

THE TRAILWALKER

ISSUE NO. 44

NEWSLETTER OF THE FRIENDS OF
THE HEYSEN TRAIL AND OTHER WALKING TRAILS INC.

DECEMBER 1993

Print Post Approved
PP565001/00079



HEYSEN TRAIL - DUTCHMAN'S STERN TO MT. ARDEN

THE TRAIL WALKER

EDITORIAL

In this issue there is more very enlightening information from Terry Darby; a special **well done** to Jean and Stan Franks on walking the complete Trail; a very interesting article on walking in Austria by Jo and John Prescott and, much more.

The photograph selection show different aspects of the Trail for us to look at during the walking closed season! Have you photos which we could publish? We would like to see them.

A very happy Christmas and New Year, from the Editor, Mike Fretwell.

MEMBERSHIP ACKNOWLEDGEMENTS

Family

Henry Fellner
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Anakin Daniel
Ian and Gabrielle Faulkner
John and Di Henderson
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Mid-North Bushwalking and Cycling Club



THE TRAILWALKER
IS PUBLISHED BY THE FRIENDS OF
THE HEYSEN TRAIL AND OTHER
WALKING TRAILS INC.
10, Pitt Street, Adelaide, 5000
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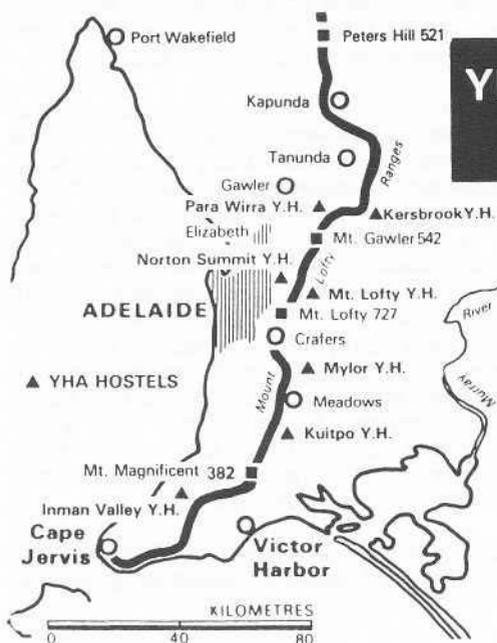
PRESIDENT'S REPORT

With this issue of the Trailwalker we have come to the end of another season of walking. The year has to me been rewarding and most definitely an eye opener for the innocent. In the last issue I made particular note of some of our difficulties in relation to budget, communication etc. and I am pleased to say that these have been openly discussed and to a large degree overcome.

Looking back on our activities for the year I believe a lot of good things have been achieved in the important areas of maintenance, walking and greening and that must mean a good start for the next year. To all those who have collectively volunteered a vast amount of time I must express my personal thanks. The office has this year become a focal point of our activities; it is busy, we have a range of usefull stock, and Mike is only too happy to help out with information on the Trail, walking and what you can do to help.

Merry Christmas to all, a happy New Year and may we all have a great 1994.

Colin Edwards



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OTHER WALKING TRAILS—IN AUSTRIA

Jo and John Prescott

As the tourist T-shirt said, "There are no kangaroos in Austria".

We knew that we were going to be in Austria on business in July. So, we decided that in addition to the more or less mandatory few days in Vienna, we would add a week or so of a walking holiday.

We asked some of our Austrian friends for advice and, in this way, made the acquaintance of the Austrian state network of hiking trails and the 1:50 000 Wanderkarte of "hiking maps" published by Freytag and Berndt. There are about a hundred of these maps covering almost the whole of Austria. They show roads, walking and bicycle trails, huts, remote inns (if you can ever actually be, "remote", in Austria) tourist suggestions, and hiking itineraries.

We also were impressed with the Wanderbuchs published by Kompass. These cover mostly the mountain regions of Austria, Germany and Italy but there are a few for Lower Austria as well. They give detailed itineraries, mostly of day and half-day loop walks. Useful features of the Kompass books are the advice on where to stay, where to park, where to start and little diagrams showing the kilometres at intermediate points and gradients on each of the walks. Both the maps and the Kompass books cost about AUS\$8 each. It helps if you can read German but the ability to read a map is probably enough.

We decided to try the Salzkammergut district which lies just to the east of Salzburg and some 200 km to the west of Vienna. It is a district of many lakes (german: "See", pronounced zay to rhyme with day) set between mountains: Attersee, Gosausee, Mondsee, Traunsee, Wolfgangsee. On Wolfgangsee is the town of St Wolfgang, a place of religious pilgrimage since the 12th Century and the town of the original White Horse Inn, Im Weissen Rossl. Since we have found that not many of our Adelaide friends recognise the name, we add that it was the locale of the operetta of the 1930's and the theme tune of the same name, which the town band plays in the market place on Saturday nights. We asked one of our Austrian friends about it before we left. "It's a bit pricey and it has changed a bit since 1935 (!) but it is a wonderful centre for walking." And so it proved; it was worth every Austrian Schilling; the meals were superb. The town is a bit touristy, particularly round midday, but in the early morning and late afternoon it is a delight.

