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Brisbane Catholic Bushwalking Club Inc

PO Box 31, Red Hill Qld 4059

www.bcbc.bwq.org.au

e-mail: briscathbushclub@yahoo.com.au

For General Enquiries, Phone Greg on Ph: (07) 3351 4092

For Specific Information About Events, Phone The Nominated Leader

COMING EVENTS

WARNING: All persons, adult or child, member or visitor, undertake all activities of the Club at their own risk. The club is not in a position to even state that all care will be taken.

Please read the Important Notice at the bottom of this page.

[To The Visitor Waiver Form](#)

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Today Is April 26th, 2010

17th to 18th APRIL, SAT/SUN THE LINCOLN WRECK, Mt SUPERBUS AND LIZARD PT THROUGHWALK

Leader: Michael Ph: 3351 3810

Meet at: St Brigid's Car Park, Red Hill

Time: 5.30am

Cost: \$20.00

Grading: L66

Location: South of Cham's Gap, on the Warwick side of the Great Divide

**Web: <http://www.ozatwar.com/ozcrashes/superbus.htm> &
<http://www.southee.com/Bushwalking/MainRange.html#label002>**

Emerg Off: Catherine Ph: 3351 3810

Day 1 Dist: 10.25km Ascent: 915m Descent: 445m

Day 2 Dist: 7.25km Ascent: 280m Descent: 780m

This is a great walk at the southern end of the Main Range. The first day will start with a climb to the southern summit of Mt Superbus, visiting the Lincoln Wreck on the way. We will then follow a well trodden path to Mt Superbus itself before continuing onto the Lizard Point campsite. After setting up camp, the party will venture out to Lizard Point itself for dinner and those incredible views of the Fassifern Valley and points north.

The second day will be relatively short as we head along the escarpment to the Steamers and then onto Davies Ridge and back to the cars. The day may be short but the highlights will be long. We will view the Steamers from a number of vantage points and be continually amazed by their splendour. (See the front cover.)

This walk will not disappoint and has a number of highlights, the Lincoln Wreck, the highest point in SE Qld, incredible views and we summit four mountains on route. Please ring me to discuss the walk. Michael.

17th-18th APRIL, SAT-SUNDAY THE STEAMERS BASECAMP

Leader: Russ Ph: 3374 3534
Meet at: St Brigid's Carpark, Red Hill
Time: 5.30am
Cost: \$20.00
Grading: M46
Location: South-east of Warwick area
Web: <http://www.queenslandholidays.com.au/things-to-see-and-do/the-steamers/index.cfm>
Emerg Off: Catherine Ph: 3351 3810

This Basecamp will explore the western slopes of Mt Superbus, the highest mountain in southern Queensland, and join the throughwalkers in examining the wreck of a RAAF Lincoln bomber which crashed in 1956 on a medivac flight from Townsville. After farewelling the throughwalkers we return to the cars and move to a campsite at the foot of Mt Steamer.

On Sunday we will climb to the foot of the Prow on Mt Steamer and enjoy excellent views to the west. At about lunch time we expect the throughwalkers to disturb our rest, and we will show them the way back to the cars.

17th APRIL, SATURDAY FMR EQUIPMENT & RESEARCH DAY TRAINING

Check out their website closer to the date:
<http://www.fmrqld.bwq.org.au/train.html>

19th APRIL, MONDAY

MONTHLY MEETING

Contact: Desley Ph: 3369 5530

Time: 7.30pm – Doors open & meeting starts soon after

Where: St Michael's Parish, 250 Banks St, Dorrington (in the lower carpark behind the church. Drive down the ramp at the left.)

Come along to hear reports of recent outings & socials, as well as our coming events. Ask questions of our leaders about their coming events, so that you can make up your mind as to whether come on the walk.

Come pay your 2010 subs.

Nominate to lead an outing.

Stay for supper. Bring those holiday snaps.

20th APRIL, TUESDAY APOCALYPSE COURSE NOW

Talks by: Fr Stephen Byrnes

At: St William's Parish Hall, 67 Dawson Pde, Grovely

Time: 7.30pm, Daley Centre.

