

LILYDALE HIGH SCHOOL

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August 17, 2009

Dear Parent/Guardian,

Duke of Edinburgh Award
Wabonga Plateau and King River
Hiking Expedition & White-water River-sledding
Monday 5th – Thursday 8th October, 2009
Trip Information

Background

The Wabonga Plateau State Park and the King River are located in the North East of Victoria, approximately one hour south of Wangarrata near the small towns of Cheshunt and Whitfield. This area is a river woodland and sub-alpine environment and can experience extreme variations in temperature and weather conditions in any season. The beautiful King River flows through some spectacular rocky outcrops and tall stands of eucalyptus trees. The river is dam released and flows are steady with grade 1 - 2 to rapids at low river levels and some grade 3 rapids at higher levels or following rain release. The weather can range from hot sunny days and clear nights to cold storm conditions with light snowfalls in the winter months. The weather in the spring time is usually moderate during the day with chilly nights. With this in mind and the need to carry their own equipment, all group members need to be thoroughly prepared. This expedition route is aimed at challenging students, physically, emotionally and socially, as well as giving the opportunity to developing new and existing life skills.

The Trip

The trip starts with three days of bushwalking with full packs and concludes with a full day of white-water river-sledding (paddling of robust, inflatable personal river sleds designed for the river). This will take place on the King River. This section of the trip will depend on the river levels and weather. An alternative may include canoeing on Lake William Hovell.

The starting point for this program is the spectacular Paradise Falls, with approximately 5-6 kilometres to the first campsite on the upper plateau. The second day (approximately 8 kilometres) will see the group traverse across the plateau to campsite two. The third day (approximately 8-10km) is a steep descent through the bush via an obvious spur-line to camp on the King River, near the start of the sledding put-in and the dam wall. The river sledding component will take most of the final day (Thursday), before returning to school. The program and route may alter if circumstances dictate. Students may be able to purchase dinner en-route home from this program, if it is considered to be required, so can bring a modest amount of spending money just in case.

This expedition aims to give the students the opportunity to be part of an expedition, develop lightweight camping skills and provide an arena for linking theory to practice. This program is the **practice and qualifying journey** in order to attain the **Bronze Level, Duke of Edinburgh Award**. Students will be responsible for planning aspects of the navigation, all menu planning and cooking in pairs, sourcing, organising and packing their personal equipment. Students may also be given the opportunity to lead a section of the trip, and make many of the group decisions, under supervision of experienced staff. Each student will also have an excellent opportunity to develop their personal qualities and gain a better understanding of how to work effectively in a small supportive community. **This trip is a necessary component of the Bronze Duke of Edinburgh Award.** Students who do not attend will be responsible for completing the *adventurous journey* component of the Duke of Edinburgh Award themselves.

This trip **departs** from the Outdoor Education Shed (William Street Gate) on the morning of **Monday 5th October (Day 1, Term 4) at 07:00AM SHARP.** Transport will be by small bus, trailer and four wheel drive. This trip will return on **Thursday 8th October at approximately 19:00-20:00 (7-8:00pm).** **Students will be able to use the school mobile phone to make a short phone call once en-route, to update Parents/Guardians of a more accurate return time.**

Cooking will be on fuel stoves and will be supplied for this program. Two (or three) person alpine tents, waterproof/windproof clothing and packs will also be supplied. Students will be responsible for taking excellent care of all equipment and any damage through misuse will be charged to the Parents/Guardians of the student(s) involved.

Students are required to carefully cater food for the duration of the program (3 x dinners, 3 x lunches -group lunch on last day supplied, 3 x breakfasts and 4 x snacks). Please ensure students have a full breakfast before departure (Day 1) and bring a full (1 litre) water bottle of water for use on the bus trip.

The **emergency contact** for this program will be the School Office or the Principal, Mr. Leon Bishop, on ☎(03) 9735-5644 or via the Outdoor Education mobile phone message on ☎0428-520-729 (emergency messages only-checked infrequently due to poor coverage).

It is imperative that each student **strictly adhere** to the **equipment list for this expedition** for their own safety and the safety of other group members. If in doubt, bring it along and ask advice from a staff member when packing at the starting point of the trip. If you have any questions regarding equipment, please feel free to contact me. All waterproof clothing, packs, stoves, tents and group equipment will be supplied by the Outdoor Education Department for this program.

Please return the following forms to me by Thursday 27th August, 2009:

- **Indemnity Form**
- **Updated Medical information** (if different from Medical form completed at start of semester)

If you have any further enquiries or concerns, please feel free to contact me on ☎ (03)9735-5644 or **email:** hobday.glenn.p@edumail.vic.gov.au

Sincerely,



Glenn Hobday
Coordinator of Advance and Outdoor Education