



The Trailwalker

Magazine of the Friends of the Heysen Trail

Issue 110 Summer 2009

**Beyond the
Heysen Trail
Parachilna Gorge
to Haddon Corner**

**The Great Aussie
Long Weekend
Outdoor Adventures with Kids**

**Nine Artists, Eight Days
in the Landscape
On The Heysen Trail**

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

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Membership Information

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

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

Trailwalker Magazine

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

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

The Trailwalker magazine is published quarterly:

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

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

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

The submission deadline is usually the first Friday of the month prior to the month of publication.

Advertising Rates

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

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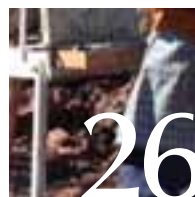
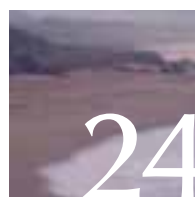
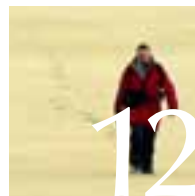
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Wed 17th December
 Wed 21st January
 Wed 18th February

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Jack Marcelis, Wendy Fox,
 Anne Douglas, Gilbert Downs, Allan
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Thursday 10.30 - 2.30

Chris Casper, Chris Hanna,
 Jim Alvey, Elfi Driscoll

Friday 10.30 - 4.30

Sandy Melbourne, Colin Edwards,
 Jamie Shephard

Saturday & Sunday Closed

Relief Staff

Jim Alvey, David Beaton, Jack
 Marcelis

President's Report

Simon Cameron

The Heysen Trail is a mysterious endeavour. Most walkers embark on its journey without really knowing where it leads. A bold red line on a map that tells little of its terrain or challenges. It twists and turns following routes surveyed over 100 years ago or creeks, ridges and animal paths.

Their names evoke a pioneer past, and vast lengths are wild and but briefly touched. As I have been re-walking the trail, places and points kindle memories of past walks and the people I walked it with. Passing the Sugar Loaf just north of Kapunda, on a recent weekend, with its curious flag staff that remains an unsolved mystery, I was connected with the past in one of those eerie moments that mark the passage of the days.

The Heysen trail is a remarkable journey and I never fail to be amazed by the founding vision and those who made it a reality. The trail was conceived as a life challenge through the landscape of South Australia, by walkers who loved that landscape. And falling in love with the Heysen Trail is the price you pay for the journey.

The founding vision was bold and The Friends of Heysen Trail has continued the tradition with our vision to make the trail world standard, making it available to all walkers seeking the extraordinary.

As part of that vision we help maintain the track to make it navigable and traversable and the effort is continuous in concert with the Department for Environment and Heritage. But we strive for more. For the Friends, the Heysen trail is a passion and not just a responsibility. We want to make it better. We want to provide water tanks, bring local towns into the Heysen community, provide a repository of information and bring the rich landscape heritage to life.

I know this is a huge strain on our man power resources. I look at the goals we set at the beginning of 2008, namely to start the water tank construction, establish Heysen friendly town projects at Hawker and Crystal Brook, and introduce online booking systems. All are on hold because there aren't enough project organisers. We need more committee members in membership and marketing to take on the town promotions and we need more council members to join and take on organising roles and run the projects. If you have the passion you can join by talking to any of the office holders listed in the Trail Walker. We have over a hundred active volunteers now, but the Heysen trail disappears beyond the horizon and is waiting for another walker to fall in love with it.

See you on the Trail.

Front Cover

Marschall's Hut



End-to-End 3 walked the sections of the Heysen Trail from Kapunda to Peters Hill, past Marschall's Hut, on the weekend of October 25 and 26.

Marschall's Hut was originally built in the mid 1850s, and the current hut is built with stones from the 5-room homestead ruins. Christian and Elise Marschall and their eight children arrived in South Australia in October of 1854 having left their home in Babow in present day Germany. Christian's grave is in the adjacent cemetery.

The hut is available for overnight stays for hikers of the Heysen Trail and cyclists of the nearby loop trails of the Mawson Trail.

New Members

The President and the Council would like to extend a warm welcome to the following members, who have joined the Friends since the last edition of the Trailwalker, and urge them to become involved in the voluntary, walking and social aspects of the Association. We welcome a new record of 46 new members for this term.

Berin Belchamber	Peter Milnes
Erika Belchamber	Sue Pryor
Robert Francis	David Pryor
Esther Caprez	Elizabeth Hugo
Roger Dunn	John Hugo
Peter Chisholm	Hubert Tucker
Gabrielle Scherrer	Anne Tucker
Paul Keen	Jenni Cranefield
Bonny Field	David Cranefield
Ruth Keogh	Gerry Loch
Alan McNicol	Anne Douglas
David Oliver	Hilary Lineage
Richard Brooks	Julian BiDez
Patricia Cailles	Graham Warren
Pam O'Donnell	Xianlin Song
Stephen Barttrop	Raelene Jacobi
Heather Rowell	Jan Harrison
Beverley	Shane Harrison
Hedgman	Paul Megson
Ann Donaldson	Susan Megson
Alan McFall	David Symonds
Steven Yeend	Anthony Marsh
Hans Goldhofer	Jillian Hands
William Pick	

Maintenance Report

This maintenance report is to thank two of our long term maintainers, Ralph Ollerenshaw and David Beaton. Both of these section leaders have helped maintain the Trail for many years, long before I began to help and as such should be recognised for their contribution. Without our maintenance crew the Heysen Trail would fall into disrepair and anyone who has walked any section of it would certainly be appreciative of their work. The sections maintained by these two are to be maintained in the future by Roger Dunn and friends as well as Tim James and friends, who will be maintaining which section is yet to be decided.

Office Report

By Jack Marcelis
Office Coordinator

Special thanks to the office staff members who did 'that extra bit' to help the office function smoothly while I was on a 'walkabout'. A warm welcome to Anne Douglas our newest staff volunteer.

Anne has taken a year sabbatical from her usual teaching position and with all that spare time felt obliged to assist us walkers. I am grateful for that, because although in my last letter I wrote we had a 'full house' some slippage has occurred and we

consequently welcome new office staff for 2009 again. If you have spare time please give me a call.

I am also pleased to report on a new record 46 of new members this term. It appears that the government's 'walking is good for you' message and Robert Alcock's unstinting efforts are having good results.

The Friends Office and Shop will be closed from Friday 12 December 2008 and reopen on Monday 12th January 2009.

Walking Committee

By Arrienne Wynen
Walking Committee Chairperson

Well another walk season is drawing to a close but there is always something happening in the FOHT organisation that helps keep us in contact with the friends we have made during the season. Our Wednesday Twilight walks have commenced and all the details are on the web. These are not strenuous walks, up to 2hrs long, with the option of a meal at the end. A great way to enjoy the summer nights, maintain some fitness and catch up with friends.

Planning for next season is under way with Innes National Park on the March Long Weekend, Burra on the June Long Weekend and The Great Ocean Walk in November 2009. Further information will be in the TrailWalker and in the office.

This season has seen the End to End 3 group start their weekends away. Next season they will continue their journey along the Trail on the first weekend of May, the second weekend in June and then back to the first weekend of each month. For those that have missed parts of the Trail we will be starting the End to End 4 group on the 4th Sunday of each month. So check the details in the TrailWalker for the sections you have missed or would like to do again.

In February there will be a training day for Walk Leaders and a day for practising your navigation. This will include map reading, compass and simple GPS use. All these events will be on the program and if they interest you book through the office. Enjoy your summer and we will see you on a walk.

Brief News

2009 AGM

The 2009 AGM will be on Friday 27th March at 7.30pm at Woodville Lawn Bowling Club.

Letter to the Editor

Hi, my name is Joshua Tremellen. I am 13 years old and I live in Stanthorpe in the state of Queensland. From August the 10th I walked the last 100kms of the End-to-End 2 on the Heysen Trail with a group of people I had never met and with my parents. Everyone was very friendly to me even though I was much younger than everyone else. People kicked the footy with me and I learned how to kick an AFL ball properly for the 1st time. I really enjoyed talking to people and finding out about them and I loved having someone to play computer games with. The scenery was spectacular and to walk with 40 or so people made it much more interesting. The walk was fairly difficult on some days and one day I got really tired and didn't want to walk, that was until someone wrote "Josh eats worms" in the dirt. I still haven't found out who wrote it. The 'drinks at the end of the day' is what kept you motivated throughout the days. THANKS for the great walk everyone and I hope that MUM and DAD will be bringing me back for more.



Joshua Tremellen at Parachilna Gorge

Next Issue Deadline

Submissions for the Autumn edition of the Trailwalker will close on 30 January.

AUSTRALIA DAY BBQ

5pm Monday 26th January

BBQ at Kingston Park under the trees

BYO meat, salads, drinks & chairs.

