



Welcome everyone to the first newsletter to be published since the changeover in the Executive Committee.

## From the President

I would firstly like to extend my appreciation on behalf of all club members for the efforts of the 2008/2009 Exec. The Exec worked tirelessly behind the scenes to ensure the continued successful operation of the club for another year.

Some of the notable successes included the purchasing of a range of new gear for club members to hire, the running of numerous successful social events and ensuring that a wide variety of trips were being run, including much canyoning, climbing, bushwalking, mountain biking, rogaining, cycle touring and more. Thank you to all outgoing Exec members.



UNSWOC President  
Steven Hare

I would also like to welcome the new Exec in. There are some previous exec members, along with some long lost faces that have since reappeared, and some completely new people on the Exec team for 2009/2010. We all have big shoes to fill and this will be no mean feat. Congratulations to all those appointed at the AGM in June.

I would like to remind everyone that we climb every Friday at The Ledge at Sydney Uni, and the club subsidises this so that members climb for \$3. It's always good fun and a great way to meet other club members and find out about upcoming trips. Another little known club policy is that any club member who runs five trips that are posted to the website (including at least one suitable for beginners) and submits one article to the newsletter within a membership year is entitled to free gear hire for the remainder of that year. This is a good incentive to get active and start leading. If you want to lead trips but need some advice or help, then feel free to email an exec member. We are more than happy to help!

With summer fast approaching (it was 29 degrees in the

west last weekend!) I encourage everyone to get outdoors and have fun!

Cheers,  
Steve Hare

## Manning and Barrington Rivers with Willow Warriors By Monique Alfris

Over the Easter long week I attended a Willow Warriors monitoring paddle and willow treatment trip. Willow Warriors are a conservation group who aim to combine whitewater rafting and kayaking with the eradication of willows on NSW and ACT waterways.

Our group left early on Saturday morning and after a short stop at Gloucester drove to a property on the Barrington River where we were to treat willows on the river bank. In-



Treating Willows on the Barrington River

terestingly, these willows were originally planted to stop the erosion of the river bank but have now spread up and down the river and could clog the river if they are not removed. We treated around 200m of the riverbank by either pulling out the younger trees or treating the larger trees with roundup.

After a couple of beers and a good night's rest at Glory Vale camp ground we rose early on Saturday morning to conduct a monitoring paddle on the Manning River (which was luckily right next to the campsite!). The purpose of the monitor-



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ing paddle was to get a better understanding of the willow infestation on the river. The day was also used to conduct some paddling training – including eddying in and out, ferrying and paddle strokes. This was also a great opportunity for Jeff (the Willow Warriors co-ordinator) to show off his superior



The site of the group swim on the Manning River

paddling skills! Jeff expertly paddled under a log and motioned for the rest of the group to follow. Almost every other member of the group swam – much to the amusement of the farmer and his kids who had come down to watch the crazy kayakers.

The third day's paddling was an opportunity for everyone to practice their skills on the Barrington River between Bindera and The Cove. The river level was at 0.7m which is still manageable – but provided enough push to get the adrenaline



Me post face-planting after trying to surf. I managed to roll back up though!

pumping! Most members of the group had an attempt at surfing on a few of the waves down the river and all managed to negotiate “The Steps” and “Screaming Jaws of Death” (is that really its name???) without too many incidents. I managed to thrill the crowds by “commando rolling” a number of times. This is the first time I've actually managed to do this consistently on whitewater.

For more information about Willow Warriors check out their website <http://www.willowwarriors.org.au/> or contact Jeff Cottrell at [jeffcottrell\[at\]optusnet\[dot\]com\[dot\]au](mailto:jeffcottrell[at]optusnet[dot]com[dot]au). If you want more information about trips I have been on or want to contact a club member about getting more involved you can reach me on 0439689042 or [emailmon\[at\]gmail\[dot\]com](mailto:emailmon[at]gmail[dot]com).



Members of the team negotiating a rapid on the Barrington River





## K to K in a Day – Not Quite By Steven Hare

K to K is a 45km bushwalk from Kanangra Walls to Ka-toomba. It is usually done in two or three days, however our goal was to complete it in one. A party of four, Susan Ireland, Jenny Cheng, Steven Hare and Anne Karvinen set out to undertake this walk on Sunday 26th April as a training walk for the 100km Wild Endurance event.

Starting in the dark at 0530, good progress was made along the walls. A few minutes was spend checking the map before dropping off the tops in the early morning light. Mt Cloudmaker was reached by about 10:30am.

