

BRINDABELLA BUSHWALKING CLUB

DECEMBER 2022 NEWSLETTER



From the President

Having just recently completed some walking in SW Western Australia I have been reflecting on how fortunate we are to be able to walk in (relatively) safe, varied and pristine landscapes. The breadth of walking available to us is huge, from Coastal to Rural, Tablelands, Desert and Alpine experiences, it is just fantastic!



However, in the lead up to the WA walks I had to repair myself, after an incident walking on a track near Cape Tribulation, so that I would be able to undertake 7 continuous days of walking in WA. The offending track was aptly named Mount Sorrow!

Injuries generally lead to a halt in walking, in my case 4+weeks....so be very careful... otherwise you will miss out on being able to enjoy your bushwalking.

Further, with the current weather patterns resulting in wet tracks as well as erosion due to water runoff, this invariably will result in less stable/sure surfaces underfoot. Ensure that you are prepared for and able to undertake the walk. At present though, you also need to be extra vigilant and focussed on where and on what you are relying upon as a foothold.

With the holiday season approaching, I hope that you and your family and/or friends are able to enjoy the outdoor opportunities that are available. Have a safe and happy time.

That's it from me, so I hope to see you on a walk soon, until then take care.... Bill



Kathy Handel directs a creek crossing on the Easy/Medium



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When discretion is the better part of valour

On 16 November, sudden Arctic blasts caused the party to abandon the E/M Wednesday walk after we had arrived at the morning tea spot at Rock Valley (see driveway above). Confronted by hail and other nasties, we held a meeting in the old homestead and soon reached consensus on the desirability of calling it a day and returning to the cars.

Ed.

Contributions welcome
Articles and photos

Send to
editor@brindabellabushwalking.org.au

COVID UPDATE
CHECK HERE FOR ADVICE AND RESTRICTIONS

COMMITTEE WORK

On 8 November, the BBC Committee dealt with a number of issues of general interest.

First Aid Update

Recognising that, due to the ageing membership of the BBC (our bones become more brittle as we age), we agreed that **all suspected sprains and strains should now be treated as suspected fractures**. So instead of concentrating on keeping the injury cold to prevent swelling, wherever practical, **the injury should now be strapped, splinted and placed in a sling**.

Bushwalking NSW, with which we are affiliated, periodically gives clubs access to a range of material for distribution, where appropriate, to members. Deciding what members might or might not be interested in is labour intensive and, in future, such decisions will be left to members. If you wish to subscribe to Bushwalking NSW notifications and publications, please use this [link](#).

Incident Reports need to be written in such a way that will enable the committee to consider whether any change to BBC policies is required.

Wednesday Walks List

Some new members, interested in Wednesday walks, have reported difficulties in getting on the Wednesday Walks list. As explained on the [website](#) and in each walks program, descriptions of Wednesday walks are emailed separately to interested members a few days before the walk. Members wishing to regularly receive details of these walks need to send a request showing their name and email address to

ewwcontact@brindabellabushwalking.org.au for the Short walks, and/or

mediumww@brindabellabushwalking.org.au for the Easy/Medium and Medium/Hard walks.

The list was compiled some years ago by one of our members, Allan Mikkelsen, and is owned and administered by him on behalf of all three co-operating clubs, BBC, CBC and NPA. In order to block bad actors, it was agreed that only current members of at least one of the clubs should be added and that each addition would be authorised by a representative of the relevant club. Without going into the details of internal administration, any member who is having difficulty getting on the list should follow the advice in the preceding paragraph and, if necessary, apply again after a week. Advice can also be sought from the Membership Secretary.

Covid advice changes from time to time to match what is happening with the spread of the disease and it's clear that the focus has shifted substantially from prescription to the provision of information and advice. To keep up to date, members are advised to regularly check the link in the red box on p.1.

CHRISTMAS GREETINGS



Covid, rain, hail, sleet, floods - you've had a tough year. There's only one more order - - **Have a great Christmas!**

The Grampians Trip 20 - 28 October

Wayne Holgate

[Apologies to Wayne: this was filed before the November deadline but went astray. Ed.]

The walks planned in the Grampians National Park near Halls Gap had all the hallmarks to make it a great trip.

Fantastic walks, stunning scenery, great accommodation. Then the rain came, roads were closed, some tracks were closed or inaccessible by the road closures. Everyone moved to accommodation rather than camp in Halls Gap. Some dropped out.

From a party of 20 we were down to 15.



