

GO BUSH

OCTOBER 2016



BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

Vice-Presidents report

In spite of bouts of wild winds and rain, there has still been some good walking weather this month. Autumn to spring is the best walking time in central Victoria and I am sorry to see it come to a close. My thanks to David Crocker whose mid week walks finished this month.

Our President is doubling as Treasurer at the moment, so there is still an opportunity here for someone to take on the Treasurer's job. The club would also benefit if someone took on the job of speaker coordinator. Some more committee members would help to make the club work well for its members. Four or five heads would be better than two or three at a committee meeting.

At the moment next year's calendar for excursion and speakers is blank, so please keep those ideas coming in. The Christmas breakup will be early this year, on the second Tuesday, the 13th, of December. The location has not yet been decided if anyone has some suggestions.

There has been some response to recent reminders about subs. Non-financial members need to register as a Guest in order to be covered by insurance on any of our activities. Guests are asked to pay a small fee to cover the cost of insurance.

The bush is looking wonderful at the moment, so I hope that all members have been out there enjoying it.

Anne Bridley

BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

P.O. Box 989, Bendigo, 3552
Reg No. A0051482V

Meetings - 4th Tuesday every month [except Dec]
Presbyterian Church Hall, Forest Street
Meetings start at 7:30 pm sharp.

Web address: <http://gobush.org.au/>



COMMITTEE MEMBERS 16/17

President	Kerry Cramer	03 5441 4422
Vice President	Anne Bridley	03 5442 6188
Secretary	Chris Franks	03 5439 3549
Treasurer	Position Vacant	
Trip Coordinator	Garry Brannan	04 5087 9917
Equipment Officer	Chris Franks	03 5439 3549
Web Master	Peter Pemberton	04 2886 9196
Newsletter	Garry Brannan	04 5087 9917
General Committee	Roland Cauka	04 0202 4096
General Committee	Leisje Wilson	03 5441 6118

The statements and opinions expressed herein are those of the Editor and individual authors. They do not necessarily represent the views of the Bendigo Bushwalking and Outdoor Club Inc.

Club Meetings:

Meetings are at 7.15 for a prompt 7.30 pm start on the 4th Tuesday of every month (except December) now in the Presbyterian Church Hall, 35-41 Forest Street, Bendigo.

There is an annual calendar of speakers, presenters, and activities. Visitors are always welcome.



Monthly Meeting Activity

• October 25	Club Meeting --- Trips in the Flinders Ranges , John Lindner
• November 22	Club Meeting – Gammon Ranges , Peter and co.
• December 13	End of Year Function – Venue – TBA

Ideas Wanted

Do you have any ideas for the club meeting nights, pictures of special trips you have been on [club or otherwise], interesting people you know who might come and speak at a meeting, or anything else that you might think of to entertain the ever increasing numbers attending meetings. If so, please contact a committee member



Membership fees.

Fees are \$60 for a family and \$40 for single members. A Membership Form can be found on the website at www.gobush.org.au. Remember you must sign the Acknowledgment of Risk at the bottom of the membership application otherwise you are not covered by the Club insurance.

Bits and Pieces

Bushwalking News Victoria

The most recent Bushwalking Victoria Newsletter can be found here.
Lots of interesting stuff – take a look.

<http://www.bushwalkingvictoria.org.au/what-we-do/publications/newsletters>



GoBush

The deadline for the next edition of will be Wednesday November 16th.

Please forward Trip Reports, interesting articles and additions to the activities calendar to Garry – garrybrannan@gmail.com ph04 5087 9917

Calendar



Please give some thought to walks and other activities for next year. If you have an idea for a walk but don't feel confident enough to lead it, talk to a regular walk leader about your idea. We are often stuck for new and interesting destinations for activities.

Trip Reports

Vulkathunha-Gammon Ranges 2016.

