

Summer Newsletter December 2017

PO Box Q23 Queen Victoria Building, Sydney NSW 1230 http://anbwalkers.org.au/



WALK

Three and a Half Passes Blue Mountains National Park 27 August 2017 Grade 5 Leader: Charles Bowden

A dearth of motor vehicles (i.e. just mine available) meant that I had to alter our route to turn it into a circuit walk. This effectively added another 5km to the walk which translated into an additional $1\frac{1}{2}$ hours.

Undeterred we parked the car near the Fairmont Resort entrance and took the unmarked track just inside the entrance which soon becomes the Lillians Bridge track that sidles past the resort's recreational areas. We diverted onto the side track to Cathedral Point where we had a pleasant morning tea in the sunshine, admiring the view over the Jamison valley.

Continuing to the junction with Valley of the Waters track, we followed the latter, down past Empress Falls and its companion cataracts, past National and Wentworth Pass tracks, until we reached the turnoff onto Roberts Pass track. This track undulates below the cliff line before turning abruptly uphill to climb Inspiration Point. A couple of flights of stairs through a narrow fissure are a feature of the climb up before reaching the two lookouts at the top, Gladstone & Moya Point, which straddle the tip of Inspiration Point.

We stopped for lunch at Gladstone lookout, taking in more fine views, before continuing back past the Fairmont Resort (sadly there is no alternative) until we reached the end of the dirt road. Here to my surprise a brand new sign had been erected next to the Gladstone Pass track. Nearby an unfinished walkway marks the ill-fated attempt by the resort to develop an eco-cabin complex without requisite approval.

Gladstone Pass is darker and gloomier than Roberts Pass, being very overgrown. The track is much less travelled and has suffered from erosion and landslips. It is also muddy and slippery, such that ropes have been placed alongside the rock face at one narrow and permanently damp section. Its wilder nature does have its attractions although care must be taken in choosing the correct route when making the descent.

We eventually reached the junction with Lindeman Pass, a track which officially begins at Roberts Pass at the point where the latter heads sharply upwards. Lindeman Pass track continues all the way to the base of Bridal Veil Falls where it links up with the Leura Falls track.



Mt Solitary & Sublime Point from Gladstone Lookout-photo Charles Bowden

We found the track to be in rather better condition than expected. It is evident that unofficial maintenance has been undertaken as we had no difficulty finding our way to Sublime Point and the Copeland Pass track. There is no helpful sign at the base of Copeland Pass but the track was obvious and we soon found ourselves ascending steeply. There are several tricky sections requiring strength and agility, including a narrow hollow slot, although once again we found climbing aids installed, such as ropes, spikes and steps, at critical points.

About half way up the weather suddenly deteriorated and light sprinkles of rain added to our travails. The clouds also closed in, blocking our views at the two ledges below Sublime Point which normally give you a fine vista all the way to the Three Sisters. Somewhat tired but elated we reached the top of Copeland Pass, marked by a totem pole of warning signs. The weather cleared sufficiently for a rainbow to form over Jamison valley and enabling us to make out Mt Solitary and the Three Sisters from the Sublime Point lookout.

It was then a trudge up the sealed Sublime Point Road back to the car before the rain started in earnest.

Thank you to Saf, Paul, Sandra and Helen for taking part and making the most of an exhilarating if tiring day.



Rainbows over Jamison Valley-photo Charles

Home needed for ANB club kayaks

- 1 two seater
- 3 one seater
- Life jackets
- Soft rook rack for transport

If you would like free use and can offer storage please contact Liam or another committee member or email club@anbwalkers.org.au.

President's Soapbox

In the absence of nominations for the position of President, the committee has accepted me to be your Acting President for the balance of this year. (However, if anyone else would like to nominate, please do!!).

In the meantime, the show goes on and your committee is diligently engaged in all aspects of running the club, together with dealing with aligned issues that come up from time to time. One of these has to do with Australian standards / certification that may apply to bush walking clubs / leaders. Another is a potential opportunity to gain grant funds for the future development of the club.

It is easy to forget that the club only exists if members contribute. We are all members because of our love of bush walking, however there will only be bush walks on the program if someone volunteers to put one on and lead it.

Until recently I never thought of leading walks as "volunteering"! However, it is. Many of us would like to volunteer and many of our work places encourage volunteering. So, use the club as your volunteering contribution. (if you need any ideas for walks just call or email me).