Lunch on Day 1

Our first walk was to be from Mt Zero to Roses Gap Road in the north. The scenery is stunning. Unfortunately, after lunch Maxine slipped on wet rocks and this necessitated a call to 000. Police, a paramedic and SES crews attended. They carried her by stretcher about 2km over wet rocks and through thick bush to a waiting ambulance for transport to Ballarat hospital. She had a broken tibia, fibula and ankle bone.

Next day we walked the Wonderland Loop Track near Halls Gap. It goes through places like the Venus Baths, Grand Canyon, Silent Street and the Pinnacle. Glorious walk on a very popular track.

Showers and low cloud meant the next walk was from Yarram Gap Road to Griffin Fireline. This was a relatively easy walk over several small hills. Rain meant we weren't sitting around long. We had lunch at one of the specially built camps. After lunch we had to cross the Wannon

River and had heard recently that a walker crossed it with water up to their chest. As we approached the river you could see a lot of water on the ground. We reached the bridge, and it was dry, but the steel boardwalk leading to the bridge was under about 100mm water. That was only 2-3 metres. The other side boardwalk over the bridge was about 50 metres and maybe 200mm under water. The current wasn't strong so easily crossed but wet boots all round.

We had a rest day, so everyone explored Halls Gap and beyond in different directions.



Crossing the Wannon River Boardwalk

Next, we walked the Griffin Fireline to Cassidy's Gap Road. This walk went up to ridgeline then skirted through saddles. We enjoyed great views of Mt Victory Range and glimpses of Mt Abrupt, a walk for the last day. Again, weaving along the ridges on a well-built track. We came to one of the camps with specially built shelters for eating in. The view was stunning.

The next day's walk was around Roses Gap. Up to Beehive Falls then along a track to the GPT track and up to the plateau and across to Briggs Bluff. Even though showers occurred throughout the day the walk was beautiful. The variety of wildflowers was amazing. We returned via the Waterfall walk with three spectacular waterfalls to see.



The last days walking was unfortunately cancelled due to strong winds and, at times, heavy rainfall. Instead a few of us did a short walk to the Botanic Gardens and Clematis Falls. Some headed home early but the remaining group did enjoy a farewell dinner.

The Grampians is indeed a fantastic place to walk but we did come across it at its wettest.

Another time perhaps.



Incidents on walks: falls, injuries and prevention

It is quite common to have a fall on a bushwalk and sustain a few scratches. Usually the walker gets up, thinks “silly me” and continues walking. However, recently there have been some more serious injuries on BBC walks. You cannot prevent every fall but here are some additional hazards to look out for following the 2019/20 bushfires and frequent heavy rain since then:

- After bushfires there are lots of spikes, the remains of shrubs that have not quite burnt to the ground.
- Heavy regrowth of bracken and shrubs hides fallen logs and branches.
- Rocks that were quite stable before the bushfires and rain may now be easily dislodged if you step on them.
- Wet rocks may be very slippery even if you cannot see much moss on them.

So, keep enjoying your bushwalking but with a little extra care!

Whilst on this topic, I would like to pay tribute to the people who helped when Maxine fell during the Grampians trip (see The Grampians Trip Report on preceding pages). They were: police officers from Halls Gap; a paramedic; SES volunteer crews from Horsham, Stawell and Ararat; and ambulance crews waiting on the road below. It was a difficult rescue because of the dense scrub and awkward steep descents – a very professional team effort.

