



Postal Address: PO Box 1130, Rockhampton 4700

Club Website: <http://capricornia.bwq.org.au/>

Facebook: <https://www.facebook.com/capricorniabushwalkers>

President:	Kevin Cullen	0487 655 892
Secretary:	Greer Burgess	0488 408 775
Treasurer:	Janine Kenealy	0418 372 465
Committee:	Megan Grieve, Anna Mainey, Pauline Toop, Lindsay Hensel and Mark Angus	
First Aid Coordinator:	Vacant	
Newsletter Editor:	Mark Angus	
Detailed Walk Schedule:	January to May 2024	



NOTES TO ALL WALK LEADERS:

- ❖ Required walk forms and materials are to be obtained from the Club Website – <http://capricornia.bwq.org.au/>
- ❖ The club has 2 Personal Locator Beacons (PLB's) for emergency use on any bushwalks. The location and custodians of the PLB's are:
 - Pauline Toop – 0448 822 241 Rockhampton
 - Anna Mainey – 0408 218 423 Rockhampton
- ❖ Walk Leaders collecting the PLB's are responsible for completing the form with either Pauline or Anna.
- ❖ Leaders are to ensure they don't leave without carrying a PLB, regardless of mobile phone coverage.
- ❖ **Walk descriptions** are to be submitted via email to the Secretary – capbushwalkers@gmail.com
- ❖ **Newsletter** walk reports are to be completed (Microsoft Word) promptly after each walk and emailed to Mark Angus – xxcalibre@gmail.com
- ❖ **Facebook** page material, walk photos and a brief overview to be sent to Anna Mainey – 0408 218 423

NOTE TO ALL CLUB MEMBERS:

- ❖ Proposed walks can be nominated as soon as you see the email advising the date of the next general committee meeting, especially if they are overnight, basecamp or multi day walks.
- ❖ Being a financial member of the club provides you with Public Liability and Personal Accident Insurance cover. Public Liability is limited to \$20,000,000 and Personal Accident Insurance only covers members 18 to 95 years old, inclusive.
- ❖ The Club will subsidise half of the cost of an Accredited First Aid Course in the financial year to members on completion of and forwarding a copy of their Certificate of Achievement and Receipt to the management committee.
- ❖ Ensure contact details are current, and updates sent via email to the Secretary – capbushwalkers@gmail.com
- ❖ You want to build your skills and confidence as a walk leader. Please reach out to a committee member or an experienced walk leader and become an understudy.

MEMBERSHIP APPLICATION FORM GUIDELINE:**Option 1 – (Preferred)**

- ❖ Complete, Sign, Scan and email the form to the Treasurer – capbushwalkers@gmail.com

Option 2

- ❖ Complete, Sign and Post the form to:

Treasurer

Capricornia Bushwalkers Inc

PO Box 1130

Rockhampton, QLD 4700

MEMBERSHIP PAYMENT GUIDELINE:

Option 1 – (Preferred)

- ❖ Internet Direct debit: **Westpac – BSB: 034-636, Acct #: 388472 – REFERENCE:** Your family name.

Option 2

- ❖ Complete, your method of payment and deposit your club membership using the account details above at your nearest Westpac Bank outlet.



Capricornia Bushwalkers Inc. – Membership Application / Renewal	
I wish to apply for / renew my membership (New memberships will be provisional, until approved by the next general meeting)	<input type="checkbox"/> Renewal <input type="checkbox"/> New (Tick one box)
Type of membership	<input type="checkbox"/> Single <input type="checkbox"/> Family (2 Adults + children) <input type="checkbox"/> Life member
Membership fee (for calendar year or part thereof)	<input type="checkbox"/> \$25 single <input type="checkbox"/> \$40 family
Personal Information By law, the club is required to maintain a register of members and their residential addresses. The information collected here is retained by the club secretary for the purposes of club business. The postal or email address you provide here will be used to send your newsletter, and any other club correspondence. The phone numbers will be used in emergencies.	Given Name(s)
	Family Name
	Residential Address (not PO Box) Postcode
	Mailing Address (if different) Postcode
Family membership: Please list below the names of all other people to be covered by this membership:	Phone: Home Work Email Address

Please EMAIL your completed membership form to capbushwalkers@gmail.com or post to:

Treasurer, Capricornia Bushwalkers Inc., PO Box 1130, Rockhampton, Qld 4700.

