



THE LOGAN AND BEAUDESERT BUSHWALKERS



OCTOBER 2007
NEWSLETTER

October Meeting Report

- 14 members at the meeting and 1 visitor. There were 4 apologies
- Planning of walks for November / December 2007.
- Discussion about other trips away. See planned walks.
- Peter Weallans suggested we all endeavour to come up with walks that haven't been done in the last 2 years – ideas anyone!!

The next meeting will be on Tuesday 12 November 2007 at the Community Centre, Wharf Street, Logan Village, - 7.30 pm. Cuppa afterwards. *Members and visitors are welcome*

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MOST IMPORTANT NOTE:
Some walks may be changed at last minute due to weather or other conditions. PLEASE ensure you contact coordinator before your chosen walk

WALK GRADINGS

Grade	DESCRIPTION
†1- 1½	Suitable for beginners with a basic level of fitness.
†2- 2½	Also suitable for beginners with a good basic level of fitness (some walks include steep hill-climbs and rock hopping).
†3- 3½	Requiring good levels of fitness and agility, usually involving scrambling and navigational problems.
†4- 4½	<u>ALWAYS</u> requiring high levels of fitness and agility with good navigational and scrambling skills.
5+	HARD WORK- skill required

BALLOON RIDE – Postponed until next season. Ken Burry is the person to speak to, if you are interested (Ph: 3802 1977)



www.bushwalkers.com

Proposed rules for our club are attached for your consideration.

CLUB COMMITTEE

President- Robin Laban...
☎ 0415 535 718
✉ RobinLaban@hotmail.com

Secretary...Marion Laban
✉ mlaban@mcw.com.au
☎ 07 3805 3300

Treasurer ..Lynne Lucas
✉ lmilucas@iprimus.com.au
☎ 07 3287 4934

Publicity Officer...Robin Watt
☎ 07 5543 2655

FIRST AID COURSE reimbursement

Following a review of our club financial situation it has been decided (at September meeting) Club Members who obtain their Senior First Aid Certificate in future will be receiving \$30 back and it is limited to 1 refund per membership.

PLEASE NOTIFY THE WALK CO-ORDINATOR BY THE THURSDAY BEFORE ANY WEEKEND WALK YOU ARE GOING TO ATTEND.

SUNDAY WALKERS FUTURE WALKS & EVENTS

Some walks will not be open to new or non-members subject to fitness levels. This is at that walk coordinators discretion.

21 October 2007 – Warrie Circuit and the Pinnacle - The longest track walk at Springbrook – 17 kms – Grade 2. The side-trip to the Pinnacle adds another 3 km – Grade 2.5. The circuit is especially recommended following rain when the waterfalls are at their best (although not in flood conditions). – Coordinator – Robin Laban – Ph: 3805 3300 or 0415 535 718. Meet at 9.00am at Canyon Lookout.

28 October 2007 – Mt Ernest (South-East of Mt Barney) – Grade 4.5 – Malcolm Hill to coordinate – Ph: 0421 118 686 or 3287 4934. *Please note, this walk is subject to change, depending on weather conditions.*

POSSIBLE ALTERNATE WALK – 28 October 2007 – Cronan Creek, Jenny's Waterhole – Grade 2 – Malcolm Hill to coordinate – Ph: 0421 118 686 or 3287 4934.

3 & 4 November – Noosa Paddle – more info in October Newsletter. However, if you are interested, please contact Robin Laban on 3805 3300 or 0415 535 718, so that campsites can be pre-booked.

11 November – O'Reilly's to Christmas Creek via Stinson Wreck – Grade 4 – this is a long walk (27 kms), with a very early start and car shuttle to be organised. Coordinator – Robin Watt ph: (Ph: 5543 2655).

18 November – Key Swap – Binna Burra O'Reillys to Wagawn to Bushrangers Cave and Numinbah Border Gate (the downhill trail)
- and -

Numinbah to Bushrangers Cave to Wagawn to Binna Burra (the uphill trail) – more details to come. It has been decided to divide into 2 groups, saving the necessity for a long car shuttle. After the walks, everyone meets at Canungra to swap vehicles and enjoy some afternoon tea.

Marion Laban to coordinate – Ph: 3805 3300 or 0415 535 718.

Christmas Party Breakup – Saturday 24 November – Once again, Ken & Sandra Burry's place, 25 MacKunda Court, Park Ridge South (Ph: 3802 1977).

