

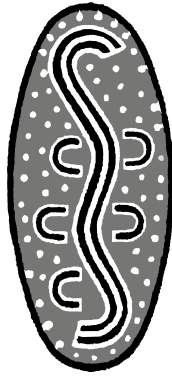
ADELAIDE BUSH WALKERS

Tandanya



www.adelaidebushwalkers.org

Volume 45 Number 2 Winter 2015



Adelaide Bushwalkers

“Takes you places”

ABW Club Information

The club meets at the North Adelaide Community Centre, 176 Tynte Street, North Adelaide on the first Wednesday of each month at 7.30pm (February to November)

Annual Subscription Fees

Category	Normal	Student
Prospective Membership	\$60	\$30
Full Membership	\$60	\$30
Associate Membership	\$10	\$10

Family membership is no longer available for new members

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Membership queries

Contact the Membership Secretary Kate on 0410 660 562 or via email through info@adelaidebushwalkers.org

For privacy reasons, the names and contact details of other office bearers are no longer published in the magazine. Please use the contact details above

Tandanya

Winter 2015 Volume 45 Number 2

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"I have discovered that even the mediocre can have adventures and even the fearful can achieve."

— Edmund Hillary

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Close off date for next issue: 19th of August, 2015

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Eradication of Cactus in the Onkaparinga River National Park

By Michael Round

The Onkaparinga River National Park contains some of the most scenic and dramatic country for walking in South Australia and yet it is located on the edge of Adelaide's metropolitan area. The Park consists mainly of the 15km of river valley upstream of Old Noarlunga and during a recent ABW walk down the valley, it came as a bit of a shock to see that it is being colonized by prickly pear cactus.

Something obviously needs to be done before the situation gets worse and so, with that in mind and on behalf of ABW members, I approached the Onkaparinga River National Park (ORNP) authority to see what might be done and how we might become involved. As it turns out, the Park has just started to address the problem and to this end, has started breeding cochineal beetles hopefully for release later this year.

For a number of reasons, a combined approach using biological control together with a 'drill and poison' program is the surest and most effective way to achieve eradication and this is where ABW could become involved. In fact, the ORNP expressed great enthusiasm about our potential involvement because, as it was explained to me, its main concern with volunteers is injuries and they see us as people accustomed to and able to handle, the sometimes rugged terrain. I hope that ABW would like to play an important role in cactus eradication in the Park and with this in mind, such a project has been drawn up.

The Problem Defined

Prickly pear was recorded during a comprehensive botanical survey of the Park just over a decade ago and in which over 400 native species were recorded. The cactus has proliferated and spread since then but there are good reasons to be optimistic about its



A mature cactus in flower

eradication. While 15km of river valley may sound daunting, the cactus is restricted to the immediate vicinity of the river and this means that we are dealing with 110 – 150 hectares (15km x 75-100m) of the 1260ha Park (8% of the total area) upstream of Old Noarlunga. In contrast with the club's ongoing Gum Creek cactus program, the new project will cover around twenty times less area and it will not involve the time and personal needed for the grid pattern searching required for Gum Creek.

The cactus is relatively uncommon in the upstream quarter of the Park but increases further downstream and it appears to primarily occur in three different situations. These are as isolated plants, as clusters of young plants and in dense patches of mature plants, up to 3m tall and often tangled with other vegetation. These patches exist mainly in the downstream two thirds of the Park and would be extremely difficult to treat by poisoning and they will be the main target of the biological control program.

The Proposed ABW Project

For the purpose of the ABW project, the 15km of river has been divided into six sections according to the location of access and egress points from the roads that run either side of the Park. Each section will be

dealt with in turn starting from the eastern boundary of the Park and working downstream.

Our role will be mainly to poison all of the stand-alone cactus large enough to be drilled and to collect very small plants too small to poison. Another tactic and a new approach will be dealing with cactus too small for poisoning but too large to collect. These will be bagged and sealed and left to rot in situ and the locations recorded for the bags to be removed at a later date.

The overall aim of our involvement will be to treat as many cactus as possible on each day and we will spend only minimal time deliberately searching for very small plants. It will be a far better use of resources to treat these plants later on once they become large enough to be easily seen but before they are mature. Apart from poisoning, collecting and bagging cactus, it is possible that we may also become involved later on in the distribution of cochineal beetles in the less readily-accessible parts of the gorge.

For the project to progress at a good rate, it will need two teams of three and these will consist of a driller, a poisoner and a GPS recorder. The poison will be a commercial preparation of glyphosate. The teams will work the same length of river, one to each bank and staying in contact with each other. Overall, the project will consist of four working bees commencing in late May 2015 and concluding in November 2016 as shown in the table below. With the possible exception of May this year, it is anticipated that the river bed will be largely dry during these dates.

The major purpose of the two-day working bee in

2015	
Saturday-Sunday 30-31 May 8.30am-4.30pm	Thursday-Sunday 5-8 November 8.00am- 5.00pm
2016	
Thursday-Sunday 14-17 April 8.00am- 5.00pm	Thursday-Mon. 17-20 November 8.00am- 5.00pm

May this year (apart from just getting the job started which will be good) is to refine our methods and get a better idea of the rate of progress we are likely to make. We are dealing with the Drooping Prickly Pear (*Opuntia vulgaris*) which has pads and immature plants, quite different from the Wheel Cactus (*Opuntia robusta*), and this first working bee will give us experience in dealing with these plants and also allow us to assess plant mortality before the first of the four-day working bees commencing in November.

In the program, you can volunteer for any day or any number of days of your own choice and be rostered onto one of the two teams. Unfortunately, volunteering for part-day sessions is unlikely to be workable. If staying for more than one day, you will have the choice of either returning home each evening or camping at Clarendon (behind the sports ground and Bowling Club). There is a public BBQ facility available or dinner could be had at the Royal Oak Hotel. Arrangements will be made so that people staying overnight at Clarendon will have access to showers.

I hope it is not being overly optimistic to predict that the basic poisoning program will be completed by November 2016 although follow-ups on a much smaller scale will be required for some years to come after that.

ABW has offered to play a fairly major role in the ORNP Cactus Eradication Program and I hope you agree that it will be an exciting and very worthwhile project to become involved with. If you do volunteer, you'll be working in a terrific environment and in a program likely to have a successful longer term outcome. And apart from all that, it should also be a lot of fun! It would be great to see you there!



Immature cactus to be bagged and left in situ

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The Toop

by David Wattchow

The “Toop” became a nickname assigned by Paul Godfrey for the Toupnein Creek, a centrepiece of canoeing in the Lindsay River Area, which is an offshoot of the Murray River, just over the border.

Other members on this tour were Margaret Wattchow, Trev May (T1), Trev Moyle (T2) and David Evans. Paul was particularly taken with the Toupnein as we had been turned back from exploring it by a large fallen tree blocking the top end on a previous trip.

We assembled at Lock 7 on the southern side just after Easter and scouted out a nice camp on Mullaroo Creek, a little down from the mouth where considerable earth works were underway, reconstructing a weir at the mouth. The flow in the Mullaroo was quite considerable, and initially we paddled upstream to enjoy this picturesque creek. Our craft

were mainly kayaks, except for Margaret and I in a trusty Canadian, which was actually more manoeuvrable around the tight snags that are prevalent in the upper sections of the creek.

After reaching a large tree fallen across the creek we meandered downstream. The creek is lined by large river red gums that have not seen the axe man as had those more accessible trees along the main river. Snags required careful negotiation as the current would sweep one onto the snag. Several canoes had close calls and finally Paul took the honours, coming side-on to a snag when leaning upstream into the current, causing an instant swamping and capsize. He’s a tough lad tho’ and was soon emptied and dried out.

