

BUSHWALKERS OF NEW SOUTH WALES

The N.S.W. Federation of Bushwalking Clubs
G.P.O. Box 2090, Sydney, 2001.

ISSN 0313-2684

WASHPool WILDERNESS

The Washpool Wilderness area lies between Grafton and Glen Innes, north of the Gwydir Highway. The size of the core area is 26,600 ha., most of which is controlled by the Forestry Commission.

Much of the area is covered by wet sclerophyll forest, however, the wilderness area also includes the largest unlogged rainforest in New South Wales. The Forestry Commission proposes to log 50% of the rainforest in the Washpool Wilderness.

A demonstration of concerned conservationists, including members of bushwalking clubs succeeded in having the logging delayed until an EIS on the logging had been completed. This EIS is nearing completion and will shortly be released to the public. It was recently revealed by the Forestry Commission that they had underestimated the timber resource in nearby Ewingar State Forest and that logging in the Washpool State Forest could be delayed for up to 2 years. Ewingar State Forest lies to the north of the wilderness core.

There are three other state forests in the core area; Moogem, Billilimbra and Sandhra. Information about these state forests is scanty and Federation is seeking information on Forestry Commission plans for these forests.

It is vitally important that the whole of the Washpool Wilderness area is included in a Washpool National Park.

Roger Lembit
Conservation Director

The main attractions at Washpool, in addition to its inherent wilderness quality, are the beautiful creeks and gorges, and the varied vegetation (mostly wet sclerophyll, but including dry sclerophyll and temperate rain forest). Walks generally will involve much creek walking, ranging from boulder hopping to some canyoning techniques (swimming, abseiling) in gorge section - depending on the grade of walk.

For details of walking in the area Contact:

Northern Rivers Bushwalkers Club,
c/- Dept. of Sport and Recreation,
P.O. Box 716,
LISMORE. NSW. 2480

Secretary: Roger Sheppard,
(066) 82 8262 (work)
(066) 82 8330 (home)

BOOK REVIEW

The Rucksack Bushwalker and Camper by Milo Dunphy
published by Reed, Rec. Retail price \$9.95.

Over the years there have only been a few really good books on Australian bushwalking techniques. Paddy Pallin's 'Bushwalking & Camping' still remains a useful book. 'Rope and Rucksack' was particularly good with a wide range of information on many of the rucksack sports. Rick Jamieson's 'Outdoor Senior Scouting', although mainly a guide to the Sydney area, contained an excellent section on gear, walking techniques, route finding etc. However, these last two books are, at present, out of print (Outdoor Senior Scouting is being revised).

The name, Milo Dunphy, is familiar to bushwalkers, not so much for his bushwalking exploits, but for his efforts to save that small bit of Australia that is still 'bush' from development. Milo has actively bushwalked throughout Australia since his father, pioneer bushwalker and conservationist, Myles J. Dunphy, wheeled him in a pram to Kanangra Walls. This book by Milo, reflects his long experience in the bush.

This book is particularly useful to someone starting out bushwalking, rather than the experienced bushwalker. Most of the information is fairly sound. Some is contentious. e.g. - the need to carry 3 groundsheets on a long walk, the usefulness of Billies hanging over a fire on a stick, the author's advocacy for wearing boots rather than sandals (though the wearing of sandals is mentioned) and statements like 'there is no substitute in cold wet conditions for pure wool clothing'. However, on the whole, useful information prevails and after showing the book to other experienced bushwalkers, most thought it was excellent.

Personally, I found the stories and anecdotes, the best part of the book. Tales of people getting lost on the way to the Kowmung River and people dying on walks always go down well at campfire yarns. Yarning, has long been part of the bushwalking tradition and it is good to see these sort of stories included throughout the book.

To conclude, this book would make an excellent addition to the bushwalker library and I especially hope it

reaches those novice bushwalkers one sees on the Friday night mountains train with towering packs festooned with billies, dolphin torches and a sleeping bag tied on the outside.

Dave Noble.

some bits and pieces of advice for these walkers.

