



# The Trailwalker

Magazine of the Friends of the Heysen Trail

Issue 115 Autumn 2010



JOHN WHITNEY. 2010.

NOTICE OF ANNUAL GENERAL MEETING

WALKING THE SANTIAGO TRAIL

HEYSEN TRAIL ART EXHIBITION

WALKING IN CANADA

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Burra Branch

Phone (08) 8843 8115

Email [hugreenh@activ8.net.au](mailto: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](http://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](mailto:trailwalker@heysentrail.asn.au)

The submission deadline is usually 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 and article submission guidelines are available upon request or by visiting [www.heysentrail.asn.au/trailwalker](http://www.heysentrail.asn.au/trailwalker)

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**Patron**

C. Warren Bonython AO

**Council Members 2009/2010**

Robert Alcock  
Simon Cameron  
Gavin Campbell  
Jeanette Clarke  
Jerry Foster  
Bob Gentle  
Nick Langsford  
Julian Monfries  
Chris Porter  
David Rattray  
Cliff Walsh  
John Wilson  
Peter Wynen

**Council Committee Chairmen**

President  
Vice President  
Treasurer  
Secretary  
Finance & Audit  
Maintenance  
Walking  
Office  
Marketing & Membership  
Honorary Membership

**Burra Branch Chairmen**

President  
Vice President  
Secretary  
Maintenance  
Goyder Tourism Working Party Rep

**Council Meeting Dates 2010**

Wed 17th March  
Wed 21st April  
Wed 19th May  
Wed 16th June

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

Arthur Simpson  
Kate Greenhill  
Sally Fieldhouse  
Hugh Greenhill  
Hugh Greenhill

**Honorary Members**

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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  
Terry & Frances Gasson

\* (deceased)

**Trailwalker Editor**

Hilary Gillette

**Membership Secretary**

David Rattray

**Office Coordinator**

David Rattray

**Maintenance Coordinat**

Gavin Campbell

**Bookkeepers**

Jeanette Clarke  
Xun Wang (Michael)  
Hao Zheng

**Shop/Office Hours & Volunteers**

**Phone 8212 6299**

**Monday 10.30 - 2.30**

Mike Parsons, Robyn Quinn,  
Elizabeth Rogers,

**Wednesday 10.30 - 2.30**

Myra Betschild, Gilbert Downs,  
Wendy Fox, Jack Marcelis

**Friday 10.30 - 2.30**

Colin Edwards, Sandy Melbourne,  
Jamie Shephard

**Tuesday 10.30 - 2.30**

Dawn Bon, Chris Caspar,  
Chris Porter, David Rattray,

**Thursday 10.30 - 2.30**

Jim Alvey, Bob Gentle,  
Chris Hanna,

**Saturday & Sunday Closed**

**Relief Staff**

Jim Alvey, David Beaton, Jack  
Marcelis

# President's Report

*Simon Cameron*

**Summer time, thinking time again although there are plenty of places to still walk. I have been ruminating on why we have members.**

Once a year we have to remember to renew our membership, and it is harder than it sounds since it can fall due at any time, depending on when you joined. We have a membership volunteer who tries to keep track and send out reminders. It takes effort to write out cheques and transfer EFTPOS. Why be a member? Why are you a member? I joined because I wanted to walk the Heysen Trail with fellow walkers, but I stay a member because I love walking the Trail with fellow walkers. There is no shortage of fellow walkers, but there is only one Heysen Trail and its future is linked with its popularity. Walking trails can fade into the sunset with disappearing markers and the disappearing interest of state cabinets. The interests of all bushwalkers are served by having iconic trails that serve the state by capturing public imagination both domestic and international. To do that the Trail needs to offer scenery, challenge and services. The latter depends so much on the State Government departments which have frequently changed over the quarter century. Our purpose doesn't change. We maintain, develop and promote the Heysen Trail with the vision of making a world class trail. Our members are all friends of the Heysen Trail but not all friends of the Heysen Trail are members. Our membership offers public clout in the political arena making a statement that the trail is something worth supporting.

This is the year of the water tank! Probably the first of many. Our vision: to have tanks at regular intervals. We have the design, we have mapped out sites, and signed a draft agreement on maintenance with the Dept for Environment and Heritage. Next step is final costing and manufacture.

The Office volunteers had their training day in mid January and the walk leaders have theirs coming up in March. At the office day it was my opportunity to meet some of the "voices on the phone" that I speak with frequently. For those members who have not had the opportunity to see the Office in Pitt St it would be fairer to describe it as our Hub and shopping complex. We are fortunate to have volunteers manning it for a few hours every day. The premises were offered to us through a contact with the Central Mission whom we support. It gives the Heysen Trail a presence in the CBD, with a distinctive mural along the descending wall and a stile flanking the other side of the steps. Even more importantly it offers a working day phone link for enquiries and the volunteers deal with a wide array of questions about how to walk the trail. There are walking guides and blogs regarding the Trail but the most up to date information is available through the office. The shopping is all trail related – maps, stickers, and promotional material.

**See you on the Trail.**

## Front Cover

The Heysen Trail Exhibition



This original artwork is from The Heysen Trail Exhibition.

Now showing at 6 locations.

See Page 15 for details.

Title: Leaves on the Track, Heysen Trail Signs,

Colour pencil, original in colour

Size: 38x38cm

Artist: - John Whitney

# Office Report

*By David Rattray  
Office Coordinator*

## Greetings All,

The walking season is almost here and the Twilight Walks have finished until next summer.

Beverley Blanch has retired as an Office Volunteer after four years service to the Friends. Thank you Bev, your expertise with the coffee machine will be missed. Whilst talking of retirees, I must pay tribute to Jack Marcelis who has retired as Office Coordinator at the end of last year.

Jack has been Office Coordinator for three years and has overseen many changes in the Office during his service. These changes include a new membership database, an on-line computerised walk booking system, the PayPal payment system for on-line walk bookings, the implementation

of a new cash register. All these changes have allowed the Office Volunteers to provide a more professional service to the Friends. Now Jack will have more time for his great love - walking. Jack will continue to be an Office Volunteer and I am grateful for that because he has a wealth of knowledge of the Heysen Trail. Thank you Jack.

Earlier this year the Office Volunteers had a training day so that questions could be answered and problems solved. We also welcomed three new Office Volunteers; Trevor Barns, Trevor Gaunt and Julian Monfries. Expect to see them involved in the Office when their training is complete.

Over the Christmas break the office was asked to email members the Australia Day BBQ and walk details. This was done although several emails "bounced" as being undeliverable and many members did not have an email address recorded on the membership database. When

renewing your membership please complete the renewal form completely as the database is updated from the form. Similarly if your email address changes would you please advise the office. The simplest way to advise most members of any new or important news between THE TRAILWALKERS is by email.

The new membership database is now operational and allows the office to process membership renewals quickly and easily. The current membership policy allows one copy of THE TRAILWALKER to be delivered after membership expires. A membership renewal form is sent with THE TRAILWALKER when the membership is about to expire and a reminder notice is sent with THE TRAILWALKER when membership is more than three months overdue.

Talking of membership issues we have almost 850 individuals as members .

---

# Walking Committee

*By Arrienne Wynen  
Walking Committee Chairperson*

For those walkers that have been taking it easy over the summer break you might want to think about getting into training for the walk season as it is coming up fast. The opening of the season is on April 11th at Mylor and then our program starts in earnest.

Our new booking system is up and running and makes it easy to book and pay for any of the walks offered, you can of course still book through the office. As well as continuing E2E3 and E2E4

we are commencing E2E5 in May. The numbers for this group will be limited so if you are interested book early.

This year we have extended walks in the Grampians, Tasmania and Kangaroo Island while in 2011 we plan to have walks in the Victorian Alps and Spear Creek. Don't forget the Trailstarters and Trailwalkers, they keep you fit and show you other places to walk. They are also a great way to keep in training for the E2E walks. Remember also that if you

have not walked much in summer go into the last group while you get back into walk mode. You will enjoy it better than trying to keep up with a faster group or feeling guilty for making them wait while you catch up and your fellow walkers will thank you.

As always if you have somewhere you have always wanted to walk let us know and we will try to include it in our program.

# Brief News

## Obituary - John Henery

by John Wilson

**John Kipling Henery**, long time supporter of the Friends of the Heysen Trail, passed away on 6th January, 2010.

As manager of Alpana Station, Blinman, John was involved in the development of the northern sector of the Heysen Trail, and was responsible for maintenance of the Trail between Wilpena and Parachilna Gorge for many years

On a number of occasions, John provided accommodation in the Station's shearers quarters to working parties carrying out maintenance on the Trail.

John will be remembered with affection by all those who knew and worked with him. We extend our sympathy to the whole family.

## Next Issue Deadline

Submissions for the Winter edition of the Trailwalker will close on Friday 7th May.

## 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.

Jacqueline Aykroyd  
 Tony Aykroyd  
 Simon Blight  
 David Clark  
 Irene Dennis  
 Kevin Dennis  
 Hadyn Hanna  
 Louise Heuzenroeder  
 Roger Knapp  
 Chris Love  
 Roger Oliver  
 Denis Peel  
 Pauline Peel  
 Ned Radovanovic  
 Graeme Shields  
 Jason Young

## Friends of the Heysen and Other Walking Trails Inc.

### 23rd Annual General Meeting

7.30 pm Friday 26th March 2010  
 Woodville Lawn Bowling Club  
 Oval Road, Woodville South  
 Car parking off Koolunda Avenue.

