

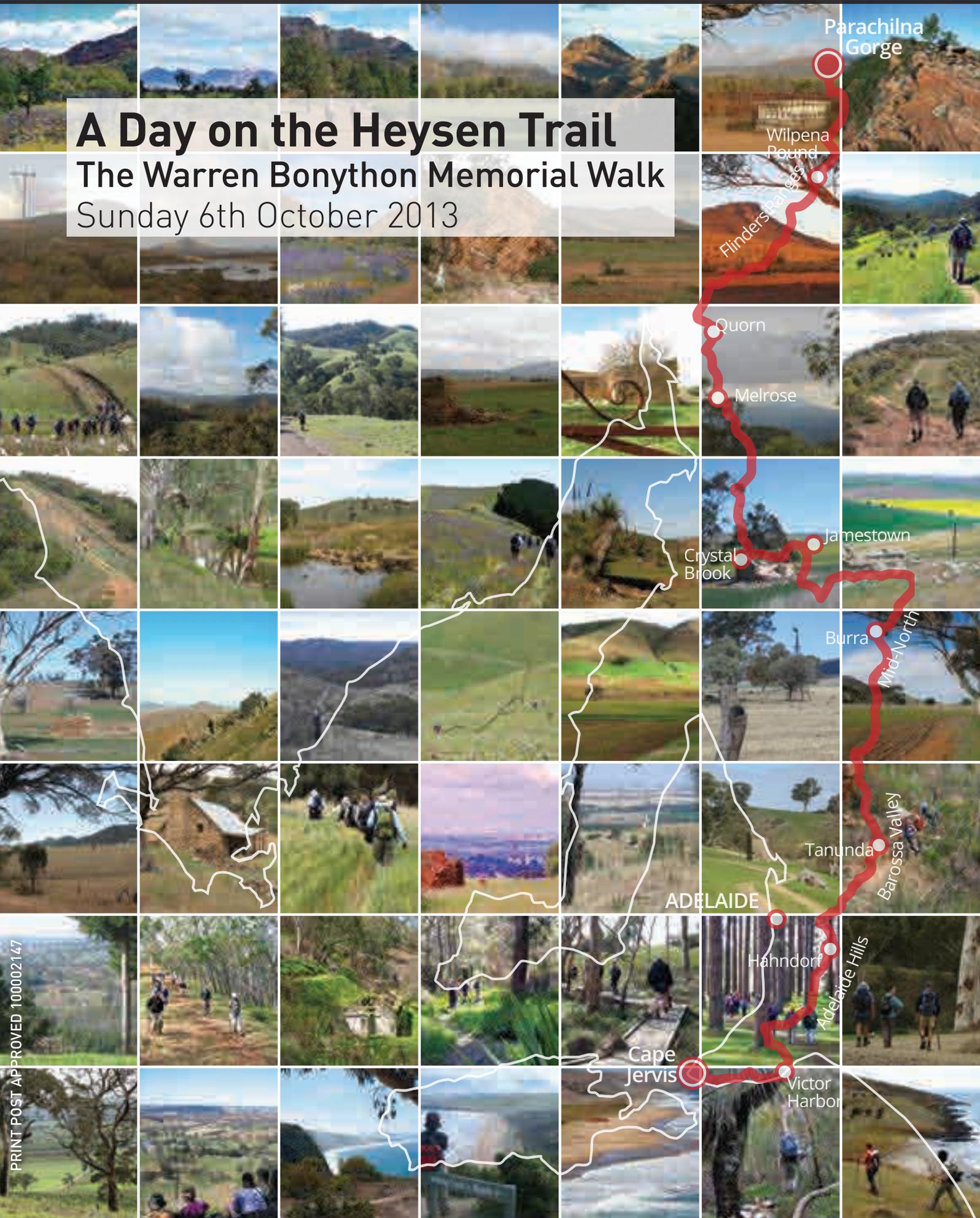


Spring 2013 Issue 129

Free

Trailwalker

A Day on the Heysen Trail The Warren Bonython Memorial Walk Sunday 6th October 2013



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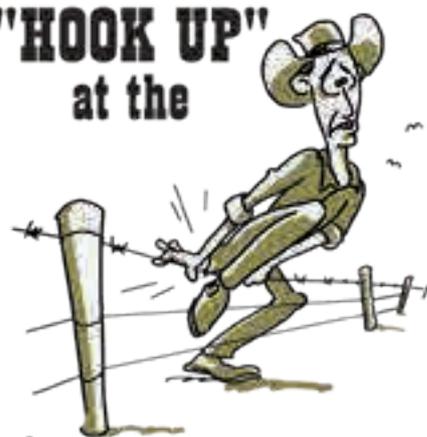
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Wed Oct 23: Walking in Europe

Tue Oct 29: World Great Walks & Treks

Tue Nov 9: Trek Nepal



Contents



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Friends of the Heysen
Trail & Other Walking
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Membership Information

Joining Fee \$10
Single \$25 per year
Family \$40 per year
Schools & Organisations \$60 per year

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

Trailwalker Magazine

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

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

The Trailwalker magazine is published quarterly:

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

The Trailwalker magazine has a distribution of 1050, 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

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 \$60 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 – 4 issues, would attract 10% saving

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

Magazine of the Friends of the Heysen Trail

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the Heysen Trail
& Other Walking
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Kate Greenhill	Vice President
Sally Fieldhouse	Secretary
Benita Rees	Publicity Officer
Hugh Greenhill	Section Leader

Council Meeting Dates

Wednesday 21 August 2013
Wednesday 18 September 2013
Wednesday 16 October 2013
Wednesday 20 November 2013

Summer Trailwalker Deadline

Friday 1 November 2013

Articles, reports and other submissions are welcome from:
members walking on the Heysen Trail or elsewhere;
non-members walking the Heysen Trail;
other interested parties.

To submit an article, contact the Editor at trailwalker@heysentrail.asn.au.

Contributors are urged to contact the Editor to discuss their article prior to submission.

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Cover

A Day on the Heysen poster

President

A Word from the President - Robert Alcock



Driving back from End to End 4 and I suddenly realised there's only a couple more months in the walk season, yikes! Just as well planning is advancing on our work and walks for next year.

This season we introduced the new on-line walk booking system and the transition has been well accepted. Having our details appear and not needing to key them in for each walk is the biggest benefit for walkers, and the Friends will now have better information and reports for better planning.

Walk bookings are strong with our six End to End groups each month, and many other walks attracting good numbers. At early August, we clicked over 2,000 registrations for this season. The new End to End 8 continues to book out, and its facebook page has already become busy with pictures and information-sharing from the walkers. All the End to End groups report a strong social element. The chance to share interests and passions with like-minded people, and a bit of fun, continues the tradition of our completed groups, who continue to organise re-unions.

We have been pleased with the membership uptake for the new Warren Bonython Foundation. The application for a Tax Deductable Status is about to be submitted.

The Foundation is now looking for a couple of worthwhile environmental projects along the trail that we can start planning and raising funds for.

On 1st August Richard Trembath and I hosted Judy Bailey, a New Zealand personality/journalist, for a few hours, as she experienced the Heysen Trail along the Waitpinga Cliffs and around Kupto. An article in the New Zealand Herald newspaper will result. Then this week we will have just a little more time to show another New Zealand journalist, James Borrowdale, the Heysen Trail along the south coast. James writes for the NZ Kia Ora Magazine. Both trips have been through the SA Tourism Commission Auckland office. We expect it will generate more interest from our close neighbours across the "duch".

Still on the south coast, a "Deep Creek Open Day" is being held at the Park HQ on September 22nd. We plan to have a marquee to promote the Heysen Trail, and we need a couple of members to help out on the day - email the office with attention to Richard Trembath, if you can help out.

I know many of you have decided on your walk for the Warren Bonython Memorial Walk, A Day On The Heysen, being held on 6th October. Now is the time to have your family and friends book in to join you, so chat to them now, as some popular walks are likely to reach the booking limit. With the involvement of so many walking

clubs and groups we are expecting this to be the biggest walking event ever in South Australia. We have been fortunate to have had articles in local papers from Quorn to Victor Harbor, plus a good write-up in the Sunday Mail, complemented with emails and mail-outs to many groups along the length of the Trail. Regional radio has broadcast it, and we hope to continue the publicity up until the event. However, nothing works as well as Word of Mouth, so please join in by including it in your conversations.