Cost: Gold coin donation each session

Info: Parish Office Ph: 3355 2667

Tuesday evenings from Tuesday 20th April until Tuesday 1st June.

Fr Stephen Byrnes will be presenting a series of seven sessions on the Book of Revelation also called Apocalypse.

Fr Stephen will investigate what Scripture says and implies, and bring an historical perspective to the investigation. Fr Stephen, a Scripture scholar of many years, will help us to grasp the insights of the Book of the Apocalypse in his usual illuminating style.

Daley Centre 67 Dawson Parade, Keperra at 7.30pm on seven consecutive Tuesday evenings from Tuesday 20th April until Tuesday 1st June.

23-26th APRIL, FRI TO MON Anzac Weekend CIRCUM-NAVIGATION OF BARNEY THROUGHWALK

Contact: Justin Ph: 33663193

Meet at: Red Hill St. Bridgid's Carpark

Time: 5:00pm Friday

Grade: L55

Cost: \$20

Location: Beyond Rathdowney near the NSW border

Web: <http://www.derm.gld.gov.au/register/p02820aa.pdf>

Emerg Off: Justin Ph: 33663193

Thirty years in the waiting

We've run up and down the ridges, explored the creeks and sat on the peaks of Barney, now it is time to walk round the base - A walk we've been talking about for thirty years. It is now finally on the calendar, so let's go.

Friday night we will drive to Yellow Pinch and walk into campsite N^o 10 at the old Cronans Hut site, lulled to sleep by the bubbling waters of Cronans Creek.

Saturday we will continue up the road, pass the Peasants turn off, cross Egan's Creek passing Savage's and into the unknown, over the saddle between Barney and Ernest and into the head waters of Barney Creek - don't get too excited. We will go where few walkers have gone before, true untamed wilderness, following Barney Creek past the T-Junction with Ballow Creek. Montserrat and Gwyala Peak rising above us, camping in one of the NP campsites, this time being soothed to sleep by the gentle sounds of Barney Ck.

Sunday it's in to the Upper Portals, following the creek to the Lower Portals. Waterfalls, cascades and pools inviting us in for a swim. Sunday night in at the club hut before walking on Monday to follow the track to the Rocky Creek turn off and on to Yellow Pinch to finish a wilderness walk 30 years in the waiting.

Come journey with us in the wilderness and tranquillity that is Barney.

MBS: "There were no women to tell us where to go" – the reason three men took a different track and missed the bus on a recent walk, according to one of the men concerned.

24th APRIL, SATURDAY GAP CREEK FALLS DAYWALK

(This walk will now replace Mt O'Reilly)

Leader: Michele J Ph: 3353 2822
Meet at: St Bridgid's Carpark, Red Hill
Time: 7.00am
Cost: \$18.00
Grading: S25
Location: Main Range, Cunninghams Gap
Web: <http://www.qld.gsa.org.au/BBMain.pdf>

This walk is a relatively short walk and should be attainable by most club members. The track down to the falls is all downhill but will unfortunately be a fairly steepish climb uphill to the car park for our return.

The walk begins from the Crest Car Park at Cunninghams Gap and is about 9.8km return. From the car park we will climb steadily uphill passing the memorial to Allan Cunningham, after whom Cunninghams Gap is named. The Fassifern Valley Lookout is about another 50m on the right.

Just after the Lookout, the track forks to the right following a short glade of rain forest

before the track opens out to eucalypt and we should be able to see good vegetation with the recent rain, including the grass trees. The track now zigzags rather steeply before reaching the falls. With all the rain we've had, this should be rather impressive.

Afterwards we will regroup for coffee down the road at Aratula.

Join me on this Anzac weekend with your bushwalking friends. You will be rewarded with great views and company. Michele

**25th APRIL, SUNDAY
NAVIGATION TRAINING
FMR**

Contact: Barb Makepeace bmakepeace@me.com
Where: Brisbane Forest Park
Grade: Beginner/Intermediate

This is a good event to go to as we all need training or a refresher in navigation.

