



Winter edition

Volume No 5, June 2014

Bushwalk.com Magazine
An electronic magazine for
<http://bushwalk.com>
Volume 5, June 2014

"We would like to start by acknowledging the Traditional Owners of this vast land on which we explore. We would like to pay my respects to their Elders, past and present and thank them for their stewardship of this great south land."

Cover picture



Camping during winter hiking in
Carpathian mountains
by My Good Images

Editor
Matt McClelland
matt@bushwalk.com

Design manager
Eva Gomišček
eva@wildwalks.com

Sub-editor
Stephen Lake
Melbourne

Please send any articles, sug-
gestions or advertising enquires
to the editor.

Warning

Like all outdoor pursuits, the activities described in this publication are dangerous. Undertaking them may result in loss, serious injury or death. The information in this publication is without any warranty on accuracy or completeness. There may be significant omissions and errors. People who are interested in walking in the areas concerned should make their own enquiries, and not rely fully on the information in this publication.

The publisher, editor, authors or any other entity or person will not be held responsible for any loss, injury, claim or liability of any kind resulting from people using information in this publication.

Please consider joining a walking club or undertaking formal training in other ways to ensure you are well prepared for any activities you are planning. Please report any errors or omissions to the editor or in the forum at BWA eMag.

4

Letter from
the Editor

5

Winter
Snowy
prose

6

Two Weeks in Fiordland
Tips on trip planning

12

Guthega River Snowshoe
Tracknotes

14

Wilderness Pty Ltd
2053-54 AGM minutes

18

Get to know a club
Sydney Bush Walkers

23

Two videos worth watching
The best of Youtube

24

Snowshoeing
[Tips to get started](#)

30

Photo gallery
[Celebrating winter
across this vast land](#)

48

Gear freak
[Winter shelter](#)

52

First Aid
[Hypothermia
in the field](#)

55

Magazines
[Check out what's inside](#)

56

**Using a smart phone as
you bushwalking GPS**

58

Snow slush drinks

60

In the news

61

Upcoming Events

FROM THE EDITOR

Hi All

Well we are up to the 5th edition - how time flies when you are having fun.

It has been a few months of mixed news across the country.

Following the Federal Government request to delist 74,000 hectares of world Heritage Tasmanian forest - We heard the draft decision from the IUCN rejecting the government's submission saying it contains "no detailed justifications or explanations" and only "simple statements". The report also said that only 10 per cent of the area in question had previously been logged and that if the boundaries were reduced, important Aboriginal heritage could be excluded. This seems to be a big win in the campaign to protect this area - time will tell.

We have also seen the proposed federal budget cause a lot of debate across the country. Along with the debate on social safety net funding the proposed budget also scraps several environmental agencies including Australian Renewable Energy Agency (ARENA) and Landcare.

The NSW Government has announced the Great Walks program for the state. They have committed several million dollars to improve Sydney Harbour and Royal NP coastal tracks. I had the pleasure of meeting with some senior people at NPWS to discuss the program. Overall it sounds like

a good program with some committed staff. Many people have raised fair concerns about the risk of potential development of wilderness areas, these conversations should continue as the program is developed. With more work NSW could become a much more popular walking destination and help lift the focus on bushwalking across Australia.


This winter edition of Bushwalk Australia focuses mostly on alpine walking in the colder months. Snowshoeing is a great way to bushwalk in alpine areas. It requires less technical skill than backcountry skiing and still gives you access to those winter wonderlands. I was spoiled to first try snowshoeing in Canada and have since spend some fun times wandering around the Snowies in winter. What a great way to enjoy the snow.

As we are finishing this emag there is a story today of [two people who self-rescued after been lost overnight near Thredbo](#). A great reminder to always be prepared for an unexpected night out and the value of carrying a PLB.

I hope you enjoy this edition and that you have some great winter walking adventures.

Stay safe and happy walking.

Matt :)

 www.bushwalk.com

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.

WINTER

Stephen Lake

From a night ski many years ago.

Into the white and blackened night
In down and wool to stop the cold
With skis that bend as tracks unfold
From summits bare to valleys where
Long shadows play to hide the way
And screen the drops from searching eyes,
Until a scream of quick surprise,
As one drops in - the rest just grin.

Having raced the hill, we stand quite still,
And listen to the sounds of snow.
Can you catch it in the trees,
So close around us all?
The air does freeze.
Or in the creek, the water-ice,
With banks afrost with white and dust
From zephyr clouds of softened mist,
Formed as spray from skidding skis,
The spray caught gently on the breeze,
To swirl onto the creek, the trees,
And white on everything.

These people stand on icy skis,
They have a home, like you and me.
And in their neat and pretty home
They have a car, a fridge, a phone,
With all mod cons, to coin a phrase,
But in other homes, people raise
Barely a yawn at sun and storm.
Insulated, isolated,
From the weather and each other -
But here we're cold and close together.

Why leave the comfort of the town
To camp in snow in suits of down?
You ask me why in snow I play,
I look at you in your city cold
And I ask why you stay.

TWO WEEKS IN FIORDLAND

Graham Clark

In March 2014 , I spent two great weeks hiking (or tramping as the locals call it) in the Fiordland National Park in New Zealand's South Island.

The following are my impressions of this trip, and some details on the research and planning involved. It may be of assistance to anyone thinking of visiting the area.



Looking out from Key Summit, side trip from the start of the Routeburn track (day 4 on Caples/Greenstone/Routeburn tracks)

NZ's equivalent of our various state NPWS is the Dept of Conservation, DOC, and they are very proactive in developing and promoting walks and facilities for trampers. DOC maintains and manages an extensive network of huts, and the ones I visited were excellent.

I based myself in Queenstown and took two of DOC's "Great Walks", the Kepler Track (4 days/3 nights) and the Routeburn Track (3 days/2 nights). For the Routeburn I added in the Caples Track and part of the Greenstone Track, to extend the walk to 6 days/5 nights, including a rest day at McKellar Hut.

I researched weather conditions for the region on the excellent NZ Met Service website, and chose a period where the conditions could be expected to be relatively dry. Given the vagaries of NZ's weather I was very lucky.

I'm not going to write track notes, as there are plenty written already, and the DOC's website has links to very descriptive pdf brochures for all their walks, which will do far more justice to them than I can. However, I will provide a brief summary.

I elected to use the DOC huts for my walks, and not tent it at the campsites. Camping is cheaper, but the sites are not very conveniently located, and therefore do not allow as much time for sightseeing and enjoyment.

Kepler Track

This walk starts in Te Anau, and it is worth allocating a day just to spend in this very pretty and scenic town. There are plenty of accommodation and eating options. There is a DOC office where you can pick up your track tickets, open every day. There are multiple options for accessing Kepler Track, including taking a boat across Lake Te Anau to Brod Bay, a shuttle bus to the Control Gates where the track proper starts, or you can hike around the lake from the DOC office.

I chose to start and finish from the DOC office, walking anticlockwise, and found I had plenty of time. Total walk distance was 64 kilometres.

The walk itself is a mixture of lakeside flat

walking through mainly Beech forest to Brod Bay, where there is a campsite, with a climb from Brod Bay to Luxmore Hut, above tree line. Day two is a half day of alpine walking then a drop down to Iris Burn* Hut, which also has a campsite. Day three is flat riverside walking to Moturau Hut on Lake Manapouri. Day four is flat river and lakeside walking, once again through mainly Beech forest back to the start.

*Note: Burn is from the Gaelic word for water and seems to be locally adapted to mean stream, so IrisBurn is essentially Iris Creek or Iris River.

Caples/Greenstone Track

You can walk this track in either direction, it suited me to walk from the Greenstone Road end as I was based in Queenstown.

To walk the other direction requires access is from the Divide, (a transport drop off point on the Te Anau – Milford Sound road which provides access for Routeburn and Milford tracks) and this would be more suitable to being based in Te Anau.

Total walk distance for the combined 6 days on Caples, Greenstone and Routeburn tracks was 67km not including side trips.

Starting from the Greenstone end, day one is quite short, fairly flat walking in the Greenstone and Caples Valleys to Mid Caples Hut. When I was there this hut had only been open for three weeks after a rebuild, so as you can imagine it was very pleasant.

Day two was a long day, 22 kilometre from Mid Caples Hut, up the Caples Valley, then a long climb up to McKellar Saddle (excellent 360 degree views) followed by a long descent to the Greenstone Track junction. The day finishes with an easy walk alongside Lake McKellar to McKellar Hut.

Day three was a rest day. It was a frosty morning and the sun did not get over the mountains to melt the frost till 11:45 am! There are a two side trip options at McKellar Hut, one to a waterfall, and one to a summit with great views of the Greenstone Valley and beyond.

Day four morning involved returning to the Caples Track junction and continuing on Greenstone track to Howden Hut, which is one of the Great Walks huts for the Routeburn Track.

There's a side trip option to Key Summit, where once again you are rewarded with great views. I dropped my pack at Howden Hut, and took in the side trip; just take a snack, some water and a jacket as it can be cool on the summit. After returning to Howden Hut for lunch, the second half of the day is on the Routeburn Track.

The huts on the Caples/Greenstone tracks are what the DOC call basic huts. The only real difference between these huts and the huts on the Great Walks is that basic huts do not have gas cookers and solar lighting, and cost \$NZ15/night. Great Walks huts cost \$NZ54/night.



Morning Mist over unnamed lake day 4 of Kepler track

[Routeburn* Track](#)

(see note above for explanation of “burn”)

Day four afternoon, a steady climb from Howden Hut along a very well-formed track to Lake MacKenzie Hut for the night, which also has a campsite facility. The track passes many small streams and waterfalls, and the much bigger and quite attractive Earland Falls.

Day five has a steady climb out of Lake MacKenzie till above the tree line, giving stunning views of Hollyford Valley. This is followed by reasonably flat ridge walking to Harris Saddle for lunch. The Conical Hill side trip from here is a must for more stunning

views, then return to Harris saddle where track continues on to Routeburn Falls Hut following the course of the Route Burn.



Hanging Valley shelter, lunch spot on day 2 of Kepler track

Day six is the last day on the track, a bit sad!. The track is downhill from Routeburn Falls Hut to Routeburn Flats Hut and campground, and only about 1.5 hours walking, so I took the 10 minute side branch for a quick look at Routeburn Flats Hut and then continued along the Routeburn track to the track end at the Routeburn Shelter. Here I had pre-arranged for transport pickup for return to Queenstown. This was an easy day as I reached the shelter at noon.



Looking down the Greenstone Valley from Howden hut

[Pro's and Con's](#)

As already mentioned Great Walks huts are a bit expensive at \$54/night, but the Great Walks are clearly chosen for the spectacular scenery, and the tracks are of a very high standard.

The huts are very well equipped, with separate kitchen and bunk rooms. The kitchens have plenty of gas cookers, running cold water, plenty of wash basins, stainless steel-topped tables, and mainly bench seats. The huts have 50-60 bunks normally in two or more bunk rooms. Bunks have 10 cm thick covered foam mattresses, and generally four flush toilets. Solar lighting is provided in the kitchen area for two hours at night and two hours in the morning for early starts (during the walking season that also corresponds to daylight saving time, this is approx 8-10 in the evening, and 6 - 8 in the morning).