Win a Free Calendar

Submit some of your photos for the 2014 Friends of Heysen Trail calendar for a chance to win a free copy of the calendar.

If we use one of them - you win a calendar.

Maximum of four photos per person.

Photos need to be landscape shaped and meet minimum technical specifications, generally a 7 mega pixel camera will suffice if on the highest image quality setting.

Email your photos to heysentrail@gmail.com by October 1.

Email size can be up to 25MB (your email provider may not allow emails of that size).



News

Letters to the Editor

The following was published in the 'Science' section of The Guardian Weekly, a weekly assemblage of articles from the English Guardian and Observer newspapers, plus some contributions from Le Monde and The Washington Post.

The 'Science' section is now called 'Discovery'. This little bit comes from the 19.4.2013 issue of the paper, p. 33.

DON'T RUN, BUT WALK

'Brisk walking reduces the risk of heart disease more effectively than running when the energy expenditure of both activities is balanced out, a study has found. Researchers compared data from two surveys of 33,060 runners and 15,045 walkers. For the same amount of energy used, walkers experienced greater health benefits than runners.

The effects on participants, who were aged 18 to 80, were observed over a period of 6 years.'

Unfortunately, no source is cited, but the newspaper is authoritative and the sample sizes are appreciable.

Giles Walkley

Vale Ray Lambert

We are sad to report the recent death of ex-Friends member Ray Lambert as result of pulmonary fibrosis. Ray and his wife Irene were regular walker for several years with the TrailStarter group. Both are remembered as a cheerful and friendly couple, who were missed by TrailStarters when they had to return to their native Liverpool for family reasons. They continued to be active in their local walking group until Ray's illness.

Our sympathy to Irene.

Mike Parsons.

A fine sunny day greeted popular NZ personality Judy Bailey when she visited the Heysen Trail recently. Judy was visiting the Fleurieu Peninsula to write stories for publication in the New Zealand Herald newspaper (readership of 570,000). With the afternoon on the Fleurieu Peninsula, Judy and party saw 7 whales off Middleton before joining President Robert Alcock and Vice President Richard Trembath with a walk along the unique Waitpinga Cliffs west of Victor Harbor. We hope that results in more awareness of the Heysen Trail with NZ trampers.



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PROFESSOR SIR JOHN CLELAND MEMORIAL WALKS

Friends of Belair National Park invite you to free guided walks led by Birds SA in Belair National Park on Sunday 22 September starting at 10am and 2pm from the Volunteer Centre, Long Gully.

Free entry to the Park for participants and free tea and coffee from the volunteers.

BYO lunch, snacks and water.

Enquiries to FoBNP on 8278 6736.

Ten new camping platforms

In recent weeks multi-purpose camping platforms have been constructed at four campsites, with six more to be built.

This program of constructing ten platforms has been permitted with funding from donations by the End-to-End 3 group, who completed the Heysen Trail in 2011.

Volunteers have installed these four multi-purpose camp platforms at:

Hiskeys Hut

Buckaringa North Campsite

Yanyanna Hut

Middlesight Water Hut



New camping platform on the Heysen Trail at Hiskeys Hut

In the near future, platforms will be built at Smith Hill Campsite and Black Jack Shelter.



Construction volunteers building a Heysen Trail camping platform at Buckaringa North Campsite

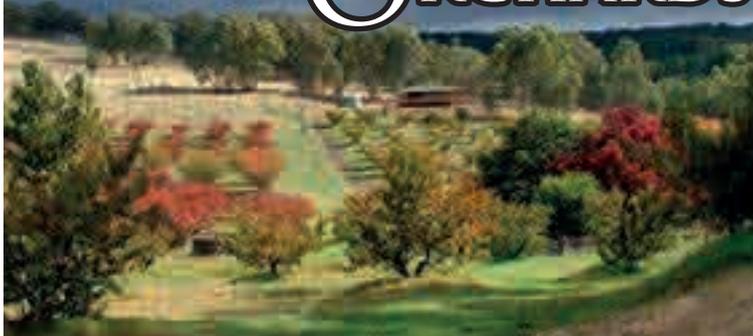
WALKING SA AGM

WALKING SA's future looks to be a bit brighter after the AGM held on 15th August.

16 nominations were accepted to the interim committee.

A full brief report on the recommendations following on from the recent review into their structure and operations appears on page 22.

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News

A Day on the Heysen Trail – Warren Bonython Memorial Sunday 6th October

The Warren Bonython memorial is shaping to be the biggest walk event in South Australia. The planning committee has established the booking system and recruited the leaders.

We plan to walk the entire length of the Heysen Trail on the Sunday of the long weekend, with the help of anyone who loves the trail. Sixty sections have been allocated, comprising all distances and difficulties. Other walking clubs will join us including ARPA and Adelaide Bushwalkers. You don't need to be a member to walk this one. Members of the public can book directly through our website following the Warren Bonython link, and the booking system will help you choose the right walk for their fitness level.

If you need to do an End to End catch up, this is the time to do it.

We are aiming for 1200 walkers to walk the 1200 kilometres, so grab some friends and join the adventure.

Yellow shorts were Warren's signature style, so we will be carrying them proudly as a banner on each segment. Feel free to join the homage to Warren Bonython by wearing your own pair on the day.

The Warren Bonython Foundation is in the last stages of approval. Dedicated to furthering the environment along South Australia's iconic trail, all proceeds will help establish Warren's ongoing legacy.

This will be a unique event but I don't see why it shouldn't become bushwalking's regular challenge event.

Simon Cameron
Chairman

End of Year Bash, BBQ + Band



Come and see your President boogie to the tune of the foot-tapping Bogaduck Band at the beautiful Paxton Winery in McLaren Vale.

Sunday 17 November, 12-5pm
\$20 per person

Book early! No refunds!
Book at www.heysentrail.asn.au/invite
or via the office.

Before, bbq and artisan bread provided.
Wine for purchase by the bottle or glass,
cash only, no BYO. Bring beer or soft drink,
bring Salad or Dessert to share,
chair or rug, plates & cutlery.

Paxton Winery
Lot 100 Wheaton Road, McLaren Vale

Deep Creek Conservation Park

Community open day | FREE ENTRY

A fun day out for all ages in one of South Australia's most scenic bushland parks. Exciting activities and stalls: face painting, animals, park pass giveaways, games and prizes, local markets, information on native plants and animals, CFS, Smokey the Bear and more.

Where: Park Headquarters, Tappanappa Rd, Delamere (off Range Rd)

When: Sunday 22 September, 11am to 2pm



Government of
South Australia

Natural Resources
Adelaide and Mt Lofty Ranges



Office Report

David Rattray, Office Coordinator

The walking season is well and truly with us and the weather has been generally kind. 1,500 people have walked with the Friends to date this year.

Staffing

We welcome, Ramya Ramamoorthy as a new volunteer. Ramya is in the office on Mondays. We hope you enjoy your time in the office and that you are able to stay with us for a long time.

Robyn Quinn is not available to volunteer on a Monday anymore and we are rearranging the roster to fit her in on a day she is available. Millie our sometime Tuesday volunteer has had her litter and we expect her back in a few weeks. Grandmother Chris is doing well too.

Thank you

Thank you for your patience during the steep learning curve as the new walk registration system is implemented. The system 'remembers' your details and the payment gateway is much simpler to use. However, some members have pressed the payment button more than once resulting in paying twice for a walk. This creates work for the office staff and treasurer's team.

New Members

The President and the Council would like to extend a warm welcome to the following 69 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.

