

Bushwalking News Victoria



April 2015 Issue 256

Walking and Talking with the Bushwalking Victoria President	2
Extended Walks Leadership Course	3
Track and Conservation Activities	4
Five Top Environment Priorities for the Victorian Labor Government	6
Federation Walks	7
Federation Walks Weekend 2015 – Notice 1	9
Walking Is Good for You	9
News about Endangered Species	9
Management Plans	11
Product Warning – Portable Butane Cookers	12
A Nine-year Trek from Ballarat to Bendigo	12
Memory Map	13
Notices	13
Advertisement	16
Contributions	17
Who's Who at Bushwalking Victoria	17



An experienced thieving Spotted-tail Quoll about to make off with a hiker's dinner, Melaleuca, Tasmania ((Image: Coral Eden, Boroondara Bushwalkers)

Walking and Talking with the Bushwalking Victoria President

Bushwalking Victoria Board

First, I'd like to welcome a new member to the board of Bushwalking Victoria. Late last year, Hadi Hezaveh, the Secretary of the Iranian Bushwalking Club, expressed interest in becoming part of the board. He attended the last two board meetings as a guest, and we have now voted to co-opt him as a board member. Hadi comes from an enthusiastic and strongly growing bushwalking club, and brings commitment, a great deal of walking experience and a willingness to work for the Victorian bushwalking community. Like all other board members, Hadi will be eligible to stand for election to the board at our AGM in June.

In this context, I encourage members of our affiliated clubs to consider standing for election. The board works as a cabinet, rather than as a committee, with each board member taking responsibility for key projects and activities on behalf of Bushwalking Victoria, so there is always room for people with the ability and desire to make a difference on behalf of the bushwalking community. **If you'd like to know more, please contact the board representative** for your club, or the Bushwalking Victoria President or Vice President, who will be happy to talk to you.

The 2014-15 board has been very effective and hardworking, supported by a growing number of volunteers who have offered their skills in key projects. If you think you have skills that we could use, please contact your board representative or any other board member. In particular, we are looking for people with:

- Media, advertising or public relations experience
- Web management skills
- Land management experience
- Track/Trail design or construction experience
- GIS (Geographical Information Systems) experience.

We are also looking for people willing to help on a part-time basis to carry out research on our behalf. This would focus on finding information, literature and other material relevant to the various projects and submissions we work on.

Helping at Bushwalking Victoria is a chance to make a real contribution to the Victorian bushwalking community, and perhaps learn some new skills or apply old ones, and to work with a team of people trying to make a difference. Most work can be done from home.

Outdoors Victoria

Outdoors Victoria held its first leadership forum in Geelong in early March. The forum brought together representatives from government agencies such as Parks Victoria, Sports and Recreation Victoria (SRV) and Department of Environment, Land, Water and Planning (DELWP), tourism operators, outdoor education providers, and outdoor user groups such as Bushwalking Victoria.

The main objective was to identify key outdoor policy areas for decision makers. In this context, Bushwalking Victoria was able to make strong representations regarding some key issues that affect the bushwalking community. We look to **Outdoors Victoria to act as a 'force multiplier' to help us bring these issues forward more effectively.**

I have not yet received the papers from the forum, but will share them with you as soon as possible after they become available.

Sports and Recreation Victoria

Our understanding is that Sports and Recreation Victoria (SRV) is to be reorganised into two main focus areas:

- A section focusing on competitive sport and major events, which will report to the Sports Minister, John Eren
- A section focusing on community sport and recreation, which will report to the Minister for Health and Human Services, Jill Hennessey.

We believe that this is a positive step. In the past, recreational activities such as bushwalking have tended to receive less attention than the more glamorous 'big event' sports. The intention underpinning the reorganisation appears to be a greater focus on improving community health through greater participation in non-competitive activities. This gives us a better opportunity and context in which to promote the value and benefits of bushwalking as a socially and lifestyle positive pastime.

Bushwalking Victoria will be taking action in the near future to make contact with the Minister for Health and Human Services to communicate our views and issues.

Bushwalking Victoria has been and will continue to be the strongest voice it can for the Victorian bushwalking community.

See you on the track.
Tony Walker

Extended Walks Leadership Course

Calling applicants

Bushwalking Victoria has worked with some of the bigger clubs to develop courses that help clubs identify and train activity leaders.

The first course covered leadership skills, planning and conducting a walk, basic navigation and risk management.

