

**ARMIDALE BUSHWALKING CLUB INC. ACTIVITIES PROGRAM**  
**Autumn & Winter 2017**

| DATE  | CONTACT   | VENUE   | DETAILS  |
|---|---|---|--|
| Sunday 18 <sup>th</sup> June                                | Paul McCann<br>0456368680                                       | Cliffs Trail from Toms Cabin to Diamond Flat in New England National Park   | Day walk along a track gradually descending in altitude to Diamond Flat which has recently been acquired by the NPWS. No views but pleasant walking through forest.  |
| Saturday 24 <sup>th</sup> to Sunday 25 <sup>th</sup> June   | Bushwalkers Wilderness Rescue<br>Register at<br>www.bwrs.org.au | Somewhere near Sydney.<br>If sufficient member are interested we could travel to the venue in one vehicle sharing costs. Email the club secretary at<br>paulbmccann@bigpond.com | Improve your bush navigation skills in the annual NavShield Competition. Find your way through an area which details are kept secret until the day. Get lost and unlost all in one day while learning new skills.  |
| Sunday 2 <sup>nd</sup> July                                 | Julie Kennelly<br>6775 1664                                     | Properties along Rockvale Road  | Day walk between properties along Rockvale Road through remnant vegetation.  |
| Saturday 8 <sup>th</sup> to Sunday 9 <sup>th</sup> July     | VACANT  | Your favorite area  | Your favorite walk   |
| Sunday 16 <sup>th</sup> July                                | Kathy King<br>6772 5401   | Mount Duval near Armidale   | Day walk along tracks to the summit of Mount Duval. No views but pleasant walking through forest.  |
| Thursday 20 <sup>th</sup> July                              | Joc Coventry<br>0448727001                                      | Armidale High School entrance off Mann Street near Butler Street  | Special General Meeting to discuss changes to the club's constitution following amendments to the relative laws governing organizations such as ours. A reminder notice will be sent closer to the date.   |
| Saturday 22 <sup>nd</sup> to Sunday 23 <sup>rd</sup> July   | VACANT  | Your favorite area  | Your favorite walk   |
| Saturday 29 <sup>th</sup> to Sunday 30 <sup>th</sup> July   | VACANT  | Your favorite area  | Your favorite walk   |
| Saturday 5 <sup>th</sup> to Sunday 6 <sup>th</sup> August   | Donna Smith<br>0429642351                                       | Duncans Creek area near Tamworth  | A day walk along a fire trail the whole way along the top of our ridge. Lunch will be overlooking the Oganbil/Dungowan Valley. We'll head back along the same road after taking a small loop detour at the beginning of our return. It will be a full day with the possibility of spotting a koala or two. Camp overnight on the Saturday night to enable an early start Sunday. |
| Sunday 13 <sup>th</sup> August                              | Joc Coventry<br>0448727001                                      | Watsons Creek Nature Reserve near Bendemeer   | A day walk along Watsons Creek located near the top of the Moonbi Ranges. The area is part of the Watsons Creek Nature Reserve and contains rare plants including the Bendemeer White Gum which only occurs in the Moonbi Ranges and surrounding area.   |
| Saturday 19 <sup>th</sup> to Sunday 20 <sup>th</sup> August | VACANT  | Your favorite area  | Your favorite walk   |
| Sunday 27 <sup>th</sup> August                              | Paul McCann<br>0456368680                                       | Guy Fawkes River National Park east of Guyra  | Overnight walk descending Bees Nest Ridge to the Guy Fawkes River and following the river upstream past a feature known as London Bridge. Return up another ridge overlooking Connaughtmans Creek.   |

**Expressions of interest are required for a multi day walk in the next few months from Walcha to Wollomombi Falls. The walk will be done in sections with food drops for each section. If interested contact Dave Graeme on 5732 7555.**

**NOTE ALL WALKS ARE SUBJECT TO LAST MINUTE CHANGES IF RIVER LEVELS RISE AND WEATHER CONDITIONS MAKE FOR UNSAFE WALKING. ALWAYS CONTACT THE LEADER PRIOR TO THE WALK AT LEAST A WEEK IN ADVANCE. IF YOU ARE UNSURE ABOUT A WALK DISCUSS IT WITH 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 WILL BE 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 TREASURER IF THEY ARE ON THE WALK. ALSO ENSURE YOU 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.**

A FEW TIPS FROM BWRS 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.