



The Trailwalker

Magazine of the Friends of the Heysen Trail

Issue 111 Autumn 2009

**Notice of Annual
General Meeting**

**Picturesque Beaches
Tasmania's Freycinet Peninsula
Circuit**

**Extended Hiking
Challenges and Charms of The
Overland Track**

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Burra Branch

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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

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

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

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C. Warren Bonython AO

Council Members 2008/2009

Robert Alcock
 Jim Alvey
 David Beaton
 Simon Cameron
 Gavin Campbell
 Dana Florea
 Jerry Foster
 Julian Monfries
 David Rattray
 Cliff Walsh
 John Wilson
 Peter Wynen

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

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

Council Meeting Dates

18th February
18th March
15th April
20th May

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President
 Vice President
 Secretary
 Maintenance
 Goyder Tourism Working Party Rep

Arthur Simpson
 Kate Greenhill
 Sally Fieldhouse
 Hugh Greenhill
 Hugh Greenhill

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

Trailwalker Editor

Hilary Gillette

Membership Secretary

David Beaton

Office Coordinator

Jack Marcelis

Maintenance Coordinator

Gavin Campbell

Bookkeepers

Wen Gu
 Xun Wang (Michael)
 Jeanette Clarke
 Jie Fang Zhang (Carol)

Shop/Office Hours & Volunteers

Monday 10.30 - 2.30
 Mike Parsons, Beverley Blanch,
 Robyn Quinn, David Beaton,
 Elizabeth Rogers

Tuesday 10.30 - 2.30
 David Rattray, Dawn Bon,
 Chris Porter

Wednesday 10.30 - 2.30
 Jack Marcelis, Wendy Fox,
 Gilbert Downs, Allan Wadham

Thursday 10.30 - 2.30
 Chris Casper, Chris Hanna,
 Jim Alvey

Friday 10.30 - 4.30
 Sandy Melbourne, Colin Edwards,
 Jamie Shephard

Saturday & Sunday Closed

Relief Staff
 Jim Alvey, David Beaton, Jack
 Marcelis

President's Report

Simon Cameron

Front Cover -

South Coast Cliffs -
View from Kings Head



The Heysen Trail takes the walker through many areas of stunning scenery. Here the Trail runs along the top of these dramatic cliffs, to the west of Kings Head (near Victor Harbor). The cliffs are to feature in an upcoming Australian Geographic article on the Heysen Trail being written by Quentin Chester.

Watch out for the article mid 2009.

Photo Robert Alcock

Summer season is planning time for the Friends although the walk program and office routines are still running. Twilight walks on a Wednesdays are also busy social occasions and the weather has generally been ideal.

The office has had a face lift throughout last year and the mural winding down the entrance stairs is now complete. Don't forget that the office offers all the maps and Heysen gear you need for the new season. As one member at the Australia day BBQ proudly stated, she bought her entire family Heysen trail stubby holders so they know where she is during the walking season.

In addition to the usual maintenance, membership, walk programming and walk leader training the operating committees have set the following goals for 2009.

- Develop guidelines for hut amenities and begin refurbishment of existing huts as needed.
- Finalize approval and costing of water tanks and collection shelters and establish priority list for placement along the trail. We hope to be able to fund one to two shelters per year.
- Introduce an online booking and payment system for walks. This continues the work from the feasibility studies and quotes obtained in 2008
- Develop the "Heysen Friendly town" partnership with either Quorn or Burra.

As I mentioned in the last report the projects such as these require volunteer organizers. As you will see from this Trailwalker edition, the AGM is due on March 27. This is the opportunity to step on to Council where the goal setting and organizing occurs. So if you wish to see the Trail maintained and improved just let any of the current Council members, or the Office know of your willingness to help. We are currently short of Council members and this limits our ability to develop our goal of making the Heysen Trail one of the best long distance walks in the world.

In 2009 the Department of Environment will be continuing its development and implementation of the strategic policy for the trail. 2008 saw the tabling of two major assessments pertaining to the trail by DEH. In particular the "Flinders Ranges Trail Master Plan" is currently available for public submission (links can be found for our website). Unfortunately submissions will be closed by the time this Trail walker comes to print. Suffice it to say the Council supports improved amenity, access, erosion control and walk safety development of the Heysen trail and believes these are priorities for any strategic plan. Re-alignment of the trail is not a high priority unless it clearly meets the above criteria. In particular subjective assessment of re-aligned trails to improve "walker experience" is to be avoided. The Heysen trail offers a wide range of diverse experiences and in all my contact with end to end walkers no one complains that there isn't enough variety or that the scenery could be better.

See you on the trail!

Brief News

New Editor

With this issue of Trailwalker we welcome a new editor, Hilary Gillette, who has taken over from our previous editor, Jeremy Carter. We thank Jeremy for his efforts with the magazine over the past two years. Jeremy is going to spend some time developing The Friends' web site. If you have any articles which you would like to contribute to the Trailwalker Hilary can be contacted on trailwalker@heysentrail.asn.au.

Trail Maintenance Sections

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

Maintenance Co-ordinators

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

Maintenance Committee Chairman

John Wilson 8356 9264 (H)
Details of maintenance sections and their contacts is available on the website at www.heysentrail.asn.au/heysen_trail/maintenance.htm

Next Issue Deadline

Submissions for the Winter edition of the Trailwalker will close on 1st May 2009

Office Report

*By Jack Marcelis
Office Coordinator*

Hello all,

I hope you had a good break and are ready again for a year of walking and the socialising which is so much a part of it.

Our apologies for a few "hiccups" with twilight walk bookings during the office closure.

In this year's (2009) December Trailwalker we will remind/inform you that it will be "self service" during our break.

We also had some fun with our telephone answering machine system, which took me "only" 4 ½ hours to unscramble. The shop and office may have been closed to you, our members but in today's "I want it now" world, even we are encouraged, however gently, into opening up for business.

During the break some of us did attend the office a few times to deal with things like stocktaking, finalising the calendar year accounts, checking the mail. Not paying Telstra on time now incurs a "late payment fee" of \$15.00. Our stalwart Treasurer John Wilson, one of the silent beavers, told me we even got cut-off once for late payment over the Christmas break.

I would like to thank all the office staff who came in for the training day on 12th January. As well as for all the time and effort you give during the year. I hope it was worthwhile for you, the "trainers" certainly thought so. It was also good to see you all together and for you to meet the "yesterday's and tomorrow's" staff. Our members reading this may even want to join us. If so please give us a call.

All the remodelling in the shop is now finished. Thank you to Geoff Couch for his valuable advice in design and his final gracious touch to donate a beautiful hand made oak coffee table. Please call into the shop when next in town to check it out and say hello, and if you have any practical ideas about improving the way we run the shop or the office, please let us know.

A warm welcome to Jie Fang Zhang (Carol) to our bookkeeper's team. Carol, like Michael and Wen, are accounting students at Adelaide University doing practicals at the Friends.