CLOTHING. The books say long woollen trousers, wool shirts etc. are a must! For summer walking, shorts and T-shirt however, are quite adequate in fine weather, Overpants, to keep the wind out, rather than woollen long pants are good in foul weather. Shorts, woollen long johns and overpants are a good combination in very bad weather. Woollen singlets and light jumper and/or wool shirts or fibre pile clothing should be carried. Also a good parka and a hat (felt hat - to keep rain and sun off is best), balaclava and mittens or spane socks for cold hands. Cotton long pants and leather gloves for bad scrub.

FOOTWEAR. The Volley sandshoes worn by NSW walkers are fine for walking in Tasmania (December-May). There is no need to buy expensive boots (avoid blisters too!). However, Volley O.C.'s only last about 2 weeks in rough country - take a spare pair. Gaiters are also useful to avoid scrub and mud. If socks get muddy it is best to rinse them out each night to stop grit wearing them out.

TRANSPORT. Hitchhiking is OK in summer to get out from the Yo-Yo Track or Scotts Peak Dam, etc. Often it is convenient to hire a cab to get to the start of a walk (e.g. about \$80-\$100 from Hobart to Scotts Peak - negotiate with drivers to get the best price).

TENTS. Paddy Pallin stormtite tents are probably still the best for all-round conditions. In many campsites it is impossible to pitch tents with floors because of uneven terrain. A large groundsheet that covers the whole base of the tent and folds up each wall for about 30 cms will keep out water. Tie cord to the base of the tent to tie the tent down to rocks in boggy ground. (i.e. most campsites). 1m tied halfway through each eyelet is satisfactory. Storm guys are useful to stop the roof flapping in too much. Stormtite japara is adequate to keep out the heaviest wind blown rain. A fly over the tent is not needed - and just catches the wind anyway! The best campsites are in sheltered places like in a thicket of scrub.

ROUTE INFORMATION. The South West Tasmania Committee is building up a file of information from various magazines which covers many walking areas in Tasmania. This can be consulted at the Committee Office at the Environment Centre, 399 Pitt Street, Sydney. Ring the centre before coming to make sure the office is open.

FINALLY. When in Tasmania be sure to call in to the Tasmania Wilderness Society office at 129 Bathurst St., Hobart, or their shop at 69 Murray St., Hobart. Many bushwalking types will be lurking around and the notice-board at the office often has transport information and people wanting trips to go on.

Dave Noble.

PAST EVENTS

The Bushwalkers Ball at Ashfield Town Hall had an attendance of 250. Estimated profit is \$1,200. Our thanks go to Gordon Lee of Sydney Bushwalkers who organised this great night.

of the full moon.

Band - Cambage Spire

SEARCH & RESCUE PRACTICE

6-7 December at Erskine Creek, Blue Mountains National Park (Enter at Glenbrook - take Woodford Fire Trail - follow F.B.W. arrows - no arrows on Friday night) Take Water. Probably no fires.

WILDERNESS FESTIVAL

Strahan - Tasmania, January 17-18, 1981

Attractions include - walking trips, orienteering, safety in the bush, ducky trips, Denison Star trips up the Lower Gordon, films, talks and bush dances.

BUSHSPORTS 1981

The 4th series of recreational education weekends organised under the auspices of F.B.W. is currently being organised by the Education Committee.

Tentative Dates:

Bushwalking - June.

Cross Country Skiing, 18/19 July.

Ski-Touring/Snow Camping/Mountaineering, 22/23/24 August.

Canoeing, 19-20 September.

Rockclimbing, 10-11 October.

Caving - November.

Canyoning, 5-6 December.

FEDERATION REUNION 1981

28-29 March 1981

Venue: Coxs River - off the Six Foot Track.

Organised by Central West Bushwalking Club, Bathurst.

BE THERE!!

BUSHFIRES

With summer coming fast upon us, what do you do if you find that you have become endangered?

Firstly, try and remain calm and run only when absolutely necessary. Secondly, use any and every means of covering your body with clothing (not nylon) to shield yourself from radiated heat.

