



# WARBY RANGE BUSHWALKERS Inc.

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[www.warbybushwalkers.org.au](http://www.warbybushwalkers.org.au)

## NEWSLETTER 1 (January), 2016

### A NEW YEAR OF WALKS

Welcome to the first newsletter of the 2016 Walking Year. The 2015 walking year was action packed as usual, with venues covering most of the North-east, and a very successful foray to the Central Coast of New South Walks (see photo below).



However, there is still plenty of action in the remaining weeks of this year.

During December we have the riverside Wahgunyah - Corowa Walk (day walk on the 2nd); Mount Buffalo Walk (day or weekend, 5/6th); McFarlanes Hill (day walk, 13th—please note the new date) and the Falls Creek Weekend (19/20th). See the current Walks Program for more details of these walks.

The last walk of the year will be held at Mitta Mitta, on New Years Eve and New Years Day.

The itinerary includes an easy walk close to Mitta Mitta township, and the Mount Welcome hike, a hard walk of about 8km.

On New Year's Eve, there will be dinner at the Mitta Pub, with live entertainment. More details from Jeanette, 0417 546 974 .

### Christmas Party, 2015

Please make a note in your diary for Friday, December 11th. This is the date for the Warby Walkers Christmas Party, to be held at Glenrowan Rifle Range, Rifle Range Road, Glenrowan. BYO drinks, and meat for a BBQ. Crockery, cutlery and chairs provided.

Contact John on 0412 260 732, or Margot on 5798 3223 to book, and to bring either a sweet or a salad to share.

To get to the venue, drive through the main street of Glenrowan, past the Ned Kelly statue. Proceed on the road towards Melbourne, with the Glenrowan Football oval, and a large dam, on your left.

Drive over the Hume Freeway overpass, then turn immediately left, onto Rifle Range Road. Proceed for about 800 metres along Rifle Range Road, then turn left into the Rifle Range where the club rooms are located.

### Annual General Meeting, 2016

Our ANNUAL DINNER and AGM will be held at the historic Vine Hotel on Monday, March 21st, and everyone (including family and friends) is welcome to attend. Dinner will commence at 6.30pm, and bookings for dinner should be made (directly with the Hotel, 5721 2605) by Friday, March 18.

Also, please remember that subscriptions fall due at the AGM.

If you are thinking of joining the Committee, then the nomination form can be found under "General Information" on our website, and at the back of this Newsletter.

### WEEK AWAY – WILSONS PROM

#### Sun 10th – Sat 16th April 2016

Planning for our 2016 big adventure is well under way for what promises to be a great five days of walking options at The Prom in 2016.

Deposits have been received for all beds in the 24 bed lodge, with one person on the waiting list.

If you haven't booked, and are now interested, or have any questions, please contact one of the Week Away Committee (Karen 5722 2540, Deb 5766 2340 or Leanne 5727 0397).

As it is still five months away, we may be able to offer you a bed if anyone needs to cancel. Camping options and small private cabins are also available for individuals to book.

All participants should have received notification of their booking in early October. More information will be sent out late January, with final payments details, which will be due mid February.

### Tawonga Gap to Freeburgh, September 5

There were 13 participants on this 18km walk, and having completed a car shuttle, we gathered at the starting point, the car park at the scenic Tawonga Gap. The weather was fine, sunny and cool as we set off for the first of the three sections of this walk.

The initial seven kilometres were on a 4WD track, walking on the ridge top, through mountain ash forests of the west side of the Kiewa valley. As we walked in a southerly direction we started at an altitude of 890m. Then we walked mainly up and down hill tops with the maximum height of 1130m being reached. This was the hardest part of the walk along the Tawonga Gap Track.

The second part of four kilometres was from where we turned

east onto the Simmonds Gap Track. This was undulating or mainly downhill, also on 4WD tracks. Lunch was held near Simmonds Gap, on a rocky outcrop before the actual steep descent to Simmonds Gap. We could see glimpses of Mount Bogong, Mount Fainter, Big Hill and Mount. Feathertop, and there had been recent snow on these peaks.



