JILALAN NOVEMBER 2004

The Monthly Newsletter of the Brisbane Catholic Bushwalking Club PO Box 31, Red Hill. Qld 4059

President's Ponderings

You most certainly have read the inside of the Front Cover of Jilalan. There is a paragraph headed: "Emergency Officer".

AND, you would have noticed the same title in the header above each "Outings" description.

What does it mean?

We have so many Newer Members & Visitors that an explanation of "The System" is about time.

We have several reasons for the existence of the Emergency Officer for Club Events.

. The "EO" is the first point of contact for any emergency involving an outing.

• The Outing Leader rings the EO prior to the outing to advise: who is on the outing and their next-of-kin contact number; the rego numbers, type & drivers of the cars going on the outing; if anyone & who is travelling independently and where they are joining the outing + contact details; some details of where the cars will be going and will be parked; and details of any car shuffle; some details of the route being walked.

. [It is normal for the Leader to phone the EO the night prior to the Outing to give the details, and to ring again when the Outing leaves the Meeting Point to give last minute details.]

. If you are running late on your way to the Meeting Point for the Outing, and you calculate the Leader has already left home, ring the EO – say you are running late & will be at the Meeting Point in XX minutes.

.. The Leader will ring the EO before going from the Meeting Point in order to get late messages, and to pass on changes to the nominations & transport. Thus, someone will be left at the Meeting Point to take you. Mobile phones will allow you to ring the Leader direct – cut out the middleman.

. For an outing coming home later than usual:

.. If you are away on an outing, those left at home can get worried if you are not home. They can phone the EO, but not before 9pm. Some outings can get back late, so we do not want an early panic.

.. The Leader phones the EO on the outing's return to Brisbane to let the EO know the outing is back & lets the EO know if any vehicle was to deviate.

. But before this, if the Outing is delayed for any reason, the Leader will ring the "EO" to advise a new estimated time of arrival back in Brisbane, any trouble the party encountered to make them late, and the home contact numbers of members of the party.

.. The EO rings up all next of kin to let them know what is happening.

. If for any reason the outing becomes separated, the two halves ring the EO to check in – the EO will be the one co-ordinating the two halves getting together again.

.. To co-ordinate the search or rescue of Club members in trouble:

.. If there is an emergency on the Outing, the Leader contacts the EO to advise:

... What the emergency is,

... Where everyone is,

... In what state everyone is,

... What the plan is,

... What is needed.

.. The EO stays by the phone for future developments,

... Ring the President, Outings Secretary or other Committee Members if either of those two cannot be contacted.

... They will decide how far to escalate the situation, i.e., ring FMR, organise a in-Club rescue party, put various experienced members on stand-by, send a car to the location to wait on-site with food, water, warm clothes, tents or what ever is required for the emergency. The Club does not contact Police, Ambulance, SES, Helicopter, the media & etc.

... Normally, we wait 24 hours before any rescue is organised for an overdue party. If there is an accident or injury, it is different.

.. The EO does all the phoning to FMR,

... To the next of kin.

.. The EO organises the rescue, or what ever is required. Thus, the EO takes the burden off the Leader who will micro manage the situation out in the field.

... The EO does not talk to the media.

... The Leader does not talk to the media.

. FMR will handle contact with the Police, SES, the Ambulance & the media.

.. FMR takes over the situation from here

... The EO remains the Contact for BCBC and the Next of Kin.

An Emergency includes: bad weather, flood, fire, heat, lost property, animal attack, accident, injury, medical emergency, death, lost car, car breakdown, road accident, someone lost, the whole party lost, party split.

Everyone on the Outing needs to know the Name & Phone Number of the Emergency Officer – You never know but it may be You that needs to do the phoning.

The people At Home need to know the Emergency Procedures, The Name & Phone Number of the Emergency Officer as that is the ONLY Number they need to ring.

The Emergency Officer (EO or Emerg Off) needs to know the procedures, the duties & needs to be EXPERIENCED with the Club and Bushwalking. If You have walked under a variety of conditions, you can imagine what the party in the field is experiencing.

Needless to say, the Emergency Officer tries to stay Home for the whole time the outing is in the field – at least, someone must be at home at that phone number, and this person must be able to contact the named Emergency Officer at all times.

