

# THE Bushwalker



MAGAZINE OF THE CONFEDERATION OF BUSHWALKING CLUBS NSW INC.

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<http://www.bushwalking.org.au>

## ALONG THE TRACK



### TO THE SNOWY

I have stolen the heading from a musical performed by the Trinity Christian

School at a number of the Snowy towns as part of the 50<sup>th</sup> Anniversary of the Snowy Mountains Scheme. Ever since the Thredbo YHA Hostel opened in 1981 I have wanted an excuse to spend a week there in sum-

*Alex Tucker Tracks & Access Officer*

mer and hence Prudence and I seized the opportunity to join the celebrations..  
I was the initial Erection Supervisor for the English Electric Co of Australia at Guthega Power Station in 1953, responsible for the installation of the parts of the turbines, which were to be buried in concrete. It was great to revisit the station and see the two turbines utilising the snow melt to produce 28 megawatts each.(93 % capacity) After more than 40 years they are still said to be among the most efficient machines in the Snowy Scheme.  
Prudence' involvement was less direct. Her father had been the Industrial Advocate for the newly formed Association of Professional Engineers Australia (APEA) (commonly known to members as the "Apes") and negotiated what would now be known as a workplace agreement with the SMHEA. Prudence and I met some years later when I was supervising the installation of turbines at Trevallyn Power Station, which takes water from the South Esk River near Launceston. We had separately joined the Launceston Walking Club.(LWC)

I don't think that there are any other hydro stations in Australia located in the suburbs of a major city!

Thredbo YHA is an "old fashioned" hostel in that it is small, has

a great warm, conversation lounge, very soft piped radio, and a well hidden TV Room. They still ask guests to do some of the traditional housekeeping tasks! Some nights you may find a wombat grazing on the dandelions along the Jack Adams Path which leads to the Hostel. He/she seems to prefer them to the daffodils

One of our fellow guests had been a member of LWC some years after we had moved to Sydney, but after some mental effort we managed to remember one or two mutual friends. The Club still runs its own bus which is financed by annual "Getting to Know Tasmania" slide shows in Sydney and Melbourne. (Unsolicited Commercial)

### EDWIN (TED) HARTLEY: "THE OLD BUSH BUM": A TRIBUTE

*By Colin Gibson*

A recent issue of "The Bushwalker" featured a moving tribute to the bushwalkers who paid the ultimate sacrifice in the defense of their country in World War II. The fact that so many bushwalkers contributed to the war effort is something that, we their fellows can be very proud of.

But during the war a small number of people, including some bushwalkers, made a very different stand for their principles, a stand, which exacted considerable personal penalty by way of incarceration and ostracism: these were the conscientious objectors to military service.

Ted Hartley of the Kameruka Bushwalking Club, who died suddenly in June aged 80, was a conscientious objector; he was one of bushwalking's most unorthodox characters. A Quaker and pacifists, Ted came through the ranks of the scouting movement in the 1930's, and as a scoutmaster at age nineteen, he showed early promise. The war however was to impact harshly on his life for Ted served successive periods of incarceration at Emu Plains Prison Farm, a total of 12 months. Here, at Emu Plains Ted was ordered to do war effort support work. "Hang on" said Ted "I don't support the war, that's why I've been sent here in the first place..." Sticking to his guns, he earned himself a long period of solitary confinement.

After the war, Ted developed his interest in bushwalking, eventually joining the Rucksack Club of Sydney, which was one of the few pioneering clubs of the 20's and 30's to survive the war. The Rucksack Club was a proud club and was indeed thriving in the 1950's. However dark clouds were on the horizon for the Rucksackers: in the 50's the range of activities available to bushwalkers was fast expanding; adoption of the new rope technologies was leading the more adventurous into

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*Track to Dead Horse Gap Snowy Mountains*

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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. Except for short notes or letters, all contributions should be accompanied with text file on three and a half inch floppy disk in IBM format or E-Mail.

**Advertising rates** are available on request. Ring Colin Wood 0414881430  
turton@fastlink.com.au

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The Confederation of Bushwalking Clubs NSW Inc represents approximately 67 clubs with a total membership around 11,000 bushwalkers. Formed in 1932, the 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 Bushwalkers NSW at the above address for information on clubs in their area.

*Or web site*

[www.bushwalking.org.au](http://www.bushwalking.org.au)

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2nd week in July

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### THE BUSHWALKER

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



# IT'S TIME TO SAVE THE SOUTHERN FORESTS

John Macris  
Conservation Officer

Its time to go interactive: this is both a reading and writing task. The following italic captions are the salient points to grace the letter, that bears your name, that tells the leader, who gets the message, that sways the outcome, that extends the parks that we built.

Interspersed between the suggested text of the letter that you are already poised to write, is some background on a few of the most sought after additions, and important events of the past few years. Its crunch time for the southern forests so please lend your support.

*Dear Premier,*

## ***Please deliver on Community Reserve Proposals in Southern NSW***

To explain this heading, local groups and the South-east Forest Alliance have been working over the past 3 years on proposals for a number of new or extended forest reserves in the southern region. This takes in Nowra to Narooma along the coast and Mittagong to Tumut on the tablelands. The community proposals, if implemented, would deliver the necessary core reserve system in Southern region, which was denied to the north-east and Eden regions last year due to the turbid political landscape. This time the Government should be able to do significantly better.

*..I support the environment groups' National Park proposals for the Southern CRA region. This whole region was excluded from your Government's interim forest park creations of September 1996. A number of wilderness assessments in the area have been sidelined by the CRA process and are long overdue for completion....*

These are two areas of concern with the Government's forest process to date. While some long sought areas were reserved in the other forest regions in late 1996, Southern region

missed out. Nominated additions to the Deua Wilderness have been awaiting assessment for 7 years,



despite the requirement in legislation that a report should be completed within 2 years.

The rationale has been that wilderness would be incorporated into the broader forest assessment process, but now the Government wishes to put off any wilderness identification until after all other processes, including woodchipping agreements, are in place. This is not on, as the next point in your letter to Mr Carr states.

*...I believe it is essential that the southern region wilderness areas, which are all overdue for assessment according to the Wilderness Act, be included in a public exhibition prior to your decision on the Southern Region. This was done as part of the 1996 interim assessment and 1998 Eden Region exhibition, and it is extremely important that the wilderness process not be over-run at this critical moment. A public review after the decisions on wood supplies is too late....*

The community reserve proposals cover around 16 areas of State forest and Crown land. Here are a few specific examples you might like to mention to the Premier to personalise your letter:

**Greater Murramarang** Tall forests of spotted gum and palm trees cloak

the hills behind the tiny Murramarang National Park, providing a scenic backdrop and high quality habitat for threatened wildlife. The proposal would expand the national park from the present 500 metre wide coastal strip, to take in these inadequately represented forests, out to a new boundary at the Princes Highway.

**Buckenbowra** This area is described in the May 1999 issue of the Bushwalker. It features the largest area of rainforest in southern New south Wales, pristine catchments and moist forest ecosystems with direct linkages to Gondwana.