An extended course has been developed for leaders of day walks who would like to extend their knowledge to include base camps and overnight walks (pack carries). The course will also help leaders improve their navigation skills.

- When: Saturday 16 May to Sunday 17 May, 2015.
- Time: 9am-4.30pm both days.
- Where: Conference Room, Parks Office, Westerfolds Park (Melway 33 F1).
- Cost: FREE
A light lunch and morning and afternoon tea will be provided on both days.
- Eligible applicants: The course is open to all members of clubs affiliated and associated with Bushwalking Victoria and to individual members of Bushwalking Victoria. The course numbers are limited. Preference will be given to applicants who have attended the initial course and are now leading day walks OR applicants who have significant day walk leadership experience.
- To register contact: Sally Walker (email preferred) at training@bushwalkingvictoria.org.au or telephone 03 9807 5576.

Deadline for applications: Friday 1 May.

Notification date: Successful applicants will be notified by 8 May.

When applying, provide the following information:

Name:		
Club name / Individual member:		
Telephone:		
Mobile phone:		
Email address:		
Leadership experience:		
Did you attend the first course?	Yes No	
If you did not attend the first course, indicate your level of navigation skills:		
• Map craft	Understanding contour lines and landforms	None Basic High
• Navigation	Using grid references	None Basic High
• Map scales	Estimating distance	None Basic High
• Using a compass	Grid bearings	None Basic High
	Magnetic bearings	None Basic High
	Walking on a bearing	None Basic High

Track and Conservation Activities

Boneseed weeding, Arthurs Seat - notice

2 May

Bayside Bushwalking Club, the Victorian National Parks Association (VNPA) and the [South Peninsula Indigenous Flora and Fauna Association \(SPIFFA\)](#) will hold a boneseed weeding day on Saturday 2 May at Arthurs Seat. Other clubs with boneseed-weeding blocks might like to add the weeding their blocks to the day's activity. Any bushwalker who would like to join us is welcome to come and help us keep this weed under control.

For more information or to indicate whether you or your club would like to join the activity, contact Charlie Ablitt at conservation@bushwalkingvictoria.org.au.

Mt Torbreck – notice

16 May

Anthony Dykes and his friends will return to Mt Torbreck to recommence their work at site of the memorial to the WWII plane crash.

Saturday 16 May is the 75th anniversary of the death of Flying Officer Anthony Daniel and Corporals Herman Sass, Francis Hyland and Ivan Stowdor who all lost their lives aboard Avro Anson A4-4 while serving their country. On the day, regardless of where of where they will be doing track work, the group intends to be the memorial at 1320 hours to conduct a minute silence as a mark of respect to the brave WWII servicemen.

New participants on the project are more than welcome, or if you haven't visited the site before you are welcome to attend the minute silence at the memorial. Contact Anthony for details.

Anthony Dykes, independent bushwalker
ajdykes79@live.com.au

For more information about the plane crash, visit the <http://www.ozatwar.com/ozcrashes/vic88.htm> and http://www.deathrailwaytours.com.au/files/fs-174-Avro_Anson_Plane_Crash_Mt_Torbreck.pdf.

For information about Anthony's impressive efforts in clearing the track to the memorial and the memorial site, see the [December 2013](#) and [June 2014](#) editions of *Bushwalking News Victoria*.

Editor

Friends of Mt Worth – report

The indefatigable Friends of Mt Worth State Park continue their efforts at this beautiful location.

1 March

On 1 March, 10 Friends installed informative and well-designed interpretative signs along the Giants Circuit.



20 & 22 March

On the 20th, the President and two others successfully completed a trial rebuild of the Coles Creek bridge using Fibreglass Reinforced Plastic (FRP) grating which eliminates the need for chicken wire. Friends also rebuilt the Mystery, Grasseel and Sawdust bridges along the wheelchair track using FRP grating. On the 22nd, eight Friends emptied ash from the wood barbecues and, as usual, picked up and carried away rubbish from the carpark and surrounds.



Tony Castle, Friends of Mt Worth State Park

Australian Alpine Walking Track clearing, Omeo area - report

6-9 March

Eight BTAC volunteers plus Parks Victoria rangers used loppers, brushcutters and chainsaws to clear a section of the AAWT in the Omeo area and then re-mark it. A 4WD club ferried the group to and from the work site in the mountainous terrain.



Charlie Ablitt, Bushwalking Tracks and Conservation Projects Coordinator

GSWW volunteers at Danger Point – report

GSWW volunteers have worked to re-route a section of track around a problem area at Point Danger and have created a more visually interesting experience for walkers.



