



Celebrating 50 Years 1970-2020

NEWSLETTER

June 2020

PRESIDENT'S REPORT

2020 will be the year to remember! After fifty years of continuous activities, 2020 will be the year we had to cease all club activities in order to stay safe from the COVID-19 pandemic and to comply with the Stage 1 and 2 restrictions being implemented from the 23rd of March. We are all grateful action was taken early and at least we could still get out for exercise. Exercise has been an opportunity to get out in our local areas and re-discover some great quiet spots in nature.

Your committee has been able to meet via Zoom video conference to discuss club matters, make decisions and preliminary plans for the future.

A Facebook group has been set up and is proving popular as a way for members to share what they've been doing in the outdoors during the restrictions and it's giving members plenty of ideas to think about.

The club website has also undergone some changes and it should be easier to navigate the menus.

Thanks, Ken Newman, for setting up Facebook and administering it, as well as the updates to our website.

This year we celebrate 50 years, 1970 - 2020, since the club was established. We hope to have some

form of celebration around September and share some of the club history with you.

As the first stage of the easing of restrictions and social distancing were implemented, your committee met via Zoom and put together guidelines and a program, and after two months recommenced activities with up to ten participants on the 20th of May. It was great to be out in nature again with club friends that we hadn't seen for a while. Possibly multiple small group activities will be the new normal for a while, so start thinking about what you could organise.

I look forward to enjoying the outdoors with many of you in the not too distant future.

Shaune Walsh



**The Three Capes Track
Tasman Peninsula, Tasmania
10 - 13 March 2020**

Organiser: Peter Delauney

Participants: Anne Brownlee, Anne Brian, Colleen Morton, Kathy Stanley, Jennifer Whaite, Nerida Costi and Vic Costi.



Peter

Tasmania Parks & Wildlife Service describes the Three Capes Track as “Australia’s Premier Coastal Walk” and after completing “The Three Capes Experience” it is hard to disagree. The scenery is spectacular, the track design and construction is first class and the overnight accommodation is excellent. Furthermore, without the need to carry a tent and stove it is the ideal introduction for beginners to (an almost) full pack walk.

Our trip was organised around walking the track from Tuesday to Friday with Saturday as a free day in Hobart. A visit to the Salamanca Markets was a popular excursion which turned out to be the last one held before cancellation due to the coronavirus. In addition, some participants took advantage of being in Tasmania to undertake other activities before or after the walk.

The Three Capes Track is a four day walk with three overnight stays in modern, well-equipped and extremely comfortable cabins. Each day’s walk provides special highlights on the track and is designed to allow sufficient time at each cabin to get organised, cook dinner and relax before heading off to a comfortable bunk.

The highlights of day one started with a one hour boat trip along a rugged and spectacular coastline to the start of the walk. Being dropped off on a remote and deserted beach was also something different. Arriving at the first hut after a relatively short four kilometre walk, and seeing the standard

of our accommodation, was also a special experience.

On day two the track travels through a variety of different landscapes. Initially it winds through forests and across open moorlands before ascending Arthurs Peak with expansive coastal views. From there the track goes along the coast for a while providing more views before heading inland back into a forest. The second cabin is again a treat including the opportunity for a hot shower. In addition to the walking and the scenery a special treat came at 8.45pm that night. A full moon peeped over the rim of the ocean and shone spectacularly into Munro Bight as we viewed it from the helipad, the perfect vantage point.

Day three: The description in the book provided for the walk says it all “This is the day of dizzying heights when you know you’re truly alive”. Visiting places called “The Blade” and “The Chasm” on the way to another spectacular vantage point, Cape Pillar.

Day four provided two particular highlights. The first highlight was so different from the previous three days. A walk through a lush rainforest, up and over Mount Fortescue (482m), with the greenest of green moss covering logs and rocks and an unusual collection of fungi. The second highlight was the challenging but magnificent walk out to Cape Hauy and back, once again a series of dizzying and, at times, terrifying heights. Finishing with a swim at Fortescue Bay capped off a wonderful four days.

Each member of the group expressed how much they enjoyed the trip and some have contributed their impressions.

Nerida

Wondering about “Sex on The Cape” or whether you could cope with what was involved in the “Haul Away” process of getting onto Tasman Island? Perhaps you would prefer listening to the gentle “Wind Song” or resting on the “Once upon a time” chair in the spectacular rainforest.

If these sound enticing then The Three Capes walk is for you. This is an exceptionally well planned walk with good quality timber boardwalks, well-kept tracks and incredibly creative story seats.....and oh yes, did I mention the stone and timber steps....lots and lots and lots of them!!!

