



Bushwalking 'sherpas'

Negotiating the track to Lakeview Lookout, Grampians National Park, with Kelly mounted on the TrailRider
Wimmera Bushwalking Club Newsletter, April 2014

Contributions

Email or post news, views, club profiles, articles, photographs, sketches and letters on any topic of interest to bushwalkers (publication is subject to editorial approval) to:

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The statements and opinions expressed in articles are those of the author and do not necessarily represent the views or position of Bushwalking Victoria.

Editor: Joslin Guest

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WALKING AND TALKING WITH THE BUSHWALKING VICTORIA PRESIDENT

Bushwalking Victoria Policies

In my March column I wrote about Bushwalking Victoria policies relating to commercial activities in national parks and other protected areas. I also mentioned that we would be publishing updated draft policies for review and comment by members of Bushwalking Victoria.

The Bushwalking Tracks and Conservation (BTAC) committee and the board have completed work on these policies and members are now invited to review and submit comments by 10 June 2014. The drafts are available on the Policies page of the BWV web site at <http://bit.ly/1pJDGTJ>

We have grouped the policies into four areas:

- Conservation:

Conservation sets out our policies on land management and related issues – for example, flora and fauna protection, feral animal and plant management, water catchments, grazing and forestry.
- Commercial activities in protected areas:

Closely related to the conservation policies are our policies on commercial activities and infrastructure in national parks and other protected areas. We have separated these policies from the conservation policies because of the strong current focus by government and the public on this area.

We regard it as being so critical that we have included it as a key topic for the leadership forum this year.
- Bushwalking infrastructure:

Bushwalking infrastructure focusses on infrastructure specifically relating to bushwalking – tracks, huts, camp sites, information and signage.
- Other recreational user groups:

Other recreational user groups covers our policies relating to the other users of tracks and protected areas, such as horse riders, trail bikers, mountain bikers, four-wheel drivers, skiers, shooters etc.

We hope for plenty of comment and debate on these draft policies. **We don't change our policies frequently, so we want to ensure that we get them right when we do.**

Kids Adventure Festival

Led by Charlie Ablitt and supported by nine volunteers, Bushwalking Victoria led walks for children at the Baw Baw resort on the weekend of 5-6 April. Although the resort and Bushwalking Victoria had a learning curve to go through, the weekend was a success. Resort management was very pleased with our input and the outcome, and the kids enjoyed themselves very much (especially, the very young children). We made a strong impression on parents too, and I am confident that for a number of parents and children the bush is a more inviting (and less forbidding) **place than previously. We'll take the lessons learned on**



board, but we intend to be selectively involved again with this and similar initiatives in the future. A big thank you to the volunteers who gave their time and worked hard and patiently to make it all happen.

BTAC magazine – *On the Tracks*

By now, many Bushwalking Victoria members will have seen our new BTAC newsletter *On the Tracks*. There have been two issues (January 2014 and March 2014) full of information about

BTAC's activities past and future.

As you may be aware, BTAC covers not only track maintenance and invasive plant removal activities, but also issues concerning advisory work and submissions relating to bushwalking and land management. BTAC depends on its hard-working group of Field Officers, who between them cover virtually all of Victoria. The Field Officers are our eyes and ears to local issues.

On the Tracks should be of great interest to all bushwalkers even if not directly involved in BTAC activities. **If you haven't had a chance to read an issue,** you can find them on the Bushwalking Victoria website at <http://bit.ly/1nZbbDL>

Bushwalking Victoria Board

As I mentioned last month, we are coming towards the time for the election of a new board for 2014-15. Although many current board members intend to stand for election again, we are looking for new board members too.

If you would like to know more, please contact any current board member who will be happy to tell you all about what is involved in being on the board. Promise – no hard sells!

Seriously, we need as many good minds (and legs) as we **can get. Even if you don't want to serve on the board,** we are always glad to talk to you about how you can help the cause of bushwalking in other ways.

See you on the track.

Tony Walker

NOTICE OF BUSHWALKING VICTORIA LEADERSHIP FORUM AND AGM

Saturday, June 14, 2014

Templestowe Valley Primary School, Birchwood Avenue, Templestowe (Melway Map 33 A5)

- Leaders Forum: 9.30am
- Bushwalking Victoria AGM: 3.30pm

Register by email at admin@bushwalkingvictoria.org.au or by contacting our Office Manager, Patsy Scales, on 03 8846 4131 by Wednesday 11 June.

