

Ramble On

Newsletter of Redland Bushwalkers Incorporated

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P.O. Box 101 Cleveland 4163

July 2014

Next Club Meeting

Wednesday, 9th July, 2014

Indigiscapes Centre, Runnymede Rd, Capalaba
Three short films will be shown.

7:00pm for 7:30pm start

Presidents Report



Finally winter has arrived, but that hasn't stopped some club members getting up at the crack of dawn and venturing out! Good on you all.

The Oxfam quartet recently completed their 100km Trail Walk around Mt Glorious, Lake Manchester and finishing at Mt. Cootha. On behalf of RBWC congratulations to Leisa, Kerrie, Bev and Gary for a fantastic effort. Your commitment to training surely paid off, allowing you to walk non-stop throughout the night and into the following day. Not only was it a great physical and team effort achievement, but also a great effort raising funds for the Oxfam charity. Congratulations also to their support crew, who were behind them all the way and to club members who assisted through donations. We will hear from the participants Leisa, Kerrie, Bev and Gary about their trials, tribulations and blistered feet, at the next club meeting.

The latest Queensland Adventure Activity Standards for Bushwalking have been published for your perusal. They can be viewed online at qorf.org.au/industry/downloads-master/aas. We are currently reviewing this document to check that our existing safety plans are meeting the current expectations. It would appear that our club has been well served by the previous committee members, who have diligently developed safety plans. Our club is blessed also to have many members with various skills across the board, who are always willing to assist. Trevor's input guiding the committee in our legal obligation in safety documentation has been most appreciated.

Leaders' packages designed to assist new leaders are currently being discussed by all committee members, and reformulated in particular, through the efforts of Hilary and assisted by Betty. They are reviewing sign-on sheets, safety issues and general co-ordination of walks, streamlining the process in order to make leading a walk as easy as possible for the new leaders coming through. With leadership training provided by the team and with these simple instruction tools, there is no need for anyone to fear the challenges of leading a walk. We are still searching for more upcoming leaders to join the ranks, so please consider giving it a try and let us know if you are up for a little challenging, but rewarding adventure.

We also need helpers to push along our photo competition. This event has been most popular amongst our members. If you have the time and the interest, please see me and I will point you in the right direction. I like to see the photos not only from a technical point of view (there are indeed some talented photographers in our club), but also to be able to share the wonderful places that our members have visited throughout the year. I

am always amazed by the sites that we visit and look forward to many more years ahead hiking in our wonderful environment.

We still have plenty of space on our calendar for walks. The spaces need filling in, so please check your diary before the next club meeting, think about what walk you could lead and submit it to Hilary prior to the meeting, so it can be put on the calendar and presented on the night.

See you on the track! Peter Endacott



Annual Pilgrimage - Lake Moogerah 5th - 7th September

Please make a note of the date in your diary: The Gold Coast Bushwalkers Club and The Bushwalkers of Southern Queensland (BOSQ) will jointly host this Pilgrimage. The venue is Camp Laurence on the western side of Lake Moogerah. This is an Education Department camp and has plenty of space and very good facilities. It caters for dormitory accommodation and has camping and caravan sites. The site has a large hall and well equipped kitchen, fire pits, and hot showers. The camp is well positioned for bushwalking (Mount Greville is not far away) and kayaking activities. Stone the Crows have already been booked for the annual Bushies' Bushdance. The water is right there, so any watercraft can be used on site. Catering will be CLUB members bringing a plate for the bush-dance supper, and any leftovers as usual for a late morning tea on Sunday before we leave. More information will be available as plans progress.



New Members

Welcome to: Judith Campbell, Ken Doy, Judy Mathes-Doy. This now brings our total club membership to 99 including our three new members.

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



At the next meeting; for everyone's delectation and delight, we have three short film shows...

The Great Brisbane River Canoe Trip,
The Oxfam Foursome and back up Crew,
and one from BOSQ & Gold Coast Bushwalking clubs about this year's Pilgrimage.

What's more..... they all play to the sound of music.



"Quote of the month"

Tracy Ryan and husband Nigel Preston have just walked the Larapinta track in central Australia.

Purely by accident I texted them early in the morning the day after they got back to Alice Springs and I got the following.....