As usual, FMR has not given enough info far enough in advance to put anything in Jilalan. E-mail Barbara as soon as possible to find out more info and to nominate.

Supply your own bushwalking equipment, food etc. Organise your own transport unless otherwise advised. A cost-recovery fee may apply.

**25th APRIL, SUNDAY
CARD NIGHT
SOCIAL**

www.sillyjokes.co.uk

Contact: Michele J: Ph 3353 2822
Where: Everton Hills
Time: 7:30pm
Web: <http://www.pagat.com/alpha.html>

Yes, The card players are gathering again at Everton Hills.

A night of non-serious card playing, heaps of fun, and we're playing games every one -. No Spectators here .You can bring your own games if you want to.

Bring yourself, laughter and a plate to share for supper and join us for an enjoyable night in the north west.

**26th APRIL, MONDAY
BUDERIM BUSH POCKETS
An Anzac Holiday Suburban Bushwalk**

Leader: Heike - (Contact Desley Ph: 3369 5530)
Meet At: St. Brigid's Car Park, Red Hill
Time: 7am

Grade: M33
Cost: \$18
Location: Sunshine Coast Hills behind Maroochydore
Web: <http://www.buderim.com/forest.htm>

This walk aims to showcase 3 diverse bush areas of the Buderim Mountain township. Start at the Buderim Forest Park on top of the mountain, follow a good partly board-walked track through rainforest, with some slightly trickier parts if wet and one creek crossing. (A swim at the waterfall is possible).

The link to the heritage "Ginger Town Tourist Train Track" involves some suburban and road walking, but the aim is to keep as much as possible to quiet streets in leafier suburbs using as many bush connections as can be found.

The Heritage Trail is an easy downhill well formed track that will take us to the base of the mountain where we can walk (all roadside) or car shuffle to the Maroochydore Botanical Gardens that has a variety of walks through native bush gardens. Depending on group pace we finish with a picnic lunch/early afternoon tea in the sculpture garden - homemade cake will be provided but BYO lunch, coffee/tea/beverage of choice as no kiosks/shops will be passed. Carry as per any bush walk sufficient water for the day.

Some very minor undulations (in any downhill there must be some up....) but we are essentially travelling gently downhill all the way. A somewhat disjointed but easy approx 16km walk.
Heike

29th APRIL, THURSDAY BRNCOS CLUB BUFFET SOCIAL

Leader: Antonia Ph: 3857 1387
Meet at: Fulcher St, Red Hill (that's Ithaca)
Meet Time: 6.30pm
Cost: \$15 (Members) \$22 (Non-memb)
Location: Gather just inside the front door near the reception desk
Web: <http://www.broncosleagues.com.au/default.asp?contentID=600>
RSVP: Sunday 25th April

The Broncos Club offers a delicious buffet every Thursday in its newly refurbished restaurant on the lower ground floor. There is a selection of soups, salads, entrée-style items, Asian, Italian and sometimes Indian dishes in addition to the usual roasts and roast vegetables. There is a large variety of desserts and ice-cream.

However, we must have a **booking done by at least the Sunday before (i.e. 25th April)**. To make sure of your place, please ring me by Sunday. I'm home most evenings until after 9 pm.

Come along and join me on the 29th April.

2nd/3rd MAY, SUN & MON

**SUNSHINE COAST GREAT WALK
THROUGHWALK
On May Long W/End**

Leader: Jan Ph: 3374 3534
Meet at: St Brigid's Carpark, Red Hill
Time: 6.00am
Cost: \$20.00 + \$5 camping fee
Grading: L33
Location: Mapleton/Montville area
Web: <http://www.derm.qld.gov.au/parks/great-walks-sunshine-coast/index.html>

Here's your opportunity for an easy throughwalk that should be within the capability of most. We'll be walking approximately 20kms each day, but there is a good track the whole way and the creek crossings are fairly easy. We'll start the walk from Delicia Road and head towards Gheerulla Bluff where there are good views. The track goes through both rainforest with ferns and palms and open eucalypt forest. We will have a look at Gheerulla Falls and then spend Sunday night at Ubajee Campsite where there are toilets and water (although it may be wise to boil the water or collect it from the creek).