Ring Sandra or Ken regarding a dish you can contribute to the night, ie. A salad, desert etc.

RSVP – 17 November 2007

25 November 2007 – Albert River Circuit – commence walk at 8.00am

2 December 2007 – Cunningham Gap to Sylvester's Lookout

9 December 2007 – Bull Ant Spur – Stairway Falls – Junction of East and West Canungra Creeks and back again

16 December – Barney Gorge campsite!!!!

Australia Day Long Weekend – Wandii Waterhole – Noosa National Park



DAY- WALK ESSENTIALS

make sure these are in your pack !!!!!
every week... every walk

- | | |
|----------------------|--------------------|
| • hat | • food |
| • sunscreen | • 1–2 L of water |
| • raincoat | • paper & pencil |
| • jumper | • map & compass |
| • lighter or matches | • insect repellent |
| • whistle | • torch |
| • watch | |
| • first-aid kit | |
| • togs | |

What should you have in your BACKPACK?

A raincoat (preferably lightweight) should always be in your pack. You never know when you may need it, otherwise you may just find yourself suffering from hypothermia!! You may only wear it once in the year, but if it's not in your pack when you need it, that's too bad! *Don't learn the hard way.*

Long sleeved warm top (and pants – optional). Thermal gear weighs next to nothing and is excellent to always carry in your pack and can be purchased from any reputable camping or bushwalking store.

Hat – wide brim is best, but any hat is better than no hat at all. A hat with a cord, is best for windy days, or if you're scrub bashing – cord keeps you from losing it.

Sunglasses – essential protection for eyes – eye poke injuries statistically being the most prevalent injury suffered by bushwalkers. If you wear prescription glasses for distance, it is recommended they be worn as good vision means less chance of misjudging your footing and falling over etc.

First Aid Kit essentials:

- Pressure bandage – for snakebite
- Painkillers
- Anti-histamine – for allergic reaction to bites or stings etc.
- Tweezers with rubber band – for removing ticks
- Band-aids – in case of blisters, or minor cuts and scratches.
- Insect Repellent (cream or spray). Repellent is good sprayed on before dressing in the morning (ie. under your clothes) to help ward off ticks at the times of the year ticks are prevalent.
- Sunscreen – recommended especially on walks where there is little shade or overcast days.
- Spare set of clothes in the car – to change into after walk, if needed.
- Extra food on long walks, in case unforeseen circumstances dictate spending longer in the bush than anticipated. This can be sachets of tuna, snacks foods etc that are less perishable (and can be kept indefinitely in your pack should the need arise to use it).

- Mobile phone - Even if you don't

Handy Hints:

have reception, text messages and the emergency calls number can be used in case of an emergency.

As with all of these items, the secret is "light-weight". The trap to avoid, is keeping your pack "light-weight" by leaving essential items out.

WALK REPORTS

MT MAROON

1 July 2007

By Robin Watt

Four walkers for this one:- Dave, Robin W, Herbert and Nils (Herbert's son). We met at Rathdowney and then all went in Herbert's mighty Ford Sedan to the said mountain. We ran into the Queensland Bushwalkers in the car park with Kerry DeClauzel being one of their bushwalkers. We had a very quick chat, then she had to join her mates as they were doing the caves circuit. Kerry used to be a member of our club, but chose to go to perhaps greener pastures.

We took the usual route to the summit and as we started up the chimney before the saddle, spotted three rock climbers doing their thing across to our right. When we reached the summit the most amazing thing happened, there was no wind – normally every other time I have been on the summit the wind is strong and cold. As we snacked and took in the 360° views we were joined by a large party of walkers from the Redlands Bushwalking Club, whom we had spotted earlier at Rathdowney. We cut across after our snack to the western side of the mountain where we had lunch and then did the rim walk.



As we were about to drop down to the campsite saddle, we ran into Kerry again and a wounded colleague. As it turned out he had stood up when he shouldn't have in the cave and received a nasty gash to the top of the cranium. Just before this encounter we had passed the rock climbers who

were well and truly on top and in one piece. We all made it back to the cars ok and then stopped down the road to pick the last of the bush lemons. We also stopped for more along the main road at a tree we had spotted on the way in. Herbert ended up with enough lemons to go into jam production, that's for sure.

We decided to check out the goodies at the Rathdowney shop and the hot beverages and hot chips went down well, after another great walk/climb in the Great South East.

Cheers, M.O.A.B.