Low Cloud rolling down the Hollyford Valley

Huts are heavily booked, and when I was there, no spare bunks were available. Check in procedure is arrive at hut, select a bunk, roll out your sleeping bag, and record your name against the bunk number on the sheet in the kitchen area.

Basic huts are also well equipped, the main difference being no gas cookers or solar lighting, and generally only 24-30 bunks, with two flush toilets. These are not as heavily booked, and my experience was that only 6-8 people stay a night, but weekends could be a different matter if a tramping club goes through. The hut logs showed this to be a semi-regular occurrence.

All huts have a fireplace in the kitchen area, and all Great Walks huts and most of Basic huts have an on-site warden. They give a talk each night in the kitchen area, worth going to as there is lots of good information given out, and they will follow with collecting the hut tickets. The weather forecast is displayed

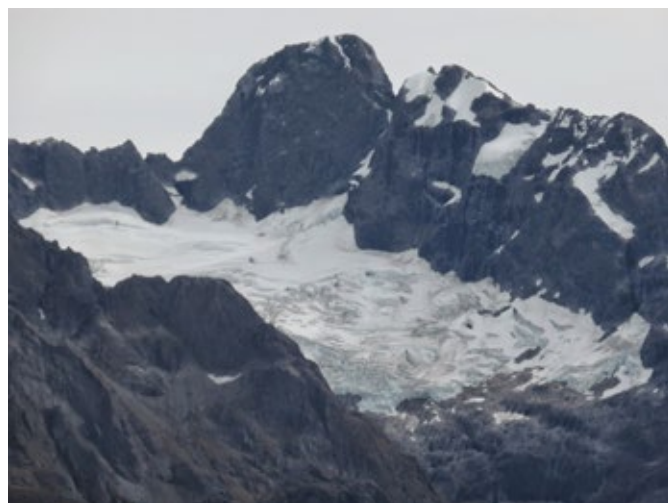
in the kitchen area and updated evening and morning.

Like all hut accommodation, bunk rooms can be noisy. Take earplugs, I forgot mine and suffered a couple of sleepless nights as a result.

Around half of the other hikers are European 20-30 years-of-age, so there is always plenty of discussion points and opportunity for knowledge sharing around the table in the evenings.

NZ sandflies are really ferocious, I used a Citronella essential oil as a deterrent and this worked well.

Apart from the start and finish points, there was no mobile phone reception on the walks I took. There was one point on day two of the Kepler Track just before the descent when you could see the town of Manapouri and coverage was available.



Glacier on Darren Range

Depending on your service provider, mobile phone roaming charges to Australia are expensive. Instead, buy up a local SIM and prepaid service at the airport. Telecom NZ and Skinny have really cheap call rates to Australian landline and mobile, and 500 Mb of data per month if you want to use your tablet.

Apparently to ensure you are up to date with the latest weather information, Great Walks hut tickets are only available 48 or more hours prior to leaving. If you cannot get to the DOC office in this time frame, inform them when you are there and they will let the huts wardens know, and provide a printed

copy of your booking reference, which will suffice for the hut check-in.

The Queenstown and Te Anau DOC offices have a full range of maps, track brochures, sandfly repellent, and lots of other resources, so it is worth visiting them.

The tracks I walked are quite popular. I don't think there was an hour went by that I did not encounter other hikers, so it adds a measure of safety for a solo hiker such as myself.

Before I went, AMSA advised that Australian registered PLBs work in NZ. If a PLB is activated AMSA will contact the registered emergency contact and the NZ emergency authorities.

Queenstown and Te Anau each have two supermarkets - First Choice and Four Square - with a comprehensive variety of hiking food, such as the Backcountry freeze dried range. This is generally a bit cheaper than the same item in Australia.

Transport to the track heads can be expensive, with the DOC website listing options, I used Buckley Transport and they were excellent.

Lakeview Holiday Park in Te Anau has lockers for hire for \$10/week. The lockers are quite large and will take additional luggage that you don't want to carry on your walk.

If, like me, you enjoy a pub meal after a few days of track food, there are many options in Queenstown and Te Anau, with prices always a little cheaper than the equivalent in Australia.

Queenstown is well serviced by Outdoor equipment stores, eg: Macpac, Kathmandu, Patagonia, and a number of independent stores (Small Planet is worth a look), so if you forget an important or essential piece of kit, there are plenty of options to cover this.

All NZ businesses I dealt with via email during the planning stages of my trip were very responsive and helpful.

NZ Customs and Quarantine are checking for the Didymo disease, so ensure that all equipment such as tents, gaiters, boots, shoes, trekking poles and all food items are readily available in your luggage, because they will be checked.



Looking down the Routeburn Valley, day 5

Weblinks

- DOC, a great place to start for all information on tracks, bookings etc
www.doc.govt.nz/

- NZ Met service, an excellent site with extensive information on weather conditions in the regions, and forecasts for specific points within the parks, e.g., Harris Saddle.
www.metservice.com/national/home

- Mobile service providers, I used Skinny for my trip.
www.skinny.co.nz/
www.telecom.co.nz/home/

- Trackhead Transport providers. I used Buckley transport and was more than happy with them. Tracknet also operate the Te Anau Lakeview Holiday Park.

Intercity run commercial services between Queenstown and Te Anau.

www.buckleytransport.co.nz/
www.tracknet.net/
www.intercity.co.nz

Conclusions

This area - and I would expect most of NZ - has stunning and spectacular scenery, a well-formed and developed network of tramping tracks, and the New Zealand businesses go out of their way to accommodate the needs of visiting hikers.

I thoroughly recommend, if you haven't already experienced this area, put it on your bucket list. You won't be disappointed. I plan to make an annual visit to this region in NZ as part of my hiking schedule. My plan for 2015 is the Rees/Dart Track and the Hollyford Track, anyone interested?

To give an idea on costing, I spent around \$2200 for my two weeks, which includes all food, both on track and off track, airfares, five nights B&B accommodation, hut fees, and track transport.



A bit about me

I am a 61-year-old retired male from Eltham, in metro Melbourne, Victoria. I mainly like overnight and multi-day hiking, I get enough day walks exercising our dog, a female blue Border Collie, and try to get away hiking every couple of months.

I started hiking a bit later in life, around 40ish, and my first overnights were in Queensland, Lamington National Park. I'm not a member of a bushwalking club, but am a member of Bushwalking Victoria, so generally you find me hiking solo on the more popular tracks for security reasons. I have walked extensively in the Victorian Alps, Tasmanian Central Highlands, Wilsons Prom, and The Otways.

GUTHEGA RIVER SNOWSHOE

Matt McClelland aka Wildwalks

This pleasant snowshoe walk starts from the car park at Guthega. You will wander down the gentle hill following a wide trail, then cross Guthega Dam wall. There are great views over the pondage as you continue along the snow covered trail past Guthega Shaft. The flat trail soon ends and the more challenging walking starts as you make your way along the side of Guthega River valley, gently leading down to the edge of the river. A little upstream is a small timber bridge. Do not walk on or anywhere near the ice on the pondage - the water level often changes and the ice will not hold your weight.

Grade	Hard
Time	1 hr 30 mins
Distance	3.3 km return
Ascent/descent	115 metres
Transport	No Public Transport Car: Drive and park near the Guthega Centre (just before the main resort). It is a 41 kilometre drive from Jindabyne. Drive along Kosciuszko Rd towards Perisher and turn right onto Guthega Rd after about 19 kilometre - this is a windy, icy and dirt road in places. Snowchains are needed in winter.
Fee	Park entry fee applies
GPS of start/end	-36.3775, 148.3759
See more on Wildwalks.com	

0 0.1 0.2 0.3 0.4 0.5 km

Return the way you came.

Guthega Shaft intersection

1.1 km Continue straight, walking along the flat track, keeping the Guthega Pondage below and to your left. Follow a management trail for about 200 metres, before the trail (and the flat walking) ends. Now stay above the pondage and follow the sloping hillside for another 200 metres, passing the occasional dead snow gum, until you come down to the flat section beside Guthega River. Here continue upstream, near the river for about 100 metres, where you'll find a small flat timber and metal bridge, where you'll cross Guthega River (near the old ski lift on the other side of the river).

Guthega Centre

0 km From the car park in front of the Guthega Centre (before the main resort), follow the road for a short distance east (out of town), then turn left and head down along the management trail towards the dam. Soon you'll pass a No Entry Authorised Vehicles Only sign and then head around the locked gate and down along the gravel road. Walk down the hill, enjoying the views of the dam wall, and soon you'll come to a large clearing, some information signs and a building just before the dam wall.

Guthega Pondage

0.7 km Guthega Dam collects the water from Blue Cow Creek, Guthega River and the Snowy River. The dam has been built to provide the water and pressure to drive the Guthega Power Station. The water is carried to the power station via the Guthega pressure tunnel (and pipeline). This dam is 33 metres high and 137 metres across at the top, and stores up to 1550 megalitres of water.

Southern end of Guthega Dam Wall

0.7 km Continue straight from the southern end of Guthega Dam wall, follow the concrete road across the top of the dam wall, keeping the main pondage to your left. On the other side, follow the management trail which, after about 100 metres, passes the Guthega Shaft (a building on the left). About 150 metres later, you'll come to a three-way intersection (where the main trail bends right to head up the hill).

Kosciuszko
National
Park

Guthega
Pondage

Guthega

Share the Snow

0 km Here are some tips to help you share the snow with skiers. Please avoid snowshoeing on ski trails, whether groomed or ungroomed - it is fine to walk right next to the ski trail. When crossing a ski trail, please do so in a single file and on a flat, more visible, section. These tips aim to minimise trail ruts and collisions. Visit Wilderness Sports for snowshoe hire.

Winter only route

0 km Follow an over-snow only route. During the warmer months, cross important and sensitive bogs that can be significantly damaged, even by light footed walkers. Please only walk this track when it is well covered with snow.

Guthega

0 km Guthega is a relatively small township, north of Perisher, and comprises mostly of hotel and lodge-style buildings. The most popular service in town is the Guthega Alpine Inn, open year round. The town is remote and access is by an all-weather dirt road. There are great views over the main range and the Guthega Pondage (part of the Snowy River Scheme). Guthega offers a great place to ski in winter, and to holiday in summer. In summer, there is plenty of walking, mountain biking, fishing and relaxing to be done. Walkers please note - there is no public water supply in the township, please fill water bottle before coming (or be willing treat and use the creek water).

WILDERNESS PTY LTD

A glimpse into the future

Stephen Lake

Good morning. Welcome to the Annual General Meeting of Wilderness Pty Ltd. My name is Robert Henderson, and I am the Chairman. I'm pleased to report that the year 2053-54 was an exceptional one.



As many of you are aware, the federal Development Party policy of full privatisation of Australian National Parks assets is now complete. Your company has 57% of the parks by area. We hope to acquire further parks, achieving better economies of scale. In a timely coincidence, it was good to farewell our last tree hugging employee last week, who retired once he was eligible for the pension at age 82.

During the year Wilderness finalised funding arrangements with Australian Corporate Finance (ACF) and Victorian Net Profit Amalgamated (VNPA). Details are in the annual report; suffice that funding is now very secure.

Tasmania has been the success story. With global warming making nearly all of Queensland and the Northern Territory uninhabitable, as well as the north of Western Australia and portions of many other places, there are now 14 million Australians in Tasmania, and many of them are going to the bush.