We had a rental car and this gave us a degree of flexibility. However, all of the places we visited were accessible by bus or ferry.

Among the various pieces of literature that we found in the room,

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there was a large map of the district with walking trails marked. In fact there were three maps: one in each of german, english and french. They were waterproof! In addition each map listed a range of walks, divided into three categories: walks, hikes and mountain hikes, from a half-hour dead flat, through 24 kilometres round the lake, to an eight hour hike, "parts of it are very steep and strenuous; for experienced walkers only". We sampled as many as we could in the week we were there.

Encouraged by the uncertain weather, we warmed up with some of the local orientation walks. Then, on the first fine day we took the cogwheel railway to the top of the Schafbert, 1783 m, and walked home. From the top there is a magnificent view that takes in almost all the lakes. The railway had its centenary last year and has a continuous gradient of 1 in 4. Since the walk starts and finishes at the same place as the railway, it has the same gradient. Five km of continuous downhill at 1 in 4 is hard on the knees, even on excellent trails! We don't recommend it. That evening, Mine Host commented that going up is easier. You can do only half of it by getting off the train halfway up (or down).

One of the striking things about the Schafberg Trail was that in some 6 km we saw only 2 1/2 pieces of discarded paper; and this cleanliness was to be repeated wherever we went. The trails are numbered on a national basis and these numbers appear on marker posts at trail junctions, although we have to say that, just like the

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Heysen Trail, they are not entirely devoid of ambiguity. The national trail system is frequently marked with a small Austrian flag painted on a post or a tree. Everywhere there are simple religious shrines.

One day we took the ferry across the lake and walked in the Blinkingmoos Nature Reserve. Another day took us to and around Schwarzensee. It was disconcerting to encounter mountain bikes on some of the rougher parts of this trail, part of which is designated as a radweg (bike-way). Across the lake to the south and in the mountains is Postalm (Post high plain), an enormous privately-owned recreation area, used for skiing in the winter. A variety of walks, ranging from flat to steep, takes you to viewpoints over Wolfgangsee to the north and to the high mountains to the east and south. The hike to the Rinnkogel is said to be the finest in the district.

We also took a day to visit the salt mines at Hallstat, where salt has been extracted for 5,000 years. The walking here was partly underground and interspersed with sliding from level to level on our bottoms in overalls provided by the management.

Austria is an easy and enjoyable place to walk in. We recommend it.



HEYSEN TRAIL - TOORALIE GORGE

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WALKING COMMITTEE REPORT

Sadie Leupold

As our official walking season now draws to a close the Walking Committee feels quite satisfied with the year's programme. We have had a number of walkers personally write to or telephone the office to thank us for many of the past year's events.

Our weekend at Wirrabara was a great success. Thirty people took part in the two walks led by Colin Edwards and Mike Fretwell. Saturday's walk was in the Mambray Creek area via Alligator Creek, Hidden Camp, Hidden Valley, the Battery lookout, and the Bluff. On Sunday the group went from the YHA through the Nursery, up to the Bluff, south along the ridge, then descended into Napperby for the bus home.

The last weekend in October saw our first Backpacking weekend specially prepared for beginners. Two briefing sessions were held in the Scout Outdoor Centre prior to the event. Mark Darter and Tina Tassell were our leaders. On the Saturday we walked from Mt Crawford Forest Headquarters via Murrayvale, Mt Crawford and Little Mt Crawford to spend the night at Chalks Hill Campsite. The circuit back to Forest Headquarters via Jenkins Scrub was completed on the Sunday. Everyone enjoyed this weekend immensely and more of the same has been requested. Special thanks must go to Tina and Mark for their excellent organisation and group leadership skills over this weekend.

Next year we are combining with a number of other walking clubs for the official opening of the 1994 season on Sunday 10 April at Bridgewater Oval. Included in our walks will be a short walk geared towards families with small children. This will be approximately 1/2 hour duration and we hope will encourage very young children to appreciate the bush.

The 1994 programme has now been planned and "flyers" have been sent out to Friends who have participated in our week-long and weekend walks over the past two years. If anyone else is interested in receiving a copy please contact Mike Fretwell at the Friends' Office.

Most of our avid walkers do not want the season to end. Therefore once more we intend to hold a series of summer walks. On Australia Day, 26 January a group of our members affectionately known as "The Bogong Boys" consisting of Colin Edwards, Mike Fretwell, Bradley Howell and Arthur Smith will lead a twilight walk in the Waterfall Gully area followed by a meal at Fasta Pasta, Burnside. On Sunday 27 February John Selby and myself will lead a walk commencing at 8.00 a.m. in the Hallett Cove Conservation Park. On Sunday 20 March I will lead a Beach Walk from Henley Square towards Semaphore and back

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to Henley Beach for a BYO picnic on the lawns.