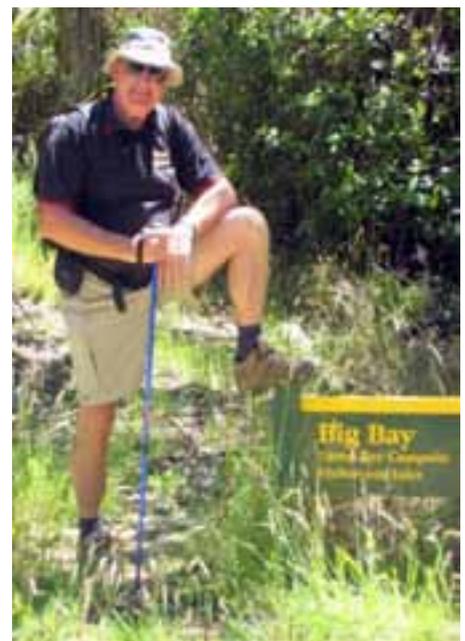
*Come and see what your association has undertaken over the past 12 months, and its plans for the future.*

#### Guest Speaker

### John Kenneally

One half of radio ABC 891 Bald Brothers,  
 and an End 2 End 4 walker.

John proves you can talk for a living and walk for pleasure!



# Walking SA

*By Thelma Anderson*  
*Walking Access Committee*

## Mount Lofty Walking Trails

A sub-committee within Walking SA is now examining the details of the report prepared by Ruan Consultants in relation to the availability of walking trails for use by the wider walking community. Originally known as the Network Trails, these walking trails were identified by the former National Fitness Council of South Australia in the early 1970's. Two books (Network A and Network B) were published and although Network C reached the planning stage, it was not printed. The current Consultant's Report deals only with the two published documents. Some of the trails in these documents have now become identified as sections of the Heysen Trail and the remaining trails from the Network series have been mapped as the Mount Lofty Walking Trails. They are indeed a valuable recreational resource and Walking SA is now in the process of identifying and restoring these trails that are located throughout the Barossa and southern areas of the Mount Lofty Ranges. A series of meetings has commenced, firstly to review and identify existing trails that are included on the maps published by the former Department for Recreation and Sport. It is envisaged that in the first instance broader coverage of scenic areas of the southern Mount Lofty Ranges will be included in descriptions of these trails to eventually be made available to all walkers.

## Long Gully Road

No further action will be taken to close and sell this undeveloped road reserve to the adjoining landowner at Jupiter Creek following the withdrawal by Mount Barker Council of the original application to do so. Recent information from the Surveyor General's Office indicates that this application for road closure under the Roads (Opening and Closing) Act has now been "extinguished". However, contact has been made with officers of DEH with a view to securing alternative

access through this sensitive area.

## Onkaparinga Council

The next meeting between Onkaparinga Council staff and members of the Walking Access Committee, held periodically to discuss various walking trail issues, will be held on 10 February, 2010. One of the current issues resolved at a Council meeting prior to the Christmas break relates to access along Kelly's Road where an adjoining landowner had planted grape vines on the road reserve. The landowner had been prepared to exchange an equivalent or similar area of his property for the impingement of the road reserve. For purposes of a walking trail Walking SA agreed to the exchange as it simply involved installation of a stile onto a track leading to an existing marked horse trail on Lovick Road and continuing along this road reserve towards Clarendon. Council has upheld the various objections submitted leaving two options for the proposed walking trail, namely to walk along Piggott Range Road to Lovick Road, or alternatively to cross Piggott Range Road and continue along Kelly's Road to find a suitable location to reach Lovick Road. Members of the Access Committee will make an on-site inspection and prepare a recommendation regarding appropriate action.

## Official Opening of the 2010 Walking Season.

This event will be jointly hosted by Walking SA and the Skyline walkers on Sunday, 11 April, 2010. It will be a combined event with the Mylor Fair and will take place on the Mylor Oval in the Adelaide Hills. A comprehensive walking programme is being organised in co-operation with the local group of walking and environmental enthusiasts led by David Mussared. The occasion will coincide with the launch of the Aldgate Valley Nature Trail, formerly known as the Bandicoot Trail. This group has been busy throughout 2009 in assisting with

the development and marking of walking trails in areas adjacent to Mylor with the support and assistance of Adelaide Hills Council and Greencorps. The Aldgate Valley Nature Trail and the Mylor Parklands, as well as the Heysen Trail, provide the opportunity for a programme of scenic walking enjoyment throughout the day. Walkers are encouraged to support the combined event featuring support for Walking SA and to enjoy the local Mylor hospitality at the Mylor Fair. Outdoor items and equipment from competing outlets will also be available.

## Pedestrian Crossing for Onkaparinga River at Verdun

Enquiries are continuing with efforts to obtain a pedestrian crossing for the Onkaparinga River at Verdun. Safe access at this location on Sandow Road by means of a pedestrian ford would greatly enhance the tourism appeal for the entire area. Currently two major walking trails require the use of the Onkaparinga Valley Road in both 60 kph and 80 kph zones of a major highway to negotiate the township of Verdun. Walking access would also be available between Verdun and Hahndorf, via the "Cedars" for tourists visiting the area. An attempt was made at an on-site inspection ten years ago to improve pedestrian safety at the Sandow Road junction with Onkaparinga River. Both Adelaide Hills and Mount Barker Councils, Government department representatives and bridge building companies attended the meetings. At that time it was decided that a pedestrian ford was the only option that would effectively resolve the issue of high water levels during the winter season at this site. A reply recently received from the Minister in response to our request for funding advised details of a number of options available within various programmes that can now be pursued. We are currently awaiting a quotation from a contractor to carry out the work in order to proceed with the proposal.■

# The Friends Australia Day BBQ

On Australia Day about 50 Heysen members and friends enjoyed a relaxed barbeque under the shade of trees and marquee at Thorndon Park.

The food of choice on the barbeque was of course lamb followed closely by steak and sausages.

An abundance of delicious shared food was laid out on tressel tables under the marquee.

There was much chatter and laughter throughout the day, commencing with the team building exercise to erect the marquee earlier in the morning.

John Potter led about 30 walkers on a 2 hour amble through the picturesque Linear Park prior to lighting of the barbeques at 12ish.

It was great to see such an attendance despite the predicted hot weather, and wonderful to see the effort made by some to attend if only for a short time.

A big thanks to Robert Alcock for



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<http://www.argadells.com.au>

## Mt Arden Flinders Ranges

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It is an ideal base for walking this area with the highest point on the property being Mt Arden, three spectacular gorges, yellow footed rock wallabies and stunning scenery.

Self catering accommodation for up to 10 people is available in a well equipped cottage and sleeping quarters, complete with outdoor bbq and fire area. Excellent bush camping areas situated on creek banks and caravan sites with ensuite bathroom facilities are also available.

If you are looking for quiet, relaxing, working property accommodation in the heart of the Flinders Ranges then this is one place you must keep on your list.

For more information please ring Judy on 8648 6246 or visit our website. Please note bookings are essential

Burra Branch, Friends of Heysen Trail  
( & other walking trails )

## 2010 AGM

The Burra Branch will be holding their AGM  
and 2010 Walking Programme meeting  
on Sunday 28<sup>th</sup> March at 3.00pm.  
To be held at Gally's Meeting House,  
Patterson Terrace, Farrell Flat.

Pooled meal after the meeting.

Contacts: President Arthur Simpson 8894 2113  
Secretary: Sally Fieldhouse 8843 8025

