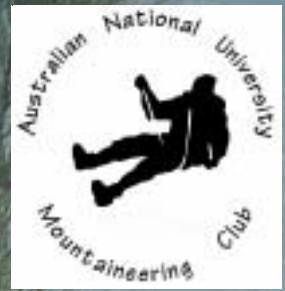


# The Epic

*Newsletter of  
the ANU Mountaineering Club  
Spring Edition 2005*



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# The Epic

'The Epic' is the quarterly newsletter of the Australian National University Mountaineering Club (ANUMC).

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All contributions, including photos and artwork, are eagerly accepted. Photos at 300psi resolution via email are preferred, prints accepted and all care/no responsibility taken with same.

**Try to limit articles to 600 words.  
Articles submitted may be edited for length  
and style.**

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## Club Membership:

\$15 per year students  
\$20 per year non-students (plus SRA Membership  
Fees - Approx. \$120 for non-students)

*Front Cover: Michael Bortz climbing Woila. Photo: Pierre Portal*

# Editor's Blurb

Welcome to the Spring 2005 Epic! We are sure you will find it jam-packed full of rollicking stories about happenings in the club over the past 3 months.

Don't miss out on a word from the club's new Madam Pres - Prita. Or if rattling tales of difficult bushwalks is more your pace - check out Woila or Three Peaks. For the climbers the story of the new climbing area at Nerriga is a must. And how could we forget that fine ANUMC tradition Cocktails at the Castle, which was..well..*almost* at the Castle this year.

We hope you've had a great spring, will have a better summer, and sincerely hope to see you out in the wide blue yonder!

Bron, Andrew & Mostyn

## President's Report by Prita Jobling

Ahhh the summer, what a fabulous and festive season! As I start the morning's activities without a shiver, as the bugs start dive-bombing my mouth on the evening ride home, as the weekend adventures start lingering into the evening – I know there's three long and happy months ahead, of summer shenanigans and hot weather activity bliss. There's plenty happening in the club this summer and I for one intend to partake in a bit of everything. We've got trips running for canyoning, hiking, kayaking, rock climbing, mountain biking and road touring. The weekly paddling and climbing at the wall will continue throughout the summer, as well as other non-club activities such as twilight orienteering.

It has been a fantastic year for the club. Our membership base continues to grow, with around 475 members in 2005 (Canberra domination here we come, only 349,525 members to join up!!). We've offered a variety of activity trips nearly every weekend of the year in addition to the regular weekly activities to keep us sane while we slog through until the weekend. We've also offered First Aid and Remote First Aid courses as well as a number of leadership building programs such as a fantastic leadership

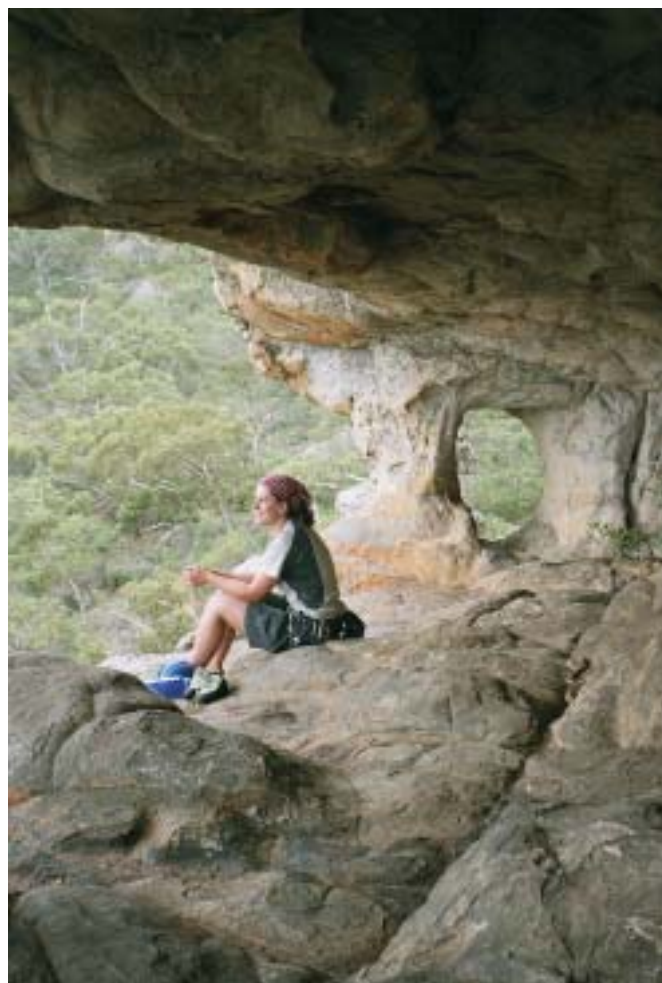
weekend run by Annabel and ex-Pres Duncan McIntyre, and the Women In Sport programs in climbing, snow skills and kayaking. Hopefully all the enthusiastic participants of these programs will be rearing to run some trips over the summer and into the coming year.

Another important benchmark for the club's success this year is the lack of major mishap or injuries. Most of our activities are potentially dangerous and often carried out in remote locations, however we have an excellent record of safely run trips and take pride in our careful procedures and emphasis on safety. I think it is a tribute to Annabel, all the activity officers and the trip leaders for such a safe year (and to Clancy's Mission Impossible manoeuvres and Ros and co's garbage bags).

Other big news this year has been the imminent arrival of Voluntary Student Unionism. Luckily for us in 2005 the legislation wasn't passed in time to implement VSU in 2006. Unfortunately, it does look inevitable for the future so the club will need to continue to review our expenses and costs and work out strategies to ensure our sustainability. While we won't disappear because we are such a big club, VSU will eventually become an issue for us, so it is fortunate we've got a little more time to work with. Any ideas are welcome, feel free to call or email me!

On an environmental note, Annabel is currently finalising the club's submission for Namadgi National Park draft management plan. The draft management plan is a massive 200 page document covering a range of activities that we love to do in our local Namadgi, including camping, hiking, climbing, riding, rogaining and snow activities. The submission makes a number of important and necessary points and will be a significant contribution to the park management dialogue. Annabel deserves a massive thank you for being the central coordinator of this huge task.

Speaking of our departing president, Annabel Battersby, on behalf of the ANUMC I would like to extend a massive thanks for the number of significant and lasting contributions she made to the club over the last handful of years. Among other things, Annabel worked out the grant categories to claim new funding for Women In Sport training and for competition money (which had not been claimed



Prita having a rest at the top of Stailcylte at Mt Arapiles. Photo: Rebecca McLaren.

previously), figured out cheaper ways for non-students to join the SRA, and this year has been instrumental in organising the new and much needed gear store for the club.

Finally, a huge thank you to everyone in the committee and the trip leaders that made such phenomenal voluntary contributions to the club in 2005. The club simply could not offer the huge number of wide-ranging activities, services and facilities that it does without the enduring dedication of these people. A few of the prominent contributors received prizes in the ANUMC annual award ceremony, which you can read about in this edition of *The Epic*. Special congratulations goes to Bronwen Davies who was awarded the ANUMC Hall of Fame ice-axe, and Mika Kontiainen who was awarded with life membership for his incalculable contribution to the club over several years.

Happy hot summer high-jinks everyone!

