



Mt Buffalo

2026 EXPO

Name: _____

School: _____

Traditional Owners:

The Traditional Owners and First Peoples of the area now known as Mount Buffalo National Park are the Taungurung people. The Taungurung people have a deep connection to this Country and as such have joint management of the National Park with Parks Victoria. The Taungurung Recognition and Settlement Agreement, was set up to grant the Taungurung people significant involvement in managing the park.

The Minjambuta people, who were the regular visitors to the mountain, would journey up the high country in the early summer to feast on Bogong moths, which migrated there from other states.

The Taungurung and Minjambuta peoples call My Buffalo Dordordonga, meaning 'The Friendly Mountain'.



Buffalo Expedition – The Plan

Monday

- Arrive at Lake Catani and set up
- Sunset Walk up the Horn

Tuesday

- Wake up, breakfast, prepare for the day
- Walk out to the Gorge Via the Monolith
- Lunch at the Gorge
- Return to Lake Catani Via View Point Nature Walk
- Prepare, cook and eat dinner
- Reflect on the day
- Tomorrows plan
- Night walk if anyone is keen
- Bed

Wednesday

- Wake up, breakfast, prepare for the day
- All day Climbing/Abseiling with Bright Adventure Company
- Prepare, cook and eat dinner
- Reflect on the day
- Tomorrows plan
- Night walk if anyone is keen
- Bed

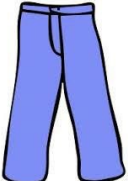
Thursday

- Wake up, breakfast, prepare for the day
- Reservoir walk. Can either walk there and back to drive, or a bit of both
- Lunch on the walk
- Prepare, cook and eat dinner
- Reflect on the day
- Tomorrows plan
- Night walk if anyone is keen
- Bed

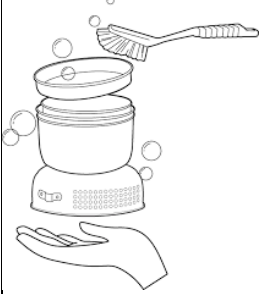
Friday

- Wake up, breakfast, pack up and leave
- Rollason's Falls or Ladies Baths on the way out if keen

What to bring...

	• Sleeping bag • Sleeping mat • Tent		• Day Pack
	• 2/3 X Shorts		• Tracksuit Pants
	• 1 T-shirt per day • Long sleeve shirt for bushwalking		• 2 X Jumpers (not cotton) • 1 X pair of thermals
	• 2 X Long Pants		• Towel
	• Pyjamas		• Comfortable shoes to hike in • Spare pair for camp (no thongs)
	• 1 Pair of Socks per day • 1 Pair Underwear per day		• Rain Coat
	• Bedtime Toy (if required)		• Sunscreen • Sunglasses • 2 L Water Bottle

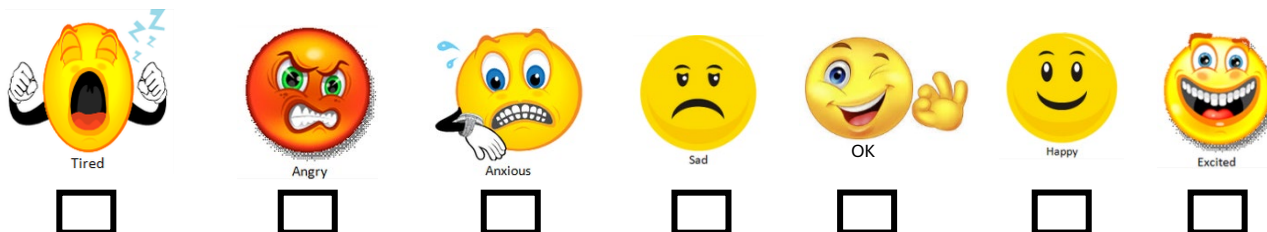
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	• Sun Hat • Beanie		• Torch • Insect Repellent
	• Soap & Face Washer • Toiletries • Toothpaste & Brush		• Personal Medications
	• Crockery • Cutlery • Washing up stuff		• Cooking Stove

This Expedition Diary is to be filled out each day and is a great way of helping you reflect on what you did, learnt and how you felt while taking part in the expedition.