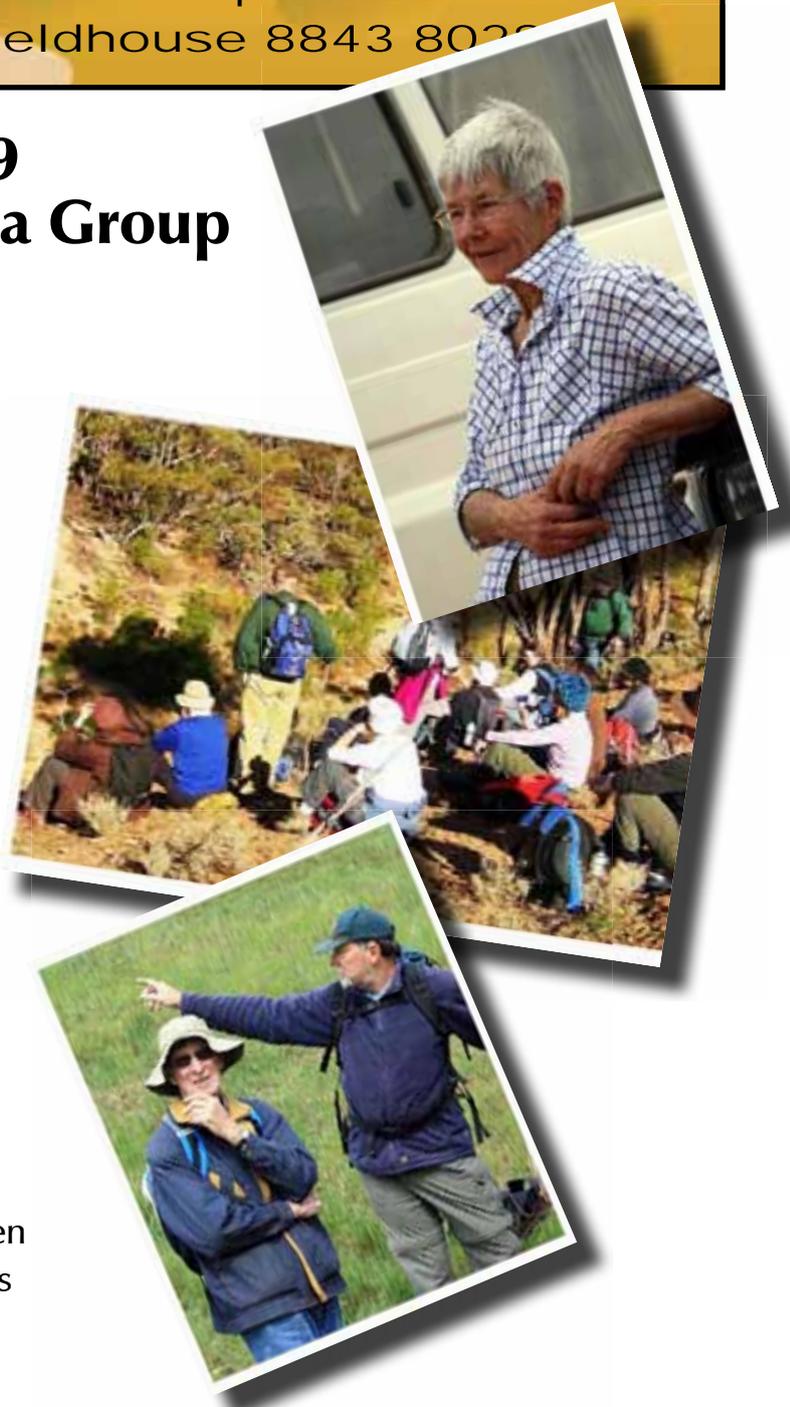


## Reflections of the 2009 Walking Season - Burra Group

In a blink of an eye it was over  
The 2009 scheduled walks.  
Over hills, down dales and through  
clover  
With chats and informative talks.

We started the year under ambient light  
With Heather fully in charge  
On the Riesling trail we walked in the  
night  
From then, the interest was large.

In Paradise, Redbanks and the Tothills  
we roamed...  
And trudged up Mt Bryan with young Ken  
And usually before we left for our homes



The Gaslight at Burra was our den.

The weekend trip to the north at Braemar .  
Over Mulga hill country by Vic we were led...

And Ray who drove around in his car  
But made sure we were royally fed



Thanks to our leaders Arthur, Sally and  
Kate.

And Hugh who maintains the trails locally...  
You always make sure we get through  
the gates

And share your knowledge of life, all for  
free.



The Burra Group celebrates 19 years now  
So join us and breathe mid-north's fresh air.  
There's lizards, beaut birds, the occasional  
cow.

And sometimes even a chair.



# ANNUAL GENERAL MEETING

## NOTICE OF MEETING

**The 23rd Annual General Meeting** of the Friends of the Heysen Trail and Other Walking Trails Inc will be held at 7.30 pm on Friday, 26th March 2010 at Woodville Lawn Bowling Club, Oval Avenue, Woodville South. Free car parking will be available in the car park; enter from Koolunda Avenue.

The agenda for this meeting is printed on the next page.

Nominations are sought from you, our members, for election to the Friends Council at the Annual General Meeting, for all positions excluding the President, viz. 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 5.30 pm, in a room provided by Uniting Care Wesley (above the Friends offices). Meetings usually conclude by 7.30 pm.

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

---

### NOMINATION FORM

I ..... wish to nominate for the position of .....

Vice President, Secretary,  
Treasurer, Council Member.

.....  
(Signature of Nominee)

.....  
(Proposer)

.....  
(Please Print Name)

.....  
(Seconder)

NOMINATIONS CLOSE AT 2.00pm on Friday 19th MARCH 2010 AT THE FRIENDS OFFICE

---

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

**23rd ANNUAL GENERAL MEETING  
FRIDAY 26<sup>th</sup> MARCH 2010 AT 7.30PM  
AT WOODVILLE LAWN BOWLING CLUB,  
OVAL AVENUE, WOODVILLE SOUTH**

**AGENDA**

1. Apologies.
2. Acceptance of the Minutes of the previous Annual General Meeting held on 27 March 2009.
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 John Kenneally (ABC Radio 891) to address the meeting.

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."

## 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.

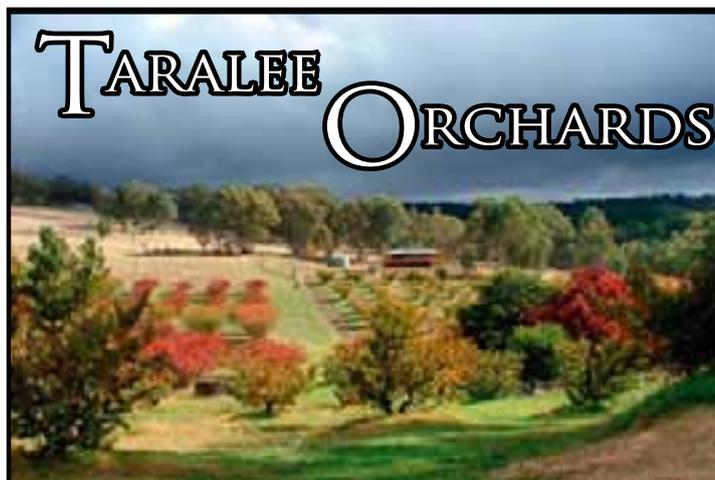
(4) The Vice-President, the Secretary, the Treasurer and half of the other members shall retire annually. The members to retire each year shall be determined by the Council which shall ensure, as far as possible, that they shall retire in rotation. A retiring Vice-President, Secretary, Treasurer or member 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.



### **Accommodation in the Wirrabara Forest, Southern Flinders Ranges**

Adjacent to the Heysen Trail and  
close to the Mawson Trail

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# The Heysen Trail Art Exhibition

Now showing at 6 locations from Parachilna to Goolwa.



The glorious landscape that has inspired great South Australian artists from Sir Hans Heysen to the present day will be celebrated in the inaugural Heysen Trail Exhibition from February 2010 - a fascinating new type of art exhibition held in multiple venues across South Australia, drawing international attention to the landscape, local artists and their dynamic artworks in equal measure.

Greenhill Galleries Adelaide Director Russell Starke OAM devised the Heysen Trail Exhibition as a new type of simultaneous exhibition to run across six galleries located at different points along the spectacular 1200 km walking trail that extends along a mountain spine cutting through the State, from Cape Jervis on the rugged southern coast of the Fleurieu Peninsula, to Parachilna Gorge where the craggy Flinders Ranges embrace the Outback. "To do justice to the size, scope and eclectic geography of such a vast natural wonder demanded a complex exhibition project set on a similar scale," says Starke.

This idea has thrilled local artists, with 25 committed to present their original works for the exhibition, an engaging mix of oils, acrylics, watercolours and photography that all depict aspects or been inspired by parts of the Heysen Trail. A stipulation placed on all the exhibiting artists is that they must provide at least six works to the exhibition - or works in multiples of six - so that they can be featured equally in each of the participating galleries.

Locations that will exhibit works are: —

**1. Hilton** Adelaide, 233 Victoria Square, Adelaide, on Thursday February 18 at 6pm, opened by Dr Jane Lomax-Smith,

South Australia's Minister for Tourism. This exhibition running until June 15.

**2. The Prairie Hotel**, Parachilna, on Friday February 19 at 6pm, opened by Russell Starke, director of Greenhill Galleries. This exhibition running until March 22.

**3. Port Pirie** Regional Art Gallery, 3 Mary Elie St, Port Pirie on Saturday February 20 at 2pm, opened by Brenton Vanstone, Mayor of Port Pirie. This exhibition running until March 14.

**4. Penny's Hill Winery**, Main Rd, McLaren Vale, Saturday February 20 at 2pm, opened by Simon Cameron, Chairman of The Friends of The Heysen Trail. This exhibition running until May 19;

**5. Greenhill Galleries** Adelaide, 140 Barton Tce West, North Adelaide on Sunday, February 21 at 11am, opened by Dr Peter Heysen, the grandson of Sir Hans Heysen. This exhibition running until March 16.

**6. The new Fleurieu** Cultural Centre (formerly Signal Point), Liverpool St, Goolwa on Sunday, February 21 at 3pm, was opened by Alex Reid, Executive Director of Arts SA. This exhibition running until April 6.

Having created the Heysen Trail Exhibition independently of the Adelaide Festival program, Starke has not only been able to launch it a week before the Adelaide Festival and run it far beyond the festival's duration, but has also paved the way for this new event's continuation and expansion as a unique South Australian art showcase.

"This is just the start of bigger things to come," Starke says. "I would like to see this function as a biennial exhibition, not necessarily coinciding with the Adelaide Festival but timed to coincide with different seasons so that visiting art lovers can witness the full beauty of the Heysen Trail as they visit the different exhibitions. An event this versatile will grow to become South Australia's great art attraction for interstate and overseas visitors."

Starke also hopes to eventually see exhibiting artists conducting workshops and master classes at various locations along the Heysen Trail during future exhibitions. "I envisage great interaction between art lovers, those who love to dabble in art and the exhibiting artists, with day trips across the regions helping to make it grow into a very full art festival."

Starke, whose previous major collaborative exhibitions include the highly successful 1982 Brisbane Commonwealth Festival, is confident that widespread promotion of the Heysen Trail Exhibition will encourage visiting art lovers from overseas and interstate to extend their visits to South Australia during different seasons. "This event has the potential to bring great business into many areas of South Australia if it is embraced and continues to grow," Starke says.

To ensure that artworks within the 2010 Heysen Trail Exhibition enjoy maximum exposure to interstate and international art audiences, the entire catalogue of pieces from all 25 exhibited artists can be viewed and purchased from the Greenhill Galleries website - [www.greenhillgalleriesadelaide.com.au](http://www.greenhillgalleriesadelaide.com.au).