**Meryla/Yarrawa additions to Morton** South of Moss Vale and Robertson respectively, these areas feature remnant plateau forests which join the gorge systems protected by Morton National Park in Bundanoon Creek and northern tributaries of the Kangaroo River. The Yarrawa proposal would connect Morton and Budderoo National Parks, protecting an important natural corridor.

**Deua/Tuross** The National Estate listed forests of the Deua/Tuross area form the most extensive tract of unprotected old growth in New South Wales. The proposed wilderness additions would allow the protection as wilderness of a full topographic sequence of tableland, escarpment and



foothill forest ecosystems, an opportunity denied in most other areas of the State due to the overwhelming human impacts of the past 200 years.

**Badja State Forest** in the upper Tuross catchment, is believed to contain the State's largest population

*Continued page 4*



of the threatened Tiger quoll. The largest peat swamp in NSW occurs on the plateau edge of the wilderness at Badja.

**Big Dubbo Hill** The Alpine Ash forests of this area in the Tumut region were once protected within Kosciusko State Park. When the reserve was proclaimed as a National Park in the 1960s, the government of the day sliced out a large tract of these majestic tall hardwoods, placing them in state forest tenure for large areas to be logged. The remaining areas of Alpine Ash with old growth or wilderness values should be immediately returned to the National Park estate from which they were grabbed 30 years ago.

In closing, this letter you have started is extremely important. The timing of the southern forest process (unhindered by approaching elections) gives us a rare opportunity to make a sizable gain for conservation and reform of forestry to a more sustainable activity in this region.

Address your letters to The Hon Bob Carr, Parliament House, Sydney.

*From page 1 'A Tribute'*

new fields. The popularity of caving, climbing and ski touring was on the rise, and the new sport of canyoning was about to burgeon.

The elders of the Rucksack Club were bushwalking traditionalists and by the end of the decade they were struggling to contain the high-spirited of their younger brigade. The "troubles" culminated in dissent: Ted was perhaps the most experienced Rucksacker to defect; he joined the Kameruka Bushwalking Club, at that time a small club, one of the young generation of walking clubs formed post war.

The history is that the Rucksack club went into steep decline, whereas the fortunes of the Kamerukas were to soar, and much of this can be attributed to the distinctive style of leadership, humour and enthusiasm brought to the club by Ted. From the young Kameruka brigade was to emerge some of the finest and most formidable walkers of the 60' and 70's, with Ted the original "Old Bush Bum" cajoling them on to explore ever further afield to venues such as South-West Tasmania, Hinchinbrook Island and the Warrumbungles. The club's activities were diverse, and they among the leaders for many years in endurance walking and canyon exploration.

Ted stood for no ceremony, it was boots and all bushwalking for the famous KBC who reeled in the horizons at a terrific rate: it was Ted who christened them "Paddy's Hairy Men" but their on-the-ground mentor was Ted himself.

In the field Ted's most unique achievement was undoubtedly his solo 1957 first recorded ascent of Byangee Walls in the Budawangs. He also left a distinctive literary legacy in the form of a body of light-hearted satirical and humorous verse to be found in the pages of Walker's Song Book, first published by Ted and friends in 1962 in tribute to a young Kamerukan who lost his life on a bushwalk in the Blue Mountains shortly before. Walker's Song Book is regarded by many to this day as the most original of all such song books. This is due largely to the clever selection of traditional campfire songs interspersed with many of Ted's own "traditional" bushwalkers-verse which included many little gems such as "My Girls a Corker", "The Lonely Airdrop" and "No Boots At All".

Farewell Ted Hartley - an individual and man of conscience of whom all



## SEARCH & RESCUE TRAINING

**APRIL 8<sup>TH</sup> & 9<sup>TH</sup>,  
2000.**  
**CATARACT SCOUT  
PARK**

This weekend will be a repeat of a highly successful Bushwalkers Wilderness Rescue training weekend held at the same site in 1999. The extensive range of activities has been revamped

*Walk Safely - Walk With a Club*



and restructured to make this an even better weekend than last year!

**ACTIVITIES** Wilderness self rescue

- Bush safety
  - GPS Receivers
  - Night navigation
  - Rescue radios
  - Crime scene
  - Helicopters
  - Rescue co-ordination
- and more!

**WHO CAN ATTEND** - All bushwalkers from beginner to experienced. There is something for everyone! For insurance cover you must be a member of a recognised Confederation bushwalking club. Bookings are not required for this great weekend.

**WHAT TO BRING** - Normal bushwalking gear. Volleys, map and compass. You will need to do some simple navigation to get to different activities. APPIN 1:25,000 (9029-I-S). Personal abseiling equipment (if you have it). You will be camping not far from your car. A kitchen/classroom will be available for cooking. Don't forget some old clothes for Challenge Valley!

**HOW TO GET THERE** - Cataract Scout Camp is off the "Appin Road" that runs from Appin (outside Campbelltown) to Bulli (just north of Wollongong). Look for the road to Cataract Dam about 5 km. from Appin. This is a right turn (southwards) when coming from Appin.

**TIME** - Start time Saturday morning is 8-30 am.

Activities will conclude around 3-00 pm Sunday.

**HOW TO CONTACT  
BUSHWALKERS  
WILDERNESS  
RESCUE PAGER  
016020 #277321**

## BUSHWALKERS WILDERNESS RESCUE

### ANNUAL CALENDAR

This Calendar aims to show the pattern of activities of Bushwalkers Wilderness Rescue (BWR) for next year. Please programme these dates on your Club Walks Program. The location will always be given out in pre event publicity.

#### GENERAL TRAINING - TWO WEEKS BEFORE EASTER

April 8<sup>th</sup> & 9<sup>th</sup>, 2000. (Easter will be April 21<sup>st</sup> - 24<sup>th</sup>, 2000.) General Search and Rescue Training also emphasising Bush Safety, First Aid and Wilderness Self Rescue.

#### FIRST AID - LAST WEEKEND OF MAY

May 27<sup>th</sup> & 28<sup>th</sup>, 2000. St. John Senior First Aid Certificate training at a discount rate for bushwalkers. 8 hours training each day. The exam is held during the evening one week later. An extra discount applies for walkers on our Call-Out Lists.

#### NAV. SHIELD - FIRST WEEKEND OF JULY

July 1<sup>st</sup> & 2<sup>nd</sup>, 1999. The NSW Emergency Services Navigation Shield. A different location each year. A great way to revise or learn navigation in a friendly atmosphere. Easy and hard checkpoints. Make it as hard or as easy as you like in the one or two day event.

#### ADVANCED TRAINING - THIRD WEEKEND OF OCTOBER

October 21<sup>st</sup> & 22<sup>nd</sup>, 2000. Advanced Search & Rescue Training including canyon / cliff rescue. Attendance at a previous S & R Training Weekend is desirable.

#### FIRST AID - LAST WEEKEND OF OCTOBER

October 28<sup>th</sup> & 29<sup>th</sup>, 2000. A second chance to do an accredited St. John Senior First Aid Certificate at a discount rate. To get on our Call-Out List you need to have attended one of any of our training weekends in the last 18 months.

