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# BRINDABELLA BUSHWALKING CLUB

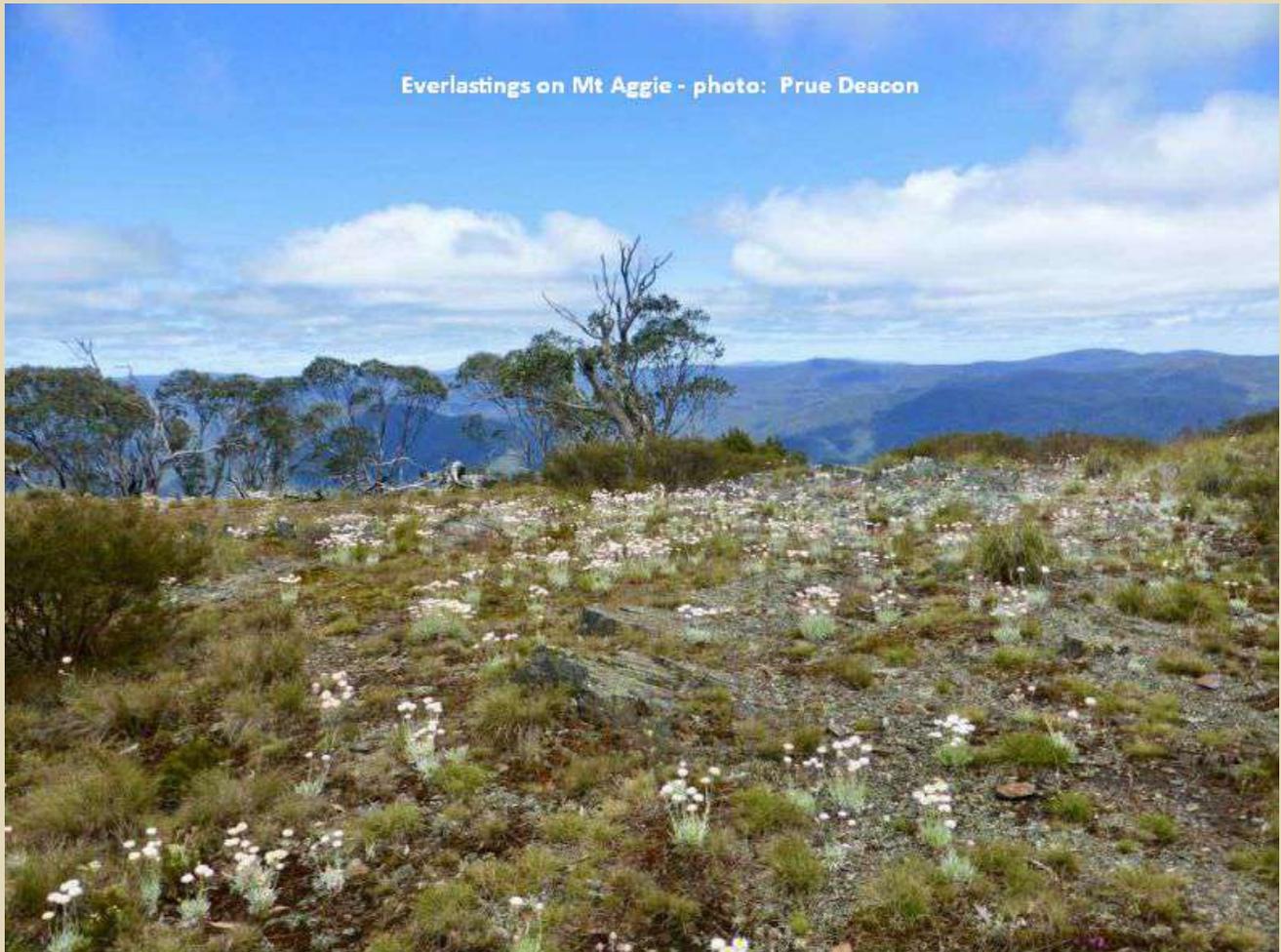
## JANUARY NEWSLETTER 2022

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BBC

# HAPPY NEW YEAR



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**COVID UPDATE**  
**CHECK [HERE](#) FOR**  
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# From the President

Welcome to a new year of walking with the club.