CALLING POTENTIAL WALK LEADERS

Bushwalking Victoria has been working with some of our biggest clubs to develop a course aimed at helping clubs to identify and train event leaders. The course material will be made available without charge to all clubs. Clubs may adapt as the material they wish to suit their needs and run the training themselves.

The first delivery of the course will be by members of the group that developed it, and is aimed at potential leaders and people involved in leadership training at clubs. We will be also be asking you to help us fine-tune **the course content and ensure it meets clubs' needs.**

There will be no charge to attendees for this course.

Topics covered include leadership skills, planning and conducting a walk, basic navigation and risk management.

When: Weekend of June 28-29, 2014

Where: Westerfolds Park, Templestowe in the DEPI conference room
Melway Map 33 F2

Time: 9am-4.30pm both days

Cost: Free
Light lunch, morning and afternoon tea provided both days

Who can come: The course is open to all members of affiliated and associated clubs and individual members of Bushwalking Victoria

Who to contact: If you wish to register contact:
Gerard Vander
Email (preferred) vandertg@gmail.com
Ph. 03 9435 4477

Deadline for applications: Monday May 26. Please supply return contact details.

The course numbers are limited and successful applicants will be notified by May 31. Further courses will be conducted later in the year at both city and country venues, depending on demand.

THE BUSHWALKER'S BANE—UNBURIED EXCRETA

One of my ongoing gripes about bushwalking is going for a bodily function and having to negotiate unburied poo, toilet paper and other unmentionables when looking for a spot to dig a hole and squat. There are lots of frequently used designated but un-serviced campsites and locations just off popular tracks where this happens.

After listening to a recent whine on the topic, my brother-in-law lent me a book first published in 1989 called [*How to Shit in the Woods: An Environmentally Sound Approach to a Lost Art*](#) by Kathleen Meyer. (The third edition has recently been published.) She mixes humour with anecdotes, information and tips about the matter.

Where to dig the hole? The primary consideration to is prevent faeces from washing into a waterway. Even when buried, the bacteria in human waste can travel a good distance through soil, so it is important to dig your hole, if you possibly can, not just 150m from an obvious body of water, but above the likely high-water line. Buried faeces can take more than 12 months to decompose.

Kathleen is less concerned about urine because it evaporates quickly and is relatively sterile unless some sort of bladder infection is present. But this is not an excuse to relieve oneself near a waterway or campsite.

Kathleen has strong opinions about toilet paper. Use the **minimum amount possible. Don't bury it (or burn it.)** Carry it out. And, women, carry out all your sanitary products.

The [Thru Hike](#) website has interesting statistics on decomposition rates for toilet paper. Unburied toilet paper or toilet paper hidden under a rock is very slow to decompose. Hiding the paper under a rock is particularly bad for decomposition. Toilet paper buried 15cm decomposes more quickly. The thinner the paper, the quicker the decomposition. A combination of high moisture and high soil contact contribute to degradation.

Kathleen includes a section of options for when you can't or shouldn't dig a hole.

And then there is 'poo packing' – ie, carrying out your poo. There are different types of poo tubes, pots and bags available. Some have a double bag system, others have a **sealed base and screw lid fitted with a large 'O-ring'** seal to contain smells and liquid and to minimise spills.

I'm not ready for poo packing (the yuck factor is strong), but it might be the future for toileting in the bush unless land managers provide more toilets on more tracks and campsites.

Joslin Guest, Editor

FROM CLUB NEWSLETTERS

Lakeview Lookout – with Kelly
Sunday, 23 March

Participants: Chris, Susan, Michael, Warren, Ann, Stuart, Kay, Maureen, Bob, from Wimmera Bushwalking Club and Andrew, Norelle, Kelly, Jimmy and Mel (the last two from France)



With a bit of organising, nine of us were able to assist Kelly P in a walk to Lakeview Lookout with the aid of the TrailRider, a specially constructed all-terrain wheelchair for disabled people, provided by Parks Victoria.

The Wimmera bushwalkers met Andrew and the others at Sundial car park in the Grampians NP. After Kelly was safely strapped into her comfy TrailRider, we set off towards the lookout and with four strong guys – two at each end – managing the TrailRider.

We set a cracking pace for the first hundred metres or so. **Kelly could have been had up for speeding if she wasn't careful!** After a while we stopped to take photos. Also, we started experiencing obstacles in the track such as steps, rocks and tree roots which tested the four 'sherpas'. **Hopefully Kelly was weathering the bumps OK!** It wasn't long before we reached the lookout and with a final heave-ho we manoeuvred Kelly and the TrailRider up over the

rocks to the summit. Well done everyone!

