



President's Report

A Good Time was had by all

PHOTO

Photo of Ball

A lot of water has passed down the Kowmung since the kerfluffle blew up over access to catchment areas. Perhaps it's time for a little reflection.

Many bushwalkers were outraged by Sydney Water's regulations, and predicted the end of life as they knew it. On the other hand, many said 'it's all a storm in a tea cup' - the regulations have been in force for years, so what's the problem?"

The truth is somewhere in the middle. I do not believe that Sydney Water was especially 'out to get bushwalkers': in many respects the new regulations were to be the same as old ones, which we had been unknowingly living with (and transgressing) for several years. Having said that, there were several factors which justify our forceful response -

· The proposed regulations involved bringing in on-the-spot fines, to make it easier to deal with law-breakers. Sydney Water argued that there has been an increase in unlawful entry

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More Photos page 10

Walking in the Catchment Areas Congratulations to Andy MacQueen and the team on the outcome of talks with Sydney Water!

YES! You can now legally picnic and camp in all those areas of national park in the southern Blue Mountains (other than the 3 km exclusion zone) as well as around Tallowa Dam.

This came about because of the outrage expressed by Confederation, Colong Committee, NPA and many individual walkers and clubs, in response to Sydney Water's proposed new regulations. Key changes were made to the regulations at the last moment before they were enacted. Thank you to all those walkers and clubs who supported the cause.

Sydney Water also called a meeting, at which apologies were given by Managing Director Paul Broad for the lack of consultation, and undertakings were made with regard to future consultation. and water craft (including lilos) are prohibited unless authorised, and we have doubt as to whether, under the regulations as worded, blanket approvals can be given.

1. The on-the-spot fine provisions have been dropped. Law breakers must be summonsed, as in the past.
2. With regard to Schedule 2 areas (most of the national park areas in the southern Blue Mountains - other than Schedule 1 'exclusion' areas - and also Tallowa Dam) the prohibition on 'picnicking' has been removed, and camping is permitted anywhere, subject to conditions, if any. Sydney Water claims to have no current agenda to impose conditions.
3. However, firelighting (which technically includes use of stoves), swimming and water craft (including lilos) are prohibited unless authorised, and we have doubt as to whether, under the regulations as worded, blanket approvals can be given.
4. Sydney Water is planning to put up signs at access points (such as Kanangra), drawing attention to the status of the land, promoting low impact bushwalking, and possibly giving authority for fires, swimming etc. We will be invited to assist in this, drawing on our Code of Ethics. In the

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The Bushwalker

Contributions, letters to the editor, original cartoons and suggestions are welcome. They should be sent to the address below.

All contributions should be accompanied with text file on three and a half inch floppy disk in IBM format.

Advertising rates are available on request.

Ring John Clarke on (02) 744-1916

Distribution is through the affiliated clubs and through major retail outlets.

Correspondence Addressed to

The Editor, The Bushwalker
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 Box 2090 Sydney 2001.

The Confederation of Bushwalking Clubs NSW Inc represents Approximately 55 clubs with a total membership around 5000 bushwalkers, formed in 1932, Confederation provides a united voice on conservation and other issues, runs training courses for members, and provides for the public a free wilderness search and rescue service. People interested in joining a bushwalking club are invited to write to the Secretary of the Confederation of Bushwalking Clubs at the above address, for information on clubs in their area

The Bushwalker is the newsletter of the Confederation of Bushwalking Clubs NSW Inc. It is published quarterly. The aim of the newsletter is to provide articles and information of interest to the members of clubs affiliated with the Confederation and bushwalkers generally. Any opinions expressed by individuals authors do not always represent the official views of the Confederation.

In This Issue



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Bushwalker Wilderness Rescue News



TALK TO THE OPERATOR

There are now very few telephone operator services. Most country telephone exchanges have been replaced so that you no longer hear a reassuring voice. One service still available is the PAGER to contact Wilderness Rescue. The PAGER is a type of message system. An alarm will sound on all six pager simultaneously and a message will be displayed on a small screen. This message can be as long as the first sentence of this article. When you dial 016020 from anywhere in NSW have your message (sentence) ready when the operator answers. Tell them you want PAGER No. 277321. In your message give your name, complete phone number including STD area code and a brief reason for the alarm - remember your aim is only to pass on sufficient information so that Wilderness Rescue can phone you back for more details. Please remind your fellow club members to delate any old pager numbers and use :

Dial 016020 and ask the operator for pager no. 277321

WILDERNESS RESCUE PRACTICE WEEKEND

14 & 15 OCTOBER, 1995

At long last I finally made it to a practice weekend and I'm glad I made the effort. Thanks to David, Steve, Keith & Dave for a memorable weekend.

Activities on Saturday morning started about 9am, after news of a call out near Mittagong which had delayed some of the group. Steve soon had us organised for our first search of the weekend followed by team building activities which reinforced the importance of working together to achieve the best results.

Sunday morning was spent on learning about decision making in teams while the scenario for the days search was set up by Dave and the team from

the Mittagong search. Again valuable lessons were learned about search techniques, teamwork and clear communication.

The highlights of the weekend was the amount learned and the chance to meet members of other clubs. The campfire on Saturday night showed how much we all have in common. It is remarkable how similar the campfire conversation is no matter who you are with. Some quirky minds were exposed during a conversation about creative uses for a certain rubber product.

Back to base for a final debrief and farewell to new friends only to discover one missing signature on the sign-in sheet. By then it was getting late and we were all keen to go, but S & R want all members walking in the Newnes area to keep a look out for Keith Maxwell, last seen at Cullen Bullen 377052 wearing a red polarfleece and a green cap.

Linda Paju Bankstown BC

Wilderness Rescue Committee

The Confederations' rescue section known as Bushwalkers Wilderness Rescue is run by a committee. The role of this committee is to maintain equipment, liaise with Police and other rescue organisations and to maintain an up to date list of club phone contacts. The aim of this list is for Wilderness Rescue to be able to contact your club day or night when an emergency occurs. We need as many as possible skilled bushwalkers to make themselves available for such emergencies. If called out come equipped for an overnight bushwalk including food. Please ensure that your club phone contacts list is up to date with home and work numbers.

