

# Omeo Region Track Notes



## Benambra Town Walks

A scenic 27km drive north east from Omeo rewards visitors to the village of Benambra, sitting at 700 metres above sea level, with sweeping vistas of Victoria's famed High Plains and the Australian Alps stretching to the horizon.



Europeans first arrived in the area in the 1830s, driving their cattle from the drought-stricken Monaro area of NSW in search of new grazing land. James McFarlane first viewed the Omeo Plains in 1835 from a point today known as McFarlane's Lookout. His selection of what became Omeo Station was soon followed by the Pendergast, Hyland and Buckley families who each took up substantial property holdings in the district. Descendants of the Pendergasts still farm around Benambra.

Today the town remains synonymous with cattle which are sold to buyers from across south eastern Australia at the annual Mountain Calf Sales, one of the premier events of its type in the country.

The vast open sky and panoramic views of the surrounding mountains – snow-capped in winter - make Benambra a great place for a brisk walk or a leisurely stroll after a long journey or simply to get the blood flowing on chilly day in the high country.

The two walks recommended here are quiet, flat, safe and accessible from town. They offer spectacular sunset views west across Lake Omeo toward the Bogong High Plains.

Lake Omeo is a true ephemeral lake, filling only occasionally, but mostly dry and saline. Periods marked by high rainfall and snowmelt enable the aquatic life of the lake such as tiny crustaceans and molluscs to reproduce, attracting Pelicans and other waterbirds to the bountiful feast. High summer temperatures and surface evaporation quickly reduces the surface of the lake to mud, creating ideal conditions for the salt-tolerant plants which appear soon after the lake bed dries.



### Lake Omeo Loop

1.2km (30 minutes)

Grade 1. No previous bushwalking experience required

Begin at the Visitor Information board in the town's wide main street and turn right on to Foster St at the pub on the corner. Follow the quiet country road to the Lake Omeo Parade intersection and turn right, following the road back to the main street.



### Lake Omeo View Walk

1.2km (30 minutes one way)

Grade 1. No previous bushwalking experience required

From the Visitor Information board head in the direction of Corryong Road along the stately avenue of mature trees that shade the main street during the warmer months. Follow the road out of town, keeping Lake Omeo to the left and turn left at the road to the recreation reserve, following it to the end to complete the walk. Return via the same route.



Lake Omeo

For more information about visiting the Omeo region, go to:

[www.omeoregion.com.au](http://www.omeoregion.com.au)

To find out more about exploring East Gippsland, visit

[www.discovereastgippsland.com.au](http://www.discovereastgippsland.com.au)

or free call 1800 637 060.

Comprehensive track notes for other walks of the Omeo region are available for download from these sites.

Being physically active every day is important at every age to help promote good health and wellbeing.

Walking is a great way to keep active! It is free, it's easy and it can be done anywhere. Enjoy a walk in your local area today!

**To make the most of your walks, be prepared!**

The weather in this area can change quickly. Wear a hat and sturdy footwear, and make sure you carry water, sunscreen, insect repellent and a waterproof jacket. Be aware that venomous snakes are a natural part of the Australian environment and are active during warmer months. Never attempt to pick them up – quietly wait for them to pass.

Emergency information: Dial 000

*Please note that the maps contained in this brochure may not be suitable for navigation purposes for all walks.*