Friday 2nd September rolled around with great anticipation. Cars were packed, including loads of water containers for the water drop that had been required in the past for this hike. The departure was delayed as a party members phone was still being charged at his home, and a quick trip was required to retrieve it. Not that there is any phone reception in the Gammons, but it was required for pirate Garry's parrot "shoulder camera" set up.

On the road lunch was had at Red Cliffs, arvo break at Burra, and a middling pub dinner at Peterborough. Next day Leigh Creek was raided for BBQ supplies, and Quantong niceties obtained at Copley. On arriving at Balcanoona, the rangers were not present, so we went about locating rooms in the shearers quarters, cleaning the BBQ and cooking up a dinner worthy for any departure into the wilds. The locked Kitchen in the shearer's quarters was finally opened when Greg hunted down the key.

The commencement of the walk required some re-organising, as the water and food drop now had to be completed by us in the absence of the ranger. The site was selected just downstream from the junction of the South and North branches of the Italowie Creek. The first camp now was near Bunyip Chasm in enjoyable red cliff surrounds, complete with running water. The walk along Balcanoona creek and its Gorges to this site provided the introductory rewards in return for the long trip to the Gammons.

As per the trip six years prior, Bunyip Chasm was flowing. Garry, Rechelle and Jane climbed up a side wall to get past the first water obstacle, but it was too wet to go on.

There had been 25 to 50mm rain at the Gammons the week prior to our trip, which was on top of the several inches of rain in the past three months. The normally dry winter had been changed by warmer than usual Indian Ocean temperatures. The rain over several months had transformed the parched Gammons into a very green landscape.

The water fall on Balcanoona creek and past Bunyip Chasm, was explored as well by Garry, Rechelle and Jane, and it was decided that the steep side gully the was required to be ascended for this route onto Steadman spur was too slippery.



Garry, Rechelle and Jane at the top of the climb out of Bunyip Chasm

So the next morning we climbed a steep ramp that Greg had located on the previous trip, to gain access to Steadman Spur, and then progress to the top of Mount John Roberts. This was initially slow as Peter needed to haul his pack on the initial part, before the group climbed steeply and paused briefly half way up Steadman's spur to enjoy wonderful views from the elevated position. The cliffs on the opposite side of Balcanoona creek were damp and covered in Lichen. The pause also allowed for the removal of Spinifex splinters and contemplation on how best to avoid these.

A longer break allowed the party to enjoy the views from the top of Mt John Roberts. The hills towards Lake Frome were markedly greener than I had seen them before. Red Hill, which is usually a very distinguishing red, was noticeably not so. The log book was interrogated to recall the three previous club trips to this point, and to record our presence.



Our campsite beside the Italowie Creek waterhole

rock walls that give this area such immense aesthetics. With several digital cameras capturing the memories, one of the party was heard to say “Not another F##\$\$ \$@#\$ WOW moment!!”. This basically summed up everybody’s enjoyment of the Gammons. Truly amazing.

On return along the creek we meet three other hikers, who had camped on Mt John Roberts the night before. Before returning to camp Peter, Jane, Rechelle, Melinda and Bob explored a short way along another creek, finding a branch and each side branch with its own waterfall. One was running into a small gorge and provided a refreshing pool in which Peter and Jane enjoyed its invigorating cool waters.

We had decided to spend a second night camping on North Italowie with its resident Mopokes. There was running water which provided a rare opportunity in Spring. We observed a red bag hanging in a tree near our tents which provided much talk about its origin as it did not belong to the other three hikers. Several of us were sure it was not there that morning. We enjoyed an evening meal in the communal camp kitchen, Greg especially so as he had a quite lively and spicy meal. There was discussion on what consequences this meal may lead to, but best not to recount those here.

We descended Mt John Roberts as per Chapmans trip notes, which differ from the route on the map. This proved an easy descent into a creek bed which we followed to the North branch of Italowie Creek. An Owlet Nightjar was spotted near the junction, as was a crow which had a slightly lacklustre crow call. This provided some entertainment as we took a break. Peter scouted upstream for the campsites and was surprised to not only find water in the water hole here, but also running water.