Phone numbers to contact the committee are:

Director Keith Maxwell
(02) 622 0049 (home)

Assistant Director
Mike Merrett (02) 523 6632 (home)

Secretary John Tonitto
(02) 528 6174 (home)

Rock Squad Leader Peter
Treseder (02) 489 4182 (home)

Please address all correspondence to the Confederation Post Box

GPO Box 2090, SYDNEY 2001.

There are a wide range of jobs on the committee from small to large. We welcome all new volunteers.

Do not hesitate to use the pager if an emergency occurs in your club to contact your rescue organisation, Bushwalkers Wilderness Rescue.

Phone 016020 and ask the operator for pager no. 277321

May you always camp where the water runs sweet

with plenty of shade and grass

Where well-trod trails of friendship meet

As the good days gently pass.

From Inverell BC



Walking the Western Macdonnell Ranges Andy Macqueen

If you think Central Australia is all flat and sandy, you are wrong. In the Alice Springs region are several major ranges, hundreds of kilometres long, and there are many rugged quartzite peaks worthy of an ascent. Mount Zeil, at 1531 metres, is the highest point off the Great Dividing Range on mainland Australia, and several other peaks in the area follow close behind.

There are also ravines, chasms and spires rivalling the best in New South Wales. In between the ranges (collectively often referred to as the MacDonnell Ranges), lie expanses of spinifex and mulga-covered plains and hills, characterised by extensive outcrops of jagged gneiss. When I lived in the Centre during the '70s, I spent a lot of time wandering around kicking rocks, in the name of hydrogeology. I also made it my bushwalking business to make weekend ascents of several of the highest points - including Mounts Zeil, Liebig, Sonder and Giles.

There is something quite spiritual about sitting on top of a rocky peak surrounded by infinite vistas of silent desert and ranges, with no road or building in sight. An occasional wallaby bounds over nearby spinifex-covered crags, as if to provide a link to those eons when traditional Aborigines roamed the hills. In the '70s, recreational bushwalking was unheard of in the Territory - I dare say hardly anyone else ever thought of climbing those mountains then. My friends in Alice Springs thought me very eccentric. Indeed, one had to be quite adventurous - the only available maps were at a scale of 1:250,000, with no contours of course. Aerial photos were in black and white, of small scale and poor quality.

Today the scene is different. There is a bushwalking club in Alice Springs, and increasing numbers of us Southerners are making pilgrimages to the Centre to experience bushwalking with a difference.

Ten of us from Springwood Bushwalking Club recently returned from a two-week trip along the MacDonnell's. We walked from Redbank Gorge, west of Mount Sonder, to Simpsons Gap, climbing on the way Mount Sonder, Mount Giles, Brinkley Bluff and several unnamed peaks. We also explored wonderful gorges, unknown to the normal tourist. I had some apprehensions about going, at first. It is always a dangerous business to revisit old haunts. But the trip was fantastic.

(Ormiston Gorge, Serpentine Gorge, Standley Chasm and Simpsons Gap). A vehicle was hired, and for each stage one or two people would take time off from walking to do their own tourist thing, meeting us at the end of the stage with the party's supplies for the next stage.

All types of weather were experienced. On the first day, as we made the ascent of Mount Sonder, we endured cold winds and rain squalls, but a few days



Along the MacDonnell Range, with Mount Sonder, Zeil and Giles in the Background

I had forgotten just how much the Centre has to offer.

The NT Conservation Commission is developing a track called the Larapinta Trail from Redbank Gorge to Alice Springs. About a quarter of the track is completed (mostly at the Alice Springs end), having been built by prison labour. The rest exists in concept only, its route being undecided and unscheduled. (Rumour has it that the prison warders are not keen to work on the more remote parts!) Once you decide to venture off the developed section, with its guide sheets and guaranteed water supplies, it is essential to know what you are doing. We put much effort into planning the walk, and it paid off. The route was divided into four stages. Vehicle access was available at the end of each stage

later the temperatures approached 30 degrees. Night-time temperatures were sometimes below zero, but one night it only got down to 20 degrees - the hottest July night on record in Alice Springs!

Camp was made each night not far from some waterhole or other, usually in a dry sandy creek bed. Sitting around the campfire in such a place is a memorable experience. We were awoken each morning by a delightful chorus of honey-eaters and thrushes.

There was much camaraderie amongst the members, and the whole walk developed a wonderful, nomadic rhythm; several were heard to say 'I could go on doing this forever'.

Continued on page 8



Steeping Lightly on Australia.

A Traveller's Guide to Ecotourism

Shirley LaPlanche

If your looking for a comprehensive book on Ecotourism then you couldn't go past Shirley LaPlanche's book Steeping Lightly on Australia. It covers everything from Basic bushwalking, Diving of the Barrier Reef to bird and whale watching, it is complemented by great photographs. So take a guided tour of Australia's World Heritage areas, national parks and wildlife parks and sanctuaries, and learn about the best places to go wildflower gazing, cycling. There are also chapters describing a hand-picked list of the best tours and accommodation available.