We also need to expand our membership and there is no better way of doing this than "word of mouth". So please tell your friends about your adventures and like us on the club Facebook page. Include Meet Up on your walk submission and most importantly "Bring a Friend", along on your next walk.

Finally, it's time to say Happy Christmas and Happy New Year to all and I encourage you all to attend our Christmas Party on Saturday 2 December.

Liam Heery

- Acting President

P,S If the club kayaks can't be housed they will have to be sold.

WALK

Charles Darwin Walk Wentworth Falls 10 September 2017 Grade 3 Leader: Denise Kruse

Well, the walk didn't start particularly well with the news that the National Pass at Wentworth Falls was closed. However, Ed and I are nothing but agile, and we worked out a new walk; Darwin's Walk, then the Nature Walk and return. Ironically Len had the same idea.

Those who were booked onto the original walk were given the option to drop out, but only two dropped out (because of injury/other commitments) and so there were ten of us on the day.

Françoise, Bryan, and Liz met Ed and I at Strathfield for a carpool to Wentworth Falls where we met Pan and Len fresh off the train. Catherina and William had apparently been sighted by Len and Pan but they were enjoying an ANB free day. Andrea, Luci and Michelle then joined us making up the group.

We followed the Darwin Walk along Jamison Creek. The Charles Darwin Walk is well marked and popular for walkers and dog owners alike. We stopped at Wentworth Falls for morning tea with a few of us walking further to catch the stunning views of the Jamison Valley and Kings Tableland.

After morning tea, we then walked the Over cliff/ Undercliff walk to the Nature Walk. Unfortunately, the Over cliff/Undercliff walk was muddy and occasionally slippery with one of our party falling into mud and suffering injury to their fingers. After a first aid stop, we then followed the Nature Walk up to Edinburgh Castle Rock, having lunch along the way. We then followed the track back to Conservation Hut and returned to the cars via the Shortcut and Darwin walk, arriving back at the cars at about 3.30pm.

We finished the day by dropping into the nearby bowling club for drinks and to hear the end of the meat raffle.

Thanks to everyone who came. It was a great relaxing sunny day everyone enjoyed.

Welcome to four New Members

Sylvia Kong Evelyn Camilleri Helen Brennan Ann Hofmeyr



Next ANB committee meeting Tuesday 9th January 2017 at 6:30pm

Surry Hills

All members are welcome ... Come along and have your say

To book in or ask questions please contact webmaster Paul Monaghan Or email club@anbwalkers.org.au

TRAVELNORTHERN ALPS OFJAPANWHAT A DIFFERENCE ADAY MAKES!LIAM HEERY

One of the joys of walking, especially when it's in faraway places and above the tree line, is the spectacular views on offer. Like when viewed from a plane, the earth below expands to the horizon, people and buildings become insignificant and the awe of this planet becomes apparent.

It is for this reason that I undertake the walks that I do, and this year I had the opportunity to walk in the Northern Alps of Japan.

I had visited Japan for the first time two years ago, but didn't get the opportunity to walk in their mountains, passing them by on the Shinkansen at 300 km/h. However, the sight of them and ease of access wetted my desire to return...

On our second morning we awoke to persistent rain! Steam was rising from the natural Onsen just outside of our dormitory.



Onsen outside Dormitory

Breakfast was served at 6am and there were the familiar sounds of people rustling awake and beginning to pack. We (group of 8) gathered together at 8am after putting on damp wet weather gear and contemplated what was in store for the day. The rain seemed to have eased and our misgivings about leaving were replaced with steely reserve for the 1,100 metres climb ahead of us. Leaving the hot Onsen behind we headed up the track and into the mist to get to the top of our mountain pass.



Long cool trek into the mist

The climb was constant and chilly, with the wind blowing off glacial flows nearby and within minutes getting wetter was not a concern! Normally climbing in these conditions can be quite hot (under layers of thermals and wet weather gear), however in this instance we had a couple of very, very, very slow walkers! Having to stay in a group meant that the fitter people were getting colder due to constant stopping.

After a couple of hours, we made the pass. And were hit by a ferocious wind that the mountain had been protecting us from. At 2,500 metres, it was also very cold. Visibility was only two to three metres, and the rain had turned into sleet!

