



## NEWSLETTER

March 2019

### PRESIDENT'S REPORT

The year is well underway with these editions of the Q2 program and newsletter. Lots of interesting activities coming up.

Review of 2018 -

There are changes to the committee format under the *new* Constitution and these will be applied from the AGM in February '19.

The new look Club logo based on the previous design was introduced.

The change to our website with a new look and provider. This was a major step undertaken by one particularly clever committee member.

Problems started to occur with our e-mail alert system which resulted in our same clever committee member searching for an alternative system. A new provider was selected, page design created and implemented recently.

Our Club's Adopt-a-Track project has now completed three tracks in the Royal NP for the benefit of other walkers.

Finishing the year, the annual BBQ at Audley in the Royal NP had an excellent turn out. Suggest a sausage and bread roll to a bushwalker and interest is sparked. It is such a great social event in a much-loved place for everyone to catch up. Recognition pins were awarded to members who have been with the Club for 10, 15 or 25 years. Congratulations to all recipients, well done and

keep on walking, riding and paddling. Now it is 2019...

Results from the AGM held in February should be published online soon. I would like to thank all those members who held a position in 2018. All work done by members is vital to running this Club. Every voluntary hour spent has been much appreciated by myself and the Committee. From each member I say THANK YOU too.

At the 2019 AGM some people are moving on. To the new committee this year I thank you for stepping up and enjoy your role. There are old hands to help so tasks are not so daunting.

I believe the Committee of 2018 has been responsible and carried out their duties to the best of their ability, with the result being the Club is financial, with consistently high membership, and has good standing in the community and with National Parks. The Club has an excellent activity program with lots of variety. A strong, happy and friendly Club.

*By Vanessa Hicks*

### SAVILLES and TEMPTATION CREEKS, RNP.

Sunday 4th November, 2018

**Leader: Margaret Dooley**

**Participants: Josephine, Gordon, Nancy, Jim, Carol, Jennifer**

A very enjoyable walk through varied vegetation and with a few hills to keep us fit. Lots of interesting sights - parent lorikeets feeding their young, a snake, spring flowers, unusual trees, and families (and cubs!) enjoying the great outdoors. Great views and some lovely bush, along with a little bit of history. A day that reminded us how lucky we are to live in this country.



*By Margaret Dooley*



**On the Heysen III trail, South Australia**  
**August - September 2018**

**Participants - John Holland (fearless leader), Leonie Grimshaw, Steve Deards, Murray Scott, Henry and Marilyn Fooks, Rebecca & Pete (3 days) Guest, Judy Turner (10 days) and Shaune & Beatrice Walsh (5 days).**



A 21 day odyssey with 3 stages. We continued south till we left the arid Flinders Ranges then headed east toward the North Lofty Range as we approached the half way mark on the Heysen. The route followed ridge tops where possible with extensive views to the east and west over pastoral and agricultural country with lush crops, plentiful sheep and a proliferation of wind farms.

The weather was kind although most days a cold wind blew from Spencers Gulf and the Great Southern Ocean which necessitated layering up. Winter sleeping bags were a must have for a comfortable night's sleep.

The word that became synonymous with Heysen III was "SOFT". We had a hire car to store our gear that was moved south with us with Henry's assistance. Most days we carried what amounted to day packs, again with Henry's support. Thanks

Henry. At most camps we had plentiful water, food, goodies and the occasional goon bag.

We continued south on the trail for 250 kilometres, with 2 travel days, 8 nights in country hotels, 3 nights in Friends of the Heysen Trail huts, leaving 10 nights camping out. The word SOFT again comes to mind. We now try to support the towns / villages we pass through by staying in the hotel and buying meals and other goodies. A win win for all.

Stage 1 - 8 days, 120 kilometres from Wilmington to Crystal Brook via Melrose and Murray Town - Before starting we had a day trip to Alligator Gorge. This stage brought our hardest days as we walked along a ridge top with lots of ups and downs including Mount Remarkable. Great views east and west as we passed Port Pirie. Our rest day was well planned as our wettest day just about passed us by. Two of our group retired hurt and Shaune, Beatrice and Judy departed from Crystal Brook as planned. I can't help myself - Crystal Brook is a train spotter's paradise.

Stage 2 - Crystal Brook to Spalding, 5 days, 80 kilometres via Georgetown - We left behind the Dry arid Flinders and headed east toward the North Lofty Range through farming country. A rest day was spent in Clare thanks to our hire car.

