



A lifetime of walking

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Cover picture



Blue Mountain
Chopper Rescue
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FROM THE EDITOR

The theme of this edition is "A lifetime of walking". The focus is on ideas that help encourage a long life of bushwalking. We have got some articles about walking with clubs and joining search and rescue teams. There is a wonderfully personal article focusing on a members family who shared the love of walking through three generations. Our first aid section focuses on dealing with significant injury or illness in remote areas. I hope you also enjoy our regular photo gallery, food, walks and gear freak articles.

A big thanks to the the authors and photographers who have taken a great deal of time and care in sharing all this with us.

Last edition I mentioned that we had a lot of downloads of the emag, it seems the number was too good to be true. The analytics software I was using counts a complete download when either a whole PDF is downloaded or when a single page is downloaded, there is no way to find out how many times the emag was actually downloaded. Best guess is about 6000 copies, which is still great and I am happy to see so many people enjoying the emag and sharing it with their friends. I need to find a better tool for counting :)

The next edition will cover a wide range of topics and June edition be focused on winter walking. If you have trip reports, gear reviews or other articles please drop me an email. Be great to have you involved. If you have an idea, suggestion or feedback please also let me know - I am keen to keep improving this emag.

Happy walking
Matt McClelland (aka Wildwalks)
matt@bushwalk.com



A handwritten signature in blue ink that reads "Matt McClelland". The signature is written in a cursive, flowing style.

Declaration: The bushwalking community is a small world and paths often cross. To help improve transparency I thought it be helpful to list my associations within the outdoor community. I have personally approached the authors of the articles included in this edition and suggested the topics. These are people I know through bushwalk.com. I operate bushwalk.com and wildwalks.com as well as been the author of several walking guide books (published by Woodslane), I have also written for Great Walks. I contract part time to National Parks Association NSW on an ongoing basis to coordinate their activities program. In the past I have had a partnership with NPWS NSW and have hosted advertising for Wild magazine. I have also partnered with a large number of other organisations in environmental campaigns and have a regular bushwalking segment on ABC regional radio. Obviously there is some advertising through the mag which the companies have also paid for. I have probably forgotten something - if you are worried about transparency please either write to me or raise the issue on bushwalk.com.

@ BUSHWALK.COM

New Q&A section coming soon

A forum is a great way to share, debate and discuss ideas. It can be a great way to build relationships and build up community knowledge. Forums also have their limits, issues and downsides. Answers to simple questions often become hard to find among a sea of discussion and debate. Sometimes there is more discussion around the edges of key ideas making it hard to fish out those wonderful simple, practical and clear bits of help.

Computer nerds will be familiar with <http://stackoverflow.com/>. Stackoverflow took a cumbersome forum and created a Question and Answer website that has become an amazing resource to many thousands of people every day.

During February I will switch on our very own **BWA Q&A section**. Any member will be able to ask or answer a question. The more specific the question the better. There is room to provide extra information and context questions. Other members can then provide their best, clearest and most helpful answer. Answers are voted up and down, so the most popular answer appears at the top of the list. Instead of debating an answer, you just simply provide the best and clearest answer you can.

One great thing with Q&As is that it saves filling the forums with similar questions and responses. So when someone asks 'What is the best public transport option to Cradle Mountain?' then it will naturally end up voted to the top of the list. This will then be easy for other walkers to find through a web search. As some answers change over time, you can update answers or vote for the more recent and accurate one.

This will not replace the forum, it is just a new tool to help share those key bits of information. I have installed the software and had it skinned to the familiar bushwalk.com theme, it even works well for mobile devices. There is still a tad more work to be ready for use, but I hope to launch this new part of the site during February. The same site rules including not posting specific information on accessing sensitive areas will still apply. I hope you drop in to ask a question and maybe provide an answer or two. I will put up link on bushwalk.com once it is ready. Happy to chat about any thoughts, ideas and concerns in the [Forum&Site](#) forum.



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Recent questions and answers

0 votes

What is the best light weight stove for the snow

asked Dec 29, 2013 by (140 points)

[Vote Up](#)
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[gear](#)
[snow](#)
[stove](#)
[winter](#)

0 votes

What is the best public transport option to the Overland Track

asked Dec 29, 2013 by (140 points)

[Vote Up](#)
[Vote Down](#)

[tasmania](#)
[overland](#)
[track](#)
[transport](#)

[Help get things started by asking a question](#)

Hello wildwalks

[My Updates](#)
[Logout](#)

Welcome to Bushwalk Q&A, where you can ask questions and receive answers from other members of the community.

Recent questions and answers

THAT SINKING FEELING

Caro Ryan - lotsafreshair.com



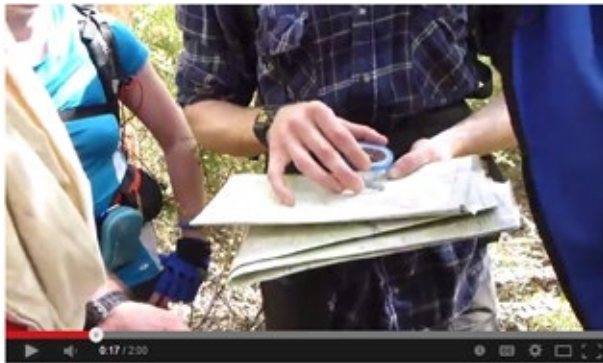
If you've spent any time in the wilderness, then you've probably also spent time thinking about what you'd do if things don't go to plan.

Whenever there's a search or rescue talked about in the media, you can guarantee that there's plenty of online discussion about the situation by both experienced and not-so experienced folk. Lots of opinions, some of them helpful, but what there is, is a salient reminder to all of us that sometimes, even with best practice precautions and solid experience, things can go wrong.

Who is BWRS?



BWRS Induction Walk (new!)



This article is about what we, as experienced outdoors people, can do to help when other people within the greater community find themselves in need of help in our beloved wild places. It's a "how can I help?" approach.

I remember years ago, sitting at home watching the evening news and seeing the now

familiar sight of Polair circling over an expanse of green, whilst white overall clad Police Rescue officers pushed into the bush. At the time, I'd been a regular bushwalker (and member of Sydney Bush Walkers club) for about 3 years and spent most weekends on and off track in the Blue Mountains, Morton, Wollemi or the Budawangs NP. At the time, I said things to myself like, "I wonder if they've checked the hidden pass off xxxx, or there's an easy mistake that can be made when navigating off Yyy that ends in tears everytime."

Even though I was still relatively green in terms of bushwalking knowledge, I still had small pieces of information that, who knows, might have been useful to the search effort to find the missing bushwalker and their small party.

At the same time, I was thinking about getting involved in a volunteer organisation where I could put my outdoors skills to work in the community. Naturally, the first thought that comes to most people's minds is the [SES](#). The SES is a great organisation and provides a great deal of volunteer person-power across a variety of community needs. Primarily, their focus is storm and flood. I challenge anyone to wrangle a tarp or chainsaw, in howling winds and torrential rain, at heights, better than these guys. Although they do provide good support for a variety of other emergency situations, such



as missing or injured bush walkers, that isn't their primary calling.

That was when someone in my club told me about [BWRS - Bushwalkers Wilderness Rescue Squad](#).

It's now about 10 years that I've been with the squad and in that time I've learnt so much, not only about the organisation, but through a solid system of competency based training, have been able to gain new skills, push myself and learn things that I never thought I would.

A little bit of history

The early form of BWRS was formed in 1936 after a search for four young men in the Grose Valley of the Blue Mountains, NSW. At the time, a group of experienced walkers from bushwalking clubs in Sydney put up their hands to be involved and share their knowledge. The teenagers were found eight days later nearly dead from hunger and exposure. Afterwards, it was decided that a formal organisation needed to be put together, so under the covering of the Confederation of Bushwalking Clubs NSW (now called [Bushwalking NSW](#)), they formed *Bushwalkers Search and Rescue*.

So, what's changed?

Times have changed quite a lot since 1936. In fact, many of you may remember a time when the "old system" of organising volunteer searches in NSW was still in place. Each bushwalking club had it's own S&R contact, who would put the word out to their members whenever a search was on. No formal membership of BWRS or another recognised body (like SES or [RFS](#)) was needed and there was no need to prove your skills or experience in the field (other than somewhat of an honour system). Simply put, anyone could turn up for a search and the Police in charge of the operation had no way of knowing who they were going to get and gauging their skills. As the body with the legal responsibility for conducting lands searches in the State, the Police have the weight on their shoulders of sending people out into unknown, and at times, extremely difficult and potentially dangerous terrain. They understand their own

people's fitness, experience and skills, but by introducing volunteers into the mix they had no way of knowing what their capabilities or limitations were.



At the very basic level, no one wants to initiate an additional search and rescue for an ill-prepared volunteer who they put into the field just based on their word that they're up to it, let alone, have to face up to a family or coroner to explain their actions.

In essence, the Police prefer to use organisations accredited for rescue with the State Rescue Board (SRB). The SRB is the organisation empowered by legislation to oversee rescue in NSW. Organisations accredited by the SRB are required to have adequate training, personnel, equipment and resources to do the type of rescue they are accredited for.

Sure, I've heard the arguments about over-regulation and our ever increasing risk averse society, but when you realise the potentially serious outcomes for the amazing cops who serve us all in a rescue capacity, the new way of doing things makes complete sense.

Even so, there are some people in bushwalking circles who still feel that the looser, old way was the preferred method for helping out on searches. I've even heard comments like, "Well, I'm the most experienced person in (insert area) and if they want my knowledge or feet on the ground they can ask. I'm not going to jump through their paperwork hoops to prove myself to anyone." Gulp. To be perfectly honest, an attitude like that is probably best left out of a search, so thanks for not offering. :-)

The Good Stuff

There's actually been a stack of benefits that come from being a volunteer member of your local search and rescue squad, especially with the new way of doing things. The main one being solid competency based training offered to volunteers to skill them up in a variety of different areas.



This training not only proves your existing bushwalking skills and experience, but allows you to build on them. I've nearly completed my Cert III in Public Safety which is a nationally recognised qualification.

This includes such modules as Communications, Leadership, Navigation, Protect and Preserve Incident Scene and a whole raft of other topics that are directly related to my own outdoor pursuits.



For those who want to pursue vertical qualifications or get involved in canyon searches, you can also follow that path within BWRS, even to Instructor qualification if you so desire.

Not only are you building your own skills to be able to support the Police in searches and other operations across the state, but it's all stuff that you can take back into your own walking and outdoor adventures.



The even better stuff

There's something that comes from being a volunteer, giving someone a hand, not expecting thanks and being involved with something of value.

I can remember a few years ago at the end of a protracted search in Kanangra-Boyd NP, our teams had been searching in extremely difficult and steep off-track terrain, some utilising their vertical capabilities and others needing helicopter access. I remember seeing the young wife and small child of the missing person, silently walking up the dirt road, hand in hand. It was an incredibly moving scene and if I ever needed a reason why I was a volunteer, this was it.



Being able to be involved and offer ourselves and our skills to help, in whatever capacity

needed, not only helps out the Police in their vital work, but sends messages of comfort and hope to the families and friends of people who are in need of that help.

There are so many stories of past searches such as David Iredale (Mt Solitary), Jamie Neale (Jamison Valley) and the more recent searches for Gary Tweddle (Leura) and Prabh Srawn (Kosciuszko) that have allowed us to help out. Not only are we able to take part in “current” searches, but we are also heavily involved in the [ongoing search for the missing Cessna](#) the disappeared over Barrington Tops in 1981 and occasional evidence or forensics searches in wild places.

[I want to get involved, but what can I do?](#)

Just as in the SES or RFS, not everyone climbs on roofs or puts out bushfires.

We are always recruiting for people with a variety of skills. Such as:

- Field team members
(experienced overnight bushwalkers)
- Administrative Support
- Drivers and Logistics Support including Maintenance and HQ caretakers
- Marketing and Promotions
(incl social media)
- Website editing
- Grant and Proposal writers
- First Aid Instructors and Assistants

[How much time do I have to give? I work full-time.](#)

This is hard to judge, as you never know when someone is going to get lost or the Police are going to call on our assistance.

We recognise that we’re all volunteers and each member has the right to refuse a call-out due to family or work commitments, but generally speaking, around 4-6 weekends a year would be an average. That includes a couple of training weekends, exercises, call-outs and events such as [NavShield](#).

Also, many workplaces now offer Emergency Services leave for which we can supply you with a letter to support this.

[So there must be loads of volunteers, right?](#)

Actually, no. As at January 2014 we only have around 80 members state wide, of which 65 would be active.

What this means is YES - we need you!

Please visit the [website](#) for more information and if you’re in the Sydney region, consider attending one of our 6 monthly information BBQs at our headquarter in Rooty Hill. Check out our new [Induction Weekend Video](#) that will give you a good idea of what to expect when you join.



[I’m not in NSW, is there a similar organisation in my state?](#)

Each state has their own way of dealing with bush search and rescue so checkout your state for further info or contact Bushwalking Australia for further details.

NSW - [BWRS \(Bushwalkers Wilderness Rescue Squad\)](#)

Victoria - [BSAR \(Bush Search and Rescue\)](#)

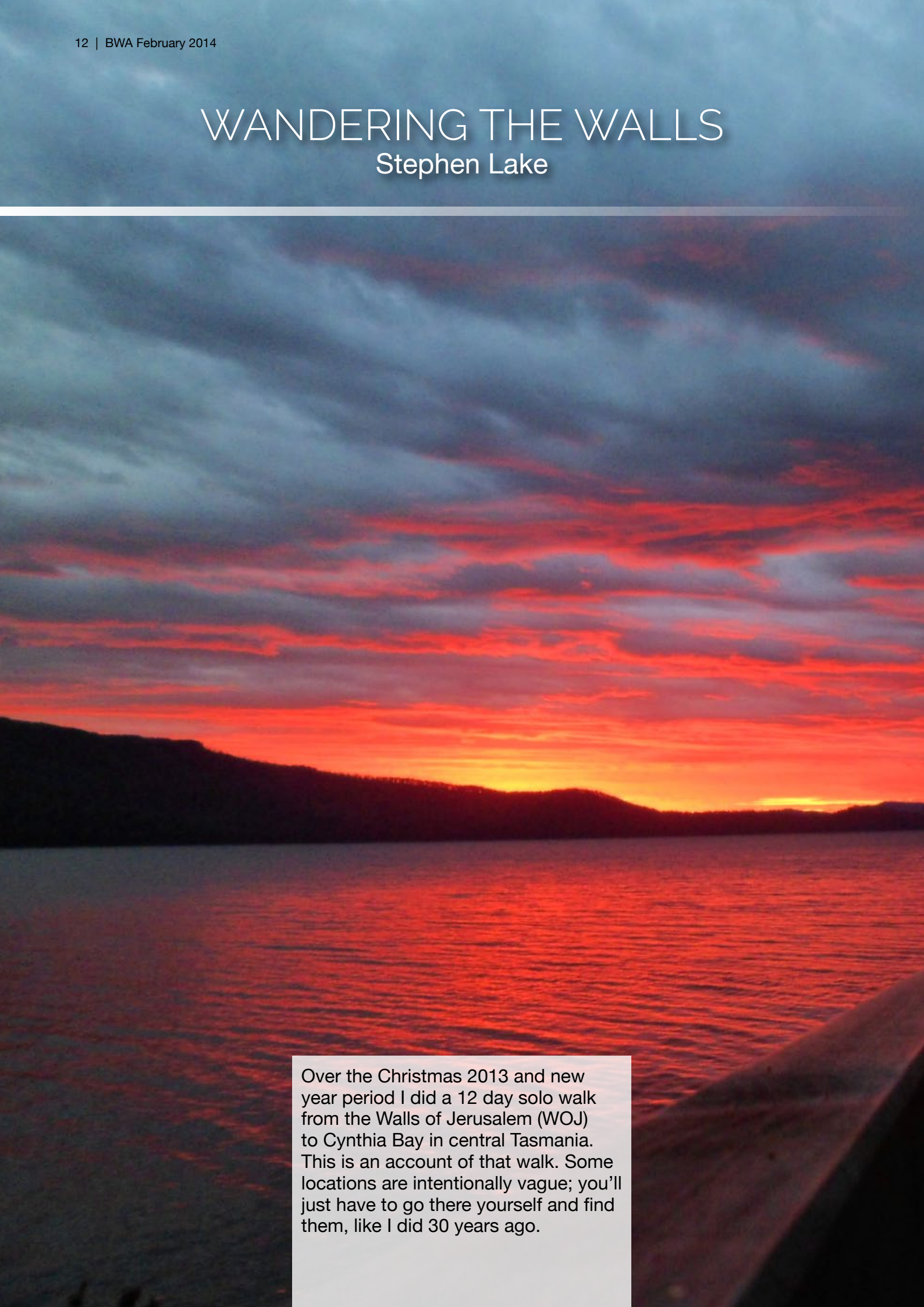
Queensland - [FMR \(Federation Mountain Rescue\)](#)





WANDERING THE WALLS

Stephen Lake



Over the Christmas 2013 and new year period I did a 12 day solo walk from the Walls of Jerusalem (WOJ) to Cynthia Bay in central Tasmania. This is an account of that walk. Some locations are intentionally vague; you'll just have to go there yourself and find them, like I did 30 years ago.

