

The Mitchell Walker

Upcoming walks on page 5.

A membership application form is on page 7

Issue 109

January 2024

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

Greetings everyone,

This newsletter is meant to come out every month, but due to circumstances beyond our control it has been delayed until now. I had a medical event, and I thought Issue 108 was going to be my last. Thanks to an offer of help from Bec, it's here at last, and it's a big one. Thanks also to all who contributed reports and photos.

There have been a number of walks that have taken place over this period, though the Sunday program was replaced with a Wednesday evening program, during January.

I will do my best to include what I can from November/December/January.

There is also a list of upcoming walks, and important messages about membership renewal and a new emergency form to be carried by everyone in their backpacks. The emergency form is in the body of the email (Ed.)

Sunday, 12 November. There was no local walk this Sunday as most of our walk leaders were away on a 13-day 12-night hike, in the Grampians, doing the Grampians Peaks Trail. This report comes directly from the North Central Review, and is included for those who missed it.

Mitchell bushwalkers reach peak

Mitchell Bushwalking Group members Rene, 75, Fran, 72, Mary, 70, Pia, 66, Paul, 63, and Tony, 62, completed the challenging Grampians Peak Trail that involved hiking with heavy packs for 13 days and 12 nights.

SIX members of the Mitchell Bushwalking Group – aged between 50 to 75 – completed a 160-kilometre trek through the Grampians last month.

The Grampians Peaks Trail is an challenging 13-day, 12-night hike from Mount Zero in the north through to Dunkeld in the south.

Hikers carried a fully loaded pack including a tent, sleeping bag, food, clothing for all weather conditions and water.

Member of the Mitchell Bushwalking Group Rene Reynolds said the trail was a great walk.

"This was incredibly beautiful. The Grampians wildflowers were in spectacular display," she said.

"There were many steep ascents and steep descents and plenty of boulder hopping along the way.

"The view from the peaks was very rewarding after the strenuous climbs up."

Ms Reynolds said the campsites provided on the trail were 'first class'.

"The shelters were large, well-built structures with windows capturing views over the

valley and around the shelter were timber platforms to pitch the tents," she said.

Each shelter had phone charging stations and large water tanks with fresh water.

The Mitchell Bushwalking participants had completed plenty of training and overnight hiking prior resulting in all managing to successfully complete the trail.

"We had a lot of fun, a few tears and a few doubts as we faced yet another peak. Our camp at the end of each day was a welcome sight," Ms Reynolds said.

"Most of us carried a variety of dehydrated food and some welcome delicacies to share around.

"We organised two food drops for the time, which meant we were carrying around a four-day supply of food with an average pack weight of 16 kilograms, but one carried 23 kilograms because he could.

"We ended the walk at Dunkeld where we enjoyed a much-needed shower, fresh sheets and a celebration meal at the Sturgeon View restaurant – we all earned this."

