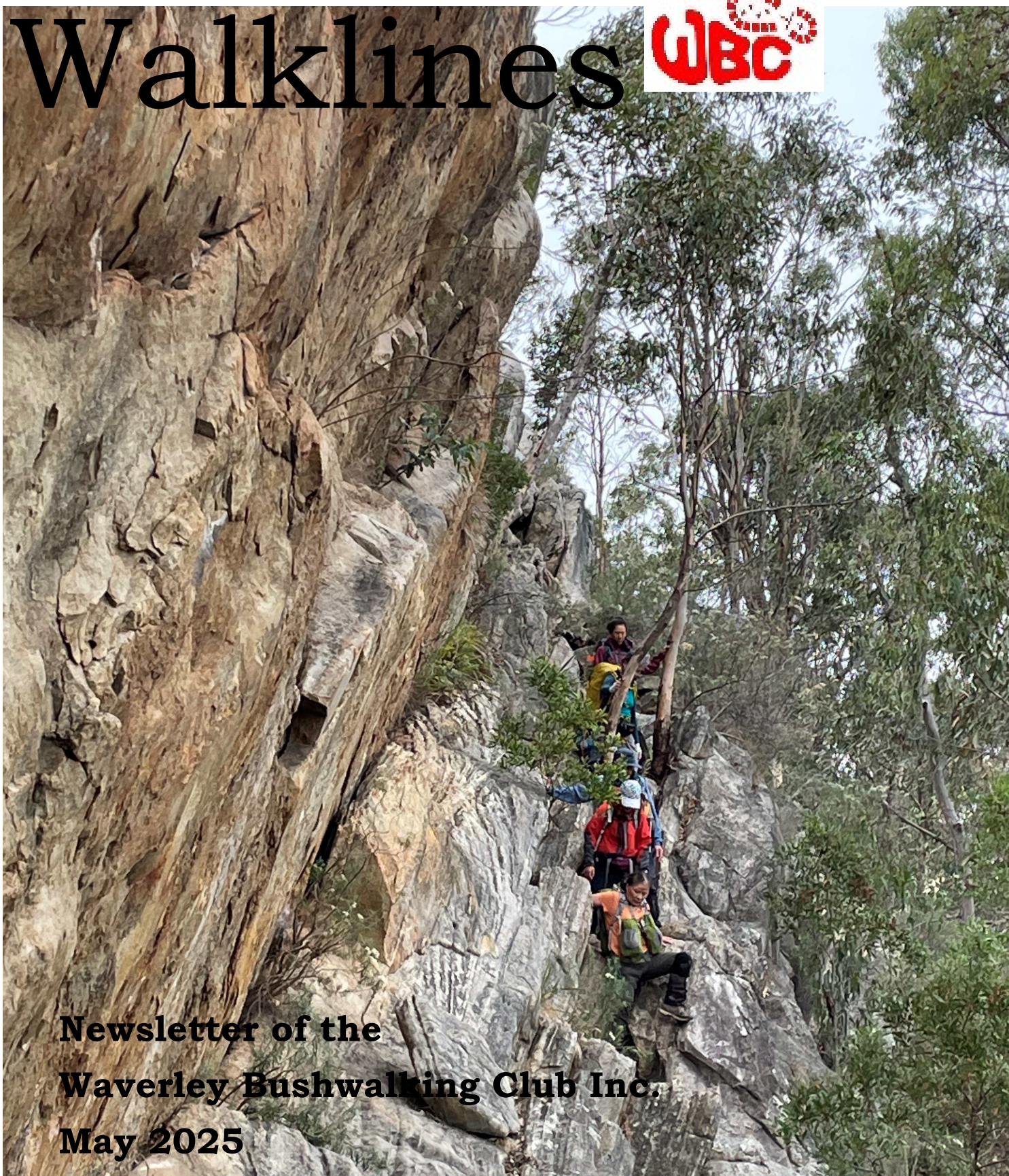


Walklines

A large photograph of a rocky mountain trail serves as the background for the newsletter. The trail is steep and composed of light-colored, layered rock. Several hikers are visible on the trail, moving upwards. They are wearing various outdoor gear, including backpacks and hats. The surrounding area is filled with green trees and foliage.