Prue Deacon



Photo by David Wardle

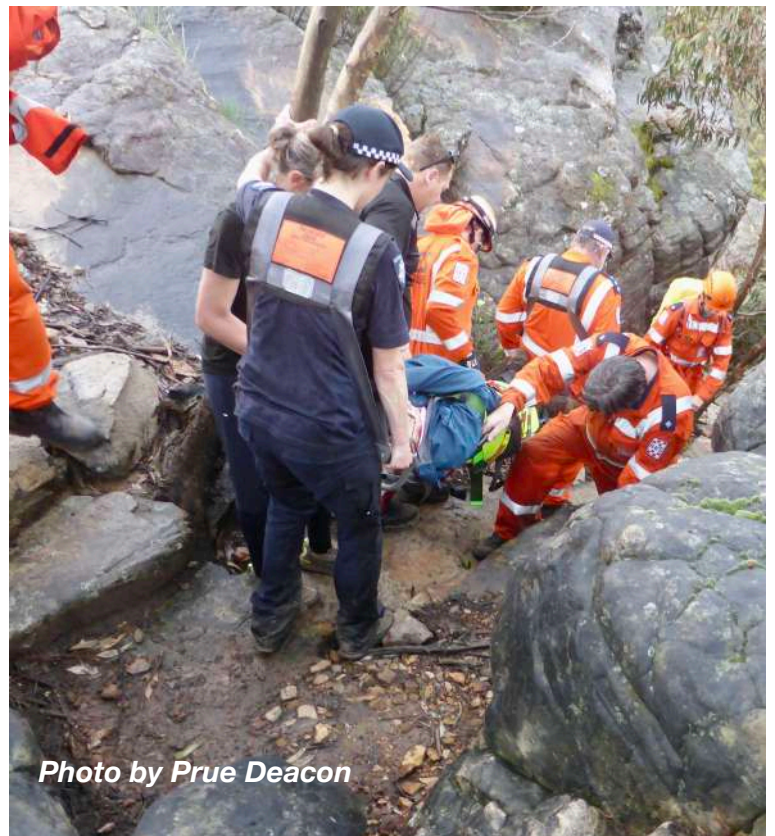
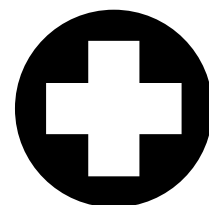


Photo by Prue Deacon



CAPE TO CAPE TRACK - A daily chronicle

Bill Gibson

Deborah and I did this as a 7-day self-guided walk during October 2022.

The Cape to Cape Walk Track runs for 123 kilometres along the Leeuwin-Naturaliste Ridge, between the lighthouses of Cape Naturaliste and Cape Leeuwin in the far south west of Western Australia (see map [here](#)). It features spectacular coastal and forest scenery, a fascinating geology of cliffs, caves, headlands and rock formations and an ever-changing display of vegetation and wildflowers.

Day 1 - CAPE NATURALISTE to SMITHS BEACH (16km)

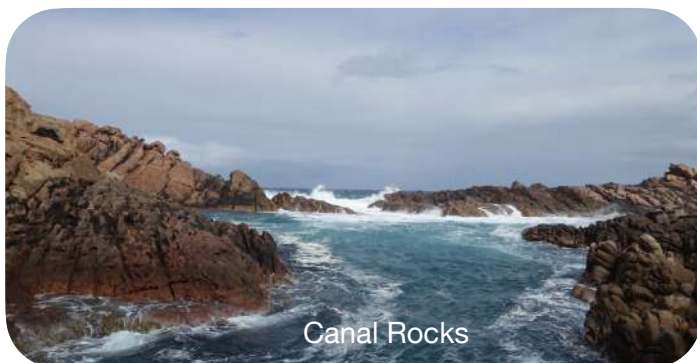
We began our walk at the Cape Naturaliste lighthouse. The lighthouse was built in 1904 after a series of shipwrecks off the Cape, and utilised limestone from very nearby at Shelly Beach for the construction. During springtime this section is a wildflower hotspot, filled with Dunsborough Donkey Orchids and Exotic Spider Orchids. We walked past **Sugarloaf Rock** being important as a breeding ground for the Red-Tailed Tropicbird. We walked past the Mount Duckworth campsite, the first of the wilderness campsites. Then on to Yallingup, "Place of caves" in the Noongar language and one of the prettiest coastal hamlets on the Track and finally Smiths Beach.



Sugarloaf Rock

Day 2 - SMITHS BEACH to MOSES ROCK (14km)

We left the white sands and buildings of Smiths Beach and headed into the large granite boulder country of Smiths Point. The vistas looking back over Yallingup and all the way to Sugarloaf Rock were sensational. Once over the point the iconic **Canal Rocks** came into view. We went down to Canal Rocks and then proceeded back



Canal Rocks

up a steep climb and looked out at Canal Rocks from a higher vantage point. From here the Track traversed a long series of remnant limestone boulders and back down a steep staircase that led to Wyadup Rocks and on to Injidup Beach. After seven kilometres we arrived at Quinninup Beach. Nearby we took a short detour to **Quinninup Falls**. This is a sacred Aboriginal site, with stone tools amongst the red dirt, and a freshwater waterfall that flows throughout the Springtime. The falls were a very fertile, peaceful and sheltered location to have a short break. Another 2-3km and one nasty sand dune later we arrived at Moses Rock and end of Day 2.