WALLS OF JERUSALEM TO CYNTHIA BAY

January 2014

As was the case two years earlier, I was fortunate in that this website found a driver. Simon took me from Deloraine to the start, saving me a bit of time. The car park was as I remembered, but had the track become steeper or harder? At Trappers Hut 80 minutes later I thought that this was possible, or maybe I was getting old. I had no GPS so it was unclear at first if I really was at Trappers Hut. The inmates spoke good English, and clarified this point.

Leaving the track, I followed the valley to George Howes Lake, Tiger Lake and Solitary Hut. After casting around a few times I found the hut, all but hidden on the shore. Whilst I admire the effort to build the hut, it's not big and the camping lacked views, so I went south into Golden Gate, strangely remote given the highway two kilometre south west. Flat, sheltered, view, water. Enough.

The weather had clagged the next day and I could not see much, which was a pity. Golden Gate is a lovely way to approach the WOJ, my fourth after Herods Gate, Pine River, and Powena Creek. Turning the Zion Hill corner the massive East Wall loomed spectacularly above out of the cloud. Must come back with fine weather. Squelch up to Jaffa Gate and down to Dixons Kingdom. Not a hard day at all.

I spent the next few days waiting for the weather to clear and warm (never happened fully) and climbing things. The track up Solomons Throne is good. I recalled the steepness of the former ascent route to the right, above the gate proper. The pad to King Davids Peak was lost and found many times in scudding brisk winds and cloud on the west, with blue sky on the east. This reminded me of when I bivvied on the summit for a dawn photo and only saw cold murk.



Dixons Kingdom light, the hut

On a fine still day Dixons was left, bound for Lake Ball. There's a good pad, presumably the one that goes west to Lake Adelaide. The tree that allowed a dry crossing of Pine River in 1991 had mysteriously disappeared, and I was reduced to washing my feet. No matter. From here the route was generally south and west, hitting the corner of the 1:25 Ada map to land on the Du Cane map, an old strategy of mine that avoided carrying the "diagonal" Cathedral and Olive maps. The going wasn't too bad, although scrub delayed progress somewhat. The white areas of the map proved to be slow in numerous places. Wheelchair access was limited.

There are many places to stop, and I pushed on a bit further than planned to a lovely spot on the beech. It took 9.5 hours to walk 11 kilometres. The weather was mild, sunny and quite windy, so I washed some clothes, which dried readily. As I waited for me to dry I reflected that shorter means more windchill. Santa did not find me, so I had some Tim Tams and cake.

The next day was overcast, with showers later. The climb onto the Mountains of Jupiter proved arduous. For just 110 metre of climbing and 600 metre distance I took about an hour with six rests, arriving at the top in no good humour. Avoid this scrub; the parents are unmarried. I will not burden you with

other less savoury descriptions. It was necessary to keep saying that I was doing this for fun and was sane. At times I nearly believed it. (I was once asked if I talked to myself on solo trips. I answered yes, and added that I often did not listen.) This was the only section on which I carried water, and I needed it. Water was never boiled or treated; nothing adverse happened.

It took 9.5 hours to walk about 8 kilometre, not my slowest. In south west Tassie a leader took the wrong spur. I remonstrated about the compass bearing and a grassy hillside free of scrub that was visible now and again in the mist. It was a long hard day to walk less than two kilometre. The campsite was very bumpy, lacked water and was exposed. The good part was that we were not moving.

At the Jupiter campsite the weather was fair if overcast, there was a view, and there was solitude. Bliss. Tiredness meant that a nearby summit would have to be on another trip. A quiet night in the trees.

I set out the next day full of hope, muesli and hot tea for Du Cane Gap. The scrub was light at first, but quickly deteriorated into that of the slow, heavy and energetic variety. At one

stage I was thinking of having trained wildebeests follow the wombat tracks until those tracks could be more easily walked. Quarantine restriction would be an obstacle. Alternatively, elephants may be better: their trumpeting is a natural PLB. Lunch was about half way to Du Cane Gap, lovely sunny weather. Just short of Du Cane Gap tiredness led me to go the wrong way, ending up about 500 metre east of the descent track, the Gatepost. Falling Mountain is a good point to aim for, but it had disappeared into the murk. No matter. Camp was on the very edge after ten hours and eight kilometre. More Tim Tams and cake.

Dawn was bleak: cold with scudding clouds and only scant views of the Du Cane Range. In fair clearing visibility I found the Gatepost, with helpful small bits of blue tape. You have to be very close to the top of the track to see the tape. Maybe a few more pieces of tape to the south east could be put in.

On the Gatepost I began to relax. Walking alone in scrub several metre tall left no room for errors. The last three days had really worn me out physically, and a rest was needed. A short time later the Overland Track (OLT) was reached. Happy.



Mt Ida

I was less happy at the design of Windy Ridge, arguably one of the two worst modern bush huts I have seen. Where are the airlocks? Why is it not all on one level extended from the main room, across the slope, with the sleeping and cooking areas contiguous? Why not have a standard 2700 mm ceiling? Why the diversion into a hole towards Ossa and then a climb out to go to the toilet instead of a much shorter raised walk way? Why are the lower bunks at floor level where it will be colder than if they were raised, say, 3-400 mm? Why is it so dark inside? Why not have white paint? Why are most notices so hard to read? Why do the windows open? A good alpine hut needs no heating or cooling, with perspex airlocks catching the sun, even on a very cold day. Windy Ridge is a blot on the good name of Tasmanian design.

Not even the tent platforms work. Flat boards pool water, which then runs under the tent. The boards should be sloping across the sections of the boards so that water drips off the long edges, say 10 mm in 3000 mm. Further, the length of the boards should be higher in the middle so that water drains out. It's not rocket surgery. Visitors will be grateful for a roof or platform. However, the more discerning will be wondering about a few things.

I was going to stay a second night but decided that the accommodation did not meet basic requirements. It had snowed on the peaks overnight, and there was slush on the platform, with reports of 20-30 cm of snow on Pelion Gap. Narcissus beckoned, a good spot for recovery. I left late with the tent nearly dry, and the showers missed me.

Olympus was shrouded in cloud and was wet, so that objective was abandoned. Instead, I went to Echo Point on 31 December, not too far. Following the OLT was a bit tricky at times. It was a good way to see out the year. Ida looked lovely in the soft afternoon light, and I recalled the trips when I climbed it.

Happy New Year and Cynthia Bay, another good day. It seems that park management nail offending bushwalkers to their wall as an example to others. Remind me not to light a fire or eat a wombat in front of witnesses.



The trackless section south of the WOJ and east of the OLT is wild and beautiful country. In reasonable weather and with good navigation it's possible to enjoyably get away from the madding crowd. Only small, fit, experienced parties should attempt this trip. There are many lakes and streams to aim for, and I blundered only twice, minor diversions. In good visibility these were quickly and easily recognised. In poor visibility and with precipitation I would not like to be there.

Despite being wrecked by three days of trauma to Du Cane Gap, I greatly enjoyed the trip. However, next time I'm taking a trained wildebeest.



MAIN RANGE TRACK

Matt McClelland aka Wildwalks



This is great walk kicking off from Charlotte Pass, near Perisher. It gives you access to some of the best sights around the Kosciuszko National Park. You get to climb some of the tallest peaks on mainland Australia whilst looking down on some spectacular glacial lakes. In favourable weather you can do this walk in a day. The idea of taking a couple of days means you get to spend even more time just soaking up the environment perched at the highest point on this ancient continent.

Grade: Hard (with some off track section for camping)
Time: One to two days
Distance: 28 kilometres circuit (including side trip to Mt Townsend & Kosciuszko)

Ascent/descent: 1260 metres

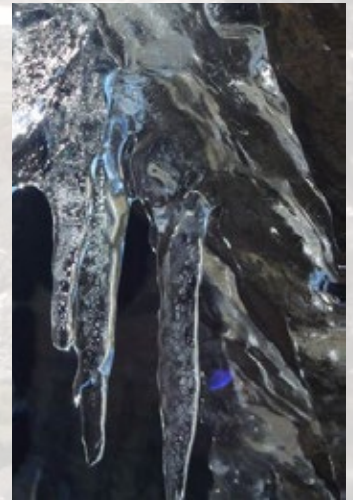
Transport: Public transport is not practical in the area so it is a 40 kilometres drive from Jindabyne to Charlotte Pass. The pass is found at the end of Kosciuszko Rd. National Park entry fee applies. Between the long weekend in June and October, the road between Perisher Village and Charlotte Pass is closed by the [RMS](#). It is possible to organise [oversnow transport](#).

GPS of start/end: -36.4317, 148.3287

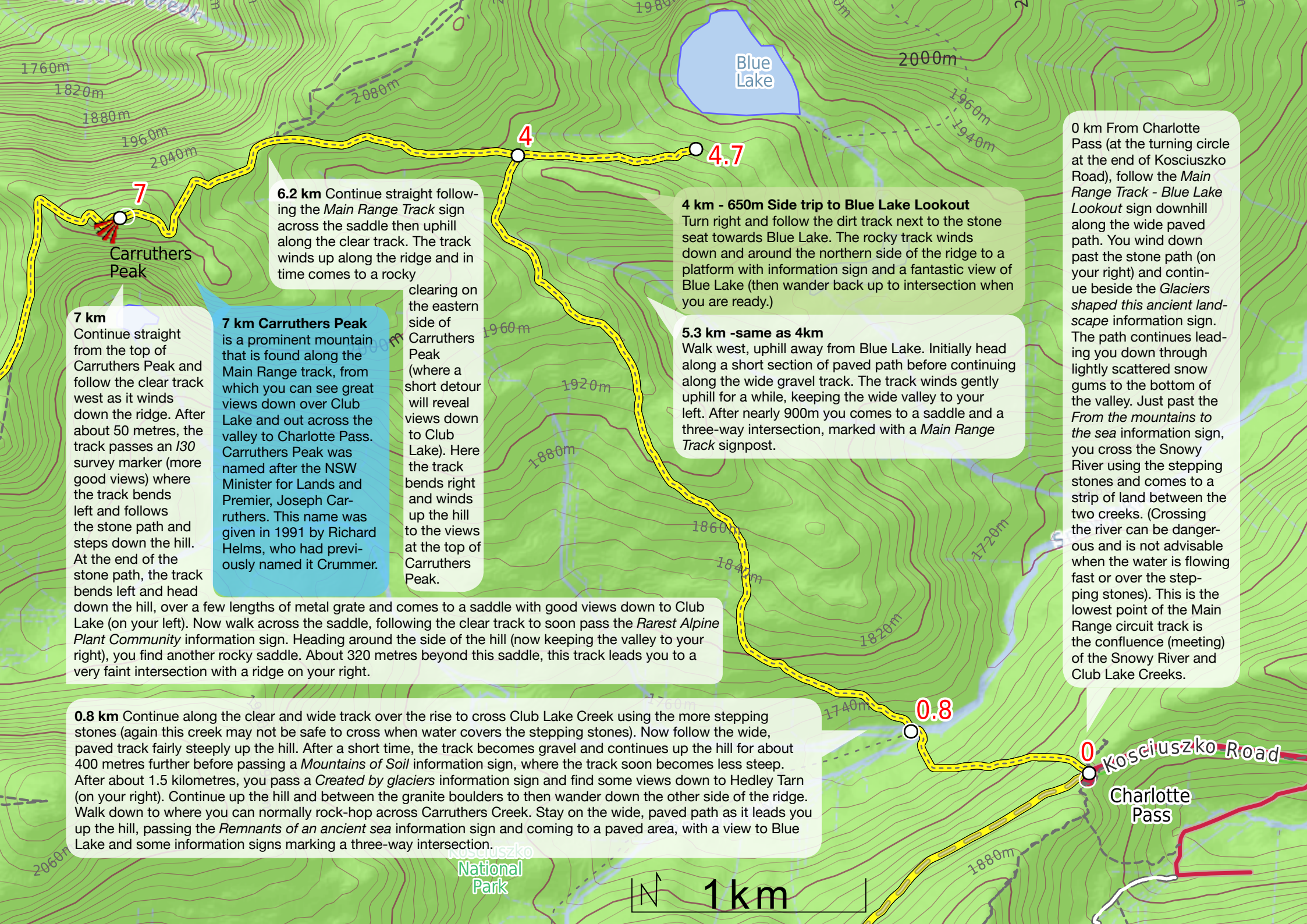
LOOP WALK FROM CHARLOTTE PASS CAMPING NEAR MT TOWNSEND

Covered in snow part of the year

This walk leads through an extreme alpine environment and all walkers must be well prepared. During summer, be prepared for both very hot and cold weather, high winds, rain, snow, extreme UV levels and some sections of snow or ice on the ground. Before starting, check advice with [Snowy Region Visitor Information Centre](#) (02) 6450 5600, the [weather forecast](#) and the [snow conditions](#) then change your plans as needed. These notes, grades and walking times have been written for use in the summer months only. Between May and the end of October, is likely to be covered in snow/ice, visitors should carry and be prepared to use snowshoes or cross country skis. When there is a chance of significant snow on the ground, visitors will need particularly strong navigation and snowcraft skills - tracks and signage may not be visible. For most visitors, it is best to consider the walk closed during the colder months.