On Monday morning we will continue towards the Delicia Road Conservation Park, cross over Delicia Road and head for Mapleton Falls where we will meet the daywalkers (more toilets). From here we will continue on to Baxter Falls and the suspension bridge across Baxter Creek and then head towards the Flaxton Walkers camp (and toilets again). At Flaxton we will follow the road for approx. 3.5kms to Kondalilla Falls and will do the circuit to the bottom of the Falls and return. The daywalkers will have a car at Kondalilla Falls and we'll do a car shuffle.

This should be a very scenic walk. Places are limited at the National Park campsite so get in early so you don't miss out!

**3rd MAY, MONDAY
TRIPLE FALLS
DAYWALK
On May Long W/End**

Leader: Russ Ph: 3374 3534
Meet at: St Brigid's Carpark, Red Hill
Time: 7.00am
Cost: \$20.00
Grading: M23
Location: Mapleton/Montville area
Web: <http://www.derm.qld.gov.au/parks/mapleton-falls/pdf/blackall-range-vq.pdf>

This is BCBC's first ever Triple Falls walk in the Sunshine Coast hinterland. Our walk begins at the head of Mapleton Falls which is the first of our three waterfalls. There we will meet the throughwalkers on Jan's walk. From here we will continue on to Baxter Falls, over a swing bridge and up to the Flaxton Walkers campsite. At Flaxton we will follow the road for approx. 3.2kms to Kondalilla Falls and will do the circuit to the bottom of the Falls and return.

This is an unusual walk in that you see three major waterfalls. The track is in good condition and should suit most walkers. Places on this walk are unlimited so get in early so that you can spread the word to others that you will be amongst the first to nominate on BCBC's first Triple Falls walk.

MBS: When are Sophie and Leanne doing the official Barney Creek walk that they did the pre-outing for on the Club Hut walk?

**8th MAY SATURDAY
BARE ROCK EVENING STROLL
DAYWALK**

Leader: Terry Ph: 3355 9765
Meet at: St Brigid's Car Park, Red Hill
Time: 1.45 pm
Grade: M23
Cost: \$18.00
Location: North side of Cunningham's Gap
Web: <http://wikimapia.org/859085/Mt-Cordeaux>
Emerg Off: Justin Ph: 3366 3193

Cunninghams Gap was first sighted from Ipswich by Alan Cunningham in 1827. 20 years later a stockman discovered a route through Spicer's Gap and thought it was the gap that Cunningham saw. 102 years later a dirt road was built through Cunninghams Gap and the west was opened up. Guarding the gap is Mt Mitchell on the east and Mt Cordeaux on the west.

Our evening stroll is to Mt Cordeaux and on to Bare Rock through rainforest, piccabeen palms, grass trees with great views; a walk that everyone can do.

Leaving Brisbane at 2pm should get us to the Gap by 3.30pm and Bare Rock for sunset. We follow the graded track to the gold mine - left over from the 1930's, no gold just another get rich scheme fraud which is now done on the internet. On to the base of Mt Cordeaux, (no we don't go to the top but just to the lookout), from here it is onto Morgan's Lookout and Bare Rock, where we will boil the billy, have tea and enjoy the sunset. We see the views along the Ramparts to Mt Castle before returning the way we came. The fireflies should be out along the track as we head back to the cars. Coffee and home to Brisbane not too late. Bring torch and spare batteries - check it is working please, and join us at Bare Rock for a Saturday night in the bush.

