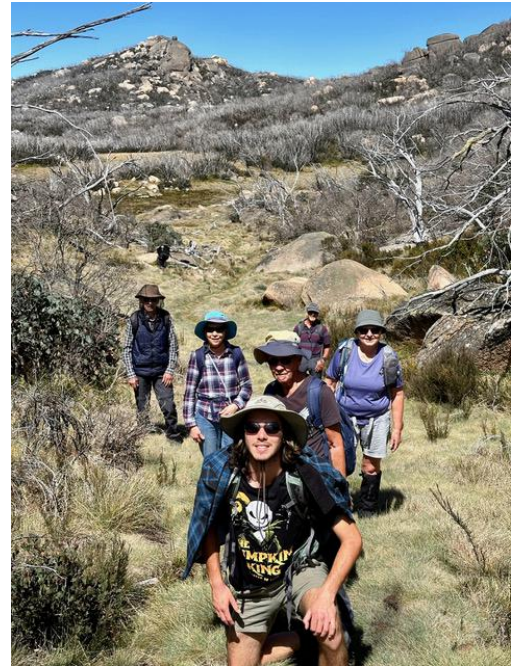


# *Benalla Bushwalking Club*

*Newsletter*

*Issue 6 January 2024*



## **President's Report**

*The weather is definitely warming up, the Country is beginning to dry and those slithering snakes are making their move. Please take care as you enjoy exploring our natural environment. A reminder to carry sufficient water, a basic first aid kit and a snake bite kit. Snake pressure bandages can be purchased from the Chemist.*

*Unfortunately, I was unable to attend the get together at Gehrig Winery with our members and members of the Warby Ranges Club. I believe a wonderful time was had by all. I encourage our members to peruse the Newsletters of other Clubs with a vision of joining in on walks that are of interest to you. Thanks to Brian for organising this social event.*

*Our AGM is on Tuesday 6 th February at 7pm. Fiona Tweedie will be our guest speaker. Fiona will enlighten us on her time spent in Angola. It is great that we have already received nominations for the Committee. Please consider nominating. It is good to hear the views of Committee Members, to have open and respectful discussion and enjoy the connection we share with each other. The Committee meets six times per year.*

*Thank you all for supporting and encouraging me in my role as President. I have enjoyed the task.*

*To all our Members I wish you a safe and joyous festive season and a fulfilling and fun year ahead.*

*See you on the tracks.*

*Wendy Baker. President. Benalla Bushwalking Club.*

**President: Wendy Baker 0429 780 179    Secretary: Gill Sydes 0419 585 996**

**Walks Co-ordinator: Brian Watson 0407 300 922**

**Website:** [www.benallabushwalkingclub.org.au](http://www.benallabushwalkingclub.org.au)    **Email:** [benallabushwalkingclub@gmail.com](mailto:benallabushwalkingclub@gmail.com)

## Your Committee for 2023

<b>President:</b>	Wendy Baker	0429 780 179
<b>Vice-President:</b>	Gary MacDonald	0421 052 367
<b>Secretary:</b>	Gill Sydes	0419 585 996
<b>Ass. Secretary</b>	Annie Gibbs	0431 022 349
<b>Treasurer:</b>	Brian Watson	0407 300 922

### Committee members:

Trevor Smith	0417 598 346	Annie Gibbs	0431 022 349
Bev Thornell	0428 270 334	James Flynn	0413 945 671

### Committee Responsibilities

<b>Walks Program:</b>	Brian Watson Gary MacDonald Gill Sydes
<b>Guest speakers:</b>	Bev Thornell Wendy Baker
<b>Maps &amp; Gear loan:</b>	Gill Sydes
<b>Public Officer:</b>	Gill Sydes
<b>Registrar:</b>	Gill Sydes
<b>Publicity:</b>	Bev Thornell
<b>Library/Archivist:</b>	Doug Kneen
<b>Newsletter:</b>	Trevor Smith
<b>Webmaster:</b>	Trevor Smith
<b>Mid-week walks</b>	Wendy Baker Annie Gibbs

# Reminders

## Total Fire Ban Days

Members are reminded the club policy is that on days of total fire ban during the declared fire season all walk activities are **cancelled**.