(Pay membership direct to: WESTPAC: BSB 034-636, Acct No 388472, your family name as reference)

Insurance: The Club has Public Liability (up to \$20,000,000) and Personal Accident Insurance covers; further details are available from the Club secretary. The cost of insurance is included in the membership fee.

Acknowledgement of Risks and Obligations

I acknowledge that when I am participating in any activity of the Capricornia Bushwalkers Inc. I am doing so as a volunteer in all aspects and as such I accept all responsibility for loss of property or bodily injury to me, however it may occur.

I acknowledge that my participation in this activity may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. In particular when participating in abseiling or above the snowline activities I am aware that I may be exposed to additional hazards and risks.

I will make all reasonable effort to avoid or minimise these risks by;

- only participating in activities within my capabilities,
- carrying food, water and equipment appropriate for the activity, and
- advising the leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity.

I acknowledge that the payment of my membership fee will be deemed as full acceptance and understanding of the above.

I further agree to observe the Club's Rules and By-laws (copies available on the Club's website).

Signature(s): Single OR 1 st Adult Family member 2 nd Adult Family member	Date:/...../.....
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PROGRAM DETAILS:

Closing date for nominations for walks and social events is at least 2 days prior to the event.

If you require transport, please nominate well in advance.

If you're travelling with someone else, then it is courteous to share travel costs as per the car-pooling payment guideline.

WALK TYPE GUIDELINE:

MO	Members Only	TW	Through Walk or Car Shuttle	4WD	4 Wheel Drive
DW	Day Walk	ON	Overnighter	SOC	Social
HW	Half Day Walk	NF	No Facilities – Water, Showers or Toilets	TRN	Training
BC	Base Camp	XT	Extended trip		

WALK GRADING GUIDELINE:

Fitness		Distance		Terrain	
E	Easy – Suitable for beginners.	A	Less than 5kms	1	Graded Track Trail
M	Moderate – Reasonable fitness level.	B	5 to 10kms	2	Cross Country Off Track
H	Hard – High fitness level only.	C	10 to 15kms	3	Not Pre-Walked
		L	15 to 20kms	4	Minor Scrub
	Altitude Sections	X	20kms and over	5	Medium to Heavy Vegetation
ALT	Approximate change in height			6	Creeks Rock Hopping
				7	Steep Scrambles

CAR POOLING PAYMENT GUIDELINE:

The values were adopted as being fair and equitable, however, that remains at the discretion of the driver.

0 – 20kms	\$5.00
20 – 50kms	\$10.00
50 – 100kms	\$15.00
100 – 200kms	\$25.00
200 – 250kms	\$30.00
250 – 300kms	\$35.00

DETAILED WALKS SCHEDULE – January- May 2024

Day & Date:	Sunday 4 th February 2024
Walk Name:	Social Walk
Walk Type & Grading:	E, Social, A, 1, 2
Walk Leader & Contact #:	Greer, 0448 408 775
Walk Activity Summary:	The location for the first walk/ gathering for the year will be decided according to the weather, much closer to the date. Expect something easy and social to get the year started.