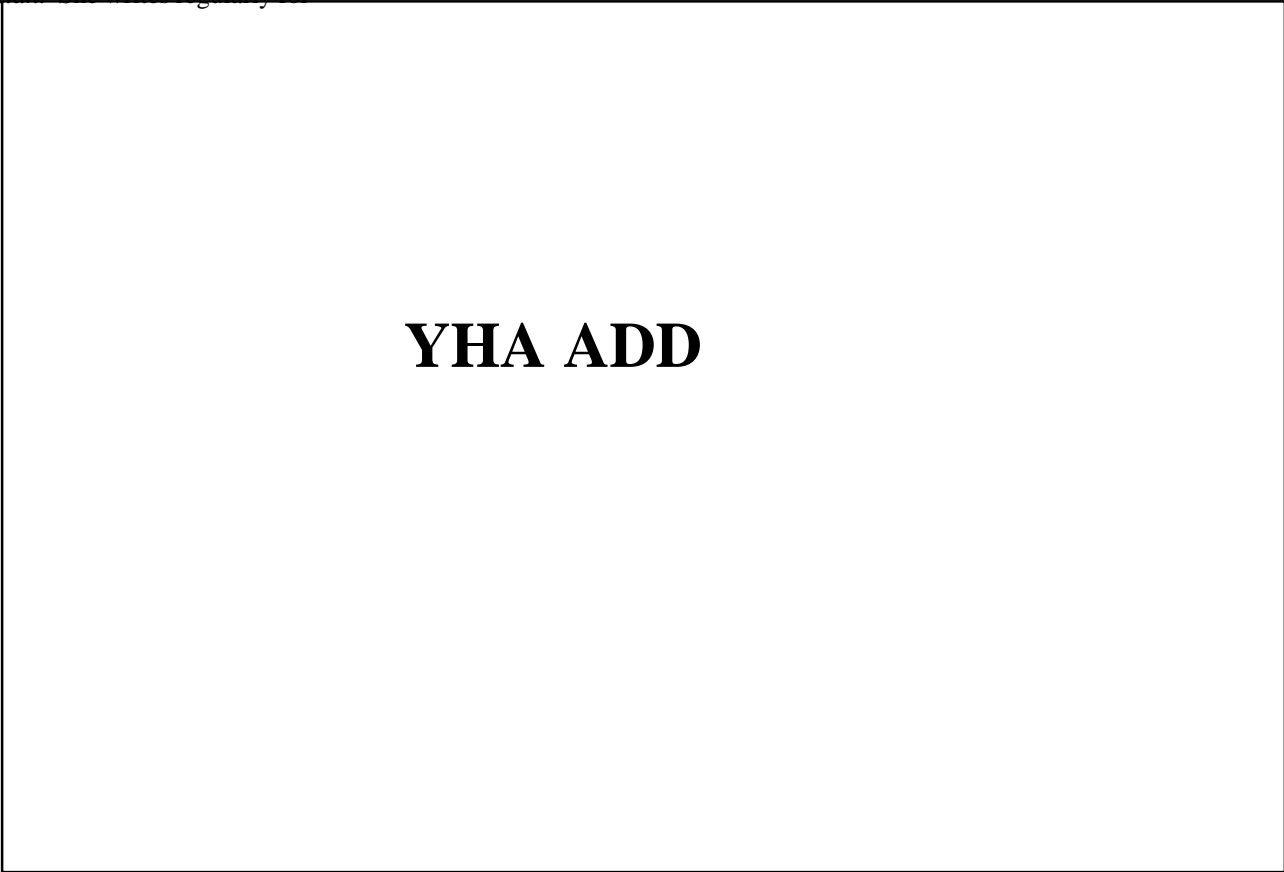
Shirley Laplanche grew up in New Zealand before settling in Sydney, she has written for the *Australian*. She writes regularly for

To all the readers of the Bushwalker. The Editor and all the Committee, would like to wish you all a Very Merry Xmas and A Happy New Year

Cradle Mountain from Lake St Clare

the Australian Tourist Commission which in 1991 contracted her to research ecotourism and write a handbook. This book is ideal for the foreign tourist and the local traveller alike.

Published by Angus & Robinson





Cycle Sydney

This great event had several aims. Primarily it was to encourage cycling with as many as possible cyclists on a 50 km ride around Sydney in the style of a "City to Surf" on wheels. Such a mass of bicycles should increase driver awareness of cyclists. Profits were to be donated to the Volunteer Rescue Association of NSW Inc. (VRA) of which Bushwalkers Wilderness Rescue is a member. Rescue vehicles lined the start and VRA personnel provided route marshals.

Despite an early start the day was very enjoyable. I had a 4.30am breakfast to be ready for a 5.00am pickup so as to be in Macquarie Street by 6am with the Search & Rescue Trailer. Already most things were in place. Macquarie Street was blocked off from traffic with a starting barrier and dais (cut off double decker bus) near the State Library. The Registration Area at Martin Place soon became very busy confirming the 4000 pre registrations and taking thousands of new registrations. Shimano, a sponsor, had a tent nearby with a long queue for their free bicycle adjustments. Neverfail, another sponsor, was equally busy outside the Sydney Hospital filling water bottles. For may the Port-a-Loo was the last stop before joining the starting line-up. The footpath was one of the few safe places as Macquarie Street became alive with bicycles of all types, shapes and sizes going every which way.

What seemed an excessive list of speeches preceded the (delayed) 7am start. Cyclists could start as late as 9am without penalty.

The route was very well planned. All entrants had a map of the 50 km route that went over the Harbour Bridge to Lane Cove and thence down over Ryde Bridge on Concord Road to Cooks River cycleway. They returned to the city via Illawarra Road, Marrickville and Goulbourn Street for the Domain finish line. There were six rest stops and in places dedicated cyclists traffic lanes.

A number of motor cycle Police were rostered on to ensure the smooth (traffic)

flow of cyclists through the city. The VRA squads used their radio network to control the marshals spread throughout the course.

My position was on the corner of George and Goulbourn Streets where with two others we were to direct cyclists straight up Goulbourn Street and be ready to lend assistance if required. All marshals had their lunches supplied.



The weather was more suited to winter than spring. It was just dull, grey and drizzly all day. Our location was under a dripping shop awning with a steady breeze. The day was made interesting by the passing parade of pedestrians of all nationalities, traffic (with drivers of all nationalities) and cyclists going to and from Chinatown, Darling Harbour or the cinemas. Sydney on a Sunday is no longer dull.