The huts are beautifully designed with superb outlooks. The bunks all had thick, comfy mattresses and the hot showers at Munro were a welcome sight. I particularly liked the fact that all the huts had the same library books so you could pick up your story where you left off.

I've left the best till last....the scenery. Spectacular dolerite pillars, rugged coastal scenery, endless sea views.....definitely a bucket list walk.

Colleen'

A great experience! We had clear weather for three days and then some misty rain on the last day that turned into constant rain just to make the experience truly Tasmanian. Each day delivered a highlight in some way. The beach drop off was interesting as we were guided down the ramp between waves for a dry landing. The first day's walking with a full pack over a short distance was a good introduction to the next few days. I'm grateful that we could drop the big packs a couple of times for more exploring.

The story seats along the track made me stop and pay attention to the artwork and the information about that particular part of the track. I didn't expect the cabins to be so nice - in fact I felt we were "glamping" rather than roughing it. My previous experience of hiking with a pack was over 20 years ago on the Overland Track, so this experience in modern cabins and on well maintained tracks was exceptional.

There were several personal highlights - the hot shower at the end of day 2; standing on the helipad at Munro in the dark watching the moon rise over the ocean; walking up The Blade and looking 360 degrees to spectacular scenery; clinging to the railing on the edge of Cape Hauy trying to look down at the Totem. Back in Hobart a long hot shower and a meal out together of "real" food just capped off a special time away.

Jennifer

And en route there were stops. Stops with odd, frequently quirky, seats to sit on. And a booklet that gave you information at each seat about such things as the aborigines, the convicts, bushwalkers of the 70's, the geology, insect life and the flora and fauna. Some where they told you to just sit and listen or look up at the tree tops. But all the stops were different in their approach and presented lots

of information. The whole experience was considerably enriched by this.

Overall we all had a great time and last but not least a big thank you to the members of the Club who provided us with advice and other help in preparing for this adventure.

Peter Delauney

The 3 Capes Walk in Tasmania 18-21 March 2020

Organiser - Shaune Walsh

Capers - Shaune our AO, Becky & Pete, Leanne, Greg, Anne J, Gill, Deirdre, Lexia, Vanessa



This was the third group from SBC walking this track, with the added intention of also going to Maria Island. All these wonderful plans that Shaune had arranged and paid for but alas they were not to be. As we flew out a certain virus was moving in everywhere to spoil the plans of many travellers and everyone's lifestyle. We however were in the wilderness far away from city life and while there were to be 36 others at the huts we were all "going to do this" as we had come this far. For many months I anguished over the details of this walk balancing all the good reports against: Could I walk the long day 19kms? How heavy will my pack be? What should I take as my menu? Will I be a burden to the group because I am always slow? Lots of questions... but only one way to find out. It seemed like a good idea at the time to do it!

Guess what? I am so pleased I did. How can you describe the amazing views, rock formations that are like pillars, story seats to rest on, change of vegetation almost round every corner, dizzy heights across the ocean? The most amazing thing to me was the way Tasmania National Parks have built

this track. The money poured into this creation will certainly reap rewards. Last year about 48,000 walkers completed the track and they were rewarded with excellent signage, well defined tracks, greeted by a ranger at the superb accommodation, a comfortable bunk to lay the tired body down and a well organised drop off and pick up transport arrangement ex Port Arthur.

After 4 wonderful days walking we returned to a closed Port Arthur which at the end brought us out of the safety of the wilderness and into a reality that was emerging in real life. Back at the Astor Hotel plans to rebook flights began. Maria Island had been cancelled, and with museums closing and city life winding down, there was no option but to come back home early. So ended our adventure having completed the first part of the plan.

I wish to thank Shaune for all the hard work putting all the plans together for us and for later having to unravel all bookings. To my fellow 3 Capers it was a privilege to walk the track with you and enjoy the experience and thank you for all the encouragement everyone gave to all of us. I highly recommend the Astor Hotel if ever in Hobart and I for sure will go back and complete the plan at a later date, hopefully in the same company.

Vanessa



Collaroy to Manly Sunday 1st March

Organiser: Margaret Dooley

Participants: Filomena and Harold Mattner, Gordon and Nancy Pickering, Tony and Penny McDonagh,

Alayne Michel, and visitors Natalie Mangos, Carmel and Denis Nolan

A stunning walk in beautiful weather. This walk closely follows the beaches and headlands with an optional walk beside Dee Why lagoon and a bush track from Dee Why to Curl Curl. Not finding suitable shade to have lunch on the bush track, we continued on to North Curl Curl Lifesaving Club. There we were offered the use of the tables on the top floor of their clubhouse - which had magnificent, sweeping views over the beach! It was a warm day so we stopped at both Dee Why and South Curl Curl for a swim. A most enjoyable walk with everyone enjoying each other's company - and even the public transport being hassle-free.