The little Mullaroo feeds into the Toupnein Creek from the north, and we paddled several kilometres up this until it became too shallow, then we returned and shortly made camp on a nice sandy bank. Campfires were authorised on this trip, and in the morning there was a superb sunrise across the gum-lined water.



Cruisin' the Lindz

The creek widens out at this point before coming to a popular campsite called the Caravan which included a table for morning tea. It winds around before entering the Lindsay River, and we paddled upstream, but this area is still affected by stock and was markedly denuded. Some enthusiastic souls charged on to the bridge that provides access to the area, while others lounged under a shady gum as it was quite warm. We meandered back along the "Lindz", camping on the western bank and enjoying a dip in the rather cool water.

Here the Lindsay becomes as wide as the main river and splits at Reedy Island, where there was a great, potential camp spot. We paddled around the shallow arm of the island (west side) then through Higgins Cutting and down the main stream of the Murray. We were aiming for "Spoon" camp, a site where Paul had mislaid his utensils, but this was occupied so we found a better spot on the northern bank. A few of us paddled to the border of NSW/SA and explored the top end of the Hypurna Creek, which we found to be open and flowing (the snags had a path cut through them with a saw). A swim beckoned, but the mud on the river edge was gluey and unpleasant.

At camp that evening, my trusty old wooden camp chair finally separated, dumping me on the ground, however the engineers got to work. T1 had usefully retrieved some stout fishing line and T2 wove an effective repair that lasted for the rest of the trip.

Back on the Murray, it was hard to discern a current in the main stream, which we now paddled up, back through Higgins Cutting and on to the entrance of Salt Creek. At a halt here we were startled by gunshots that sounded nearby. We didn't get far along the creek due to snags, though it was pretty. There is an ancillary entrance upstream that we explored, but it too petered out with snags. We now entered Pollard's Lagoon and finally found a campsite that was not threatened by red gums, which can drop limbs on unwary campers.

Pollard's Lagoon is quite long and shallow, and consequently contained many pelicans as they fish in the shallow waters. We now entered the Toupnein Creek. At the entrance to this creek we startled a mob of kangaroos, which proceeded to swim across a gap between some islands! "The Toop" was certainly worth it, being as attractive as the Mullaroo. An old road



Log crossing



Mullaroo team

bridge required careful negotiation and balancing acts. We had hoped to paddle into Webster's Lagoon, but it is dry (blocked off by a rock wall barrier).

Beyond this point it becomes quite snag ridden, but navigable by picking one's way along until we reached the huge fallen tree that had blocked Paul and I on our previous trip. A portage was needed. Luckily there was a path on the eastern bank. The Canadian needed to be unloaded (we were carting some of Dave's gear – but charging considerable haulage fees!!), but the kayaks were lifted bodily by four people and carried around then slid down the bank. All except Paul of course who hopped out onto the log and hauled his boat across!!

A lunch stop was called for, and various plans were hatched to burn, blow up or destroy that snag. Fortunately there was not another big one around the corner, and we were shortly upon the mainstream and decamped at the next big sandbar.

We spotted cattle on Toupnein Island, and plenty of kangaroos, emus, ducks and swans along the way. Trev Moyle spied (and photographed) some variegated parrots. I generally tried for a camp about 3 pm or so to allow for relaxation/preparation – and a swim or bird watching for those that wanted it. Our best bird sighting was of an Azure Kingfisher flitting from branch to branch along the Mullaroo Creek.

The weather had been threatening all day and the forecast was dire but nothing had happened, rather lulling us into a false sense of security. Rain commenced to patter down just as we tucked up after tea. Then it started to pour and sneaked its way into most tents, making for a damp experience. It was still well and truly coming down in the morning, making for a hurried breakfast in the tent before getting moving along the last bit of river to Lock 7. It was raining so hard I had to mop out the Canadian every ½ km or so (having no spray deck like the kayaks). Water was pouring off my hat, and the river surface was a maelstrom. The current picked up too, and swirled around the old pylons of groins that poked their way into the river. The hard work kept us tolerably warm, but when we finally pulled into the boat ramp just down from Lock 7 our core temperature plummeted and we were all shivering and quickly pulled on extra layers.

The riverbank was a muddy mess. A single footfall plunged down ankle deep into the mud. Margaret and a few others walked up to the lock, but could not return with the cars as the road was sodden, so we got back on the water and paddled around to the lock. The exit was not much fun, being a steep muddy river bank. But there was a nice surprise at the other end as Margaret had skilfully negotiated for us to stay in a shelter near the Lock. Perhaps the lockmasters took pity on the "drowned rats". Who cares, what a haven for soaked canoeists!!

It kept pelting down till late that afternoon. The lock recorded 54 mm rain in that period, one of the wettest areas along the river. Apparently it was the wettest period for 70 years at Mildura, and we canoed through it all!! That is either bravery, or madness, but probably necessity. We were safely ensconced under shelter, but the roads were a mess and we weren't going anywhere for days – but that's another story.



Team Portage

President's 2014-15 Report

This is a slightly embellished version of the report given by Mark Proctor at the 2015 Annual General Meeting of the Adelaide Bushwalkers.

Operations

The main aims of the club – great walking experiences and introducing new members to bushwalking – are in very good shape. We have doubled the number of events and most events are posted on our Activity Program far earlier than in previous years. Most activities are fully subscribed and reports coming back are that members are enjoying their walking events. I am keen for members to post photos and comments about activities that you have enjoyed on our Facebook site. These are easily shared with other members and offer a great advertisement for people thinking about joining.

We often get emails from people enquiring about joining the club but in many cases they just want to do day walks. The club's emphasis and the criteria for full membership remains the successful participation in three qualifying walks i.e. three multi-day, pack-carrying walks. After qualifying, new members are able to continue with just day walks but we would prefer that they do participate where possible in multi-day walks.

Facilities and Programs

The facilities and programs of the club continue to grow. New members are able to learn from others on the trail and through our training programs such as the very successful New Members Weekends. We also encourage all members to use our low-cost gear hire service so that you can try and compare many items of equipment before buying your own. From your first day in the club you are entitled to generous discounts at most of the Adelaide speciality bushwalking stores. Once qualified, members can receive higher-value gift vouchers from the friendly Scout Outdoor Centre and are eligible for subsidised bus trips and first aid training. But the greatest advantage of membership is learning about the great places to walk and experiencing these with like-minded people.

Website

Our website was completely re-designed in February last year and it has worked exceedingly well. The number of members at the close of the current club year was 194, operational activities are up more than 50% and member services are receiving great praise.

I believe that the success of the website is because it is well organised, informative, up to date and it speaks in the genre of internet-age people. Supporting this are

the number of contacts that we have had from other bushwalking clubs either praising our site or asking how they can create a similar site. We have an ongoing program of review and enhancement of our website which is maintaining our strong progress.

Administration

These days, clubs are forced to spend more time on administration than on operations. Government and community regulations seek more paperwork which falls on committee members who already have other demands on their lives. Just handling all the advertising and spam emails coming to the club is an onerous task. But the administration of the club must continue and we need willing people to do that. I have said that being on the committee is a reward in itself as you learn so much more about bushwalking and are able to apply your ideas for the benefit of other club members. I can understand that nominating for a committee position can be daunting but there are a number of positions that do not demand much work and they still give the experience of learning from the other very experienced members.