Although Covid is still front of mind, I am looking forward to 2022 being a year of walking opportunities greater than we were afforded in 2021. With lockdowns, in 2021 our walks program was disrupted for many months, I hope that we don't have a repeat of this.

You should all have seen the January-June 2022 Walks Program and I hope that you, like me, are looking forward to participating in the range of local and away walks that our Walks Sub-Committee have mapped out. Of course, in addition to the specific week-end walks there will be the regular Wednesday walks as well as a number of social events/outings.

At the end of 2021 the club had a most enjoyable and well attended Christmas Party. The weather was perfect for an outdoor evening event. Thank you to Elaine and the Social Sub-Committee for organising this as well as to Renee for hosting it in her lovely garden.

That's it from me.

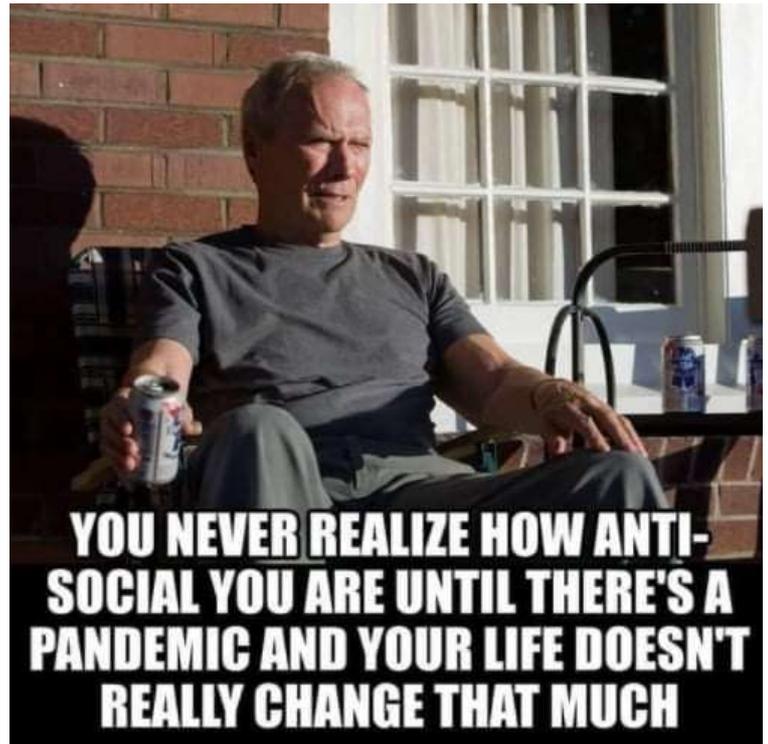
I do hope to see you on a walk soon, until then do take care.....Bill

Peter Dalton and Peter Ford have swapped jobs. PD is looking after the website and PF is editing the newsletter

Contributions welcome

Send to:

editor@brindabellabushwalking.org.au



**The [Walks Register](#) on the [website](#) has just had its 6-monthly update.**



# WHARF TO WHARF

## Tathra to Merimbula

*Plus a day on Gulaga*

**2 to 6 May 2022**

**Leader: Leigh Hermann (0417 147 260, [hermannsuk@hotmail.com](mailto:hermannsuk@hotmail.com)).**

The plan is for 3 days of walking: 2 days to walk the newly created Tathra to Merimbula coastal walk, with an additional (optional) day spent climbing Gulaga (Mt Dromedary) 14km, 800m climb. Walkers may choose to return to Canberra after climbing Gulaga (it's a 3 hour drive) or stay another night.

