

Brindabella Bushwalking Club

March 2026 Newsletter



BBC

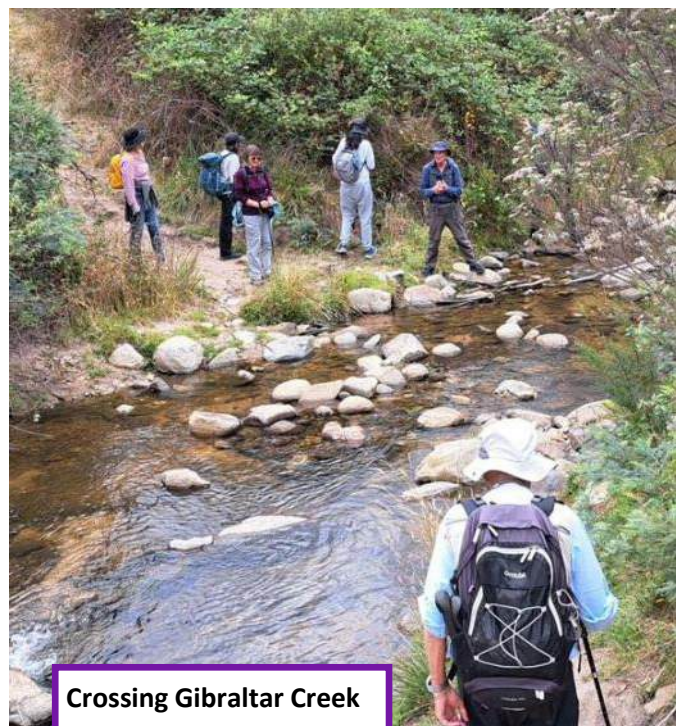
Issue 104



New Seat near Snowy Corner

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Crossing Gibraltar Creek

From the President



Hi fellow walkers

Although the weather is still quite hot, the walks attendance is picking up. It is good to get cooler weather in the morning and evening.

Have you ever looked at the website in detail? You should. One of the little gems I found after moving to Canberra five years ago and joining the club is the Walks Register. To find it go to

<https://www.brindabellabushwalking.org.au/resources-for-members/>

You will see a **Walks Register** there. If you open it you will find descriptions of many walks the club has done and recorded. The first page describes how to use the register. I used it a few times for walk ideas and

this month the two walks I'm leading come from this list. But this list in the Walks Register does need revising. For example, it might say 10 km but it is actually 12 km, or the climb is not 200 m but 300 m, or the vegetation is thick and not open.

Our Walks Officer and Vice President are working on updating the Register now.

When completing the Walk Report Form, leaders can help by describing any change of details in the last field on the second page of the form. e.g.; 'I measured 12 km not 10 km in distance, and the climb was 300 m not 200 m'.

The Walks Officer will use this information when updating the Register.

Similarly, if this is a new walk that you believe the club should do again, then notify the Walks Officer and it can be added. Please let the Walks Officer know how you verified this information., e.g. 'I used Backcountry navigator to record the track or I tracked it on my Garmin Instinct smart watch'.

Good walking
Wayne Holgate

"Exercise is important, but exercise in a gym is not important. Go and take a walk outside. Skip the umpteenth coffee date and go for a hike instead. Take the stairs. Walk your errands." – Daphne Oz

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

BBC Website

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

Welcome

The following people have recently joined the club.
We hope you enjoy the activities and the friendship that the club offers

Daniel Tedeschi

Lisa Warren

Susan Bruce

Linda Hurford

Anthony Wickens

Greg Buckman

Jenny and Martin Priest

Emma O'Sullivan

Jenny Nelson

Jolanta Skawinski

Sidra Ali

Catherine Kerr

James Thirkell

Barbara Whitlock

Adrian Poole

Helen Thomson

Matt Morris

Margaret Brodrick

Justin Webb

Karina Joyce

Ray Treloar

Glenys Frank

Hypershell Exo-Skeleton



E-bikes make cycling effortless and now, fresh from the USA, we have a device to make most other activities so much easier. They'll cost you about \$3000, though.