From the summit the party headed along a footpad for several hundred metres. It appeared to start heading in the wrong direction so a bearing was taken and the scrub bashing began. After a short while the footpad was found, this time heading in the correct direction. This was followed to Dex Creek, where a maze of tracks was encountered. Soon it was back to the scrub bashing, for the next hour until we again stumbled onto the foot pad just before Mt Moorilla Maloo. The scrub bashing cost us at least an extra hour (compared with walking along the footpad).

From here it was easy to follow, but very steep as it descended for several kilometres to the Coxes River. We crossed, getting wet up to our waists (we didn't notice the shallow easy crossing a few hundred meters downstream) and stopped for lunch around 1500 on the banks of the river.

Then it was up Yellow Pup ridge to Mt Yellow Dog. From here onto Mobbs Swamp in the fast fading light. Past the swamp in complete darkness, using headlamps to follow the track. Onto Medlow Gap and up Mt Derbert, as the wind continued to howl as it had all day.

Then it was up to Taro's Ladder, and it was here that the problems begun. Getting through the cliffline onto the fire-trail at the end of Narrowneck involves climbing a set of steel spikes, then scrambling a few metres up a pass then climbing a steel ladder to reach the top. It was 2030 when the party hit the cliffline, and everyone was feeling fairly tired.

Having walked this area the week before, I had felt confident the pass could be negotiated in the dark. However my memory failed me, and I thought we had to first scramble through a pass. So the next two and half hours were spent searching, to no avail, for the pass. At that stage, the group decided that continuing to try and find the pass in the dark was foolish. We were benighted.

Fortunately the position we were in had many overhangs that were relatively sheltered. We made a makeshift camp in one such overhang; fortunately it was also relatively sheltered from the wind. With plenty of firewood available we lit a fire to ensure we kept warm, put on all our clothes and hunkered down for the night.

Due to the cold and wind, it was a mostly sleepless night for the four of us, but we kept busy stoking the fire and talking to maintain morale. We were quite relieved when the sun started to appear. Extinguishing the fire, we started trawling the cliff line searching for the pass. Shortly we realised the error; spotting the steel spikes in the cliffline that signalled the route up. We ascended these, stopping once we reached the end of Narrowneck to make reassuring phone calls to parents, partners and housemates to ensure that a search and rescue operation was not launched.

From here we headed back to the car reaching it at 1100. Ironically this was exactly 12 hours after we had guessed we would get there. It was an interesting walk and experience, although I certainly don't recommend getting benighted.

### TIPS:

- Always have a backup plan in case you get held up or things go wrong.
- Always let someone responsible know where you are going and when you expect to get back. Allow some contingency time.
- Always consider carrying fire lighting equipment and emergency blankets. These may save your life.
- It is always better to have more food than not enough.
- If you are benighted ensure everyone has food, water and shelter. Maintain warmth using whatever clothing and equipment is available.



## Wild Endurance 2009 By Steven Hare

On the morning of Saturday, May 2, a group of four

UNSWOC members woke with apprehension. They were about to undertake the longest continuous walk of their lives. Wild Endurance is a 100km bushwalk through the spectacular scenery of the Blue Mountains, aimed at raising funds for the Wilderness Society. It is very similar to the annual OxFam Trailwalker events.

Tents were packed up in the freezing cold, breakfast was wolfed down and then it was off to the start point, Carlons Farm in the Megalong valley. True to form the team was running late, and missed half the safety briefing. Not a good start...

More bad news for one team member, Jenny Cheng, who had been sporting a knee injury since a training walk the previous Sunday. Jenny and the rest of the team had been hoping that the knee would come good by race day, but in the few hundred metres from the carpark to the start line it became apparent that hills still did not agree with Jenny's knee. Disappointed, she pulled out to prevent doing further injury and joined the support crew.

I was still packing as a crowd of 68 teams of between 4 and 6 members lined up on the grassy start line. Then before I knew it the event had started – and the UNSW Outdoors Club Anacondas (our team) were in last place! Not a good start at all...

From there things got better though. The three team members, Susan Ireland, Niranda Wright and I started to gain ground immediately, passing several slow moving teams. Nearly 10km's in we hit the first bottleneck, the pass through the cliff lines of Narrowneck at Taro's Ladder. Here it was a 15 minute break as participants climber the ladder one by one. We had made up a lot of ground, residing in about 35<sup>th</sup> position.

Once up the ladder we set a steady fairly fast pace all the way to the top of the Golden Stairs. Then down the stairs, along the valley floor and up and up and up Furbers Stairs. We reached checkpoint one, Katoomba oval (26km) just after 1:30pm. Here a brief lunch was had before we were off again.