Car camping as a base will be at the Hobart Beach campground | NSW National Parks in Bournda National Park for three or four nights. From there we will use car shuffles to start and finish the one-way walks. The first section of the W2W takes in the Kangarutha track, described by NSW NPWS as 'challenging' but Leigh has been assured by recent walkers the grade is the upper end of Easy, as is the rest of the Wharf to Wharf. Gulaga will be more difficult and there are limited views from the top.

The proposed dates are 4 nights from 2 to 6 May (4 nights, one night less for those not climbing Gulaga). This is the first full week after the April school holidays. Campers will need to be fully self-sufficient with tent or camper, all food, drinking water, lights and cooking gear. Facilities at the campground include

amenities block, picnic tables, barbecue, showers and toilets. Cost is \$6 per person per night. There will be a maximum of 20 participants.

If this trip is successful Leigh will consider a cabin-accommodated trip either later in the year or next year.

So that we can start making bookings for this popular campground please register with Leigh by 31 January. Also advise whether you will stay for 3 nights or for 4 nights, and whether tenting or in a camper or caravan. Also advise Leigh if you are interested in cabin-accommodation



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For more images see [here](#)

# Wonboyn Walking

20 to 25 November 2021

*Leigh Hermann*



The forecast was for a very wet week, so it was with some trepidation that walkers met at Wonboyn Cabins & Caravan Park on Saturday 20 November. We were prepared to be flexible, but as it turned out we needn't have worried. It rained the day we arrived and the day some of us returned to Canberra, but otherwise we had no rain while much of the east coast was drenched. A short walk around the nearby inlet before the daily 5.30pm get-together completed the first day.

Wonboyn is south of Eden in far south NSW. It borders Nadgee Nature Reserve that extends south to the Victorian border. To the north of Eden is Ben Boyd National Park, and to the west is Mt Imlay. We had plenty of choices for walks.

On Sunday we drove 10k to the 'Ranger Station' (car park) in Nadgee NR. From here we walked to Newtons Beach, on what seems to be the first section of the Nudge Wilderness walk. Mostly fire-trail before dropping down to a lovely, deserted beach. Bill tried to take us to some sea caves but that was a bit too tricky. We returned the way we came. A 17km day.





On Tuesday our numbers grew to 17 for what was probably the most scenic day. With some mildly complicated car arrangements, most of us headed for Boyd's Tower at the northern end of the Light-to-Light walk, before the rest of the drivers arrived. Then a day of glorious walking south, with scenic headland views followed by pretty little bays. Dramatic red rocks, blue seas, stark burnt trees, lush green vegetation and wildflowers – so pretty. After 13km we arrived at Saltwater Ck where we rested and waited for the cars.



On Wednesday we returned to our Monday starting point. This time the plan was a one-way walk, taking the Merrica River nature trail to the river mouth, then crossing

it to find an overgrown track that led to Greenglade, the beach at Wonboyn. Luke very kindly tested the water depth (high tide didn't help). Unfortunately (or fortunately) at chest-height it was too deep so we turned back to the cars. Later that day John, Bob, Bill and Deborah sought the route from the other end. It was definitely a wise decision to turn back to complete a 9km day.

Our final walk in the area was to Mt Imlay. While a few forsook the 590m climb to instead visit Green Cape Lighthouse, the rest of us took on the challenge of the short (6km) but steep return walk to the top. Burnt vegetation made the views clearer, and we even found one of the locally endemic Mt Imlay boronias.

Almost all the walks were burnt in the Black Summer fires. There is much lush undergrowth and a wide variety of wildflowers (which slowed some of us), but it was evident the fires were fierce. It will be interesting to see the area in another few years.

Many thanks to John Clune for organising the trip and the walking program, and thanks also to Bill and Deborah for their assistance.