The contraptions around the waists and legs of this couple are said to enable you to "Hike further with less fatigue." They add that "Hypershell gives you the endurance to climb higher, descend safer, and embrace every trail with confidence".

Also, there will be "up to 20% less physical exertion".

However, they fail to mention that you'll look pretty damn silly wearing these.

If you really want to know more, check the website [here](#).

"I took a walk in the woods and came out taller than the trees." – Henry David Thoreau

Vale

John Eric Mackay Munro

2 December 1933 - 4 February 2026

John died peacefully at Clare Holland House

with family by his side

Beloved husband of Clare



John was a long-term member of BBC, but had not been walking recently. However, he and Clare still attended some of our social events. We extend our condolences to Clare and her extended family at this difficult time.

Coming Up This Month

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

Date	Walk Title	km	Rating	Leader
Sun 1 Mar	Spring Creek Gorge	10	Medium (9)	Peter Dalton
Tue 3 Mar	First Aid Course – details to be emailed	-	n/a	David Wardle
Sat 7 Mar	Billy Billy Rocks Circuit	8	Medium (11)	Phillip Hope
Sun 8 Mar	Enchanted Hill	11	Medium (10)	Derek Synnott
Mon 9 Mar	Canberra Day – Walk and Lunch – Cotter Bend	3 or 6	Easy (4 or 5)	Elaine Atkinson
Sat 14 Mar	Bywong / Wamboin Greenways	10	Easy (7)	Kathy Handel
Sat 14 Mar	Hill 1409 (postponed from 31 Jan)	9	Hard (12)	Henry Gardner
Sun 15 Mar	Five Hills in Gooroyarroo Nature Reserve	11	Medium (8)	Wayne Holgate
Sat 21 Mar	The A to Z of Border Markers	14	Medium (9)	Steve Glaznieks
Sun 22 Mar	Glendale Depot to Caloola Farm via Brandy Flat	12	Easy (7)	Wayne Holgate
Sat 28 Mar	Mount Rogers and Dunlop Grasslands	8	Easy (6)	Michael Clisby
Sun 29 Mar	Blue Gum Hill Rock Slabs	13	Medium (11)	Henry Gardner

