



WARBY RANGE BUSHWALKERS Inc.

FUN . FITNESS . FRIENDSHIP

www.warbybushwalkers.org.au

NEWSLETTER 2 (April), 2018

warbybushwalkers.org.au

Our ANNUAL DINNER and AGM will be held at the Wangaratta Club on Monday, March 26th, and everyone (including family and friends) is welcome to attend.

Dinner will commence from 6pm (full a-la-carte menu) and this will be followed by the formal part of the meeting (that is, the election of office bearers), and then our guest speaker will take to the microphone.

The Club is located at 4 Victoria Parade, in the heart of Wangaratta, and was the venue for our mid-winter dinner of 2017.

Some committee positions will become vacant at the AGM, and if you are thinking of joining the Committee, the nomination form can be found under "General Information" on our website, and at the back of this Newsletter.

Committee meetings are held four times a year, and are always welcoming to new members. Throughout the year there are many interesting projects to complete, as well as great walks to plan.

Also on the social scene, our annual Christmas Party was held on December 8, and attracted a large proportion of our membership. Happy faces were the order of the day, as we reminisced on another great year of bushwalking.

Taminick Gap to Mt Glenrowan : December 3

With the closure of the Mt Buffalo Road due to the heat wave weather, another walk was organised, that is, from Taminick Gap to Mount Glenrowan.



The route took us along the Ridge Track, from Taminick Gap to Mt Glenrowan, visiting Chick Hill along the way, and 13 participants, including three casual attendees, took part in this walk of about 11km.

Walking began around 10.30am, with morning tea at Chick Hill, and then lunch at the summit of Mt Glenrowan. The views, despite the cloudy conditions, were still impressive, including those over Winton Wetlands.

The day was overcast, but at least the rains, that gave Wangaratta over 90mm in the rain gauge, had stopped. [Jeanette Farquhar]

Warby Ranges : December 8

High flows in the Ovens River prevented the scheduled walk along the Ovens at Peechelba, so Karen organised an alternative trip into our special Warby Ranges.



Heading for the hills, eleven walkers strode up along Loggers Track from near Ryan's Gap, and then down Taylor Track, and Gerrett Track, back to the cars. We covered about six kilometres on bush tracks, mainly through avenues of those magnificent Grass Trees.

Mt Emu Discovery Walk : December 16

This walk was to take us from Trappers Gap to Mt Emu, and then to Coral Bank in the Kiewa Valley. Seven walkers participated in this adventure, and it was called a discovery walk, as the leader had only evaluated and walked this area several years ago.

The group met at the corner of the Kiewa Valley Highway, and the Redbank-Mongans Bridge Road. We then drove along this road, and dropped off a car at the end of Reeds Lane. We then continued to Tawonga, and then along the Mountain Creek Road, to the Mountain Creek Car park.

Finally, we drove the last 6km of the car shuttle to Trappers Gap, and left the cars here. This was where we commenced the walk (at an altitude of 1000m) and we followed the Mt Emu 4WD Track (also known as the Eskdale Spur Track) to the west.

Morning tea was enjoyed at the Snowy Hydro Power poles, with excellent views of the Mt Bogong monolith, and soon after this the track began to climb more steeply until Mt Emu was reached at an altitude of 1380m.



From this vantage point the trees have been cleared, and there are 270 degree views of the Kiewa Valley and Mt Beauty, and Tawonga in particular. As well, we had views of the Mt Buffalo plateau, Mt Buller, Mt Fainter, Lake Mokoan and Mt Feathertop.

This vantage point has some of the most panoramic views in Victoria.

We then continued on the Eskdale Track, with some steep climbs, and descents. After about five kilometres we reached the junction of Eskdale Track and Redbank Track (an extension of Reeds Lane). This junction is boldly marked with a 2m high sign, with vertical writing, and an arrow off to the North-west showing Redbank Track.

From here we descended steeply from 1000m to 500m, along a defined 4WD track, and at 3pm we reached the cars.