After setting up tents with water front views, we retrieved several days food from the food drop. Needless to say we didn’t need to retrieve any water.

The next day was spent exploring further along North Italowie and along a side creek to Shelf Chasm. We climbed the semi circular waterfalls which spiral up to a rock outcrop known as Old Man Italowie, and enjoyed views back down to where we had just been. Here we also watched some pine trees disperse clouds of spores. We continued further on this creek where Bob, Melinda, Garry and Rechelle climbed the first few waterfalls leading to Shelf Chasm, whilst Jane made it to the shelves below the fifth waterfall.

On the way to Old Man Italowie, we made our way around another creek bend into another gorge with the rich red



North Italowie Creek approaching the "Old Man Italowie"

Next morning we left via Wild Flower creek for Wild Flower Saddle. We missed a side track from the creek and so climbed up a steep slope to gain the ridge that leads to Cleft Peak. We had a break and enjoyed the great vistas that the Gammons offer, whilst Garry, Rechelle and Melinda explored further up the ridge towards Cleft Peak.

We then walked down to the saddle and then the steep descent to South Italowie Creek. Due to the moisture in the ground, the steep track was not as loose as it usually is when its dry. On the way down we observed more tents near the creek. And yes, South Italowie creek was also running.

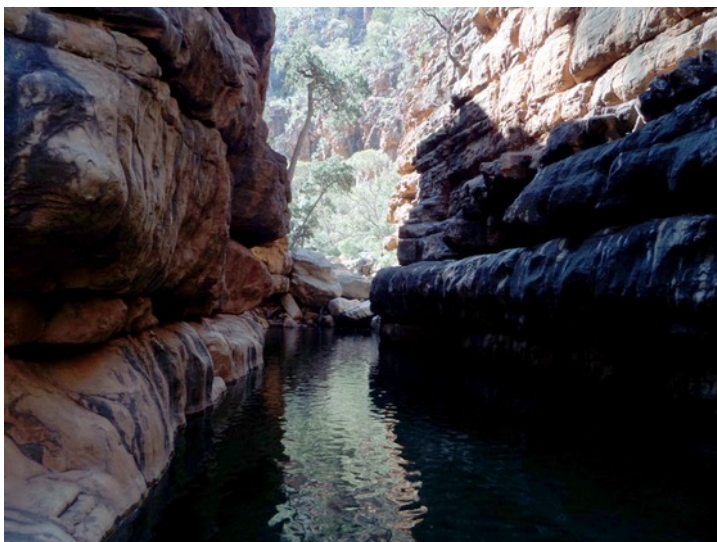
The short diversion to the base of Rover Rockhole revealed the owners of the tents. A group of more than a dozen ex Adelaide University Mountaineering Club's members were revisiting as a re-union of a trip to the same spot forty years prior. On that occasion, it was the usual Gammons water availability and the only water they could find in the Gammons was at Rover Rockhole. Unfortunately they had to pull a dead goat out of the water before they retrieved water for themselves from the rock hole.



The pool below Rover Rock Hole

We set up camp at the junction of South Italowie Creek and the creek that leads to the Terraces. This meant there were now three parties summing more than twenty people camped within a few hundred metres. The Gammons was losing its wilderness reputation. No doubt more people were hiking here as footpads were more common and more pronounced than previous visits. The visiting ex uni party also solved the mystery of the red bag, as they had left it in the tree the day before.

After lunch we walked towards the terraces. The creek had a lot of silt and mud, and no recent footprints, indicating a possible flash flood in the last week. The silt at times made walking a bit easier as it covered rocks that would normally require more concentration to walk over.



The Bath Tub

The bath tub, a small bath shaped chasm, was full. It can be climbed around but Rechelle and Melinda took the opportunity to swim its short length through its cool waters. At the start of the terraces Peter took the opportunity of a rock pool to wash, whilst Greg, Garry, Rechelle and Melinda took advantage of another further up. Jane explored further up the Terraces and was later followed by Greg and Peter.