Our 1994 programme is quite extensive and we are still seeking leaders and/or assistant leaders for our extended walks. If anyone could help in this area it would be much appreciated. Please discuss with Mike.

On behalf of the Walking Committee I would like to take this opportunity to wish everyone a Merry Christmas and lots of great walking in the New Year.



HEYSEN TRAIL - EAST BALQUHIDDER

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MISSION ACCOMPLISHED.....THE END OF THE TRAIL

A tribute to the courage and tenacity of our special friends, Jean and Stan Franks.

The long weekend in October was the time we had chosen for Jean and Stan Franks to complete walking the entire length of the Heysen Trail, from Angorichina to Cape Jervis. We had planned to walk from Buckaringa Gorge to Dutchman's Stern in 3 days, but as Robert Burns wrote, "The best laid schemes o' mice an' men gang aft a-gley".

Nine intrepid walkers arrived in Quorn late on Thursday afternoon to find that quite a lot of rain had fallen during the previous three days. Nothing daunted we left early on Friday morning to walk from Buckaringa Gorge to Warren Gorge. The unknown factor of the day's walk was where to leave the marked trail, in order to get to where our cars were parked in Warren Gorge. The walk proved to be long and arduous. We followed a very rocky creek bed for quite a long distance, then climbed steadily up and up to the top of Mt Arden and then down a couple of kilometres to a picnic spot, where we were told we should leave the marked trail. The problem which confronted us was that there were two 4 wheel drive tracks leaving from the same spot, one heading northeast and the other south. As Warren Gorge was supposed to be almost due east this presented some difficulty. Jim and Terry orientated themselves with the map, took a compass bearing, and decided to take the southerly trail. The rest of us followed them, some of us not at all convinced that we were doing the right thing. Fortunately, after a couple of kilometres, the trail turned east and finally led us to Warren Gorge. We had only walked about 14 kilometres along the trail itself, while the track out to the Gorge was a further 7 1/2 km. Because of the difficult terrain our progress was slow and we arrived back at the camping ground only half an hour before our deadline.

The second day's walk proved to be a greater problem. We took two cars to Dutchman's Stern but couldn't get more than a kilometre along the track we had previously taken, before encountering a locked gate, which was about 2 1/2 km from the Heysen Trail. We then drove the other two cars to Stirling North and then up along the western side of the range to Eyre Depot, where we had arranged to leave our cars overnight on private property. This was a distance of approximately 80 km from Quorn. We were able to start walking by 10.00 a.m. and made very good progress along a very easy part of the trail. By lunchtime we were well on our way through Thompsons Gap and congratulating ourselves on the distance we had covered. Alas, the congratulations were premature. The afternoon's walk proved to be very steep and tiring and the weather became hotter and more humid. The small bush flies were a torment and when we reached the rocky creek bed our progress dwindled to a snail's pace. That creek bed seemed unending. It looked to be about 3 km on the map, but it

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twisted and turned so much that it was probably almost twice that distance. At one point a trailmarker left the creek bed and headed directly uphill to nowhere. We still can't work out why that marker was there. A bit further on the markers left the creek again and we found ourselves walking, like flies on a wall, on the slippery side of a hill, only to return to the creek bed again. By this time we were convinced that we would never come to the end of the creek before dark, but all things come to an end and finally we found the 4 wheel drive track we had almost despaired of ever seeing.

Our relief turned to despair when heavy rain started to fall, and we realised that we would be lucky to get to the Dutchman's Stern complex before nightfall. Grahame went ahead to try and get the keys to unlock the gates and to bring his car up to the Heysen Trail. The rest of us trudged on through the heavy rain, which was supplemented by lightning and loud thunder.

We finally reached the complex as daylight was fading. Fortunately a group of people from the National Parks and Wildlife Department was staying there, and two kind gentlemen offered to drive us down the new entrance road and up the old track to our cars. We must have looked like drowned rats and we certainly felt like them. A further complication developed when the cars kept slipping and sliding on the new and very wet clay surface of the road. Grahame met us in his car as we got to the main road, and because of the slippery track, it was decided that Jim, Dick and Stan would walk up to get the remaining car. We four 'girls' huddled in Grahame's car and waited, hoping that our kind benefactors would make it safely back to the Dutchman's Stern complex, and that Stan and his car would get to us safely. At last they arrived and we returned to the camping ground at 7.30 p.m., just before the police had to begin to organise a search for us.