Participation

There is another way that you can get involved. Why not volunteer to be an assistant to one of the committee positions?. You do not have to attend committee meetings and you can learn from the experienced committee members and most helpfully fill in for committee members on the odd occasion when they are absent from a general meeting.

John Bartlett has recently taken over the role as the Wednesday Walkers Coordinator. As such he is an Assistant to the Committee. He has Committee access privileges to assist him with his job and he advises the Committee as necessary but not attend committee meetings. We need more assistants.

ABW is officially recognised as a volunteer organisation. This is because we assist in activities that benefit more than just ourselves e.g. the cactus eradication activities. But the volunteer status also recognises that nobody is paid for the services that they give to the club. The club's walk leaders are vital in this regard and the continuing growth in Endorsed Leaders is heartening.

There are a number of other roles that also need helpers. The roles of Auditor, Public Officer, tea and coffee caterer and authors of Tandanya articles are all tasks that need people to step forward to help. "Think not what your club can do for you, but what you can do for your club."

Promotion of the Club

The redesign of the club website and the creation of a Facebook page have been huge successes. Since going live in February last year they have provided active advertisements for the club, a line of communication about our activities and a drawcard for new members. The activity program is now a living feature with daily updates and responsiveness to both leaders posting activities and members joining those activities. Since inception, the website has been constantly growing in functionality. There have been 67 recommendations for improvement of which 63 have already been implemented or are in progress. A small handful have been rejected as not feasible. Recently, the website has had a few outages due to denial of service attacks on our internet provider but none of these has caused any loss of data or security breaches.

The advertising of information about club events and handy hints about bushwalking have greatly enhanced our standing. Noting this, I have decided that communication and promotion are functions which need to continue with the same high standard. Accordingly I have decided to dedicate one committee member to this task. The Constitution allows us six office bearers and five other members without prescription as to what roles the additional five members perform. For convenience and clarity we have given identities to these five additional members such as Social Secretary or Tandanya Editor. From the date of this AGM I intend that one of these additional committee members will fulfil the Promotions role and that the Conservation role, for which we have no candidates this year, will lapse. The Promotions role has previously been appended to the Tandanya Editor's role but I feel that it deserves attention by a separate person.

Meetings

When we first talked about modernising the website, there was a cry about whether this would be the end of club meetings. I said at the time that it was certainly not intended to eliminate meetings even though the website would enhance our information flow and enable club operations to proceed more expeditiously. I think that information is conveyed more accurately and members are able to consider activities more carefully when browsing the website rather than at meetings.

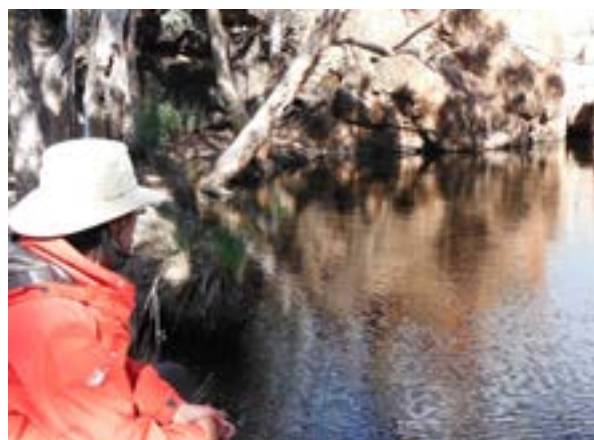
Monthly social meetings have typically attracted audiences of between 40 and 70 members and they have usually run for about 1 hour 30 minutes. The more formal monthly General meetings have seen attendance fall below 20 members and the duration has declined to about 25 minutes. Unfortunately, the tradition of



Rob Geary's group prepares to leave Blinman Hut (May 2014)



Prospective member, Andrew O'Loughlin contemplates the route to Point Bonny (June 2014)



Gabrielle McMahon views the perfect picture in the Mawson Plateau (July 2014)

members staying for socialising after each meeting has virtually disappeared except for the group who regularly gather at the Daniel O'Connell pub over the road. The website has been an outstanding success but I don't think that it is to blame for falling attendance at General meetings.

I proposed that we combine the roles of the General meeting and the social meeting each month and the combined meeting to be known as the General meeting. The meeting should run for between 1 hour 45 minutes and 2 hours. The best day for this combined meeting is the first Wednesday of each month to align with the current timing of the Social meeting. And while we are at it, the meeting will begin at 7:30 pm so that they will finish earlier. Just for clarity, the Constitution requires us to only hold the General meeting each month but it makes no mention of a social meeting.

The monthly Committee meeting will move to the third Wednesday of each month and all members will be able to access Gear Hire services on the Committee meeting night between 7:30 and 8 pm (as well as the General meeting nights).

Member's Items of Interest Segment

Several years ago, there was a great level of discussion during club meetings. This included walk reports as a regular part of meetings and debates over policy and issues of concern were frequent. This has declined in recent years to the detriment of member interaction at meetings. While in the past some walk reports were deadly boring (probably intentionally so that the leader concerned would not be called upon to give a walk report ever again), I still think that a limited number of interesting walk reports are worthwhile. I have tried to reinvigorate discussions on General Meeting nights with a Member's Items of Interest segment. The first two attempts did not foster much debate but we had a good discussion on a number of items at the last meeting so I hope that members will come to future meetings armed with questions, suggestions or walk reports.

Kayaking and Canoeing Guidelines

After a few weeks of discussions between a group of kayak activity leaders, we have come up with a new set of Kayak and Canoeing Guidelines. This will now be taken to the committee and when agreed will replace the less specific Kayak Guidelines currently in the Risk Management Plan. There was review of the need for a specific kayaking certification for leaders but this was decided to be unnecessary for the flat water scenario of our activities. On the other hand the new guidelines will give leaders the right to test the skills of unknown



New members made the most of the Grampians bus (October 2014)



Heysen Trail End-to-Enders rest at Myponga Conservation Park (November 2014)

kayakers before embarking on a kayaking trip.

Water Tanks

The project to construct Water Tanks in some popular walking areas where water is less available has progressed to the point where we have a design and have identified the necessary tools, materials and skills. The next steps to be undertaken this year are to determine where these tanks are to be located and to seek permission from landholders. The construction phase should be completed next year.

Project Logbooks

John Bartlett has initiated a review of the current state of ABW containers and logbooks on peaks in the Flinders Ranges. As a result of John's article in Tandanya and by word of mouth, quite a lot of information has come in and this will be summarized in a forthcoming article in Tandanya. John is leading a walk to Cleft Peak in the Gammon Ranges in June to replace a full log book there. John will continue to work on this project which he has been involved in since about 1986.

Bus trips

For more than a decade we have had two Bus trips per year; one to the Flinders and one to the Grampians. The number of walkers on the Flinders bus trip remains reasonably high but the numbers on the Grampians bus trip have been steadily declining for several years. This is now at the point where we cannot rely on getting enough passengers to run the trip economically. So there will not be a Grampians bus trip this year.

Nepalese Earthquake

I am sure that we were all appalled to hear about the earthquakes in Nepal which have created vast destruction and suffering in this epic mountain walking country. Many club members have walked in and enjoyed Nepal over several years; the latest group returning only a few weeks ago. To assist with the disaster relief, ABW has made a donation of \$500 to the Himalayan Development Foundation - Australia. Our Patron, Duncan Chessell is a board member of this foundation.

In closing, I want say how much I appreciate the vital contribution of members of the Committee throughout the year. For those who are not continuing, your help has been highly valued. For those continuing, I look forward to another productive year with your great support.



