



The Trailwalker

Magazine of the Friends of the Heysen Trail

Issue 107 Autumn 2008

Coastal Walking
North Haven to Goolwa

**Heysen Trail
Meanders**
Walking the northern
section of the Trail

**Greenstone and
Caples Valleys**
Hiking in New Zealand



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Bookings Essential

Published by the Friends of the Heysen Trail & Other Walking Trails

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Email heysentrail@heysentrail.asn.au

Burra Branch

Phone (08) 8843 8115

Email hugreenh@activ8.net.au

Membership Information

Joining Fee	\$10
Single	\$20 per year
Family	\$30 per year
Organisations	\$50 per year

Membership is valid from the date of payment until the end of the corresponding month in the following year.

Trailwalker Magazine

Views expressed in contributed articles are those of the authors, and not necessarily those of the Friends of the Heysen Trail.

The Trailwalker magazine is available by subscription or online at www.heysentrail.asn.au/trailwalker

The Trailwalker magazine is published quarterly:

- Autumn (March)
- Winter (June)
- Spring (September)
- Summer (December)

The Trailwalker magazine has a distribution of 1200, and an estimated readership of approximately twice that number.

Articles, reports and other submissions by members and other interested parties are welcome and should be emailed to the Trailwalker Editor at trailwalker@heysentrail.asn.au

Submission Deadline is the first Friday of the month prior to the month of publication.

Advertising Rates

1/8 page vertical	\$40 per issue
1/4 page horizontal	\$60 per issue
1/4 page vertical	\$60 per issue
1/3 page vertical	\$70 per issue
1/2 page	\$100 per issue
Full Page	\$150 per issue
Flyer (supplied for insertion)	\$180 per issue

A commitment for 12 months advertising, ie 4 issues, would attract 10% saving

Advertising specifications are available upon request or by visiting www.heysentrail.asn.au/trailwalker

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Hiking in New Zealand



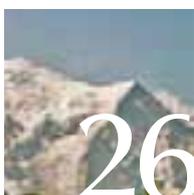
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Patron

C. Warren Bonython AO

Council Members 2006/2007

Simon Cameron
 Julian Monfries
 Peter Wynen
 John Wilson
 David Beaton
 Robert Alcock
 Jim Alvey
 Ray Blight
 Gavin Campbell
 Jerry Foster
 Bob Randall
 Claire Randall
 Cliff Walsh

President
 Vice President
 Secretary
 Treasurer

Council Committee Chairmen

President
 Finance & Audit
 Maintenance
 Walking
 Office
 Marketing & Membership
 Honorary Membership

Simon Cameron
 Cliff Walsh
 John Wilson
 Arrienne Wynen
 David Beaton
 Robert Alcock
 Bob Randall

Council Meeting Dates

Wed 19 March, 2008
 Wed 16 April, 2008
 Wed 21 May, 2008

Burra Branch Chairmen

Branch President
 Branch Secretary
 Maintenance
 Goyder Tourism Working Party rep

Arthur Simpson
 Margaret Fry
 Hugh Greenhill
 Hugh Greenhill

Honorary Members

Terry Lavender*
 Jim Crinion
 Neville Southgate
 Doug Leane
 Fred Brooks
 Sadie Leupold
 Thelma Anderson
 Kath Palyga
 Richard Schmitz
 Arthur Smith
 Colin Edwards
 Hugh Greenhill
 Jamie Shephard
 Glen Dow
 Barry Finn
 Dean Killmier
 John Wilson
 David Beaton
 Jack Marcelis
 Julian Monfries
 * (deceased)

Trailwalker Editor

Jeremy Carter

Membership Secretary

David Beaton

Office Coordinator

Jack Marcelis

Maintenance Coordinator

Gavin Campbell

Bookkeepers

Bozu Zhang
 Wen Gu
 Xun Wang (Michael)

Shop/Office Hours & Volunteers

Monday 10.30 - 2.30

Mike Parsons, Beverley Blanch,
 Robyn Quinn, David Beaton,
 Elizabeth Rogers

Tuesday 10.30 - 2.30

David Rattray, Dawn Bon, Chris
 Porter

Wednesday 10.30 - 2.30

Jack Marcelis, Wendy Fox, Christine
 Hanna, Allan Wadham, Roger Porter

Thursday 10.30 - 2.30

Frances Gasson, Chris Casper, Jim
 Alvey

Friday 10.30 - 4.30

Sandy Melbourne, Colin Edwards,
 Jamie Shephard

Saturday & Sunday Closed

Relief Staff

Jim Alvey, David Beaton, Jack
 Marcelis

President's Report

Simon Cameron

Summer is supposedly the off season for walking but when the mornings are so clear and the evenings so long, who could stand still?

I have managed to join a couple of twilight walks and met a number of new walkers. The Twilight walks are social affairs, ideal for introducing friends and family to the pretty trails of Adelaide.

The Kokoda adventurers are also training, come searing sun or hot north wind, with a diligence that should make the Kokoda walk a pleasant rest.

Kokoda is the first overseas walk supported by the Friends of the Heysen Trail and two more walks are promoted in this edition of Trailwalker - Southern Tasmania for December 2008 and New Zealand in March 2009. We have negotiated group prices and as usual the numbers are limited and bookings are made directly with the adventure companies. This is a new walking initiative with a variety of adventure companies who have supported Friends of Heysen Trail with sponsorship, advertising and rebates on the booking fees.

In true "off season" style the council has been planning the year ahead setting out goals and budgets. After our "feverish" 2007 we are on "the broil" in 2008. The development of the Strategic Plan in 2007 is being followed by Department of Health and Environment's management plan for the Heysen Trail in 2008. These herald some exciting changes for the trail and our partnership with the department.

The Friends of Heysen trail have been diligently raising funds in the last 3 years and squirreling away for future projects and opportunities with the vision of "developing a world standard walk". Our support for DEH is primarily in volunteer hours but the Council has identified projects for 2008 including:

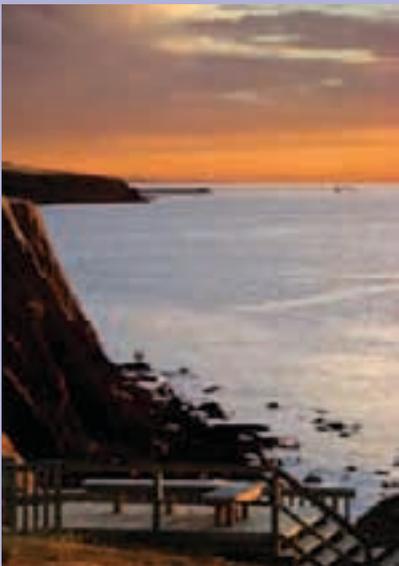
- maintenance manuals
- water tanks
- Heysen friendly town signage
- city and country displays
- hut amenities
- walk leader training
- trail marking
- refurbishing the office entrance

With Autumn we can start to enjoy the trail again as the fire season fades. Even after walking some sections many times it never fails to surprise, often because different company makes for new appreciation. New markers, reroutes, changing seasons and changing moods means that it is always interesting. I have observed the second group of End-to-Enders busily doing their catch-ups as the excitement builds and wish I was joining them every step of the way. What better way to celebrate this wonderful trail than standing in Parachilna Gorge, in August, to watch them climbing up the creek bank to the final stile.

See you at the AGM and on the trail.

Front Cover

Summer Walking



This quarter our cover feature is a photograph of the boardwalk in the Hallett Cove Conservation Park. The Twilight Walk on Wednesday, November 28 was along this boardwalk, from Marino Rocks to Hallett Cove and return.

In addition, on pages 12 to 15 we feature Gavin's account of his and Marie's walk along the Adelaide coast from North Haven and onwards following the coast of the Fleurieu Peninsula to the Murray Mouth.

Office Report

By Jack Marcelis
Office Coordinator

New Staff members

Thank you to those members who answered our plea for more staff volunteers. We consequently welcome as trainees Christine Hanna, Roger Porter and Elizabeth Rogers. I say trainee with trepidation because during, retired teacher, Elizabeth's first training day I distinctly felt I was on notice namely being surrounded by 3 'chalkies'!

New staff members will bring fresh ideas and new enthusiasm to the shop.

Walking is not about walking only. Because apart from the obvious physical benefits most of us very well understand and appreciate the physiological benefits.

New and Membership Renewal Forms

Most of you have filled these out diligently but approximately 30% have not. To those I ask again to

please do. Members booked on End-to-End days and weekends away can be contacted much more easily and economically via our email system, that is, if we have your email address.

Communication Problems

During the past couple of months we have had some problems with inward emails not being answered timely or not at all. The problems appear to be/have been with the integration of our website and our email inbox. Some emails did not arrive at all and with others we received up to six copies! Rest assured that our 'professional' amateur volunteers have/are trying to resolve it.

And to cap it all our two telephone lines also went haywire over the Christmas break.

Have a great and happy travelling 2008.

Walking Committee

By Arrienne Wynen
Walking Committee Chairperson

The new walk season is nearly upon us and the walk programme has been revised over the summer period. Although both the End-to-End 2 and End-to-End 3 are busy walking their way to the Flinders there will be walks on Sundays for those members that want a shorter or different walk.

As we have done in the past we have scheduled two weekends away, one in the Grampians and the other in October at Burra. A weekend away walking with like minded

people is great fun. Just ask anyone who went to Spear Creek or the Great Ocean Walk!

We are running a training course on March 16 for current walk leaders, back markers and all members interested in being more involved with our walks. As you can see, our walk program continues to grow and we need more people to help achieve this program. The one day course will give all the basics in planning and running a walk - so come and check out what happens.

Brief News

Searching for Trailwalkers

Are you an obsessional Trailwalker hoarder? Are you just obsessional, and happen to have all the back issues of Trailwalker? If you are then you the member we want.

We currently hold all the issues of TrailWalker EXCEPT Issue 2 (well we have pages 1, 3, 5, 7 yet somehow don't have pages 2, 4, 6, 8! Do you have the missing pages?), Issue 45 and Issue 47.

The Friends would dearly like to have a full set of Trailwalkers, like having a full set of Grange Hermitage really!

If you can help us with our loss, contact the office. We would like you to donate them, however a copy would suffice.

Dear Editor

While rambling around the net I stumbled upon the article on C Warren Bonython that appeared in the Winter 2007 Trailwalker and was delighted to read that C Warren Bonython was still around!