Margaret Dooley



Heysen Trail Memories

Though I'm walking three or more hours most days exploring the lovely bushland around the Woronora River I'm really missing the company of the S.B.W.

I'm hoping that by the end of August restrictions will be lifted and we can continue on the next leg of John Hollands 1,200km Heysen Trail walk.

So here are two stories from past walks on the Heysen trail.

The great surf rescue

The first time I walked the Heysen I was with my daughter Anne. We started at Cape Jervis. The trail alternated between hinterland and beaches. Anne was ahead of me this day as we walked down to a beach. Suddenly she threw off her pack and boots and waded into the surf, it wasn't swimming weather, what was she doing? I ran down, shed some of my clothes and went in to see, and there, being bowled around by the waves was an echidna. We had to save it! I took off my jacket and we bundled it into the shore and then carried it up to the back of the beach feeling very pleased with ourselves.

A couple of months later we read an article in a Wild magazine "Echidnas love to swim". The spines which are modified hairs, have a spongy pith filling making the echidna particularly buoyant in water and the beak is a perfect snorkel. We did feel foolish that we had so unceremoniously aborted its early morning frolic in the surf.

The other story was walking the Heysen with John Holland's group in 2017.

Two days before we flew to S.A. I went to the North Shore to see a friend who was in hospital. I took with me the library book I had chosen to take on the walk called "The Curious Incident of the Dog in the Night Time" and I left it on the train. I received a phone call from the library next day to say someone had picked it up and handed it in at Edgecliff station. I didn't have time to go and get it so I went without a book.

We arrived in Wilmington where we had finished off our last trip. Wilmington was at one time a big country town, wide streets hotels and shops but now almost deserted, even the last pub had closed down during the previous year. We strolled the street where a cafe and a second hand shop were the only two businesses remaining. The second hand shop was closed but outside was a box containing a few toys and about ten books. Oh I thought, I might find a book here for my walk - and would you believe it there was a copy of "The Curious Incident of the Dog in the Night Time". Curious indeed!

Best wishes and keep well everyone.
Judy Turner.



Couranga Track and Forest Path Wednesday 20th May

Organiser Shaune Walsh

Participants: Christine Lumb, Kay Manning, Ray & Lisa Madden, Janice McLeod, Diane Anderson, Peter Jones, Deb & Ken Newman

After a few months of enforced cessation of activities, the club's first walk was led by our president and we couldn't have asked for better weather to recommence the program. The maximum number of 10 met at the start of the Uloola track and set off in high spirits, 1.5 metres apart. The tracks are in great condition, probably due to our clubs track work program, and the walking was straight forward. The creek crossing was safely conducted - twice - and the walk around Forest Path beautiful. We ran into Gil Spencer at lunchtime who was also enjoying the wonderful weather. The highlight for me was a perfectly patterned 2 meter Green Tree Python that we saw just before the junction of the Couranga and Uloola tracks.

What a great way to be back!!



Practising social distancing on the track



A warm welcome to our new members

Barbara Fitzpatrick
Belinda Saunders
Fiona Weigall
Barbara Jones
Lisa Madden
Raymond Madden
Janet Small

We look forward to seeing you out on the track soon!

Sutherland Bushwalkers On-Line

Website

Have you looked at the SBC website lately? A new section 'Useful Information' has now been created to make it easier to find information on treating snakebite and ticks, map reading, bushfire safety, equipment checklist, what to do if you are lost etc. Remember you can also borrow: books, maps, PLB and other equipment from the Club

Have you seen our new Members Only Facebook Page?



So far nearly 80 members have joined the

Facebook group, sharing walks and photos and generally keeping in touch during isolation. If you would like to join in on the fun then:-

- 1) Go to your own Facebook page,
- 2) Search for Sutherland Bushwalkers in the Facebook Search,
- 3) Click on the page that has Eagle Rock as the photo
- 4) Hit "Request to Join".

You should have access within 48 hours, usually much quicker though!

Committee meets via Zoom.

Just because we aren't walking doesn't mean that we grind to a halt! The committee met via a Zoom meeting at the end of April. It will never replace "face to face" but certainly allowed the committee to continue their good work for the club.



A motley crew indeed!