Our upgraded Overland Track Skyway (OLTS) provides a safe, fast and economical way to see a pristine wilderness. The regrowth on the old track is fantastic. Now that walking in the Cradle Mountain-Lake St Clair Business Park (CradClair Bippy) is banned, anyone who wants to see the park beyond the road-head has to use OLTS. The landmine fields keep out most of those who would venture into danger and keeps them safe. Hut ruins provide an interesting perspective of when people walked in bad weather with heavy loads. Many today cannot see how this is pleasure.

All you need do is pay the modest fee (currently \$1500 for adults, children under 12 for \$750), strap into the seat, and relax for a leisurely 42 minutes from Waldheim to Cynthia Bay, or northbound. Feedback indicates that people taking the tour love the fully enclosed perspex tube as a way of being close to nature. Unfortunately, two major side-trips, Cradle Mountain and Mount Ossa, were out of action for several weeks. It seems that native animals had got into the electricals. Remedial action was taken, and all animals are now dead. This will slightly affect sales of *Business Park cookbook* - a

guide to native wildlife, but not excessively so as there are many other Business Parks. The Drop Bear recipes have been taken up with relish.

The South Coast Track was a disappointment. The tunnel under the Ironbunds was far more expensive than anticipated, and will cause cashflow challenges for some time. Exit surveys show that the sharp turns at places like Cox Bight are popular, with the three minute stop at Melaleuca allowing ample time to take in this historic place. In due course it is hoped that all our tours can be linked. A preliminary study is being done on the Franklin River, which we now own, for improvement as a long-distance water slide. It is hoped to call this *The Wild Slide*, or TWS, with an alternative name *Wild The Franklin*, or WTF.

The Frenchmans Cap elevator service has been extended so that there is now Skyway access from the road. The change station and hotel at the base of Frenchmans are designed with some sensitivity for this wild and remote place; the consensus from our accountants is that 18 stories is optimal and appropriate for maximising profit. The fully enclosed summit restaurant required significant modifications, but is now working very well, with green paint making the steel blend in. The toilets now have fantastic views, and are so popular that there must be timers. Modifications means that there is no longer any danger from the electric shocks to the seats after three minutes, just enough to have people get up and leave. As a warning, just before the shock commences, a tune is played, Great balls of fire.

Our Climbing Remedial Division has spent a lot of time, effort and money repairing rock climbing routes which, due to being climbed too often, became too smooth to climb. As people spend so long in passive activities, it's unlikely that many of the classic grade 40-45 routes will ever be climbed again. On request, extra holds have been put on many routes. The civil suit when we accidentally made a grade 38 a grade 9 was settled out of court. Our standards were not met, and our actions are most sincerely regretted.

CRD also put enclosed escalators, ladders and steps in many places in the Warrumbungles, Morton and Blue Mountains Business Parks. The new restaurant on top of the Three Sisters is proving to be very popular. The zip line to the valley was designed with children in mind, but adults are also using it in great numbers. The model railway on top of The Castle in the Budawangs had a surge of customers when the helipad was finished. The dome over Mt Arapiles is nearly finished and will add a much-needed climate control to this hot location. Entry, camping, climbing and other fees will cover costs.

Consideration is being given to making Wilpena Pound a skate park, with an alternative use as a drag track. The basic shape is right, if on a huge scale. Preliminary planning is looking good, although the retractable roof is at the very edge of engineering. Once the roof is on, franchises will be available. I hope to have more information early next year.

The ski season was quite long. Over an incredible six days our snow machines produced a huge amount of snow, enough for an amazing three ski runs, Hannels, Cootapatamba and Summit. Crowding is again a problem. Limiting crowding is achieved by increasing the lift ticket prices. One would think that at \$6800 for a week there would not be many takers, but this is not the case. Concerns about turning the summit of Mount Kosciuszko into a ski resort have been muted. Mt Townsend has a very popular clay pigeon shooting range and mini-golf, with cable-car access from the summit of Kosciuszko. The number of people taking tours of the former ski resorts has increased. These old ruins slowly being encroached by nature tell a story of economic hardship, total writedown of shares. Plans are well underway for a gondola on Hannels Spur.

The Kosciuszko Business Park reported great numbers in all regions. It's now possible to approach Jagungal from Round Mountain and Guthega by an open Skyways. Speeds are less than on the enclosed model, as it has been found that birds are sometimes hit. The bird eradication program is nearly complete, adding greatly to the wilderness experience and customer comfort.

The Canyoning Division has been very busy. In response to dangers, we have been concreting all canyons so that people can see natural beauty in complete safety. As abseiling is now banned, canyoners must use our lifts and boats, with our guides. The return on equity for this division is 28%, far in excess of predictions.

The Technical Division has placed comms towers at strategic intervals in all our Business Parks. In line with Visual Landscape Systems, the towers cannot be seen from over 40 kilometre away. Reception is now possible from all places, although people on Skyways report that the signal drops out. This is due to moving rapidly between towers; the Division is working on this. We were going to rename the highest technical position Senior Head of Information Technology, but the initials jarred.

TD has a new project: natural fire. Due to fracking there has been an unprecedented amount of leaking of coal seam gas (CSG). With the CSG companies in liquidation and nearly all senior executives and boards in prison, your company made a successful bid for their assets. TD has captured CSG and at night the gas provides a spectacular display when lit. TD is also working on natural fountains by tapping high-pressure water pipes from dams. In some places TD has managed to combine the two so that the fountains are lit by CSG, a truly awesome natural sight.

The Safety Division has had a quiet year. As there are so many safety features built into our systems, there is not a lot that needs to be done. One new feature is to allow people to visit our Business Park at any time they like, provided that a booking is made at least four months in advance. This allows SD to assess the risks of that person, and, if necessary, halt their application.

I'm very saddened to report a fatality, Owen Hargraves a well-loved supervisor in the Climbing Remedial Division. He was on a climb at Mt Wellington, Tasmania, gluing new holds, when an anchor and the backup anchor gave way. His last words were "Why me?" as he fell 35 metre to an instant death. Our thoughts are with his family. A Trust Fund has been set up to cover the cost of

educating his children, which includes our core wilderness values and the importance of profit.

The Bungles apartments inside the Breadknife have a wait list of 16 months. Whilst demand is high, it was felt best to leave prices at the current rates. Having to wait gives a greater sense of achievement and more word-of-mouth recommendations.

One area of serious concern is that some people are going into our Business Parks with no permit and no booking. Whilst information is sketchy, it appears that they are switching off all mobile devices to avoid being tracked. It's a huge disappointment that they are actually walking on the ground carrying their own gear, and camping. I find this quite unbelievable and totally unsafe. How can they navigate without a GPS? This has not been done by most people for about 20 years. These intruders apparently have maps and magnetic compasses, increasingly collector's items, and walk away from the remains of the old tracks. This is quite weird, and is to be deplored. There are reports that these people actually communicate by talking to each other, and do not use comms. A good synapse pick-up set can send a signal far quicker than speech. It is believed that these people are also sharing tents. Words fail me. Using the Japanese whaling model, we are undertaking research by shooting them. It's for their own good.

If they seek a wilderness experience they only have to visit our museums. In areas of 40-65 square metre we have pictures and holographs of every creature and plant that was in the area concerned. Some museums have the full treatment, where visitors are given warm clothing and blizzard jackets. The doors are then locked and without warning the sprinklers are turned on, with a blast of cold air. A second exit then opens, which they take, only to be in a maze where the pictures are very close together, simulating scrub. They are released before anyone is

harmed. The joyous part is that once they have dried off and had a cup of tea, most are responsive to recommending their family and friends to attend. Why should they miss out?

Across the Tasman, we sponsored the Tasman Lake swimming and water carnival in January, to considerable acclaim. Older people will recall that this was once a glacier. As our profile grows in New Zealand it is anticipated that public favour will swing to our model. What could be better than a restaurant on top of Mt Cook? Geologists report that further erosion is unlikely, and that Mt Cook will still be the third highest mountain in New Zealand at 3208 metre. Over the last 25 years, avalanches have filled the valleys, allowing better roads to places like Tasman Saddle and Three Cones, truly wonderful.

On the financial side, our net profit after tax has increased to \$180.2 million, a jump of 12% on FY53. The return on equity is good, with increasing profit margins. Earnings per share are up, and gearing is modest. Dividends are up, to 3.6 cents per share.

A recent issue is that boat people from mainland Australia are being taken by people smugglers to Tasmania. We will decide who comes to this state and the circumstances in which they come. These people are being diverted to Fraser Island for processing and relocation to their place of origin, which is often in tropical or sub-tropical Australia. Some are being sent to New Zealand, which after the influx of 17 Pacific Island countries that are now underwater, is known as the land of the big, big crowd.

The outlook for FY55 is good. Capital expenditure is decreasing as the Business Parks become fully developed. This will lead to more customers returning, more funds for maintenance and higher dividends for shareholders. An update will be provided in February 2055.

Questions will now be taken from the floor.



INTRODUCING THE SYDNEY BUSH WALKERS

John Flint

I started recreational walking as an activity to balance the sedentary nature of my work in IT, sitting down at a computer all day. Walking for recreation was gradual, starting with lunch walks, then walking in local bushland. I live on the edge of Garigal National Park but had hardly explored it at all. This changed after an end of year resolution to get fully fit, and I went bush on most spare weekends.

A few months later my fitness had improved and I was looking to find new and more challenging places to go. I had done some bushwalking many years ago, but was no longer confident of going bushwalking longer distances by myself, and did not know where to go. Besides, it would be much more fun to meet like-minded people to learn from and enjoy their company. With this in mind I resolved to join a bushwalking club and set upon the task of finding one that suited my interests.



My first port of call was of course Google and then Bushwalking NSW (bushwalking.org.au) which most clubs in NSW are affiliated with.

The criteria for me on what type of club I wanted to join consisted of:

- An active club, so I have a good choice of activities every or at least most weekends. I am mainly interested in day walks but would like to go on the longer overnight trips occasionally.
- I wanted to mix with a wide range of people, and so hoped to find a club with varied ages, and definitely males and females. I could not see myself in a group consisting mainly of retirees or only young guns that would kill me in fitness or have interests way different from my own.
- A good range of activities, I was joining to do things I could not see myself getting up to on my own.
- Preferably well established and well run, so it's less likely for activities to die off.

[Sydney Bushwalking Club](#) seemed to meet all these criteria, so I went to the new member's information night, run at the Kirribilli Community Centre once a month (second Wednesday). This was a very informative evening and really helped me make up my mind to join on the spot. A wide range of past and typical walks was presented with a little bit of history, the gear required and some tales of recent walks including a few humorous asides, making me realise that fun was to be had as well as the hard walks.

The club has a system of "Prospective Membership" whereby anyone who joins becomes a prospective member when they pass three qualifying walks of above-average standard, including one overnight walk, they can then become a full club member. At first this seemed a little elitist but now it seems perfectly sensible: you really want to know that someone you may not have met before is at least at a certain level of fitness and has a good idea of what they are getting themselves in for. If this is not done, there's a risk that a totally mismatched walker can put a damper on it for everyone.