## Acknowledgement of Risks and Responsibilities Form

This form is now part of the membership application form. **All Members** must complete this form when renewing membership. This form alleviates the need for members to sign a form before each walk. Non-members on walks must sign the agreement before each walk. For this purpose leaders can download copies of the form from the Leaders Information page in the Members Only section of the club website or a membership application form containing the agreement can be found at the rear of the newsletter.

## Travel Costs

The club has a policy of passengers on walks paying drivers for their generosity in providing transport. The cost per passenger is based on 40c per kilometre and is calculated using the formula:

$$\text{Cost per passenger} = \frac{(\text{Round trip distance (Km)} \times 0.4 \times \text{No. of vehicles})}{\text{No. in group}}$$

The total contribution is then shared equally between the drivers.

Note: Members wishing to travel alone are excluded from the above calculation and incur their own costs.

## Staying Together

With larger groups or groups containing walkers of varying abilities it is inevitable that the group will tend to become strung out at times. To avoid this happening, or at least becoming a problem if it does happen, the following actions must be adhered to.

1. If you have to leave the track for a toilet stop advise the walker ahead or behind you of your intention and leave your pack in the middle of the track.
2. At a track intersection walkers must stop and wait for the rest of the party to catch up before proceeding.
3. If a small group wish to leave the main group to visit a nearby off route attraction they must advise the leader of their intention before doing so. The leader, if he agrees to the request, will decide whether the whole group goes on or waits on the track for their return.
4. Each walker should at all times be able to see the walker ahead and the walker behind, especially in more dense vegetation conditions. If not, the message should be sent up the line to slow up and allow them to catch up. With larger groups it is advisable to appoint an experienced walker as whip or "tail-end charlie" to keep track of the slower party members.
5. Should the party become disoriented, which can happen to the best of us, it must be remembered that the leader has sole responsibility for the final decision on what to do. The last thing that is needed is for individuals to be 'doing their own thing' in an attempt to rectify the situation.

The above common sense rules, if followed, will help to keep groups together and safe and avoid the trauma and expense of searches for lost walkers.

## For Sale

Club Mugs (\$10.00) Cloth Badges (\$7.00) and Hat Badges (\$10.00) are ready and waiting for you to buy. See Brian at the Meeting or phone to place your order.

## General Meetings

Meetings are held in the Uniting Church Parish Centre, Carrier Street Benalla (opposite Coles) on the first Tuesday of each month at 7.00pm. A short meeting followed by a guest speaker, then supper. Everyone is welcome.

## Newsletter Deadlines

Members wishing to suggest or lead a walk are asked to send details to the walks program coordinator, Brian Watson on email [brian\\_gayle@bigpond.com](mailto:brian_gayle@bigpond.com) prior to a committee meeting.

Walk reports should be sent to Trevor Smith in the week following the walk. Photos are always welcome. A walk participant may be asked to write a report. Trevor's email is [trevsm42@bigpond.com](mailto:trevsm42@bigpond.com)

## Club UHF Communication

When using hand held or in vehicle UHF transceivers on club outings, the preferred channel to use is channel 9.

# Walks Program

Members wishing to go on a walk should contact the leader:

- Three days prior to the walk for day walks
- Five days prior to the walk for overnight, extended walks or car camps.
- People calling in late may be considered at the leaders discretion.

**Common sense walks etiquette:** If you are booked in for a walk and find you are unable to attend please inform leader before advertised departure time to prevent unnecessary delays.

## Risk Acknowledgment Form

Just a reminder that walk leaders need to have **all non-member participants** fill in the Risk Acknowledgment Form prior to each walk. A copy of the form can be found in this newsletter or can be downloaded from the club website by navigating to the Leaders Information page in the Members Only section where you will find a link which, when clicked, will download the form in PDF format which can then be printed out.