Prita Jobling  
Madame Pres, ANUMC.

# The ANUMC 2005 Annual Awards

Every year at the AGM the ANUMC has a club award ceremony to acknowledge a number of special members for the part they've played in the Club during the year. This may be as trip leaders, as participants or just generally for providing entertainment and awe factor.

## **Bandaid Award**

The Bandaid Award is presented to the most impressive, or ridiculous, injury sustained by a club member during the year. The award went to Sam Keech-Marx. Sam had recently recovered from a long term shoulder operation, and decided to try canyoning in Jerrara Ck canyon. She was fine for most of the trip, but then jumped into a pool of water from a height of about 2 or 3 metres, and dislocated her shoulder when she hit the water. She swam to a nearby slime-covered rock in the canyon, and popped it back in herself using Andrew Collins for leverage while they were both balancing on the slime-covered rock. She then had another 4 hours of canyoning and a number of abseils to complete before finishing the canyon, and she did this with one arm (and pumped full of adrenalin!). Since we all know what a good anaesthetic alcohol is, Sam's prize was a bottle of wine.

## **Backcountry Cuisine Award**

The Backcountry Cuisine Award is for the most creative and innovative backcountry chef of the year. This year the winner was Duncan McIntyre for his amazing ice-cream spiders on the top of The Castle, for which he was presented with Nalgene unbreakable backcountry salt and pepper shakers.

## **Swamp-monster Award**

The Swampmonster Award is given to the person or group that got most spectacularly and involuntarily wet and/or dirty. The winners this year were Jaakko Järvinen & Hannah Parris for their fall in the Eucumbene River during a blizzard on the way to the midwinter feast. To ward off future frostbite, this sorry pair were each given a set of handwarmer packs.

## **Epic of the Year**

The Epic of the Year Award goes to the person or trip

## **ANUMC Hall of Fame Award**

The annual ANUMC Hall of Fame trophy is an antique ice-axe which is engraved with the winner's name each year. This year it was awarded to Bronwen Davis, who has contributed significantly to the Club, serving on the Committee for over three years and leading several trips a year including bushwalking and rockclimbing trips. For the past two years she has run the Cocktails on the Castle trip and in 2002 she helped organise the Club's fundraising bushwalk for the SnowyHydro Southcare Helicopter, getting media attention for the event and helping to raise almost \$20,000 for the service via sponsorship and donations.

Bronwen is an enthusiastic, friendly club member who makes the club better for her presence.

that defies normalcy, or goes the most hilariously wrong, during the year. This year the prize was awarded to Rosalyn Hunt, who bivvied in a garbage bag through a blizzard (for trip report see Winter epic). We hope she never again faces such dangerous circumstances, but just in case her new emergency blanket should come in handy.

## **Beginner of the Year**

The Beginner of the Year Award was presented to Annie Cumpston, who has been very active participating in all kinds of activities and trips, and came along to the leadership course, and even nearly led her first trip (or would have if they hadn't been blizzarded out!). The alcoholic award was deemed an appropriate initiation prize.

## **Trip Leader of the Year**

The award went to Nic Bendeli, and a second place was awarded to Nathan West. Both have been an absolute asset to the club this year, running numerous trips, including beginner level trips, and skills training

trips. In addition they are fantastic leaders, both being extremely fun to go into the outdoors with and are gifted with seemingly boundless patience! Nic and Nathan were presented with map cases for their efforts.

### **Indentured Service Award**

A special award was created just for this year, which we creatively termed 'the indentured service award'. This went to Pietro Abate and Oliver Story, for the countless hours of slave labour they have put into setting up the club website and online trip calendar system (that includes trip entry and participant registration). For their hard work each they received \$100 voucher from Paddy Pallin.

### **Mission Impossible Award**

Another one off category was the failed Darwin failed award (nearly named the Mission Impossible award), which was given to Clancy for his solo climb at the SRA wall when he failed to tie in. We also fondly refer to the new tie-in system at the wall as the Clancy memorial system. We hope his new pulley rescue device serves as a reminder to Clancy in the future...

### **Life Membership Award**

Finally, last but by no means least, this year Mika Kontiainen was awarded Life Membership of the ANUMC. Last year Mika led his 100th trip for the Club - a phenomenal contribution of walking and snow-shoeing trips, as well as the Mid-winter Feast trips and Leadership Weekends.

Mika has been a tireless trip leader and mentor to many younger Club members, always happy to pass-on his expansive knowledge of bush survival and navigation and of course the art of bush photography, not to mention his 'interesting' pursuit of that perfect calender shot! He is also good fun and a great friend to many in the Club. We hope that Life Membership goes some way to showing the Club's appreciation for all his hard work over the years.

Thank you Mika!



## 2005 ANUMC Photography Awards

The winners of this year's ANUMC Photography Awards (clockwise from right): Best Action Photo: Ben Davies - Mont 24 hour Mountain Bike Race; Best Club Personality: Ben Davies - Houdini Tim; Best Landscape: Marta Cielsenka - Tasmania

Plus, a photo of Sam Keech-Marx (by Ulla Keech-Marx) who won this year's Bandaid Award for canyoning with a dislocated shoulder - what a trooper!



## Woila: Wet, Wild & Well Wicked! by Garth Coghlan

Nic advertised this as being a WALK. He got it right - it's HARD, as in hardCORE! The Woila Circuit is a ridge walk in the wildest part of Deua NP. It's 30km of off-track walking, with 4000 vertical metres of climbing (2k up, 2k down). Apart from Nic, none of us had heard of Woila before. It had a mystical feeling about it. What were we getting ourselves into? Pierra had mentioned to a workmate that he was going to do Woila that weekend. The response: "In a weekend? Are you MAD!?!"

On Friday night we drove out past Captain's Flat heading for Big Badja's Hill. We missed the turn down the Anembo Road and took the long route past Jerangle. It wouldn't have been too bad but the cloud rolled in low, slowing us down to a crawl. Despite our pace, wombats burst out of the mist, all but one managing to trundle out of the way. Luckily it appeared to do little damage to Nic's car (small consolation for the wombat ...). We finally found the

Badja Fire Trail off Pike's Saddle and drove along it until we found a reasonable place to camp. Nic declared that if the weather didn't clear by morning we'd be unable to do the Woila Circuit as planned - we wouldn't be able to cover the necessary ground.

We woke early Saturday morning to find

the mist still settled upon us. Nic asked us what we wanted to do. I was revved up and ready to go, so I optimistically answered that I was always keen and that the cloud was bound to burn off within a few hours. Despite his statement of the previous night Nic decided to attempt the Circuit anyway. We may as well have some fun and he knew a way to bail out if we needed to.

At 7.30am we headed off down the appropriate spur, well-equipped with map & compass, altimeters, a GPS and an EPIRB. Our packs were wonderfully light. I'd not walked with so little before and found it very comfortable. It was a good thing too as we were soon scrambling over damp boulders and through stubborn scrub. Nic took great care with his navigation and got us down to the Woila Creek without getting misplaced. However, it was already 1pm - we'd taken over 5 hours to cover about 9km. I must admit that I was chafing at the bit to get the pace up but slow is faster than lost.