The whole 17km walk was done quite slowly as the weather was very hot, and was completed in 6 hours 25 mins. [Bob Shaw]

Mt Buffalo Plateau : January 21

After the cancellation of the early January walk at Myrtleford (due to the extreme heat) Karen's Buffalo Plateau walk was most timely, and 11 enthusiastic club members ambled around in mid 20's temperatures while Wangaratta sizzled!!

We completed a series of short easy walks totalling about 7kms, which were combined into a loop in the vicinity of Lake Catani and the Gorge.

After lunch, in the shade beside the old cricket pitch near the Chalet, and a final effort ascending the Monolith, most of us cooled off in the gorgeous clean lake. The water was perfect – about 22C, and was being enjoyed by lots of smiling families.

Mayday Hills Tree Walk : February 3

On Saturday, February 3rd, 28 souls (including three guests and Ted, the club canine mascot), assembled at Mayday Hills, Beechworth, for the Tree Walk.

We formed three groups, with sub-leaders Cecily, Jeanette and June, each to follow the course of the three loops separately.



Everyone carried the sheet prepared by the Beechworth Treescape Group, which identified by number the 144 significant trees, exotic and indigenous.

As the numbers on the trees were sometimes obscured or missing, and the route was not as clear in the parkland as on the sheet, and there were many unlisted trees as well, a friendly challenge developed to find the way through the acres of parklands and between the old buildings.

Many trees are listed on the National Trust's Register of Significant Trees, for their majesty, rarity, beauty, species example.

The gardens were started in the 1860's, and were gradually extended to become reputedly the best tree settings in the state, outside of the Botanical Gardens.

The silent, empty, deteriorating old buildings of the institution provided added interest as we considered the social history of this place.

The story of the Beechworth Lunatic Asylum, which closed in 1998 as the Mayday Hills Mental Hospital, (including the development of the Ornamental garden) is well told by Douglas Craig in *The Lion of Beechworth* (2000) in the Reference Section, Indigo Shire Library, Beechworth.

Once again, we appreciated the refreshments provided by Pat, as we sat in the shade of Tree No.1 - *Quercus acutissima* (Bristle-tipped Oak).

The only wildlife observed were flocks of parrots, including the somewhat elusive Gang Gang Cockatoo.

[June Brown]

[Details, and maps, of the walks completed here can be viewed at "explorebeechworth.com.au"]

Mt Buller weekend : February 16-18

This weekend trip was a great success with perfect weather (about 18C), superb walks organisation and outstanding accommodation. The Benalla Ski Lodge would have to be almost luxurious, and with 38 walkers, we all comfortably fitted. The walks were all quite challenging, but the Little Buller Sunday walk challenged us in more ways than one!!



On Saturday, 29 people completed the 16kms to Mt Stirling, and return. From the Ski Lodge we walked down the Corn Hill Four Wheel Drive Track to Howqua Gap (4km), where morning tea was held.

Continuing past the Howqua Gap Hut, we went up the Howqua Gap Trail, climbing 300 metres to Mount Stirling, another 8km away. Lunch was taken at the summit, and we then returned via the same route.

This route was on a hard track, which was often very rocky and slippery, but with magnificent views of course. The descents on this walk were quite hazardous, due to rocky surfaces in places (especially the first section), and the slippery slopes required great care.

Another group covered about 11km on the same route.



On Sunday – after a memorable Saturday party night celebrating Bob, Deb and Adrian’s 217 years on planet earth - 32 members headed off towards Little Buller. However, poor signage meant that the nearby pleasant medium level Nature Trail and summit of Mt Buller became the substitute walk. Only a few adventurers managed to complete the much harder Little Buller ascent.

[Adrian Twitt]

[See the 1:50 000 scale map *Buller-Howitt Alpine Area* (published by Spatial Vision) for more details of the excellent walks at, and around, Mount Buller.]