Still setting a quick consistent pace, we headed to the Grand Staircase. It was slow going getting past all the tour-

ists before it cleared up at the bottom of the stairs. Then it was along

the valley floor, up and down to a couple of creeks before a long climb up through Kedumba walls as darkness fell. We walked the last few kilometres to checkpoint two at Queen Victoria Hospital in the moonlight, watching as lightning cracked over the eastern suburbs of Sydney 100+ kms away.

Checkpoint two (48km) was a good spot to stop for dinner. Here we found we were in 19<sup>th</sup> position, which was very exciting given the dismal start! After about an hour, and feeling very well fed on a scrumptious meal of risotto, we headed off into the darkness, en route to Ingar Fire Trail. It was very fast going for a while as the fire trail was well graded and slightly sloping downhill. A wonderful rendition of 100 bottles of beer on the wall was sung to pass the time as we walked (I am never singing that right through again, it takes too long!). We crossed Bedford Creek, in the dark before midnight and started up Andersons Fire Trail. We were often passing, then being passed by the same teams. There were friendly greetings and words of encouragement passed back and forth. This was very encouraging and helped lift the spirits.



The support crew patiently waiting for the teams arrival

Early on Sunday morning we caught up with a team from out of town. Two members had come down from Forster for the event, one from Brisbane and amazingly, one member had flown in Friday morning from Los Angeles specifically to





participate in this event. Some people are really keen! We reached the third checkpoint again at Queen Victoria Hospital having just completed a 32km loop. This left just over 20km to go in the fourth and final leg.

We rested a short while, ate some food (whatever we could stomach, cookies, marshmallows and tinned fruit mostly) before setting off for the finish before 4am. This last leg was by far the hardest, a combination of rocky, wet walking tracks being walked by three people who had spend the past 19 hours walking. It was slow going, and seemed like the leg was never going to end. The last 10km were the hardest 10km I have ever walked.

We finally reached the finish just after 8am on Sunday, marginally over 24 hours since we had started the event. Our official finish time was 24h 08mins. We were placed 10th overall and 7<sup>th</sup> in our category. An amazing effort for three people who have never competed in such an event before.

A massive thank you has to go out to our support crew, Danika Wright, Wendy Zhang, Jason Woodhouse, Sarah Ongley, Jenny Cheng and Jimbo Tan. Without you guys we would've starved and frozen! And a big congratulations to the team for such a great effort!



The exhausted team crossing the finish line!



## Easter bushwalking 2009 By Anne Karvinen

The long Easter weekend provided an excellent opportunity

for a longer trip a bit further than the Blue Mountains and therefore nine of us (Su Li, Steve, Disco, Susan, Dev, Scotty, Anna, Tom and myself) were headed to the Kosciuszko national park to attempt the 40(?) km Mt. Jagungal Circuit.



The group walking along an open plain with Jagungal looming ahead.

We set off on Thursday night and despite some last minute pick-up place changes we finally managed to gather up all the people. We stopped for dinner in Goulburn next to the Giant Merino and I got the chance to take some touristy photos of one of the Australia's famous Big Things :). Later we met up with the rest of the group at the President's Shed in Cooma where we spent the first night.

The next morning we drove a couple of hours to the Round Mountain car park (after making another quick touristy photo shoot stop at the Giant Trout in Adaminaby...) and managed to hit the trails not too much behind our trip leader Su Li's intended schedule.

Right at the start Dev's backpack decided to fall apart but luckily the engineers put their wise heads together and managed to fix the problem in no time. We crossed a wee river (only one of us falling into the water :) and stopped for lunch on the other side just in time when the rain caught up with us. We strolled towards the O'Keefes hut crossing partially burned down land (due to the bushfires some years ago)

dotted with snow gums and pretty alpine flowers. To the apparent

shock of everyone else I decided to try one of the blueberry-ish looking delicacies growing on the sides of trail. Probably not the most intelligent thing to do in a country where nearly everything outdoors can potentially kill you, but I made it through the trip without any side effects. :)

The camping area close to the hut was fairly crowded by the time we got there but it was nice to have shelter for cooking when the storm broke out. Luckily Su Li had packed her Uno cards along since they provided great entertainment for the night as well as did the newspaper articles from 1936 (inside the hut the walls were decorated with these papers commemorating the year it was built).

In the morning a couple of us were up early enough to catch the sunrise and after packing everything up we headed for the only major peak in the area, Mt. Jagungal. Some of us abandoned our packs in the bush while the others scrambled up the hill with full gear to get some extra training (and not having to backtrack later). At the top we were greeted with panoramic views of the Jagungal Wilderness and the peaks of the Main Range in the background.



