



**Hidden Valleys of Ladakh**  
**With World Expeditions**  
*by Travis Teske*

Ladakh is high in the Indian Himalaya and its main town, Leh, is considered as one of the coldest and most elevated inhabited regions of the world. It lies between the two highest mountain ranges of the world – the Himalayan range in the south and the Karakoram range in the north. It is the highest plateau of India and one of the country's most inaccessible parts. It is so high and dry that it has all the land forms of typical steppe country. Rain seldom visits this desolate region as a result the district is extremely dry and known as a cold desert.



*Treeless mountains with patches of green along the stream beds.*

Because Leh is approximately at 3500m the first 4 days of the trek are used to acclimatise. During this time we visited the Shey Palace, Tikse monastery and attended the Hemis festival. On day four we all did a fairly easy day trek with some steep climbs to see how everyone was coping. Most suffered some form of altitude discomfort (headaches, colds) but on the whole everyone was pretty good.



*Leh*



*Hemis festival commemorates the Indian sage Padmasambhava who introduced Tantric Buddhism to this region in the 8<sup>th</sup> century*

There were fifteen of us on the trek with three guides and several more Ladakhais as cooks, helpers and horsemen. Thirteen of the fifteen were Australians with an Italian and a Belgian thrown in. The youngest was 31 and the eldest 72 with me being the third eldest. All were a great bunch which made for it being a very pleasant trek.



*Yes, everything was carried by horses. There was none of this nonsense of carrying your own gear.*

At the start of the trek we were each given a sleeping bag, down jacket and sleeping bag liner plus the red bag in which were stored all our own personal gear. If we wanted to, we could keep the bags at the end of the trip.



We were fortunate enough to have wonderful sunny weather with cold nights and mornings. The down jacket we were given at the start stayed in its



bag and was only used as a pillow. I think I used my rain jacket once to keep out the cold as we climbed a mountain late one afternoon.



A typical day was, being woken up, if you were not yet out of bed, at 6.00am with a tea or coffee plus a warm bowl of water for a wash. Breakfast was supposed to be at 7.00 with a start to walk at 7.30 to 7.45 but we were usually away by 7.15. People left when they were ready, with Jigmet, a leader, setting the pace which was a wonderful yak pace. This is great for getting up those mountains without exhausting yourself. (A pity some leaders don't use this on our hills.) Others followed when they were ready.

Breakfast consisted of porridge or cornflakes, toast and usually an omelette as well. Sometimes it was pancakes instead of toast. Of course tea, coffee or cocoa was always on hand.



*Some wonderful camping spots. The orange sleeping tents, the green eating tent and the light brown kitchen.*



We walked until about 1.00pm before lunch of a choice of at least 4 different dishes plus a cordial. The cooks were usually up before 4.00am each day to cook these dishes which were put into tiffins and then carried by three young high school boys (17 years old earning money during the break) plus the assistant cook who carried the plates, cups and cutlery. During the walk the horses usually passed us to set up camp. We often arrived at camp sometime after 3.00pm. Most times the tents etc were set up and so everyone unpacked their bags and headed for the stream for a wash or to wash clothes. As the streams were fed by melting ice the waters were colder than any we have here.



*A great lunch spot. No food drops! Decadent Heaven!*

Afternoon tea was at 4.00pm and then a basin of warm water available at 6.00pm for a wash and then dinner at 7.00pm. Dinner consisted of a soup, a main course of at least 4 different dishes plus desert plus the proverbial tea etc. (Obviously this is the only way to go. Who wants to cook dehydrated food after a hard day's walk?)

Even though the mountains are fairly barren most valleys have streams running through them from the melted snow. In places where there is habitation or the stream bed has good soil the wild flowers were outstanding. I have never seen so many different wild flowers.





I had an absolutely wonderful time. The trekking was great, the legs did their job and the lungs held up pretty well (could have been bigger). The second highest pass was at Ganda La – 3435m – and the highest was at Zalung La – 5200m. Lots of stops to look at the views.



*Walking through fields of geraniums.*



*At 5200m at Zalung La. Sour worms to celebrate the achievement.*



*Above lake Tso Morari.*

### RAVENSHOE HAPPY WANDERERS

Thanks Ravenshoe Happy Wanderers for you walks program. Will look forward to September's walks. If you want them included in the Newsletter please get them to Travis before the start of each month.

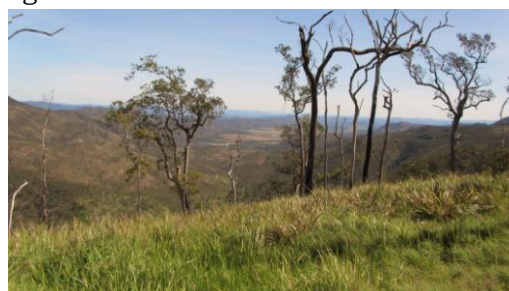
### Old PO Gallery Towards Mt Misch

*By John Dwyer*

Three hardy walkers set off on the journey towards Mt Misch on Sunday 7/8. The usual leader babbling occurring along the way - I'm sure it will clear any minute now and those promised views will abound, etc, etc. A very optimistic lot, leaders in case no one had previously noticed.

As the predictions of clearing weather increased, the mist descended further, the wind speed climbed and it became decidedly damp at times.

There were some views and all in all it was not a bad day out which concluded with Anne taking us on a side trip to Walsh Falls. Thanks to Anne and Wendy for coming along.



**Tablelands Walking Club Inc**

**Minutes of the Annual General Meeting held at  
47 – 51 Dempsey Street, Gordonvale on the 3rd  
September 2011**

**Present** 22 members

**Apologies** Angela Messina, Christine Chambers, Annette Allwood, Trevor Allwood, Sue Ellison, Kevin Ellison, Claire Furness, Maria Bajema, Debbie Mitchell, Karyn Lynch, Di Fisher, Jenny Masson, Les Baillie

**Minutes** Moved Wiert Mensinga seconded Sally McPhee that the minutes of the previous AGM be accepted. Carried

**Presidents Report** The president, (Morris Mitchell) gave his report and thanked various members of the committee as well as the members for their continued support as well as the leaders willing to take on this role.

**Financial Report** Treasurer Alex Lindsay presented the annual financial report to the club and moved that it be accepted. Seconded Patricia Viewers. Carried

**Election of Officers** The President then asked the committee members to vacate the chair and asked Sue Cook to chair the election of office bearers. All positions were declared vacant.

President. Sally McPhee nominated by Morris Mitchell seconded Travis Teske

First Vice President. John Dwyer nominated by Patricia Viewers seconded Travis Teske

Second Vice President Patricia Viewers nominated by Lyn Kincaid seconded by Morris Mitchell

Secretary Travis Teske nominated by Patricia Viewers seconded Phillip Murray

Treasurer Alex Lindsay nominated by Patricia Viewers seconded Sally McPhee

Activities Officer Wendy Phillips nominated by Travis Teske seconded Serena Collis

Newsletter Editor Travis Teske nominated by Sally McPhee seconded Patricia Viewers

Librarian John Dwyer nominated by Travis Teske seconded by Lyn Kincaid

All positions were elected unopposed.

Meeting closed at 12.10pm

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**Minutes** Moved Sally McPhee seconded Morris Mitchell that the minutes of the previous Committee meeting be accepted. Carried

**General Business**

Sally thanked Morris Mitchell for his past efforts as President. This was endorsed by all present.

Moved Travis Teske seconded Sue Cook that coffee, tea, sugar etc be able to be purchased by the person organising the event and be reimbursed through club funds. Carried

Moved Noel Longman seconded Wiert Mensinga that upon a request by a member organising a bus trip, camping trip etc the committee shall meet and may subsidise the activity up to a maximum of \$10.00 per person per day. This must be advertised in the newsletter well in advance of the activity. Carried

Moved Travis Teske seconded Lyn Kincaid that a means of prorata membership fees be established. After discussion this motion was withdrawn and the current status be kept.

Moved Noel Longman seconded Wiert Mensinga that from now on there will be only two categories of membership:

Single - \$15.00 one off joining fee plus \$25 per year

Family - \$15.00 one off joining fee plus \$35.00 per year

Carried

Moved Alex Lindsay seconded Sally McPhee that for this year only members must renew before the end of November to keep their member status. Those failing to renew will be classed as new members and must pay the joining fee again. Carried

Sue Cook expressed her appreciation of the newsletter. This was endorsed by Cheryl Wood. Moved Alex Lindsay seconded Travis Teske that outstanding accounts be paid. Carried.

Moved Alex Lindsay seconded Sally McPhee that some money be invested in a short term deposit. Carried. The committee to decide on the amounts.

It was also noted that the previous President's signature (Morris Mitchell) plus the previous Secretary's signature (Wiert Mensinga) be removed from the bank account details.

**Meeting Closed** 12.50pm



## Please Note Membership Renewal

At the recent Annual General Meeting it was approved that there would only be two categories of membership.

- . Single - \$15.00 one off joining fee + \$25.00 per year
- . Family - \$15.00 one off joining fee + \$35.00 per year

### For this year only

**Members must renew before the 30<sup>th</sup> November otherwise it will be deemed that your membership has lapsed and you will have to pay the rejoining fee.**

Payment can be made in the following ways:

. Bring your fees to a walk before then and give to a committee member.

. Post your fees to – The Tablelands Walking Club  
P O Box 1020  
Tolga 4882

. Pay into an ANZ Bank (Atherton) or any ANZ Bank  
Account No 5626 75499  
BSB 014503

If you do it this way email the Treasurer at [lindsay-alex@hotmail.com](mailto:lindsay-alex@hotmail.com)

and the Secretary at [travistt@tpg.com.au](mailto:travistt@tpg.com.au)

so that our records can be updated



Camp site at lake Tso Morari



## What Tree IS That?

by Andrew Ford



Botanical name: *Kailarsenia ochreatea*  
Common Name: Wenlock Gardenia

Wenlock Gardenia is a conspicuous small tree or large shrub usually about 6m high. It is confined to Queensland where it occurs from Cape York to central Queensland from sea-level to 800m. Wenlock Gardenia has 2 distinct forms. One from Cape York has leaves which are sparsely hairy and occurs in gallery rainforest along larger creek and river systems. The other form with very furry leaves occurs on very dry and rocky hillsides south of Cape York, often in vine thickets or growing with a few vine-thicket species on small rock outcrops.

Wenlock Gardenia is most easily seen locally around Mareeba, Davies Creek, Dimbulah and the hills near Walkamin. As the common name suggests it occurs on the Wenlock River and looks like a Gardenia.

Features of the local form: Leaves are very furry and often occur in 3's. Large Gardenia-like white flowers appear around November when storms are nearby. These flowers turn yellowish with age. Green moribund AFL football shaped fruit 6-9 cm long with about 5 persistent green finger-like appendages are often at the apex.

Angora goats of the nomadic Chang Pa





I know I ask for photos, articles etc but in future they will be censored **heavily**, or even not printed. (Editor) If you ever contemplate following John Dwyer across a creek, DON'T.

### Slight Change for 17-18 September

#### Camp at Danny Gibson's Place

Saturday 17<sup>th</sup> - 10.00am and set up camp. Bring own camping gear and food. 11.00am walk around property followed by own lunch and swimming. 6.30pm bus trip to Mt Hypipamee National Park for night spotting with Angela & Mark Cafferty. Donation of \$5.00 which includes a cup of tea.

#### Sunday 18<sup>th</sup> - Oswald Track

Easy walk through spectacular rainforest. No climbing. Good track. Cross Clancy Overflow Creek. Length 16 km which can be shortened to 10km. Finish with a swim in the Johnstone River. Transport by bus from Tarzali. Bus leaves 8.15am. Cost for petrol \$5.00 Contact Danny on 4096 6485

### Collins Weir to Rocky Bluff Battery - 24 August

*by John Dwyer*

Nine walkers set off from Tolga on a cool and overcast morning. We met Sally & Dick who are ex Tablelands Walking Club Members at Collins Weir. It was soon time to take off the jumpers and put on the sunscreen. The various old house sites and weirs were all inspected and a few implements of the past including a couple of old irons were found (no shovels though). After a short walk up a side gorge we discovered that the butterflies were still at home - thousands of them.

If anyone can identify the butterflies please let us know.



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