Walk With A CLUB, It Makes A Difference. Tell Someone Where You Are Going. Tell Them The EMERGENCY PROCEDURES. For your own safety, Don't walk Alone.

Greg E

TREASURER'S REPORT

Balance 20.9.04	\$ 1403.22
<u>Plus Receipts</u>	\$ 408.50

	\$	1811.72
<u>Less Payments</u>	\$	108.045
Balance 18.10.04		1703.27
Term Deposit	¢	1718.01
	Ψ	1,10.01

Congratulations to Barbara who won the third torch in our raffle redraw. I am still selling tickets in our current raffle with the prize being a family pass for two adults and two children to Alma Park Zoo with no use-by date. Tickets are still only one dollar. The club thanks you for your generous support of these raffles.

Good news, Barbara has collected the T-shirts and I now have them. I suggest that those who are a small size and who have not bought a T-shirt should not waste any time as our stock of the smaller sizes is quite limited and it will be some time before we place another order as they have to be for twenty or more. They cost \$27.00 and are quite distinctive and impressive.

Terry.

About People

Pat has just spent some more time walking in W.A. What a successful year we are having as we welcome our latest batch of new members: - Marilyn, Diane, James and Nicholas.

Jenny, Marie and Christine were welcome visitors at our October meeting. In the last month we have had enquiries from Madonna and Christine. Ed and Cathy T and Mal and Marilyn were visitors who enjoyed Iain's successful Swan Creek Base Camp whilst David, Karen, Christine and Bill K were visitors on Iain's Westray's Grave Day Walk. The Point Lookout walk also had a good representation of visitors, namely, Jenny, Rick, Nick and James P. As a visitor, Marie R chose Justin's Moreton Island trip for her first club walk. Karen also joined Maxine on her night walk.

WALKS WAFFLE

I had some contributions for last month's magazine but foolishly delivered them to an obviously suspect & insure spot. As a result of this foolishness, my write up about the outings planning meeting, the calendar for walks to March 05 and the article for Bill's Northbrook Mtn walk did not make it into the magazine. My profuse apologies to everyone, especially to Bill who was about to post his article but I said I'd drop it off to make sure it made it in by the deadline.

The calendar for walks to March is in this magazine. I still need leaders for most walks; volunteers would be most welcome!

We hope to include two extra types of walks next year. One to take advantage of cheap airfares (e.g. to go to Sydney to do some walks in new country), the other for an extended trip of about a week which would include a fair bit of driving to get to other walking areas. Any ideas would be most welcome.

Finally, a reminder that I will not be continuing in this role after the next AGM. It is vital that somebody is ready to take over this job. All those with the necessary knowledge and skills please give this serious thought. It has been great to meet many new people on walks and to see quite a few of those become members.

See you all out on the tracks,

COMING EVENTS

Northbrook Mountain Daywalk Sunday 14th November

Leader: Bill Ph: 3298 6556 Meet at: St. Brigid's Carpark, Musgrave Rd, Red Hill Time: 7am Cost: \$10 Grade: M65

This is an off-track walk up beyond Mt Glorious, in the D'Aguilar Ranges. Unusually, it is not to the Creek or Gorge, but up the mountain. You will be traversing through eucalypt & rainforest, over rocks and rough terrain.

We do not go off track and uphill in this area much, so will prove to be an interesting trip.

Bill is an experienced leader & has made Brisbane Forest park a specialty. Not an impossibly difficult walk – assume it is of the difficulty of the Stinson walk, without that steep uphill when you moved away from Christmas Creek.

Monthly Meeting Monday 15th November

Leader: Greg (Ph: 3351 4092) Meet At: St. Brigid's Parish Hall, Musgrave Rd, Red Hill (At the back of the carpark of the Big Red Brick Church on top of the hill.) Meet Time: 7.30pm. Cost: Nothing. S11. Grading: Emera Off: Michele (Ph: 3351 4092).

This is truly a stimulating event, with a lot of excrement excitement. It has people with a lot to say. People with photos to show. People with maps.

Come along to hear about the Coming Outings – learn all about where YOU will be walking. See the map of the terrain. Question the Leader about the route. Find out what you need to take.

Hear about Passed Outings – hear about what we do on outings. Listen to leaders tell all. Judge for yourself what we do.