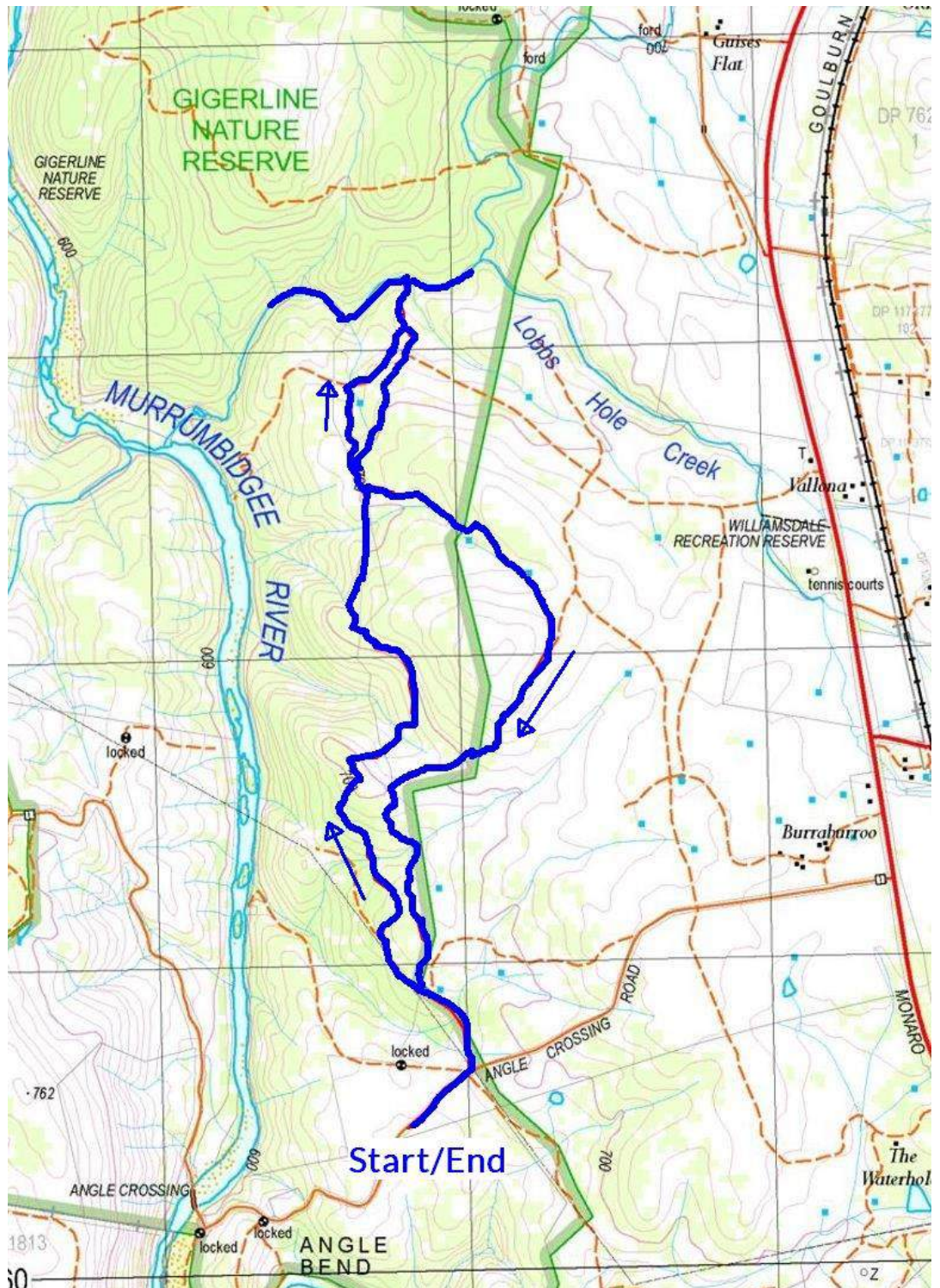
Trees of Gigerline Nature Reserve

This Easy walk on Monday 2 February had been postponed 24 hrs, as the Sunday forecast was for a very hot and humid day.

12 members set out from Angle Crossing Road at about 9.30 am, initially along a maintenance track and then off-track for the rest of the day through open forest and what were once grazing paddocks.

The area was desperately dry and dusty, with no water in any of the dams. Guises Creek was not flowing and consisted of just a few stagnant pools. The survival prospects for the animals in this Nature Reserve looked grim.

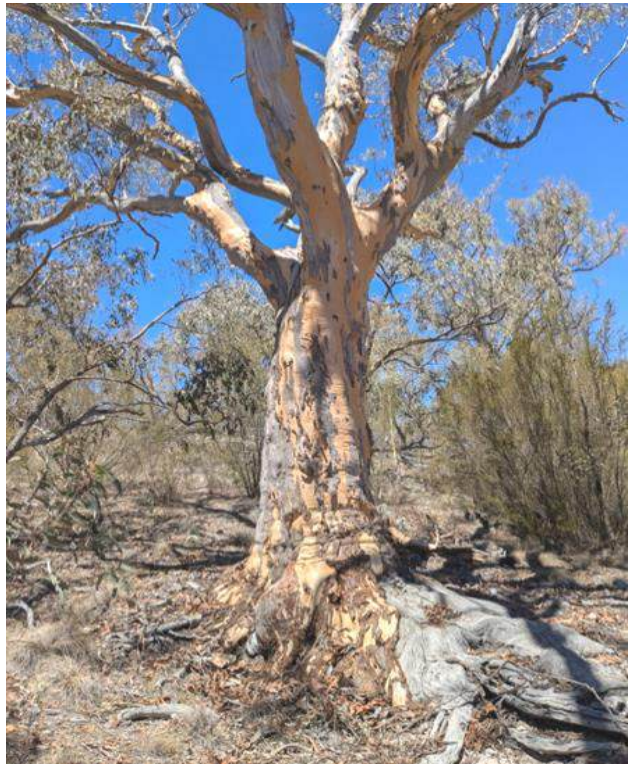
The aim was to see some of the magnificent old trees, which we did—see the photos on the next page.



