



May 2015

Next Club Meeting

Wednesday, 13 May 2015

Indigiscapes Centre, Runnymede Rd, Capalaba

7:00pm for 7:30pm start

President's Report

It is with a strong feeling of Déjà vu that I sit down to write this report, I am sure that Jennifer is feeling the same, having been forced to prod me into action twice already. I will try to be quicker next month, Jen!

I must start with a huge thanks to the outgoing committee members for their untiring and enthusiastic work over the past year, or years in some cases.

Peter, as President brought his positive outlook and organisational skills to the club for the benefit of all members to enjoy, not least all the suntanned, smiling people returning from the very successful Fraser Island trip he organised.

Malcolm, as Secretary handled the emails that came into the club and distributed them to all members, took committee minutes and forwarded general information to the membership. Any secretary would do that, but Malcolm kept us all entertained with his writing of poems and very much appreciated reflections on walks and people. I hope that you will continue with that role in the future, Malcolm!

Fiona as Membership Officer has done a great work in trying to keep an up to date data base of member's information, as well as the complicated task of getting new members to fill in forms and pay the correct amount.

We have a great club, I feel very privileged to have been given the opportunity to serve as your President for the coming year, a year that I hope will be as full of fun activities as the previous ones.

Which leads nicely into the issue of walks planning; next meeting is our planning meeting for the months of May – December. We need lots of ideas, preferably good ones! You do not necessarily need to be able to lead the activity you suggest, someone will volunteer, I am sure. Do not forget that it is not only bushwalking that we do, there are a multitude of activities that the club has done over the years: Basecamps, Kayaking, Cycling, Abseiling, Movie nights, Environmental work to mention some.

So, please help us make 2015 the best year so far!

See you on a track somewhere,

Mats Andersson





Poem

The Leech

*Larry the leech is a wondrous fellow
His body is black and his teeth are yellow
He lurks and he leches in the bushes of Lamington
Biding his time for fresh pickings from Wellington (Point)
A party of walkers, from down Redlands way
Just chanced to come by one nice rainy day
Their head bands all sweaty and their bodies all hot
Larry sprang into action to sample this lot.*

*Poor chap had been waiting for years and years
But what happened next near moved him to tears
He proved to have allergies to types "A", "B" and "O"
He could not believe he had not been warned so
He found that like wines, blood has red and white bits
After just a wee slurp it gave him the sh.ts
We now see Larry has made life less risky
He finds his best tippie is a nip of Scotch whisky.*

Anon (disguised as Malcolm)

PS: as leeches are hermaphrodite you could substitute "her" for "him", "Larissa" for "Larry" and "sheila" for "chap"





New Members

Welcome to: Steven Brown, Susan Nelles, Beverley Neil

This now brings our total club membership to 115 including our three new members.

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

Smartphone apps for Bushwalkers

Below are some of the apps which I use while bushwalking/travelling, most are free some cost \$5-\$6. All of these work while offline (i.e. not connected to the mobile network). For detailed info on the app just Google the name.

David Rae

PocketEarth - offline maps for iPhone with GPS location

OruxMaps - offline maps for Android with GPS location

NZ Topo50 - complete offline Topographic maps of New Zealand

NZ Top50 South - with GPS location

Emergency plus - shows your location and emergency phone numbers

First Aid - common first aid information by Australian Red Cross

Runtastic Altimeter - shows you altitude, location, sunrise/sunset

Myths and Facts about ringing 000 and 112

Currently Australia uses the following frequency bands:-

800 900 1800 2100 MHz

Telstra on their 2G (GSM) network use 800 MHz

Telstra on their 3G/4G network use 850 and 2100 MHz

Optus on their 2G network use 800 and 1800 MHz

Optus on their 3G/4G network use 900 and 2100 MHz

Vodafone on their 2G network use 800 and 1800 MHz

Vodafone on their 3G/4G network use 850 900 and 2100 MHz

Now carriers sell phones, which are tuned to, their networks e.g. Telstra will sell phones which do not support 900 MHz, similarly Optus will sell phones which do not support 850 MHz.

In ringing 000 or 112 your phone will look for any available mobile base station using the frequencies available on your phone. Eg:- if I had an Optus phone it would only look for frequencies 800 1800 900 & 2100 MHz. It cannot connect to a Telstra 850 MHz (NextG) base station. So in remote areas where Telstra is generally the only provider with coverage, then the call to 000 would fail (but if I had a Telstra phone it would work).