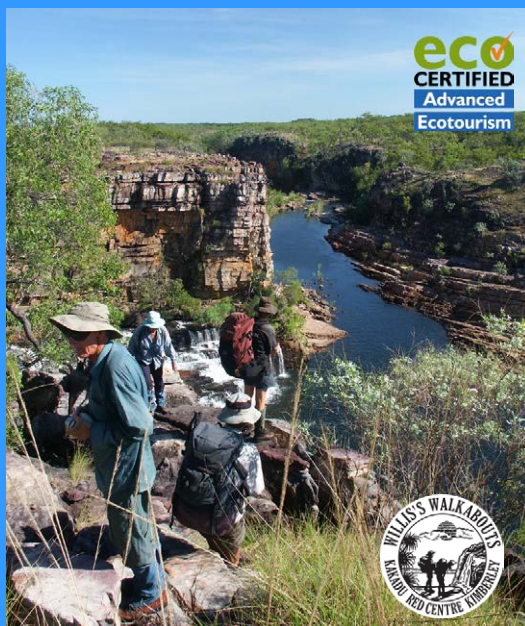
Donations can be made to help with earthquake relief at the Australian Himalayan Foundation website:

www.australianhimalayanfoundation.org.au/



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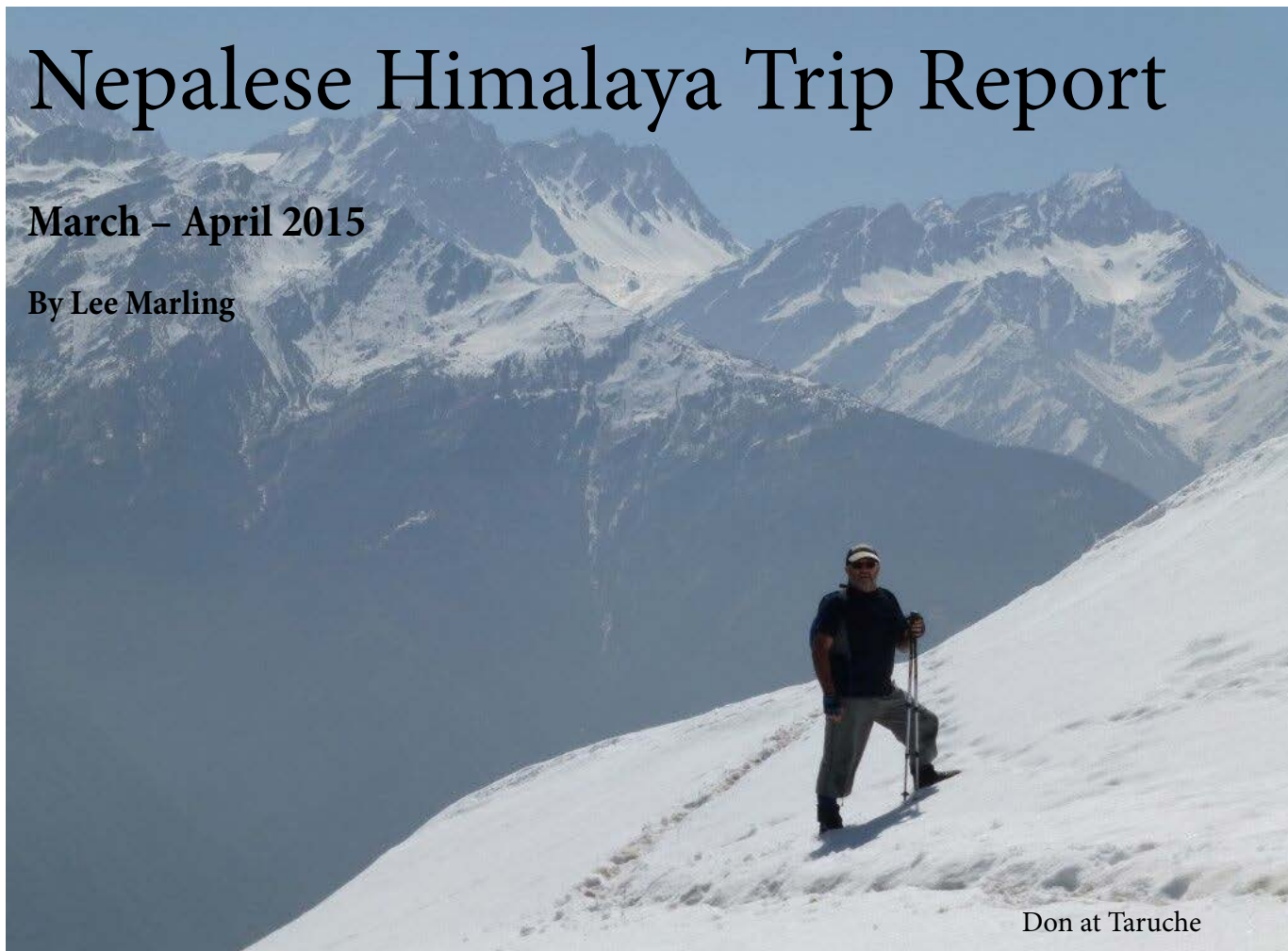
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We know which creeks are flowing when, which 4WD tracks are likely to be open, when the vegetation makes walking easy and when it makes it hard. We offer a huge variety of trips so that we can give you the best possible bushwalking experience at any time of year.

Nepalese Himalaya Trip Report

March – April 2015

By Lee Marling



Don at Taruche

Earlier this year, nine club members completed a 21 day, lodge-based walk through the Tamang, Langtang, Gosainakund and Helambu regions north of Kathmandu. We were supported by our guide Gopi.

I had intended to write this report for Tandanya and the club's Facebook page but woke up to the news of the devastating earthquake that occurred the previous day on the 25th of April, ten days after most of the club members returned from the trip. The death toll is predicted to climb to over ten thousand. The club members on the walk have been exchanging emails as the reports have emerged from the places we trekked.

Amongst the widespread devastation, it triggered a huge avalanche in the Langtang Valley, where over 300 people are reported missing. Many are certainly dead as Langtang Village was completely covered by the avalanche and only faint traces of it remain. With its altitude of 3,430m, the village is one of the places you stop in early to acclimatise. We had arrived just before lunch time as most trekkers do, at just the time of day that the earthquake occurred, 11.56am Nepalese Standard Time (NST).

We had enjoyed our afternoon there visiting the yak cheese factory (female yaks are actually called naks) and the Langtang Valley Health Service (Australia), a charity that provides Australian medical students for three-month placements and employs and trains two Nepali nurses. We stayed in a lovely family run lodge where the young daughters served the food cooked by their mother. One of the daughters sang songs for us and the other accompanied us up to Kyanjin Gompa the next day, putting us to shame with her speed and agility while carrying a large load of supplies for her father. All part of the wonderful times one has with Nepalis and other travellers, while enjoying the stunning Himalayan scenery.

The Langtang Valley Health Service reports the medical student we met survived as she was out at nearby villages, but the nurses did not. The lodge we stayed in would have been destroyed and the lovely family probably killed. I mention these things here because it was wonderful to attend the recent AGM and hear Mark Proctor report that the club had made a donation to the Australian Himalayan Foundation, the relief fund that Duncan Chessell is involved in. I know many club

members who have been to Nepal will feel likewise. We understand Gopi, our guide, survived although his village was very close to the epicentre.

The walk began at Gatlang on the Tamang Heritage Trail. The Tamangs are ethnically Tibetan and the area has been open for trekking for only ten years due to its proximity to the border with China. Gatlang itself is a pristine village of stone houses with lovely carved windows and doors. It is set in a valley of terraced fields, old stupas and forest, which makes for a lovely walk. We then enjoyed an afternoon soak in the hot springs at Tatopani followed by a climb up to the view point at Taruche, 3,700m. We had to walk through snow and were rewarded with a huge panorama of the Ganesh and Langtang ranges.