**On days of Total Fire Ban, any walks/activities in that district will be cancelled.**

## Walk Gradings

Distance in one day	Difficulty	Track
<b>S</b> - Short, under 10Kms.	<b>1 - 3</b> Easy, suitable for beginners.	<b>1 - 3</b> Grade, open terrain, well formed tracks or paths.
<b>M</b> - Medium, between 10 and 15Kms	<b>4 - 7</b> Medium fitness required.	<b>4 - 7</b> Bush, minor scrub, some rock hopping or scrambling.
<b>L</b> - Long, between 15 and 20Kms.	<b>8 - 10</b> Hard, strenuous, fit walkers only.	<b>8 - 10</b> Bush, thick scrub, major rock and creek crossings, rock hopping.
<b>X</b> - extra long, over 20Kms.		

*Example: S - 4 - 3 = Under 10Kms, medium fitness required, well formed track.*

### School Terms 2024

Term 1    30 Jan - 28 Mar  
 Term 2    15 Apr - 28 Jun  
 Term 3    15 Jul - 20 Sep  
 Term 4    7 Oct - 19 Dec

### Easter 2024

Good Friday        29 Mar  
 Easter Monday    1 Apr

## Notes for New/Potential Walks Coordinators

Benalla Bush Walking Club has been around for over 30 years. Many members have 10-20 years of experience with the Club, so there is always a wealth of knowledge beside you on the walks. What this means is you don't have to know everything.

What you will need is:

- A plan for the day
- A starting point
- A starting time, both for the activity, and to leave Benalla
- A map of where the group is going
- A finishing point
- An approximate finishing time.

Page 3 of the "*Risk acknowledgment form*" (which can be found on the [Members only | Leader information](#) page on the club website) is a template which can be used as a *pre-check* when planning the walk as well as a *walk report*.

Afterwards, complete it and hand it on to Doug Kneen, or any Committee member.

Any problems, before, during or after the walk, ask one or two of the more experienced ones their thoughts.

That you have a walk put into the program means that the Walks Committee have confidence in your skills and abilities. Take it as a compliment!

The club will endeavour to provide a mentor/buddy to support a new leader on their walk should they require it..

An excellent source of relevant information, produced by Bushwalking Victoria, is the [Walksafe Booklet](#), a link to which can be found [here](#). This publication should be read by all club members, whether beginner or experienced walker.

# Walks Program Summary

## January 2024

Fri/Sun 5-7	Kid's Overnight hike	Gill Sydes
Sat 13	Mt Major	Wendy Baker
Sun 14	Tuan Track	James Flynn
Sat 20		
Sun 21	Underground River - Mt Buffalo	John Boehm
Fri 26	Australia Day - Mirimbah	Brian Watson
Sat 27		
Sun 28	Mt Glenrowan	James Flynn

## February

Sat 3	Tungamah Paddle	Brian Watson
Sun 4		
Tue 6	General Meeting/AGM 7pm	
Thur 8	Committee Meeting 7pm	
Sat 10	Benalla Street orienteering	Gill Sydes
Sun 11		
Wed 14	Mosaic Walk	Wendy Baker
Sat 17		
Sun 18	Lake to Lake	James Flynn
Sat 24	Hub Café cycle	Brian Watson
Sun 25	Mt Dunn	John Boehm
Wed/Fri 28-Mar 1	Bundalong Canoe	Gill Sydes

## March

Sat 2	Violet Town	Bev Thornell
Sun 3		
Tues 5	General meeting 7pm	
Sat 9		
Sun 10		
Wed 13	Mt Timbertop	John Boehm
Sat 16	Mosaic Walk	Wendy Baker
Sun 17		
Fri/Sun 22-24	Goldfields Trail	Adele Ritchie
Sat 30		
Sun 31		

## April

Tues 2	General meeting 7pm	
Thur 4	Committee Meeting 7pm	
Sat 6		
Sun 7		
Mon/Fri 8-12	A week at Licola	Gill Sydes
Sat 13		
Sun 14		
Sat 20		
Sun 21	Moonlight spit Walk	Wendy Baker
Thu 25	Anzac Day	
Sat 27	Beechworth cycle	Gill Sydes
Sun 28		

# Walks Program

**Fri/Sun Jan 5-7 2024**

## **KID'S OVERNIGHT HIKE**

Fitzgerald's Hut (on the Bogong High Plains) is about five km from Watchbed Creek on the Big River Fire Trail. The gradient is fairly flat. There are grassy tent sites at the hut, trees to climb, wildflowers and possibly marshmallows cooked on a campfire. We may walk to Kelly's Hut or along the aqueduct. This walk is an easy overnight hike - camping for two nights makes it suitable for all ages! Please carry your First Aid kit and clothing for the alpine area.