The map above shows the clockwise route we took (dark blue) and you can see that on the return leg we strayed outside the boundary of the Nature Reserve. The fences have been down along here for several years now and no one seems inclined to repair them. The sheep from the adjoining property have taken advantage of this in their search for food. If they aren't getting supplementary feed then they will surely soon start dying off.

Wildlife seen on the walk included kangaroos, a wombat, echidna, tortoise, eagle, water dragons and sheep, of course.

Footnote: There have been two good storms in the area in February, which should have helped the situation, although it'll still be some time before the grass comes back.



*Guises
Creek
was
very
dry*



Charlotte Pass to Perisher, via Porcupine Rocks

(Meg McKone)



View across the lower Thredbo valley

I was especially keen to do this walk as I'd been very impressed with Porcupine Rocks which we'd accessed from Perisher a few years ago, and was interested to see the upper section, the ten or so kilometres on to Charlotte Pass. However, looking at my 1:50,000 topo map, it was hard to see how the route managed to add over 400 metres of climbing when it was all basically downhill from Charlotte Pass to Perisher. We were soon to find out!



National Parks have done a wonderful job of creating a scenic, walkable and environmentally sound track for this route. We started off from the Charlotte Pass village along a metal walkway built over the sensitive swamps and grasses of Spencers Creek and Johnnies Plain, then took a sharp turn to the south-east as we climbed into the bordering woodlands along a path carefully constructed from rock slabs. After crossing Trapyard Creek on a little bridge and admiring the upstream rapids, we continued up and down through twisted snow gums and hillsides covered in white drifts of *Prostanthera* (Mint Bushes), the remains of a yellow pea, and outbreaks of Snow Daisies, yellow Buttercups, mauve *Euphrasia*s (Eyebrights) and other colourful flowers.

After a welcome break at morning tea, the heat was rising, the ups and downs and outcrops of pointed granite were continuing (surely this next one must be Porcupine Rocks, our designated lunch spot?), and the mile posts didn't make sense. So we found some sparse shade and stopped for lunch before the Rocks, which were at least another Km further on. They are quite spectacular with their tumble of jagged granite peaks and domes, and well worth the effort, with views down over the Thredbo River Valley and beyond to the south-east and the Main Range to the west. Four in our group climbed high while the rest of us admired the view from the lower boulders.



Stone path joining a steel walkway



Porcupine Rocks

It was only another three kilometres downhill to Perisher Valley where Frank, Lisa and Kathy were waiting to drive us home to the Lodge, saving us an expanse of concrete and a hot climb in the afternoon sun.

Thanks, Janet, for leading such a lovely walk.