To increase the office efficiency we need to introduce some changes to the bookings for the weekend and away trips this year. Some of this is caused by your wonderful eagerness to go places including many bookings already for June and October!

The change will involve:

- We will record your "expression of interest" booking.
- We will mail out all details including Registration/Payment and Medical indemnity forms.
- Only when we have received your completed Registration/Payment and Medical indemnity forms will a booking occur.

Forms will be downloadable from our website, but only when we physically receive the forms and payment will a booking occur.

New Members

The President and the Council would like to extend a warm welcome to the following 24 new 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.

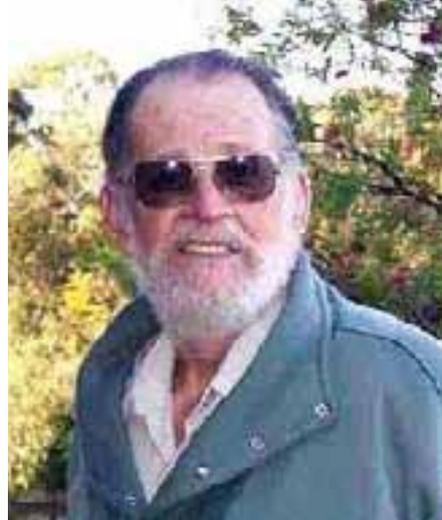
Edward Davis	Alison Tuke
John Elliot	Jonathan Tuke
Tom Whittle	Maureen
Ian Knight	Middleton
Anthea	Geoff Best
Michaelis	Ruth Overy
Ken Lowe	Tony
Roba Rasheed	
Ayan Rasheed	Attenborough
Margaret Law	David Taylor
Susan Carter	Polly Taylor
David Carter	Harry
Kathy Rohan	Beauchamp
Alison Cribb	Chris
John Keeves	Beauchamp

Doug Leane

By John Wilson

**Council Member and
Chairman, Maintenance
Committee**

Douglas Gepp Leane, Honorary Member of the Friends of the Heysen Trail, and long time maintenance Section Leader, passed away on 16th December, 2008 at the age of 82.



Bushwalking was a major passion in Doug's life, and he walked trails in many countries around the world, as well as in Australia. He was also a volunteer for a number of different causes, which led him to become involved in the maintenance of the Trail, from as early as 1987. He was

a Section Leader for over 20 years, first between Piccadilly and Norton Summit, and later in the Section from Cudlee Creek to Bethany. Doug was our most regular volunteer, working with a small team each Thursday. I was lucky to be part of that team for about 10 years, and Doug often expressed the view that he enjoyed working as much as walking.

A qualified carpenter and joiner, Doug was in charge of a number of building projects on the Trail, most notably the Rossiter Hut in the Pewsey Vale forest restored from a disused shepherd's hut, and a number of suspension bridges in the Myponga area.

Most of Doug's working life was with the South Australian Railways, and apart from service with the RAAF during WWII, lived his whole life in the same house in Thebarton. His other interests included music, the Historical Society of SA and Parklands Association, and sport, especially cricket as a long time member of SACA.

Other tributes to Doug are included in this issue of Trailwalker and on the Friends's website, and an excellent profile on Doug by Jo Chesher was included in our Summer 2005 edition, which is also available on the website

Doug will be remembered with affection by all those who knew and worked with him.

Friends of the Heysen Trail Burra Branch

The Burra Branch will be holding their AGM and 2009 Walking Programme Meeting.

On the Sunday 22nd March 2009.

At Gally's Meeting House, Patterson Terrace, Farrell Flat.

Time: 4.00 pm

Pool tea after the meeting.

Contacts, President Arthur Simpson 88942113.

Secretary Sally Fieldhouse 88438028

The Walking Federation of South Australia, Inc.

Walking SA

By Thelma Anderson
Walking Access Committee

Douglas Gepp Leane –

Sadly, Doug Leane passed away on 16th December at the Ashford Hospital at the age of 82. A capacity crowd of family and friends gathered to commemorate his life and to pay tribute to his distinguished achievements as a volunteer. Brother Alan from Queensland delivered the Eulogy of his early life, followed by Liz O'Shea outlining his life in retirement as an ardent bushwalker and walking trails volunteer. Those of us who walked and worked with Doug knew of his enthusiasm for work and his love and enjoyment of the outdoors. He was also a passionate follower of cricket and a Member of the Adelaide Oval where he met Sir Donald Bradman on several occasions. He also followed the Australian Cricket team to England and watched them play at both Lords and in India.

Doug's love of trekking led him throughout Australia and across the world on numerous occasions. Alan spoke too of their mother who was a renowned violinist from whom Doug inherited his love of classical music. His membership of the Historical Society of South Australia, the Parklands Association and the Police Museum also contributed to fulfilment of a rich and rewarding life.

Doug was awarded an honorary membership of the Friends of the Heysen Trail for his unerring support to the maintenance of the Heysen Trail and the Mount Lofty Walking Trails, building bridges and overnight huts, inventing and installing two-step stiles throughout many sections of the Heysen Trail, working as a member of the Irish Bog Ladder and Dutch Sand Ladder teams at Glen Bold and Waitpinga, the list is endless!

As a carpenter, Doug's trademark was his spirit level, always recognised in the field by other volunteers as representing his high degree of professionalism in everything he accomplished. He will be sadly missed by all.

Coast to Vines Rail Trail –

Representatives of Walking SA recently attended the launch of this long-awaited recreational trail stretching for 37 kilometres between Marino Rocks and Willunga. In a promotional leaflet the Trail is described as "winding along Marino's magnificent cliffs and through the foothills of the renowned McLaren Vale wine region, the Coast to Vines Rail Trail is the ideal way to explore the diverse attractions the region has to offer." An excellent map is included on the leaflet which is expected to be available from the office of Walking SA at Dulwich. The bitumenized high speed paved areas provide an ideal bike path but may at peak times prove a challenge to walkers. The leaflet advises that horse riders can also experience the Trail between Old Reynella and Willunga.

In officiating at the Opening of the Trail, Mayor Rosenberg of Onkaparinga Council referred to the fact that it has been nearly forty years since the last steam train from Adelaide meandered along the historic rail corridor. Invited guests, including several elected Government Members who spoke in glowing terms about the eventual realization of the Trail, returned to the McLaren Vale Information Centre to enjoy refreshments with representatives of various interest groups following the Opening Ceremony.

Drivers Road Circuit –

Walking SA is co-operating with Adelaide Hills Council to design and delineate a walking trail in the Piccadilly area. Following earlier success of the Drivers Road Trail, efforts are now concentrated on identifying road reserve boundaries with Council staff and potential access to assistance from Green Corps to mark a walking trail from the Mount Lofty Botanic Garden with possible connection to the Heysen Trail leading to both Mount Lofty or Arbury Park and Bridgewater. It is intended to publish a leaflet in co-operation with Adelaide Hills Council as a tourism initiative.