Cindy Anderson	Mark Fletcher	David MacDonald	Brydie Pendergast	Flynt Szilassy
Lynn Arnold	Adele Gatt	Eliza MacDonald-Hall	Nathan Pendergast	Quin Szilassy
Meredith Blesing	Shauna Gill	Finnegan MacDonald-Hall	Susan Pendergast	Victoria Szilassy
Greg Bunnett	Veronica Gramp	Fiona McInnes	Trevor Pendergast	Thu Thuy Tran
David Carmichael	Phillipa Hall	Jennifer McKay	Carole Pinnock	Ruth Trinidad
Sam Carmichael	Helen James	Kimberley O'Brien	Greg Pitman	Angus Tuck
Kristin Clark	Rick James	Lorna O'Donnell	Vicki Polson	Bianca Velder
Helen Cox	Stephanie Johnston	Bernard O'Neil	Ramya Ramamoorthy	Arjunan Vikraman
Rebecca Crawford	Mark King	Belinda Olsen	Andrew Robertson	David White
James Ewen	Richard Lea	James Olsen	Philippa Robertson	Cindy Whittlesea
Kirsten Ewen	Andrew Litster	Ryan Olsen	John Schumann	Elizabeth Wilkinson
Daneeka Feo	Tricia Litster	Christine Oppatt	Beverly-Anne Skeen	Nina Wilkinson
Rocky Feo	Andrew Loja	Stuart Parry	Alex Stedman	Lionel Wilson
Margaret Fletcher	Carolyn Luscombe		Alison Swart	Angela Ziesing



E2E Group

End to End 4 Nick Langsford

The E2E4 group, just over 40 enthusiastic walkers, is now over halfway along the penultimate leg (year 5) through the Southern Flinders Ranges-Crystal Brook to Quorn. This year we have made rapid progress according to schedule, with some tough 20km walks around The Bluff on the June long weekend. In the July walking weekend we summited on Mt Remarkable in fair weather, but finished the roller-coaster 26km in fog, rain and a thunder storm. In August the walking weekend sees us close to the next major high point, Mt Brown. We have enjoyed the Saturday night dinners, organized by Pam O'Donnell-thanks Pam. And thanks to all the other leaders.

The programme for 2014, the final year 6, has been settled, which will take us from Eyre Depot to Parachilna Trailhead through the Central Flinders Ranges in 2 week-long blocks in June and August. We finish the 2013 season walking on a high note - the summit of Dutchmans Stern, which allows tantalizing

views of the delights ahead; Mt Arden and Wilpena Pound. Don't forget to organize your year for those 2 week long 2014 adventures.

Cheers Nick. PS nothing much to report-just a walk in the park!!

End to End 5 Russell O'Brien

The bonuses of walking the Heysen Trail as part of a group seem never-ending. The act of walking is combined with fun and laughter, serious conversation and socialising, personal thinking time and the opportunity to de-stress both mind and body. It sounds like a formula for good health and longevity, a balanced mind and outlook and mental and physical simulation. And it is.

Moving within The Friends of the Heysen Trail circles, one commonly hears about the various groups presently active along the Trail. Generally the reports are glowing, with comments offered regarding a group's cohesion and walking capabilities. While group size must have an impact on both, End to End 5 appears to have no difficulty in catering for all walking paces and styles. The group truly is cohesive in spirit and pace, the latter being moderate and often commented upon by visitors as enjoyable and conducive to a better level of walking experience which is so important on the Heysen Trail because the beauty it offers to the wise and perceptive walker.

This doesn't mean that every day on the trail is 'just right' for everyone. The elements such as those we found along the stone wall (mid north) where strong winds buffeted the group all day didn't enhance our walking experience but still there remained a cohesiveness and high level of care for each other. A group will always consist of those at the front and those at the back. How can it be otherwise? The important and indisputable requirement for successful group walking is an awareness of each other and the group as a whole. Taking care of each other is like the act of donating blood so that others can have a better life.

The closure of a road enabling access to the Newkie Creek area (NW of Burra) in July caused us to move forward along the Trail and complete walks intended for later in the program. Personally, I can't wait to walk from Wandallah to Newkie Creek to Dare's Hill Summit Road. This region is one of the State's best kept secrets and it's all ours because we walk the Heysen Trail.

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Reports

End to End 7 Peter Larsson

Now in its second year, the E2E7 group has passed through the Kuitpo Forest and is now entering the Adelaide Hills. Although we are all walking together, it is a personal journey for each of us and I would like to share the experience of one of our walkers, Connie Vosnakis from Yankalilla.

My Heysen Trail Experience

I started walking the Heysen trail this year at the season commence 2013 and have had a great time. I have always wanted to walk the trail and I am glad that I am now doing it. It has allowed me to meet other people with similar interests 'nature/outdoor' people. There is a buzz of excitement at the start of each walk as everyone is keen to get going on their adventure.

The registered walking groups for me are ideal as there is an element of safety within the group and it gave me the opportunity to also walk with a group of friends aka 'the three Yankies'. (I think we would get lost by our selves as we talk so much).

The trail at times can be tough and thankfully my preparation was enough. I have enjoyed seeing parts of our fantastic country that is not always accessible by car or bike and look forward to the day we cross the finish line. I really like the friends of the heysen group as a lot of the monies collected from the walks go back into the maintenance of the trail and building of steps, styles and shelters along the way. Thank you friends for all you do so that future generations can enjoy.

Connie Vosnakis



The three "Yankies"

MAINTAINANCE VOLUNTEERS WANTED

Assist us with mantaining the trail.

All sections currently have a Section Leader.

But they always need assistance and there are many other jobs to be done.

If you are interested and have a small amount of time available this could be the opportunity you have been waiting for.

But don't delay.

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An extensive Resume will not be needed – just a name will do

CONTACT: email Colin Edwards at the Friends office
heysentrail@heysentrail.asn.au



End to End -1

Dean Mortimer

“Let There Be Rock!” - The Continuing Adventures of Morris Minus.

Hello again friends,

I spent a wonderful summer's break with young Jason Rufus and, thanks to him, was equipped for a return to the trail with an elementary education and a new hat.

First up at the end of May was a walking week up around Quorn which Dean promised would “Rock!”. From Buckaringa Gorge, over Mt Arden, along Depot Creek and over to Dutchman's Stern, there were rocks everywhere. We stepped on and over them, we scrambled up them and skidded down them. Thank you to the caring Albert, the limping David and the environmental angel Mary for guiding me through the first three days with excellent weather and magnificent views. I even got to see some Yellow-footed Rock Wallabies in Warren Gorge.

I was looking for a leisurely rest day, but what does Mary do? She drags me up to the top of the biggest rock in the district: Devil's Peak! Next, back to the trail with a shuffle to beat some forecast rain later in the week. So, from Woolshed Flat to the top of Mt. Brown for lunch and then a slow, steady descent down the rocky south slope. Then it happened! Rock and Roll! Walkers tripped, slipped and tumbled all in the space of a few hundred metres. Luckily, they all picked themselves up, brushed themselves off and continued on to Broadview. Now in the care of Margaret, the Rock and Roll extreme queen, we continued the ridge walking towards Horrocks Pass. And then the rain came. I didn't see much of the trail because I was tucked away in Margaret's pack out of the weather. Apparently I didn't



miss much as the cloud and rain closed in, although I did miss a soul-warming shot of port when we finally reached the shelter of Gavin's bus. I lay awake most of that night listening to the rain on the roof. A few walkers didn't make the bus due to a variety of reasons, the best being 'tent-onitis'. After a damp start at Dutchman's Stern, the rain cleared quickly to provide a great walking day on an albeit soggy trail. I had prime spot on top of Dean's pole to see The Afghan Express steam train come along the Pichi Richi railway. Then we hit the ridge, to be once again hit by rain. Oh what a welcome it was to see Gavin's bus again. But wait, that wasn't all. Gavin and Barry (our support driver) had set up a billy and cake and a roaring fire under the road bridge – pure gold! The week ended with a farewell at the Austral, a send-off for Gavin (who has upset the E.M.U. and fears his licence will be revoked) and a send-up by Mrs. Brown!

Our next walk together was a June weekend at Melrose where we came to conquer the mighty Mt. Remarkable and enjoy some spectacular views. That was the plan anyway. I can't tell you much about the first day because I was tucked away in Neville's pack in my own rain packet. But I do remember hearing raindrops, running creeks, sloshing boots, not much chatter and a very long day. Despite some ritual blessings at the Saturday night congregation, the grace of the rain gods was not with us. (Melrose received over 130mm of rain in the week to Monday morning). Plenty of walkers arose next morning with the question on their lips, “Are we going to walk today?” There was water everywhere, with most of it flowing down the Willochra Creek or spilling out over the roads. Not to be too discouraged, twenty walkers and I assembled at Horrocks Pass with the news that the bus would be waiting to pick us up at the end! I was hidden away under Jim the dam builder's camo jacket as we headed down the road, soon to deviate off the bitumen to test Julian's reroute. What irony to now prefer the danger of road traffic to the slippery slopes and running creeks of the “safer”



Descent to Woolshed Flat



The Stony Creek mob

option, but the reroute still got the thumbs up. Hopes were set high at morning tea by a brief glimpse of the sun, only to be dulled by a gluggy back road and then dashed by Stony Creek. Stony Creek was running fast and Dean warned that we (okay, maybe not me) were going to get wet feet. After six crossings in mostly knee-deep raging waters we reached the base of Lavender Hill and as we climbed, the rain and the cloud descended. Dean later bestowed these hardy Heysen Trail walkers the title of "The Stony Creek Mob" for their true dedication in completing the day's walk - destined to be remembered forever in Heysen-lore.

July was advertised to be "a doddle" compared to the 338km of the trail we had already completed. We walked from Melrose to Wirrabara Forest and oh what a pleasure it was. The sun was shining, the sky was blue, the roads were flat and the trail was dry and we could see the horizon in every direction! It was our "Christmas in July" weekend and we felt that all our Heysen Trail Christmases had come at once. Thank you to Greg for giving me a good airing on the first day and I now spend a month with the Pratts. Elizabeth taught me to knit a lovely scarf last time I stayed with them, but this time I think she will get me to fashion a noose so that she can string up hubby John for forgetting to tell her about the Secret Santa!

(Thanks to our blog-master Peter, Robert and Mary for the pics.)

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Laura

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Greening the Heysen Trail

by Neil Nosworthy

Rain, glorious, rain – the bane of walkers but a blessing for tree planting. The Greening Committee has been fortunate that this year our plantings have coincided with the excellent rains particularly in the mid North.

Worlds End to Burra helped by End to End 5



Walkers planting trees at Worlds End

In the beginning of June, ten volunteers with the enthusiastic assistance of the End to End 5 walkers planted 600 trees along

Heysen Trail near Worlds End south of Burra. Arrienne Wynen deserves a special vote of thanks for the morning tea of cup cakes decorated with trees – a real treat.

We were lucky to dodge the rain over the weekend but this provided ideal conditions for the trees. Hopefully our trees will thrive and in time provide much needed relief for walkers looking for a comfort stop.

Cape Jervis

Also on the first weekend in June, two Friends helped Carolyn Schultz and the Cape Jervis Coastal Community Group to plant 450 seedlings near the start of the Heysen Trail at Cape Jervis. By all reports, planting proceeded in continuous rain and wind and everybody got thoroughly soaked and filthy.

Spalding - Bundaleer Channel

In the middle of June, ten volunteers planted 700 trees along the Bundaleer Channel at Railway Dam Road near Spalding. Once again the weather conditions were favourable with recent rains providing excellent planting conditions.

Several of us stayed at the Barbed Wire Pub in Spalding – a good place for walkers to stay and eat. Thanks to Geoff and Josie for their hospitality and assistance in providing us with water to plant the trees.

Thanks also to Mark Hall who grew the trees through Trees for Life.

Hiskey's Hut

There were about 50 trees left over from the Spalding planting which we took to Hiskey's Hut and planted them there to replace some



Robyn Quinn prepares to plant at Bundaleer Channel

ALPANA STATION – *Escape the crowds*

Bushwalkers Transport Service

David and Sally Henery of Alpana Station Blinman offer a friendly, flexible and accredited transport service for the **Wilpena, Blinman, Parachilna Gorge Heysen Trailhead** section of the Heysen trail for walkers (individuals or groups).

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Email alpana2@bigpond.com
website address www.alpanastation.com
Bookings Essential

of last year's planting. About 40% of last year's trees survived the dry spring and summer and hopefully will prosper with the good rain this year.

Projects for 2014 and future years

We have already placed our order with Trees for Life for next year. Our plan is to plant more trees along the road between Worlds End and Burra. Both End to End -1 and End to End 6 will be walking this section next year and we want to involve them in the planting. We will also investigate plantings closer to Adelaide perhaps at Mount Crawford or Cape Jervis.

However we welcome any thoughts on future greening projects. If you have an idea, please contact me by email at neil@noztours.com.au or by phone on 0447922617 or 82786577.

Finally I want to pass on particular thanks to all of our volunteers who have helped with our plantings this year.



Graham Bald plants a tree on the Bundaleer Channel



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Burra Branch Walking Programme

Our Burra Branch also conducts a walk programme. Please contact the leader in the week before the walk for details and to book.

Date	Location	Contact	Telephone
Sat/Sun	Camp: Horseshoe, via Carrieton	Helen Smith	(08) 8849 2018
24/25 August			
Sat 21 Sept	Cattle Station Rd Hallett thru' Gebdart's farm	Ken Farmer	(08) 8894 2125
Sun 6 October	Warren Bonython Walk (end to end)	FoHT Office	(08) 8212 6299
Sat 19 October	Full moon walk (to be decided)	Garry Fieldhouse	(08) 8843 8028



2013 Walk Season Programme

		September	October	November	
1st Week of month	End-to-End	Father's Day	Sun Sep 1 Trail Starter Ambers Gully Kevin Liddiard	Sat Oct 5 - Mon Oct 7 End-to-End 5 Chlorinator to Curnows Hut to Raeville to Locks Ruin	Sat Nov 2 - Sun Nov 3 End-to-End 5 Locks Ruin to Bowman Park to Mt Zion
	Trail Starter		Sun Sep 1 Trail Walker Sturt Gorge - off track Simon Cameron	Sun Oct 6 A Day on the Heysen Trail: the Warren Bonython Memorial Walk	Sun Nov 3 Trail Walker Second Creek to source Simon Cameron
	Trail Walker		October Long Weekend		
2nd Week of month	End-to-End	Sat/Sun Sep 7-8 EtoE4 pre Mt Brown-Woolshed Flat-Quorn	Sat/Sun Oct 12-13 EtoE4 Quorn-Dutchmans Stern-Eyre Depot	Sun Nov 10 End-to-End 8 Inman Valley to James Track	
	End-to-End	Sat/Sun Sep 7-8 End-to-End 5 EE George to Spalding Rd to Chlorinator	Sun Oct 13 End-to-End 8 Tugwell Road to Inman Valley		
	Trail Starter	Sun Sep 8 End-to-End 8 Waitpinga to Tugwell Road	Sun Oct 13 Trail Starter Sturt Gorge Robyn Quinn	 <p>The Friends of the Heysen Trail 10 Pitt Street Adelaide 5000 Phone 08 8212 6299 www.heyseentrail.asn.au</p> <p>This version released 8 May 2013</p>	
	Trail Walker	Sun Sep 8 Trail Starter Onkaparinga Ben Wait	Sun Oct 13 Trail Walker Newland Head Peter Clark		
End-to-End	Sun Sep 15 End-to-End 6 Tanunda to Kapunda	Sat Oct 19 - Sun Oct 20 End-to-End 6 Kapunda to Hamilton to Peters Hill			
Trail Starter	Sun Sep 15 Trail Starter Mt Lofty Botanic Gardens Graham Bald	Sun Oct 20 Trail Starter Scott Creek David Carter			
3rd Week of month	Trail Walker	Sun Sep 15 Trail Walker Para Wirra John Potter	Sun Oct 20 Trail Walker Deep Creek John Potter		
	End-to-End	Sun Sep 22 End-to-End 7 Cleland to Montacute Heights	Sun Oct 27 End-to-End 7 Montacute Heights to Cudlee Ck		
	End-to-End	Sat Sep 21 - Sun Sep 22 End-to-End -1 Mt Zion to Bowman Park to Locks Ruin	Sat Oct 26 - Sun Oct 27 End-to-End -1 Locks Ruin to EE Smith Rd to Curnows Hut		
	Trail Starter	Sun Sep 22 Trail Starter Belair Wildflower David Carter	Sun Oct 27 Trail Starter TBA Chris Porter		
4th Week of month	Trail Walker	Sun Sep 22 Trail Walker, Ben Wait Sea-to-Summit, Mt Lofty 1/2	Sun Oct 27 Trail Walker Crafers Peter Clark		
	Trail Starter	Sun Sep 29 Trail Starter Mt George Carol Homewood	<h2>Key to Walk Programme</h2> <ul style="list-style-type: none"> Trail Starter walk Trail Walker walk End-to-End walk Other walk event <p>An explanation of walk grades and details for each walk event are published on the website</p>		
5th Week of month	Trail Walker	Sun Sep 29 Trail Walker Real Chambers Gully Richard Milosh			

A Day on the Heysen Trail

The Warren Bonython Memorial Walk
October Long Weekend, Sunday 6th October 2013



Famous for his bright yellow shorts

1,200 walkers to hike 1,200km on one day.
Choose your section online now.