Snowy River Crossing



7 km
Continue straight from the top of Carruthers Peak and follow the clear track west as it winds down the ridge. After about 50 metres, the track passes an /30 survey marker (more good views) where the track bends left and follows the stone path and steps down the hill. At the end of the stone path, the track bends left and head

7 km Carruthers Peak
is a prominent mountain that is found along the Main Range track, from which you can see great views down over Club Lake and out across the valley to Charlotte Pass. Carruthers Peak was named after the NSW Minister for Lands and Premier, Joseph Carruthers. This name was given in 1991 by Richard Helms, who had previously named it Crummer.

clearing on the eastern side of Carruthers Peak (where a short detour will reveal views down to Club Lake). Here the track bends right and winds up the hill to the views at the top of Carruthers Peak.

0.8 km Continue along the clear and wide track over the rise to cross Club Lake Creek using the more stepping stones (again this creek may not be safe to cross when water covers the stepping stones). Now follow the wide, paved track fairly steeply up the hill. After a short time, the track becomes gravel and continues up the hill for about 400 metres further before passing a *Mountains of Soil* information sign, where the track soon becomes less steep. After about 1.5 kilometres, you pass a *Created by glaciers* information sign and find some views down to Hedley Tarn (on your right). Continue up the hill and between the granite boulders to then wander down the other side of the ridge. Walk down to where you can normally rock-hop across Carruthers Creek. Stay on the wide, paved path as it leads you up the hill, passing the *Remnants of an ancient sea* information sign and coming to a paved area, with a view to Blue Lake and some information signs marking a three-way intersection.

6.2 km Continue straight following the *Main Range Track* sign across the saddle then uphill along the clear track. The track winds up along the ridge and in time comes to a rocky

4 km - 650m Side trip to Blue Lake Lookout
Turn right and follow the dirt track next to the stone seat towards Blue Lake. The rocky track winds down and around the northern side of the ridge to a platform with information sign and a fantastic view of Blue Lake (then wander back up to intersection when you are ready.)

5.3 km -same as 4km
Walk west, uphill away from Blue Lake. Initially head along a short section of paved path before continuing along the wide gravel track. The track winds gently uphill for a while, keeping the wide valley to your left. After nearly 900m you comes to a saddle and a three-way intersection, marked with a *Main Range Track* signpost.

0 km From Charlotte Pass (at the turning circle at the end of Kosciuszko Road), follow the *Main Range Track - Blue Lake Lookout* sign downhill along the wide paved path. You wind down past the stone path (on your right) and continue beside the *Glaciers shaped this ancient landscape* information sign. The path continues leading you down through lightly scattered snow gums to the bottom of the valley. Just past the *From the mountains to the sea* information sign, you cross the Snowy River using the stepping stones and comes to a strip of land between the two creeks. (Crossing the river can be dangerous and is not advisable when the water is flowing fast or over the stepping stones). This is the lowest point of the Main Range circuit track is the confluence (meeting) of the Snowy River and Club Lake Creeks.



9 km Continue straight follow the clear gravel Main Range track, keeping the valley and distant Lake Albina to your right. The track leads downhill and then winds around beside a rocky saddle. Continue along the clear track as it traverses (contours) fairly gently around the side of the very steep hill. In a few places, the track has been cut into the rock and provides great views down into the Lake Albina, take care not to slip. Continue to another large saddle and just as the track starts to dip down past the saddle, you come to a faint intersection with an old overgrown management trail.

Mt Townsend

11.3 km Walk to Mt Townsend Plateau
(for details check the next page)

As this section is not on a maintained a clear track the notes are less descriptive. If you would rather camp at Wilkinsons Creek it is also possible to walk down to the valley from this point as well.

10.7 km Continue walking straight following the clear rock-paved Main Range track. The track steadily winds around the side of the hill (keeping the large valley to your left). After heading between a rocky outcrop, the track becomes gravel and starts to head over the ridge then gently winding down the hill. Just before flattening out on the large saddle, you come to a faint intersection (with the Muellers Peak and Mt Townsend tracks on your right) marked with a rock cairn and a single old fence post (on your right, at this point the track on the right is not obvious).

19.4 km aka 17.5 km
Follow the gravel track and *Rawson Pass* sign gently downhill, keeping the main valley to your left. The track almost immediately leads you past an Alpine Walks information sign and map. After about 500 metres, the track becomes a stone path that leads a little further to the clearly signposted and large stone paved three-way intersection at *Rawson Pass*.

15.8 km Now we walk south along the main track to pass the low point in the saddle then continue along the clear track, climbing up out of the saddle and along the side of the hill. Now climb up the many stone steps for about 600 metres, where the track flattens out for a little while before coming to a clear and signposted three-way intersection.

20.1 km Turn left, following the *Seamans Hut* sign along the stone path. You soon pass the bicycle parking area then Australia's highest toilet block (on your right). Continue along the management trail as it winds down along the side of the hill for 1.5km to a gap and the clearly signposted *Seamans Hut* on your left.

17.5 km Walk to Mt Kosciuszko
(for details check the next page)

Mt Kosciuszko

Rawson Pass

Continue on page 19

Seamans Hut

20.1 km Rawson Pass
is where the old Kosciuszko Road, from Charlotte Pass, meets the metal walkway from Thredbo. It is home to highest public toilet in Australia, this recently-added facility is perfectly positioned for those taking up to the top of Kosciuszko. Rawson Pass is well signposted and 500 metres south east of Mt Kosciuszko (by straight line). There is also a place for to park mountain bikes for those cycling along the old road from Charlotte Pass.

Kos
Na



Blue Lake



Main Range track on Carruthers Peak



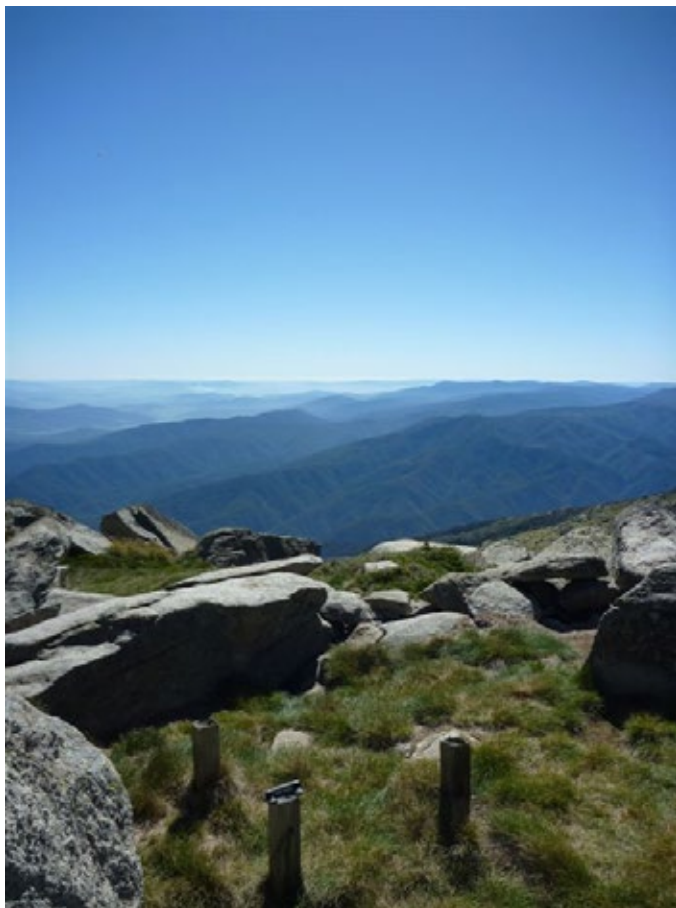
View from Carruthers Peak



Rocky pass above Lake Albina



Path to top of Mt Townsend



View from near the summit of Mt Townsend



Nearing Mt Kosciuszko summit



Seamans Hut



Close up of some Alpine berries

View from Mt Kosciuszko



Side Trip to Mt Townsend Plateau

13.6 km Mt Townsend plateau

You can camp in the saddle between Mt Townsend and Alice Rawson Peak. The large, reasonably flat grassy area with a scattering of boulders has no facilities. Camping is not permitted in areas that drain into the glacial lakes, so only camp and toilet on the north side of the saddle (this limits the amount of nutrients ending up in Lake Albina). There is some shelter from south-westerly winds, but the campsite is exposed to the elements. An alternate campsite at Wilkenson's Creek to the south may provide more shelter. There are a few small creeks in the area around the saddle, but water is not reliable, especially towards the end of summer or after dry spells when it regularly dries up.

Mt Townsend is the second highest peak on the mainland of Australia and arguably the more impressive out of it and Kosciuszko. A less known fact is that Mt Townsend was once called Mt Kosciuszko when it was originally thought that it was the highest peak, but when various measurements showed that the now named Kosciuszko was slightly higher, the NSW Lands department decided it would be easier to swap the names around instead of re-educating the public.

13.6 km To return to the main range track walk south-east following the well-worn narrow track. The track fades out in places but generally contours the side of the Muellers Peak for about 2.3 kilometres. The track fades out as you climb up onto the saddle to find the Main Range track. Turn right to continue along the Main Range Track.

13.6 km 200m to Mt Townsend peak

From the saddle/plateau, walk west, following the narrow track towards the top of Mt Townsend. The pad leads around to the north eastern side of the peak where you then scramble up the rocks to find a concrete pillar and great views at the peak of Mt Townsend. At the end of this side trip, retrace your steps back to the saddle.

12.1 km Continue north generally following the rocky ridge for about 1.5km to then find a well-worn track that leads you between a few rocky outcrops to the large flat area between Mt Townsend and Alice Rawson Peak.

11.3 km Turn sharp right leaving the main path and head north, off track, following the ridge line. You climb moderately steeply up the grassy hill then near the top (about 800 metres after leaving the main range track) you come to a rocky outcrop and the top of Muellers peak.

Side Trip to Mt Kosciuszko

17.5 km Turn sharp right follow the *Mt Kosciuszko* sign uphill along the upper track. This track winds steadily up and around the peak of the mountain for nearly 1km, passing a stone-paved section of track, and also a metal grate before climbing the last few steps to the cairn at the peak of Mt Kosciuszko. Once finished enjoying the summit, retrace your steps nearly 1km to the main range track.

18.4 km **Mt Kosciuszko** is the highest peak on the Australian continent, at 2228 metres above sea level. It was named by the Polish explorer Count Paul Edmund Strzelecki and named in honour of the Polish national hero General Tadeusz Kościuszko. Now a popular tourist attraction, thousands of people walk up to the summit each year. On a clear day, the 360-degree views from the summit across the roof of Australia are fantastic. There are higher mountains elsewhere on Australian territory. The highest mountains in Australian Antarctic Territory are Mt McClintock (3490 metres) and Mt Menzies (3355 metres).

N 1 km

Seamans Hut

This hut was erected in 1929, after a young skier named Laurie Seaman perished in a blizzard when he was separated from his group. The hut was built using money donated by Seaman's parents, for the use of those who might need emergency shelter in the mountains. It was renovated in 1938 due to fire. Seamans Hut is a seven by three metre granite stone building with a wood stove, although there is little wood in the area. No camping is allowed in or near the hut.

Seamans
Hut

21.7

21.7 km Continue straight past *Seamans Hut*, down along the wide management trail as it winds down the hill. After about 450 metres, you pass a flat clearing with views (on your left) where the trail bends right to lead you down to the valley. 1.5km after leaving the hut the trail crosses the concrete bridge over the signposted *Snowy River*.

23.2

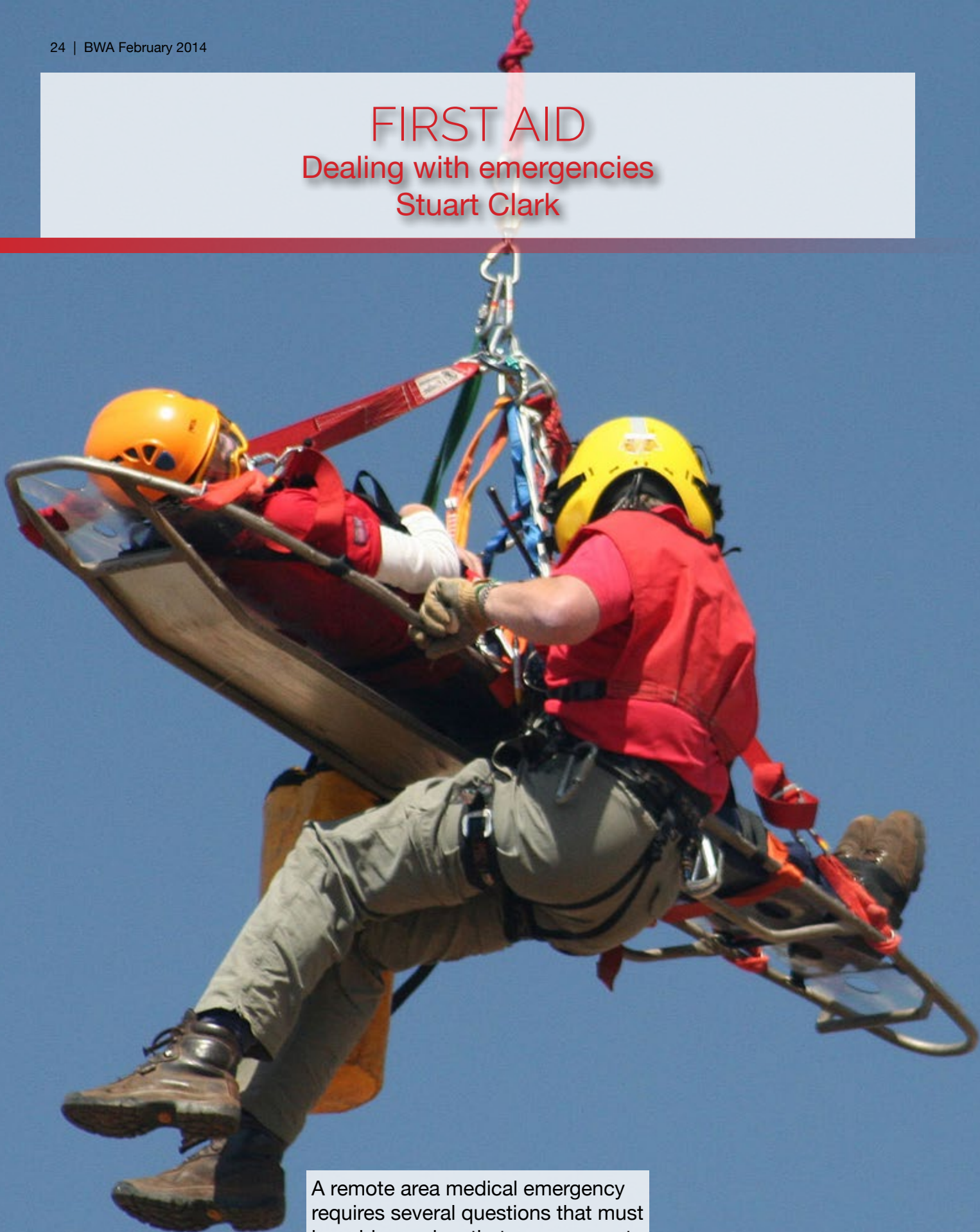
23.2 km Continue straight along the wide management trail for another 250m where the trail leads you to the un-signposted concrete Merritts Creek bridge.