#### FURTHER DETAILS

PHONE KEITH MAXWELL (02) 9622 0049 (H) JOHN TONNITO (02) 9789 2527 (W)



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# THE DUKE OF EDINBURGH'S AWARD

In 1962 The Duke of Edinburgh's Award began operating in NSW. Since then over 100,000 young people have undertaken the programme including people like Sue Fear, one of Australia's leading female climbers, Keith Williams and Ian Brown members of the first Australian team to traverse unassisted to the South Pole.

The programme has four areas of involvement aimed at developing the whole person.

**Service** - to develop a sense of community awareness and service to others

**Skills** - to encourage the development of personal interests, social and practical skills

**Physical recreation** - to encourage participation and promote a sense of achievement and satisfaction from meeting a physical challenge

**Expedition** - to encourage the spirit of adventure and discovery

It is the expedition section where young people are the most visible in the bush with bushwalking is the most popular choice. Each weekend of the year there are on average 25 groups involved in an expedition somewhere in

NSW.

The expedition for a lot of young people is certainly the most rewarding,



*Greystanes High School on expedition in the Blue Mountains.*

first bushwalk is their first outing into a bush full of unknown creatures and hazards. Along the way they learn valuable life skills such as teamwork, group skills and leadership. The sense of satisfaction felt at the end of a bushwalking adventure cannot be duplicated.

For young people to undertake an expedition in the bush they must first undertake training in safety, navigation and route planning, bush first aid, campcraft, group skills, use of equipment and care of the environment. The Award actively encourages organisations to undertake expeditions in a minimal impact manner. Young people are reminded to treat the bush with respect and to appreciate its unique beauty so it is preserved for the future, after all these are the bushwalkers of the future.

For further information on the Duke of Edinburgh's Award contact Linda Hanna on 02 9865 5830 or email: [mail@dukeofednsw.au.com](mailto:mail@dukeofednsw.au.com). You can also check us out on the net at [www.dukeofednsw.au.com](http://www.dukeofednsw.au.com).

not only have they met physical challenges but many mental challenges have been overcome as well. For many the

**Sitting on the Bundanoon YHA verandah, sun streaming through the gum trees, muscles sore from a great day walking through Morton National Park \$14 pp, per night**

**Having a BBQ and enjoying a drink with fellow bushwalkers staying at Canberra YHA. Preparing for a big day's walk through Tidbinbilla National Park \$16pp, Per night**

**Visiting Pittwater YHA and discovering Aboriginal engravings wandering through Kuringah National Park \$16pp per night**

**Heading up to Newcastle Beach YHA after work on Friday and doing the Yuelarbah Track, a spectacular part of the Great North Walk \$17pp, per night**

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this summer?**



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# KOSCIUSKZO SUMMIT MANAGEMENT TECHNICAL COMMITTEE. (SMTC)

I am glad to announce that the NPWS Alpine Region has accepted our nomination of Alan Vidler, President of the Canberra Bushwalking Club Inc as Confederation's representative on the SMTC with Peter Mowle. President of the Goulburn Bushwalkers Club as an alternate rep. Both may attend meetings on occasions. Confederation is fortunate to be represented by two such walkers each with considerable Alpine experience. The next meeting of the committee is expected to be in February and it may be that one of the items on the agenda will be an inspection of the suggested Spencers Creek alternative to the official Australian Alpine Walking Track (AAWT) from Charlotte Pass - Kosciuszko Road - Smiggin Holes- Link Road - Guthega.

I have been asked about the functions of the SMTC, This is **not** related to the District Advisory Committee, the members of which are appointed by the Minister for the Environment. The Summit Management committee was set up as a community organisation to facilitate applications for Heritage and other government grants. The Technical committee was to advise on technical problems in the management of the alpine area relating to soil conservation and track maintenance / upgrading. As some people were members of both committees, it was later decided to merge them.

During my visit to Jindabyne I was able to meet Andrew Harrigan, Assistant District Manager, Alpine Area who convenes the SMTC and Cameron Leary,

the summit ranger who is responsible for construction and maintenance of tracks and facilities.

## NPWS Publications

I would advise any bushwalkers



passing through Jindabyne to call at the NPWS Information Centre and pick up a copy of their Newsletter "Kosciuszko Today"

You may also find their guide to walking tracks of interest. This four page x A3

document gives brief descriptions of 23 tracks. It is not on display but is freely available on request to the counter staff.



*Snowy River Crossing*

The Winter 1999 edition of Kosciuszko Today contains articles on general safety, snow boarding, snow touring, snow camping, Alpine Way reconstruction, Mountain Birds in Winter, Fitting & Using snow chains, a Chimney Lift for Mawsons Hut, maps of some ski touring trails in the northern section, and Discovering the Lower Snowy. For history buffs there is an account of the observatory set up on the summit of Mt. Kosciuszko in 1897 by the meteorologist Clement Wragge and manned (literally) almost continuously until the winter of 1900. The first "commercial" guided tourist tours were to the observatory, and were provided by local graziers for one pound per

person per day which included for riding & pack horses, tents and food.

I can confirm that the seats in the new solar powered "Rotaloo" composting toilet at Charlotte Pass are **Not** heated and that when there is gale outside you do get the wind up! (Has anyone experienced a calm day at the Pass?)

Did you know that some snow boards can be unclipped at the centre line to form a pair of snow shoes and that snow shoes, presumably the traditional tennis racket type, can be hired for as low as \$15 per day? I guess you would need time to shop around in the towns before you reached the resorts

Also if you are intending to ski at Mt Selwyn and buy your day pass at the Kiandra entry station, you get as a bonus, a free guided cave tour at Yarrangobilly for one adult.

I understand that copies of the newsletter are also available at the Hurstville office.

## Ski Tube (Another unsolicited commercial)

This is certainly the most time and fuel efficient way to get to Perisher, even in summer time; 10 minutes versus 45 by road. You will have to decide whether it is economical for you at \$22 return for an adult, \$15 for a pensioner and \$55 for a family of two adults and up to four children. There is a "Family Holiday Special" for \$45.

During January and at Easter 2000 there are seven trips per day at hourly intervals between 9 am and 3 pm. For the rest of the summer the 10am 12pm and 2 pm runs are deleted. Perisher Blue sell a folded A3 contour map prepared by the LIC for \$2-50 at the Bullocks Flat terminal. This shows nine walking and cycle tracks accessible from the Ski Tube stations. Thus it is possible to take the train to Blue Cow, walk down to Perisher in about 1 hour and catch the next train back to Bullock's. (That was the name of a doctor who had a weekender built near the junction of the Thredbo and Little Thredbo Rivers in the 1930s. The hut is now just inside the National Park) One further walk, not shown on the map, is from Blue Cow to Guthega Village along the companies Private access track. It could provide an alternative access for those doing the northern section of the AAWT

*Continued over the page*

## BUSMAN'S HOLIDAY

We took the opportunity to update our limited knowledge of the alpine area. Our first trip on the Crackenback Express quad Chairlift led to the famous (infamous?) Kosciuszko steel walkway. Despite its visual impact and some risk of slipping off the edges we found it hard to imagine any alternative considering the nature of the terrain (alternate clumps of grass and small pools) and the numbers of people using it in summer.. We were unable to find any indication of the junction with the Dead Horse Gap section of the AAWT, but all our attention was devoted to making progress against a howling gale. Eventually about 1 km beyond the Kosciuszko Lookout we met our largest snowdrift with no sign of the walkway emerging from it. Tucker's Repulse was confirmed when the weather closed in with sago snow.