**Rating:** S - 3 - 3

**Contact:** Gill Sydes 0419 585 996

**Sat Jan 13**

## **DOOKIE / MT MAJOR**

To beat the heat an early morning walk up Mt Dookie from the Dookie side. Mulana nin iyoga walking trail is a 4.6km return walk offering lovely views to the north and west as we walk to the peak of Mt Dookie. At the peak enjoy 360\* views of the surrounding hills and ranges. Walk in places is steep and beware of snakes. Afterwards a coffee in Dookie. Depart Benalla at 6.30am.

**Rating:** S - 3 - 3

**Contact:** Wendy Baker 0429 780 179

**Sat Jan 14**

## **TUAN TRACK CHILTERN**

From Tuan Campsite, a pleasant walk through Ironbark and Red Stringybark trees. Home to Eastern Rosellas and Rufous Whistlers.

Pass historic Bartleys Block. Then a walk along Howlong Road, turn onto Mt Pleasant Rd and back to Tuan Track. Approx 7 Km.

Meet Barkly St. 7am Leave 7.15

**Rating:** S - 3 - 3

**Contact:** James Flynn 0413 945 671

**Sun Jan 21**

## **UNDERGROUND RIVER - MT BUFFALO**

Lake Catani to Chalet, via View Point and Underground River tracks and return via Lake walk.

Meet at the Tennis Courts Barkly St (behind Aldi)

**Rating:** S - 3 - 3

**Contact:** John Boehm 0428 254 801

**Fri Jan 26**

## **AUSTRALIA DAY - MIRIMBAH**

**Rating:**

**Contact:** Brian Watson 0407 300 922

**Sat Jan 28**

## **MT GLENROWAN LOOKOUT WALK**

Morgans Lookout offers unparalleled views of the Ovens and King Valleys. Overlooking Glenrowan it is well worth the walk from Taminick Gap Rd along Ridge Track. Wildflowers are plentiful this time of year. 9Km

Meet Barkly St 7am Leave 7.15

**Rating:** S - 4 - 3.

**Contact:** James Flynn 0413 945 671

**Sat Feb 3**

**TUNGAMAH PADDLE**

An early-ish morning in our canoes on the little lake at Tungamah. Nice flat water, not too far to paddle, and chat with the local ducks and fishers. A look at the silo art afterwards. And home before it gets too hot.

**Rating:** Easy

**Contact:** Brian Watson 0407 300 922

**Tue Feb 6**

**GENERAL MEETING / AGM 7pm**

**Thu Feb 8**

**COMMITTEE MEETING 7pm**

**Sat Feb 10**

**STREET ORIENTEERING WALK**

Come and try something different - an easy walk around Benalla with a difference, followed by a coffee and chat. You will be given a specially prepared map with marked points and corresponding clues. The idea is to walk in small groups, navigate your way and write as many answers as you can on the map and be back at the start within one hour. As the day could be hot, we will start early.

**Rating:** Easy

**Contact:** Gill Sydes 0419 585 996

**Wed Feb 14**

**REFORM HILL and MYRTLEFORD MOSAIC TRAIL**

Great views of Myrtleford, Mt Buffalo and the Ovens Valley will be enjoyed as we walk the 3.5km circuit of Reform Hill. The Hill is a former mine site and there is much historical information on offer.

After lunch we will walk the 4km return walk of the mosaic trail. The flat track winds along the beautiful Ovens River. Have fun finding the 30 hidden mosaics along the trail.

**Rating:** S - 3 - 3

**Contact:** Wendy Baker 0429 780 179

**Sun Feb 18**

**LAKE TO LAKE BEECHWORTH**

Lake Sambell to Lake Kerferd Walk. An interesting stroll through Eucalypt forest where evidence exists of past mining activity. Wildflowers, Bird life, Wattle. 12 Km.