In buying a phone one should buy a dual band (2G) quad band 3G/4G phone so you are covered for all possible Australia frequencies.

iPhone, Samsung Galaxy S6 S5 & S4 and the high-end Nokia phones are examples of these types of phones.

Note the myth that when you ring 000 or 112 and there is no Telstra signal your phone will fall over to a satellite is false i.e no mobile phone can connect via satellite, you need a satellite phone.

Some people might be confused with all these frequency terms, another way to explain it is:- Imagine your Telstra phone has AM and FM radio frequencies and your Optus phone has only FM. When there is no FM frequency your imaginary phone cannot pickup AM.

David Rae

Activity Reports

From Source to Sea

Sue and Dudley Reid

Kevin and Yvonne Blain

The Murray River creates a natural border between NSW and Victoria and is 2,520 km long. It is fed by many tributaries including the Darling and Murrumbidgee on its journey from the Australian Alps before flowing through South Aust. to the Southern Ocean. It sits in the Murray Darling Basin, draining much of inland Victoria, NSW and southern Qld. from the western side of the Great Australian Divide.

On the 5th March, the two couples met at the Towong Roadside Camp on the banks of the Murray River (we were using Camps 8 as one of our many guides). To start our trip we decided to drive to “Tom Groggin”,(Picture 1) this being the closest point to the source that we could access the river. We had the first of many picnics beside the river and enjoyed watching the local kangaroo mob and picking blackberries. Our first paddle in the river saw us enter the river approx. 15 km upstream from our camp and Kevin, Dudley and Sue completed the downstream paddle to reach our campsite in about 2 hrs. (Picture 2) The river was clear, cold and with a moderate flow with releases from the Snowy Mt. Scheme.



Picture 1

Over the next 6 weeks we drove, camped, kayaked, swam and fished in the mighty Murray, through most of the towns along the river. You don't realise until you follow the river, how much it twists and turns. One day we drove 150km but we had passed 300 km of the winding river. We were constantly crossing between Victoria and NSW. Then in South Aust. we used their free 24/7 car ferry system to traverse the river. Much of our camping was in National Parks and riverside free camps, with the occasional caravan park to catch up on washing and restock the pantry.



Picture 2

Overall we paddled over 100 kms of the river, in various stages, seeing amazing birdlife and scenery. There were the famous and numerous corellas, sulphur crested cockatoos, pelicans, darters, cormorants, ducks, whistling kites, ibis and many others. (Picture 3) The weather was very kind to us with sunny days and mild temperatures. Easter arrived and wham bam frost on the ground at Mr. Barker near Adelaide.



Picture 3



For most of the river length you will see the majestic Red River Gums, whilst much of the South Aust. section has one side or the other bordered by 30-35 metre vertical sandstone cliffs. The landscape is mostly dry and flat, when amazingly a farm with oranges, almonds, or avocado will appear, obviously irrigation being used. Then there are the wineries, too numerous to visit but we did drop into a few. There are 4 major dams, 16 storage weirs and 15 Locks along the river this allowing 1,986kms to be continuously navigable.

Along the way there were various reminders of our early explorers, stone buildings, steam pumps, paddle wheeler boats and barges, museums allowing us to revisit and learn what life was like in the late 1800 onwards. From Echuca and south there are numerous paddle wheelers and houseboats of various sizes, some that are permanently occupied, others for recreation holidays. The river is well used by speedboat enthusiasts and fishermen.





Our last paddle was from Hindmarsh Island to the mouth of the river, taking care to avoid the breakers of the southern ocean, where this iconic river ends its journey. At the end it is only about 100 metres across, (Last photo) such a surprising exit after seeing 2,530 km of a wide flowing amazingly diverse river. Kevin was there, he took the photo.

Recent rains have the river flowing well, despite reports of excess water usage, we found it very healthy. It was an interesting and educational trip and if anyone is thinking of completing part or all of the journey I (Sue) would love to be your tour guide. I have fallen in love with a river.

Written by Sue and Dudley



Where: Coomera circuit

When: Saturday 21st March 2015

Leader: Malcolm Thomson

Once upon a time there were nine names on a walk list.....

One swore by his Norwegian weather forecaster and his wife, who usually disagrees with every thing he says, this time confirmed it. – heavy rain forecast – they fled back to Cleveland for coffee.

Another said that his recent eye operation prevented him from seeing through the heavy mist, gloom and fog. His companion just gave in and agreed with him.

One got a better offer and went off to Stradbroke Island and it is presumed that she drowned.