Day & Date:	Sunday 11 th February 2024
Walk Name:	Riverside Walk
Walk Type & Grading:	H/W, E, B, 1
Walk Leader & Contact #:	Cheryl Gargan, 0477 156 656, zilziebeach@bigpond.com
Walk Activity Summary:	This should be a pleasant morning's walk exploring the walking paths along both sides of the mighty Fitzroy River whilst taking in some of the historical buildings along Quay Street together with a diversion into Kershaw Gardens for morning tea.
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Day & Date:	Sunday 18 th February 2024
Walk Name:	The Causeway to Rosslyn Bay- Circuit
Walk Type & Grading:	H/W, M, B, 1, 2
Walk Leader & Contact #:	Rita Davidson, 0437 189 245, Email: parrotsnest2@gmail.com
Walk Activity Summary:	We will start our walk from the Causeway carpark- proceed along the road near the lake, then the path across the mud flats to the path heading towards Rosslyn Bay to the northern end of Kemp Beach. Then return along Kemp Beach, cross the road and follow the track to Mulambin Beach on to the Pinnacle Point section of the Capricorn Coast National Park, then back to the Causeway Lake for morning tea.
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Day & Date:	Sunday 25 th February 2024
Walk Name:	Botanic Gardens & West Rockhampton
Walk Type & Grading:	H/W, E, Social, A, 1, 2
Walk Leader & Contact #:	Janine, 0418 372 465
Walk Activity Summary:	A pleasant morning walk in and around the Botanic Gardens and West Rockhampton.
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Day & Date:	Sunday 3 rd March 2024
Walk Name:	General Committee Meeting
Activity:	Held – CCC Hut – Livermore Street Rockhampton
Walk Leader & Contact #:	Kevin Cullen, 0487 655 892
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Day & Date:	Sunday 10 th March 2024
Walk Name:	Girt Island
Walk Type & Grading:	H/W, E, A, 2
Walk Leader & Contact #:	Cheryl Gargan, 0477 156 656, zilziebeach@bigpond.com
Walk Activity Summary:	The afternoon low tide provides the rare opportunity to walk the 2km+ to Girt Island- one of the smaller islands of the Keppel group and offshore from Keppel Sands. There will be time to explore some of the rocky outcrops surrounding the island whilst taking in the panoramic views back to the mainland. A meeting beforehand for a picnic lunch is an option.
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Day & Date: Sunday 17th March 2024
Walk Name: Rosslyn Bay 3 Hills Walk
Walk Type & Grading: H/W, E/M, 1, 4, 7(minor rock climb), Alt 500m
Walk Leader & Contact #: Rita Davidson, 0437 189 245, parrotsnest2@gmail.com
Walk Activity Summary: We start at the northern end of Kemp Beach, walk across to the Rosslyn Bay section of the Capricorn Coast National Park, scramble over this hill, and around an interesting track walk. Then back over to Fan Rock Lookout, great views, descend and explore the area between the two rocky outcrops, to a little rock hop climb up the second hill in the Double Head section of the Capricorn Coast National Park, then on to morning tea.

Day & Date: Sunday 24th March 2024
Walk Name: Mt Morgan
Walk Type & Grading: More details closer to the date
Walk Leader & Contact #: Greer, 0448 408 775
Walk Activity Summary: A half day walk in the Mt Morgan area, location dependent on grass and vegetation growth during the wetter months.

Day & Date: Friday 29th March – Monday 1st April 2024 – (Easter Long Weekend)
Walk Name: TBA
Walk Type & Grading:
Walk Leader & Contact #:
Walk Activity Summary:

Day & Date: Sunday 7th April 2024
Walk Name: Bluff Point National Park- via the 'Low Track'
Walk Type & Grading: H/W, E, A, 6
Walk Leader & Contact #: Ian Herbert, 4933 6495 or 0428 381 818
Walk Activity Summary: With the benefit of a mid-afternoon low tide, we circumnavigate the Bluff Point National Park headland the beach and rocks. This is an afternoon walk to see Bluff Point from a different angle, going from Mulambin Beach to Kemp Beach. There is some beach walking but also a fair few rocks to climb over, and even with a low tide, some of them can be a little bit slippery. We see some interesting geological features and a large cave. Bring your snacks for an afternoon smoko halfway around.

Day & Date: Sunday 14th April 2024
Walk Name: First Turkey- Moores Creek Mountain Bike Tracks
Walk Type & Grading: H/W, Alt 200m
Walk Leader & Contact #: Glyn Gadsby, 49 275 972
Walk Activity Summary: We will be starting the walk at the end of Sunset Drive and walk up the old 4WD track to Ants Nest Hub, then onwards as follows. Wandali Track/ Pegasus Track/ Zamia Track and then back to First Turkey via trekking down Moores Creek. A good variety of country and nice views. Mostly all track and some creek walking. A half day walk open to all fit and confident people.

