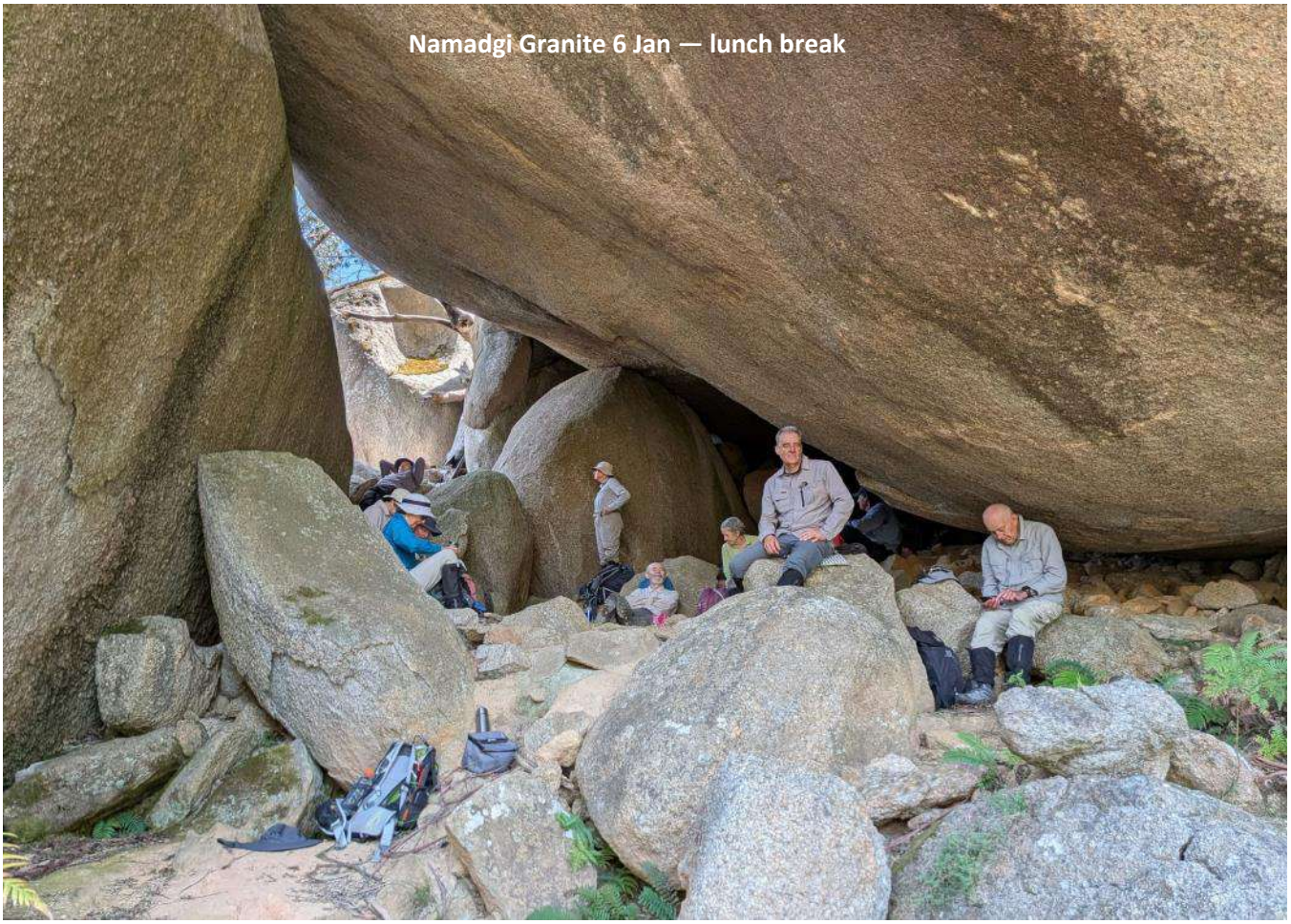
Brindabella Bushwalking Club

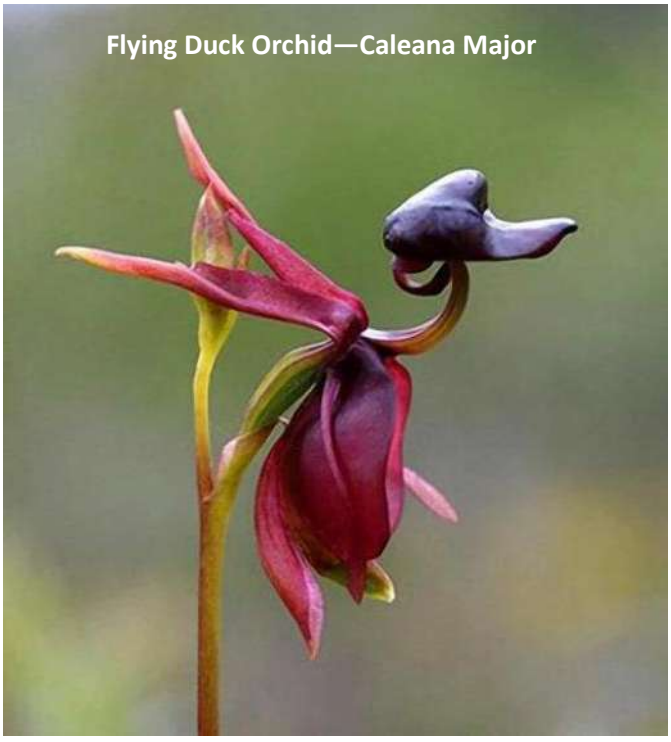
February 2026 Newsletter

Issue 103



Namadgi Granite 6 Jan — lunch break

In this issue



Flying Duck Orchid—Caleana Major

From the President

I hope everyone had a wonderful Christmas-New Year break.

This heat wave is certainly a long event. I heard on the news a meteorologist explain it as an upper high pressure system that is very slow moving and this is causing the sustained extreme hot weather. Unfortunately, it has caused a few walks to be cancelled. Let's hope it abates soon.

So keep hydrated (see full article on the next page), and stay out of the sun in the hottest part of the day.

Remember the slip, slop, slap, seek and slide - slip on some protective clothing, slop on some sunscreen, slap on a hat, seek shade and slide on some protective sunglasses to protect your eyes from UV exposure. My optometrist mentioned the importance of this as I get older.

I also want to plug the first aid course the club is running on Tuesday 3rd March.

Wayne

Coming Up This Month

(See the program on the website for more details; Wednesday Walks have been omitted)

Date	Walk Title	km	Rating	Leader
Mon 2 Feb	Trees of Gigerline Nature Reserve	8	Easy (7)	Peter Dalton
Sat 7 Feb	Old Mill Road, Brindabellas	15	Easy (7)	David Wardle
Sun 8 Feb	Tidbinbilla Skyline Trilogy Part 1: Mt Domain to Snowy Corner	12	Medium (11)	Andrew Cupit
Sat 14 Feb	A Hill East of Gibraltar Creek	6	Medium (8)	David Wardle
Sun 15 Feb	Tidbinbilla Skyline Trilogy Part 2: Mt Tidbinbilla, The Pimple, Tidbinbilla Peak	11	Medium (11)	Andrew Cupit
Sat 21 Feb	Molonglo Gorge Loop	9	Easy (6)	Dagmara Kelly