One said he had failed to consult his wife's singing calendar so she could not come.

But three of us hung in there.

And we were sceptical of the aforementioned weather forecast.

1) because I am a University of Q Geography graduate from the early 1960's when we knew all there was to know about weather and still do and

2) because one of us was a Swede and we all know of how much Sweden and Norway love each other and

3) the young visitor (The Boy Wonder) was not game to argue and was relying on me for a lift.

So off we slithered to the Coomera falls lookout and there we bumped into an intrepid group from the Gold Coast and we chewed the fat for a time and one of us spent an inordinate amount of time discussing with the

indestructible Bernie Malone (Gold Coast) the finer points of RED gaiters mutually purchased from Rick White in 1975!

And it came to pass that the Gold Coast mob were foolish enough to press on but we chose to go back.

By this time the 80% Deet repellent had washed off and the leech-fest began.

Being the highly intelligent males that we are we got onto the subject of.....”What does a leech genome look like?”.

Now consider this.....here is an animal born to a mother who abandoned it at birth and who did not know its own father (leeches are hermaphrodites) and who spends its entire life sitting beside a track waiting for something warm-blooded to stroll by. When someone comes it then has to leap onto the first available body part, slash a triangular hole in the flesh, inject in a very fast acting anti-coagulant and probably anaesthetic, suck like crazy for 60 seconds and then drop off.

So we concurred that a leech has three (3) genes.

The first to sense warm blood and to jump, the second to cut, spit and suck and the third to let go when full. More careful deliberation suggested that the third gene for letting go was not necessary as when it stopped to burp or when it was full, gravity takes over.

And to the Binna Burra tea house we went to leave a reasonable blood donation on their white plastic chairs and polished floor in return for sustenance.

And home we fled chased by the mother of all “rain events” and on the way we discussed the finer points of “War and Peace”, “Fifty shades of Grey” and agreed that if that Norwegian weather forecaster ever starts to build an Arc we would be at the front of the queue.

The nanna-nap that afternoon was truly great!

Malcolm



Where: Mt Greville

When: 26 April, 2015

Leaders: Rod Edwards & Mats Anderson

"Grazing Kangaroo" or "Baby Elephant" that was the question we pondered as our group of 11 set off on this hike up Mt Greville. After a short walk along a track from the car park we reached Waterfall Gorge and our upward climb commenced. This gorge is quite breath taking with ferns and staghorns and mosses growing on the walls and palm trees rising up to reach the sun. There was no waterfall to be seen thankfully, as it would have made for a very wet and slippery slog.

After about an hour and a half of scrambling over huge boulders in this narrow gully we made it to the top of the gorge and a short walk along the ridge took us to a beautiful rocky lookout with views across to Moogerah Dam. I believe we were sitting on the "elephants head" or the "wallaby's ear" or something. We then



made our way up the hill further to the cliff base and we followed this around for a while and then a steep climb up found us at the peak which provided another spectacular view over the dam and valley and the Main Range.



Here we had some lunch on a rock pile that we were hoping wasn't a burial ground for unfortunate hikers. Lots of photos were taken, and before we had even left the top, our daughter had already claimed one of our shots for her Facebook cover photo.

Our decent was down a second gorge called Palm Gorge which was equally as breathtaking as the first, but different with lots of palm trees and smaller rocks and palm fronds to negotiate. With legs like jelly, we all made it out and back to our cars by about 1.30pm. Perfect timing for a well earned coffee stop at Aratula. Thanks Mats for co-leading and making sure we didn't get lost.



Where: Carbrook Wetlands Walk

When: 19 April, 2015

Leader: Rod & Karen Edward

We had a good group of 21 people turn out for our walk around Carbrook Wetlands, including 3 new comers which was great to see. The walk of approximately 13 kms took around 3 1/2 hours to complete. We started the walk on Native Dog track which is accessible off Beenleigh-Redland Bay Rd opposite Rocky Passage Rd. This track takes you along some low lying ground past some quite pretty wetland areas. We walked into Serpentine Creek Conservation Park to explore the tracks that lead to the wetland swamps. All three tracks are quite different and make a pleasant addition to the the walk.



After morning tea at a very pretty billabong we headed along the Stone Hut track which took us past an old ruined stone hut built by the "mad Russian". Marnie was able to inform the group of some history surrounding this hut and the man that built it which was very interesting. When we did this walk on our own, we walked straight past this hut without even seeing it. We ended up taking a much more scenic track than we had planned on our return trip, thanks to Marnie's local knowledge. This was a very pleasant half day walk which a few of us finished off with coffee and something to eat at the beautiful cafe over looking Redland Bay boat harbour. Another very accessible local walk to add to the list.