The view over Lake Bellfield was a bit hazy, but no-one cared because Kelly had made it! A photo shoot was in order and Kelly had a taste of what it must be like for celebrities with the paparazzi snapping away at her.

There was a real chill in the air so we didn't linger too long at the summit before making our way back. Mel raced ahead to fire up the billy and to begin cooking a special treat – delicious crêpes (or as pronounced in French 'craps'). **To earn one of Mel's crêpes, we had to say something in French.** *Merci beaucoup, Mel.*

After saying *au revoir* to Andrew, Kelly and Jimmy the Wimmera contingent did a walk to the Pinnacle.

All in all, it was a wonderful day. Thank you Andrew and Norelle for the opportunity to do a walk with Kelly. **Thank you Jimmy for your help and 'muscle' with the TrailRider.** *Merci* to Mel for her good company and those delicious crêpes. We hope she continues to enjoy her time in Australia.

Adapted from an article by Chris
Wimmera Bushwalkers newsletter, April 2014

The TrailRider requires three assistants (called *sherpas*) on the flat and four when the track has steps, rocks or uneven ground. It is a team effort to negotiate them. The TrailRider can take a person with a disability to places that they would otherwise not be able to experience because they cannot walk the distance. Perhaps we could do another walk later in the year? We'll have to see who we can find to do the cooking!

Norelle
Wimmera Bushwalkers newsletter, April 2014

Other clubs might also be interested in running a 'sherpa walk', so I repeat the notice from Parks Victoria from last month's Bushwalking News Victoria.
Editor

LEND A HAND AND MAKE A DIFFERENCE

Do you have a passion for the outdoors and enjoy helping people?

Grampians National Park is seeking volunteers to be trained as all-terrain wheelchair operators, also known as 'sherpas'.

As a volunteer sherpa you will play an important role in enabling park visitors with mobility limitations to be able to explore one of Victoria's most stunning national parks using the Parks Victoria TrailRider chairs.

If you would like to know more about the exciting new Volunteer Sherpa Program, contact:

Katherine Dyson
Volunteer Coordinator
Grampians National Park
Telephone: 0428 553 040 / (03) 5361 4063
Email: kdyson@parks.vic.gov.au



Being Lost on a Walk

You can be lost and not know it!

It's a worry to realise you have had to reflect on getting lost for a third time. The previous two times related to night-time sojourns to the 'loo'. But this time it was full sunlight and on one of the most popular walking tracks in Australia – a section of the Overland Track in Tasmania.

Let me set the scene.

Six club members walked from the Walls of Jerusalem via the Never Never to the Overland Track and camped at Windy Ridge overnight. When we were preparing to depart Windy Ridge, one of us headed off to the toilet and I was approached by our leader to check if it was OK for four of our party to start off as they were a bit slower and we two would catch them up. It was agreed that we would all meet up at Narcissus Hut for lunch before heading on further.

As it happened, the loo stop did not take very long and all six of us were standing around with our packs on ready to go when the four slower walkers got into a discussion about some signage indicating the various ranges that could be seen from Windy Ridge hut. I suggested that as it was our third time at Windy Ridge and we were not interested in the conversation that was taking place, two of us would head off as the others seemed to be settling in for a long discussion.

We moved off (mistake 1) slowly and stopped down the track a little way to make sure that the others were following. But it was not long before we got into our stride **and started to 'motor' along and enjoy the walk.** We stopped for a rest at the turn-off to Pine Valley, and then headed off again confident that the four were following us (mistake 2).

The two of us arrived at Narcissus Hut at the expected time. We then had a look around while waiting for the others. Other groups of walkers arrived at Narcissus and lined up to catch the ferry to Cynthia Bay.

I began to be a little concerned about the time it was taking for the rest of my group to arrive at Narcissus Hut. I wandered back up the track until I met a group of nine walkers who said that **'they had seen four gentlemen on**

the track who had lost two of their companions' (meaning us!), and that the four were heading back to Windy Ridge to find us (mistake 3) as we were supposedly behind them. The group of nine suggested that it would be a waste of effort on my part to go back for the four, so I returned to Narcissus.

