

WOLLONGONG UNIVERSITY OUTDOORS CLUB

NEWSLETTER JUNE 1978

2nd - 6th July 1978 - Cross Country Skiing

This is a beginners cross country skiing week, in preparation for future trips during the mid-session break. Equipment and gear needed are shown on the page attached. Contact Jim Sligar 296629.

7th - 15th July 1978 - Cross Country Skiing

A medium hard cross country ski tour into the Jagungal Wilderness Area, with the intention of skiing to the top of Jagungal. Proper equipment for this trip can not be over emphasized. Contact Jim Sligar 296629.

17th -22nd July 1978 - Cross Country Skiing

An easy trip to the Bogong High Plains in the Victorian Alps, consisting of skiing into a base camp and doing day trips. Contact Jim Sligar 296629.

17th - 21st July 1978 - Bushwalking

A five day trip into the Southern Blue Mountains of harder than average grade. From Yerranderie, the route will be across Lacy's Tableland into South Canyon and returning by Bimlow Tableland. Contact John Graham 296629.

12th, 13th August 1978 - Bushwalking

A medium bushwalk into the Southern Budawang Ranges (Morton National Park), the route being via Kalianna Ridge into the Monolith Valley. The Castle will also be climbed giving impressive views of the surrounding gorge country. Contact Jenny Chapman 298050.

20th August 1978 - Abseiling

An instruction day in the art of abseiling for such future activities as canyoning, caving and exploratory bushwalks. The technique is handy general knowledge for bushwalkers or any one else who frequent high places and all should attend. Bring a barbecue lunch. Contact Owen Manly, Uni., 297311 ext. 919.

OUTDOORS CLUB

SKI--TOURING EQUIPMENT AND SUPPLIES

- * N.B. It is most important that this "guide" be followed and each person participating on WUCO trips is adequately equipped. This particularly applies to inexperienced ski-tourers. Don't take it upon yourself to make short-cuts with equipment. Trip leaders cannot be expected to ensure the safety of those who are ill-equipped.

If you have any problem in obtaining these items contact your trip leader or:-

Jim Sligar (President) 296629

Owen Manly (U.P. & Quartermaster) 297311 ext 919

CLOTHING

- 1 x Woollen Pants (Ex-army disposals ideal)
- 3 x Socks (prs.) (Long thick woollen)
- 2 x Shirts (Woollen or flannelette)
- 2 x Jumpers (two thin ones better than one **thick**)
- 1 x Waterproof coat. (A most important item. Oilskins ideal. NO DOWNHILL PARKAS OR SPRAYJACKETS!)
- 1 x Beanie, Balaclava or both.
- 1 x Sunglasses or snowglasses
- 1 x Goggles
- 1 x Gloves (Woollen mittens with nylon overmits are good or at least good quality leather gloves)
- 1 x Overpants (optional - may be advisable for beginners)

SURVIVAL GEAR

- 1 x Tent (Consult trip leader)
- 1 x Down Sleeping Bag (This item's importance cannot be overemphasized)
- 1 x Closed cell foam (no matter how good your sleeping bag is)
- 1 x Groundsheet (may be shared between two people)
- 1 x Gas or shellite stove (may be shared)
 - Waterproof matches (e.g. 'Greenlites')
 - Candles (ideal for use in huts)
 - Lipcream, sunburn cream or combination of both
 - Whistle (for when you get lost in fog etc)
- 1 x Rucksack (to somehow carry all this gear)
- 1 x Yowrie Trap

COOKING

The best system is to organise yourselves into groups for the purpose of meals and utensils. The group should have:-

- 1 x Frypan
- 2 x Billies
- Utensils (knives, forks etc)
- Sharp knife (for cutting bread, salami etc)
- Mugs and plates (a deep plate is best as it can be used for breakfast cereal and main meal also).

FOOD

Food is virtually the same as for bushwalks. It is more important when ski-touring to take along readily digestible foods e.g. nuts, dried fruits, glucose, chocolate etc. The following list may help you in choosing what to take.

Porridge, Muesli, dried milk, fresh meat (first two days), Rosella dehydrated meals, Vesta meals, dried peas/corn, instant mashed potato, rice, macaroni, salami, cheese, margarine, tea/coffee/chocolate, dried fruit, flour (for dampers and pancakes), fruit drink (e.g. "Start" or "Refresh"), halva, bread (Black, Roggenbrot, Rye or other solid unsliced), honey, jam, packet cheesecakes, jelly, custard powder, instant puddings.