I started out going on easy walks, similar to what I had done myself, and soon I was ready to tackle a "Q walk". I booked onto what

sounded like a reasonably hard walk, but was certainly doable. The route was approximately Grand Canyon, down to Junction Rock then back up again to Govetts Leap with a return to Evans Head, 25 kilometre all up. It all sounded good - until the start of the walk. It was raining hard that morning but I did not want to pull out, lest I be seen as a lame Prospective. It seems that the others felt the same, as the walk attendance was full. So I would see how I would go on the Q walk with about half the group seasoned members and the others Prospectives like myself. The track was wet and muddy, the first creek crossing was on stepping stones; that was the last such crossing.

I thought I was smart in my Goretex shoes but as pointed out by someone with more experience, that turned out to be a folly once they filled up with water sloshing around like gumboots full of water after being fully immersed. The rain kept pouring down and the creek crossings got deeper and trickier. We were near the end of the canyon, just one crossing to go, it seemed to be doable and the leader had a handline available to assist. After some discussion the leader decided to turn back as although we could have got through this one, on the way out there were many crossings of Govetts Creek and if the rain kept up they may be impassable. Hence, crossings ahead may also have been impassible.

This was a good call as the rain continued, and on the way back a crossing that had been knee deep on the way down was thigh deep on the way out. Rather than end the walk at the top it was decided to do a circuit to Evans Head. This was pretty hard going as well as it was like walking in a creek the whole way. At the end I was a little relieved to have finished my first Q walk... or had I? It seems the leader had downgraded the walk, not enough distance or climbing to be a true Q walk he said. Wow, it was a tough walk so with the conditions but I guess I understood the reasoning.

The next SBW walk was my first to the Wild Dogs, another Q walk, mostly off track with some big up and downs. I fell in love with this area then and have been back many times. The leader knew the area like the back of his hand and did not need a map even with the off track sections. The name of each ridge and spur were pointed out as we travelled along.

Prospectives like me were encouraged to try our hand at navigation, using a map and compass, my first time. I was not perfect but was given some guidance and instruction on how to read the landscape and relate it back to the contours on the map.

To plan upcoming walks I looked though the club's program, which comes out quarterly, with some short notice walks also come out on a weekly email. One event that caught my eye was a extended trip to Japan around the Island of Kyushu. I had been to Japan a few times before but had never walked there. I emailed the leader mentioning that I was still a prospective but very keen to go. It seems I was able to snag the last spot, so I was Japan-bound in May just six weeks away. I want to become a full member before the trip so I signed up on a couple more Q walks.

My first overnight walk was also in the Wild Dogs, certainly a different experience carrying the weight of a full pack. However, I felt I was reasonably prepared as light-weight walking gear was highlighted at the new members night and also at a skills event I attended. The presenter brought a full kit for day and over-night pack as a guide for us to follow. I think my pack was about 13 kilogram with food and water, which is not anywhere near ultralight, but is not too much on the heavy side either. The walk was a memorable one, with the other bushwalkers all being full members and patient at my slower pace.

So, just one Q walk to go... The club has a yearly reunion at a property it owns on the banks of the river in Kangaroo Valley, so that weekend there was a few different Q walks in the area which members would go on prior to attending the reunion camp. Well, another Q walk where it was pouring with rain at the start. The rain eased but the walk did not. There were around 16 people present, which

is many more than typical for a mostly off-track walk. Numbers were swelled by those going to the reunion.

Members said that the original plan was about 15 kilometre, mostly off track. The leader had not been in the area for many years. The scrub had overgrown and the footpads that may have helped in some areas had disappeared in the undergrowth. So, wet overgrown and no track, but that was not the worst of it: the recent wet weather brought out leeches en masse. They were everywhere; pretty much everyone had multiple bites. With the large group and the off track route there were many stoppages, and each time this would bring the leeches out, I must have removed hundreds overall, and been bitten 20-30 times. In the end I offered to lead, pushing through the chest-high scrub and weeds to keep moving, hopefully away from the leeches. The going was so tough that the original walk route was changed as it was getting late.

The leader Melinda enlisted Ian Thorpe to navigate the new route. Another member mentioned that Ian was the best navigator in the club spit was good to know him and he would have us out before dark. I replied while it was good to know who the club's best navigator was, it was much more useful for me to know who was the worst so I can avoid going on one of their walks.

Well, after a few joke about walks finishing late I never got an answer and of course Ian did find the way out, just a bit before dark too. Despite the tribulations this was a great walk in the end, but was it a Q walk. Someone questioned this as the distance had been cut short even though the time was long... Oh no not again I thought. Fortunately the committee took into consideration the tough conditions and I had now become a member of SBW.



SBW Group On Solitary



SBW Group near Patonga

Since then I have been on many fabulous walks with the club. The Japan walk was a great highlight, going to places I could not have found on my own and with terrific company to boot! On the Japan trip we did day walks, staying at traditional inns and B&Bs (Minshuku) and some quaint cottages on the World Heritage listed Yakushima Island.

In 2013 I went to Bolivia for three weeks, walking in the Cordillera Real. This was trekking with day packs, with camping gear and food carried by horse or donkey. An amazing experience and fabulous scenery.

The club has many such trips to exotic overseas locations and faraway places in Australia such as Tasmania, Kakadu and the Kimberleys. These are lead by club members with experience in walking in these places, with vast knowledge to pass on. The trips are organised so that the costs are a fraction of those of commercial tour groups. This year I have not booked on an extended trip but see on the program trips to Rocky Mountains, Spain, Italy, Japan, Peru, Nepal plus many

extended trips here in Australia such as Larpinta, Bibbulmun track, Kimberley, Kakadu, MacDonal Ranges, several in Tasmania and Snowy Mountains.

Just to whet your appetite for these and also to catch up with members to socialise and make new friends, the club has a social night each month. There are a variety of themes but very often it's a presentation of some of the past major walks, which I find very interesting, even for places I had not thought of going.

I can usually find a walk to go on each weekend, with typically 2-3 day walks and 1-2 overnight walks each weekend. There is also a good mid-week program. The walks are graded so you have an idea of the length, climbs, track or not, any exposure such as scrambling on rocks and cliffs, and desired fitness. I don't really have one preferred type of walk. Sometimes I tackle the tougher X333 (X=extra long, 3=strenuous, 3=steep ascent, 3=scrub/exposure terrain) graded walks but other times it is nice to go on one of the easier grade walks where there is more time to photograph and



talk while walking. SBW has a reputation of being one of the more serious bushwalking clubs around, which may be true, but there are many walks requiring less commitment and just enjoying being out there.

The club runs other activities as well. Canyoning is popular in summer, as are kayaking and bike riding. Cross country skiing trips are available.

I took an introductory abseiling course a few weeks ago. I could not imagine I would ever go abseiling, but since gaining more experience bushwalking and feeling confident. I think I might try canyoning. The club runs abseiling courses so that inexperienced people don't get their first try out in what could be a dangerous canyon. Full of trepidation and having a mild fear of heights I went along. It was a full day program where we learnt then gained confidence by practising a variety of abseils. We also learnt to prussik so we are able to go up the rope as well in case that is needed. Three experienced volunteers gave their time and expertise for the love of it. The cost was just a small rope wear donation, the experience was priceless!

Who knows what activity I will try out next? A few friends I have made in the club do XC skiing and others do kayaking... well once you

start enjoying the outdoors with other passionate people I am not sure where it will stop.

Since joining the club, and enjoying getting the benefit of other's experience and knowledge, I volunteered to be on the committee to put a little back in as Communication Secretary, so I can use some of my IT skills. I am also planning to start leading a few walks. As I became more confident and build up knowledge of bushwalking and places to walk, I thought if there is not a walk on the program where I would like to go I may as well put it on and get some company to go with rather than in the bush by myself.

So, see you on the track, perhaps even on one of my walks.

www.sbw.org.au/



John Flint in Cordillera Real Bolivia on SBW trip

TWO VIDEOS WORTH WATCHING

Awakening by M. Heck. A spectacular timelapse through the dynamic New Zealand landscape.



How to adjust you pack from our very own lotsafreshair.



SNOWSHOEING – GETTING STARTED

Bruce Easton



Snowshoes enable you to visit places otherwise inaccessible except on skis, giving a new perspective into winter snow walking and the mountains. Snow blankets the higher alps, so features you normally know are different in winter, sometimes unrecognisable.

PUTTING YOUR BEST FOOT FORWARD

Whether you are an adventure racer, interested in multi-sport events, a bushwalker happy to take a stroll into the wider outdoors for a change of scenery or simply to the top of a ridge line for the view, snowshoeing can offer a new adventure and a way to take in the scenery in winter.

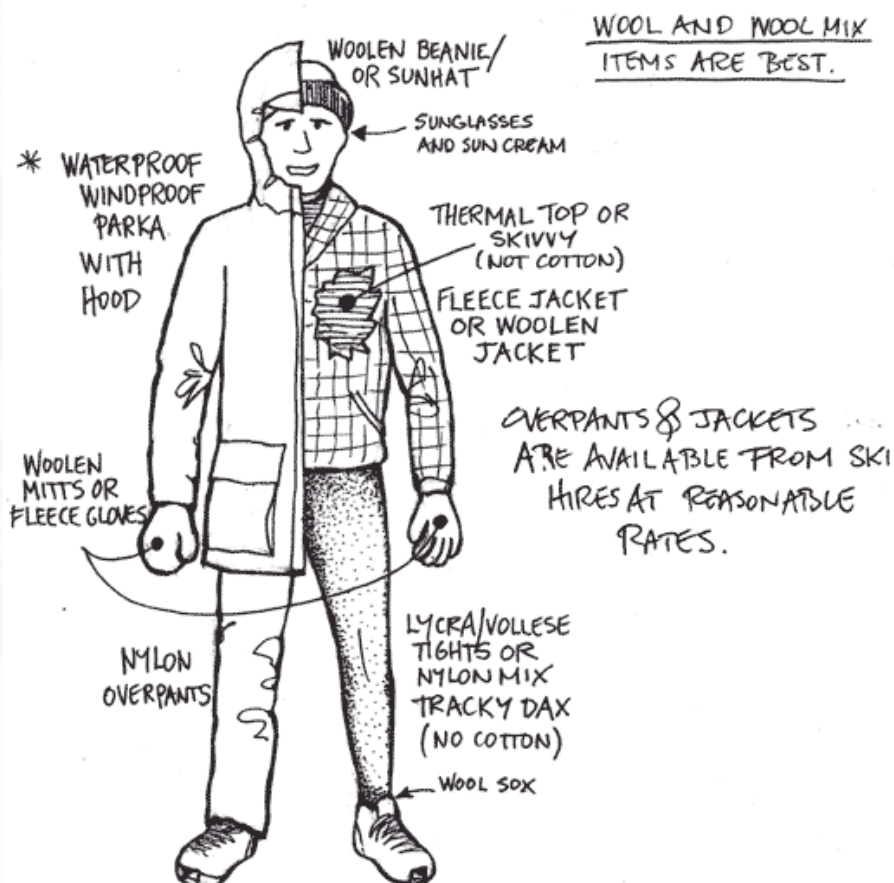
The days where snowshoes were like a tennis racket with a wooden frame and gut lacing are gone. Now, just like modern bushwalking gear; technology has made snowshoes more functional, light and easy to use.

If you are fitter and have good stamina you can travel further more easily. It is recommended that you go your own pace, as to attempt to keep up with a faster person will not work in the long term. With bushwalking experience it is likely that your clothing will be viable for snowshoeing. It's all about layers.