In the mid-1970s I won a school book prize voucher and bought a copy of "Walking the Flinders Ranges". Not an obvious choice for a 14 year old who lived in Sydney but I loved the book and it was a big influence on my developing passion for bushwalking. I particularly recall the beautiful photos and the walking formulae in the appendices. Unfortunately I lent it to someone a few years ago and the cad didn't return it - I will have to seek out another copy.

Strangely despite reading the book from cover to cover many times I have never made it to the Flinders Ranges!! Hopefully I will get there soon!

If it is at all possible could the Friends pass on my thanks to your Patron for his marvellous book!

Regards
Doug Reckord
New South Wales

New Website Feature

A Google Maps interface has been created that allows users to view a dynamic map of the Heysen Trail.

Users can zoom in and out to see more or less detail. Layers can be selectively turned on to provide additional information such as:

- accommodation options along the trail
- Panoramio.com user photos
- re-routes
- end-to-end finish points
- tourism regions
- fire ban districts

A help file has been provided to explain features of the map interface in detail.

Walk Leaders, Tail Enders & Interested People

Have you thought about leading a walk, helping with a walk or just interested in learning more about walking with the Friends of the Heysen Trail? Well, we are holding a training day on March 16.

Topics covered include:

- Walk planning
- Map reading
- Problem solving
- and other topics to make leading a walk an enjoyable experience

If you have any interest come along and see what is involved. Book at the office

New Members

The President and the Council would like to extend a warm welcome to the following members, who have joined the Friends since the last edition of the Trailwalker, and urge them to become involved in the voluntary, walking and social aspects of the Association.

Geoff Kay	Terri Hughes
Anthony Jacobs	Lynette Beard
Roger Porter	Lara Marich
Margaret Porter	Rudi Marich
Charles Lancaster	Peter Heysen
Tully Bates	Diana Heysen
Marcus Eldridge	Ian Piddock
Gilbert Downs	Lindy Kronen
Dianne Downs	Tricia Bell
Denise Ness	Linda Morton
Adrian Rogers	Bushwalkers
Elizabeth Rogers	Wandergruppe

Burra Branch

Margaret Fry
Secretary Burra Branch

Welcome to the new year of 2008. The Friends of the Burra Branch are looking forward to a new walking season.

The first meeting of the year will be the AGM which will be held on the 6 April at Arthur Simpson's house in Burra. It will start at 3pm and finish with a pooled tea. Everyone is welcome. At the meeting we will take suggestions for walks during the year and a program for the year's walks will be developed.

There will also be elections for the new office bearers. There have been a number of new walkers join the group in recent years and their input would be very welcome. So come along with your ideas.

Now the countryside needs a good rain to freshen it up and allow the new walking season to begin.

Burra Branch Maintenance

Hugh Greenhill
Maintenance Section 13

Bundaleer Reservoir - Southern Channel

For many years the southern channel has been closed due to the high salinity readings in the catchment area. Recently it has been found that salinity not high as they first thought and now the channel is in the process of being reopened. SA Water have been removing or trimming back trees along the channel and stabilizing some of the channel walls. At this stage the Heysen Trail will not be affected by the reopening the channel.

At Freshwater Creek Weir SA Water have placed a sign on the gate at

the entrance stating that trespassers will be prosecuted due to campers leaving rubbish behind. Apparently SA Water did not know the area at Freshwater Weir is a designated camping area for Heysen Trail users. It will be a Department for Environment and Heritage issue to sort out with SA Water.

Spalding Township

Planning is in the process for the Heysen Trail to be routed through the Spalding township rather than bypassing as it does now. I have been able to obtain agreements from land owners and we are now waiting on the Licence Agreements to be signed off before proceeding with the next stage. It is anticipated that there will be no road walking into and out of Spalding. The new route will give better access to the services of Spalding. In the next Trailwalker I should have more information.

The Walking Federation of South Australia, Inc.

Walking SA

By **Thelma Anderson**
Walking Access Committee

Yankalilla Council

The item relating to an undeveloped road reserve at Inman Valley outlined in the previous issue of "Trailwalker" is a classic example of the shortcomings and resultant confusion of current legislation relating to undeveloped road reserves. Interpretation of the section of the Roads (Opening and Closing) Act, 1991 by succeeding generations of local government officers leaves much to be desired when dealing with applications from adjoining landowners to purchase undeveloped road reserves for absorption into their respective properties. In this particular instance at least two objections were made to Council regarding the intention to close and sell the public land in question, based on an on-site inspection in the case of the objection by Walking SA, and based on prescribed criteria in the case of the objection by the Office for Recreation and Sport. Representation was made by Walking SA at the meeting when Council made a decision to retain the road reserve in public ownership, but at a subsequent Council meeting,

some councillors who were absent from the first meeting voted to rescind the previous decision and to sell the road reserve to the applicant wishing to purchase it, thereby excluding public use of a potentially significant walking trail. All Walking Access Committee members have since made a further on-site inspection and held discussion with the landowner and agree that an amicable resolution to this particular problem could be achieved by Council discussion with all parties. Once again another anecdotal occurrence demonstrates the failure of existing legislation to be correctly interpreted by local government clearly proving that the suggested minor amendments to the legislation by Walking SA, as professionally recommended by a retired Parliamentary Counsel with more than 35 years' experience in Government, would provide a satisfactory solution to this long-standing and on-going problem. The current situation is both intolerable and unworkable, requiring constant surveillance of the "Government Gazette" to monitor proposals to close and sell publicly-owned access routes. The intention of the 1991 amendment to the Roads (Opening and Closing) Act was to avoid this process but history has proved its failure to do so. All existing and potential walking locations and trails, including the Heysen Trail, as well as native vegetation and wildlife corridors are destined to become bare, barren tracts within private ownership fence-lines.

Official Opening of the 2008 Walking Season

This occasion will take place at 1.00pm on Sunday 6 April, 2008 at Stirling in the Adelaide Hills. A committee has been formed, comprising representatives from Walking SA and ARPA, to provide a comprehensive programme of walking events in the area, including the Stirling Linear Park and Woorabinda, the Pioneer Women's Walking Trail and other local trails. All

clubs are urged to be represented and members may provide individual club promotional displays.

SARTI (South Australian Recreational Trails Inc)

The current situation with the marking of the Lavender Federation Trail between Murray Bridge and Clare is at the final stages of planning for extension of the marked route between Springton and Keyneton. Landowners have been advised of the intended route and work will commence later this year. In addition the committee is discussing the initial planning stages of extending the Trail between Keyneton and Truro. Of course funding is a key factor for the purchase of materials and opportunities for grants are being carefully monitored.

Walking Trails Support Group

Details of checking and maintenance activities for the Flinders Ranges walks between 28 March, 2008 and 7 April, 2008 in the southern area (Mount Brown, Dutchman's Stern, etc.) are available on the web site: www.walkingtrailssupportgroup.org.au also between 9 May, 2008 and 19 May, 2008 in the Flinders Ranges National Park. Volunteers to assist with monitoring and maintenance of these trails as set out on the web page will be welcomed on a flexible basis, full time, part-time, or casual. Any visit to the Flinders Ranges National Park, however brief, can only be highlighted by the experience of this activity. Visit the website or telephone Rob Marshall (08 8362 1595).

Office Manager, Walking SA

After many years of dedicated and loyal service to Walking SA in capably managing the varied requirements of this position, June Boscence has decided to "hang up her boots", or more accurately to put on her walking boots, or perhaps to even saddle her horse! It is expected that her decision will take effect approximately in August, 2008.

Talyala Hills Accommodation ~ Laura

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This means that the Walking Federation will be looking for a person to replace June at that time on a part-time basis. This information is simply being advised to the walking community in the event that if she cannot be convinced to reverse her decision there may be someone interested in enquiring about such an opportunity.

Mount Lofty Walking Trails

Concerns are held for the future of the Mount Lofty Walking Trails system with a general deterioration of vital access issues. These trails provide a valuable network of walking opportunities between Gawler and Victor Harbour and were originally known as the Network Trails, developed and published by the former National Fitness Council with responsibility later transferred to the original Department of Recreation and Sport. They were also encompassed by the Friends of the Heysen Trail and Other Walking Trails. Interest in the northern trails is currently being expressed by the Gawler Environment and Heritage Association. Members of this group wish to re-instate certain trails relevant to their activities but are experiencing difficulty in their efforts

to do so. There are also various links with the Heysen Trail, so it is apparent they are an important resource to recreational walking and to State environmental and heritage assets.

Caravan and Camping Show

Walking SA was provided with space for a stall at the annual Caravan and Camping Show at Adelaide Showgrounds, from Wednesday, 13 February, 2008 to Sunday, 16 February, 2008. Volunteers attended the stall to distribute leaflets, pamphlets, maps, brochures, etc. relating to clubs and walking. It was an ideal opportunity to communicate information about walking to the wider community.

Conservation Council of South Australia, Inc

The office of the Conservation Council is moving from 120 Wakefield Street, Adelaide to its new premises at Level 1, 157 Franklin Street. The library will be accessible at Wakefield Street on Mondays and Thursdays until 21 February, 2008 by appointment at 8223 5155. After that date the bulk of the hard copy collection will be in storage for the next three years.

Trail Maintenance Sections

The Heysen Trail is graciously maintained by volunteers. If you discover a problem on the Heysen Trail, please contact the Friends of the Heysen Trail office, or the Maintenance Co-ordinator or relevant Maintenance Section Leader. We welcome feedback on the condition of the Heysen Trail, constructive suggestions on improvements that could be made, and general comments or enquiries about the Trail.

Maintenance Co-ordinators

Gavin Campbell 8296 8613 (H)
Arthur Smith 8261 6746 (H)

Maintenance Committee

Chairman
John Wilson 8356 9264 (H)

Details of maintenance sections and their contacts is available on the website at www.heysentrail.asn.au/heysen_trail/maintenance.htm

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Notice of Meeting

Annual General Meeting

The twenty-first Annual General Meeting of the Friends of the Heysen Trail and Other Walking Trails Inc will be held at 7.30pm on Friday, 28th March 2008 at Woodville Lawn Bowling Club, Oval Avenue, Woodville South.

Free car parking will be available in the car park; enter from Koolunda Avenue.

Nominations are sought from you, our members, for election to the Friends Council at the Annual General Meeting, for all positions including the Vice President, Secretary, Treasurer and half of the remaining members (our Constitution calls for not less than four and not more than ten non office bearing members).

Council meetings are currently held on the third Wednesday of each month at 5.30pm, in a room

provided by Uniting Care Wesley (above the Friends offices). Meetings usually conclude by 7.30pm.