Two days later I walked in from Dead Horse Gap and found the large notice board lying face down alongside the walkway and also the foot pad which had appeared to lead only to the hut for the Tee Bar attendant. I will be making some constructive personal comments on improved signage to the Thredbo Resort Management.

I found that the surface of the grey (concrete) brick road from Charlotte to Blue Lake is starting to spall in places, presumably through frost action.. This was not the case with the same type of brick near the top of the Crackenback Chair Lift. Maybe the latter bricks were laid more recently.

The stepping stones across the Snowy

near the start of this summer family walk to Blue Lake are still, in my opinion, too widely spaced for children and the rounded natural upper surfaces look too slippery for an adult carrying a child as well as a day pack. Confederation's October meeting asked me to write to the NPWS seeking some improvements. Possibly more closely spaced stepping stones made of concrete would not look too artificial and might cause no more obstruction to the flow of the river than the existing boulders. They might be less expensive than say a three wire rope bridge and probably less intimidating to users.

### Mea Maxima Culpa.

I have been justifiably chastised (verbally) by several readers for relying on memory and failing to check my facts for the Tracks & Access report in the August Bushwalker concerning the hand over of Corang Peak to the NPWS. I suspect that I had written of a total sum of \$ 80,000 but that would still be wrong.

The real facts are: Colin Watson is the recipient of the Order of Australia Medal (OAM) I had promoted him to "AM" which I think means Member

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of the Order of Australia. I am told that this honour is usually bestowed on judges, retired senior officers of the Armed Services and others of that ilk. It rarely, if ever, is awarded to bushwalkers who devote much of their life to conservation causes.

\$ 8 000 was in fact the value of a joint donation by the Paddy Pallin Foundation and the Budawang Committee some years ago for the provision of camping facilities at Wog Wog. The purchase price for the unexpired grazing lease on the Corang Peak property was in fact \$ 72 600, which I think is still a bargain. The funds came from the proceeds of sales of the Committee's publications "Pigeon House and Beyond", "The Man from Misty Mountain" "Fitzroy Falls and Beyond"

and George Elliott's *Sketch Map of the Northern Budawang Range*

I trust that my sincere penitence will be accepted.

Readers will be pleased to know that the former 152ha inholding has now been gazetted as a declared wilderness within Moreton National Park. Access to the Peak for bushwalkers will not be affected.

## BUSHWALKER BUS TIMETABLE

FROM SYDNEY TO  
KATOOMBA SIX FOOT TRACK  
JENOLAN CAVES - KANANGRA WALLS  
MONDAY - WEDNESDAY - FRIDAY

Departs	Sydney Airport 7.00 AM	Departs	Kanangra Walls 12.30PM
Departs	Sydney Central 7.30 AM	Arrives	Jenolan Caves 1.15PM
Arrives	Katoomba 9.30AM	Departs	Jenolan Caves 2.00PM
Arrives	Jenolan Caves 11.30AM	Departs	Katoomba 3.45PM
Arrives	Kanangra Walls 12.15	Arrives	Sydney Central 6.00PM

Includess track heads at Wentworth Falls, Blackheath, Mt Victoria & Black Range

Sydney to	Single	Return	14 day return
Katoomba	\$24	\$36	\$43
Jenolan Caves	\$36	\$54	\$67
Kanangra Walls	\$43	\$64	\$77
Yerranderie	\$88	\$132	\$156

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# REMOTE AREA FIRST AID COURSE

The last two weekends of May saw 16 members from several different clubs in Newcastle join together to sharpen up their first aid skills. This was the second time such an event has brought together clubs in this region for the same purpose. It was an exciting opportunity to network with people from different clubs in the Confederation, and a great way to learn ways of applying skills learned in the "classroom" type situation to our adventure playground: the bush.

The first weekend started off with two intense days of theory and practice of skills in an indoors location in Newcastle. Here, we learned CPR, various splinting procedures, how to use Penthrane (we understand that we were the first group in NSW to be taught the use of this medication), application of pressure immobilisation bandages for snake bite, and a host of other useful skills. It was made abundantly clear to us that this was a luxury situation, as there were no sticks, nettles, leeches or other nasties on the floor of the building that we were in, to impede our application of such niceties as a cervical collar.

The second weekend was a "back to reality" situation with the remainder of the course taught in a bush location. Scenarios, demonstrations and practise at making a stretcher, more bandaging, and then the examinations. Highlights included one scenario set up of a snake bite, complete with a course participant

*Fiona Maskell, Newcastle Ramblers BWC*

primed to be a nuisance and impede the other participants' treatment of the victim. Keith Jones (Newcastle Ramblers BWC) deserves an Oscar for his role as a "dodderly old fool" which had our instructor, David Shepherd in stitches.

As a result of trialling a particular bandage (Setopress), it was decided that we would look into a bulk order of these

for use as snake bite

bandages. These bandages have rectangles woven into them, which turn into squares when the correct amount of stretch has

been applied. This takes much of the guesswork away from the application of these bandages.

They are extremely lightweight (only 60g for a bandage 10cm wide and 3.5 metres long - sufficient to bandage the leg of the biggest bushwalker) and not too bulky (10cm by 6cm diameter).

Ordering direct from a local supplier rather than trying to get them from a retail outlet cuts the cost dramatically. I would recommend that people interested in this product try to get sufficient people together to do this. Ours ended up costing around \$14 per bandage.

While this seems a lot, if I ever have a snake bite, I would rather know that the person applying the bandage does so at the correct pressure..... To find out

who your club's closest supplier is, call Seton-Scholl toll free on 1800-999155.

Thanks are due to David Shepherd for a great course. David goes above and beyond the call of duty to assist his "kith and kin" (the way he kindly refers to fellow bushwalkers) to improve their skills. He also tells a great yarn around the campfire!! Also, thanks to the State Forestry Commission for kindly allowing us to use their old Forestry Headquarters (although the weather was so brilliant that we didn't have call to use it at all).

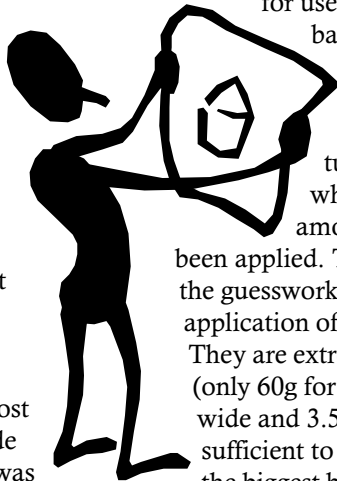
At any rate, we had a great weekend. I think that the notion of bringing people from different clubs together for such an event is great. It facilitates networking between like minded people (any club rivalry aside), which in the event of any emergency, could just make all the difference for one, or more of us. Get out there, and get Remote Area First Aid qualified!!!