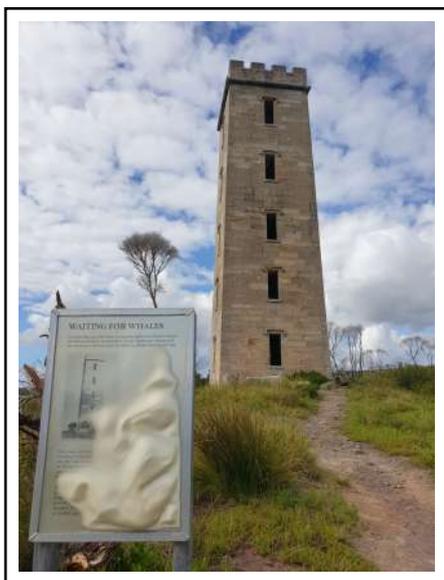
## Watch out for Heat Stress

With the days getting hotter, it's a good time to remind ourselves of the need to watch out for heat stress. With high humidity, cases can also arise at lower temperatures. For example, we had a case on a Wednesday walk on 1 December when the temperature did not exceed 25 degrees. Happily, the problem was quickly resolved.

The [Great Walks Magazine](#) has set out some good advice for avoiding cases and responding to them:

**Cover up** with loose-fitting clothing and a wide-brimmed hat, keep yourself hydrated, rest often and get wet if you can.

**Learn to identify heat exhaustion** When the body temperature increases and is unable to cool itself properly heat exhaustion can occur. Heat exhaustion can be easily treated as long as the symptoms are noticed early and treatment administered as soon as the symptoms begin. Symptoms of heat exhaustion: headache, nausea, muscle cramps, moist skin with goose bumps when in the heat, heavy sweating, faintness, dizziness, fatigue and possibly a weak, rapid pulse.



**Boyd Tower (see also p.12)**

# WILSONS PROMONTORY WALKING

26 - 30 November 2021

A large cohort from Womboyn was joined by a couple of fresh faces to make up the walking party at Wilson's Promontory.

On arrival at Yanakie caravan park which is situated right on the water at the northern edge of the national park, we were all blown away - almost literally - by the wind. I asked a local if it was always this windy. His response: "not when it's raining".

To escape the wind, we drove inland for our first walk. The Hoddle Mountain Trail is a 17km circuit starting from the very pretty town of Fish Creek, that wanders up to the peaks of Mount Hoddle and Mount Nicholl, and back along the Great Southern Rail Trail. Eagles and a fast-moving herd of deer delighted us.

Day 2 was spent within the National Park. We started with a loop through the aptly named Lilli Pilli Gully, a pretty mixture of eucalypt forest, coastal heath and rainforest. Along the way about half the group decided to take the side-track up to Mount Bishop, a steep but rewarding climb, with magnificent views of the Prom's west coast and offshore islands from the peak. After re-uniting with the others, we continued out to Pillar's Point where again the stunning coastline of the Promontory was on display. A 16.2km day all up.



*Coastline from Mt Bishop*

Our third day involved a car shuffle and thankfully, less elevation than the previous two. A track walk from Darby Saddle down to Darby River, stopping

at Tongue Point, with its amazing rock outcrop that is only barely attached to land, and then lunching at Fairy Cove, a small beach, encased by boulders and only reachable by a set of very steep wooden stairs. Tremendous coastline views for much of the 11.5k walk.



## Tongue Point

Our final day was a mixture of environs. We started with a walk to Vereker Outlook for another panoramic view, and then down to Miller's Landing, home to the southernmost stand of mangroves in the world. Afterwards we drove closer to the coast and endured an exposed and by this stage rather hot walk through windswept coastal heath to the remote but spectacular Cotter's Beach. Shoes came off to experience the cool of the beautiful white sands, and some of the braver amongst us waded into the rather cold water. In the evening the group returned to Fish Creek for a hearty pub meal, and to thank John & Bill for their efforts.



I wonder why they're called 'Blue Tongue' Lizards.



## Christmas Party 17 December

What a wonderful event – perfect weather, great company and a fabulous venue!!!

Covid restrictions have affected our social activities the last 12 months, so it was great we could gather at Rene's home in her lovely back garden. Rene has kindly hosted this event approx 4 times. Thank you Rene.

49 very happy members (including 3 new members) enjoyed chatting, eating and drinking with new and old friends. Check out a few photos on Facebook.