It is all about layers.

So let us take a look at **clothing**. Softshell is great for travelling and excellent to snowshoe in as it is water repellant as well as breathable and wind proof. A thermal whether wool, polypropylene or other microfibre works as a base layer. Next should be something to keep you warm, adjustable according to the level of activity or weather. On top of this you can have either hard or soft shell garments for the final layer to protect from either cold winds or inclement weather.

Footwear is quite important. A full grain leather boot offers best insulation as well as warmth and waterproofing. Fabric boots are generally acceptable if you have good wool socks or perhaps Seal Skinz waterproof socks.



Snowshoes and what to look for

Snowshoes come in a number of shapes and sizes and given our firm and more maritime snowpack you can often choose a smaller snowshoe size as flotation is not so critical a factor. A variety of sizes are usually available, with staff at local stores probably familiar with the places where you intend to use the snowshoes. Local knowledge from experienced snowshoers is often helpful. Overseas websites may be misleading and Google is not your friend.



Aside from size the next most important consideration is the ease of use of the **binding**. They can be either fabric, which sometimes stretches when wet and need adjustment, or rubber, which gives a better fit and a simple adjustment. Snowshoe materials are interesting as they tend to be a bit lighter and cushion in harder icy conditions, and permit a quieter and generally more natural gait. Many newer plastic models are slightly more affordable and price pointed though they do have various issues as price pointed.

A **less expensive snowshoe** is a good way to get into the recreation is like the [AntiCorp](#), which comes in two sizes, small and medium. It is a traditional “western” shape and made of alloy with a hypalon material decking. The binding has ratchets that are simple and very adjustable for a range of footwear, including snowboard boots. The AntiCorp does not fit smaller feet without some modification and is a little heavier than other brands. The AntiCorp is priced around \$200.



Anticorp Snowshoes

Plastic snowshoes such as those available in Australia like [Tubbs](#) and [MSR](#) are a common rental snowshoe. They are fairly simple but tend to be a little heavier and are often clunky. They offer good traction and are able to fit onto packs. Sometimes the plastic models are a little small for larger and heavier people. These models are better suited to day trips and icier snow conditions where flotation is usually not a requirement but traction is. Prices range from around \$280 to \$400.



Tubbs Xpedition Snowshoe

Fabric snowshoes tend to be the more technical irrespective of brands. They have more features such as lighter weights, improved bindings that are easier to adjust and have better retention of various footwear, and generally a shape that ensures an easier and more natural gait. The model selected will depend on the intended use, with aluminium which is lighter, or stainless steel which is more robust and durable. Prices range from around \$400 to \$550.



Crescent Moon Composite
Kilo Run Snowshoe



Useful accessories for snowshoeing

One essential item is a **day pack**. You should carry a map, compass, maybe a PLB and GPS, sunglasses or goggles; sun-screen, clothing, water, maybe a thermos, food, first aid kit, a bivvy bag and a small bivvy mat. Ideally the pack will be such that your snowshoes can be attached.



Osprey Ariel 55 L Pack

Trekking poles are almost essential as they enable you to use your upper body for power or balance. When not needed on shorter walks or flat terrain you can store them in your pack. **Black Diamond Z** link range are even more compact than standard hiking poles, and offer more versatility.



Black Diamond
Ultra Mountain FL Z-Poles

It is pretty important to ensure you have a **first aid kit** and ensure you have adequate knowledge to make use of it, Map and compass and some knowledge to interpret the map and some practice using a compass, PLB (hire or buy), space blanket, sunscreen, sunhat or warm hat, spare gloves, hand-warmers, Hydration bladder or water bottle (minimum of 1 litre), a thermos of hot liquid.

Snowshoeing in NSW – Where

There are lots of excellent trails that make it safe and enjoyable. **The Perisher area** is

the most ideal with a number of marked and dedicated trails. WildWalks.com has a section in the walking book [Best River and Walks](#). See Chapter 8 with as listing of 4 dedicated snowshoe trails.

A new trail is being developed for 2014 to discover an easy but interesting walk around the older lodges in Perisher Creek that offer an interpretive Trail.

Guthega offers some more challenging hikes beyond the resort that can be as simple as following the Creek and shelter of the valley, or head beyond Illawong onto the upper and more exposed slopes towards Mount Twyn-am and Blue Lake.

Thredbo has challenging areas – more of them and arguably harder.

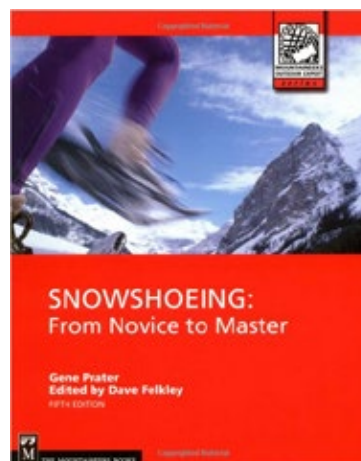
Access from **Mount Selwyn and Cabramurra** offers a number of tours, with many to historic features like the old gold mining fields around Kiandra and historic huts like Four Mile Hut.

Victoria has a number of locations where snowshoes are very handy, notably the Bogong High Plains, Mount Stirling, Mount Buller and Lake Mountain. The more ambitious and better prepared can head onto Mount Bogong, Jagamartha Range, or the Howitt region.

Tasmania also can offer some very good snowshoeing though the conditions are very unpredictable and the seasons not very reliable.

Good books to read and available

Snowshoeing by William Prater



Completely revised, the fifth edition (published in 2002) of *Snowshoeing* teaches you how to navigate through snow-clad woods, compete in raves, and climb to new summits with easily-learned tech-

niques. This classic how-to manual has all the latest information on snowshoeing equipment, from various types of snowshoes to bindings and clothing. Discover techniques for all types of terrain and snow conditions, plus information on conditioning, cross-training, and racing.

Snowshoeing also includes a chapter on the history of snowshoeing, information on navigation and route finding, camping, gauging snow conditions, and winter safety, with emphasis on the dangers of avalanches.

Tours

Wilderness Sports are the most experienced and long-established operators in Kosciuszko National Park, offering half and full day tours as well as overnight snow camps.

These assist you learn how to be safe and comfortable in the snow, and give a basic introduction for mountaineering or trekking in snowy places.

They also have a retail and hire outlet in Jindabyne, and the only hire outlet in Perisher where tours are based.

Retail and hire snowshoes are also available, as well as an extensive on-snow Demo Program is to help you find your preferred snowshoe. Our licence with NPWS enables us to guide to Kosciuszko from Thredbo and many other places in the Park.

You can also book tours and limited hire at **Thredbo** with the resort thredbo.com.au.

Limited hire is available in **Victorian outlets** and resorts with good options at Lake Mountain, Stirling and Mount Buller. You should call ahead.

Weather and Snow

You can keep an eye on Weather and Snow Updates for NSW on wildernesssports.com.au or give the Shop a call.

Events

A number of Demo Days and “come and try” Snowshoe days at Perisher are in planning.

Races are being planned for recreation as well as a bit more competitive distances so keep an eye out for that.

Bruce started guiding back in the early 80's travelling the world and working with World Expeditions. He has over 25 years of Telemark teaching ski experience as a trainer with the Australian Professional Ski Instructors (APSI).

Over the last 25 years Bruce has built **Wilderness Sports** into Australia's largest backcountry hire and guiding business. Led by Bruce, Wilderness has become known as an outdoor sports hub attracting passionate and knowledgeable staff, who have helped to build the blossoming Snowshoe, AT and mountaineering industry.

If you've ever meet Bruce on the snow or in the store you'll find he's a great talker. He simply loves the mountains and the sports which occur in them. Bruce is a walking encyclopedia. He can tell you lots about the ski and outdoor industry over the last couple of decades, the equipment they used and the future direction and future of the mountain sports. He has decades of practical experience and professionalism to back up his stories.

Bruce is online with **Wilderness Sports** store all year round whilst also advocating to improve snowshoeing facilities in NSW.



PHOTO GALLERY



Falls Creek - Dawn by Moonlight
Michael Firkins

Competition: Australia July 2009

BWA Photo Competition



Ansel Adams
1902 - 1984

A true photograph need not be explained,
nor can it be contained in words.



In the pages that follow are some amazing images that record a moment of wilderness. A big thanks to the photographers for their care in creating their image and for their willingness to share them with us. In the past editions I have asked each photographer for a bio and info about the image - this edition I completely forgot to ask - sorry for my mistake - back on track next edition.

Matt :)

Other States

June 2013

WINNER



Dawn, Jay Creek,
Larapinta Trail
N Stuart



Midday at Lake Menindee
landsmith



Crazy stuff?
Tom Brennan



Ascending the Devils
Hole Track,
Blue Mountains NP NSW
John Walker



Regrowth along Howe
Road, Valley of the Giants
Andrei Nikulinsky



Ambers Gully Cave
Brian Eglinton



Tasmania June 2013

WINNER



Colours of the coast
Dan Broun



Chilled Buttongrass
Doogs



Waterfall on the track to
Barron Pass
Stuart Bowling



Storm approaching Mt
Barrow
Louise Fairfax



Lying about in
The Labyrinth
Henry West



Macquarie Heads Beach
Biggbird



Landscapes

June 2013

WINNER



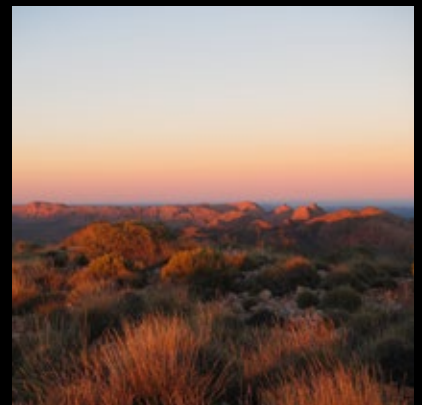
Sunset over Western
Tasmania
Bigbird



Mt Murchison dawn
Louise Fairfax



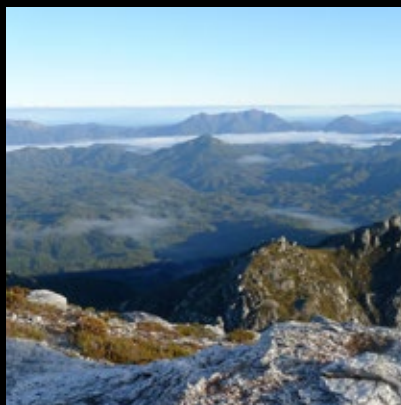
North from Needles
Andrew Strikis



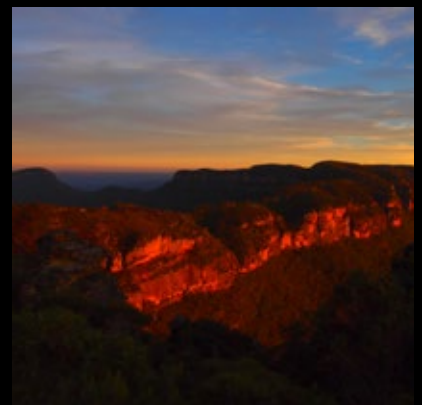
Dusk from Brinkleys Bluff,
Larapinta Trail NT
N Stuart