Day: - _____ Date: - _____ Month: - _____

When I woke up today I felt

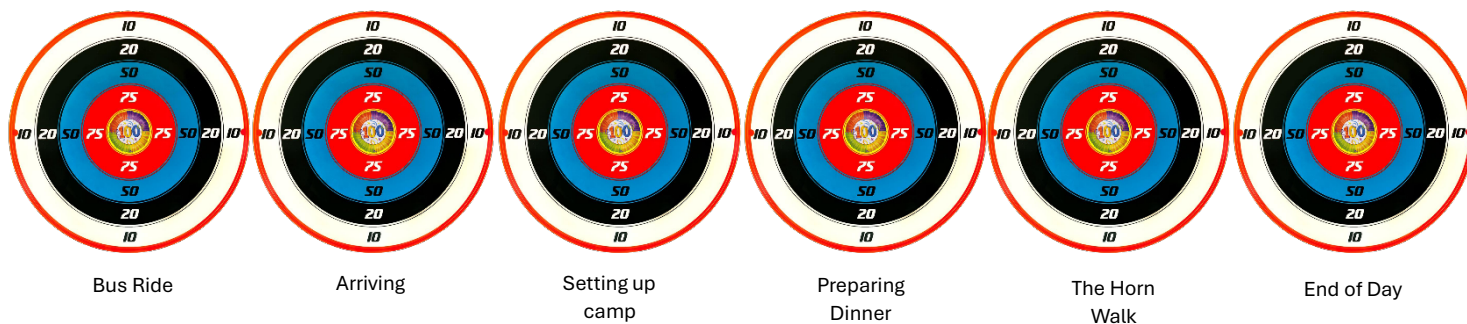


Throughout the day today I felt



Excited	Excited	Excited	Excited	Excited	Excited	Excited	Excited
Happy	Happy	Happy	Happy	Happy	Happy	Happy	Happy
OK	OK	OK	OK	OK	OK	OK	OK
Sad	Sad	Sad	Sad	Sad	Sad	Sad	Sad
Nervous	Nervous	Nervous	Nervous	Nervous	Nervous	Nervous	Nervous
Bus Ride	Arriving	Setting up Camp	Preparing Dinner	Sunset Walk	End of Day		

Throughout the day my level of enjoyment points has been



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Throughout the day the level of challenge for me has been?
Easy to Very Hard, tick the cloud the represents how challenged you were.



Bus Ride



Arriving



Setting up
Camp



Preparing
Dinner



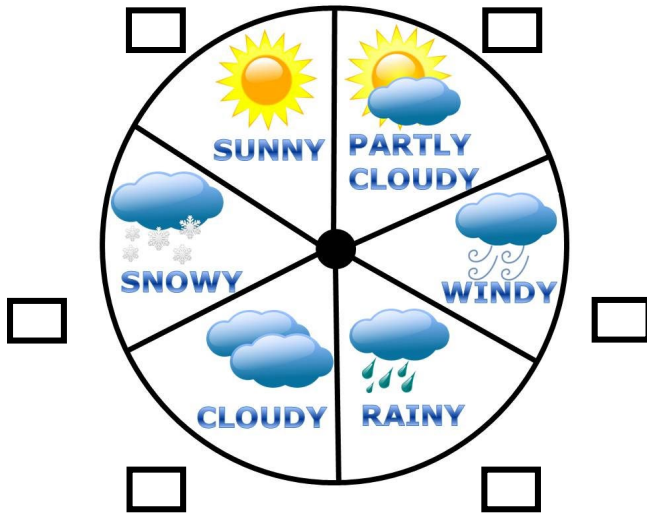
The Horn walk



End of Day

DATE	DISTANCE	START	FINISH
1 st Dec	1km	The Horn Carpark	The Horn Carpark
FEATURES	A delightful short walk up to the highest point on Mt Buffalo for a sunset on the first evening		

HOW'S THE WEATHER TODAY?



Did the weather effect how you felt today?