Newsletter of the Waverley Bushwalking Club Inc. May 2025

Next meeting: AGM - Monday May 12, 2025,

at the Mount Waverley Community Centre, Miller Cresc, Mt Waverley (Mel 70 E1)

Waverley Bushwalking Club wishes to acknowledge receipt of an in-kind grant from the City of Monash

Photo: Rolf Exner—Traversing near Sugarloaf Peak

Waverley Bushwalking Club Inc.



PO Box 685, Glen Waverley, Vic 3150

waverleybwc@waverleybushwalking.org.au

Web: www.waverleybushwalking.org.au



President's Report—May 2025

Our extended summer continues and we have a full program of walks for the month ahead. A big thank you to all our leaders for stepping up when we needed you!

On a sad note, I would like to offer the club's condolences to one of our Walklines editors, **Graeme Brownfield**, whose wife sadly died recently after a long illness.

Our April meeting featured a talk by young lawyer Rebecca Dutkowski on her 2022 walk along the full length of the Appalachian Trail in the United States. The talk gave a fascinating insight into the highlights and difficulties in completing such a long walk in just over 5 months. Rebecca's enthusiasm was infectious and there were many audience questions afterwards.

Our **May** meeting will not have a guest speaker as it's our **Annual General Meeting**. This is an important event and a requirement for our club to hold each year, in which we confirm or make new appointments for committee positions, approve the management of club finances over the last year, and provide an opportunity for members to be heard on important issues. We need a good turnout to get a quorum. I can promise that the formal part of the meeting will be conducted efficiently and will be over quickly. Afterwards we'll have an extended supper. If you are coming, **please bring a small plate of refreshments** to make our supper one to remember!

Several committee members will be stepping down at that meeting after several years service. The most important position that will become vacant is that of **Walks Coordinator**, currently filled by Simon Johnson. We have also had a vacancy all year for an **Assistant Secretary** and would very much like to fill that going forward. If you think you might like to contribute to the club by getting involved in the work of the committee, then please approach a committee member to learn more and potentially to nominate.

Members have been asking about the need to collect, carry and return afterwards the club first aid kit and PLB, even for urban walks in the centre of Melbourne. The club committee has carefully reviewed existing practice, and has revised and clarified the policy, the changes to be trialled over the next 6 months, but effective immediately:

- A club-approved first aid kit must always be carried, even on urban walks.
- A club PLB does not need to be carried on any walk conducted entirely within 20 km of the Melbourne GPO. Notably, Jells Park and the Dandenongs are outside this radius.
- Members are encouraged to share the burden on the leader and help by collecting, carrying, or returning the first aid kit and PLB from our custodian Peter Lomax; Peter will also top up any supplies that have been used. Leaders are encouraged to hand these directly to another walk leader who has an upcoming walk whenever this is convenient.

The committee hopes that with these modest changes, the management of collecting, carrying and returning kits will be reduced without compromising safety.

Rolf Exner

**The Waverley Bushwalking Club
warmly welcomes**

Clyde Cook

Ru Xu

Claire Xia

**May you experience many happy hours
with the Club, both on and off the track.**



Notice of Annual General Meeting 2025

The Annual General Meeting 2024 will be held on Monday 12th May 2025, at 7.30 pm at Mt Waverley Community Centre, 47 Miller Crescent, Mount Waverley.

Agenda

1. Welcome, apologies, and acceptance of proxies.
2. Confirmation of the minutes of the AGM held on Monday 13th May 2024.
3. Presentation of reports and acceptance resolutions:
 - President's Report.
 - Treasurer's Report.
4. Election of Committee for 2025/2026.
5. Items of special business requiring resolution **There are no items of special business.**
6. General questions to the Committee.

Authorised on behalf of the committee by David A Reid OAM, Secretary, 2 April 2025.

A member unable to attend the AGM may use the attached form to nominate a proxy to vote at the AGM on their behalf.

Note: Reports and documents for the AGM will be available to members on the Ontrax Document Tab, Committee & AGM category

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Nomination for Waverley bushwalking Club Committee

At the AGM, nominations are called for committee positions. Position descriptions available, Ontrax Documents Tab, Committee & AGM category

A member who is entitled to vote at the AGM may nominate or be nominated, with their consent, for one or more positions. Nominations must be supported by another member. A member may not hold the same Officer position for more than 5 years consecutively.

Written nominations must be delivered to the Secretary before the AGM. **Please consider nominating.**

Further nominations must be called for during the AGM, prior to the election for each position.