**ANYBODY INTERESTED  
IN UNDERTAKING THIS  
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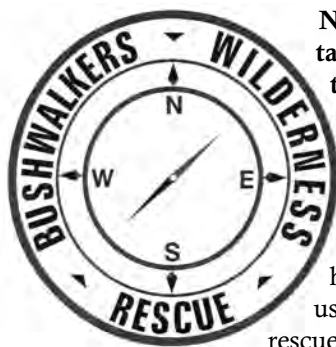
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*Members of a newcastle club enacting a rescue*

# HELICOPTERS AND MOBILE PHONES



**NO! Don't take aim at that nearby helicopter with your friends mobile.** Helicopters have been useful in many rescues. Similarly

mobile phones have sometimes been very effective in getting outside help. Pretending they aren't there won't make them go away. A far better approach is to learn enough about them to get the best possible results.

Helicopters cannot effect a rescue unless they are **first** notified **and also** whether the weather is suitable for flying. When you have an injured person you eventually need medical help. If you were at home you would dial '000' and ask for an ambulance. Perhaps you could use a mobile phone to dial '000'. Now here is the rub - they don't always work! See below for reasons. Well why not walk out to the nearest town or farm and phone from there? Now since helicopters don't generally venture bush at night then some (careful) walking at night, on fire roads or tracks, may help cut down the response time. Only **two** problems remain. Where is the injured bushwalker and what are their injuries?

A Grid Reference is an ideal way to give location but a bushwalkers G. R. is not good enough for the pilot of a machine that can fly hundreds of kilometres on a tankful. Also what is common knowledge as a locality to bushwalkers is uncommon knowledge to everyone else. What will locate you for helicopter pilots is a fifteen figure grid reference.

All the information you need for a fifteen figure grid reference is on your 1:25,000 topographic map. Now your normal grid reference is a six figure number that assumes an error of around 100 metres, e.g. 767 519. If you could divide every grid square on your map into 100ths instead of 10ths, as you usually do, you could get an eight figure grid reference, e.g. 7667 5195. (Or if in doubt just add a "0" - 7670 5190 is still within shouting distance of 7667 5195). If you had a good view of the sky and had spent a lot of money on a sophisti-

*Keith Maxwell*  
*Director of Wilderness Rescue*

cated GPS receiver you could get a location to the nearest metre or less. If you add a zero to each of the Easting and Northing of your G.R. you also have a location to the nearest metre, e.g. 76670 51950. (Or for the doubtful or those in a hurry - 76600 51900). Ten figures down only five to go! The next part requires a complete map and not just a photocopy of a portion. At each corner of your map is the latitude and longitude but also in just the bottom left (southwest) corner are digits to take your G.R. to thirteen figures. Only look at figures in black not grey. Any figures in grey refer to the previous (non-metric) yard grid.

You may see a number such as 270000mE and 6249000mN. Put the '2' of 270 etc. in front of your Easting and the '62' in front of your Northing, e.g. 276670 625 1950 -

phew thirteen digits and still no sweat! The last two digits are easy. Look in the map legend and find the title '**GRID:**' A Zone number will be specified, e.g. Zone 56.

Your complete G.R.. For the Word Cave at the junction of Erskine Creek and the Nepean River is now - Zone 56 276670B 6251950N. (See your Penrith 1:25,000 map otherwise known as Penrith 9030-III-N). For those in a hurry or a little doubtful or who like to fudge anyway - Zone 56 276700B 6251900N is still pretty close. The helicopter pilot can now enter this number into the onboard GPS system and fly straight to you. So the helicopter could find you but what injuries should they come equipped to treat. Like humans not all helicopters are created the same. Different levels of treatment and evacuation procedures can apply. You need to specify, as best you can, the level of injuries and associated circumstances according to your First Aid Certificate training. You would take a written note of the history and circumstances of the injury along with the patients location to the nearest phone and dial '000' and ask for an ambulance.

Weather. Strong wind and low cloud, 'fog' can prevent helicopters from flying or hovering to winch. Only in exceptional circumstances will they attempt a rescue at night. Many times helicopter rescue has not happened



quickly once the alarm has been raised since the location given was wrong!

What about mobile phones? Mobile phones are really short range radio transmitters that when in use are constantly automatically switching between the network of phone towers around towns and cities. They are also "line of sight" - if a mountain or building is between you and a tower you will not get through. So even if you climb to the top of a hill it is possible that there is not a tower within your line of sight. Digital phones have a shorter range than the alternative "analogue" phones, which are due to, be phased out from the year 2000. If you have a 'cheap' phone it is most likely analogue. There is always the risk of losing the phone or the battery going flat. Thus it is possible for the phone to let you down when you need it most. Still many people have used a mobile phone to successfully call for help.

This all leads to some philosophy. Some people throw a mobile in the bottom of the pack 'in case'. This can give a false sense of security and encourage people to take undue risks in the belief that help is close at hand. Many people have called for the helicopter when they have merely suffered a minor sprain. The challenge of self reliant travel is lost. The mobile phone is deliberately left at home by others as excess weight and approach their bushwalk as though help will not come quickly and travel cautiously. The choice is yours. You are not legally obliged to carry a mobile phone or any other location device. Safe bushwalking does not have to be boring. It requires careful selection of lightweight gear and good bushwalking skills of all trip members.



# CONFEDERATION OF BUSHWALKING CLUBS

## POLICY ON NATURAL AREAS

*Adopted November 1998*

**1.0 Definitions:** For the purposes of this Policy;

### 1.1 Biological Diversity

(Biodiversity): The variety of life forms, the different plants, animals and micro-organisms, the genes they contain and the ecosystems they form. This is usually considered on three levels: genetic diversity; species diversity and ecosystem diversity (NSW draft Biodiversity Strategy Feb 1997).

**1.2 Ecological Objectives:** Criteria (in the case of management decisions) which at their core are concerned with sustaining and protecting ecological values.

**1.3 Long Distance Walking Track:** An identified, publicised and officially recognised route intended to allow recreational walking between points of greater than one day or weekend's travel apart. May feature signage, construction works, intermediate track head points and designated camping sites.

**1.4 National Park Estate:** Areas gazetted or declared under the National Parks and Wildlife Act (1967 and 74) and/or Wilderness Act (1987); and areas acquired by the National Parks and Wildlife Service and awaiting formal gazettal. Includes National Parks, Nature Reserves, Wilderness Areas, State Recreation Areas, Regional Parks and other natural or cultural sites reserved under the NP&W Act.

**1.5 Natural Area:** Any area with predominantly intact native indigenous vegetation cover and containing suitable habitat for its dependent fauna.

**1.6 Precautionary Principle:** Provided with limited information or uncertainty, to only take decisions which do not foreclose on future options for the effective protection of natural values present.