On the return, it was Greg, Garry and Jane's turn to swim back through the bathtub, whilst the others climbed around with their gear. That evening, Garry was exploring near the campsite and had a fall on some rocks spraining his wrist and allowing an opportunity for using some of his magic tape on his legs for some post fall patching.

The penultimate day started routinely, as we left to go downstream at 7.30am. On our way we discovered a batch of old emu eggs.

From Scree Creek, Greg, who was nursing his knee, and Garry, nursing his wrist, continued on to our food and water drop where we were camping that night while Bob, Melinda, Rechelle, Peter and Jane continued up to McKinley Bluff.

On the way, we were treated to a sight of a multitude of Yellow Footed Rock Wallabies hopping around. Further on, Peter decided to turn back as he was nursing a bruised knee from a previous days encounter with a rock. Bob, Melinda, Rechelle and Jane continued on up and enjoyed lunch and the incredible views from McKinley's. On the way back down, there was an unexpected shower of rain, but it had eased by the time we got back to camp.



Emu eggs near the Italowie Creek

The mosquito's numbers and viciousness had not eased. Greg and Garry had taken to their tents while waiting for us to return to escape them. They became worse as the day drew to a close, and meals were hurriedly cooked and eaten before everyone jumped into their tents early to escape the relentless blood thirsty insects. And tonight was the first night on this trip we were not camped next to running water....yet.

Then it started to rain, lightly at first. This continued for some time until a few hours later a thunderstorm passed through. As this eased, water could be heard flowing a fair distance away in a one of the braided creek beds. This indicated the South branch was now flowing.

The break was only momentary as very soon another thunderstorm hit with heavy rain. Thoughts were pondering if this rain was wide spread, and the party may be isolated for some days if we were not able to drive out of the Gammons tomorrow. Around midnight the second storm eased and another sound approached.

Softly at first, then the roar grew quickly, the sound of rushing water and tumbling rocks. A flash flood had come down the creek next to where we were camped. Peter and Jane got up to look at the swollen creek, and were amazed to see it still rising rapidly before their eyes.

All tents were still on dry land, but we moved Rechelle, Greg and Garry's as a precaution in case of further thunder storms. Another creek had come to life behind us, so we were on an island. We now had had running water at all our Gammon ranges camp sites. So much for the water drop!

No further rain bothered us that night, but we were still wondering next morning if we could drive out. As we walked past the very green Red Hill, we kept looking back at the ranges, remembering all the great places we had just been.

We were encouraged as it seemed that less rain had fallen near the 4WD track. There were some flowing streams we needed to drive through, and some muddy sections that provided some slippery moments, but soon we were back at Balcanoona, enjoying lunch and lukewarm showers.

We still needed to get to the bitumen at Copley over 100km away. There were many creek crossings on this road, and flood damage. Three of the crossings had water flowing onto the bonnet, with one a little deeper than the rest, but we made it through. Soon we were at Copley and enjoying Quandong delights and massive meat pies.

Jane had to back in Bendigo by Sunday morning, so car loads were adjusted and Garry, Rechelle, Melinda and Bob were to travel back in Greg's vehicle. They stayed in Leigh Creek that night whilst Peter and Jane travelled to Melrose and then to Bendigo the next day. Greg's crew arrived in Bendigo the following afternoon after losing count of all the Emus roaming around west of Mildura.

Thanks Jane, Rechelle, Melinda, Bob, Greg and Garry for enjoying another great adventurous trip to "The Gammons".

Peter

Heathcote-Graytown National Park. Sunday 2 October.

On a fine day, ideal for bushwalking, eleven walkers including three from Castlemaine met at the ruins of WW2 prisoner-of-war camp number 6 in the Heathcote-Graytown NP. I was delighted that some of the group had read up on the camp and that Bill had had an oblique association with the place. Following some discussion, we then followed the route through the park as described in the Tyrone Thomas and Andrew Close book referenced at the end of this report.