Thirdly, take rapid action to get downhill or upwind of the flames. Fourthly, don't enter flames that are more than five feet high, or flames that are tending to enter the tree tops. Fifthly, if you are trapped, light a back burn and step into it when possible - this burn should be about 20 feet long.

(This information is based upon Paddy's book "Bushwalking and Camping")

Prior to a race, marathon runners go through a series of preparations, one of which may be of some use to bushwalkers, especially just before a long hard trip. This is called 'carbohydrate loading'.

Researchers have discovered that if the body is deprived of carbohydrates for a few days, then fed large amounts, the energy producing glycogen in muscles can be increased by as much as 300%.

The process takes exactly one week to prepare. On the first day take a long exhaustive run (why not a long hard walk for bushwalkers). Then for the next three days eat a diet extremely low on carbohydrates and high in protein. During the last three days you eat more carbohydrates than usual (it doesn't mean stuffing yourself) - bread, spaghetti, cake, and cut down on the protein. Thus nourished, the muscles soak up all the glycogen they can hold. The result is that you have more energy.

This process ideally would be good for say a person planning an extended trip. The energy thus provided would be available when one's pack is at its heaviest. So too would be the participants in rogaining (24 hour orienteering) and marathons (e.g. three peaks).

PADDY PALLIN FOUNDATION

The Paddy Pallin Foundation is inviting applications for grants for 1981.

Types of projects for which money may be granted are summarised on the attached sheet.

The sum available for distribution in 1981 is \$6,000.00.

Applications should be sent to:

Paddy Pallin Foundation
69 Liverpool Street,
SYDNEY. NSW. 2000

and should be lodged by 28th February, 1981.

Enquiries should be directed to Mr. Robert Pallin at the Foundation.

Robert Pallin,
TRUSTEE FOR PADDY PALLIN FOUNDATION

Phy. Ltd.
Paddy Pallin

**50th ANNIVERSARY
SPECIAL EVENTS EVERY MONTH
STARTING DECEMBER '80.**

WATCH YOUR DAILY PAPER

**GIANT PHOTOGRAPHIC
COMPETITION**

**69 LIVERPOOL ST.
SYDNEY 2000**

(02) 2642685

**46 NORTHBOURNEAV.
CANBERRA 2601.**

(062) 478949

55 HADFIELD ST.

SERVE YOU BETTER!

That is our aim, and the reason we now have two shops in Sydney.

The advantages for you include:

- * More stock than ever before on display to select from.
- * We can make larger purchases, often at a better price and pass the savings on to you.
- * If an item is out of stock at one shop, we can usually obtain it from the other within a matter of hours.
- * Our new shop in the city now makes it unnecessary for many to make that trip across the bridge.
- * Running two shops keeps our small staff on the ball.

MOUNTAIN EQUIPMENT

17 FALCON ST., CROWS NEST, 2008
Ph. 438 2484, 438 1647

82 CLARENCE ST., SYDNEY, 2001
Ph. 29 4840



WORTH THEIR WEIGHT IN GOLD

Whoever said bushwalkers were a whiskered woeful lot? Whoever said they were 'twits forever wailing for wilderness? Whoever said they wouldn't amount to a hill of beans; or they're not worth a feed; or anyone with any sense wouldn't give sixpence for a whole passel (sic) of 'em?

Heresy! Bushwalkers are the darlings of the taxpayer. They don't take up much room - only the whole State to trip around in, while the whole country dances attendance on them. Army, Navy, Airforce helicopters, television choppers, N. Parks & W. Service aircraft fly after them (at \$360 per hour) - if they develop a toeache. Police rescue squads, ambulance men, volunteer searchers, park rangers (it's a great asset to the N.P. & W. Service to keep bushwalkers circulating) - all risk their own lives in a good cause.

If the toeache gets any worse, there's always the "destructive" farmer to fall back on to provide shelter, water, and firewood for the "campfire" while they have a comradely chat, and check out his property for addition to national park. Snooping? of course not.

What priceless value can be placed on the "wilderness experience" - "one may even say spiritual bonds"?