A little later two of the four walked into Narcissus and I was initially greatly relieved that they had obviously not returned to Windy Ridge. My relief was short lived as there were only two of them and the other two had indeed gone back to Windy Ridge. I was also told that a ranger who had come from Pine Valley had met them and advised that he had not seen us, thus compounding the belief that we were still back at Windy Ridge. So two of us headed back up the track and met up with our last two walkers a little over half way back to Windy Ridge.

What lessons can be drawn from this incident?

Mistake 1: I had assumed that our whole party knew that we were all ready to depart when we were all standing around at Windy Ridge with our packs on ready to go.

In hindsight I should have interrupted the conversation and announced that we were heading off.

Mistake 2: I assumed that our initial arrangement to meet at Narcissus still applied and I did not see the need to wait for the other four at the halfway point.

The leader of the walk had considered our arrangement was valid only if the group of four had headed off first. Whereas I considered that it was a firm arrangement for acknowledging that we would be travelling faster.

In hindsight I should have waited.

What would I do differently in similar circumstances?

- Not assume that everyone is looking out for each other.
- Clearly announce my intention when leaving.
- Before departure, confirm our arrangement.

What would you do given the same set of facts?

Adapted from an article by Roger Sunraysia Bushwalkers' newsletter, April 2014

DISCUSSION FORUM

Here is an opportunity for bushwalkers to provide scenarios about issues relating to bushwalking or incidents that occur on **walks that could provide lessons about DOs and DON'Ts** – not just on pack carries, but also on base camps and day walks – from which we can all learn, as well as reflect on our own attitudes and behaviours.

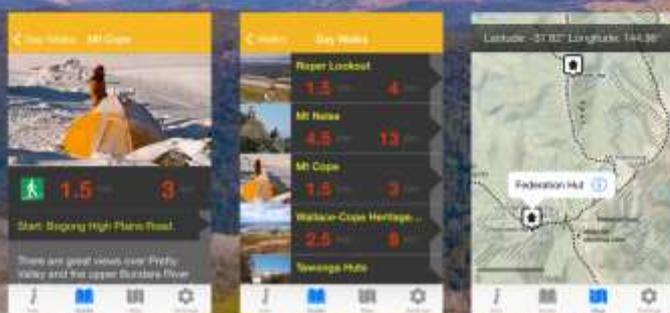
Two topics raised in this newsletter invite discussion.

- Being Lost: Roger raises interesting issues about group walking, interaction and safety. Your feedback about the identified mistakes and the lessons learned, and how you would have acted in the circumstances would be welcome.
- Bodily functions and associated issues when bushwalking: What are your responses to the page 3 article?

Your suggestions for other discussion topics are also very welcome.



Bogong Alpine Area Outdoor Recreation App



Take Spatial Vision's award-winning SVmaps with you on your iPhone with the latest ORG map of the Bogong Alpine Area.

Discover the remarkable history of the area as you travel through the region on foot or by car. Find the best location to set up camp, have a picnic or go on a bushwalk whilst storing all of your favourite walks in the App.

Download the latest ORG iPhone Apps



Bogong



Buller Howitt



Wilsons Prom

www.svmaps.com.au

SUNDAY 1 JUNE 2014 SYDNEY | MELBOURNE | CANBERRA

MS WALK+ RUN

GET FIT FOR A CAUSE
And help Aussies living with MS

mswalk.org.au

The event is being held at the scenic Albert Park Lake.

You can register as individuals or as team.

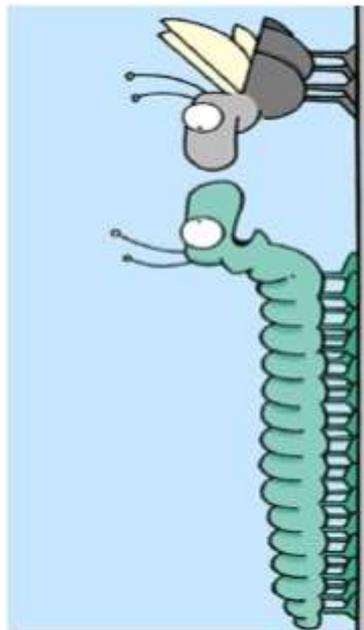
The event is open and accessible to all ages and fitness levels with various course lengths available for walkers.

This event raises valuable funds for Aussies living with multiple sclerosis, so your participation will **go a long way in our fight against the 'invisible disease'**.