In addition to Council, there is an opportunity for members to contribute to one of the various Committees: Walking, Trails Maintenance, Marketing and Membership, Trailwalker, etc.

To nominate, please complete and copy or detach the form below and send it to:

The Secretary
Friends of the Heysen Trail, 10 Pitt Street Adelaide, 5000

Agenda

1. Apologies.
2. Acceptance of the Minutes of the previous Annual General Meeting held on 16 March 2007
3. President's Report
4. Financial Report
5. Maintenance Report
6. Election of Officers.
 - 6.1 Vice President
 - 6.2 Treasurer
 - 6.3 Secretary
 - 6.4 Council Members
7. Appointment of Auditor
8. Election of Honorary Members
9. Other Business
10. Close of Meeting

At the conclusion of the business of the evening, we have invited Tim Noonan (ABC Radio 891) to be our guest speaker, to share some of his experiences as a recent walker on the Kokoda Trail.

Tea and coffee will be served at the conclusion of the evening. Please bring a plate of light supper.

Note: Any member wishing to move a motion at the AGM should be aware of the Constitutional requirements as follows:

"Notice of any motion proposed to be moved at a General Meeting by any member not being a member of the Council shall be signed by the proposer and seconder and shall be delivered to the Secretary at least seven days before the meeting. No motion moved by any member other than a member of the Council shall be entertained by the meeting unless notice thereof has been given as aforesaid."

Nomination Form

I
(name)

wish to nominate for the position of

(Vice President, Secretary or Treasurer Council Member)

Signatures: Proposer

 Secunder

 Nominee

 Name (please print)

Nominations close at 2.00pm on Thursday 20th March 2008 (NB Friday 21st is Good Friday) at the Friends office

Note: We welcome nominations for Council, particularly for new members. The section of the Friends Constitution relevant to nomination and election to the Council is reproduced on the following page.

Election of Council Members at AGM

The section of the Friends Constitution relating to Management of the Association, and to the procedure for nomination and election of members of the Council is reproduced below.

8. Management

- (1) The affairs of the Association shall be managed and controlled by a Council which may exercise on behalf of the Association all the powers conferred on the Association by this Constitution, and may do all such things as are within the objects of the Association except such things as are required to be done by the Association in General Meeting.
- (2) The Council shall consist of the President of the Association, together with a Vice-President, a Secretary, a Treasurer, and not less than four, nor more than ten other members, all of whom shall be elected at an Annual General Meeting of the Association.
- (3) The President shall hold office for a period of two years and shall be eligible for reelection after that period, provided that after three terms in office he or she shall stand down for at least one year.
- (4) The Vice-President, the Secretary, the Treasurer and half of the other members shall retire annually. The members to retire each year shall be determined by the Council which shall ensure, as far as possible, that they shall retire in rotation. A retiring Vice-President, Secretary, Treasurer or member shall be eligible for re-election without nomination.
- (5) Nominations for election as President, Vice-President, Secretary or Treasurer, or as a member of the Council shall be invited by notice in the Association's Newsletter or other appropriate publication not less than 21 days before the Annual General Meeting. All persons nominated for election must be members of the Association.
- (6) Nominations must be in writing and must be signed by two members of the Association and by the nominee to signify his willingness to stand for election.
They must include brief biographical details of the nominee for distribution to members at or before the Annual General Meeting and must reach the Secretary of the Association not less than seven days before the Annual General Meeting; provided that if an insufficient number of nominations has been received to fill the vacancies, additional nominations may be accepted at the Annual General Meeting.
- (7) If the number of nominations received is more than the number of vacancies to be filled, an election to fill the vacancies shall be held by secret ballot.

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From North Haven to Goolwa

By Gavin Campbell

Finally we have completed it with our final day's walk into the car park at Cape Jervis. It was a journey that started years ago, but became a project when, one hot Australian Day, Marie and I were walking along Semaphore beach to the breakwater at North Haven and it occurred to me that, with a little extra effort, we could walk along the coast to the Murray Mouth.

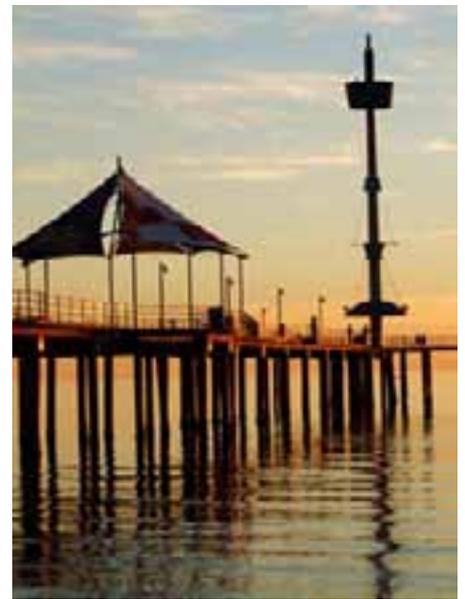
We had already over the years walked the inner Adelaide metropolitan beaches and the Heysen Trail from Cape Jervis to King's Beach, so the rest would be merely a formality. We could do it as a series of day walks.

This is a description of the walk, not necessarily in the order we did it but, from North Haven to the Mundoo Barrage. Most of the walk can be done in the summer months and is little more than a paddle in the shallows on hot days, when walking anywhere else would seem a little silly. The metropolitan beaches need little description and walking them mainly involves leaving the car at a point and walking out and back. Sometimes we walked along the beach one way and back the other way through the houses. This was a highlight when we walked past Westlakes, a walk that included the shopping centre and the shores of the lake. The section from Seacliff to Glenelg is a walk I take often, in fact a trip into the city for me is a walk along the beach to Glenelg, a tram ride into the city and then, after a look around Adelaide, a train ride back to Brighton. I consider this one of the great walks to the shops, ranking with two we did in Maui along the beach, the walk from the Mount Cook YHA to the shops and back, Aldgate to Stirling along the railway reserve including Woorabinda Reserve and Kirton Point Caravan Park to Port Lincoln along the coastal path. The walk from North Haven to Seacliff basically covers the inner metropolitan beaches. A friend once caught the bus to Footy Park, watched the game and then walked home in the late afternoon along the beach.

The section from Seacliff to Hallett Cove is along the recently constructed boardwalk and is spectacular as it winds its way along the cliff top. It can be achieved by walking to Hallett Cove and then catching the train back to Seacliff. My favourite way however is to walk there and back along the cliff, for the views are different each way. If it is low tide then this section can be done on the rocks between low and high water mark. This section involves the Hallett Cove Conservation Park and a walk around it is delightful. The section from Hallett Cove to Port Stanvac can either be made along the shore or on a track along the cliff top. The shore walk is reasonably easy and involves some rock hopping and is best done at low tide. The rock formations adjacent to the Port Stanvac fence are spectacular and alone make this walk worthwhile.

Like most people, the thought of walking more than a kilometre brings about images of instant death from exhaustion, so walking approximately 20 kilometres amazes them.

Port Stanvac is out of bounds, so the next section starts from the boundary fence on its southern side and includes Christies Beach, Port Noarlunga and Southport. These beaches are great surf beaches, especially Southport, so if you are adventurous, go for a surf. You can also wander along the Christies



Brighton jetty

photo source: spacepotato
(www.flickr.com/photos/spacepotato/1265826834/)

Beach shopping precinct. These are all out and back walks so allow time for that. The memorial on Whitton Bluff is interesting because it is wrong by inference. (Google, Captain Collett Barker and discover the correct story.) At the Southern end of Southport is the mouth of the Onkaparinga River and as such is a terminus, or the walker can venture into the estuary and have a great bird watching experience. How long you spend in this part is up to you but I find it a total experience and have spent many days wandering around. Kayaking up the river to Old Noarlunga and back is a great weekend's entertainment. In doing so, the walker can get to the southern bank of the river and then continue on along the beach through Seaford, Moana, Maslins Beach, Port Willunga, Aldinga Beach and Sellicks Beach.

This section can all be done on the beach with the occasional rock or reef to maneuver your way around or over. I have only done it at low tide so there might be some problem at high tide, leaving the walker to walk along the clifftop on the various paths. The walk from Moana to Port Willunga I did with Terry Gasson through the scrub, so he is an expert on this section. From the clifftop near Port Willunga you can see what appears to be the hull of "The Star of Greece" in the shallows. This section is a stunningly beautiful surprise with the Sellicks Hill Range as a back drop. This range prompted a friend's young daughter to call them hilltains, a great description of something between hills and mountains. The Star of Greece Restaurant makes a lovely lunch break.

The section between Sellicks Beach and Myponga Beach is lovely. We did it by walking along the beach at extreme low tide and walking back to



The Bluff at Victor Harbor

photo source: Samela (www.flickr.com/photos/carcalledwanda/263323382)



Sellicks Beach along the clifftop. The walk along the beach is really a long rock hopping exercise but at low tide the life in the rock pools is surprisingly delightful. Lunch overlooking Myponga Beach would have enticed us to stay all afternoon had we not had to get back to the car. Walking back along the clifftop we basically followed the pipeline and any available tracks. It is a walk that offers spectacular views of the coastline with the best views being from the Buddhist retreat overlooking Sellicks Beach. After this there is a small walk along the Main South Road before taking the first road back to the coast. Marie and I have often walked in this area along the various tracks with a loop walk including Reservoir Road, Sampson Road, the pipeline and various tracks, and Mount Jeffcott. A lot of it is on private property, so we are always mindful of leaving everything as we found it and giving any live stock a wide berth.

The section from Myponga Beach to Carrickalinga was eventful, for no sooner had we started to clamber over the seemingly endless large rocks along the shore when Marie refused to go any further on rocks. Feeling a bit the same and as always being amenable to her wishes, we headed up the first available gully and across country, again on private property but still following the coast. There were lots of steep gullies and associated hills

but we soon discovered if we walked inland the steepness soon subsided and the creeks were easily overcome. We are always mindful of livestock in such situations and leave all gates as we find them. During the occasional sortie to the ocean clifftop we soon realized we would not have made it along the shore, for most of it was cliffs running down to the sea. The walk back to the car was along Fork Tree Road and the Myponga Beach Road again offers stunning views. It was while walking along this road that a local in his white truck stopped out of curiosity and asked us where we had been. When told, he was very surprised for, like most people, the thought of walking more than a kilometre brings about images of instant death from exhaustion, so walking approximately 20 kilometres amazes them.