**16th MAY, SUNDAY
YELLOWPINCH CIRCUIT
DAYWALK**

Leader: Maxine B Ph: 3409 4001
Meet: St Brigid's carpark, Red Hill
Time: 7am
Cost: \$20
Grade: S53
Location: Mt Barney National Park
Web: <http://bedsandreds.com/photos/>
Emerg Off: Justin Ph: 3366 3193

Come away and explore the lower reaches of Mt Barney National Park, in the Yellow Pinch Reserve. This park is one of the largest areas of untouched vegetation remaining in South East Qld.

We will follow Cronans Creek on its circuit with the Logan River, giving us excellent views of the mighty peaks of Mt Barney. The best being from the Yellow Pinch Knoll, where we stop for lunch. The creek has numerous cascades and deep pools and is lined by Casuarina, red- flowering bottle brush and golden silky oaks.

Platypus swim in the creeks but are rarely seen. We may be lucky enough to find one! Kingfishers swoop along the banks looking for food in the fast flowing waters, with coloured honeyeaters and robins nearby. On the drive into the national park brush-tailed rock wallabies will be feeding on the grassy fields and ridges, so keep watch!

This will be a most enjoyable walk with a variety of grassy slopes, rock hopping and swimming if warm enough, in a classic wilderness area. I hope you can join us for a great short walk.

**16th MAY, SUNDAY
GATEWAY BRIDGE OPENING WALK**

Leader: Greg Ph: 3351 4092
Time: 10am
Location: Beside the existing Gateway Bridge at Eagle Farm or Murarrie
Web: <http://www.gatewayupgradeproject.com.au/asp/index.asp>

This is a late addition to the Calendar, as I have only just found out about it. Look in the May Jilalan for more info.

**17th MAY, MONDAY
MONTHLY MEETING**

Contact: Desley Ph: 3369 5530
Time: 7.30pm – Doors open & meeting starts soon after

Where: St Michael's Parish, 250 Banks St, Dorrington (in the lower carpark behind the church. Drive down the ramp at the left.)

Come along to hear reports of recent outings & socials, as well as our coming events. Ask questions of our leaders about their coming events, so that you can make up your mind as to whether come on the walk.

Come pay your 2010 subs.

Nominate to lead an outing.

Stay for supper. Bring those holiday snaps.

**21st MAY, FRIDAY
KATE QUINLAN SOCIETY
The REBEL Tour**

Contact: Russ Ph: 3374 3534

Location: The Tank, 371 Queen St. On the corner with the little lane near the intersection of Queen & Eagle Sts

Time: From 4.30pm onwards

Cost: Food – Open sandwiches & burgers from and mains from \$16

Web: <http://www.thetankhotel.com/>

This hotel is one of our favourites because of its atmosphere, it is not too noisy, it is not too crowded after working hours, and you most likely get a chair.

The JTS was cancelled as it was too close to the Mass & Dinner, but the "rebels" rebelled and put this one on.

Come along for an evening of good conversation and good company. Stay as long as you like.

**22nd MAY, SATURDAY
ANNUAL MASS AND DINNER**

Contact: Liz Ph: 3356 4874

Time: 5pm

Venue: Mass: Delamore, Chapel of the Franciscan Sisters, 115 Turner Rd, Kedron (Almost opposite Jardine St.).

Dinner: Stafford Tavern, 51 Webster Rd, Stafford.

Cost: Mass is free, you might get a job

Dinner: Pay individually for dinner and drinks as you go

Web: <http://www.thestafford.com.au/dinner-menu.php>

The annual Mass and Dinner is always a pleasant evening. The sisters at Kedron are opening their beautiful chapel to us once again. It is small and intimate – makes for a good feeling. The singing is not lost. Fr David Pascoe will celebrate with us and will be assisted by our own Deacon Russ. Peggy is providing the music.

I am looking for people willing to read and children willing to be part of the offertory procession. Please let me know if you can help.

The Stafford Tavern is reasonably priced: breads \$6 to \$12, salads \$13, mains \$16 to \$26, and stakes \$22 to \$30, and sides \$5 to \$8. They have the standard deserts.