MT MOON – BOTH PEAKS

24 June 2007

The walkers: - Only three walkers for this one folks, with lots of club members doing lots of other things like:- crossing deserts, snow ski-ing, or checking out the Darling River by 4-wheel drive. Our walkers were Dave, Paul and Robin W who met at 7.30am at Boonah.

We proceeded to the cattle yards of Lloyd Duncan in the mighty Ford wagon and left the vehicle there. We took our usual route across the plains spotting a dead cow on the way. Then up the right side peak and boyo you forget just what a pull it is up there. Dave and I were carrying extra weight in training for Hinchinbrook, so we couldn't keep up with the mobile Paul. The road has been extended by dozer around the mountain to the south and we made use of it for a short way. Stunning views on the summit but the wind was strong so we soon moved on to the eastern peak. Now on East peak we sheltered from the wind, in the sun, and had a long lunch. The top of the mountain was burnt out a while back which made our descent a lot easier. We visited the rocky outcrop to the right of the saddle which provides great views down the valley to the East. We then stopped at the pinnacle but due to time restraints we didn't go up.



Now for the long walk down via the road which was made easier as the dozer had been over this road as well and cleared all the saplings and debris. We were soon across the flat paddock and at the cattle yards where we were greeted by a chorus of baritone calves of varying pitches and ages, all complaining about the lack of fodder as they had done on our arrival in the morning.

Now is was off to Glenn's Diner at Boonah for refreshments and to relax as we reflected on another great day in the Great South East.

Cheers, M.O.A.B.

CUNNINGHAM'S GAP TO

LEMON TREE FLAT

15 September 2007

By Marion Laban

Our walkers for today were John, Julie, Robin W, Ian, Marion, Peter & Kirsty. We met at Cunningham's Gap car park. Ken and Robin L drove us all down to Spicer's Gap Road on the Downs side of the range to commence our climb up the back of Spicer's Peak.

It is a number of years since I did this walk, so I'm glad John and Julie were along to help navigate. I managed to climb up the cliff break that has heavy vines draped all over it.



Morning tea break on the western ascent of Spicer's Peak

The views east from Spicer's Peak were disappointing as there was so much smoke haze, there was not much to see. We headed off down into the rainforest looking for the cliff break. We ended up in 2 parties here until we reached our lunch spot shortly thereafter, just out of the rainforest area in the saddle between Spicers and Mt Doubletop.

I laid down on the grass to rest my weary bones, and ticks were soon crawling on me.

After a well earned break we headed off for Mt Doubletop. I can't believe it as I managed to climb up the scary bit by the tree, instead of chickening out looking for a longer alternate route around the back.

From here though I started having major problems with cramps, especially in the left leg. Peter was very patient, sticking with me and helping me to get to the top of Mt Doubletop (even carrying my pack the last bit to the top).

I took some magnesium to help alleviate the cramping. It was downhill from here which meant the leg muscles didn't have to work quite so hard, and it felt good not to be holding everyone up on this next section.

All along Main Range the downhill sections tend to be in rainforest, with the uphill sections facing the north, which makes the climb quite hot. Usually we do this walk in June (the coolest time of year), so felt it more as it is hotter in September.

After a short break at Swan Knoll (where the annual through walk usually spend their first night), we changed direction and headed west, down for Lemon Tree Flat to meet up with Robin L and Ken, who had set up camp for us.

John and Julie found a slight detour recently (a cow trail). As you know cows usually take the easier route, so we avoided a rocky steep slope that we usually ascend or descend. They found it by accident, following a herd of cows, who took off and down to the left, just before we reach the loose rocky slope.



It was great to see camp set up and a welcome cup of tea. Robin then drove Peter and Kirsty and John back to Cunningham's Gap – John to pick up his Forester, and Peter and Kirsty to return home as they were only with us for the day walk. It was well and truly dark by the time Robin returned, but there was a nice hot meal ready for his return.

Dave joined us in the evening too.

SENTINEL POINT 16 September 2007

Next morning after breakfasting etc, we decided to go to Sentinel Point. National Parks have fenced off a lot of the area now, so you can't drive as far, so it's further to walk. I've never been to Sentinel Point before, so thought I would check it out. I wasn't after a big day however, after suffering so much cramping the day before, right posterior tibial tenosynovitis with an impingement at the back of the ankle, and a very sore callous on the inside of the right foot from my Orthotic.

Our walkers were myself, Julie, Dave, Robin W, Ken and Ian.

I didn't realise we were going to be up and down like a roller-coaster as we walked west towards Sentinel Point. It was quite hot with not a lot of shade.