Sun 22 Feb	Tidbinbilla Skyline Trilogy Part 3: Camels Hump, Johns Peak, Tidbinbilla Peak	12	Medium (11)	Andrew Cupit
Mon 23 Feb	**Last date to book** for **THREE MILE DAM**	-	Easy & Med	Bob Chittenden
Sat 28 Feb	Fitzroy Falls and Mandanoo Point	12	Easy (7)	Terrylea Reynolds
Sun 1 Mar	Spring Creek Gorge	10	Medium (9)	Peter Dalton

Facebook

Our Facebook Manager regularly posts photos, walk reports and information about upcoming activities.
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 our Facebook Manager at
facebook@brindabellabushwalking.org.au

Dehydration in Hot Weather

Based on an article from the Queensland Department of Health's website - **Dehydration**

During this extremely hot weather, this is something we need to be very aware of.

What is dehydration?

Dehydration happens when the body loses too much water. Your body loses water by sweating, going to the toilet and by breathing out tiny water particles when you exhale. Dehydration happens when water is not replaced quickly enough to make up for water that is lost.

If you don't hydrate regularly this will lead to dehydration. This can be by doing strenuous exercise, working in a hot environment, spending time in a dry environment or spending time without access to water. Windy environments can also cause you to dehydrate.

How do you know if you are dehydrated?

Some of the symptoms of mild dehydration are thirstiness, dry mouth lips and tongue, headache, darker yellow urine and less of it, light-headed and dizzy.

For mild hydration the best thing to do is drink water to hydrate. Oral rehydration solutions will help replace electrolytes. Rest in a cool place and seek medical help if feeling unwell.

