



Club's website: <http://capricornia.bwq.org.au/>

PO Box 1130, Rockhampton 4700

No: 157

NEWSLETTER

May 2023



President: Kevin Cullen 0487 655 892
Secretary: Greer Burgess 0488 408 775
Treasurer: Janine Kenealy 0418 372 465
Committee: Rita Davidson, David Drew, Lindsay Hensel, Anna Mainey, Mark Angus
Newsletter: Mark Angus

See last page for SCHEDULE OF WALKS (May to September 2023)

Like us on FACEBOOK. <https://www.facebook.com/capricorniabushwalkers/>

PROGRAM DETAILS

Closing date for nominations for walks and social events is normally at least **2 days** prior to the event. If you require transport, please nominate well in advance. If travelling with someone else, it is courteous to pay your share of travel costs as per the adopted travel / car sharing payment guideline below.

Some walks may have a limit on numbers.

WALK LEGEND

MO = Members Only

D/W	Day Walk	T/W	Through Walk or Car Shuttle required			O/N	Overnighter
H/W	Half-day Walk	4WD	Access by 4WD only	X/T	Extended Trip	TRN	Training
B/C	Base Camp	N/F	No Facilities – no water, showers or toilets			SOC	Social

WALK GRADING

Fitness		Distance		Terrain	
E	Easy, suitable for beginners	A	Less than 5 km	1	Trail/Graded Track
M	Moderate, reasonable fitness required	B	5 to 10 km	2	Off-track/Cross-Country
H	Hard, very fit walkers only	C	10 to 15 km	3	Not pre-walked
		L	15 to 20 km	4	Minor scrub
		X	Over 20 km	5	Medium or Heavy Vegetation
Total Uphill Sections				6	Creeks/Rock Hopping
ALT	Approx change in height			7	Steep Scrambles

The club has adopted a travel/ car sharing payment guideline as per below. These figures were adopted as being fair and equitable, however, that remains at the discretion of the driver.

0-20 km	\$5.00
20-50 km	\$10.00
50-100 km	\$15.00
100-200 km	\$25.00
200-250 km	\$30.00
250-300 km	\$35.00

SCHEDULE OF WALKS (May to September 2023)

Date: Sunday May 7th, 2023

To Be Confirmed

Type: TBC

Contact: TBC

Date: Sunday May 14th

Nurim (Mt Archer)

Type: H/W,M,B,1,2,4,5

Contact: Cheryl Gargan 0477 156 656

zilziebeach@bigpond.com

Boots in the Berserkers. Starting from Frazer Park, atop Mt Archer, we will head to Sleipner Lookout before descending the Gym Boy track down to the saddle on Pilbeam Drive. From there we'll take a short hike up Mt Birkbeck to take some magical views to the coast and the west. Returning the same way to the saddle, we'll return to our starting point via Pilbeam Drive.**Date: Sunday May 21st**

Johannsen's Cave (Mt Etna Caves National Park)

Type: H/W, M, A, 1,6,7

Contact: Pauline 0448 822 241

Mt Etna Caves National Park is a special ecosystem based around a limestone karst outcrop dotted with caves. As such it supports rare and endangered animals and interesting flora.

The area is also historically interesting.

Johannsen's Cave is only open 4 months of the year and closes 31st May.

The interpretive centre gives a very detailed explanation of the features of the park.

Lunch is available at the Caves Pub.

Date: Sunday May 28th- Saturday June 3rd

K'gari Great Walk (Fraser Island)

Type: M/H, XT, 1,2,3, MO

Contact: Greer 0448 408 775

(THIS TRIP IS FULLY BOOKED)

The K'gari Great Walk extends for 90km, allowing walkers to explore the world's largest sand island and it's everchanging landscapes, from perched lakes to dense forests of giant satinay trees.

The terrain varies from sandblows to mixed forest trails, with designated camps each evening.

Walkers need to be independent for the full six night, seven day trip and prepared to walk moderate distances (15km plus) on most days between camps.