We had morning tea at the historic Graytown cemetery which the group found fascinating. It is such a beautiful location with the headstones scattered amongst the trees. Lionel drew my attention to a memorial plaque commemorating three people named Boch with the two adults coming from a village in Hanover Germany. Amazingly Andrea had visited the village.

There was a lot of water on the gravel roads in the park and mosquitoes were slightly annoying when we stopped. I became slightly worried about the two off-track sections that I had planned, one of which crossed a creek and the other followed a gully.

There is a lot of evidence of past gold digging in the park but we did not have time to investigate, however, Bill pointed out the remains of a puddling works beside the track.

On the first off-track section I was surprised to find the creek dry which we crossed before entering the bush. We climbed up onto the ridge and then followed it towards Melville's Lookout, spotting a Scar Tree on the way. At the Lookout we caught up with a couple who were reconnoitering a trip for U3A. We then descended into a saddle with a granite quarry and commenced the steep climb up Mt Black. The reward was the large numbers of magnificent old Australian Grass Trees. Kerry found a nice lunch spot just down from the summit.

It has been a fantastic year for wildflowers and the usual suspects were present in the park. I think the signature flower this Spring is the wax-lip orchid which is everywhere. I saw a lot of Daphne Heath and Anne found a Scarlet Sundew. 2016 has been a great year for sundews.

There was not much water in the gully on the second off-track section. The last delightful spot on the way back to the cars was Surface Hill Dam-it looked a peaceful and an inviting location.



Bill and Kerry at the scar tree near Melville's Lookout



Magnificent Grass Trees on the climb up Mt Black

After the walk eight of us enjoyed coffee and a chat in the Heathcote Estate Café.

Thank you to Anne, Barb, Andrea, Becky, Kerry, Bill, Max F, David C, Lionel and John for supporting the walk.

Reference.

150 Walks in Victoria. Tyrone Thomas and Andrew Close. Walk 144 Graytown, pages 392-396. Goldfields Library Reference No. 796.51 THO.

Bob Jones.

October 23rd Sunday – Mt Kooyoora.

With the amount of rain that we've had over the last few weeks, mosquitoes are to be expected. Nothing could have prepared us for the onslaught of the buzzing beasts that swarmed onto our unsuspecting little group on arrival at Melville caves. After a quick pit stop and an exchange of greetings with Alan and Hennie [who were there on an unrelated photography task], we drove off to the start of our walk near the White Swan mine.



*Andy, Mark, Hans, Jill, Malee and Garry on Mt Kooyoora summit.
Below R. Mark and Malee exploring amongst the wind eroded rocks.*

Nearing the end of the ridge we dropped down the southern side out of the breeze, and immediately the mosquitoes returned with a vengeance, the attacks more persistent than ever. From here the walking was easy along tracks and formed gravel roads, and the pace was brisk.

Fortunately, there were no mosquitoes at the Bridgewater Bakery, just great cakes and coffee.

Thanks Andy, Malee, Mark, Jill, Roland, and Hans

Garry.

The White Swan was mined for quartz crystal during WWII; the crystal used for electrical devices related to the war. Ironically, it seemed a bit like WWII with the sporadic attacks of mosquitoes as we walked across the valley and up the southern slope towards the summit of Kooyoora.

Fortunately at the top there was a strong wind blowing, sufficiently strong to fend off the mosquitoes, so we had a leisurely, if somewhat early lunch there before heading off through the enormous boulders along the west ridge.



Activities . . . October and beyond

Sunday 30 October. Day Walk. Hepburn Regional Park.

Grade: Easy 13km circuit on bush tracks (rocky in places) and 2km walking alongside sealed roads (footpath for 800m and the rest on the road verge). Total uphill 330m. Short steep hills to 20%.

Bring: Lunch, morning tea, nibbles and water (at least 1L), first aid and suitable clothing for the weather.