The fastest riders were all on racing bikes but fairly soon a mixture of mountain bikes emerged. Great blocks of cyclists all swarming up Goulbourn Street. Men, women, children, expensive multigear mountain bikes mixed with small single gear BMX bikes. Like the human race they came in all shapes and sizes so that you only noticed the bizarre or unusual. Notable was the man who towed a wheelchair person, tandems, the bike trailers like mini semi trailers, children in carry seats, lay back bicycles and the penny farthing. In all an estimated 5000 to 6000.

The cyclists were all wet but still friendly. Most had kind of unofficial tattoo of an unmistakable stripe of road grime up their back. They were always pleased to have some words of encouragement as they waited for the

traffic lights to change. After a while you began to see the family groups with their similar entry numbers.

Our day ended when a huge Cessnock VRA rescue truck swept by at the rear of a block of cycling marshals and Police motor cycle escort that was clearing the course of competitors.

The promoters must surely have been pleased with the turnout of cyclists on such a miserable day. Next year can only be bigger. The organisation has had a thorough shakedown and should be equally smooth. The worst injuries seemed to have been punctures, cuts and bruises.

Bushwalkers Wilderness Rescue share of the profits will not be large since they are based on a per head of assistance offered. Hopefully we will not have a repeat of our co-ordinator and replacement co-ordinator unexpectedly finding that they had an unavoidable commitment elsewhere. It was third time lucky but with no time to organise a good turn out. Representing us were Graham and Jack Cummings, Elouise Peach, Jonathan Wright and Keith Maxwell.

Keith Maxwell

DATES FOR 1996

- Put them in your diary now!
 - Make sure they get into your club's walks program.
- 24-25 Mar: Bush survival training weekend
- 25-26 May: First Aid Course (phone Keith Maxwell, 6220049)
- 29-30 June: The Navigation Shield Rogaine
- 24-25 Aug: Annual General Meeting and Reunion
- 20 Sep: Annual Bush Dance
- 19-20 Oct: Search and rescue training weekend
- 26-27 Oct: First Aid Course



Walking in the MacDonalds from page 5

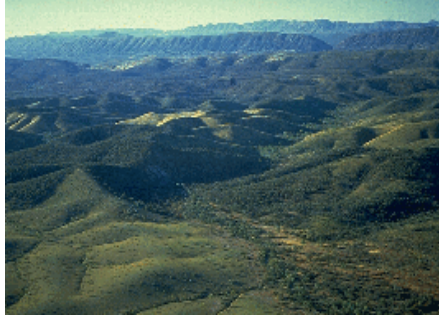
The highlight of the trip for most was perhaps the exploration of Hugh Gorge, an amazing place where the Chewings Range is dissected by a branch of the Hugh River. This gorge, unknown to the normal tourist, could be likened to a couple of Ormiston Gorges and a Standley Chasm rolled into one.

A few hints for those thinking about a walk in the area:

Firstly, understand that the maps are not of the type you would be used to. If you're planning to stick to the developed sections, excellent guides are available from the Conservation Commission in Alice Springs. Beyond that, the only maps are the 1:100,000 black and white sheets obtainable at great expense from AUSLIG in Canberra. (The MacDonnell Ranges sheet is the main one you'll want). Aerial photos are good, especially for finding water holes, but these too are

expensive.

While it is a good idea to ask the rangers of the NT Conservation Commission for advice on your proposed route, don't expect too much. They are not familiar with much of the country themselves, and in fact, when the trip was over, they were asking us about it.



West Macdonnell Ranges

It is better to talk to other bushwalkers, especially if you can find any who have recently walked in the area, so that up-to-date information can be obtained. We were lucky, as a CMW party led by Alan Dixon had just been in the area, and he

was able to advise that there was still quite a lot of water about as a result of rains earlier in the year. Water availability looms as a big question mark in arid areas, so his advice was most welcome. If you're a Volley fan (like me), I regret to say that this is one trip where you'll have to leave them at home. Much of the time you'll either be wading in the spinifex needles (which is akin to walking amongst clumps of long needles, only worse), or hopping along the jagged edge of quartzite skylines. Proper leather boots and full gaiters are most desirable. The spinifex tends to penetrate the cordura panels on cheaper boots, and cause painful splinters in the foot. Nevertheless, some of the best boots used by our party failed, when the soles split as a result of the constant walking over rocky points.

But don't let me put you off. Just like we all keep going back to Tasmanian mud, the dust and the rocks of the Centre are definitely habit-forming.

Outdoor Equipment



A Bushwalkers code of Ethics

The Confederation of Bushwalking Clubs

Objects

- ★ **To Preserve and Protect Australia's natural bushland environment.**
- ★ **To safely enjoy and appreciate the natural environment using non-motorised forms of travel.**
- ★ **To be courteous and respectful to all other users, owners and managers of the natural environment.**

Preserve and Protect Australia's natural bushland environment.

- ★ **Appropriate management and protection of the natural environment are essential to preserve it for future generations.**
- ★ **Visitors to Australian's natural bushland environment who practice minimal impact bushwalking techniques will assist in preserving and protecting the environment.**

Minimal Impact Bushwalking

★ Bushwalkers seek to avoid any impact on the natural environment. Understanding the consequences of any action will allow bushwalkers to make decisions that will have the least impact in all circumstances. Local conditions and individual situations may determine specifically how local impacts are minimised. Fundamental minimal impact techniques are set out below.

★ **Self Reliance** A visitor meets the natural environment on its terms. Use non-motorised forms of transport, and portable, temporary or natural forms of accommodation. Do not rely on huts except in extreme weather. During emergencies self reliant bushwalkers minimise the need for outside help.

★ **Travel Softly** For minimal impact and safety, travel in groups of 4 to 6. Visit popular areas during less popular times. Where tracks exist, use them, walking through the centre. In trackless country, where possible spread out to disperse your impact. Avoid fragile areas, e.g., wet, swampy areas, fragile rock formations. Wear light weight soft-soled shoes where possible, especially around campsites. Cairns, markers, and

tags have no place in the natural environment.