Day & Date: Sunday 21st April 2024
Walk Name: Bloxsom Street to Lakes Creek Road- Hills & History
Walk Type & Grading: H/W, M, B, 1, 4, 5, 7, Alt 300
Walk Leader & Contact #: Pauline 0448 822 241
Walk Activity Summary: This walk goes up and down two steep hills, then continues through several parks, many with monuments dedicated to people of Rockhampton. (Some historical).

Day & Date: Saturday 28th to Sunday 29th April 2024
Walk Name: Canal Creek (Rossmoya)
Walk Type & Grading: O/N, B, C, E, N/F, Alt 300m
Walk Leader & Contact #: Kevin Cullen, 0487 655 892, kevin.cullen12@gmail.com
Walk Activity Summary: This will be a base camp weekend, camping beside Canal Creek and members to bring their kayaks and canoes. It is planned to be a family weekend, with members encouraged to bring their children and grandchildren.

NOTE: The N/F- No Facilities- No water, showers or toilet, which means you need to be self-sufficient.

Day & Date: Friday 3rd to Monday 6th May 2024 – (May Day Long Weekend)
Walk Name: Blackdown National Park
Walk Type & Grading: B/C, X/T, E/M/H, A/B, 1, 2, 3, 4, 6
Walk Leader & Contact #: Cheryl Gargan, 0477 156 656
Walk Activity Summary: Our May long weekend at Blackdown National Park will include a variety of walks in the area. There may be the possibility for a harder walk or thru walk for a small group if there is any interest. This option would be led by Lindsay Hensel.

 Nominate early to avoid disappointment. Approximate return drive/ distance is 400km.

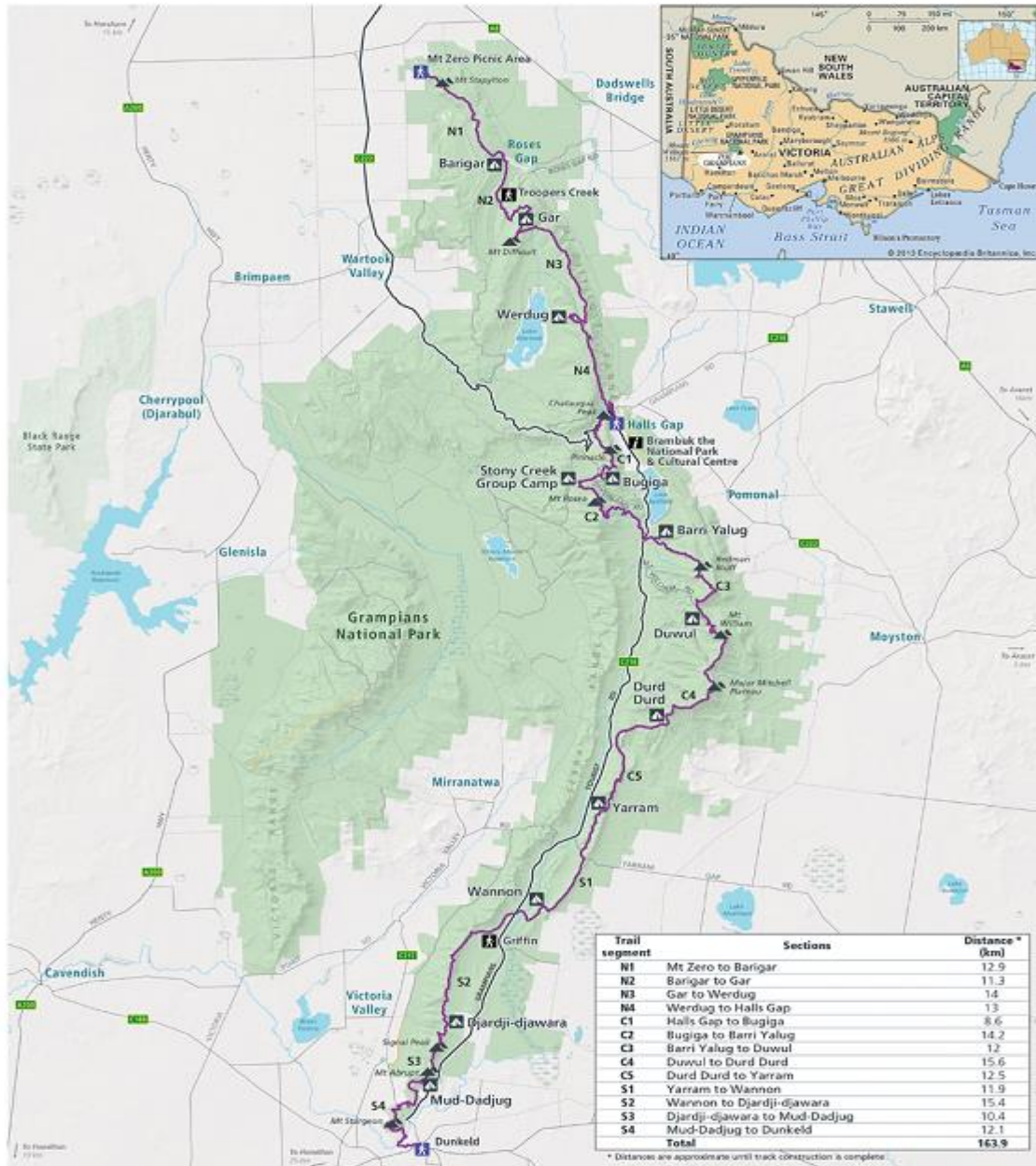
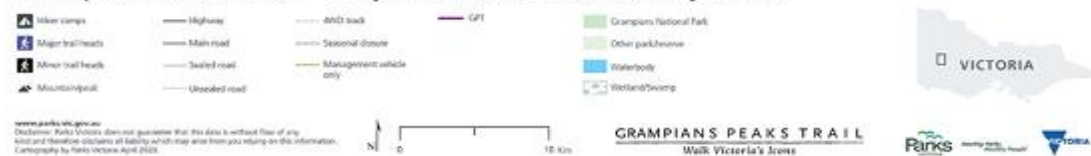
Day & Date: Sunday 12th May 2024
Walk Name: Mt Maryvale
Walk Type & Grading: D/W, H, A, 2, 7, Alt 300m
Walk Leader & Contact #: Kevin Cullen, 0487 655 892, kevin.cullen12@gmail.com
Walk Activity Summary: A short walk circuit requiring a climb to the top of Mt Maryvale. Beautiful views of the Byfield area and coastal region from rocky outcrops. Long grass/ Xanthorrhoeas likely to be encountered on some sections, and the descent can be a challenge, hence the hard rating.