We were at a track junction, but which way to go? Track signs were invisible, so we had to consult our maps and GPS. However, for some reason the leaders GPS was not working, the map was unreadable to anyone (except the leader) as it was in Japanese. So, it was down to simple guesswork using a compass and imagining the contours.

The decision was made and we pushed on, our route now was to cover the most exposed section of the trip, at high altitude and along a very narrow ridge. Not long after the junction we came across some track markers which luckily confirmed we were on the right track, and every time we came across another marker (which in clear weather would have easily been seen) we exhaled a sigh of relief.

We had no idea what the terrain around us was like, except that when you looked over to the side the ground dropped away to oblivion. The ridge was only a metre wide in places and the driving wind would blow you from one side to the other as you lifted your foot to take the next step.

The ridge seemed to go on forever and the numerous steep ascents and descents were taking there toll. The slower members of the group got slower and an older person found the going so tough that he was close to being hypothermic! So delirious at one point that he tumbled over, luckily into a ditch rather than over the side.

We battered on and came to another unmarked junction. Which way to go? The leader's opinion was to take the route descending in the hope it would get us off the ridge. However, on closer examination the map contours showed we should stay high to get to the next hut.

Consensus prevailed and we continued on, only to find a track marker ten metres away (which had been completely invisible in the mist). Relief, the hut was now only minutes away and before long we were warm, dried and fed.

The next morning we awoke to clearing skies. We decided to wait a couple of hours before leaving our lodgings and heading off to our next hut in the hope that the weather would improve even further.

The clouds were quickly blown away and as the sun appeared we emerged to take in the expansive views all around us. The sun was warm, our clothes were dry and our bodies were refreshed from a good night's sleep.



Expansive views without clouds

Ahead of us, only a couple of hundred metres away was to be our highest point at 3,000 metres, now easily obtainable and after that it was all downhill!

Behind us were the expansive views of where we had come from the day before. We could now see what we had accomplished and what could nearly have been (as in disastrous). We were soaring like eagles looking at the small world below us, so awe inspiring and the reason I was here.

Following our final climb to the summit of Mt Shirouma, we descended very quickly and easily, passing hundreds of people making their way up, in contrast to the day before when we met no one! On the way stopping to enjoy a magnificent bento box lunch while looking out on stupendous views over all the Japanese Northern Alps.

Not long afterwards we reached our next hut in brilliant sunshine and looked back in awe at where we had come from.



What a difference a day makes!!

EXPLORERS FIND DINOSAUR POO!?!



Freda discovering a Stalagmite in Rock Island Wollemi National Park–photo Tania Kayrala

TRAVEL SOLO WALKING IN DEVON & CORNWELL JOHN RENZENBRINK

I wanted to have a holiday in England; five weeks, solo, coastal, low cost, good weather and staying happy.

Early September (after the English holiday period ended) I flew to England on QF1. I took a bus direct from Heathrow to Exeter, in Devon, with the aim of travelling along the south west coast, ending up in Bristol. Apart from the bus trip and two nights stay at a hostel, nothing was pre-booked or arranged. I would be a free spirit – going where I wanted, when I wanted, and how I wanted. Walking between towns was an option - there is a continuous, 1,000 km walking track from Poole to Minehead right on the edae of the coast (see www.southwestcoastpath.org.uk). evervone As knows, it is much more fun walking with a light day pack than a twelve plus kilogram back pack and I soon restricted pack walks to transiting between accommodation places.



Between Hope and Salcombe, South Devon

Having an interest in history and old buildings, there was plenty to keep me occupied everywhere I went. Every town and village has an old church, some going back to Norman times. Ditto quaint, old pubs! The Information Centres in almost every town are well supplied with local maps and very helpful people to supplement my Lonely Planet "Devon, Cornwall and Southwest England" and several pages of maps ripped out of a directory, both purchased cheaply at Lifeline book sales before I went. The biggest advantage to travelling in England is they speak our language. Well, most of them. Some of the locals were hard to understand, especially if I was talking to them in the pubs!