A candidate who fails to be elected to a nominated position may nominate or be nominated for any other position for which an election is yet to be held.

A member may be elected to only one position.

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Waverley Bushwalking Club Inc. Reg. No. A0013370Z Nomination for Election to Committee

Please nominate on this form. Using a separate form for each position.

Nominee: *[name] [signature] [date]*

Supporter or Nominator: *[name] [signature] [date]*

For the position of : (please circle the position)

The Officer positions:

President, Vice President, Secretary, Treasurer, Events Coordinator, Membership Secretary,

Ordinary Committee Member. Note: you can nominate up to three Ordinary Committee Members, using a separate form for each nomination.

Notice of Annual General Meeting 2025



Please send nominations by email to secretary@waverleybushwalking.org.au at least one day before the AGM, or by post to, Secretary, Waverley Bushwalking Club Inc. PO Box 685, Glen Waverley 3150 at least one week before the AGM or deliver by hand prior to the commencement of the meeting.

Appointment of Proxy for AGM 2025

A member entitled to vote at the AGM may appoint a proxy by notice in the form set out below and given to the Secretary before the commencement of the meeting. **Note: The nominated proxy must be a member entitled to vote at the AGM**

Name..... Address.....

.....

I Hereby appoint

as my proxy to vote for me on my behalf at the forthcoming Annual General Meeting of the Association to be held on 13th May 2024.and at any adjournment of that meeting.

My proxy is authorised to vote as follows: -

Acceptance of President's report. Yes No.

Acceptance of Treasurer's report. Yes No

Signed Date

Tarra Bulga Base Camp March 21—March 23

Leaders: Anne and Murray Winstanley

Day 1

Reporter: Heather Lucas

Photos: Heather Lucas

We met at the Visitor Centre on Grand Ridge Road at 11am after travelling from home, and we were already in awe of the magnificent tall timber forest surrounding us. The lyrebirds seemed to be all around us as we began our 9km walk which consisted of two loops. Some of the old-growth mountain ash trees were enormous, as were the magnificent tree ferns in the gullies. This short walk was very beautiful with areas of myrtle beech and bubbling river crossings. The diverse range of fungi and epiphytes added to the experience. What a great start to the base camp & thanks to Anne & Murray who have put so much work into this.



Day 2

Reporter: Sharon Higgins

Our walk started at the same place as yesterday. We set off to walk a 14km loop with a car shuffle, similar to day one but shorter. We walked along a fern forest, with wide fire tracks and a lot of debris underfoot. We came across a lot of different colour fungus, yellows, whites, orange. Leeches were plenty to the annoyance of all of us. Early lunch was had at Tarra Valley Reserve, a beautiful setting overlooking the river. A steep hill followed, then we walked along the ridge, finishing the walk with a steep descent. We were blessed with great weather both days.

Many thanks to Anne and Murray Winstanley for organizing this beautiful walk.

Day 3

Tarra Valley Forest via Diaper Track and Butler Track to Moorfield Saddle - 23 March 2025

Reporter: Suzanne Lipe

Photos: Rob Russell

After a pretty solid walk up to Mount Tassie the day before, the group liked the idea of an easier sounding walk in a drier forest area to the south of the Tarra Bulga National Park Visitors Centre.

The day started with a drive-by visit to the Tarra Falls just off the Tarra Valley Road, which turned out to be more of a pretty water cascade over flat rocks. The 50 steps down to the lookout platform, then up again, proved to be a valuable warm up exercise for our stiff overnight creaky knees.



After dropping off a car shuffle vehicle, meeting at the start and then picking up the well camouflaged trailhead across the road from the visitor's centre, our merry band of 17 enjoyed a day of beautiful mixed terrain and vegetation. This ranged from closed in single tracks, extensive and deep gullies covered in huge fern trees and some more open mountain ash and temperate rain forests, which harboured some hundreds year old trees, amongst the many young short trees.

The first 8 km or so saw us barely noticing the gradual 300 m descent along the Diaper trail. I couldn't think why anyone would call a track a "diaper" trail, but I think I figured it out. The forest in this area wasn't as dry as us first timers might have thought and after Helen Tian's 20th or so screech on finding yet another leech on her clothing, we realized that to stop on the track was to invite these little suckers for a feed. So for 8 km, no morning tea stop and no squatting off track – hence a diaper could be a handy piece of attire!