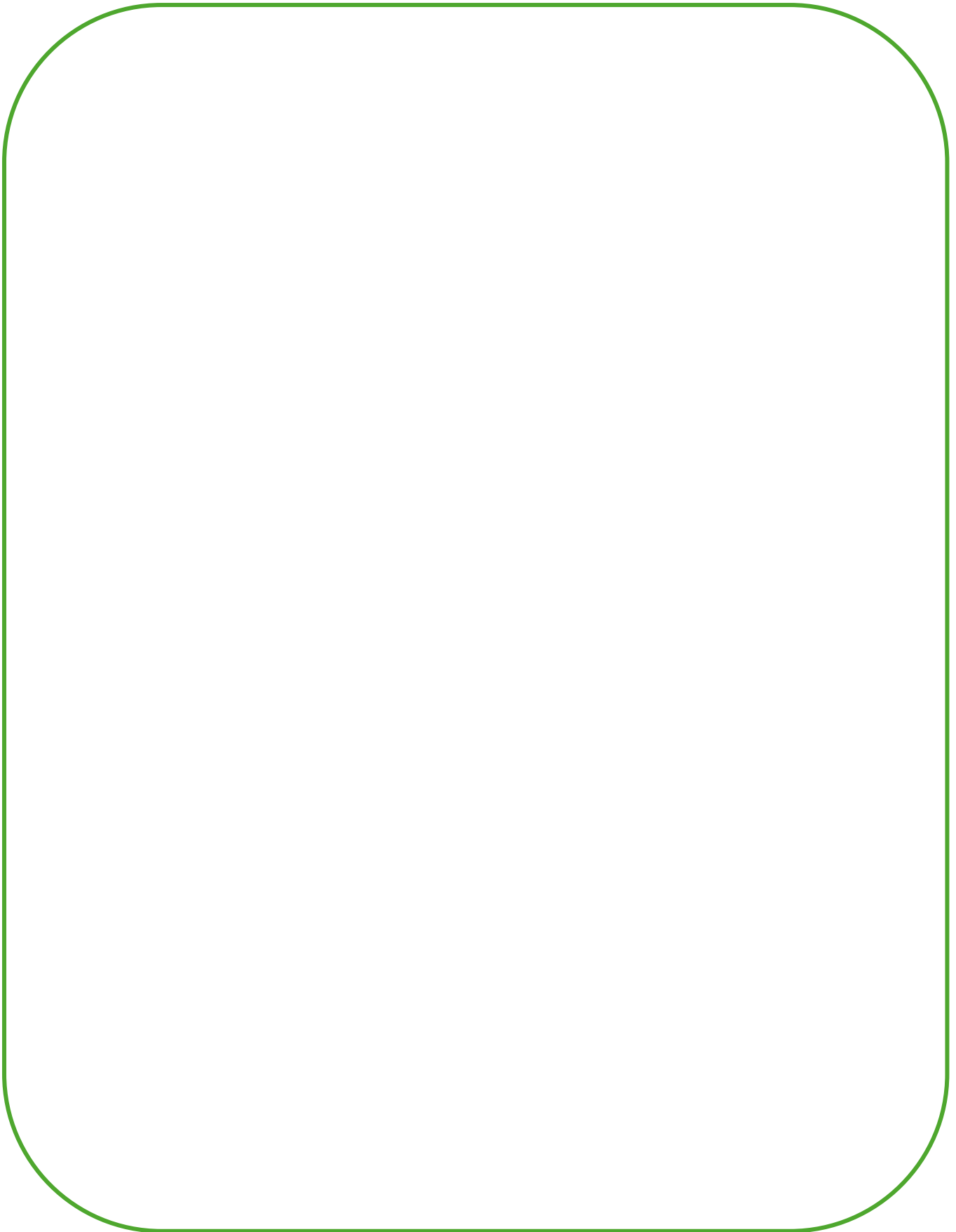
Yes

No

Can you describe how?

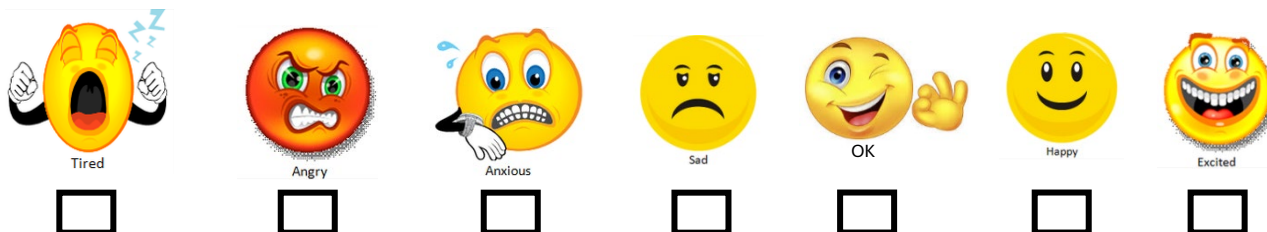
Reflections on my day today

Images on my day today

A large, empty rounded rectangular box with a green border, intended for students to draw or write about their day.