After lunch we headed up the other side of the creek. At first we made good time as we were below the cloud and the undergrowth was quite clear. Soon, however, the gradient became quite steep and the



*The always colourful Nic Bendeli on the Woila Circuit. Photo: Pierre Portal.*



popped out on top of Mother Woila. On the far side we found the logbook, totally soaked through by the rain. It was nestled in the rocks on the edge of a barrier of 50 metre cliffs that dropped down to the saddle that led to the main ridge.

Nic knew there was a do-able pass here, although it was a little delicate and he wasn't sure he could find it. Despite coming so far (although it was only 5km from Woila Creek), it was 5pm and we were well behind schedule. There was no way we could make the far side of Tabletop Mountain for camp. Finding some flat ground would be destination enough.

Thankfully, Nic had a stroke of luck and came across the pass in good time. It was indeed delicate, requiring a 15 metre abseil. But we had no harnesses! Not a problem, said Nic, with his can-do attitude. He showed us how to wrap the rope around our bodies like they did in the old days. This provided enough friction that we could lower ourselves down the cliff. Michael

ground loose underfoot. It was like walking up a scree slope and we had to dodge the rocks that those above set tumbling down toward us. At last we left the scree and emerged on a brilliant rock ridge that led up to Little Woila mountain. Nic assured us that the view was fantastic but we could see little further than 15 metres. As we clambered along the ridge I could feel the empty space on either side but could only imagine the view.

The ridge was interrupted by a large cliff. Nic had been here a couple of times before over the years and knew a reasonably easy pass up it. Handlines were reassuring as we made the moves on the damp rock face, as was the cloud that hid the gaping abyss below. That obstacle aside we continued up the ridge until we

showed tremendous courage, for he'd not abseiled before! He learnt the hard way: in the damp, with no harness, on 5mm handline. Well done!

Having negotiated the cliff we slipped our way down some slabs and then were back on another rocky ridge. We topped out at 7pm, with the night rapidly approaching. Nic's previous experiences in the area were invaluable, as he recalled a new fire trail (not marked on the topo) that had been put through from Dampier Trig. It would provide a fine place to camp. Indeed, within 15 minutes we were upon it. By this time I was well and truly ready to crash. While I'd been feeling quite good all day, upon reaching the main ridge my body had begun to shutdown.



We found a good flat spot in the middle of the overgrown trail. Since we were travelling light we had only two tarps to make a couple of hutchies. I had a moment's dread when I went to pull out the tarp I thought I'd been carrying. It wasn't there! What would we do? It was far too wet to spend the night outside! Despite my memory, it turned out that Michael had the tarp all along. What a relief!

I'd never slept in a hutchie before and I was truly impressed. I'm off to buy a tarp as soon as possible! At 400 grams, a tarp weighs a quarter as much as a tent and is just as effective at keeping the elements away. An excellent piece of equipment for the lightweight brigade.

The others had not deigned to bring a stove - too much weight. But I couldn't resist the extra few hundred grams and got stuck into my well-earned hot meal while the others bit into blocks of cold cheese and cans of tuna. What a luxury! Soon I was dead to the world, giving my body some much needed rest.

Even so, I awoke with first light the next morning to the pleasing sight of a forest that didn't get swallowed up in the mist. After twelve hours of trudging through the gloom on Saturday, it was remarkably refreshing to catch some rays of sun. From our campsite, there was an escape route back to the car. We could follow this trail to Dampier Trip, and then cruise along the Minuma Range Fire Trail back to Pike's Saddle (this is the piker's road, for those who can't manage the whole circuit). At 7.30am we headed off,

newly invigorated, and fairly flew along the road, enjoying the opportunity to move quickly, in stark contrast to the day before. We made great time, arriving a solid 18km away at Pike's Saddle at 12.30pm.

Once back at the car we popped up to Big Badja's Hill to (finally) get a view of the scenery we'd missed the day before. From there we could see the whole circuit: Little Woila, Mother Woila, Tabletop Mountain and Scouts Hat, as well as right along the coastal escarpment. Gratifyingly, the stage for our epic looked distant, steep and rough. I'll definitely be back to pit myself against Woila. Hopefully I'll get to see it too.



Woila's spectacular ridge - but no view! Photo: Michael Bortz.

## Almost Cocktails on the Castle XII by Bronwen Davies

I'd co-led Cocktails on the Castle the year before with Annabel and everything went amazingly well. So well in fact that this year I decided to lead the trip on my own. In hindsight, that was probably a little ambitious but hey, you learn from experience, and what an experience this year's Cocktails trip was!!

We (all 19 of us!) headed off from Canberra on Friday night (7 October). After a quick scoff-down of take-away food at Braidwood we headed in convoy along the Western Distributor towards where we would start the walk at the Yabboro River. The trip there was thankfully car-problem free. We got to Yabboro and set up camp near the cars, praying to the weather gods that the rain would stop by the morning. They seemed to smiling upon us the next morning as there was not sign of rain, although it did seem a little breezy, but nothing we couldn't handle, right?

After we split up all the makings of the cocktails and the ropes for the pack hauling between everyone's packs we started the long slog up to the Castle with our very heavy packs, complete with cocktail party

clothes. The day seemed pleasant and everyone was in fine spirits. It was going to be fun! We took things slow and the focus was on enjoying the walk and the good company rather than running up the hill. Half way up we were joined by Duncan who had walked in just for the day to join us for the party - he was the creator of Cocktails on the Castle twelve years before, so it was great to have him along! By this stage, I started to become increasingly aware of the wind in the trees and the fact that it seemed to be getting a little worse the higher we went. I wondered how full-on it could be on top of the Castle. Not to be disheartened easily I tried to push the thought out of my mind and we continued up to the saddle where we regrouped and stopped for lunch.

Nathan had been leading the first group up the mountain and they finished lunch earlier so decided to start heading up the Castle to set up the ropes for hauling our packs up the scrambles to the top. By this stage the wind was even worse than I expected, but I held out hope that it was just because we were on the saddle in a kind of wind tunnel and perhaps it wasn't so bad up top... I trusted that Nathan wouldn't make his lead group do anything dangerous. The rest of us finished our lunch and were about to start up the mountain when Nathan came back saying it was way too risky with the wind. The rest of his group had stopped half way up the mountain awaiting further instructions. After a few moments of deliberation it

The Cocktails Gang on the Castle - well almost! Photo: Nathan West.



was clear we weren't going to make it up the Castle safely. We then had to decide where we could stop for the night instead.

We agreed that we would head 20 minutes down the other track to Cooyoyo Creek. The rest of the group headed to the Creek while I waited for Nathan's group to come back. Plus I had to wait for Garrick's group - they were walking in from Wog Wog and if we didn't wait they wouldn't have known where we'd made camp instead of the Castle. Luckily they were running early and they got to the saddle before Nathan's group had returned, so I directed them to head down to the Creek.

Now I just had to wait for Nathan's group. They seemed to be taking a very long time. I started to get worried as it shouldn't have taken them that long to come back down. I started heading up the Castle with a couple of other people to make sure everything was OK. I had fears that someone had been injured. Half way up I came upon Nathan's group coming back down. They'd gone to the top of the Castle without their packs to check out the view. Hmmmmm... not happy Jan!