Stay for supper, talk, ask us about ourselves, why we go walking (instead of to the beach), ask about what we have seen, check us out to see if we have 2 heads or are normal people like yourself.

COME TO THE MEETING ON MONDAY 15th November

Byron Basecamp

Friday 19.11.04 to Sunday 21.11.04

Meeting Place:	St. Brigid's Car Park, Red Hill
Time:	Friday 7 p.m.
Grade:	Easy
Cost:	Because of the distance involved in the drive to the camping spot, we cannot predict the price – it depends on the number of people who nominate.

If falling asleep listening to waves and your tent flapping in a sea breeze sounds appealing then this is the base camp for you.

We will camp at Broken Head camping ground which has the bonus of hot showers as well as open grassy sites which makes it a very pleasant camping spot. On Saturday we will do the beach walk between Broken Head and Byron Bay, followed on Sunday morning by a scenic, short stroll along Broken Head Reserve. We will return to Brisbane on Sunday afternoon. On Saturday night we can also head into Byron for Mass and a bite to eat.

I hope you are free this weekend and can come and join us.

Cheers Kerry

Coffee Night at Chez Laila at Southbank

Wednesday 24 November

Time:7.30pmVenue:Chez Laila, SouthbankContact:Barbara:33553639

The river was so great last month I decided to do it again. This time the coffee night is at Chez Laila which is on the Boardwalk on the Goodwill Bridge end of Southbank.

Come for coffee or come a bit earlier and have some dinner. It should be a pleasant spot to have coffee and good conversation right on the banks of the Brisbane River. Hope to see you there.

Albert River Circuit (Lightning Falls) Daywalk Sunday 28/11/04

Leader: Paul Ph: 33575254 Meet: St. Brigid's Car Park Red Hill Time: 6.45am Grading: L13 Emerg Off: "C." 33575254

This is a good walk weather permitting from O'Reilly's. It is about 21kms along the graded track system. The track out is along the path to the border – the Border track to Binna Burra branches off left & you will head right to Echo Point. This is a lookout over the Tweed headwaters. It is a good spot to try out your echoes.

Now you turn towards the Albert River headwaters. This country is steep mountain ridges & deep valleys – but you look over them and not walk through them. The terrain means the water is fast, spectacular & going over numerous falls. All this you will be looking at. You will pass such features as Bethongable Falls, Mirror Falls, Echo Falls, Lightning Falls, Thunder Falls (overlooking Black Canyon).

On the way back the party will be passing through the Antarctic Beech Forest. There is a slight deviation to he Forester's Camp – where the track makers lived while they made the graded tracks in the '30s. Then it is back to O'Reilly's.

CHRISTMAS PARTY

Date:Saturday 4th DecemberTime:3pmPlace:Sam and Louise's place, BeenleighContact:3287 1372

Come along and celebrate the festive season with your bushwalking friends.

Bring a plate of food to share and your drinks.

Also bring a present (to the value of \$5) for the same sex person as yourself (mark the present male or female). If you are bringing children, can you please bring a present for them with their name on it.

To help with the organisation can you please let Louise know if you are coming. Hope to see you there.

Barbara.

Club Hut - Barney George Basecamp Sat-Sun 11-12 December

Leader: Iain Ph: 33714672 Meet: St. Brigid's Car Park, Red Hill Time: 7AM Cost: \$18 Grade: M65 Emerg Off:Matthew Ph: 38768125

Come with me to escape the pre-Christmas chaos. We'll leave early enough on Saturday to walk into the hut before the hottest part of the day and be able to relax in serene and peaceful surroundings for the rest of the day.

We'll start reasonably early next morning so we can walk over the ridge into Gorge junction before it gets too hot. Then we'll walk some distance up and back down Barney Gorge. Then we'll take Barney Creek back down to just above the Lower Portals and back to the Hut and then walk back out to the cars.

It is one of the best creek walks around with an abundance of rock pools, cascades, rocks and boulders of all shapes and sizes, and always the cliffs and crags of Mt. Barney looming overhead. There'll be quite a bit of rock hopping and some scrambling up Barney Gorge. There'll be at least a couple of chances for a lovely cooling swim.

It is a walk in base camp (1 to 1 1/4 hours in on a fairly eroded track with a fair bit of up and down). You'll need to take in a foam mat or therma-rest to make sleeping here more comfortable (but you won't need a tent). Other options include walking in on Friday afternoon/evening or on Saturday afternoon. You can spend the whole weekend lazing at the hut.

