



**WARBY RANGE  
BUSHWALKERS Inc.**

**FUN . FITNESS . FRIENDSHIP**

## NEWSLETTER 1, January 2020

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

Welcome to the first newsletter of the 2020 Walking Year, and what a great year we have to look forward to. As well as a nicely varied Walks Program (already emailed) there are two 'not to be missed events' - a weekend at Falls Creek, and our annual week away, taking in the great coastal scenery of the Mornington Peninsula (more information on this great trip can be found on our website; the registration form is on Page 10 of this Newsletter).

Walks co-ordinator for the week away, Robert Chard, posted this info,

"I am thrilled to be preparing the Club's Mornington Peninsula walks for our week away. Walkers of all abilities will enjoy the spectacular walking trails, views of peaceful bays, wild ocean coastlines, tranquil bush and local history. Being a coastal region, the elevation of most walks is easy to moderate, usually distance of the trail determines track grading.



The fourteen-kilometre Sorrento Ocean Beach to Bridgewater Bay walk, as well as the Bushrangers Bay to Fingal Beach track, are on the walk's program. Both walks offer spectacular cliff top views of the coastline, rock platforms, small bays and birdlife.

Walkers will also enjoy the hilly terrain around Red Hill and Arthur's Seat National Park with views of rural properties, majestic old pine trees, wetlands, wildflowers and wildlife. All walkers will have the opportunity to undertake a section, or the entire challenging twenty-six kilometres, Two Bays Walking Track, the longest continuous walking track on the Mornington Peninsula from Dromana on the Port Phillip Bay to Cape Schanck.

A twelve-kilometre circuit track around Port Nepean will be explored. On this circuit, walkers can read about Australia's military history, a historic quarantine station, and Harold Holt Memorial while enjoying the stunning views of coastal vegetation, and bay views, of Port Phillip Bay and Bass Strait."

### Christmas BBQ

This year's Christmas BBQ will be held on December 13, starting at 6.30pm, at the Murrumgee-Bowmans Hall, accessible by turning off the Great Alpine Road (or Buckland Gap Road) onto the Murrumgee-Bowmans Road.

Specifically, from Wangaratta, take the Great Alpine Road, and drive 31 km to the Bowman-Whorouly intersection, then turn left onto Bowman's Rd (signposted Bowman-Murrumgee Hall).

BYO drinks and meat for a BBQ. Crockery, cutlery and chairs are provided. Please contact Jeanette, 0417 546 974, to book in; bring either a salad or sweet to share. BYO BBQ.

### Daylesford Weekend : September 13-15

The club's motto might be fun, fitness and friendship, but it's more like fantabulous frivolities and foolishness. To the suggestion of what happens on a weekend walk stays on a weekend walk, I say read on.

Most of the group arrived during Friday afternoon. Passengers in our car took advantage of this, and visited some tourist attractions – the Chocolate Factory, Overwrought Garden Art Gallery and the Stony Creek Art Gallery. This art gallery offers a complimentary glass of bubbles as you peruse the arts works. Jeanette doesn't need to be asked twice. In fact, Jeanette will do almost anything for a glass of bubbles that I am going to change my name to Michael Bubbles. Not to be confused with the crooner Michael Bubl .

Accommodation for the majority of walkers was at the Daylesford Holiday Park. Jenny's alternative choice however, had a number of group members intrigued. From my understanding it may have been somewhere between an animal barn, and how your great, great, great grandparents lived in the 1800's.



There was one major incident during the weekend. Apparently, Adrian was having some trouble operating the holiday park's automated gate entrance. An unknown vehicle approached from behind and drove up uncomfortably close to Adrian's car, and then blasted their car horn. Well Adrian got out of his car, more flustered than ever and a deep shade of burnt purple. Helen too got out of their car, rather red faced – fire engine red.

Both were determined to give this inconsiderate driver a piece of their minds only to find that it was fellow Warby Walker and general all round sh\*t stirrer, Bob. This event is now known as the "Daylesford Boom-Gate incident of 2019".

The main walk of the weekend, Saturday's Lost Children's Walk retraces what is believed to be the fateful steps of three young children in 1867. Aged only 4, 5 & 6 they perished in the surrounding bush. The walk begins at a commemorative reserve for the children near the Mill Market.