Quinninup Falls

Day 3 - MOSES ROCK to GRACETOWN (13km)

A great day's walking with plenty of variation and tracks through the coastal heath, some sandy areas & lots of rock hopping. The coastline is dominated by granite outcrops, and features views over the regionally famous climbing walls around the Wilyabrup area. At Wilyabrup beach we had an easy river crossing - light wading as it was spring and the flow was reduced. A staircase from the beach took us up onto the granite outcrop and Wilyabrup Cliffs with great views. Further on we got to Whaleback Rock throwing white-water and spray high into the air! Then on to Gracetown where we spotted some whales and dolphins swimming closely together just off-shore. In the last few kilometres before Gracetown I took a photograph of what I thought was a very nice looking shrub, later to find out that it is the "Heartleaf poison" (*Gastrolobium bilobum*). In spring-time it has stunning orange flowers, but the whole plant is extremely toxic. These days a poison known as 1080 is derived from this plant, and is used to control feral animals (in particular foxes).



Near Moses Rock

Day 4 – PREVELLY to GRACETOWN (19.5km)

Instead of walking walk north to south, due to a pickup delay we decided to walk south to north, thinking that at least we wouldn't be walking into the SW headwind that we had fought against in the previous days. Guess what... the wind changed direction to come from the North! The track is quite exposed in parts due to the major coastal bushfire in November 2011 but nonetheless it was still an enjoyable walk. First stop was Rivermouth beach where the Margaret River connects to the ocean during the winter and spring months. Crossing this river unassisted when in heavy flow can be risky, but it was relatively easy due to low tide. Next stop was Cape Mentelle where a short walk leads you to an old Osprey nest out on the headland. The track meanders through Marri and Jarrah trees and even a patch of huge, pale Karri trees. Then on to Ellensbrook Homestead, where the prominent Bussell family established one of the first European Settlements in the Capes area. Nearby there was also a memorial to a number of local residents killed when a cliff collapsed during a local children's surfing event.

Day 5 - PREVELLY to BORANUP (22km)

We had some great vistas as well as lots of steep and rather soft sand along Boodjidup beach. The threatened Hooded Plovers nest on this isolated stretch of coast but we didn't see any. Then another beach - Redgate Beach with information about the wreck of the Georgette – a sail and steam powered boat which had been servicing

ports along WA's south-west and southern coasts since 1873. The wreck of the Georgette on the 1st December 1876 was one of the most memorable wreck events in Western Australia's history, thanks to the daring of two rescuers who plucked men, women and children from the raging surf. We walked towards Boranup beach and returned to more forested areas one of which is dominated by giant Karri trees, the third tallest hardwood tree in the world.

Day 6 - BORANUP to COSY CORNER (21km)

The day started in Karri forests where regrowth has succeeded in creating large clusters of magnificent Karri trees. Logging stopped in this area in 1910 and so it now does look like a natural, rather than cultivated, forest. The next 6km was more beach walking, with some firm sand but mainly more soft sand! We stopped at Hamelin Bay, with remnants of an old wood-carting jetty, for a short break and then a few km's of steep sand dunes and on to Cosy Corner with quite grand views of the many islands out to sea.

Day 7 - COSY CORNER to CAPE LEEUWIN (19km)

Today's walking was a day with (more) soft sand and rocky surfaces and an undulating track with some steep up and down stretches and some large ledges and blowholes. Once off the beach, walking became much easier around the ridge tops. Then on to Quarry Bay and the Cape Leeuwin Lighthouse. The Cape Leeuwin Lighthouse, on the most south-westerly point of Australia, was built in 1895, is 39m high you can spot a line where the Indian and Southern Oceans meet from the viewing platform.

We enjoyed our walk and can recommend it to others (especially in spring), yes there is some long beach walking but the coastal scenery and wildflowers are spectacular.



Rock Ledges and Blowholes



Cape Leeuwin

JINDABYNE WALKING

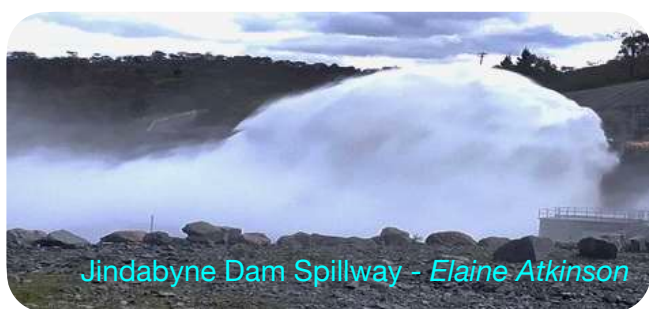
Judy Lejins

I had organised to take a group of 16 walkers for a four night stay at the Canberra Alpine Club's lodge in Perisher lodge from 31 October to 4 November and enjoy some walks in the mountains. However with snow, strong winds and rain forecast, I made a decision to change our plans and stay instead at the CAC's Jindabyne lodge.