The second leg of the walk was in the Langtang Valley walking through the forest alongside the Langtang River. It was spring and the Rhododendrons and other flowers were an added bonus. We spent three short

days climbing to about 3,900m at Kyanjin Gompa from where some members managed to climb Tserko Ri at 4,985m. During our three nights at Kyanjin Gompa we had fresh snow falls creating a wonderful landscape.

The third part of the walk took us out of the Langtang Valley, up to the lakes at Gosainkunda, over the Lauribina Pass (4,600m) and through Helambu to within 25km of Kathmandu. People were reporting that it had been a very cold spring with snow falls continuing late into the season. This led to some interesting walking on narrow icy paths past some very steep drops! The lakes at Gosainkunda were frozen and covered with snow and the pass was a wonderful expanse of snow with fabulous mountain views along the way. It is a beautiful country for walking.

The Nepali villagers were always friendly and welcoming and I hope club members can give thought to future trips when the Nepalis are back on their feet as they will really need our support.



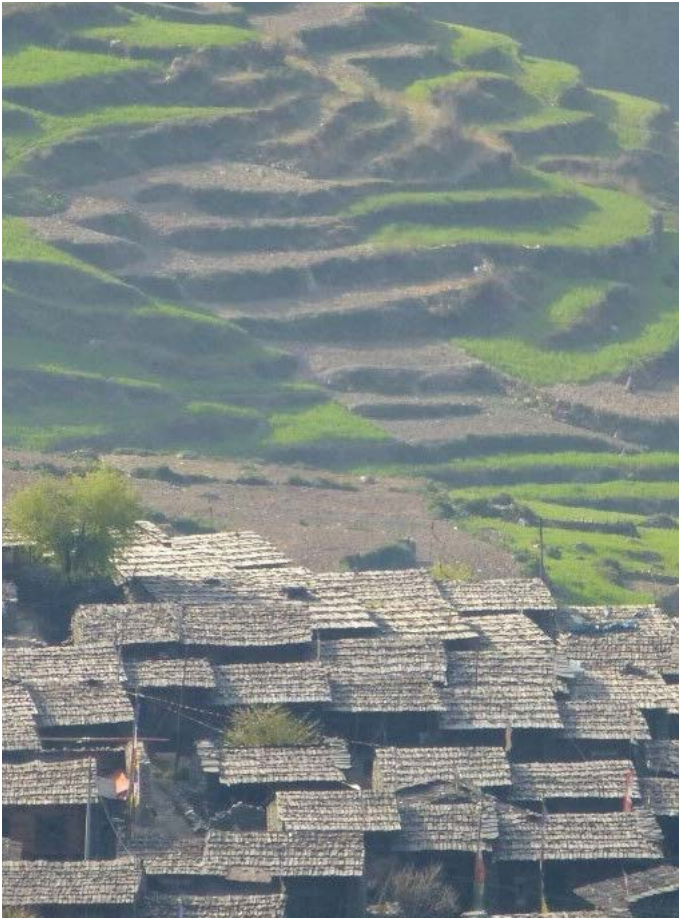
Langtang River



Taruche viewpoint



Gatlang Stupas



Gatlang Village, Nepal
Photos from Lee Marling's 2015 Himalaya trip



Laurebina Pass

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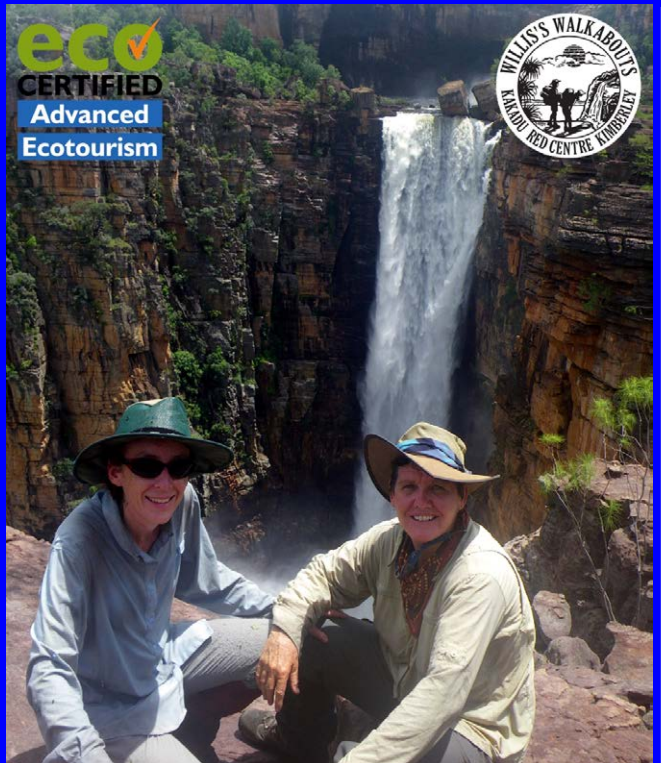
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will boil the water in about 12 seconds and maintain 105°C for more than 12 minutes. Another version of the product will hold its temperature for 60 minutes. When cooked, remove the food from the zip lock bag and it is ready to eat. Beware of the steam.

This product is available from its US manufacturer but is also available from an Australian importer for \$3.95 each plus postage. It will probably be cheaper in bulk. View the demo on YouTube at:

[youtube.com/UHL-UgZcfjc](https://www.youtube.com/UHL-UgZcfjc). The company offering these pouches can be found at mealspec.com.

The heating pouches are for one time use only. So you need as many as the number of meals you want to heat. You can use ordinary freezer bags for the food so the weight and space for a dozen heater sachets is much less than a conventional stove and fuel canister.

*Meals Ready to Eat got their name from the idea that they could be eaten cold. But soldiers never like to eat cold meals so heating devices were invented. The MEALSPEC Flameless meal heater easily outperforms the US Military's flameless heater so soldiers are now buying their own MEALSPEC heaters.

MEALSPEC Flameless Meal Heaters

By Mark Proctor

Heating food and hot drinks is an everyday task during bushwalking. It is not difficult but there are times when naked flames are banned and it is always impossible to take fuel on commercial aircraft. So is there an alternative?

Chemical heating pouches were invented for the military market so that soldiers could heat their MREs* (meals ready to eat) without fire smoke giving their position away to an enemy. Whilst they have been used for many years these chemical pouches have been regarded as poor performers at best.

The MEALSPEC Flameless meal heater is a new product which consists of a zip lock bag and a separate sachet containing the chemical pouch used to create heat. You put your meal into the zip lock bag along with about 100 ml of water then add the chemical pouch (after discarding its protective sachet). The performance is amazing. The chemical reaction



Meal Heater Bag Gen 2

What the Wily Weekend Walker is Wearing

by Michael Round

Scene: North Adelaide Community Centre, a Wednesday evening c. 2015. A restless audience finally settles down.

“Thank you Mr Chairman for your very kind words of introduction and hello everyone. I’ll get started without further ado.

This is a frontways view of Bunyip Bluegum and his Uncle Wattleberry. At a glance you can see what a fine, round, splendid fellow....whoops sorry. Wrong meeting! One moment... There! Again, first slide please.