# 2010 Walk Season Programme for the Friends of the Heysen Trail

		April	May	June	July	August	September
1st Week of month	End-to-End		May 2 End-to-End 4 Myponga to Mt Compass		July 3-4 End-To-End 3 Alligator Gorge Road to Melrose		Sat/Sun Septem End-To-End Broadview Dutchman's S
	Trail Starter	<b>Easter</b>	Sun May 2 Trailstarter Belair Michelle Foster	Sun June 6 Trailstarter Kyeema Robyn Quinn	Sun July 4 Trailstarter Scott Creek Lynn Wood	Sun August 1 Trailstarter Sturt Gorge Ben Wait	Sun Septembe Trailstarter Christie Cree Lyn Wood
	Trail Walker		Sun May 2 Trailwalker Brownhill Creek-Mt Lofty Richard Milosh	Sun June 6 Trailwalker Anstey's Hill Robert Alcock	Sun July 4 Trailwalker	Sun August 1 Trailwalker Black Hill Mary Cartland	Sun Septembe Trailwalker
2nd Week of month	End-to-End	Sun April 11 Opening of Walk Season Mylor	Sat/Sun May 8/9 End-to-End 3 Locks Ruin to Mt Zion	Sat-Mon June 12-14 End-To-End 3 Mt Zion to Murraytown		Sat/Sun August 7-8 End-To-End 3 Melrose to Broadview Station	
	Trail Starter	Sun April 11 Trailstarter David Beaton	Sun May 9 Trailstarter Rocky Creek David Beaton	Sun June 13 Trailstarter Nairne Jamie Shephard	Sun July 11 Trailstarter Onkaparinga Michael Middleton	Sun August 8 Trailstarter	Sun Septembe Trailstarter Chambers Gully C Ben Wait
	Trail Walker	Sun April 11 Trailwalker	Sun May 9 Trailwalker Deep Creek Barry Brown	Sun June 13 Trailwalker	Sun July 11 Trailwalker Kaiser Stuhl Ray Blight	Sun August 8 Trailwalker	Sun Septembe Trailwalker Cleland Mary Cartlan
3rd Week of month	End-to-End		Sun May 16 End-To-End 5 Begin Cape Jervis to Cobblers Hill	Sun June 20 End-To-End 5 Cobblers Hill to Tapanappa	Sun July 18 End-To-End 5 Tapanappa to Balquidder	Sun August 15 End to End 5 Balquidder to Waitpinga	Sun Septembe End-To-End Waitpinga to Tugwell Roa
	Trail Starter	Sun April 18 Trailstarter Sleep's Gully Chris Porter	Sun May 16 Trailstarter Belair Rhonda Dempster	Sun June 20 Trailstarter Adelaide Hills Hilary Gillette	Sun July 18 Trailstarter Waite Ralene Shaw	Sun August 15 Trailstarter	Sun Septembe Trailstarter
	Trail Walker	Sun April 18 Trailwalker Montacute Richard Milosh	Sun May 16 Trailwalker Aldgate Autumn Gavin Campbell	Sun June 20 Trailwalker Vixen/Devils Gully Richard Milosh	Sun July 18 Trailwalker Mt Crawford John Potter	Sun August 15 Trailwalker Kersbrook Mary Cartland	Sun Septembe Trailwalker Steve Wilkins
4th Week of month	End-to-End	Fri/Sun April 23-25 Grampians	Sun May 23 End-To-End 4 Mt Compass to Kyeema	Sun June 27 End-To-End 4 Kyeema to Dashwood Gully	Sun July 25 End-To-End 4 Dashwood Gully to Mylor	Sun August 22 End to End 4 Mylor to Cleland	Sun Septembe End-To-End Cleland to Montacut
	Trail Starter	Sun April 25 Trailstarter TBA Neil Rivett	Sun May 23 Trailstarter Surprise Walk Arrienne Wynen	Sun June 27 Trailstarter Wistow Sandy Melbourne	Sun July 25 Trailstarter TBA Arrienne Wynen	Sun August 22 Trailstarter Horsnell Gully Robyn Quinn	Sun Septembe Trailstarter
	Trail Walker	Sun April 25 Trailwalker Onkaparinga/Chapel Hill Richard Milosh	Sun May 23 Trailwalker Hahndorf B/Water Loop Richard Milosh	Sun June 27 Trailwalker Hale Warren CP Colin Edwards	Sun July 25 Trailwalker TBA Steve Wilkinson	Sun August 22 Trailwalker	Sun Septembe Trailwalker
5th Week of month	End-to-End			<b>Key to Walk Programme</b>			
	Trail Starter		Sun May 30 Trailstarter Belair CP Bob Gentle	<ul style="list-style-type: none"> <li>Trail Starter walk</li> <li>Trail Walker walk</li> <li>End-to-End walk</li> <li>Other walk event</li> </ul>		Sun August 29 Trailstarter Kuitpo Forest Russell O'Brien	
	Trail Walker		Sun May 30 Trailwalker Scott Creek Russell O'Brien	An explanation of walk grades and details for each walk event are published on the website		Sun August 29 Trailwalker Kaiser Stuhl John Potter	

For further information about each walk, walk grades, frequently asked questions or to print of programme, visit ([www.heysentrail.asn.au/walks](http://www.heysentrail.asn.au/walks))

## 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](http://www.heysentrail.asn.au), or by phone the office on 8212 6299 (during the hours listed on page 3).

## Walk

Walks are ca  
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If unforeseen  
to participate  
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er	October	November
ber 4-5 3 to Stern	Sun October 2-4 End to End 3 Dutchman's Stern to Buckaringa North	
er 5 ek	Sun October 3 Trailstarter	Sun November 7 Trailstarter Walk Rally Ben Wait
er 5 -	Sun October 3 Trailwalker	Sun November 7 Trailwalker Ashbourne Dean Mortimer
		November 12-15  Kangaroo Island Weekend
r 12 Cleland	Sun October 10 Trailstarter Morialta Robyn Quinn	
r 12 r nd	Sun October 10 Trailwalker Para Wirra John Potter	
r 19 5 o d	Sun October 17 End to End 5 Tugwell Road to Inman Valley	
r 19	Sun October 17 Trailstarter	
r 19 r son	Sun October 17 Trailwalker	
r 26 4 e Heights	Sun October 24 End to End 4 Montacute Hts to Cudlee Creek	
r 26	Sun October 24 Trailstarter	
r 26 -	Sun October 24 Trailwalker	
		 <p><b>The Friends of the Heysen Trail</b></p> <p>10 Pitt Street Adelaide 5000 Phone 08 8212 6299 www.heysentrail.asn.au</p> <p>This version released February 2010</p>
	Sun October 31 Trailwalker Pioneer Women's Walk	

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## Cancellations

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

In circumstances arise and you are no longer able to attend 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.

## Recommended Clothing and Equipment

Walkers joining our groups need to be appropriately equipped. Prime consideration is your safety, comfort and weather protection. Your safety and the safety of the walking group can be jeopardised by those walkers wearing inappropriate footwear or clothing. Evacuation of a sick or injured walker from an inaccessible area can take many hours. A Walk Leader may decide not to accept people for a walk who are not appropriately dressed or prepared for the local conditions.

What to Wear for Trail Starter and Trail Rambler walks.

- Good walking shoes, or boots with grip soles. Not appropriate for bushwalking are: thongs; sandals; elastic sided boots; and smooth-soled shoes or sneakers.
- Socks suitable to the footwear worn.
- Wet weather gear. A three quarter length waterproof rain jacket is ideal (showerproof spray jackets and quilted parkas are not waterproof and may lead to hypothermia). In summer a poncho style waterproof may be sufficient.
- A warm jumper or jacket of wool or polyester. Cotton shirts and windcheaters provide little insulation when wet, and retain water which quickly cools.
- Shorts, or loose comfortable wool or synthetic pants (jeans are not recommended as they become cold when wet and dry slowly)
- Shade hat and sunscreen in sunny weather. Warm hat/beanie in cooler weather.

For Trail Walker and End-to-End walks, in addition to the above list, depending on walk location and the weather, please also consider

- Thermal underwear
- Waterproof over-trousers
- Gaiters.

What to Bring for Trail Starter and Trail Rambler walks.

- Personal medication requirements, Basic First Aid and Emergency Kit
- UV Sunblock
- Insect Repellent
- Torch
- Lunch and snacks (include some for emergency)
- Plastic bag for rubbish
- Water in secure container; minimum 1 litre, and two litre if temperature will be over 25°C (even more if temperature is forecast to be higher)
- Gear should be carried in a day pack. One with a supporting waist band is recommended.

For Trail Walker and End-to-End walks, in addition to the above list, please bring

- Whistle
- Wide elastic bandage and Triangular bandage with safety pins.

Twilight walks are of shorter duration and generally in more accessible areas. The above recommendations can be modified to suit the walk and weather conditions. The minimum requirements are to dress for the weather conditions and sun protection, wear comfortable walking shoes, a sun hat, sunscreen, and bring 1 litre of water. If unsure, please check with the Walk Leader.

*The clothing and gear outlined above are our recommendations. Note that the Walk Leader may not accept you for a walk if you are not suitably equipped for the local conditions. If unsure, always check with the walk leader.*

# WALKING THE SANTIAGO TRAIL BUEN CAMINO



*Neil on the Camino*

**In July last year, we walked a section of the Camino de Santiago on a pilgrimage to Santiago de Compostela in Spain - excellent walking, lovely countryside, interesting towns, good food, a different language, many walkers and cyclists and the traditional greeting "buen camino" - literally "enjoy the trail".**

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## **STORY AND PHOTOS BY ANN & NEIL NOSWORTHY**

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**S**antiago de Compostela is a small, old city in the state of Galicia in north west Spain. Santiago is Spanish for St James, the apostle who spread the gospel to the end of the known world which, at that time, was the west of Spain/Portugal. After James was executed by the Romans, his remains were brought to western Spain and interred in the cathedral in Santiago de Compostela. The city has been a place of pilgrimage ever since.