Recreational Rail Trail from Oakbank to Woodside –

This segment appeared as an item in the contribution by Walking SA to the previous issue of "Trailwalker" (Issue 110 Summer 2009). The item referred to advice contained in the "Courier" newspaper regarding the increasing cost of constructing the proposed recreational trail and stating that "Council does not have the funding for it." It was therefore interesting to see a "News Release" from Premier Mike Rann's office dated 23 January, 2009 followed by an item in the ABC 10 p.m. Radio News announcing "a new 32km shared use path through the Adelaide Hills from Oakbank to Mount Pleasant. Initial funding of \$1M will be provided to complete 5km stage 1 of the trail from Oakbank to Woodside. As funds become available, further stages will be completed. "We plan to name this new bike-way through some of the most popular and picturesque areas of the Hills after Adelaide cyclist Amy Gillett, who was tragically killed in Germany in 2005. "The path will be

established on a disused rail-line, and will provide a safe, new route through this popular cycling area."

Women's Pioneer Trail Access –

At a recent Planning Meeting of Walking SA Committee, members were advised that the cost of providing a "hanging bridge" suspended under the road bridge on the outskirts of Verdun by Transport authorities, has been quoted at \$400,000. Discussion then focussed on a previous attempt to provide access between Verdun and Hahndorf via a pedestrian crossing across Onkaparinga River on Sandow Road. Initially a bridge was considered but abandoned in view of periodic flooding of the river. An honorary consultation and on-site inspection by

an engineering company indicated that the only permanent solution to access across the river was construction of a pedestrian ford. This particular company is now engaged throughout Australia in the installation of the type of construction required for the Women's Pioneer Trail. Sandow Road also provides a safer route for the spur trail of the Heysen Trail, obviating the necessity to compete with speeding vehicular traffic through the township of Verdun and beyond through the 80 kph zone.

Official Opening of the 2009 Walking Season –

A reminder that this event will take

place at 1.00 p.m. on Sunday, 5 April, 2009 at Murray Recreation Park, Eden Valley. It will be hosted by Walking SA in conjunction with S.A.R.T.I. (Lavender Federation Trail). (See the details of this occasion in the previous issue of "The Trailwalker".)

Onkaparinga Council. Members of the Walking Access Committee will meet with staff at Onkaparinga Council on Wednesday, 28 January, 2009 to discuss outstanding walking access issues, including Scenic Road at Clarendon.

Ed Bike SA has produced a new guide which lists the Coast to Vines Rail Trail with map.

Discounts Available to Members

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

Friends of the Heysen Trail

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

8212 6299

Mitchell's Adventure

Westfield Marion 8296 7700
Westfield Tea Tree Plaza 8395 9555
10% discount (excluding sale items and portable fridges)

Adelaide Hatters

36 Adelaide Arcade, Adelaide
10% discount

8224 0131

Mountain Designs

187 Rundle St, Adelaide 8232 1351
10% discount (excluding sale items)

Annapurna Outdoor Shop

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

8223 4633

Paddy Pallin

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

Aussie Disposals

42 Pulteney St, Adelaide
Elizabeth City Centre
Colonnades, Noarlunga
327 Main North Rd, Enfield
Up to 10% discount

8224 0388

8287 3008

8326 3186

8342 4844

SA Camping World

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

Scout Outdoor Centre

192 Rundle St, Adelaide 8223 5544
10% discount on outdoor gear (excluding sale items)

Boots Great Outdoors Centre

1277 South Road, St Marys
Up to 10% discount (excluding sale items and fridges)

8277 7789

Snowy's Outdoors

92 Richmond Road, Keswick 8351 2111
Up to 10% discount

Columbia Sportswear Company

208 Rundle St, Adelaide
10% discount off recommended retail price

8232 0690

Trims

322 King William St, Adelaide 8212 5099
Westfield Marion 8298 9777
5% discount

Flinders Camping

187 Rundle St, Adelaide
10% discount (excluding sale items)

8223 1913

Wattyl Paints Centres

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

Mural brightens our shop/office entrance

Visitors to the Friends office in Pitt Street will be aware of the upgrade and re-painting to the entrance and inside the shop/office. As part of the upgrade a mural was commissioned to enhance the entrance to our shop/office. This mural is now completed. Artist Tiffany has described her thoughts below.



South Coast Scene

Artist statement

This design was developed from a simple graphic idea presented by a member of the "Friends".

Each image is a compilation of views taken from a wide variety of photos presented by various members, not actual places, but a feel for regions along the trail. The colours used across the mural come from referencing the photographs and each colour is represented to a degree in each image. Similarly, the painting techniques cover

the full spread of the design.

While the stylistic block colour underlies the design, with some blending, it is overpainted with dots, reminiscent of indigenous artists, as well as acknowledging Fred Williams and John Olsen.

The larger red dots across the full wall represent the trail, a journey, in the colour of the Heysen Trail markers, as well as nodding to our indigenous family, in its rawest form. The dots help tie the panels together, as do the threads of colour which connect each panel, while echoing the flow of the graphic representation.

Tiffany Beasley.
26th January, 2009

Long Burra Weekend

**From Friday 5th to
Monday 8th June**

**Walks on Saturday,
Sunday and a short walk
on Monday**

Walk leader: Hugh Greenhill

The group will be based at Collinsville Station which is a sheep breeding property.

Accommodation is in the shearers' quarters and the old farmhouse. It is a mixture of single rooms and 2 rooms with 3 single beds. All meals will be supplied on Saturday, Sunday and breakfast and lunch on Monday. There is a limit of 18 people for this weekend.

Contact the Friends' office on 8212 6299

Cost \$200 members and \$240 non-members.

Walking Committee

By Arrienne Wynen
Walking Committee Chairperson

What a lovely hot summer we are having. While many of you are taking a break from walking we are continuing our Twilight walks which keep a bit of fitness and keep us in touch with our fellow walkers. The walking committee has been busy on what promises to be a full walking program.

2009 will see the beginning of the E2E4 group which will start on the fourth Sunday of April and of course the E2E3 group is now walking on the first weekend of the month starting in May.

The long weekend at the Innes National park is nearly fully booked, so if you want to come, book now or it may be too late. The walking is spectacular and with the temperature there being a little less than Adelaide we should have a good weekend.

The Burra long weekend in June is now open for bookings. While accommodation is at the Collinsville Station, Hugh has

planned walks around Burra and into some of the gorges and hidden places that he has found.

This season will also have some new walk leaders and we welcome them and encourage any of our members who enjoy walking to become part of this group.

The walking committee has started planning on the 2010 season and all suggestions re long weekends or extended walks are encouraged.

*PS Twilight Walkers
Yes, it has been a warm month, with walk numbers down and at least one cancelled walk. Congratulation to the 5 enthusiastic walkers who braved the elements on Adelaide's hottest day for 70 years (Jan 28), for a pleasant Twilight walk along the Linear Park at Paradise. Led by John Potter, it was a shorter walk, on the flat, which the 5 comfortably enjoyed. Ed.*

Australia Day BBQ

The customary Australia Day Barbecue was held under the trees at the Seacliff coastal reserve. It was very pleasant and relaxing, and attended by about 25 people.