This is a front on view of the fine fellows (and I hope the ladies won’t mind being included in that term) who accompanied me on a jaunty little outing down the River Onkaparinga during a recent weekend in March. Their smiling faces, I’m sure you’ll agree, could hardly be said to disguise the pleasure the whole thing proved to be for all of us. We were six in number but only five are shown here because one of us (yours truly, needless to say) is taking the photo. Fine as that photo may be however, it doesn’t well portray what I really wish to speak to you about tonight and that is...next slide please...



...and that is rucksacks, both their style and loading. Looked at sideways, the photo confirms what a splendid bunch of companions they are. Everyone so relaxed and with arms at rest in various positions but it’s the rucksacks we are more interested in tonight and we’ll consider them in turn starting from the left. We begin with KylieOh and you’ll notice that there are now only five in the party (my earlier observation still applies) because we are now one fewer in number. Richard self-diagnosed a leg injury, self-exited from the gorge and with his family co-opted to help with the evacuation, was taken to hospital for stitches (ten in number he later informed us) while the rest of us pushed on, somewhat demoralized by his departure but not defeated. So back to the rucksacks and first, we have Kylie and if I didn’t have my glasses on, I would swear that she has a koala on her back. The rucksack’s styling is certainly individual and it appears to be giving its bearer a loving sort of hug. It’s the type of pack that would be ideal, I think, for any walker feeling perhaps a bit lonely and in need of some TLC though I’m sure that doesn’t apply to our model. (Laughs) The pack is a soothing eucalyptus green in colour harmonizing with the Australian bush but my fear is that, and this is just a personal thing, if you were to put it down

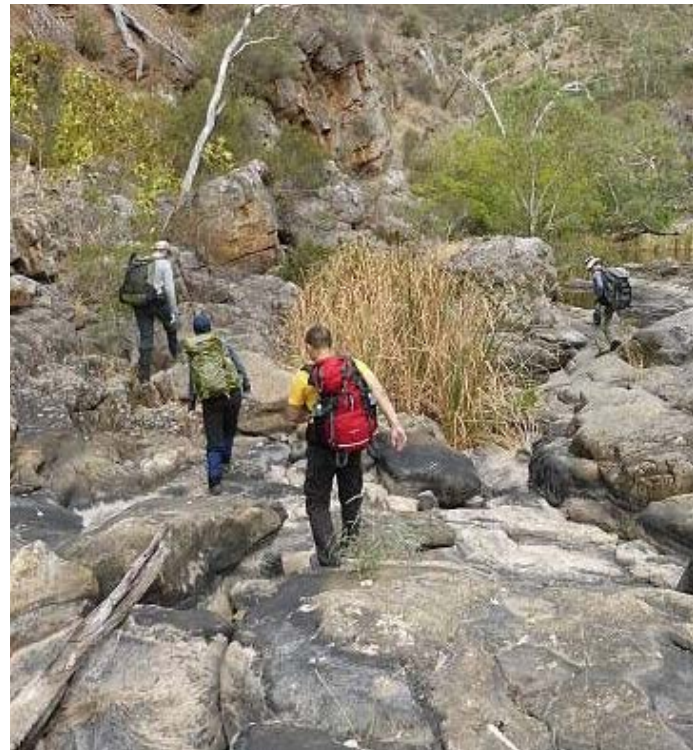
somewhere and wonder off for a while, it may be hard to find on your return. My own preference is for something more in the screaming orange line. Next we come to Luo. This was Luo's first overnight walk with the club and you'll agree that he's kitted out well and in a style that very much suits him. As prospective walks leader, I did request that people coming on the trip 'try to pack light' and Luo took this advice to heart but found that the only thing he could lighten was the food so he limited it to a packet of Jatz biscuits as his sole victual for the weekend! While this makes a great story and one I love to tell, I just wish he didn't do it on 'my' trip as I'm afraid that it reflected rather poorly on someone being assessed for his leadership qualities.

Trevor is next and his pack astounded me as soon as I saw it. Trevor is as aware as I am that there is an unspoken competition between the two of us and one that's been ongoing for some years now, about who has the lighter pack. The surreptitious lifting of the other's pack at the start of a trip though it tends to be done more openly now and usually with an exchange of banter.

So why the big pack Trevor? One that's the size of your usual seven day pack? As it turned out, his pack was in fact surprisingly light - of course I lifted it - and I suspect that it contained his air mattress only half deflated. Deliberately. It was a tease I'm sure and just his way of poking fun at my 'try to pack light' directive.

Last but not least – though certainly his pack is, we have Ryan. Ryan's pack was truly something to behold. It's in the first class all on its own and it puts mine, and Trevor's for that matter if he doesn't mind me saying so (short laugh) in the third! I won't go into the details of Ryan's pack except to say you won't find one like it in a shop near you. The same probably also applies to his tent, his sleeping bag and for all I know, his food. He seemed to be happy enough with his nano approach to gear so perhaps he needs nothing more or perhaps he's afraid that if he did load more stuff, the pack would disintegrate under the weight! (Laughs with audience joining in. Except Ryan.)

Well that's about all I have to say and we'll finish - next slide please –



by saying farewell to our merry walkers as they wend their unwearied way westward down the wiver. It's been a pleasure talking to you all and I hope you enjoyed it. I shall now hand back to the chair. Thankyou Mr Chairman."

"Zzzzzzz Zzz"

"Mr Chairman!"

Bushwalking in Winter Offers Bright Skies

by Dr. Ian Musgrave

Winter has long dark nights, ideal for viewing our splendid winter stars. It is also bitterly cold, but do take time to rug up and walk away from the campfire to catch our winter gems. This year, three bright planets dance with the Moon in the evening skies. The nights of the winter full moons are Wednesday June 3, Thursday July 4 and again on Friday July 31 (a so-called “Blue Moon”) and Monday August 30. Nights on and around the full moon are great for not tripping over things in camp, or night walks. However the brightness of the Moon washes out the magnificence of the Milky Way overhead.

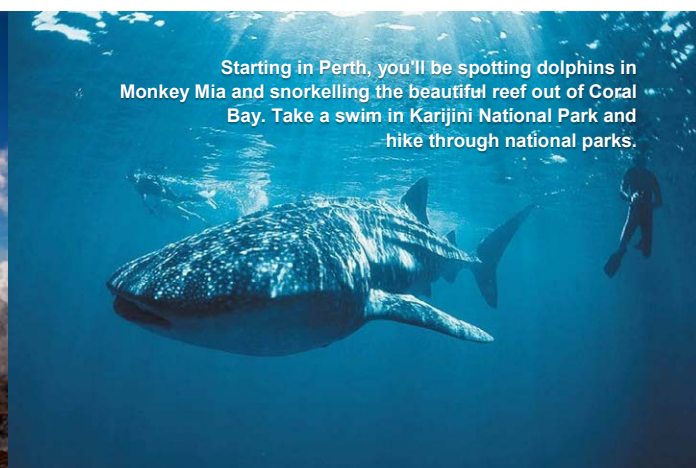
The three bright planets that graced the autumn skies, Venus, Jupiter and Saturn, continue to bedazzle us in early winter, with Venus and Jupiter coming very close together in late June and early July. Bright Venus is easily visible in the western skies during

twilight and the early evening. It is reasonably high in the sky in June and early July, but by early August you need a fairly level, clear horizon to see it. On June 20, the crescent moon is close to Venus and the pair form a broad triangle with Jupiter. On July 1, Venus and Jupiter are half a finger-width apart in the early evening sky. On the July 10 Venus is at its maximum brilliance. Under very dark skies you may be able to see shadows cast by Venus on Earth. On July 19, the crescent moon, Venus, Jupiter and the bright star Regulus make a diamond in the north-western sky, easily visible from late twilight. After this, Venus and Jupiter head towards the western horizon. On August 7, those with a level, unobstructed horizon and good eyesight can see Jupiter, Mercury and Regulus grouped together about 30 minutes after sunset, with Venus nearby.