Source: GSWW Portland post, 27 March 2015

Five Top Environment Priorities for the Victorian Labor Government

Most members of Friends groups hope that a Victorian Labor government means better prospects for the environment than under the previous Coalition government. There are some hopeful signs, with the Premier, Mr Daniel Andrews, having already banned cattle grazing in the Alpine National Park and having instigated a review of the lease arrangements for a luxury resort at Point Nepean National Park.

The Victorian Environmental Friends Network has five top priorities that it would like to see the government address. Most of these priorities are also of importance to the bushwalking environment.

- 1. Properly fund Parks Victoria**
This deserves top billing as in recent years the Parks Victoria budget has been so severely cut that it now has fewer staff than when it was created in 1996 even though the area of parks has significantly increased. Proper funding would mean more rangers, better control of pest plants and animals, and overall better management of our national parks.
Also, the government should **publish Parks Victoria's funding arrangements**, which have been hidden for decades.
- 2. Rewrite Vegetation Clearing Regulations**
These regulations introduced by the previous government are not working well. They rely on inaccurate datasets and maps. There is no on-site assessment and little consideration is given to the vegetation type being cleared.
- 3. Establish the Great Forest National Park**
The proposed Great Forest National Park would stretch from Kinglake across the Yarra Ranges to Mt Baw Baw and north to Lake Eildon. This area is **home to the world's tallest flowering trees, the Mountain Ash, and the endangered Leadbeater's Possum (Victoria's fauna emblem)**. Creation of the park would add 355,000 hectares to the national park network in Victoria.
- 4. Rule out private development in national parks**
After reviewing (if not scrapping) the last-minute lease for a luxury resort and spa development at the Quarantine Station in Point Nepean National Park, the government needs to ensure that private development is ruled out in all national parks. Nowhere else in the

world is new private development in national parks allowed and it has been well established that the best place for such developments is just outside the boundaries of national parks. Such locations benefit not only the parks, but the local communities.

5. Institute a State-wide biodiversity strategy
This needs to happen along with a review of the *Flora and Fauna Guarantee Act 1988* to **protect Victoria's habitats** as promised before the election. Huge residential development is already going ahead on the outskirts of Melbourne, particularly in the north, where growth corridor plans were released before Biodiversity Conservation Strategies. This kind of back-to-front planning has to be stopped in order to conserve what little is left of our native grasslands.

Source: Ray Radford, Network Convener
FriendsNet, Newsletter of the Victorian Environment Friends Network,
February 2015

Federation Walks

Some History

Bushwalking Victoria was originally established as the Federation of Victorian Bushwalking Clubs at a meeting on 15 May 1934. At that meeting, the first of the six aims of the new organisation was to **'Unite all Victorian walking clubs** for the protection and advancement of mutual interests to promote the pastime of tour walking [as bushwalking was known at the time] and encourage good fellowship among affiliated bodies'.

To foster good fellowship among the eight inaugural member clubs, the first Federation Walk was organised by the Melbourne Amateur Walking and Touring Club and held on 6 October 1935. The tradition of a member club organising a walk event **was thereby created**. **Unfortunately we don't know the location of the first walk.**

2015 will therefore mark the 80th anniversary of the first Federation Walk. No Federation Walks were held during the war years 1941 to 1946. A couple of **events were cancelled: the 1952 event due to a train strike (that wouldn't happen today - cancellation due to a train strike, I mean!) and the 2009 event due to the Black Saturday bushfires that devastated the intended walk area.**

Over the years the numbers attending each event have waxed and waned somewhat. A number of clubs have organised and run the event more than once. **While I wasn't there in the early, or even not so early, years** (I attended my first Federation Walk in 1987), I can confidently say that over all those years the good fellowship and enjoyment that flows from walking with fellow walkers from member clubs has been a constant. And **after last year's event at Rawson, hosted by four Gippsland clubs, we now have data to back this up** (see below).

Permanent Federations Walks website

In 2014, the organising clubs and Bushwalking Victoria created a new dedicated Federation Walks website to be used to promote and organise the annual event at <http://www.fedwalks.org.au/>.

A [History](#) page has been added to the site on which readers can find more about the history of Federation Walks, including details of the date, location and organising club(s) for each event since 1935.

