

ARMIDALE BUSHWALKING CLUB INC. ACTIVITIES PROGRAM
Winter 2020

DATE	CONTACT	VENUE	DETAILS
Saturday 13 th to Sunday 14 th June	Peter Laffan 0428821069	Mount Duval near Armidale	An overnight walk to the summit of Mount Duval camping on the top of the mountain. The views are restricted by the trees which provide a refuge for gliders. The area was not impacted by the fires.
Sunday 21 st June	Paul McCann 6772 6156	Warra NP east of Glencoe	A day walk partly on tracks to the summit of Nightcap Mountain which provides a panoramic view over the surrounding country. Some steep rock surfaces which may be slippery.
Saturday 27 th June	Peter Laffan 0428821069	Mount Yarrowyck west of Armidale	Day walk along the top of Mount Yarrowyck. The area was not impacted by the fires but many of the trees on the western side of the mountain died back during the prolonged drought so it will be interesting to see how they have recovered.
Saturday 4 th July	Frances Grindlay 0406625259	Rocky River near Uralla	Explore along the Rocky River and the surrounding gold field where fossicking is allowed. You never know what you might find.
Saturday 11 th to Sunday 12 th July	Peter Laffan 0428821069	Oxley Wild Rivers NP near Hillgrove	An overnight walk down to the Macleay River and Bakers Creek. The area was not burnt in the fires but was still affected by the drought. We hope to visit the big red cedars to see how they have survived the drought. This walk might be extended to include either Friday or Monday.
Sunday 19 th July	Paul McCann 0428821069	North rim of Dangars Gorge	A day walk along the northern rim of Dangars Gorge to the top of the ridge opposite Rock Wallaby Lookout. Several vantage points offer a different view of the gorge and falls. There may be a few fences to negotiate.
Sunday 26 th July	Mike Affleck 0422443579	Gara Gorge near Armidale	A morning walk with either breakfast or morning tea at the rocky bluff overlooking the gorge.
Saturday 1 st to Sunday 2 nd August	Frances Grindlay 0406625259	Melrose area east of Uralla	A walk possibly overnight in the Melrose area and along Postmans Creek exploring the old mine workings in the area.
Sunday 9 th August	Joc Coventry 0448727001	Guy Fawkes Gorge near Ebor	A day walk along the gorge rim through private property and along the park boundary to vantage points overlooking the gorge of the Guy Fawkes River. Part of the area was impacted by the fires last year.
Saturday 15 th August	Kate Carter 6771 2642 0427706987	Dangars Gorge near Armidale	A day walk along the tracks down to Salisbury Waters. This walk is a good walk to gain some fitness for longer walks. The area is recovering from the drought but escaped the fires.
Saturday 22 nd to Sunday 23 rd August	Joc Coventry 0448727001	Southern end of Mount Kaputar NP near Boggabri	An overnight walk to some of the peaks in the southern end of Mount Kaputar NP. Most of the park was burnt during the fires last year. The forecast of a wetter winter might aid the recovery and replenish the streams as well.
Saturday 29 th to Sunday 30 th August	To be advised	To be advised	
Saturday 5 th to Sunday 6 th September	Paul McCann 6772 6156	Gibraltar Range and Washpool NP's east of Glen Innes	A car camp with day walks to view the early spring wildflowers and see how the area is recovering after the fires last year.
Thursday 8 th to Sunday 11 ^h October	Paul McCann 6772 6156 Chris Smith 0448938968	Gibraltar Range Washpool World Heritage Walk east of Glen Innes	A four day walk through forests and heathland where the wildflowers should be at their best. It is possible to join part of the walk on the Saturday and Sunday. The walk has reopened following the fires so it will be interesting to see how the area is recovering.

SOME IMPORTANT INFORMATION ON ACTIVITIES:

- All leaders must check the NPWS website for park closures and other alerts. Never enter a closed area as there may be hazards which could impact on those on the activity. Fines apply for entry into closed areas without permission. Most national parks in the area have reopened but there are a few that are still closed to allow weed and feral animal control following the fires.
- All activities are subject to last minute changes if river levels, bush fires and weather conditions make for unsafe walking. Contact the leader prior to the activity at least a week in advance. If you are unsure about your suitability for a activity discuss it with the leader.
- If you contact a leader concerning a activity and your plans change resulting in being unable to join the activity please advise the leader of your withdrawal from the activity preferably no later than the evening prior to the activity. 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. During the Covid 19 restrictions the leader will read out the risks associated with the walk and all participants will acknowledge their acceptance of the risks by raising their hand. The leader will place a tick in the signature column indicating that the participant has acknowledged the risks associated with the walk. Raising your hand is the equivalent of signing the form. 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 activity. The leader needs to sign and date the bottom of the waiver form after completion of the activity. Completed waiver forms should be returned to Armidale Outdoors after the activity or given to the secretary if they are on the activity. If you need a copy of the waiver form advise the secretary and a copy will be emailed to you.
- Leaders should also 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 usefull on activities traversing steep slopes. These items can be collected from Armidale Outdoors. Alternatively arrange for another member who is participating on the activity 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 activity.
- All participants should advise the leader of a suitable emergency contact on the waiver form in the event of an incident occurring on the activity. The email column is optional but please ask the leader to record your email address if you are a new member or if you have changed your email address since the last activity so we can send you updates to the program. All non members must pay an insurance surcharge of \$5 to the club or the leader prior to joining the activity. If you are a financial member of another club affiliated with Bushwalking NSW then you are covered and do not need to pay the \$5. If you plan to do multiple activities with Armidale Bushwalking Club please consider joining the club and your membership fee will assist us to continue offering activities.
- When travelling to the walk and on the walk remember to keep 1.5 metres from others at all times especially at camp or at lunch. Avoid handshakes and other close contact greetings during the Covid 19 restrictions. If you are feeling unwell or have been tested positive for the virus please do not attend the activity. We need to remain vigilant so we don't experience a second wave of the virus.
- Finally take time to enjoy your surrounds and the many interesting things one might see on a activity. 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. Those in front should regularly check to see if those behind are in sight. If you cannot see those behind then tell the leader to stop and back track to locate the missing persons.

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.



Paradise Rocks reflected in the Apsley River at the junction with Rusdens Creek