Note: This walk is led by Kevin and supported by John Rideout.

Day & Date: Friday 17th to Sunday 19th May 2024
Walk Name: Combined Clubs Campout – Gladstone
Walk Type & Grading: More details closer to the date
Walk Leader & Contact #: Naomi Williams – 0412 276877 (CCC Coordinator)

POST WALK REPORTS**Gariwerd - The Grampians, Victoria***Traditional home of the Djab Warrung and Jarrwadjali people.*

Author: Janine Kenealy

**Grampians Peaks Trail - Project Overview (As at July 2020)**

This hike can be broken up into 3 sections or completed as a 13-14 day through-hike. I recently completed the Northern end of the hike, after visiting family in Victoria.

I opted to go with Grampian Peaks Walking Company, guided hike, as this was going to be the first multi-day hike for my sister. Hikers were required to carry any personal items/bedding and snacks/lunch for the day. The company provided and set up the tents and arranged evening meals, along with breakfast, snacks and lunch each day - the food was delicious.

The Northern end is Grade 4. The Central and Southern sections are Grade 5. Platforms are provided for tents, and there were some huts available on the 2nd and 3rd nights at camp, which are very basic with four beds. Each campsite had a near new communal shelter, with USB charging stations. Water tanks were adjacent to the shelters. Toilet facilities were the standard long-drop toilets – two at each campsite.