Oh well, we all made it safely to Cooyoyo Creek and set up our tents - against the gale force winds that threatened to blow the tents down the valley. Thankfully some of us had brought tent pegs just in case although we wouldn't have been able to use them if we'd camped on top of the Castle. We all got changed into our cocktail party clothes and braved the freezing wind. I was very impressed with some people's determination to wear their evening clothes despite how cold they were - especially Annie, wow what a dress!

Despite the wind and the lovely budawangs grit being blown into our food and drinks, we had a great cocktail party. I must confess I had been so stressed for much of the day due to the weather that I may have had one too many cocktails to chill out... The highlight of the trip for me was Duncan's legendary effort in bringing a 3 litre tub of icecream up, wrapped in foil so it wouldn't melt too much, to make icecream spiders complete with whipped cream and lollies. What a legend!! Another highlight, that wouldn't have happened if the weather hadn't been so bloody crap - we learnt the art of the penguin huddle to keep warm.

Amazing how much better you get to know people when you're practically hugging them, after drinking a few cocktails. Alas the cold weather got us eventually and we all retreated to our tents.

The next morning was pleasant. The wind had abated and it was nice and warm. We headed back the way we'd come, stopping for lunch at the saddle again. It happened to be my 35th birthday that day and somehow everyone found out - perhaps I may have mentioned once...or twice... :0) After lunch Fiona magically brought out from her pack a birthday cake (amazingly not too squashed) with candles and everyone sang happy birthday. That kinda made up for being so stressed for most of the trip due to the weather. After lunch we continued back and then hopped into the cars to head back to Braidwood for the obligatory pizza feast. To add to the mishaps of the trip, Penny took a wrong turn at the first turn from the campsite - I saw her driving into the distance in the wrong direction from my rearvision mirror. Oh dear! Thankfully she realised eventually and turned around. But, by the time she got to Braidwood her car had two punctured tyres and the spare was flat... Thank god for the NRMA!

All in all it was a great trip for everyone, although I'm pretty sure I didn't enjoy it quite as much as everyone else - one of the hazards of being a trip leader that worries when things don't quite go to plan... Certainly a good lesson in how to handle a huge group when the going gets interesting. Hmmm... would I lead the trip again? Probably not on my own, but hey, you never know. Time plays funny tricks on your memory!



*Yum...ice cream spiders in the bush. Photo: Bronwen Davies.*

## The 30hr Three Peaks: Fact or Fiction? by John McGrath

The Three Peaks is a relatively vertical bushwalk in the Kanangra-Boyd Wilderness. It encompasses a Katoomba start and finish and a traverse of Mts Cloudmaker (1164m), Paralyser (1155m) and Guouogang (1291m) with 1000m deep crossings of the Cox's River, Kanangra Ck and Whalania Ck gorges. All up 85-odd km with 5000 vertical metres of up and down! The idea of a 48hr challenge came about in 1958 and ever since hardy walkers have tested themselves on the big climbs. Whatever the stories and hardships that have ensued, a renewed appreciation for this very beautiful tree-clad massive ridges part of the world is gained.

When successful, the Three Peaks challenge is achieved in a timeframe of between 24 and 48 hours. 24hr people can only be very fit enduro mountain runners with competent navigation and route finding skills. The 48hr mob are strong tough walkers out to do some big hills with a time constraint. Both styles require a certain amount of night walking, if not a full night. The starting time immediately dictates where the night travelling will occur. Most would favour doing the easier section between Katoomba and Mt Cloudmaker at night. The severe drop-offs into Kanangra and Whalania Cks can then be more safely negotiated by day.

So with that scene set, my last two Three Peaks attempts have been solo fully walking 30hr attempts. A 30hr or sub time on the Three Peaks requires

constant sound judgment for reasons of pacing, nutrition, navigation and route finding. Both attempts involved an evening start in Katoomba with the idea to walk continuously and break a 30hr target. In July 2003, I completed the challenge in 38hrs - the last 65km with two dislocated feet. It was definitely the most painful and gruelling experience of my life!

Come August 2005, I was armed with new footwear and orthotics to give good foot support, and the idea of eating continuously in order to not deplete the glycogen stores. Unfortunately I also came with memories of the ultra-realistic graphics of the zombie gore fest "Land of the Dead". I cursed myself for starting to think of it at midnight, walking all alone through the Wild Dog Mountains, disturbing dozens of unseen creatures crashing into the night...damn imagination, played with too much lego as a kid!

But things got better from there (if you ignore the chaffing, the blisters, the very sore quads, my poor fitness and lack of training), the night ended, energy levels rose and I was on top of Mt Cloudmaker by 7.30am (11h30), and Mt Paralyser at 11.50am (15h50), including some sidetrips for photographic reasons. As usual Paralyser played cruel tricks with her three false summits. Nor did she let me go easily as I misnavigated off her lower slopes and ended up in a hitherto unknown canyon complete with waterslides, waterfalls and plungepools. A paradise best reserved for another day.



*Mt Paralyser & Mt Guouogang. Photo: John McGrath.*

With 35min lost because of my detour, my aim of achieving and leaving Guouogang summit at 4pm seemed dashed. Feeling resigned - perhaps to failure - I thought why not just climb Guouogang without delay? Nooroo buttress is the classic way up, and it is so steep for the first 200 vertical metres that I was clutching at grass to stay on the mountain. Grass turned to rock rib, the ridge serpentine into the sky. Progress could be gauged by looking across to the Mt Krungle Bungle ridges.

When the ridge finally flattened out I still had to crane my neck to find the summit plateau of Guouogang way above - a knife edge ramp leading the way up. After a rapid dash through the *Guouogang shiitis* on the plateau (local knowledge is very effective here), I was at the 3m high cairn, with 360 degree views. The 1100m/2hr climb was over, I was on the third peak, the highest in the Blue Mountains, at 4.25pm (20h25min). The views were too good to pass up so I stood and marvelled at Katoomba and the Carrington clearly visible on top of massive orange cliffs, the Wild Dogs, the Blue Breaks, Kanangra-Boyd wilderness, and Mts Cloudmaker and Paralyser. I must admit that from there it looked improbable getting all that way back to Katoomba by 2am for a 30hr time. But I had a small chance...

After 25min of soaking in Blueies grandeur and completing formalities, I set off fast down and over Mt Bullagowar. Further down I met my nemesis, a drop onto a narrow invisible ridge where difficult and precise navigation is required. Like in 2003 I failed. My 30hr chances evaporated as I fumbled, fell and slid on 35 degree slopes in the fast fallen darkness. Was the ridge to my left, right or still below? To be honest I had no idea! So I descended further and hoped that even with no moon it would show up as a silhouette through the trees. Easier said than done with the lack of moonlight, I eventually found it but still had to endure 20-30 falls on the nasty traverse across. I am still here today thanks to those lovely trees at arms-length.

So nemesis number one claimed me. And this time so did nemesis number two. The overly long descent off Mt Konangaroo down to the Cox's was the scene of my breakdown in 2003. And again this time. The mental fatigue of continuous walking and a second night out hit. I had an out of body experience for an hour or two. It was bizarre and to the best of my recollections I was guiding a group or another

individual down the steep loose slopes. I was directing them "Ok, go left around the fallen tree... Rocks here, descend sideways... Go for that tree... Traverse above the gully... Dig the heels into the scree... Bearing is straight ahead but let's zigzag down..." In my mind I completely ignored myself and my need for foot placements, and just looked after the 'others'. The fatigued brain is a strange thing.