The first few hundred metres is along a town road, but then quickly descends to the start of the bush track. This first section, also part of the Great Dividing Trail, is in the Hepburn Regional Park. This area was once home to active goldfields, and remnants of gold mines, water races and tramways can still be seen today.



Most of the park supports a fairly open box, peppermint and stringybark eucalypt forest. The damper southern areas carry a taller forest of Messmate, Candlebarks and Manna gums (thankyou Parknotes). The main creek we were following was the Sailors Creek. The surrounding bush has wattle, and there was the early arrival of a couple of native spring wildflowers for those who were looking closely enough. Several Crimson Rosellas were amongst the variety of birds observed.

Today's weather could not be more perfect for walking, and the group proceeded on towards Sailors Falls, which was a last-minute inclusion from the briefing the night before. A fact-check from Ann B – apparently at this briefing I mentioned there were bridges (plural) for the creek crossings. This ended up being incorrect. So, our walk had several minor, I repeat, minor, water crossings to be navigated. One of which Irene involuntarily tested the aquatic features of with?? her socks and shoes.

Picturesque Sailors Falls was a deserving spot for lunch, with picnic tables, shelters and toilets. Previous rainfall had been enough to permit a suitable amount of water cascading over the edge to a drop of about 20m. This was the exit point for Jenny, who had completed a pleasant 8km section of the walk.

After safely crossing the road, we proceeded along a lane, which led us to the 70,000-hectare Wombat State Forest for the second half of this walk. The forest was heavily logged during the mid 1800's gold rush period, and in 1871 it was established as a state forest.



There were a number of steep sections, that were most unexpected. Everything looks nice and easy on a map with no contours! Fortunately, a family size pack of juicy snakes were more than enough encouragement for the two steepest sections.

Up till this point our trail in the Wombat State Forest was on vehicle tracks, many which had been turned into deep ruts from tyres during obvious muddy conditions. The final section, a slight descent towards the cars, was along a serene bush trail, which was a most fitting conclusion to today's walk. A final offering of another snake for everyone not getting lost was appreciated before returning by our cars. The distance for the day was approximately 16.5kms.

Sunday's morning walks began from Lake Daylesford, with walkers choosing the Tipperary Walk. Adrian was quick with his grandpa joke of 'it's a long way to Tipperary'. In fact, it would be about 7km return. Rainfall during the night made the track muddy and slippery in places, and sure footing was the order of the morning. The trail following alongside Wombat Creek was a delightful experience, and some great views were presented.

Our return to Lake Daylesford was on the other side of the creek over a sturdy bridge, which suitably impressed Ann B.

We approached the lake near lunchtime, and group members made individual plans. Some chose a walk around the lake, and we could see Glenda, Cheryl and Irene on the far side of the lake taking their lunch break. One would assume with bubbles in hand. My group chose lunch near the boathouse, where we could watch who would prevail over lunch crumbs between the ducks, coots and moorhens.

During the weekend, sampling the water from numerous mineral springs was given several descriptions, from pleasant to palatable to putrid. Personally, I prefer mine with a dash of lemon & lime juice.

The final walking destination was some 40 minutes away at Hanging Rock – a walk that is less than 2kms, but for some mysterious reason it takes well over an hour. Even arriving at Hanging Rock from Daylesford proved baffling for some as Trevor and Anne took the more scenic route as directed by their GPS. Love technology.

There were now eight of us who began our adventure in the café while waiting for a passing shower. A leisurely stroll along a sealed walking track enabled good views of the former volcano. It is located 718m above sea level, but a little over 100m above the surrounding plain. The estimated age is 6.25 million years, and its mountain type are known as Mamelon (thanks Wikipedia).



Whilst at the summit of Hanging Rock assembling everyone for a group photo was impossible. When I thought I had everyone assembled someone would disappear. First it was “Where’s Brigitte?” I would locate her and then Greg was gone? Anne T was just here a moment ago. Trevor? Jeanette? Damn. Marita, where are you? Marita? MARITAAAAAA?