Date: Sunday June 4th
Creek to Creek- Emu Park to Cooraman Creek
Type: H/W, T/W, E,C, 1
Contact: Cheryl Gargan 0477 156 656
zilziebeach@bigpond.com

This will be our final walk in the Creek to Creek series- North to South (Fishing Creek to Cooraman Creek). Commencing in the early afternoon from Bell Park, Emu Park, we will traverse the beaches and headlands that take us south to our finish line at the Cooraman Creek boat ramp.

Date: Sunday June 11th
Mt Dovecott
Type: H/W, M, B, 1
Contact: Kevin 0487 655 892

We head to Dovecott Station (2 wheel drive) via Kabra, where I will do a people shuffle in the yellow banana (4 wheel drive) to the point on the property where we start the walk.

Date: Friday June 16th - Sunday 18th
Blackdown Tableland National Park
Type: TBC
Contact: Linsay 0478 637 954/ Anna 0408 218 423

Base camp with a hard walk on Saturday to Spring Creek and return, followed on Sunday with a shorter exploratory hike into a tributary of Mimosa Creek.
There are several easier walks closer to camp for those less fond of a challenge.
Further walk details to be confirmed closer to the date.

Date: Sunday June 25th
Mt Sleipner
Type: TBC
Contact: Cheryl 0477 156 656/ Greer 0448 408 705

Date: Sunday July 2nd
GENERAL MEETING
Contact: Kevin 0487 655 892

Date: Sunday July 9th
Type: TBC
Contact: TBC

Date: Sunday July 16th
Mt Morgan Hills & History
Type: D/W, M,1,2,4,6
Contact: Greer 0448 408 775

This full day circuit walk combines local fire trails, walk trails and roads that skirt the edges of the historic town of Mt Morgan.

We spend the morning on the ridges before dropping down into town and walking along the edge of the old mine, with a short visit to an old railway tunnel along the way.

From there, we rock hop along the Dee River to Larson's Crossing, allowing for an interesting insight into the slow regeneration of this part of the river.

This walk is a full day, and approximately 16km in length. Moderate fitness is required.

Date: Sunday July 23rd
Type: TBA
Contact: TBA

Date: Sunday July 30th
Crocodile Creek (Bouldercombe)
Type: H/W, H, 1,5,6,7
Contact: Greer 0448 408 775

We plan to walk up Bouldercombe Gorge to the junction of Crocodile Creek, before ascending the creek to reach the top of the ridge.
This route is challenging in places and is not suitable for walkers who don't like climbing.
Once at the top, we will enjoy the views across the valley before coming down via the old packhorse trail to complete the circuit.

Date: Saturday August 5th (Evening walk)
Zamia Trail, Mt Archer National Park
Type: TBC
Contact: Anna 0408 218 423

Date: Sunday August 13th
ANNUAL GENERAL MEETING
Contact: Kevin 0487 655 892

Date: Friday 18th – Monday 21st August
Isla Gorge National Park
Type: B/C, M, B (per day), 1,2,4,6,7
Contact: Pauline 0448 822 241

Isla Gorge features beautifully coloured sandstone escarpments with wind eroded alcoves and arches. It also features indigenous art and wildflowers.
The camping is easy with camping next to your car, and 0.6km from the highway.
Bring all your own camping equipment.
Approximate driving distance- 500km return.
NOMINATE NOW WITH YOUR EXPRESSION OF INTEREST.

Date: Friday August 25th- Sunday August 27th
Creek to Coast Trail, Five Rocks- Byfield National Park
Type: O/N, M, 1, X, MO
Contact: Anna 0408 218 423

This is a very pretty 12km one-way walk from Banksia carpark to the Five Rocks visitor area, where we will be camping.
We travel through rainforest, creek crossings, acres of grasstrees, and over forested sand dunes. Beach swimming, toilets and cold showers are available at the camping area.
Water is available, but it is advisable to treat/ filter beforehand.
We do the return walk on Sunday.
Members who want to come with their 4WD's are quite welcome- you might even transport our

backpacks for us!