"...a bottle of wine after 11 nights of abstinence is not a good idea."

Malcolm



Activity Reports



Where: Wishing Tree/Balancing Rock/Moonlight Crag/Lyrebird Lookout Day Walk

When: Sunday 15 June 2013

Leader: Laurel Santry

Eleven keen walkers met the leader on a chilly but clear, sunny autumn morning at O-Reilley's carpark - Long-legged Laurel (LLL), Frizzy Fiona, Silly Sandy, Maid-a-milking Marnie, Hurricane Heather, Lanky Lauren, Jovial Jean, Short-legged Samantha, Naughty Noosha, Joyful Judy, and Crazy Ken.

We started gently with a beautiful walk through the forest to the Little Wishing tree (small wishes, e.g. "no leeches"), and on to the major attraction of the large Brush Box Wishing Tree, where we all made significant wishes and took photos to prove it. As well, we passed "Glow Worm Gully" where hurricane Heather noted that the Australian glow-worm was actually a type of beetle.

For the small creek crossings along the way, LLL had thoughtfully provided for bridges or planks so no one got their feet wet or lost their balance. After this 30 minute warm-up we proceeded steadily and somewhat sharply upwards on a track road to Balancing Rock, where we had spectacular views in the clear autumn air of the skyline panorama of the Scenic Rim. Here we stopped for morning tea to enjoy the view and confirm our chosen nicknames.

After this deserved break, we made another short sharp climb, followed by a winding trail to Moonlight Crag outlook, where we again had beautiful views of the surrounding countryside and benefited from group knowledge in identifying the various geological landmarks - Castlecrag, Mts Lindsay, Maroon, Barney and Greville, as well as Cunningham Gap.

As we started on the Lyrebird Trail, LLL decided to lead from behind, and the front lines - Frizzy, Shortlegs, Milkmaid and Naughty Nooshin took turns guiding us through the bush-bashing of the rather indistinct trail, but aided by intermittent, pink plastic markers on the trees. We had a brief stop at Orchid Grotto for another view,

but no orchids, and onwards to the Lyrebird Lookout where we had lunch. As we continued towards the Border Track, we were able to admire the ancient Antarctic Beech trees.

On the walk out to the Border Trail some of the advance walkers were lucky enough to spot a lyrebird crossing the path, but it did not stay around long enough for photos.

The well-known walk on the Border Trail back to O'Reilly's was uneventful. We were back in the carpark by 2:00 for the reward of a good cup of coffee in the O'Reilly café.

Thanks to LLL for a very successful day.



Where: GIRRAWEEEN THROUGH WALK

When: 6,7 & 8 June 2014 (Queens Birthday Weekend)

Leader: Mats Andersson

Ten keen hikers arrived at intervals on the Friday night at Castle Rock Camp Ground near the entrance to Girraween National Park. Ted, Betty and Stephen (a through walk first timer) arrived just before dark so Ted's directions on helping set up Stephen's tent were easier to follow. They then enjoyed a pre-dinner shiraz in the cool clear evening before watching Beatrice and Jacob, Alison and Julie arrive and set up in the dark. Mats, Marika and Tracey came later and still found plenty of space to pitch their tents.



On the Saturday morning there was a very wet dew on all the tents which we packed ready for our 8am departure. A clear fine day welcomed us as we climbed Mt Norman (1267m) with a few rest breaks following the intermittent white direction markers on the smooth steep granite rocks. We arrived near the top at "the eye of the needle" for morning tea. A few went cave hunting while Stephen managed to find the only weak spot in the leaf litter and fell through a gap leaving him in a position that only a gymnast should try. As he wasn't designed for that he limped for the next 2 days.

Lunch was enjoyed at the Stone Cottage before we 'raced' along at Mats cracking pace around West Bald Rock to find a nice flat area to camp at the base of South Bald Rock (not a lot of thought went into these names!). A meagre supply of water was available from the adjacent swamp and was okay after boiling. After about 6.5 hours including stops some of the once eager walkers were rather exhausted so we put up the tents to dry-out in the afternoon sun and rested and watched with envy the fit ones like Betty and Tracey as they demonstrated a stretching and fitness class.

Sunday morning was again cool but clear. All seemed a bit brighter after a good rest, one of whom claimed he got 10 hours sleep!