The walk from Carrickalinga to Wirrina Marina is one of the surprises, and we have walked it many times since. We do most of our beach walks on hot summer days but occasionally we do them in winter and again they are delightful in a different way. This particular section we did over two days with a look around Normanville's main street. The shops and restaurant overlooking the small jetty at Normanville are there for either a meal or an ice-cream or both. I wonder why such a small jetty, maybe it was longer once. The walk from the sand to Wirrina is a little rocky, but Marie didn't complain much, so I guess it wasn't too arduous. Once at Wirrina we skirted the boat harbour on the bitumen before heading up the hill and on our way to Second Valley and Rapid Bay.

This section again we did over two days, the first day to Second Valley and back, the second from Second Valley to Rapid Bay and back, with a walk around both towns included. Both of these walks were overland and on private property. Walks overland are best done in the winter, for then the constant worry of snakes and the nuisance of flies disappears or

...a stop off at Kenetha's for a cup of afternoon tea. It was a pity her hospitality had waned, for after knocking loudly several times, we phoned only to hear her reply from Perth

diminishes. Also green hills are much more pleasant than dry and dusty ones. There are some stunning views from the hill tops and, on a cold and windy day, most exhilarating.

Our walk from Rapid Bay to Cape Jervis was one of the best. From Rapid Bay we walked along the clifftop but soon we were confronted with the exceptionally steep and long gully of Yohoe Creek, so in our wisdom we decided to climb Mount Rapid. This was an easy climb and the views from its top were pretty good. After lunch we headed back to Rapid Bay with the whole walk offering great views of the coast. No Where Else Creek offered a small problem but we were able to negotiate this and get back to Rapid

Bay quite early and sit on the beach in the sun. While there I was able to help a bloke whose car had become stuck on a small mound with both sets of wheels in the air. Sometimes it helps to be size XXL as I sat on the boot of his car while he got some traction. Our next walk was from Bennett Road to Mount Rapid. This included some native forest, which was delightful, and then we walked to the summit along what appeared to be road reserves. After lunching on the summit we walked back along tracks and roads. Before going to the car we walked along Yoho Road to have a look at the wind turbines on Starfish Hill. We were surprised to see how big they are as they slowly rotated in the stiff breeze that was blowing on this lovely sunny winter's afternoon.

The walk from Bennett Road to Cape Jervis was mainly on roads which included the Main South Road, Sappers Road, McLeod Road, St Vincent Road and a small expedition overland to a track that led onto Morgan's Beach. For those who haven't seen this beach, it is delightful and well worth a swim on a hot day. On arrival at Cape Jervis we had a quick look around, noticed that Robert Alcock's Heysen Trail sign was already starting to fade and bought a map of KI at the terminal for future reference, as we will be circumnavigating Kangaroo Island in the future.

As you all know, Cape Jervis is the Trail Head for the Heysen Trail and the next section, from Cape Jervis to Victor Harbor, is along the Heysen Trail and needs little description, for most of you should have completed this section or are about to do so. All I will say is that it is challenging and beautiful and if you haven't completed it, End-to-End 4 will be doing this section in 2009.

Most South Australians will be familiar with the section from Victor Harbor to Goolwa, for most people will have walked sections of it at some time in their lives, so my description will be brief. From Kings beach we left the Heysen Trail and followed a track along the cliff face then, after The Bluff, it was along the beach to Victor. After a look around Victor and some purchases, the long section to Goolwa began. All of this section was walked on hot to very hot days (everywhere else but here) in the shallows with the occasional swim or surf as the need arose. I took one of



Glenelg foreshore

my Trail Walker groups to Port Elliott and back, including a pastry stop at the Port Elliott Bakery and a stop off at Kenetha Pick's for a cup of afternoon tea. It was a pity her hospitality had waned, for after knocking loudly several times, Lyn Wood mobile phoned her only to hear her reply from Perth. We couldn't even get a drink from her tap, for the water had been turned off. This would have to be hospitality at its worst with a lot of room for improvement. While walking past the railway station, Mike Spencer suggested we catch the cockle train back to Victor, but the consensus was we were out for a walk, so walk we did. All walks the other way are different because of the different scenery and the board walk on the Hindmarsh River estuary was a sweet little diversion. On another occasion we walked up the stairs near the Chiton Rocks Lifesaving Club and walked back to the Hindmarsh River on the road reserve and road, overlooking the ocean. This particular walk offers great vistas and is exceptional on a big surf day. On this occasion we were greeted by a friendly Pardalote as we entered the Hindmarsh river boardwalk. The little remembrance garden in Port Elliott overlooking Horseshoe Bay was a moving experience, for I can't help wondering why boys from the sunny, isolated Port Elliott of 1914 should be obscenely dying in the mud of France at some British staff officer's whim.

The walk from Port Elliott to Goolwa was done in three stages. The first one was from Port Elliott to Middleton along the beach. This is best done at low tide because the beach can be a little narrow at times. The next section was along the beach to a halfway point heading toward Goolwa Beach and the next was back to that point from Goolwa Beach. Both times we were at Middleton there was a surfing competition, which to an ageing surfer was a delight. One thing that surprised me was the large number of baby-boomer surfers in the comp. Most of these surfers had long boards and were a little pale and over fed, and either grey and/or bald. This is a different sight to the 1960's when they were tanned, skinny, blond and longhaired or as Little Patty would have it - "Blond headed, stompie wompie real gone surfer boys."



Second Valley

The walk from Goolwa Beach to the Murray Mouth and back was a long day, with the distance I estimate to be about 27 kms. Again we walked in the shallows and on this particular day it was foggy to start, with the fog disappearing when a stiff sea breeze sprang up. The mouth is always spectacular and now, with its dredges and out flow pipes from those dredges, it offers a different landscape. At one stage there were two rays feeding in such shallow water that their fins were rippling out of the water as they moved along.

Our walk from the Goolwa Barrage along the river bank to the Mouth and back was one of those funny days you have sometimes. We religiously stayed close to shore and avoided any of the black mud until, near the mouth, down we went up to our knees. Luckily we had taken our sandals off by then but we looked as though we had long black socks on. When we reached the mouth we washed all of this off, but on the way back we went out of our way to avoid the mud. This was to no avail for down we went again, not quite as deeply as before, but enough to still have long black socks on when we got back to the barrage.

Our next walk was from the barrage through Goolwa, across the "Secret Women's Business" bridge and onto Hindmarsh Island. After a quick walk down O'Connell Ave, it was back along Randell Road and then down Captain Sturt Parade. This is a lovely walk with its views over the Lower Murray and Lake Alexandra. The beach houses offer a sight into another way of life and the winery we stopped off at offered some interesting cellar door sales, after this we headed down Monument Road. We had a look at Sturt's Monument

and then it was back to Goolwa along Randell Road. This is a bit tedious but a quick look around the Chapman Marina and those obligatory open inspections we had to attend, made it more interesting. In Goolwa we did the usual shops and art gallery tours. The one with the artists in residence painting those birds and animals is a must see at any time. We also stopped off at the Goolwa Bakery for one of those blueberry turnovers, which is a meal in itself and always takes an age to finish. "Mmmm, eat your heart out Homer, they don't have those in Springfield."

Our next walk was the final one in this Odyssey and involved walking past Sturt's Monument down McLeay Road through a gate into a road reserve. We followed this track for about a kilometre before following it in a 90 degree turn to the left. We followed this track through another gate onto a gravel road to its conclusion at the Mundoo Barrage, which is where this walk ended. From all of the signage on the fences and the warning from the man at the Goolwa information centre it seemed prudent to stop here and take up the walk on the other side of Tauwiterie Barrage. This we did and are now in the process of walking to Mount Gambier along the coast, as the geography permits.

Link walks are always interesting because we walk in places not usually walked and these are sometimes the best. Examples of this were the walk from the Barrage to the Murray Mouth, the walks to Mount Rapid, the walk along the shore and cliffs between Selleck's Beach and Carrickalinga, the walk across Hindmarsh Island and the Onkaparinga Estuary. ●

2008 Walk Programme

		March	April	May	June	July	August
1st Week of month	Trail Starter	Wed Mar 5 Twilight Walk Linear Park Michael Parsons	Sun April 6 Opening of the Walk Season at Stirling Trailstarter Arrienne Wynen Trailwalker Simon Cameron	Sun May 4 Trailstarter Piccadilly Steve Wilkinson	Sun June 1 Trailstarter TBA Jamie Shepherd	Sun July 6 Trailstarter TBA Arrienne Wynen	Sun Aug 3 Trailstarter Tanu Gavin Campbell
	Trail Walker		Sun May 4 Trailwalker Lavender Federation Trail George Adams	Sun June 1 Trailwalker Lavender Federation Trail George Adams	Sun July 6 Trailwalker Lavender Federation Trail George Adams	Sun Aug 3 Trailwalker Lavender Federation Trail George Adams	
2nd Week of month	Trail Starter	Wed Mar 12 Twilight Walk Stirling Liz Barry	Sun April 13 Trailstarter Cox's Scrub Michelle Foster	Sun May 11 Trailstarter Belair David Beaton	Sun June 8 Trailstarter TBA Manuela Vida	Sun July 13 Trailstarter Hale Con Pk Robyn Quinn	Sun Aug 10 Trailstarter Mack Creek Mike Parsons
	Trail Walker		Sun April 13 Trailwalker Onkaparinga Gorge Richard Milosh	Sun May 11 Trailwalker Mt Misery Richard Milosh	Sun June 8 Trailwalker TBA Bob Randall	Sun July 13 Trailwalker Mt Hayfield Lyn Wood	Sun Aug 10 Trailwalker TBA Jamie Shepherd
3rd Week of month	Trail Starter	Wed Mar 19 Twilight Walk North Adelaide Parklands Gavin Campbell	Sun April 20 Trailstarter Brownhill Creek Lyn Wood	Sun May 18 Trailstarter Mt Misery Chris Caspar	Sun June 15 Trailstarter Mt Compass Mike Parsons	Sun July 20 Trailstarter Mt Torrens Sue Scott/ Michelle Edwards	Sun Aug 17 Trailstarter Bakers Gorge Nic Wainwright
	Trail Walker		Sun April 20 Trailwalker Waitpinga Ray Blight	Sun May 18 Trailwalker Scott Creek Simon Cameron	Sun June 15 Trailwalker Kaiser Stuhl Ray Blight	Sun July 20 Trailwalker Castambul Colin Edwards	Sun Aug 17 Trailwalker Northern Range Bob Randall
4th Week of month	Trail Starter	Anzac Day Long Weekend	Sun April 27 Trailstarter Brighton Richard Milosh	Sun May 25 Trailstarter Rocky Creek, Kuitpo Liz Barry	Sun June 22 Trailstarter Wistow Sandy Melbourne/ Rosie Gibbons	Sun July 27 Trailstarter TBA Chris Caspar	Sun Aug 24 Trailstarter TB TB
	Trail Walker		Thu April 24 to Sun Apr 27 Weekend Away Grampians	Sun May 25 End-to-End 3 Cudlee Creek to Nugget Rd	Sun June 22 End-to-End 3 Nugget Rd to Mt Crawford	Sun July 27 End-to-End 3 Mt Crawford to Pewsey Vale	Sun Aug 24 End-to-End 3 Pewsey Vale to Tanu
5th Week of month	Trail Starter	Key to Walk Programme			Sun June 29 Trailstarter Waite Cons. Park Rhonda Dempster/ Ralene Shaw		
	Trail Walker	<ul style="list-style-type: none"> Trail Starter walk Trail Walker walk End-to-End walk Other walk event <p>An explanation of walk grades and details for each walk event are published on the website</p>			Sun June 29 Trailwalker Pioneer Womens Walk Richard Milosh	Sun Aug 24 Trailwalker TB Ben	