See this article on **electrolyte supplements** published in the Sydney Morning Herald on 9 Jan 2026 by Lauren Ironmonger.

Severe dehydration – you might experience extreme thirstiness, have a very dry mouth, lips and tongue, crankiness, drowsiness, feel like you are breathing very quickly, have a fast heart rate, fainting, have very little or no urine. This requires seeking medical help immediately.

On Bushwalks. Let the leader know if you are feeling unwell, especially if you may think you are becoming dehydrated. Don't let pride get in the way. It is better to be an hour or two late and get back safely than being delayed because of dehydration causing a medical emergency.

There is an article published in the Bushwalking Manual by Bushwalking Victoria by Ian Rogers, MMBS FACEM, Professor of Emergency Medicine, St John of God Murdoch Hospital & University of Notre Dame Fremantle. This article, from a medical perspective of heat illnesses, is at

https://bushwalkingmanual.org.au/emergencies/heat-illnesses/

This article addresses

- Prevention of heat illness
- Fluid intake and exercise
- Cramps and the management of it.
- Exercise associated Collapse and Management of this collapse
- Heatstroke and management of it

So, enjoy the great outdoors and bushwalks but be aware of dehydration, especially in this heat wave. Make sure you carry enough water.

Wayne Holgate

Bushwalker survives after Brown Snake bites at Morton National Park

(Romy Gilbert—ABC)

Experienced bushwalker Helen Worrell says a first-aid kit and the quick response of witnesses and emergency crews "absolutely saved my life" after she was bitten twice by an eastern brown snake more than 2 metres long.

Ms Worrell was walking with her brother and husband in the Morton National Park near Ulladulla on Saturday when the incident occurred.

She said she moved out of the way to let a couple go past on Florence Head Track when a "fat, big" brown snake launched at the back of her leg.

"My husband, who was walking in single file behind me, actually trod on it, and it lunged out and got me on the back of my leg because I was in front."

She said she did not see the snake until she turned around.

"The snake coiled around my husband's leg, ankle and foot and he shook it off his foot and it slithered into the bush."

It was then that reality and dread sank in.

"I just turned around and said to my brother, 'He bit me, I got bitten,' and he said, 'I know.'"

Ms Worrell said that, what she later learnt were two bites, looked like a scratch and felt like a dog had nipped her.

She said the young couple she had moved aside for asked if she needed some help, and that was the last thing she fully remembered.

"We went into shock and they went into motion," she said.

"[The couple was] absolutely fantastic. They called Triple Zero, and I went in and out of consciousness."

Ms Worrell said the young couple started the 50-minute, life-saving mission by first using a first-aid kit and bandages she had packed in her backpack.

The bandages were used to put pressure on the bite site to stop the venom from passing through. "They kept getting whatever they had to keep wrapping all the way to the top of the leg," she said.

"That initial bit is what slowed the whole process down and allowed emergency services time to get the antivenom."

Antivenom was located at one of the smallest hospitals on the south coast, the nearby Milton Hospital.

Doctors on board a rescue helicopter flew to the hospital, grabbed the antivenom, and met local RFS crews, police and ambulance workers on the track where Ms Worrell was fighting for her life.

Advice from a Survivor

Ms Worrell said she learnt a lot about snakebites over the weekend.

"It's not the venom that kills you, it's the effects of the venom," she said. When a snake bites, venom's procoagulant toxins activate the blood's clotting system, leading to venom-induced consumptive coagulopathy (VICC), which causes the blood to stop clotting, resulting in severe, uncontrolled bleeding from gums, wounds or even the brain. "You really don't have much time,"

"If I had any words of advice to anyone, if you're a regular hiker, get a snake bite kit; they have the proper snake bandages. Mine were OK but not really strong enough … but they did the job."

"That's the thing I'll be getting before I go walking again."

Final Note: Immobilising the patient is also extremely important . Any muscle movement pumps the venom through the lymph system. See the First Aid Refresher in the **Sep 2025 newsletter** for more information.

Another walk with the Bromley Ramblers

(David Wardle)

I wrote in a previous issue of the Newsletter about one of our walks with the Bromley Ramblers whilst in the UK. Walking clubs everywhere have arrangements (including ours) to welcome visiting walkers to join in some of their local activities. Walking with the Ramblers meant walking with people, surprisingly like BBC Members, and being introduced to local activities, countryside and dare I say it customs. Cockney rhyming slang was a feature of the walks that we were on, which at times took much concentration, not only with the accents but also with the hidden meanings. 'I'm just stopping over here for a quick Jimmy', was explanatory enough, however this being a family Newsletter other phrases should remain out of print. Suffice it to say, one of the endearing folk with whom we walked had been a London Cabbie.