Unfortunately our troubles were not over. During the night 40 mm of heavy tropical rain bucketed down and we spent a sleepless night worrying about our cars at Eyre Depot. Very early the next morning we contacted Quentin Smith at Intrepid Tours. We had arranged for him to take us in his 4 wheel drive vehicle from Warren Gorge to the picnic spot on the Heysen Trail at Mt Arden. Quentin didn't think it would be possible to get there, and even if he could, he didn't think there would be any chance of us getting out from Eyre Depot. I rang the owner of the property and he suggested that we should wait and hope the road would dry out later in the day.

We had a sumptuous morning tea, hoping it would alleviate our worries, and set out at about midday to test the road. We hadn't gone far when we came to an impassable washaway. Dick walked back quite a distance and found a rough track which would take us onto another road. While he was searching, a 4 wheel drive vehicle came along on the road from Port Augusta and the two young men offered to take Jim, Dick and Terry to Eyre Depot to collect our two cars. They

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returned about 5 minutes later convinced that it would be impossible for conventional vehicles to negotiate the road. We decided to have lunch and hope that the wind would dry out the road and improve conditions. About an hour later a conventional car came along from the direction of Eyre Depot. The driver and his mate were very helpful. They had been staying further north than the Depot and the grazier had suggested that they should leave before any more rain fell. After a lot of discussion they convinced us that it would be possible for our cars to negotiate the road if extreme care was taken. Stan offered to try, so he set off with Jim, Dick and Terry.

Two very anxious hours of waiting followed and finally our 3 cars, totally covered in mud, appeared. Stan was given a hero's welcome. He really had saved the day, as no other cars came along in either direction while we were waiting. Nine very relieved people returned to Quorn, but the final day's walk had to be abandoned for the time as more heavy rain fell during that night.

We were able to complete the final day's walk two weeks later.

Intrepid Tours took us in a 4 wheel drive special vehicle to the Mt Arden picnic spot, and that drive proved to be a highlight for all of us. We highly recommend this wonderful trip, which compares very favourably with the Ridgetop Tour at Arkaroola. We couldn't believe that we had actually walked up and down such steep hills. The walk was comparatively easy compared with the other two walks and our only difficulty was negotiating one steep waterfall. Fortunately, Grahame had taken a rope and with the help of Jim and Dick, Jean, Vilma and Stan made the descent safely. Dorothy and I decided to try and find a way up and over the hill, but this proved to be a more difficult venture. At 4 p.m. we reached our cars, which we had again left at Eyre Depot. A very jubilant group returned to Quorn, where we congratulated Stan and Jean on their wonderful achievement. Since 1986 they have walked every step of the marked Heysen Trail, and when we tell you that they are aged 79 and 76 years of age respectively, we are sure that you will agree with us that they are a very special couple.

Congratulations to you both! A fantastic feat! Jim wants to know when you are going to tackle Mt Everest.

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SUMMER WALKING PROGRAMME

For the hotter part of the New Year, the Walking Committee has planned three walks; one a month. They are;

Wednesday, 26 January, (Australia Day)

Waterfall Gully/Chambers Gully - 5.00pm - Twilight walk organised by Colin Edwards, Michael Fretwell, Bradley Howell and Arthur Smith. We intend to conclude the evening with a meal at Fast Pasta, Burnside.

Sunday, 27 February.

Early morning walk in the Hallett Conservation Park. John Selby and Sadie Leupold will lead this walk; start 8.00am.

Sunday 20 March.

A beach walk. Meet at Henley Square at 5.00pm for a walk towards Semaphore and back to Henley Beach. BYO picnic tea which we will have on the lawns in Henley Beach. Leader Sadie Leupold.

Booking - Ring 212 6299

Note for Diary: The Official Opening of the 1994 walking season will be on Sunday, 10 April. Further information together with the first 3 months walking programme will appear in the next edition of **Trailwalker**.

SUNSCREEN PROMOTION

Over the last few months, some of our members have been testing a new sunscreen product **TLC +15**. All comments have been very favourable.

It has now been decided that as a service to our members (and as a modest fund raiser) we will sell this sunscreen for \$7.00 per 100gms tube. Supplies and a "tester" are available from the office.

Technical Details: SPF +15, Broad Spectrum, Hypo-Allergenic, Water Resistant, Moisturising, Greaseless, Non-staining, and Australian Made. Does not contain PABA

We have also obtained a presentation pack. containing TLC +15, Moisturiser, and Lip Salve at \$18.00.

TRAIL WALKER

FRACTURES PART 2.

Terry Darby

In my last article we considered management and appropriate action in fractures of the upper limb and walking out. In this article we will consider this further and fractures of the lower limb.