Rush hour
in the moonlight
Dan Broun



Towards the
West Coast Range
Doogs



Winter late afternoon over
Narroneck
John Walker



Non-landscapes

June 2013

WINNER



Evening in the teatree
Dan Broun



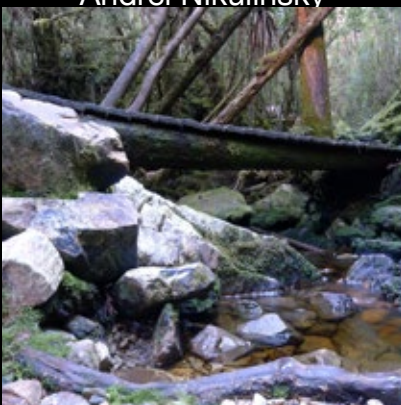
Mycena and Diplopoda,
Walpole-Nornalup
National Park
Andrei Nikulinsky



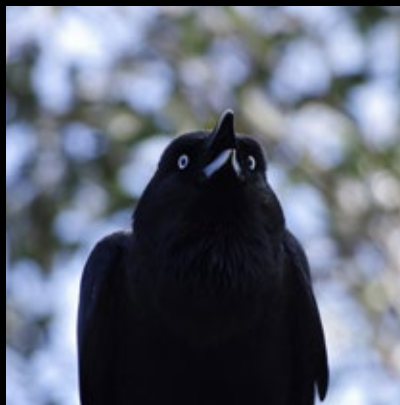
Posing Practice
Bigbird



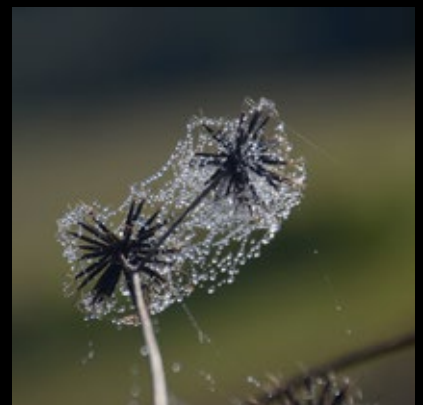
The Super Moon Rises
N Stuart



Looking for Trolls
Doogs



Caaww!
Brian Eglinton



Cobweb's friend as well
landsmith



Other States July 2013

WINNER



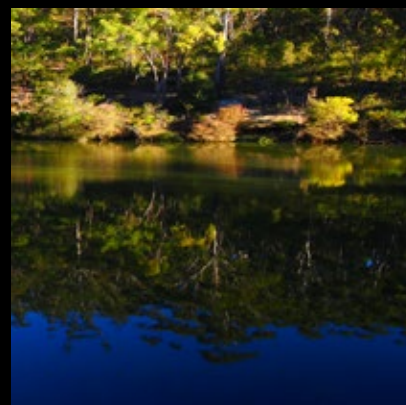
Behive yourself!
Tom Brennan



Uloola Falls
Andrew Smith



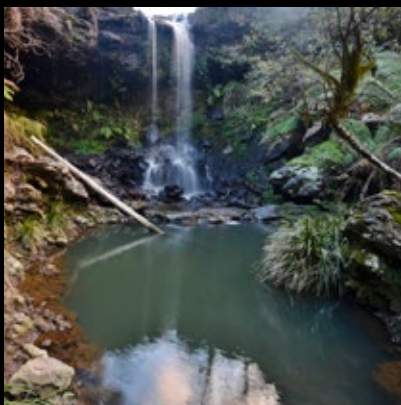
Desert Banksia
Ian Foletta



Reflecting on the
Upper Georges River
John Walker



High Plains
Ryan Judd



Secret Falls
landsmith



Chambers Gully
Brian Eglinton



Tasmania July 2013

WINNER



Now you see it....
Seashell



Winter sunrise on Bruny
Island
Iluvswtas



Tasmanian Creek Scene
Dan Broun



Twisted Tarn
Graham51



Mt Field Alpine Plateau
Bigbird



Landscapes July 2013

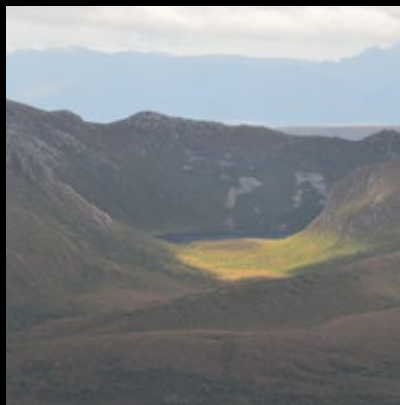
WINNER



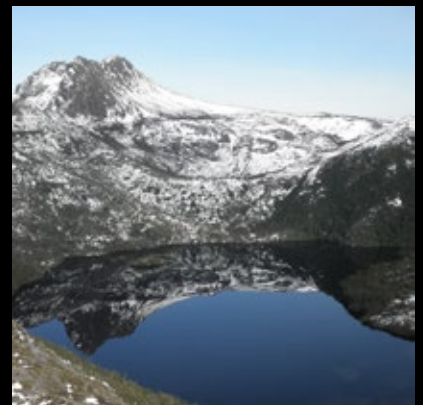
The Impoundment
Dan Broun



Uloola Cascades
John Walker



Sunspot
Tibboh



Cradle Reflection
Graham51



Balgowan Cliffs
Brian Eglinton



Under the stars in Rocky
Creek - Watarrka NP
Tom Brennan



Wall of Fools, Grampians
Ian Foletta



Non-landscapes July 2013

WINNER



Tuckers Rock fungus
landsmith



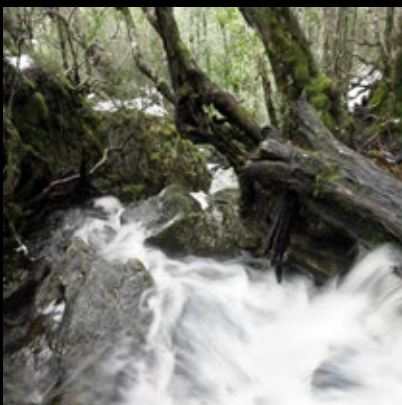
Green and Gold
Tom Brennan



Beachcomber
Brian Eglinton



Freres Crossing
John Walker



Crater Falls
Graham51



GEAR FREAK



Heading above snowline makes all of your gear choices more serious. Any problem is potentially exponentially increased during winter.

STAYING WARM AND SAFE IN A WINTER SHELTER

Geoff Mallinson aka Geoffmallo

One night we camped high on Mt Bogong celebrating the beginning of winter and the first snowfall. We had climbed into the thin snow and howling winds and were now in what was regarded as a strong winter tent, capable of taking anything. Any reading of winter shelter online will bring up articles on how snow loads tents and mine was capable of holding a lot.

The wind was blowing hard. I had paid special attention to the tent setup: the narrow end of the geodesic dome was into the wind and the guy ropes were out and tight. The tent sat solid in the wind and was a really good solid shelter. I was quietly celebrating my solid winter tent as a friend had pitched

in the lee behind us, flapping and blowing around. Shane and I fell asleep.

Bang. The tent flopped and flapped violently around us. This mountaineering tent had failed in the strong winds.

The wind had snapped in half one of the alloy tent poles and the tent was now half-collapsed and flapping wildly in the 120+ kilometres per hour winds. We pulled out the rest of the poles and used the tent a bivvy bag for the rest of the sleepless night, constantly being smashed by the wind.

Lesson learnt - Australian winter conditions are different to our North American friends.



How do Australian winter conditions impact on your shelter choice?

1. Alpine winds are strong

We get strong winds driving from the South through West in winter. Camping in high and exposed locations means you can experience winds as strong as 120 kilometres per hour.

Solution: Your shelter needs to cope and move with strong winds.

2. We get a little wet heavy snow

Generally you're not going to experience a one or two foot snowfall during the night. Most of our snowing comes with storms and therefore winds.

Solution: You simply don't need a tent that has a high snow loading.

3. We don't get very cold temperatures

Most nights will be -2°C to -10°C , which isn't really very cold for winter. A decent sleeping bag should be warm enough (couple it with a vapour barriers for the best in advanced heat retention).

Solution: You can use a tent that works in warmer conditions as well.

4. Winter is wet

Our snow is wet and icy. It warms during the day and melts then turned to ice as the temperatures drop in the evening.

Solution: Make sure you can minimise things getting wet as that will zap your heat more than any other factor.

Suitable winter shelter designs and my successes

The following tents vary greatly in size, weight, ease of use, and suitability. I have used them all and recommend them. They have different positive qualities that will match what you are after.

Rab - Latok Ultra

This is my current winter tent. A single skin makes an easy set up. The tent is ultra lightweight and fully enclosed, tight on space but expedition ready. I love the simple setup with internal poles.

Macpac Olympus

Now discontinued.

This is a well regarded mountaineering tent

that I've spent quite a few winter nights in. I don't own one now because I think there are lighter and better options. There is a lot of space for two people, the tent is warm, and it excelled in strong winds.

Tarptent Scarp

This is a single pole tent with the option of crossing poles, a lightweight and good all round tent. If I only had one tent this would probably be it. The Scarp is not as warm as other options and it is also easy to setup in strong winds where it will rock and roll, giving in the gusts.

MLD Trailstar

If conditions look good then I'll take my Trailstar Tarp. You can pitch the windward side right to the ground, dig out space and make a very liveable space. It is good in strong wind, but not as warm as some other options. Make sure it's pitched tight with the windward side right on the ground.

So don't be scared of walking in winter in high and exposed places. Check the forecast and be prepared. If it's your first time camping on the snow there are some great places near huts where you can camp with some degree of backup. Note that there will probably be others camping there, and the hut may be full. Make sure you can pitch a tent that is good in the wind if there's a chance that the weather will come in. Above all get out there and enjoy our amazing natural world.

Geoff was the first person to climb all 26 peaks over 2000 metres in Australia in one go on foot. Loving long distance walks especially above tree line and back country skiing, he has learned the art of packing very light. One of Geoff's greatest joys is sharing the outdoors with his wife and four kids.

In 2013 Geoff rode his bike from Perth to the NSW Central Coast with his 10 year old son, the youngest to complete the journey.