The walk that we were on started at the Keston Ponds car park. This, we were to learn, was the start of the Ravensbourne River which is a 17km tributary of the River Thames flowing north through Bromley, Lewisham, and Greenwich to meet the Thames at Deptford. Our surprisingly 'green' walk was never far from housing, both great and small. Skirting around or across farmer's fields and through woodlands we came across touching intrusions such as a roadside jam stall or a farm shop. We saw little evidence of others until we stopped at the Cudham oval for our lunch break, where a picture postcard view of a game of cricket was underway – no Bazball in sight.

THE WILBERFORCE OAK AND SEAT

Wilberforce Oak 1902

This stone seat was first erected in 1862 in memory of William Wilberforce.

The seat was re-sited in 1987 to commemorate the 200th anniversary of his resolve to abolish the slave-trade.

The inscription on the seat includes the words of William Wilberforce:–

"At length, I well remember after a conversation with Mr Pitt in the open air at the root of an old tree at Holwood, just above the steep descent into the vale of Keston, I resolved to give notice on a fit occasion in the House of Commons my intention to bring forward the abolition of the slave trade."

The remains of the ancient Oak can be seen nearby. The replacement tree growing nearby was planted in 1992. .

History was never far away, with a stop where William Wilberforce met with William Pitt and planned for the introduction of legislation for the abolition of the slave trade. At the end of the walk we walked through the village of Downe where Charles Darwin lived in Down House and developed his theory of evolution and wrote his *Origin of Species by Means of Natural Selection*.

Such a varied and interesting day.

Trip Report – Kosciuszko National Park – January 2026

(Leigh and Maurice Hermann)

A group of BBC members recently headed to the Snowy Mountains for a week of walking in the high country. As per her usual approach, leader Janet Duncan offered her trip to a large group (there were 25 of us), and by encouraging participants to take a leading role, was able to offer up to three walks a day, with walks suiting all levels of walking needs. We were accommodated at the Canberra Alpine Club's Perisher Lodge – a convenient and comfortable location.

The first day, **Sunday** 4 January, was a getting-to-know-you and settle-in day. Meeting midday at Charlotte Pass, we took a short walk to the Main Range Lookout to get our bearings. With a broad vista we checked out the lay of the land and potential walk destinations. Then it was to the lodge to find our rooms, unpack six days of food and start to get to know each other.

Monday, the first walking day, gave Janet a chance to check out our walking abilities. So 22 of us climbed Mt Stilwell for morning tea, then continued to the Stilwell Chair Lift ruins, a site with a most interesting history. Built in 1962-63, the aim was to provide winter access to the Charlotte Pass resort by building two long of chairlifts up from the Alpine Way, making it the 'longest chairlift in the world'. However, 1964 was a winter of massive blizzards. It often couldn't operate and due to the danger was quickly decommissioned. Some ruins remain.

Leaving the ruins we split into two groups: Janet's group of 11 to rest, relax and leisurely return to the cars the way we'd come; Garry's was to continue off-track to complete a 7.5km anti-clockwise circuit, eventually reaching the new Charlotte Pass – Perisher track to return to the cars. Not far, scenic, with low and uneven knee-high scrub which some of us found quite tricky. Described by Garry as 'medium' on his scale of scrub.