The barbecued foods, salads and refreshments were partaken under the shady trees. Some of the group even stayed to watch the sunset. Three members watched the sunset as they cooled off in the ocean.

The walk of the day was led by Gavin "Gold". Our new TV "star". Many thanks to Robert Alcock for his efforts organising the barbecues and tables.

Mary Cartland

Attention Walk Leaders

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

Contacts:

Mt Crawford Forest

Phone (08) 8521 1700

Kuitpo Forest

Phone (08) 8391 8800

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ANNUAL GENERAL MEETING

NOTICE OF MEETING

The twenty-second Annual General Meeting of the Friends of the Heysen Trail and Other Walking Trails Inc will be held at 7.30 pm on Friday, 27th March 2009 at Woodville Lawn Bowling Club, Oval Avenue, Woodville South. Free car parking will be available in the car park; enter from Koolunda Avenue.

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

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

Council meetings are currently held on the third Wednesday of each month at 5.30pm, in a room provided by Uniting Care Wesley (above the Friends offices). Meetings usually conclude by 7.30pm.

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

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

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

NOMINATION FORM

I wish to nominate for the position of
President, Vice President, Secretary,
Treasurer, Council Member.

.....
(Signature of Nominee)

.....
(Proposer)

.....
(Please Print Name)

.....
(Secunder)

**NOMINATIONS CLOSE AT 2.00pm ON Friday 20th MARCH 2009
AT THE FRIENDS OFFICE**

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

**22nd ANNUAL GENERAL MEETING
FRIDAY 27 MARCH 2009 AT 7.30PM
AT WOODVILLE LAWN BOWLING CLUB,
OVAL AVENUE, WOODVILLE SOUTH**

AGENDA

1. Apologies.
2. Acceptance of the Minutes of the previous Annual General Meeting held on 28 March 2008.
3. President's Report.
4. Financial Report
5. Maintenance Report
6. Election of Officers.
 - 6.1 President
 - 6.2 Vice President
 - 6.3 Treasurer
 - 6.4 Secretary
 - 6.5 Council Members
7. Appointment of Auditor.
8. Election of Honorary Members
9. Other Business
 - 9.1 Alterations to constitution

The following four **Notices of Motion**, endorsed by council, will be put to members to amend the constitution of the association. Alterations in italics

Notice of Motion 1. That Rule 5 be amended as follows:

5. **MEMBERSHIP**

(4) **A Life Member** shall be an individual who has paid the appropriate subscription for that category of membership *to be set at 10 times the annual subscription rate, at time of payment.*

Comment: The constitution as it stands does not set what the appropriate subscription should be.

Notice of Motion 2. That Rule 19 be amended as follows:

19. **FINANCE AND ACCOUNTS**

- (6) Subject to the authority of the Council, all cheques, bills of exchange, promissory notes *or other payments shall be authorised on behalf of the Council by two members of the Council duly nominated for the purpose, one of whom must be the Treasurer, the President, the Vice President, or the Secretary.*

Comment: This reflects modern banking practices like eBanking.

Notice of Motion 3. That Rule 22 be amended as follows:

22. **DISSOLUTION OF ASSOCIATION**

(2) If upon winding up or dissolution of the Association there remains, after satisfaction of all its debts and liabilities, any property whatsoever, the same shall not be paid to or distributed among members of the Association, but shall be distributed to other body or bodies *with similar objectives to the Association*, and which shall prohibit the distribution of income and property to members.

Comment: Self evident change.

Notice of Motion 4. That the Appendix to the Constitution be amended as follows:

APPENDIX TO CONSTITUTION

BRANCH BY-LAWS

The wording should reflect current practice namely references to Branch Chairman should be changed to Branch President and references to Branch Vice-Chairman should be changed to Branch Vice-President. These references occur in clauses 5 (2), 6 (2), 6 (3) and 8 (3).

- 9.2 Any other business
10. Close of Meeting.

At the conclusion of the business of the evening, we have invited John Shepherd, Executive Director of Operation Flinders, to address the meeting.

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

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

ELECTION OF COUNCIL MEMBERS AT AGM

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

8. MANAGEMENT

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

Backpacking the Heysen and Other Walking Trails

By Jack Marcelis

Many of you may have never even thought about walking, certainly not bushwalking. That sweaty hard slog, up hill and down dale business, with glorious views when you finally scramble to the top of a particular hill.

With fences and gates to crawl over or under, to sit down for a well earned morning break, to smell the eucalypts, to hear or see a roo dashing away, not forgetting the haughty Emus prancing around. The Magpies dive-bombing us and the Galahs having their chorus.

You would never have dreamed of becoming a walk leader as some of you are now.

To add an additional feather or to try something more risqué, the Friends via our backpacking leader Jack Marcelis are considering offering backpacking trips later this year for those intrepid enough to have a go.

We see this as follows:

We have a number of training day walks. We then start slowly with 1 to 3 nights staying out, in shelters, huts or tents. For safety we stay relatively close to Adelaide, the Yurrebilla Trail, Deep Creek Conservation Park, Kuitpo Forest and Mt Crawford Forest etc. Also to save weight where we can we obtain potable water each day. We will hold meetings to sort out the where and the when and the gear requirements.

To determine interest and organise a meeting please contact the office on:

Phone: 8212 6299

Fax: 8212 1930 or

Email: heysentrail@heysentrail.asn.au

Attention: Jack Marcelis.

Please leave your name, number of people in your group and email address.



Walking in France 2009

The Pyrenees & The Basque Country

26 September to 3 October, or
3 to 10 October 2009

Small group –
Accommodation in a renovated Basque
farmhouse.



Pilgrims' Way Part 1

Le Puy to Conques

11 – 24 September 2009

Small Group – Hotel Accommodation
Luggage transferred while you walk

Walking in England 2010

Coast to Coast

7 – 23 September 2010

Small Group –
Hotel and B & B Accommodation
Luggage transferred while you walk.