After an eternity I reached the deserted horse riding enclosure at Konangaroo clearing and beyond the fences I began my wade through the deep grasses keeping a lookout for snakes. It was now 10pm. Not a single camper was around, a shame as I needed a mental pep up from my loneliness. With Kanangra Ck and the Cox's crossed it was upwards with some difficulty.

Tender and blistered feet hurt, the calves were like planks (maybe training and preparation has its merits?), and I was so fatigued I needed a micro-sleep along the way. I could barely keep to the narrow track and very much doubted my ability to climb the spikes on the cliff at Narrowneck. So I camped at the Bushwalkers Memorial track turnoff, and slept on the hard ground in a garbage bag. The cold and hard ground would wake me and I would stoke the fire, a silly 30cm away from me.

Daybreak brought an appreciation of the beauty of the Wild Dogs. It is quite a superb and diverse forest with bird songs to match. Ah, this is why one walks!

A couple of hours later Narrowneck proved to be nemesis number three, her almighty views matched by the pounding firetrail. I saw my first people in 38hrs, all mountain bikers. My feet longed for their bikes. Narrowneck does have some nasty climbs for the rider and one lady said to me "You've got the right idea mate". My aching body and sleep deprived brain thought otherwise. "Wanna swap?" I asked her in my thoughts. And I realised with joy that what I had just achieved was not for all mere mortals. And what a glorious day!

On the final climb Claire met me with an omelette and at 12.26pm (40h56) dirt turned into bitumen and I could nearly smell fresh bed linen and bacon and eggs. I cannot wait for the next attempt - with company to spur me on through the gigantic mental burden that is the second night. The best thing about a worthy challenge like the 30hr 3 Peaks is that leaves you feeling so good to be alive!

## A Fast Trip to Nerriga by Nathan West

On a crimpy grade 19 slab, at 10 o'clock in the morning, with MY reputation? What WERE they thinking?

This is where an intrepid group of explorers found themselves on a drizzly, warm, hot, sweaty, humid, all-round pleasant Saturday morning. The location? Nerriga. The crew? Tanya "The Moose" "Choice-eh-bro" "Aren't Mountains-In-NZ-Amazing" "Ew!" Ewing, Nathan "Bison" "Canadia-doo-do-de-doo-doo" "Westy" West, Katie "Katiosaur" "K-Rex" "Jelly" "Crux-Dodger" McLean, and Tim "Pirate" Raupach. The mission? To boldly go where a few climbers went in the 90s and a few have been recently, but where WE had never gone before.

As it transpires, Nerriga is a very desirable crag. To get there you drive firstly to Braidwood where there is a bakery and strong coffee can be purchased. The crag itself is about a twenty second walk from the car. Just to top it off, there is camping next to a river about 5 minutes drive away, and a pub down the road. One has to wonder how a pub could possibly survive in Nerriga. Tanya wondered out loud if perhaps it was merely community service. All in all, with all that going for Nerriga, the climbing itself seems inconsequential.

As is happens, the climbing is good. (There's Trad AND sports, Roy, you great shower of shite!). We couldn't really have gone wrong, having started at the "Wig and Pen Slab". Who wouldn't want to climb there? There are some bolted climbs there – the bolts were a bit old, mind, having been put in in the dark ages in March this year. Which brings us to another point about Nerriga – the sheer amount of unclimbed rock there! We stood at the top of our first climb with jaws dropped. Somebody quietly said "Ooh. I think I've just come". Take our word for it – there are kilometers of rock waiting to be climbed out there.

Of the parts of the cliff that have been developed, the slabby goodness of the Wig and Pen area provides good bolt-clipping fun, while the Austin Power's Ledge contains some awesome crimpy face climbs on a beautiful clean wall. Katie and Tanya formed the

fantastic Crux-Dodgers team by going to all lengths to get around the crux of a climb. Bison and Tim got a quickdraw stuck on a climb and had to call in the services of Crux-Dodgers to get it down. Nice.

The river near the crag deserves mention because it's wicked. It's a foul temptress that has dragged many a mariner to their watery doom. We were gripped. We were sorted. But we waded in it anyway, and Katie and Tanya even swam! Everyone survived. Our campsite was next to the river, away from the road, and had hot pasta and a roaring fire. We sat next to this roaring fire into the night laughing hysterically and going over our wild adventures from the day.

On a serious note, if you do decide to go climbing at Nerriga please remember to take a helmet and wear it all the time. The rock is frequently loose and even apparently solid holds will break off unexpectedly. On one occasion Katie asked Nathan if a hold was safe to stand on, and Bison calmly reached up and broke off the entire section she was thinking about. Be careful!

To sum up, Nerriga is awesome. Go there! To finish off our day, we climbed the world's first grade 37 climb, solo, returned to Braidwood and ate woodfired pizza, and drove home. Which was nice.



Katie cranking through a slabby 17 in Slab Gully. Photo: Tanya Ewing.

## Thredbo Tantaliser by Helen Becker

Despite the late season the snow conditions in and around Thredbo seemed relatively good. It snowed during the week so the weekend promised at least enough snow. Unfortunately, only Nic and myself found the idea of getting into the snow good so only the two of us ended up going on the trip. We started off on Friday night and arrived at 11pm at the campground ..... in Kosciuszko National Park.

The next morning looked a bit cold and windy, but all in all seemed promising. By the time we got going and drove to Thredbo the weather had turned so that

we even experienced a little powder snow riding!

But getting up the mountain was still on the schedule so we went up into the foggy, windy and cold part of the mountain. A part of the snow was all blown apart so that we had to cross bare ice plates. Additionally, the wind pulled on us very hard so that it was hard to stay in the tracks. Luckily we could do the downhill skiing on the Thredbo slopes so that lacking visibility wasn't that disturbing. After a short stop in the restaurant at Eagle's Nest, where literally everyone was searching for shelter of the wind, we moved on downwards. Further down the wind got less, and the sight got better like my skiing skills. After a while I became familiar enough with the bindings so to that I didn't fall too often. The lower parts of the slopes were becoming pretty ugly, the snow was very heavy and wet.



Helen Becker on the summit of Rams Head. Photo: Nic Bendeli.

clouds led us to our destination. Starting from Dead Horse Gap parking lot, we crossed the river and were able to put our skis on directly. We walked straight up the mountain, through the nice eucalyptus forest. Further up the mountain above the treeline, the wind and clouds seemed very uncomfortable so we enjoyed the calm and tried downhill skiing with our telemark bindings. Since this was my first time on telemark bindings, Nic recommended practice where the incline wasn't too steep. The snow proved to be very good,

After arriving in Thredbo, we found a nice little café to warm up in and to drink a nice cappuccino / hot chocolate. The time in the café wasn't quite enough to dry my clothes so I was a bit worried about what the next day would look like. Getting wet on a trip is one thing, starting off a trip being wet is another.....But Nic remembered some friends of his who lived up a mountain directly at the national park border. We drove there to find them at home (luckily, considering



their amount of diverse outdoor activities) and willing to host us for some time. We got a cup of tea and the most exclusive spot in front of the oven. After two hours of chatting and warming up, we left dry and happy back to our campground.