23.5 km Continue straight walking uphill along the management trail and old road. The old road soon leads past a *CP 4* sign (on your left), over the ridge line and down the other side. The trail gently winds down along the side of the hill, enjoying views of the *Snowy River* and valley to your left. The old road passes a few creeks and more *CP* signs along the way. A little while after the *CP 1* sign, the management trail enters a nice grove of snow gum trees then head up a small rise to find the turning circle at the end of *Kosciuszko Road* at *Charlotte Pass* (with the toilet block to your right). Well done, you made it back to the start - hope you enjoyed the walk.

FIRST AID

Dealing with emergencies

Stuart Clark



A remote area medical emergency requires several questions that must be addressed so that management of the group and the patient is safe and effective. These notes are not a replacement for a first aid training course and experience.

Scene safety

Manage or avoid any dangers – if this means you cannot help the patient for some time, or at all, then so be it. Ensure that everyone in your group is safe. If outside help is required, use available communications to raise the alarm.

Primary Survey – Airway, Breathing and Circulation

If there is a compromise to the patient's airway, breathing, or circulation there are certain critical interventions that must be made early. Skills such as opening the airway, clearing the airway, maintaining cervical spine control, rolling the person into the lateral position, stopping major haemorrhage, conducting CPR and using a defibrillator if available are all vital to the remote area first aider's skill set.

Once critical interventions have been performed a secondary assessment should be commenced. At this stage an evacuation may have already been initiated. If not findings of the secondary assessment will allow responders to make a definite decision about whether the injured/ill can stay in the field or needs to be evacuated, and how urgently this needs to happen.

Secondary assessment

Secondary assessment involves a detailed assessment of the patient and accurate recording of any findings. A secondary assessment has three parts:

- 1) A physical examination;
- 2) Assessment of vital signs; and
- 3) Taking a history.

Environmental Protection

A patient should be protected from the environment until there is recovery or evacuation. When treating a hypothermic patient, protection should be performed as a critical intervention. In cold weather it's necessary to insulate underneath and around the casualty. Heat sources inside the insulating materials in key locations around the neck and chest and the groin will assist the hypo-

thermic casualty. Be careful not to burn the patient.

Having a tent with several people and the patient inside will warm the air, which the hypothermic patient will then breathe, aiding recovery. Hypothermic patients should be moved gently with great care and as little as possible.

Posturing for long-term care

Check that the patient is not lying on anything uneven or sharp, and clear their



pockets and belt of objects that will create discomfort. Ensure that the patient is well insulated from the ground to minimise the risk of pressure sores. Choose the most appropriate posture based on the situation, and discuss with a conscious patient. Suggested postures are:

- Bleeding/dehydration/fainting: supine with legs raised
- Spinal injury: in position found, or the nearest comfortable position

- Suspected heart attack/stroke: upper body raised
- Breathing difficulties: seated leaning forwards, or leaning to the injured side
- Unconsciousness: lateral position

Moving an injured/ill person

It is important that movement is minimised as much as possible for any patient with a serious condition. However, movement is necessary at times. These include and are not limited to:

- Establishing a clear airway
- Accessing and treating a bleeding wound;
- Managing breathing difficulties; and
- Insulating the patient from the ground.

When impending danger such as fire, moving water or falling objects create a real or potential hazard for the patient or responders, rapid movement may be necessary. Move the patient as carefully as possible in these situations, attempting to support any suspected or known injuries.

Evacuation planning

Documentation – if you have not already done so, carefully document the incident. The use of a first aid report form is recommended. If there is no form, record in writing what happened when and where, what treatment was given, and especially details of any medication given, including dose and time.

Marking your location – it is important to make your location clearly identifiable to rescuers by using brightly coloured and/or reflective materials and/or a well-controlled smoky fire. A series of three short whistle blasts with a break between each series of three is a useful indicator to parties searching on foot. It may be possible to obtain mobile phone reception, or for a person with a phone to go to a high point where reception is possible. If doing so, take all phones in case one does not work. If circumstances warrant, the use of a Personal Locator Beacon should be considered.



Overnight care – if caring for a patient overnight ensure that a roster system is used to monitor the patient throughout the night. Do not rely on the primary carer to perform this role.

Incident stress – caring for the mental wellbeing of the whole group is very important as extended periods around a patient can lead to serious stress and fatigue. Try to keep everyone busy and morale realistically positive.

Resources – use the patient's gear first, especially their water, food, sleeping bag and first aid equipment. Generally you and your group will not be evacuated at the same time as the casualty (maybe not at all), so conserve resources. It is a good idea to complete a stock take of resources at this point, and plan options for patient management, the delay and the rest of the trip.

Pain Management – the careful treatment of a patient and calm reassurance and companionship go a long way to managing pain. However, people with painful injuries may require pain relief medications. Consult a medical professional for the best analgesia options for remote area expeditions.

Fluids – in general, patients should have controlled fluid intake of clean water in an extended care situation. In situations where dehydration is apparent and help will be delayed by a few hours, an oral hydration solution is recommended for a conscious person to replace electrolytes. Fruit juice or soups are appropriate, as is clean water with a small amount of salt and sugar added. Oral fluids should not be administered to patients who are unconscious, cannot hold them down or who may need surgery as a result of their injuries or condition.

Food – in general, a badly injured patient should not be given food prior to evacuation. However, an ill patient may simply require basic foods to replace lost quantities. For example, a bland diet high in protein should be adhered to when dealing with a casualty with a suspected gastrointestinal complaint.

Toileting – it may be necessary to manage urination by soaking up fluid into absorbent cloth, or rolling a casualty onto their side or lifting their legs and using a container to collect the fluid. Movements of the bowel may also need to be cleaned away efficiently.

Menstrual hygiene – attention to female menstrual hygiene must be adhered to in extended care situations. Importantly, a non-responsive, female patient may develop an infection if a tampon is left in place for too long. If possible a female responder should attend to this care.

Contact lenses – a patient wearing contact lenses will either need to have their eyes lubricated with saline or clean drinking water regularly or to take their own lenses out. Do not remove a patient's contact lenses unless you have been trained to do so and the patient has given consent to the process.

The Rule of 'P' – 'Prior Planning Prevents Poor Performance'. Prevention is of course better than cure. Detailed planning, preparation and risk assessment for an outdoor adventure is the surest way to avoid having to engage your first aid skills in a serious situation whilst in the bush.



A 3 GENERATION WALKING FAMILY



Maybe we were just delinquent parents. Maybe my absence of any real contact with babies before our daughter was born was partly to blame. However, from the moment K arrived we just continued life as usual, not regarding her as a piece of fragile china to be wrapped in cotton wool, but as an additional member of a family of bushwalkers. She did her first 'walk' in the Blue Mountains four days after I left hospital after a Caesarean section – down Perry's, up Govett's.

FAMILY BUSHWALKING

Louise Fairfax (aka Naturelover)



I guess I was highly influenced by African culture where the parents just seem to absorb the newborn into their existing life. I also followed African mentality later when it came to strollers: my children were always encouraged to go everywhere on their own two legs and not be wheeled. I regarded the lazy western lifestyle as compromising children's health and fitness. Our letterbox was half a kilometre away, and the children toddled to get the mail with me.

Bushwalks – day and multiday – continued as usual, with nappies being added to the pack as our concession to parenthood.

When our baby was 12 months old, we took her on her first overseas walking trip – to NZ. We never questioned the sanity, advisability or even feasibility of this. We just did it. She

was part of our family. She came too. No baby packages of fancy baby jars of food were packed. Nappies and lotion were her special extra baggage. Her food was breast milk – supplemented by dried apricots and chocolate squares for treats. These were administered as positive reinforcement for submitting to being put in the papoose again.

There were actually many moments on this trip that make me shudder now (like the time we crossed a flooded river, arms linked, inching our feet forward as the might of the water was too powerful to allow a foot to ever leave contact with the substratum of anchorage. Had one of us slipped, all three would have drowned. STUPIDITY). On the walk that goes up the Dart and down the Rees, we were very cold on the snowy saddle and my fingers were frozen. I placed a square of chocolate into our baby's mouth to warm her up and she sat there staring at me, ignoring the tempting food from heaven. If our daughter was ignoring chocolate, she must be nearly dead. We ran twenty-five kilometres with full packs to get her to warmth and safety. You can see that these are not stories of deeds to emulate? Good. My daughter, the baby in this story, can't, and so when her own baby was a similar age, she and her husband took him climbing in NZ on a trip that involved snowy peaks. "Hey, look what it did for me. It must be good." was her justification. Who were we to criticise??



Along came baby number two. We plotted a trip to do the South Coast Track with our friends in mischief who also had two children by now. We fashioned our own packs using old-style papooses plus a frameless pack that we tied to the papoose frame. I love the pictures that feature the two babies, perched high in the papooses, wind in their faces as they survey the wilderness stretched before them. The two children, carrying packs of course, are skipping, jumping water, throwing pebbles as they go. Our firstborn had just turned three, and managed 5 kilometres per day, and was carried in her father's arms for the rest - her contribution to the walking usually left her sleeping. In one picture she looks like a tiny rock on the sand, curled in foetal position, exhausted, her little pack still on her back. At her request we returned to do that walk twenty years later. (For a full report on either edition of the walk, look up the walk in my blogsite, natureloverswalks.blogspot.com.) The other strong image of this first trip is a campfire scene where children and babies are absolutely filthy. Those were days when fires were allowed and our baby had crawled through the outer ashes and then cuddled everyone. No one was washing in water that cold.

Packs had been very heavy that trip. We gave overnights a hiatus until the children were six and eight. Friends had invited us to do the Overland Track, and the only thing I feared was getting the food wrong. We had a practice first: the Freycinet circuit. I measured everything they ate, and multiplied by $5/3$ for the OT. They made a lot of merry noise on the track, feeling compelled to laugh and scream and sing as they went, but I never heard anyone express annoyance with them.

School lives and other sporting fixtures made their claims as the years went on, but we always tried to do at least one long walk each year to keep us all in tune with pack carrying. As one of our family sports was orienteering, none of us lost contact with the bush, far from it. We also did family long distance runs over the tracks at Cradle or in the Walls, but pack carrying is special, and I didn't want my shoulders to get soft, so it had to be included. Besides, it's hard to beat a night in the wilderness, and you need to carry a pack for that.

More time passed. One day when she was at Melbourne University, my daughter now studying there, warned her hockey coach



that she was too tired to play well that night as she'd just come back from walking the South Coast Track in 3½ days with her parents; she was exhausted. He thought: "What a cool girl!", and married her. While they were later based in Cambridge they twice popped over to the continent to join us on long distance walks: Tour du Mont Blanc and Via Alpina (from Trieste in Italy, on the Mediterranean, east into Slovenia and then north to near the Austrian border). To do such a walk with one's own family! What does one say? It just doesn't get any better. To arise at 4.30 am and share dawn together looking out at a pure white Mont Blanc set in a roseate sky (both taking uncountable photos); just to walk and talk, to sit together and gaze at eternity and not need words because it is my own daughter. A complicit glance is all family members need.

And now we are a three-generation walking family. Little Gus did his first overnighter at four months when both daughters, the hockey coach turned husband, my own husband, the baby and I all set out for a fabulous weekend with our packs and tents. At one stage I dropped behind for photography; the others went on ahead. As they receded into the distance, I could hear Gus's high pitched little voice singing away with joy at what he was experiencing. He did his first club trip – walking – at 21 months (a few kilometres to a waterfall).

My firstborn daughter writes of growing up in a bushwalking family: "I have always had an affinity for mountains. Whether this is inher-

ent to my personality, or comes from my earliest memories of hiking in the tablelands with my parents and adventures in New Zealand in tiny huts I could not tell you. What I can tell you is that being out in the wilderness is like a breath of fresh air for my soul. While some children are entertained by video consoles and the latest release by Katy Perry, for me it was the poring over maps, planning trips and adventuring in the wild that held a fascination. I do not think I was aware growing up that it was abnormal to attempt to walk the south coast track at 3 years old, or the overland track at 8, but I knew that those people who didn't do these things were missing out. My love of the wild has taken me to many places and I have enjoyed many experiences such as catching sight of a bear chasing a caribou in a river delta in Denali NP, viewing Cape Horn from a pass on a trek in the Dientes in Tierra del Fuego, and sharing many wonderful adventures with mum and dad on long-distance hikes in Europe. I could not have asked for more from my parents than this, the greatest gift of being at one with the wilderness. May they be a beacon to inspire other parents."

I was asked to give tips. I haven't exactly obeyed. I think the best advice is love what you do and include your children in what you love. The rest will follow. Construct your own equipment if they don't sell what you want; adapt things to suit your current needs. If there's an obstacle, then search for the way around it. There will be one. And keep fit. You won't do any of it without fitness.



PHOTO GALLERY



BWA Photo Competition



Ansel Adams
1902 - 1984

“When words become unclear,
I shall focus with photographs.
When images become inadequate,
I shall be content with silence.”

Other States

February 2013

WINNER



Grampians smoke plume
over Asses Ears
Hikingoz

Cam (aka Hikingoz) lives in Halls Gap Victoria and is a walking track builder. Cam's favorite hobbies are bush walking and rock climbing.

This image was captured from Northern Grampians Rd and is of a smoke plume from the Victoria Valley bush fires which burnt over 30,000 hectares. In the foreground is the * & ^ % \$ # @ ! Ears range. The image has been adjusted slightly to make the detail of the plume more visible.



Event Horizon
Tom Grace



Somersby Falls
John Walker



Empress Falls
Tom Brennan



Pieman River sunset
landsmith



Mt Lofty Wildflowers
Brian Eglinton



Tasmania

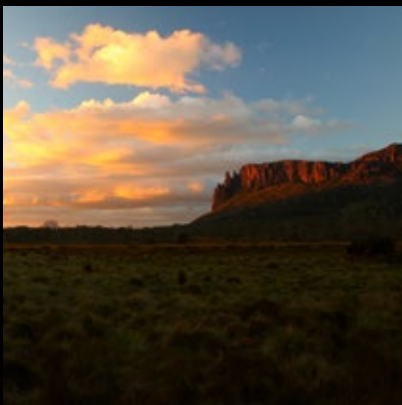
February 2013

WINNER



A shy Mt Anne
Dan Broun

The Anne Circuit was one of those walks I'd assumed I'd have done years ago, but despite numerous day trips up Mt Anne and the Eliza Plateau I'd never completed the circuit. On a whim I threw some stuff in the pack and left Hobart at midday. By 5pm I had my tent pitched on a precarious grassy shelf just below Eve Peak. I scoped out this location that evening but it's the morning light you want for Anne and I endured a very windy night on my lofty perch. The next morning was also extremely windy, so much so I dropped the tent rather than leave it to be torn asunder and flung into Lake Judd hundreds of metres below. The stalking of Anne began then, and despite some teasing she never revealed all of herself in an hour of waiting. A special view of a special if somewhat shy mountain nonetheless.



Pelion sunset surprise
Andrew Smith



Dawn Hits
the Anne Group
Marco D'Alessandro



After the fire
Doogs



Sunset over Eldon Peak
Brian Eglinton



Loddon Range
Louise Fairfax



Crater Lake
landsmith



Landscapes

February 2013

WINNER



Lake Rosebery
landsmith

We were looking for a place to stay the night and had passed this hidden spot once already. Not finding anything better I chanced my arm and drove down the short road to this delightful scene. The only problem was that there were three noisy young women, one with a child, and their car stereo was turned up near full volume with the car doors open. So much for peace with nature I recall thinking.