For more information please contact:

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2009 Walk Season Programme

		April	May	June	July	August	September	
1st Week of month	Trail Starter	Sun April 5 Opening of Walking Season Eden Valley	Sun May 3 Trailstarter Morialta Lyn Wood	June Long Weekend Sat June 6- Mon June 8 Trip Away Collinsville Station, Burra	Sun Jul 5 Trailstarter Stirling Liz Barry	Sun Aug 2 Trailstarter Kersbrook Mike Parsons	Father's Day Sun Sep Trailstart Mt Pleas Graham Pa	
	Trail Walker		Sat May 2- Sun May 3 End-to-End 3 Peters Hill to Webb Gap Rd		Sat July 4- Sun July 5 End-to-End 3 Worlds End to Wandallah	Sat Aug 1- Sun Aug 2 End-to-End 3 Wandallah to Summit Rd		Sat Sept Sun Sep End-to-En Summit R EE Georg
2nd Week of month	Trail Starter	Easter	Sun May 10 Trailstarter Scott Creek Bob Gentle	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 Trailstarte Sea to Sum	
	Trail Walker		Mother's Day Sun May 10 Trailwalker Montacute Richard Milosh	Sat June 13- Sun June 14 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 Trailwalke Deep Cree Ray Bligh	
3rd Week of month	Trail Starter	Sun April 19 Trailstarter Yurrebilla Trail Rhonda Dempster/ Lyn Woods	Sun May 17 Trailstarter Yurrebilla Trail Rhonda Dempster/ Lyn Woods	Sun June 21 Trailstarter Onkaparinga Robyn Quinn	Sun Jul 19 Trailstarter Mt George Chris Porter	Sun Aug 16 Trailstarter Onkaparinga Nic Waite	Sun Sept 2 Trailstarte Newland H Robyn Quin	
	Trail Walker	Sun April 19 Trailwalker Mount Compass Richard Milosh	Sun May 17 Trailwalker Onkaparinga Steve Wilkinson	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 2 Trailwalke Belair Michelle Fos	
4th Week of month	Trail Starter	Anzac Day Long Weekend	Sun May 24 Trailstarter Horsnell Gully Arrienne Wynen	Sun June 28 Trailstarter Belair Ralene Shaw	Sun Jul 26 Trailstarter Wistow Sandy Melbourne	Sun Aug 23 Trailstarter Aldgate Gavin Campbell	Sun Sept 2 Trailstarte Mt Lofty/Cle Colin Edwar	
	Trail Walker		Sun April 26 End-to-End 4 Cape Jervis to Cobblers Hill	Sun May End-to-End 4 Cobblers Hill to Tapanappa	Sun June 28 End-to-End 4 Tapanappa to Balquhidder	Sun Jul 26 End-to-End 4 Balquhidder to Waitpinga	Sun Aug 23 End-to-End 4 Waitpinga to Tugwell Road	Sun Sept 2 End-to-End Tugwell Ro Inman Val
5th Week of month	Trail Starter	Key to Walk Programme An explanation of walk grades and details for each walk event are published on the website	Sun May 31 Trailstarter Sturt Gorge Nic Wait				Sun Aug 30 Trailstarter Sea-to-Summit Part 1 of 2 / Bob Gentle	 This version
	Trail Walker		Sun May 31 Trailwalker Warren/Hale Richard Milosh				Sun Aug 30 Trailwalker Sea-to-Summit Whole trail / Julian Monfries	

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

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 4).

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.

Walk C

Walks are can 32°C. For sim the 7pm ABC Meteorology's the walk rema following mor

If unforeseen ci in the walk, pl Friday, or leav

September	October	November
t 6 er ant rham		
5- t 6 d 3 d to e Rd	October Long Weekend Sat Oct 3- Mon Oct 5 End-to-End 3 EE George Rd to Curnows Hut	Sat Oct 31- Sun Nov 1 End-to-End 3 Curnow's Hut to Lock Ruin
13 r mit Gentle	Sun Oct 11 Trailstarter Cox's Scrub Dot Farmer	Sat Nov 7- Sun Nov 15 Great Ocean Walk
13 r ek t	Sun Oct 11 Trailwalker Para Wirra John Potter	
20 r ead nn	Sun Oct 18 Trailstarter Athelstone Mary Cartland	
20 r ter	Sun Oct 18 Trailwalker Waitpinga Steve Wilkinson	
27 r land ds	Sun Oct 25 Trailstarter Anstey's Hill Graham Parham	
27 4 to ley	Sun Oct 25 End-to-End 4 Inman Valley to Myponga	
The Friends of the Heysen Trail 10 Pitt Street Adelaide 5000 Phone 08 8212 6299 www.heysentrail.asn.au released 10 February 2009		Sun Nov 29 Walk Rally Walk Nic Wait

Print off a colour copy of the programme,

Cancellations

Walks are cancelled if the broadcasted forecast is for temperatures over 30°C. In the event of a change in the weather, this can be determined the night prior to the walk on the evening news weather forecast, based upon the Bureau of Meteorology's routine 4pm forecast. Even if the forecast is later revised, the walk will be cancelled. End-to-End walks will be rescheduled to the next month. This doesn't apply to Summer Twilight Walks.

In circumstances arise and you are no longer able to participate please notify the office as soon as possible, preferably by 4pm. Leave a message on the answering machine after this time.

Recommended Clothing and Equipment

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

What to Wear for Trail Starter and Trail Rambler walks.

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

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

- Thermal underwear
- Waterproof over-trousers
- Gaiters.

What to Bring for Trail Starter and Trail Rambler walks.

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

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

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

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

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

Picturesque Beaches

By Jeremy Carter

Walking along a picturesque beach, followed by a picturesque beach to camp at. Swim at another picturesque beach, followed the next day by another picturesque beach to camp at. Who could ask for more?

What more is there to say? Myself and two friends spent three weeks in Tasmania over Christmas, hiking 5 different multi-day walks, including the iconic Overland Track. The famous Wineglass Bay attracted us to the Freycinet Peninsula.

The first day we negotiated the edges of the Hazards - a collection of mountains named after a ship not their hazardous nature - to Hazards Beach. From here we walked a couple of kilometres along the hard sand - careful not to walk too high on the beach so as to crush the bird eggs or indeed the sand-coloured baby birds if there were any - to Lugunata Creek campsite. Just short of here we had finally caught up with the two parents and seven year old girl we had briefly

spoken to in the carpark. The girl was running ahead of the parents and gaining some extra mileage with her wanderings, so I think she would be just fine on her first multi-day hike.

We walked inland to Cooks Beach where we found the clearest of waters as the waves crashed across the pure white sand. After a swim, who could resist, we sat on the beach and read as the sun set before us.

We began day two with a short one hour return walk to Byrans Beach, can you believe it, yet another picturesque beach? This one was off the main track and the campers here looked just like car campers. Big tents, shade covers, toilet tents and shower tents, and lots of washing strung up to dry.

Were they all wandering around naked somewhere, or perhaps, more likely, they had come here by one of the several boats anchored along the sheltered beach. Their camping style stood in stark contrast to that of the previous night where twenty or so campers set up camp, having carried their tents and gear in on their backs.

Returning to Cooks Beach, we began our arduous climb from sea level up the 579 metres of Mt Graham. From here, in the hot sun, we had a postcard view of the isthmus joining the end of Freycinet Peninsula to the Hazards and the mainland. On the left was yesterday's Hazards Beach, and the right, the famous Wineglass Bay. It was a slow steady descent down to Wineglass Bay and our campsite.



