

## Walks Calendar

SEPTEMBER						
Date	Walk		Grading (D-T-F)	Coordinator	Leader	Contact No.
Sat 3rd	Waterfall Creek	DW	M-3-3	Jenny	Jenny	0452 258 402
Sun 4th	Bunnings BBQ			Scherie	Scherie	0400 184 477
Sun 4th	Spring Mountain, Caldera Dragons, Balancing Rock	DW	M-3-3	Andrew	Andrew	0404 480 214
Sat 10th	Toolona Creek Circuit	DW	L-4-4	Jenny	Jenny/Rob	0452 258 402
Sun 11th	Buchanans Fort	DW	S-7-5	Dave	Dave	0447 280 769
Tues 13th	Monthly Meeting Logan Village Community Hall - Starts 7pm					
Sat 17th	Swell Sculptures Currumbin	DW	S-2-2	Jenny	Jenny	0452 258 402
Sun 18th	Straddie - Amity to Point Lookout	DW	L-3-3	Scherie	Scherie	0400 184 477
Sat 24th	Springbrook- Twin falls and Rainbow falls	DW	S-3-3	Brian	Brian	0409 010 436
OCTOBER						
Date	Walk		Grading (D-T-F)	Coordinator	Leader	Contact No.
30th Sept to 3rd Oct	Girraween	Camp		Lynne	Lynne	0407 643 375
Sat 8th	Nixon Creek via Bell bird track. Binna Burra	DW	M-4-4	Brian	Brian	0409 010 436
Sun 9th	Abesail Training Kangaroo Point	AB		Mark	Mark	0413 456 832
Sat 15th	Mt Cootha	DW	M-3-3	Rob	Rob	0467 954 034
Sun 16th	Tibrogargan	AB		Mark	Mark	0413 456 832
Sat 22nd	Glass House Walks	DW	L-3-4	Scherie	Scherie	0400 184 477
Sat 29th	TBA					
NOVEMBER						
Date	Walk		Grading (D-T-F)	Coordinator	Leader	Contact No.
Sat 5th	West Canungra Creek	DW	M-3-4	Scherie	Scherie	0400 184 477
Sat 12th	TBA					
Sun 13th	Northbrook Gorge	DW		Mark	Mark	0413 456 832
Sat 19th- Mon 21st	O'Reillys to Binna Burra and Return		L-4-4	Scherie	Scherie	0400 184 477
Sat 25th	TBA					
DECEMBER						
Sat 3rd	Christmas Party - Colonial Motel Acacia Ridge					
Sat 10th	Westrays Grave /Irapinta falls	DW	M-4-4	Scherie	Scherie	0400 184 477
Sat 17th	City Walk	NW		Scherie	Scherie	0400 184 477

## **Contributions to the Newsletter:**

Photos, descriptions of your adventures, items to give away or sell, Anything that has struck your interest over the last month. Please email me at [editor@bushwalkers.com](mailto:editor@bushwalkers.com)

### **Phone numbers for Park Rangers and the web address for park**

- Binna Burra - 5533 3996
- Boonah - 5463 5041
- Main Range - 4666 1133
- O'Reillys - 5544 0634

Department of National Parks, Recreation, Sport and Racing web site <http://www.nprsr.qld.gov.au/park-alerts/index.php>

### **Emergency Numbers**

If you are unable to get through to 000 use 112 on your mobile phone  
If you are unable to speak text 106 and AAA for the ambulance and PPP for the police

### **Please Note**

**THURSDAY** is the deadline to notify the Coordinator for through walks, base camps and Saturday walks

**FRIDAY** is the deadline to notify the Coordinator for Sunday walks

**Some walks may be changed at the last minute due to weather or other conditions**

**PLEASE ensure you contact the coordinator before your chosen walk or check the Facebook Page**

***When carpooling, passengers are to pay \$7 petrol money to the driver at the Drivers discretion***

Make sure the following are in your pack **Every Week & Every Walk**

Hat	First-aid Kit	Phone/watch	Insect Repellent
Food + a little extra	2ltr Water + extra in summer	Headlamp & spare batteries	Sunscreen
Warm Jacket	Paper & Pencil	Whistle	
Raincoat	Lighter / Matches		

### **Walk Grading's**

Participants are required to read and understand the Grading System for activities as listed. They should ensure that they are able to complete the listed walk. New members will normally start with two shorter and easier walks with the Club, such as easy terrain, easy fitness, and or short to medium length and progress by one grading step per activity.

#### **Distance**

- S:** Short - Under 10km
- M:** Medium - 10 – 15 km
- L:** Long 15-20 km
- XL:** Extra Long 20+ km

### **Terrain**

1. Smooth, reasonably flat path
2. Graded path / track with minor obstacles

3. Graded track with obstacles such as rock, roots,
4. Fallen debris or creek crossings
5. Rough unformed track or open terrain with
6. Obstacles such as rock, roots, fallen debris or
7. Creek crossings
8. Rough or rocky terrain with small climbs using
9. Hands or rock hopping
10. Steep, rough or rocky terrain with large climbs
11. Using hands or rock hopping
12. Climb/descend step rock using hands or footholds  
maybe some exposure, good upper body strength
13. Climb / descend near vertical rock with exposure,
14. Climbing skills may be required
15. Sustained climbing or descending of vertical or
16. Near vertical rock with exposure, advanced  
climbing skills required, good upper body strength

### **Fitness**

1. Basic - suitable for beginners, up to 4 hours walking, flat
2. Basic - suitable for beginners, up to 4 hours walking, minor hills
3. Easy - suitable for beginners, up to 5 hours walking, undulating terrain
4. Reasonable level of fitness required - up to 5 hours walking
5. Moderate level of fitness required - up to 6 hours walking, agility required
6. Medium level of fitness - up to 6 hours walking, agility required
7. High - up to 8 hours walking, high fitness, endurance and agility required
8. Hard - 8 hours or longer walking, high fitness, endurance and agility required
9. Challenging - up to 12 hours walking, very high fitness, endurance and agility required

### **Activity**

<b>DW</b>	Day Walk	<b>EDW</b>	Easy Day Walk
<b>O/N</b>	Over Night	<b>BC</b>	Base Camp
<b>TW</b>	Through Walk	<b>CW</b>	City Walk
<b>B</b>	Boat Trip	<b>BK</b>	Bike Ride
<b>K</b>	Kayak	<b>S&amp;T</b>	Safety & Training
<b>AB</b>	Abseiling	<b>NW</b>	Night Walk

General information

[www.bushwalkers.com](http://www.bushwalkers.com)

[www.facebook.com/loganbeaudesertbushwalkers](https://www.facebook.com/loganbeaudesertbushwalkers)