Day: - _____ Date: - _____ Month: - _____

When I woke up today I felt

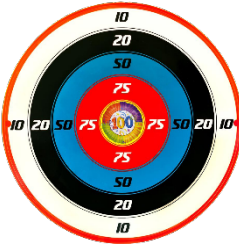
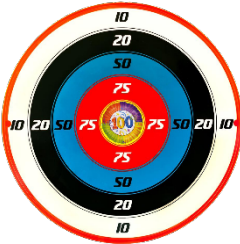
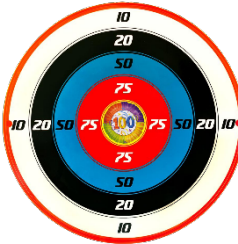
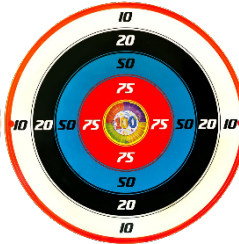
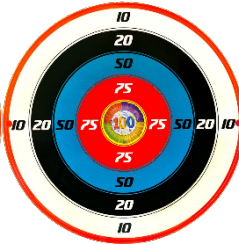
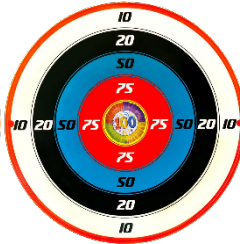


Throughout the day today I felt



							
Excited	Excited	Excited	Excited	Excited	Excited	Excited	Excited
							
Happy	Happy	Happy	Happy	Happy	Happy	Happy	Happy
							
OK	OK	OK	OK	OK	OK	OK	OK
							
Sad	Sad	Sad	Sad	Sad	Sad	Sad	Sad
							
Nervous	Nervous	Nervous	Nervous	Nervous	Nervous	Nervous	Nervous
Start of Day	Morning Walking	Lunch	Afternoon Walking	Back at Camp	Bed time		

Throughout the day my level of enjoyment points has been

					
Start of Day	Lake Catani	The Monolith	The Gorge	Lookouts on the way back to camp	Bed time

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Throughout the day the level of challenge for me has been?

Easy to Very Hard, tick the cloud the represents how challenged you were.



Start of Day



Morning
Walk



Lunch



Afternoon Walk



Back at Camp



Bed time

DATE	DISTANCE	START	FINISH
2 nd Dec	10km Max	Lake Catani	Lake Catani
FEATURES	Views, views and more views and many options. A short walk around lake Catani then onto a management track gets us moving towards the Gorge. A 3km side track gets up and back to the Monolith to enjoy a pre-lunch high point. Then lunch at the Gorge. After a few more views and waterfalls, we can head back to camp via Bilsons Lookout, Haunted Gorge Lookout, the underground river and Viewpoint Nature Walk for views, views and more views.		

Reflections on my day today

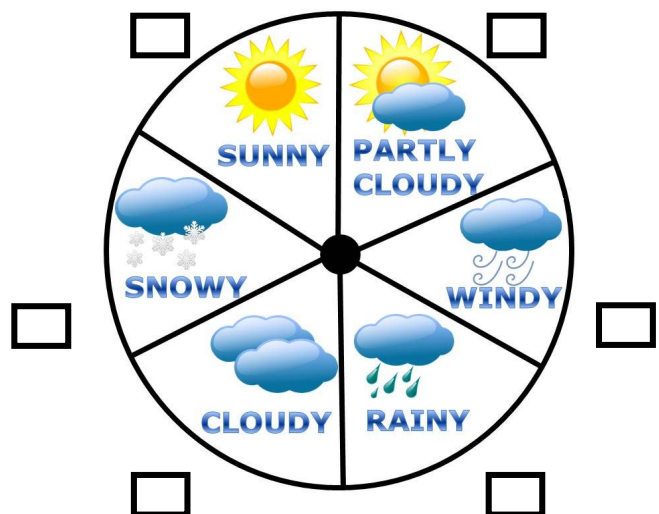
Did the weather effect how you felt today?

Yes

No

Can you describe how?

HOW'S THE WEATHER TODAY?

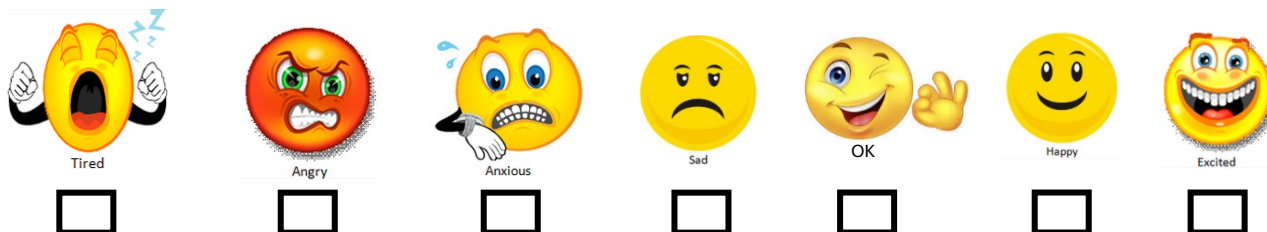


Images on my day today



Day: - _____ Date: - _____ Month: - _____

When I woke up today I felt

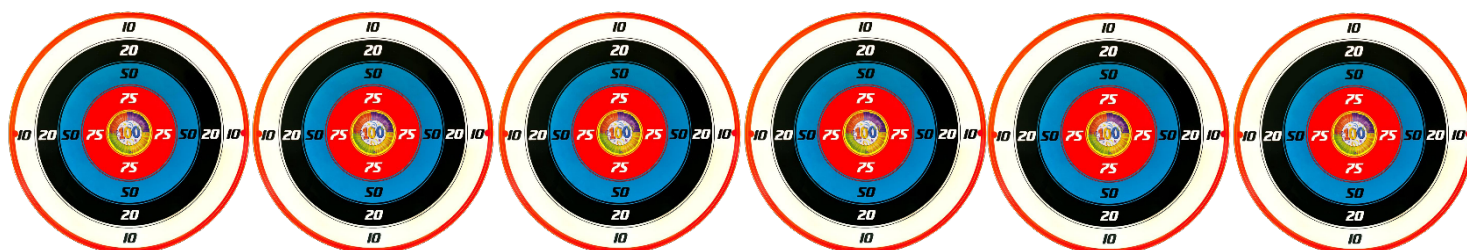


Throughout the day today I felt



							
Excited	Excited	Excited	Excited	Excited	Excited	Excited	Excited
							
Happy	Happy	Happy	Happy	Happy	Happy	Happy	Happy
							
OK	OK	OK	OK	OK	OK	OK	OK
							
Sad	Sad	Sad	Sad	Sad	Sad	Sad	Sad
							
Nervous	Nervous	Nervous	Nervous	Nervous	Nervous	Nervous	Nervous
Start of Day	Morning Walk	Lunch	Afternoon Walk	Cooking	End of Day		

Throughout the day my level of enjoyment points has been



Start of Day	Rock Climbing	Lunch	Abseiling	Cooking dinner	End of Day
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Throughout the day the level of challenge for me has been?

Easy to Very Hard, tick the cloud the represents how challenged you were.