**1.7 Protected Area:** Recognised term for lands reserved either in the National Park Estate, Crown Reserves, Flora Reserves or Forest Preserves in State Forests, Special Water Catchment areas and freehold title lands under a Voluntary Conservation Agreement (VCA). Private or Commercial wildlife sanctuaries are not considered to fit this definition, as their long term tenure and land use is uncertain. Neither, due to the same limitations, are freehold lands presently zoned by local Government

for nature conservation (unless subject to a VCA).

**1.8 Public Reserve:** A subset of Protected Area including only those which are publicly owned.

**1.9 Special Water Catchment:** Areas within the hydrological catchment of a water storage which are zoned for protection of drinking or potable water, by acting as a natural buffer around the storage.

**1.10 Wilderness Area:** An area of land that is, or is capable of restoration to be, of sufficient size to enable long term protection of its natural systems and biodiversity; that is substantially undisturbed by modern technological society, and largely remote from points of mechanised access and other evidence of colonial or modern society. Includes, but not limited to, areas identified, declared or assessed as wilderness capable under the NSW Wilderness Act (1987).

**2.0 Objectives:** For Responsible bodies -

2.1 To protect, rehabilitate and manage natural areas to ensure the long term sustainability of their native biodiversity.

2.2 To provide a range of opportunities for self reliant recreation in natural areas.

2.3 To encourage activities by land managers and all visitors/users of natural areas to conform to Confederation's policies.

3.0 Values:

**High value is given to:**

Protection of native biological diversity and the maintenance of ongoing ecological and geomorphological processes and systems.

Provision of opportunities for spiritual reward associated with remoteness, solitude and self reliance in natural areas.

Provision of opportunities for non-motorised, self reliant recreation in natural areas, especially bushwalking.

### 4.0 Application to Natural Areas:

- Resolution of conflicting objectives and values will be determined by evaluation of their local, regional and state significance, with precedence given to the protection of native biological

diversity and ecological objectives. Where doubt exists or information is insufficient, the precautionary principle should apply.

- For example, bushwalking and other related activities should be allowed only if scarce natural attributes such as state listed threatened species/communities are not impacted upon or wilderness values not degraded.

**4.1 The following policy principles should apply to all natural areas:**

- Protection under legislation such as the NP&W Act or Wilderness Act for all publicly owned areas with suitable conservation values.

- Protection of privately owned natural areas with conservation values sought through acquisition from a willing vendor or Voluntary Conservation Agreements (VCAs).

- All users of natural areas conform to Confederation's Code of Ethics.

- Walking tracks may be established provided they are sited and constructed to minimise environmental degradation and enhance visitor enjoyment.

- Facilities such as established campsites, roads and tracks located on the edge of natural areas.

- No dwellings for private or exclusive commercial use.

- No built accommodation provided in public reserves.

- Vehicle access provided only for short distances from a natural area's edge, on roads of two wheel drive standard. Through roads not provided or maintained.

- Roads suitable only for four wheel drive vehicles not provided, because of the erosion, pollution and disruption of quiet enjoyment this usage causes.

- Horses excluded from protected areas due to the erosion, pollution and ecological disturbance they cause, their general intrusion onto native habitat and their social impact.

- Bicycles permitted only on public roads and maintained management roads. No bicycles should be ridden on walking tracks or revegetating roads.

- No mining or mineral exploration in protected areas.



- No grazing of livestock in protected areas.
- No timber harvesting in protected areas.
- Land managers to actively pursue eradication of all introduced animal species. Control or eradication of introduced plants to receive a high priority by land managers and through community involvement.
- All natural bush regeneration activities encouraged.
- Users of natural areas to be educated about ensuring the long term protection of biodiversity.

#### 4.2 The following additionally apply to wilderness areas:

- Roads, including management roads should be progressively excluded from identified wilderness through closure and revegetation. Thus in the long term, wilderness areas should be managed as roadless natural areas.
- Walking tracks of a more formal nature confined to the edges or threshold of identified wilderness.
- No new walking track construction and no upgrade work other than to protect sensitive features from existing (not potential) usage patterns, or to address essential safety issues.
- Management and recreation entry only by self reliant means such as walking, canoeing or skiing (exceptions during emergency activities).
- Self reliance of users encouraged.
- Minimal and non-specific promotion. In particular no through route guides.
- No new structures and no maintenance of existing structures.
- Where wilderness is divided by power lines these should be rerouted in the long term.

#### The following apply to water supply Special Catchment Areas:

- Land Management to be carried out by the National Parks and Wildlife Service.
- Transfer of tenure from water corporation/board to NPWS estate at no cost.
- Funding of land management and ongoing voluntary acquisition of inholdings provided to NPWS via an annual catchment levy from water rates.
- Sydney Water's multiple barrier approach to water quality protection is supported.

- Restrictions on recreational activities resulting from the multiple barrier approach are supported.

#### 4.4 Long Distance Walking Tracks policy:

- The establishment of major extended walking routes through natural areas are subject to the following policies:
  - Use of tracks or roads within National Parks for long distance walking routes should be conditional on being consistent with the area's plan of management policies for levels and type of use.
  - Tracks are routed to avoid areas of wilderness (including identified), sensitive natural or cultural features or critical habitat.
  - Long distance routes are inappropriate in Nature Reserves and Flora Reserves.
  - The provision of accommodation infrastructure to support such tracks should be provided off-park in nearby or adjoining areas so as to protect the park's natural values and provide a benefit to surrounding communities.
  - Where existing long distance routes pass through declared wilderness they should not be signposted except at the wilderness boundaries.
- 4.5 Conservation Corridors Policy:
  - High value is placed on achieving the addition to the National Park Estate, areas of State Forest, Crown Land, leasehold and freehold (by acquisition) which, in addition to protecting important natural values, also provide linkages between major existing reserves such as those along the Great Eastern Escarpment, coastal areas or key western areas.

#### Appendix 1. Guide to the application of the policy for recreation management

	Natural Areas	Wilderness
FACILITIES		
Marked Routes	Marked routes are permissible in places where safety is an issue or where navigation is difficult (such as to locate a cliff pass).	No new routes should be marked and existing markings should be removed except where safety would be critically affected.
Walking pads and cut tracks	Permissible provided they don't result in erosion. Eroded tracks should either be closed and revegetated, repaired or converted to a constructed track.	Walking pads are tolerable providing they don't cause erosion. Existing cut tracks may be retained but new cut tracks should not be permitted. Eroded tracks should be closed and revegetated.
Constructed walking tracks	Permissible and encouraged in popular areas outside wilderness to provide broad access while protecting against human impacts. Such tracks should not detract from the natural surroundings.	Existing constructed tracks may be retained. No new new tracks should be constructed, nor existing ones modified.
Roads	Kept to a minimum, based on the need for reasonable public access and park management. Surplus fire trails should be closed and revegetated. Access roads should be suitable for ordinary vehicles to provide access for all.	Close and revegetate all roads. Access for management should be on foot or by air.
KIND OF ACTIVITY		
Bushwalking	Bushwalking is generally permissible if minimum impact practices are employed. In certain localities bushwalking access may be limited or controlled to meet conservation objectives.	Minimum impact, self reliant bushwalking permitted. In some places access may be prohibited or restricted for conservation purposes or the preservation of spiritual values.
Canoeing and rafting	As for bushwalking.	As for bushwalking.
Bicycling	Permitted on maintained roads only.	Prohibited except on roads (the presence of which is contrary to this policy).
Rock climbing, abseiling and canyoning	Permissible if there is no significant environmental damage.	Permissible if there is no significant environmental damage and conducted without the installation of permanent anchorages.
Horse riding	Opposed in National Parks and Nature Reserves.	Generally prohibited.
Motor vehicular recreation	Permitted on public roads only. Vehicle travelling speeds and noise generation should be tempered as much as possible in natural areas.	Generally prohibited.
MISCELLANEOUS		
Signposting	Signs should be erected only on routes which are popular with inexperienced people.	Signs should not be erected except at the periphery at access points.
Printed guides	Detailed route guides are permissible so long as they give due regard to protection	Limited to general description of the terrain etc, with only broad suggestions concerning