In modern times, the pilgrimage to Santiago has become more organised with a peregrino or pilgrim getting a certificate or compostela signed by the bishop for walking more than 100 kms (or riding more than 200kms) to Santiago. You need to be able to demonstrate that you have completed the journey in order to get your compostela. So you obtain a passport which you get stamped at various places

on the way including your accommodation, shops, cafes and many small churches.

We arranged our pilgrimage through an Australian, Garry Budin who runs a guide and travel service, Spanish Adventures.com (<http://www.spanishadventures.com>) in Santiago. He organised the hotels and accommodation, provided us with maps and trail notes to ensure we were on the right track and arranged for our bags to be moved to the next hotel each day.

You can do the Camino the harder but cheaper way staying in small alberques (hostels) and carrying your own gear. Or you can do it the easy way and carry only a day pack - we did the latter. You can go with organised groups or by yourselves - we were by ourselves.

Over the years various routes have been

developed by the pilgrims. Some of these are very long starting from as far away as Italy. Some people walk hundreds of kilometres - we met a Finnish couple who had been walking from the beginning of July and would cover about 700 kms. We walked for five days on a section of the Camino Primitivo from Lugo which is just over 100 kms from Santiago (the minimum necessary to get the compostela).

On the first day, we covered 26kms from Lugo to Casa de Ponte near Ferreira - a foggy start which turned into a beautiful sunny afternoon, a lovely day for walking. Next day we walked 23kms from Casa de Ponte to Melide - a misty start and a sunny afternoon with grand views and interesting walking through many small hamlets. At Melide, we joined the Camino Frances, probably the most popular trail to Santiago. The third day was an easy

16 kms from Melide to Arzua - a very pleasant walk mostly through forest with many more pilgrims on the trail. The next day was 30kms to beyond Lavacolla - a long day which was made a bit harder with the last kilometre being fairly steep uphill in drizzling rain. The final day was a short 8 kms so we arrived in the centre of Santiago in time to have coffee, get our compostelas and still make the midday pilgrims' mass.

We stayed mostly in 2 or 3 stars hotels, which were generally pretty good - a double room with ensuite and breakfast which was usually a bit light on but the Spanish are not big on desayuno. We also had two nights in casa rurales, B&Bs outside of the towns where dinner was provided. Elsewhere we bought our own dinners which were mostly quite good meals and not too expensive. During the day, we would stop at bars or cafes along the way and have coffee or lunch (usually jamon y queso bocadillo - ham and cheese sandwich) although you could get meals, wine and beer if you wanted (a very comfortable way for walking).

We passed through towns that we had never heard of like Lugo which has a population over 100,000 and dates back to Roman times. We caught the bus from Santiago to Lugo to start our pilgrimage. We loved walking into the old town which is a walled city. Cars are largely excluded from the old town. In the main square a group was playing folk tunes with an Irish sound - there is a strong Celtic connection in Galicia including their version of the bagpipes. There was also a group of

artisans (a wood turner, lace maker, basket weaver and potter) demonstrating their skills while a group of street actors took tours around the town. We thoroughly enjoyed dining in an outdoor café taking this all in. (Perhaps we can learn from such places. Exclude private vehicles from our popular tourism and cultural precincts then encourage people to walk and enjoy the surroundings.)

The trail went through a mixture of environments. Sometimes we walked along roads, mostly quiet back roads although occasionally on a path beside main roads but the traffic was never really a problem. Much of the trail ran through forests - usually oak but a lot of eucalypt forest (apparently the Galician state government encouraged eucalypt plantations at one stage but is having a change of heart). Occasionally we felt like we were back at home walking along the Heysen Trail at somewhere like Mylor. We enjoyed walking through the arches of trees along a good track cushioned by a generous carpet of oak leaves with frequent crossings of many small creeks and rivulets which were still flowing strongly well into summer. Everything was green and lush. All in all, the walking environment was very pleasant.

The countryside was mostly rolling hills with quite large valleys and was a mixture of farming country and forests. Many of the farms were dairies. In fact the biggest hazard on the Camino was dodging the cow dung on the trail. We walked through many tiny villages past living rooms, looking into cluttered barns

and admiring the flourishing flower, fruit and vegetable gardens. We had to be wary of numerous dogs but most were too lazy to be bothered by us.

For the first couple of days, we did not see very many other pilgrims partly because the Camino Primitivo is one of the less popular routes. But after Melide on the third day when we joined the Camino Frances, there were a lot more walkers and cyclists - many carrying a scallop shell or a gourd, the symbols of the pilgrimage.

On our 4th morning we started early because we had to walk about 30 km and discovered that there were large numbers of walkers on the trail. Most of the walkers left by 7.30 am while we had been departing at a much more leisurely 8.45 am (mostly because breakfast was not provided until 8.00 am - the others went without or picked it up on the trail). One reason that the walkers left early was to ensure that they would get to the next albergue in time to get a space for the night - we would stroll along in the afternoon and see the walkers lined up waiting to get into the hostels. Our accommodation was booked and our bags were transferred and so we did not need to worry about the time that we arrived (our latest arrival was 5.30 pm). Of course, these privileges came with a price. In a couple of places, there was no advantage being early as we could not get dinner until 9.00 pm (this is a common time to dine in Spain and it was still daylight until 10.00 pm).

We finished our walk by visiting the pilgrims' office in Santiago, having our



*Ann smelling the roses, Camino*



*Cathedral, Santiago de Compostela*

credentials checked and receiving our compostelas. We got through all of this in time to get to the pilgrim's mass which is held every day at 12.00 noon in the cathedral at Santiago - it was standing room only showing how many people had completed the pilgrimage.

Overall the Camino was long but not hard. We managed to get through without injury - not even a blister for Ann which is something of a miracle (having good boots really helps although the track is not rough). We were faster than we expected averaging about 4 km per hour which is good for us but probably reflects the benign conditions - hardly a decent hill to climb in our 100+ km. Best of all we enjoyed the experience which was a change of pace from the hurly-burly of Paris to the quiet Spanish countryside. We also had a good chance to practice our Spanish as there were some parts (especially around Lugo) where the people neither spoke nor understood any English. Ultimately the mass in the cathedral was the ideal way to finish the pilgrimage even for a pair of heathens.



Camino Scene

**Buen Camino.** □

## NOTICE to Heysen Trail Walkers

**A Logbook** is now located in the Cape Jervis SeaLink Terminal building. It's for Heysen Trail hikers to record their comments, observations etc.

**Note** - This is a general comments book, not an official login register. There is no official "log-in system" for the Heysen Trail. So please note what you will, with the expectation that others will take the time to read your observation and experiences.

A logbook was installed in Eagle Waterhole shelter last November.

## *The Opening of the 2010 Walking Season*

*Sunday 11th April  
2010*

*at Mylor*



## TRAIL MAINTENANCE

Gavin Campbell  
Trail Maintenance Coordinator



Gavin Campbell

There has been an invasion of youth into the maintenance team with Operation Flinders taking on the job of helping with the maintenance of our northern most section, from Wilpena to Parachilna Gorge and National Green Jobs Corps helping out with re-vegetation of the Trail.

After the presentation by John Shepherd from Operation Flinders at last year's AGM there was some liaison and after some meetings between our two groups it was decided that some Operation Flinders members will be able to help out with the Section

from Wilpena to Parachilna Gorge. A date has been set and I will be assisting them on a visit to the area in the April School Holidays.

When I took on the role of Maintenance Coordinator I thought that someday we could be of more benefit to the community by using groups like Operation Flinders as part of our maintenance program and now this has come to fruition.

Also along the same lines I have also had talks with Greg Nichol of National Green Jobs Corps where they will assist us in tasks like re-vegetating sections of the Trail. Again it is for young people between, this time for those between 17 and 24 and again it is incorporating those young people in the maintenance of the Trail.

In conclusion, I am looking forward to a long association with both groups with all parties deriving some mutual benefits from these liaisons. □

## BUSH SKILLS

(Courtesy of Ken Eastwood)

### **Lost in the desert? Here's what to do.**

Outback survival teacher Bob Cooper runs survival snake handling, tracking and tool-making courses from his base just outside Perth, primarily for people situated in or travelling through isolated areas. He believes five simple tips could have saved many of the 53 people who have become stranded and died in remote WA during the past 25 years.

### **Never Sip Water.**

"If you sip water, the first sip goes to your digestion, the second to your liver and kidneys and none gets to your brain." Bob says. "You need to drink a cupful or those pirates will rob it from you." For example if you are drinking 2 litres of water over a few hours, drink eight cupfuls not 200 sips.

### **Take a Survival Kit**

Any survival kit should take into account the 5 most important factors: water, shelter, warmth, signals and food. "Keep food down the bottom of the list," Bob says "no-one died of starvation in Australia, including the explorers. It's all about dehydration and exposure."

### **Phone a Friend**

Although many people tell someone where they are heading and their expected time of arrival, Bob says they often don't set out what actions that person should take if they don't check in by the required time. An action plan needs to be known by both parties. "Then (the person in need of rescue) can relax - I know what you're going to do and on what day you will do it," Bob says.

### **Take Detailed, Up-to-date Maps**

Bob describes the death of 2 blokes driving the Talawana Track in central WA in February a few years ago, who were using tourist maps they had picked up from a service station. They broke down, ran out of water and walked 9 km along the track looking for water. A detailed up-to-date map would have shown them that had they walked the other way for a similar distance they would have found a reliable water source.