Beware lest any offend the Great god Pan, partron deity of the "Legendary Scrub-Trotter".

Bushwalkers are the most valuable (oops! costly) commodity in Society today. (The Aga Khan was weighed in rubies and diamonds to calculate his worth). Not so the bushwalker. Every wispy whisker, each fuzzed fungus in the forest is worth its weight in gold - on the bull-ion market.

Fools' Gold!

From *The Spur*, August, 1980.

(Nominating Officer of Blue Mountains Branch,
New South Wales of National Parks)

"THE WOLGAN VALLEY RAILWAY
- ITS CONSTRUCTION
BY HENRY DEANE

The Wolgan Valley and the remnants of its old railway line are familiar to most walkers of the Blue Mountains. It doesn't take much to imagine the difficulties of the task that faced the railways engineers and construction workers.

Here is a small book, based on a paper written in 1910, which describes, in basic engineering terms, the problems faced and the methods of construction employed to overcome them. The author of the paper is Henry Deane, the Chief Construction Engineer on the line and very experienced in his field.

The text alone would perhaps have limited appeal, for it is dry and factual, but this book is produced with a set of classic old photographs which are the highlights of the book. Some are most impressive, picturing the tiny locomotives smoking their way beneath the giant Wolgan cliffs.

Incidentally, the author, Henry Deane, was an amateur botanist of some note. Deane's Blue Gum is familiar to all visitors of the Blue Gum Forest in the Grose Valley.

This book is an excellent addition to a bushwalker's library. It is available from the Australian Railway Historical Society, Box E129, P.O., St. James. Get it.

Col Gibson



**eastwood
camping
centre** PTY LTD.

BUSHWALKERS

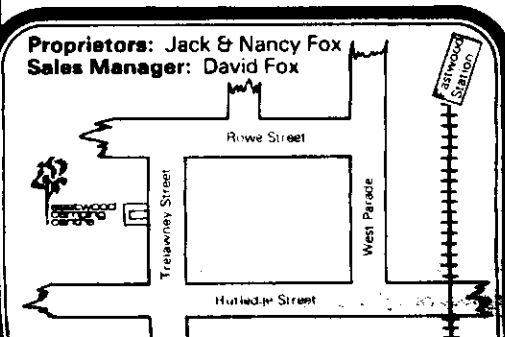
Lightweight Tents • Sleeping Bags • Rucksacks • Climbing & Caving Gear • Maps • Clothing • Boots • Food.

CAMPING EQUIPMENT

Large Tents • Stoves • Lamps • Folding Furniture.

DISTRIBUTORS OF:

Paddy made • Karrimor • Berghaus • Hallmark • Bergans • Caribee • Fairydown • Silva • Primus • Companion • and all leading brands.



Tents

Packs

Food

Clothing

Sleeping Bags

Sale & Hire



153 SUSSEX STREET
SYDNEY 2000
Phone 297792

WOLGAN VALLEY HISTORY

Several years ago the Australian Railway Historical Society produced a book "The Shale Railways of N.S.W." which was quite an informative publication. It covered the history of Newnes, Wolgan Valley, Capertee Valley, Joadja to which was added an extensive display of old photographs. In due course all existing copies were sold and those who hold a copy can consider themselves lucky.

The Society is talking of reprinting the book again "in three to four months time" but will not be updating it. Each chapter will be printed as a separate booklet.

For those who may be interested, the Society has now printed a booklet "The Wolgan Valley Railway - Its Construction". It incorporates "The Wolgan Valley Railway", a paper read before the Sydney University Engineering Society on 21 September 1910 by Henry Deane.

Deane was the Chief Construction Engineer of the railway line from Newnes Junction, down to the Wolgan Valley. This booklet also contains some excellent photographs and at two dollars, is a must for all walkers.

The Society (N.S.W. Division) postal address is Box E129, P.O., St. James, 2000. They also have an office in Belmore St., Surrey Hills.

Please send articles,
Correspondence to:

Federation of Bushwalking Clubs,
G.P.O. BOX 2090,
SYDNEY. NSW. 2001