Iain

December Coffee Night and Christmas Lights

Wednesday 15 December

Time:7 PMPlace:Outside Woolworths,Contact:Barbara Ph: 33553639

Sherwood Rd, Sherwood

A new time for our December Coffee Night this month, the week before the meeting. This is a coffee night with a Christmas theme. We will meet outside Woolworths, and then proceed to walk around the streets for about an hour to look at the Christmas lights. We'll then adjourn to the Coffee Club to have a festive cup of coffee before we head home.

We've never tried this before so turn up and help make it a success!

Barbara.

COOMERA CIRCUIT

Daywalk Sunday 19th December 2004

 Leader:
 Greg
 Ph
 33510
 4092

 Meet Time:
 7-00 am
 7-00 am

 Meet Place:
 St Brigit's Red Hill Church
 \$17.00

 Grade:
 L34
 L34

 Emerg Off:
 Michele Ph: 3351
 4092

This is a great trip. The Coomera Circuit is a classic walk at Binna Burra. The track is a graded track for all the way so it makes it an easy walk but it is a long trip at just over 20 km. So we will need to set a fast pace to cover the distance.

If there has been a lot of rain that should bring out the Lamington Blue Crayfish but it will make the creek crossings a bit harder or perhaps a bit tricky.

The trip is mainly through rainforest but we also go through some eucalypt forest before we get to the top of the Coomera Falls. Hopefully the viewing platform has been reinstalled. A highlight of the trip is the view of the Tweed Valley and Mount Warning at lunchtime.

It may be summer but make sure you bring a raincoat and jumper because it may bet a bit cool and damp in the mountains. Also, make sure you bring a cup to enjoy a cup of tea and a Lamington in Lamington National Park.

Monthly Meeting Monday 15th November

Leader:	Greg (Ph: 3351 4092)
Meet At:	St. Brigid's Parish Hall, Musgrave Rd, Red Hill (At the back of the carpark of the Big Red Brick Church on top of the hill.)
Meet Time:	7.30pm.
Cost:	Nothing.
Grading:	S11.
Emerg Off:	Michele (Ph: 3351 4092).

This is our last bulk gathering prior to Christmas – where did the year go? Then theme traditionally is "Red & White, with Green Trimmings". This means you wear those colours & bring some goodies to share for supper afterwards – in theme also, of course!!

Come and listen to out programme for the Holiday Period – No, you don't have to stay home since we organise enough events to keep the most active of individuals busy.

Technology Update. Member Phones from Mountain Top.

Silver Medallist & Vice-President Phil phoned the President while on his 4-Day Throughwalk from the top of the Australian Alps, to say there is speculation that the party would not make it to the planned camping spot for Saturday night. Phil said the trip was harder than he expected and he was "buggered". The night's camping spot of Mt Speculation was just too far away he said while phoning from Mt Buggery. He said the views over the Australian Alps were spectacular.

Hear more from Phil at the November Monthly Meeting.

PREVIOUS SOCIALS

Coffee Night at the Merthyr Bowls Club.

It was a warm Brisbane night when we met at the Merthyr Bowls Club for our October coffee night. Most people took Barbara's suggestion and came for dinner and voted it a great success. The Atlantic Salmon was considered a hit but all meals got the thumbs up. The position was perfect, overlooking the Brisbane River and the night was voted a great success. Thanks to those who attended: Jeffrey, Terry, Jean, Marie, Catherine, Ben, Graham, Louise, Peta, Greg, Phillip and Barbara.

PS: This would probably go down in history as the only coffee night that no-one had coffee!!!

Barbara.

ITEMS OF INTEREST

Queensland Federation of Bushwalking Clubs

Federation meetings are held at 7:30pm on the fourth Thursday of each month at the Little Kings Movement. 33 O'Keefe St., Buranda.

Federation web site address is: http://www.geocities.com/qfbwc/index.htm

The email address is <u>qfbwc@yahoo.com.au</u>

INAUGURAL ANNUAL PHOTOGRAPHIC COMPETITION

Of The BRISBANE CATHOLIC BUSHWALKING CLUB

Monday 15th November

The idea of the having a photographic competition is to encourage members to bring their photos out and share them with other members.