Federation Walks Weekend 2014 Feedback

One of the innovations introduced by the clubs organising the 2014 Federation Walks was online registrations by individual walkers. Previously, walker registration was done through the clubs. As registration included email address information, Bushwalking Victoria and the organising clubs were able to conduct an online survey of attendees following the event to gather feedback to help ensure the continued success of Federation Walks.

The response to the survey was high. Of the 295 people who registered, 181 (60%) entered the survey and 175 completed it. As anyone that has conducted surveys will attest, these are excellent numbers.

A [full report on the survey responses](#) is available on the [Federation 2014](#) page of the Federation Walks website. Some highlights are:

1. 93% of respondents prefer a weekend event to a day event. (This perhaps is no surprise given it was a weekend event.)
2. 85% of respondents prefer a yearly event, 1.6% prefer an event twice a year and 12% prefer every two years.
3. 70% of respondents rated the cost of the weekend as Very Good value and 29% rated it at Good Value.
4. 83% of respondents gave the reason they attended as 'to meet and walk with walkers from other clubs' and 63% also said they attended to socialise with other walkers.
5. 85.5% of the respondents rated the weekend as Very Enjoyable and 12.7% rated it as Enjoyable.

Another stand-out from the survey was that almost every person who responded took the time and trouble to comment on aspects of the weekend.

So we now have data to back up our claims about how enjoyable Federation Walks are, and lots of wonderful and helpful comments and suggestions. If you attended the 2014 event, check out the report online. If you have never been to one you will see you are missing out on an exciting and thoroughly enjoyable bushwalking experience.

2015 and future Federation Walks

The 2015 Federation Walks are being hosted and organised by Bayside Bushwalking Club and the Great Dividing Trail Association. Walks will be in the Daylesford and Hepburn Springs areas on the weekend of 24 and 25 October. See the *Notice 1* below, and website where information will be updated progressively.

For Federation Walks to continue clubs need to volunteer to organise and run the event. While this does require effort and dedication, Bushwalking Victoria and previous organising clubs are willing and able to provide advice, support and assistance. Organising committees and event volunteers will also attest to what an interesting and enjoyable experience it is. If your club **hasn't** hosted a Federation Walk before **or hasn't done so for a few years, how about** volunteering to do so?. Consider partnering with another club or clubs to do so. For more information, email Bushwalking Victoria board member Peter Conroy at peter@bushwalkingvictoria.org.au.

Chris Towers, Bushwalking Victoria board member



Federation Walks Weekend 2015 – Notice 1

Federation Walks Weekend 2015 will be held in the Victorian Goldfields and Spa Country around Daylesford and Hepburn Springs on the weekend of 24-25 October 2015.

The event will be hosted by the Bayside Bushwalking Club and the Great Dividing Trail Association.

The venue for registration, afternoon tea and Saturday evening meal will be the Hepburn Primary School, 156 Main Road, Hepburn (corner of Fourteenth Street).

Due to the wide range of accommodation available in the area and the fact that it is close enough to Melbourne to permit day trips, the hosting clubs will not be organising accommodation. Instead they will provide information about suitable group and budget accommodation.

The Daylesford area is very popular and accommodation can book out quickly, sometimes a year in advance, so if you would like to participate in some of the great walks we are planning while staying overnight in the area, it might be a good idea to book your accommodation soon.

Keep up to date about the Federation Walks weekend at <http://fedwalks.org.au/>.



Walking Is Good for You

Yet another study has shown walking is good for **one's health and wellbeing**. And – no surprise - that walking in natural places is more beneficial than walking in urban environments or on walking machines in gyms. The study of 1,000 walkers in the UK and US looked at the physical, emotional and cognitive aspects of walking in different sorts of man-made and natural environments, both alone and in groups. The findings are complex and I will report on them in the next edition of *Bushwalking News Victoria*. In the meantime, you can read a commentary of the report in the [Wild Magazine](#).

News about Endangered Species

Good news from Wilsons Prom



Long-nose Potoroo

Remote cameras have revealed that Wilsons Promontory is home to a rich population of native mammals, including endangered and threatened species such as Long-nosed Potoroos, Southern Brown Bandicoots, Long-nosed Bandicoots and White-footed Dunnarts.

Parks Victoria's Environmental Scientist, Dr Mark Antos, said that it was particularly exciting news that rare and threatened Long-nosed Potoroos were recorded at many sites throughout the park. 'We are really pleased that Long-nosed Potoroos were seen at one in five of the camera sites - a higher than expected number of recordings. The population of potoroos is a particularly good sign as these larger sized mammals are known to be key prey for foxes. Although red foxes and feral cats were also recorded in some areas, the rich native mammal population is a good sign that predator control programs are helping to protect native species and allowing them to thrive.'