Trevor was the most adventurous of the group, scaling a large and slightly dangerous rock, and standing high and mighty upon it after his conquest. I couldn’t hear well enough to tell if he was shouting, “I’m king of the world” or “I must have rocks in my head”. Our descent was via “the stairs” which enables you to pass under the “hanging rock”. We were fortunate to get down, and on our way home before the more heavily forecast rain.

Someone in the group pointed out that the weekend walks had a general uniting theme – The Lost Children’s Walk, followed by Hanging Rock and the mayhem of the Mill Market. Yes, this was not a weekend for the “geographically challenged” or as the Welsh say “wedi’i herio’n ddaearyddol”. And we know that being geographically challenged in Wales is the least of their worries. Have you seen their language? When they play the game of letters and numbers it goes something like this. “I’ll have eight consonants please, and give us a vowel for a bit of fun, although I won’t be using it”.

Thanks to everyone who participated on the first of my weekend walks.

Michael Braendler (arweinydd teithiau cerdded)

## Federation Walk 2019 and 2020

As mentioned in the October-December Newsletter, Bushwalking Victoria was originally established as the Federation of Victorian Bushwalking Clubs at a meeting on 15 May 1934.

To foster good fellowship among the eight inaugural member clubs, the first Federation Walk was organised by the Melbourne Amateur Walking and Touring Club, and held on 6 October 1935.

The tradition continues, and this year’s Federation Walk was held at Lorne on the Great Ocean Road, from where Marita posted this report.

“The Federation walks were held on Saturday 19 and Sunday 20 Oct this year. They were hosted by Geelong Bushwalking Club, with the walks manly being around the area of Lorne.

There were three of us from Warby Walkers who went to this, Ann Brain, Lesley Finedon and myself.

There were 24 different walks to chose from, ranging from easy – hard. Some were along the coasts, while others were going inland.

There were about 340 walkers on the weekend, with between 15-20 people on each walk. The starting time for the walks were staggered, which made it flow very well.

On Saturday evening there was a dinner organized at the Cumberland Resort, 240 people attended this, a bit of a noisy gathering of course. The three of us shared a cabin at the Caravan park on Lorne Foreshore. This worked well, close to all the places we needed to be at.

The walks were very much run the way we do it in our club. I enjoyed meeting the other people on the walk, finding out where they came from, and what their clubs were doing. I found the people to be friendly and happy to socialize, which I think is an important part.

We learned that The Federation Walks for 2020 will be held in Licola, Gippsland, to be on November 13-16.”

## Friends Loop etc : September 24

Twenty happy walkers (including four staff members from the Wangaratta Visitor Information Centre) set out from Wenhams Camp for this nice, moderate rated, adventure of about 12km.

The weather was sunny, with some increasing cloud cover, the max temp being about 15C.

We walked north from Wenhams picnic area, where we took a mountain bike track off to the west, to meet up with Friends Track



3.6km later. Here, we found a very scenic creek-side location for morning tea, and then continued our route along Friends Track (and alongside the rocky, wattle studded, creek).

We then took the detour to Kwat Kwat Lookout (excellent views), and then moved on to the intersection of Friends Track and Alpine Views Track.

This (Alpine Views Track) provided us with a long loop to the south, with great views of the not too distant high country.

A very scenic lunch was enjoyed on this section, and we then staggered back to Wenhams via Mount Warby having enjoyed a very interesting, albeit tiring, walk.

The wildflowers, and flowering shrubs, had put on a great show for us, and this was the perfect walk venue.



Many Thanks to Glenda for helping to sort out an unusual sign-in procedure; to Adrian for giving an update on the effects of climate change on the Warby Ranges, and a brief history of the National Park; to Pat, Michael and Kelvin for being tail-end-charlie, and to Pat, for those delicious macadamia biscuits. [Chris]

### Annual General Meeting, 2017

Our ANNUAL DINNER and AGM will be held at the historic Vine Hotel on Monday, March 23rd, and everyone (including family and friends) is welcome to attend.

Some committee positions will become vacant at the AGM, and 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.

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.

### Weone mine site, Stanley Forest : September 29

On a fantastic day of sunshine, with a chilly breeze at times, 17 walkers, including two casuals from Wodonga, joined this walk of about 11k.