The next day looked less windy than the day before but still very cloudy. We went back to Dead Horse Gap and took the same way up for the first 300m. Then we turned left to reach the Rams Head. Although there were some thin clouds, the sun was very intense and the sky was blue! After a good piece of ascent to the Rams Head we thought about which way to take downwards. Unfortunately, we picked a way that - after having a closer look - seemed not to have enough snow so we had to go all the way back up (190m)! Finally, we took the same way down as we came up so there weren't any more bad surprises. Again, we had some powder snow experience, skiing under a blue sky on untouched snow! Due to the dazzling sunshine, the snow got wet further downwards which made it difficult (for me) to keep on sliding which caused some bizarre downfalls! But eventually we arrived unharmed back at the car and could enjoy the warm sun for a while.

## Stuck in Glug 2005 Mont 24hr by John McGrath

The 2005 Mont 24hr mountain bike race out at Kowen turned into an amusing mud fest. Your normal mugs and punters did laps and were defined as people happy to survive a lap. A smile may or may not have covered their faces, you couldn't tell with the mud splatter. Heroes were made. Typically they were crash victims and victims of severe mechanical failures caused by the mud and the bridges across it. Without doubt the serious solo riders all deserve a medal. Racing each other through quad sapping glug, their lungs would have been desperately hurting.

Other heroes included people whose teams had disintegrated through illness, leaving one person to hold up a sinking ship. Rob B rode 9 laps in his two-man team following his partner's withdrawal due to illness. And then you have people like Topo. Topo at the tender age of 62 was setting very good times on his laps, overtaking riders 40 years his junior. But only this year Topo had a hip reconstruction. Where most people would call their active innings to an end, Topo rode with strength and a sense of fun, where most people were simply trying to survive to the transition.

Riding with Mark, Adam and Gus as the formidably uncompetitive line-up known as Team Chump, we had ample opportunity for a laugh. Rob had set up a



Team Chump - Mont 24hr. Photo: Claire Sellens.



communal area where a large number of teams of friends were able to camp. That's why at 1.30am when it was kinda snowing it was difficult to head out for a lap. But that was the occasion of the fondest memories. Being a strength rider rather than technique rider, I had the time of my life. Enjoyment led to enhanced confidence and a rare chance to do the overtaking. Occasionally I would rest behind someone on the singletrack and have a chat. All of a sudden their voice would be gone, the victim of a mud pit. An instant 20km/hr deceleration. It was really quite funny, because it happened time and again. Reluctantly I would finish my lap - snaking singletrack had never felt so good.

The craziest moments were mostly centered on the switchbacks near the start of the course. This slippery side slope collected many a rider in front of the admiring audience. The best crowd participation came around 1-4am. Some enterprising intoxicated lads had dragged up a couch to view from closehand the skills and the stacks. You would enter the switchbacks with a humungous male roar "WHAT'S YOUR NAME?". "John". "GOOOO JOHN!!!!!!!!!!". It would then be repeated equally vocally behind with the next rider.

You couldn't laugh though as that part was treacherous – many people went flying over their handlebars. Having negotiated side slopes and tight U-turns, you came into a tight right turn guarded by spectators on the left, blackberry on the right, and two angled exposed tree roots in front, which led on to a narrow wooden bridge through a deep swamp. Needless to say many poor souls came unstuck here (see photos by Peter Litras) - the difficulty of the section demonstrated by the fact that Australian champs took a swim.

I have to hand it to the organisers, 2005 was the most fun of the four Monts I have now done. Maybe it was the great company, maybe it was the hot showers at 3am, maybe it was the funny team names and the camping props. Maybe satisfaction was gained from our beloved bikes as for once, the only two fully rigid bikes in the race (Mark & I), were a match for the multi-thousand dollar supa-doopa suspension bikes. But I want to thank the awe-inspiring heroes of the day - the roaring drunks on the couch in the dead of night, the heavens for raining and snowing, and the the mud which was just too much fun.



*Oops! Crash at the Mont 24hr. Photo: Peter Litras.*

## Leadership Weekend by Mark Maslen

We all know that the club has a great selection of trips running each weekend. The existence of these trips depends on having lots of people willing to run them! So, the leadership weekend is about the teaching and learning of how to lead trips for the club. I have to admit that in my several years in the club, I've never lead a trip. Part of this is because I felt like I had to be a master-of-all-things-outdoor before doing so. On this trip, I learned that leading a trip, while requiring some responsibility and some competence, might be easier than you think.

With group exercises covering basic navigation, first aid scenarios, and team-building through to the basic nitty-gritty of how to run a trip, the leadership weekend was a fun way to build on or open your trip leadership skills. Organised and run by Annabel Battersby and former President Duncan McIntyre, there was ample experience to pass on to pass onto both seasoned and potential leaders. All participants learned something about leading and about their own leadership style.

So if there's a trip you'd like to do, consider leading it yourself (talk to the activity officers first of course). And if you're looking to get or gain trip leadership skills, keep an eye out for the next leadership weekend!



*The leaders leading the leaders - Annabel and Duncan on the Leadership Weekend. Photo: Prita Jobling.*



*An ab-fab con-fab at the Leadership Weekend. Photo: Prita Jobling.*

## The Donjon by Margarita Rauchenwald

It is hard to describe in just a few words what this trip was like – we all had a great time during this weekend of intensive bushwalking and I think I can say without exaggerating that it was the most exciting and challenging trip I went on with the club during my exchange in Canberra. Unfortunately it also had to be the last, as I am soon heading back to Austria. . . .

Car-camping, hilarious views, campfires, sleeping in caves, great scrambling and climbing parts, “scrub-pushing”, standing on top of The Donjon, beautiful scenery, walking long distances through the bush, enjoying the remoteness of the area – just to name a few of the unforgettable impressions of the trip . . .

However, let me start at the beginning. We, ie. Nic – our trip leader, Michael, John, Chris and I, met on Friday evening at the gym in order to drive to Wog Wog where we set up our tents for the night and got a few hours of good sleep so as to be fit for the challenges of the following days. On Saturday we started our walk just before 8 am and headed towards the Corang, a conical hill visible in the distance. In contrast to the forecast, the weather was surprisingly good – sunny but not too hot, just perfect for a nice and decent walk. After about three hours, we reached the Corang where we stopped for a snack and spotted The Donjon which was still a fair distance away. So we soon continued our walk. We took some short breaks now and then to drink some water, at Canowrie Brook got enough water supplies for the rest of the walk, then had a late lunch, and at around 2 pm finally mastered the last ascent to our night’s lodging – some huge caves just underneath Mt Cole.

Since none of us felt tired after this 6 hour walk, we (all except Nic) decided to take a short trip to the Green Room close to the Valley of the Monoliths. Our walk lead us through impressive rock formations, lush vegetation and apparently also past the Natural Arch (which we did not see, though, as our “leader” John forgot to point it out to us). Just before we got back, it started to rain a little, but the weather remained on our side as the thunderstorm avoided our area. Nothing could keep us from having a great evening in our caves with a fire and delicious dinner. Soon we crawled into our sleeping

bags in order to be ready for an early start the next day. It was the first time I had ever slept in a cave and although it was a little chilly, I got some hours of good, deep sleep.