Date: September 2023

Cooloola Great Walk

Type: M/H, XT, 1,2,3, MO

Contact: Greer 0448 408 775

The Cooloola Great Walk traverses up to 100km (depending on side trips) of the Cooloola Recreation area between Rainbow Beach and Tewantin. The walk moves through sandblows, forests, woodlands, and heath country. Walkers camps are available each evening.

I'm looking for interested folks to join this trip, walking north to south, with dates in September to be confirmed.

Walkers need to be fully independent for four or five nights on the trail and prepared to walk moderate distances (15km+ daily) between walkers camps over varying terrain.

WALK REPORTS

Three Hills Walk, Rosslyn Bay

26 th March - A small group of six, led by the very experienced Ian, enjoyed a half day walk around Rosslyn Bay. On the first hill we encountered a few sections of loose gravel, but nothing too treacherous. Ian then took us along "Herbert" way, a lovely little path through the bush that Ian lovingly helps maintain. A botany lesson by both Ian and Pauline during the walk proved very interesting.

From there we took a short stroll along the beach and up to the first hill that forms Double Head. The weather could not have been better, allowing us to take in the stunning scenic views from the top of the Fan Rock lookout. Some of the longer serving members shared stories of their more adventurous walks around this area in years gone by.

Morning tea was then enjoyed on a nice shady patch of grass overlooking the water. The last hill of the Double Head section of the Capricorn Coast National Park was the most challenging part of the morning, but well worth the rock climb to take in more beautiful scenery that is part of the Capricorn Coast. All in all a very enjoyable morning, Russell and Ian chipping in to help keep the area clean by collecting a few discarded cans and bottles along the way.

Jodie

THE GREAT SOUTH WEST WALK: 18 FEB – 3 MARCH 2023

Ten enthusiastic Capricornia Bushwalkers trickled (due to the vagaries of regional air travel) into Victoria to partake in the long-awaited GSWW, organised by Ian and Cathy Herbert.



Starting in Portland, a 260km circular route was followed in an anticlockwise direction, crossing briefly into SA. 14 campsites, including 1 unplanned night under the casuarinas, plus a cottage in Nelson.

We passed through the tall forests of the Cobboboonee, and swam in the Glenelg River, which was soon far below as we traversed the towering limestone cliffs. (The numerous stiles were awkward to negotiate when carrying walking poles and

a 16kg backpack.)



Animals were abundant: echidnas, koalas, wallabies, kangaroos, possums, blue tonguelizards, snakes, emus, plus vibrant bird life.

Several large school groups were also enjoying the track and river.

A couple of pre-dawn decamps were necessary when temps were predicted to be 39-40 deg. Very hot in Nelson but shower, laundromat, shower again, pub meal, and soft bed aided overnight recovery.

Now heading south along the beaches, cliffs and rocky capes of Discovery Bay. Intermittent rain (hence leeches!), temps cooler. Tarragal Camp was Koala Central, with Dave having to move his tent as was directly underneath a mother and baby. (For the uninitiated, koala poo is the same size and shape as fish oil capsules, but olive green). Lots of growling overnight, with one koala trying to gain entrance to Dorothy's tent.





We walked alongside numerous windfarms on the breezy Cliffs as we neared Portland – seal colony far below. We were Able to eat civilised lunches at the Bridgewater Café (where Ian had a quick dip in the frigid surf!), and Isabella's Café.

Nightfall wasn't until 9pm, so evening amusement included The reading of the following day's walk, Dave's yoga, card playing in the camp shelter, and Ian's renditions of Aussie poetry.



And as if she hadn't done enough already, Karen stayed an extra day in Portland to participate in ParkRun!

Our thanks to Ian and Cathy for the time they spent organising this walk for the Club. It was most enjoyable!

- Anna Mainey

EXPRESSIONS OF INTEREST

Contact: Pauline 0448 822 241

A few meetings ago, Kevin expressed an interest in Mt Moffatt. I'm also interested, not in thru-walks (and a lot of our members have already done the Carnarvon Great Walk) but in base camps.

I'm interested in the whole of the Central Queensland Sandstone Belt – several national parks: Salvator Rosa, Ka Ka Mundi, Robinson Gorge, and Minerva Hills (northern approach parks) and Beilba, Lonesome, and Mt Moffatt (southern approach).