White-footed Dunnart

'It's also been encouraging to see potoroos at so many sites as these are known as a 'keystone species' because of their important role in the forest ecosystem. This includes helping to spread beneficial fungi between plants and turning over leaf litter to promote nutrient cycling and plant germination,' Dr Antos said.

The program used heat and motion triggered cameras that were set up at 54

sites throughout the park for 21 days to monitor mammals. Bait stations with lures of oats, peanut butter, vanilla essence and golden syrup were set up in front of the cameras to attract the mammals.

A rigorous scientific approach has been used to design the monitoring program and analyse results. Similar surveys are being rolled out across other Victorian parks including the Grampians, Greater Otway, Mornington and Point Nepean National Parks and Warrandyte-Kinglake Nature Conservation Reserve.

Source: Parks Victoria media release, 10 March 2015

Grampians Quoll Seen Again



Spotted-tail Quoll

Images: : Parks Victoria

Parks Victoria rangers have captured new footage of a Spotted-tail Quoll, otherwise known as the Tiger Quoll. The mysterious quoll was first sighted in September 2013, after the species was thought to be extinct in the area for over 140 years. The animal has now been caught on remote sensor cameras on 15 separate occasions. Quoll experts and Parks Victoria rangers have been able to confirm that pictured quoll is the same individual as previously photographed because of the clear arrangement of spots down both its flanks.

Dr Jackson said everyone involved with the monitoring program hopes that the quoll is able to locate a mate.

Spotted-tail Quoll are endangered in Victoria, with the south-east Australian population endangered nationally and listed as 'near threatened' on the International Union for Conservation of Nature red list.

'The survival of the quoll is a great sign for the overall health of the park and a symbol of resilience. It is also testimony to decades of conservation and fox control programs,' said Dr Jackson.

Source: Parks Victoria: media release, 10 February, 2015



Zoos Victoria's 2014-19 Wildlife Conservation Master Plan

Australia has one of the world's highest extinction rates of native species. Zoos Victoria believes that that this should not be tolerated and has released a plan that could save at least 20 species threatened with imminent extinction. The species include not only quolls and potoroos, but Leadbeater's Possum which might be saved by the creation of the Great Forest National Park, and the Regent Honeyeater known to many bushwalkers through the efforts of Ray Thomas of the [Regent Honeyeater Project](#).

Read Zoos Victoria's strategy at http://www.zoo.org.au/sites/default/files/ZVConsPlan14-19_FA.pdf.

Swift Parrot



Image:

<http://www.parks.tas.gov.au/?base=5132>

The Swift Parrot, which spends most of its time in Victoria and NSW but breeds in Tasmania, is in catastrophic decline and may be extinct in 16 years. Predatory Sugar Gliders in the **parrot**' breeding areas in Tasmania are contributing to the decline by raiding nests and eating eggs, fledglings and even brooding birds.

Sugar Gliders are widespread across the Tasmanian mainland, and there is good evidence to indicate that they were introduced there early last century. Sugar Gliders are primarily nectar/insect feeders, but are an opportunistic, but important, bird predator.

But the main reason for Swift Parrot decline is loss of habitat: land clearing for agriculture (no Swift Parrots breed in these areas) and logging of the blue gum forest (*Eucalyptus globulus*) in the places where the birds breed. The continual loss of winter-flowering eucalypts on which the over-wintering birds feed on the mainland is another a major contributory factor.

Sources:

<http://theconversation.com/sugar-glid-ers-are-eating-swift-parrots-but-whats-to-blame-19555>
http://www.depi.vic.gov.au/_data/assets/pdf_file/0017/251252/Swift_Parrot_Lathamus_discolor.pdf

Journal Reference: Heinsohn, Webb, Lacy, Terauds, Alserman and Stojanovic, *A severe predator-induced population decline predicted for endangered, migratory swift parrots (Lathamus discolor)*. Biological Conservation, March 2015
<http://www.sciencedirect.com/science/article/pii/S000632071500110X>

Regent Honeyeater Project

Do your bit to help endangered species in the Lurg Hills near Benalla by participating in:

- Nest box weekends: Apr 18-19 and May 16-17
- Planting weekends: Aug 1-2, Aug 15-16, Aug 29-30, Sep 12,13, Sep 26-27

Contact Ray Thomas to register and for more information at ray@regenthoneyeater.org.au. Visit <http://regenthoneyeater.org.au/index.php>.