When the sun woke us up very early in the morning, I was already looking forward to the adventures of the day. We set off for The Donjon around 6 am. The walk to the beginning of the climbing part involved a lot of “scrub-pushing”, as there was no path and heaps of bushes everywhere. However, I really enjoyed that part of our trip as it was very different to the hikes I usually do in Austria . . . After a bit more than an hour we had made it to the “entrance” of The Donjon. We put on our harnesses and Nic lead the way, setting up ropes and belaying us up some interesting climbs – the trickiest part was a very narrow chimney – and soon we had made it to the top of this rarely climbed mountain. The view was impressive and going down (hand over hand) was at least as much fun as climbing up. “Invigorated” with Nic’s good chocolate we easily mastered the scrubby way back to the caves - which we reached at 11 am.

After a half hour break packing everything up, we set off again for the long return to the cars. We took the same trail back as we had come, at a pace even slightly briskier than the day before (since I was the only girl and much shorter than the rest of the lot, it involved quite a bit of effort to keep up). This time we had lunch in the Burrumbeet Caves and shortly before we got back to Wog Wog a wombat “blocked” our way, but in spite of this incident we reached the cars even earlier than expected, at about 5.30 pm. I think we were all fairly tired and glad to be back (at least I was), but most of all we left with great memories of this unforgettable weekend.



*When your gear is on the wall... when you think you're going to fall... who're you gonna call - CRUX DODGERS! - At Nerriga. Photo: Tanya Ewing*



For more information go to the ANUMC website (<http://anumc.anu.edu.au>) or contact the trip leader directly. All pre-trips are held at the Gearstore unless otherwise organised by trip leader

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### Distance

S (hort) - under 12km per day

M (edium) - 12-20km per day

L (ong) - over 20km per day

1km is added to the stated length of a walk for each 100m of height gained

### Difficulty

E (asy) - all on good tracks / fire trails, over flattish ground

M (edium) - some off-track walking or with possible mild bush bashing or rock scrambling and some up and down, but mostly on reasonable tracks

R (ough) - steep climbs, heaps of bush-bashing, rock scrambling, stinging trees, blackberries, etc.

W (et) - compulsory swims, walking through rivers and swamps.

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### Point Perpendicular Beach Party!

**9/12/2005 - 11/12/2005**

Now summer is here its time for a beach party!

Planning a lazy weekend in the sun - spend Saturday rock climbing on the perfect sandstone of Point Perpendicular or spend the day on the beach - surfing and lazing around. Then on Saturday night have a party on the beach at Honeymoon bay with gourmeT nibbles and cold drinks, with swimming in the phosphorescent waters a very cool option. Then spend Sunday climbing/surfing/recovering (as appropriate). So grab your cozzies and a bottle of good wine and come and have some fun! Numbers will be limited by transport and if anyone has roof racks/spare surfboards they could be really useful. Climbing will be semi independent so a certain level of experience is required (though there should be some room for less experienced climbers).

Trip leader: Clancy Pamment

Email: [overflow50@gmail.com](mailto:overflow50@gmail.com)

Phone: 02 62471147 (h) 0403736596 (m)

Pretrip: 8/12/2005 17:45 Gear Store

Costs: \$30-40 Petrol and Camp Fees

Wet trip? yes

Difficulty: easy

### Blue Mountains Canyoning

**10/12/2005 - 11/12/2005**

Ahhh, hot summer days, blue skies, cool glades and

dark clifflines as we continue our way down canyons.

A beginner canyoning w/e in the birthplace of canyoning. On Saturday we will descend two easy half day canyons (probably Jugglers and Grand Canyon) and Sunday will be dependent on people's performance from Saturday (probably Fortress and Empress). You must be able to swim at least 200m, physically able to climb simple rocks as well as abseil. You must have done a canyon before, abseiling in climbing or done an abseiling course.

You must have a full length wetsuit as well as carry your day gear in a pack that is waterproofed.

Trip leader: Nicolas Bendeli

Email: [bendeli\\_anumc@care2.com](mailto:bendeli_anumc@care2.com)

Phone: 62964310 (h)

Costs: \$45

Wet trip? Yes

Limit on numbers: 8

Difficulty: Easy

### Smokers Trail and the Apollo Road MTB Bash

**Date: 11/12/2005**

In order to boost the Fridge door, here is a ride that takes in one of the most recommended trails in the ACT...

After a a bit of a car shuffle, the ride starts at the southern part of the burned out remnants of Gibraltar

Pine Forest. Hitting Smokers Trail, we'll cruise down into the Orroral Valley, doing it the right way (going downhill)! This is a highly recommended section, with great riding in a spectacular forest.

Once down in the Orroral Valley, pleasant trails lead toward the Orroral gate, and the remains of the vanquished tracking station. From there, we'll head past the "Swamp of No Return", and tackle some uphill stuff, aiming for Orroral Ridge and Honeysuckle Ck on the AAWT. Then more fun begins, a windy downhill road to the Honeysuckle Ck campground. From there its a bitumen blast down the Apollo Road (the really steep one that you are glad you don't have to walk up when going to Booroomba...).

With smoking tyres we'll finish the ride near the bridge crossing the Nass river, where if we're lucky there will be enough water for a swim (otherwise Angle Crossing is a good swimming spot).

This trip is under 40km in length and would be suitable for a reasonably fit rider (theres only one section where we'll be going uphill for a while).

Trip leader: Ben Davies  
Email: [bendavies@myway.com](mailto:bendavies@myway.com)  
Phone: 6288 8088 (h) 6206 7157 (w)  
Pretrip: 1/12/2005 N/A - I won't be in Canberra  
Costs: \$5-10 for petrol.  
Wet trip? no  
Difficulty: medium

### **Mt Corree half-daywalk**

**Date: 11/12/2005**

Mt Corree is an easily accessible part of the Brindabella NP, on the ACT/NSW border. Starting from the creek at the bottom, the plan is to follow the forest trails on the Eastern side, and intersect the summit firetrail from the North. A good walk rewarded with great views across the region.

Trip leader: Paul Lloyd  
Email: [Paul.Lloyd@anu.edu.au](mailto:Paul.Lloyd@anu.edu.au)  
Phone: 57469 (h) 0411281107 (w) 0411281107 (m)  
Pretrip: 8/12/2005 18:00 near the gearstore  
Costs: \$5 petrol  
Wet trip? no  
Difficulty: easy

### **Mt Jagungal**

**17/12/2005 - 18/12/2005**

Right in the middle of Kosciuszko National Park this easy overnight walk is one of the absolute classics. Temperatures will be warm but the clear skies will provide us with stunning views from the top of Mt Jagungal and there are several river crossings to cool down in during the day.

It's all on well defined tracks. Day one is fairly flat plus the walk without packs up Mt Jagungal, and day two is again flat with only a gentle (climb of 300m elevation) dip through a valley at the end. We'll be covering a relaxing 20km each day so this walk is suitable for anyone and enthusiastic beginners are more than welcome.