There are a variety of possibilities. We could do all of these over a two or three week period, or just part of these. September 2023 might be a good time.

The club has an excellent book on these areas which you might like to read, and I have a book issued by national parks, though the book is no longer available as far as I know. It's all on the web instead. The trip would probably require 4WDs. If you are interested or if you would like to peruse the books, let me know.

GENERAL NOTES

To propose a walk for the upcoming walks calendar, keep an eye out for the meeting reminder email.

Becoming a walk leader is a great way to build your skills and confidence. There are many years of experience in our Club, and plenty of knowledge to share. One way to build confidence is to be an "understudy" with an experienced leader. Please contact any member of the committee, or any walk leader, for more details on how you can take your love of walking to the next level by leading a like-minded group on your favourite trail.

Remember, too, that early nomination for overnight/ base camp/ multi day walks is a good practice. Happy walking!

A reminder for walk leaders – please send details of your proposed walks to rayngreer@bigpond.com within a fortnight of the meeting to allow smooth production of the newsletter. An email will suffice, including details as per walk legend and a brief description. Thank you.

The club has adopted a travel/ car sharing payment guideline as per below. These figures were adopted as being fair and equitable, however, that remains at the discretion of the driver.

0-20 km	\$5.00
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Robinson's Gorge, Expedition National Park

ITEMS OF NOTE

- ❖ The Club now has **TWO PLBs (Personal Locator Beacons)** for emergency use on any bushwalk. One will be located in Rockhampton and the other at the Capricorn Coast. Walk leaders may arrange for collection of the PLB from:

Pauline Toop- 0448 822 241	Rockhampton
Anna Mainey- 0408 218 423	Rockhampton

Collectors of PLBs - please **complete the form** when collecting the PLB from Pauline or Anna. "Don't leave home without it!"

FOR ALL WALK LEADERS

If there is no mobile phone reception or even if you are uncertain if there is mobile reception throughout your walk, take a PLB.

- ❖ Being a paid-up member of the club provides you with Public Liability and Personal Accident Insurance covers. The limit of Public Liability is \$20,000,000. Personal Accident Insurance only covers members aged 18 to 95 years old, inclusive.
- ❖ The address of the Club's website is <http://capricornia.bwq.org.au/>
- ❖ Please contact the Secretary if you –
 - have changed any of your contact details.
 - want to submit a Leader's Report.
- ❖ For Walk Leaders, the Walk Description Form for each Newsletter is also available at <http://capricornia.bwq.org.au/>
- ❖ Please keep sending in Walk Reports for the next Newsletter to rayngreer@bigpond.com either as an attachment, using Microsoft Word, or in an email, whichever is the easier for you. It would be great to get your story fairly promptly after your walk.
- ❖ Our website - <http://capricornia.bwq.org.au/> has material for beginners and Walk Leaders, previous Newsletters and other useful bushwalking information.
- ❖ Please remember the Club is **subsidising half the cost** of an **Accredited First Aid Course** this financial year. The Management Committee will need to see the **Certificate of Achievement and Receipt** for the Course.

Capricornia Bushwalkers Inc. – Membership Application / Renewal	
I wish to apply for / renew my membership (New memberships will be provisional, until approved at next general meeting)	Renewal New (Please circle)
Type of membership	Single Family (2 Adults + children) Life member (Please circle)
Membership fee (for calendar year or part thereof)	\$25 single \$40 family (Please circle)
Personal Information By law, the club is required to maintain a register of members and their residential addresses. The information collected here is retained by the club secretary for the purposes of club business. The postal or email address you provide here will be used to send your newsletter, and any other club correspondence. The phone numbers will be used in emergencies.	Given Name(s)
	Family Name:
	Residential Address (not PO Box)
	Mailing Address (if different) Phone: Home: Work: Email:
Family membership: Please list alongside the names of all other people to be covered by this membership:	

Insurance: The Club has Public Liability (up to \$20,000,000) and Personal Accident Insurance covers; further details are available from the Club secretary. The cost of insurance is included in the membership fee.