23rd MAY, SUNDAY
CUBBERLA CREEK TO ENOGGERA CREEK
DAYWALK

Leader: Trevor Ph 32694795
Meet at: Roma Street Bus Station
Time: 7:30am for 7:37am bus
Grade: M43
Cost: 4-Zone off peak saver \$8.00
Pre- purchase if you can please
Location: Chapel Hill, Mt Coot-tha, The Gap
Web: http://www.cubberlawitton.org/fact_sheets/climate_and_hydrology
And: http://www.brisbane.qld.gov.au/bccwr/environment/documents/track_map_mtcootha.pdf
Emerg Off: Carol Ph 3269 4795

Our journey begins at the Roma Street Bus Station, which will take us along Coronation Drive through Indooroopilly on to Kenmore to change buses to Cubberla Creek in the western foothills of Mt Coot-tha.

A series of tracks used by walkers and mountain bike riders (We will try not to scare them) takes us to Gap Creek Reserve for smoko. This is mountain bike central crossing Gap Creek Road, the road between the Gap and Kenmore, to pick up the tracks to Boundary Road above the dam hopefully the creeks will still be flowing. Dropping down to reach the dam for lunch and whatever else has to be done in this quiet refuge of suburbia. Following the dam to Walk-a-bout Creek for coffee and bus back into town. Hop on the bus and join us for a wilderness walk in suburban Brisbane.

MBS: Why did two different people make these two comments to Michael at the Club Hut Feast?

1. You'd stay dry if you sleep on the other side of the lantana. You'd be even drier if you crawl under it.
2. It rained during the night – but it didn't affect me!!

22-23rd MAY, SAT TO SUNDAY
FIRST AID TRAINING
BEGINNERS

Contact: Phil B, Training Officer Ph: 4638 5938e-mail: ddownsro@bigpond.net.au
Time: 8am
Web: <http://www.fmrqld.bwq.org.au/train.html>
Who For: Beginners

This is a special Wilderness First Aid training weekend, concentrating less on nuclear radiation & childbirth and more on our type of potential injuries. It will be presented by a qualified first aid training organisation. However, there will be input prior to the weekend by bushwalkers to ensure the curriculum is what we want. You will have to do the normal stuff in order to get the Certificate.

**29th MAY, SATURDAY
BOONDALL WETLANDS
SOCIAL WALK**

Leader: Cheryl **Ph: 3263 8393**
Meet at: Boondall Wetlands Visitor's Centre, 31 Paperbark Drive, Boondall
Time: 8am
Grading: S11
Cost: \$3
Location: Between Boondall & the Bay
Web: http://www.brisbane.qld.gov.au/bccwr/environment/documents/bushlandsandwaterways_boondall_wetlands_track_maps.pdf

This is a really easy 8km social walk designed as an opportunity to catch up with friends, or make new ones, as we stroll through this very pretty patch of wetland area. At this time of the morning in late May, the dew will still be twinkling on the she-oaks. We'll be walking on a well defined bike track with lots of boardwalk areas.

It will be a 4km walk from the Wetland Visitor Centre over to Kedron Brook where we will stop for a relaxing breakfast/morning tea (whichever you prefer to pack for that early hour) as we watch the enthusiastic fishermen launching their boats of all shapes and sizes. After the 4km return walk to the Visitor Centre, some may wish to extend the morning by completing the 2km Visitor Centre Loop Walk which goes out to the Cabbage Tree Creek Bird Hide where local bird species should be plentiful.

Hope you can join us for an enjoyable morning which should conclude before lunch.

**29th MAY SATURDAY
THE ACTIVE OUTDOORS EXPO 2010
THE CULTURAL FORECOURT, SOUTH BANK**

On May 29 QORF, is once again hosting the Active Outdoors Expo on the Cultural Forecourt at Southbank. It has unparalleled events designed to showcase the diversity of Queensland's Outdoor Recreation industry

There is something for everyone at the Expo with an action packed, fun filled day of activities, demonstrations and exhibitions...

Come and Try...The K2 Climbing Wall | Anaconda Tent Building Races | Cycling Skill Sessions | Urban Orienteering Races | Eco-Tours | Horizontal Abseiling | The new X2 Off-road Seqways...