We started at the intersection of Buckland Gap Road and Lady Newton Drive, and after a few hill climbs, we were rewarded with fantastic views from the lookout, where we had morning tea.

Continuing onto Burgoigee Road, and then Flagstaff Road, we had lunch under the shady trees at the intersection with Murmungee Track. We could see the descent ahead, the challenging part of the walk.

Taking care with footing, and equipped with walking poles, the challenging two kilometre descent, which was quite steep in parts, was completed.



We were rewarded at the base of the descent, where Lyn spotted the remaining ruins of the Weone Mine, there has been plenty of dirt dug over here in years gone by.

A mishap negotiating the fallen logs beside the track had one walker suffer a bump to their shin, which resulted in a large lump thereon, followed by attendance by our nursing walkers.

A short trek down the beautiful Ellen Lane, with its large grand old trees, brought us to afternoon tea beside the Buckland Gap Road.

[Jeanette]

### Stringybark Creek, Toombullup State Forest :

#### October 12

We had a wet start to a fine day with 17 participants on this walk, led by local identity Adrian who has a passion for history and, thankfully for our group, likes to share it with us.

After meeting Adrian outside the Greta Cemetery, we had a quick look at the Kelly graves before heading off to Stringybark Creek to begin our walk.



We started with morning tea, before beginning the 9k loop walk from Stringybark Creek Camping Area. This took us to the historic

grave of Emma Heller (1889) before we trekked along an old, and now overgrown, road to the site of the Kelly Camp, located beside the former Bullock, now Kelly Creek. The Kelly's had a hut at this location and a still; years later a timber mill was located on this site.

This was followed by a trek off-track through the bush before reaching a gravel road. However, before we found the road a number of leaches had found us, as we made our way through the bush. Some of us were feasted upon, and others found the leaches before they could be. Several birds were also out and about through our walk.



After reaching the road we found a number of fallen logs suitable for a lunch break before continuing on our way.

Upon reaching the Historic Reserve, Adrian pointed out the various features identified from the historic photographic records to show us the police camp site, and the tree where one of the police lay slain, together with information and description of the location, and events from records of that time.

We also wandered about, checking out the new storyboards and features of this historic precinct, before returning to the camping area for Pat's afternoon tea. [Jeanette]

### Upper Murray weekend : October 25-27

This very enjoyable weekend started off with base camp being set up at the Tallangatta caravan park on Friday afternoon. After some enjoyable yarning on a balmy evening, we headed to the tents, ready for a leisurely start on the High Country Rail Trail the next morning.

There was a quick foray to the town centre for newspapers, coffee and donuts, and the eight of us then headed off for Shelley Railway Station at about 9.30am, dropping off a shuttle car near the Koetong Hotel.

The weather forecast wasn't the best, and all of the predictions came true, but we headed off from the Station in high spirits, and we were soon amongst the fern glades and trestle bridges for our 14km walk.

Once at the Murray Valley Highway, we recovered the cars from the start, then completed a five kilometre walk (2.5km each way) to the historic Darbyshire bridge.

This was where all those weather predictions came true; we had already seen some drizzle, and some gusty winds, but now the sky went from blue to grey to black, and we were battered by horizontal hail, and intimidated by distant thunder and lightning.



There was talk of making a u-turn back to the cars, but after seeking shelter under the remains of a trestle bridge (where else!) we finally made it to the Darbyshire bridge, and then back to the cars.

Saturday night was spent reminiscing about trestle bridges (all six of them) and enjoying a great meal at the Tallangatta Hotel.

On Sunday morning (which was brilliantly sunny) we were joined by Lynn from Beechworth, and set off for the former gold mining township of Granya.

Once at the nearby Cottontree Creek picnic/camping area (250m), we set off on the 5.2km walk to Mount Granya (840m). The early parts of the walk lead past the historic scout hut (1937) and then past the rocky Granya Falls.

Expectedly, the Falls were almost dry, and from here it was a relentless climb to a 'plateau', and then on to the final climb (the last 1.8km) to the summit of Mount Granya.

Great views, and lunch, were enjoyed at the summit and, after a relentless descent, we were all back at Cottontree Creek at 3.30pm.