Walk Grades

There are five different grades of walk on the Friends of the Heysen Trail walk programme. Four of these operate during the walk season, generally from April to November when it is not Fire Ban Season:

- Trail Starter
- Trail Walker
- Trail Rambler
- End-to-End

When it is not walk season, generally during the summer Fire Ban Season, a fifth walk grade, Summer Twilight Walks, operate.

Details of each walk grade are provided on the website.

Registering for Walks

You must register for a walk, either online or over the phone.

Register online (by Wed prior please) at www.heysentrail.asn.au, or by phone the office on 8212 6299 (during the hours listed on page 3).

August	September	October	November
Aug 3 Trailstarter Panda Gavin Campbell	Sun Sept 7 Trailstarter Black Hill David Beaton	Fri Oct 4 to Mon Oct 6 Weekend Away Burra	Sun Nov 2 Walk Rally Parklands Nic Wait
Aug 3 Trailwalker Under on Trail Adams	Sun Sept 7 Trailwalker Deep Creek Ray Blight	Sun Oct 5 Trailstarter TBA David Beaton	
Aug 10 Trailwalker Peak Gons	Sun Sept 14 Trailstarter Mt Pleasant Graham Parham	Sun Oct 12 Trailstarter Anstey's Hill Graham Parham	Sun Nov 9 TBA TBA Gavin Campbell
Aug 10 Trailwalker Hard	Sun Sept 14 Trailwalker Aldgate Gavin Campbell	Sun Oct 12 Trailwalker Mt Crawford Chris Caspar	
Aug 17 Trailwalker ully t	Sun Sept 21 Trailstarter Wistow Sandy Melbourne/ Rosie Gubbins	Sun Oct 19 Trailstarter Brownhill Creek Colin Edwards	Sun Nov 16 TBA TBA Arrienne Wynen
Aug 17 Trailwalker n all	Sun Sept 21 Trailwalker TBA TBA	Sat Oct 18 – Sun Oct 19 End-to-End 3 Kapunda to Hamilton to Peters Hill Group 1	
Aug 24 Trailstarter A A	Sun Sept 28 Trailstarter Morialta Lyn Wood	Sun Oct 26 Trailstarter TBA TBA	Sun Nov 23 TBA TBA TBA
Aug 24 End-to-End 3 y Vale unda	Sun Sept 28 End-to-End 3 Tanunda to Kapunda	Sat Oct 25 – Sun Oct 26 End-to-End 3 Kapunda to Hamilton to Peters Hill Group 2	
Aug 31 Trailstarter A Wynen	 <p>The Friends of the Heysen Trail 10 Pitt Street Adelaide 5000 Phone 08 8212 6299 www.heysentrail.asn.au</p> <p>This version released 5 February 2008</p>		
Aug 31 Trailwalker A Wait			

Appropriate Clothing

All walks are subject to you wearing appropriate clothing. Prime considerations are warmth and weather protection. Your safety and the safety of the walking group can be jeopardised by you wearing inappropriate clothing. In an emergency situation it can take hours to evacuate a sick or injured walker. Leaders may not accept people for a walk who have not come appropriately dressed or prepared.

What to Wear

- Good walking shoes, or boots, with grip soles. Thongs, sandals, elastic-sided boots and smooth-soled sneakers are not appropriate
- Thick socks
- Wet weather gear - a three quarter length waterproof rain jacket is ideal (showerproof spray jackets and quilted parkas are not waterproof and create a danger of hypothermia)
- A warm jumper or jacket of wool/polyester fleece. Cotton shirts and windcheaters have minimum insulation when wet and retain water
- Shorts, loose comfortable wool or synthetic pants (jeans are not suitable as they are cold when wet and dry slowly)
- Shade hat and sunscreen in warmer weather. Warm hat/beanie in cooler weather

The above list is for Twilight Walks, Trail Starter and Trail Rambler walks. For Trail Walker and End-to-End walks, in addition to the above list, please also consider bringing:

- Thermal underwear
- Waterproof over-trousers

What to Bring

- Basic First Aid and Emergency Kit containing:
 - UV sunblock, throat lozenges, lip salve and paracetamol
 - Insect repellent
- Torch
- Lunch and snacks (include some for emergency)
- Plastic bag for rubbish
- Water in a secure container; minimum one litre, and two litres if the temperature will be over 20°C
- Gear should be carried in a day pack; one with a supporting waist belt is recommended

The above list is for Twilight Walks, Trail Starter and Trail Rambler walks. For Trail Walker and End-to-End walks, in addition to the above list, please also bring:

- Whistle
- Wide elastic bandage and triangular bandage with safety pins

Walk Cancellations

Walks are cancelled if the broadcasted forecast is for temperatures over 32°C. For simplicity, this can be determined the night prior to the walk on the 7pm ABC evening news weather forecast, based upon the Bureau of Meteorology's routine 4pm forecast. Even if the forecast is later revised, the walk remains cancelled. End-to-End walks will be rescheduled to the following month. This doesn't apply to Summer Twilight Walks.

If unforeseen circumstances arise and you are no longer able to participate in the walk, please notify the office as soon as possible, preferably by 4pm Friday, or leave a message on the answering machine after this time.

Further Information

Further information about each walk, walk grades and Frequently Asked Questions are available on the website (www.heysentrail.asn.au/walks)

Greenstone and Caples Valleys

By Russell O'Brien

Located on the shore of Lake Wakatipu, Queenstown is a great base for some of the best extended walks available on New Zealand's South Island. In early January 2008, the combined Greenstone and Caples Valleys was the walk of choice for my wife and me, and two friends.

By combining the Greenstone and Caples tracks, the walk route begins and ends at the Greenstone car park and shelter. Either track can also be walked in conjunction with another of New Zealand's Great Walks, the Routeburn.

Maps and other information, such as weather forecasts, were obtained at the very informative DOC (Department of Conservation) office in Queenstown. Since we intended to sleep in DOC huts or to use hut facilities a fee needed to be paid. However, paying to sleep in DOC huts doesn't guarantee a bunk so a two person tent was packed along with self-inflating mattresses. If you don't purchase sufficient hut tickets before the walk payment can be made to DOC hut wardens along the track. While not every hut houses a warden they are frequently seen at huts or along the track.

Water availability and quality is always at the forefront of bushwalkers' minds. DOC warns that water may not be safe to drink but if you use common sense and take reasonable precautions water can be taken from hut tanks as well as from some streams. Obviously, the water to avoid is that which may have had any contact with animals. If in any doubt about water quality boil the water for a minimum of 5 minutes, but ideally for 10 minutes. That said, there is nothing more pleasurable than catching and drinking refreshingly cool water that has fallen from a fifty metre waterfall.

Arranging to get to the start of the track and back again at the end of the walk is as easy as booking with a backpacker transport service in Queenstown. That trip is an adventure in itself, beginning with a bus journey from Queenstown to Glenorchy. A

shuttle bus then takes walkers to the Glenorchy jetty, where a high speed boat ferries you across Lake Wakatipu to the Greenstone jetty. Finally, a second shuttle bus takes you to the Greenstone car park and shelter. In all the trip takes about 90 minutes.

As is the case with many climbs, waiting at the top is a wonderful view and somewhere flat to have a cup of tea.

Having decided to walk the Greenstone track first our initial destination was the Greenstone Hut. DOC's advised time for this leg of the walk is between 3 and 5 hours (approximately 10 kms). Five hours might sound excessive for such a distance but walking is a gradual climb, the pack is at its heaviest and, if you like taking photographs, there is ample subject matter. Sited on the opposite side of the river and accessed by bridge over a gorge, Greenstone Hut is new, beautifully sited and accommodates 20 people. It also has flushing toilets!