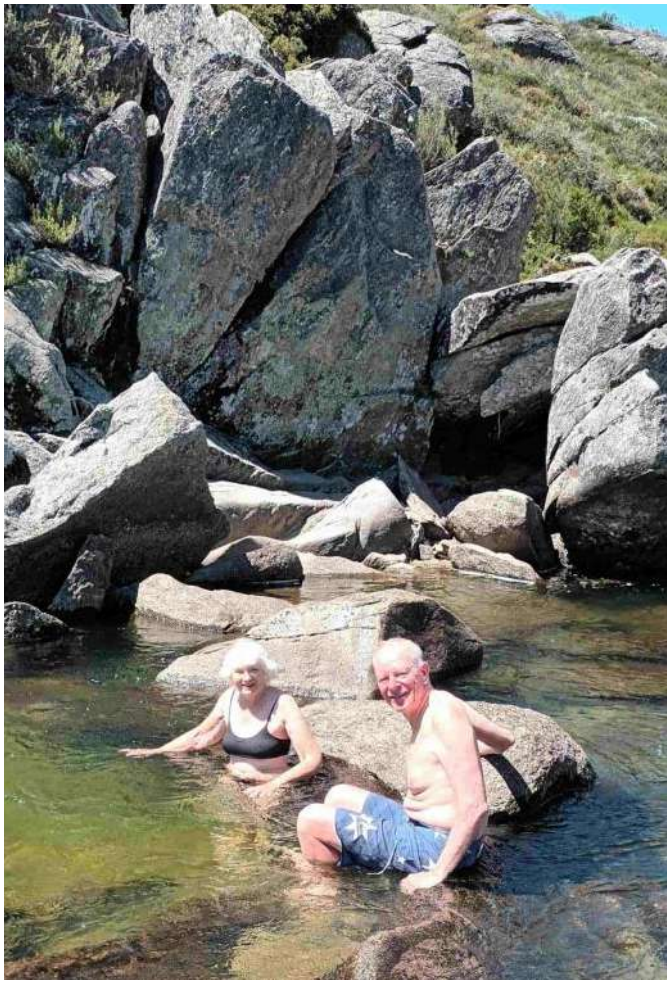
Mt Twynam Walk

Tuesday, there were several options. The largest group walked the Snowies Alpine walk from Charlotte Pass to Perisher (day 3 of the 4-day hike). It more or less followed the ridge line to Porcupine Rocks before finishing at Perisher, giving wonderful vistas to both the Thredbo Valley and to the north. A shortish car shuffle was required. There will be a separate article on this walk in the March newsletter.

The second option was with Garry who took three others on a loop walk: starting off on the Main Range walk from Charlotte Pass, taking a foot-pad to Mt Twynam, then dropping down off-track to cross the Snowy River and meet the Charlotte Pass – Guthega track to return to the cars (14km). And finally, a hardy two walked the Main Range Circuit (day 2 of the Snowies Alpine walk, 24km).

Crossing the Snowy River from Mt Twynam

After a warm Tuesday afternoon it was decided **Wednesday** should be an easier day, especially as temperatures were expected to continue to climb (it was a 39C forecast for Canberra on the Friday, although only high 20s where we were). A few opted for a very easy day – incorporating a swim into the short 5 km walk from Guthega to Illawong Lodge. Our leader Janet found this most rejuvenating.



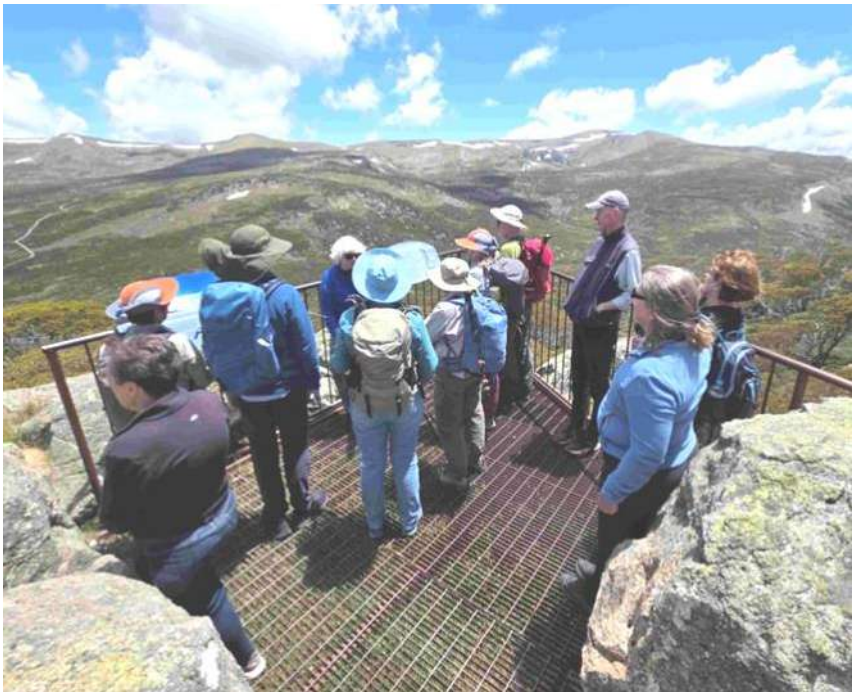
Another nine enjoyed the Charlotte Pass to Guthega track (day 1 of the Snowies Alpine walk), more downhill than uphill, but especially the hamburgers at the Guthega Basecamp café (which did well from our various visits). Read Tony's report of Pat's Hamburger walk for a sense of this delightful day on the next page.