You will remember you will have written down your position, name of the injured bush walker and nature of the injury and time of the injury. It is also important to write down your plans, map references of the nearest communication point or the distance to a base from whence the injured can be transported to hospital and estimated time to walk out over this terrain. This information can be taken out by 2 fit walkers (remember 2 not 1 - see previous articles) and if necessary delivered to the authorities whilst you are bringing out the injured. It is not usually practical to expect an injured person to walk longer than 3 hours at the most i.e. 6-9 kilometres depending on the terrain. Therefore how prepared are you to camp overnight? If you are not prepared (why not!) you need to consider getting a vehicle as near as possible to your present position. Two fit bush walkers may get out doing 3-5 kilometres an hour (better to under-estimate) and bring in transport into your achievable 6-9 kilometre radius circle making a walk out feasible. If you decide that the walk out is not feasible given the above factors, then walk to the nearest area that you feel will be accessible to a 4 wheel drive or, rarely, a helicopter. Plan for at least a one-night if not a two nights stay. This will mean pooling the group's resources and at least 2 members staying with the injured person. The rest, led by the next most experienced bush walker, take all the unnecessary gear out to the base.

Fractures of the lower limb are fortunately less common than those of the upper limbs and ligament injuries of the lower limb are more common than fractures. As in the upper limb there are complicated or uncomplicated, open or closed types, and violence characterises the injury. The injured bush walker is shocked and in pain. Fortunately, again, fractures are more common around the ankle, than in the leg or thigh bones. Here the priorities are the same as in the upper limb BUT we must lie the injured patient flat and stabilise the fracture as best we are able BEFORE attempting to move the injured person anywhere. Fractures of the ankle and the foot are managed in the same way as ligament injuries (q.v.) leaving the boot on without a lace and having cut the sock open. In a fracture, however, the foot and leg of the injured limb, with the boot on, is bandaged to the uninjured foot and leg. If bleeding is present we manage it the same way as we do in any other injury with a sterile dressing and gentle local pressure. In fractures above the

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ankle we bandage the lower limbs to one another and carry the person to the nearest safe flat dry area where we attempt, gently, to have the feet higher than the head. Keep them still lying flat and erect a shelter over them.

In fractures of the ankle, after an hour's rest, the injured bush walker may hop with the help of 2 bush walkers a matter of a few 100 yards. Exceptionally they may be piggy-packed a kilometre or two. All fractures of the lower limb need to be carried out. Those fractures (fortunately rare) of the leg bone above the ankle or of the thigh bone, are major, and it is wisest not to attempt to move the injured colleague at all apart from to shelter in a safe area and to send for help as soon as possible. It is in these situations that we need the help of our rescue services.

TO SUMMARIZE.

Stabilise your patient and the injured part, then stabilise the situation making sure there are two able bodied walkers available to stay with the injured person (1 of these should be experienced, the second need not be). The most experienced person should lead out the rest of the group to go for help.

REMEMBER TO DO THE PAPER WORK: MAP REFERENCE OF THE LOCATION OF THE INJURED PERSON AND GROUP. DETAILS OF PERSON'S NAME, TIME OF INJURY, INJURED PART, GENERAL HEALTH OF THE INJURED PERSON AS FAR AS KNOWN.

Perhaps have even two copies of this shared in the group walking out.

I have not mentioned central injuries of spine or pelvis. Often these are associated with other internal injuries and a bush walking situation represents a life threatening situation. All the leader can do is to follow the principles outlined above and get help as quickly as possible along the guidelines established above.

I have noted how well organised the rescue services for yachtsmen are in general with radios and E.P.I.R.B.'s. Of course we do not exactly drown in bush walking but it strikes me that we could learn from the yachting fraternity. I would consider remote bush walking the equivalent to ocean sailing and perhaps we should consider taking a 4 wheel base vehicle with C.B. radio to form a base for groups walking in remote areas. The secret of first aid is to be prepared. Surely it is just as important to be prepared to communicate with rescue authorities if necessary as it is to take along first aid equipment on some of these bush walks? I leave this thought with those who are much more expert in this area than I am. Next article - Head Injuries.

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HISTORY OF THE HEYSEN TRAIL - Part 2

C. Warren Bonython - Patron

The stalemate continued through 1977. I recall meeting in August of that year with the Minister for Planning (the Hon. Hugh Hudson, MP) and John Mant to try to help the Trail along, but the Government had other ideas.

On 14 November 1977 State Cabinet, in a milestone decision, accepted a group of recommendations on the "Development and Management of Conservation, Recreation and other Reserves". I learnt this much later, at another interview with the Minister on 30 March 1978, being told that one of the recommendations was that the responsibility for all walking trails should be transferred to the Department of Tourism, Recreation and Sport - this to embrace the former National Fitness Council network as well as the Heyesen Trail.

So I then made a call on the Minister of Tourism, Recreation and Sport (the Hon. Tom Casey, MLC) to press the points that the Heyesen Trail should not be down-graded to "just one of the trails", but that it should be allowed to keep its own identity and that it should be promoted with some priority. I am glad to say he took these points well.