Hopefully, we will have a few more get togethers this year, covid and weather permitting. There will be a variety of short notice events which will be advised via email.

The Social sub-committee members are Colleen and Monty Fox, Julie Pettit, Wendy Thompson, Ian Tucker, Gayle Buttrose and Lorena Nesa. Welcome to the new members – an enthusiastic team.

Elaine Atkinson  
Social Convenor



## ACT Parks Request for Photos

Images need for new website prompts request

The ACT Parks and Conservation Service has asked Parks users to consider sharing photos with them for posting on their new website. Current gaps include Callum Brae, Gossan Hill, Molonglo Gorge, Mount Pleasant, Oakey Hill, Wanniasa Hills, Melrose and Woods reserves, Orroral, Campground, Namadgi walking tracks, Miowera Forest, Uriarra Forest, Majura Pines, Tuggeranong Pines and Kowen Forest.

If you wish to share any of your photos you can send them to <mailto:Jacqui.Travers@act.gov.au> It would be a good idea to consult her first about their technical requirements. For example, they prefer Landscape orientation and minimal editing. They advise that unfortunately, they are unable to credit the photographs. However, we'd be happy to credit them.



Rene Lays

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# Murramurang South Coast Walk

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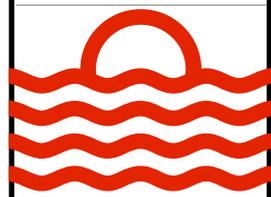
*A 48 kilometre four or five day walking trail*



This walk will run between Batemans Bay and Bawley Point traversing Murramurang National Park and Aboriginal Area connecting Maloney Beach, Durras, Depot Beach, Kioloa and Bawley Point. Construction will begin soon.

As for how you can do it, there will be plenty of choice with accommodation options ranging from camping to luxury or as separate day walks. The walk has been inspired by local bushwalkers and funded by the NSW Parks and Wildlife Service. Completion is expected by June this year.

**you can find a map and check progress [here](#).**



# This 'n' that

## Achieving your aims

I HAVE EVERYTHING THAT I WANTED AS A TEENAGER, ONLY 60 YEARS LATER.

I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's licence and my own car. The people I hang around with are not scared of getting pregnant and I don't have acne. Life is great.

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers. I didn't make it to the gym today. That makes five years in a row. I decided to stop calling the bathroom "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

Old age is coming at a really bad time. When I was a child I thought "nap time" was a punishment. Now it feels like a small vacation. The biggest lie I tell myself is... " I don't have to write that down, I'll remember it". I don't have grey hair... I have "wisdom highlights"! I'm just very wise.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?

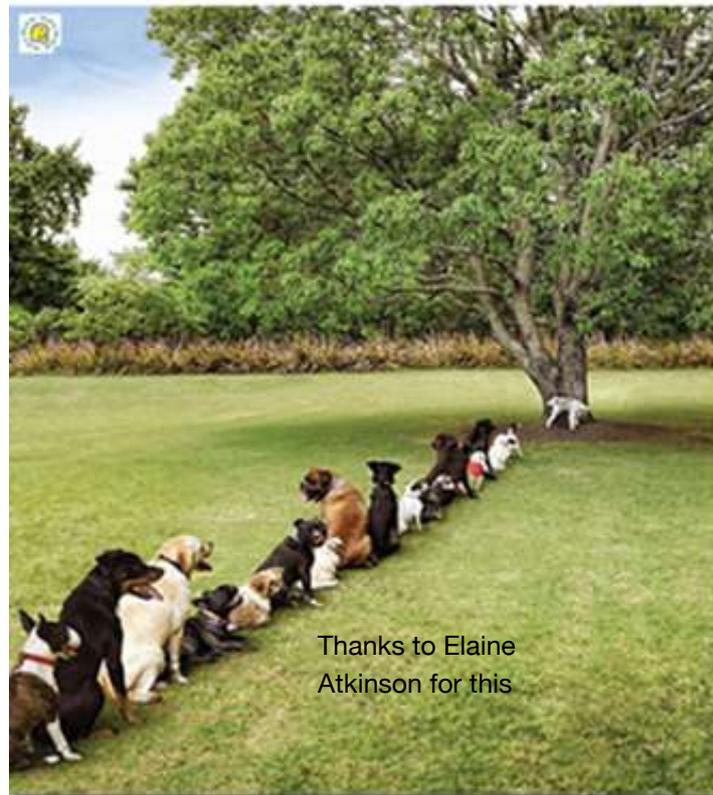
Of course, I talk to myself. Sometimes I need expert advice.