After a time we asked them if they would mind if the radio was a little quieter and they complied, but things got even better about 20 minutes later when they left altogether and we had the site all to ourselves until we left the next morning.

I imagined how great some of the sunsets might get here but thought how lucky I was to have found the spot anyway. I also went for a dip in the lake which was warmer than I imagined, and refreshing as well. Watching the landscape through the fading light made a lovely end to the day.



Walled Mountain
Brian Eglinton



Agricultural amblings
Doogs



Sunrise,
South West Tasmania
Marco D'Alessandro



Sylvia Falls
Tom Brennan



The Island
Andrew Smith



The Abode of the Gods
Peter Grant



Non-landscapes

February 2013

WINNER

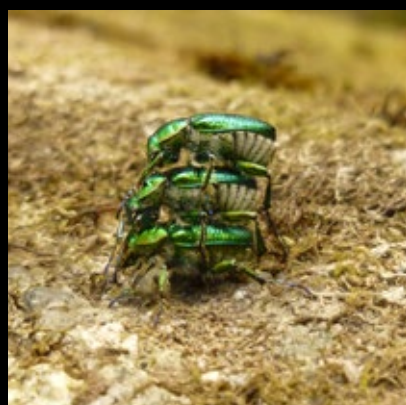


New Holland honeyeater
landsmith

What a jag! While my partner was doing a couple of days quilting I headed off to a garden at Margate.

I got talking to the owner for a while and this honeyeater kept hanging around so, eventually, I took up my trusty Nikon and got a shot of him. Immediately after, he took off and I hit the shutter, more in hope than anything else but, hey, for once I got a little bit lucky.

This shot inspired me to try for other "in flight" shots and, since then, I've scored with a Pacific Baza, Yellow-tailed Black Cockatoo, Black-shouldered kite and a White-cheeked honeyeater.



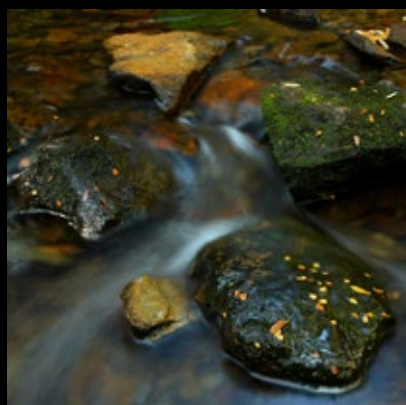
Wyniford River Beetle
Shenanigans
Colin Locke



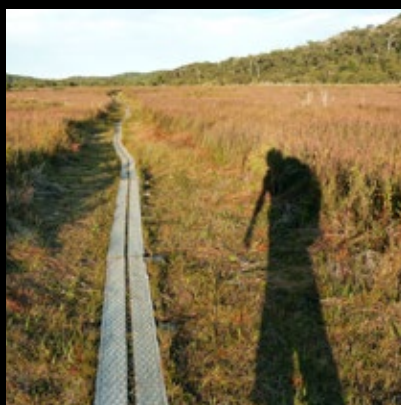
Illuminating history
Tom Brennan



Sticky webs everywhere,
Garden Orb Weaving
Spider
Tom Grace



Go with the flow
Andrew Smith



Just me and my favourite
walking partner
ILUVSWTAS



Evening Falls
Brian Eglinton



Other States March 2013

WINNER



Tunnel Swim - Claustral
Canyon
Vern



Crystal Shower Falls,
Dorrigo NP
Ian Smith



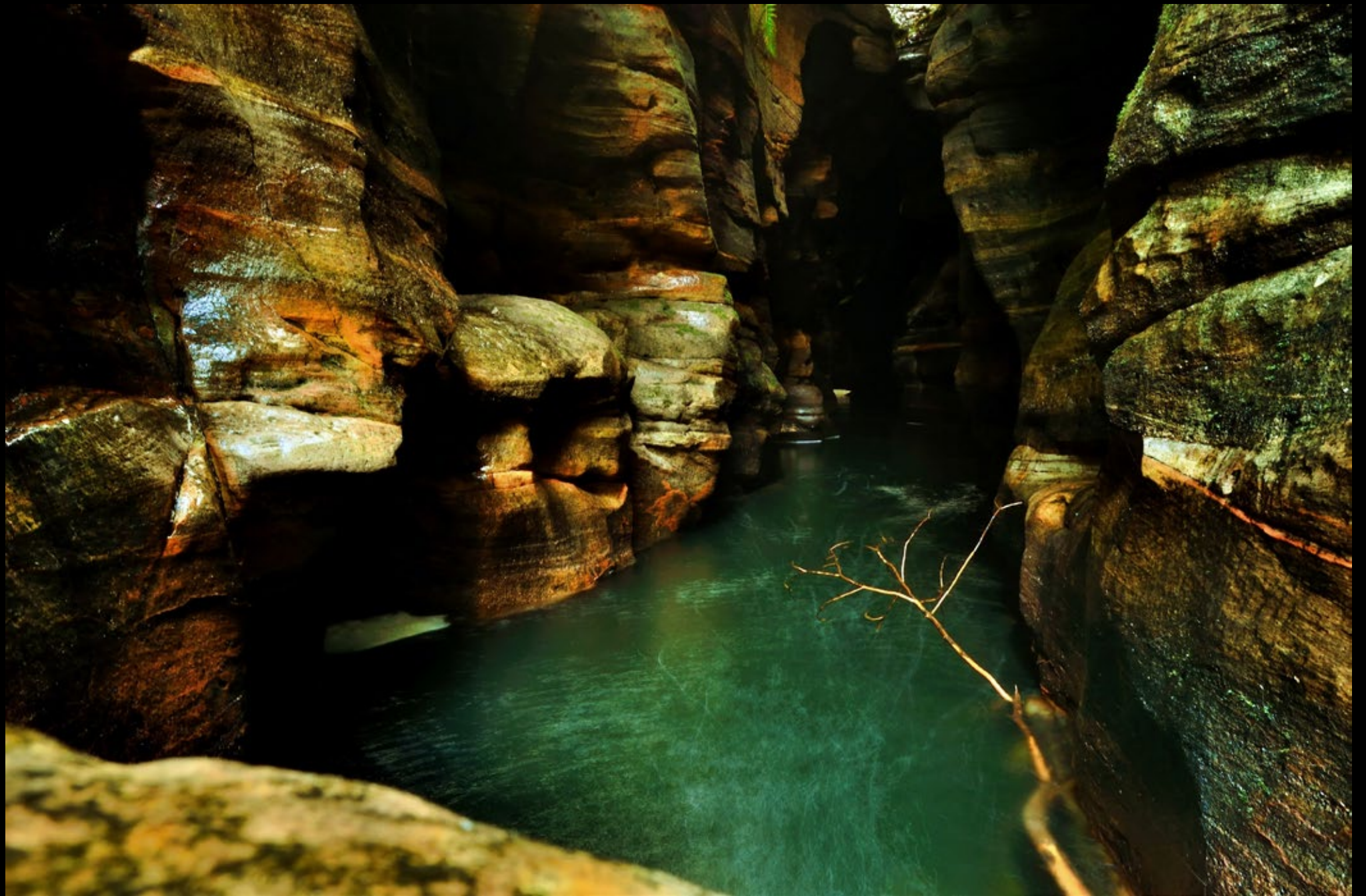
The intertidal zone near
Wattamolla
Andrew Smith



Eroded rock of Stapylton
Brian Eglinton



National Pass
"arid" section
John Walker



Tasmania

March 2013

WINNER



Sunrise on Gould
Brian Eglinton

Brian (acka eggs) lives on the north side of Adelaide with his wife and 2 of his 4 children. He is a grandfather of 2 boys. He rediscovered multi-day Bushwalking in 2008 and has had a number of adventures in Tasmania, South Australia, the NT, Kenya and New Zealand since then.

Brian is trying to improve his wilderness photography and so needs lots of practise. His other goal this year is using longer walks and local training hills to get his weight down and keep fit.

A 4 day circuit traversing Mt Gould, over the Minotaur into the Labyrinth was a great start to the year. The initial rain and cloud gave way to a perfect afternoon and magical morning camping high on the Du Cane Range. Wandering the tops with views in every direction, this photo was taken of the Parthenon, Minotaur, Mt Gould and Mt Byron bathed in early morning light and rising above a sea of cloud.



Reflecting on Lake Judd
Andrew Smith



Ida from Echo
Tibboh



Favourite Drinking Hole
Dan Broun



Lake Oberon glow,
Western Arthurs
Nicholas Clark



Smoke on the Water
North-north-west



Sunset on a warm
autumn evening
Doogs



Landscapes

March 2013

WINNER



Early morning
at Narcissus
Brian Eglinton

Brian's four day circuit into the Labyrinth and Ducane Range ended on the wharf at Narcissus.

This is a panorama of two photos over the Narcissus River towards Lake St Clair.

The first rays of morning were lighting up Mt Olympus and drawing mist from the mirror smooth cold waters. There was ice on the wharf and a platypus working its way along the river in its search for food. A nice place to sit and take it all in.



The Hamilton Craggs
Dan Broun



Pencil pine & Barn Bluff
Tibboh



Kanangra views
Vern



Last light on Procyon
Peak, Western Arthurs
Nicholas Clark



Graham and Freycinet
veiled in mist
Louise Fairfax



Northern Razorback
Ryan Judd



Non-landscapes

March 2013

WINNER



Dewy web
North-north-west

This is an image I had been trying to get 'right' for almost as long as I've had a digital camera. It was in my brain but, until this particular morning at Petrarch, a satisfactory realisation had eluded me.

A damp, grey, muddy, leechy slog up the Cuvier Valley the previous day led to an even damper, greyer (albeit leech-free) morning. So instead of packing up and heading for Byron & Olympus, I stodged around the camp being 'creative'. There's something about dew on spider-webs that really grabs me, and it helps when the cloud acts as a natural neutral-density filter. And a little later it did clear out enough for me to knock off Byron & Olympus, so it was an almost perfect day...



Claustral Restriction
Vern



D'Alton Falls
Tibboh



Welcome to the Pleasure
Dome Nightclub
Andrew Smith



Dripping
Dan Broun



Inside Hollow Mountain
Brian Eglinton



Eastern yellow robin
landsmith



GEAR FREAK

It was not that long ago that smoke signals, flags and bullroarers were the only means of long distance communications. A lot has changed in the last 100 years and even more in the past handful of years. We now have access to the fastest, most reliable and most effective tools of communication ever imagined - and they fit in your pocket.



Access to such amazing technology raises a bunch of questions surrounding ethics and why we head bush. Do we head into the bush to get away from such devices? I know this is a complicated debate and I am just not going there in this article :), instead we will look at what comm tools are available, their strengths, their weaknesses and their functionality. We will look at a bunch of options then look at how we might use them.

WILDERNESS COMMUNICATIONS

Matt McClelland aka Wildwalks

Nerdy Stuff

Before we get into the specific equipment I thought it is worth mentioning a little about [radio waves](#). All wireless communication uses radio waves to send and receive messages. Radio waves are similar to the waves on a beach. Waves have two main properties, firstly the frequency (how often the waves hit the shore) and secondly the amplitude (how tall or powerful the waves are). The light we see is also a type of radio wave, the colour changes with frequency. Red is a lower frequency and blue is higher. The higher the amplitude the brighter the light and the further away it can be seen.

To send messages the transmitter creates little imperfections into each wave and the receiver then decodes those imperfections to give you a message. The higher the frequency the more information you can encode (because there are more waves per second). This means clearer voice or more data. The larger the amplitude the stronger will be the signal when it is received, which means less information lost along the way. So you clearly want the highest frequency, highest power transmitter, right? Not really. High power means rapid battery drain (which adds to your pack weight). Also the higher the frequency the shorter the distance the signal will travel before getting messed up.

[Line-of-sight](#) refers to a signal limit to travel in a straight line similar to your torch light. If there is a big object like a hill, then it will absorb the entire radio signal. Many radio systems use repeater stations to retransmit signals giving you wider coverage. Mobile phone and two radio networks place their repeaters on top of hills and satellite systems place their repeaters in space. With space-based repeaters there is less often anything significant between you and the repeater, so they offer the widest coverage, higher frequencies and lower power use.

At lower frequencies (between 1 & 30MHz) signals can bounce off the atmosphere similar to light off a mirror. The AM CB uses this frequency range, but since the atmosphere is not as smooth or as stable as a mirror you can't really predict where your signal will bounce to.

At about 2MHz the radio waves 'bend' and tend to travel with the ground, allowing the signal to travel very long distances, but the equipment and power use is very large and the quality of the signal very low. These lower frequencies are generally used for Morse code rather than voice.

So what options exist?

Okay, let's run through a bunch of ways of sending and receiving messages. I know there are other options. I have not included avalanche beacons, carrier pigeons nor messages in a bottle. Here are the more common, well known or more useful examples. These are broken into three main areas, very short range (low tech), ground based radio systems and satellite systems.



1) Very Short Range - Very low tech

Short range communication can be easily ignored but they have their place. These systems are great for staying in touch with people in your group or others nearby. They work well with longer range communications, to help rescuers in the last few hundred metres.

Voice

If you are in a group and you're struggling. Speak up before things go bad. If you are solo and struggling then speak to people you pass. Your voice can travel a few hundred metres. If you are waiting for emergency services then make sure you call out if you can hear them. If you are lost and waiting for help, move away from running water and into an area where you will be able to hear and be seen more easily. You can only shout for a fairly short time, so save your voice for when it is most effective.

Bright material

\$10 or just use existing clothing.

If you are waiting for emergency services lay out high contrast material that can be seen from a helicopter from a long distance. Make a large "V" for 'require assistance' or a large "X" for 'require medical assistance'. Just do what you can to get attention. Using a mirror to reflect sunlight towards a searching helicopter can help in difficult search terrain. If a chopper is close enough to be able to see you raise both hands in a 'Y' shape, wave to get their attention and to let them know you need help.



Whistle

\$10

A whistle is a helpful medium range communication device. If you become separated from your group then blowing a whistle early enough will allow you to regroup with little fuss. It is much easier to blow a whistle than shout. A pealess is a loud and two tone whistle. It is great that it's accessible whilst wearing your pack. The two tones make it easier for people to pick the direction the whistle is coming from. A well accepted international system is that [three things](#) (light flashes, horn blasts, gun shots, fires, whistle blows) communicate you need help. Blow your whistle for three seconds, three times in a row once a minute. Two whistle blows is a response meaning 'come here' and a single blow says 'where are you'. Some groups also use whistle to communicate in noisy environments like when abseiling in a waterfall.

Sending a runner

In a group it may be possible to split so some people stay with an injured person and others take a message back to 'civilisation'. Splitting the group limits the resources available and can be a very slow way to get a message out. If you are sending a person to walk out a message, chat with them about the importance of the message and that they should take care, not rush. If they are injured and not able to continue then you end up in a very sticky situation (that you may not even be aware of). Hand write a message for them to carry. Include detailed description of your location, nearby helpful features, details of the injury (illness) as well as the person injured. Also details with your ability to cope with the situation (food, water, shelter, medical supplies, skills etc.).