Start of Day



Rock
Climbing



Lunch



Abseiling



Cooking

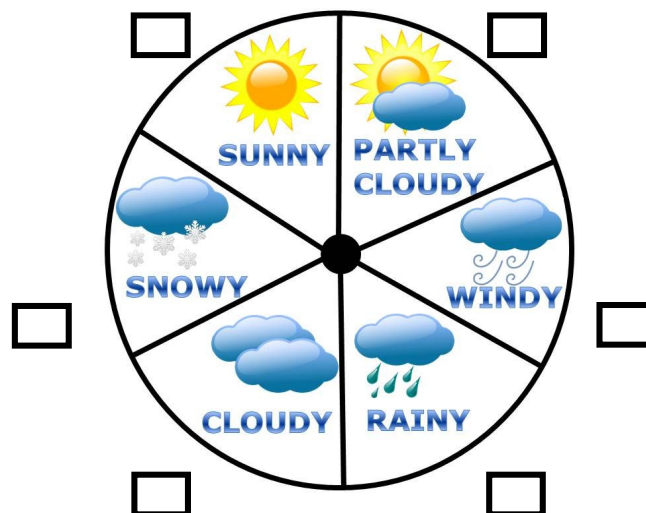


End of Day



Reflections on my day today

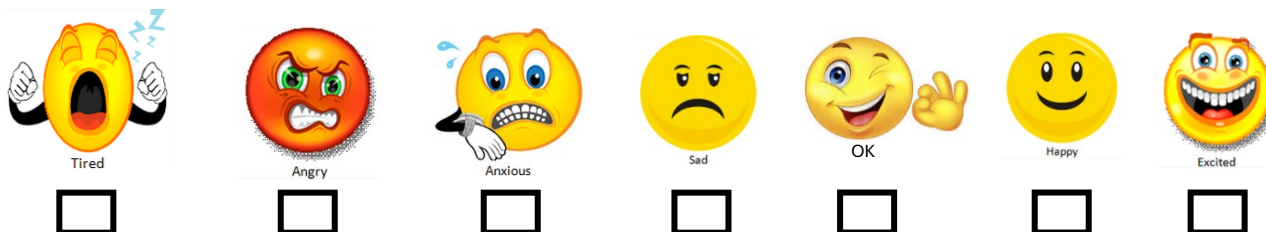
HOW'S THE WEATHER TODAY?



[illegible]

Day: - _____ Date: - _____ Month: - _____

When I woke up today I felt



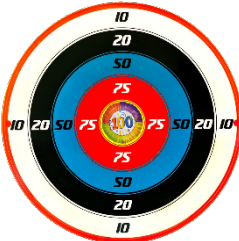
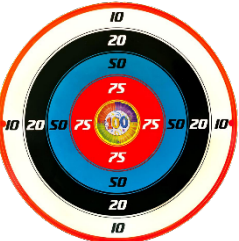
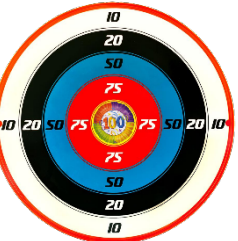
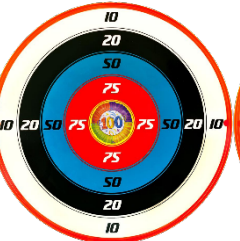
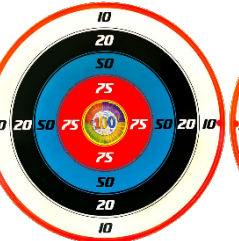
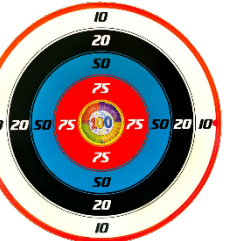
Throughout the day today I felt



							
Excited	Excited	Excited	Excited	Excited	Excited	Excited	Excited
							
Happy	Happy	Happy	Happy	Happy	Happy	Happy	Happy
							
OK	OK	OK	OK	OK	OK	OK	OK
							
Sad	Sad	Sad	Sad	Sad	Sad	Sad	Sad
							
Nervous	Nervous	Nervous	Nervous	Nervous	Nervous	Nervous	Nervous

Start of Day Climbing Lunch Afternoon Walk or Back at Camp End of Day _____

Throughout the day my level of enjoyment points has been

					
Start of Day	Rock Climbing	Lunch	Afternoon Walk or Activities	Back at Camp	End of Day

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Throughout the day the level of challenge for me has been?

Easy to Very Hard, tick the cloud the represents how challenged you were.