At my age "Getting Lucky" means walking into a room and remembering what I came in there for.

I have more friends I should send this to, but right now I can't remember their names.

Now, I'm wondering... did I send this to you, or did you send it to me?

Another problem caused by deforestation

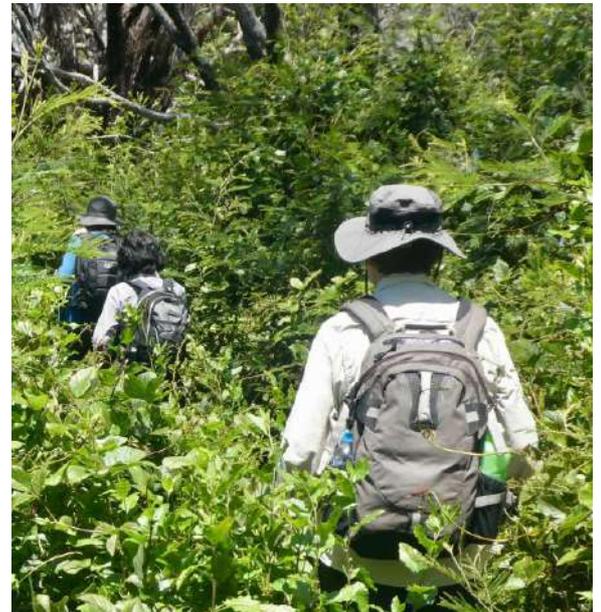
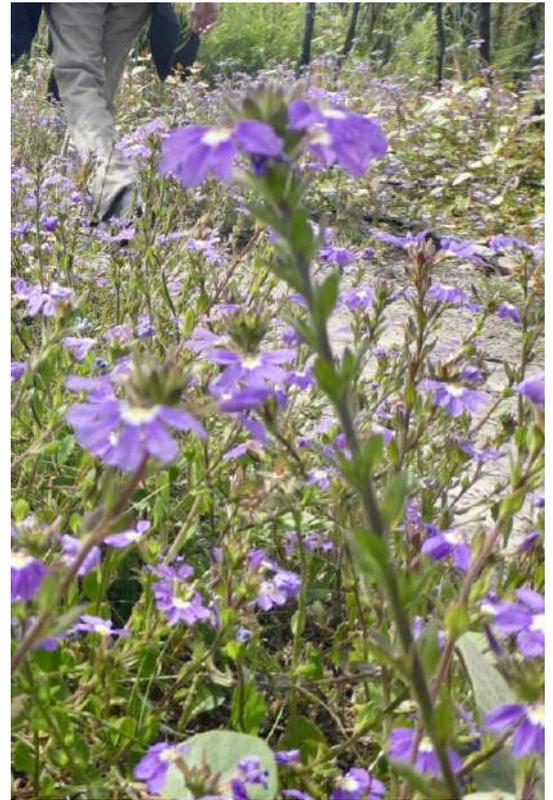


Thanks to Elaine Atkinson for this

**BBC Website**

[www.brindabellabushwalking.org.au](http://www.brindabellabushwalking.org.au) [All newsletters are on the website]

## Some additional photos from the Wonboyn trip



### **Facebook**

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

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

Please send your walk reports and photos to Heather at

[facebook@brindabellabushwalking.org.au](mailto:facebook@brindabellabushwalking.org.au)