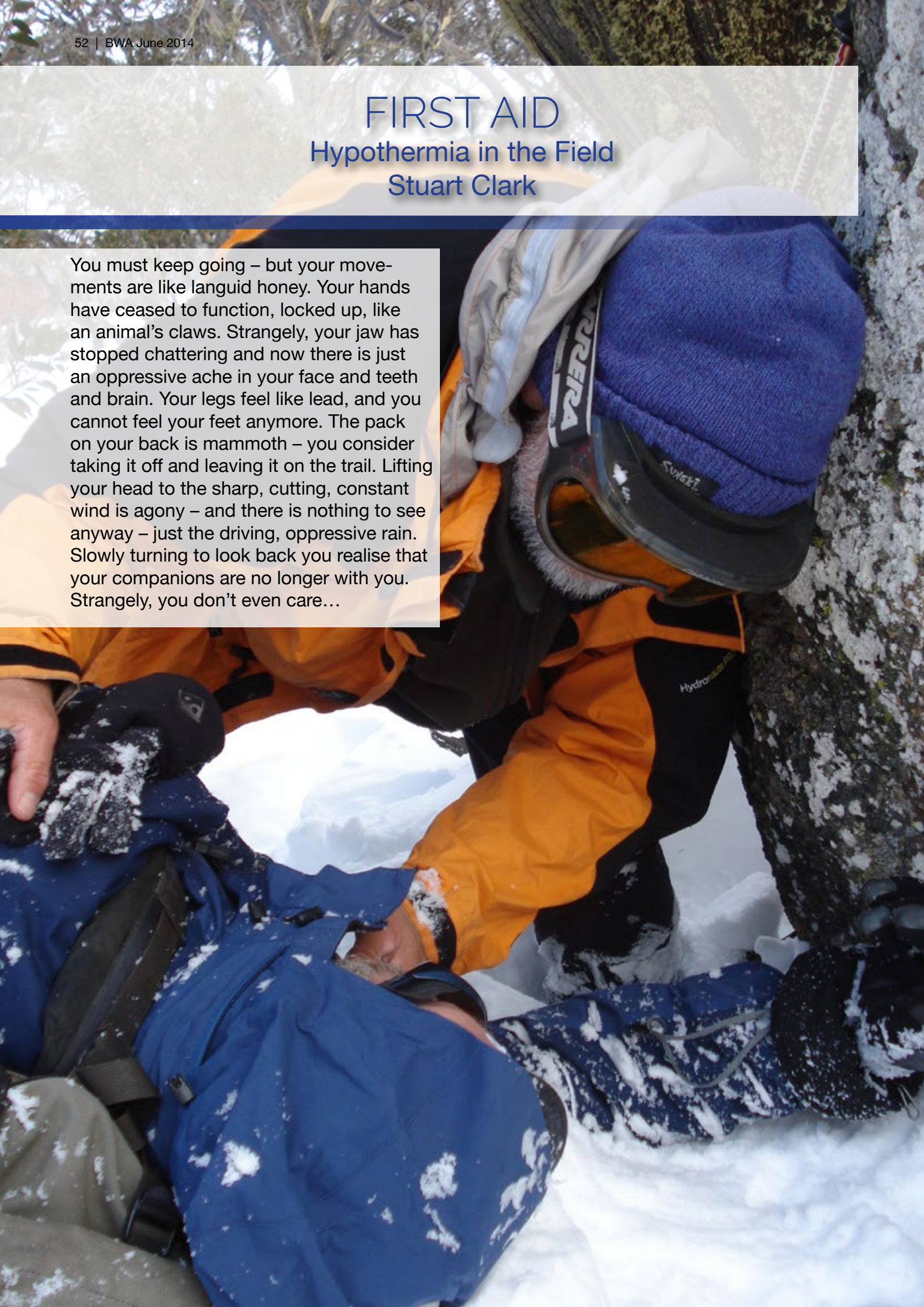


FIRST AID

Hypothermia in the Field

Stuart Clark

You must keep going – but your movements are like languid honey. Your hands have ceased to function, locked up, like an animal's claws. Strangely, your jaw has stopped chattering and now there is just an oppressive ache in your face and teeth and brain. Your legs feel like lead, and you cannot feel your feet anymore. The pack on your back is mammoth – you consider taking it off and leaving it on the trail. Lifting your head to the sharp, cutting, constant wind is agony – and there is nothing to see anyway – just the driving, oppressive rain. Slowly turning to look back you realise that your companions are no longer with you. Strangely, you don't even care...



HYPOTHERMIA IN THE FIELD

Hypothermia can be devastating, particularly in the wilderness. Hypothermia is a lowering of the body's core temperature to a level where normal brain and muscle functions are impaired. Couple hypothermia with inadequate clothing, exhaustion, preexisting illness, insufficient hydration and nutrition and you have a serious threat to wilderness parties. Prevention is of course, the best medicine. But, what if hypothermia creeps in?

Hypothermia symptoms may be difficult to detect in the wilderness, particularly if others in the group, including the leader, are experiencing the same condition. Wilderness parties must remain vigilant in assessing each other for the onset of this insidious condition. Remain alert for shivering and the "umbles": Stumbles, Mumbles, Grumbles, Fumbles. The following tables outlines the typical stages of hypothermia. It is important to note that different people present this condition in different ways.

Mild Hypothermia 32-35°C

- constant shivering
- tiredness
- low energy
- cold or pale skin
- fast breathing

Moderate Hypothermia 28-32°C

- confusion
- loss of judgement
- loss of coordination
- drowsiness
- slurred speech
- slow, shallow breathing
- shivering ceases

Severe Hypothermia Less than 28°C

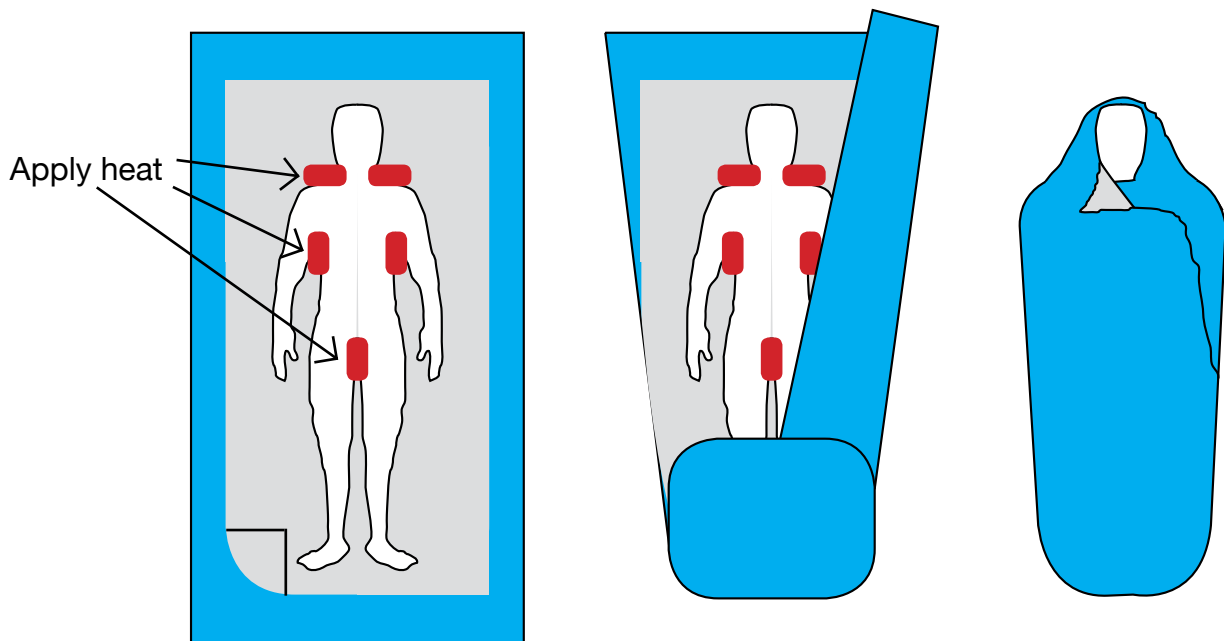
- unconsciousness
- shallow or no breathing
- weak, irregular or no pulse
- dilated pupils

Hypothermia must be managed as soon as possible. While mild hypothermia can usually be effectively managed in the field, moderate or severe hypothermia always warrants an urgent evacuation from wilderness areas regardless of the remoteness. Improper rewarming of victims suffering from moderate or severe hypothermia can result in an abundance of other problems, including heart failure.

When managing hypothermia, the first step is isolating the victim from exposure to the environmental factors that led to the problem in the first place, followed by gradual and controlled rewarming. The most common form of isolation in the wilderness is a tent. Placing people in a tent will raise the temperature, but do not attempt to use a stove to heat the inside of the tent. Mild hypothermia can usually be managed by the casualty's own production of heat. After wet clothing has been carefully removed and the skin dried, the victim should be placed in dry, warm clothes and a sleeping bag. Feed and hydrate the casualty and monitor for recovery. Caution must be taken with food and fluids as it may compromise the airway of a casualty who has a reduced level. Check other party members to ensure that no one else is suffering the same condition.

Moderate hypothermia is best treated using the above strategy, with the addition of a "hypothermia wrap", a shell of total insulation. Once in shelter, remove wet clothing very carefully; cutting the clothing to reduce unnecessary movement is recommended. Ensure the casualty has dry skin,

Hypothermia Wrap



and if possible has a wicking layer on to minimise sweat accumulation on the skin. Add warmed (not hot) water bottles or hydration bladders around the neck, chest and groin. Do not actively heat the limbs, especially by rubbing, as this can cause cooled blood to return to the heart and cause further lowering of core temperature. Use multiple sleeping bags and sleeping mats to create a solid layer of insulation all the way around the casualty, especially between the casualty and the ground. Include a space blanket to help prevent radiant heat loss, and wrap the entire ensemble in a groundsheet to protect from cold air, being mindful of windchill and vapour barrier aspects.

The severely hypothermic casualty will have a significantly reduced level of consciousness, and must be evacuated by medical professionals as soon as possible. Whilst awaiting the arrival of medical professionals, to ensure that the casualty does not lose any further heat, institute a hypothermia wrap as described above. If the casualty has no signs of life, CPR should be commenced and sustained until the casualty regains signs of life or the arrival of medical professionals. The maintenance of CPR until rescue is vital – this is the casualty's only chance of survival.

As with many topics in wilderness medicine, the best course of action is prevention. If you're outdoors, remain constantly vigilant. If you or anyone else in your party has been exposed to circumstances that could lead to hypothermia, take appropriate action and pay close attention.



Stuart Clark is an outdoors man and a first aid trainer living in Sydney. In 2006 Stuart established [All Aid First Aid](#), an Australian company providing interactive, flexible, accredited and very practical first aid training.



USING A SMART PHONE AS YOUR BUSHWALKING GPS

Anthony Dunk



With the rise of smart phones, more and more bushwalkers are using a smart phone for bush navigation instead of a dedicated GPS unit. This makes sense since you avoid the cost of buying two devices, plus it's lighter to just carry one piece of electronics. However, smart phones have their limitations.

Most smart phones are not waterproof, so if you're hiking in the rain, you need to keep them covered, which makes it tricky to view the screen without exposing the phone to the elements. In addition, the battery life is, at best, only one third that of a handheld GPS unit like an eTrex.

However there are ways around these limitations. You can take a spare battery or a USB battery pack to recharge your phone and a waterproof case to protect it. If you're prepared to take these measures then you can certainly use your smart phone as a GPS substitute, especially on day walks.

My switch from an eTrex to an Android smart phone came a couple of years ago when my eTrex screen got cracked while I was climbing down some rocks. My wife had just given me her old Android phone when she upgraded and I had been interested in writing a smart phone app for quite a while. So, pretty soon I had cobbled together a basic GPS app for my phone and could use that to record waypoints and track logs on my walks.

After many months of refinement I launched the app as "Handy GPS" on the Google Play Store, and it has now had more than 70,000

downloads. I also launched an iPhone version of the app last year on the App Store. Both free and paid versions are available.

Handy GPS started out as a feature-for-feature replacement for my eTrex, but as I used it on bushwalks and incorporated feedback from users, it has grown into much more than that.

Handy GPS has a basic map mode like the eTrex, which just shows your current location, waypoints, and tracklogs. If you're within phone range you can also view the same information overlayed on a Google or Apple map, complete with aerial photography as the background. Handy GPS is also able to export recorded data directly to a KML file which you can view later in 3D using Google Earth.