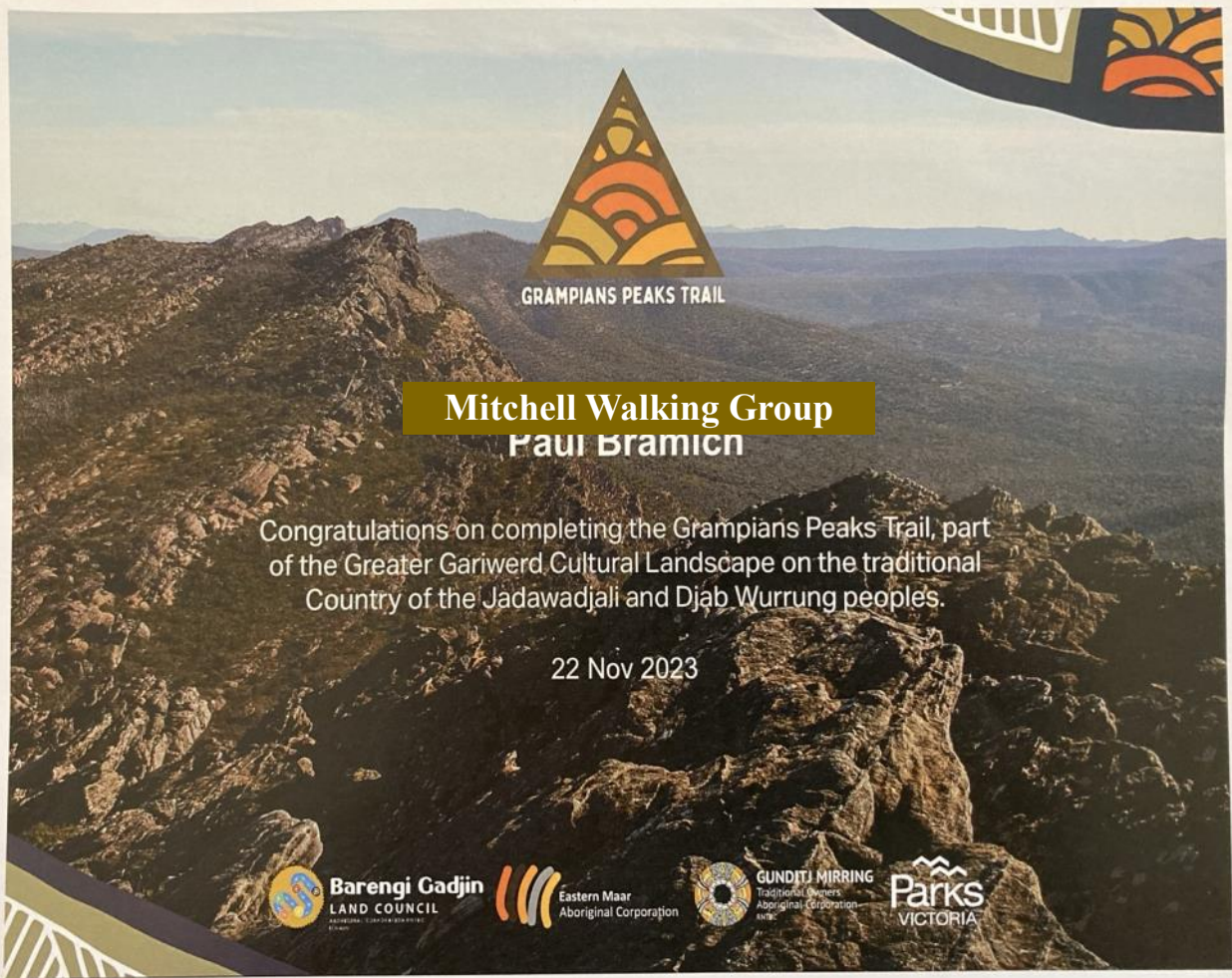


The six members of the Mitchell Bushwalking Group – aged between 50 and 72 – completed the Grampians Peak Trail at Dunkeld after 13 days and 12 nights of hiking and camping.

Mitchell Bushwalking Group has been operating locally for about 10 years with day walks, overnights, hiking and some long-distance walks.

New members are always welcome and can contact mitchellwalksgroup@gmail.com or the Mitchell Bushwalking Group Facebook page.

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Broadford Australia Day MBG Information stall. On 26th January, Broadford held its annual Australia Day Community event at which Mitchell Bushwalking Group held a stall. We had a couple of display boards with a print- outs of two newsletters depicting activities of the group. There were also photos, a list of walks, and flyers with our MBG details for people to take a photo of, and follow up with us later. The display also included a pair of boots and an overnight backpack with sleeping mat, walking poles, water bottles and a good old billy can for effect. We offered a sign up sheet for interested people to leave their name and email with us, for which a dozen did, with others taking a photo of our flyer for later. Thanks to all those who came to chat with us on the day. We look forward to seeing you at one of our upcoming walks. Thanks also to Mary, Paul and Arthur who assisted with putting the stand together and attending it on the day.
(Report by Bec.)



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Tallarook Ranges- Trawool Reservoir. Saturday 25th November

On Saturday 25th November, Mary led a small group of Bec, Karen and Peter on a walk from Warragul Rocks down to Trawool Reservoir via circuit Through the forest. Luckily the stormy weather had subsided by the time we left home, though making for muggy air at times, but good flying weather for some of the smaller birds of prey. The rain had certainly got the birds excited which made for quite the soundtrack to our walk for the day.