Stage 3 - Spalding to Hallet, 4 days & 50 kilometres - If they can find a ridge top to walk along, that is where the trail goes. We followed many kilometres of dry stone walls in the wind, luckily coming from our side. They seem to farm wind in this area with many wind farms and numerous generators.



After 3 years we are approaching half way with 600 kilometres down and to go. We intend returning for Heysen IV in 2019. All are welcome to try out our increasingly SOFT long distance walks.

*By John Holland*

**THE BUDAWANGS - THE CASTLE AND CIRCUIT  
OF MT. COLE IN MONOLITH VALLEY**  
10 - 14 October 2018

**Organisers:** John Holland, Leonie Grimshaw  
**Participants:** Gina Holloway, Don Macintyre,  
Kerry Clarke, Ria Peterson, Clare Wang



I love the Budawangs, climbing the legendary Castle and the stunning Monolith Valley which I first visited some 26 years ago. The majesty of the place kept calling me back and I've recalled the grandeur and excitement as bushwalkers do.... And so, it was a yes to Gina that we would go there.

We were a party of seven. After gathering and lunching in Milton we drove an increasingly puddled road to the Long Gully car campsite, light drizzle, kangaroos, cheeky mum and bub possum, good food, wine and a warming fire. Track notes in the latest Wild magazine flagged the challenges ahead. We were in this adventure together.

After an easy 500 metres we crossed the knee deep, rocky and rushing creek, into the rainforest and then all up Kalia Ridge to skirt the Castle, which splashed and dripped from on high as we negotiated boulders, tree roots, ups and downs, over and unders. The wildflowers were a bonus as were the gardening gloves gripping branches, roots and rocks. Still more up.

We opted for the more difficult tunnel under the tail of the Castle. What a squash and a squeeze. John said no to this challenge but met us and encouraged us down the rope onto the western face. He marched us to an ascent with ropes from go get. I have summited numerous times - last year even and was quite sure this was not the known way. But still, there we were climbing ropes in rock crevices, encouraging each other. The view was good but when we reached a shelf with quite a

sheer open rope climb, we decided to retrace our steps - hold tight to the rope, tree roots and footholds. That part of our walk is still on notice.

We camped at Cooyoyo Creek with a wonderful late afternoon sun spill on Byangee Walls and Pigeon House. I should have said make the most of your warm, dry sleeping bags tonight!

Next morning, we set off with day packs for Monolith Valley and the circuit of Mt Cole via Nibelung Pass. Awesome describes the pagodas, the dazzling green moss and ferns, the 7 gods pinnacles, crystal creeks and a series of massive rock overhangs where we lunched.

And then we faced our ninja warrior no track wild challenges; numerous attempts to climb a 60 degree sloping rock wall and crab crawl along 50 metres, a chimney shimmy, slide down mossy rocks and a log, negotiating a ledge and a wall with water below, abseiling and scrambling. We were careful, encouraging and a text book team but progress was slow.

The canopy was intense, no trace of a way, daylight fading, rain setting in and the decision was made to head east to a rock wall which eventually offered shelter in an overhang somewhere? With no hope of safe return to our tents we put on everything we had over our wet clothes and sat /lay down in the dust for the night. To everyone's credit we were calm, united, some giggled a bit and we snuggled and shivered. When the call was given, we all turned over and we stood up shakily several times over the course of the night. Time calls broke through the drumming of the rain. Not afraid just freezing.



The decision was made to activate the PLB at 6.30 am. We all felt unsteady on our feet but a warming fire painstakingly encouraged after finding a rusty

lighter in a niche lifted spirits. A group of three pinpointed our position as we heard the first helicopter above the low cloud. With nothing to pack we deactivated the PLB (now know never do this) and made our way back. Fortunately, we met folk with a sat. phone, made contact with Emergency Services and assured them all OK. We needed dry clothes, food and a good sleep before a 5 hour walk back out to our cars the next day.

What an unforgettable adventure shared with likeminded, positive and never say no to a challenge folk. Some of us will even return to this unspoiled wilderness.

PS. With thanks to all Emergency Services and apologies already made to our concerned families. And yes, Gina just made it to the show at the Opera House.