(interesting vine I was asked to take a photo of)

It was the last valley to go before the point, with a new fence down the middle of the ridge which meant you had to keep to the side of it. A downed tree across our path which had to be veered around towards a steeper sideways slope was more than my foot and ankle were going to be able to cope with, so I stopped here to wait for the others.

After a half hour or so, I thought I could see them walking around on top of Sentinel Point. They were so small – barely visible. I took photos at maximum zoom on the camera and still could barely see them.



View to Sentinel Point

On their return, they took a lower path and luckily Julie had the good sense to keep to the original path as I was above the detour the others had taken and I would have been left behind.

Hopefully when my ankle is back to normal, I'll complete this walk and get to enjoy the fantastic views they all told me about.

Well Robin W was really pleased with this weekend of camping, stating it's

not often that we do the big walk on the Saturday with a less taxing walk on the Sunday.

Well Robin, we'll have to try and plan it that way again sometime, with a hard walk on the Saturday and an easier walk on the Sunday.

Thank you to all our fellow campers and walkers who came along and made it such an enjoyable weekend.

Regards,
Marion Laban

FUTURE WALKS & EVENTS - SATURDAY WALKERS

21 October – Tooloona Circuit – 17.4km (Grade 1.5 to 2). This walk is a walk of many waterfalls and cascades. Starting time at O'Reillys car park 8.00am – Phone Marie for car pool 3297 5204.

27 October – Lyre Bird Lookout (Half day Grade 1.5) Views from the lookout include Mt Widgee, Lost World and Mt Worendo Starting at O'Reillys car park 8.00am. Phone Marie to arrange car pool 3297 5204.

3 & 4 November – Noosa Paddle – more info in October Newsletter. However, if you are interested, please contact Robin Laban on 3805 3300 or 0415 535 718, so that campsites can be pre-booked.

10 November – Mt Warning – Phone Sue for more details 5546 8781 (possible choice of early sunrise walk).

!! SUNDAY !! 18 November – Key Swap – Binna Burra O'Reillys to Wagawn to Bushrangers Cave and Numinbah Border Gate (the downhill trail)

- and -

Numinbah to Bushrangers Cave to Wagawn to Binna Burra (the uphill trail) – more details to come. It has been decided to divide into 2 groups, saving the necessity for a long car shuttle. After the walks, everyone

meets at Canungra to swap vehicles and enjoy some afternoon tea.

It is hoped to encourage some of the Saturday walkers to join in this walk and undertake the downhill walk.

Marion Laban to coordinate – Ph: 3805 3300 or 0415 535 718.

24 November – Christmas Party – Sandra and Ken Burry's – see page 2 for more details

1 December 2007 – Purlingbrook Falls + Waringa Pool (Grade 1.5 – 6.4km) The track visits the top and bottom of the falls. Bring your swimmers to take a dip in the pool. Lunch can be had in the picnic area at the end of the walk. *Starting time at Gwongorella Picnic Area – 9am Phone Marie to arrange car pool 3297 5204.*

8 December 2007 – (1) Caves Track – down hill (Gr 1.5 – 2.5km approx) (2) Gwongoorool Pool Track (Gr 1.5 – 6 km return). Caves Track – starting at Binna Burra Lodge Road this interesting track leads to the Binnaburra Information Centre. Gwongoorool Pool Track – This track leads to the pool and back to the car park. ***Meet at Binna Burra middle car park (Near Ships Stern entrance) for 8am start. A car shuttle to be arranged at end of walks Phone Marie to arrange car-pooling 3297 5204.***

15 December – City walk = morning tea at coffee shop Meet at Mowbray Park ferry at 7am for a ferry ride to Southbank. Phone Heather 0432 197 577.

CHRISTMAS HOLIDAYS



Christmas Party – Saturday

24 November – Once again, Ken & Sandra Burry's place, 25 MacKunda Court, Park Ridge South (Ph: 3802 1977).

Ring Sandra or Ken regarding a dish you can contribute to the night, ie. a salad, desert etc.

Walk Softly

Take only a photo

Leave only your footprints

Kill only your time

CLUB SHIRTS

The Saturday walkers are organising club shirts to wear when walking with other clubs or wear on our weekly walks. Details below:

Style - Polo with pocket

Colour - Bottle green (Gold logo above pocket)

Size - From small upwards (Men's sizing)

Cost - \$18.80

Call Marie for more details – 3297 5204.