We left our tents up to dry and climbed South Bald Rock for spectacular views and great photo shots. On the descent most went hunting for another way down and found fissures and gaps in the rocks getting them back to camp a different way. The others traced back the way they had ascended the rock.



Walking today was a lot easier on flat country and small hills, crossing into NSW, and down to the Bald Rock camping area. Many day trippers and campers with yellow number plates on their vehicles watched with surprise as 10 hikers appeared from the bush. We checked the camping ground but decided the sharp gravel that had been placed on the flat areas was too rough for our liking. So with Ted leading the way we turned and proceeded back up the track until he found a great flat area in the bush which couldn't be seen from the track and up went the tents.

Free from our packs we all climbed Bald Rock, the second largest monolith on the continent after Uluru (Ayers Rock). Again great

views from the top looking back over the area we had walked.

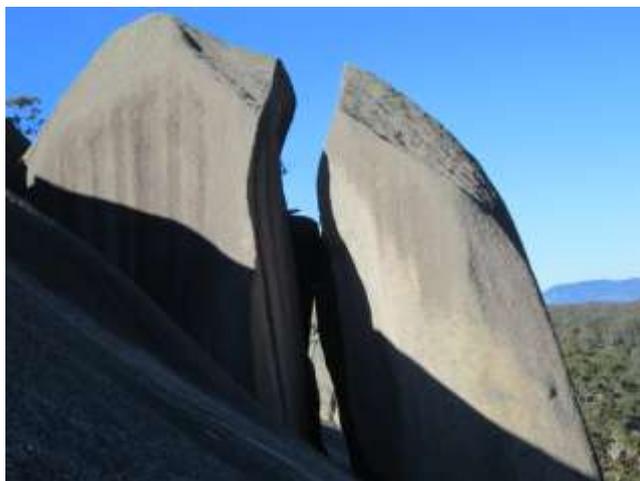
Later we took our food etc and walked back down to the camp area and used one of the day shelters for the evening. Stories abounded with good humour, especially the intense analysis and justification for having an "epiglottis". She who will remain unnamed and her spouse demonstrated with a stereo output again later that night. Doesn't sound carry well in the still clear air!

Last day, Monday, fine and clear, seemed to be the coldest morning but considering it is winter we were very lucky as the temps didn't go much below 3C.

A pleasant mainly flat walk along wide tracks back into Queensland, past mobs of kangaroos and glimpses of black cockatoos, we arrived at the Aztec Temple rock formations. We left our packs and followed Ted up through and over the pillars for the views.

Lunch was at the underground creek and as the water level was low most used this way to travel down to the day walkers track. We reached the car park at about 2pm and rested while a car shuffle was done to get us back to Castle Rock for a shower.

Home was via McCafe Stanthorpe for civilised refreshment and then we were back in Redland City before 7pm.



Stephen Poppelwell.



Where: Mt Maroon Day Walk

When: Sunday 29th June 2014

Leader: Denise Mitchell

Only 4 others, Alison, Gillian, Rod and Stephen joined Denise on this perfect winters day.

We started the climb at 8:30 am and set a good pace to the top only stopping for one snack break. At the top the wind was cool and the air was so clear we could see the Brisbane city high-rises. With no clouds hiding the 360 degree views much naming was given to all the peaks visible.

As we reached the top early we proceeded down for a

lunch break at the "hole in the rock" near the 'salt and pepper shaker rocks'.

We were back at the car by 1:30pm so after a quick change we went to Macca's at Beaudesert for a refreshment and back to Redland City by about 3pm.

Stephen Poppelwell.



Where: East Barney Falls Abseils.

When: 29 June 2014

Leader: Ted Wassenberg

After some clearing rains, the day was cool with clear skies as we set off early for Mt Barney. We all met up at Rathdowney and sorted out some people and gear so that we could car pool the rest of the way to the Yellowpinch ford over the Logan R. There the ropes and other equipment were distributed among the eleven of us before commencing the long uphill grind to the headwaters of east Barney creek.