★ Bicycles use only formed roads and avoid wilderness areas.

★ **Travel Safely** Rescues can have a big impact on the environment so think "safety". Know what to do in common emergency situations. Choose your equipment / clothing with the worst conditions in mind, allowing for the season and the location. Search and Rescue personnel follow minimal impact bushwalking techniques.

★ **Rubbish Removal** Rubbish is unattractive, harmful to wildlife, and can be dug up by foraging animals. Pack to minimise rubbish. Carry out all your rubbish, including plastics, foil and food scraps. Where possible remove any other rubbish you find. Loose or tearable articles should be kept inside your pack, e.g., sleeping mat or plastic bags.

★ **Toileting** In areas without toilets, use your lightweight trowel to bury all faecal waste in a hole 15cm deep, 100m from campsites and watercourses. Burning toilet paper risks starting a fire, so either bury it or preferably carry it out. Always carry out tampons, sanitary pads and condoms as



they are unlikely to decompose. Avoid toileting at all in the most sensitive areas, e.g., caves, canyons, glacial lakes catchment areas. But if you must go, carry out all faecal wastes in a reusable container or plastic bag to dispose of elsewhere. When in the snow, dig down your hole into the soil, not just the snow.

★ **Creek Cleanliness** Wash at least 50m away from water sources and scatter used water to filter through the soil. Soaps and detergents, even bio-degradable ones, harm fish and waterlife and are to be avoided. Plan to cook non-oily foods and clean your utensils with only sand, soil or a pot scrubber. Food scraps have no place in the creek. Wildlife relying on the creek may find the food scraps unsuited in their diet. Swim downstream from where you obtain your drinking water, unless you know that another party is downstream.

★ **Stoves/Campfires** Portable fuel stoves are cleaner, faster and safer than fires. Before starting a walk check for fire bans, or the likelihood of their imposition, especially during times of high or extreme risk. Use stoves wherever wood is scarce or the risk of a bushfire is high. Bushwalkers do not light fires in rainforests, alpine areas, high use areas and “fuel stove only areas”.

If you must light a fire, use a previously used safe fire base. In an established campsite, use the main existing fireplace and remove smaller fireplaces. If constructing a new fireplace, build the fire on soil or sand, well away from scrub and trees, avoiding rocks and overhangs. Keep the fire as small as possible using only dead, fallen wood. Stone rings are not needed. Aluminium foil doesn't burn. Plastics release toxic gases when burning. Food scraps frequently do not burn so carry them all out in your pack. Make sure the fire is out and cold when you have finished. Before leaving your campsite, distribute the cold embers well away from the campsite and cover the site with leaf mulch. Remember the adage “the bigger the fire, the bigger the fool”. Fires and alcohol consumption can be a very dangerous combination.

★ **Careful Camping** Use existing campsites when available, otherwise camp at least 30m from watercourses. For new campsites, look for impact resistant surfaces, e.g., bare rock, sand, soil, grasses. Don't clear vegetation or dig trenches. If you must move something, put it back when you leave. Limit the amount of time spent at new campsites. Camp well clear of isolated waterholes.

★ **Protect Plants and Animals** An increasing number of our native animals and plants are under threat. Admire plants and flowers where they are. Walk around fragile vegetation. Not carrying seeds on socks and equipment to prevent weed dispersal. Give animals clearance when passing or camping. Avoid feeding them. Animals that come to rely on humans for food can become a pest or may develop diet or health problems.

★ **Respect Cultural Heritage** Many places in Australia have a spiritual or cultural significance to Aboriginal people. Treat those sites with consideration and respect. If in doubt, ask for information about, or permission to visit particular areas, e.g., from the relevant local Aboriginal Land Council or National Parks Office.

Safely enjoy and appreciate the natural bushland environment.

★ Bushwalkers use non-motorised forms of travel, e.g., foot, ski, canoe, lilo, mountain bicycle to travel through the natural bushland environment at a pace that is consistent with group safety, comfort and appreciation of the environment.

★ The natural environment is appreciated without being “loved to death”, leaving the beauty of the environment to be appreciated in full by future generations.

Trip Preparation

★ Leave written details of your group's planned route with a responsible person. Remem-



ber to inform your contact person of your safe return. Ensure that this contact person knows when and how to call the Bushwalker's Wilderness Rescue group if your group is overdue by more than an agreed period (say 15 hours).

The Bushwalker's Wilderness Rescue Group will inform the relevant police unit.

- ★ Carry a compass and the correct map(s) and be competent in their use.

- ★ In your first aid kit carry the telephone number of the Wilderness Rescue Group, as well as the telephone numbers of your club's Search and Rescue officers.

- ★ Ensure group members are aware of any special gear requirements for the trip. As the group assembles at the start, confirm that each member has their special gear.

- ★ Allow time for the unexpected, e.g., thick scrub, clifflines, minor injuries, adverse weather, slow walkers, etc.

- ★ Ensure that every member carries their own first aid kit, and any personal medications required. Those group members with a particular medical condition should privately inform the group leader (who will respect the privacy of that information). It is in the interest of every member to have a current remote area first aid certificate.

- ★ Allow for unexpected delays by including in your pack a torch with fresh spare batteries, spare bulb, and waterproof matches. Also pack some spare cold food, e.g., nuts, salami, cheese, sweets.

- ★ Ensure that your pack includes clothing appropriate to your planned activity, especially windproof and waterproof clothing that will keep you warm when wet, e.g., wool, definitely not jeans.

- ★ Ensure that when your group has novice bushwalkers that you also have a good mix of experienced walkers, e.g., one experienced walker

to three novices.

- ★ Do not rely on mobile telephones or radios as a means of summoning assistance. They often are unable to receive or transmit signals in wilderness areas that are in valleys, mountains or remote from civilisation. Their presence can lead to over-confidence.

On the track

- ★ A group of four walkers is the safest minimum. A reliable person should remain at the back of the group. At regular intervals, do a head count. Consider the well being of the entire group.