BBQ plate and table provided. No cost to attend. No booking required for the BBQ. Check the website for the walk time - it will arrive back for the 5pm BBQ.

Burra Branch

By Hugh Greenhill

As it is coming close to end of the walking season it is time to reflect on our walks for the year and the last Burra Branch report. The walk organised just out of Farrell Flat, Reilly's Gap to the Flagstaff is an interesting area where we walk through sheep folds of which there are still a few around the mid north. These date back to when the shepherds would yard the sheep for the night and then release them next day to graze.

Instead of the planned weekend at Bendleby station for our annual camp we decided to camp out at Old Mt Bryan East School as a few of our members haven't camped at the old school before. On the first day we walked through Tourilie Gorge and gave two snakes a wide berth as they went through and on the second day another walk just south of Tourilie Gorge, we did inspect old diggings in the area of quartz rock reefs that are exposed, this not far off the Heysen Trail. A return walk back through small creek lines and picking a course around the hills so we didn't have to walk up and down several gullies before getting back to the vehicle. The walk from Burra Gorge to Burra along the Heysen Trail was one of best-attended walks for the year.

The last planned walk for the Burra Branch this year was Hamilton to Peter's Hill. Our lunch stop was

Marschalls Hut where we managed to escape the hitchhikers that had travelled on our backs for most of our walk. The small bush flies were the worst we had seen them for the year. We inspected the cemetery at the base of the hill below the hut; this is well worth investigating as a lot of research has gone into the names, dates and ages of those buried there. Afternoon tea with scones, jam and cream at Allendale North, kindly provided by Celia, was the highlight of the day.



At Marschalls Hut (L to R) Meredith Mayr, Hilda van Beusichem, Herman Mayr, Celia Manning, Kate Greenhill, Peter van Beusichem, Horrie Mill.
Photo taken by Hugh Greenhill

Our end of year break up will be held on Saturday November 8 at the Gally's Meeting House, home of Sally and Garry Fieldhouse in Farrell Flat.

The Walking Federation of South Australia, Inc.

Walking SA

By Thelma Anderson
Walking Access Committee

Heysen Trail at Glen Bold. Although the application by the adjoining landowner to purchase a section of Long Gully Road has been rejected by Mount Barker Council, there is no certainty that DEH will relocate the Heysen Trail along the original alignment. Nevertheless the indisputable support by the walking community and allied groups in ensuring the retention in public ownership of a valuable environmental asset is unquestionable and greatly appreciated.

Onkaparinga Council. Members of the Walking Access Committee hold periodic meetings with officers of Onkaparinga Council to discuss various issues affecting walking trails and opportunities within that local government district. At a recent meeting with Council staff, discussion related to outstanding locations including Woodcutters Road. The classification of this undeveloped road reserve for recreational purposes has been in contention with Horse SA following its identification as part of the route of the Kidman (Horse) Trail. Council members have been lobbied by horse-riding interests for many years, together with adjoining landowners, most of them with opposing environmental interests. Walking SA has sought walking access on a sustainable basis offering to maintain a Bush Care Site but it is not certain that a walking trail will be included. Finally, Council has decided in favour of the environment in order to ensure the retention of rare and endangered indigenous plant species and will apply to the Department for Environment and Conservation for a Heritage Agreement to protect the area. At the same time Onkaparinga and neighbouring Councils are examining adjoining areas to provide safe recreational access for both horses and walkers to connect Ackland Hill Road with Belair National Park. Other issues recently discussed related to walking access between

Cherry Gardens Road via Marshall Road to Laffertys Road where walking only access is available along the western boundary, adjoining private property, and following the fence-line in a southerly direction to join a walking track leading eventually to Clarendon.

Kelly Road has become the subject of a Road Process Order with numerous objections being submitted to Council following an infringement of an adjoining undeveloped public road reserve. Walking can still be available by following Piggott Range Road to Lovick Road and walking along the marked horse trail to Clarendon.

Scenic Road, Clarendon. Time did not permit discussion of this valuable recreational access, but its elevation to a higher position on the next agenda of discussion items with Onkaparinga Council should enable clarification of legal access to this public road.

Adelaide Hills Council. Walking access to provide an interesting loop with the Botanic Garden, Piccadilly, Udys Road and the Drivers Road circuit will be surveyed shortly to ensure continuity of access between these locations. The Drivers Road area was identified and marked by Walking SA volunteers several years ago but it continues to need constant vigilance to ensure its accessibility as a link to the other adjacent areas.

A topic of discussion in the local newspaper "The Courier" features a photograph of a Heysen Trail marker at the Deanery Reserve where the Trail follows the alignment of Cox Creek between Bridgewater and Arbury Park. The discussion refers to a councillor's concerns raised about dogs being off leash in the area. "Council has deferred any decision about allowing dogs off leash in sections of Deanery Reserve."

Yankalilla Council. A proposal to identify a walking trail using local

road reserves, in co-operation with Council, has been deferred for action during cooler weather conditions. The proposal also refers to the publication of a leaflet to be made available for distribution to adjacent local council districts as a tourism tool and could be extended on a wider basis throughout the State. We would also be interested to hear from a landowner in the Myponga area who has made a similar request for a walking trail to be identified on private property and to examine the implications of that type of proposal.

Recreational Rail Trail from Oakbank to Woodside. In another item in the "Courier" we are advised that budget estimates to build stage one of the trail had almost quadrupled in the past four years to more than \$5m. Adelaide Hills Council Director of Planning, Marc Salver in commenting to a deputation from the Adelaide Hills Rail Trail Committee said "Council does not have the funding for it." The item continues "The group is dedicated to seeing a recreational walking, cycling and horse riding trail established on the State Government owned, disused railway track between Balhannah and Mount Pleasant.

Official Opening of the 2009 Walking Season. This event will take place at 1.00 p.m. on Sunday, 5 April, 2009. It will be held at Murray Recreation Park, Eden Valley and hosted by Walking SA in conjunction with S.A.R.T.I. (Lavender Federation Trail). All walking clubs and individual walkers are urged to attend and support walking on this important day. It is guaranteed that an interesting and varied programme of walks will be available in this contrasting environment of the Barossa Range to celebrate both the opening of the 2009 Walking Season and the progress of the late Terry Lavender's initiative for construction of the Federation Trail between Murray Bridge and Clare.

Trail Maintenance Sections

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

Maintenance Co-ordinators	Gavin Campbell	8296 8613 (H)
	Arthur Smith	8261 6746 (H)
Maintenance Committee Chairman	John Wilson	8356 9264 (H)

Section	Map	Section Leader	Contact
1. Cape Jervis to Tapanappa	Southern Guidebook, Maps 1.1-1.3	TBA	
2A. Tapanappa to Waitpinga Campground	Southern Guidebook, Maps 1.3-1.5	TBA	
2B. Waitpinga Campground to Back Valley Rd	Southern Guidebook, Maps 1.5-2.2	Geoffrey & Pamela Gardner	8552 5213 (H)
3. Back Valley Road to Moon Hill	Southern Guidebook, Maps 3 2.2-2.3	Michael Scott David Evans	0400 293 132 8554 3551 (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	Adrienne Fortanier Eleanor Martin (Women in the Bush)	8556 5051 (H) 8341 6024 (H)
6. Blackfellows Creek Road to Glen Bold	Southern Guidebook, Maps 2.7-3.2	Richard Webb	8381 5308 (H)
7. Glen Bold to Piccadilly	Southern Guidebook, Maps 3.2-3.4	Thelma Anderson Trevor Lee	8278 4420 (H) 8398 0516 (H)
8. Piccadilly to Norton Summit	Southern Guidebook, Maps 3.4-3.4	Liz O'Shea (WEA Ramblers)	8352 1636 (H)
9. Norton Summit to Cudlee Creek	Southern Guidebook, Maps 3.5-3.7	Graham O'Reilly	8397 1217 (H)
10. Cudlee Creek to Bethany	Southern Guidebook, Maps 3.7-4.4	Doug Leane Dave Curtiss John Potter	8443 3388 (H) 8264 0793 (H) 8337 9515 (H)
11. Bethany to Peters Hill	Southern Guidebook, Maps 4.4-5.3	John Potter Dave Curtiss Joyce Heinjus	8337 9515 (H) 8264 0793 (H) 8525 2054 (H)
12. Peters Hill to Logans Gap	Southern Guidebook, Maps 5.3-5.9	Norrie Hamilton	8332 1982 (H)
13. Logans Gap 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 Gavin Bowden	8289 4236 (H)
15. Georgetown to Mt Remarkable	Northern Guidebook, Maps 1.6-2.11	Mary Cameron Ian Pool (ARPA)	8165 1025 (H)
16. Mt Remarkable to Horrocks Pass Rd	Northern Guidebook, Maps 2.11-3.4	Graham Hill	8632 4804 (H)
17A. Horrocks Pass Rd to Dutchmans Stern	Northern Guidebook, Maps 3.4-4.1	Ian Hartley Michael Kerin	8641 1435 (H) 8642 4728 (H)
17B. Dutchmans Stern to Wilpena	Northern Guidebook, Maps 4.2-5.7	Gavin & Marie Campbell	8296 8613 (H)
18. Wilpena to Parachilna	Northern Guidebook, Maps 5.8-6.8	David Henery (Alpana Station)	8648 4626 (H)

Pembroke Scouts

Duncan Falconer, Scout Leader, Pembroke Scout Group

Pembroke Scouts undertakes a variety of outdoor adventure-based activities, including bushwalking. 2008 The Year of the Scout has been no exception. We continue to record our trekking experiences, and in celebration of The Year of the Scout, we have recently launched the Pembroke Scouts Heysen Trail Challenge.