Despite the numerous rest stops, we soon arrived at the top of the first falls. There was some water running which guaranteed that the rock would be slippery. The ropes were soon set up and first timers for this trip, Julie, Beatrice and Jacob were keen observers of Judy abseiling with a rope bag hanging from her harness. The rope bag fed out the 60+m ropes to prevent them from tangling as she descended. A large tree which had caused so much of a problem on a previous trip had been washed out to the bottom of the small gorge. Chrissy (BBW and FMR guest) soon followed and she and Judy were tasked with carrying the two 50m ropes for the third

setting up the next abseil. David and I were next down the rope as we carried the two 50m ropes for the third waterfall. We left Trevor in charge of the rest of the group.

Chrissy and Judy were unsure of the quality of the tape sling on the second abseil which appeared to stretch when I descended. So Betty was charged with adding an extra sling to be sure the abseil was safe for the rest of the group. At the third waterfall, Chrissy and I replaced a webbing tape around the tree which had been singed by fire and everyone safely abseiled to arrive at the fourth waterfall. Here another damaged tape was replaced by Chrissy and Judy while some people started lunch and others continued down the next abseil. The fifth abseil was wet and slippery, and as it is near vertical, everyone took great care to descend without slipping into the rock face. We all stopped at the base of the fifth falls for a rest and to have or finish lunch.



A short rock-hop down the creek brought us to the sixth waterfall which was soon bypassed and we arrived at the seventh falls. This last waterfall is easily descended by scrambling across the roots of a fig tree and then down and along a rock ledge. It is more fun to climb down these falls than to abseil down,

particularly if water is poring over the edge, however, this time it was dry. A long rock-hop down-stream, after removing our harnesses and packing away the ropes, brought us out and onto a road and back to our cars.

On this adventure we had Julie, Bea, Jacob, Judy, Chrissy, Hilary, Betty, David, Trevor and Gerry who all were exhilarated with the days fun. Most of us stopped at Maccas in Beaudesert for a coffee and snack before heading home.

Thanks all for making this a safe and enjoyable outing once again.

Ted Wassenberg



Where: Cleveland/Thornlands Social Walk.

When: 22nd June, 2014

Leader: Heather Hamilton

Eight of us set off from Ziegenfusz Park along the Eddie Santagiuliana walkway, Goleby Esplanade past Cape Cleveland, Manning Esplanade through to Thornlands as far as the old cattle chute at the bottom end of King Street. We wondered why there were remains of fence posts well out into the tidal mudflats but couldn't come up with a logical explanation. (Somebody might know).



We came back along Clifford Perske Drive, keeping an eye out for koalas but there were none to be seen. It was a relaxing 9km walk on a beautiful day, finished off with tea/coffee at Heather's place.



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**



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.



RBI Walk Leaders Guidelines

Just Before the Walk Starts:

- Arrange cars and passengers before the walk starts. Make sure everyone knows what is happening and can put changes of clothing etc into the appropriate cars.
- Check that people have sufficient water and appropriate clothing for the trip.
- Make absolutely sure you know how many people are on the walk, count people and check against names on the list. Call out names and tick the boxes. This sounds trivial, but mistakes have occurred.
- Make sure all members of the party are fully aware of what is planned. The leader using a map could show the planned route.
- Explain the significance of the route (e.g. "We go up this steep hill shown here.") to any inexperienced walkers.
- Make sure everyone meets each other. Normal tradition is to stand in a circle and introduce yourself in turn. This is a good chance to count heads and make sure everyone is ready to go.
- Nominate a 'tail-end-Charlie' to be at the rear of the group. This is even more important on walks off-track where there may be thick vegetation with poor visibility. Explain the role of 't.e. Charlie' to keep stragglers with the group and note if anyone needs to duck off for a moment.
- Explain any rules you would like group to adhere to e.g.: toilet stops, keep person behind you in sight, people in the lead to stop every 15-30 minutes for tail to catch up, and stop at any track junctions to regroup, Do not separate the party.
- Do not start until everyone is ready to leave, and check soon after leaving that everyone is there. It is a good idea to call for a stop soon after the start of the day's walking (about 5-10 mins) to provide an opportunity to adjust shoelaces, remove pullovers, adjust packs.
- At the end of the walk, before leaving the carpark, have everyone sign off on the walk nomination sheet to ensure everyone is accounted for.
- Return completed trip sheets to the outings officer.
- And last but not least; Enjoy your walk

Ted Wassenberg

