us headed out on Friday afternoon, strode out to Echo Point and set up camp in good time for a cup of tea (exhausted after our c.2 hour stride) followed by dinner. The other three arrived about 8pm, and after admiring the night time view from Echo Point over the Gold Coast to the Pacific Ocean, we all headed to our tents. It was surprisingly cold that night, and there were a few crossed fingers that Lost World wouldn't be any colder as this would have really tested our sleeping bags.

We headed off at 7.38am (this is no longer a joke: the standard response to "when are we starting off in the morning" has long been 7.30-8am, but it is amazing the number of times we have unintentionally set off at exactly 7.38) and reached Mt Worendo with no incidents. We launched off to Lost World and into uncharted territory for most of the party. And apparently for the leader too, as it took quite a bit of ducking and weaving to get ourselves onto exactly the right spot to hit the ridge to Lost World. This part of the walk was spectacular. It comprised a narrow ridge with rocky outcrops that were covered in masses of orchids in full flower, views forever, a nice breeze, dappled shade, etc., etc., etc. We reached the campsite in the saddle by about 11.15.



*Photo: Where the orchids are.*

We still had a bit of a way to go so we didn't hang around and headed up the first of three scrambles to the top of aptly named Mt Razorback. Luckily our leader had got her act together by this stage and we hit the cairn marking the top reasonably easily.

Memories of Lost World were a bit shaky for those who'd been there before, so we decided to take the path of least resistance and head towards our campsite along the easiest (i.e. clearest) route. This meant we stayed under the trees south of the northern edge, which worked until we hit what looked like an impenetrable barrier of scunge (fallen trees, creepers etc.) when we headed for the northern edge, thinking it might be clearer. It wasn't: it was full of a thigh-high tangle of everything prickly (except wait a while) that cunningly masked all the rocks, branches etc. on the ground waiting to trip you up. So for the last couple of kms to the campsite we alternated between the treed bit to the south and the untreed bit on the north – we never did work out which was easier.

By 3.15 we were setting up camp next to the creek and waterfall, with a spectacular view over the northern Albert River valley and beyond. The campsite allows bookings for eight, but we had to think a bit before we could fit seven of us as it was very overgrown, mainly with long grass. And, it turned out, with a massive nest of giant biting ants and the biggest concentration of ticks most of us had ever come across. So despite the glorious sunset and perfect weather (much warmer than Echo Point) we all spent the rest of our time there fending off the critters. As it was, most of us ended up with at least one tick embedded somewhere.

At 7.38 we headed off the next morning. After some discussion we eventually found our way off Lost World, but not following the route the leader remembered (the one with the plaque to the person who fell off some years ago). Nevertheless we all got down, some thanks to rock climber Pedro, and with varying levels of terror as the ground was bone dry and covered in very slippery grass. From there on it was fairly plain sailing, down the ridge and several more razorbacks, to the end of the National Park. We headed across the bottom of the valley and then up the ridge to Luke's Bluff, reaching the top by about 3pm. That all sounds very nice and easy, but the reality was it was unseasonably warm and for a considerable part of the day we were walking in almost full sun, so by the time we reached the top of Luke's Bluff most of us were well and truly over it.



*Photo: Coming down the ridge from Lost World*

Nevertheless, we had plenty of time for a snack and coffee at the O'Reillys café before we all headed home, which restored our faith in the world (albeit shaken a bit by the election result that we caught while having coffee).

So: in conclusion:

The good:

- Walking out to Echo Point on the Friday night. This meant the next two days were a lot shorter.
- The section from Echo Point to Mt Razorback. Well worth doing, spectacular scenery, vegetation etc., and not technically difficult.
- The campsite right next to the waterfall on Lost World the perfect spot to see sunsets.
- The creek had lots of water.
- And of course the company.

The bad:

- The scunge on the top of Lost World. Not the worst we've come across, but unpleasant all the same.
- The unseasonably warm weather. The ticks loved it but it made Sunday very hard work.
- The election result. Next time we go to Lost World we may well have a glorious view of coal seam gas infrastructure.

Report: Tracy Ryan

Photos: Teresa and Pedro



**Where:** Bushwalkers Pilgrimage 2013, Girraween National Park.

**When:** 13 – 15th September 2013

It seemed that there would be no Bushwalkers Pilgrimage for 2013 but with short notice the wonderful members of the Toowoomba Bushwalkers Club put up their hand to host it and keep the tradition going.

Seven Redlands Club members attended and those who stayed home missed out on all of the camaraderie amongst the stunning granite rocks of Girraween National Parks dramatic landscape.

#### **Thursday 12th – Friday 13th South Bald Rock through walk:**



David, Hilary and I drove out on Thursday 12th and set off in the afternoon to walk the 3hrs out to South Bald Rock. We thought David was having us on about the rock because as we walked all we could see was bush. Only in the last 10mins of the walk did we spy this giant collection of precariously balanced granite rocks.

We set up camp at the base for a cool nights camping and next morning we climbed all over, around and under South Bald Rock. Finally we found the cave and Hilary and I sat guard as David slithered around in it like a boy scout.. A little more exploring and we collected water from the underground stream in a small cave for a lunch time cuppa back at camp before packing up to head back

to Castle Rock Camp Ground and the Pilgrimage.

#### **Pilgrimage Friday 13th – Sunday 15th September:**

Toowoomba Bushwalkers had set up an army style tarp for the Friday night soup and walks sign up and it was wonderful to catch up with friends old and new from other Clubs.

On Saturday morning the first walk to the Valley of the Winds departed at 7.30am. Then another eight different walks with exotic names like Billy Goat Hill, Wallangarra Ridge, Aztec Temple, Turtle Rock and Castle Rock left at varying intervals. Every walker reported that they had a fabulous time exploring the caves, underground creeks and huge granite rocks.

Thank you to all of the Toowoomba walk leaders and in particular the fun leaders Sue & Donna who led my walk.



After a small hiccup with hot water in the girls shower block amid screams and laughter, everyone was spruced up for happy hour and dinner. We then gathered around the fires for bush poetry, storytelling and jokes. After some good poetry Rodney eventually put a stop to the “duelling pub jokes blokes”.

Everyone enjoyed the “shared” supper provided by all attendees as we toasted our bottoms at the wonderful fires.

Around midnight as we snoozed in our little tents a huge thunder crack rolled across the camp which sent many of us scurrying out to check our tent

pegs in the hard ground. However it was only pretending and the thunder rolled off to scare some other campers.

Everyone gathered for a fun Sunday morning of Ti Chi followed by games such as tug of war and a very popular “throw the water balloon” amid much laughter & wet bushwalkers.

The Pilgrimage boot was handed over to Bushwalkers of Southeast Qld. “BOSQ” who will host the 2014 Pilgrimage at Camp Laurence, Lake Moogerah on 5<sup>th</sup> to the 7<sup>th</sup> September 2014. Put it on your calendar Redlanders as the Pilgrimage is always an event not to be missed.

Report: Betty Murray



**Where:** Brisbane River cycle paths.

**When:** Saturday 21st of September

**Leader:** Sue Donnelly

Eight of us enjoyed a leisurely bicycle ride in perfect weather cycling from Murarrie station up over the Gateway Bridge, stopping at the top to look at the views and then followed the Brisbane River upstream to Southbank.

Along the way we stopped beside the river for a coffee shop break. It was a fun day out with lots of activity to see on the water and surrounds as we cycled along chatting happily.



Perhaps we will do a longer ride next time :-D

Report: Sue Donnelly



## 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.