

WALKS CALENDER

JULY						
Date	Walk		Grading (D-T-F)	Coordinator	Leader	Contact No.
Sat 2nd	Gold Coast Marathon Water Station 5 am to 8am. Breakfast booked for Cafe 63 Ross Evans Garden Centre for 9am			Jenny	Jenny	0452 258 402
Sat 9th	Mt Cordeau - Sunrise	DW	M-3-3	Scherie	Scherie	0400184 477
Tues 12th	Monthly Meeting Logan Village Community Hall - Starts 7pm					
Sat 16th	Warrie Circuit	DW	L-3-4	Rob	Rob	0400 184 477
Sat 16th	Warrie Circuit and Pinnacle	DW	L-4-4	Marija	Marija	0413 270 430
Sun 17th	Fox and Hounds country Inn 11.30 -Wongawallan Gold Coast Contact Su Jewell 0409 079 473					
Sat 23rd	Coomera Circuit	DW	L-4-4	Jenny	Jenny	0452 258 402
Sat 30th	Daves Creek Circuit & Surprise Rock	DW	M-3-3	Brian	Brian	0409 010 436
AUGUST						
Date	Walk		Grading (D-T-F)	Coordinator	Leader	Contact No.
Sat 6th	Glass House Walks	DW	L-3-4	Scherie	Scherie	0400 184 477
Tues 9th	Monthly Meeting Logan Village Community Hall - Starts 7pm					
Sat 13th	Tomewin to Tugun	DW	L-4-4	Jenny	Rob	0400 184 477
Fri 19th	TBA					
19th to 21st August	Pilgrimage 2022	Hosted by Toowoomba Bushwalkers approx cost \$45 More details to follow				
Sat 20th	Lower Portals	DW	S-3-3/4	Brian	Brian	0409 010 436
Sat 27th	Mt Hobwee	DW	L-4-4	Jenny	Jenny/Rob	0452 258 402
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
Sat 10th	Toolona Creek Circuit	DW	L-4-4	Jenny	Jenny/Rob	0452 258 402
Tues 13th	Monthly Meeting Logan Village Community Hall - Starts 7pm					
Friday 16 th	TBA					
Sun 18th	Straddie - Amity to Point Lookout	DW	L-3-3	Scherie	Scherie	0400 184 477
Sat 24th	TBA					

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

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