**Rating:** M - 4 - 4

**Contact:** James Flynn 0413 945 671

**Sat Feb 24**

**HUB CAFE CYCLE**

Leave Benalla reasonably early, follow the cycle paths out to the Hub Cafe and have a drink and a cake. With luck, Gayle will be around to offer a lift home for those not up to the return ride. If the water has receded, we will explore some different tracks.

**Rating:** Out only... medium.

Out and back... twice as long!

**Contact:** Brian Watson 0407 300 922

**Sun Feb 25**

**MT DUNN**

The walk begins at the Lake Catani carpark then on to the Long Plain track which will lead us to Mt Dunn. The walk is a gentle amble through Snow grass plains and Snow gum woodlands, before a quite steep climb to Mount Dunn's rocky summit.

This is a 9 km walk.

Meet at the Tennis Courts Barkly St (behind Aldi)

**Rating:** S - 3 - 3

**Contact:** John Boehm 0428 254 801

**Wed/Fri 28 Feb-1 Mar**

**BUNDALONG CANOE**

We plan to stay a couple of nights at the Bundalong Riverside Resort, (44 Old Murray Valley Hwy, Brimin (03) 5726 8268). Explore the Ovens Lagoons upstream and downstream in kayaks. It's always peaceful and the scenery is lovely. Come for just the day if you don't wish to stay. Club kayaks are available.

**Rating:** Easy

**Contact:** Gill Sydes 0419 585 996 Brian Watson 0407 300 922

**Sat 2 Mar**

**VIOLET TOWN**

**Rating:**

**Contact:** Bev Thornell 0447 193 244

**Tue Mar 5**

**GENERAL MEETING 7pm**

**Wed Mar 13**

**MT TIMBERTOP**

The walk begins at the carpark and follows a narrow path up to the summit. There are spectacular views of the Victorian Alps and the Delatite Valley.

Meet at the Tennis Courts Barkly St (behind Aldi) 8.45am. Leave 9.00am

**Rating:** S - 5 - 4

**Contact:** John Boehm 0428 254 801

**Sat Mar 16**

**REFORM HILL and MYRTLEFORD MOSAIC TRAIL**

Great views of Myrtleford, Mt Buffalo and the Ovens Valley will be enjoyed as we walk the 3.5km circuit of Reform Hill. The Hill is a former mine site and there is much historical information on offer.

After lunch we will walk the 4km return walk of the mosaic trail. The flat track winds along the beautiful Ovens River. Have fun finding the 30 hidden mosaics along the trail.

**Rating:** S - 3 - 3

**Contact:** Wendy Baker 0429 780 179

**Fri/Sun Mar 22-24**

**GOLDFIELDS TRAIL**

**Rating:**

**Contact:** Adele Ritchie 0456 412 192

**Tue Apr 2**

**GENERAL MEETING 7pm**

**Thu Apr 4**

**COMMITTEE MEETING 7pm**

**Mon/Fri Apr 8-17**

**ADVENTURE WEEK NEAR LICOLA**

This trip was postponed in 2022 due to a wild weather forecast. Travelling to Licola and then along the Tamboritha Road, we plan to camp four nights at Kelly's Hut off the Mt Howitt Road. Walks have been chosen from the Licola Federation weekend (March 2022). They include Bryce's Gorge, Mt Reynard, Moroka Falls and possibly a drive over Mt Wellington. None of the walks are difficult and the scenery is wonderful. Bring a swag... a tent or even your van and join another of our club's great car camps. We have allowed a day each for the drive over and back.

**Rating:** Easy

**Contact:** Gill Sydes 0419 585 996 Brian Watson 0407 300 922

**Sun Apr 21**

**MOONLIGHT SPIT WALK**

**Rating:**

**Contact:** Wendy Baker 0429 780 179



Sat Apr 27

## EVERTON - BEECHWORTH BIKE RIDE

We haven't done this part of the rail trail for a while. It is uphill to Beechworth but those with an e-bike should find it easier. We could visit the bakery / sweet shop or just enjoy a picnic lunch. The trip back to Everton is a lovely downhill run. This section is 16 km one way.