*By Leonie Grimshaw*



**Coastal Walk Gerroa**  
**18 November 2018**

**Organisers: Irene and Barry Mann**  
**Participants: Vivienne Szakacs, Dianne Bennett, Warren Mizon, and two visitors Gretchen Grove-Jones and Karen Hallett**

Wow, what a day.... the first drizzle free day for over a week. Glorious sunshine with a cool sea breeze. Those driving down had a welcome surprise, joining the CONVOY, a procession of trucks on a charity drive from Appin down to Albion Park airport. There were numerous crowds cheering them along!

We first met at Kiama Railway Station, then drove to Emery Park, Gerroa for the start of our walk. Here there was a second surprise - a gospel church

group had a service in the park.....parking was at a premium. We walked along the northern side of Crooked River past the beginnings of Seven Mile Beach - this was where a learner surfer had been bitten by a shark the day before....we did not venture into the water.

We scrambled up a small cliff to walk along the coast between the houses and the cliff edge. At the end of the headland, we scrambled down a track to the rock shelf again, and walked around to Shelly Beach, which needless to say, had thousands of shells. Then, we went around the next headland, with a bit of boulder hopping, and a fall by the writer, around to the secluded and picturesque Walkers Beach. The walk around these rocks is only passable at low tide, which had been planned for.



At the end of Walkers Beach, we followed a narrow track up onto Gerringong Golf Course, and sat down on the edge of the fairway for a bite to eat, keeping an eye on the passing wayward golfers.

A walk along the northern edge of the golf course brought us out to the Crooked River Road, whereupon a 2.5km walk returned us to Emery Park....we stopped at the Seahaven Café for a refreshing drink, before returning home. The walk was 7.5km, and provided great views over Gerroa and Seven Mile Beach to the south. There was more to learn - we inspected a monument celebrating the first commercial flight from Australia to New Zealand by Kingsford Smith, which took off and landed on Seven Mile Beach, Gerroa!

*By Barry Man*



## **Overland Track - Tasmania** **Sat 24<sup>th</sup> November to Sat 1<sup>st</sup> December**

**Organiser:** Sheree Brinsley  
**Participants:** Gina Holloway, Ray Van Den Anker, Michele Howie, Tracey Reid, Sandra Kennedy, Trevor Robinson, Jennifer Whaite.

### Day 1. Waldheim to Waterfall Hut. 10.7 Kms

The first day on the Overland Track is the hardest day. We climbed, along with many day walkers, to Marions Look out for a view of Dove Lake. Shortly after most of the party left their packs and, with a day pack, climbed Cradle Mountain. Sadly, Sheree, who had done so much work organising the trip, had a bad back and had to miss the climb. A steep walk up the side of Cradle Mt was followed by a scramble over scree, which turned into a rather frightening climb. At this point I turned back, but the braver members were rewarded with a breathtaking 360° panorama of Dove Lake and Barn Bluff.

### Day 2. Waterfall Hut to Windermere Hut. 7.4 Kms

On the first day Barn Bluff had loomed over us in its solitary, rocky splendour and there was some talk of a side trip climbing it in the morning. However, this idea was abandoned in favour of a nice, flat side trip to Lake Will, which boasted a couple of sandy beaches. A nice, easy day, which we all appreciated.



### Day 3. Windermere Hut to New Pelion Hut 14.9 Kms

The distances for each day's walk of the Overland Track do not sound particularly long, but they can be more than normally tiring. Much of the track has been covered with boardwalks, but the rest is what is euphemistically described by Tasmanian Parks as "Natural", i.e. mud, tree roots and rocks. Day 3

was the day when more of the track became "natural" and thus much more tiring. We walked across orange-brown button grass plains, stopped for morning tea overlooking the Forth River and wound up the day more tired than we expected at New Pelion Hut. This is one of the newer and bigger huts and we had no trouble finding beds.

### Day 4. New Pelion to Kia-Ora Hut. 8.6 Kms

This was the mountain day, with several mountain climbing options. With plenty of time to spare we settled on an easy walk back to the picturesque Old Pelion Hut then set off following a track that basically climbs up and then down a mountain. From the saddle you can climb to the top of Mt Ossa, the highest (1614m) mountain in Tasmania, or go up the slightly lower Mt Pelion East. Several of the party were keen to tackle Mt Ossa, but this was Tasmania. You cannot walk in Tasmania without having some rain and this was the day that it rained. By the time we got to the saddle the clouds were low and it was drizzling. Even the hardiest members of the party realised that there was no point in tackling Mt Ossa, but most of them set off aiming for Pelion East, until the rain increased and the lack of visibility made the whole exercise pointless. At this point they turned back and waded along the paths, which were now creeks, to Kia Ora.