We were hiking in the last week of October, which provided a beautiful display of wildflowers. The daytime temperatures ranged from a high of 7^o C hiking in Rain and Hail, to a very warm and sunny 21^oC (in comparison to the 7^oC). The constant wind kept the temperatures low. Overnights were cold, down to 1^oC, I think the warmest morning was 4^oC. I felt that the platforms were colder than being on the ground as the wind was blowing up between the boards. Although the temperatures were cold, the snakes were about, with 4 brown snakes on the trail. This hike is hard on your feet as the majority of the hike is on rock and going up/down large rock steps or slopes. Walking poles are recommended. I really enjoyed this hike and plan to do the rest sometime in the future.



Getting there from Rockhampton – fly into Melbourne, SKYBUS (runs every 15-20mins) <https://www.skybus.com.au/> to Southern Cross Station (Melbourne city).

V-Line transport/bus to Halls Gap, the bus will stop at multiple accommodation places in Halls Gap. [BOOK V-LINE GRAMPAINS](#)

Grampians Link



Effective 28/05/2023

Melbourne to Halls Gap via Ballarat, Ararat and Stawell

	Monday to Friday		Tue, Fri	Saturday		Sunday		
Service	COACH	TRAIN	TRAIN	COACH	TRAIN	COACH	TRAIN	TRAIN
SOUTHERN CROSS dep		08.36	11.16		08.14		08.14	12.14
Footscray		08.44u	11.24u		08.22u		08.22u	12.22u
Sunshine		08.49u	11.29u		08.27u		08.27u	12.27u
BALLARAT arr		10.01	12.41		09.43		09.43	13.43
Change Service		COACH						
Service Information		♿						
BALLARAT dep		10.21	12.44		09.46		09.46	13.46
ARARAT arr		11.37	13.42		10.42		10.42	14.42
Change Service			COACH		COACH		COACH	COACH
Service Information			♿		♿		♿	♿
ARARAT dep		11.37	14.00		10.52		10.52	15.00
STAWELL STATION arr		12.02	-		11.17		11.17	-
Change Service		COACH			COACH		COACH	
STAWELL MAIN ST dep	07.45	12.37	-	07.00	11.22	08.15	11.22	-
Stawell Station	07.50	12.42	-	07.05	11.27	08.20	11.27	-
Stawell Former Pleasant Creek Court House	07.52	12.44	-	07.07	11.29	08.22	11.29	-
Halls Gap Grampians Gardens Caravan Park	08.15	13.07	-	07.30	11.52	08.45	11.52	-
Halls Gap Recreation Reserve	08.19	13.11	-	07.34	11.56	08.49	11.56	-
Halls Gap Info Centre	08.25	13.17	14.39	07.40	12.02	08.55	12.02	15.39
Halls Gap Brambuk Cultural Centre	08.29	13.21		07.44	12.06	08.59	12.06	
Halls Gap Lakeside Caravan Park	08.33	13.25		07.48	12.10	09.03	12.10	
Halls Gap Lake Bellfield	08.35	13.27		07.50	12.12	09.05	12.12	
Halls Gap Brambuk Cultural Centre	08.41	13.33		07.56	12.18	09.11	12.18	
HALLS GAP INFO CENTRE arr	08.45	13.37		08.00	12.22	09.15	12.22	