- ★ There is no point in going faster than the slowest member of the group. That person also needs appropriate rest periods, drink and meal breaks, etc.

- ★ A group's leader needs to be a good communicator and whose well-reasoned decisions are accepted and implemented by the group. Being a leader can be a difficult task, especially if the group contains determined headstrong people.

- ★ Group members need to maintain contact with the person behind them. Persons unable to keep up need to notify the leader or another reliable group member.

- ★ There is safety in numbers. Except in emergency situations it is usually not wise for a group to split up.

- ★ Be aware of your location by appropriate references to your map. An unread map, especially one in your pack, can lead to overconfidence and geographical embarrassment.

Mishap Management

- ★ If a mishap happens even if you don't feel calm, act calmly. Clear, calm, logical thinking and effective leadership beats any alternative.



★ Remember, the members of the Wilderness Rescue Group are experienced bush walkers who can mobilise rapidly.

★ If you think that you are lost, calmly think back over your route. If you cannot confidently find a way out, stay put and wait for the rescue party. If possible, find a campsite near water, visible from a helicopter or easily found by a rescue group.

Conserve food and energy. Maintain the group's morale.

★ If an accident incapacitates a group member, leave at least one member, preferably a qualified first aider, with the casualty. At least two members should go for help, taking with them the map grid reference and the casualty's details in writing. After the members go for help, the balance of the group does not move from their location, otherwise the rescuers will be looking in the wrong location.

Courtesy and Respect

Within the Party

★ The sound of the natural environment and its inhabitants are to have our attention.

Noise from radios, mobile telephones and other man made devices are minimised - they are not in keeping with the natural environment.

★ Light fires a safe distance from tents, flies, etc.

★ Each member provides their share of water and wood (if you don't carry a stove) and contribute fairly to campsite tasks ensuring that you leave a clean campsite behind.

★ Avoid stepping over uncovered food.

To Others

★ Camp as far away from other groups as site conditions allow and be considerate of those other groups.

★ Respect the rights of landholders. Obtain permission before the trip before crossing private property, using private roads or camping on private land.

★ Avoid damaging fences or posts. Leave gates and sliprails as found. Each member through is to ensure that the next member through knows how to leave it as found.

★ Assist land managers by satisfying their requests. Bushwalkers should aim to abide by agreed plans of management. Encourage others to do so too.

★ Aboriginal relics are to remain as they are found. Avoid sacred sites and do not touch paintings or engravings. Take your head covering off under overhangs to avoid accidental abrasion with the roof. Aboriginal land is like any other land, seek permission for entry. Report any aboriginal sites found to the local Aboriginal Land Council.



~~W~~Don't Raise the Dam

Congratulations to the Kowmung Committee and the many Stop the DAMage campaigners. The Government announced in September that the dam will not be raised.

A few months ago it was explained how, under extreme flood conditions, Warragamba Dam would be over-topped and collapse. It was outlined how Sydney Water claimed the work would be necessary to protect the dam from damage by extreme floods and to mitigate the risk of serious flooding in the Hawkesbury-Nepean valley.

The \$286 million project would have extended Lake Burragorang after flooding rains until the waters released, inundate significant parts of the Nattai-Boyd wilderness areas. The lower reaches of many pristine streams, including the Kowmung, Cox and Nattai Rivers would have been damaged. Flood inundation would have scarred these wilderness areas by killing stream side vegetation and smothering river beds with a layer of sediment.

The Kowmung Committee, established by *The Confederation of Bushwalking Clubs*, developed a cheaper and far less environmentally damaging alternative that provided dam safety and significant flood mitigation.

The Don't Raise the Dam Campaign's alternative has the following benefits:

The Don't Raise the Dam option is better on almost all grounds than the solution advocated by Sydney Water. It will

- Provide the same level of dam safety as Sydney Water's option;
- Be \$160 million dollars cheaper than raising the dam;
- Have more chance of coming in on budget as construction is easier and overall costs lower than dam raising;
- Provide flood mitigation for the most frequently occurring floods;

- Avoid flooding the national park and world heritage value bushland in the Blue Mountains;
- Have much less environmental impact downstream than the Sydney Water option but, by managing floods in other ways, prevent the release of low-lying land for urban development;
- Prevent the environmental degradation associated with urban expansion that would take place if Sydney Water's option proceeded;
- Prevent a possible 'hidden agenda' of raising of the full storage level of the dam permanently inundating wilderness areas;
- Avoid rapid sedimentation filling the dam as soil is stripped from the extra 7,500 hectares subject to inundation under the dam raising option;
- Encourage Sydney Water to pursue water conservation objectives.

From the NPA Journal

hume & hovel



Mountain Climbing 1891 Style

Hints on Mountain Climbing by Annie R. Ramsey

To thoroughly enjoy a walking trip through the mountains certain preparations are absolutely essential, and it goes without saying that a sound body is the first requisite for this as all other modes of travel. Powers of endurance, of quick recuperation, strong lungs and heart, a steady head, and a keen sense of the beauty of nature must all be yours, or no amount of preparation can make your walk a delight. Given these, the walker needs a special toilette. The masculine tourist will adopt knickerbockers of light-gray tweed, woollen stockings, flannel shirt, and a loose sack coat or belted blouse. The feminine climbers should have a dress of dark blue or gray flannel, with a skirt cut at the shoe tops, or simply gathered or plaited to the waist-band without the usual muslin lining. The skirt should be wider than an ordinary one, say three yards, to admit of perfectly free movements; and the waste should be a blouse with a broad belt, or if the figure is not slender enough to make this becoming, the waist should be very loose to allow for unlaced corsets, for in climbing, half the secret of a woman's inability lies in the fact that her chest and abdomen are so confined that she cannot breathe properly, and is exhausted by the struggle to do so. I should by no means advise a woman accustomed to corsets to leave them off entirely, but they should be as loosely laced as possible, and the ends of the strings left untied. The shoe is a very important factor to either man or woman. By all odds, the best plan is to have an anatomical shoemaker to make your boots, which shall fit exactly, be neither too long nor too short, and be constructed on a sensible principle. Two pair should be in your possession; one in daily use, the other stowed away for a rainy day. The stocking must not be overlooked. All men, and the hardy peasants native to the country, insist upon coarse woollen hose; but my experience leads me to the softest

and finest cotton, or, even lisle-thread. Of course, these are not durable with so much hard use, but I have found many ladies who, like myself, are unable to have comfort in anything else.