Great South West Walk; Week Away 2018

Under the excellent guidance of Leanne Wood, the committee for this year’s week away has met several times to organise this great event, and we look forward to an amazing adventure.

The walks program will cover all aspects of the GSSW, as well as many of the natural features of south-west Victoria.

It is planned to have a long walk (14-18km) offered each day, as well as shorter options (4-8km).

Wednesday has been designated as the official rest day, with a range of short walks near Portland on offer.

Wednesday will also be the day when we step out to enjoy an excellent meal at the historic Macs Hotel in Portland.



The walks program is as follows;

Monday : Whites Beach to Shelley Beach (Cape Bridgewater coastline, 16km); or Blowholes Road to Cape Bridgewater township (about seven kilometres).

Tuesday : Lake Monibeong Loop, 15km; or Swan Lake to the beach, along the beach and back, via the dune buggy track, 8km.

Wednesday : This is notionally our rest day, but for those who want to complete some more sections of the GSSW, we could tackle a fern gully walk (one of the most westerly in Australia).

Thursday : Glenelg River Gorge (Weeping Rock to Lasletts Canoe Camp, 16km); or Wild Dog Bend loop, about 10km.

Friday : Mount Richmond Loop, 12km; or Noels Walk and the West Walk (both of which are within Mount Richmond NP, 5km).

Saturday : Shelley Beach to the Lighthouse at Cape Nelson, 14km); or local loop from Cape Nelson Lighthouse, 5-8km.

If you have signed up for this great event, please see our website for more information, and for some important updates.

In particular, see the Walks Program for the week; there is a PDF per day of the week, and these provide specific detail of the places we will be visiting on our walks.

Sun Gloves

Sun Gloves are available from outdoor gear shops, as well as fishing gear shops. The purpose of these handy accessories is to protect your hands from sunburn, without the need to apply/reapply sunscreen lotion.

They are of a quick dry, non-slip material, and are therefore easy to wear without any loss of dexterity (ideal to wear when using trekking poles, for example).

Some items repeated from the last Newsletter

1. For many years the club has met at Apex Park, or Rotary Park, on our walk days, but change is in the air.

Due to increasing usage, and associated congestion at Apex Park, it was decided at the November Committee Meeting that the meeting place will now always be at Rotary Park.

This small triangular park is bounded by Swan Street, the Yarra-wonga Road (Edwards Street) and Evans Street.

We will be using the Evans Street frontage, as this is the quietest (that is, safest) of the three street frontages. There is plenty of shade at the park, as well as picnic tables and toilets.

2. Attached to this Newsletter there is a blank copy of an emergency information form, which is being advocated by Bushwalking Victoria.

The purpose of this form is to contain basic, but crucial and potentially, lifesaving information. It is to be used by medical personnel in the hopefully unlikely, but always possible, situation where you may require urgent treatment, but be unable to convey this information yourself.

You may be unconscious, or unable to speak, and having this information could save your life, or at least make it easier to treat you quickly and effectively.

What To Do With The Card: Put the completed form in a small waterproof plastic bag (for example, a small zip lock bag) and place it in an outside pocket of your backpack; this will make it easily accessible to any helper.

3. As mentioned in previous newsletters, we have introduced the Australian Track Grading System to our Walks Program documentation.

The April-June Newsletter of 2017 gave examples of each grade, and we will be using this system alongside our usual easy/medium/hard ratings. See the link (under 'Walks Program') on our website for more details.

Shoes and Boots

Anecdotal evidence suggests that Scarpa shoes and boots are the preferred transport option for the Warby Range Bushwalkers, and this article (some of it sourced from the SCARPA website) provides some background to these popular accessories.

Founded in Asolo, in the Montebelluna region of Italy, an area known for its handcrafted footwear, SCARPA's initial mission was to bring together all the best shoemakers in the Asolo area toward the goal of producing the best footwear anywhere. SCARPA stands for Società Calzaturiera Asolana Riunita Pedemontana Anonima,

which means Associated Shoe Manufacturing Company of the Asolo Mountain Area.