Check out the action...Freestyle Mountain Bike Demo | Outrigger Canoe Race | Climbing time trials | Camp Cooking Demonstrations...

Find out more about...Outdoor Equipment | Outdoor Courses & Careers | Active Recreation Camps | Outdoor Events | 'Where to' resources for activities

Plus much more...

The Expo programme runs from 9:00am - 3:00pm at Southbank's Cultural Forecourt with the Resi River Race, an 18km marathon team's outrigger canoe event getting underway at 10:30am directly opposite the Expo site.

The 'Active Outdoors' Expo is a great day out for the whole family and an ideal opportunity to sample some exciting outdoor activities on offer in Queensland...for FREE!

Bushwalking Qld will have a stand there, advertising our sport in general and all clubs in particular.

30th MAY, SUNDAY MINNAGES MOUNTAIN DAYWALK

Leader: Pat L **Ph:** 3366 1956
Meet at: St Brigid's Red Hill
Time: 7am
Cost: \$18
Grade: M55
Location: Part of Mt Ballow massif in the area south of Boonah
Web: <http://wikimapia.org/11668718/Minnages-Mountain-1025m>
Emerg Off: Michele E **Ph:** 3351 4092

Minnages is off the beaten track. It is the prominent peak on the western side of Mt. Ballow. We will take the western ridge (mainly used by through walkers en route to Mt. Ballow). If you are not into through walking, then this is your chance to see some of the more inaccessible parts of Mt. Ballow.

The ridge we will take is fairly long, but relatively easy. It is through open forest; however the last section is through thick rainforest. Good views on the way up and once on top, good views of Mt. Ballow itself.

Our descent will be via a different but steeper route. Water will need to be carried as there is none en route.

This walk is within the capabilities of most fit people, although it is all off track and the descent ridge is steep. Phone me if you are unsure of your ability to do the walk.

Looking forward to seeing you on 30 May. Pat

**7-10th JULY, Wed-Sat
PRAY 2010
Clairvaux MacKillop College/St Bernard's parish and School**

Cnr Klump and Logan Rds, Upper Mt Gravatt

<http://www.pray2010.org.au/>

http://www.youtube.com/watch?v=nMYi_fdEnr4&feature=player_embedded#

There is a place for everyone - come and play your part. Whether you struggle with how to pray, desire to understand the Eucharist more, want to learn about a new form of prayer or go deeper in a prayer style with which you are familiar, Pray 2010 offers 13 streams of workshops that seek to draw us closer into God's presence. ..[Video Transcript »](#)
[Read More About Pray 2010 »](#)

About Pray 2010: It will be a major gathering of people from across Australia and beyond seeking to:

- Encourage participants to deepen their relationship with Jesus through prayer.
- Provide practical teaching and experiences of different prayer forms.
- Offer experiences of communal prayer, especially praying the liturgy, that strengthen the bonds of communion.
- Highlight the power of prayer in equipping Catholics for their mission to bring Christ into our world.

What are the three key Pray 2010 activities?

1. A rich variety of prayer experiences drawing upon the riches of our Catholic tradition at the beginning and end of each day.
2. A range of keynote addresses in both the morning and the evening which break open key messages about prayer.
3. A series of over 270 prayer workshops that provide formation and experience of a particular style of prayer.

Pray 2010 provides a depth and breadth unparalleled because it offers over 40 keynote presentations, more than 270 prayer workshops and numerous opportunities for praying in a rich diversity of styles, drawing upon the wisdom and experience of over 130 international, national and local presenters. ...

THE PILGRIMAGE

FRI 20th TO SUN 22nd AUGUST

<http://www.bushwalkingqueensland.org.au/pilgrimage.html>

The Pilgrimage is an annual bushwalking and social event of clubs from throughout the south-east corner of the state.

On the Saturday you can join one of many daywalks through the surrounding areas. A Bush Dance and other social activities are organised throughout the weekend and it is an ideal time to meet and renew friendships with fellow bushwalkers.