Jupiter is the second brightest object in the sky after Venus (and the Moon and Sun of course). It is visible above the north-western horizon not far from Venus at the start of winter, easily recognisable by its brightness and its warm yellow colour. This contrasts with the dazzling white of Venus. During June the



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- Hike through Karijini National Park
- Monkey Mia
- Exmouth
- Cable Beach



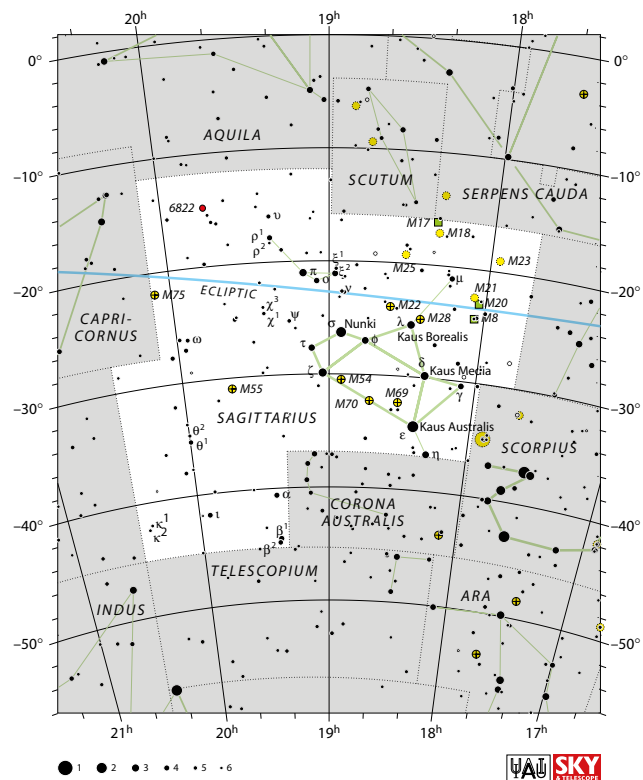
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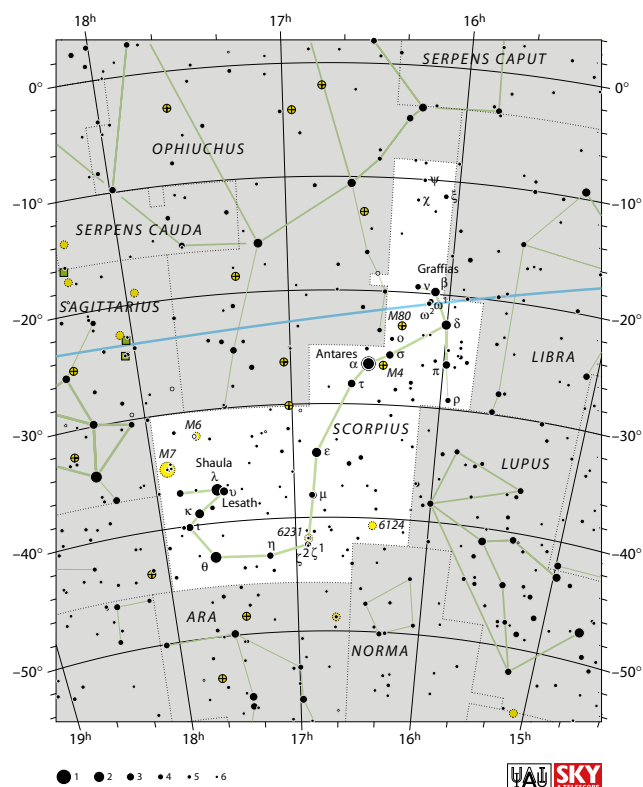
pair come closer, and are closest on July 1. If you have binoculars with you, Jupiter's moons are easily seen in even small binoculars. After the first week of August, Jupiter and Venus are lost in the twilight. In winter, the distinctive curled question mark of Scorpius, - the scorpion - is riding high in the sky. The head of Scorpius is defined by three bright stars to the left of a bright red star in the body of the question mark (Antares). However, if you look this winter, you will see what appears to be four! The bottom and brightest "star" of the four is in fact the planet Saturn. During winter Saturn pulls away from the head of the scorpion, but never gets too far away. The Moon is close to Saturn on June 1, June 28, very close on July 26 and August 22.

Another obvious constellation is Sagittarius - the archer. Or rather, for Australians it is the distinctive grouping of stars below the curl of Scorpio's tail we call the "teapot". Here we find the centre of our Galaxy. In the depths of winter, the Milky Way arches across the heavens, and its glowing star-clouds and dark dusty lanes are on display. Use your binoculars to hunt around the tail of the Scorpion as this will show a wealth of open clusters and nebula. Looking south, at the beginning the Southern Cross, the Two Pointers are obvious near the zenith and the horizon. The Coal Sack nebula is a dark area clearly visible under dark skies between the Cross and the Pointers. To the right of the Southern Cross and

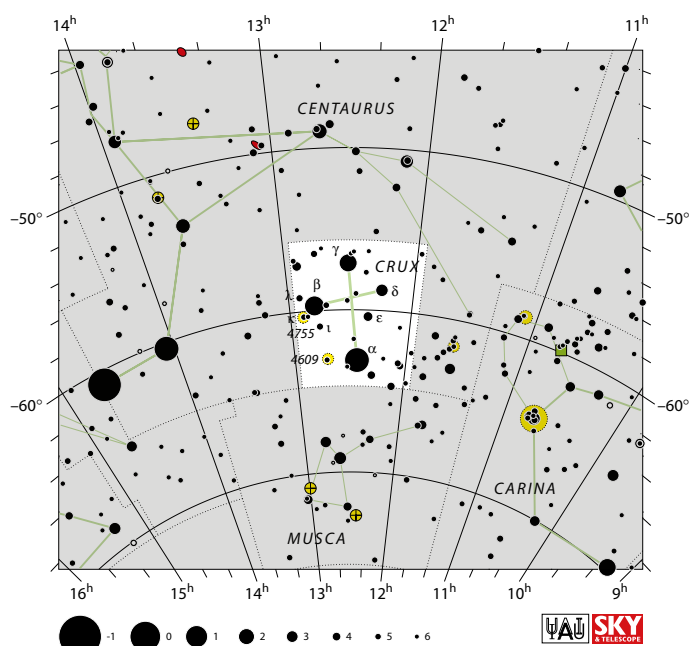
below, is a rich sky area hosting the constellations of Carina, Puppis and Vela. Again a pair of binoculars will reveal a wealth of delights. As winter wears on, the Southern Cross rotates towards the southern horizon, and many of these beauties will be hidden. This doesn't exhaust the winter night skies, so keep your eyes peeled.