I stayed in hostels whenever I could - both YHA and independents (backpackers). I found all of them clean enough and well run, with varying degrees of comfort, security and friendliness. Often, I stayed in 4-8 bed dorms, sometimes in a single room. After being out by myself for most of the day, with occasional interaction with other walkers or locals, it was nice to socialise at the hostel. Some hostels were better set up to facilitate this. I found the best place to be was in the kitchen eating takeaway food, reheating prepared meals or preparing a feast from fresh ingredients. Supermarkets and food outlets were usually close by, and cheaper than similar Australian places. Eating out was mixed, as in Sydney, there is good and bad food to be found. I will never eat another pasty in my life. I don't care how authentic it is, or how long the bakery has been in existence. Good coffee was hard to find in the smaller towns, but elsewhere was quite okay, as were the cakes. Devonshire Teas were served everywhere, often with the local clotted cream. Yum. Alcohol was available everywhere - every shop, most cafes, and of course in the plentiful pubs. Cider, my preferred drink, was good value, and wine from all over the world was reasonably priced in supermarkets, restaurants and pubs.

The walking along the Coastal Path was varied, and enjoyment heavily influenced by the weather. The path hugs the coast very closely, and is well marked through the towns. The path was usually well trodden soil, but it quickly turned to slippery mud when wet. Views were sometimes non-existent, blocked by very leafy trees and shrubs. In forested areas, everything was green - creepers grew up every trunk and along the ground. Mostly though there were no trees or shrubs at all, allowing unhindered views of the coast for miles. Weather was mixed, and often as in Melbourne, four seasons in one day. I soon learnt to carry all my wet weather gear, and to put it all on when rain threatened and to keep it on! But several days were glorious, sunny, little wind and never hot. Plenty of hills and valleys, ups and downs, to get the pulse racing.



Polperro (near Looe) South Devon

Overall, walking was at level three, with very little scrambling, and mostly easy to follow the track. Maps of the walks are available, but I made do with my phone apps (Google Maps and maps.me) and the occasional assistance of other walkers. Luckily, I had no one to complain to me when I did get a little lost.

What I loved in this part of England was coming across the fishing villages nestled into small river valleys. A breakwater or quay to protect the boats from storms, lots of smaller boats laying in the mud at low tides, a mix of old and older houses, shops, pubs and historic buildings winding their way up the valley, with newer estates further up the hill. Colourful flower boxes hanging from eaves, many still in full bloom even in early October, added to the charm.

I used local buses, or trains when available, to reach the start or end points of my chosen walks, or to get close to places of interest inland, like the National Trust properties. The small villages are usually connected to the bigger regional towns and careful inspection of maps and bus timetables will limit dead time. Apps like Rome2rio link to timetables. Travel is cheap, even



Morris Dancers Cawsand (near Plymouth) South Devon

more so when you realise you may be the only person on the bus who has paid, as older Britons get free bus travel. Remember though that buses are more frequent early and late in the day (peak times for locals) and quite infrequent on Sundays. The main train lines (London to Plymouth, and London to Penzance) are more expensive, but reliable and more frequent. Smaller regional lines (often steam train) are infrequent.

The north coast of Devon was more remote, with fewer towns, so after Clovelly I moved on to Bristol, a historic industrial and trading town with strong links to slavery, tobacco, emigration and education (two universities). It



Port Gaverne (next to Port Isaac) North Cornwall

was easy to spend several days here seeing the historic port area (with the restored SS Great Western in dry dock open for inspection), several good museums, historic houses, a famous suspension bridge, and lots of Georgian terraces. It is also a very walkable town. To end the journey, I took the direct bus to Heathrow (two hours), boarded the Qantas flight QF2, and was back in a wet and windy Sydney in twenty-five hours. and home two hours later, compliments of Sydney's public transport network. For those interested in these things, my land costs (Heathrow to Heathrow) over 5 weeks averaged \$118 per day. So, I accomplished five of my six goals!



Between Boscastle and Tintagel North Cornwall

TRAVEL CANADA AND CUBA MARGARET WEISS

In February, March and the first half of April this year I travelled to Canada, Cuba, Chile, Argentina, Peru and Ecuador including the Galapagos and California.

I left Sydney on a very wet morning on February 7th; the rain was so heavy flights in and out of Sydney were delayed. About 30 hours later I landed in snowy Vancouver, where little brother Ron met me at the airport. The short flight from Seattle to Vancouver had been delayed by snow.



Margaret's brother & rescue dog Izzy in Vancouver snow

I spent the next five days enjoying the refreshing cold, including a walk through the snowy forest behind my brother's house. Meanwhile Sydney sweltered in forty plus degree temperatures and bushfires raged in the Hunter Valley. BBC news services did NOT make me feel homesick.