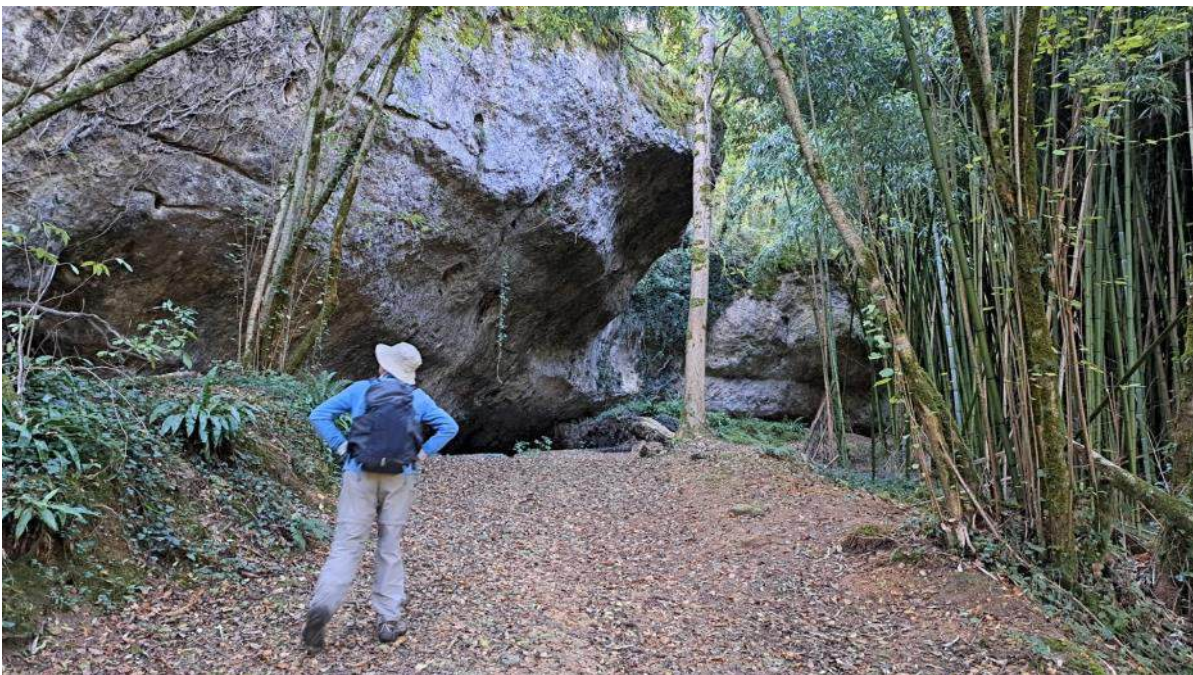
Thinking of walking in France?

France is criss-crossed with walking trails, many known as Grandes Randonnées (GRs), so any region that you plan to visit will offer a range of good well marked walks. We were in the Dordogne and found that the Cicerone guide *Walking in the Dordogne* provided a good place to start.

Based in the village of Les Eyzies we were at the junction of two GRs and adjacent to many local walks so we had some good options. The majority of these walks can easily be done in bite size sections. Les Eyzies is home to the National Museum of Prehistory, the site of the cave shelter where the earliest Cro-Magnon remains were discovered and the Grotte de Font-de-Gaume with its early cave paintings.

The walks in this area link small villages, forests, ancient pathways and the Vezere valley. The distinctive red and white trail markings become a welcome sign at all of the trail twists and turns.

The start of a walk up the Gorge d'Enfer (the gorge of hell)



Many rock overhangs had been prehistoric shelters.