Halls Gap to Melbourne via Stawell, Ararat and Ballarat

	Mon-Fri	Tue, Fri	Mon-Fri	Saturday		Sunday	
Service	COACH	COACH	COACH	COACH	COACH	COACH	COACH
Service Information		♿					
HALLS GAP INFO CENTRE dep			15.23		14.20		14.20
Halls Gap Brambuk Cultural Centre			15.27		14.24		14.24
Halls Gap Lakeside Caravan Park			15.31		14.28		14.28
Halls Gap Lake Bellfield			15.33		14.30		14.30
Halls Gap Brambuk Cultural Centre			15.39		14.36		14.36
Halls Gap Info Centre	09.15	10.51	15.43	08.30	14.40	09.30	14.40
Halls Gap Recreation Reserve	09.16	-	15.44	08.31	14.41	09.31	14.41
Halls Gap Grampians Gardens Caravan Park	09.20	-	15.48	08.35	14.45	09.35	14.45
Stawell Station	09.50	-	16.18	09.05	15.15	10.05	15.15
STAWELL MAIN ST arr	09.53	-	16.21	09.08	15.18	10.08	15.18
Change Service	COACH		COACH	COACH	COACH	COACH	COACH
Service Information		♿		♿	♿	♿	♿
STAWELL STATION dep	10.00	-	16.28	09.15	15.31	10.15	15.25
ARARAT arr	10.30	11.30	16.55	09.42	15.58	10.45	15.59
Change Service		TRAIN	TRAIN		TRAIN	TRAIN	TRAIN
ARARAT dep	10.31	11.48	17.17	09.42	16.13	11.13	16.13
BALLARAT arr	11.42	12.42	18.11	11.05	17.08	12.08	17.08
Change Service	TRAIN			TRAIN			
BALLARAT dep	12.04	12.44	18.14	11.20	17.20	12.20	17.20
Sunshine	13.15d	13.55d	19.31d	12.32d	18.32d	13.32d	18.32d
Footscray	13.21d	14.01d	19.37d	12.38d	18.38d	13.38d	18.38d
SOUTHERN CROSS arr	13.31	14.11	19.47	12.48	18.48	13.48	18.48

♿ - Wheelchair accessible / u - Pick up only / d - Set down only / Coach services shown in red

Altered timetables may apply on public holidays. Please check vline.com.au prior to travelling.

Services will not operate while a Catastrophic fire danger declaration is in place for any fire district that the service travels through.



Department of Transport and Planning

Plan your journey and check for live service updates at ptv.vic.gov.au, on the PTV app or call 1800 800 007.

Authorised by the Department of Transport and Planning, 1 Spring Street, Melbourne

205/JV1

There are numerous accommodation places in Halls Gap, just check the distance from the town centre/information centre, which is where shuttle buses depart. We stayed at Tim's Place, which is basic accommodation. VERY clean and our rooms would sleep 4 (Double in bedroom and bunk in lounge) with shared bathroom, as well as an outside/patio kitchen area. Bikes are available to use at no extra cost to help get you around town, with a bike path separate to the main road.

There is a local Shuttle service normally operating to take people to food venues etc, however they were having a holiday in Japan during our timeframe. [Halls Gap Community Transport](#)

If planning to have a meal on a Friday/Saturday night, I recommend booking somewhere, as it is very busy with people from Melbourne having weekend getaways.