This year the pilgrimage is hosted by the [Toowoomba Bushwalkers Club Inc.](#) at the Crows Nest Show Grounds (see [How To Get There](#) for more details).

Registration: All attendees must be members of their respective clubs and therefore insured.

Cost will be \$25 per adult with an early bird special of \$20 (if paid by 8-Aug-2010). Children under 18 - free.

Fees will need to be mailed in with the appropriate registration form.

TRIPS still leave from St Brigid's car park at Musgrave Rd, Red Hill unless the Jilalan Article states otherwise.

KEY – Walk Types

D/W	Day Walk	½ D/W	Half Day Walk
O/N	Over Nighter	B/C	Base Camp
T/W	Through Walk	C/W	City Walk
TRN	Training	S&T	Safety & Training
FMR	Federation Mountain Rescue	SOC/SW	Social/Social Walk

KEY – Walk Gradings

Distance	Terrain	Fitness/Endurance
Short Under 10km per day	1 - Smooth reasonably flat path	1 - Basic - Suitable for beginners. Up to 4 hours walking. Flat
	2 - Graded path/track with minor obstacles	2 - Basic - Suitable for beginners. Up to 4 hours walking. Minor Hills
Medium 10-15km per day	3 - Graded track with obstacles such as rock, roots, fallen debris or creek crossings	3 - Easy - Suitable for beginners. Up to 5 hours walking. Undulating terrain
	4 - Rough unformed track or open terrain with obstacles such as rock, roots, fallen debris or creek crossings	4 - Easy - Suitable for beginners. Up to 5 hours walking. Up to 300m gain/loss per day
Long 15- 20 km per day	5 - Rough or rocky terrain with small climbs using hands or rock hopping	5 - Moderate - Up to 6 hours walking. Up to 450m gain/loss per day. Agility required
	6 - Steep, rough or rocky terrain with large climbs using hands or rock hopping	6 - Moderate - Up to 6 hours walking. Up to 600m gain/loss per day. Agility required
Extra Long Over 20 km per day	7 - Climb/descend steep rock using hands or footholds. May be some exposure. Good upper body strength	7 - High - Up to 8 hours walking. Up to 750m gain/loss per day. High fitness. Endurance and agility required
	8 - Climb/descend near vertical rock with exposure. Climbing skills may	8 - High - Up to 8 hours walking. Up to 1000m gain/loss per day. High

	be required	fitness. Endurance and agility required
	9 - Sustained climbing or descending of vertical or near vertical rock with exposure. Advanced climbing skills required. Good upper body strength	9 - Challenging - Up to 12 hours walking. Over 1000m gain/loss per day. Very high fitness. Endurance and agility required

Example: M48 is a medium walk 10 to 15kms long, over unformed rough ground with obstacles, in which the trip is hard or strenuous for fit walkers requiring agility and endurance.

The Calendar is subject to change at any time.

WARNING: All persons, adult or child, member or visitor, undertakes all activities of the Club at their own risk.

The club is not in a position to even state that all care will be taken.

Please Read The Important Notice Below.

RELEASE, WAIVER & INDEMNIFICATION

All persons, adult or child, member or visitor, undertake all activities of the Association at their own risk. The Association is not even in a position to even state that all care will be taken.

I the undersigned, hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows.

I waiver, release, discharge, indemnify and hold harmless the following from any and all liability, responsibility and claims, for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter result from my participation in any activity of the Brisbane Catholic Bushwalking Club Inc.

The Brisbane Catholic Bushwalking Club Inc.

The Management Committee of the Brisbane Catholic Bushwalking Club Inc.

The leader of any activity of the Brisbane Catholic Bushwalking Club Inc.

All members of the Brisbane Catholic Bushwalking Club Inc.

I acknowledge that activities of the Brisbane Catholic Bushwalking Club Inc. carry with them the potential for death, serious injury and property loss.

I hereby assume any and all risks associated with participating in any activity of the Brisbane Catholic Bushwalking Club Inc.

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