Management Plans

The feedback period has closed for the following plans, but readers may nevertheless be interested in their content.

Draft Western Regional Coastal Plan

The *Draft Western Regional Coastal Plan* applies to the western coastal region from Breamlea to the South Australian border, including the municipalities from Surf Coast Shire in the east through to Glenelg Shire in the west. It identifies challenges at a regional level, provides direction on how the coast will be managed into the future and proposes actions to address issues.

Key documents:

- [Draft Western Regional Coastal Plan](#) (7.6Mb)
- [Plan at a Glance](#) which shows the structure and chapters of the draft Plan (144Kb).
- [Map](#) showing the key economic, social and environmental values of the Western coastal region (382Kb).

For more information, visit <http://www.wcb.vic.gov.au/regionalcap.html>.

Tasmanian Wilderness World Heritage Area Management Plan Project

The Tasmanian Wilderness World Heritage Area (TWWHA) of 1.58 million hectares occupies almost a quarter of Tasmania and is one of the largest temperate natural areas in the southern hemisphere. The majority of the area is managed in accord with the *Tasmanian Wilderness World Heritage Area Management Plan 1999*, which is a revision of, and replaced the *Tasmanian Wilderness World Heritage Area Management Plan 1992*. The plan is now outdated and does not cover the extensions made to the TWWHA in 2012 and 2013. The Tasmanian Government, supported by the Commonwealth Government, has committed to the development of a new management plan for the TWWHA.

Key documents:

- [Draft Tasmanian Wilderness World Heritage Management Plan](#) (120Mb)
- [Executive Summary](#) (618Kb)

Further information:

- The Australian Government Department of the Environment's website includes information about the values of the TWWHA and includes a series of maps showing the current TWWHA boundary (including the 2010, 2012 and 2013 additions) at <http://www.environment.gov.au/heritage/places/world/tasmanian-wilderness/resources.html>
- See also the [existing TWWHA management plan](#)
- [Frequently Asked Questions](#) (PDF) about the Tasmanian Wilderness World Heritage Area Draft Management Plan.

Among the recommendations of concern in the plan is the proposed renaming of the 'wilderness zone' as a 'remote recreation zone'.

To see the Tasmania National Parks Association's response to the draft plan go to <http://www.tnpsa.asn.au/2015-tasmanian-wilderness-world-heritage-area.html>.



Product Warning – Portable Butane Cookers

On 4 March, the NSW Fair Trading Commissioner warned consumers not buy **portable butane 'lunchbox' type cookers** because of safety issues. This type of stove can no longer be sold lawfully in NSW. 31 models of butane gas cookers have been withdrawn from sale in NSW as they do not meet Australian Standards.

These stoves are often used when picnicking, camping and caravanning. Recent testing by certifying bodies found the products' shut-off and safety valves failed to operate once heat was dispersed over the butane gas cylinder. This means stoves could overheat and possibly explode, causing serious injury.

For more information, refer to

- http://www.fairtrading.nsw.gov.au/ftw/About_us/News_and_events/Media_releases/2015_media_releases/20150304_public_warning_on_portable_butane.page?
- http://www.fairtrading.nsw.gov.au/ftw/Consumers/Product_and_service_safety/Lunchbox_cookers.page

A Nine-year Trek from Ballarat to Bendigo



It's taken nine years, from 2005 to 2014, but the amblers, ramblers and scramblers of the Melbourne University and Alumni Bushwalkers (MUAB) have finally completed their 193km 'trek' from Ballarat to Bendigo along the Great Dividing Trail. The walks gave us a rich array of experiences, including experiencing the quartz blocks that on dark nights caught the light of miners' lamps on the Creswick Miners Track to Ballarat, and appreciating the skill of the Victorian engineers and stonemasons who constructed the granite drop structures along the Coliban Main Channel for transporting water from Malmsbury to Bendigo. The volcanic landscapes around Dean, Wombat Forest, Sailors Falls, Mt Franklin Gorge, Vaughan Springs and the granite boulders on Mt Alexander were memorable features along the route.

MUAB walkers spent seven weekends and a day walk to complete the distance, with an average of 22 people on each walk. A total of 310 person nights of

accommodation was provided by regional hotels, motels and a school camp. Our spending at a variety of local restaurants and cafes contributed to the regional economy. The Midland Hotel in Castlemaine with its Victorian goldfields architecture with an art deco overlay was the highlight of the accommodation. We celebrated our completion of the trek in August 2014 with a party in the historic Mechanics Institute Hall in Dean.