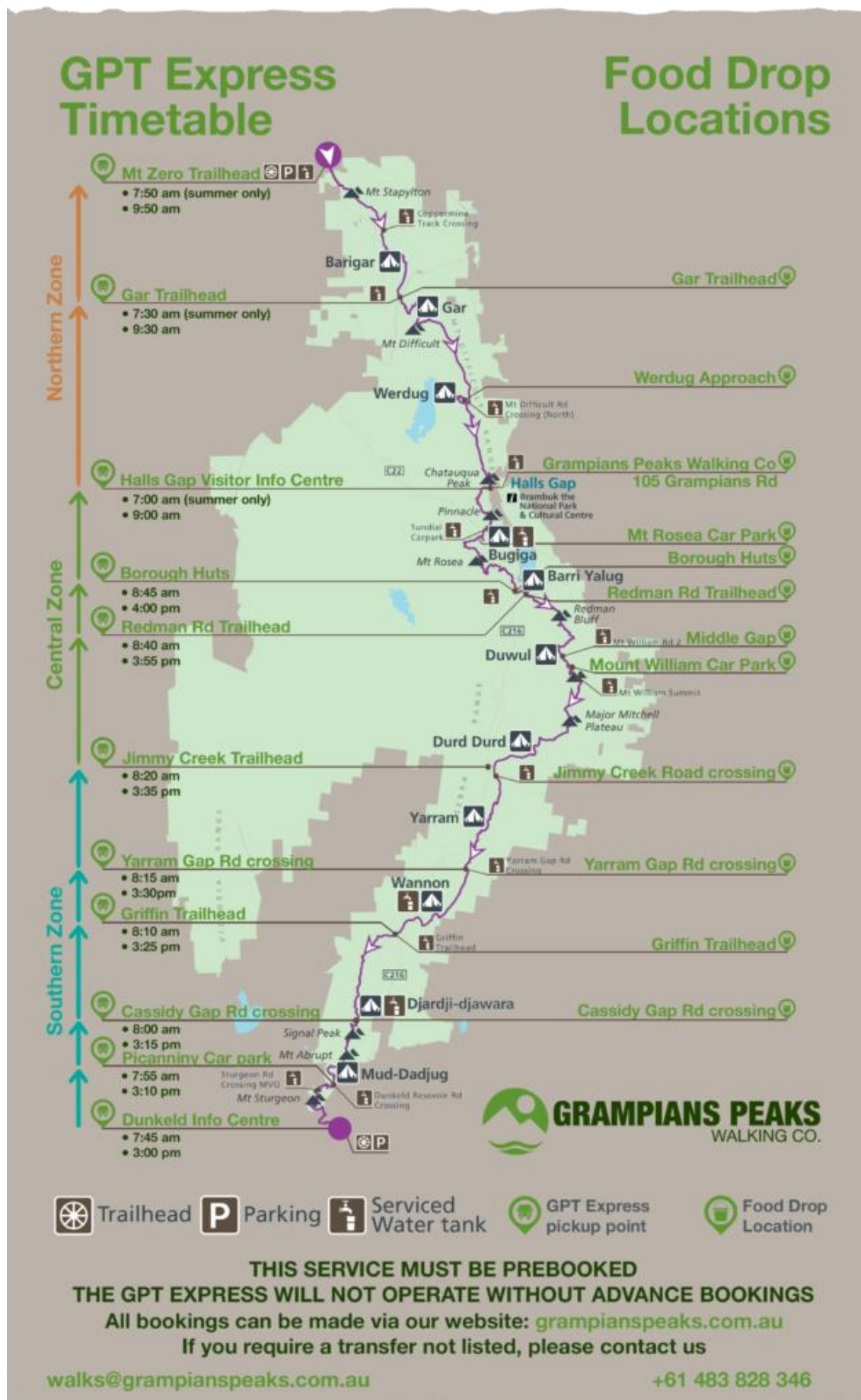
For those wanting to do the hike without joining a commercial group, just book your campsites through Victoria Parks website <https://www.parks.vic.gov.au>

When you are booking, check dates to avoid local Grampians Trail running events. [Running Events](#)

Many reviews recommend taking 2 days at Halls Gap to restock food and rest, as you hike back down into Halls Gap after finishing the first section. Not all the Central and Southern section campsites have enclosed communal shelters, some only have an uncovered table/chairs with a wind shelter. Check with the Halls Gap information centre on whether the water tanks are regularly maintained/serviced during dry conditions and fill-up when you come across a tank along the trail. See further info here: [Grampians Walks Blog](#)

Grampians Peaks Walking Company can also organize food drops and shuttles to/from start/end of your hike, or if you want to break it up into the 3 sections. Just book through their website. See the map below with options and [HIKER SUPPORT](#)





EXPRESSIONS OF INTEREST

The **Great North Walk** is a 250km inland trail from Sydney to Newcastle, mainly through forests and national parks. It normally takes about two weeks to walk, but to do the full walk you need a big pack, camping gear, food, etc. Locating water sources along the way can be a problem. However, the southern part can be done with just a day pack with the help of Sydney's public transport system. We are planning to do as much of the GNW as possible this way in September 2024.

Dates are: First day walking – Wed 18th Sep 2024. Last walking day – Wed 25th Sep 2024

This is a very scenic walk in mainly sandstone country, and in Sept there should be a good show of wildflowers. We will cover 115 km with an average of 16km per day. There is a lot of climbing up and down steep sandstone gorges, so even with a day pack, it can be quite challenging.

This involves seven walking days and one day moving accommodation from Sydney to Brooklyn (on the Hawksbury River). The plan is to have six nights in Sydney near a train station, and three nights at Brooklyn.

Numbers will be limited so let Ian or Cathy Herbert know if you are interested and they will send you more information. The reason for this early notice is that accommodation at Brooklyn can be quite tight, so it will need to be booked early.

Email: ian.herbert@bigpond.com – **Phone:** 4933 6495 – **Mobile:** 0428 381 818