COLO RIVER - (WOLLEMI CREEK)

Date 22 - 25th April

Participants - Rod Nilsen)
James Sligar) Co-leaders
Kevin Mills
Silvia Greenwood
Jeanette Chapman
Lorraine Gibson

MAP: Six Brothers 1=25,000

A prompt start was made from Wollongong about 7 pm. The drive was made to Windsor via the outskirts of Penrith. At Windsor, refreshments were taken in the form of pizzas, where two members of the group made themselves quite ill with a pizza of immense proportions. Pizzas eaten, and the remainder stowed away in Rod's car - where they remained for the next four days, the 'replete' group headed for Colo Heights and the Putty Road. About 18 km from Colo Heights we turned off the road onto the track along the Culoul Range. It was decided to camp just off the road and to survey our position in daylight. Tents were hastily erected and the sound of snoring soon pervaded the campsite.

The sound of passing vehicles aroused the group early Saturday morning after a reasonable nights sleep. During breakfast a group of people stopped and informed us that they too were heading for the Colo. The group was lead and obviously dominated by a rather chatty female who enthusiastically expressed her wish to see us 'down there'. Rather doubtfully, we agreed. After clearing up, it was decided to drive the cars a short distance along the road, leave them and walk the rest of the way before turning off to go down the ridge. We set off, with non too light packs and walked along the road past Six Brothers mountain where we turned off, heading down a ridge towards the Wollemi and Tinda Creeks junction. The ridge down proved quite steep but was easily negotiable with packs having to be passed down only once or twice? Lunch was eagerly eaten when we reached the Wollemi with the ridge looking quite spectacular from the bottom. After lunch we decided to head as far down the creek as possible, our aim being the Colo river within the next day or so, depending of the terrain. However, the going proved to be quite slow due to rock hopping, creek crossing and bush-bashing (ropes came in handy once for decending a rather tricky piece of rock). We decided to camp that night at a creek junction after having gained a reasonable amount of ground, considering the conditions. Fires were lit, tents erected and a refreshing swim had before nightfall. An early night was had by all as a shower forced everyone to bed.

Sunday morning and an early start, the aim being hopefully to make as much headway as possible down the Wollemi and get as close to the Colo as possible. It proved to be quite an arduous and interesting day with numerous creek crossings of differing depths - the highest being boc chest high (private joke). The saying "the grass is always greener....." proved to be very appropriate as the other side of the creek always looked easier, therefore many crossings were made only to find that it was necessary to re-cross a hundred metres further down. A few showers around lunchtime but otherwise the weather was perfect. It was planned to spend the night at Munnee Cr. junction but about 4 o'clock we decided to go no further as darkness was approaching. Camp was made on the side of the creek and although most of the group were quite tired, one member (Keen) insisted on collecting firewood still carrying his pack. That night he was suitably rewarded with a headache! After the evening swim and lilo-ing the group settled down to quite a feast. A varied selection of food and drink was consumed.- liqueured prunes, home-made fruit cake with brandy and toasted marshmallows - all washed down with Irish Mist.

For some strange reason the author of this chronicle felt a little off colour next morning (Mon) when she was awakened to the sight of 3 people liloing down the creek. It was the same group we had previously encountered and running true to form, the female was in the lead encouraging the 2 males who were lagging behind and obviously not up to the pace set by their superior. That day we had only to walk down to Munee Creek (about an hour away) which was to be our next campsite. Having an early lunch there we set off, leaving our packs behind, to reach the Colo river which was only a short distance away. Our first view of the Colo came in the afternoon and most of the group climbed a hill for some magnificent views of the area. On returning to the campsite, the author took an involuntary dip in the freezing water (the people responsible for this shall remain anonymous but they know who they are - don't you Kev and Jim!). The highlight of that evening was the rising of a full moon which will not readily be forgotten. Most of the group slept under the stars while the more timid members preferred the security of a tent.

The last day saw the six of us climbing out of the gorge just opposite our campsite. The way out was not too difficult - the only trouble being in finding a negotiable route. Eventually, with the help of a rope we made our way to the top where we had lunch. We then had to walk back up the ridge and along the road to the cars. One of our members suffered a slight injury but she (Fossils) carried on quite courageously and the elusive WUCO gun was not needed. Back at the cars, after a change of clothing the weary group of bushwalkers made their way back to Wollongong.

A chinese meal in Windsor ended the trip quite satisfactorily.

Lorraine Gibson

Activity - Social Day, Abseiling, Caving and Climbing with a barbecue lunch. The activities catering especially for beginners.

Date - Sunday, 16th April 1978

Party - Sure Was

On Sunday morning about 25-30 people met at the top of Mt. Keira, to learn or just practice, how to descend and ascend cliffs using abseiling or climbing techniques.

The main activity was to introduce members of the club who had not abseiled before, to this fast, safe method of descending cliffs, waterfalls, canyons or any other precipice. Abseiling involved attaching yourself to a rope using special methods and then sliding down the rope while it hangs fixed in position over the cliff. It is quite easy, but requires practice to build up enough confidence to be capable of safely descending long, difficult or overhanging drops.