The best hat is a soft felt, with a narrow brim, or a visor cap. The broad brims are always flapping in your face, but are delightful otherwise. Carry in your pocket a piece of muslin, 12 by 20 inches, hemmed all round, and with a drawing string through one of the longest hems. This is to be tied round the crown of your hat, so that the muslin may fall over the neck to shield you from sunburn, and, of course, it can be drawn to protect either cheek, which the sun may be kissing too fiercely.



As mountain climbing in sunlight is very hot work, an umbrella is often a boon. Choose a very light one, a parasol is quite large enough, with a ring on the handle; passing your broad belt through this and swinging the umbrella just back of the hips, you can carry it almost unconsciously.

Although your greatest desire will be to cast off all burdens, and travel as light-weight as possible, you must never walk without taking an extra wrap. You are sure to reach your mountain top warm and glowing from your exercise, only to find yourself blown through and through by the keen wind of high altitude, and without the wrap you cannot stay long enough to pay for the climb. The wrap should be a tight fitting jacket of medium weight and, having been rolled into as small as possible, a compass should be attached by a leather strap to your belt or your back. Articles so carried seem to have no weight, but an ounce in the hand soon seems a ton.

Gloves with long wristlets should be

worn; and you can make yourself a small linen bag to swing over your shoulders, in which to carry your luncheon going up, your flowers coming down.

Your pleasure in your walks will be tenfold when you have learned to take them without over-fatigue, and to accomplish this you must, make haste slowly, and, unless accustomed to hardy feats, not begin too rashly. Climb for a few days on a good road for several hours, going steadily up and then returning; the muscles are thus prepared for a longer strain, and by gradually increasing the exercise you should in a week be ready for any moderate ascent. This training must, however, be continuous; walking one day and resting the next is useless. In your ascent adopt a slow, even step, and, no matter how tired, never sit down to rest. Lean on your alpenstock for a few minutes, or against a tree or rock; and remember, that the start and the first mile are always the hardest part as far as your *vis inertiae* is concerned. Do not drink at every spring. Never walk immediately after your luncheon, which can nearly always be waited for until your mountain top is reached and you rest before going down. In the descent adopt a good, swinging gait, the faster the better. Arrived at your hotel, bathe thoroughly; change all your clothes; and before you go to bed have a warm foot-bath, in which a table-spoonful of soda is dissolved. Next morning wash your feet in cold water, and rub in well a small quantity of petroleum jelly. So treated, your feet will give you little trouble, and it is wise to take the greatest care of these faithful steeds upon whom so much of your pleasure is to depend. The best method of arranging your walking tour, in regard to economy of time and money, is to make some central point your headquarters, returning to it every night until you have exhausted the excursions of that neighbourhood; then changing to another. Your walk should always begin in the cool of the morning, the earlier the better.

- from *The Katoomba Times and Blue Mountaineer* 16 October 1891



Your Insurance Cover

This is the fourth article in an occasional series dealing with the insurance cover that Confederation obtains for its member clubs and club members.

There was one change made to the sports injury policy when we renewed the policy recently on behalf of the clubs affiliated with the Confederation. That is that we have added a new provision for \$20,000 cover for the cost of "emergency transportation" for any injured bushwalker. The cover requires the injured walker to pay the first \$100 of any claim. Due to the vagaries of the National Health Act, the insurance policy cannot describe the emergency transportation cover as ambulance cover, but that is what it provides.

I was recently asked "is the insurance cover for a group of walkers on a club walk compromised if the group deviates from the programmed walk". For example, if the group decides to change part of the route of the walk and take an alternative route. The answer is quite simple, the change of the walk (or other club activity) does not in any way compromise the insurance cover, either public liability or sports injury. The cover relates to

approved club activities and has no requirements for how clubs run their activities. So if the club committee accepts the change (which could be done retrospectively, if necessary) that is satisfactory.

As a club member do you have do you have the sports injury cover that is available through the club? If not what would happen if you had a serious accident while on a club activity and you were of work for six months? Would your employer to pay you? Well last year a club member on a club activity had a fall which resulted in a broken leg. One ambulance trip, two operations, six months and lots of physiotherapy later the club member was able to return to work. In that time our insurer paid to the club member over \$8,000 which included payments for loss of income. this case, while it is an extreme one, shows that it is worth while having sports injury insurance. This cost amounts to about 7 cents per week Any information about this cover, please contact Maurie Smith secretary. (02) 587-6325

kirra tours



Clubs News

Yarrowood BW Club - a History - (Where the hell is Yarrowood ?)

The origins of the club lie in the introductory Bushwalking and Camping course which were conducted by the Sydney College of Advanced Education as part of the Community Course program. These courses were started in 1980, and were run by a small team of experienced and dedicated walkers keen to pass on their knowledge to interested members of the community.

The purpose of the course is to encourage beginners to enjoy the pleasures of walking in the bush with a group of like minded people; to develop the skills and confidence to be self-reliant, and to work together to preserve the Australian bush. Skills include the use of map and compass, Camping and cooking in the bush, and learning to cope with adverse weather conditions.

On completion of the introductory Bushwalking and camping course and the Wilderness Skills course in 1982, a number of the students decided that rather than going of to join existing walking clubs in the Sydney area, they would prefer to continue their association and friendship developed during the course.

They proposed the creation of a new club, named after the Yarrowood campus of the Sydney College of Advanced Education on the Hawksbury River between Yarramundi and Springwood where the first weekend of the course was conducted at the end of 1982.