**Rating:** Everton-Beechworth Medium/Hard  
Beechworth-Everton Great Fun!

**Contact:** Gill Sydes 0419 585 996



### ***Farewell from the Editors Desk***

After something like 14 years of producing the clubs newsletter, and with health issues limiting my participation in club activities, I have decided it's time to pass on the reins to someone else. This will take place progressively over the next couple of months. I have thoroughly enjoyed my time in the job and I'm sure my successor will maintain the quality of the newsletter. However, the quality of the newsletter is highly dependent on the contributions to the content made by club members. I would like to thank all those members who have, over the years, contributed by way of walk reports, photos, articles etc. These have made my job very much easier and without them there would not have been a newsletter. I am sure this support will continue for my successor.

At this holiday time of year I would also like to wish all our club members and members of other clubs reading this, best wishes for a joyous festive season, and the hope for a peaceful and prosperous 2024.

***Trevor Smith***

# Forward Planning

## Tomaree Coastal Walk - Port Stephens Sat/Fri May 18-24 2024

A spectacular coastal walk in the Tomaree National Park with stunning views and beautiful natural surroundings from Tomaree Head to Birubi Point. The walk is 27km over three days.. however, it is very suitable to walk shorter sections.

One of the highlights of the Tomaree Coastal Walk is the 360 degree panoramic view from the Tomaree Head Summit.

The walk follows through lush bushland and along some of the beaches.

Port Stephens is two and a half hours north of Sydney. Participants would need to book their own accommodation. Local Caravan Parks include - Shoal Bay, Fingal Bay, Little Beach, One Mile Beach.

Extra activities could be a visit to the Koala Sanctuary, Hunter Region Botanic Gardens or even Camel riding, Stockton Beach.

[nationalparks.nsw.gov.au](http://nationalparks.nsw.gov.au) for more information.

**Contact: Gill Sydes 0419 585 996**



### Additional notes on the above

Gill ,Brian & Gayle, are going for a drive.

We intend starting on the mid north coast of NSW, around May 14, doing a slow few days on the Tomaree coastal walk. Lovely part of the world.

A couple of days in and around Dorrigo and Die Happy.

A week or so at OReilly's in the tropical Lamington National Park. ( we have the best walks handbook for this area).

A few days near Rathdowney and the Scenic Rim.

A free week near Brissy to catch up with the rellies.

And then head west across Southern Queensland to Boulia, mmm, that's approaching 2000k!

Along Donohue "Hwy" to the border, and onto the Plenty "Hwy" and into Alice Springs.

A week looking and walking around The MacDonnells, perhaps a few days on bits of the Larapinta Trail, and then a consensus of what comes next.

So have a think and a chat, and consider joining us for a day, a week, or as long as you wish. These ideas are subject to change due to weather, opinions or good suggestions.

**Gill Sydes 0419 585 996**

**Brian Watson 0407 300 922**

### Club's 40th Anniversary Lunch Sat Sept 21

Venue to be determined. Make a note in your diary now.

### Federation Walks Weekend 2024

The date and location for next years Federation Walks has been set. The weekend will be held at Wilsons Promontory on the 11th to the 13th of November 2024. The event is celebrating 90 years of Federation Walks and the organisers are hoping for a massive turnout of walkers.

For those who don't know, the Prom has a great number of spectacular and iconic walks of all levels and those attending are assured of a great time. So put a note in your diaries now.

Further details and walks program will be available towards the middle of next year.

# Walk Reports

## Donchi Hill Road Sun Oct 29

On Sunday October 29<sup>th</sup> James led a group of four to walk in the Chiltern Valley.

Commencing on Donchi Hill road we passed four walking tracks to the left. Eventually taking Lappins track which finished at Rutherglen-Chiltern road. Then a 1.5 km walk towards Chiltern to the starting point. Approximately 9 km on well maintained surfaces.

Spring flowers were in abundance on a warm day with a gentle breeze. Examples of Strawflower, Mountain Grevillea, Flax, Native Lilac and Veronica Perfoliata. Morning Tea in the forest and then lunch at the park in Chiltern. There we met Kay Johnson who was visiting the town.

An enjoyable walk on a day with temperatures reaching the high 20s.