Rod & Karen



Where: Redland Bay Social Walk

When: 11 April, 2015

Leader: Lansing Hawkins

Eighteen, RBW visitors, newcomers and members joined for a social walk on Saturday morning 11 April 2015. This social walk was 7km from the Pelican's Nest and Nautical Treasures restaurant in Redland Bay to the RB Golf Course RT.

The pace and venue for this social walk gave its variety of participants an opportunity to intermingle and acquaint themselves with each other. Of course the venue was further illuminated by the magnificent views of the shore with the morning sun over the bay, and the Redland Bay Golf Course at the walk's turnaround point. After the walk, participants enjoyed one of the Pelican Nest's breakfast specialties while taking in views of the bay.

Lansing



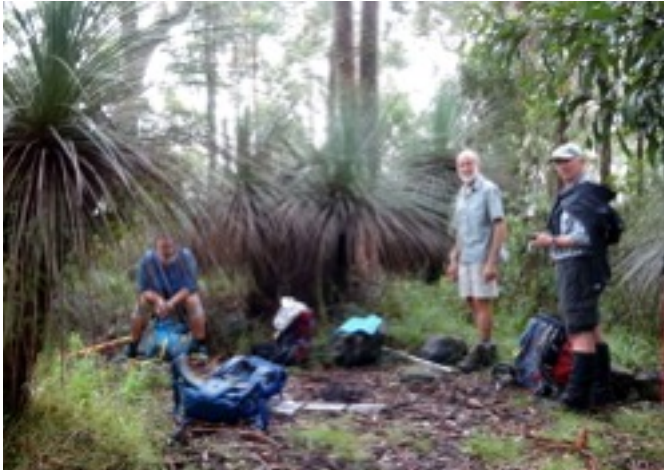
Where: Mt Huntley Survey

When: 18 April 2015

Leader: Ted Wassenberg

After speaking with the relevant property owners and the fact that I had not been to Mt Huntley in the last 18 months, I thought it may be prudent to do a survey of the road in and the track leading to the summit of Mt Huntley. So it came about that Mats, Beatrice, Jacob and I set off early in the morning for the drive to Swan Valley. A brief stop at Aratula for a Merlo coffee and we were on our way. The road in to Helen's farm was very good, it then became a little chopped up past the farm and the subsequent creek crossings were all normal. Once past the yards, however, the creek crossing was too steep on the opposite bank so we left the car beside the track and walked about 500m to the lemon tree campsite. Once past this, we began the long up hill to the Huntley-Sentinal Point saddle. The track up had numerous cobblers' pegs and some Lantana bushes growing on it. A recent fire made the going easy on the ascent to the cliffs





below Huntley, from there we were in low trees and scrub and as the mountain was still in the clouds, we got wet from the dew on the bushes. Morning tea was on a rock slab that offered little view due to the cloud layer. The scramble through the cliff-line was wet and slippery but manageable. There was no discernible track through the scrub above the cliffs to the summit, so we just pushed through the bushes. An early lunch was taken at the summit campsite and we returned the way we had come up. Stopping for a rest again at the rock slabs, this time we could see along the main range and pick out the various peaks which I identified for Beatrice and Jacob as this was their first foray onto Mt Huntley. We were back at the cars by 2 pm and home by 6 pm having again

stopped at Aratula for some refreshments. A very enjoyable outing for all.
Photos by Beatrice.



Where: Double top – Mt Huntley Through Walk

When: 25-26 April 2015

Leader: Ted Wassenberg



Six members signed on for this walk, Hilary, Betty, Judy, Bea, Jacob and Ted.

Hil, Betty and Ted set off at 2:30pm for the 3h drive to Helen's farm, while the other three left after finishing work. We set up camp after catching up with Helen and settled down for the evening with cheese, crackers and some red wine. By the time the late comers arrived, Hil and Betty had retired to their tent, but reappeared to greet them and we helped them set up camp.