The challenge...to walk the length of the Heysen Trail. To do this in one go would of course take over three months...our plan is to record the various sections we walk and, a few years down the track, complete the trail.

To record our progress we've painted a floor to ceiling map of South Australia in the scout hall, showing the Heysen

Trail. The map will be updated as we go to show the sections we've walked, and each scout's name will be recorded on the map showing the sections they've walked. In recognition of their contribution towards our goal, each scout who completes a section of the trail, will be awarded a special badge, which has been designed specifically for this challenge.

They've now walked nearly 60km of the trail...still a long way to go



Scout Leaders Duncan Falconer and Tamra Sanders with Pembroke Scouts and their Heysen Trail map



Deep Creek bushwalk, August 2008



Duncan, Jamie, Nicky and Katie in front of the map

On 23rd/24th August the scouts walked their second section of the trail, between Tapanappa campground at Deep Creek Conservation Park and Cape Jervis. They've now walked nearly 60km of the trail...still a long way to go, but we're looking forward to many more great bushwalks on the Heysen Trail and in other areas in the years to come. ●



Pembroke Scouts on the trail at Deep Creek Conservation Park

Innes National Park



**March Long Weekend
Friday March 6 to
Monday March 9 2009**

Walks on Saturday, Sunday and Monday

Walk Leaders: Simon Cameron
and Arrienne Wynen

Accommodation is dormitory style and available from Friday night. All meals will be supplied for Saturday, Sunday and breakfast and lunch on Monday. There will be supper available for those arriving Fri night but no dinner.

Cost \$140 members
and \$180 for non-members

Limit of 20 walkers



The Great South West Walk

By Chris Finn

Parks Victoria calls the Great South West Walk “A Symphony in Four Movements.” It has four distinct sections, each with their individual moods, but sharing an austere beauty, quiet, serene and solitary over its 250 kilometres.

Of course the solitary feel may have had something to do with my walking solo for 2 weeks. I did this walk solo last May. Inspired by a recent edition of the Trailwalker, I had just walked the Great Ocean Walk with my sister Penny, who sadly had to return to her job in Melbourne after an excellent weeks walking. Neither of us had tackled that many days walking previously, so we were both pleased to be able to complete a beautiful walk without too many problems. But now it was on to a bigger challenge, in the form of the GSWW.

Although walking solo, I was by no means alone. I had the great luxury of a one person support team in the shape of my wife, Karma. Frustratingly, Karma’s knee won’t let her walk more than an hour or two, so she volunteered to drop me off and collect me each day, turning what might otherwise have been quite a marathon into a series of day walks. Most mornings, she would walk in with me for an hour or so before returning to the car. Then, each night she would meet me at the agreed rendezvous and we would repair to our tent or caravan park for the evening. Compared to having to carry everything for several days myself - this was luxury indeed! And, as the astute reader might guess, I now owe a great deal to the heavy lifting in the garden!

But to the walk. A few basic facts to commence with. The walk commences at the Portland Visitor Information Centre then heads northwards through forest for a few days, eventually reaching the upper regions of the Glenelg River. It then follows the river west and south all way back to the coast at Nelson. Portland to Nelson



Finished at Last!

took me 8 days, though it could easily enough be done a day or so quicker. After that, the walk follows the coastline back eastwards for what was 3 fairly long days of beach walking, finishing with another 3 days around the ‘3 Capes’ leading back to Portland. Of course, it can be done in the opposite direction as well.

The track is very well marked and maintained. I had harboured some initial concerns, as the strip maps available for this walk seemed a bit rudimentary compared to those in the Heysen Trail books. However, I need not have worried. In most sections, the path was extremely easy to follow, and there were only one or two spots in the entire fortnight where the direction was a little uncertain. My

new GPS proved largely superfluous. The walk also features 16 designated walk in campsites, with toilets, water, a table and sometimes firewood as well. I checked all the water tanks and without exception they all had water, although the usual cautions about drinking untreated water apply. Although I had no need to use the service, I understand the Friends of the GSWW can in some cases even arrange food drops at these locations.

Access to the walk is very good, even without a 4wd. It took only a small amount of planning to identify access points throughout the walk allowing it to be done as a series of day walks.

First Movement - The Forest of Birds: The first stage of the walk is essentially a forest walk, much of it through the



Glenelg River Morning Mist

Just me and my footprints in the sand as far as the eye can see in either direction, fading into the sea haze at either end of the beach...

wonderfully named Cobboboonee Forest. After initially travelling east along the coast from Portland the walk turns inland after a few kms, crossing the Princes Highway and heading north till it enters into the forest, not to emerge for several days. I'm usually a happy snapper whilst walking, but in the forest the major delights are the sounds. The weather was mostly low cloud and light showers, with sunlight only occasionally breaking through. Bird call echoed through the greenery, broken only by startled roos as they fled thumping away from my intrusion. The grade was never more than gentle, the path was broad, though sometimes sandy and pockmarked with a million

bull ant holes. I only saw a few bull ants, but a little caution in siting ones tent overnight might be worthwhile. There were other inhabitants of the bush about as well. Although it was May, there were still a couple of tiger snakes around. I suspect they were somewhat slow moving this late in the season, but having grown up in the South East I gave them respect and a wide berth. Mostly, however, this was a gentle walk through a forest of messmate, stringybark, banksia and pockets of tree ferns in the boggy sections. In a couple of places the Friends and volunteer helpers had built some greatly appreciated bridges across marshy sections such as Ralph's Bridge across the bog of the Surry River Gorge. Other notable points included the Jones Ridge escarpment, and the nearby Inkpot, with its waters black as night.

Daily Sections:

Day One: (Late start) Portland to Hamilton Road, about 15 km; Day Two: Hamilton Road to Fish Holes Road, 13.5 km; Day Three: Fish Holes



The Most Excellent Support Team

Road to Cobboboonee Road, 15 km; Day Four: Cobboboonee Road to Heath Road, 17 km; Day Five: Heath Road to Moleside, 18 km.

Highlight: The bird song is hard to beat, but there was lovely moment



Sand Dunes at Swan Lake

for me late on day 4 as I approached the meeting point on Heath Road. Counting down the last couple of hundred metres on my GPS, I was surprised and delighted to hear the lovely Karma's flute rippling beneath the forest canopy. What a superb way to finish a day's walk!

Second Movement - The Grand Glenelg River: Moleside is a beautiful campsite, where you get your first sight of the Glenelg River. It was 2 degrees when I started out on the long stretch to Murrells, about 8am with the forest wreathed in fog and the chill not at all impeded by my gloves. But shortly after 9 the sun was warm enough for me to discard a layer. There are only occasional glimpses of the river in the first day or so, but they become more frequent and more spectacular as one approaches Nelson. (Think of how Ravel's Bolero builds.) The river campsites are superb. We based ourselves for some days at Pritchard's camp and enjoyed two inquisitive kangaroos, a rather rotund possum and some equally sociable ducks all doing their best to invite themselves to our evening meal. It was very cold at night and our sleeping bags seemed to be at their limits. There were one or two other campers, as well as some schoolkids on a canoe trip. It was also on this section that I saw my only

other walkers for the entire trip, a couple from Melbourne.

From Murrells onwards the views opened out as promised and there were frequent vistas over the broad sweep of the Glenelg River and its limestone cliffs. For the last few kms to Nelson fishing shacks dotted the river banks.

Highlight? The river views were often majestic, but the clear winner was reaching Nelson and its excellent pub at 2:30. Why was that a highlight? Because by 2:35 the rain was absolutely bucketing down, which it continued to do for the next 36 hours. Even with a full set of wet weather gear, I was glad to be out of that.

Day 6: Moleside to Murrells, 24 km;
Day 7: Murrells to North Nelson Road, 15.5 km; Day 8: North Nelson Road to Nelson, 13.5 km.

