



Tablelands Bushwalking Club Inc

The Tablelands Bushwalking Club

Newsletter – December 2015



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If a Walking Trip is Delayed – What Your Emergency Contact Needs to Know.

Occasionally trips are delayed due to unforeseen circumstances. Before leaving on a Tablelands Walking Club (TWC) outing you should tell your emergency contact (family member or friend) where you are going and give them a copy of the phone numbers of the Committee Members as members of the Management Committee will be the Contact Officers.

Contact should be with **any member of the Tablelands Walking Club Management Committee**. The phone numbers of the committee members are found at the beginning of the Walks Program or the Newsletter. Move down the list until you find someone at home.

If there were a situation that required a search or rescue, members of the Committee would liaise with experienced walkers within TWC and with the Police and SES. They will also hold membership details for all TWC members, including the name of a family member or friend to contact in case of delay or emergency.

The articles and information in this document are printed in good faith. The club does not accept responsibility for errors or omissions in this document or for the manner in which the information contained in this document is interpreted or implemented.

The East Coast's Best Daywalks

from Tasmanian Expeditions

Tasmania is home to Australia's most famous extended walks, but did you know that the East Coast also features some of the country's best day walks?

This is according to our experienced guides, who split their time between walking the Apple Isle over the summer months and the classic mainland trails during the winter months. They know what they're talking about.

So, what are they?

1. **Mt Amos, Freycinet National Park** – Situated in the Hazards, a climb up Mt Amos boasts unrivalled views over Coles Bay and as far as Swansea on one side then stunning Wineglass Bay (pictured) on the other. If you are fit enough and it hasn't been raining it certainly a more exciting option than the standard Wineglass Bay lookout walk.
2. **Bishop & Clerk, Maria Island** – Head past the Fossil Cliffs and admire the various blue hues of the water out towards Schouten Island before scrambling to the summit for views back towards the Freycinet Peninsula. Time it right and your afternoon return to base-camp will be shared with wombats and wallabies.
3. **Mt Maria, Maria Island** – A trip to the highest peak on this virtual 'Garden of Eden' is largely covered by gorgeous forest, obscuring consistent ocean views, before coming out for the rock scramble to the 711 summit. ON the top you'll enjoy awesome views back to the mainland (Tasmania in this case!) and down to Reidle Bay and the island's famous isthmus. Don't consider traversing to Bishop & Clerk, the terrain is impenetrable.

The Art of Walking

sent in by Wiert Mensinga

I bet you did not know that there can be a philosophical side to walking. Most of us skip up and down our local hills and dales, whilst discussing previous and future walks, as well as the local gossip, without giving the whole exercise much thought whatsoever. We just get on with it, hopefully whilst it is not too hot or too cold. The experience is judged particularly pleasant when we manage to avoid leeches, stinging trees and similarly inclined insects.

On one of those days that my dearest like to remind me that another year has been added to my personal history, I was given a just under three hundred page book entitled: **“The art of walking, natural conscious walking – a path to health and the richness of wellbeing”** by Marguerite Osler ... the first thought that occurred to me was: “Here we go, tiptoe through the tulips ...” . However ...

For those of you who may find this important, yes it does have lots of pictures, but not on every page. If you like a party you can now have one on your sitting room coffee table because and I quote ... “This book is a celebration of Walking, created by Marguerite and her many years of exploration, personal experiences and knowledge as well as the inspirational writings of others. For instance, there is a quoted advice from Henry David Thoreau: “...you must walk like a camel, which is said to be the only beast which ruminates when walking”. Chewing-gum anybody?

I could not say it better than the following quote from a book shop:

“The Art of Walking” is a treasure trove of knowledge, practical guidance and inspiration. It is a ‘how to live richly’ book, weaving a journey through diverse dimensions of Walking – health, therapeutic enjoyment and balance, multi-faceted deeper dimensions, and as prayer, praise, meditation – a way to the sacred.