Congratulations and thanks to all the volunteers of the Great Dividing Trails Association and others who contribute to the development and maintenance of the trail. They do an outstanding job.

John Langford, MUAB President

Memory Map

The times I've had in these boots!

Crazy tussock-hopping on flooded
buttongrass plains, mud past our knees,
drunk with love, altitude and light.

And remember climbing Feathertop, to watch
the sun go down beyond range upon range
of mountains, then dining from the billy like kings,
the blue-black sky as deep as eternity.

These stains? Contour lines – gradients on
a large-scale map: **here's the slog up Mount Terrible**
where I cursed, sweated and stank,
each step gritty with resentment.

Here are scrapes from the boulder-field on Cradle
where I finally gave up the ascent, bracing my feet on
the sun-warmed dolomite, higher than wedgetails
and hanging lakes, Ossa's escarpments smudged with cloud.

These boots smell of draughty huts, slat bunks, smoky fires,
wet socks in the morning. My stride's shorter now and these soles
are slick as wet rock. Yet, look – in the worn tread on the edge
of the heel – another memory, wedged as tight as a stone.

© Liz Robinson, Koonung Bushwalking Club

Notices

A Trek to Remember – Explore Nepal for **Alzheimer's Australia Vic**

Alzheimer's Australia Vic is proud to present a new community fundraising initiative – [A Trek to Remember](#).

Trek dates: 16 October-9 November 2015.

This 15-day trek offers participants the opportunity to venture into the deep forests and roam the high alpine pastures to the base of the sacred, fluted peak of Machapuchare and raise money for a worthy cause at the same time.

Dementia is the third leading cause of death in Australia and there is no cure. **Alzheimer's Australia Vic is the charity and peak body for dementia in Victoria.** We provide support, education and advocacy to people impacted by all forms of the disease. With approximately one person being diagnosed every six minutes, **there has never been a better time to support Alzheimer's Australia Vic.**

For more information, the registration form, trip notes etc. visit [Huma Charity Challenge](#) or email Kristin Marshall, Community Fundraising Officer at **Alzheimer's Australia Vic** at Kristin.Marshall@alzheimers.org.au or visit www.fightdementia.org.au/.

A TREK TO REMEMBER

EXPLORE NEPAL FOR ALZHEIMER'S AUSTRALIA VIC



Have you ever wanted to challenge yourself both physically and mentally; or wanted to partake in an adventure to discover new worlds, new landscapes and new cultures or perhaps wanted to raise money for Alzheimer's Australia Vic but never found the right event for you?

In 2015, Australia Alzheimer's Vic is proud to present a new Community Fundraising initiative – **A Trek to Remember**.

We have partnered with **Huma Charity Challenge**, a division of World Expeditions to bring supporters the opportunity to trek in Nepal and raise much needed funds for a worthy cause.

Discover your inner philanthropist, raising money for Alzheimer's Australia Vic and embarking on a remarkable journey as you venture into the deep forests and roam the high alpine pastures to the base of the sacred, fluted peak of Machapuchare.

ITINERARY AT A GLANCE

- DAY 1** Depart Australia
- DAY 2** Arrive Kathmandu
- DAY 3** In Kathmandu (includes trip to ARDC Nepal)
- DAY 4** Fly Kathmandu to Pokhara
- DAY 5** Walk approx 8 hrs to Australian Camp
- DAY 6** Walk approx 5 hrs to Kooker
- DAY 7** Walk approx 4 hrs to Humell
- DAY 8** Walk approx 5 hrs to Guhe
- DAY 9** Day hike to Mardi Himal Base Camp, approx 6 hrs
- DAY 10** Walk approx 5 hrs to Kooker
- DAY 11** Walk approx 7-8 hrs to Ghandruk
- DAY 12** Walk approx 5 hrs to Pokhara
- DAY 13** Fly to Kathmandu
- DAY 14** Depart Kathmandu
- DAY 15** Arrive Australia



WHAT'S INCLUDED:

- Return flights with Thai International from major cities in Australia
- Airport transfers
- 12 breakfasts, 9 lunches and 11 dinners
- Expert bilingual guide and group medical kit
- Use of a trek pack valued at USD \$500
- All park entrance fees and trekking permits
- Sightseeing and sight entrance fees in Kathmandu
- Accommodation in our fully serviced wilderness campsites

Plus much more!