CUBA

All six of us (my brother & sister-in-law, their two young adult sons and grandmother) flew to Santa Clara in Cuba for a week's sun and frolic at a beachside resort in the coastal town of Varadero. February is peak tourist season in Cuba, due to the calm weather and seas. Canadians love going there.

The long sandy beaches and clear cold waters of the Caribbean were very inviting. I enjoyed sail-



Vancouver Harbour

boat and paddle trips. Salsa lessons provided some exercise and Spanish lessons were exercise for the mind. Next to the Varadero resort is a cave with 2000-year old Amerindian rock carvings. It is interesting and different from what I have seen in Australia.

Not all is wonderful in Cuba; poverty is everywhere, and the stray dogs and cats add to the 3rd-world atmosphere. Street markets are popular with tourists and the items are a bargain.: Leather goods, silver jewellery and various knick -knacks prevail. The old open cars from the 50s and 60s are a tourist gimmick, used as taxis, and for joyrides. They are more expensive than ordinary taxis.



Margaret in vintage car in Varadero

After the eight days in Varadero I travelled to Havana by road to join an eight day Intrepid tour of western Cuba. There were fifteen on this tour, including five Australians. The rest were from England, Scotland and Ireland. Havana's old city is now a world heritage site, with its old Spanish buildings, many dating from the 15th and 16th centuries. Christopher Columbus claimed Cuba and most of South America for Spain. Havana has one of the largest cemeteries in the world, with old mausoleums and graves and tombstones. Nowadays in Communist Cuba religion is not encouraged, and the population seems to get along well without it. The Museo de la Revolución in Havana is dedicated to Che Guevara and Fidel Castro and the overthrow of the corrupt Battista (Mafia) dictatorship in the 1960s. There is anti-US propaganda here.

Sugar cane is grown in Cuba, and tourists are expected to take home a bottle or two of Cuban rum.

The tour included travel to the agricultural town of Vineless, with a two-night homestay and a visit to a tobacco farm. where I watched cigars being rolled, and then a coffee farm. On the way we stopped at an orchid farm, some species of which I had never seen before. There was an afternoon bushwalk to a hilltop farm and views to the sea. Cattle roamed freely in the bush. A few heavy showers added to the interest, with the Aussie girl in her white shoes ending up less than white. That night I ate pizza in this one or two street town, with an English couple and a few stray dogs.

After Vineless the tour went to Cienfuegos, Trinidad and back to Havana via Santa Clara. Cienfuegos is a coastal town with mansions left over from the corrupt Mafia era. An all-night party near the hotel made sleep difficult. I guess some Cubanos like to party. Trinidad is another historic World heritage town with narrow cobblestone streets, where the only way to travel is on foot. Starving dogs proliferate. Santa Clara is home to a museum and monuments to Che Guevara. This is impressive and very much worth a visit.



Orchid

WALK

Totem Pole Wollemi National Park 28 October 2017 Paul Ma

stand-alone 🖁 А rock/earth pillar, about six mehigh. ters Somehow, the pillar is made of material strongly bound togethto er deter weather erosion, but how, what, why and when? It is also protected somewhat by a large capstone on its but that top, doesn't explain its continued existence. The itself capstone looks like а



loose hat. Why Totem Pole Wollemi National Park hasn't it been blown away ______ already?

Standing on a steep slope, the Totem Pole is also gravity-defying. You really have to wonder why it hasn't toppled over already! In a remote area of the Wollemi National Park, NSW, Australia; 16.5 km (as the crow flies) east-south-east of the small village of Newnes and 50 meters from the south bank of Wolgan River.

- Grid Ref: 576 199
- UTM: 56H 0257639 6319973
- Coordinate: -33.23204 150.3991

Our party of three mad masochists: Neilson, Jimmy and I visited the Totem Pole. The distance and time of the route we took from Newnes to the Totem Pole being quite long:

• On fire trail: 17 km, 4 hrs 30 mins

• On track, some parts indistinct and overgrown with vegetation: 2 km, 40 mins

Scrub bashing: 6 km, 4 hrs

• **One-way total**: 25 km, 9 hrs 10 mins The return leg took much longer, 11 hrs 40 minutes, slowed down by Neilson who developed leg & foot injuries.

Total: 50 km, 21 hrs ... ALL IN ONE DAY !

FUNNY PHOTOS

Can you guess where these photos are? These are real photos taken without editing or altera-

tion.