The last seven kilometres was all downhill on a 4WD track from Simmonds Gap, down Dungey Creek Track, to the junction of Dungey Creek Track and Big Flat Track, where we had a car waiting for us in the Snowy Creek Valley, six kilometres from the Freeburgh Bridge across the Ovens River.

The walk was graded as “Medium/Hard” and Hard in parts. The car shuffle, both at the start of the day, and the end of the day took time. We left Apex Park Wangaratta at 8.00am, with two cars travelling to the junction of Dungey Track and Big Hill Track. We left one car at the end of the walk, on the upstream side of Snowy Creek, so that at the end of the walk participants did not have to traverse Snowy Creek, but could be ferried across by 4WD.

The car shuffle meant that walkers had to stand around for 15 – 20 mins at Tawonga Gap. At the end of the walk participants enjoyed a cuppa, whilst the drivers were ferried back to Tawonga Gap to collect the cars, and return to Snowy Creek. This took about 50 minutes, which was no problem considering the fine weather.

[Bob Shaw]

### **Hume and Hovell Walking Track, September 7-12**

On the Monday after Father’s Day, five of us travelled to Berremangra, near Yass, where a rustic cottage awaited us. The day was cold with showers passing through, so the arrival to a roaring fire was much appreciated.

Tuesday dawned not much better with drizzle. It was hard to leave the warm fire, but Peter our guide from the National Heritage Trust awaited us for our tour of Cooma Cottage, where Hamilton Hume lived after he completed his epic journey from near Yass to Corio Bay-Geelong.

Peter had given us some good tips as to where to go. After a lovely warm drink at the cafe we continued on our walk to Black Range Road, getting side tracked along the way to go geocaching. The locals even got in on the act to help us find one. I think the technical term for that is muggling.

Off to Burrinjuck, where our new place of residence wasn’t quite up to our rustic cottage, but the view from the windows of the sun setting over the lake more than made up for it.



The next day we drove around to Wee Jasper, left our fisherman, who still hadn’t caught any fish, and walked to the boat drop off point. It was then back to one vehicle where the second team member decided to leave us for a road tour of the immediate area.

Friday was the last day for the fisherman and his wife. One final fish, and the bit of walk that I hadn’t done, and it was goodbye as we headed for home, while the other four did the bush section and best part of the walk around the lake. This consisted of gurgling streams, views to Wee Jasper, and a final goodbye to the mob of kangaroos.

Thanks to Ian the fisherman and support driver (pity about the fish) Trevor, Janette, Sylvia and Therese for a truly lovely walk.

[Adele Ritchie]

### **Winton Wetlands, September 9**

Winton Wetlands were formerly Lake Mokoan; however, prior to the creation of the Lake (in 1971), this was a wetland system, so things have gone full circle. The wetlands were flooded to create Lake Mokoan, an off-river irrigation storage for the waters of the Broken River, which rises north-east of Mansfield.



In 2006 the Lake was decommissioned as a storage, and following this decision, water was no longer siphoned out of the River, and restoration of the original wetland habitat was commenced.

On this occasion, eight walkers completed the 10kms of the Spit Walk on the southern “shore” of the wetlands. This was our first official walk at Winton, and will certainly not be the last! In lovely sunny but windy conditions, we ambled out along the sandy track to the “island” enjoying superb views of the wetland, the amazing

bird life, and one very sleepy plump red bellied black snake which lay in our path. We had lunch at the superb new Hub facility, a popular venue for walkers and gawkers.

[Andy Kimber]

## Mount Emu, September 12

Eskdale Spur is one of the main geographical features of the North-east, and extends from the northern ramparts of Mount Bogong (Victoria's highest peak, 1986m) through to Lake Hume at Tallangatta. This is the longest trafficable ridge system in Australia, and includes Mount Emu (1360m) the venue for this great adventure.

There were 14 participants for this medium graded walk, and the distance covered was about 18km (11.2km ascent and 7km descent), taking about nine hours to complete.

The action began at Trappers Gap, on the dry weather road between Mount Beauty and Mitta Mitta township, and from here we took the Eskdale Spur Track.



This took us in a westerly direction (largely uphill, then horizontal) to an intersection, where we came across a burnt out hut. From here we kept heading west for another 10 minutes, until we came to a clearing with a large green electricity pylon (carrying electricity from the Dartmouth Dam hydro-electric station), and this made a good place for a rest.

We continued walking west for another 40 minutes to Mount Emu, with the peak visible through the trees. The track then became very steep for about 20 - 30 mins, until we reached a large clearing at a corner where, if you look east towards the electricity pylon, about a kilometre away you can see the peaks of Kosciuszko National Park.

From the summit of Mount Emu we could see Mount Bogong, the Fainters, then Mount Feathertop, then Mounts Cobbler/Stirling/Buller, as well as Mount Buffalo. There is carpet at the top of Mount Emu as this a launching place for hang gliders; more notable was the magnificent views of the Kiewa Valley, in particular, Tawonga, Tawonga South and the East and West Kiewa Rivers.

The return journey took about two hours, with some more great views, this time of Mount Bogong and the Fainters.

[Bob Shaw]

[When the powerlines for Dartmouth were being installed (in the early 1980s) there was concern about the visual impact of power pylons in pristine bushland (particularly from the top of Mount

Bogong), as well as the initial impact of huge swathes of land being cleared to facilitate vehicular access for cable laying.

The visual impact of the power pylons was minimised by careful placement, and by painting them green. Getting the cables installed was far more ingenious.

Instead of clearing land between all of the pylons to lay the cables (normal practice), model aircraft were employed in many locations to fly very fine fibres between some pylons; these were then used to drag progressively larger fibres across the void, followed by ropes and then stronger ropes. Eventually, the ropes were used to pull the power cables into position. Editor]

## Gapsted Hills, September 19

Thirteen hardy walkers presented for the challenge of walking Stoney Creek Road, Gapsted up to West End Track, and then traversing the ridge line of the Stanley State Forest (Gapsted Block).

The walk started with a pretty stroll up the Gapsted Valley before we started the climb of 560m over 5.7km to the ridge line, which took 1¼ hrs.

Views of the Ovens Valley provided distraction whilst we paused to catch our breath, as did occasional wildflowers, however the steepness of the last section took all our concentration to push to the top.

After a welcome morning tea recovery, we resumed the up and down of the ridge-line, enjoying views on both sides through the Stringybark forest.

A further 4.5 km and 1½ hrs brought us to the junction with Link Track, providing our lunch spot.

After a good rest, we began a very steep descent, dropping 400m in three kilometres, including going off-road for a kangaroo track down a spur through the forest.



This provided a pleasant finish to the walk, and brought us out immediately above the Gapsted Winery.

Given that we had a hard 4.5hr walk, and 13km of hills, we relished the civilised setting overlooking the vineyard, enjoying Prosecco or coffee (or both); toasting Irene's birthday and sharing a Birthday Carrot Cake provided by Glenda.

We think it would be a good plan to challenge ourselves to find as many walks as possible that end at a winery or pub, particularly when there is a birthday to celebrate!

[Cecily Fletcher]

## **Barrys Falls, October 10**

Masons Track, just north of Eldorado, on the Woolshed Valley Road, was the chosen starting point for this walk, with 11 walkers enjoying this easy 10km route on a warm and sunny day.

The walk to Barry Falls via this particular circuit is a relatively easy meander through the south east corner of Chiltern – Mt Pilot National Park.

We spotted Grey Kangaroos and Black Wallabies immediately, which was a great thrill, particularly for our American friends who had come along for the outing.

A gentle ascent saw us to an early morning tea, and then down the short, but steep, Currawang Track, at the bottom of which we encountered a large goanna sidling up a tree. He seemed as curious about us as we were of him. 5ft long, or was it 6 or 7? *Varanus gouldii* we think.

Not long after, we dined at the Falls. Not so much water coming over after our recent hot spell, but a beautiful, unmapped spot regardless.

An easy wander back to the cars saw us complete the walk by early afternoon. A short stop at the Eldorado Pub for refreshments, a chance catch up with the Finedons, and then goodbyes.

Next time we'll do this walk in late winter to maximise potential for more water coming over the Falls. [Ian Slater]

## **Sunrise Track (and more), October 14**

Seven walkers set out in still, fine and warm conditions for this adventure, covering the undulating Quarry, and then part of the Sunrise, Bracken and Taminick Loop tracks, before descending Colson's Track towards Taminick Road.



We made it back to the car park via the east side of the range, disturbing many kangaroos, and observing beekeepers at work. The spring flowers are well over the peak of blossoming, while the gorgeous grass trees have decided not to flower this year.

Only four *Xanthorrhoeas* were seen with their prominent flowering spikes displayed in the approximately 8kms covered - suggesting a very dry year to come.

[Andy Kimber]

## **Warby Heritage Loop, October 25**

The Warby Heritage Loop passes through bushland on the northern side of the Warby Range, and has recently been sign-posted so as to help explain some of the features found on the walk.



On this occasion, a small group headed off in a pleasant early morning breeze from Booth's Winery through Spring growth. We made our way up the creek valley, stopping to read the informative signs pointing out the old sawmill, sheep wash, wool scour and several dry stone dam walls.

There was some water coming over the falls and cascades, and in pools, following good rain during the week. We enjoyed wonderful views back over the valley and Winton Wetland. Lots of paper daisies other small wildflowers, also trees in flower, so that bird song accompanied us.

A couple of wallabies were startled from their rest in the shade and we came across a red bellied black snake and later a brown snake on the track, both took little notice of us.

We also came across a friendly group from Benalla Walking Club. They were easily convinced to return down to Booth's, who welcomed with us to enjoy lunch, and a few drinks under the trees.

A congenial and noisy hour or so was enjoyed by our now large group in the warm middle of the day.

We were glad to now be able to drive home as we farewelled the Benalla group, who needed to reluctantly trudge up the hill to their cars. All decided this was the way to tackle the walk!!

[Karen Davis]

## **AAWT - Mount St Bernard - Mount Speculation - October 31 to November 3**

Starting on the Saturday we headed up to Mount Hotham, with conditions getting worse with every kilometre. Reaching Mount St Bernard, and our drop off point, our kind drivers felt so sorry for us, they handed over their umbrellas.

We decided to take the alternative 4WD track around The Twins, instead of going up and over. The rain was not heavy, and we reached Selwyn Saddle semi-dry to be greeted by copious 4WD vehicles.

After using various rocks to try and pound our pegs in, we headed off to water, bringing back leeches in various sizes, (I thought The Barry Mountains were supposed to be arid).

Sunday dawned overcast as we started the climb up to Mount Selwyn, stopping to take pictures at all the false tops, down then up to Selwyn South, then down to a 4WD track and a tank.

At the tank we picked up enough water for the next 24 hours, as there wasn't really anywhere to camp at the tank.



Monday was a better day with glimpses of the sun, and we were off to Barry Saddle for lunch and then The Viking.

Again we were misled, thinking we had reached the top, only to find the track went ever upwards. At a lovely meadow, the rocky tor was finally spotted. Just down from the summit, we were advised to take the second gully down, but there was no track, and it was getting late so we chose the chimney.

Packs were dropped off the cliff and various routes were tried to get down the gully. All proved difficult, with the only male being called on from all four ladies for assistance. Poor Trevor was running from one outcrop to the next.

Finally we were all safely down, and Viking Saddle was reached, where we shared the camp site with our two friends from the Selwyn mists.