Refer to "walksafe" booklet page 16 for a list of items which should be in your pack.

http://www.bushwalkingvictoria.org.au/files/walksafe_booklet.pdf

Highlights: Breakneck Gorge, wildflowers and 4 soda springs in Hepburn Mineral Springs Reserve. Morning tea will be taken at the Blowhole which is closed to the public owing to storm damage.

Fuel Share: Zone 2. Each passenger pays \$15.

Afternoon tea: In the Hepburn Mineral Springs Reserve café.

Meet: Club's Meeting Hall in Forest Street on Sunday 30 October at 9am.

Leader: Bob Jones – ph 0458012934. Ring me for any queries.

Saturday 12th to Sunday 22nd November – Coastal Wilderness Walk

Thurra River, Croajingolong NP (Vic) to Merrica River, Nadgee Nature Reserve (NSW)

This is an extended walk of 94km over 12 days to be undertaken as two six day walks, with two rest days in Mallacoota in between.

Sections: From Thurra River to Mallacoota - Pack carry 6 days (61km)

From Mallacoota to Ranger Station (Merrica River) - Pack carry 6 days (53km)

Grade: Medium

Party Size: Maximum party size is 8

Opportunity to walk along one of the most remote sections of coastline in Victoria and New South Wales. Major features of the walk include rocky headlands, sea caves, sweeping sandy beaches and saltwater estuaries, plus numerous birds, plants and animals of this coastal environment. Most campsites on the trip will be reached by lunchtime which will give ample opportunity to explore the coastal environment.

Rest days on Sat/Sun 19/20th November in Mallacoota will allow for local exploration, and for those leaving or joining the trip [subject to suitable transport arrangements].

Detailed information available for those interested.

Garry Brannan ph 04 5087 9917 garrybrannan@gmail.com

Sunday 4th December Bike Ride – Western half of the Bendigo Bushland Trail

The Bendigo Bushland Trail encircles the fringe of Bendigo on tracks & some roads. For this ride we will meet at the Golden Square Senior Citizens' Centre in Old High St, Golden Square, then ride south on the linear trail to meet with the Bushland Trail in Kangaroo Flat. Then we ride clockwise on the BT to Long Gully, leave the Bushland Trail and follow the Long Gully Trail to Lake Weeroona, and back on the linear trail and Bendigo Creek to the start.

Bring: Reliable bike, torch or lights [we will ride under Charing Cross], helmet, lunch, morning tea, nibbles, suitable clothing for the weather, plenty of water [1 litre at least], sunscreen, and mosquito repellent.

Afternoon tea [coffee] at Lake Weeroona.

Meet: Golden Square Senior Citizens' Centre, Old High St, Golden Square at 9am.

Garry & Rechelle ph 04 5087 9917 garrybrannan@gmail.com

Thredbo Diggings, Kosciuszko National Park

Saturday 21 to Sunday 29 January 2017 (9 days).

Type: Base camps with day walks in the Kosciuszko NP (last done 2015)

Camp(s): Our main base camp will be at Thredbo Diggings on the Thredbo River. We may also stop, camp and walk at Swampy Plains and Tom Groggin on the way up or the way back to Bendigo.

Attractions: Alpine wildflowers at their best, great scenery, beautiful rivers

Gradings: There is a wide range of walks available, ranging E to M to H. You choose walks that are suitable for yourself. We do not all have to be on the same walk at the same time. But we will therefore need various leaders for the different grades.

Dates: Saturday 21 to Sunday 29 January 2017 (9 days). I cannot accept people who want to join for fewer days – it becomes too complicated. It's "all or not at all".

Weather: We are subject to the extremes and vagaries of alpine weather. The time allocation allows for days in which we may be camp-bound or limited to being low altitude tourists (eg Thredbo, Jindabyne)

Organiser: John Lindner, ph 5448 3406, jwl.bendigo@gmail.com

Group limit: 12. Full details available from John upon request.