Another six tackled the Mt Tate Circuit (13km, 600m climb). Starting from Guthega, a footpad took a steep climb to the Guthega Trig, then with the footpad gradually fading away it was gentler climbing to Consett Steven Pass then to the top of Mt Tate (8km). In spite of dire warnings of scrub, the return took the shorter route via Gills Knob dropping down to the bridge over Guthega Creek. A most satisfying walk.

Mt Tate Walk—descending to Guthega

Pat's Burger walk (From Charlotte Pass to Guthega)

(Words: *Anthony Mollett. Photos: various*)



Pavers
River valley
Mount Kosciuszko
Snow patches
long raised walkway
Alpine Mint
Crows cawing
Snow gums
Candle heath
Rivulet
Native grass
Bluebell
Moss
Pimelea
Granite stones
Corten steel
Waterfalls
Euphrasia
Coffee flask

Muesli bar
Snowy river
jagged boulders
brook
lichen
Little Twynam
oozing bank
native rockery
Suspension bridge
Worn goat track
Steel swing bridge
River rocks
Tim sunbathing
Cool water
Kunzea
Granite rock pavers
Valley view

On **Thursday**, the principal walk offered was 12km Perisher to Bullocks Flat (day 4 of the Snowies Alpine walk), which goes over the Ramshead Range from Perisher Valley to Thredbo Valley. After a long car shuffle to pre-position cars at Bullocks Flat, a group of 14 walkers set off, with some trepidation, from Perisher. Many walkers were wondering how their knees, legs and toes would stand up to the 700+m descent down the Bullocks Flat side of the Range.

Lunch

At the end of the walk everyone agreed that their fears had been misplaced, as the walk took a very gentle route, zigzagging across the Range, with just a few metal stairs where there were sharp drops which couldn't be avoided. Along the way, we joined with three more walkers who had started from Bullocks Flat and then turned around without climbing the full Range. The highlight of the walk was observing how the flowers, under-storey and trees changed as we descended through the various elevation dependent micro-climates.

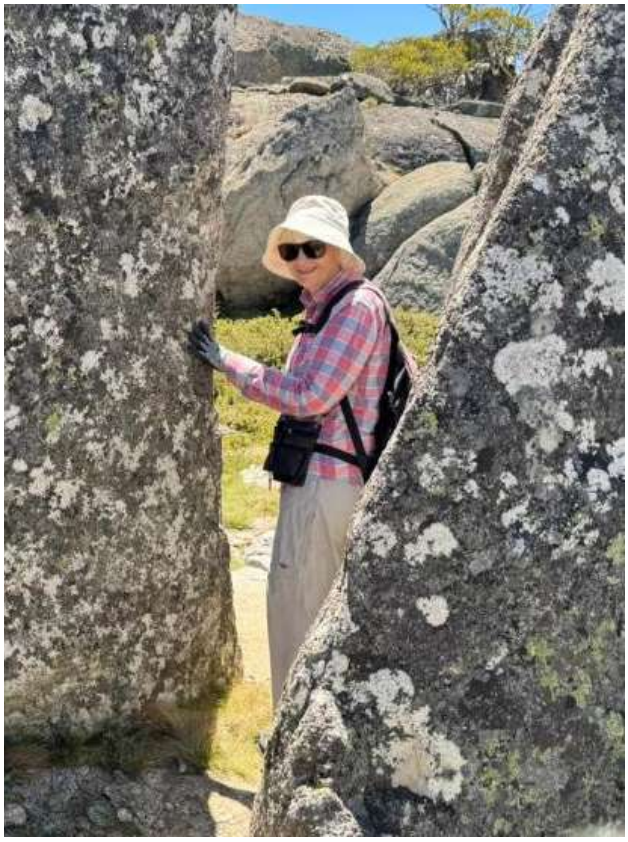
Near the end, most of the group greatly enjoyed cooling their feet, or whole bodies, in the Thredbo River.

Thursday evening it became apparent that Friday's activities might be curtailed. Not only due to the heat, but smoke from Victoria made us aware that fires were near. In fact, we were only 80km from the Corryong / Walwa blaze. Hence **Friday** became a free day. With advice not to get too far from cars, some did the Waterfall Walk near Sawpit Creek, others a short section of the Rennix walk, and some enjoyed grilled trout at the Guthega Inn.

Smoke from Victorian bushfires

In the evening we celebrated Frank's 85th birthday with caramel macadamia cheesecake.