Wineglass Bay with Mt Amos beyond

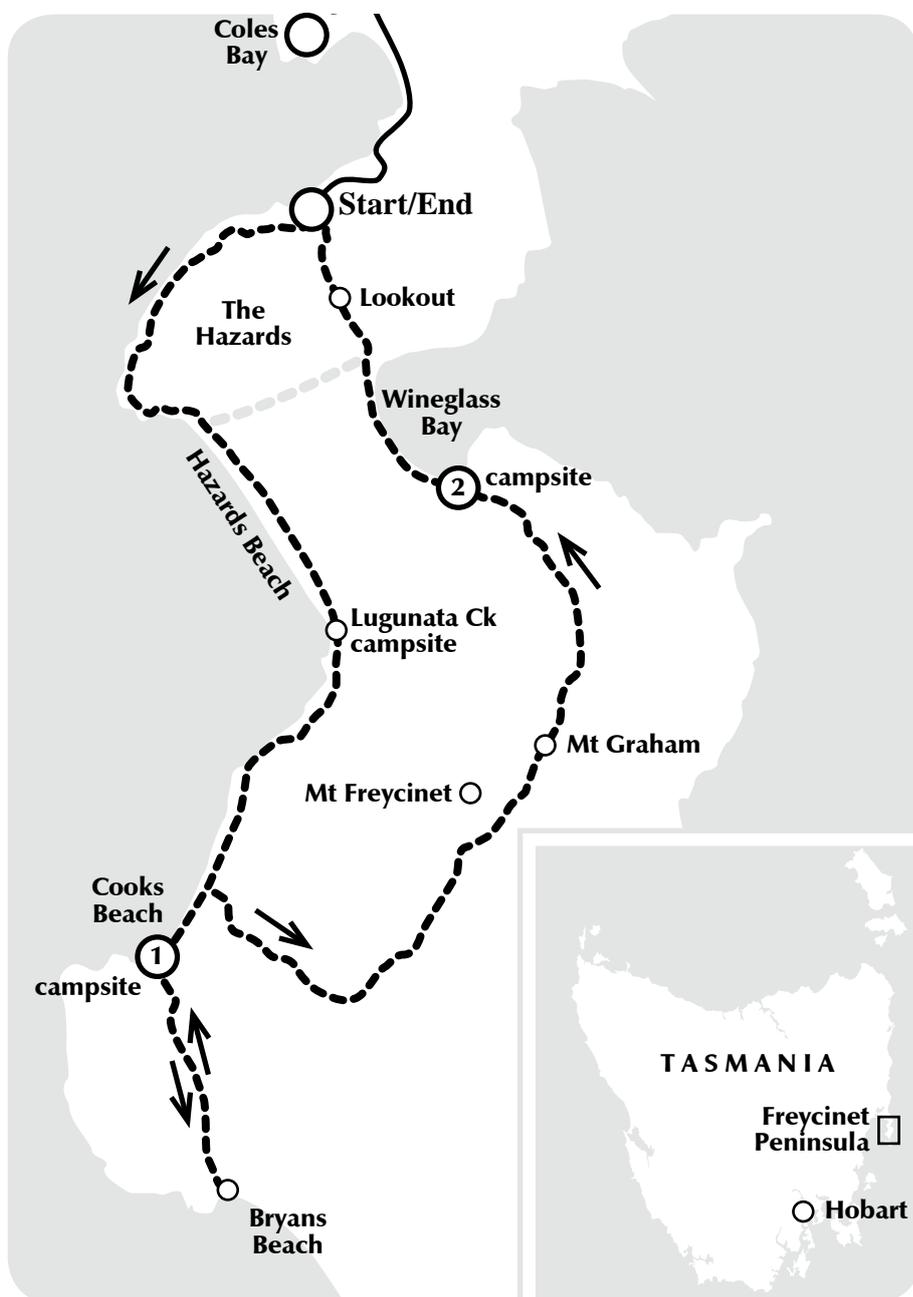


Bryans Beach

Apparently the long descent put somewhat of a dent in the seven year old's enthusiasm we had me the day before. She had discovered the hiker's secret: maybe, just maybe, we prefer the hard ascending hikes to the long descending ones?

She had discovered the hiker's secret: maybe, just maybe, we prefer the hard ascending hikes to the long descending ones?

The campsite vibe here was a little different from the previous night. There were numerous boats anchored in the sheltered bay, but this time none were camping. However the campsite was strewn with rubbish and empty bottles, and the toilets were, what shall we say, feral? After we had set up camp, a young couple walked off the beach and into the campsite, clearly having walked the short one and a half hours from the carpark, the distance we would complete the following day. "Where's the bin, I can't see it anywhere," the girl was overheard to ask the guy. "Let's ask," he replied. Mmm. There isn't one. Is it too much to ask to carry out what you carried in, after all, your rubbish is a lot lighter without the contents. We later saw them heading off in the direction of the toilets with





The view from Mt Graham: Hazards Beach on the left, Wineglass Bay on the right with the Hazards in the background

a bag of rubbish, complete with the toothpaste box from their newly purchased toothpaste. Needless to say, they returned empty handed. The eco toilets they have at the campsites throughout Tasmania are very good, they are waterless and just require one to empty a scoop of rice husks from an adjacent bin after you have finished your business - this controls the smell. Here at this campsite through, the rice husk bin, one of those plastic bins we all used to use kerbside in the '80s, was overflowing with rubbish, the

rice husks long lost to view. It was disappointing. I heard the seven year old tell her mum after she first used it, "I hope I don't have to go again," summing up the sentiment of all women everywhere when it comes to camp toilets.

During tea we were visited by several paddymelons - a kind of wallaby us South Australians had never heard of before our visit. The young ones can be just as brave as their parents to approach us. Later we sat on the beach listening to the gentle lapping of the waves before a late rain shower saw us retreat to our tents to make some hot chocolate.

The following day we made the short hike back to the carpark via the beach on Wineglass Bay and the Wineglass Bay lookout. Many people make the short return hike to the lookout, or venture further to the beach, or the loop via Hazards Beach and return via the Hazards. These day walkers greatly outnumber the multi-day hikers, and several kids were overheard to ask about our large packs or my curious trekking poles. I wouldn't have

Freycinet Walk Information

Day 1: Carpark to Cooks Beach
14.0km, 4 hours

Day 2 sidetrip: Cooks Beach to Bryans Beach and return
5.9km, 1 hour

Day 2: Cooks Beach to Wineglass Bay. 12.9km, 5.5 hours

Day 3: Wineglass Bay to carpark
4.5km, 1.5 hours

We used Lonely Planet's Walking in Australia Guide (ISBN 1740593103) which is well recommended for it's excellent maps and walk notes. Borrow or buy the book, or alternatively download a pdf of just the Tasmania chapter for as little as \$8 from the Lonely Planet website. Tasmania's Parks & Wildlife Service also offers excellent practical information on their website page at www.parks.tas.gov.au/?base=2258

objected if they carried my heavy pack for a few hundred metres, but no offers were forthcoming.