We made it down to the beautiful Tarra Valley Picnic Area for lunch, but unfortunately, we couldn't do the Tarra Valley Rainforest mini circuit to the Cyathea Falls. The 2 mini bridges over the creeks had been repaired, but the Parks Vic "Closed Track" sign was still up, so rules being rules, we didn't follow other members of the public across.

After finding yet another well hidden trailhead, we started our final leg for Butler Track. Anne briefed us that we had a solid climb ahead that would take us 45 minutes to reach the plateau. Ha ha, we thought she was just joking. She was. It took us 58 minutes to do the 300 m of climbing over 2 km on the bark and litter covered single track, uneven and sometimes scrambly obstacle covered terrain, to reach the plateau for a well earned snack and breather.

I was feeling a bit smug at the realisation that after nearly 3 days of walking in the infamous Tarra Bulga NP, unlike nearly everyone else in the group, I had not attracted a single leech. (insert smug face emoji). After one final steep pinch dropping 100 m, we arrived at Moorfield Saddle, the finish, only some 13.5 km from the start. It felt a lot further! And as I took off my gaiters, the smugness was wiped off my face as I let out an "oh bugger" exclamation as I observed 2 little suckers who had found the gap between my gaiters and bottom of my shorts. Still, 2 is not a bad count for someone who tempted fate by wearing shorts and a short sleeved shirts all base camp.



Tarra Bulga Base Camp

Photos: Suzanne Lipe

March 21—March 23

Leaders:

Anne and Murray

Winstanley

We soon enjoyed an Italian Almond Biscotti while waiting for the car shuffle, had a leisurely drive home and a long shower before meeting up again a few hours later for dinner at the Commercial Hotel in Yarram. Murray declared the chips were fantastic, many a glass of Pepperjack Shiraz was enjoyed, and we toasted Anne and Murray for putting on such a fantastic base camp.

On behalf of everyone on the base camp, again, thank you Anne and Murray.

And thanks all for the great company.



Day Walks

Walk: Cockatoo to Gembrook
Date: Thursday, April 3
Leaders: David and Wendy Lumb
Report: Val Messer
Photo: Val Messer

10 walkers set off on this easy 14km walk in perfect autumn weather. Four new walkers joined us - a big welcome to the happy walkers, Ellen and Armstrong, Sue and Debra.

We stopped at the Cockatoo School on the way, where Wendy attended back in the early 1950's. We followed the trail passing beautiful scenery, and stopped at an interesting little shop with homemade jams, eggs and goodies, etc. and lots of barking dogs.

Lunch was enjoyed at a park in Gembrook before the downhill return treat back to coffee and the cars. Thank you David and Wendy for a beautiful walk.



Walk: Yarra River, Herring Island and Botanic Gardens
Date: Saturday, April 5
Leader: Tracey Gao
Report: Jane Taylor
Photo: Jane Taylor

Melbourne had on its best autumn dress with sunshine and blue skies for our walk alongside the Yarra River to the CBD. We all convened with Tracey at our starting point, Kooyong Station.

For the first stage Tracey led us single file along the river paths for 4 km sharing with bikes until we arrived at the Herring Island Punt site. There were not only toilets but a café and coffee while we waited for the first punt crossing listed at 11 a.m. The Island



and its punt are managed by Parks Victoria, and our patient punt "driver" (or should that be "captain"?) carried us across the narrow stretch of river 12 people at a time.

Once on Herring Island we were free to roam the many dirt tracks. There were strange wooden sculptures to discover at intervals, and there was an art gallery in the centre with a vibrant show of original artworks, to peruse.

The next stage of our walk took us through Melbourne's spectacular Botanical Gardens. The gardens struggle with an influx of pesky flying foxes from time to time and there were plenty of the noisy creatures hanging upside down high in the trees. Love them or hate them, they are important native species which are significant pollinators.

From the gardens we wended our way to Flinders St Station, from where everyone could find their own way home. We made up 13 km in all. Thank you, Tracey! It was a fascinating city walk!

Day Walks

Rokeby Crossover Rail Trail to Neerim South Return

Date: Wednesday April 9

Leader: Heather Lucas

Report: John Bradshaw

Photos: John Bradshaw

Twenty two WBC members met on a very cold morning at Capital Reserve for the long drive to Rokeby, which is a one street piece of Portsea in the Gippsland foothills. At the carpark our walk leader wasn't sure if the walk was that interesting. It commenced with a descent into the old rail trail cutting followed by these lush tree fern gullies, a welcome contrast from parched Melbourne landscape, as well as delightful views across some of Gippsland's greenest farmland. The rail line was closed in 1958.