2) Ground Based Radio Systems

Ground based radio systems are fairly common and easy to use. They have limited coverage but do cover many popular walking areas.

Mobile Phone

\$30-\$800 (+ connection)

Smart phones give you a bunch of other tools, not just a phone. Many contain GPS that with the right app and data can give you an invaluable navigation help, even when out of mobile phone range. When in range you can check formal weather forecast, fire and flood information and update friends and family on your progress. Phones are not dropproof or waterproof. Rugged cases for phones are a great way to protect your phone in the bush. Also consider carrying a spare battery or a portable charger for your phone. Keep your phone off or in airplane mode to save your battery and peacefulness.



Nik's Map's n Trax

<http://nixanz.com/maps-n-trax/>

Maps n Trax is an offline map viewer and track recorder for iOS that can import and display maps sourced from common raster image file types such as PNG, JPEG as well as vector images including shape-files and PBF.

Mobile phone coverage varies. Networks are mostly designed to cover areas where there are lots of people, generally places we avoid to walk. The coverage in many remote areas is still surprising, especially on top of hills. Telstra has a group of phones they label as "Blue Tick". These provide better coverage in remote areas. And Telstra almost always provides the best coverage in remote area. If you don't have a Telstra account you can get a pre-paid sim card pretty cheap for your trips.

In an emergency

You can dial 000 from a mobile phone in Australia even if the handset is locked or there is no SIM card (assuming the phone is less than ten years old) and it is switched on. If your normal network provider is out of range your phone will automatically look for another network that is in range, i.e. if you are on Optus and out of range it will try Telstra and Voda-

fone. The person who first answers will ask if you want to speak to the Police, Ambulance or Fire. If it's a medical emergency request for Ambulance, if you are lost ask for Police. Be ready to tell them which state you are in (Tas, Vic, NSW etc.) and your nearest town or national park you are in. When you are in a remote area you will need to explain to the Ambulance, Police or Fire operator that you are not near a road and provide your latitude/longitude and description of where you are. They have a series of questions to ask, be patient it can take up to 10 minutes. They will also provide you some advice over the phone. If they have not asked you something you think is important please let them know at the end of the call or where it is appropriate. If you are short on battery let them know early in the call and get critical information across first.

Coverage can be difficult to predict and varies depending on the device, weather, soil conditions, vegetation and many other factors. Check out Telstra's predicted coverage to get a sense of what service coverage is likely where you plan to walk. <http://www.telstra.com.au/mobile-phones/coverage-networks/our-coverage/>



Emergency +App

FREE download

Australia's Triple Zero Awareness Working Group has developed a

smartphone app to help people know when and how to call for help in various emergencies. The app provides an easy way to display your location (as a latitude and longitude) so you can read it out to the 000 operator. At this stage no app is able to automatically provide details of your location to Triple Zero.

<http://www.triplezero.gov.au/>

Two way Radio

Some bushwalkers like to use high end walkie-talkies as a way of staying in touch. Although the handset may cost a few hundred dollars there are generally no ongoing or usage costs. These tend to be popular with search, rescue and commercial operators.

UHF CB

\$40-\$200

Relatively cheap two way radio's great for short distance communications between nearby groups or longer distances where repeaters are available. Used by some groups to give updates in areas out of mobile phone coverage. Very limited by line of sight, but a fairly extensive repeater network significantly boosts the range in many areas.

Channel 5 is the emergency channel both in repeater or direct (duplex or simplex) modes. These are not always monitored. If there's no response try calling on channels with accessible repeaters, otherwise monitor other channels for people chatting and interrupt the conversation. Larger antennas can provide much greater range.

Amature

\$40-\$500 (\$73 annual licence fee)



Ham radio operators hold a special licence giving them access to a very wide range of radio frequencies. There are many repeaters as well as some very cool data (and GPS tracking) networks. A Ham radio can also access to a small number of satellite services for both voice and data. Ham radios are only for private communications and can't be used for commercial purposes. To get a

licence you need to complete a 50 question multiple choice exam. There are some dedicated emergency frequencies set up, but these are not reliably monitored. Great for chatting between groups and for playing with GPS (APRS) tracking data. <http://www.wia.org.au>

There are also a bunch of commercial and government Trunked Radio VHF networks but these are not practical for general bushwalkers (but may be used by search and rescue organisations). The RFDS also have a great HF network but the equipment is heavy

and large and therefore not practical for bushwalkers.

Getting the most out of weak reception

If your reception with a mobile phone or two way radio is weak and you can't make contact here are a few tips to try:

- Extend the antenna (if possible) - keep the antenna as clear from any object as possible.
- Walk to the top of a hill
- Use headphones or hands free mode and hold the phone above your head
- For mobile phones - sometimes you can send SMS but not make a call, SMS a friend who can help (000 does not receive SMS)
- Use a high gain antenna (blue tick mobile phone).

AM/FM radio

\$60



A simple battery operated radio will often allow you to listen to radio broadcasts in remote areas. You can also get portable radios that pick up long wave (LW & SW) worldwide broadcasts. ABC has pretty good coverage Australia wide on AM. This lets you keep up to date with weather forecasts, Fire Danger ratings and fire or flood emergencies.

3) Satellite Systems

Satellite based communications are getting cheaper every year and becoming much more common in remote areas. Satellite systems provide the widest and most predictable communication systems.

Transmit only satellite messenger

\$200 (+ \$140-\$210 a year)



SPOT is the most popular satellite communication system I see in the bush. It allows you to send messages (like “SOS”, “I am Okay” and “A little help needed please friend”), including your GPS coordinates to predefined friends.

The device can also be set to ‘tracking mode’ to send your location every 10 minutes (or every 2.5 minutes – 60 minutes with different packages) to a map that your friends can follow. Using your smartphone you can type a more specific message, even when out of mobile phone coverage. SPOT is transmit only, so you get no confirmation that your message was actually sent. SPOT transmits each message three times to increase the chance it getting through. My experience with my SPOT is that most messages have gone through. If you trigger the “SOS” feature it will send the emergency message every 5 minutes until it is switched off or the battery fails. The “SOS” message bypasses your friends and is sent via GEOS International Emergency Response Coordination Center to the appropriate emergency service in Australia. “SOS” is intended for emergencies only. Although it sounds similar to a PLB it uses a completely different network and does not have a homing signal to help SAR find your exact location. On some models of SPOT the SOS button is difficult to press.

Two way messengers

\$360-\$900 (+\$12 or more a month connection - yearly contracts may apply)

These are very cool, they’re getting cheaper and becoming more common. Think of them as a Satellite phone that only has SMS (no



voice). You can get confirmation your message was sent and receive text messages from other people. Most allow you to also send messages to other units. Many now allow you to connect your smartphone to make typing a message much easier. The battery life on these devices are amazing and you can generally leave them running (not connected to you phone) for many weeks.

I have had a few of these for several years and found them a great way to stay in touch on longer remote walks. They can send regular GPS updates to a web based map for people at home, and people at home can contact you if they need.

Although most of these units provide an “emergency” switch most just send an email or SMS to someone you nominate. InReach provides a monitoring service, but if used for emergency communication you need to make sure you understand where the emergency message is sent and the delay this may cause. They also do not have the homing signal as a PLB does. They do allow more detailed messaging in an emergency.

Sat phones

\$700-\$1500 (+15 up a month connection fee - yearly contracts generally apply)

Satellite phones are both amazing and frustrating. They allow you to make calls almost anywhere but cost a lot, chew through batteries and can be a bit tricky to get a call through.



A satellite phone generally looks like 15 year old mobile phone but they use space based repeaters.

There are two main types of satellite networks. Ones that have many fast moving satellites (Low Earth Orbit, e.g. Iridium and Globalstar). And the others who may have just a few satellites that always sit in the same part of the sky (Geosynchronous, e.g. Thuraya, Optus). Geosynchronous means you can always know where the satellite is and where to move to get the best view, but you can get stuck in a 'shadow' caused by a large hill or cliff. The Low Earth Orbit provides both better global coverage and fewer 'shadow' areas in rough terrain.

Not all satellite phones allow you to dial 000 (or equivalent) so check with your service provider as what emergency number to use and where the call is actually sent. Many service providers in Australia now do allow 000 for no charge - but it is worth checking.

Call costs vary greatly upwards from \$1 a minute. Many also charge you for incoming calls. You can send and receive SMS and many services allow (pretty slow and very expensive) internet access. Even voice mail can cost you a fortune. Battery life is a big issue on these phones so if you are carrying one you will generally want to leave it switched off and organise times to call or receive calls.

In an emergency these phones allow you to explain the exact situation and get some advice. Making a call is not guaranteed especially in narrow valleys or under dense vegetation, but in most open bushland settings

they work fine. A satellite phone call does not provide accurate location information so with most phones you will need to tell the emergency operator you exact location. They also do not provide any homing signals.

PLB (Personal Locator Beacon)

\$300-\$600 (no ongoing fees, battery in device needs to be replaced every 5-7 years)



A PLB is the most reliable remote area communication system in case of a life threatening emergency. They are transit only and send an 'I need serious help now' message via the COSPAS-SARSAT satellite system to the Australian Maritime Safety Authority (AMSA) who will then coordinate the potential rescue. PLBs use much higher transmitting power than systems like SPOT and are therefore much better in getting a signal through tree cover. PLBs actually send two separate signals - one contains your location (if GPS is enabled) as well as your unique identification number (UIN) the other is a homing signal that is used by both air and ground crew to find you.

A PLB should only be activated when there is a threat of grave and imminent danger. Before activating your beacon try dialing 000 on your mobile and other reasonable methods of communications first.

PLBs need to be [registered](#) (free) with ASMA. Registration allows them to call you to check

that it is not an accidental trigger and to get more information about you, your group and walk - all very helpful when coordinating a rescue. The rescue team will try to cross reference the PLB UIN with any submitted walking plans with local police.

Free or cheap PLB hire is available by some park and police offices. In NSW the Blue Mountains offer a fantastic free service through their [TREK](#) program. [Tas Parks](#) also provide PLB hire for \$40 a week. Neil Fahey provides PLB hire via the post on <http://www.bushwalkingblog.com.au/> from \$10 a day (including postage).

Getting the most out of a satellite signal

These devices like a clear view of the sky with as much sky visible as possible. Thankfully they also work in less ideal conditions. Here are some tips to improve reception.

- Keep the antenna vertical (or as directed in instructions) and keep them as far from any object as possible.
- Move to an area with the best view of the sky (avoid the base of cliffs and steep valleys if possible).
- Really dense vegetation can absorb a lot of the signal so try to move to an area with an open canopy.
- Conserve your batteries.

What is an EPIRB? There are different types of emergency beacons for different environments. An Emergency Position-Indicating Radio Beacon (EPIRB) is designed for boating - they float and some automatically trigger when in water. A Personal Locator Beacon (PLB) is an emergency beacon designed to be manually triggered for land use. An Emergency Locator Transmitter (ELT) is a distress beacon for aircraft. EPIRB's are large, more expensive and not designed for bushwalking. Although they all use the same network they are not all designed for the same purposes.

Should I buy a GPS or non-GPS equipped PLB? Easy - a GPS equipped - it is a no brainer even though they are a little more expensive. A PLB is triggered when you need help ASAP, a GPS equipped PLB will normally let AMSA know your position and ID within a few minutes. A non GPS PLB will let AMSA know your ID within a few minutes but will generally take 90 minutes to work out your location, and maybe 5 hours if you are relying on polar satellites.

Future?

What the future holds for communication in the wilderness is an interesting question. We know that communication is likely to get cheaper, lighter and more reliable. This will have an impact both positive and negative. Currently [BGAN](#) offers broadband speed internet connection in a unit the size of a briefcase, for those with a lot of money to spend. [Google's Project Loon](#) is looking set to offer much cheaper, fast and widely available internet connectivity. It even seem likely that autonomous aircrafts (drones) will be able to deliver medicine, books or other stuff to us on request. Check out the work of [Matternet](#), as batteries get better the range and cargo weight limits will grow. I wonder if they will carry our packs for us?? Would you want them to?? There are so many questions worth thinking about before the technology arrives.



Amazon trialing 30min book delivery service

REVIEW OF YELLOWBRICK

Matt McClelland

There are a good number of two way satellite text messaging systems now available. They are all similar in functionality and most use the Iridium Satellite service. Think of these devices as a satellite phone that sends and receives text and location messages but not voice. The big advantage over a satellite phone is battery life. You can leave these things switched on for weeks and sometimes months.

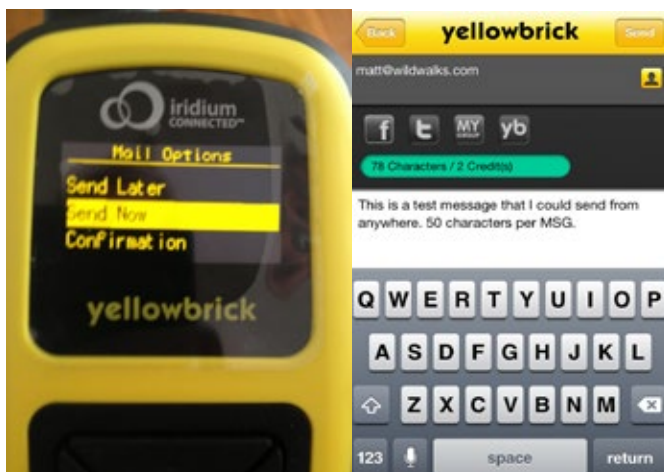


[G-layer \(a sponsor of the emag\)](#) has sent me a loan Yellowbrick to have a play with. For several years I have been using a few [Solara Field Tracker 2100](#) units on many bushwalks. I have been very happy with the Solara unit. It was one of the first two way satellite messaging systems and proved useful for several years. I used the units to stay in touch with family when walking in areas out of mobile coverage and also to track and communicate with staff walking in remote areas. This was after several frustrating years of struggling with Satellite phones and other systems.

Yellowbrick uses the Iridium Satellite phone network which is made up of many fast move low earth orbit satellites, which means it works pretty well anywhere you can see the sky. The messages can be sent to other Yellowbrick units, an email address or mobile phone. People can message you back either by a special email address or through the website. The unit can also send your GPS location at regular intervals to share with your friends on a website.

When you open the box the unit is charged and comes with a registration card to get you logged on and play straight away. When fully charged the company says the battery lasts for about 2000 message sends - that is enough juice for a good few months walking. The unit weighs about 303 grams, is water-proof and drop resistant. The screen uses OLED (organic LEDs), so it uses a very small amount of battery, works well in the dark and in daylight.

The menu is fairly intuitive to use with one exception. To switch it off you select "Deactivate". Deactivate sounds rather permanent to me, but I guess the reason they use this word is the unit does not power down fully but switches off radios and other bits that use a lot of power. Turn off would make more sense to more people I think, I got over it pretty quick - but just felt like a whinge :)



The unit works fine by itself. It has a small keypad. You can easily read messages on the screen but sending messages is practically limited to one of the predefined short replies. You can tap out a detailed message by selecting characters on the screen with arrow keys but you need to be keen to spend the time. Yellowbrick becomes more exciting when you connect your smartphone via Bluetooth. This allows you to quickly type detailed messages. You can also read messages on the app. I had a few troubles with the app, a little hassle getting it to connect the first time, seems to work better after reading the instructions. The annoying bit with the app is that you get no confirmation the message was actually sent - but the people at G-layer tell me this will be fixed in the future version of the app.