The end of a three day hike and heavy rain in the carpark as we packed up the car ensured we gave up on any notions of climbing Mt Amos for an even better view of Wineglass Bay. Again, we chatted to the parents with the seven year old child. It doesn't seem to matter how slow you walk, just as long as you keep on going - they were never much slower than us fast walkers. There's a lesson there somewhere I'm sure. ●

Three Weeks in Tasmania

We spent three weeks in Tasmania, hiking for 233km over 17 days. We spent two days in the Walls of Jerusalem National Park, six days on the Overland Track, three days on Cape Pillar in the Tasman National Park and three days hiking the Bay of Fires in Mt William National Park.

This was my first trip to Tasmania and I'm sure I'll return. It might be the ideal place to base yourself to work for a year or so, doing some weekend and holiday walks. I'd love to walk Maria Island, climb Mt Wellington, do the South West Track and explore much deeper into the Walls of Jerusalem National Park. I'd also like to do the Overland Track again and explore more of the side trips.

Further information including photos and maps from our hikes and the Freycinet Peninsula hike can be found on my blog at <http://jez-hiking.blogspot.com>



Paddymelon

**Have you seen the re-vamped Friends' Shop? Come in and grab a bargain
Call into Pitt Street and see the new Heysen Trail wall mural**

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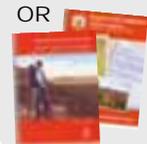
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- over \$26.00 receive a bonus HT magnet
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- Postal sales over \$26.00 receive a HT magnet

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- Strolling South Australia

Note: no club discounts apply to these special – already built in!

Heysen Trail ~ End to End

Yes, the Heysen Trail is 1,200 km long.

Yes, that is a long way.

Yes, there is an easy way ~

Trek the HEYSEN TRAIL from End to End with the “Friends”

GOOD NEWS!!

During the walking season April to November, the Friends organise monthly walks to provide the opportunity for walkers to hike the Heysen Trail from End to End. One day walk at a time.

The Friends volunteers do all logistics and planning. Avoid that car shuffle - we bus you to the start of each walk.

**~ End to End 4 (E2E4) starts from Cape Jervis on Sunday 26th April 2009 ~
Check the Walk Calendar and Book in now.**

IMPORTANT - There is no need to do all of the walks - join in with the ones that suit you.

Walk your way through the many scenic wonders of South Australia.

Whats What?

A new column with info on equipment and walking

SPOT

I have a love hate relationship with PLB's (Personal Locating Beacons). I love that you can carry a small device that can, in a real emergency, send a message to the authorities to come and find me. I hate that an investment of many hundred's of dollars sits in my pack probably never to be used.

Last year a new concept in PLB's was introduced into Australia. Called the **Spot Personal Messenger**, it has a number of functions which make the device much more useful and fun than a standard EPIRIB.

In an emergency, the **EMERGENCY ALERT** function sends your exact location to the Australian Search & Rescue Centre for an emergency response (same as the EPIRIB would do). In addition to that full on come and rescue me PLB function, the Spot also has a "OK" function and a "HELP" function.

The **OK** function, when activated, will send a message to a combination of up to 10 different email or text message accounts that the user sets up, letting those people know that you are OK, and providing grid coordinates that can be displayed on Google maps. They will know you're OK and can see where you are.

The **HELP** Function is similarly set up with a combination of up to 10 different email or text message accounts that sends a message, along with grid coordinates, advising that you need help but it's not a life threatening problem.

Paddy Pallin (in Rundle Street) have a hire Spot Personal Messenger to 'try before you buy', for a small weekly charge. For more info see Paddy Pallin on: (www.findmespot.com)



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Buying a good quality rain jacket is one the most expensive single item of kit most bushwalkers buy for their chosen activity. Ideally the jacket will keep you comfortable and dry while still active.

Gore-tex® fabric is a PTFE membrane bonded onto a face fabric. This membrane is porous and facilitates its "breathability and waterproofness" qualities. This makes walking in the cold and wet much more comfortable than sweating in a plastic coat.



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For more info see: (www.gore-tex.com.au)

David Nicolson
Paddy Pallin Adelaide

Opening of the Walking Season - 2009

Murray Recreation Park, Eden Valley

Sunday 5 April 2009 - Official Opening at 1pm

Walking SA and the SARTI "The Lavender Federation Trail", are jointly organising this year's event. Come along and support walking on this important day or even make it your special weekend event - Barossa Valley attractions, including a range of accommodation options, are close by!

NOTE: The Friends' will have a TrailWalker walk on the day - walking in for lunch and the Opening Address, then walking back to the cars.

- For Walk and carpool details - Check with the website or Office closer to the date.



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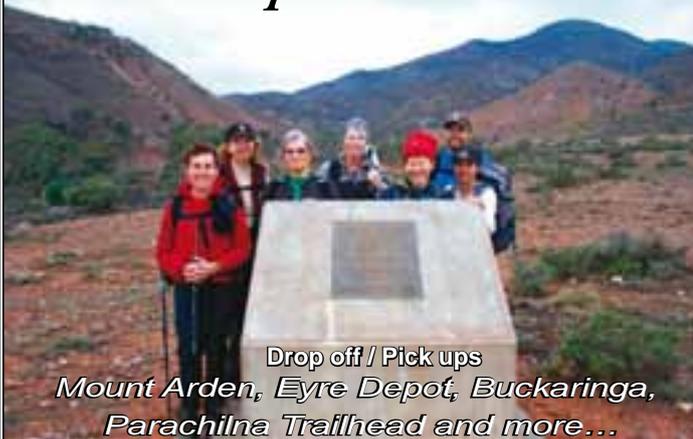
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Paddy Pallen



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EXPLORANGES

Extended Hiking

By Russell O'Brien

Walking over multiple days usually presents hikers with unique experiences but such an undertaking requires careful planning and detailed preparation.

This article is an overview that is intended to inspire you to give extended bushwalking a try in order to experience the joys, challenges, satisfaction and sense of achievement that accompanies it.

Besides walking with FOHT, most of the hiking I do is of four to eight days duration, preferring extended hikes because of the range of experiences that can be enjoyed.

In general, extended hiking isn't an easy undertaking and for many years my wife, Chris, chose not to join me on my various ventures. However, she decided to join me and two friends, Ann and Ben, to walk Tasmania's world renowned Overland Track in January this year. Thousands of people walk the track each year and, because of its popularity, information in the form of track notes is abundant. During the peak months of November to April it is necessary to book for this walk as only 34 independent walker places are allocated daily, and hikers can only walk from north to south. Sleeping spots in the huts are not guaranteed, and hikers must carry a tent.