A great way to share them is by entering them in the competition and also including them in the Club's magazine, annual report and on our website.

Our goal as a club is to encourage the love of the bush and bushwalking. I trust the photos will display the spirit of the Club and the beauty of nature and why we go bushwalking.

The categories of the competition are as follows -

1 Landscape - this includes all the landscapes, waterscapes, mountains

2. **Moods of nature** – sunrises, sunsets, storm and rain or mist from a waterfall, or a shady spot in the eucalypt forest.

3 **Nature Close up** - i.e. approx. one metre or less - plants, animals, birds, rocks, leaf litter etc.

4. **People and faces** – Portraiture & Club Character - capture some interesting faces as you walk or socialise

- 5. Miscellaneous- any photos that do not fit into any other category.
- 6. **Best overall** awarded to the print deemed to be best overall by the invited judge.

7. **Peoples choice**. The best overall photo selected by the members on the night.

The Competition Rules:

- The photographs have to be prints and displayed at the November meeting.
- The size of the photographs shall be approximately A3 size 210 mm x 149 mm
- or smaller.
- Photographs do not need to be mounted.
- All photographs must be the competitors owners work
- Each person may enter 2 photographs per category
- Each photograph must be titled and have the owner's name, and date (approx.) the photo was taken.
- The photos must be from a BCBC trip or in the area in which we usually walk
- Photographs can be entered on the night but no later than 8.00 PM
- There is no entry fee
- There will be an independent judge.
- There will be an overall-winning photo, which will receive a modest prize.
- The winning photo will go on the front cover of the next annual report
- The ownership of the photo will remain that of the photographer.
- The owner agrees to allow the club to scan their photos to use the photos in the Club magazine, annual report and website.
- photographs will be returned to the owners at the December meeting

Further information can be obtained from Phil.

MAGAZINE DEADLINE

Please forward your magazine articles by the 1st of the month. You may forward your articles to:

P.O. Box 18 Royal Brisbane Hospital, Q'ld. 4029

BRISBANE CATHOLIC BUSHWALKING CLUB INC. PO BOX 31, RED HILL Q 4059

CONTACTS			
Greg	3351 4092		
Phil	3841 0254		
Terry	3355 9765		
Patricia	3366 6767		
Iain	3371 4672		
Carolyn	3379 9486		
Barbara	3355 3639		
Desley	3369 5530		
Iain	3371 4672		
	Greg Phil Terry Patricia Iain Carolyn Barbara Desley		

CONTACTO

For specific enquiries, contact the committee member (from above) concerned. For outings or socials, contact the leader shown in the calendar or article. Visitors - for general enquiries contact Susan 3366 3193.

Please have all Jilalan articles to Desley by the 1st of the month, otherwise they cannot be included. Articles (if not using Microsoft Word), if on disk need to be submitted in RTF (Rich Text Format) with a hard copy included, otherwise a handwritten or typed copy will do. Alternatively, you can e-mail them to her – you know the e-mail address already.

GENERAL MEETINGS

Meetings are held on the 3rd Monday of every month, at 7:30pm. The location is **St Brigid's** Parish Hall, Musgrave Rd, RED HILL. The huge red brick Church on the hill. VISITORS are always welcome.

OUTINGS

(a)

Always read the Jilalan article to check the departure point, date and time.

(b) (c)

Walk departures are usually from Red Hill Parish Hall, Musgrave Rd. Check "Jilalan" or phone the leader to determine the location.

(d) (e)

The club will usually organise transport for each outing, but you must nominate in advance to the leader. Contacting someone else may lead to your nomination becoming "lost". Nominations should preferably be made by the Wednesday night prior to the activity so that transport etc. can be arranged. Note that nominations for some walks may close well in advance of this. Late nominations may not be accepted.

- (f)
- (g) (h) (i)

Walkers are responsible for their own transport to and from the departure point.

Walks are rarely cancelled – if they are, all nominees will be notified. Should you change your mind and decide not to come to a club event, please notify the leader as soon as possible.

(j)

(k) If you are running late for the departure point, ring the Emergency Officer, or if the leader shows a mobile phone number, phone the leader.

(I) (m) All Visitors on all Club events must sign an Assumption of Risk form for insurance.