### **Mentally Prepare**

Just as an elite athlete or gymnast visualizes moves before competing, we need to mentally rehearse how we would cope if things happen that we can't control. Bob emphasizes that it's fear of the unknown that often leads us to behave irrationally and make poor survival decisions. □

# Walking in Canada



*Canada Seaplanes and Vancouver Skyline*

Like many walkers of “Friends of the Heysen Trail”, Marie and I have the advantage over most of the population in that we can walk for long distances and can do it at will. Our real luxury is that we both can do it and enjoy it.

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## **STORY AND PHOTOS BY GAVIN CAMPBELL**

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This was made apparent in a recent visit to Canada to see our daughter where, on several occasions, as the whim suited us, we had some stunningly beautiful walks. We don't like walking more than 20 kilometres, for then the walk becomes arduous, like work, but anything of a lesser distance and we think it a doddle.

The first two walks happened in Vancouver where we stayed for two days. The first was probably one of the better walks of our lives and involved a walk around Stanley Park. We started the day shopping in the main shopping precinct of Vancouver but, as this became a little tedious, we decided to walk down the hill to the wharf area

where, as it turned out, the cruise ships berthed. This was also non eventful so we decided to walk along the shore to a small boat harbour we could see in the distance. The walk was all in parklands on a bike/walking track, but adjacent to some of Vancouver's high rise. For those who haven't been to Vancouver, the main city is very densely populated with high rise everywhere, even almost to the water's edge.

After passing a seaplane airport where planes were constantly taking off and landing and enjoying with thousands of Vancouverites the glorious summer weather and scenery, we arrived at the boat harbour only to see in the distance

what looked to be a stand of totem poles, so off we went to see them. Totem poles are a big part of the North American West Coast native culture and this stand was quite impressive. After the obligatory photographs and an ice cream at a nearby shop we looked at a map of the area and decided to have a walk around Stanley Park, an extensive park adjacent to the main city of Vancouver. It is on the tip of a peninsular and from the brochures about it, a good portion of it remains as it was before white man exploited the area. From a map acquired from the ice cream shop, it was apparent that a walk around its shore would be 9 km. So this, plus what we had already walked and what we would have to walk to get back to

our hotel, would add up to about 20 km. This is the point where the decision was made to do it. Most other mortals would be overwhelmed, but to this couple of seasoned Heysen Trail walkers, it would amount to little more than tired legs, so off we went.

The park was everything it promised and more. There was a bicycle/walking track around its perimeter along the coast and we mainly walked on that except for a sojourn into the middle of the Park past Beaver Lake. We didn't see any beavers but we did see a squirrel, one of many we were to see during our Canadian holiday. This walk was through a forest of pine trees, gigantic red woods and ferns (all native to the area) and really quite spectacular. We followed this trail back to the coast and to Prospect Point and its lighthouse. It was here we saw our first raccoon who showed some interest but only until he realised there was no food. On our way out, a family said how they had just enjoyed their dinner which I thought they must have had early because of the kids. It was only later that I realised how late it really was. With Vancouver being so far north, summer daylight goes on until about midnight. There was a section just past Prospect Point where, for about 100 yards and well into the park, all of the trees had been flattened. There was mention of a storm in 2006 and it looked like a tornado had been through this small area.

We continued to walk around the coast, past another raccoon, again whose only interest in me was whether I had any food, past an outdoor concert of drums and

things, past lots of logs washing around in the shallows and on to English Bay where we had dinner in a restaurant overlooking the sea. We did this at about 9 pm and it was only just starting to get dark when we finished our meal. This has to go down as one of the best walks we have done and will always be remembered as something special. One point of interest was a water playground for kids and attached to this was a kid's drying area where they can stand under a warm fan to dry off. It was like a super-sized hand drier for drying kids.

The second walk in Vancouver was after we took a suburban bus to the Queen Elizabeth Botanic Gardens. We had lunch in a restaurant in the gardens and then we decided to walk back to our hotel through the suburbs. It wasn't 20 km but it was very pretty as most houses had nice gardens although most of them were fairly small. Nearly all of the houses were three stories with stairs leading up to the front door on the second floor. We assumed this was to counter the snow drift in winter.

The third was in Victoria, the capital of British Columbia. Again we had looked at all of the shops and had walked quite a distance to a mansion, Craigdarroch Castle, similar to Carclew but probably twice as big. On the way there, we happened upon Government House so we called in and had a look around its gardens. The gardens were beautiful and while there I talked to a Canadian from the east coast. I pointed out my annoyance at everything in Canada having to have a French translation. He agreed it was annoying and the funny

thing is that the French cannot understand Canadian French because it is a dialect that has long since died in France. He also mentioned he had spent time in Australia where he was referred to as a "second hand yank" but was amused when I told him that Americans are now referred to as "Seppos". On the way back to the main town we came upon Christ Church Cathedral, which was spectacular when we went inside. As it was reasonably early, around 6pm, we decided to go for a walk in Beacon Hill Park. We also talked to an old Chinese lady who told us some of her peoples' history in Canada and was extremely helpful to us in direction finding. We found that all Canadians we met were extremely kind and friendly, even homeless people we encountered were polite when they spoke to us.

Beacon Hill Park was a lovely park of which about 75 percent was natural. The manicured section had many groups of picnickers as well as dozens of both black and brown squirrels. One point of interest was a kid's playing area with a giant watering can which showered them from different directions when certain buttons were pushed. Also in the park there was a children's farm yard with all sorts of farm animals of which the most noisy and outstanding were the peacocks. The overall park was several hundred acres which terminated for us on the sea shore. From this point we could look across the water and see the northern coast of the United States with the snow capped peak of Mount Olympus in the distance. We followed the coast back toward the main town, again along a bicycle/walking



Totem poles Stanley Park



Raccoon



Indians Calgary Stampede

track. Again there were logs strewn along the coast and again we walked past the cruise ship terminal. At about dusk we had dinner on Fishermen's Wharf which was terrific, with all of its floating wharf side homes and shops and then it was back to our hotel room. The whole walk was about 20 km and extremely pretty. On the way back to our motel, in one of the gardens was "a shoe tree". It was a dead tree with hundreds of shoes hanging from it.

The fourth walk was in Calgary where our daughter and her husband live. This particular long walk followed a similar pattern to the Stanley Park walk. We had walked into the city from their unit, first along the Elbow river and then past city buildings. We looked at most of the shops, which like Vancouver are all interconnected with arcades and undercover walkways. The reason for this is to stop the necessity of going outdoors in winter. Getting bored with this, we decided to walk to Prince's Island Park. While walking around this park we started to watch some performers on a stage in the park. No sooner had we sat down than there were about 3 drops of rain and then a deluge that lasted for about an hour. The performance was hurriedly cancelled and we sought shelter under a piece of playground equipment. Once the rain stopped, we decided to walk home, first down the Bow River, and then up the Elbow River. On Princes Island, in a small stream, there appeared to be a beaver's lodge. Although this was mid summer there was a lot of water in the Bow River which flows out of the Rocky Mountains past Banff. This walk was uneventful, although it was in parklands most of the way. At the

confluence of the Bow and Elbow Rivers stands Fort Calgary, a small reminder of Canada's colonial and frontier past. From our daughter's description, these rivers are frozen solid in winter and what in summer is lush and green, in winter is a white and silver wonderland of snow and ice. With temperatures of -30° celsius (how cold is that!), people ski into Calgary on the snow on top of the ice. This is so hard to believe because when we were there the temperature was between 25° - 35° celsius every day.

We walked up along the bank of the Elbow River, swollen from a storm two or three days previously, again on a cycle/walking track through park lands. We got a little boxed in near the Saddle Stadium where they hold the Calgary Stampede. (The roof of the stadium is in the shape of a saddle) We got to a point where there were fences everywhere and the only way out was over a six foot fence or go back where we came from, so over we went. I wondered at the time, and since, how many folks our age could have pulled that stunt. After that we continued along the Elbow River and back to our daughter's pad.

After dinner we all went and had a kick of the footy. Jane plays girls' Aussie Rules for a team in Calgary (the Calgary Kookaburras), much to her dad's and grandpa's delight, and travels all over Canada and the United States playing footy. A point of interest was how puffed I got after about 10 kicks. Once upon a time I could run all day playing and kicking a footy and come back for more but now, although still walking fit, I am certainly not footy fit.

The fifth and final such walk was again through the suburbs, this time in Calgary. We had all gone to a vintage village and then Jane dropped us off on the bank of the Elbow River to find our way home. We followed the river for a while and then for interest we went through the suburbs. There are lots of lovely houses and gardens. Calgary is a wealthy service town for the oil and gas fields in the north, and on the surrounding prairies, of Alberta. I knew if we didn't cross the river we had to end up in the right place and this proved to be correct but we certainly saw lots of suburbs in our quest. I won't say we got lost but there were several occasions I thought we might be. After some time I realised their avenues run east/west and streets, north/south. All of their roads are numbered ie. 1st Ave etc. but when we were at the junction of 50th Ave and the river I did wonder if we would ever sit down again. They live on 4th St. The walk turned out again to be about 20km if not more, for my legs, and no doubt Marie's, had had it by the time we got home. But after dinner we again had a kick of the footy, so I guess I'm not getting too soft in my old age.

PS. If you have anything like a "Bucket List", add the Calgary Stampede to it, for it is an absolute hoot. It is similar to our Royal Show but there is a rodeo and chuck wagon races thrown in, as well as a spectacular outdoor concert every night. There was also a concert in the Saddle Stadium, which this year featured George Strait. Calgary certainly turns cowboy for a week. Most people get around in cowboy gear and at the stampede there are tents and pavilions with non-stop country and western music, dancing and so on. I realised here that Rock and Roll is a derivative of Country and Western music. There are also Indians with their crafts and tee-pees with, while we were there, a tee-pee assembly race. The main pavilion had a western theme with some great artwork and western crafts on display.