In tribute to Warren Bonython, walkers will hike the 1,200km Heysen Trail in one day. The trail has been divided into 60 sections, between 16 and 30km long, with organisers from South Australia's bushwalking community leading people in each section.



Warren Bonython AO, died in April 2012. He was a great believer in challenging himself in the outdoors: walking the Simpson Desert, walking Lake Eyre, walking the length of the Flinders Ranges and proposing the iconic Heysen Trail. His exploits inspired generations of bushwalkers and the walking community.

The 1,200 km hiking Heysen Trail passes through some of South Australia's most diverse and breathtaking landscapes, traversing coastal areas, native bushland, rugged gorges, pine forests and vineyards, as well as rich farmland and historic towns.

www.heysentrail.asn.au/wb-walk



Chicks on the beach

Emma Stephens, Coast, Estuary and Marine Officer for the Natural Resources, Adelaide and Mt Lofty Ranges region

The Hooded Plover is a small bird found on Australia's southern ocean beaches, including the Fleurieu Peninsula.

Walking along the beautiful beaches of the Heysen Trail: Waitpinga, Parsons, Sheepies (Shannon's Gully), Coolawang, Tunkalilla and Lands End, you have probably walked right past these well-camouflaged birds.

They spend their entire life on the beach, and they also lay their nests on the beach. Yes, that's right, the beach, between the high-tide mark and the base of the foredune.

Sometimes they will nest on the dune itself, but usually on the beach above the high-tide mark.

The nest is a very simple scrape in the sand, with one to three very-camouflaged eggs.

They lay their eggs from August through to March – spring and summer – the busiest time on our beaches, so you can imagine the range of threats they face during the breeding season.

And it's for this reason that Hooded Plovers have one of the lowest rates of chick survival in the world.

Hooded Plovers and the Heysen Trail – how you can help

Let's share the beach! During the breeding season, when walking along these beaches, please stick close to the water's edge or walk behind the beach and dunes on higher ground at high tide.

If you unknowingly sit near a nest or chicks, you will inadvertently cause the Hooded Plover to come off its nest, or send its chick into hiding. This means the eggs and chicks will be left vulnerable to the elements and predators, and chicks will go hungry.



Hooded Plover by Grainne Maguire, Birdlife Australia



Hooded Plover chick
Photo: Glenn Ehmke

A fantastic group of volunteers "The Friends of the Hooded Plover – Fleurieu Peninsula" monitor the breeding success of these birds.

When a nest is found temporary fencing and/or signage will be installed on either side of the nest.

Natural Resources Adelaide and Mt Lofty Ranges staff and volunteers are in the process of installing permanent signage at beaches where Hooded Plovers breed.

Please look out for this signage and fencing and avoid these areas by walking at the water's edge or above the beach and dunes on higher ground at high tide.

Hooded Plover fast facts:

Hooded Plover or "Hoodie"
(*Thinornis rubricollis*)

Vulnerable in SA where there are around 600 birds

Fewer than 70 Hooded Plovers are found on the Fleurieu Peninsula

There are approximately 25 breeding pairs on the Fleurieu Peninsula.

Length: 19-23cm

Height: 10cm (smaller than a seagull)

Wingspan: 36-44cm

Weight: 90-100g

Hoodies lay 1-3 camouflaged eggs on the beach and incubate for about 28 days.

Once hatched, chicks have to feed themselves from day 1.

They have to grow from the size of a 20c coin to the size of an adult in 5 weeks!

They cannot fly until 5 weeks of age.

There are a few types of plovers. Hooded Plovers live and nest on the beach and won't swoop you. A larger type of plover, the Masked Lapwing



Masked Lapwing (Spurwing Plover)
Photo: Ash Herrod

(*Vanellus miles*) or Spurwing Plover is often seen nesting on ovals, roundabouts, driveways and other sites and may swoop if you come near its nest or chicks. Masked Lapwings do not nest on the beach.

Local snapshot:

It has been exciting to see the number of pairs on Tunkalilla Beach go from three to five.

Hoodies generally prefer at least 1km stretch of beach per breeding pair. Usually you will only find one pair per beach.

However, Tunkalilla is nearly 5km long (yep, I bet your thighs and calves felt every inch of it!) hence there are more pairs.

Volunteers dedicated many hours of monitoring to this site over the 2012-13 breeding season.

Eight chicks fledged from this beach – an amazing result and in fact this beach proved to be the strong hold for the Fleurieu during this season.



Hooded Plover adult (left) and juvenile (right) by Glenn Ehmke



If you see one of these signs on your walk, please walk at the water's edge (if it is low tide) or above the beach and dunes on higher ground at high tide
Photos: Emma Stephens



Contact:

For more information, to report a sighting, or become a volunteer please contact Emma Stephens, Coast, Estuary and Marine Officer for the Natural Resources, Adelaide and Mt Lofty Ranges region: 8229 9826 or estephens@holdfast.sa.gov.au

Or visit the website for more information:
<http://www.amlnrm.sa.gov.au/>

For more information check out the link for BirdLife Australia:
<http://birdlife.org.au/projects/beach-nesting-birds>



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www.heysensrest.com.au



NEPAL - A Trek



Having viewed the images of a friend's trip to Nepal, and being impressed with what I saw and heard, I rounded up several other walkers from our Keep Walking group and, together with my wife Meredith, travelled to Kathmandu in anticipation of a mind-boggling trekking experience in the Himalayas.

We chose to book with an international travel company and were most fortunate in being allotted Ang Ngima Sherpa as our primary trek leader. It transpired that he had summited nine major peaks in the Himalayas, including Everest on three occasions and had a wealth of leadership skills and experience: a remarkable young man in many ways as we were to find out.



Bhadure – 1550m

Our journey was in the Annapurna region and after a short Pokhara flight and bus trip we trekked to Australian Camp near Khari. Ang Ngima and his crew of English conversant Nepalis made us feel most welcome and already part of his extended family.

Over the following days we visited several villages of the Gurung people. This region is also home to the soldiers of the famous Gurkha regiment. Continuing further into the Annapurna we experienced the wonders of the Himalayas and the friendliness of people at every point along the route. Memories of this time include snow capped mountain peaks, lines of heavily laden donkeys (& porters) and whole villages of roof cladding laden with rocks (cheaper than nails).

Along the way, Ang Ngima shared stories of his

mountaineering adventures. He told us how he assisted the famous 'Snow Leopard' on his final attempt at Everest, and of a rescue mission he was once required undertake: also stories of his childhood in the Solukhumbu. It was these accounts that led Meredith to ask Ang Ngima to plan a future trek for us – one that would take us through the Sherpa villages, to view Everest as they see it, and to learn more of Sherpa culture.

September 2011 again found us with Ang Ngima's group in Kathmandu en-route to the Solukhumbu Valley and, after a short flight to Paphlu, we booked into the first of our lodges and trekked immediately to the nearby crowded market place at Dhorphu.

The next several days on our route which included the villages of Junbesi, Pangkarma and Phugmochi, provided us with an amazing insight into the Sherpa culture. Visits to a Buddhist school, Endingma medical centre, Thuptencholing monastery and the Everest View Lookout complemented the running commentary by our guides on local life and traditions.



Thuptencholing Monastery

It was on this trip that we met Shelly, a woman from WA who had previously trekked in Nepal with the family. Like us, she had formed a close bond with them and, on our return to Kathmandu, the three of us held a conference on how to support this family of Sherpas who had indicated they would like to start their own trekking business. We had found that they were only offered two or perhaps three trekking expeditions per year by the professional travel agencies.

Walker's Paradise



Our thoughts also touched on the Nepali people who had so little and would benefit from purchases made in support of trekkers moving through their areas, with some gaining employment as porters for the treks.

It was decided we could support the family in the first instance by writing a number of trek notes from information provided, then to pursue avenues for them to create a family business and advertise their wares. So: assisted by pointers and document preparation by us, the family have recently registered a business, established an office and website, published a tri-fold brochure containing a number of their planned treks and led four further treks populated by walkers from Australia via my bushwalking contacts.

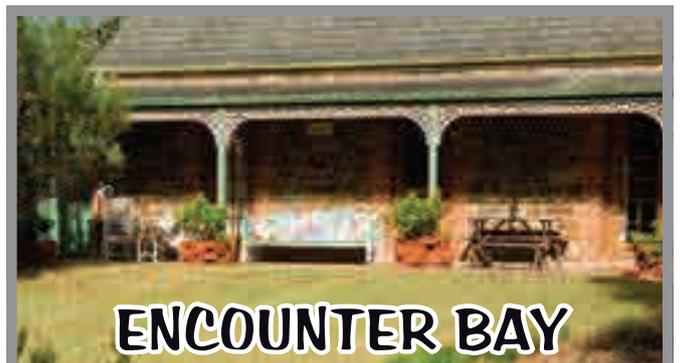
We continue to support this fully trustworthy, knowledgeable and trek-leadership competent family to the best of our ability – without personal financial gain. It is interesting that they decided to name the company 'Keep Walking - Nepal' after seeing the Keep Walking SA logo on my tee shirt. There is no formal affiliation.



What we effectively need now is trekkers to utilise the services on offer, and I guess publicity is the best way for us to provide this resource. So if you / your friends have any promotional ideas or an interest in a Nepal adventure, please check out / forward the website below.

Web <http://keepwalkingnepal.com>
Email keepwalking@internode.on.net

Ron Jackson Keep Walking – South Australia



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Walking SA

COASTAL TRAILS

Proposed Elliston Coastal Trail

Most local governments are increasingly aware of the community health and recreational benefits of walking trails. In 2012, the District Council of Elliston, western Eyre Peninsula, commissioned Aspect Studios to prepare a Detailed Coastal Concept Plan.

After 4 days of local community consultation in November, 2012, including extensive on-site consultation with local community groups and local businesses over several days, an appraisal of the walking potential of the coastal resources and local amenities was made by Aspect Studios.

What has resulted is a concept plan that provides a benchmark for local governments that will encourage locals and visitors to enjoy the amenity of the spectacular cliff-top topography and coastline to the North East and South West of Elliston. The plan also encompasses the beaches and headlands fringing Waterloo Bay with Elliston and its famous jetty on its eastern shore.

As well as delivering improved safety and community recreational facilities along the foreshore, there is an environmental spin-off. The Elliston Coastal Trail Project will provide improved visitor management strategies, and upgraded facilities to better-protect and manage the fragile coast environment.

Dr Alan Bundy, who chairs the Interim Committee of The Walking Federation of SA has recently written to the District Council of Elliston to express the Walking Federation's support for the concept plan.

Proposed Yalata Whale Trail

In a similar vein, the Yalata community on the Far West Coast of SA are also planning an 80 km. Yalata Whale Trail, extending from the Yalata community to the whale watching area of the Head of the Bight.

Greg Franks, CEO of the Yalata Community, and other representatives of the Yalata community discussed the project at a meeting with WSA trail experts held at the Greening Australia Building in early February.

Walking SA has offered practical technical support, publicity and advice in the development of both these trails.

A Coastal Trail to Fleurieu Peninsula?

Talking about Coastal trails, whatever happened to our own concept of a coastal trail extending from metropolitan beaches to Fleurieu Peninsula and beyond? There are bits of it and there is still the potential to extend it to Cape Jervis to link to the

Kangaroo Island coastal trails.

One day we might be able to walk – instead of drive – the Kangaroo Island Maritime Heritage Trail!

Brothers Tom & Jake Giles trekked over 500km in four weeks to become the first to circumnavigate the island in 2009. They followed the KI coast for most of this, but unfortunately found much of it was on private property.

Access has been blocked for many years at the precinct of the old Port Stanvac Oil Refinery because of an indenture agreement between Mobil and the Playford Government in 1958 to give ownership of land from the unloading jetty to the refinery.

Since we no longer have our own oil refinery and have discovered that the rest of Australia would quite happily leave us to die in the desert by denying us potable water from the River Murray, we are now the proud possessors of an expensive and potentially gulf-destroying desalination plant.

While it is working to a small fraction of its capacity, it is insurance against Adelaide running out of drinking water.

The environmental impact on Gulf St Vincent of the desalination plant running it to its full capacity is unknown. I suspect that Murphy's law of inevitability applies ("What can go wrong – in the fullness of time – will go wrong!") And Murphy was an optimist!

Perhaps it is now time for us to apply political pressure to re-open access to the coastal trail through the old Pt. Stanvac Refinery (desalination plant) to link with sections beyond such as the Cooeelunga coastal walking trails of Myponga Beach – itself currently under threat!

The viability of a coastal trail depends on access to the coast. In this case it is a matter for us to take to the State Government so that the Coastal Trails can be progressed along remaining un-formed or unmade road reserves (URRs) on the cliffs above or URRs adjacent to beaches. We will work with the Office for Recreation and Sport (ORS) as a significant stakeholder to bring this about.

This work is contingent upon the Walking Federation surviving so that its Access Committee can continue to monitor the sale of these reserves and object to their sale if they are considered to have strategic advantage for our walking trail network.

The survival of the Walking Federation is – in turn – contingent upon finding walkers with passion who are prepared to spend some of their walking time volunteering to work in some capacity for the Walking Federation. This – in itself – can involve volunteers in

A Report

quite a bit of purposeful walking to ensure that trails are audited regularly, missing signs and decals replaced and track surfaces and infrastructure maintained.

There is no "track fairy" out there to repair and maintain trails. Someone has to do it and, nowadays, fewer people are stepping forward to help out. And there might be an occasional committee meeting to attend so that we can make a funding application for new or replacement infrastructure or trail maintenance.

The Walking Federation of SA (WSA) will know in August whether it can continue. This will require the walkers who attend our AGM to be prepared to put their hand up to volunteer. In a way we can all volunteer for WSA now – by being vigilant about Walking Access issues and letting our office – and me, know about it whenever you find a path previously accessible that has been blocked.

All walking trail access is threatened whenever local government attempts to sell publicly-owned land in the form of unmade road or other public reserves: land that may look like roads on a street directory but have

never been made into roads. These may be one chain (i.e. 22 yards or one cricket pitch) two, or three chains (60m) wide such as in a small, marked stock route – remnants of a time when drovers brought stock to the markets rather than trucking them in.

John Eaton, Convenor, Trails Technical Unit and Access Committee

Independent Review of Walking SA Complete

The independent review into the governance and organisational structure of Walking SA by BDO (formerly PKF) has been completed. The response rate to surveys conducted last year was one of the highest BDO has ever received for this type of review, which is an indication of the importance of walking within the community.

Walking SA has agreed in principle with all the recommendations of the review (view summary of recommendations). The Minister for Recreation and Sport has agreed to provide some additional funds to assist with their implementation.

Key aspects include:

- Drafting a new constitution and implementing a modern governance structure to support a wider range of walkers and walking interests than has been possible in the past.
- Better collaboration with local government and like-minded community organisations.
- Enabling Walking SA to be more adequately resourced to perform these roles.