Many bird calls were heard throughout the walk, and two lyre-birds were spotted on the descent.

Highlights of the weekend were great friendship; a sky that went blue – grey – black; Sandi's new tent; horizontal hail; six trestle bridges, a great meal at the Tallangatta Hotel; great views from Mount Granya, and the donuts from Teddy's Café in Tallangatta.

[Chris]

PS. For the cyclists among us, the High Country Rail Trail now runs

all the way from Shelley Railway Station to Tallangatta, and then through to Ebden. The 'missing link' was officially opened on October 13 – see [highcountryrailtrail.org.au](http://highcountryrailtrail.org.au) and/or [tallangatta-sc.vic.edu.au/tallangatta-herald](http://tallangatta-sc.vic.edu.au/tallangatta-herald) for more details.

### Bush Huts Calendar

Aussie Calendars has produced a very pleasing calendar for 2020 entitled "Huts of Australia 2020", and the huts featured include Ritchies, Cooleman, Mount Delusion and Mount Field, providing coverage of New South Wales, Victoria and Tasmania.

The calendar sells for \$8.95 and I bought my copy from Edgars News in Murphy Street, Wangaratta. [Chris]

### MELBOURNE CUP DAY CAPER, KALUNA ISLAND

Twenty starters formed at the Merriwa Park starting gates for this year's event. Track dry and fast. Weather warm. There were two late scratchings, both bolters so there would be no pace on early. Onto Kaluna Island and the field was already strung out. All gathered to admire the huge red gums that dominated this part of the course. Cockies screeched their support as passed. Two year old Mitchell, in the care of grandparents Kerry and Paul, gave the field its youngest average age for years!



The field swung by Major Mitchell's tree and paused near Yogi for sustenance. Still there was no pace and the race belonged to anybody. But the clatter of natter and happy chatter could be heard constantly. On the home straight into Merriwa, Geoff showed us a clean pair of heels.

Time for the judging of Fashions On The Hats. Pat, as usual, was a stunning performer. Judy was dashing in black trim; Jeanette added a certain outdoorsy theme and Rod's hat lacked the sophistication of the others. Colin was the steward, with a win to Judy. She accepted the prize. Special note should be made of Andy's hat – while it lacked some preparation, the presentation was creative.

Food eaten, horses drawn and cup cakes baked by Karen and Jeanette allocated, we were ready and waiting, we turned the radio on. There was a buzz, then a hush. They were off. Horses in the call were cheered, jeered and cajoled. Our winner was Peter Brain, who undertook to take the winner's cup home for the second year (Anne won it last year). More importantly, he promised champagne, at his expense for next year's event.

Another cheerful, happy event for the Warby Walkers. Our smiles were good enough to stop a nation. [Rod]



### Tawonga Gap to Freeburgh : November 9th

On an overcast, cold and windy day, eight of the toughest club members headed off for this medium to hard 18km trek in the Upper Kiewa/Ovens Valley.

The first seven kilometres involved walking on a ridge top 4WD track through mountain ash forests on the west side of the Kiewa Valley.

Setting off, we walked in a southerly direction from an altitude of 890m, then we trudged up and down hill tops, with the maximum height of 1130m being reached.

The second section (of four kilometres) was from where we turned east onto the Simmond's Gap Track. This was undulating, or mainly downhill, also on 4WD tracks, and we passed a mountain ash tree that is reputed to be the largest tree by height in North East Victoria.

Lunch was held above Simmond's Gap, before the actual steep descent to the Gap. We could see glimpses of Mt Bogong, Mt Fainter, Big Hill and Mt Feathertop, and the recent snow on these peaks, but a heavy cloud cover prevented clear views of the summits.



The last seven kilometres was all downhill on the 4WD Dungey Creek Track to the junction with Big Flat Track, where we had a car waiting for us in the Snowy Creek Valley, six kilometres from the Freeburgh Bridge over the Ovens River. [Bob]

### Gapsted Winery : November 24

On a sunny and warm Sunday on November 24th twenty-seven Warby Range Bushwalkers joined for the walk commencing and finishing at Gapsted Winery. It was not surprising to have such a

decent turnout, as the walkers have established themselves as connoisseurs of all things white and red, particularly when in liquid form.