I would like to applaud the instigation of the Sutherland Bushwalkers Facebook site. It not only allows one to try out new walks or kayaks based on reports from other members, but also to reminisce on photos of previous trips made by members and perhaps put a grain of interest in the mind to do that trip oneself one day. And, when one is going stir-crazy and the tummy starts rumbling, the cooks amongst us come to the party and amaze us with their gastronomic concoctions. Thanks to the committee, it makes one positive and holds the Club together in an unprecedented situation which, hopefully, will soon resolve.

See you on the track one day.

Marilyn Fookes



3 Capes - Shaune's Crew



After the Fires came the Flood - Buxton walk



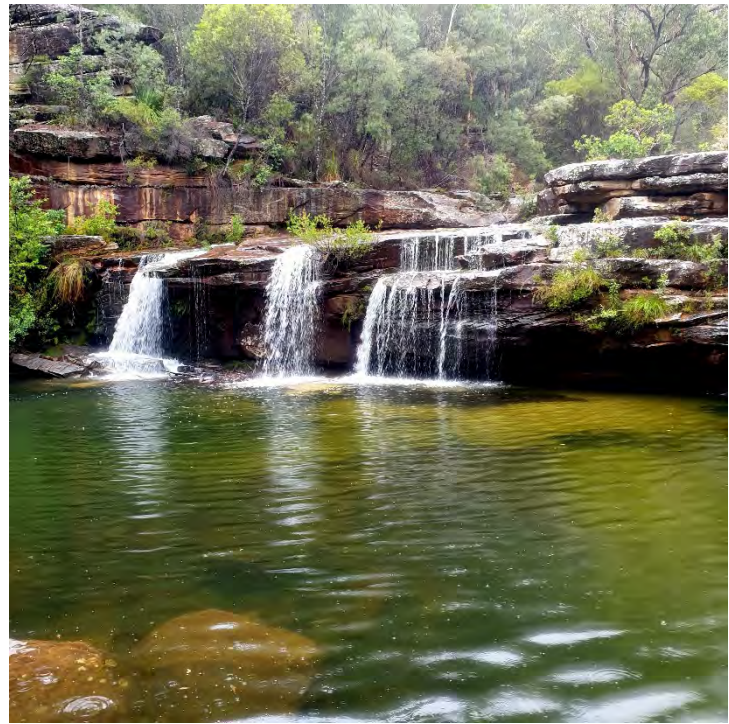
3 Capes Cabin



Audley



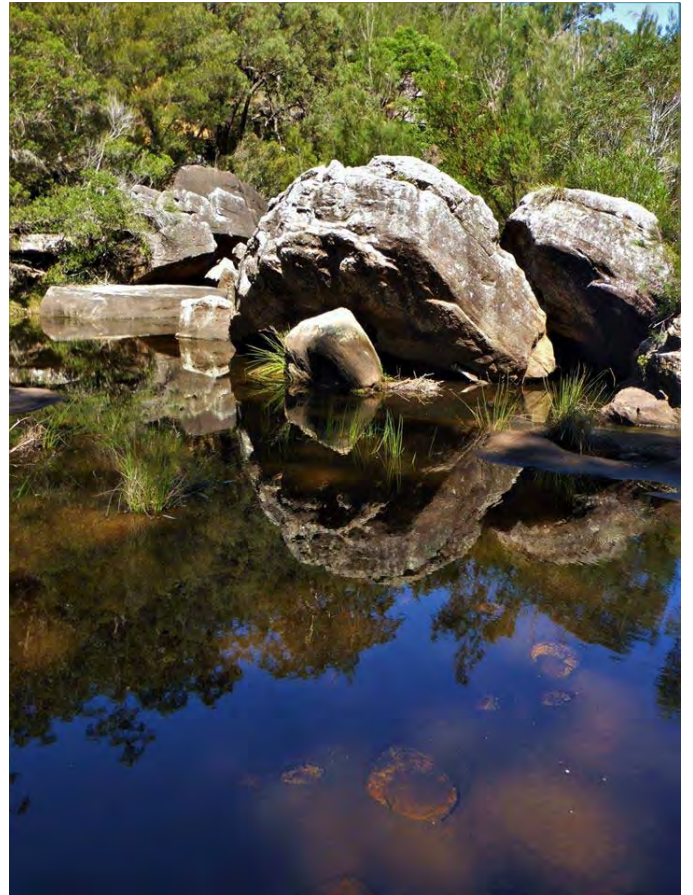
New Holland Honeyeater - RNP



Winifred Falls RNP on a rainy day



Kayaking RNP



Woronora River



Green Tree Python