I chaired the thirty-ninth, and last meeting of the Long Distance Trail Committee on 11 April 1978. Members attending were Ron Caldicott, Terry Lavender, Albert Simpson and D.E. Wilsdon, with Secretary R.E. Vieraitis. (Alex McDonald and B.C. Thompson sent apologies). It was an emotive and nostalgic climax to that first eight years. Two months later - on 13 June 1978, we were formally disbanded. I felt dispirited by all the past frustrations, so I went off on a trek in the Himalayas to forget about them.

There was little to show in the way of a trail, but some of the spade-work done undoubtedly rubbed off to good effect in the second phase soon to be described. I mentioned some in Part 1. In addition the Committee had made a comprehensive survey of potential trail users, had prepared a manual of walking trail design and construction for South Australian conditions and had devised a detailed system for sign posting trails.

The dark clouds had a silver lining, as you will soon learn.

In 1978 the Department of Tourism, Recreation and Sport went to work with a will on walking trails. The Heyesen Trail was to keep its special identity.

The Minister appointed Terry Lavender to plan and develop it, and he has dominated the scene ever since. His skill, enthusiasm and energy

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began making their mark when permission was given in 1978 to develop a 50 kilometre pilot section between Mount Lofty and Mount Magnificent.

I was delighted when, later that year, the Minister invited me formally to open this section. The ceremony took place at Arbury Park on 19 November in the presence of the Minister (the Hon. Tom Casey, MLC) the Director (B.J. Taylor) former Committee members, the Heysen family, the Mayor of Meadows and, of course Terry Lavender, his helpers and a good crowd of trail-walkers. (As a post-script, ten years later - July 1988 - Heysen Trail supporters met at this same spot with the Deputy Premier and Minister for Environment and Planning (the Hon. Don Hopgood, MP) to agree on saving the priceless surrounding bushland by incorporating it into the State's national parks system.)

This test section caught the public's imagination, and all Government departments supported the proposal. The future of the Trail was assured. On 22 July 1979 the Hon. J.C. Bannon opened the section from Mount Lofty to the Barossa Valley. On 18 October 1981 I was again asked to open a new section - from Mount Magnificent to Newland Hill.

Since then further sections have been commissioned - Parachilna Gorge to Wilpena, Wilpena to Hawker, Wilmington to Crystal Brook and Cape Jervis to Newland Head - so that now 780 kilometres of made trail exists (The Trail is now completed. Ed.)

The cause of the Heysen Trail was meanwhile championed by Mr Derek Whitelock, assisted by Dr David Corbett and Joan Paton, who publicised it on film and in print.

After 1978 I had little direct involvement, although I have now come closer again in the 'Friends...' movement. The history of the second phase of the Heysen Trail - from 1978 onwards - is not for me to tell. Terry Lavender, the father-figure of this era, should do so.

CLOSURE OF THE OFFICE

Please note that over the Christmas Period, the Office will be closed from 25 December, 1993 to 3 January, 1994 inclusive, re-opening on

Tuesday 4 January, 1994.

Telephone messages can however be left on the answering service, and calls will be returned as soon as possible.

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WALKING BOOTS

The Friends' asked George Driscoll from the Scout Outdoor Centre to comment about footwear - the most important part of a walker's equipment.

This is his reply.

THE DECISIONS - Where are you going to use them? How important is the grip? Do you need leather or suede/cordura? Sorting out the fit? How much are they?

USE - Are you going for eight days in the Flinders Ranges, Southwest Tasmania or are you going on trails in your local hills area? Are you trekking in Nepal or walking in towns in Asia? Different boots will perform these various tasks in a better manner than others but a quality leather will do them all.

GRIP - It is important that the cleats in the sole are deep. This is what will provide the assurance of non slip footwear. Skywalk or Vibram are world renowned soles providing non-slip grip in most conditions.

LEATHER OR CORDURA/SUEDE UPPERS - Leather is the choice for strong wear and waterproofness. Good quality leather walking boots are suitable for all occasions where walking boots are required. However many people requiring walking boots are not suited to leather ones. The manufacturers have recently responded to this problem by producing lightweight leather and cordura suede boots and walking shoes.

Cordura/Suede are the choices where lightness is desired. These are ideal for people who are not comfortable in heavier boots. They are the closest thing to wearing gym boots but they provide the important grip factor. Cordura/Suede are not waterproof unless lined with Goretex.

FIT/COMFORT - Today's boots are the right size when they are comfortable at the first try-on. There is no longer a 'wearing in' period. At the heel it should be possible to fit your fingers between your foot and the back of the boot. The toe should not touch the end of the boot. There should be no strain with the width. When in doubt wear them at home on carpet for an hour or so before firmly deciding on them.

PRICE - Good walking boot prices range from \$90 to \$300. (Friends' get a ten percent discount at the Scout Outdoor Centre.)

The true value of quality and comfort are never more apparent than when you try on walking boots. The dearer ones are usually much

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nicer to wear than the cheaper ones.