**James Flynn**



## Mt Stirling Wed Nov 8

Starting from Benalla with pick ups in Swanpool and Mansfield when then made our way up to Telephone Box Junction where Fiona was waiting for us. After handing out maps and providing an overview of the days walk it was time to start the up bit. It was the Bluff Spur Trail up to Bluff Spur Hut which did involve some steep climbs through well forested areas then it was the final stage out of the tree line and we were on the Mt Stirling summit for lunch. From here it was views all around just the best sights including the special lone snow gum estimated to be over 300 years old.

Then it was the down bit as we passed the Geelong Grammar and Salt Lick Huts. We then took the Weather Station Ramble to Machinery Shed. Returning to TBJ via Upper Baldy Trail and Baldy Loop.

Total walking distance of just over 12km and the day was thoroughly enjoyed by all. The weather was perfect, the scenery stunning and the wildflowers put on a show.

This was the first activity where Fiona has been a leader and it was in her backyard that she knows exceptionally well. Thank you Fiona for leading us on such a memorable walk in the High Country and introducing us to 'standing breaks'!

**Gary Mac**



## South Buffalo Track Wed Nov 22

A group of seven enjoyed a perfect day on Mt Buffalo - warm sun, cool breeze! - South Buffalo Track has it all. Great views, amazing boulder formations, gorgeous tarns, wildflowers,



gentle undulations, soft grassy plains, snow gums and a wonderful spot on granite rocks for lunch! The view from the end point includes The Horn, Back Wall, Lake Buffalo and all the way south to Gippsland! (We caught a glimpse of lightning in dark clouds after descending the mountain - thunderstorms were forecast for later that afternoon).

The small pink flower some of us were wondering about, has been identified by Jean - an alpine boronia!

**Gill Sydes**

## General Meeting Guest Speaker Reports

Anne Thomas was once again guest speaker at the December General meeting. Anne spoke, with photos, of her visit to the South Island of New Zealand. First impressions were of the vast geological difference from the north Island.

Fine weather enabled a good view of Mount Cook from the air and once on land Anne and her girlfriend took the Trans-Alpine Railway to the Franz Josef Glacier. Water in the rivers is pale grey in colour. Like glaciers everywhere Franz Josef Glacier is receding and was not easy to view because of heavy rain.

Next day was to Queenstown where 400mm of rain had fallen and had caused Tree avalanches. This happens because of shallow roots and soil loosened by rain. The tree falls causing a domino effect, knocking over everything in its path to the bottom of the mountain. There were examples of this all over due to the recent downpour.

A photo of Mirror Lake was impressive. Not a ripple on the water giving a perfect mirrored image.

Next day was a visit to Milford Sound. Nobody lives on the west coast as the vegetation is too dense. Beautiful photos of Milford Sound taken from a boat including one of an obvious fault line in the exposed rocks. Viewing Mount Cook was impressive and a guide spoke about formation of rocks.

With day packs and good accommodation booked Anne walked from north to south on the island. Distances each day were 15, 23 and 17 Km. One very difficult walk in poor conditions was 32 Km for which they were very proud of themselves. Thanks to Anne for such an informative description of beautiful New Zealand.

***James Flynn***

## Cooling Down Stretches

The following stretches are recommended to loosen muscles after hiking.



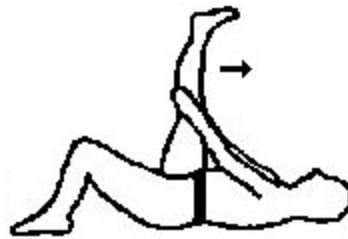
Shoulder Stretch



Quadriceps Stretch



Calf Stretch



Hamstring Stretch

### IMPORTANT

- Achieve each position slowly and gently.
- You should feel each stretch but cease immediately should you experience pain.
- Avoid bouncing or jerking movements. Such actions can cause injury.
- At the end of exercise hold a stretch for at least 20 seconds.

*Improvement in joint flexibility occurs more readily at the end of exercise than at the start.*

- The diagrams presented show different positions for stretching. They are not intended to show how far you should stretch.