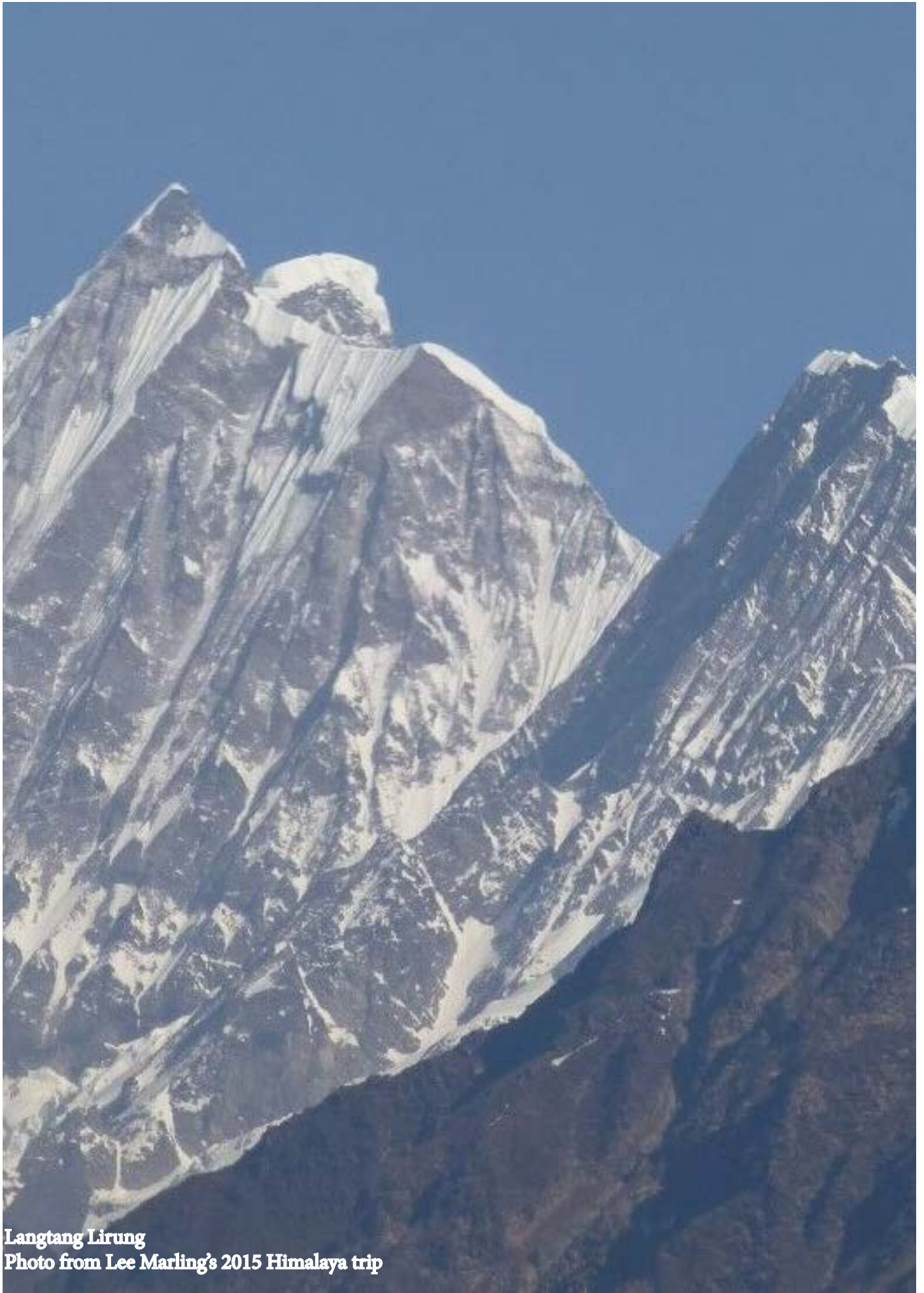
Sagittarius



Scorpius



Southern Cross



Langtang Lirung
Photo from Lee Marling's 2015 Himalaya trip

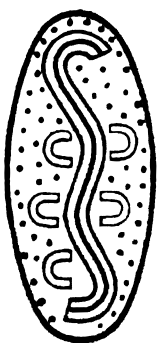
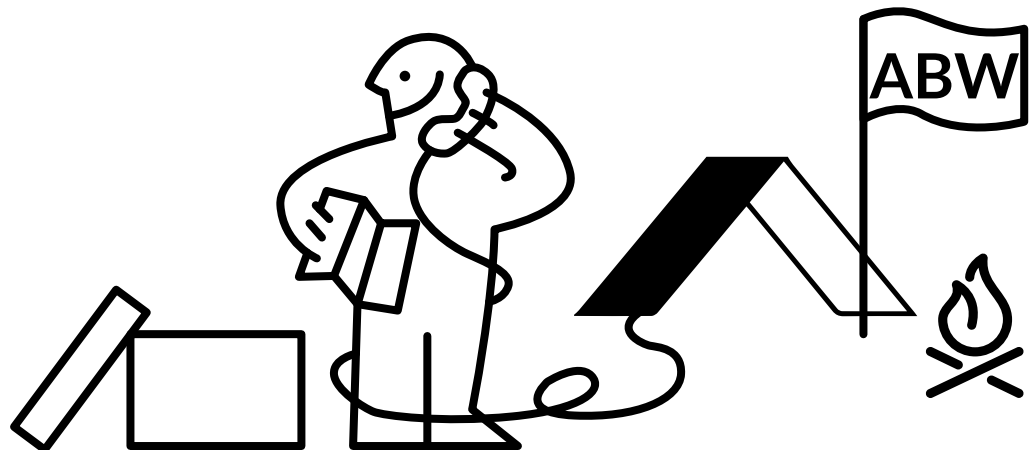
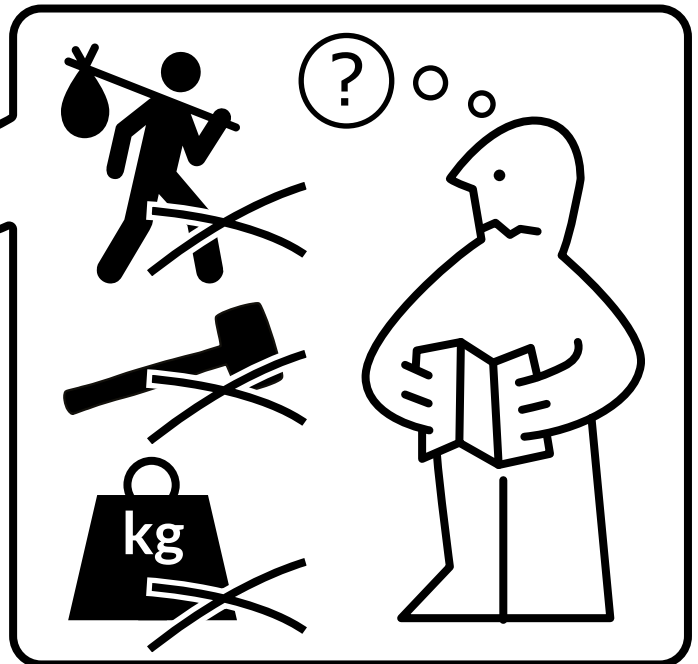
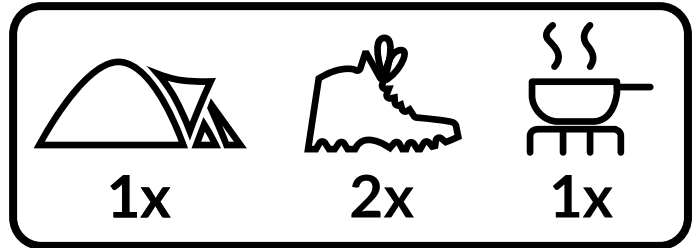
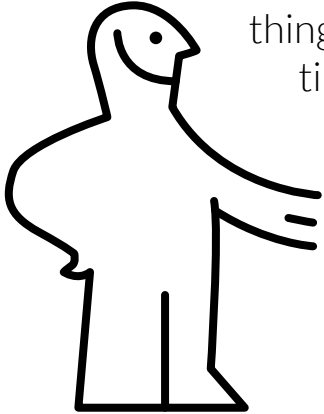
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