Start of Day



Rock Climbing



Lunch



Afternoon Walk
or Activities



Back at Camp

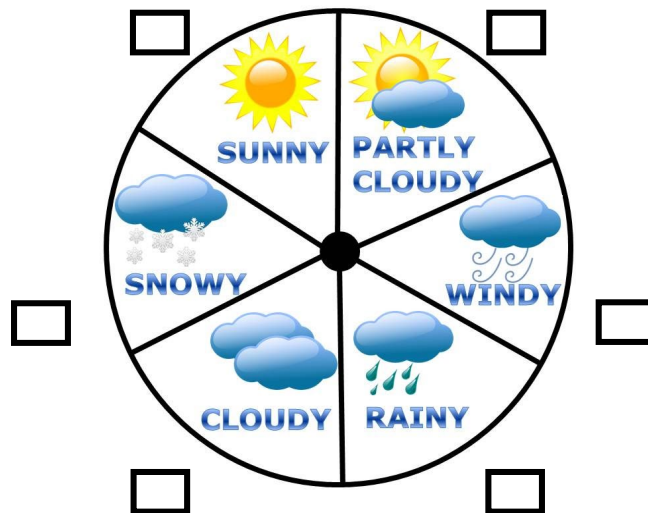


End of Day

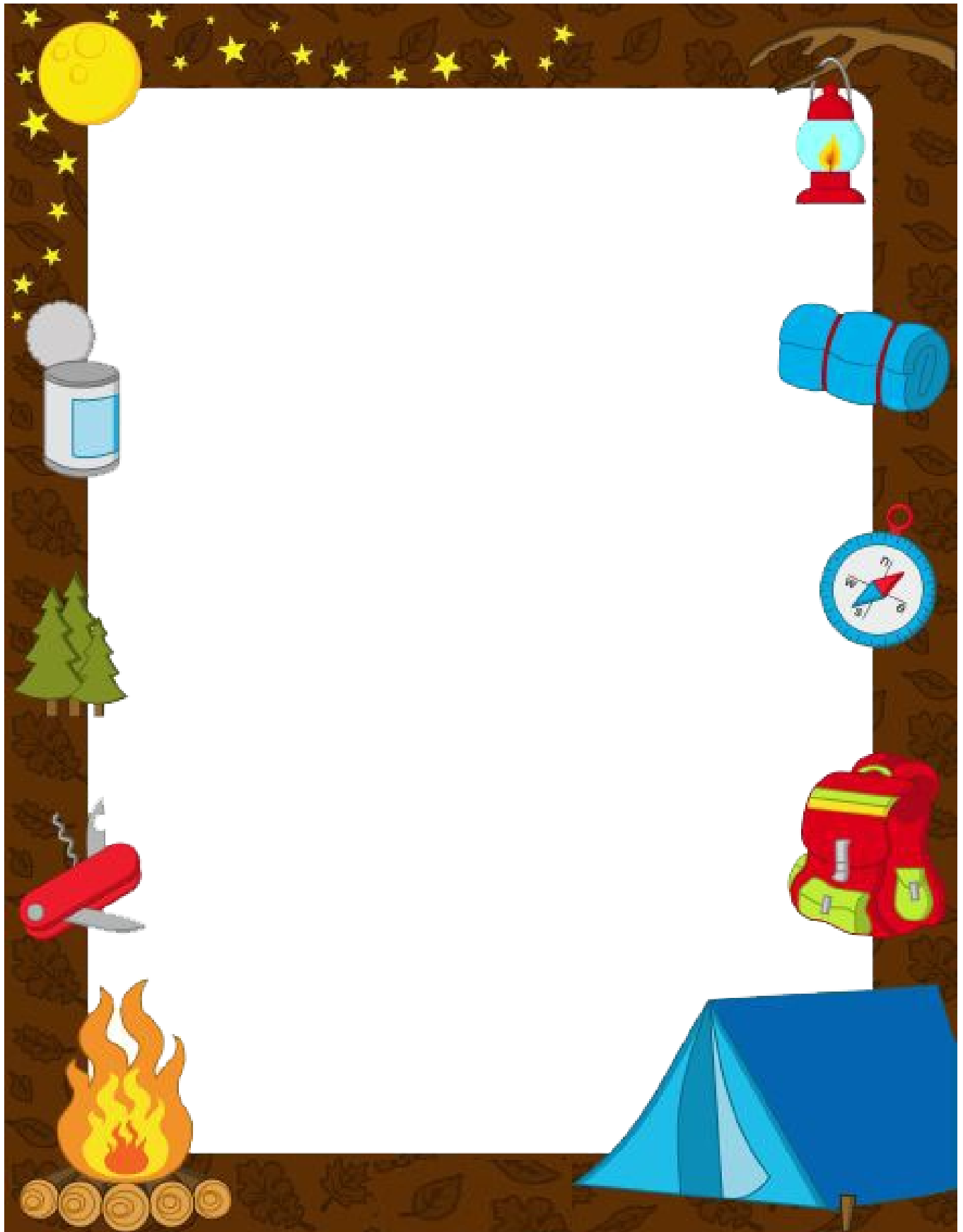
DATE	DISTANCE	START	FINISH
4 th	14km Max	Lake Catani or The Reservoir Carpark	Lake Catani or The Reservoir Carpark
FEATURES	Lovely plains, bushy bush and rocky rocks. There are many options for how long this walk can be with shuttles and driving parts all as options. The walk itself involves beautiful sub alpine plains and bushlands, rocky outcrops, creeks, lakes and funny named high points.		