BBOC ACTIVITIES CALENDAR

Date	Description	Rating	Comments	Contact
October				
Tuesday 25th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		Travelling up North., John Lindner	
Wed 26th			Bendigo Cup Holiday	
Sunday 30 October.	Hepburn Regional Park. 13Km.	D/W Easy.	Blowhole, Breakneck Gorge and 5 mineral springs	Bob Jones. 0458012934.
November				
Saturday 5th November	Werribee Gorge – 10km circuit walk providing spectacular views of the gorge.		From the Gorge Eastern Walk, travel up the gorge toward Myrning Creek, climb the spur to Eagles Eyrie, return via Falcons lookout.	Hans Tracksdorf 04000 49 891
12th – 27th Nov 16 days	Croajingolong/Nagee Wilderness Thurra River – Merrica River	Medium P/C	Two walks of one week duration each Participants can do either week or both.	Garry Brannan 04 5087 9917
Tuesday 22th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		Gammon Ranges, Peter and co.	
Saturday 26th November	The Granites of Mt Tarrengower A circuit walk of circa 9km	D/W	The walked is varied and takes in some of the granites on the west side of the mount. Walk involves hill climbing , town walking and off track	Hans Tracksdorf ph 04000 49 891
December				
4th Sunday	Bike Ride – Western half of the Bendigo Bushland Trail	Easy	The Bendigo Bushland Trail encircles the fringe of Bendigo on tracks & some roads.	Garry & Rechelle 04 5087 9917
Tuesday 13th December	Christmas breakup		Location & time TBA	Anne Bridley 5442 6188
January 2017				
Saturday 21 to Sunday 29 January 2017 (9 days)	Base camp with day walks. You choose walks that are suitable for your self.	E/M/H	Based at Thredbo Diggings on Thredbo River, Kosciuszko Natopnal Park.	John Lindner, 54483406
Tuesday 24 th January	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.			
Sat or Sun 28/29th	Day walk – Leader required			
February				
Tuesday 28 th February	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.			
Sat or Sun 4/5th	Day walk – Leader required			

MEMBERSHIP RENEWAL FORM

Adults:

1. _____
2. _____

Children:

1. _____
2. _____
3. _____

Address: _____

Postcode: _____

Phone: _____ Mobile: _____

Email: _____

Next of Kin/Nominated person to contact in an emergency:

Name: _____

Phone: _____

Address: _____

Membership Fees for 2016/17 are due from 1st July 2016. Please return this form with your payment to:

The Treasurer,
Bendigo Bushwalking & Outdoor Club Inc.
PO Box 989, Bendigo, Vic 3552

Membership: Adults - \$40, Family - \$60.

The Newsletter "GoBush" will be forwarded to you by email.

If you wish a hardcopy of the news letter delivered by Australia Post – tick the box

Please ensure you sign and date the Acknowledgement of Risk at the bottom of the page

ACKNOWLEDGMENT OF RISKS AND OBLIGATIONS OF MEMBERS

This acknowledgment of risks applies to all club activities I may undertake as a member of the Bendigo Bushwalking and Outdoor Club Inc. In voluntarily participating in activities of the Club which are described to me by the activity leaders I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. I also acknowledge that I may encounter weather conditions that could lead to hypothermia and being in locations where evacuation for medical treatment may take hours or days.

In particular when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks described to me by the activity leader.

To minimise risks I will endeavor to ensure that

- Each activity is within my capabilities,
- I am carrying food, water and equipment appropriate for the activity.

In addition

- I will advise the activity leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity.
- I will make every effort to remain with the rest of the party during the activity
- I will advise the leader of any concerns I am having, and
- I will comply with all reasonable instructions of club officers and the activity leader.

I have read and understand the above requirements. I have considered the risks before choosing to sign this acknowledgment of risk. I still wish to join the activities of the Club. I acknowledge that I will take responsibility for my own actions and that signing this form or the payment of my subscription will be deemed as full acceptance and understanding of the above conditions.

Name:

Signed:

Date: