



# WELCOME

to BOSQ

**Bushwalkers of Southern Queensland**

**GPO Box 1274, Brisbane Qld 4001 / [www.bosq.bwq.org.au](http://www.bosq.bwq.org.au)**

## **The club**

Bushwalkers of Southern Queensland Inc (BOSQ) began in 1964 as Binna Burra Bushwalkers. It is a Brisbane-based club affiliated with the state body, Bushwalking Queensland, and nationally with Bushwalking Australia. The club aims to:

- encourage bushwalking for health and recreation
- provide regular meetings and activities for members
- support and promote preservation and conservation activities

Meetings are held on the second Tuesday each month, starting at 7.30pm, at the Little Kings Movement hall, Carl St (cnr O'Keefe St), Buranda.

There is parking in the grounds off Carl St, and a light supper is served afterwards.



## **The walks**

BOSQ offers day walks, base camps, through-walks and bike rides, as well as monthly dinners and occasional social events.

It also offers extended holidays, including interstate and overseas trips.

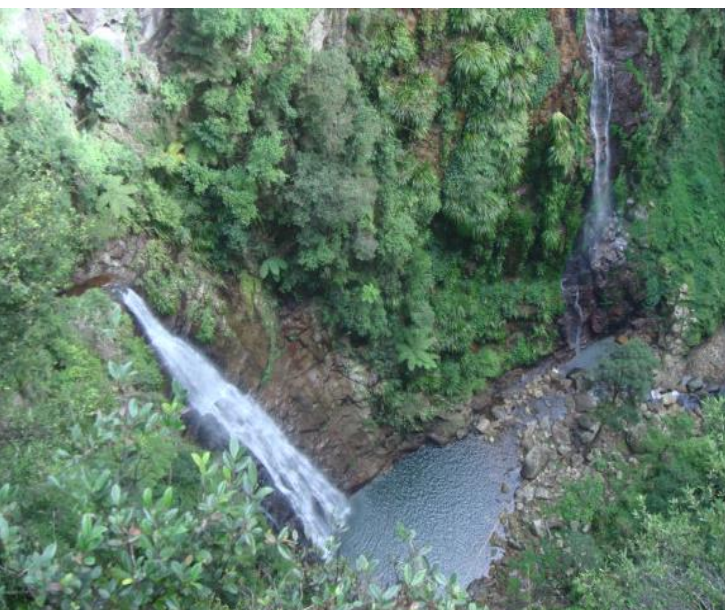
In the hotter months, walk leaders concentrate on the rainforest, swimming holes and morning or evening social walks. Harder walks are popular in the cooler months and include many of the peaks in the ranges to the west of Brisbane.



Walks vary in difficulty to cater for a range of abilities. Try a few easier walks before attempting the harder ones, especially if you haven't tried bushwalking before.

Keep in mind that bushwalking, even on tracks, involves negotiating tree roots and rocks, so it is very different from walking on footpaths.

(On base camps, you set up your tent near the vehicles and carry a day-pack on the walks. On through-walks, camping gear and supplies have to be carried for the whole weekend.)



## Walk gradings

| Distance   | Terrain   | Fitness  |
|--|---|--|
| <b>S</b> - 1km to 10km   | <b>1 to 3 Graded Track or open terrain.</b> No scrub.                                       | <b>1 to 3 Easy.</b> Suitable for fit beginners.    |
| <b>M</b> - 10km to 15km  | <b>4 to 7 Off Track.</b> Minor scrub, rainforest, rock scrambling, creek rock-hopping.      | <b>4 to 7 Medium.</b> Reasonable fitness required. |
| <b>L</b> - 15km to 20km  | <b>8 to 9 Off Track.</b> Thick scrub, major rocks, scrambling using hands, technical climb. | <b>8 to 9 Hard.</b> Fit walkers only.              |
| <b>X</b> - More than 20km  |   |  |
| <b>Activity type</b><br>Day Walk <b>DW</b> , Base Camp <b>BC</b> , Through-walk <b>TW</b> , Bicycle Ride <b>Bike</b> , Social <b>SOC</b> |   |  |

## Responsibility

Club activities are a co-operative effort, and participants take responsibility for their own safety, just as they would on privately organised trips. All members and visitors take part in activities at

their own risk and need to use care, common sense and judgment.