While in Calgary go for a visit to the Dinosaur Park in the bad lands of Drumheller. It gets a mention in my "1001 Natural Wonders to see before you die" and is very spectacular. On the way you will go past lots of natural gas wells and oil wells dotted over the prairie. They supply a small supplementary income for all of the farmers in the area "As they slurp, slurp, slurp into the barrels" **"Let the good times roll"**. ■



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## Attention Walk Leaders

**Forestry SA Rangers** have asked that clubs provide prior notification of all planned walks in forest areas. Please provide the approximate number of participants and details of the proposed walk route. This would apply to all walks throughout the year.

Contacts:

**Mt Crawford Forest**

**Phone (08) 8521 1700**

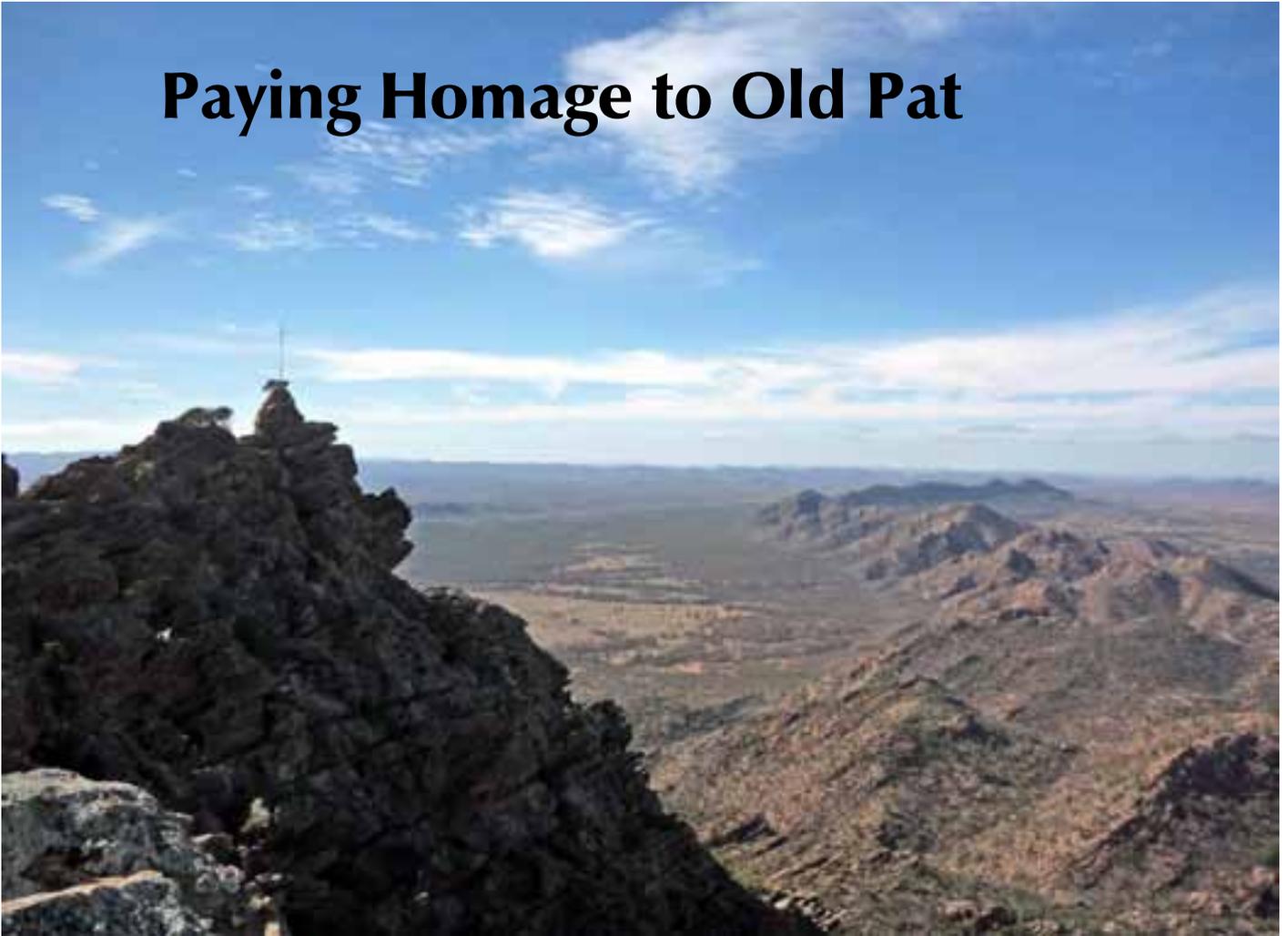
**Kuitpo Forest**

**Phone (08) 8391 8800**

**Wirrabara Forest**

**Phone: 8668 4163**

# Paying Homage to Old Pat



*Oratunga (Photo by Graham Connor)*

**The history of the Heysen trail begins in 1932, according to an article written by Warren Bonython in the Trailwalker in 1989.**

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## **STORY BY SIMON CAMERON**

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In 1932, with Australia in the grip of the great depression, Hans Heysen painted "In the land of the Oratunga" - a dramatic image of Mt Patawarta. Thirty years later the purple and orange water-colour hues of the far northern Flinders Ranges caught the eye of the restless Bonython and an interest was kindled. The Flinders Ranges became the landscape of this particular bushwalker's dreams and set his feet on the epic journey along the ancient ridges and rocky gorges described in his book "Walking the Flinders Ranges".

Warren's enthusiasm was still burning throughout the decade of the seventies

when he chaired the long range walking trail committee. Choosing a name was a challenge, but from the landscape of memory Warren Bonython had a wonderful suggestion. "The Land of the Oratunga" is held in the collection of the South Australian Art Gallery but is not currently on display. However that chance viewing in the 1960's provides it with an added significance in the cultural history of our state. It also displays the power of landscape to change lives. It should be called the painting that launched a million feet.

In the spirit of Warren Bonython a group of 5 walkers who have crossed the final

stile at Parachilna paid homage to Mt Patawarta in July 2009, as part of an ongoing pilgrimage along the northern Flinders. I have taken to calling this journey, with its intention of walking to the end of the Flinders Ranges at Mt Hopeless, "Beyond the Heysen".

In 2002, a group led by Mark Darter reached Mt Hopeless, and in 2006 another group under Nick Langsford began the journey proving the broad allure of these rugged ranges. Despite the allure, this will never become a marked trail since it is simply too remote and difficult to access. Our small group received permission from the

station owners to walk from Parachilna to Angepena, across Narrina pound. However it was with some expectation that we approached Mt Patawarta on the second day. It only just tops 1000 metres but stands unchallenged along the southern wall of Narrina pound like a shark's tooth. As you pass through Patawarta gap it looms like a crusader castle over your right shoulder, and the further you penetrate the pound the more dramatic it becomes.



Oratunga (Photo by Jeremy Carter)

Any thoughts that it might offer an easy ascent were dispelled by a late afternoon foray which left us on the wrong side of a deep gully staring at the stately made stone cairn. Best approached from the north east we chose a more challenging route requiring rock climbs to storm its ramparts. We reached the crest by mid morning and from its stately citadel, in the company of eagles, we could gaze upon

the length of the range from Wilpena to the Gammons.

Old Pat stood as our proud beacon to the south for the next 3 days as we moved

north, and every time we glanced behind we knew we were in the Land of the Oratunga. ■

## ALPANA STATION

5km from Blinman in the Flinders Ranges, Alpana Station offers:

- A **passenger transport service** to **Wilpena, Blinman, Heysen Trail head** for walkers (individuals or groups)
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### Contact Details

**David and Sally Henery**  
**Postal address:** PO Box 11, Blinman SA 5730  
**Phone or fax:** 08 8648 4626  
**Email:** [alpana2@bigpond.com.au](mailto:alpana2@bigpond.com.au)  
**Website:** [www.alpana-station.netfirms.com](http://www.alpana-station.netfirms.com)

*Bookings Essential*



# The Kidman Trail

by Julie Fiedler - Executive Officer Horse SA

The Kidman Trail is a 255 km walking, horse riding and cycling recreational trail from Willunga, winding through the Adelaide Hills, Barossa Valley and ending in Kapunda. This trail was planned and built in partnership with the Office for Recreation & Sport, Department of Infrastructure, Transport, Regional Development and Local Government, seven Councils (Onkaparinga, Alexandrina, Mount Barker, Murray Bridge, Mid-Murray, Barossa, Light Regional) ForestrySA and Transport SA. Local horse riders and community members also volunteered many hours in both planning and implementation phases. This is a major new recreational trail, and is the first long-distance multi-use recreational trail for South Australia.

Along its route of over 255km, the Kidman Trail has a number of trail heads, which allow for camping and also, for those who need it, the overnight stay of horses.

Information about the trail can be found on [www.kidmantrail.org.au](http://www.kidmantrail.org.au) Trail maps can be purchased from a number of outlets, including the Friends of the Heysen Trail shop. The maps feature overlays of other trails that fall within the scope of the strip-maps, including the Heysen Trail, Lavender Federation Trail and the Battunga Trails. Over 500 map sets have been sold since the opening a year ago. Four horse riders and three cyclists have advised us of the entire route completion and have been awarded a certificate of recognition for their efforts. Many other groups regularly use sections of the trail to form part of a new local loop or link.