Today's walk had several possibilities. The major walk would be almost 12km with an ascent of 400m gained. There was the newly established "easy as" category, which merely entailed opening the car door and bolting immediately for the cellar door. The group, however, choose to participate in something a little more challenging and savour the cellar door delights on completion.



Rarer than a Dusky Woodswallow or Black-faced Cuckooshrike was the welcome return of club walkers Guy & Robyn.

This walk also welcomed new walkers in Sara, Leonie and Toni. Most of whom would still be speaking to me by the end of the walk.

The walk begins from the car park back towards the road where we commence along the rail trail. After several hundred metres we reach the turnoff for the Gapsted Track.

At this point there is the option to follow the track back towards the winery for about a 4km walk. Although no-one chose this option at this point, there were some that later wished they had.

Continuing towards Myrtleford along the track and you begin to climb up into the forest. If we were walking in the European Alps somewhere, we would be gazing down upon some crystal-clear lakes. The view of Myrtleford's effluent ponds does not quite have the same appeal.

Gapsted Track meets West End Track at a junction where morning tea was proposed. However a tumble from one of the walkers necessitated an earlier stop while some repairs were carried out.

Fortunately for our club we have our fair share of Florence Nightingales who shifted into action. This minor mishap led the person involved to decide not to continue, and they returned with another walker.

Before long the West End Track was reached. The major ascent of the walk now began. My short-term memory has obviously gone. Having only done this walk in the past two months, I seemed not to recall the number of short steep sections of this track. We passed the aptly named Christmas Gift Track on our right, which would be well worth another visit on Dec 25th.

This section of the West End track which meets the Link track was particularly challenging with the warm weather. Frequent stops



were necessary to catch one's breath and consume the obligatory Allens snakes.

Another group of three walkers along this part of the track decided to turn back. The distance they would cover by turning back would be about the same length of the walk had they been able to continue. When challenged on a walk it is sometimes remiss not to stop, take a breath and admire your surroundings. Through the trees there were some wonderful views of the Ovens Valley, Mount Buffalo and alps in the distance.

Upon arriving at the Link track junction a lengthy lunch stop was enjoyed by all. The descent from this point had a significant purpose as there was an animal track to the left which would reduce the walk by some two kilometres. I have never seen so many would be detectives look and search for this track to save some walking. In the end it was rather easy to spot and apart from five walkers, most chose this option.

The remaining few walkers continued along the Link track which soon met up with the Gapsted Track again. This small group made good time and caught the last of the animal track walkers converging back onto the Gapsted track.

Back at the winery for a well-earned rest and I doubt very much that Gapsted Winery has catered before for so much royalty. Today we had in attendance Glenda (Countess of Chardonnay), Jeanette (Princess of Prosecco) and June (Marchioness of Moscato) along with Andy (the court jester). The group forewent Pat's afternoon tea.



I am not sure that this has ever happened in club history, so there may be consequences. In its place was the sipping of wine, iced coffees, iced chocolates and tales galore. [Michael ]

### Email problems . . .

If you know of anyone who has not been receiving the emailed Newsletter, or the Walks Program, please call me on 0418 503 802, but check the spam/trash/junk folder first. [Editor]

### Germantown Streamside Reserve

Next time you take the Great Alpine Road to the high country, you might want to take a short walk at the former mining settlement of Germantown, not far out of Bright.



To access this nice riverside ramble, you need to swing off the GAR at Germantown (that is, take the signposted road towards Mount Beauty).

Immediately after crossing the bridge (over the Ovens River) carefully swing right onto a small cleared area with a sign board.

This provides a sketch map of the Germantown Streamside Walk, a meandering five kilometre loop that takes about 90 minutes to complete.

The walk is marked out with red triangles, and these need to be carefully followed all the way to the Stony Creek picnic area.

The walking track (which is quite narrow in places) crosses several river access tracks, and at some of these crossings the walking track makes a dog-leg, so you need to crane your neck to spot the next sequence of red triangles.

Once at the picnic area, you need to carefully cross over the bridge (over the Ovens River) and pick up the continuation of the walk on the other bank. This now leads back downstream to the starting point.