Both are quite far from Australia.



he Special-Spec. Battered Seagull & Chips With A Side Salad Free Range Public

Free Range Bubble Seahorse With Chips & Peas

Our Vegetarian Menu Does Not Contain Any Vegetarians Cactus Curry – Hot & Spiky Wild Haggis From Bodmin Moor Gluten Free

Squirrel Casserole - May Contain Nuts FREE Seagull For Every Customer! Thank You

Send your answers to editor@anbwalkers.org.au by the next newsletter deadline.

All will be revealed next edition!

Last edition's photos were, firstly at old parliament house Canberra. Spotted and photographed by Paul Monaghan.



The second photo was spotted and taken by Jan Steven in Auckland New Zealand.



Editor's Note If you have any Funny Photos to submit for the next edition send them to; editor@anbwalkers.org.au

They should be unedited real sightings, preferably on a walk or travelling, but anywhere and in good taste that everyone can enjoy! Such as this busker spotted in Hyde Park Sydney...



WALK

Empire Pass Circuit Blue Mountains National Park 1 October 2017 Grade 2 Leader: Charles Bowden

BEWARE COMPLACENCY!

This is the message - and maybe the motto - I shall need to remind myself to heed next time I put on an "easier" walk.

Fourteen of us turned up for the Empire Circuit walk at Lawson, placed at short notice on the program: a great turnout in the circumstances. The walk was neither particularly long at just under 10km, nor particularly arduous as it was all on tracks. There were no significant ascents/descents - about 70m was the single biggest and just 300m in total - and the weather was ideal, sunny but not too warm.

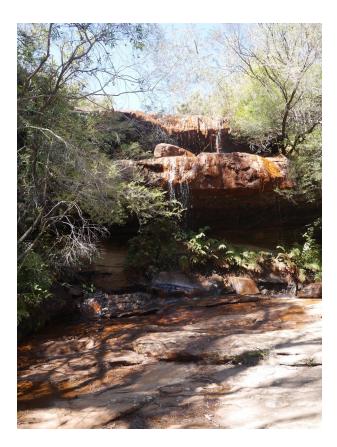
I had encouraged a friend from Queensland to join us as a visitor as he was keen to see something of the Blue Mountains. I felt comfortable that the low grading would suit him. Sadly, I had underestimated his inexperience and the potential dangers that lie in wait on even the most unassuming of trails.

As he crossed Dante's Glen Creek, my friend slipped and fell over, gashing his forehead. The cut was bleeding profusely so I bandaged him up. Fortunately, we were due to stop for lunch at nearby St Michael's Falls which allowed him a chance to rest and recover from the mishap.

After lunch, as we descended some slippery stone steps, it happened again: my friend slipped off a stair, tumbled and fell on his chest. Winded and shaken, with grazed knees, we helped him back onto his feet. Although he claimed to be fine, it became evident soon after that he was struggling and, as we neared the end of the walk, he was doubled over in pain.

I thought he must have injured his back as he couldn't straighten properly plus his chest was hurting so I feared a broken rib as well. Following up with him over the ensuing days, it turned out that sheer exhaustion, not his back, was the main problem while his chest was merely bruised. By the end of the week he had recovered sufficiently to visit Leura and Katoomba and, over dinner early the following week, he admitted that his fitness was not all that it should be plus his footwear (cheap trainers) had been a hindrance.

Next time (!) he'll come better prepared and I shall be more watchful of visitors on a bushwalk, regardless of



Much flowing water at the beginning of the Empire Pass Circuit-photo Fiona Bachmann

grading. Meanwhile the rest of the group enjoyed a pleasant walk with a few extra features not shown on maps added for good measure.

Thank you to everyone who came along and especially those who helped and provided assistance and encouragement to my injured friend.



Rock formations towards end of circuitphoto Fiona



NOTICES



Change of Details

Don't forget to notify our Treasurer Helen Hindin of any of the following:

- change in address
- email address
- phone numbers

email us at: <u>club@anbwalkers.org.au</u>

To change your details on the website you

need to make the alterations yourself.

DEADLONE FOR NEXT DSSUE -

2nd February 2018

SEND YOUR CONTRDBUTDONS TO editor@anbwalkers.org.au

Pictures submitted: 300DPI resolution preferred to achieve good reproduction quality and photos should be separate files from the story text.

A quote "If fifty million people say a foolish thing, it is still a foolish thing." Anatole France (1844-1924)