The big thing that separates this unit from other similar units on the market is the pricing. The unit is more expensive to purchase than, say, the [DeLorme InReach](#) but the connection is much more flexible. You can do a month by month connection for \$12 - so if you don't plan to use it for a few months just disconnect and reconnect when ready. Most other similar units have a 12 months minimum contract - but I suspect they will follow Yellowbricks trend. You also need to buy a bunch of credits so you can send and receive messages. Each position report and message (up to 50 characters) uses one credit. You buy credits in addition to the month rental, but credits do not expire, and the more you buy in one go the cheaper they are. Credits range from \$0.10-\$0.18 each. The actual unit varies in price from \$585 up to \$799 depending on functionality.

Yellowbrick has an easy access emergency button that sends your location to an email or mobile phone you pre-defined. Although it gives you the ability to send detailed information about an emergency and also receive advice, this unit is not a replacement for a PLB. It does not provide the direct more reliable connection to emergency services nor does it provide a homing beacon signal. Having said that, it would provide a useful way of communicating in a wider range of emergencies or just letting people know you are running late and all is good.

Final overview

Yellowbrick is a great device for people traveling in remote areas who want to stay in touch using simple messaging. Great for any commercial operator in the field allowing you to update your progress and receive forecasts and other helpful info. The battery life is amazing and the ability to send and receive messages gives you confidence that important messages have gone through. The month-by-month payment system is a great bonus for people who tend to walk in specific seasons. I would not trust this unit alone in a life threatening emergency, I would still carry a PLB. I would say a very handy device for anyone who spends extended time or operates commercially in remote areas. For more info visit [G-layer](#).

SELFIES

Wow, selfies, we got some nice pictures there.

Congratulations to our winner Mark on the beautiful photo. I wish I could have been there. Looks like a very special place.

For the next mag the winner of the selfies competition will can choose a copy of one of the great Woodslane bushwalking books so send your selfie to eva@wildwalks.com and fingers crossed.



Hi

here is a selfie of me taken on the Wilson River in Willi Willi National Park. It was late afternoon - warm, quiet, secluded (photo taken on a tripod).

Cheers

Mark

MAGAZINES



Wild Jan/Feb 2014 issue:

- By foot and canoe in Vanuatu
- Off-track in Wollemi National Park
- Folio: Australian climbing
- Life as a world heritage planner
- Arkaroola track notes
- Adventure bucket list

Coming soon: Bhutan, The Simpson, Lerderderg State Park

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AG Outdoor Jan-Feb 2014 is on sale from January 16:

- extensive guide to getting started in paddling. Whether aboard a sea kayak, SUP or ocean ski, a canoe or kayak, AGO's paddling guide will get you there.
- an extended weekend down in fantastic Thredbo, tackling this alpine mecca's summer activities – mountain biking, hiking and also fly fishing.
- float down one of our most famous waterways – the outback's Cooper Creek – or find the perfect mix of luxury and adventure in exotic Bhutan. –
- northern Vietnam by bicycle, sea kayak and on foot,
- discover three fantastic day adventures in Yellowstone National Park, one of the world's most famous parks.
- expert gear tests and some weekend adventure ideas for those long summer days.

Yep, as usual, this issue of AG Outdoor is chock-full of expert advice, inspirational adventure travel, and the best writing and photography!



The Great Walks Feb-Mar issue looks at Australia's best summer walks. We take on Tassie's Overland Track but instead of just following the path we try to bag the surrounding peaks. We then head to the Australian Alps Walking Track but things don't go according to plan...

Our overseas destination is Patagonia - and it should be on every hiker's bucket list! Our Walksmart section looks at the best day packs on the market and we interview a woman who was lost in the bush for three days. Compelling reading.

HIKING HAPPY HOUR

There is something about food that breaks down barriers, it is an amazing ice breaker on bushwalks. I find a lot of joy in sharing food with friends and people I meet in camp. Happy hour is traditionally shared by many clubs. It is a simple and fun way to get to know people, even people you already know well.

Happy hour is generally less about the food and more about the people, but good food and drink sure help :)

If you ask each person in your group to bring something then you can end up with an amazing spread.

In huts on popular walks I have had a handful of wonderful ad hoc happy hour breakouts. People start pulling all kinds of goodies out and we sit around sharing the flavours and having a few good laughs. We find out more about our fellow travellers, share adventures and make new friends.

Happy hour can even work on day walks, a great thing to do as a morning tea break.

There are no strict rules with the menu. Have some fun with it, but here are a few simple ideas to try.

Cracker biscuits with:

- cheese (either you lunch cheese or something more bity)
- salami
- pate or dips
- tinned seafood (oysters or sardines)
- antipasto mix

Nuts & stuff

- mixed nuts
- dried fruit
- M&M®
- beef jerky

Chips

- again great with a dip
- any chips, but corn chips tend to travel better
- soy crisps
- pretzels (the stick type pack easier)

Have fun serving it up. Pick a good spot - a rock with a great view. Encourage people to lay the food out nicely on plates, sit back and relax. Have something comfy to sit on and enjoy the conversations. If the weather does not encourage such views try to use a natural shelter (like a cave) otherwise jam into the biggest tent or tarp.

Alcohol

Each group varies on their views on drinking alcohol on bushwalks. Some avoid alcohol (sometimes out of respect for members who struggle with addiction) and others like a small drink. Have a chat with your walking buddies before the walk to work out what you are going to drink. If you choose to avoid alcohol then there are still plenty of good options.

Beer and wine tend to be heavy but may work on shorter walks. You can cool your drinks by placing them in a cool flowing creek, making sure they don't float away. If it is not very humid you can wrap your bottle in a wet cotton t-shirt and put it in the sun - preferably with some wind, variable success with this method.

You can now get good wines in bags and pouches to save carrying heavy and fragile glass bottles. For those keen on beer there is even concentrated Brew and [portable carbonators](#).

More popular for lighter walking are the concentrated alcoholic drinks. This includes rum, whiskey and liqueurs (Cointreau - yum). Think mini bar plastic bottles that you can get from some bottle shops or decant your home stock into a smaller plastic bottle. It is generally easier to have one person in the group to carry the drink in one bottle. Saves a lot wasted weight with containers. Most people will carry cups, otherwise improvise with a splash of liqueur in an empty drink bottle.





Nonalcoholic drinks

On cooler nights a nice hot drink can be great. Boil up water so people can mix up tea, coffee, hot chocolate (remember the marshmallow) or a cup of soup.

On warmer nights I tend to prefer to mix up a powdered cordial. I know people smuggle in a bottle of their favourite fizzy cola drink. You could get carried away and try making a mocktail or punch with cordial and re-hydrated fruits. Even failed experiments can still be a lot of fun.

Final tips:

Remember to clean up micro rubbish, all the little bits of food. Even small bit of food can cause health problems in native animals.

Have fun with it - it is more about the relationship than the food.

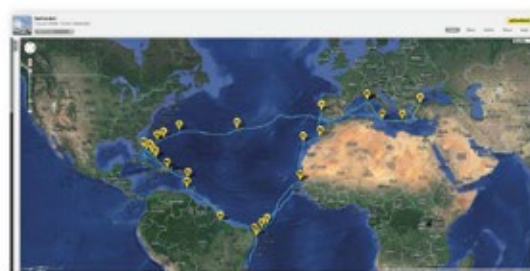
The Yellowbrick Two-Way Messenger is a truly global communication device and tracking system.



A Yellowbrick provides:

A regular position report from anywhere on earth (e.g. once per hour). Your own web link, showing current position, historic track, plus blog entries, photos, videos and more. e.g. <http://my.yb.tl/sorlandet>

- » 5-Button keypad plus specific 'alert' button
- » Send and receive e-mails and SMS messages
- » Truly Global Operation, using the Iridium satellite network
- » Long battery life (over 2500 transmissions on a single charge)
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UPCOMING EVENTS

Parks Week - Connect With Nature

Where: Parks across Australia and New Zealand

When: 3-9 March 2014

<http://www.parksforum.org/cms/pages/Parks-Week.html>



Parks Week is a week full of events that celebrate the important role of parks across Australia and New Zealand. It's aim is to promote the importance of natural environment in communities and to bring nature closer to people. So keep an eye out for events and get your friends, family or clubs involved.

So plan some time during the week of 3-9 March and go and Connect with Nature.

Big Burke & Wills Trek

Where: Dig Tree

When: 20-30 August 2014

<http://www.burkeandwillstrek.com.au/burke-and-wills-trek/index>

Fee \$3,775 per person for the full distance
and \$2,675 per person for the short option

Born to Run organisation decided to revive the journey of four men crossing Australia from south to north and back again. Contrary to the long and devastating travel shared by those four men, this one is going to be inspirational for it's goal is to raise money for type 1 diabetes research that will help find a cure.

So, if you want to challenge your physical, personal and team endurance, the Big Burke & Wills Trek is the right answer for you. 11 days and 330km, from The Dig Tree (far south-western QLD) to Birdsville (far western QLD), travelling mainly through far north-eastern SA. There are also two shorter options available (160km in 5 days or 142km in 5 days) if you're short on time or are not sure you can walk that long.

Organisators promise a unique and well organized trek with evening entertainment and a good portion of historical knowledge.

And don't forget: running is forbidden, beards are mandatory :)

Connected by Nature: In conversation with Richard Louv

Where: Sydney Town Hall, 483 George St (entry via Druiett St), Sydney

When: 23 February 2014 at 5:00pm to 7:00pm

<https://www.acfonline.org.au/get-involved/events/richard-louv-sydney>

Fee \$15

Richard Louv, international speaker and author of Last Child in the Woods and The Nature Principle, will discuss the social, mental, physical and ultimately conservation benefits of human connection with nature.

BUSHWALKING CLUBS

Bushwalking is not a solo venture. Even if you walk by yourself, the fact that we have places to explore is thanks to the dedicated groups of walkers who came before us.

I tried the club thing once and it did not work for me, I was slow to learn that not all clubs are the same. Now I really enjoy walking with my club. Not all my walks are with the them, but when I do walk with the club I have a great time, meet new people and learn something new.

Some clubs suit some people better than others. The fit is often based on the nature of the activities the club plans. There are also many other factors such as the demographic of the members, size, club politics and the social groups. Clubs are a great way to meet other walkers and to keep a stream of great walking options open.

If you know someone new to bushwalking chat to them about joining a club. Encourage them to try a couple of walks in a few clubs that seem to match their interests. If you are new to bushwalking, maybe 2014 is the time to try a club. If you have been walking for a long time, consider joining a club where you can help skill up the next generation of walkers by sharing your passion for wild places. Get in contact with a club and ask them a few questions and maybe post a message on the forum to see if others think it is a good fit.

A bunch of people have sent us a description of their club, it is worth reading through them to get a sense of the wide variety of clubs on offer.

Happy walking.

Matt :)

Legend:



day walks



cycling



liloing



overnight walks



paddling



skiing



garden walks



abseiling



picnics



activities for kids



caving



social nights



canyoning



camping

QUEENSLAND CLUBS

Here are some clubs from Queensland. For full listing of clubs check Bushwalking Queensland on

<http://www.bushwalkingqueensland.org.au/> or
secretary@bushwalkingqueensland.org.au

Logan and Beaudesert Bushwalkers

Heather O'Keeffe
dizzycat1@hotmail.com

Must be fit to walk an average 12km walk on bush tracks. Own transport is essential.

54 members

<http://www.bushwalkers.com/>



We are a bushwalking club, with walks scheduled every Saturday and Sunday.

Most of our walks are at Binna Burra, O'Reilys and Cunninghams Gap.

Ipswich Bushwalkers Inc

Russell or Wendy
 07 3282 5534

Annual fee \$22

40 members

<http://www.ipswichbushwalkers.bwq.org.au/>



Our walks vary from simple, short day trips on graded tracks to very tough, arduous treks. We try to provide a variety of activities to suit all fitness levels. Occasional socials such as BBQ's are also included.

Gold Coast Bushwalkers Club Inc.

Ron Layton
 club phone 0497 550 678
goldcoastbushwalkers@gmail.com

Members must be adults but can bring children with them

Annual fee \$30

380 members

<https://sites.google.com/site/goldcoast-bushwalkers/>



Large group of mainly Gold Coast and surrounding area members who camp, bushwalk, cycle, kayak and socialise together according to a monthly published calendar called Friends on Foot. All grades of activities from easy to very difficult. Interested people can pay \$5 to join an activity until they decide if they want to become a member for \$30 per year. Meet in Southport first Tuesday of every month.

Laidley Bushwalking Club

Jan Flynn
 Phone 07-54627182
jaflynn42@gmail.com

Children must be accompanied by an adult

Provisional fee \$35 family

15 members



Our club explores walks in the Lockyer Valley and Main Range, providing safe and unspoilt walking opportunities.

Please note that these details may change at our AGM in January.

Tablelands Bushwalking Club

Travis Teske, Secretary
secretary@tablelandsbushwalking.org

Membership is open to all. Those under 18 years of age must be accompanied by an adult.

Single membership fees - see web site
 Family membership fees - see web site
 Visitor fee \$5 per walk

79 members

<http://www.tablelandsbushwalking.org/>



The Tablelands Bushwalking Club Inc aims to promote and organize walking activities for residents and visitors to the Tablelands region of Far North Queensland. North Queensland offers a range of habitats to explore, from rainforest to woodland to semi-arid regions. You may enjoy swimming or climbing. The landscape allows us to enjoy wildlife, botany, geology and history of the area in the company of like-minded people.

Prospective new members must do at least a one day walk with the club before making a decision to join. The committee will then consider the application and contact the prospective member.



NEW SOUTH WALES CLUBS

Here are some clubs from NSW. For full listing of clubs check Bushwalking NSW on <http://www.bushwalking.org.au/> or (02) 9565 4005 admin@bushwalking.org.au

Northern Rivers Bushwalkers Club



Membership Officer
shane@mse.net.au

All adults are welcome supervised teenagers are accepted.

2 guest walks are free

150 members

northernriversbushwalkersclub.org.au

The Club is an organisation which runs a variety of bushwalking and other activities each weekend in National Parks, State Forests and coastal areas of the N.S.W. North Coast Region. The Club has been operating since 1976, is based in Lismore and is affiliated with the N.S.W. Confederation of Bushwalking Clubs.

Sutherland Bushwalking Club



Club message bank
(02) 99905876
info@sutherlandbushwalkers.org.au

Members must be 18ys and over

Annual fee \$30

320 members

<http://www.sutherlandbushwalkers.org.au/>

SBC provides opportunity to discover the southern district of Sydney including the Royal National Park/Heathcote & Dharawal Npks. Membership is to all over 18yrs of age.

Come along to Club meeting Last Wednesday of each month for more information & a social gathering.