For the first time, readers will:

- Ø Learn about Nature’s easy, strong and supple Walking patterns – and how to achieve this.
- Ø Develop Walking into a powerful resource, a path to physical, mental, emotional and spiritual wellness.
- Ø Recover their natural state of poise, freedom, sensitivity, vitality and expansive consciousness.
- Ø Transform an ordinary activity into one of extraordinary power, lightness and intelligence.
- Ø Discover focusing lifeskills, and an antidote to stress of any kind Osler offers a ‘praise-poem’ on Walking. A skillful way of moving through one’s days and life, balanced and centred in richly-layered awareness. It is body-talk, mind-talk, soul-talk. It speaks to EveryMan and EveryWoman interested in making his/her life a unique ‘work of art’ and in exploring the multi-dimensional aspects of “The Art of Walking”. \$35.95

Over 11,000ha of forest added to Qld parks

Great Walks e-news 02 Nov 2015

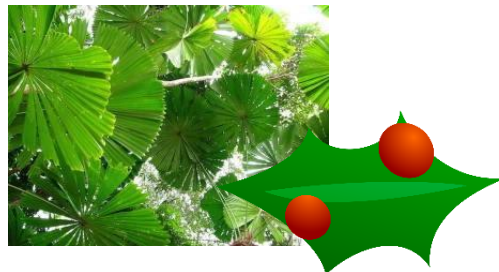
More than 11,000 hectares of forest in central and north Queensland have been added to the state’s national parks by the State Government.

This includes areas near Bundaberg, Cairns, Mackay and Townsville; [Kuranda NP](#) near Cairns was one of the areas expanded.

According to [SkyNews](#), the amount of bush and rainforest that was upgraded to national park status would fill nearly 10,000 Suncorp Stadiums.

“Queensland has some of the most incredible natural environments in the world,” National Parks Minister Steven Miles said. “We want to preserve them for future generations to explore and enjoy.”

He also said that about eight per cent of the state was now protected. There are over 300 national parks in Queensland, now covering 8.7 million hectares.



Garmin's vivosmart HR will help keep the beat

Great Walks e-news 03 Nov 2015

The vivosmart HR from Garmin is a touchscreen activity tracker with Elevate wrist heart rate technology and a full suite of smart notifications. The sleek band is lightweight and comfortable for all-day wear, and there’s up to five days’ battery life and a 5 ATM (50 metre) water rating.

It features a large sunlight readable display that’s always on and 24/7 heart rate monitoring, as well as counting floors climbed and measuring activity intensity.

As well as tracking steps, calories, distance, heart rate and displaying the time of day, you can check how far you’ve climbed on a walk thanks an integrated barometric altimeter. It will remind you if you’ve been sitting too long, learn your current activity level and create a customised daily step goal.

When paired with compatible smart phones – it automatically syncs with the recently updated Garmin Connect Mobile app for iPhone or Android– it can receive text, calls, email, calendar and social media alerts.

You can also control your music, remote control a Garmin VIRB camera (sold separately) and send a signal to help locate your smartphone if you misplace it. It will be available early-to-mid November 2015 in three colours: black, imperial purple and midnight blue.

The vivosmart HR, RRP: \$229.

For more information click [here](#).

Introducing the Elektra FE cook system

Great Walks e-news 21 Oct 2015

The Optimus Elektra FE RRP \$149.95



Optimus' **Elektra FE** cook system is designed to be lightweight (455gm), compact enough to easily fit in a backpack (124 mm x 165 mm), fuel efficient and still powerful.

Its average boil time can be as little as 2.3 min/0.8L water, depending on the climate, altitude and other factors.

And the average burn time is up to 90 min at maximum output (10200 BTU/3000 W) with a 220g canister.

It uses a butane/propane gas canister (not included); refill.

Optimus Gas Butane/Isobutane/Propane canisters are available in 97gm, 220gm and 440gm.

The system comes with a Crux Lite gas stove, a handheld piezo ignitor to get it going and a Terra Weekend HE Heat Exchange Pot with a lid.

There's also a clip-on windshield, which is designed to reduce gas consumption and boil time.

For more information about the Optimus Outdoor Cooking range, visit outdooragencies.com.au or call 1300 784 266 to find your nearest stockist

Hartz Mountains National Park - Tasmania

Hartz Mountains National Park is a window into the south-west wilderness, offering views of remote mountain ranges as far as the southern coast. As well as spectacular views of a landscape which has been shaped by glaciers during past ice ages, the park offers a variety of unique features. Waterfalls tumble off the dolerite range that runs through the centre of the park and small glacial lakes dot the plateau. The park contains a wide variety of vegetation from wet eucalypt forest and rainforest through to alpine heath on the exposed mountain tops.