The Italians are the world renowned makers of excellent boots. However, Australian made Rossi boots offer good fit, comfort, strong wear and value for money. Hi-tec is an excellent brand of British designed boot made in Asia, selling at good prices.

A thin undersock to wick away dampness is recommended to be worn with quality thick socks.

WALKING BOOT CARE - No walking boots should be put close to heat to accelerate drying. This can harden the leather. All boots should be cleaned after use. The attached earth may harm the fabrics particularly if there is salt present.

All Leather Boots - Regular Boot Polish should be used at all times. We recommend that Sno-Seal or Nikwax be also applied. These substances enhance the leather and make it waterproof. They are applied to dry boots; however, don't overdo it. Excess won't help. The packaging of these products refer to heating the boots prior to application. This is not necessary in Australia unless the coating is being applied in subzero temperatures. There is a new waterproofing by Nikwax that can be applied to boots that may already be wet. This is particularly helpful for Tasmanian walking. These products are preferable to oil based waterproofing which can make some leather go soft and spongy.

Suede/Cordura - Silicone sprays are reasonable effective in keeping boots clean and provide a measure of waterproofing.

A boot with Goretex lining is the most effective way of ensuring dry feet, however there is also a loose Goretex Sock that can be used.



FRIENDS OF HEYSEN AND OTHER WALKING TRAILS

THE FRIENDS' CAR BUMPER STICKER

An ideal Christmas Present! \$2.00 per sticker from the Office.

TRAIL WALKER

GREENING COMMITTEE

Jim Crinion

One of the most rewarding experiences in attempting to revegetate the denuded sections of the Heysen Trail is to see your efforts come to fruition. This year is no exception and the members of the Greening Committee must be delighted to see their hard work pay off.

The plantings carried out this year in June have survived exceedingly well - notwithstanding their installation when the ground was still dry and hard after rains. I estimate a 'take' of around 75 to 80 per cent which is slightly less than 1992. Some of the loss, I am sure, was caused by the cold and unseasonable weather which occurred during the propagation period which left some seedlings less than robust. Then again the seedlings had to be settled into soil which was both dry, clayey and not very friable to pack around the small seedlings. I think we would have lost a lot more but for our worthy band of water carriers who laboured very hard to bucket and cart water from the nearby creek.

Members will now be pleased to know that we have procured a large fire tank and a pump to prevent any possibility of future strained backs and to alleviate the continual cartage of water to the individual sites. The tank and pump fits neatly on a 6 x 4 trailer and can be towed adjacent to the seedlings for watering via a hose. We are indeed grateful to the Department of Recreation for procuring this equipment.

During the year, with our grant from the Department, we managed to protect most of our seedlings with chain mesh fencing to obviate damage by sheep or horses moving down the road reserve or in the paddocks. I am told that our work is of exceedingly good standard and that some members who were involved in the erection of the fencing are thinking of setting up in business, and intend to offer their services to anyone interested - at a price!!!!

Needless to say with the rain during winter and the occasional warm days that occurred, the grass and weeds assumed high proportions and were competing with the plants for nutrients. The whipper-snipper which we purchased early in the year proved invaluable to deal with this problem. Thanks to Ray Mckenna and Jim Carty they made 'mulch of it' in no time.

Unfortunately, due to short notice, the last meeting of the year in October, which was to finish the grass cutting around the plants and to clear weeds from within the tree guard is, was sadly poorly attended. Thanks to Arthur and Resemary Smith who brought their two friends, Alvin and Kath, together with Maureen and John Morris, Stan and Jean Franks, Ray Mckenna, Jim Carty and Barbara Rundle we managed

TRAIL WALKER

to check, secure and weed every tree over the whole length of the project.

Planning for 1994 has commenced and we have already collected our seed kits from Trees for Life to enable the last section of the Trail to be planted just south and adjacent to the Greenock Road. At this stage we will have covered nearly six kilometres with trees indigenous to the area. Already some of the first plantings have reached 2m in height and some have actually flowered too. I am sure in a few years time this section of trail will look quite picturesque and a favourite for walking.

Early next year with the grant we received from the Department of Environment, we need to complete two fence compounds in the Para Wirra N.P. adjacent to the Scout Hut Track at the northern end of the Park. Experimental hand seeding, in lieu of the planting of seedlings, is proposed when the ground is moist from the early rains and whilst the ground is still warm to help germination. If this proves successful then the labour intensive method of propagating seedlings will be superceded by this method. As we head north along the Trail it will greatly facilitate our work in growing, planting and maintenance activity.

Finally I would like to thank the many Friends and 'friends of Friends' who gave their time and support to help with this year's work. Next year in the walking season I hope those who were unable to join us will make the effort to visit the area and see what your Greening Committee has achieved. I wish everyone a most joyful and pleasant Christmas with a more prosperous and greener New Year.

MEMBERSHIP RENEWAL FORM

To: The Treasurer, Friends' of the Heysen Trail and Other Walking Trails Inc., 10 Pitt Street, Adelaide, SA 5000. Tel. (08) 212 6299

Please renew me as a member of the Friends'

I enclose \$..... foryears (max. 3 years)

Membership fees are \$12 (single), \$18 (family), \$25 (organisation) for one calendar year.

NAME

ADDRESS

POST CODETEL. NO.

THE TRAIL WALKER

RETURN TO WALKING

John Crouch

Here I am 57, forcibly retired, no fisherman, lawnbowls turns me right off, - I'm bored outa my mind!

Hello, something on telly about The Great North Way - a 300 km track from Sydney. Sounds interesting. It was about here that the germ of an idea was sown and sprouted. Shortly after something called the Heysen Trail was opened and given quite a write-up in the paper. My sprout stuck it's top out and said - "G-wan, this one's closer, G-wan, it's more feasible, G-wan, G-wan, G-wan."

Subsequently when in town next I "accidentally" fell down the office steps, where enquiries revealed that the idea had only been done 3 or 4 times, so it got pushed down a bit. Regardless anyway I joined up, came home and started walk training. After two weeks I could comfortably do 12 km in 2 hours so I decided to do a club walk.

In ignorance I picked the Deep Creek walk in August for starters. After doing 5 kms in 2.1/2 hours I was wondering just what in hell I was doing there! Walking on the flat definitely uses different muscles than trying to be a mountain goat. By 3 o'clock every Blackboy stick on the horizon had to be the Trig marker at the carpark. For 2 days I ached all over (I gathered afterward that I wasn't the only one) and would gladly have kicked the sprout to death if I only had the energy and could have moved fast enough.

With some training modification I was back in a fortnight to Chamber's Gully and this one was finished with no trouble. The crucial test was to be on the September walk. Just to be sure (or was it purely stupid) I did a 3 hour walk on Saturday with the Walk For Pleasure group and followed it up with the Second Valley Forest walk on the Sunday. This lot was really enjoyed and although some side effects were evident it was decided to let the sprout continue to grow. Unfortunately it needs company and I'm looking for someone else to plant a sprout and germinate along.

OH-YES-THE-SPROUT- about May or June next is to be pulled up and start at Cape Jervis and finish at Parachilna, doing the Trail in the one go. So if you are bored stiff, fit and full of initiative, have the time (10 to 14 weeks) and equipment drop me a note C/- Stansbury P.O. 5582. At this stage I'm looking for company for obvious reasons.

Gosh the box programme mentions Paddy Pallin. That brings back memories of the 50's - I'll have to think about the "good old days" and make some notes for later on

THE TRAIL WALKER

FRIENDS OF THE HEYSEN TRAIL AND OTHER WALKING TRAILS INC.

TRAIL REPORT FORM

Please use this form to report any abnormalities you encounter on the Trails whilst walking. Items such as missing signs, ambiguous marking, and difficult walking/surface conditions should be included. Please do not attempt to rectify the problem yourself. That should be left for the maintenance team responsible for that part of the Trail.

TRAIL REPORT

.....
.....
.....

LOCATIONGRID. REFMAP NO....

DATETIME OF DAY

NAME.....

ADDRESS.....

SUBURB/TOWNPOST CODE

TELEPHONE NUMBER.....(For follow up if required)

When completed, please send this form to;

The Administrative Officer and Trails Coordinator,
Friends of the Heyesen Trail and Other Walking Trails Inc.,
10 Pitt Street, ADELAIDE, SA 5000. Telephone (08) 212 6299.

Thank you

THE TRAIL WALKER

BULLETIN BOARD

WANTED TO BUY

Ladies Backpack, approx. 65 - 70 litres, internal frame. Please contact the Office 212 6299.

WANTED TO BUY

TRANGIA Two person stove. Please contact the Office 212 6299.

WANTED

Volunteer part-time typists. The typing workload in the office is increasing to a level where extra word processing and data entry assistance is required. If you would like to discuss this further, please ring Mike Fretwell on 212 6299.

FOR SALE

Jansport Aripiles 65 litre pack - used once - as new \$190.00.
contact Tom McIntee of Basket Range, 390 3471

DEADLINE for the next issue of **Trailwalker** is 10 January, 1994. Please have your articles and photographs into the office by that date. Late articles are not guaranteed publication!

If you would like to include an item on the Bulletin Board, please let us know.

CLOTHING FOR SALE

We are pleased to announce that the popular Polo Shirts and Windcheaters are again available with the "Friends of the Heysen Trail" logo.

The logo will be available in two forms (a) screen printed on a white background (similar to the loose woven badge), and (b) woven to the garment without a background.

Delivery will approximately 12 working days (we are trying to improve on this service time).

Samples and order forms available from the Office.

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