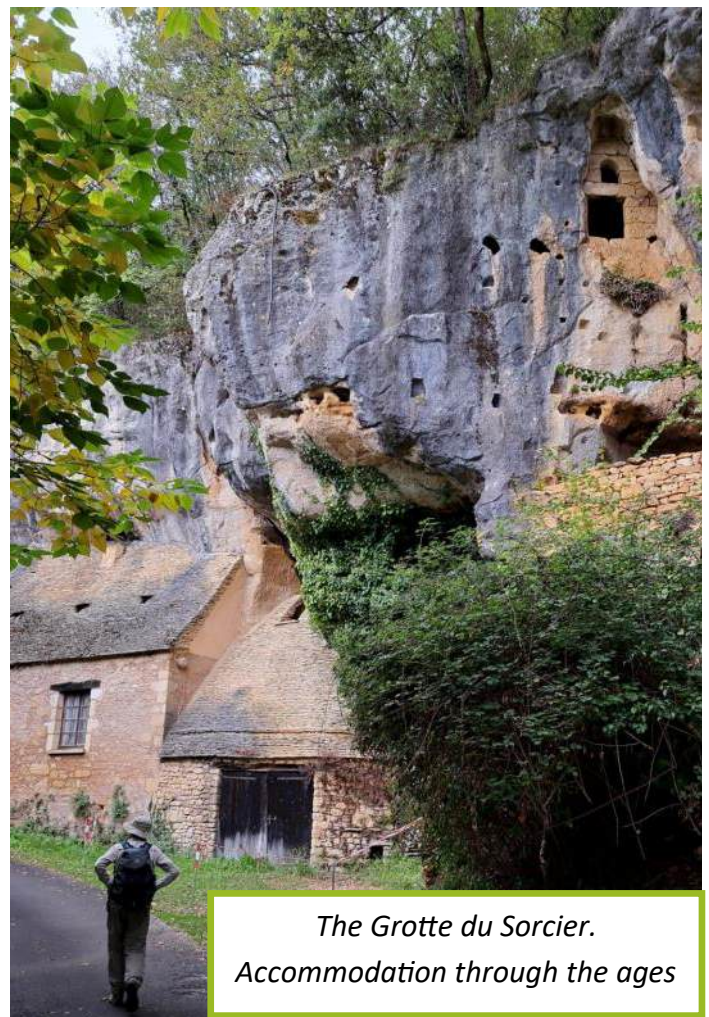
A right hand turn clearly indicated



More way signs in the forest



Ancient Rocky Pathways



*The Grotte du Sorcier.
Accommodation through the ages*

In spite of the small villages that we walked through there were no cafes or places of refreshment, so we had to take everything that we needed for each day's walk from Les Eyziès – not hard to stock up there though, with nice French pastries and rolls from the bakery.

David Wardle

FIRST AID FACT SHEET

Head Injuries

Head injuries are the result of trauma to the skull, scalp or brain. Injuries to the head are potentially dangerous and always require medical attention.

Caused by

- + Skull fracture from direct force e.g. blow to the head or indirect force e.g. a fall from height.
- + Concussion – altered state of consciousness.
- + Compression – excess pressure on part of the brain.

Signs & symptoms

- + Change in conscious level.
- + Headache, nausea, vomiting.
- + Loss of memory.
- + Altered or abnormal responses to commands or touch, such as irritability, confusion.
- + Twitching, noisy breathing.
- + Wounds to the scalp or face.
- + Blood or fluid from the ear.
- + Dizziness.
- + Blurred vision.

What to do

Unconscious casualty

1. Follow DRSABCD St John Action Plan.
2. Place the casualty into the recovery position being careful to support casualty's head and neck in neutral alignment during movement to avoid any twisting action.
3. If any blood or fluid is coming from the ear, place injured side down to allow the fluid to drain, place a clean pad between ear and ground and observe the amount draining.
4. Monitor for any changes in signs, symptoms and level of consciousness and ensure the airway is kept clear and open.
5. Control any bleeding, but do not apply direct pressure to the skull.
6. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.

Conscious casualty

1. Follow DRSABCD St John Action Plan.
2. Rest and reassure the casualty.
3. If **NO** suspected neck or spinal injury, place casualty in a comfortable position with head and shoulders slightly raised.
4. If neck or spinal injuries **are** suspected, keep the casualty flat and support the head on either side to stop movement; improvise using rolled towels, blankets or clothing.
5. Observe for any changes in signs, symptoms and level of consciousness.
6. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.

If mediums can communicate with the dead, just imagine what a large can do.

Walk Statistics for February

Not so hot, so no walks cancelled this month.

Andrew C took walkers up high, doing the new Mindjagari Track (Tidbinbilla Skyline) over 3 Sundays, with Andrew and Lam being the only 2 to complete all three stages.