It appears that Walking SA is an organisation with a considerable degree of potential. The recommendations proposed in the report are intended to assist the organisation to clarify and strengthen its purpose and structure – and solidify its role within a state that has recently been deemed as having the highest levels of obesity in the nation. Now more than ever, South Australia needs strong advocates to promote easily accessible and affordable forms of exercise and recreation – and Walking SA, adequately resourced, is well placed to assume this role.



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Saved and revived – the Stirling Linear Park

Brian Donaghy -
Chair, Friends of Stirling Linear Park.

Psst! Wanna see what can be done with an old tomato farm, a disused railway dam and a housing development that never happened?



Lake Walk

Now known as the Stirling Linear Park (wrongly labelled "Woorabinda Reserve" on your Google maps) this park in the heart of Adelaide Hills suburbia celebrates its 25th anniversary next year.

Over the past quarter of a century it has been gradually rehabilitated and revegetated and now rates as having some of the highest biodiversity value in the Adelaide Hills

Council area.

It is an outstanding example of what can be achieved by a small but persistent and dedicated group of volunteers over time.

Crammed into its 34 hectares are 4km of walking trails, ranging from an easy, level walk around the lake to relatively short but sometimes steep paths through virgin bush and native plantings.

Although it is an important part of the Aldgate Creek catchment, it is not in fact a linear park but a collection of three nearby areas linked by walking paths.

The largest area is Stirling Park and the Woorabinda Lake reserve. That old railway dam is now a natural-looking lake surrounded by bushland, complete with bird hide, information boards and occasional park benches.

One of these, in the picturesque southern corner of the lake, is Deidre's Seat, also known as the Poetry Bench.

Nearly four years ago a loving husband had the seat placed there in memory of his wife, who had spent much of her time there while dying of cancer.

When the bench was installed, he wrote a tribute to her, words of love and loss and memory, and left it lying on the bench.

Some thoughtful stranger took care to wedge it, firmly folded, between the slats, so that it would not blow away. Later someone – perhaps the same person – rescued the poem after rain, dried it, trimmed it with pinking shears, and returned it, laminated against the weather, to the seat.



Deidre's plaque

That inspired others, and now there is a canvas bag tied to the arm of the bench. It is almost overflowing with poems, childish scribbles, rhymes and drawings. There is paper and a pencil provided for those who want to add their own contribution.

It has never been vandalised.

Hender and Madurta reserves are linked by short footpaths to the main park. Hender, across the railway line from Woorabinda, is the remnant of what was once a much larger reserve, before much of



The Poetry Pouch

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Woorabinda Lake

the area succumbed to development. It still has some of the best native bush in the area.

Madurta, too, like the rest of the park, has had to be defended on numerous occasions from redevelopment pressures, but it has survived, and has splendid examples of eucalyptus rubida as well as the local brown stringybarks, much used by koalas, which are found throughout the SLP.

The park as a whole is home to a number of rare or endangered flora and fauna, including the southern brown bandicoot and mountain galaxia fish – all within

15 minutes' walk from the centre of Stirling.

The SLP is not actually on the Heysen Trail, though if you are at Mt Lofty Summit, or on the Mt Lofty Botanic Garden section of the trail, or in Bridgewater or Aldgate, you are not far away. Access to the parks is via Branch Road, Woorabinda Drive, Madurta Avenue, Keroma Drive or Ethel Street. The Ethel Street entrance is an easy 10 minute walk from the centre of Stirling.

For more information, maps and photographs, go to the website of the Friends of Stirling Linear Park at <http://users.esc.net.au/~slp/madurta.htm>



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In and around Wilpena Pound - part 2

My training for End to End 7 - by Dale Searcy



ABC Range from Razorback Lookout

Day 5

A later start today after I felt I earned a sleep in. Today I tackled the Brachina Gorge Geological Trail, 36 km from Wilpena. It opened in 1994 and is a "corridor through time" of the various natural rock formations in the area. There are many signboards along the 20km trail which explain how this area developed millions of years ago.

4km along is the Youngoona Campground which overlooks the Enorama Creek system. A very wide and well eroded waterway with only a trickle of water in places allowed many rabbits to take up residence. A little further on was the Youngoona Ruin built in 1852 and the waterhole, also dry.

Across the road was the historical grave site of Emma Smith who was a 2 year old girl that died in the area during the transportation of copper from Blinman to Port Augusta in the early 1860's.

7km further along was the turnoff to the Aroona Ruins, Homestead, Hut and Lookout. The 6km gravel road out there was quite corrugated but luckily only short. Sir Hans Heysen stayed in the Hut and painted in this area in 1927. The view from the lookout down to the Homestead and Three Sisters in the distance is worth the short climb. This section is part of the Heysen Trail.

The remainder of the Geological Trail was through Brachina Gorge proper. Sheer, rugged and colourful stone walls were just metres from the road which at times snaked along the creek line with many crossings. There were very few wet crossings in this area so driving was easy.

Once at the end I backtracked slightly to join up with the 31km Bunyeroo Scenic Drive. This took you back to the main Wilpena to Blinman Road passing a number of lookouts. First was Twin Gums, then an un-named one followed by Razorback and Bunyeroo

Valley. All were worth stopping at.

As the dark thundery clouds rolled in from the north, the last stop for the day was Yanyanna Hut. This is now used as an overnight stop for Heysen Trail walkers. There is actually a geocache inside.

Day 6

With the change of daylight saving time overnight it meant sunrise was an hour earlier and for me, that meant an equally earlier start. At 6.30am I ventured off on the 23km return Edeowie Gorge & Malloga Falls hike. Again I signed the trip intention log book and then retraced my footsteps to Hills Homestead. The track was 7.8 km from there with a turn off at Coinda Camp.

Just under 2 hours later I was on the reportedly not well signposted track out to the Gorge which apparently required some navigational skills. On the whole it was narrow, rocky and surrounded by head high bushes but I found it fairly easy to follow. There were still the usual distance markers every 200m and I rarely had to pause at any forks in the track to consider left or right.

I arrived at the Gorge after 2 ½ hrs. It was a rather frustrating track by way of not being able to see what you are heading for because you were surrounded by foliage. St Mary Peak was in constant view to the north east as a guide.

The last 200m was steep as you descended into the Gorge. I headed along the creek line towards the Malloga Falls and Pool and this was generally 10-20m wide, 20-30m deep and littered with rocks and fallen trees. After around 100 metres I came across an equally steep drop that could only be overcome by going up, around and down an intimidating rock face so I could continue the search for the Falls. So it was up and over and then after another 100 metres I came across what looked like the Falls and Pool. If only



Inside Wilpena Pound

there was some water flowing and it would have been a spectacular sight. Unfortunately and predictably it was as dry as the recent summer, so I sat next to the Pools in the shade to have lunch.

The Gorge was quite spectacular in its own way. A pity it is so far from Wilpena but nonetheless the track would be relatively easy for an E2Eer. The return hike was comfortable despite the temperature being around 30 degrees. After a short rest at Hills Homestead I returned to the log book at 1pm ending a long and relatively easy hike of 6½ hrs.

Day 7

It was another day of driving and walking today. I left camp at 8am and headed 53km north to the Great Wall of China. This is a remarkable mountain range that has a straight thin rim of exposed rock along the top of it. 12km further north I then reached Blinman. There wasn't much to see in the old copper mining town apart from the pub and a cafe for the bus tours that pass through and also some preserved historical buildings from the 1870's.



Edeowie Gorge

Now I headed west towards Parachilna. Some of the creek crossings had some water in them after recent local heavy downpours but luckily for me the roads were in good condition.

Whilst driving through the Parachilna Gorge I



Parachilna Gorge

stumbled across the end of the Heysen Trail after mistaking the information and picnic area for a toilet stop. I knew I was getting close to it but approaching from Blinman there is no indication that the Heysen Trail is nearby but from the Parachilna end there is a Trail sign. Whilst there I considered stepping up and over the ending style but felt I hadn't earned the right to do that yet and will wait until E2E7 reaches it in a few years.