Trip leader: John Pillans  
Email: [aistorm@netspeed.com.au](mailto:aistorm@netspeed.com.au)  
Phone: 62519913 (h)  
Pretrip: 13/12/2005 18:00 Gear Store  
Costs: \$30 Petrol  
Wet trip? No  
Limit on numbers: 12  
Difficulty: Medium

### **Women in Sport Sea Kayaking**

**17/12/2005 - 18/12/2005**

This is the second of 2 WIS weekends, to be held near Tathra. I will involve professional instruction in a wide range of skills. There are still a couple spaces for this course, so, even if you can't make both weekends, let me know ASAP if you're interested in doing one weekend, and catching up on what you miss at a later date. This won't be too hard, as long as you are committed to reading a bit and paddling a lot. This invitation also assumes that you will be willing to help run at least one club trip in future. If you've got any queries, give me a call, or email.

Trip leader: Andrew Collins  
Email: [andrewcollins@homemail.com.au](mailto:andrewcollins@homemail.com.au)  
Phone: 62474756 (h) 0427809286 (m)  
Pretrip: 15/12/2005 18:00 Boat Shed  
Wet trip? Yes  
Difficulty: Easy

## **New Years Eve on Top of Australia**

**31/12/2005 - 1/1/2006**

Are you looking for something different to do this New Year's Eve? Come and see in New Year 2006 on top of Australia with me and avoid the crowds and chaos of civilisation. We will walk to the top of Mt Kosciuszko and enjoy party food and drinks (a la Cocktails at the Castle) while enjoying a beautiful sunset, and later on, a stunning starlit night. Formal/evening wear is a must. We will bring tents and camp somewhere near the summit (only a gentle stumble away). The next morning, if we feel up to it, we will do a day walk to Mt Townsend before walking out to the cars. Numbers limited by National Parks recommendations - if you want to take a separate party up to the Summit, contact me.

Trip leader: Annabel Battersby

Email: beianna@hotmail.com

Phone: 6249 7336 (h) 0404 020 549 (m)

Costs: Petrol, park entry

Wet trip? No

Difficulty: Medium

## **Chocolates, Crackers and Champers**

**31/12/2005 - 1/1/2006**

New Year's Eve. Whilst the rest of Australia will be sweltering in the heat, we will be the cool ones braving off an occasional snowshower (maybe) as we celebrate midnight with Chocolate and Champagne on the roof of Australia. The catch? To earn our brownie points we will walk Australia's biggest uphill (1800m) from the Geehi via The Hannel Spur. A highlight will be to join up with Annabel's (ex presidente) trip coming in from Charlotte's Pass. At night we will bivvy on top of Kozi (no tents please) and descend the same way on the morrow. If there is enough enthusiasm and cars we could do an alternative descent and go out via Northcote Canyon. Light packs are the only way to go on this wonderfully exhilarating ascent into early 90s history.

Note: I have not done the track since the fires of 2003. If the track is out of condition we will go in from Dead Horse Gap (quite easy)

Trip leader: Nicolas Bendeli

Email: bendeli\_anumc@care2.com

Phone: 62964310 (h)

Pretrip: 1/1/1970 N/A

Costs: \$40

Wet trip? No

Difficulty: Difficult

## **Kanangra Double Banger**

**14/1/2006 - 15/1/2006**

Kanangra has many wonderful hidden jewels. Waterfalls that cascade 600 m into the cliff rimmed valley. Doing about ten abseils per waterfall is the norm. On Saturday we will descend Thurat Rift - a spectacular little frequented canyon. On Sunday we will descend Danae Brook - another spectacular and very frequented canyon. Using the roping efficiency developed on Sat, we aim to be at Kanangra Creek by 13:00 hours for a quick lunch followed by a spectacularly interesting climb out via the Thurat Spires. What a way to go.

Trip leader: Nicolas Bendeli

Email: bendeli\_anumc@care2.com

Phone: 62964310 (h)

Pretrip: 1/1/1970 N/A

Costs: \$35

Wet trip? Yes

Difficulty: Difficult

## **Bungonia by Bike (Road Cycle Touring)**

**11/2/2006 - 12/2/2006**

Exams are over and its time to have some fun. This is a fairly easy touring ride up to Bungonia National Park via Bungendore with a quick walk into the Gorge for the night.

The distances aren't huge but if you are the sort of person who gets off and walks up hills this is not a trip for you. Don't be afraid if you haven't been on long rides before, the pace will be nice and slow and the roads don't have much traffic. The roads are sealed all the way so touring bikes and panniers would be ideal but mountain bikes and packs are fine.

Trip leader: John Pillans

Email: aistorm@netspeed.com.au

Phone: 62519913 (h)

Pretrip: 7/2/2006 18:00 Gear Store

Costs: \$5 camping + \$20 food stops

Wet trip? No

Difficulty: Easy

# Summer Program of weekly events

All Weekly events are FREE to Club members, unless otherwise indicated.

## Monday

### **Climbing at the ANU gym**

5.30pm – 8.30pm  
Contact: Clancy Pamment  
[overflow50@gmail.com](mailto:overflow50@gmail.com)

## Tuesday

### **Dawn Paddling**

ANU Boat Shed  
630am - 8am  
Contact: Mark Maslan  
[markmaslen@velocitynet.com.au](mailto:markmaslen@velocitynet.com.au)

### **Mountain Bike Ride**

Majura Pines  
630am from MacKenzie Street (Map 50 Grid  
Reference F5 Yellow Pages)  
Contact: Prita Jobling  
0410 643 556  
PLEASE RING/SMS TO CONFIRM  
ATTENDANCE

### **Afternoon Paddling**

ANU Boat Shed  
6pm - dusk  
Contact: Andrew Butterfield  
[andrew.butterfield@anu.edu.au](mailto:andrew.butterfield@anu.edu.au)

### **Post-Trip Socialising**

A Local Bar  
615pm onwards  
Drop by after returning your gear to have a drink while  
sharing exaggerated stories of your recent exploits.

## Wednesday

### **Dawn Paddling**

ANU Boat Shed  
630am - 8am  
Contact: Penny Godwin  
[penny.godwin@abs.gov.au](mailto:penny.godwin@abs.gov.au)

### **Climbing at the ANU Gym**

530pm - 8pm  
Contact: Clancy Pamment  
[overflow50@gmail.com](mailto:overflow50@gmail.com)

## Thursday

### **Dawn Paddling**

ANU Boat Shed  
630am - 8am  
Contact: John McGrath  
[j\\_f\\_mcgrath@yahoo.com.au](mailto:j_f_mcgrath@yahoo.com.au)

### **Women's Climbing Night**

6pm - 8pm  
Contact: Marta Cielinski  
[marta@rsc.anu.edu.au](mailto:marta@rsc.anu.edu.au)

# ANUMC CONTACTS

## New Committee for 2006

**General enquiries should go to the club mobile: 0418 293 502. But, anyone listed below is more than happy to talk to anyone about the club and its activities.**

Position	Name	home	mob/work	Email address
<b>Executive</b>				
President	Prita Jobling	6161 6583	0410 643 556	tradarapiles@gmail.com
Vice-president	Mark Maslen		0407 277 340	markmaslen@velocitynet.com.au
Treasurer	Sam Margerison	6281 2004	0413 004 928	samuel.margerison@apvma.gov.au
Secretary	Sam Keech-Marx	6161 9044	0419 699 044	sam_keechemarx@yahoo.com.au
Social Officer	Stephanie Goodrick		6246 4502	s.goodrick@cambia.org
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