

ARMIDALE BUSHWALKING CLUB INC. ACTIVITIES PROGRAM
Summer 2018/19

DATE	CONTACT	VENUE	DETAILS
Friday 9 th to Sunday 11 th November <i>Note change of dates from Spring program.</i>	Peter Laffan 0428821069	Warrabah NP west of Armidale	Overnight walk along the Namoi River through the granite gorge in Warrabah National Park. Lots of rock hopping and river crossings along the way. Fit and experienced walkers only.
Saturday 17 th to Sunday 18 th November	Paul McCann 0456368680	Gibraltar Range and Washpool NP's east of Glen Innes	See the spectacular waratahs and other wildflowers on Saturday. Option to camp overnight and do other walks on Sunday. Mostly on tracks with optional steep scramble to the top of Dandahra Crags for a great view.
Saturday 24 th to Sunday 25 th November	VACANT Can you lead a walk on this weekend?	Anywhere is better than nowhere.	
Friday 30 th November to Sunday 2 nd December	Peter Laffan 0428821069	Oxley Wild Rivers NP east of Armidale	Overnight walk with students from Armidale High School descending to the Chandler River and following the rivers down to West Kunderang.
Monday 3 rd to Sunday 9 th December	Paul McCann 0456368680	Kosciuszko NP south of Canberra	Join the final days of the walk which commenced in Sydney to protest the recent NSW Government decision to protect feral horses in our national parks. Enjoy the early summer wildflowers while helping save them from being destroyed by the ever increasing number of feral horses.
Sunday 16 th December	Paul McCann 0456368680	New England NP east of Armidale	Celebrate the end of another year of walks with a short walk along the many tracks in the park followed by some Christmas lunch or an evening BBQ.
Saturday 22 nd to Sunday 23 rd December	VACANT Can you lead a walk on this weekend?	Anywhere is better than nowhere.	
Saturday 5 th to Sunday 6 th January	VACANT Can you lead a walk on this weekend?	Anywhere is better than nowhere.	
Sunday 13 th January	Joc Coventry 0448727001	Styx Gorge east of Armidale	A short day walk with a compulsory swim through a spectacular narrow canyon along the Styx River. Personal floatation devices essential and can be obtained from Armidale Outdoors.
Saturday 19 th to Sunday 20 th January	Peter Laffan 0428821069	Cunnawarra NP east of Armidale	An overnight walk amongst the cool rainforest down New England Ridge to Georges Creek where there should be lots of nice swimming holes. Partly off track and down a steep management trail.
Wednesday 23 rd January	Annual General Meeting	Venue to be decided	Come along and help keep the club running and maybe volunteer to be on the committee. Some current committee members would like a break so we need some new faces on the committee. The AGM will be followed by a Walks Planning Meeting to put together a program for the next few months.
Saturday 26 th to Monday 28 th January	Paul McCann 0456368680	New England NP east of Armidale	An overnight walk following the management trails along the Bellinger River to Scraggy Creek where we will camp for two nights and do a day walk on the Sunday up to the Crescent Ridge which is the eroded core of the Ebor Volcano.
February	Paul McCann 0456368680	Tasmania	Expressions of interest for a road trip and multi-day overnight walks in Tasmania. Further details will be sent out closer to the dates.
Saturday 23 rd to Sunday 24 th March	Judy Matten 0429186900	Deervale between Ebor and Dorrigo	A weekend car camp at Deervale Hall with day walks both days to the Silent Pool and other nearby attractions. The hall has a kitchen and flushing toilets. Further details have been sent out last week and an update will be sent out closer to the date.

Friday 19 th to Monday 22 nd (Easter)	Paul McCann 0456368680	Henry River south east of Glen Innes	A four day overnight walk down to and along the Henry River where we might sight a platypus. Further details in the next program.
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SOME IMPORTANT INFORMATION ON WALKS:

All walks are subject to last minute changes if river levels, bush fires and weather conditions make for unsafe walking. Contact the leader prior to the walk at least a week in advance. If you are unsure about your suitability for a walk discuss it with the leader.

If you contact a leader concerning a walk and your plans change resulting in being unable to join the walk please advise the leader of your withdrawal from the walk preferably no later than the evening prior to the walk. If there is a last minute problem (car won't start, flat tyre or you got lost trying to find the meeting location) try to contact the leader on their mobile phone if they have one. We may be able to pick you up or wait for you if you are on your way to the meeting point. Normal waiting time is fifteen minutes at the agreed meeting location unless advised otherwise by the leader.

Leaders should ensure they have a printed copy of the waiver form for all participants to sign at the start of the walk. A digital copy has been emailed to all members along with some notes as to which forms need to be completed especially if children (under 18) are participating in the walk. The leader needs to sign and date the bottom of the waiver form. Completed waiver forms should be returned to Armidale Outdoors after the walk or given to the secretary if they are on the walk. If you need a copy of the waiver form advise the secretary and a copy will be emailed to you.

All participants should record a suitable emergency contact on the waiver form in the event of an incident occurring on the walk. The email column is optional but please record your email address if you are a new member or if you have changed your email address since the last walk so we can send you updates to the program.

Leaders should ensure they have at least one distress beacon with the group at all times. The club has a distress beacon for use on club activities along with a water filter and some climbing tape useful on walks traversing steep slopes. These items can be collected from Armidale Outdoors. Alternatively arrange for another member who is participating on the walk to collect the distress beacon and other items from Armidale Outdoors. Please ensure the items are returned so they can be used on the next walk.

Finally take time to enjoy your surrounds and the many interesting things one might see on a walk. If you get behind ensure you call out so those in front can wait for you and ensure you don't become lost. If you are having trouble keeping pace with the group let the leader know. Never assume which way the group went unless you can see them ahead or have established voice contact.

A FEW TIPS FROM BUSHWALKERS WILDERNESS RESCUE SERVICE ON WAKING SAFELY:

Give written route details to a responsible person.

Tell them when you return.

Take adequate clothing, spare food, water proof matches, map and compass.

Don't travel faster than the slowest person in your group.

Don't leave an injured person alone.

If you're lost, **stop!** Stay where you are.

If you're overdue, phone home ASAP.