Third Movement - Discovery Bay: After a day's rest while it rained, I set out from Nelson following the slow curve of Discovery Bay, with about 60 km to cover over 3 days, to Lake Mombeong, Swan Lake and Bridgewater Lakes in turn. The closed in solitude of the forest was exchanged for the open solitude of a long slog back to the east following the empty beach. The sand was generally hard

enough for easy walking but there were occasional times, especially when the tide was up, where I had to walk along the line of the first sand dune to avoid the irregular attacks of the waves. Every few minutes one would rush 30 or 40 metres further up the beach than its fellows, eager to flood the unwary. The waves were only a metre or so high but they reared up abruptly, crashing and falling over each other and vicious undertows in collisions of foaming brown sand water and seaweed.

There is an inland alternative route on the third of these sections but it turns a 20 km walk into a 30 km one. I chose the shorter option and stayed on the beach, but it was a struggle towards the end, where there was very little space between the water and the steep slope of the dune as the tide rose. There are some spectacular sand dunes inland, particularly around Swan Lake, some of them seeming to rise almost Sahara like 50 to 100 metres upwards. Lake Mombeong was a pretty campsite, and Bridgewater Lakes was the most scenic of all, but sadly lacking an actual campsite. Approaching the end of this section, windfarm turbines loomed up on the cape to the east, sometimes disappearing into a scudding shower then looming up again, Martian invaders from the War

of the Worlds. The marker indicating the turn inland to Bridgewater Lakes has almost been swallowed up by the dune and is easy to miss.

Highlight - just me and my footprints in the sand as far as the eye can see in either direction, fading into the sea haze at either end of the beach.

Day 9: Nelson to Lake Mombeong, 22km; Day 10: Lake Mombeong to Swan Lake 16.5 km; Day 11: Swan Lake to Bridgewater Lakes, and then onto the Blowhole just for fun, 24 km.

Fourth Movement - Around the Three Capes: The last 3 days of the walk are easily the most spectacular, following the coast around Capes Bridgewater and Nelson and finally, Cape Sir William Grant. From Bridgewater lakes the trail rises to the limestone cliff tops on the west of Cape Bridgewater, passing above the little gem of Whites Beach as it heads towards the Blowhole. There are long sweeping views back along Discovery Bay to the west. One after another, the deep blue waves roll in from the Southern

Ocean and crash onto the volcanic shelves below, tossing spray high into the air. The path is quite close to the cliff edge in places, so a little caution is advised. After the Blowhole, and its eruptions of spray and foam, the path passes the 'petrified forest' a formation of weathered calcite. Then it loops around several smaller bays till it reaches the tip of Cape Bridgewater with a seal colony far below. After a few minutes watching the seals frolicking in the waves, I headed on eventually coming down the hill to Bridgewater Bay with its location to die for. The cafe was for sale, and for a moment Karma & I gave it serious thought. From Bridgewater Bay the walk loops slowly around to Cape Grant with its lighthouse (and another cafe.) There are a few other highlights such as the 'enchanted forest' before the walk reaches the last of the 3 capes and winds its way around the Portland smelter and back into town to the Visitor Information Centre. The last few kms are perhaps a little anti-climactic, but a nice touch is the naming of one of the last

sections 'Bill's Walk' in honour of Bill Golding who, along with many other volunteers, spent many years working on track construction and maintenance. After 15 days, the walk was over.

Highlight: Watching the seals at Cape Bridgewater whilst about 20 roos grazed a few feet away watching me.

Day 12: The Blowhole to Shelley Beach, 12 km; Day 13: Shelley Beach to Yellow Rock, 22 km; Day 14: (Half day) Yellow Rock to Portland, 13 km.

All in all, this was a good walk. Compared to the Great Ocean Walk it is perhaps a little less spectacular overall. Apart from the section along Discovery Bay, it is probably an easier walk, with less of the steep gradients found in parts of its shorter cousin. But more than anything else, it is a peaceful and quiet walk, especially when done solo! ●



Discovery Bay

2008/2009 Walk Programme

	December	January	February	March		April	May	
1st Week of month	Wed Dec 3 Twilight Walk Marino – coastal Robyn Quinn	Wed Jan 7 Twilight Walk Coromandel Valley Robyn Quinn	Wed Feb 4 Twilight Walk Blackwood Liz Barry	Wed Mar 4 Twilight Walk Glynburn Chris Porter	Trail Starter Trail Walker	Sun April 5 Opening of Walking Season Eden Valley	Sun May 3 Trailstarter Morialta Lyn Wood Sat May 2 Sun May 3 End-to-End Peters Hill Webb Gap	
2nd Week of month	Wed Dec 10 Twilight Walk Mt Osmond Stella Van der Krogt	Wed Jan 14 Twilight Walk Modbury – Dry Creek Robert Alcock	Wed Feb 11 Twilight Walk Linear Park Manuela Vida	Sat Mar 7- Mon Mar 9 March Long Weekend Trip Away Innes National Park Simon Cameron Wed Mar 11 Twilight Walk O’Halloran Hill Gavin Campbell	Trail Starter Trail Walker	Easter	Sun May 1 Trailstarter Scott Cree Bob Gentl Sun May 1 Trailwalker Montacut Richard Milo	
3rd Week of month	Wed Dec 17 Twilight Walk Mawson Lakes John Potter	Wed Jan 21 Twilight Walk South Rhonda Dempster	Wed Feb 18 Twilight Walk Chambers Gully Nic Waite		Trail Starter Trail Walker	Sun April 19 Trailstarter Yurrebilla Trail Rhonda Dempster/ Lyn Woods Sun April 19 Trailwalker Mount Compass Richard Milosh	Sun May 1 Trailstarter Yurrebilla T Rhonda Demp Lyn Woods Sun May 1 Trailwalker Onkaparin Steve Wilkin	
4th Week of month			Wed Feb 25 Twilight Walk Lockleys Linear Park Mike Parsons		Trail Starter Trail Walker	Anzac Day Long Weekend Sun April 26 End-to-End 4 Cape Jervis to Cobblers Hill	Sun May 2 Trailstarter Horsnell Gu Arrienne Wyr Sun May 3 End-to-End 4 Cobblers Hi Tapanapp	
5th Week of month		More Details An explanation of walk grades and details for each walk event are published on the website						Sun May 3 Trailstarter Sturt Gorg Nic Wait Sun May 3 Trailwalker Warren/Ha Richard Milo

Walk Grades

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

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

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

Details of each walk grade are provided on the website.

Registering for Walks

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

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

	June	July	August	September	October	November
3 r i	June Long Weekend	Sun Jul 5 Trailstarter Stirling Liz Barry	Sun Aug 2 Trailstarter Kersbrook Mike Parsons	Father's Day	Sun Sept 6 Trailstarter Mt Pleasant Graham Parham	October Long Weekend
- 3 3 to Rd		Sat June 6- Mon June 8 Trip Away Collinsville Station, Burra	Sat July 4- Sun July 5 End-to-End 3 Worlds End to Wandallah		Sat Aug 2- Sun Aug 3 End-to-End 3 Wandallah to Summit Rd	
0 r ek e	Sun June 14 Trailstarter Kuitpo Mike Parsons	Sun Jul 12 Trailstarter Ansteys Hill Robert Alcock	Sun Aug 9 Trailstarter Warren Con Pk Robyn Quinn	Sun Sept 13 Trailstarter Sea to Summit Part 2 of 2	Sun Oct 11 Trailstarter Cox's Scrub Dot Farmer	Sat Nov 7- Sun Nov 15 Great Ocean Walk
0 r e sh	Sat June 14- Sun June 15 End-to-End 3 Webb Gap Rd to Worlds End	Sun Jul 12 Trailwalker Peters Hill Colin Edwards	Sun Aug 9 Trailwalker Kaiserstuhl Ray Blight	Sun Sept 13 Trailwalker Deep Creek Ray Blight	Sun Oct 11 Trailwalker Para Wirra John Potter	
7 r ail ster/ s	Sun June 21 Trailstarter Onkaparinga Robyn Quinn	Sun Jul 19 Trailstarter Onkaparinga Nic Wait	Sun Aug 16 Trailstarter Pooch Park Chris Porter	Sun Sept 20 Trailstarter Newland Head Robyn Quinn	Sun Oct 18 Trailstarter Athelstone Mary Cartland	
7 r ga son	Sun June 21 Trailwalker Yurrebilla Trail Rhonda Dempster/ Lyn Woods	Sun Jul 19 Trailwalker Yurrebilla Trail Rhonda Dempster/ Lyn Woods	Sun Aug 16 Trailwalker Mount Crawford John Potter	Sun Sept 20 Trailwalker Belair Michelle Foster	Sun Oct 18 Trailwalker Waitpinga Steve Wilkinson	
4 r ully men	Sun June 28 Trailstarter Belair Ralene Shaw	Sun Jul 26 Trailstarter Wistow Sandy Melbourne	Sun Aug 23 Trailstarter Aldgate Gavin Campbell	Sun Sept 27 Trailstarter Mt Lofty/Cleland Colin Edwards	Sun Oct 25 Trailstarter Anstey's Hill Graham Parham	
4 ill to a	Sun June 28 End-to-End 4 Tapanappa to Balquhiddier	Sun Jul 26 End-to-End 4 Balquhiddier to Waitpinga	Sun Aug 23 End-to-End 4 Waitpinga to Tugwell Road	Sun Sept 27 End-to-End 4 Tugwell Rd to Inman Valley	Sun Oct 25 End-to-End 4 Inman Valley to Myponga	
1 r ge	Key to Walk Programme		Sun Aug 30 Trailstarter Sea-to-Summit Part 1 of 2	 <p>The Friends of the Heysen Trail 10 Pitt Street Adelaide 5000 Phone 08 8212 6299 www.heysentrail.asn.au</p>	Sun Nov 29 Walk Rally Walk Nic Wait	
1 r ale sh	<ul style="list-style-type: none"> Trail Starter walk Trail Walker walk End-to-End walk Other walk event <p>An explanation of walk grades and details for each walk event are published on the website</p>		Sun Aug 30 Trailwalker Sea-to-Summit Whole trail		<p>This version released 24 November 2008</p>	