If you have not stayed in track huts the experience is well worth it. Adjusting to hut life is generally quite easy but tolerance is a key factor for success. In addition to shelter, huts provide an ideal environment for information sharing among walkers. Our group had decided to stay two nights at



Rhelma Stewart, Keith Lees, Chris O'Brien and Russell O'Brien rest at McKellar Saddle



Greenstone Valley

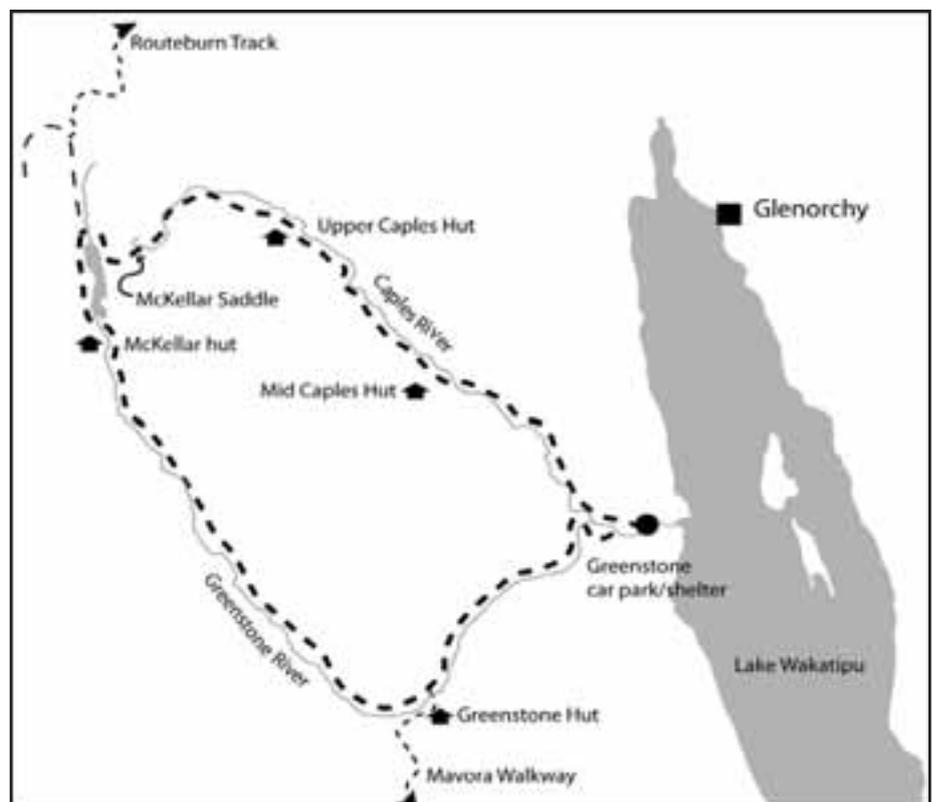
this hut in order to walk part of the Mavora Walkway on the second day. This proved to be a lucky decision because rain started falling overnight and continued until shortly before lunch the next day. However, although we escaped rain on this occasion, it is worth saying that rain is an integral part of bushwalking, as all serious bushwalkers are aware, and makes for even better photographs once it has finished!

The next part of the track is reasonably long at 17 kms (4.5 to 6.5 hours) and consists of open cattle grazing areas and forests. Given that the track follows the Greenstone River, some boggy sections are inevitable. Speaking of inevitable, New Zealand's sand flies are tenacious and unrelenting. Their bite stings and, in most cases, leaves an obvious circular red mark at the bite site which can remain itchy for a few days. To do battle with these nasty little critters cover up as much as possible and take along an insect repellent and either antihistamine tablets or cream.

McKellar Hut is the usual destination for most walkers at the end of this section of the track. It accommodates

12 people and is accessed across the river by a swing bridge. While not as well appointed as the Greenstone Hut, McKellar offers welcoming respite at the end of a long day's walk.

Although, according to the map, the next section of the walk is approximately 12 kms it involves a challenging 400 metre climb to McKellar Saddle. This very steep climb



Map adapted from Department of Conservation park map (Fiordland map 273-03 Scale 1:255,000 Edition 5, 2004)



Upper Caples Hut

involves navigating boulders and tree roots at a speed that suits the physical characteristics of the walker.

As is the case with many climbs, waiting at the top is a wonderful view and somewhere flat to have a cup of tea. After the board-walked crossing of the saddle a slow descent through beech forest is one of the prettiest walks that I have ever experienced. The suggested time for the 12 km walk is between 5 and 8 hours but with rest breaks, photographs and simply taking time to soak in the beauty of the area the longer time is more realistic. The forest floor is heavily covered with leaf-fall and consequently a track is rarely evident. While the route is marked with orange triangles (the official NZ standard for walking tracks) care needs to be taken. The forest is quite thick and walker alertness to the next marker is imperative. Even in good weather conditions it was a task that required vigilance.

At the end of the day's walk the 12 bunk Upper Caples Hut is a welcome sight. The hut and environs was, at the time of our visit, unfortunately smitten with sand flies in almost plague proportions. We opted for the privacy, peace and refuge of the tent for a well-earned rest.

The distance to the next hut, Mid Caples, is just 6 kms and takes approximately two hours to complete. Most walkers choose to return to the Greenstone car park and shelter rather than stay at the Mid Caples Hut but being not-so-young bushwalkers and

enjoying taking our time we were quite relaxed about having a further stopover. Accommodating 12 people, the hut is perched on a high point looking up the Caples Valley and is adjacent to an impressive, deep and narrow gorge through which roars the compressed Caples River. The gorge is spanned by a bridge but there are numerous vantage points from which to view this awesome display of nature. The valley offers spectacular scenery in every direction.

Having met and chatted to a DOC hut warden en route about the weather prospects for the next day we chose to pack up shortly after dawn and

walk the remaining 8 km while the day was young. Heavy rain was expected to begin falling overnight and a number of creeks entering the Caples River needed to be crossed. In a matter of hours water run-off from the mountains during and after rain can turn ankle deep crossings into thigh deep hazards. The warden had cautioned us to plan on staying in the hut for an additional day in the event of extended heavy rain. Fortunately, the heavy rain did not eventuate but as there had been rain overnight we chose to err on the side of caution.

The easy walk to the confluence of the Greenstone and Caples Rivers was achieved in approximately 2 hours with the walk out to the Greenstone car park and shelter a further 30 minutes. In our case, this part of the walk was done in low cloud conditions and with just a little rain. The track passes through bush and grassed river flats used by farmers for sheep and cattle grazing. In addition to more beautiful scenery, we saw a range of bird life and deer providing yet another welcome experience along this fantastic walk.

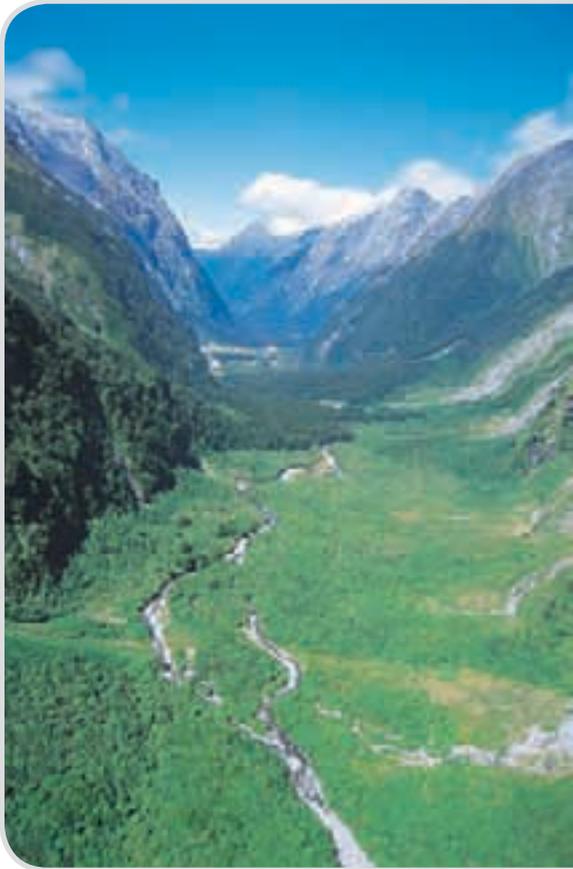
More information about this and other New Zealand walks can be found on the DOC website at www.doc.govt.nz ●



Caples Valley



Walking Holidays with the Friends of the Heysen Trail



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On The Trail - ARTS Project

By Catherine Murphy

In September and October last year, Catherine Murphy (writer) and Italo Vardaro (photographer) held a series of consultation meetings with members of communities along the Heysen Trail about the proposed *On the Trail* arts project (article in previous Trailwalker).

These meetings confirmed communities interest in participating in an arts and writing project (2008-2009) about the historical and contemporary importance of the Heysen Trail. The trips were funded by Country Arts SA with additional support from Department for Environment and Heritage, Forestry SA and Friends of the Heysen Trail.



Arthur Simpson, member of the Burra walking group, at Tourilie Gorge

Catherine and Italo travelled to Burra, Hawker, Hahndorf, Port Elliot and Goolwa where advance publicity through their *On the Trail* leaflet etc, brought together local representatives of: visual artists, environmentalists, tourism operators, state and local Government workers, land owners, trail walkers, maintenance section leaders and members of local flora and fauna groups.



At the Port Elliot Institute (l to r front row) Keneatha Pick, Wendy Jennings, Betty Gregory, - , Pamela and Geoffrey Gardner, Chris Halstead; (back row) Catherine Murphy and Paul Jennings

They traveled with equipment for a power-point presentation about some of the writing and visual arts projects they've worked on in the past which established a useful context for people at the meetings to consider an arts project along the walking trail.

While the small amount of project funding limited their ability to meet more widely with communities along the length of the Heysen Trail, Catherine and Italo are wishing to involve as many communities as possible. So, if they didn't visit your community and you are interested, please contact them: candc@internode.on.net or vardaro@riverland.net.au

On their return to Adelaide they met with members of Friends and DEH to discuss the next stage of their search for project funding. They're currently working with an experienced member of an advertising team to produce a 'prospectus' with which they hope to raise interest in public and private sponsorship.

On The Trail project will invite some of South Australia's leading contemporary environmental artists to work with local artists and communities to interpret, and to celebrate the Heysen Trail. The impermanent or ephemeral art works produced at points along the

Trail will aim to awaken walkers to the fragile beauty of nature and of art, as well as to some of the darker issues of human impacts on environments. Varied compositional effects can be achieved in response to available natural materials, the local ecology and landscape forms and environments. Works may explore movement, seasonal cycles, light, life, energy, growth and decay.

One idea which emerged from the consultation meetings included the possibility of a collaboration between an artist from Hans Heysen's home town of Hahndorf and a local indigenous artist and/or a local European artist from Hawker or another of the Flinders Ranges towns the landscapes Sir Hans loved to visit and to paint.

During their travels last year, Italo and Catherine were also approached for radio interviews about the project from 5UV, Regional ABC in Port Pirie and the Bald Brothers ABC morning state-wide program. These live to air interviews gave a publicity boost to the Heysen Trail as well as to the arts project. ●

All photos by Italo Vardaro



In the Hawker CWA Hall (l to r) Tony Smith, Catherine Murphy, Pat McCourt, Jeff Morgan, Janet Teague, George Abrams, Pat Wiseman, Janice McInnis



One of the Burra consultation groups in the Library (l to r) Kate Burton, Kirstie Jamieson, Hugh Greenhill

Heysen Trail Meanders

By John Lindner, Bendigo Bushwalkers

Over the last 3 years, a small group of walkers from Bendigo - members of the Bendigo Bushwalkers and the Bendigo Outdoor Club - have embarked on the project of completing the Heysen Trail at a rate of about 200km a year.

Of course the recent publication of the two guidebooks has assisted this quite substantially, but we still find the old strip maps useful. Nevertheless, the planning of the daily walking stages was quite complex, and a little hit and miss when you have no prior knowledge of the country.