Luigi Parisotto went to work for SCARPA in 1942, and from the beginning, loved the process of building handcrafted footwear, and in the early 1950s formed his own shoe-manufacturing business with his brothers, turning out between four and 15 pairs of handmade shoes a day. These were sold to local farmers who sought out shoes that were both comfortable and indestructible.

In 1956, Parisotto and three of his brothers bought out SCARPA, and the business quickly grew, making 50 to 60 pairs a day. In the late 1950s, word about SCARPA's quality began to spread more widely outside the Montebelluna region and attracted clientele from many other parts of northern Italy.

The company was among the first to recognize the needs of northern Italy's rapidly developing mountaineering and climbing culture, and to develop footwear with features for those pursuits.

SCARPA continued to innovate in the 1970s, developing boots for alpine skiing, and pioneering an early high-altitude plastic boot for mountaineering. The company was also the first to make a Gore-Tex boot, and to develop a plastic telemark skiing boot.

The next generation of Parisottos (Sandro, Piero, Davide, Cristina and Andrea) continue to lead the company.



Closer to home, SCARPAs are, as mentioned above, very popular in the North-east, and this leads me to share some handy info regarding these products.

First, bootlace technology; when tying the laces on your boots/shoes, remember that the best knot has the initial basic cross-over, followed by a 'right-over-left' then a 'left-over-right'; any other combination will be prone to coming undone.

The second useful tip is in regard to sizing. Many years ago I started buying my SCARPAs 1 or 1.5 sizes 'too big'; this allows me to wear two pairs of socks for added comfort, a real bonus on long stretches (such as The Razorback, 24km) and on long descents (such as the return from Mount Bogong via the Staircase). Items of choice for this double layer of socks include those gorgeous Australian, or Irish, thick woollens on the outer, and some thinner merinos for the inner sock.

Lastly, I have to mention that SCARPA is also the Italian word for 'shoe'.

[Chris McLaughlin]



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Committee Nomination Form

I hereby nominate _____
for the position of _____
on the 2018-19 Committee.

(Name) _____

(Signature) _____

I second the nomination

(Name) _____

(Signature) _____

I accept the nomination

(Name) _____

(Signature) _____

Please forward the completed form to:

The Secretary

Warby Range Bushwalkers Inc

PO Box 974

Wangaratta, 3676

Private & Confidential – Personal Health Details

Emergency Information

The purpose of this form is to contain basic, but crucial and potentially, lifesaving information. It is to be used by medical personnel in the hopefully unlikely, but always possible, situation where you may require urgent treatment, but be unable to convey this information yourself. You may be unconscious, unable to speak or have lost your memory. Having this information could save your life, or at least make it easier to treat you quickly and effectively.

What To Do With The Card: **Put the completed card/form in a small waterproof plastic bag (a small size 'Glad' type snaplock bag from any supermarket would be ideal) and carry it in an outside pocket of your backpack; this will make it easily accessible to any helper.**

Note1 Please complete, sign and put this form in an envelope, inside a zip seal plastic bag, in an outside pocket of your pack.

Name:

Address:

Home Phone:

Date of Birth: Car Registration No:

Medicare No. Private Health Ins No.

My doctor: Doctor's phone:

Medical conditions:
.....

Medication taken:
.....

Medication carried:
.....

Allergies:
.....

Note 2 Club policy requires persons participating in a club activity, to advise the leader in private before commencing the activity, about any personal health, medication carried and or health care situation that could arise or be necessary to address, during the activity.

Next of kin and/or persons to contact in an emergency:

- | | | | | | |
|---------|-------|--------------|-------|-------------|-------|
| 1. Name | | Relationship | | Contact Nos | |
| 2. Name | | Relationship | | Contact Nos | |
| 3. Name | | Relationship | | Contact Nos | |

Note 3 **Your personal, medical and "contact" list should be reviewed regularly.**

The above information is private and confidential and shall only be used, to assist me, in an emergency.

Signed

Date