# Benalla Bushwalking Club Inc.



## Acknowledgement of Risks and Responsibilities of Participants on Club Activities

To be completed by all new members and by existing members when renewing their membership. Visitors must complete the form prior to each activity.

In voluntarily participating in club activities, I am aware that my participation may expose me to risks that could lead to injury, illness or death or to loss of or damage to my property. Those risks include, but are not limited to, slippery and/or uneven ground, falling rocks, cliffs, exposure to weather, white-out conditions, hyperthermia, hypothermia, swimming, diving, submerged logs and rocks, creek crossings, shallow and/or cloudy water, and strong currents, snake/spider/insect bites.

To minimize these risks I have endeavoured to ensure that

1. The activity is within my capabilities.
2. I am carrying food, water and equipment appropriate for the activity.
3. I have advised the activity leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity

I will make every effort to remain with the rest of the party during the activity and accept the instructions of the leader of the activity.

I have read and understand these requirements. I have considered the risks before choosing to sign this acknowledgement of risk. I still wish to join the activity. I accept that in signing this form I will take responsibility for my own actions.

**Activity:** .....

**Leader:** ..... **Date:** .....

Tick box if you do *not* wish to be photographed during outing

### Members

Name	Emergency Contact	
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

### Non Members - \$5.00

Name	Address	Signature	Emergency Contact	
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Name of Walk:

Participant Nos.:

Leader:

Date:

Distance:

Weather:

Rating:

Location of Starting Point:

Walk Description:

Location of Finishing Point:

Problems?

Comments for next time:

Tick box if you do *not* wish to be photographed during outing

**Members:**

Name	Emergency Contact	
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**Non Members - \$5.00**

Name	Address	Signature	Emergency Contact	
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## BENALLA BUSHWALKING CLUB MEMBERSHIP APPLICATION (2024)

The annual membership fee is \$45 per person (\$40 (incl. \$5 discount) if paid prior to March 31). Full time students, *if accompanied on walks* by their paid up parent(s), are covered by the parent(s) membership.

No. of individuals included in application: ..... Amount Enclosed \$ .....

Payment Method:  Cash / Cheque  Online Deposit

For online payments **BSB 803078 Acc. No. 137269. Please use name as reference.**

Membership Renewal  New Member

Name/s.....

Postal Address.....

Town.....Postcode.....

Email Address.....Phone.....

### ACKNOWLEDGEMENT OF RISKS AND OBLIGATIONS OF MEMBERS PARTICIPATING IN BENALLA BUSHWALKING CLUB ACTIVITIES

#### NB. To be completed by all new and renewing members

In voluntarily participating in any activities of the Benalla Bushwalking Club, I am aware that my participation may expose me to risks that could lead to injury, illness or death or to loss of or damage to my property. Those risks include, but are not limited to, slippery and/or uneven ground, falling rocks, cliffs, exposure to weather, white-out conditions, hyperthermia, hypothermia, swimming, diving, submerged logs and rocks, creek crossings, shallow and/or cloudy water, and strong currents, snake/spider/insect bites.

To minimize these risks I will endeavour to ensure that-

- (1) any activity in which I participate is within my capabilities, and
- (2) I am carrying food, water and equipment appropriate for the activity.
- (3) I agree to advise the activity leader if I am taking any medication or have any physical or any other limitation that might affect my participation in the activity.

I will make every effort to remain with the rest of the party during any activity and accept the instructions of the leader of the activity.

I accept that I also have an obligation to read and understand the risk management strategy guidelines that the club distributes or makes available in its newsletter or web page from time to time providing guidance and instruction on how to minimise any risks of its activities.

**By signing this form and/or payment of my subscription** I acknowledge I will be responsible for my actions and fully understand and accept the above conditions.

NAME(1)\_\_\_\_\_ NAME(2)\_\_\_\_\_

SIGNATURE(1)\_\_\_\_\_ (2)\_\_\_\_\_

DATE\_\_\_\_\_

AS AT APRIL 2022

### EMERGENCY CONTACT

NAME.....

HOME ADDRESS.....

TELEPHONE HOME.....MOBILE.....

RELATIONSHIP.....

Return completed form to: The Treasurer, Benalla Bushwalking Club, Box 210 Benalla. 3672