## NAVSHIELD 99

TO THE  
EDITOR,

Fiona Maskell,  
Newcastle Bushwalkers

Having recently competed for the first time in "NavShield", I would just like to say congratulations to Bushwalkers Search and Rescue for holding such a top notch event. The dedication of the organisers is an example to us all. I was very aware that throughout the event, the organisers had our safety well in mind. We knew that should there be a problem, there would be people there to assist us. As it turned out, we did, and they were. The time it must have taken to set up, and organise the event could not have been insignificant. Thankyou for giving up your time for this. Not only was the course good fun, it was in a very beautiful area. This made it possible to be in it seriously, or just for fun, and still see some amazing country.

In addition to all of this, we appreciated the opportunity to network with walkers from different areas, forging contacts that could be very helpful in the future. Non Sydney clubs often do not get the chance to meet those from different areas, so this was a rare chance for us. Some friendly rivalry is a great way of getting to know some new people! This event also provides a wonderful format for members of the emergency services to meet members of the bushwalking fraternity.

In short, I think that this event is good for the Confederation. You won't keep me away from next years NavShield!! See you there.....

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makes a fitting beginning to a journey that passes

monasteries, stupas and mani stones, through rhododendron and magnolia forests up to the village of Namche Bazaar. Here, a day's rest allows you to acclimatise before starting the climb up onto the moraine of the Ngozumpa glacier. Views of Everest, Lhotse and Cho Oyu from the peak Gokyo Ri 5,350m will amaze you. Staying in tents, day sight-seeing in Kathmandu included. 14 days trekking, good fitness level - sustained walking with some of the trek at altitudes over 4,000m. Departs 13<sup>th</sup> January (high season airfare) and 2<sup>nd</sup> March 2000

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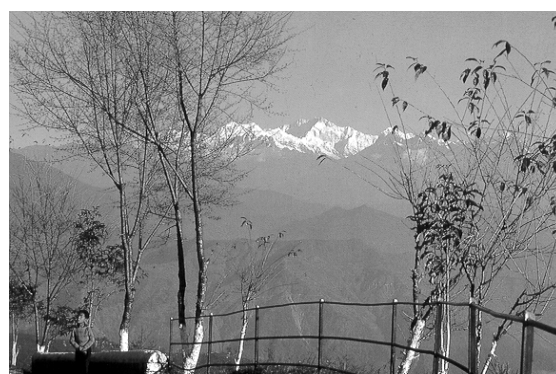
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Melbourne organise and escort treks and minibus tours to Nepal. Our goal is to share with you the sights, sounds and very personal

experiences of Nepal in all its diversity.

**Why would you choose to trek with us?** Mingmar was born in the Solukhumbu region of Everest and worked as a tour guide in Nepal. He has lived here in Australia for nearly ten years.

Marilynne and Mingmar met trekking in the Annapurna region and have been together ever since. We share a love for the country and the people and have a passion for the majestic white mountains as well as Nepal's ancient past.

We have returned to Nepal many times since our first meeting, visiting such places as Everest Base Camp, the wildlife reserve in Chitwan, Lumbini - birthplace of Buddha and Thubten Chholing monastery. We've ridden elephants, dodged donkey trains, photographed glaciers and magnolias, sampled the local raksi, dined on mo-mos and danced with the Sherpas. We even got married there in the Sherpa tradition.

We take only small groups to ensure it really is a "meet the people - experience the culture" experience. For example, treks in the Everest region start with a blessing ceremony in a family home. We provide trek/trip and travel notes, insurance, visa and medical information and make our pricing as inclusive as possible. In addition to scheduled visits, we are delighted to offer our knowledge and enthusiasm and work with groups to make your trip the adventure of a lifetime. email msherpa@labyrinth.com.au [www.labyrinth.net.au/~msherpa](http://www.labyrinth.net.au/~msherpa)

**CONFEDERATION CALENDAR FOR 2000 GET THESE EVENTS ON YOUR CLUBS  
PROGRAMME AND TEAR OUT AND PUT IT ON YOUR FRIDGE.**

<b>January</b>	15-16 World Championship Rogaine New Zealand	18th Confederation meeting Ashfield RSL 7-30		
<b>February</b>	15th Confederation meeting Ashfield RSL 7-30	Remote area first-aid course St John Ambulance 92121088		
<b>March</b>	5th Metrogaine Homebush	18-19th ACT Rogaine Championships	21st Confederation meeting Ashfield RSL 7-30	
<b>April</b>	8-9th BWR* Rescue Training	15-16th NSW Rogaine Championships Colo	18th Confederation meeting Ashfield RSL 7-30	30th ACT Paddy Pallin Rogaine
<b>May</b>	16th Confederation meeting Ashfield RSL 7-30	27-28th Senior First-aid Training Confederation	Remote area first-aid course St John Ambulance 92121088	
<b>June</b>	Paddy Pallin Rogaine Capertree date TBA	20th Confederation meeting Ashfield RSL 7-30		
<b>July</b>	1-2nd BWR* NavShield	15-16th Aust Championships Rogaine Scone	18th Confederation meeting Ashfield RSL 7-30	Remote area first-aid course St John Ambulance 92121088
<b>August</b>	Lake Macquarie Rogaine date TBA	15th Confederation meeting Ashfield RSL 7-30	20th Confederation AGM venue TBA	
<b>September</b>	10th ACT Cyclegaine 6hr	19th Confederation meeting Ashfield RSL 7-30	Remote area first-aid course St John Ambulance 92121088	
<b>October</b>	14th Confederation Bushdance	17th Confederation meeting Ashfield RSL 7-30	21-22 BWR* Rescue training	28-29 Senior First-aid training Confederation
<b>November</b>	11 ACT 6&12 hr Rogaine	21st Confederation meeting Ashfield RSL 7-30	25-26th Upside down Rogaine	Remote area first-aid course St John Ambulance 92121088
<b>December</b>	19th Confederation meeting Ashfield RSL 7-30			

The Remote Area First-aid course is designed to equip those individuals whose interests, activities or employment takes them to isolated areas, with the knowledge and skills necessary to give ongoing care, over a prolonged period of time, to an ill/injured casualty. For enquires contact St John Ambulance N.S.W. (02) 9212-1088. Courses will also be conducted on request for groups of 12 or more.