On our arrival day we did a short walk beside the lake viewing the statues and some of the birdlife. As parts of the path were under water, we had to detour at times up the grassy slopes above the lake. We ended the walk back at Nuggets Crossing for coffee and cake.

Our evening meals were on a roster basis, each member contributing a dish (either a main or a dessert) on one or other of the evenings. Other meals were self-catered. On our first evening, I welcomed everyone with pre-dinner drinks and nibbles. Dinner had an Italian theme, with some delicious pastas and other dishes provided by those on cooking duty. Just for a bit of fun, being Halloween, some of the group sported witches hats and black capes.

The second day turned out to be very wet, the group mainly just did their own thing. Some enjoyed relaxing, reading or doing jigsaw puzzles and savouring the view across the lake from the lounge room windows. Five of us drove to the dam to view the water gushing over the spillway.



Jindabyne Dam Spillway - Elaine Atkinson

On day three we walked from the Gaden Trout Hatchery along the Thredbo River, a return walk of around two hours, then a picnic lunch at the Hatchery overlooking the river. I had not seen the river so high or flowing that fast before.

On our fourth morning we walked from the lodge to the dam, around the lake's edge and through forested areas, a return distance of about 7½ kms. While we were actually walking on a mountain bike track, only four mountain bikers passed us all morning. I think this would have been different had it been on a weekend rather than

a weekday. We were surprised to find a seagull rookery on the edge of the lake against the dam wall. The birds were safe from predators as there was no access by land to the area. We timed our walk well, it started to rain as we neared the lodge just before lunchtime.

Friday, our last day, everyone was up early. All hands on deck, the lodge was vacuumed, cleaned and left spick and span.

A four day holiday enjoyed by all!



Walking to the dam - Elaine Atkinson



Seagull Rookery - Judy Lejins

A Brief Cycling Trip around Adelaide and McLaren Vale

Peter Dalton

My wife and I recently had a fortnight's sojourn in and around Adelaide on our Brompton folding bikes and the editor thought that, as many of our members also cycle, a trip report for the newsletter might be appreciated.

The British-made Brompton is about the smallest of the folding bikes, only has 16-inch wheels and will fit inside a large suitcase. The drawback with a suitcase is that you have to store it somewhere while you are riding. Instead, we use a sturdy transparent zip up plastic bag that costs the princely sum of \$6 at Ikea. These photos are self-explanatory. The roll-top bag fits onto a bracket and becomes the carry-on luggage.



Qantas now has one outrageously priced direct flight daily to and from Adelaide – it leaves Canberra at 9.00 am and Adelaide at 4.00 pm. We used a relatively small number of frequent flyer points and paid \$133 in taxes/charges, which is a saving of many hundreds of dollars.

The bags are treated as 'oversize baggage', just like musical instruments and sporting gear, and aren't put on the conveyor belt – there is no extra fee if a bike is your only piece of checked luggage. We always travel light and only have carry-on luggage.

The bikes arrived unharmed after each flight and we now feel confident that we could take them overseas in the same manner. On arrival at Adelaide, we unpacked the bikes at the terminal and rode off into the morning. We'd planned to have five days in the Adelaide area, followed by a bus ride to Clare and five days riding in that district and finally cycling back to Adelaide for a couple more days before returning to Canberra.

The weather on the first five days was excellent – around 18 degrees maximum and light winds. Our rides included going north to Outer Harbour, south to Seacliff and east along the River Torrens Linear Path until it ran out in the hills. The linear path is terrific; it is about 35 km long

from West Beach to Athelstone and has offshoots everywhere to other suburbs, parks, botanic gardens, etc. Like most places, Adelaide has really benefited from all the rain this year and, in my experience, has never looked better.

There is also an almost-completed 100 km walking circuit around the city, which could possibly form the basis of a Club trip away – details [here](#).



The forecast for Clare Valley for the following days was looking grim, involving a lot of rain and strong winds. This prompted us to change our plans and book some accommodation at Moana Beach, which is only about 40 km south by road, but around four hours by bike. The bike route isn't the most direct path and involves quite a haul up O'Halloran Hill before the descent to the beach. However, it goes along excellent cycle tracks that, apart from when at traffic lights, keep you separated from road traffic almost all the way.