Tuesday, our last day, more rock scrambling, around The Razor, over Mount Despair, down to Catherine Saddle, around Mount Speculation and there's Trevor number 2 waiting to pick us up.

A pleasant drive back to Moyhu, and Wangaratta, with all the sights being pointed out to our Melbourne friends.

A big big thank you to our drivers who, without their support, we wouldn't have been able to do the trip. [Adele Ritchie]

### **Mount Feathertop, November 7**

This walk was slotted into the Walks Program at short notice, to make up for the cancellation of the Mount Beauty weekend.

Mount Feathertop (1922m) is Victoria's second highest mountain, and has several access points for intrepid bushwalkers.



The most popular route is via The Razorback, a ridge system that runs from near Diamantina Hut (on the Great Alpine Road) all the way through to the summit, with the choice of returning via the ridge, or taking the steep descent to Harrietville.

However, on this occasion, seven club members climbed all the way to the summit by walking up Bungalow Spur from Harrietville, and then back down again.

The weather was perfect, and the walk was very enjoyable in the warm and clear conditions.

After lunch at Federation Hut, the final climb to the summit was completed, with no wind being experienced on top – remarkable!!

We then walked quickly down the track back into the Ovens Valley, enjoying those superb views of the mountains of the divide, plus Mount Buffalo.

[Trevor Turnbull]

### **Kellys Lookout and Cave, November 22**

Twenty four adventurous walkers set off from Nieoffs Road (in the Woolshed Valley) for this quest to visit the Lookout and Cave, as used by the Kelly Gang in the 1870s and 1880s.

We cut across to CFA Track (not marked on all maps) and enjoyed some amazing views of the Warby Ranges, Mount Buffalo, the Stanley Plateau and Mount Big Ben.

The Kelly Lookout was fairly easily located, and we enjoyed a five-star locality for lunch, with more great views, this time of the Woolshed Valley.



We then set off on the tricky part of the day's entertainment, that of finding the Cave. This overlooks the site of the once bustling gold mining township of Sebastopol, and the scenic Woolshed Valley—seriously deep into Kelly Country.

The first part of this cross country foray went well, but we gradually moved over to the west of our objective, and missed finding the landmark 'big slab of granite, that you simply cannot miss' which leads north to the Cave.

After several attempts to re-set our course, it was decided to turn for home, leaving the Cave for another day, and adding to the mystique of the bushranger days of our history.

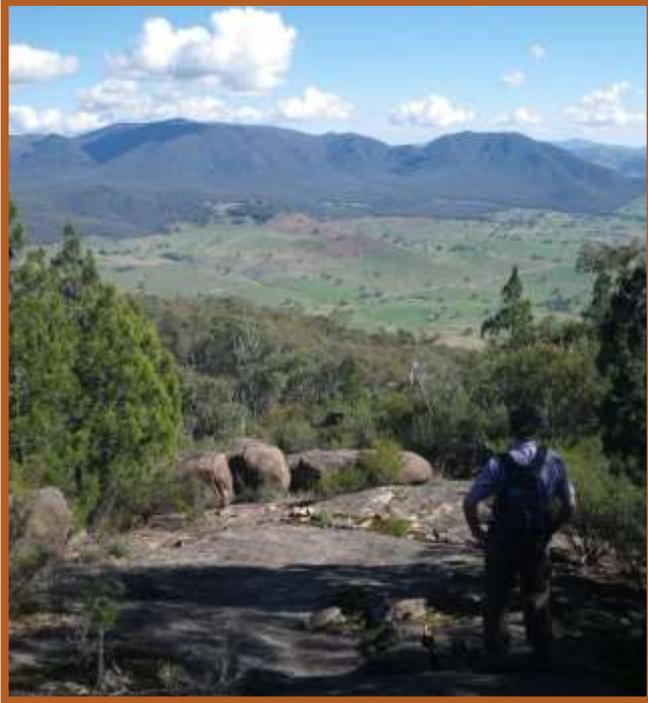
The walk was estimated to be about 14km in length, but was in fact, about 18km, and as the temperature was about 28, this made for an enjoyable, but tiring day.