Overall, it was a most successful week. Clear sunny weather, walks and activities to suit everyone, lots of wildflowers, and the most amenable company. Many thanks to everyone, the drivers and the various leaders, but most especially Janet for her planning and organisation. A job well done.



Our Leader and organiser—Janet

From the editor. *Scores of photos were sent to me and I've used as many as I could—apologies if I've omitted yours. The ones in this article came from Janet, Garry, Dagmara, Meg, Kaori, Leigh and Maurice*

Walk Statistics for January

As we all know, there were some hot weekends this month. So several cancellations and low numbers. And, as usual in January, there were no Wednesday Short (Easy) Walks.

Weekend Walks

Date	Activity	Numbers
28-Dec-25	Cork Oaks & Aranda Bushland	28
04-Jan-26	Calvary Ruins & Return	11
10-Jan-26	Nursery Creek	CNCL
10-Jan-26	Uriarra Loop (short walk)	3
11-Jan-26	Yerrabi Track to Old Boboyan Road	5
17-Jan-26	Urambi Hills and the Tuggeranong Dry Stone Wall	19
18-Jan-26	Rendezvous Ck to Yankee Hat Rock Art	11
24-Jan-26	Walk to Legoland	5
25-Jan-26	London Bridge to Burra	CNCL
31-Jan-26	Capital Hilll Surrounds & Mt Pleasant	CNCL

BBC led Easy/Medium and Medium/Hard walks

07-Jan-26	Gungahlin Circuit	18
07-Jan-26	Mt Ginini and points south	8
21-Jan-26	Centenary Trail - Mulligans Flat towards Hall & return	21
21-Jan-26	Stantons Gap Loop	11

BBC Website

www.brindabellabushwalking.org.au *[All newsletters are on the website]*

First Aid Training — Tuesday 3 March

You should have received notification of the forthcoming Brindabella Bushwalking Club First Aid Training to be held on Tuesday 3 March. This training is open to all members however priority will be given to current and aspiring leaders.

The Club's annual First Aid training for leaders and members will be conducted by Canberra First Aid Training at their Training Rooms on the first level of the Fyshwick Markets on Tuesday 3 March, so if you are interested in registering please make sure that you are available on this day.

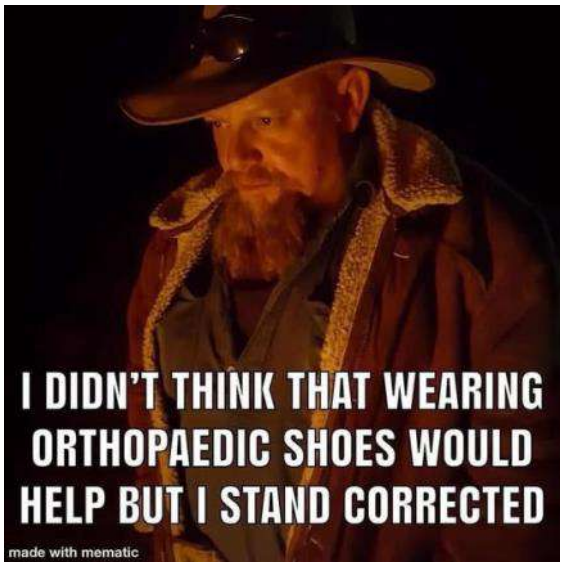
This course is designed specifically for BBC and will deal with the majority of issues likely to be encountered on a bushwalk. There is formal recognition of your studies on completion of the course (HLTAID011 - Provide First Aid) which is valid for three years. Priority will be given to those members who are leaders and the Club will meet the course costs of those members. Where space is available other club members can also participate. The cost of this is $120.00 per person.

Registration for this course is now open. For further details about the course and your registration please contact me. The course will be restricted to 18 participants.

If you have any questions, please ask

David Wardle

wardle@webone.com.au



So many people are quick to judge these days.

I can tell just by looking at them.

SOCIAL NEWS FEBRUARY 2026

1 January 2026 – New Year's Day picnic Bowen Park

29 members braved the chilly weather for this popular annual picnic. Some members arrived early and enjoyed a coffee from the café. Thanks, Caryl for bringing the pav – what a winner! Some of us enjoyed an hour's walk (which warmed us up) along the lake to the Kingston foreshore and explored parts of Barton. The perfume of the gardenias in the garden at Brassey Hotel was delightful.

We had fun guessing who Santa was at the Christmas party. Nancie had a lot of fun using AI to create the photo.