The rain duly arrived and we spent most of the next day inside, although we were able to get out for some beach walks in between showers. On one of the following days, we explored areas north along the coast past Noarlunga and returned via a parallel route. On another we rode along the Coast to Vines Rail Trail to D'Arenberg winery near McLaren Vale to see a Salvador Dali exhibition at 'The Qube'. This is a quirky multi-story building, housing artworks, a wine tasting area and a restaurant. Luck was with us on this day, as it poured while we were inside and then stopped in time for us to scurry back to our accommodation.



Our last trip towards the hills took us to Willunga via McLaren Vale – all on a bike path – where we boosted the income of two local eateries before heading back to Moana. We then had another mostly non-riding day at the beach, before trekking back to Adelaide.



Our last two days there involved riding around the parklands, being amused at Rundle Mall by the characters that inhabit it and eating/drinking. Finally, we rode out to the airport, packed our bikes up and eventually flew home.

I can highly recommend Adelaide as a cycling destination; it greatly exceeded our expectations.

Facebook

Our Facebook Manager regularly posts photos, walk reports and information about upcoming activities. Please visit and see what our members are planning or have recently been up to.

<https://www.facebook.com/BrindabellaBushwalkingClub/>

Please send your photos etc. to Heather at facebook@brindabellabushwalking.org.au

Editor's note: I've omitted the 'recent photos' page from this issue because of the abundance of other material. You can always find recent photos on our Facebook page and it's not necessary to have a Facebook account yourself.



LETTER TO THE EDITOR

Hi Peter

A quick note to congratulate you on what you're doing with the newsletter to increase the variety and quality of content. Much appreciated.

Cheers
Ann

Dr Ann Villiers FCDA Life
Mental Nutritionist

Editor's note: First, my thanks are due to all this year's contributors to whom the credit really belongs. Second, it is, of course, very nice to receive a letter like this but critical letters on any bushwalking subject are also welcome and there are many topics from which to choose - see, for example, the ['Resources for Members'](#) page on our website from which you can access all the topics covered in the newsletter back to September 2015.

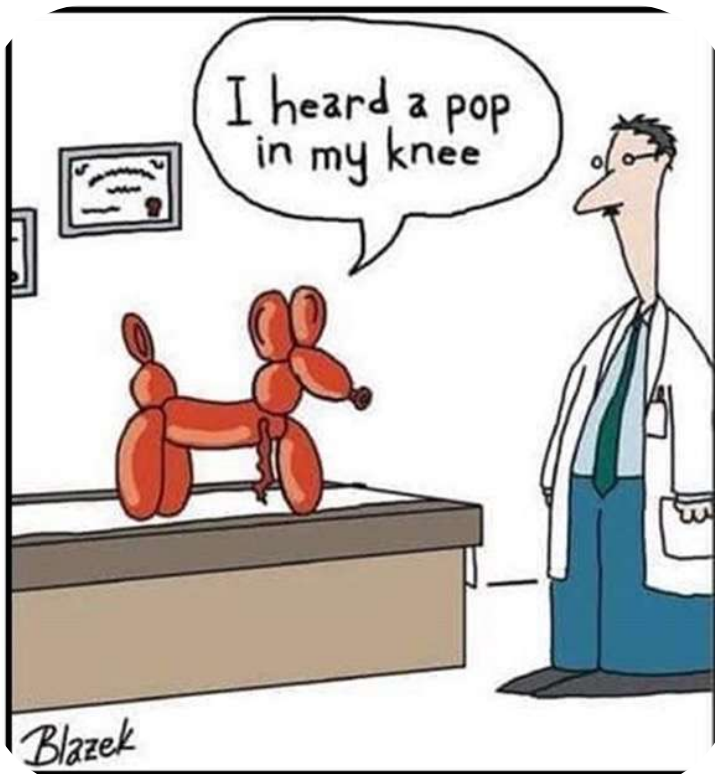
Remember: everyone is entitled to your opinion!

ACT Survey: Commercial Developments in Reserves

The issue of commercial developments in national parks and other reserves is receiving increasing attention around Australia. Here in Canberra, the ACT Parks and Conservation Service is currently developing a framework for the reserves it manages. This follows an examination of visitor experiences in our national parks reported on in June and July.

A related issue, which has been previously discussed in the newsletter is that of track construction and management. In the [August issue](#), David Wardle, our Walks Officer, wrote about the Namadgi Walking Trail Study.

You can also have your say by responding to this [short online survey](#) before **16 December**.



Pre internet chat room using
An old version of windows...



BLAST FROM THE PAST

A Tasmanian Trip in 1995

