

WALKS CALENDER

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-5-5	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 Abseil	AB		Mark	Mark	0413 456 832
Tues 18th	Boronia Heights	DW		Robyn	Robyn	0416 854 687
20th to 24th	Bibbulmum Track	TW		Catherine	Catherine	0407 993 998
Sat 22nd	Glass House Walks	DW	L-3-4	Scherie	Scherie	0400 184 477
Sun 23rd	Bushrangers Cave to Wagawn	DW	M-4-4	Lynne	Lynne	0407 643 375
Sat 29th	Albert River Circuit	DW	L-4-4	Jenny	Jenny	0452 258 402
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
Sun 20th	Upper Ballunjai and Tallawallal loop track	DW	M-3-3	Scherie	Scherie	0400 184 477
Sun 20th	Burnett Creek - Track Maintenance			Mark	Mark	0413 456 832
Sat 26th	TBA					
Sun 27th	Burnett Creek - The Gorge	AB		Mark	Mark	0413 456 832

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

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