Whilst on this walk, you will have encountered several relics from the gold mining era, including water races, and mullock heaps, the legacy of the sluicing for gold days.

See [friendsofgermantown.wixsite.com/friendsof-gsreserve](http://friendsofgermantown.wixsite.com/friendsof-gsreserve) for more details. [Chris]

### Cowombat Flat : January 2020

Mick Webster, from Murray Valley Bushwalkers, is looking for interest from bushwalkers in the North-east who would like to take part in a 4-5 day high country adventure on January 8-12th 2020. The chosen venue is Cowombat Flat (the source of the Murray River) and involves carrying a full pack on Day 1 (to set up

a base camp) and on the last day to walk out again. The walk has an overall rating of AWTGS 4. Contact Mick on 0429 017 229, or via [websterm@netc.net.au](mailto:websterm@netc.net.au)

### Walking Wangaratta

Walking Wangaratta is an initiative of Sport North-east and The Centre; their mantra and details are -

*Make a move this summer by joining our social walking group. Get active while meeting like minded people. Prams, pets and people of all ages are welcome to join.*

Mondays at 7am – Leaving from Apex Park—see the poster later on in this newsletter.

Walks are being lead by members of our club (that is, the Warby Range Bushwalkers) and are proving to be a popular event.

### Map My Walk

Map My Walk is one of several fitness/training apps that can be downloaded onto a smartphone, and provides an ongoing trace of the route you are walking, as well as an estimate of the distance walked. Several club members use this app, and have found it to be useful in terms of the mapping, and the GPS data.

En route, the app provides data such as energy burnt, steps taken, your pace (km/hr etc) as well as an optional verbal summary at key points in your walk. The download is about 45mb, quite modest in the modern era.

### Tasmanian Root Rot

Some Tasmanian plant species are believed to be declining as a result of Phytophthora (also known as root rot), a disease that bushwalkers can carry to new areas via soil on vehicles, footwear or trekking poles.

In many areas of Tasmania (for example, The Three Capes Walk) boot cleaning stations have been set up, as well as the enforcement of one-way walking networks to reduce the risk of the spread of this disease.

So, if you are walking any where with this problem (for example, in parts of our Warby Ranges) it is essential to obey the signage, and, where appropriate, clean your boots and poles.







**THIS  
GIRL  
CAN**

## Walking Wangaratta

**Mondays at 7am - Leaving from Apex Park**

Make a move this summer by joining our social walking group. Get active while meeting like minded people. Prams, pets and people of all ages are welcome to join.





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## Registration Form : 2020 Week Away - Sunday 19th April - Saturday 25th April

### Mornington Peninsula

Name: .....

Address: .....

Phone: ..... Mobile: .....

Email: .....@.....

Emergency contact: ..... Relationship: .....

Phone number: .....

Please tick any special **dietary requirements**, or relevant health issues:

- Vegetarian  Gluten Free
- No red meat  No chicken
- No fish  Other .....
- Allergies .....

Indicate your **room preference**:

Room type Room Buddy/s

Singles Couple

All attempts will be made for your preference, as much as possible.

**To register:** Send completed and signed this Registration Form by 29 September 2019.

o To: c/o Cheryl Hoysted, 1 Scott Street, Wangaratta 3677 0419 005 062; or E-mail to: [choysted@gmail.com](mailto:choysted@gmail.com)

• Pay deposit of \$150 per person

o Payment to be made by Direct Credit:

o BSB 633 000 Account No: 110647799 Ref: W-A + Your name

• The balance of \$250 will be required by 28 Feb 2020.

### Acknowledgement of Risks and Obligations of Members

During the week away to minimise risks I will endeavour to ensure that:

1. Each activity is within my capabilities
2. I am carrying food, water and equipment appropriate for the walks/activities.

In addition:

1. I will advise the activity leader if I am taking any medication or have any physical or other limitation that might affect my participation in the walk/activity
2. I will make every effort to remain with the rest of the party during the walk/ activity
3. I will advise the leader of any concerns I am having, and
4. I will comply with all reasonable instructions of club officers and/or the walk/activity leader.

Signature ..... Date...../...../ 2019