Heading down from the summit of Mt Jagungal

Scotty had decided to skip Mt. Jagungal due to painful blisters and head straight for the Dershko's hut but in the end he walked past it and as a result his leisurely stroll turned





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into a 20k hike. He powered through back to the hut half of his heel missing but yet seemed to be in good spirits!



Slacklining

At the campsite Disco set up a slackline which kept the group busy (and some of us started developing a slight addiction after first refusing to even have a go) until it was time to cook dinner. We headed for the hut again since the storm clouds started ominously gather above us. All nine of us managed to cram inside a tiny room and spent the night making fun of Anna's slightly lumpy chocolate pudding and of course playing

rounds of uno again.

The next morning a couple of Easter bunnies had been up before the sunrise and chocolate eggs were scattered across the campsite. After packing up (and finding all the eggs) we set off towards the Round Mountain hut. It was nice and sunny day and later Steve, Susan, Disco and Anna decided to check out the Round Mountain while the rest of us relaxed at the hut playing cards. After dinner we sat around the campfire with central bushwalkers sipping hot water, admiring the moonrise and hoping that the fire would last a bit longer. The night was cold at least by aussie standards! (temperature dropping down to -4ish) and when the morning dawned the ground and tents were glistening with frost.

On the last day we had a short walk up the hill back to the car park and then the aim was to visit the Yarangobilly caves. But this was also when the drama finally came along!

Our car made it to the caves first after making a petrol stop and we sat around at the parking lot wondering where the others were. Soon it



Silhouettes against the morning sunrise on the final day.

became obvious that something must have gone wrong with the other car so Steve and Scotty headed back to find out. While waiting for the rest of the group to get back Anna and I took a little stroll to the thermal pool and then tried to sneak into the self-guided caves (this attempt sadly failed due to locked doors). We also did some scrub bashing through blackberry bushes up the nearest hill and thanks to all those thorny branches got some nice little cuts as souvenirs.



Group shot (L-R): Scott M, Su Li S, Anna W, Susan I, Dev N, Anne K, Steven H, Stewart J, Tom R.



### To boulder or not to boulder?

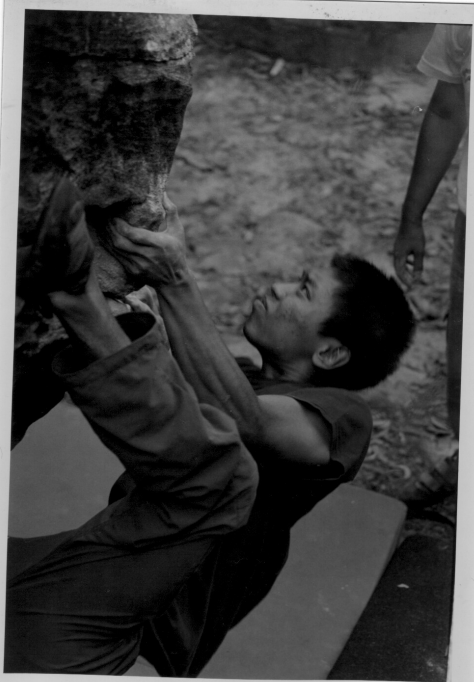
By Anne Karvinen

Getting up early on a Saturday morning for another day's hard climbing. The epic walk in. The long drive home.

It's not too bad when you wake up at 10am, have a two minute stroll to the crag, and the drive home is 30min. Meet bouldering in Sydney. Just like climbing in the Blue Mountains you are present with hundreds of choices. Where to

climb? Which climb to do? Where to get coffee? All the important stuff.

Bouldering isn't just climbing without a rope. Just as hockey isn't just figure skating with a puck. Being a shorter sequence of moves, they tend to flow



better, the moves are "stronger" and often involve "weird" techniques. Having a foot above your head is common place. If it all goes horribly wrong, there's a nice cushy Fat Bastard\* to fall on -- which also doubles as a couch.

From a workout perspective, you'll be working much more of your legs and your core. If you're climbing progress is plateauing, jump on a boulder. You'll get a couple of grades in a few weeks, promise!

All that said, nothing beats the views at a classic climbing crag. Below is Taipan wall on a regular Tuesday afternoon. Either way, get out there and climb!



\*name of the mat -- just in case

## Upcoming Events

Date	Activity	Location
Fridays during uni semester	Indoor climbing	The Ledge (USYD)
23 August	Abseil rescue techniques	Blue Mountains
25 August	Club BBQ	Sam Cracknell
29 August	Urban sprawl pub crawl	The Rocks
2 September	Interclub climbing competition	The Ledge (USYD)
5 September	Sydney bouldering series	St Leonards