Weekend Walks

02-Feb-26	Trees of Gigerline Nature Reserve	12
07-Feb-26	Old Mill Road Brindabellas	9
08-Feb-26	Tidbinbilla Skyline #1 Mt Domain to Snowy Corner	6
14-Feb-26	Hill East of Gibraltar Creek	9
15-Feb-26	Tidbinbilla Skyline #2 Tidbinbilla Mt, the Pimple, Tid Peak	7
15-Feb-26	Parliamentary Zone (short walk)	6
21-Feb-26	Molonglo Gorge Loop	6
22-Feb-26	Tidbinbilla Skyline #3 Camels Hump, Johns Peak, Tid Peak	5

BBC led Easy/Medium and Medium/Hard walks

04-Feb-26	Cork Oak Plantation & Arboretum	20
04-Feb-26	Circuit via Sundial Rock	13
18-Feb-26	Ashbrook Firetrail and Cascades	29
18-Feb-26	White Horse Rocks	11

Wednesday Easy walks

04-Feb-26	Pinnacle Nature Reserve	21
11-Feb-26	Mt Arawang	12
18-Feb-26	New, Old and Changing Red Hill	15
25-Feb-26	Gungahlin & Spiders Hill	17

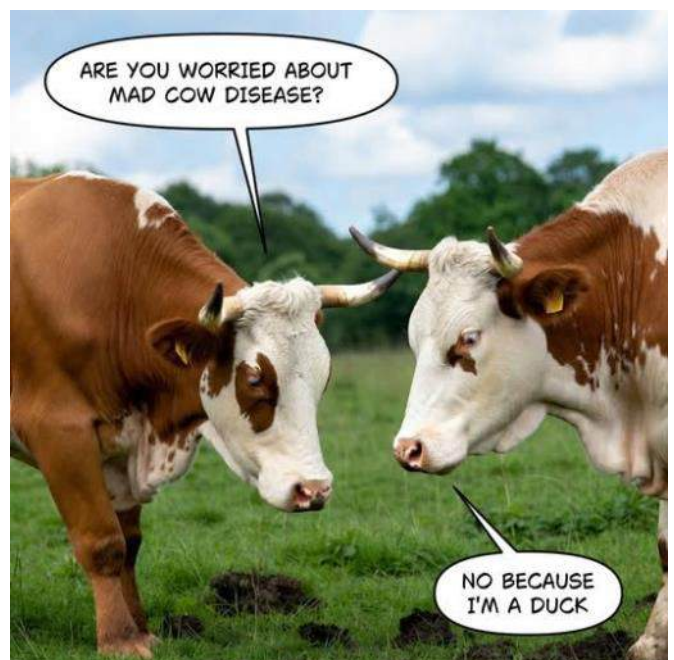
My wife called to tell me she saw a fox on the way to work.

I asked her how she knew it was on it's way to work.

She hung up on me.

One day you'll find someone who is obsessed with you.

It's probably going to be a dog, but it is what it is.



SOCIAL NEWS MARCH 2026

FRIDAY. 27 February: End of Summer drinkies and nibbles

What a great night!!! 46 happy members gathered to eat, drink and chat from 5:30 onwards. (photos below) The location at Black Mountain Peninsula was perfect. Great to meet new member Sally and sing happy birthday to Cynthia for her 80th birthday. Many thanks to Mark, our fabulous barman, Colleen for helping me shop and Terrylea for the great photos. Another successful social outing for BBC!!!

Next outing (weather permitting): **Monday 9 March - walk and lunch at River Bend, The Cotter.** I will send details later in the week.

Elaine Atkinson
Social Convenor



A Little March Madness



“Your underwear is much too tight and very revealing,” I said to my wife.

She replied, "Wear your own then."

**I DON'T ALWAYS
HAVE TIME TO CALL
PEOPLE BACK BUT
WHEN I DO I DON'T**

Wanted: Someone to brush their teeth with me because 9/10 dentists say brushing alone won't help tooth decay. No weirdos please.