A TREK TO REMEMBER PAYMENTS:

- Fully inclusive Travel Cost (see 'What's Included') twin share: **\$4270**
- Additional Non Refundable Registration Fee: **\$200**
- Optional Single Supplement: **\$420**
- Minimum Charity Donation Fundraising: **\$2000**

All prices are per person

IMPORTANT DATES:

- NOW** Complete the registration form, online and pay your \$200 non-refundable registration fee
- AUGUST 16** Final amount of Travel Cost Payment to be paid to Huma Charity Challenge
- SEPTEMBER 26** Reach your target \$2000 in fundraising donations
- OCTOBER 26** Bags packed, you're on your way to trek Nepal for Alzheimer's Australia Vic!

For more information or to register to take part in **A Trek to Remember** visit the **Huma Charity Challenge website** by clicking on the button below, or contact Kristin Marshall, Community Fundraising Officer at Alzheimer's Australia Vic on **03 9816 5746** or email kristin.marshall@alzheimers.org.au.

[More Information](#)



Lundy's Trek – Walk the Kokoda Track for Mates4Mates

The aim of Lundy's Trek is to have 25 trekkers to walk the Kokoda Track and raise \$50,000 to support the work of [Mates4Mates](http://Mates4Mates.com.au).



Mates4Mates supports current and previous Australian Defence Force (ADF) members who have suffered physical or psychological wounds, injuries or illnesses as a result of their service, either in Australia or overseas. It provides holistic physical and psychological rehabilitation programs for the service men and women and their families. Experts in Australia have stated that one veteran commits suicide every day. [Lundy](http://Lundy.com.au) was one of those servicemen.

Money raised for Mates4Mates will go to three types of services

- Psychological services - from counselling, to active mindfulness to deal with depression, marriage breakups, family issues and other issues that affect the individual.
- Social services - career coaching, career mentoring, education sessions and working out how to move into the workforce.
- Physical rehabilitation - Individual strength and conditioning programs, group strength programs, massage therapy, yoga and adventure challenges.

Walk dates: 10-20 October

DAILY ROUTINE		ITINERARY		OCTOBER
<p>While you're on the track, you can expect to undertake a daily routine similar to that of the table outlined below. Note that this is an indicative schedule and may change depending on weather, track conditions and group fitness injuries, etc.</p> <p>04:30-05:00 Wake up call & gear pack up 05:30-06:00 Breakfast 6:15 Group 'stretch' and brief 6:30 Walk 6:30-12:00 Breaks and rests as required, normally 10 minutes every 1 hour. A 30 minute mid-morning break at a suitable place 12:00-12:45 Lunch 12:45-15:30 Walk 15:30-16:00 Establish Camp 17:30 Dinner 19:30 Debrief</p> <p>COST Trek price is \$3,695 Personal porter available for additional \$725 Airfare (International) also available Please see back page for inclusions & exclusions</p>		<p>Day 1 Arrive in Port Moresby. Overnight – Loloata Island Resort.</p> <p>Day 2 Travel by road to Bomana Cemetery. Spend time here, then continue to Owers Corner. Commence trek and overnight Goodwater.</p> <p>Day 3 Trek – overnight Ioribaiwa.</p> <p>Day 4 Trek – overnight Nauro.</p> <p>Day 5 Trek – overnight Menari.</p> <p>Day 6 Trek – overnight Lanemau (Efogie). Service at Brigade Hill en-route.</p> <p>Day 7 Trek – overnight Templetons.</p> <p>Day 8 Trek – overnight Iurava Battlefield.</p> <p>Day 9 Early rise for Dawn Service at Iurava Battlefield Memorial. Trek to Kokoda & overnight.</p> <p>Day 10 Travel by road to Popondetta (approx. three hours). Connect with flight to Port Moresby. Overnight – Loloata Island Resort.</p> <p>Day 11 Transfer to airport and return flight to Australia.</p>	<p>10</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p>	

For more information: <http://www.lundystrek.com.au/>

To register: email: team@journeysbydesign.com.au or call 03 9642 5138

To sponsor: call Jason on 0488 556 155

Note: On 9 March, *Four Corners* screened [Bringing The War Home](http://BringingTheWarHome.com.au) about the PTSD among Australian soldiers who served in Iraq and Afghanistan.



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.svmmaps.com.au