Walk Cancellations

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

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

Further Information

For further information about each walk, walk grades, frequently asked questions or to print off a colour copy of the programme, visit (www.heysentrail.asn.au/walks)

Beyond the Heysen Trail

By Dudley Cockington

After completing the Heysen Trail a group of eight walkers continued beyond Parachilna Gorge. We walked through the upper Flinders along Warrawena, Hamilton Creek to Terrapina water hole, climbed over Mt Babbage, across the Stony Desert plains to Mt Hopeless.

We followed the Strzelecki Creek across the Strzelecki Desert to Innamincka. We were fortunate to walk this section after rains when the sand dunes were ablaze with wild flowers and birds. From Innamincka we walked along Cooper Creek to the famous Burke and Wills Dig Tree.

By May 2008, only two of the original walkers reached Haddon Corner

By this stage our group was depleted but a few of us continued up along the SA/Queensland border for nearly 200 kilometres to Haddon Corner, the north-eastern tip of our state. During this section it was just as hard for the

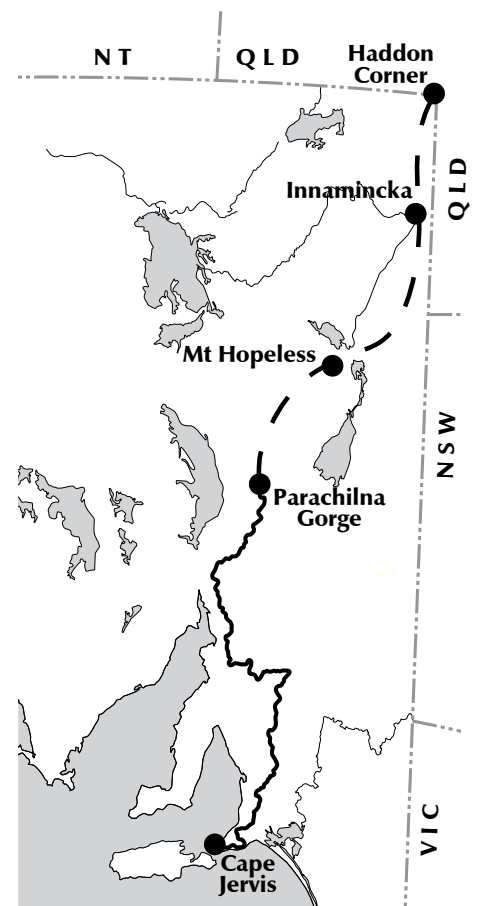


Back: Neville Sharley, Des Barnet (back-up drivers). Front: Thelma Anderson, Dudley Cockington (walkers)

back-up vehicles as previously as we encountered running creeks and dry creeks, sandy hills and stony deserts. On two different occasions north of Cooper Creek we were flooded out by heavy rains. The first time we waited a couple of days then continued our journey. The second occasion there was an enormous storm and after waiting 48 hours we aborted the trip to try again later.



*Burke & Wills' Dig Tree
Colin Beer, Gail Rees, Dudley Cockington (walkers)*





Summit of Mt Hopeless - Gail Rees, Colin Beer, Thelma Anderson (walkers)

By 20th May, 2008, only two of the original walkers reached Haddon Corner. They were Gail Rees and myself.

It would have been impossible to complete this journey without our experienced and capable back-up drivers, Neville Sharley and Des Barnett, with their ever-

reliable vehicles. Thanks also to our supporting walkers who us through various sections. They are Colin Beer, Thelma Anderson, Ron Robinson, Fay Harding, Joan Beer, Ann Hammond, Barbara Rundle, Joan Willis and Fran Lucas. ○



Haddon Corner - Dudley Cockington, Gail Rees (walkers)

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Walking in Tropical North Queensland

By Gavin Campbell

Again I was walking past Flight Centre at Marion and there, advertised in the window, was a bargain trip to Port Douglas, so after some marital discussion and some negotiation we were off in October for 2 nights in Cairns and 4 in Port Douglas.

I would have to put my birthday celebrations on hold but I intended this birthday's celebrations to go on for three months anyway, so what the heck.

We arrived in Cairns late at night but in the light of the next day we discovered we had a room with a view, overlooking the foreshore, so that was pretty good. Some time ago I bought a book "1001 Gardens To See Before You Die" and the Cairns Botanic Garden was mentioned. It was within walking distance of our room so off we went. For those of you who haven't seen it, it is certainly worth a visit and a must if you want to get a feel for tropical plants and flowers. The garden is in two parts, one part tropical palms and trees, the other flowers. We spent several hours walking around with some time spent walking through several old concrete tanks that have been cut up to make an art gallery. The tanks were fuel storage tanks dating from the Second World War and were used to refuel both



Flowers - Cairns Botanic Garden

Australian and United States war ships, so their size can be imagined. While walking around the garden we came across an outdoor restaurant similar to the one in Adelaide's Botanic Garden, however this one was tropical and the ambiance was magnificent.

After lunch we walked back through the Gardens and on to the Cairns CBD through the suburbs to look at the gardens. The overall walk turned out to be a long one, but not too far for seasoned Heysen Trail walkers like us (I think). My legs felt as though they had walked over 20 kms. I love the tropics and the gardens they offer to the extent that a section of my own garden has been given over to try and create a tropical feel. I must mention that I purchased yet another tropical shirt, much to Marie's disgust. That evening we walked along the foreshore and had dinner in a small restaurant overlooking the tidal flats and the ocean.

The next day we drove to Port Douglas. On the way we stopped off at Kuranda where there is a jungle boardwalk which encompasses treetop, middle level and forest floor walking. The walk goes between the town and the scenic railway station and is a must do. Kuranda is a little tourist town adjacent to the Barron Falls which can be seen from the boardwalk. After this we drove through the sugar cane fields and along the spectacular coast to Port Douglas.

Our digs were to be one of the houses in which Christopher Skase housed his workers while they built his Mirage Resort. They are in the process of being renovated and as a result it was pretty good accommodation. The next day was Saturday and my birthday. It is my usual practice to swim from Seacliff



Marie at the base of strangler fig - Mossman Gorge

to Brighton with a group of friends on Saturday mornings so, as there was a lap pool on the premises I thought why not do it here. I swam sufficient laps in this 30 metre pool that others insisted was 25 metre, to make up the distance of 1.6Km. (I didn't measure it because I felt a little lazy, so allowing my judgement to rule) The down side was, I picked up a bug that caused me grief later on in the week especially for my next End to End 3 walk (Bad luck about the birthday cake you all missed out on.) That afternoon we went to Mossman Gorge for a walk. (It gets a mention in my book "1001 Natural Wonders To See Before You Die") It is a must do walk and is pretty easy but beautiful. That night we had dinner at the Port Douglas Yacht Club where there was a 60's, 70's and 80's dance held. What a night, what a birthday.

Sunday was our trip to the Daintree, again a must do. As part of my walking fanaticism I get the periodical "Great Walks - The Fresh Air Magazine". After scouring each edition I found in the June-July 2008 edition a walk described as 'the Bushbash bustle- the Mount Sorrow Ridgeway Trail in Daintree NP offers a real workout for adventurous walkers'. Marie was eager, so that



Jungle Board walk - The Daintree

was our goal. We called in at the local general store to get directions and were surprised to find out that they like to know who is on the walk because some walkers have gone up there and have never been seen again. We were told to stick to the track and not to go any further than the lookout, to do so can cause no end of grief for not only the walkers but also for the search parties. Wow, we weren't expecting that.

Not to be put off, we followed instructions, found the sign indicating the start of the trail, which was fairly well hidden, and off we went. It was a fairly difficult walk and I soon realised it was the Kokoda Trail again, for the track and the weather conditions were the same and there were even some buzzsaw beetles. Parts of the track were fairly steep and tree roots made it into a type of staircase as it was with Kokoda. There were the same types of trees and even the orange clay which this time wasn't wet and hence slippery. While we walked along this track we met two walkers coming the other way and they were most excited about the thousands of leaches they had encountered. We stoically continued on until it started to rain (the wet season started on our first night in Port Douglas) and then the decision was made to turn back. The thought of thousands of leaches and rain was enough to turn any redblooded South Aussie around. So, as it turned out, Marie got her Kokoda experience which only lasted 3 hours (not 9 days) and at little or no expense to management.

Upon return we again went to the local store to advise them of our return as requested, and while I was purchasing



Beach at Port Douglas

a coke the storekeeper made a phone call to the authorities advising them we had returned, so I guess she was fair dinkum with her earlier concern. There was definite relief in her voice as well as that projected from the other end of the phone. After this we proceeded back to the Daintree River crossing, making little diverges along the way to the various boardwalks constructed through the jungle. These are reasonably long and a must do while in the area, for they allow the walker to get a real insight into what constitutes a jungle. Quite often they go over swampy ground, both fresh water and salt and are absolutely beautiful and a whole lot easier than the walk up Mount Sorrow Ridge. While travelling along the road, all of a sudden there was a traffic jam with buses and cars all over the road. It wasn't a car accident just a cassowary going about his business. They are rarely seen, so this was a bonus.

This expedition took most of the day and ended our walking in the area. The next day I caught a sailing boat out to the Low Isles for a snorkel and a look around. The island we landed on was circular and about 100 metres across, so the walk that day wasn't very long. I did find out however the reason why Cape Tribulation, Mount Sorrow etc. were so named. It happens that Captain Cook ran into the reef nearby on Endeavour Reef and the names reflect his emotions at the time. He also marked the islands as low and woody so now one is called Low Isle, the other Woody. Did I mention I bought another tropical shirt at the wharf while waiting for cast off. We also saw a little sunbird making its nest under the roof, which was another highlight.



Cassowary - The Daintree

That ended our brief trip to Far North Queensland, for the next day we flew home. The direct flight from Cairns to Adelaide is spectacular because we flew over the vast outback and the view out of the window of those massive rivers such as the Thomson sweeping around and heading out into the inland to become the Cooper Creek as it heads towards Lake Eyre are worth the flight. We could also get an idea of what the Channel Country is. The flight over the Strezlecki and Sturt Desserts is interesting because there are no creeks, rivers or any sign of any water only red sand hills going north to south. This makes a much better way to see and appreciate this country than travelling in the heat and being covered in flies for weeks. ●

The Great Aussie Long Weekend

By Alan Davis

There's no doubt about it, heading bush on the long weekend is one of the great Aussie traditions. At Easter and on the Queens Birthday and Labour Day holidays, all over this country there's a mass exit from towns and cities as we load up our station wagons and four wheel drives and escape to favourite spots and hideaways. And why not?

Sitting around a campfire at night while the spuds cook in the hot coals, with clear skies and a billion stars overhead, and a red or two to warm the blood. Bacon and eggs and a pot of coffee for brekkie before setting out exploring for the day. Well it can't be all bad.

Now my wife Jo is a girl who proudly claims, "I'm up for any thing as long as there's no chance of breaking a nail and I can plug my hairdryer in each morning." Well power points are in rather short supply out in the boonies so for the last 20 years or so this has pretty much excluded her from camping trips away and these

have been almost exclusively Dad and Daughter affairs. I have 3 girls and either singularly or in pairs they have been constant companions on all my long weekend trips. Looking back we've chalked up some fun times and have had more than an adventure or two. Swimming with dolphins and seals on Eyre Peninsula, we've climbed many of the higher peaks in the Flinders Ranges. Trips up the Oodnadatta track, camping out by lagoons and on stony gibbers. There was that magical concert one night in the Breakaways out of Coober Pedy. All the mountains in the Grampians

have been summited numerous times and Kosciusko has been climbed covered in snow and on hot summer days. Mungo National Park and it's Great Walls of China is a favourite as is Mootwingee and it's gorges. We were trapped here for 48 hours once as a sudden storm turned the bush roads into a muddy river. We've got snake stories, wombat, echidna and dingo stories, crimson rosellas, thieving crows and kookaburra tales. And bloody emus have pinched the breakfast bacon straight out of the frying pan more than once. Lying

in the tent at night we've played "Comments and Questions" for hours as I've silently prayed the girls would fall to sleep.

Heading bush with dad isn't quite the exciting prospect it once was and staying home with mum, getting up late, going to the movies, shopping and having girlie lunches suddenly has more appeal.

But all things must pass and eventually little girls begin the chrysalis process that turns them into young women. Heading bush with dad isn't quite the exciting prospect it once was and staying home with mum, getting up late, going to the movies, shopping and having girlie lunches suddenly has more appeal. The age this begins is around the time the girls finish primary school and head off for the wider world of secondary college. Sensing this metamorphosis with my eldest daughter Angie when she was twelve, I proposed a hiking trip to Tassie as a swansong. Now Angie is what you call a "goer". When she was nine we hiked the Bogong High Plains for four days one summer so I knew she was up to it. Together we spent 6 great days on the Overland Track in weather that was more fair than foul. On our last day we proudly strode into Cynthia Bay (none of this squibbing out at Narcissus Hut and catching



Issy, age 7, Flossy, age 4, Mt. Abrupt, Southern Grampians



Angie, Cradle Mountain Tasmania, 1995

the ferry down Lake St. Clair as is the norm today). But it was with a tinge of sadness as I rightly sensed this would be our last trip together (and my final Overland crossing, the walk is far too popular today.)

Now by the time my middle daughter Issy reached the same age this hiking trip concept with dad had turned into something of a "rite of passage". Issy is a completely different creature to her older sister, quiet and with much of her mum's style. She's my "Little Miss Perfect" with a touch of Audrey Hepburn. Could she cope with the tramping trip to New Zealand I had in mind? What little did I know. Together we hiked the Heaphy Track in the top N/W corner of Kahurangi N.P. in the South Island. The Heaphy is a lovely walk, the 82 km's taking you through a wonderful ever changing landscape with the final day spent following on and along West Coast beaches. (I'd done the walk once before all most 30 years to the day).

But the weather gods didn't smile on us for the first part of the hike and on day 2 we made it to Saxon Hut about noon just as all hell broke loose. For

the next 18 hours storms raged outside and howling, gale force winds racing across the Goulard Downs drove torrential rain in almost horizontally. (We found out after a lot of the West Coast had up to 20 inches of rain). By the morning the worst of the weather had cleared up so we set off for Lewis Hut. But the creeks were still up and we were constantly wading well above our ankles. Issy's footwear were a pair of little red gum boots so of course they were constantly full of water. With mud and slush and numerous treefalls to negotiate the walk was anything but easy. But not one word or whisper of complaint did I hear.

On our final night we camped just above the Heaphy River within earshot of the pounding West Coast surf, an absolutely beautiful spot and without doubt the highlight of the trip. Up at first light next morning we wanted an early start to finish the hike by lunch time. Packing up Issy said "Dad I'm really glad we're finishing today but I'm sad too because I've had such a wonderful time I don't really want it to end". And all I could give her was a hug. Well as with Angie, this was my swansong with Issy.



Issy & Flossy, Mungo National Park, 2004

This summer my baby daughter Flossy reaches the same age but a post Christmas wedding in Hawaii means her "rite of passage" must be put on hold. But she's different to her older siblings, what you might call a mummy's girl and I suspect our trips away together may be at an end.

The era of dad and daughters and the great Aussie long weekend could be over. But it's left us with a wonderful legacy of memories. ●

The Heysen Trail

By Jenny Benn

Much has been written and recorded about the Heysen Trail, its ups and its downs, its ridge lines and its stiles, its never ending paddocks and fence lines, and its wonderful variety of landscape. Enough.

This is about doing 21 days and around 350 km unassisted and without a Timtam in sight! David and I have always walked alone. To do this thing is not as simple as just walking out the door and starting off.

Perhaps, after reading this, more of you will think to have a go yourselves. There is something very satisfying and physically rewarding completing a long distance walk with simply a pack on your back in which are your every day needs, and just a good friend by your side.

Knowing your limitations is probably the most important lesson in unassisted long distance walking. After all there is supposed to be some pleasure in all of this!