EMERGENCY OFFICER

If you have not returned from an outing by 9:00pm your family may ring the Emergency Officer for that outing– but please don't panic. If the EO is not mentioned ring either the President or Vice President.

EQUIPMENT HIRE

The Club has some tents and through-walk packs to hire to visitors and newer members. Borrowers are responsible for collecting and returning equipment, as well as making good any loss or damage over and above normal wear and tear. Hire rates – Packs \$10/ weekend, Tents \$5:00 – Deposit of \$20:00 required.

PERSONAL EQUIPMENT

The Association requires that all walkers on all trips should carry certain minimal basic equipment. This should comprise the following – a first aid kit, a torch, a parka/raincoat, hat, shirt 30+ sunscreen and at least 2 litres of water. Leaders may require that walkers carry other equipment. Advice of this will be given in Jilalan and/or by the leader.

MANAGEMENT COMMITTEE

All members are most welcome to attend a meeting of the Management Committee, but please contact the President beforehand. This means you can be advised of any change of date/venue. If you feel strongly about an issue, bring it along to the Committee Meeting and we'll put it on the agenda.

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.

Club Web Address:	www.geocities.com/briscathbushclub/	
email:	briscathbushclub@yahoo.com.au	

DATE 2004	EVENT	LEADER	CONTACT NUMBER	WALK TYPE
October				
23 rd Sat	Noosa Heads Circuit	Desley	3369 5530	DW
27 th Wed	Coffee Night – Merthyr Bowls	Barbara	3355 3639	Social
30 th Sat	Mt Coot-tha Nightwalk	Maxine	3203 4699	NW
November				
6 th Sat	Outings Planning Meeting	Iain	3371 4672	
7 th Sun	Bike Ride	Gabriel	3856 3842	Social
13 th Sat	Dave's Creek	Jean	3256 6140	DW
14 th Sun	Northbrook Mountain	Bill	3298 6556	DW
15 th Mon.	November Meeting			
19 th -21 st	Byron Bay	Kerry	3876 8125	BC
24 th Wed	Coffee Night - South Bank	Barbara	3355 3639	Social
28 th Sun	Lightning Falls Circuit	Paul	3357 5254	DW
December				
4 th Sat	Christmas Party	Louise	32871372	Social
12 th Sun	Club Hut - Barney Gorge	Iain	3371 4672	BC

CALENDAR OF CLUB EVENTS 2004

(n)

I ⊏th Mard	Chuistmass Lishts at Chamussed	Deuleeure		Casial
15 th Wed	Christmas Lights at Sherwood	Barbara	3355 3639	Social
19 th Sun	Coomera Creek Circuit	Greg	3351 4092	DW
20 th Mon.	December Meeting			
20 th Mon	Photo Competition	Phil	3841 0254	
26 th Sun	Boxing Day Mt Tamborine	To be advised		DW
January				
9th Sun	Stairway Falls	TBA		DW
21-23rd	Bridle Creek (Border Ranges)	TBA		BC
February				
5th Sat	The Cougals	TBA		DW
13th Sun	Little Kings	Gabriel	3856 3842	DW
19-20th	Bunya Mountains	ТВА		BC
26th	Warrie Circuit	ТВА		DW
March				
6th Sun	Obi-Obi Li-Lo	Phil	3841 0254	DW
18-20th	Club Hut Feast	TBA		BC

KEY – Walk Types

D/W	Day Walk	1⁄2 DV	V Half-day Walk
T/W	Through Walk	TRN	Training
O/N	Overnighter	FMR	Federation Mountain Rescue
B/C	Base Camp	SOC	Social

KEY – Walk Gradings The Brisbane Catholic Bushwalking Club uses the following Walk Grading system, which is referred to under each coming walk. If uncertain, please consult with the walk's leader.

1. Distance	2. Terrain	3. Fitness
S hort: Under 10km per	1-3: Graded or open	1-3 Easy. Suitable for
day	terrain. No scrub	beginners
M edium: 10-15 km per	4-7 Bush. Minor scrub	4-7 <u>Medium</u> . Reasonable
day	rainforest, rock creek Rock hopping,	fitness required.
	scrambling	
Long: 15-20 km per day	Bush. As Above+ thick	
EX tra Long: Over 20 km per day	8-10 scrub, major rock scrambling using hands, technical	8-10 <u>Hard</u> Strenuous, fit walkers required.