

The Mitchell Walker

Upcoming walks on page 3.

A membership application form is on page 4.

Issue 107

September 2023

Mitchell Walking Group is a program of Broadford Living & Learning Centre inc. 158-160 High St, Broadford 3658

There are 2 walk reports again this month. Also a list of upcoming walks, and important messages about membership renewal and a new emergency form to be carried by everyone in their packs. (Ed.)

Mt Macedon. 10 September 2023

Leader- Mary. Attendees were John, Marg, Mary, Yvonne, Karen, Pia, Bec. Seven of us braved the chilly conditions to take the drive past Hanging Rock and across to Mt Macedon. Parking at the base of Camels Hump, out into the 'fresh' air we went, quickly getting our blood pumping with an ascent straight up the hump, including John who gave into FOMO (fear of missing out).

The wattles made the sweet smell of the outdoors exceptionally delightful!

We then headed down and round on the western side of the range, along the track to the tea rooms. We noted just quite how green it all seemed, especially with the trees sporting coats of velvety green. Jee- pers, I wish I had brought another layer too! A stand of spindly wattles



The view from Camels Hump.

had trunks of orange lichen for an eye-catching change.

A stop at the tearooms gave us reprieve from the cold, and a hot cup- pa did the trick to get us back on our feet. We did the obligatory walk around the base of the all wars memorial cross. A huge but rather ugly construction, some of us thought, it was rebuilt by the Grollo Brothers in the 1990's after fires burnt down the original.

We then headed down the rocky south slope and picked up Hoods Track back on the east side. Along the way we stopped for lunch at a pre- existing camping spot adjacent to a stand of eerie pines. Much discussion was had about mushrooms and parasites.... I guess you had to be there!

After lunch we headed past some of the old logging plantations on Clyde Track and then back along Cameron Road. To conclude our 9.9 km trek, we had a quick stop at McGregors Picnic Ground to admire the moss-covered



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trunks and branches of the trees before we hopped into the warm capsule of the cars and headed home. (Report by Bec.)

Black Range. Sunday 24th September 2023. On Sunday 24 September, Marg, Paul, Pia, Bec, Yvonne, Mary, Karen, Dean, Tony, Sue and Fran walked about 10 km on the Black Range Reserve, at Goldie, north-east of Lancefield. The walk was led by Rene.

We parked cars on a private property on the Forbes Moranding Road. The morning was cool but sunny and the first part of the walk was on this private property. The path was pleasantly flat for a while, but became steeper soon after. and we began to climb. It wasn't long before several of us had to remove our jumpers/windcheaters as the hills got even steeper.

Goldie Reserve is part of the old Lancefield to Kilmore railway, and is landlocked by several private properties. The terrain is a rollercoaster, with steep hills and deep gullies.



Several people in our group were in training for the upcoming Grampians walk, and were carrying full backpacks.

Once in the reserve, there were some magnificent trees and fabulous views of surrounding farmland; views which included Mt Piper and beyond.

Mary and Marg were on the lookout for wildflowers and managed to spot a couple of orchids, native violets, and everlasting daisies.

Some remnants of last year's storm remained, with several fallen trees requiring us to climb over or go around them.

Eating our lunch in 21 degree sunshine, while taking in the surrounding views, made for a perfect day.

Rene went above and beyond leading this walk. She not only arranged with the private owners for us to cross the properties at each end of the reserve, but she had Noel and Pete pick us up when we had finished. She had also left her own car at the Mt William Road destination, beforehand. Then in three cars we travelled

back to Rene and Pete's place for tea/coffee, scrumptious apple log, apple & date scones, which were even gluten free for Fran!

After socialising, the 3 remaining cars were collected by their drivers, who were again conveyed there by Pete and Noel. Many thanks to Rene, Pete and Noel for the excellent planning and support.

(Report by Fran & Marg.)



Upcoming Walks. *** Note. These are planned walks and may change. Please look for final details which are emailed out a few day before each walk.

October 2nd 3rd and 4th (Monday Tuesday & Wednesday) Rene will lead a walk in the High Country at Bungalow Spur near Harrietteville. People interested in attending should contact Rene on 0493 089 430.