The Yarrowood walks program is made up of a mix of weekend and day walks of varying degrees of difficulty, led by club members who have been formally trained in leadership, and who have had several years of experience walking in the Australian bush.

The club membership is around one hundred, and we gain new members each year from the course, and lose others who move on to other areas and activities.

Since its foundation, members have taken on a range of activities, including walks in Tasmania, The Snowy Mountains, Wilson's Promontory, The Grampians, The Flinders Ranges, New Zealand, Nepal and Kashmir.

Social activities are conducted from time to time, with guest speakers to talk about the weather, snakes, conservation, First Aid and any other Topic that may be relevant and useful.

We have held canoeing weekends; cross country skiing weeks; Mountain bicycles have been part of the program and car camps in the Warrumbungles, Watagans, and Jervis Bay and elsewhere have been conducted.

Our ethos is one of caring for one another, and of walking at the pace of the slowest.

In 1992 the club became Incorporated as a measure to protect the interests of the club members.

Members of Yarrowood Bushwalking Club have been on the Committee of the Confederation of Bushwalking Clubs in a number of capacities, and we retain that link.

Training courses have been conducted each year, they run from late February to July, with six weekends at three week intervals. At least two leaders accompany the course at all times, and on some activities four leaders are present.

Every few years, the Advanced Wilderness Skills course has been conducted for those keen to develop further skills and move away from the beaten track, discovering many of the surprises that the Australian Bush holds in store.

The Club may be contacted through the Hon Secretary at PO Box 113, Bexley North 2207

A Clubs Demise?

There is nothing worse than a lonely bushwalker on a walk by himself, this plaintive poem was written by one such walker on a cold night, maybe thinking he is all alone in the world!!

A club was born nine years ago upon the Namoi River
its charter "Walking in the bush" a dinkum pleasure giver

The members led or joined the walks which were numbered from day one
they climbed mountains, scrub bashed, followed trails, li-lo'd down rivers in the sun

But now it seems all this has passed, a bygone way of being with friends,
Has four-wheeled drives and mobile phone won at last, seduced them all.

Today was "Walk 300" to Scutts Hut and Kurrawonga Falls,
and here I sit alone tonight gazing into flickering embers,
the sweat, the pain. the fear, the proud elated feelings my heart remembers,

the fun, the friendships, facing challenges together have they all gone?

Am I the sole survivor?

A Gunnedah walker



Walking with The National Parks Association

The National Parks Association (NPA) is a conservation organisation with the aim of lobbying for the creation and support of national parks within the state. The association works through a series of branches located in Sydney and in regional centres and these branches link together in a State Council. The Association runs an office in Sydney and this is a hub around which many volunteer committees work. The production of the NPA Journal is also an important activity of the Association as this is a professional publication with interesting and informative articles about conservation, travel, and bushwalking.

But the NPA has another important aspect - an activities program which provides an excellent range of bushwalks and other excursions. The activities program gives members the chance to visit areas for which the Association has fought so hard.

There are many reasons why people

choose to walk with the NPA. The program is large; with at least 4 day walks and one-two day trip on each weekend. There are also at least two mid week walks which are proving to be extremely popular.

NPA trips are great fun - the large membership of walkers ensure that there are no "in groups" and that new members rapidly fit into the group. Bushwalkers are, in general, really terrific people, and NPA members are particularly interesting. There is a wide range of backgrounds and experience amongst members, more than enough to make any trip a great experience.

And a final reason to join? The NPA is not a bushwalking club, at least not primarily. Being a conservation organisation, its members are able to participate in the good work done by the Association by joining its committees. Or if you do not wish to be so involved, by being a member you are helping the work of the Association in a period when our natural areas need your support.

Richard Thompson

National Parks Association, NSW

Narrow Neck Katoomba

The NPA program is diverse with all types of activity from easy day walks, through harder full pack walks, to many extended trips to areas of Australia and even overseas. With its structure of branches, its members also get access to trips led by local people in areas away from Sydney.

President's Report From Page 1

to exclusion zones and something must be done about it.

· There has been a undoubted hardening of attitude towards bushwalkers, with threats made to walkers at the Kowmung-Cox junction, and a new sign on the Kowmung River. In the past, rangers turned a blind eye to walkers in the area.

· One senior officer of Sydney Water, with no appreciation of who bushwalkers are or what they do, told me that people should not be wandering uncontrolled around their catchment. She was not only referring to the exclusion zone.

· It is unacceptable to live with legislation which prohibits one's activities, relying on 'blind eye' gentlemen's agreements. When the political or corporate wind changes, first out the window are those agreements.

The fuss made by Confederation and Colong Foundation was productive. As outlined in this issue, the regulations

were changed in our favour, and Sydney Water is now talking to us.

Also in this issue is our new Bushwalker's Code of Ethics. I urge you to personally adopt it, and to teach others about it. There is no doubt that if all bushwalkers behave more responsibly and minimise their impact in the bush, we will be in a better position to argue for continued access for our favourite areas in catchments and national parks alike.

Andy Macqueen

Walking in the Catchment areas from page 1

meantime, we have been assured verbally that we will not be prosecuted for continuing with normal responsible bushwalking practices.

- Some issues will be considered further when the joint plan of management with NPWS is prepared. Sydney Water has indicated that it may push the view that fires should be totally banned and only fuel stoves permitted.
- Bushwalkers are still excluded from Schedule 1 areas (such as the 3-kilometre zone at Warragamba, and the catchments at Blackheath, Katoomba and Woodford) except for approved access routes. During September-October a draft list of new access routes for submission to Sydney Water was sent to clubs for comment.

The final list arising from this process has been submitted to Sydney Water and is now the subject of negotiations.

In meetings with Sydney Water the primary representatives of Confederation are Andy MacQueen and Wilf Hilder. Anyone with concerns on this whole issue should contact one of these people. Phone Andy on (047)51-2556.