Reflections on my day today

HOW'S THE WEATHER TODAY?

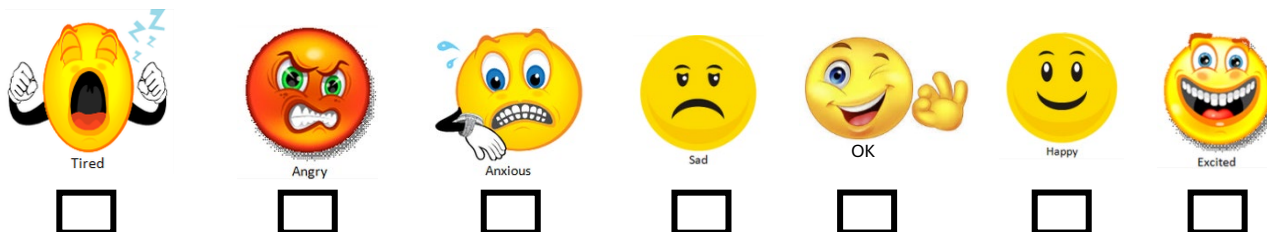


Images on my day today



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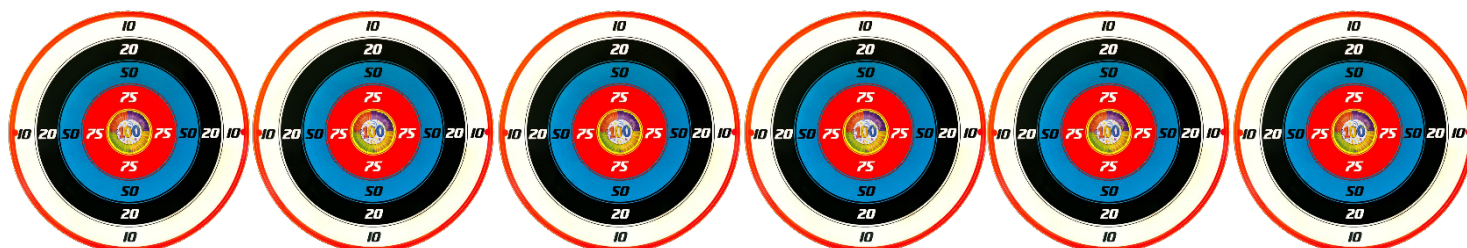


Throughout the Expedition while I felt



							
Excited	Excited	Excited	Excited	Excited	Excited	Excited	Excited
							
Happy	Happy	Happy	Happy	Happy	Happy	Happy	Happy
							
OK	OK	OK	OK	OK	OK	OK	OK
							
Sad	Sad	Sad	Sad	Sad	Sad	Sad	Sad
							
Nervous	Nervous	Nervous	Nervous	Nervous	Nervous	Nervous	Nervous
Camping	Walking	Camping	Cooking	Socialising	Reflecting		

Throughout the day my level of enjoyment points has been



Camping

Morning
Walk

Afternoon
Walk

Cooking

Socialising

Reflecting

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Throughout the day the level of challenge for me has been?

Easy to Very Hard, tick the cloud the represents how challenged you were.



Camping



Walking



The Views



Cooking



Socialising



Reflecting

Reflections on my Expedition experience

Six of the Best Things During the Expedition

I saw

I found funny

I ate

I did for someone else

I felt

I learnt.....

I received

I was challenged by
.....

I did for me



Images of Mt Buffalo Expedition