The lure of the long distance walk - I first saw the Heysen Trail when we were driving the Brachina Gorge Geological Trail in July, 2004. This 20 kilometre transect through 150 million years of depositional sequences is geological interpretation at its most exciting.

Just south of Trezona campground, in the flat country where Brachina and Elatine Creeks join, marker number 4 for the trail describes the 600 million year old siltstones and shales of the Brachina Formation. In taking a short walk to a site a little south of the road, you find yourself on a narrow foot track. This track wanders off tantalizingly, and you suddenly realise you are on the threshold of what could be a great adventure: where has it come from and where is it going? At that moment the germ of the idea was hatched, and three years later we have come half way to Cape Jervis from Parachilna Gorge.

In July 2005 we walked from Hawker to Parachilna Gorge (114km, 11 days), with a car meeting us at intervals to resupply food and water. However rendezvousing with a vehicle has its logistical problems and it changes the "feel" of long pack-carrying walk in unexpected ways. This section has valleys full of Callitris pine, grand River Red Gums on the creeks, the

majestic summit of Mount Aleck (not climbed yet), the ramparts of Wilpena Pound on the climb to Black Gap and then more wide valleys to Trezona and Aroona before the final leg in the shadow of the Heysen Range. It is always exciting to me that a huge geological sculpture like Wilpena Pound, which perhaps could so easily be a landscape cliché due to its overuse in so many visual formats, never fails to exert a sense of wonder and power. The quality of the walking experience on this section was unsurpassed, and we think we might take a "break" in 2008 and do it again.

In August 2006 we walked from Hawker to Mambray Creek, Mount Remarkable National park (192km, 17 days). This was an exceptionally arduous section and nearing the end,

the party even refused to diverge to climb the sacred mountain which had lured us for so long - they just wanted to stop at all costs. Highlights were the

This track wanders off tantalizingly, and you suddenly realise you are on the threshold of what could be a great adventure: where has it come from and where is it going?

Yourambulla Range just out of Hawker, the huge Willochra Creek valley, Buckaringa Gorge with its enchanting



The essential and entrancing Flinders Ranges, waves of rock arcing away into the distance. This view is from the northern end of the Heysen Range near Parachilna Gorge, and shows the distant and quite low ABC Range (upper left corner). The trail is located in the valley between these two ranges.

Yellow-Footed Rock Wallabies and awesome geology, the Mount Arden Range, Eyre Depot with its monument to so many passing early explorers, Dutchmans Stern, Mount Brown and Alligator Gorge. We cached food and water depots before we began walking and had no back-up vehicle. The whole feel of the walk was quite different, as we just had to solve any problems that arose ourselves. On this remote section we met only a small group from Adelaide who were nearing the end of their own Heysen Trail odyssey, comprising a long series of day walks. They very thoughtfully left us some cans of beer at our Eyre Depot water cache.

In September and October 2007, we walked from Spalding to Melrose (180km, 14 days). This was a completely different walking experience, being largely through a human modified landscape, with its vast areas of crops (wheat, barley, canola, fava beans, field peas, lupins), extensive grazing lands, managed forests and water harvesting schemes. We again cached our food and water



John Lindner sits in front of huge stromatolite fossils, up to one metre wide and 630 million years old, in the Trezona Formation just near Old Elatina Hut ruin. The fine layers are the result of inorganic debris, such as sand and mud, being deposited on the successive gum-like mats produced by cyanobacteria

before the walk: our depots were concealed under piles of rocks, in hollow trees and stumps and in holes in the ground, and we made quite sure nobody would find them. A friend asked me whether we took a GPS reading for each one - I assured him that when your life depended on it you did not forget where such vital supplies were hidden.

1860's and 1870's. In passing through the townships, visiting local museums, talking to farmers and reading of formal interpretive material, your understanding of this sweeping and productive landscape is enriched and deepened. This becomes an essential part of the walking experience.

The demanding physical aspect of a long walk compels you to simplify life, surely one of its most attractive aspects

The central spine of the Flinders Ranges and the Mount Lofty Ranges provides the unifying geological theme of the Heysen Trail. Its geology, landforms, drainage systems and vegetation, very different from those in Victoria, provide endless scope for investigation. South Australia also has a unique history of land survey (the imposed pattern of Counties and Hundreds), township development, pastoralism and agriculture, especially the latter's great expansion in the



Old scarifier located at "Yandowie" on a rich and very productive part of Never Never Creek. The remains of such agriculture equipment ("the ploughs that broke the plains") are found at intervals along the trail and are constant reminders of the agricultural heritage of the area.



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Ruins of an extensive farming settlement at Bundaleer Gardens on Never Never Creek. They included a main house, a partly underground cellar, and barns and sheds. This evocative place was a testimony to the hard work of the early settlers.

A long stint on the Heysen Trail may become an important part of the development of a philosophy of walking or outdoor living. The demanding physical aspect of a long walk compels you to simplify life, surely one of its most attractive aspects: you must get a good rest each night, eat well, drink plenty, have a daily bowel motion, understand where you are going and how long it will take, and above all, co-operate as a mutually supportive group of people with common aims. Ordinary civilised life is just jammed up, cluttered and trivial by comparison.

I have always found that such walks bring about changes in yourself. While you may acquire new knowledge about a region, you are also constantly challenged: "Why are we doing this?", "What is the essence, indeed the compulsion, of the trail, behind, now and ahead?" Although these may appear simple questions, they have changing perspectives and are full of promise even if they have no final "answers". A long walk is a journey, a quest for a new outlook, with fundamental physical and spiritual dimensions. To undertake such a walk merely to be able to return and proclaim to others that you did it is hardly adequate as a motive.

Landscape is not just scenery. It obviously has a spatial dimension as you grapple with landforms, topography, vegetation cover and water availability. You examine and re-examine many notable points from other points as you make your steady progress. Crossing landscape has depth in time. There are daily changes in weather conditions. It is an imaginative encounter with the past as you unravel a spool of previous human experience, using the evidence of occupation, impacts and artefacts. You not only recreate the struggles



These wonderful bush posts were part of what we called "Woodhenge", the remains of a large stock yard on the south side of Mount Brown in the beautiful woodland at the headwaters of Mount Brown Creek.

and achievements of former periods (buildings, farming technology, water harvesting and storage, forestry), but you try to understand the pressing challenges of the future (population decline, consolidation of land holdings, climate changes, the future of cropping). There are endless mysteries and stories, mostly half-finished or hinted at, some fully explained. ●



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Tour du Mont Blanc

By Nick Langsford

The Tour du Mont Blanc (TMB) is one of the world's classic long-distance walks and certainly one of the most popular. It is a circular route around a discrete geological block, the Mont Blanc Massif, passing through France, Italy and Switzerland.

There are many variants; the one we did was the 130km Sherpa route, with 9 days walking and 3 rest days. Sherpa provide a set of 1:25000 topo maps and detailed track notes. The accommodation they organized was excellent, and a highlight of the trip. We did the walk between 01 to 13 July 2006. The weather was fine apart from one very wet day; almost too hot at times.

As one would imagine, the Alpine scenery is superb, and is seen close up. The rest days gave the opportunity to take cable cars or rack railway to see the higher peaks.

The Sherpa tour is self guided, with a group of about 20. As the group stays in the same accommodation, there is the opportunity, for better or worse, to get to know your fellow walkers. You can choose to walk on your own, and socialize in the evenings as you wish.

We arrived in the early afternoon 1st of July at Geneva Airport and were bussed through pretty impressive alpine country to the start at the French village of Les Houches. But where were the snow capped mountains?

Day One: Les Houches to Les Contamines (18 km)

After a typical French breakfast on the lawn in the first rays of morning sun, Heather and I set off early for the cable car station. On the TMB one is allowed to cheat at times by taking the cable car or bus. The ride to Bellevue saved 850m of climbing which would have been a daunting start. The Bellevue saddle provided some nice views, but

not the panoramas of snow capped peaks expected. After a short walk across the rack railway and a turn to the east, there they were - tier upon tier of snowcapped alpine peaks. This was almost the best moment of the walk!

Lunch at the Chalets de Miage gave us our first exposure to the local hiker's water supply - ice cold glacier water spurting from a black plastic pipe.

After a few km we crossed the swing bridge over the milky torrent draining the Glacier de Bionassay, the snout of which was only 50m away. Then a zigzag path up to our first coll, the Col de Tricot (2120m). Picture postcard

views all the way. This was a feature of the walk, in that almost each day we crossed a saddle (col) giving both steep climbs/descents and spectacular views. A notably steep descent to lunch at the Chalets de Miage gave us our first exposure to the local hiker's water supply - ice cold glacier water spurting from a black plastic pipe. These drinks were always very welcome.

A less demanding climb to the Chalets du Truc, and descent through warm pine forest followed, into the village of Les Contamines and the Hotel le Grizzli. We ate well and cheaply that night, at a shed-like restaurant next to the rushing Bon Nant Torrent.

Day Two: Les Contamines to Les Chapieux (18km)

After the usual high standard French breakfast, we set off up the banks of the torrent, through forested



First sight of the snow-capped mountains. Looking east towards the Glacier de Bionnassay. Distant central peak is Aiguille de Bionnassay (4052m)

camping grounds. We reached the beautiful little church of Notre Dame de la Gorge and marveled at the work which would have been required to build it 200 years ago. Then the climb began, through alpine meadows full of wildflowers and sheep and cows with bells. After about 5km the meadows ended and rock and snowfields began. The Col de Bonhomme was a one km stretch of snow, then a very rocky and snowy traverse to the Col de la Croix de Bonhomme (2433m). Fortunately there was a chalet there with hot chocolate and homemade cake.

From the chilly summit a steep ziggy-zaggy path took us down to the remote Refuge de la Nova, very friendly and full of walkers. The views all day were magnificent.

Day Three: Les Chapieux to La Palud (30km but walked 20km)

This day began with a long but attractive road traverse (essentially no traffic) through a tight steep-walled valley to La Ville des Glaciers. Then we took to the hills, climbing slowly to the Col de la Seigne (2516m) and into Italy. The track is on the eastern shoulder of a huge valley and gives expansive views of the cliffs and rock needles on the eastern side of the massif. A long descent takes you through a classic glaciated valley with several steep breaks of slope and waterfalls, to the cappuccino stop at Lac du Miage.

It was then a saunter along the narrow road to the bus at Cantine de la Visaille.