We walked down, down, down through the tall, tall trees until we reached the reservoir. The breeze across the water was a reprieve. A pleasant, sheltered smaller water body made for quite a view as we took a picnic table to sit for lunch. The reservoir now has two pontoon piers from where you might launch a kayak or the like.



Walking out was a long up, up, up and out along the creekline and over Brockwell Bridge. By this time Peter had taught us many of the native flowers in bloom- dogwood, prickly starwort, milkmaids, hop bush, hop goodenia, native St John's wort, native plantain and vanilla lilies in addition to our favourites like chocolate lily, fringe lily and dianella. Always a treat to have such a knowledgeable walker with us, thanks Peter!

And thanks for such a lovely walk Mary!

(Report by Bec.)

Heathcote to Eppalock and return. Sunday, 10th December. Bec was our walk leader, and it was her first leadership role with our club. We had a few first timers, including Carla and another John. It was lovely to have Wilma back with us again, too.

For those of us who had been in the Grampians, it was a lovely to walk without judging each step, and being able to stroll along and chat. It was fun to catch up with others and enjoy their company.

The day was sunny, so the sunscreen and some repellent was on the ready. Walking along the old railway line, one can feel the history, and imagine the workers at each station that we walked past.

We had a lovely lunch by Lake Eppalock with a full group of us having a laugh and chat. The water was gently lapping in the background, and the breeze cruising by. This was Pia's last walk with the club before she moved north to Brisbane. It was also her birthday, so she shouted us lovely assorted cakes, which we enjoyed afterwards, back in Heathcote with a 'cuppa'.



We were glad enough to see the cars as it had started to really warm up, for about the first time this summer, while we were walking anyway.

It was sad to say goodbye to Pia, she has been an asset to the club; her cheerful personality and readiness to have a go at most adventures. I'm sure we will have a walk booked for the Queensland in the future. We have a few contacts up there, now.



Welcome to our new walkers, Carla and John. We hope to see you both out walking with us in the future.

And to Bec, "Well done!" The walk was well organized, you kept the group together and checked in with people to make sure they weren't struggling.

(Report by Mary)

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Summer Walks Programme held on Wednesday evenings throughout January.

Monument Hill-Long loop. Wednesday 3rd January. Marg led a walk at Monument Hill. Despite threatening conditions, there was a good turn-up of approximately 9 or 10. The idea was to do the long-loop, from the car park, in a clockwise direction, with the option of going up to the top of Monument Hill to be made when the time came. Despite a darkening sky, and distant thunder and lightening, a few brave souls took the chance, and ventured to the top.

As predicted, the storm arrived, and everyone got quite wet. Wettest of all were the Hill climbers, but they took it in their stride and didn't let a little rain spoil their evening.

Wandong to Heathcote Junction and return/ The Say G'day Walk. Wednesday 10th January. Bec led an easy walk of 5.3 km with Tony, Sue, Dean, Kerryn, Hayley, Gail, Arthur, Margaret, Roslyn, Carla, Fran and two young future members, Charlotte and Johannes. The group walked along the Say G'day trail which is a partially paved path between Wandong and Heathcote Junction. We began the loop from Wandong train station and enjoyed a balmy evening, passing through grass and bush tracks, large manna gums and silver wattle trees of the LB Davern Reserve. This included the ornamented fairy tree, but the highlight for Johannes was Wandong's mighty rail bridge.

(Report by Fran.)

Mt Piper. Wednesday 17th January.

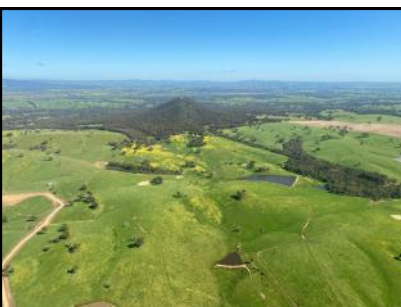
On the evening of the 17th January the Mitchell walking Group held an evening walk at Mount Piper Nature Conservation Reserve near Broadford as part of the summer evening program.

Attendees were Tony, Sue, Dean, Bec, Mary, Fran, Paul, Kerryn.