Manning Bushwalking and Canoeing Club



Mick O'Brien
<http://bushcamper.com.au/>

We welcome all

Annual fee \$35

35 members

<http://manningcanoebushwalk.wordpress.com/>

We are incorporated as the manning river canoe club but we are now are a club that evolved out of the manning river canoe club. We have moved on to more bushwalking than canoeing. We do participate in some flat water trips. Our walking ranges from easy day walks to 6 day pack walks often off track. You can find our blog site if you google manning canoe bushwalk

National Parks Association of NSW



Matt McClelland
activities@npansw.org.au
(02) 9299 0000

Annual fee \$65 / free to try a few walks

3500 members

<http://www.npansw.org.au/>

The National Parks Association of NSW is Australia's largest bushwalking club with around 3500 members and around 1000 activities each year. The club has a fair number of retired members, so there are plenty of activities mid week as well. Most of the program is focused around Sydney and Blue Mountains but the club is active across the state, and some interstate activities. The program is wide a varied, each three months members are posted a copy of the Nature NSW journal and a copy of the activities program. Members can also sign up to a weekly short notice email with latest information. The NPA also works with Government and other organisation to help enhance the protection of natural places in NSW.

Warringah Bushwalking Club, Inc



wbcinbox@gmail.com

Open to people over the age of 18

Annual fee \$35/Provisional fee \$10

100 members

<http://www.bushwalking.org.au/warringah/>

Warringah Bushwalking Club organises full day walks on Sundays in the greater Sydney area and adjacent national parks. Occasionally Saturday and mid week walks are added to our program, as well as weekends away.



NEW SOUTH WALES CLUBS

All Nations Bushwalkers Inc

Membership Enquiries
club@anbwalkers.org.au

No restrictions: all ages, genders, creeds, nationalities, occupations etc are welcome.

Annual fee \$45

140 members

<http://www.anbwalkers.org.au/>



& snorkelling (summer only)

All Nations Bushwalkers is a Sydney-based club with a graded range of walks (day walks, weekend camping trips and longer), bike rides and water-based activities, and there's a social programme too. We have walks which suit a wide range of fitness and experience levels which mostly take place in National Parks and reserves within a 100km radius of Sydney. Membership is only \$45 per year, plus \$15 per year for each additional family member joining the Club.

The OutDoor Club on NSW Inc.

Bob Minnaert
bobdora@smartchat.net.au

There is \$5 for the first walks to cover insurance and this is deducted from the fee on joining.

Annual fee \$35

60 members

<http://www.outdoorclubnsw.com.au/>



& social lunches & week-long trips away

Walks and social activities for the members who are mostly in the over 55 age bracket.

Bush Club

Membership Secretary
(02)98682561
bushclubmembership@hotmail.com

All prospective members must do three grade 3 (medium) qualifying walks before becoming full members. During this period they must contact leaders of the walks to ensure that the walks are suitable for them and to receive advice on the correct equipment to bring. During the qualifying period prospective members are also welcome to do grade 1 and 2 walks even though they are not qualifying walks.

Annual fee \$25/Provisional fee \$25

700 members

<http://www.bushclub.org.au/>



We are a Sydney based bushwalking club of 700 members and we program over 500 activities a year (weekends and mid week). The walks program is very diverse ranging from easy suburban walks to difficult off track walks in wilderness areas and encompassing everything in between. Apart from day walks the club also offers pack walks and walks from base camps. Activities are held both in NSW and interstate and there are also a number of overseas walking trips on the program. Our demographic tends to be empty nesters and retirees but we also have a number of members in their 30s and 40s. The club culture is both friendly and fun loving and new members are very welcome.

Springwood Bushwalking Club

Jeanette
bmaudio@exemail.com.au

It is preferred if new members can attend a meeting (first Monday of the month, in Springwood). Most activities require a reasonable level of fitness (eg being able to walk 5km). Members are provisional until they have attended an induction meeting or walk and 3 activities.

Annual fee \$30

240 members

<http://www.springwoodbushwalker.org.au>



& volunteer conservation activities

Springwood Bushwalking Club Incorporated is a member of Bushwalking NSW. We maintain around 250 members and operate mostly in the Blue Mountains west of Sydney. The two aims of the club are to provide opportunities and training for people interested in the outdoors and to encourage the establishment, preservation, wise management and use of conservation reserves and parks. Our program includes bushwalks ranging from day walks to challenging multi-day wilderness adventures, and includes other activities such as abseiling, bike riding, canyoning and kayaking.

We welcome new members, provide training in lots of areas and leaders have a wealth of knowledge of the Blue Mountains.



NEW SOUTH WALES CLUBS

Clarence Valley Bushwalkers

Michael Casey
clarencevalleybushwalkers@gmail.com

All members and visitors must sign an acknowledgement of risk form before each activity, and also on the yearly membership application form. Participants must be physically capable of doing the activity they are wishing to attend, and must have appropriate footwear, clothing and equipment for the activity - including helmets for bike rides and white water kayaking, and a bouyancy vest for kayaking/canoeing. Children must be accompanied and supervised by their parent or carer during the activity, of a suitable age, and must be physically capable of completing the activity.

Annual fee \$25
Visitors Fee \$5 per activity

44 members

<http://www.bushwalking.org.au/clarence/index.html>



We provide a range of outdoor activities for members in the Clarence Valley and surrounding areas in North East NSW. These include daywalks, pack-walks, kayaking/canoeing, bike rides, car camps, social outings (theatre visits, boat cruises). We have visited most of the National Parks in northern NSW, and also some in South East QLD. We have monthly meetings on the last Friday of the month, where trip reports are given, briefings given for upcoming activities, and occasionally guest speakers with presentations from their trips.

Visitors (non members) can come to up to 3 activities before being expected to join. A \$5 visitor fee per person/per activity applies. These visitors fees are deducted from the cost of membership if the visitor becomes a member in the same membership year. Visitors and members sign a risk waiver form for each activity they attend. The club has standard Bushwalking Club Insurance Cover with Bushwalking NSW (Formerly The Confederation of Bushwalking Clubs NSW).

Bush Lemons

Jocelyn Williams
bushscout@bigpond.com

All lesbians of any age are welcome to join

300 members

<http://www.bushlemons.com/>



We are a Blue Mountains based Lesbian bushwalking and outdoor group, running since 1996. We usually have around 3 walks/activities a month and try to vary the degree of difficulty to suit all members.

Southern Cross Outdoors Group (SCOG)

Joe
0425 810 681
southern.cross.outdoors.group@gmail.com

No restrictions

Annual fee \$10

180 members

<https://sites.google.com/site/southern-crossoutdoorsgroup/>



Most people call us SCOG

SCOG organises bushwalking and other outdoor activities for gays and lesbians. We also hold other events. So to find out more, check our website... There you will find lots more information about the group, our walks and other activities, as well as email and telephone contact details for any further questions you may have.

WEA Ramblers

Roslyn Brown
Enquiries@wearamblers.org.au

Minimum age 18

500 members

<http://www.wearamblers.org.au/>



As one of Sydney's largest walking clubs we are able to offer over 200 walks a year both on weekdays and weekends. We provide a wide variety of walks across the greater Sydney area and all are accessible by public transport. These include full day bushwalks in National Parks; explorations of harbour and coastal tracks and easier rambles around other areas of interest including some of the city's historic suburbs. All walks are described in the quarterly walks program sent to all members and are graded according to difficulty. There is usually no need to book in advance, though we do ask visitors and new members to contact the leader before joining a walk.

People are welcome to try up to 3 walks with us as visitors before deciding whether to join the club, and can be assured of a friendly welcome. (Contact the leader in advance.)

Brindabella Bushwalking Club

Julie Pettit, Secretary
secretary@brindabellabushwalking.org.au

New members 18 years of age and over are considered as adult members. New members must agree to abide by the rules of the Club and can apply for a single or family membership. However a family membership is restricted to a maximum of 2 adults and children under the age of 18. Under the BBC constitution the Committee reserves the right to refuse a membership application or to expel an existing member if they do not comply with the club's constitution or act in a way that is prejudicial to the interests of the club. There is a right of appeal regarding such Committee decisions.

335 members

<http://www.brindabellabushwalking.org.au/>



& Activities for kids, Overseas walking trips

Brindabella Bushwalking Club is the ACT's largest walking club and has been operating in the Canberra area since 1969. The club's aim is to provide a program of bushwalking and other activities that adults and children can enjoy and which promote interest in bushwalking, safety and survival in the bush and an appreciation of the natural environment and its preservation. The club conducts a number of walks each week in the ACT region focusing on the many nature parks in the area as well as regular walking tours in other States and in overseas locations.

Prospective new members can attend a maximum of 3 walks before committing to a membership.

VICTORIA CLUBS

For full listing of clubs check
Bushwalking Victoria on
<http://www.bushwalkingvictoria.org.au/> or
(03) 8846 4131
admin@bushwalkingvictoria.org.au

TASMANIA CLUBS

For full listing of clubs check
Bushwalking Tasmania
ftbc@iinet.net.au

North West Walking Club

Gil Hays
0408246750

All prospective members must qualify by doing two day walks plus a training day.

220 members

<http://www.nwwc.org.au/>



We are located on the North West Coast of Tasmania. We have a program of activities run by our members. Our logo is "Walking for Pleasure". We mostly concentrate on bush walking due to the area in Tasmania that we live in, very close to Cradle Mountain & the Walls of Jerusalem.

SOUTH AUSTRALIA CLUBS

Retired Teachers Association Walking Group (SA)

Roger Tagg
rogetagg@tpg.com.au

Restricted to retired teachers, their spouses and approved friends.

Annual fee \$12

60 members



& Annual camps

We are a group of 60 or so retired teachers living in the Adelaide area. We run 4 grades of walk, each once or twice a month, on Wednesday or Thursday mornings between February and December. We also run an annual 'camp' holiday either in rural SA or western Victoria.

We don't have meetings outside the walks except for an AGM, nor do we have a newsletter. We prepare a programme in advance for each calendar year at a time.



SOUTH AUSTRALIA CLUBS

For full listing of clubs check
Bushwalking South Australia on
<http://www.walkingsa.org.au/> or
(08) 8276 5090
office@walkingsa.org.au

Adelaide Bushwalkers

Kate Corner
0410 660 562
kt_corner@yahoo.com.au

To qualify for membership, new members must first complete three weekend-long, pack-carrying walks within 12 months. This is to ensure that they are fit and compatible with the aims of our club.

Annual fee \$50/Provisional fee \$50

150 members

<http://www.adelaidebushwalkers.org/>



ABW specialises in weekend and longer pack-carrying walks. Most walks are within 2-6 driving of Adelaide but we also venture to Tasmania, Victoria and New Zealand and sometimes beyond.

Members range in age from 18 to over 70 and in experience from beginner to over 50 years. Most people begin with very little knowledge of bushwalking but learn the necessary skills while doing their qualifying walks. The club has a comprehensive range of modern bushwalking gear for new members to rent for a very low price. This enables them to try various types of equipment before they purchase their own. The clubs quarterly newsletter, called Tandanya, is accessible on our website.

ARPA Bushwalkers

admin@arpabushwalkers.org.au

Membership is restricted to financial members of ARPA. Membership is generally restricted to over 50's but this can be waived.

Annual fee \$25

570 members

<http://arpabushwalkers.org.au/>



& long distance trails

We are part of the ARPA Active over 50's organisation and have over 570 members. We conduct 4 grades of day walks around Adelaide each week, as well as both inter and intra state camps to areas of interest. Membership of the Bushwalkers is open to any financial member of ARPA

Keep Walking - South Australia

Ron 08 8370 6667 or
Ted 08 8298 1321

No age or fitness restrictions. The club accepts walkers 'as they are' with a view to increasing / sustaining fitness levels and fostering an 'extended family' atmosphere. It works!

Fees are on a PAYG basis - \$10 per walk attended (which includes tea/coffee/biscuits/cake afterwards).
No joining or annual fees.

150 members

<http://keepwalking.ucoz.com/>



Our club normally has walks at various difficulty levels 6 days of the week, variously between two and four & a half hours, on a four term basis. There is no prerequisite fitness level required as each walk proceeds at a speed achievable by the slowest walker. Leaders are formally qualified and have undertaken first aid training. From time to time a series of country / interstate / overseas walks are offered (Flinders Ranges, Kangaroo Island, Tasmania, New Zealand have been undertaken. Members also support a newly formed highly commendable family trekking business in Nepal.

A few members from Keep Walking SA have helped some Nepali people start a trekking business, named [Keep Walking - Nepal](#). There is no formal or financial affiliation between the two organisations, but some of the member continue to happily help where they can. Members continue to walk with them reporting that they are safe, enjoyable and reliable. They continue to encourage people to use this young and growing business.

The Friends of the Heysen Trail and Other walking Trails

Robert Alcock - President
Friends of the Heysen Trail and Other
Walking Trails
(08) 8212 6299
heysentrail@heysentrail.asn.au

Annual fee \$25

900 members

<http://www.heysentrail.asn.au/>



& Voluntary maintenance and greening

The Friends of the Heysen Trail and Other Walking Trails provide a range of maintenance and voluntary support activities focusing primarily on the Heysen Trail. The Friends provide a comprehensive guided walking program including the opportunity to walk the Trail end to end.



WESTERN AUSTRALIA CLUBS

Here are some clubs from Western Australia. For full listing of clubs check The Federation of Western Australian Bushwalkers on <http://www.bushwalkingwa.org.au/> or (08) 9384 5505 enquiries@bushwalkingwa.org.au

Action Outdoors Association

Tony Paxton, Publicity Officer
0407 906 908
afptony@iinet.net.au

Adult's only (18+) - fit and healthy - non-smokers - we are mostly mature aged (40's and 50's) - reasonable disposition.

Annual fee \$45
Provisional fee \$5.00 per event

190 members

<http://www.aoa.asn.au/>



Action Outdoors Association (AOA) is an adult's only (18+) multi activity club. We are a non-profit organisation, run by volunteers.

We regularly lead many activities such as: bushwalks (as well as many country extended bush walks on the Bibbulmun Track), beach walks, riverside & ocean side cycles, bush mountain bike riding, river & ocean kayaking, river canoeing, camping, , as well as occasional lawn bowling evenings, golf, ten pin bowling and snorkelling trips to Rottnest Island & Perth beaches.

We are a non-profit organisation, run by volunteers. Our trips are open to the public and are usually led by experienced volunteer trip leaders.



NORTHERN TERRITORY CLUBS

There are two clubs in the NT:

[Darwin Bushwalking Club](#) & [Central Australian Bushwalking Club](#)

For more info on clubs check Bushwalking Australia on <http://www.bushwalkingaustralia.org/> or info@bushwalkingaustralia.org



AUSTRALIA CLUBS

Here are some clubs from whole of Australia. For full listing of clubs check Bushwalking Australia on <http://www.bushwalkingaustralia.org/> or info@bushwalkingaustralia.org

Heart Foundation Walking

Heart Foundation Walking team
1300 36 27 87
walking@heartfoundation.org.au

Heart Foundation Walking groups are free for all participants. A wide variety of groups are available around the country. To find your nearest group, visit www.heartfoundation.org.au or call 1300 36 27 87

20000 members

<http://www.heartfoundation.org.au/active-living/walking/Pages/welcome.aspx>



Heart Foundation Walking (HFW) was launched in December 2007 and we are looking forward to developing partnerships with organisations who are interested in facilitating walking groups in their area. HFW is a network of free community-based walking groups with volunteer Walk Organisers to lead groups in their local area. HFW builds upon the very successful Heart Foundation Just Walk It program that has been in operation in some states since 1995.

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