After exiting Parachilna Gorge there was a sudden and remarkable change in the landscape. From tree lined creeks and twisting roads in between gorges to a flat barren area with very little vegetation.

From there Parachilna could be seen some 10km in the distance. The Old Ghan railway line passes through the town and apparently the area has been used as a filming location for many movies. The infamous Prairie Hotel serves a "feral mixed grill" consisting of kangaroo, emu and camel.

I didn't stay for lunch and instead went back through the Gorge for 17km to arrive at the Angorichina Tourist Village. It was from there that I started the Blinman Pools walk. It was 5km to the first pool and another 1km to the second one. Apart from the sign

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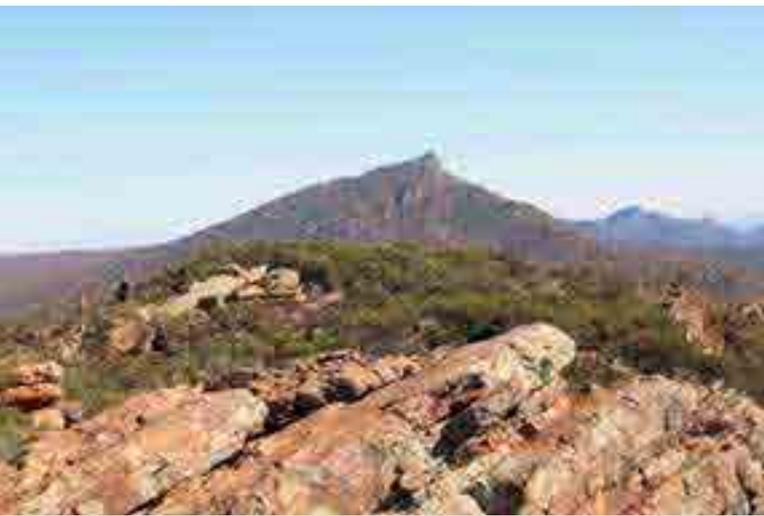
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Blinman Creek

at the start there weren't any others along the path. The idea was to follow the creek and make the best of the conditions that you were presented with. I found I was constantly changing from one side of the flowing



St Mary Peak from Ohlssen Bagge

creek to the other, then up onto the sides and back again. The Blinman Creek was filled with all types of terrain ranging from smooth river pebbles, mud and animal only walked bush tracks.

After about an hour I reached the geocache I was searching for along the creek line. The setting was quite lovely with rugged cliffs, flowing water and rock pools. I sat to enjoy the surroundings for a while before returning via the same route, arriving back at the start after around 2½ hours. In hindsight, I don't think I actually reached the first pools but on such a hot day, I was satisfied with how far I got.

During the trip back to Wilpena I felt like a "storm chaser". The weather had rapidly changed around me with thunder, dark clouds and rain visible in the distance but very little in the area I was traveling in. The closer I got to camp the wetter the road became



Bunyeroo Wilcolo Hike

and at one stage the whole eastern side of the Pound including St Mary was covered with rainclouds. Kangaroos were on the road getting an easy drink and weren't very interested in moving out of the way in a hurry. It was a pleasant change in the weather to settle the dust and send the flies to bed early.

Day 8

After the coldest night so far, the kookaburras and crows took it in turns to wake the campers. A cool, crisp and clear morning saw me set off at 8am for the hard rated Mt Ohlssen Bagge hike.

The track for the hike was only a few hundred metres from the campsite and then it was 5.2km return. It is a well walked and well signposted track with the usual distance markers, painted arrows and reflectors to guide you. The climb was hard in places with constant uphill sections and only a few welcome flat spots to catch your breath. The eastern side of the mountain provided great views overlooking the Resort, airstrip and the approaching roads. The scenic flights were busily circling the area and come highly recommended if that's your thing.

After 1½ hrs I had reached the top and was greeted by far reaching views across the Heysen, ABC and Wilpena Pound Ranges. I think I was the first one for the day to reach the top, but the serenity didn't last long as I was soon joined by 50+ school kids on camp. A ½ hr rest was all I got until the track was clear to return. The descent took me an hour of careful foot placement despite a few slips in the gravel. I iced my knees again that night.

The rest of the day I spent back at camp rotating my chair around under the trees to catch the shade and watched the constant comings and goings of campground life.

Day 9

After the customary sunrise wake up from the crows alternately calling from opposite ends of

the campground, I was joined by 2 kangaroos for breakfast. I left camp at 8am and headed for Bunyeroo Gorge. The medium rated 9.2km return Bunyeroo Wilcolo hike was to be first followed by the 8km return hike along Bunyeroo Gorge.

Conveniently they both start from the same car park 29km from Wilpena. On a clear rapidly warming morning I set off on the square shaped loop just before 9am. Initially the track followed the Wilcolo service track which runs next to the Wilcolo Creek for about 2km. It then joins the Heysen Trail from the west and follows a gorge. A short side trail leads you up to a lookout near the half-way point where extensive views can be seen of the eastern side of the Pound.

The trail then turned north and again followed the Heysen for 2km until reaching the Bunyeroo Creek. With 2.4km to go the track then parted with the Heysen and continued north west. After a few crossings of the Bunyeroo Creek it then followed the road for the last stretch back to the car park. After 2½ hrs it was time for lunch.

One of the least expensive items I brought along with me turned out to be the most effective, the fly hat. I had so far only worn it occasionally but today I couldn't have done without it.

Next was the Bunyeroo Gorge hike which included a Geology Trail where various rock formations dating back hundreds of millions of years are signposted. The gorge is wide in places and the cliffs rugged and high. The remarkable alignment of the rocks along the fault lines varied greatly with often one side vertical and the other horizontal. I reached the end of the gorge in just over an hour and took a rest before heading back the same way.

Again, a dry creek bed made the frequent crossings easier but some water would have been more challenging. I returned to camp mid-afternoon.

Day 10

Today was a rest day before returning home tomorrow. I visited the Solar Power Station Lookout which is located 2km from Wilpena. It was opened in 1998 and the 70 solar panels and 3 back up diesel generators supply electricity to the resort.

Across the road is the Old Wilpena Station. It was a working station for 135 years before closing in 1985. The self-guided interpretive trail took about an hour to follow. It provided an informative insight into early life on the land.

During my time away I was able to see all the places and do all the things I had planned to. It was a comfortable exposure to the rugged, barren but beautiful outback environment and a chance to be in touch with Aussie wildlife as they roam free around



Bunyeroo Gorge

you. It turned out to be a thoroughly enjoyable and invaluable experience of hiking in the outback and I feel it will be of much benefit to me for the coming sections of the Heysen Trail with E2E7.

P.S. I found 19 geocaches and took 546 photos.

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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 Coordinator and Maintenance Committee Chairman

Colin Edwards 8264 1492 (H)

Section	Map	Section Leader	Contact
1. Cape Jervis to Tapanappa	Southern Guidebook, Maps 1.1-1.3	Bob Gentle Albert Schmidke	8294 7287 (H) 8381 8861 (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	John Quinn	8294 3115 (H)
3. Back Valley Road to Moon Hill	Southern Guidebook, Maps 3 2.2-2.3	Hermann Schmidt (Wandergruppe Bushwalkers, German Association)	8344 4072 (H)
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)	8431 8187 (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	Norrie Hamilton	8332 1982 (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	8264 1492 (H)
10. Cudlee Creek to Bethany	Southern Guidebook, Maps 3.7-4.4	John Potter	0418 835 321
11. Bethany to Hamilton	Southern Guidebook, Maps 4.4-5.3	John Potter Joyce Heinjus	8337 9515 (H) 8525 2054 (H)
12. Hamilton to Hupputz Hut	Southern Guidebook, Maps 5.3-5.9	Dom Henschke	8242 3750 (H)
13. Hupputz 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	Milton Turner Ron Capel	8263 2393 (H) 8251 7717
16. Mt Remarkable to Horrocks Pass Rd	Northern Guidebook, Maps 2.11-3.4	Julie Starkey Gary Wright	8667 5077
17A. Horrocks Pass Rd to Dutchmans Stern	Northern Guidebook, Maps 3.4-4.1	Michael Kerin	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

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