[Chris McLaughlin]

## MISC NEWS

### Search and Rescue

A bushwalker who was lost for two nights in remote bushland, in Victoria's northeast, said he was fit and well after his ordeal. A Police Air Wing pilot spotted the 73-year-old sitting on a rock in Burrowa - Pine Mountain National Park just before 9am on Tuesday, October 7. He became lost after setting out for a bushwalk on the previous Sunday morning.



He was winched to safety, and taken to Corryong Hospital suffering from dehydration, but later discharged. The man left a note with his neighbour at 7am on Sunday saying he was going walking in the Park near his home in Guys Forest, a small community between Wodonga and Corryong. Police and Parks Victoria began a search for him on Monday morning when his neighbour raised the alarm. [condensed from The Australian, October 7, 2015]

### Walking Poles

If you have ever debated whether to take your walking poles on a walk, or leave them at home, this article will be of interest.

A study at Northumbria University showed that trekking-poles help hikers maintain muscle function. In the study, 37 active men and women were split into two groups and asked to hike up and down Snowdon, the highest mountain in England and Wales.

One group used, trekking poles while the other group made the climb unaided. Each group ate the same meal on the night before; the same breakfast, carried similar weight in day packs, and took the same scheduled rests during both the ascent and descent.

The results showed that there was significantly less muscle soreness in the group using trekking poles. This group demonstrated a reduced loss of strength, and a faster recovery after the trek. Soreness peaked at 24-hours in both groups, but was significantly lower in the trekking-pole group. Pole manufacturers have suggested that poles can reduce forces on lower-limb joints by as much as 25%. However, the existing research has been restricted to the laboratory, and this was the first documented study in the real environment.

The results present strong evidence that poles reduce the extent of muscle damage during a day's mountain trekking.



The benefits of poles in reducing load to the lower limbs and increasing stability could also help avoid injury. It is often the reduced reaction time and position sense, associated with damaged muscles that can lead to further injury..

[condensed from Trekking Poles Reduce Exercise-Induced Muscle Injury during Mountain Walking Journal: Medicine and Science in Sports and Exercise, 2010]

### Drivers and Walkers needed

Adele's AAWT Walks, Mount Speculation to Mount Skene (Saturday 12th -Thursday 17th March) has scope for an easy day walk to Mount Skene. We require people to pick us from the Jamieson—Licola Road on the 17th, and if you would like to help with this, then there are a couple of options.

Either drive to Mount Skene on the Wednesday, then walk into meet us; or drive to Mount Skene Tuesday afternoon, then walk into Rumpff Saddle (about one kilometre), camp, and then walk to meet us on the Wednesday. The driving is on a sealed or metalled bush road, no problems in the dry, and it is all very scenic.

We also need drivers for the following stage of the AAWT, Mount Skene to Stronachs Camp (25th March to 29th of March). More details from Adele, 5727 9501.

### Facebook Page

Warby Range Bushwalkers has put its toes in the water of social media, with a Facebook page. You don't have to register with FB, or have your own page, to go on and see photos of where we are, or have been. One of the great things is being able to share photos with others while you are still out on the walk!

If you are on FB, and would like to post your own photos, let me know and I will provide you editing status, so they go up on the 'News Feed' section. Others with editing status include: Kerri Davenport, June Brown, Andy Kimber and Margot O'Halloran.

If you don't want photos of you on FB, please let me/those listed above know. Please visit, and 'Like' the page, as this helps build, and promote the page to others. It is linked to the Website, so people can find their way to the Newsletters and Membership details, but mostly it is for the benefit of members, and their families, and as a way to share photos and experiences in a timely way.

Put this address in your browser to find your way there: [www.facebook.com/warbybushwalkers](http://www.facebook.com/warbybushwalkers)



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## Committee Nomination Form

I hereby nominate \_\_\_\_\_

for the position of \_\_\_\_\_

on the 2016--17 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