



Lunch with a view

What type of activities are organised by the club?

- Day walks - usually on a Sunday
- Weekend walks - carrying a pack with all your gear for the weekend
- Base camps - day walks from one campsite
- Extended walks - pack carrying for three days or more
- Bike rides - Saturday or Sunday rides
- Cross country skiing - exploring the alpine country in the winter
- Social events - Opportunities to relax and share stories of the walks you have enjoyed



Put yourself in the picture

An opportunity to explore the great outdoors in the company of like minded people

- Admire the scenery
- Smell the flowers
- Study the geology
- Explore the history of the region
- Take home some photographs
- Enjoy the company
- The options are plentiful when you are on the track



CATHOLIC WALKING CLUB OF VICTORIA INC.



The Catholic Walking Club of Victoria was founded in 1951.

It has for its objectives the encouragement of bushwalking and other outdoor activities in a friendly and supportive atmosphere.

Membership is open to interested people who are eighteen years of age and over.

The Club promotes day, weekend and extended bushwalking, ski touring and cycling trips.

Details of past and future activities can be found on the Club's web site at

www.catholicwalkingclubvic.org.au



How Difficult are the walks?

The Club's program of activities caters for most levels of physical fitness.

Walks or rides are graded as Easy, Medium or Hard.

People with a reasonable level of physical fitness can cope with easy or medium day walks or rides.

Hard walks and weekend pack carrying walks require a higher level of fitness - which can be developed on the easier trips.



What equipment will I need?

The following is a BASIC EQUIPMENT LIST for a weekend walk. Make suitable allowances for day walks or extended walks.

CLOTHING

Boots and gaiters
Socks (thick)
Trousers (no jeans), shorts, overpants
Shirt
Jumper
Parka (rain jacket)
Hat (wide brimmed)
Clothing for travelling to and from the walk

EATING AND DRINKING

Plate, mug, fork, knife, spoon
Water bottle
Water bag (wine bladders are useful)
Billies and billy grip
Stove, fuel (shellite or gas), matches

FOOD

Sufficient nourishing food for the duration of the walk plus an allowance to cover contingencies such as delays in completing the trip.

HYGIENE

Soap, toothbrush, toothpaste, comb
Towel, washcloth
Pot scourer, tea towel
Toilet paper
First aid kit, sunscreen, sunglasses, insect repellent
Hankies

SHELTER AND SLEEPING

Tent, poles, pegs, groundsheet
Sleeping bag with liner, sleeping mat

GENERAL

Rucksack
Map, compass, whistle
Torch
Pencil or biro, paper
Camera and accessories

SEASONAL

Swimming togs, thermal underwear, balaclava, mittens or gloves, overmittens

Good humour, common sense and a willingness to put up with unexpected difficulties

How will I get there?

Public transport does not service most of the areas we visit.

The alternative is car pooling from a pre-determined meeting place.

Passengers are asked to contribute for the running expenses of the car in which they travel.

What if I don't have equipment?

The Club has a limited supply of equipment for hire. We can supply a pack, sleeping bag and tent for weekend walkers.



Contact details

Telephone:

Bernie 9431 6370

Peter 9889 2751

Email

info@catholicwalkingclubvic.org.au

Mail

P.O. Box 476 Eltham 3095

Internet

www.catholicwalkingclubvic.org.au