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Sunday 8th October. John will lead a walk entitled *Tooboora Hill and Forest Loop* which will be approximately 10.3 km.

Sunday 22nd October. This is the weekend of the Federation Walks.

Sunday 29th October. Fred will lead a walk at the Christmas Hills Reservoir, of approximately 10 kilometres.

Other news. There are several items I need to remind members of:

1. Our new sign-in sheet on walks will include a column where ambulance cover is indicated by walkers. (*Ambulance cover is strongly recommended by the group.*)
2. A medical form needs to be completed by all our walkers and carried in an outer pocket of their back-pack, in a plastic zip-bag, on all walks. *A copy of this form is included in the email to which this newsletter is attached. Please let us know if you are unable to print this yourself.*
3. **MBG membership is now due,** as our 12-month membership commences on August 1st. You can see membership information explained on the back page of this and every newsletter. The cost of renewal remains \$35.00, which practically all goes on the insurance we all must pay to Bushwalking Victoria. Details of how you can renew your membership are also on the back page of all our newsletters.

The easiest way to pay is by bank transfer to **Mitchell Bushwalking Group's** account at **Bendigo Bank.** BSB number **633-000.** Account number **160 294 047,** and be sure to write your **Surname in the Details section.** Other alternative ways of payment are on the membership application form on page 4.

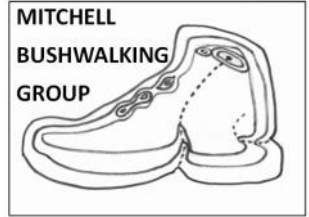
Please note that the \$5.00 per walk for non-members **is not an alternative to joining up.** It is an opportunity for prospective members to "see how they go" before paying for their membership and can only be done **twice** before a decision needs to be made. The \$5.00 does cover them for insurance on those 2 walks and if they subsequently join, the payments can be deducted from the \$35.00, meaning that they only have \$25.00 balance to pay.

(John Brissett. Editor)

****** See Membership application form on the next page.***

Mitchell Bushwalking Group

MEMBERSHIP APPLICATION



<i>Contact details may be made available to leaders for the purpose of organising trips.</i>			
Name:	Year born:		
Email:			
Postal Address:			
Phone:	Home:	Mobile:	Work:
Emergency Contact:	Name:	Mobile:	
Do you hold a Level 2 First Aid Certificate? Y / N		Date of qualification:	
Brief description of bushwalking/outdoor experience:			

Acknowledgement of Risk – Please read and sign (all members over 18 years must sign)

I am aware that my voluntary participation in any activity of this club may expose me to risks that could lead to injury, illness or death, or to loss of, or damage to, my property. These risks include, but are not limited to, slippery and/or uneven rocks, dislodged rocks, cliffs, exposure to weather and whiteout conditions, falling and hypothermia.

To minimize these risks I will endeavour to:

- Ensure that any activity I participate in is within my capabilities;
- Carry appropriate food, water and equipment for the activity;
- Advise the leader if I am taking any medication, or have any physical or other limitation which might affect my participation; and
- Make every effort to remain with the group during the activity and accept the instructions of the leader.

I have read and understood these requirements and have considered the risks before choosing to sign this Acknowledgement of Risk. I accept that in signing this form I will take responsibility for my own actions.

Name:	Signature:	Date:
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OFFICE USE ONLY	Receipt No:	Database updated Date:
Membership No:	Receipt issued Date:	Email notification sent Date:

The club membership year is 1st August 2023 to 31st July 2024. New members May–August pay half the annual subscription. Annual membership, which covers insurance through Bushwalking Victoria, is **currently \$35.00** . For further information please email: mitchellwalksgroup@gmail.com

* This form could be posted with a cheque to **Secretary, Mitchell Bushwalking Group, 3 Hibiscus Court, Kilmore, 3764** OR Scanned and sent electronically to mitchellwalksgroup@gmail.com The membership fee could be paid via bank transfer to **Mitchell Bushwalking Group** at Bendigo Bank. The BSB number is **633-000** Account number: **160 294 047** Please write your surname in the "Details" section.