Mild summer evening weather allowed both walks, a challenging climb to the summit, for the spectacular 360 degree views, and the

3.2 Km Circuit Walk. Walkers were on the look out for the local flora and fauna, the endangered Blue Ant butterfly and Golden Sun moth, majestic wedge tail eagles and smaller birds such as fairy martins and spotted pardalotes. Some were also able to point out the approximate location of the two mine shafts, still in existence, that were used a century ago for mineral exploration.

The Evening was enjoyed by all with much social interaction with the exercise, a nice way to spend some time. *(Report by Tony).*



Broadford Town Walk. Wednesday 24th January.

Arthur had planned to lead a walk at Broadford golf course and the Colin Officer Reserve, however due to the extreme sunny heat of the day, we scaled it back to a Broadford town walk to avoid the scorching sun. The walk meandered alongside the creekline of Sunday confluence and up along Dry Creek to the cemetery. We found the grave of little 8 year old Olive, a local girl who had gone missing, later found dead, after being sent to the shops by her mother. A local misfit of a man was found guilty of the murder, however it was later realised he was in fact innocent, albeit too late.

(Report by Bec).



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Seymour Goulburn River Walk. Wednesday 31 January. Judy Rapley led the last of our twilight walks. Attendees were: Mary & Noel, Harry (a potential new member), Peter & Barbara Mitchell, Carla, Paul, Rachel & John Leben, Sandra & Fred, Bec, Arthur, Yvonne, Fran & Rob, Sue, Tony & Dean, Marg & John.

We ambled along the Goulburn River walking track from the Prince of Wales Hotel to what remains of the original wooden bridge spanning the Goulburn, and return. Judy gave attendees a short history of the



bridge which has partially sunk below the waterline and was closed in 1987.

Weather was again just about perfect, while walkers enjoyed the river views and a colony of flying foxes/fruit bats which have been residing by the river since Christmas. They are not expected to stay for more than a few weeks. The only downside was mosquitoes, which our esteemed leader Judy was well prepared for, and sprayed grateful walkers.

Possible reason for high numbers was dinner afterwards, at the Prince Hotel which was thoroughly enjoyed by all.

(Report by Fran)



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.

Walk name/details	Lead/Note	Date
Trentham Loop walk- Beginner.	Fred	Sun 11 February
OVERNIGHT- Mountain Creek base camp, Mt Bogong via Staircase, Cleve Cole hut overnight camp- Difficult.	Mary	Fri-Sun 16-18 February
Sunday Creek Reservoir- two halves- Beginner.	Paul	Sun 3 March
11 th March is Labour Day NO WALK	Long weekend Public holiday	9-10 March
Private property- Pyalong/Lancefield Paddock Rock Boulders walk- Beginner.	Rene	Sun 17 March
OVERNIGHT- <u>Otways</u> Lorne? Accommodated.	Bec	Fri-Sun 22-24 March
29 th March – 1 st April – NO WALK	EASTER WEEKEND Public holiday	31 March
Bogong High Plains- Camp at Tawonga Huts. Explore Mt <u>Jaimathang</u> , the Fainters, and Salt Lick Creek. TBC.	Potential to join Benalla Bushwalking Group (School holidays)	Fri-Sun 5-7 April
OVERNIGHT AND <u>EXPLORITORY</u> - Mt Feathertop to Mt Beauty via Stoney Tops Track. TBC.	School holidays Rene/Mary	Fri- Sun 12-14 April

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Other news.

There are several item 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** as our 12-month membership commences on August 1st. Unfortunately we do not have much flexibility here. If you are not sure if your membership is current, send us an email to **mittchellwalksgroup@gmail.com** and we'll get back to you.

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.

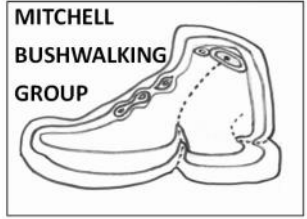
Please note that the \$5.00 per walk for non-members **is not an alternative to joining up.** It is an opportunity for prospective members to "see how they go" before paying for their membership and can only be done **twice** before a decision needs to be made. The \$5.00 does cover them for insurance 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 and Bec Grant (Joint editors)

***** 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.