Many people also practiced climbing up the wire rope caving ladders so as to be proficient at this when we next go caving (refer caving report).

A rather late barbecue lunch (we were all engrossed in the activities) was enjoyed by the ravinious hordes, especially after spending all morning and half the afternoon scrambling up and down cliffs.

After lunch, for those of us still capable, there was a bit more abseiling on some longer drops and a few rockclimbing techniques to be tried.

The club will be holding another day of this type on the 20th August 1978.

Activity: 1 Day Bushwalk
Date: Sunday 23rd April
Maps: Lands Dept. 2" - Mile Touga
1-25000 Herriga

Proposed Route - Churinga Head, Myall Ridge, Ettrema Creek, return via Naked Pass 6 miles - actual route south of Churinga Head, Sentry Box Canyon, Ettrema Creek, Thompson's Cliff, return via Transportation Spur 12 miles.

Party: Dave Whitelaw
Owen Manly

Dave, four wheel drifted his bat mobile on to the Touga map in the vicinity of Laramoulin Hill and we started our walk from there. After walking about an hour we found ourselves on the escarpment overlooking Ettrema Creek. However, we were about a mile south of where we were supposed to be and it seemed easier to go down the nearest likely looking ridge into Sentry Box canyon than walk across to Churinga Head (which is the only reconized way of getting down to the creek). We did just that and duely arrived in the canyon with rubber legs from the steep decent, and without to many cliff type problems on the way down.

Being a bit concerned about canyons and also being off our proposed route we pushed on down through truely magnificent gorge country to where Myall ridge meets Ettrema creek. Here we had lunch. It is a beautiful area and I was cursing my non-existant camera. Thank-fully in the canyon there had been no compulsory swims, the water was cold and no abseils, as we had no ropes.

After lunch in the sun, and still being fairly early we set off down the creek to Thompson's cliff to have a look at the compulsory swim. However, due to the incredible amounts of water that had been down the gorge in previous weeks, the swim was not found, nor was anything else that had been reconizable in the creek. There were telegraph pole type trees stuck 30ft up in the branches of the remaining trees. It was getting late by the time we reached the bottom of Transportation Spur and at the top we were greeted by a setting sun, rain and the thought of 2 miles of scrub in the dark back to the car, that really urged us on.

Ettrema is a incredibly beautiful wilderness area, to which I shall return - with camera.

Activity: Barbecue
Date: 5th May 1978
Participants: Most club members and others

It was decided to have a club barbecue on Friday 5th May for the express purpose of having a good time. About 40 tickets were sold in and out of the club, some new club members being parted from one dollar. In view of what the night set out to do, it was a complete success, a good time was had from all and we broke about even financially for the night. It appears more such nights will be held in future.

Kevin Mills

Activity: Cycling at Bundanoon
Date: 7th May 1978
Party: 14

An enjoyable day was spent cycling around the sights of Bundanoon and Morton National Park. Also included were short walks down to Fairy Bower falls and to the scenic lookouts, overlooking the national park.

Bundanoon is an ideal place to start cycling from due to a variety of reasons. The crucial one being that bicycles can be hired for the day from the "Ye Old Bicycle Shop" at very cheap rates. Another factor being that the surrounding country-side is undulating and picturesque.

Arrived back in Wollongong on dusk after finding the Devonshire Tea Shop in Robertson closed.

J. Sligar

Activity: Caving
Location: Wee Jasper caves are approx. half way between Yass and Tumut, near the township of Wee Jasper.
Date: 20th, 21st May
Party: 17 people

Caves Explores:	Time underground	Party
Punchbowl	7	17
Gong Room	2	12
Signiture		6

Caving can interest you for many reasons, abstract under ground worlds with passages twisting and turning, large caverns with tapestries of stone shawls stalities and straws, or you just enjoy the danger, effort, hardship involved in being part of the sport.

The main cave to be explored was the Punchbowl which took our large group about 7 hours to see and involves a 70ft abseil into the cave and a 70ft ladder pitch out of the cave. Once we were all safely 'inside' we moved off along the small tunnels toward the main chamber. Exploring this cavern with its formations mud slides and mud grotto took some time.

From here we moved up to a higher cave level to get into the Loxin Chamber. Most of the party had a good time just trying to get up some of the very slippery mud and wet flow stones into the inter-connecting passages which lead to this cavern. In this cavern there are large formations which are covered in small helictites (cave formation which grow at all sorts of unusual angles). A long squeeze eventually leads you back to the main chamber and then its back to the surface again via the wire-rope ladders.

After tea 12 people went off to see the Gong Room cave. This cave is small but very beautiful, with a collection of various coloured formations. Since this cave is not to well known and fairly difficult to get into most of the formations are in good condition and intact. In the end chamber we sat and tried to consider the peace and quite, of a cave in its natural condition.