The walk continued past the remains of the Pilgrim Creek Bridge where a station was located, the Crossover Trestle Bridge and a very old tractor, which Jane found very interesting. Are she & Peter contemplating a tree change? Soon enough the group arrived at the bustling town of Neerim East for lunch where some purchased the timely mandatory coffee whilst available. Those who waited until the end missed out on their caffeine shot. Someone called Russell tried to lead the group after lunch without gaining much attention.

We returned via same route on opposite side of the road where we passed a dead tree with a brilliant carving of the Norse god Odin. The only view missing were the Baw Baws obscured by smoke from control burns.

Thank you to Heather for another excellent & unsold walk through beautiful country.



Day Walks

Walk: Sandringham to Ricketts Point
Date: Wednesday April 23
Leader: Sharon Higgins
Report: Sharon Higgins
Photos: Robbie Morrell

13 walkers met up on a perfect still blue sky day, of 23 degrees. This out and back course consisted of some bike paths, some beach walking, a little rock walking, and sandy tracks above cliffs with stunning views. We headed south along the cliff tops of Red Bluff, past Half-moon Bay and Black Rock, where we had morning tea, then lunch on the way back. Once we reached Ricketts Point Marine Sanctuary we turned around and followed the beach for a while then climbed up above the cliff to walk back. On the way we all admired a red para glider flying like an eagle in the clear sky. We came across him again walking up from the beach with his para glider tucked under his arm. After a chat we continued to Sandringham shops where coffee shops were available to refresh us, then continued to our cars. A 15km walk today.

The para glider when first seen



Walking up from the beach



Walking along the foreshore

Day Walks

Walk: Yarra River from Kew
Date: Sunday, April 27
Leader: Gillian Paterson
Report: Jane Taylor
Photos: Gillian Paterson, & Jane Taylor, "Bats"

Following the tracks alongside the Yarra is guaranteed to be a treat. Gillian showed us another version to walk over the river and back, in two loops of a figure eight which added up to 14 kms.

20 of us set out from Willsmere Park Kew, following first hard surfaces, and then narrow dirt tracks along the bank of the river, all the time sharing with the usual bikes, runners and dog walkers and passing the mad people playing Canoe Polo. When we came to the Northcote Amphitheatre we stopped for our morning tea. Here 2 members walked back, and we were 18.

One of the remarkable sights at Yarra Bend Park are megabats, or Australian Flying Foxes. When we entered the fenced Protected Wildlife Refuge we could see (and hear) multitudes of the noisy creatures hanging like pods above us. We were lucky to meet with one of the volunteers, passionate about protecting the bats. He was working on cleaning a large, enclosed structure which serves as a nursery for orphaned pups where they are fed and cared for till old enough for release. He explained that our Flying Foxes are seriously in decline due largely to land clearing, yet they are vital for pollination and seed dispersal, as "The Gardeners of the Night".



We passed by the Yarra Bend Golf Club, where Ralph left us due to a conflicting commitment, and then we were 17! We paused briefly to view the confluence of the Merri

Creek and the Yarra, a significant place for the Indigenous Wurundjeri people. We crossed the Merri Creek, and made our way to Dights Falls. Our path took us back to the Fairfield Boathouse, where we stopped for lunch and coffee for those who wanted to queue up at the café. After our break, we followed our morning path back to Willsmere Park.

Our thanks go to Gillian who always steps up to fill a gap in the calendar, and gives us a well led, well organised walk, (but Gill you must stop losing people along the way!)

CATHEDRAL RANGE PACK CARRY

Date: Saturday 29 Mar 2025 – Sunday 30 March 2025
Leader: Rolf Exner
Report: Rolf Exner
Photos: Rolf Exner

The Cathedral Range near Buxton is less than 2 hours from Melbourne and features a rugged, challenging knife-edge ridge walk. It is rightly a popular area for bushwalking, and many a club trip has headed there. Those trips are usually daywalk loops along either the southern or northern section. This trip was a pack carry starting at the southern end and going all the way to Cathedral Peak and Neds Gully campground at the northern end.