Peter Wellman had a good laugh that he was the mystery Santa (you will notice the background is the same in both photos). As always, lots of chatting with our friends and another successful social outing.

30 January- Sunset walk: Mt Ainslie – cancelled due to the hot weather.

Instead, a picnic/Black Mountain peninsular from 6 pm. 16 members enjoyed sitting in the cool, eating and chatting. After a very hot day, it was great to get out and meet fellow friends. We had a visit from 2 "potential members" with black feathers who thought they might get a free meal. Free entertainment too from the clever dog playing soccer.. A great night out and felt refreshed to face another scorcher on Saturday.

Upcoming Event: Monday 9 March (Canberra Day). 6km walk and picnic at River Bend at the Cotter – weather permitting. Email closer to the date.

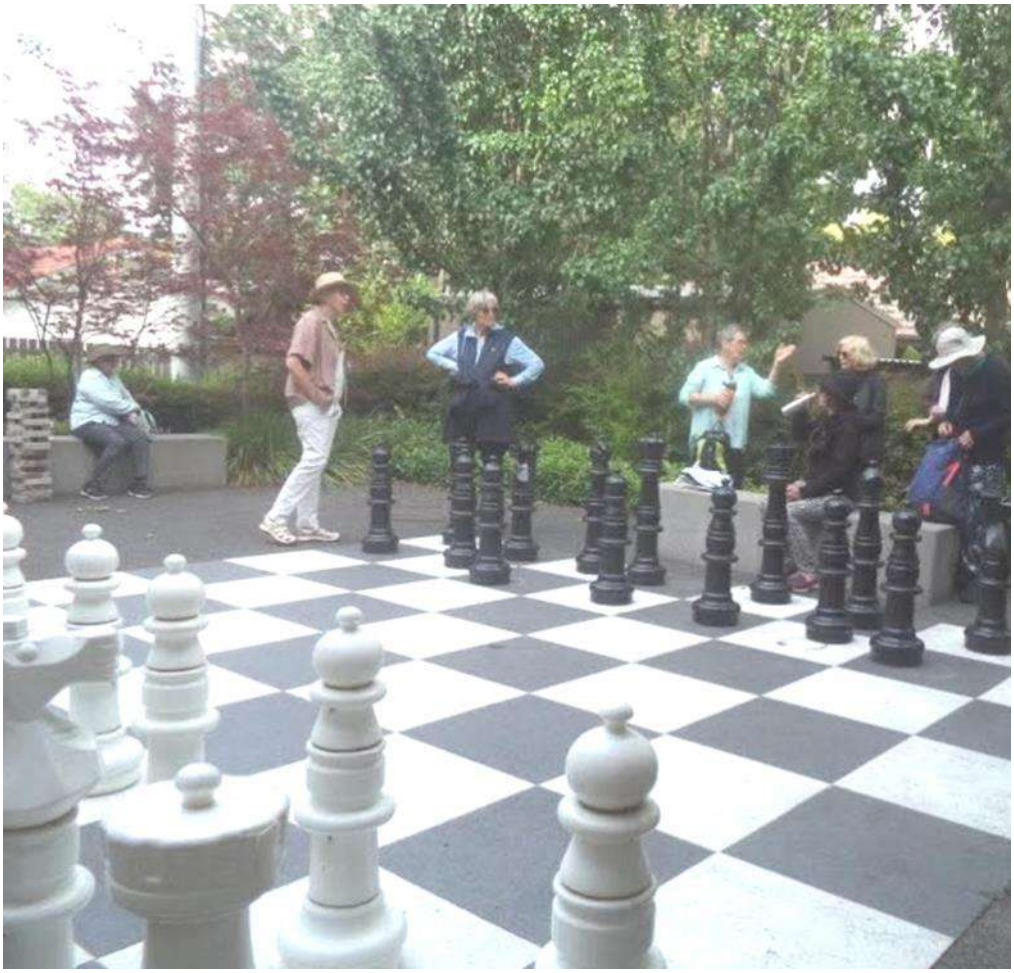
MISSING CHAIR – New Year's Day picnic

Someone has picked up the wrong green chair by mistake. Gale was given 2 matching chairs from her mother and naturally is keen to have her chair returned. I guess green chairs were popular at the picnic and easily mixed up. Please contact me if you have the missing chair and I will arrange swapping the chairs.

Elaine (Social Convenor)

Missing Chair—has this on the back

Chair left behind



New Year's Day Picnic at Bowen Park

Potential new members

Black Mountain Peninsula—30 Jan 2026