Early the next morning, we did a car shuffle, dropping one car close to Lemon Tree campsite and returned to the farm. At 7:45 am, leaving up our tents to dry, we began our walk loaded with 4.5-5 L of water each, as there is none available on Huntley Saddle. After passing above Hell Hole Gorge, we crossed vast grassy fields to have our first rest stop at the saw-mill. We continued along some farm roads and with a couple of checks of the map and GPS, commenced the long climb to the north peak of Mt Double top. The ground cover was knee high and underfoot the ground was soft making it difficult to maintain balance and a sure grip. We chanced upon several large carpet snakes sunning themselves on a rock slab. Continuing on, with many short stops, we arrived at the base of the cliffs below the summit. Here we climbed up a gully for about 10m and a short while

later made the summit, about 2h after leaving camp. We had morning tea in a sunny spot just off the peak and lunch was taken on Swan Knoll.

The vegetation was thick and the grass and ferns often waist high for most of the walk with sticks and logs hidden within making progress slow and with caution. Most of us had scratches or cuts from hidden obstacles. Leeches and ticks also made their presence known, giving Judy an opportunity to use a new way to kill and remove the ticks. We arrived at the Huntley saddle camp site at 2:30pm and settled down for the day with cups of tea and later some nibbles. Westerly winds began to blow about dusk and after dinner increased in intensity. By 8:00 pm most of us were in bed. About 11:00 pm we were woken by the noise of the wind in the trees and by our tents being buffeted. These winds were being funnelled through the saddle in which we were camped.



After a restless night, we woke to a cold morning due to the chilling effect of the wind and were happy to quickly pack up and start walking. Taking down and packing up a tent in 30+knots of wind became a challenge for some. We soon warmed up as we climbed up about 200m to the base of the cliffs on the NW corner of Mt Huntley, still wearing our parkas against the cold wind. At the base of the cliff we skirted to the west side and I climbed up a 17m gully and set up a fixed rope for the others to use. From the summit of Mt Huntley, it is basically a downhill walk along a SW ridge and then down a forest road to Lemon tree campsite and another 1 km to our car. We were back at Helen's farm before midday and after retrieving our now dry tents and packing up, were on our way for a lunch stop at Aratula and home. A challenging but enjoyable weekend for all.



Where: RBW Stradbroke Island Base Camp

When: 20-22 March 2015

Leaders: Steve Tolcher & Geoff Arnell

We met at the Big Red Cat Ferry, Cleveland at 7am on Friday where everyone was full of excitement for the weekend that lay ahead. It was all aboard and after disembarkation on the Island the convoy made its way to Adder Rock Camp Ground at Point Lookout where Geoff and Steve had sorted out our booking and we were all issued with gate and shower passes. Tent city was erected after the grounds were swept and the covered area marked out for 4 fridges, hot water urn, a toaster and cooking and preparation area. It was great to have the convenience of a having powered site. To wash off the perspiration after setting up a lot of us hit the surf to cool off in the cool clear water.

The remainder of the day had been spent after setting up, swimming, walking to the Point and making it a worthwhile walk by buying from the Gelato shop. The camping area was also the site for the 'Stealth Off Shore Sea Kayak Fishing Challenge'. With so many entrants and big fish caught they were abuzz with excitement into the night. Our own RBW group of 24 had our happy hour after everyone had arrived later in the day. In the evening many walked around the Gorge both ways as a landslide had closed off some of the boardwalk. On the cliff top we observed turtles, manta rays and fighting kangaroos. Geoff pointed out his adventures of rock fishing exploits in his younger days.



Next morning a few keen ones were up for beach yoga. That really got sand everywhere,



rolling in the sand so we hit the surf afterwards before catching up with the rest of the group who had driven to Brown Lake. Brown lake had perfect weather for swimming and kayaking, which Steve had bought over for our use. Some of the group had driven ahead to start walking the 6km to Blue Lake and the Lookout. Another group later did the pleasant walk amongst the grass trees and banksia.



Different groups were doing individual things after lunch with some walking the 10km from the causeway to Pt Lookout, some going by 4 x 4 and others sought out coffee shops. All had a great time. The downpour of rain caught the walkers about 3 times but they still enjoyed the refreshing cool walk.

Another happy hour on Saturday night was enjoyed, with the camaraderie of both members and locals.

Sunday saw us partake in a leisurely breakfast and swim in the surf, before packing up tent city and re-loading the cars, everyone pitched in to make it quick and easy. Some of us lunched at the Great Café in Dunwich with some added retail therapy, while most were at the Little Ships Club for food with a view.

After lunch we headed to the ferry and waited in line to re-board the Big Red Cat at 2pm and to say goodbye to an enjoyable weekend before returning to a very wet mainland.

Thanks to Geoff for his local knowledge, Steve for bringing lots of gear and to them both for organising a RBW base camp that was enjoyed by all.

John Kolcze



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