The Hartz Mountains experience typical south-west weather conditions. This can be a wild, inhospitable and isolated place. Rain falls on more than 220 days of the year so it is necessary to carry waterproofs and warm clothing with you at all times. In all seasons there can be snow, high rainfall, extremes of temperature, strong winds and sudden weather changes, which can provide a dramatic contrast to conditions in the forested lowlands you have just passed through.

It is important to register your walk, even the shortest one, at the registration booth next to the carpark. Don't forget to sign out at the end of your walk. But remember that this book is usually not checked by rangers until a group is reported overdue. The raised boardwalk on many tracks can become difficult when covered in ice or snow.

Drivers should note that beyond Geeveston the road to Hartz Mountains is unsealed and severe weather conditions may exist. Your vehicle could become stuck in snow, and there is the risk of death from exposure to cold. If the road is snow covered, you should not proceed.

Waratah Lookout (5 minute return walk)



This walk is a great introduction to this park, giving you a look out over the forests you have just driven through. Starting near the Waratah Picnic Shelter, a very easy gravel track leads to a viewing platform overlooking the Huon Valley. Old myrtle forest grows immediately below the lookout, with views of forest across the Huon Valley to the Wellington Range. But don't forget to stop to look at the interesting plants beside the track. On visits in December and January you will be treated to a blaze of red from the Tasmanian waratah in flower.

Arve Falls (20 minute return walk)

A leisurely walk follows the path of the Arve River through alpine herbfield and snowgum woodland to the edge of the plateau where the Arve Falls tumble into the valley below. Signs along the way tell you about the landscape and its special plants. This walk starts from a small car park about 1 km past the Waratah Picnic Shelter.



Lake Osborne (40 minutes return)



If you want to experience the many varieties of forest and moorland then this walk is an ideal start. A gentle uphill climb through forest takes you across the Hartz Plateau to this picturesque glacial lake. You will pass through a grove of young rainforest, containing myrtles, sassafras and pandani. Beyond the forest look out for the Devils Marbles, large boulders dumped onto the plateau by glaciers. A section of woodland and open moorland then leads you to the lake which is fringed with ancient King Billy pines. You can also learn, from signs along the trail, the story of how fire and ice have shaped this landscape and its vegetation.

Lake Esperance (2 hrs return)



A fascinating walk through woodland and snowgums, up to the high country where cushion plants and ancient King Billy pines encircle the lake. You may hear the haunting call of the mountain currawong as you wander along the plateau. A short distance along the track you will pass a memorial to Sydney and Arthur Geeves, who perished near here in 1897 in the harsh blizzard conditions that can occur here at any time.

Hartz Pass (3.5 hours return)

This is an ideal place to get a view into the [Tasmanian Wilderness World Heritage Area](#), but is a steep uphill climb. You will need to be a reasonably fit walker.

Hartz Peak (5 hours return)

Hartz Peak is the highest point of the Hartz Mountains, and in fine weather the summit offers one of the best views of the south-west. The jagged outline of Federation Peak can be seen on the horizon. This is a walk only for fit, experienced walkers, as it is a steep uphill climb and the route is not clearly marked beyond Hartz Pass. Along the ridge from Hartz Pass you may encounter extreme weather with poor visibility and strong winds. You

will need strong footwear for this section which climbs steeply over loose rocks and boulders. Allow plenty of time for the many stops to enjoy the breathtaking views.



Flinders Island, Tassie's best kept secret

Great Walks e-news 19 Oct 2015



*Lichen makes the rocks glow on Flinders Island.
Credit: Brent McKean.*

A part of Tasmania, so close to Melbourne and yet a world away, in eastern Bass Strait lies Flinders Island, the largest of an archipelago of 52 islands.

They are the mountain peaks of what was once the land bridge that connected Tasmania to the Australian mainland.

With plentiful plant and bird life, Flinders Island is home of the Cape Barren geese and 18 million shearwaters (mutton birds), prolific wildlife includes echidnas, wallabies and wombats.

In this setting Flinders Island Adventures, a tourism operation run for over 24 years by James and Lindsay Luddington, started Walking tours 16 years ago.

The company offers fully guided walking packages from 4 to 8 days walking, catering for walking clubs or groups of friends.

Flinders Island Adventures has been the recipient of two summer season regional People's Choice awards.

For more details go to www.flindersisland.com.au