BOSQ carries personal accident and public liability insurance which covers financial members and visitors.

## Selecting a walk

It is important for your enjoyment, and for that of other walkers, that you nominate for walks that are within your capabilities.

There is a standard system of grading walks (see left) and this should always be included in the walk description in the BOSQ newsletter, "Footnotes".

If in doubt, discuss it with the walk leader.



## Nominating for a walk

You must nominate for walks at least a couple of days before the trip. Nomination dates can be brought forward for base camps, through-walks or if the trip arrangements are complicated.

Nominate at a meeting, where nomination forms are set out, or by phoning the trip leader listed in "Footnotes".

Give your name, telephone number and where you will meet the group on the day.

Discuss any concerns with the trip leader, and they can advise you on details of the outing and what equipment to take.

You must advise the trip leader if you have any **medical conditions** that could affect you or others on the outing.

However, acceptance of your nomination for a trip does not imply acceptance of any responsibility by the club or trip leaders regarding any medical conditions. Leaders and club members are not qualified in this regard, and must rely on your judgment of your ability for the activity.

A trip leader has the right to refuse nominations at their discretion.

## Getting to walks

Trip leaders usually designate a meeting place in Brisbane to enable car-pooling.

Passengers share driver petrol costs, usually specified in "Footnotes".

Camping fees may apply for overnight trips. These are payable directly to the authority concerned.

## How to join

It is best to attend a meeting and talk to the New Members Officer and other club members.

You may complete up to three bushwalks as a visitor – and must complete one – before applying to join (\$35 a year), and you must be at least 18 years old.





You will walk a long way, on sometimes tricky terrain, but the views are always worth it.



## What to take on a day walk

**Clothing:** Wear loose clothes for easy movement; walking boots or trainers with good tread; a shady hat; gloves and gaiters if necessary.

Carry a rain jacket and a sweater.

Leave spare clothes and shoes in the car to change into for the trip home –

especially if you are travelling in someone else's car.

**Food:** Carry at least two litres of water (more in summer); lunch, morning tea and snacks – plus emergency rations.

**Other:** Sunscreen, insect repellent, torch, camera, toilet paper, first-aid kit.

Some shoes are good for walking in and some are good to travel home in after the walk.



## Please remember ...

**Be punctual.** Don't arrive late at the meeting place. If you cannot attend an event you have nominated for, contact the leader and cancel as soon as possible.

**Follow the leader.** Follow all reasonable directions by the trip leader.

- Stay in communication with other walkers. If you cannot see them, shout "Hey Bob" to re-establish communication.
- The leader may nominate a "tail" to walk at the back of the group. Make sure you do not get behind the tail. If you need a toilet stop, let the tail know.
- Keep a safe distance from the walker in front of you so you are not injured by swinging tree branches, walking sticks or dislodged rocks.
- If you wish to leave the group (e.g. to go home early) it is essential to explain the problem and seek the leader's agreement.

**Rubbish.** Take only photographs, leave only footprints. Carry out all rubbish, including food scraps.

**Minimum impact bushwalking.** Our aim is to leave the areas we visit undisturbed and as close to their pristine condition as possible. So:

- Do not disturb any animal or plant life.
- Do not pollute creeks or lakes with soap, detergents or shampoos.
- Do not carry machetes, or cut or mark tracks.
- Do not damage standing vegetation (alive or dead) to collect firewood – and check that fires are permitted.
- Take stringent precautions to ensure fire safety.
- Carry tent poles, never cut them from the bush.

**Bushwalking spirit.** Bushwalkers prefer to hear the sounds of the natural bush inhabitants, not radios, telephones or raucous behaviour.