First - choose your companion very carefully! You need to know you are not just compatible but that you both have a similar level of fitness at the start. Long distance walking is a "job". You get up every morning and start off and finish your day, hopefully, around mid afternoon. Some days are excellent, some are OK, and some are simply awful! You very much need to be there for each other.

But - how to start on such an adventure? Usually the idea to tackle another trail comes to one when the last one has faded from memory!!

A tremendous amount of research goes into the trail long before you even look at food or distance to be travelled each day. You also need to know your own physical limitations. Some trails are extreme in their terrain and not for everyone. Over the years and many trails walked we have discovered that firstly we are physically capable of most anything except if it involves a rope and dangling over steep drops!! We also have found we can comfortably carry 5 -7 days provisions. Any more than that and those first few days walking are more a stagger than an upright stride!

Knowing your limitations is probably the most important lesson in unassisted long distance walking. After all there is supposed to be some pleasure in all of this!

We also know we can walk for around 28 days with no great hardship, but that sleeping for that period of time in our very small, but very light weight tent is challenging! We much prefer to find the odd B&B or cottage to rent along the route to break up the tent thing and allow us to shower occasionally. We actually have discovered that after 5 days you no longer smell yourself! But watch those you may meet back off! We also try to have a couple of nights break every 7 - 10 days holed up in some delightful little cottage, clean and sleeping on a real bed with a real roof over our heads. So - you have studied the maps. You have looked at the terrain. Then what? YOU START TRAINING. We train with packs on for about three months before the walk. We start with the packs not fully loaded and work up. We usually end



Jenny and David at Cape Jervis

up carrying around 17ks in weight. We are constantly trying to lighten the load. Gear is an obsession. But having said that I still use the pack I bought 12 years ago - tried and true and sort of fits me. We also use hiking poles - only one each - but we could not number the amount of times they have saved us from falling.

When it comes to clothing, we walk in one lot and, other than thermals, have another warmer lot to change into it at the end of each day. Often we sleep in these clothes too. We always have gloves and a warm hat as often once the physical side of the day is over the body can get terribly cold very quickly. Cold is the long distance walkers enemy. We sleep on "luxury" Thermarests. Not for us are those thin mats. We also have very good down sleeping bags and a camp pillow. Sleep is essential if you are to keep going day after day and week after week.

We also always carry an extensive first aid bag "just in case". Blisters can ruin a walk. There are some excellent products available to alleviate that



Yet another of those windy ridgelines



Two beaches down, one to go!

first hot spot or even treat that painful blister. We have bandages, dressings, pain killers, even antibiotics. We also always wear a whistle to attract attention. Both of us have a compass ready to hand. And these days we also carry an EPRB - which we hope we never have to activate. When it comes to water - we treat every drop with Tabs if it comes from a tank, and we can also pump with our Pur Pump from anywhere and make the water fit to drink. Why get sick?

tea or coffee. For lunch this time we also had a "treat" - either a salami stick or nut bar, plus cheese stick. The body needed the salt. For dinner I de-hydrated all our meals. I dry a huge variety of veg, and even cooked



Pretty cold! Scotts Shelter in Mt Crawford

One day on the Heysen Trail it took us 8 hours to do 15km, yet it felt like 80km!

We have stopped wearing heavy hiking boots. Our knees hated them - all that extra weight. Walking in lightweight hiking shoes works just fine. But do make sure you have trained in them. Give your feet a chance.

Food - it is impossible to get it "right" - try as we may. But what we do is post ahead if possible or even do food drops ourselves for every 5 -7 days. Food = energy!! Now this time for the Heysen we had Ryvita as our staple food. For breakfast we had it with marmalade, for lunch we had it with vegemite, and for afternoon tea with jam. As of this moment we probably don't care if we never eat ryvita again! But it packs easily and if kept in its white wrapper stays whole a lot longer than other dry biscuits we have tried. We also have a cereal and reconstituted milk at breakfast. Variety is best. And the never ending cup of

fat free minces. I make leathers of tomato and chicken sauces, and add noodles to bulk it all up. This covered with boiling water and left to re hydrate for an hour then cooked for 10 minutes makes a tasty and highly nutritious main meal of the day. Everything we eat has had its wrapping removed and then it is placed in sealed plastic bags. Remember rubbish is your responsibility - limit what you have to carry with you until you find a bin.

We desperately miss variety after several weeks "out there". We talk about food, dream about food and long even for the greasiest chip! David copes much better with our trekking diet - he sees it as fuel and can just shovel the stuff down! Wish I could. Now, as for the distance you travel each day - you must know your own



energy levels and the type of terrain. One day on the Heysen Trail it took us 8 hours to do 15 km, yet it felt like 80km! Usually 17 km to 20 km is the most you would want to do. Well, that is unless you are just a young thing.

David is 74 and I am 61 - We can and still want to do this thing called long distance walking. And You??

Thank you to all that keep the Heysen Trail going, and in particular to Julian Monfries. Without your never ending patience and enthusiasm, Julian, this latest adventure may never have begun! ●

Nine Artists, Eight Days in the Landscape

By National Trust

“painting en plein air - everything dissolved into just trying to make some kind of response to the most amazing landscape - even if it was the response of a stranger.” Euan Macleod

In May 2008 artists Euan Macleod, Leo Robba, Chris O’Doherty aka Reg Mombassa, Lucy Culliton, Elisabeth Cummings, Neil Frazer, David Keeling, Adrienne Richards and David Usher, embarked on an adventure to capture their impressions of the spectacular landscape of the famous “Heysen Trail”, a 1200 kilometre walking trail, in South Australia. The Heysen is one of the great long distance walks in the world. It extends from Cape Jervis on the south coast of the Fleurieu Peninsula south of Adelaide to Parachilna Gorge in the northern Flinders Ranges.

The trail was constructed during the 1970s and 1980s and takes its name after German born Sir Hans Heysen (1877-1968), the renowned artist recognised for his paintings and watercolours of the Australian bush that so popularised the Flinders Ranges. Heysen’s home and studio ‘The Cedars’ is located on the trail near

Hahndorf in the Adelaide Hills and was a fascinating stop over on this artistic tour. Artist Leo Robba, convened this special art trip with adventuring company, World Expeditions. It’s the third such adventure Robba and the touring company have organised for a group of artist friends, to travel to remote areas of Australia and immerse themselves in the landscape to paint and draw and develop an exhibition of their works. “The artists involved in this expedition and exhibition are primarily a close knit group of friends sharing an experience, travelling, painting, drawing, drinking and eating and laughing around the campfire, coming together with a common love of art,” said Robba.

An itinerary was specially set to cover the most scenic locations for this art expedition. Some of the best sections of the Heysen Trail in the Flinders Ranges were combined with the more remote and spectacular peaks, pristine

wilderness areas, rugged ridges and forests of Cypress Pine in the Gammon Ranges. The ranges offer some of the finest scenery anywhere in the world and the combination of spectacular peaks, rugged gorges and the rich colours of the desert offered the artists a stunning visual palette.

At the crack of dawn artists stumbled out of swags quickly followed by easels, sketch pads, cameras and paint palettes tumbling out tents.

The group was fully supported throughout the trip with a professional crew providing camps, informed guidance and transport in 4WD vehicles. This allowed each artist sole concentration and study of the landscape they had come to observe, paint and draw. At the crack of dawn artists stumbled out of swags quickly followed by easels, sketch pads, cameras and paint palettes tumbling out tents. As the group made camp in and amongst the landscape they were able to rise early each morning to capture the extraordinary colours and light that would unfold before them. “I was surprised at the intensity of the competition among the group,” says Lucy Culliton.

“After a big night round the campfire drinking and listening to classic vinyl records on David Usher’s portable player, I’d wake at dawn and look up to see Euan already painting, Chris (Reg) drawing and to their side Leo at



Setting out on The Heyson Trail, a unique artistic adventure



Lucy Culliton painting at split rock, Arkaroola on the Heysen Trail

the easel. I started preparing my paints the night before!" she said.

Leo Robba and ceramist Adreinne Richards travelled from the lower Blue Mountains, NSW for this tour. Lucy Culliton from the Monaro Plains near Canberra. Euan Macleod, Reg Mombassa and Neil Frazer from Sydney's inner west. They were joined by ceramist David Usher from Brisbane, David Keeling, painter and printmaker from Tasmania and Elisabeth Cummings one of Australia's most respected senior landscape artists, from regional New South Wales.

On The Heysen Trail exhibition is more than simple representations of the Australian landscape by this leading group of artists. It is the making and bonding of friendship and sharing of artistic practice in a unique and

challenging environment all while gaining a deeper understanding of nature and the land. Each artist has emerged from the art tour with individual responses and experiences some of which developing into a wider body of work beyond the exhibition at S.H. Ervin Gallery. Four artists from the group tour in May are returning to the Flinders Ranges to further their study and practice. *On The Heysen Trail* features work from all nine artists in a variety of paints, works on paper, (watercolours, gouache, charcoals, coloured pencils) and ceramics.