To find our more info on the event and to register online, please visit www.mswalk.org.au

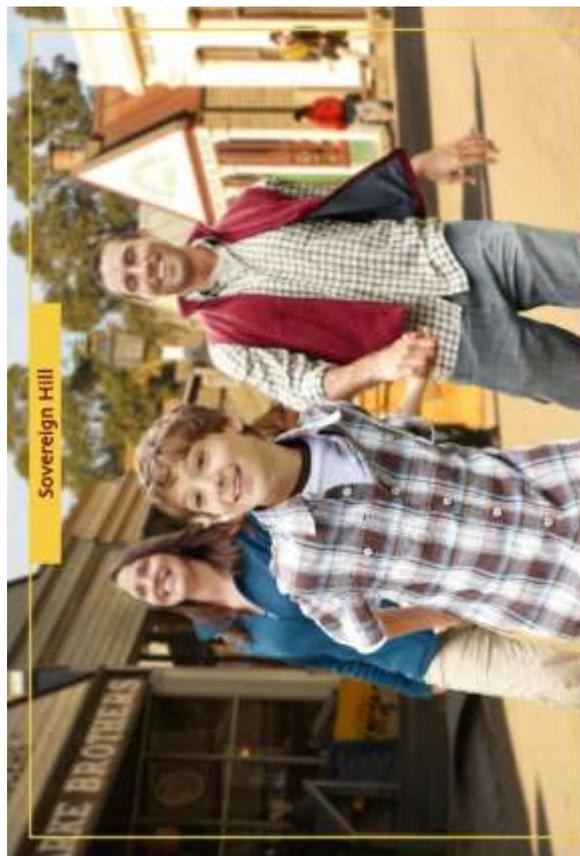
For further assistance, our contact number is 1300 705 340

We look forward to seeing you on June 1!



"I tried all the fitness fads but Dr Andrew was right all along, Walking is still the best exercise."

From Ben Cruachan Walking Club newsletter, April 2014!



Make Cancer History Walk

Sunday, 25 May 2014

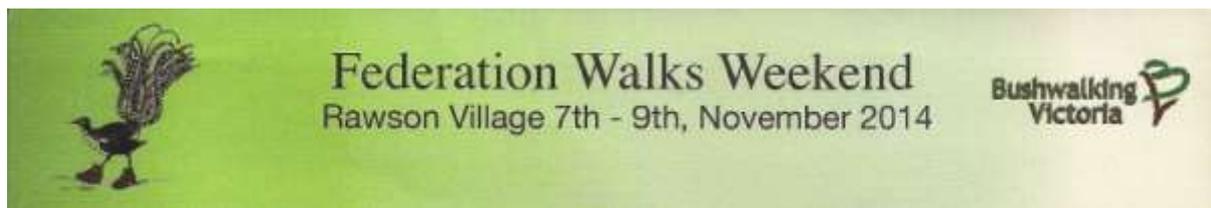
Bring your family and friends on a unique Sunday morning walk around the picturesque landscape of Sovereign Hill!

Arrive 8:30 am for a 9:00 am start. Price: \$25 per adult, \$15 per child, includes morning tea and FREE entry to Sovereign Hill for the day. Early bird registration offer: Register before 16 May 2014 to go into the draw for a special Sovereign Hill prize!



Net proceeds to the Fiona Elsey Cancer Research Institute
For more information
www.sovereignhill.com.au





Hosted by the Gippsland-based bushwalking clubs

Web: www.fedwalks.org.au

Telephone: 0425 702 788

Email: enquiries@fedwalks.org.au

BULLETIN NO. 1 — 20 MARCH 2014

Greetings from the Fed 2014 Walks Committee. We hope you will join us on 7-9 November for a great weekend of exploration and cheerful company. Here is some history to start with for those who might be thinking 'what is this?'

A Federation Walk is a weekend or a single day event for individual members of Bushwalking Victoria and members of all clubs affiliated with Bushwalking Victoria. Prior to 2006, Bushwalking Victoria was known as the Federation of Victorian **Walking Clubs, hence the event's name. A single club or a group of group of clubs volunteer to host the event each year. It** is in a different location each year and so it is a great way to get to know something of an area that may be unfamiliar or not visited recently, as well as meeting up and enjoying the camaraderie of fellow walkers. Come and be part of history.

This bulletin contains details of this year's weekend. All the event details and information will soon be downloadable from our website www.fedwalks.org.au.

Hub location:

Rawson Village, Pinnacle Drive, Rawson, Victoria 3825, is located in scenic Gippsland, 173km from the Melbourne CBD. Rawson is ideally situated for visiting the surrounding mountains, forests, Baw Baw National Park, Thomson River and Dam, historic Walhalla and the Thomson Valley Railway. Some walks will commence from the village and others will require a car journey.