Acknowledgement of Risks and Obligations

I acknowledge that when I am participating in any activity of the Capricornia Bushwalkers Inc. I am doing so as a volunteer in all aspects and as such I accept all responsibility for loss of property or bodily injury to me, however it may occur.

I acknowledge that my participation in this activity may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. In particular when participating in abseiling or above the snowline activities I am aware that I may be exposed to additional hazards and risks.

I will make all reasonable effort to avoid or minimise these risks by;

- only participating in activities within my capabilities,
- carrying food, water and equipment appropriate for the activity, and
- advising the leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity.

I acknowledge that the payment of my membership fee will be deemed as full acceptance and understanding of the above.

I further agree to observe the Club's Rules and By-laws (copies available on the Club's website).

Signature(s):	Date:/...../.....
Single OR 1 st Adult Family member 2 nd Adult Family member	

Club's website: <http://capricornia.bwq.org.au/>

How to return your membership form

Option 1: Please post your completed membership form to
Treasurer, Capricornia Bushwalkers Inc., PO Box 1130, Rockhampton, Qld 4700.

Option 2: Signed membership forms may be scanned and emailed to capbushwalkers@gmail.com
Please note handwritten signatures are required at this time.

Payment Options

Option 1: To pay by direct deposit: BSB 064-710 [Commonwealth], Account No 00917137, please include your family name as reference.

Option 2: Post a cheque or money order with your membership form to Treasurer, Capricornia Bushwalkers Inc., PO Box 1130,
Rockhampton, Qld 4700

Club's website: <http://capricornia.bwq.org.au/>

SCHEDULE TO September 2023 AT A GLANCE (MO = Members Only)

Days	Dates	Activity	MO	Contacts	Phone	Type
May						
Sunday	7 th	TBC (To Be Confirmed)				
Sunday	14 th	Nurim (Mt Archer National Park)		Cheryl	0477 156 656	H/W, M,B,1, 2, 4, 5
Sunday	21 st	Johannsen's Cave (Mt Etna National Park)		Pauline	0448 822 241	H/W, M,A, 1 6,7
Sunday to Saturday	28 th to 3 rd June	K'gari Great Walk (Fraser Island)	YES	Greer	0448 408 775	M/H, XT, 1, 2, 3, MO
June						
Sunday	4 th	Creek to Creek (Emu Park to Cooraman Creek)		Cheryl	0477 156 656	H/W, T/W, E, C, 1
Sunday	11 th	Mt Dovecott		Kevin	0487 655 892	H/W, M,B,1
Friday to Sunday	16 th to 18 th	Blackdown Tableland National Park		Linsay Anna	0478 637 954 0408 218 423	B/C, TBC
Sunday	25 th	Mt Sleipner		Cheryl Greer	0477 156 656 0448 218 423	TBC

July						
Sunday	2 nd	General Meeting		Kevin	0487 655 892	
Sunday	9 th	TBC		TBC		
Sunday	16 th	Mt Morgan Hills & History		Greer	0448 408 775	D/W, M, 1, 2, 4, 6
Sunday	23 rd	TBC		TBC		
Sunday	30 th	Crocodile Creek (Bouldercombe)		Greer	0448 408 775	H/W, H, 1, 5, 6, 7
August						
Saturday evening	5 th	Zamia Trail, Mt Archer National Park		Anna	0408 218 423	TBC
Sunday	13 th	Annual General Meeting		Kevin	0487 655 892	
Friday to Monday	18 th to 21 st	Isla Gorge National Park		Pauline	0448 822 241	B/C, M, B, 1,2,4,6,7,
Friday to Sunday	25 th -27 th	Creek to Coast Trail, Five Rocks (Byfield National Park)	YES	Anna	0408 218 423	O/N, M, 1, X, MO

Club's website: <http://capricornia.bwq.org.au/>

September						
TBC	TBC	Cooloola Great Walk	YES	Greer	0448 408 755	M/H, XT, 1, 2, 3, MO



The Great South West Walk, Victoria