To become a member of the Rogaine Association phone Graeme Cooper (02) 6772-3584 email [gcooper@metz.une.edu.au](mailto:gcooper@metz.une.edu.au) or visit the website at <http://rogaine.asn.au>

The Confederation of Bushwalking Clubs represents over 67 clubs and 10,500 walkers in NSW. Visit our website at [www.bushwalking.org.au](http://www.bushwalking.org.au) - email [turton@fastlink.com.au](mailto:turton@fastlink.com.au). Phone (02) 9294-6797

Any member of any club may attend meetings of the Confederation.

\*Bushwalker Wilderness Rescue



## CONFEDERATION BUSHDANCE AT PETERSHAM TOWN HALL



Top left - Jenny Sarginson from Scripture Union B/C receiving trophy for best table  
 Top - Tent, first prize in raffle from Mountain Equipment  
 Left - Dressed for the part at the Bushwalker's Bushdance  
 Below - Dancers at bushdance, Wilf Hilder having a 'Ball'  
 Below Left - Winning table from Scripture Union Bushwalking Club.



A SMALL, BUT ENTHUSIASTIC CROWD CAME TO THE ANNUAL CONFEDERATION BUSHDANCE AT PETERSHAM TOWN HALL. THERE WERE LOTS OF PRIZES TO BE WON AND WE WOULD LIKE TO THANK ALL OUR SPONSORS WHO DONATED ITEMS:  
**MOUNTAIN DESIGN**  
**- PADDY PALLIN -**  
**KATHMANDU -**



## BOOK REVIEWS

### ST. JOHN AMBULANCE AUSTRALIA REMOTE AREA FIRST AID - FIELD GUIDE

Thaïs Turner  
Bankstown Bushwalking Club

This handy little reference book is 60 pages long, and made of plastic, with a plastic spiral binding so it can be taken into the field and used in the worst conditions. It can be easily stuck in your pack without adding much weight, so it is available should you have the misfortune to need it when out bushwalking, canoeing, caving, cycling, canyoning, skiing etc in remote wilderness areas.

For a long time there has been a gap in our first aid training resource materials. Now this has been rectified with the publication of "St. John Ambulance REMOTE AREA FIRST AID-FIELD GUIDE, ISBN: 0949569410, approx. \$10.00. Our very own Dave Shephard was able to contribute his extensive knowledge to the content of this book. As noted in the introduction, though, it is intended as a ready reference rather than a textbook, and therefore should be backed up by attendance at a Remote Area First Aid course.

The book covers such topics as: Emergency Services contacts, Basic casualty management, Resuscitation, Bleeding, Head injuries, Suspected spinal injury, Chest pain/discomfort, Asthma, Broken bones, Sprains, Shock, Bites and stings, Severe allergic reaction, Burns, Casualty affected by Cold, Casualty affected by Heat, Wounds in the field, Blistered feet, Casualty with Gastro, Poisoning, Minor illnesses, Pain relief, Lifting and moving the casualty, Safe conduct of outdoor activities in remote areas, What to do if lost or separated from a group, Personal first aid kit, Safety during a rescue, Records to be kept, Incident report, Observation chart and a space for extra notes.

All notes are brief, relevant and concise. Much is covered in a small volume. Despite a few typos and any mention of securing the tents etc under a hovering helicopter in the section on Rescue by Helicopter I would recommend it as forming an essential part of any outdoor adventurer's kit.



### PRESS ON REGARDLESS 50 YEARS OF BUSHWALKING WITH SYDNEY UNIVERSITY BUSHWALKERS

Review by Colin Gibson

To commemorate their clubs 50<sup>th</sup> anniversary the Sydney University Bushwalkers have produced a special limited edition of Press on Regardless. In short, this is an exceptional publication, some three years in the making, engineered by SUBW diehard Dave Noble. Essentially it is a summary of



*A Group of girls from SUBW down at The Blue Gum Forest in the early days*

one of Sydney's great outdoor associations from its pre-history in the 1930's, its foundation in 1946 through to almost the present day.

The many and varied reminiscences from club members past and present make absorbing reading: many of the founding members describe a bushwalking of a very different age, that of hobnail boots, steel-framed rucksacks and wide horizons when Paddy Pallin was Guru of the post war bushwalking "boom".

Some of the more recent club members also take a retrospective look at their walking exploits, notably bushwalker Dave Noble, who provides a potted personal account in "The Golden Years". And there are plenty of golden years in press on regardless.

Many interesting features are taken straight from the pages of the clubs logbooks, which were only "rediscovered" during the course of this publication project. These accounts bring to life the almost forgotten achievements of a whole generation of club members: perhaps the most remarkable among these was Col Oloman who, in a relatively brief career, left a legacy that would not only transform the club but,

to an extent, the activity of bushwalking itself. The accounts by Col and his companions of the first trip down Thunder Gorge in October 1960 – truly a defining undertaking in canyoning history – are just some of the highlights in Press on Regardless.

Other highlights for mine include Fred Douch's telling of the epic Hunter Range traverse of 1947, a truly pioneering achievement in an area that is little known even today. The map's compiler Geoff Ford provides a fascinating account of the origins of the Gundungyra Map with an insight into the controversy that surrounds it. Carol

Mills wit and humor makes the reading of her "Turossian Saga" a real delight, whilst Chris Cosgrove's "A Royal Thrash" through the hardest of the hardest scrub in South West Tasmania I found compelling from go to woe. A solid depiction of a remote and

challenging corner of the world.

There are no glossy pages and no ads. But there are 140 pages of pure bushwalking to be savored. Only 200 copies were printed and fewer than half remain. Be quick. Copies can be obtained from

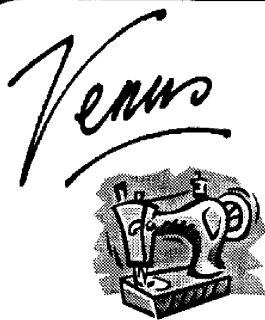
SUBW Home Building

University of Sydney 2006

Cost \$20 plus \$2 postage within NSW

### TRAVEL TO VANUATA WITH A PROFESSIONAL

Vivien Dunne is an accredited travel agent currently studying at the University of Sydney for a degree in Human and Environmental Geography. She has been a travel agent for over 20 years working in both London and Sydney for British Airways, Qantas and Jetset Tours. Vivien is presently organising her third field trip to the islands of the Pacific for the geography department of the University of Sydney as well as organising her own tours to the islands of Vanuatu. Vivien lived in Zambia and the UK before settling in Sydney and has visited over 45 countries in her career as a travel agent. See add page 18



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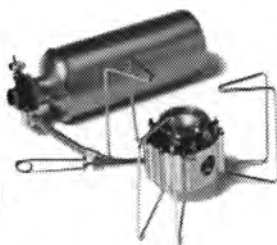
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