The Android version of the app also allows you to set a session name so that you can take photos directly from the app, associating them by name and time-stamp with the waypoint/tracklog file for a given walk. That way, when you come back to view an old walk later, you know where to find the related photos. You can even choose to geo-tag the photos, so you know exactly where they were taken.

Handy GPS is only one of many, many apps for bushwalkers which are now available. More expensive apps include offline map sets and other similar features, so try a few different apps and see which one best suits your needs.



Anthony Dunk has been a keen bushwalker all his life and is the author of three bushwalking guide books covering parts of the greater Sydney region. He has recently self-published a book on the rock art of the Central Coast of NSW. He also develops bushwalking related software including the Handy GPS app for Android and iPhone.

His web site is www.diamondspirit.net/adunk



SNOW SLUSH DRINKS



I once had a work experience kid at Wild-walks who had a real thing for those frozen slush drinks. After a walk we stopped off at three servos to find a working machine. We got our drink and I was telling him about about the slushes I make in the back country during winter. Yes I am a bit of a sweat tooth. So if you are planning your first snow trip this year - I have a treat for you.

Start with clean white snow

Find an area of deep fresh snow. Remember the saying "Don't eat yellow snow" - it is wise saying and a mantra worth living by. And what ever you do - keep well clear of brown snow - it is not cola flavoured!

Pack into a cup

Don't fill the cup - leave enough room to stir and not spill. Do pack the snow in a bit otherwise it quickly disappears and you have nothing left - you can always a bit more snow later.

Add the flavour

To flavour the slush you have three main choices each works fine it just depends on your taste and your weight limit.

Soft Drink: Now I must admit I have a think for Coke®, I am not proud of that - but I do like it. So if I have a base camping in the snow I will take a can and make a slush with it. It does water it down a bit - but the novelty factor still works for me.

Liquid Cordial: You can use standard cordials you get from supermarket or other fancy ones. These tend to give you more flavour than soft drinks and take up less space.

Powdered Cordial: If you are heading back-country then a packet of powdered cordial that you get at a supermarket works fine. Depending on the snow you may find you want to add a splash of water to help it mix through.

I tend to find it easiest to stir with a knife rather than a spoon. A mix of a slicing action and stirring gets the flavour mixed through well, if it is to sloshy add more snow - to dry add a splash of water.

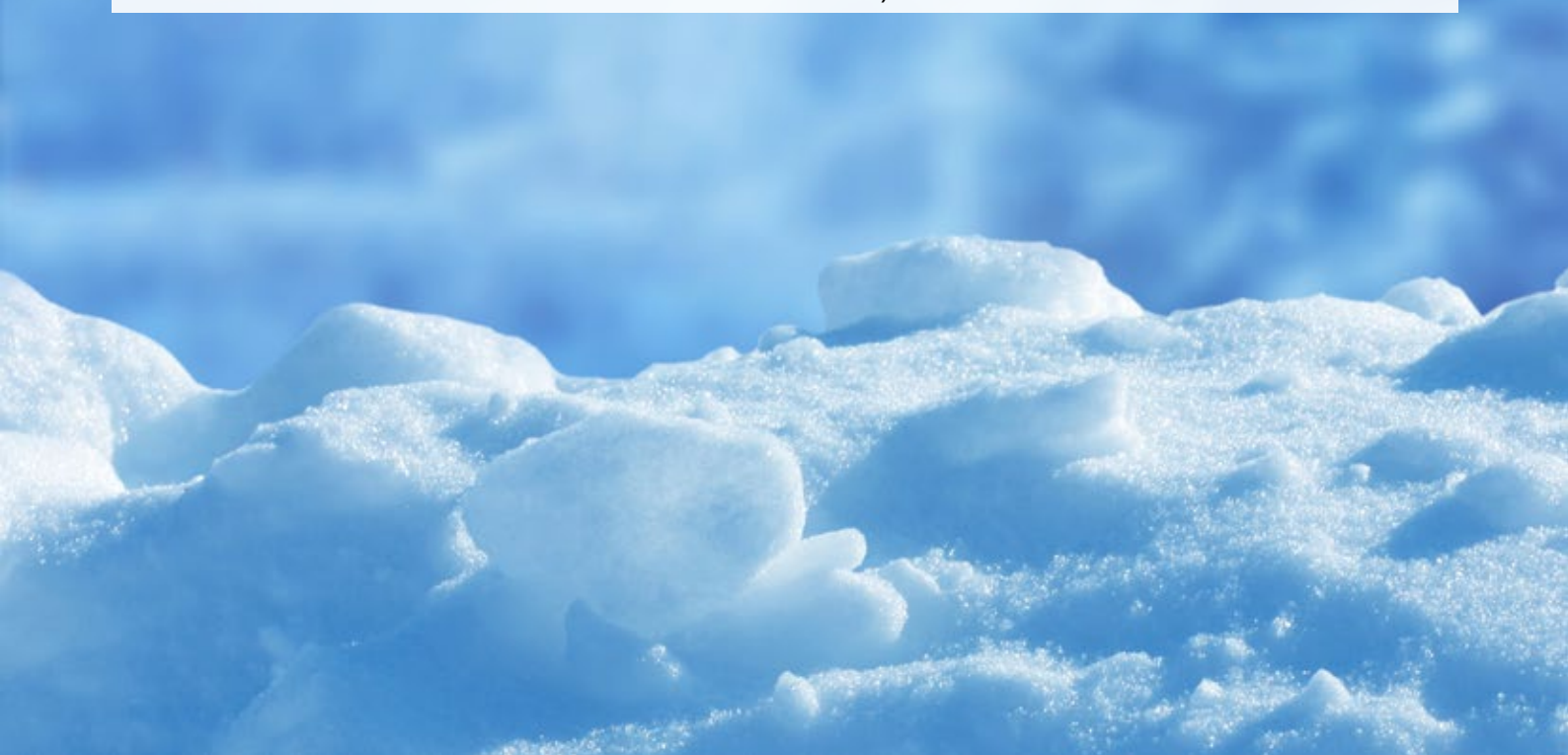
Just enough

Just make a small amount and eat what you make. Drinks like this contains a lot of sugar and just throwing the left overs out is not good news for the local wildlife. This is a treat - you get no real water or nutrients from it. It is a great snack at lunch on a warm day - but don't get too carried away with it - avoid the ice cream headaches.

I also like making jelly for after dinner in winter - it sets fairly quickly in a billy with snow packed around it, or better still, in the shallows of a cold creek.

Happy walking.

Matt :)



IN THE NEWS

Celebrate the biggest day for positive environmental action

World Environment Day (WED) is the United Nations' principal vehicle for encouraging worldwide awareness and action for the environment. Over the years it has grown to be a broad, global platform for public outreach that is widely celebrated by stakeholders in over 100 countries. It also serves as the 'people's day' for doing something positive for the environment, galvanizing individual actions into a collective power that generates an exponential positive impact on the planet. [↗](#)



World Environment Day
5 June



Wifi in Canadian National Parks

Canadian National Parks are trying a new approach to attracting urban people to visit the Parks. The number of visitors is decreasing through years. To make nature more attractive they are planning to install wireless Internet hotspots in 150 locations across National Parks in the next three years. [↗](#)

A National Park on the moon?

In July 2013 a new bill was introduced into the U.S. Congress, suggesting to establish the Apollo Lunar Landing Sites National Historical Park on the moon. It looks like the Apollo history, "as preserved on the lunar surface", is now in danger, as spacefaring commercial entities and foreign nations begin to achieve the technical capabilities necessary to land spacecraft on the surface of the moon. [↗](#)

I care about public services

The Public Service Association of NSW (PSA) launched a video in April asking the community "which direction are we headed?". We know that some (maybe many) popular walking tracks are in very poor condition in NSW. This video was launched soon after the NSW government commitment to focus on bushwalking in NSW and provided funding of several million dollars to rebuild a few very popular walking tracks. I am worried this ad scares people away from bushwalking and does not rally them to help lobby for better resourcing. The PSA has done some great stuff in the past but I fear this campaign will turn new walkers away from bushwalking and we will end up with less people willing to stand up and protect our native forests. Watch the video and see what you think. [↗](#)

Yeti to the rescue



This video of NZ's search and rescue organisation LandSAR is the best example why you should always carefully prepare yourself before your next hike and be sure to have the phone number (and a charged mobile device) of the nearest search and rescue organisation handy. [↗](#)

A budget that hits the poor and the environment

The proposed federal budget has a lot of cuts to environment agencies - this article discusses the implications. [↗](#)

UPCOMING EVENTS

JUNE

Celebration of Alex Colley's life

with keynote speaker, The Hon Bob Carr

Sunday, 29 June, 2.00 - 4.30 pm

Memorial Hall, Hawkesbury Campus,

University of Western Sydney, College Drive

The Hawkesbury Foundation in conjunction

with the Colong Foundation for Wilderness is

presenting this event to celebrate Alex's life

and achievements. For further information,

and to register your interest in attending, call

Helen Angelakis on 4570 1000, or email

sustainability@uws.edu.au

Brisbane Kokoda Challenge

In honour of the Kokoda Spirit, the 30km and

15km event winds through some of Bris-

bane's toughest terrain.

MS Walk and Fun Run

Every year on the first Sunday in June, thou-

sands of people come together in Sydney,

Melbourne and Canberra to walk and run

in support of Australians living with multiple

sclerosis.

Mater Little Miracles 5Ks Walk

Enjoy a fun-filled day out with the whole

family at the Mater Little Miracles 5Ks walk in

Brisbane on 1 June.

Trailfest

Trailfest is Australia's first 100km multi day Trail running event, where runners and trekkers spend 3 days covering a total of 100km on some of Sydney's best trails, camping out for 3 nights at St Ives Showground. Trailfest is not just a running or trekking event but a unique 3 day trail running, trekking and camping experience. The ultimate dirty weekend! ... What a fantastic opportunity to give a stage event a go for the first time.

George Driscoll Sea to Summit Trail

The George Driscoll Sea to Summit Trail is a 32km and 15km run or walk, following the George Driscoll Trail in Adelaide, South Australia.

The Coffs Coast Chopper Walk

starts at Moonee Park Reserve in Coffs Harbour and follows the Solitary Islands Walk through to Lower Park Beach Reserve – a distance of 14km.

Take a Hike Gold Coast challenge

40km. Nine hours. One day. Once chance. To change the life of a child with autism.

JULY

Take a Hike Sunshine Coast challenge

40km. Nine hours. One day. Once chance. To change the life of a child with autism.

Free postage
Paper books &
PDF's



[Forum](#) [Wiki](#) [Blog](#) [Rules](#) [Photo Comp](#) [Shop](#)

[Cart Contents](#) [Checkout](#) [My Account](#)

[Top > Catalog > Guide Books](#)

Categories

Guide Books-> (26)

- ACT (2)
- NSW (15)
- NT
- NZ (1)
- QLD (2)
- SA (1)
- Tas (2)
- Vic (2)
- WA (1)

Manufacturers

Please Select

Quick Find

Use keywords to find the product you are looking for.

[Advanced Search](#)

What's New?

Bushwalks in the Sydney Region
Volume 2 Edition 4
Editors: S. Lord & G. Quinn

Guide Books



Shopping Cart

0 items

Reviews

There are currently no product reviews

New Products For November