Nick on the snowfield of Col de Bonhomme

(For anyone with any attraction to geology, the glacial features along this section are of extraordinary interest.) The bus then took us painlessly but slowly into the conurbation of Courmayeur-La Palud

Day Four: Day off in La Palud

A free day gave the opportunity to enjoy the hospitality of our very friendly Italian family hotel-Hotel Vallee Blanche. Great local restaurants. A group of walkers went up in the series of cable cars that cross the Mont Blanc snowfields-locally claimed to be the 8th wonder of the world. Probably not an outrageous claim.

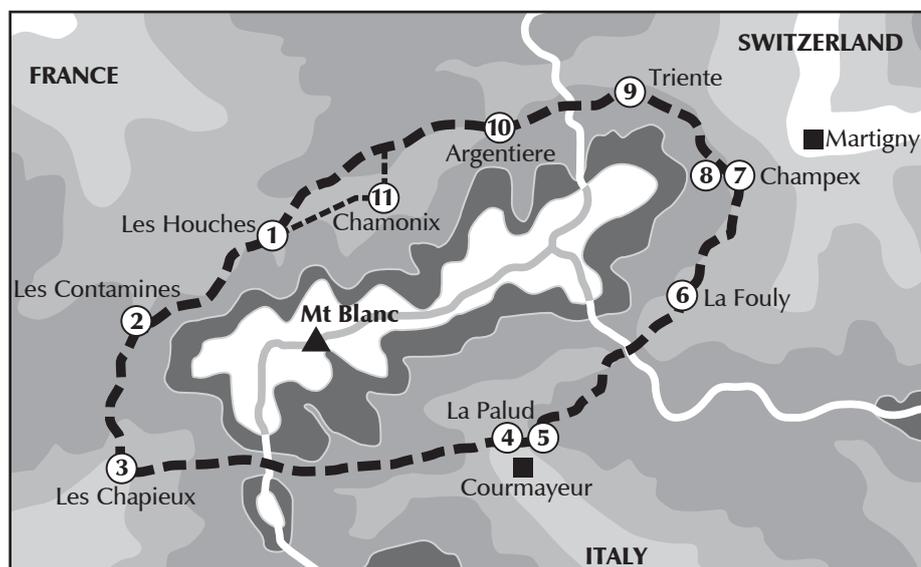
Day Five: La Palud to La Fouly (18km walking)

We took the bus to La Vachey, and walked in light rain up a magnificent

glacial valley, flanked by gigantic lateral moraines, to the refuge at Anurva. Then we took to hills, climbing into increasingly thick mist and cloud, to the Col de Ferret (2537m-like that name) and the Italian-Swiss border. At the summit, a group of walkers stood glumly in the mist. We set off immediately, as it started to rain heavily. There were tantalizing glimpses of peaks and cliffs, and the deep valley ahead. After a series of heavy showers we reached the refuge La Peule, and even enjoyed a cup of instant coffee! We took shelter in an adjacent barn with a hundred other soaked and steaming walkers. When the rain slackened we set off again, descending on a loopy farm track to a minor road and walked to Ferret. The TMB then was routed into the foothills on some muddy tracks and across a few (swollen) creeks, but we made it safely to the Hotel Edelweiss at La Fouly, just in time to avoid a massive rainstorm.

Day Six: La Fouly to Champex-Lac (14 km)

Most of the day was a very pleasant low level stroll through woods and pastures, frequently passing Swiss log houses with bright floral displays. The TMB meandered through several lovely villages (Praz-de-Fort and Issert), with stone and log houses often of considerable size. The cappuccino amenities were excellent. Just before the former village the path followed the crest of an enormous lateral moraine, so symmetrical it was hard to believe that it was natural.



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The moraine was used to carry the pressure pipes of a major hydroelectric scheme. As an aside it was interesting to note that every sizeable stream on the entire massif had been tapped for hydro power- a massive engineering feat. Past Issert, the route left the valley of La Drance de Ferret and climbed to a beautiful perched glacial lake, Lac de Champex where we enjoyed an early entry to the Hotel du Glacier. The sun came out in the afternoon to give great views of the surrounding very steep mountains.

Day Seven

Free day in Champex. We enjoyed a low activity day, visiting the botanic gardens, and it was just as well we did.

Day Eight:

Lac-Champex to Triente (13km)

Today we (foolishly, says Heather) decided to have a go at the variant recommended as 'a fair weather alternative for very fit walkers', over the Fenetre d'Arpette (2665m). I was keen to do it because the route passed alongside the Glacier du Triente. The first part of the walk up the Val d'Arpette was fine, just normally steep, but got steeper; and when the track petered out it passed into a tremendous boulder field. This contained granite rocks from head to small skyscraper size, and was very tiring to traverse. But the notch of the Arpette got slowly closer, until it became apparent that the final slope was outrageously steep. It was a one-step-at-a time job, but we got there. The notch in the ridge is bare and windswept, with steep crags overlooking it- quite an atmospheric spot and the most exposed of our walk. Unfortunately, the initial descent was also outrageously steep and with many loose stones, requiring very deliberate downward progress. Still



Trient Glacier, on descent from Fenêtre d'Arpette



Approaching Plan Praz, Mt Blanc massif in background

the close look at the glacier made it worthwhile, for me anyway. (Heather says nothing).

Like all the Alpine glaciers, the Triente is in rapid recession. Go and see them, because they have only a few years left.

After a long slow descent we reached the welcome refreshment stop of the Chalet du Glacier- now a long way from its namesake. The final leg into Triente was mostly uneventful, but we were both pretty tired when we got to the Relais du Mont Blanc Hotel. Luckily Heather and I got accommodation in the quiet part, rather than the rowdy semi-bunkhouse environment some of our party suffered.

Day Nine:

Triente to Argentiere (12km)

Feeling a bit stiff (just a bit, says Heather) after yesterday's exertions, we set out along a mercifully flat country road to the hamlet of le Peuty and began the steady climb to the Col de Balme. At first the trail was in forest, but later emerged into open meadows; in the direct sun, it became rather warm and we were glad to get a cold drink at the Refuge. The Col de Balme (2191m) is on the frontier between Switzerland and France, and the head of the drainage of the Arve and the Chamonix Valley. It was also the start of the 'developments' which disfigure this magnificent glacial valley; a real tangle of ski lifts and cable cars. Still the view of the wall of mountains, stretching to Mont Blanc itself, and the

various glaciers, was truly magnificent.

From the coll we elected to take traverse slightly below the main ridge (les Frettes), as the heat had become almost oppressive. On the ridge was only bare rock but at our level the track was grassy. We still got great views and saw few other walkers. Towards the southern end of the spur our path passed into welcome aromatic pine forest shade, descending into the Arve valley and the modest conurbation of Montoc. A grassy path then led along the river bank to Argentiere and the Hotel de la Couronne.

Day Ten:

Argentiere to Chamonix (10km)

The day promised to be rather hot, so we elected to take the Petit Balcon du Sud, rather than the strenuous walk along much higher, and exposed Grand Balcon.

Up a steadily rising path we walked through pine forest, with frequent views of the main massif across the valley of the Arve. As we climbed the mountain vistas became quite grand. Although the views may have been even better up higher, TMBers who did chose that route got rather sunburned that afternoon. The end of the climb was the Chalet de la Flegere (1871m) a modern monstrosity of ski-ism, reeking of septic effluent and an abundance of cable-car ascendees. We moved on after a cold drink. We were now on the Grand Balcon, well above the tree line; passing along the foot of the wall of cliffs, crags,

and scree forming the upper part of the Montagne de Charlanon at about 1900m. At one point a sign (roughly translated) warned of the possibility of death from falling rocks - dislodged by construction of footings for yet more ski lifts. All walkers ignored these signs! - the alternative being a loss of 300m.

Our traverse terminated at the cable car nexus of Plan Praz (2000m) and a spectacular (terrifying, says Heather) descent in a telecabine to Chamonix. The Grand Balcon route did give remarkable views of Aiguilles de Midi, Mont Blanc, and the glaciers.

Day Eleven

Rest day in Chamonix. We actually had a rest day! Took the rack railway to Montonvers and went into the ice caverns cut into the Glacier du Tacul (Mer de Glace)

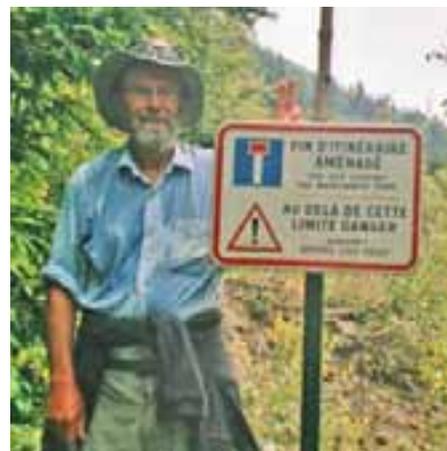
Day Twelve:

Chamonix to Les Houches (10km)

Again we chose the lower level route of le Petit Balcon-perhaps we had had enough of the expansive views?

Because I insisted, says Heather. The route took along steep (almost vertiginous) lower slopes of le Brevent, initially through pines; then more exposed rocky scree slopes. We came to an unexpected 'danger-track closed' sign. A massive avalanche several years previously had obliterated the TMB. A faint pad seemed to go out onto the sea of jumbled rocks, and as the up or down alternatives were not attractive, we followed it. After a somewhat hair-raising 2km traverse of the main rock fall, we scrambled across the deep gully of the active stream (Ravin des Vouillourds) diverted by the avalanche and miraculously were back on the main TMB. After this, it was easy going along the slopes, then down through the forest, past the Parc animalier, and the giant concrete le Christ Roi Statue, across the Arve and into Les Houches and the end of our TMB.

The TMB is a remarkable walk. Overall it is quite demanding and for the more adventurous variants can be selected to take you higher and further (and up chains and ladders). The Alpine scenery is wonderful and there is a lot of variety. A feature is the



End of the 'illegal' detour

uniformly high standard of meals and accommodation, in very modest hotels and Auberges.

What is sadly apparent is the extent of commercial development on the slopes around Chamonix, with literally a tangle of ski lifts, and the strip development in the Chamonix valley itself. The dramatic wasting of the glaciers is a stark reminder of global warming. Go and see them before they disappear-it can't be long. For any one with an interest in landforms, the TBM is a real treat. ●

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Photo: Sarah Scragg



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SEALINK
Kangaroo Island

*Twin share per person adult prices. *Share accommodation. ^during peak periods. All prices valid from 01/04/08 to 31/03/09. Conditions may apply.

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