Venue:

The village has all we require on site including a choice of motel or lodge accommodation, a dining room, and other facilities where you can relax with a drink by an open fire after your walk. There is ample free car parking.

Walks program:

The Fed 2014 Walks Committee is busy planning and receiving the walks for the program. More on this in future bulletins and on the website soon.

Registration:

Registrations for the weekend will be in two parts.

- Accommodation/Meals Package Registration open on Tuesday 1 July and close on Friday 10 October 2014.
Booking early will help ensure you get the accommodation of your choice, especially if you want a motel room as there are only 20 of these. Registration forms will be available soon.
- Walks Program Registration will be open on Tuesday 1 July and close on Friday 10 October.
There will something for everyone with more than 20 walks available covering all grades on both Saturday and Sunday.

Event registration fee:

An all-inclusive meals and accommodation plus walks package has been negotiated for the weekend.

Those attending only the day will pay \$30 when registering for the walks.

Accommodation:

There are two styles of accommodation options: lodge or motel.

Lodge: There are two types of lodges. For both types the doona and pillow are provided. BYO linen/sleeping bag and towel.

- Lodge A: bunk rooms with en suite (two basins, toilet and shower separate) for up to 6 people in each room.
- Lodge B: Small twin share rooms (wash basin, heater, shared facilities, communal lounge/ kitchen, refrigerator, microwave, tea/coffee making).

\$168.50 per person includes two nights accommodation (Friday and Saturday), two breakfasts, two lunches, Saturday night dinner and event registration. Sole occupancy of a twin room in Lodge B is \$204.50.

\$109.00 per person includes accommodation and dinner for Saturday night only, breakfast and lunch Sunday and event registration. Sole occupancy of a twin room, Saturday night only, if available, in Lodge B is \$145.00.

Motel: There are 20 motel rooms, all of which include one double-bed. Some also contain an additional bed or bunk beds combinations.

Motel rooms are only available for both Friday and Saturday nights. No single occupancy or single night bookings are available.

\$229.50 per person includes two nights' accommodation (Friday and Saturday), two breakfasts, two lunches, Saturday night dinner and event registration.

Additional persons occupying a motel room will be charged at \$96.50 per person.

Those wishing to share a room with specific people should all use the same booking form and pay in one transaction.

Solo bookings for the lodges will be matched with another person/s of the same gender.

Meals:

All the accommodation options include the following meals:

- Breakfast: cereals, juice, toast, hot selection, tea, coffee.
- Lunch: Make your own from a selection of rolls, fillings, fruit, bars, juice, etc.
- Dinner: Main course and dessert, plus tea and coffee.
- Diet: Special dietary requirements catered for.

Saturday dinner only: Dinner for those not staying at Rawson Village is \$19.50.

Bar will be open for purchases.

Next Steps

1. Enter the event dates in your diary.
2. Decide on accommodation options and be ready to register when bookings open on 1st July.
3. Look out for the details of the Walks Program which will be available at the end of June. This will be sent to you and will be available on our web site.
4. Please contact us with any questions you may have. Email: enquiries@fedwalks.org.au

Happy walking.

Organising Committee
Federation Walks Weekend 2014

VICTORIAN ALPINE HUTS — INTERESTING SPEAKER FOR YOUR CLUB

We have said it before: the popularity of our 30 minute presentation continues to grow.

Our presentations are uniquely tailored for special interest groups such as 4x4 clubs, photographic and bushwalking groups, and will always contain some or all of the following:

- An introduction to heritage guidelines
- The construction of Horsehair Hut in 2003
- Repairs to or the rebuilding of Frys, Ritchies, Westons, Wallaces and many other huts
- Differences in wall, roof and chimney construction techniques

- Video showing the use of our hand tools and construction of walls from the TV programs *Hot Properties* and *Landline*
- Future hut repairs.

At the end of each presentation there is time to look at a display of hand tools, ask questions and sign membership applications.

If you belong to an association and would like your members to receive a visit from us please contact us at editor@hutsvictoria.org.au

Who's Who at Bushwalking Victoria

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 Victorian Deputy Delegate: Chris Towers
 Please contact via the office

Organisations where BWV Members Provide a Bushwalking Perspective

Grampians Peak Trail Task Force: Phil Brotchie
 Living Links Steering Committee: Tony Walker



Bushwalking News Victoria

If undeliverable
 please return to

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