Ten walkers started at Sugarloaf Saddle on a day that threatened a bit of rain. Half the group had previously walked the southern section, the others neither section, so there was something new for everyone. We avoided the more exposed Wells Cave route, climbing to the summit of Sugarloaf Peak by the conventional route. That route is far from easy, and we spent quite some time getting everyone safely up. We were very thankful that the rain stayed away as the angled rock was somewhat slippery even when dry. From there the track remained challenging as we worked our way slowly to the midpoint, known as The Farmyard, for lunch. After lunch we continued northwards over difficult, rocky terrain, to the summit of Cathedral Peak. The peak marked the end of the difficulties whose 9 km had taken us 7 hours to complete. From there it was an easy but long downhill to Neds Gully campground. This large well-equipped campground is accessible to car campers, and 15 cars were parked in the parking area, but the extra company was not a problem with space, noise or facilities. We all had a great night's sleep, even the one in our group who forgot her tent poles.

The next day was an easy walk out along the valley to the east of the range, using the River track and Messmate track. We finished in time to head to Healesville for a welcome coffee and a well-earned lunch, everyone having greatly enjoyed the trip.

Finally on the summit of Cathedral Point



The Cathedral Range with the sharply pointed Sugarloaf Peak in the distance

Pack Carry

**Ritchies Hut and Bluff Hut
Circuit,
12-13 April, 2025
Leader: Michael Strickland
Report: Mei Yang
Photos: Mei Yang**

Seven eager walkers embarked on a rewarding and challenging pack carry to the summit of the Bluff, offering breathtaking views of Mt Buller and Lake Eildon. The group camped at Sheepyard Flat Campsite on Friday night before beginning the adventure on Saturday morning from 8 Mile Flat, where we set off for the steep climb ahead.



Day 1: The Ascent to Bluff Summit

The climb was tough but incredibly satisfying. The ascent from 8 Mile Flat to the summit of the Bluff tested our fitness, determination, and teamwork. Some steep sections required careful navigation, but with every step, the anticipation grew. Upon reaching the summit, we were rewarded with panoramic views of Mt Buller and Lake Eildon. The weather was perfect, enhancing the already spectacular vistas.

After taking in the breathtaking views and catching our breath, we made our way down to Bluff Hut for the night, where we settled in and enjoyed a well-earned rest.

Day 2: Ritchies Hut and the Howqua River

The second day brought more adventure. We descended from Bluff Hut, heading towards Ritchies Hut, then followed the trail down to the Howqua River. The weather remained ideal, making the journey pleasant and enjoyable. Along the way, we passed through beautiful bushland, with the soothing sounds of bird calls and the rustling of leaves creating a peaceful atmosphere.

Once at the river, we encountered a series of river crossings on our way back to 8 Mile Flat. The crossings were a fun and challenging part of the trip, with the water flowing briskly. However, everyone handled them with ease and great spirits.

Conclusion

This was a challenging yet immensely rewarding bush-walk. The stunning views, the physical challenge, and the camaraderie among the group made for a memorable weekend. Special thanks to our leader Michael Strickland as well as all the walkers who contributed to the positive energy and teamwork throughout the trip.



Grading of Walks

The gradings shown in the Club Events List are advisory only. If in doubt, please check with the walk Leader. The gradings below apply to day walks and base camps only. For pack carries and other types of events consult the Leader prior to booking.

- **SHORT:** Level terrain, on formed tracks. Distance up to 5km.
- **EASY:** Gently undulating terrain on formed tracks. Distance up to approx. 12km.
- **MEDIUM:** Sustained climbs and descents. Some of the Walk may be off formed tracks. Distance approx. 15-18km.
- **HARD:** Consistent walking with moderate to hard climbing in scrub and forest, on and off tracks. Distance depends on terrain.
- **EXPERIENCED:** Walking in difficult terrain that may require special knowledge such as unscheduled camping, rock scrambling, survival techniques, first aid or navigation.

Some walks will indicate a grade of walk between these main types, e.g., Medium-Hard, this signifies that the walk will be more challenging than the first grade nominated but not as challenging as the second grade nominated.

Leaders have final say on participant acceptability, fitness etc. Members and temporary members may be asked to prove experience.

Group Sizes

At the discretion of the Leader and dependent on the logistics of the walk (difficulty of the terrain, carparking limitations etc). Typical maxima: Day – 24; Overnight – 12.