A truly beautiful section of the walk with acres of wiry bauera covered in white flowers (we think, as none of us were botanists unfortunately) and clumps of Tasmanian waratah, quite a different plant from its NSW cousin, being small and dainty. But, beautiful or not, we were still glad to get to Kia Ora and get out of the rain.

In the usual way of things, on the rainiest day, when everyone wants to sleep in a hut rather than camp, this particular hut is the smallest one on the track. It was a scene of chaos with wet gear, packs and people crammed in, but somehow, we managed to get sleeping space and enough room on the table to cook our meals. Well to us it was a scene of chaos, but as one young walker came in her eyes lit up and she cried "It's a party." It's all a matter of perception.

### Day 5. Kia Ora Hut to Bert Nichols Hut. 9.6 Kms

The track this day was almost all natural and, after the previous day's rain, it was very muddy, but it was flat enough for it to be an easy walk. For most of the day we were walking through green, mossy forests, quite different from the previous days. It was a day of waterfalls. There were side trips to three different waterfalls - all of them great, raging torrents after the rain.

After the crowded Kia Ora Hut, Bert Nichols was almost sheer luxury. A new, large hut with smaller rooms, lots of hooks for wet gear and a spacious cooking area. Probably the best of the huts, though

the toilets were rather distant - a side trip in themselves - and apparently the sky lights had leaked, so they had been covered over, leaving the hut rather dark. Still by Overland Track standards it was at least four stars.

#### Day 6. Bert Nichols Hut to Pine Valley. 10.3 Kms

Pine Valley is not actually part of the Overland Track, but, if you ever walk the Overland a detour to Pine Valley is one of the highlights of the track. Carrying a heavy pack had not helped Sheree's back at all and, since she had already been to Pine Valley, she decided to go straight to Narcissus Hut and rest for the extra day, while the rest of the party headed for Pine Valley.

After Bert Nichols the track is all literally downhill, or at least fairly flat, so the walking was easy and pleasant. The countryside had changed to open scrub with gum trees, until we reached the turnoff to Pine Valley. Here the landscape became primeval -mossy ground, mossy rocks and tall trees with moss on their trunks. Clear streams looked as if it would be a pleasure to strip off and have a wash, though no one actually did. The hut itself was in a small clearing surrounded by trees.

We dropped our packs and headed off to climb the Acropolis, a challenging mountain. According to the park notes the climb would take at least 6 hours. However other walkers said it took even longer and involved some very tricky climbing. We had reached a place that gave us good views, so most of the party turned back and even Gina and Ray, who continued on, didn't make it to the top. It was definitely worth the effort though.



#### Day 7. Pine to Narcissus Hut 9.5 or 17 Kms including the Labyrinth.

The other great walk around Pine Valley is the Labyrinth. This is a considerably easier walk than the Acropolis and most of the party did this, again enjoying fabulous views.

Again, the walk was flat and easy. Sheree was waiting for us at Narcissus Hut, feeling somewhat better for a day's rest. We enjoyed a restful afternoon. Apparently, the tiger snake who used to live under the walkway to the wharf has moved on, but a platypus now swims around the water nearby. Platypus spotting is much more relaxing than tiger snake spotting.

#### Day 8. Narcissus Hut to Cynthia Bay. 500 meters or 17.5 Kms

On the last day there is a choice between walking around the Lake or catching a ferry. Five of the party opted for a pleasant ferry ride, while Ray, Gina and Trevor walked, making much of the fact that they had walked the whole Overland Track. Both parties, however, were united in their feeling of accomplishment at having done what is unquestionably one of the world's great wilderness walks and their joy at eating food that had never been near a dehydrator.

*By Jennifer Whaite*



Lyndell Giles, Diane Bennett, Paul Crollini, Regina Crollini, Gertrud Ehrmann, Anne Houlahan, Kate Moran, Alix Palmer, Judith Ross, Gebhard Rutz, Linda Sesta, Barbara Fairhall, Mike Johnson, Julie Moon, Jim Plezer, Gillian Spencer, Vincent Micallef, Wendy Davis, Elizabeth Macrae, Fiona Weigall, Alan Hickey, Natalie Cleary, Kate McLearn, Lisa Dickson, Lyndell Giles, Hana Yudhistira, Anne Croker, Murray Walpole