The exhibition celebrates S.H. Ervin Gallery's 30th anniversary year. Special events include a Public Program of Artist Talks each Sunday at 3pm, artist's workshops for children and adults and an evening slide presentation from World



Artist Neil Frazer, at secret Canyon on the Heysen Trail. Courtesy Adreinne Richards

Expeditions. Money raised through the sale of works will assist the Gallery's ongoing exhibition and education programming. ●

On the Heysen Trail, S.H. Ervin Gallery, The Rocks, Sydney 14 November - 21 December. Open Tuesday - Sunday 11am until 5pm. Visit www.nsw.nationaltrust.org.au T: 02 9258 0173.

First published in Trust News, Australia November 2008.



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Inaugural Walk Rally

By Nic & Ben Wait

Sunday November 2nd 2008 saw the first Walk Rally run by the Friends of The Heysen Trail as part of the annual walk programme. No, it wasn't a protest, but rather a walk which was all about adventure and challenge.

The early rain and thunder storms didn't deter 13 participants from meeting outside the General Havelock Hotel in the city to return 4 hours later for a well earned drink and meal.

Before they knew what lay ahead they formed the teams in which they would compete for top spot. Each team was presented with a sheet of instructions, a list of questions and a map of the Adelaide City area. The quizzical looks and comments as the instruction sheet was read set the scene of what was to come.

All stood waiting for someone to make the first move until Simon, being the leader he is, made the bold move of heading off with his wife Jenny. Luckily he had gone in the right direction as all teams followed. Ben and I soon followed suit in the car to see if anyone was pacing out the length of Victoria Park Racecourse to answer Q2 and found the teams had already scattered quite a distance within those first 15 minutes.

An hour into the rally we all met in the Botanical Gardens for morning tea, where answer sheets were promptly kept hidden from each other. Given Nic's injury earlier in the year it seemed only apt to plot out a circuit to be negotiated on crutches. 5 bonus points up for grabs if you made the circuit without cheating and there was a prize for the fastest time. Again Simon took the initiative and got the ball rolling, setting a blistering pace. Bob had us all very excited when he got within .1 sec of taking top spot but John took first prize with the fastest time. There was a little cheating (not to mention names Arrienne!) and some interesting techniques. It was later decided Manuela should be rewarded for both her technique and giving it a go for the team even though she didn't want to.

Everyone headed off again but it was interesting to see that now they were in the swing of things, it was more secretive and they headed in different directions (or were some just lost?). One team was spotted asking a grounds man where to find the trade yard.

A deadline time had been set to return to the finish and as we patiently waited past this time for ANY of the teams to return, we discussed the need to apply penalties for those who returned late next time. Were they all lost or was it too difficult? The answer to both questions was "no". They were just too determined to finish and they forgot the time constraint. On their return each team had the opportunity for more bonus points. This one was easy or was it? Of course every good walker carries a basic first aid kit on every walk ... all we wanted was to see it and you got another 5 bonus points.

There was a little cheating (not to mention names Arrienne!) and some interesting techniques.

Each team was allocated another team's answer sheet and the expected answers, which are of course the correct ones, were read aloud to enable marking. It soon became clear that the rules on not disputing the organizer's answers had gone out the window as "discussions" on correct answers and the means by which they were attained caused quite a bit of back ground din. Still this was all part of the experience and our theory in judging the success of the event was that if at least one team got it, it was a



Arrienne - A cheat on crutches

valid question and answer debate is healthy.

The results were very close with 1st prize going to Mary and Manuela (The Long and Short of the 'M') by only .5 of a point (so Manuela ... those bonus points at morning tea WERE worth it!). Best team name prize was awarded to Arrienne and Sadie (The Flying Foxes) and a last prize was awarded to Mike and Sheila (3 Became 2 Stooges) for a very valiant effort.

Thanks to Julian who was able to contribute some prizes, more than doubling the number the organisers had to offer.

Judging by feedback, fun was had by all and we are encouraged to plan a similar event for the same time next year. Next year the event will be held on 29th November so put it straight in your diary so you too can be part of the fun (and frustration !!). Additionally, if you have any donations of items which could be used as prizes next year, please let the office know and we will be in touch. ●

Lightweight Hiking

Walking the Bibbulmun Track Again

By Jack Marcelis

When walking with a full pack and camping out the weight we carry because very important. Considerably reducing my pack carrying weight helped me walk Western Australia's Bibbulmun Track.

I first walked part of the Bibbulmun track in 2003, in part only because my feet were not 'cooperating'. They may not have been 'cooperating' because the weight, excluding food, I was carrying was about 20kg.

I repeated the effort and walked all its 1000km in 2005 with, excluding food, about 18 kg in weight.

During my recent attempt, cut short after 406km at Balingup for private reasons, I carried only, excluding food, 13kg in weight. This incredible and very much appreciated weight reduction fact is mainly thanks to excellent advice from David and Dorjee from Paddy Pallin.



Insert caption



Insert caption

Equipment List	
Item	Weight
Tent	1.7kg
Rucksack	1.8kg
Sleeping bag	0.8kg (incl liner)
Sleeping mat	880g
Waterproof jacket	500g
Rainproof pants	250g
Head torch	80g
Stove	70g (gas stove)
Fuel	600g
Cooking gear	200g (small saucepan only)
First aid	300g
Water bottles	100g (2 plastic containers)
Digital camera	450g
Clothing	1.8kg
Water 2L	2kg
Odds & ends	1kg
Subtotal	12.53kg
Add food for 9 days	6.125kg
TOTAL	18.655kg
Food is the variable but weighs in at about 700g a day	

Loop Walks on the Heysen Trail

This issue we present two outstanding loop walks involving the Heysen Trail.

St Mary Peak

By Gavin Campbell

A day walk around Wilpena Pound offering outstanding views in all directions from St Mary Peak



View down Bunyeroo Valley from St Mary Peak

The loop walk in this Trailwalker is on Map 6.1 of the Northern Guide and is a walk to St Mary's Peak. The details are on the map and the walk is shown as the yellow trail. The walk leaves the Heysen Trail at the northwest corner of the caravan park and is called the St Mary Peak Hike. It goes along and up the northeastern face of the Pound and comes back through the centre of the Pound and offers outstanding views in all directions. It is a strenuous walk and should be treated with respect. (Refer to the Winter Trailwalker article by Stella van der Krogt entitled "She's missing! A Story of Survival")

Horsnell Gully Conservation Park

By Julian Monfries

A walk through the koala community in Horsnell Gully and past the Giles ruins

6-7 kilometres - about 3 hours

Walk along the Heysen Trail in the Horsnell Gully Conservation Park. The walk follows the Heysen Trail into Horsnell Gully, past the old Giles ruins, climbing out of the gully through Moulds Reserve. The walk is steep in places both down into the gully and out through the reserve. It also uses narrow back roads that need care.

1. Start the walk at the corner of Bridge Road and Coach Road, following the Heysen Trail north into the Horsnell Gully Conservation Park.
2. Continue along the Trail, down into Horsnell Gully, then right at the bottom (still on HT).
3. At the fork in the Trail, where the Heysen Trail start to ascend to Giles Range, take the right, lower, fork past the old ruins.
4. Continue along the creek line through patches of high reeds, keeping a watchful eye for snakes the through the gate until reaching a track to the right, heading south.
5. Take this track, climbing steadily up through the park, ignoring any tracks to the right. Stop to catch your breath and look around the forest. The track does a bit of a dog leg near to the top.
6. Continue until breaking out of the Park into the more open Moulds Reserve until reaching Bridge Road.
7. Turn right onto Bridge Road and follow road back to the cars.



Giles ruins

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327 Main North Rd, Enfield 8342 4844
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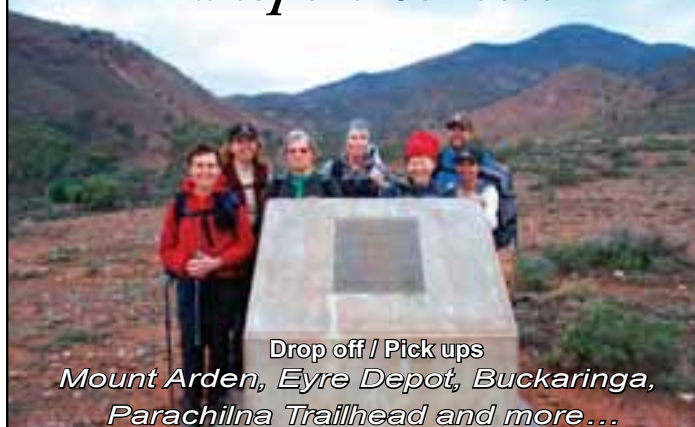
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