Temporary and Associate Member Fees: \$5 per person per event. The fee will be collected by the Leader before the Event.

Bookings

Day Walks are open for registration in the online booking system known as Ontrax up to two months prior to the event. A longer period applies to Base Camps and Pack Carries. Bookings for walks are typically made in Ontrax by members of the Club. Visitors would normally ask the WBC Membership Secretary to put their name on a walk. Alternatively, the Walk Leader can be contacted.

Cancellations

Cancellation from a walk is done via Ontrax and is normally done by the club member. You will be prompted to provide a reason for the cancellation. Visitors should contact the walk Leader who can then cancel them off the walk.

Please process cancellations as soon as practicable. There are usually people on the waiting list who can then be transferred on to the walk.

Transport

When registering for a walk in Ontrax you must nominate whether you will be a driver or a passenger to get to the walk's start. The amount that passengers are to contribute to the driver's petrol and car running expenses is determined by a formula in Ontrax based on the distance to be travelled. This formula is modified from time to time according to fluctuating petrol prices. The walk Leader will let drivers know what the passenger cost for that particular walk will be. A share of E-tag and/or car park/entry fee costs may need to be added. Leaders will ensure that passenger numbers are evenly allocated.

Members attending a walk should not turn up at the meeting place and automatically assume that they will be passengers. They should arrive in time and be prepared to drive their car if so requested by the Event Leader. Their car should be 'fuelled' and ready in case of such a request. A Member, who for any particular reason cannot, or would not be prepared to act as a driver if requested, should have notified the Event leader of this in advance.

Meeting place

The meeting place for the walk is nominated in Ontrax and the Leader (or deputy) will be at the meeting place before the departure time given in Ontrax. You should aim to be at the meeting place ten minutes before the departure time to allow the Leader time to organise the car sharing arrangements. Leaders will not wait for you if you are not there by the departure time.

Club Emergency Contacts

All inquiries about late return of members must first be directed to the Leader's telephone number, then to the Club Emergency Contacts. Do not contact the police as they will not know of the club activity. The police will be advised if the Club Emergency Contact believes that the party is in danger. Premature contact with police could waste their time and may cause later difficulties for the club.

The Emergency Contacts details are in Ontrax under the WBC Club tab, on the Contacts page of the WBC website, and in our Walklines newsletter.

Before the walk

Check the grading of the activity and read the grading definition in *Walk Notes*, which are a guide only. If in doubt check with leader before you decide to participate.

Inform the leader, with as much notice as possible, if unavoidable circumstances prevent you from attending the event.

Bring all the correct clothing, equipment, food and water with you; don't rely on others to lend you items or carry them for you. If in doubt about what to bring ask the leader at booking time or before departure. Some equipment may be hired from bushwalking shops.

Carry a whistle at all times and remember the code:

Three short blasts regularly spaced: ***Emergency signal from person/s in distress***

One long blast: ***Acknowledge a distress signal***

Four short blasts close together: ***Emergency, regroup with leader immediately***

Ensure you leave details of the activity and the names and phone numbers of the Club Emergency Contacts with your family or friends and make them aware of the emergency procedures (details on page 2).

Carry with you the mobile phone number of the event leader so that if your car breaks down en route to or from the activity or you become separated from the group you can advise details as soon as possible. This may also help the leader to render assistance.

Carry a personal First Aid Kit

During the walk

Arrive at the meeting place in time to depart on the activity at the time stated.

If you suffer any medical condition that may require special action, please ensure that you carry the appropriate instructions in a sealed envelope or they are with a friend at the activity. If necessary, carry the required medication. All participants should complete and carry the Personal Health Details – Emergency Information form.

On the walk obey all reasonable instructions given by the leader.

Advise the leader if you feel unwell or cannot cope with the activity.

Provide assistance and support to others on the activity. Club events are generally not competitive and success of the activity is dependent on members providing mutual support and encouragement.

If you are at the front of the group and the leader is not with you stop at all track/road junctions, signs, or whenever there is doubt about the correct route and wait for instructions from the leader.

Irrespective of where you are in the group, ensure that you can see the person behind you [and vice versa]. If not slow down and wait.

The Whip is there to assist slower group members and to ensure that nobody is left behind. If you need to leave the track, for any reason, please inform the leader or Whip and leave your pack on the track.