**Have you changed address?  
If your membership details have changed this year,  
please let the club know by sending an email to  
[info@sutherlandbushwalkers.org.au](mailto:info@sutherlandbushwalkers.org.au)**

**Club Website:**  
[www.sutherlandbushwalkers.org.au](http://www.sutherlandbushwalkers.org.au)  
**Club Email:**  
[info@sutherlandbushwalkers.org.au](mailto:info@sutherlandbushwalkers.org.au)



**Pygmy Possum Lodge, Charlotte Pass**  
**Kosciuszko NP**  
**27 Jan - 3 Feb 2019**

**40 members participated.**

This year forty club members made the trip down to Kosciuszko National Park and enjoyed our annual week of alpine walks of all grades. Again, we continued the tradition of staying at Pygmy Possum Lodge with many of the comforts of home (most of the time!) It was great to have a number of members come along for the first time and enthusiastically discover what we like about this area.

Over the six days, walks included:  
Porcupine Rock & Rainbow Lake  
Mount Stilwell  
Blue Lake & Hedley Tarn  
Guthega, Illawong Hut and bridge  
Watson's Craggs attempted in white out  
Dead Horse Gap  
Kosciuszko Summit & Main Range  
Guthega & Blue Cow  
Sawpit Creek Palaibo & Waterfall Tracks  
Thredbo River evening supper with the platypus'  
Kosciuszko summit sunset and night hike back  
Mt Tate  
Lake Jindabyne circuit bike ride  
Overnight camp at Horse Camp Hut



Water supply problems in the village affected the lodge early in the week. Everyone accepted some inconvenience and just got on with the range of walks scheduled each day.

The Mt Tate walk resulted in good use of first aid skills when Becky fractured her arm in a fall. We wish her a full recovery soon.



In the evenings Scrabble was played, walks planned and Leonie organised a great trivia comp for all.

Thanks to all the activity organisers who put on a great range of walks.

*By Shaune Walsh*



**REMINDER**

Sutherland Bushwalking Club is a member of Bushwalking NSW.

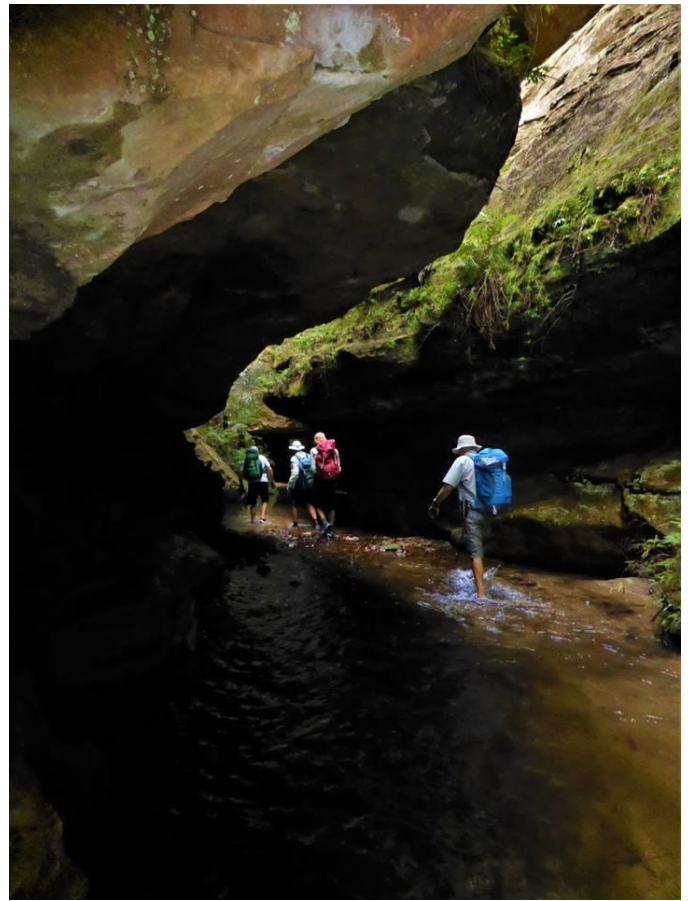
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or  
Go to the bushwalkingnsw website and look under the 'About Us' tab



Boobera Pool, Heathcote NP



Birrabang Canyon, Blue Mtns NP



Blair Athol Coal Mine, Blue Mtns NP



Crossing Snowy R, Kosciuszko NP



Garie heading north, Royal NP



Seamans Hut, Kosciuszko NP