The trail is within easy reach of the most of metropolitan Adelaide and this has served the outstanding purpose of introducing people to aspects associated with a full day travel or over-nighting on route. Many horse riders, for example, have camped

out their first night on this trail knowing that if anything goes wrong, help is not far away.

Walkers have provided feedback that good loops can be made using other trails on the maps, including use of a trail section at Stockwell which overlooks the Barossa and looping sections of Kidman and Lavender Federation around Tungkillo. Feedback or Google maps for new suggested loops are most welcome and can be added to the Kidman Trail website.

Horse SA is responsible for the operational management of the trail, and has a partnership agreement with the Office for Recreation & Sport, being the first management structure of its kind for a recreational trail in South Australia. Each land manager has signed a Memorandum of Understanding or a letter of agreement in relation to ongoing trail maintenance and promotion. Horse SA collects & updates asset management information which is captured within a Geospatial Information System. Trail feedback, operational requirements and data is then provided to each land manager to integrate into general operations. Regular communication, meetings and updates maintain these important relationships.

The Friends of the Kidman Trail is commencing this March. Membership is \$11 and includes a Kidman Trail lapel badge and discounts to activities along the trail as organised. Funds raised

help the ongoing maintenance of the trail. Last year a Poets Brawl and a Huntsman Day for History Week were conducted. New pages have recently been added to website, promoting the pubs along the route. This is following feedback from one cycling tour who just did a pub crawl in approximation to the line of the trail!

Walkers are invited to try out sections or all of The Kidman Trail and feedback photos, experiences and ideas at anytime to Julie Fiedler [horsesa@horsesa.asn.au](mailto:horsesa@horsesa.asn.au).

See you on the trail!



# Discounts Available to Members

The following discounts are available to members. Your membership card must be shown to receive the discount, some exclusions apply.

## Friends of the Heysen Trail

10 Pitt St, Adelaide 8212 6299  
10% discount on all maps and books  
(excluding sale items)

## Adelaide Hatters

36 Adelaide Arcade, Adelaide 8224 0131  
10% discount

## Annapurna Outdoor Shop

210 Rundle St, Adelaide 8223 4633  
10% discount (excluding sale items)

## Aussie Disposals

42 Pulteney St, Adelaide 8224 0388  
Elizabeth City Centre 8287 3008  
Colonnades, Noarlunga 8326 3186  
327 Main North Rd, Enfield 8342 4844  
Up to 10% discount

## Boots Great Outdoors Centre

1277 South Road, St Marys 8277 7789  
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## Columbia Sportswear Company

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## Mitchell's Adventure

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Westfield Tea Tree Plaza 8395 9555  
10% discount (excluding sale items and portable fridges)

## Mountain Designs

187 Rundle St, Adelaide 8232 1351  
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## Paddy Pallin

228 Rundle St, Adelaide 8232 3155  
10% discount (excluding sale items)

## SA Camping World

109 Jetty Road, Glenelg 8376 1330  
10% to 15% discount excluding sale items

## Scout Outdoor Centre

192 Rundle St, Adelaide 8223 5544  
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## Snowy's Outdoors

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## Wattyl Paints Centres

Refer to page 52 of the 2008 White Pages for your nearest outlet.

## A NEW LOOK at the FLINDERS Join the Working Field Trip 2010

The Heysen Trail is well-known and loved, but

Can you help out on other trails?  
With a modicum of hard work you can assist in  
maintaining other interesting trails

The Walking Trails Support Group cares for 10 lesser known day-walk trails in the Flinders Ranges. We welcome assistance on our annual maintenance trip

Information on the trails, which include portions of the Heysen Trail, and opportunities for your involvement, is available on our web page

[www.walkingtrailssupportgroup.org.au](http://www.walkingtrailssupportgroup.org.au);

or by phone 08 8362 1595

or email [suerob2@bigpond.com](mailto:suerob2@bigpond.com)

We are happy to talk about your interest and how you may help us.

# 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 listed. 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)

**Maintenance Committee Chairman** John Wilson 8356 9264 (H)

Section	Map	Section Leader	Contact
1. Cape Jervis to Tapanappa	Southern Guidebook, Maps 1.1-1.3	Tim James & Friends	8556 7015 (H)
2A. Tapanappa to Waitpinga Campground	Southern Guidebook, Maps 1.3-1.5	Roger Dunn & Friends	8260 2146 (H)
2B. Waitpinga Campground to Back Valley Rd	Southern Guidebook, Maps 1.5-2.2	Geoffrey & Pamela Gardner	8552 5213 (H)
3. Back Valley Road to Moon Hill	Southern Guidebook, Maps 3 2.2-2.3	Michael Scott	0400 293 132
4. Moon Hill to Hindmarsh Tiers Road	Southern Guidebook, Maps 2.3-2.5	Hermann Schmidt (Wandergruppe Bushwalkers, German Association)	8344 4072 (H)
5. Hindmarsh Tiers Road to Blackfellows Creek Road	Southern Guidebook, Maps 2.5-2.7	Eleanor Martin Myra Betschild (Women in the Bush)	8341 6024 (H) 8331 2992
6. Blackfellows Creek Road to Glen Bold	Southern Guidebook, Maps 2.7-3.2	Richard Webb	8381 5308 (H)
7. Glen Bold to Piccadilly	Southern Guidebook, Maps 3.2-3.4	Thelma Anderson Trevor Lee	8278 4420 (H) 8398 0516 (H)
8. Piccadilly to Norton Summit	Southern Guidebook, Maps 3.4-3.4	Liz O'Shea (WEA Ramblers)	8352 1636 (H)
9. Norton Summit to Cudlee Creek	Southern Guidebook, Maps 3.5-3.7	Colin Edwards Graham O'Reilly	8264 1492 (H) 8397 1217 (H)
10. Cudlee Creek to Bethany	Southern Guidebook, Maps 3.7-4.4	Dave Curtiss John Potter	8264 0793 (H) 8337 9515 (H)
11. Bethany to Hamilton	Southern Guidebook, Maps 4.4-5.3	John Potter Dave Curtiss Joyce Heinjus	8337 9515 (H) 8264 0793 (H) 8525 2054 (H)
12. Hamilton to Huppertz Hut	Southern Guidebook, Maps 5.3-5.9	Norrie Hamilton	8332 1982 (H)
13. Huppertz Hut to Spalding	Southern Guidebook, Maps 5.9-6.12	Hugh Greenhill (Burra Branch)	8843 8115 (H)
14. Spalding to Georgetown	Northern Guidebook, Maps 1.1-1.6	Kevin Liddiard	8289 4236 (H)
15. Georgetown to Mt Remarkable	Northern Guidebook, Maps 1.6-2.11	Mary Cameron Ian Pool (ARPA)	8165 1025 (H)
16. Mt Remarkable to Horrocks Pass Rd	Northern Guidebook, Maps 2.11-3.4	Graham Hill	8632 4804 (H)
17A. Horrocks Pass Rd to Dutchmans Stern	Northern Guidebook, Maps 3.4-4.1	Ian Hartley Michael Kerin	8641 1435 (H) 8642 4728 (H)
17B. Dutchmans Stern to Wilpena	Northern Guidebook, Maps 4.2-5.7	Gavin & Marie Campbell	8296 8613 (H)
18. Wilpena to Parachilna	Northern Guidebook, Maps 5.8-6.8	David Henery (Alpana Station) Operation Flinders	8648 4626 (H) 8242 3233

# What's What?

A column with info on equipment and walking

## HYDRATION FOR YOUR NEXT ADVENTURE

By Lucas Trihey

Our favourite nickname for Earth is The Blue Planet due to all the beautiful water visible from space. Humans are also notable for our water content; each of us is roughly 60% water. If we don't drink enough we become dehydrated and if we drink too much it can make us ill too. Getting the balance right is important! Thirst is a finely honed physiological mechanism that developed over hundreds of thousands of years and is still the best guide for drinking. Having said that it's all too easy to ignore or forget about thirst in the excitement of a big adventure.

Pay close attention to your thirst and use a hydration system to have fluids available when you need them. When adventure racing this is important because it can be tempting to push on and ignore thirst (consider using an alarm as a reminder).

### Not Enough

Dehydration (when you lose too much fluid) has serious effects on performance and if not fixed can lead to fatigue, heatstroke, tissue damage and even death. Some researchers claim that a 2% fluid debt reduces your performance by more than 10%!

To avoid dehydration drink when thirsty and for high intensity activity consume electrolytes with your fluids. Before a big endurance event it's a good idea to drink 200-300mls just before the start gun – your thirst indicator can't predict this sudden increase in effort so you need to pre-load your fluids.

Shotz tablets deliver a measured dose of electrolytes for endurance events



### Too Much

Carrying and drinking too much water can be a waste of effort and if done to excess can lead to water intoxication (hyponatremia). This condition was first noticed in large running events when some slower "back of the pack" runners became ill from upsetting their electrolyte/fluid imbalance by guzzling too much water.

To avoid water intoxication don't drink more than your thirst level indicates (and remember that the maximum amount of water that your gastrointestinal tract can absorb is about 800mls per hour) and use a reputable brand of electrolyte replacement.

### Clothing



The right fabrics and garments play an important role in keeping your body temperature and fluid balance right. Covering up with technical fabrics on hot days helps conserve your fluids and using wicking fabrics helps your body's evaporative cooling mechanism.

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The DryFlylite™ fabric has sun protection UPF30+ to keep the sun from drying out your skin and it works as a wicking layer to help keep you cool.

Lucas Trihey is an adventurer and writer who spent 17 days walking solo across the Simpson Desert pulling a 150kg cart and drinking just four litres of fluids per day.

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Paddy Pallin

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