Planning a walk will always require research and scheduling for each of the days that you are away from home. I use a simple computer based calendar format into which the details of travelling to and from the walk, accommodation before and after the walk, daily walking distances to be achieved and any relevant notes are entered. As changes are made a new version number

and date are applied and copies given to other members of the group. Wherever possible, each member should have specific planning tasks to complete on behalf of the group in order to both share the workload and to help develop a sense of involvement and anticipation. Occasional meetings of the group (usually over pizza and red wine!) to advance planning and to reach agreement on the schedule are also important. Getting to the start of a walk from the nearest city or airport sometimes requires significant planning and effort and the return to civilization may involve other travel complexities and creative problem solving. What I have found, though, is that there is always someone who is willing to provide transport at reasonable a cost.

In contrast to planning, individual preparation for a longer hike is usually done independent of the group, although discussion regarding sharing certain common aspects such as first aid kit, cooking stoves and fuel can be very useful to lighten the weight carried. Whilst major items such as tent, sleeping bag, sleeping mat and backpack are personal choices, advice should be sought from people who are knowledgeable and who have a wide range of walking experience. There is a wealth of choices available, but I would stress the need to get absolutely the lightest and best quality equipment that you can afford. Researching what is available, what is required and what suits you takes time. Careful selection

and perseverance will pay off on the track. The weight that you will carry is a very important consideration. Remember that in addition to items of clothing and bedding and items for shelter and cooking you will need to carry food and water. In general, a person should aim to carry between a quarter and a third of their body weight. On a per day basis, the weight of (mostly dehydrated) food alone will be in the order of 750 - 900 grams. For an eight day walk, that's 6 - 7 kilograms per person. There are numerous websites that provide great strategies for reducing weight - although you may not wish to go as far as removing labels and cords from your clothes and cutting the edges off of your maps as some hikers suggest!

How should you feel when you see such beauty? Despite sore shoulders and tired feet, you cannot but feel quite special.

Each time I pack my backpack, I use a checklist to ensure that I include everything I will need. Invariably, the checklist is updated each time I pack.

Like all things good, perfect weather for walking can't be assumed. Fortunately, it was beautiful weather conditions on the first day of our walk on The Overland Track. Taking the Horse Track from Ronny Creek, the climb to Crater



Forest Stream near Frog Flats

Peak was hard going with full packs but the slight, crisp breeze with the warmth of the sun at least gave hope as the pack's shoulder straps bit into our shoulders. Crater Peak provided an awesome view and with a little snow on the ground gave the impression that the master artist's palette was recently replenished with Titanium White. From Crater Peak to Kitchen Hut more snow lay around and with it the opportunity to savour its cool, refreshing taste.

Beyond Kitchen Hut (and well away from most day walkers)

a powerful stream straight from Cradle Mountain enabled us to replenish water supplies and have a well earned cup of tea. This stretch of the track and up to the Scott Kilvert Hut turn-off

is rocky and was strewn with muddy patches. The imposing Barn Bluff is a constant sight and the rock hopping provided an opportunity to recall out loud the poorly-known words of some favourite songs. Thirty to forty minutes later the Waterfall Valley Huts came into view. The weather was so good that setting up the tent was the only real option. The sound of running water, the company of numerous Bennett's Wallabies (*Macropus rufogriseus*), Tasmanian Pademelons (*Thylogale billardierii*) and an Eastern Quoll (*Dasyurus viverrinus*) completed the

perfect day. We were tired and a good night's rest was almost guaranteed.

The walk from Waterfall Valley to the Lake Will turn off was uneventful but very beautiful. *Scoparia* (*Richea scoparia*) lined the track. The variety of colours of its flower is amazing, extending from almost white through to deep red in an almost continuous colour range. Lake Will, backed by Barn Bluff, is impressive and just a short, flat walk in from the main track. How should you feel when you see such beauty? Despite sore shoulders and tired feet, you cannot but feel quite special.

After Lake Will the track is exposed. A rise in the track heralds the first view of Lake Windemere and then it's all downhill through beautiful country to Windemere Hut, which is located on the shore of the lake. But once the pack is off and we have had a well deserved hot drink we took a walk along the lake and noticed the juxtaposition of beautifully coloured rocks, the almost ever present Button Grass (*Gymnoschoenus*



Button Grass: a constant companion



Mount Oakleigh from New Pelion Hut

sphaerocephalus) and the gloriously configured trees. Forecast of rain that night meant that many walkers chose to sleep in the hut but there were also many tents erected on the wooden platforms located near the huts to protect the sensitive environment. Our choice was the latter and what a delightful sound rain made on our tent.

Showers fell much of the night but eased in the morning which made breakfast and packing up straightforward. Sun after rain transforms the country into a picture that appears to be sprinkled with glitter. Unfortunately, the rain had produced sizeable puddles and along the track there were copious amounts of mud. So many walkers take great effort to avoid mud but inevitably expand the track in the process - called 'braiding' the track. If you simply walk through the mud, balance with a heavy pack is more likely to be maintained, your gaiters will testify to your concern for the fragile environment and, when cleaned, your boots will be no worse for the experience.

The walk from Windemere to

New Pelion is pictorially eventful taking walkers to the tops of hills, down to the bottom of valleys, across an open moor and through dense and amazingly beautiful forest.

New Pelion Hut is more akin to a motel sans electricity than a bushwalkers' hut. Just after arriving and with a cup of hot chocolate in hand, an Eastern Quoll scampered along the verandah bidding welcome to the occasional smelly foot and examining packs left outside by new arrivals. The day's walk was not difficult, but it was made challenging due to its length, our still quite heavy packs and made worse by age (I'm 59 years young). To watch younger walkers only served to remind me of past days' youthful physical abilities.

In the early evening rain began to fall again. How kind of it to all but stop for the 7 hours of the walk.

It's interesting how people start their day. From observing the other early risers in the hut some read, some exercise, some begin breakfast with determination and some, like

me, ease into daylight with a cup of tea and the search for a few photos.

The chatter in the hut over breakfast dwindles to silence as the last of the walkers took to the track. For our group this was a rest day and the chance to explore the area. Over a late breakfast agreement was reached to climb the nearby Mount Oakleigh and return to the hut for a late lunch.

Following the requisite re-organising of our belongings and our bed space, the day walk led us over a narrow bridge, across

a swamp complete with a voluminous creek and into the forest at the base of the 1386 metre mountain. Although the older members of the group didn't achieve the summit, our climb cleared the tree line and we took in the stunning view of the landscape below. While the climb was predominantly easy some sections were quite steep. The track passed through a Pandani (*Richea pandanifolia*) forest with some examples standing over 6 metres. The weather was reasonably kind all day but that morning the Ranger (Jenny) had advised that 'bad' weather was on the way.

Although the huts along the track provide warm and secure shelter, they can be the source of occasional frustration. Some people are noisy and make too many assumptions regarding how tolerant other hut users should be of their activities. However there is a generally accepted code of conduct that most users are happy to comply with, and usually most are tired enough to retire to bed around sunset.

Waking at 6.30 am the next morning, my first instinct was to look out of the window next

to my bunk. Light snow was falling. Leaving New Pelion Hut about 2 hours later and well prepared for showers, we made our way toward Pelion Gap (1113 metres elevation) with Kia Ora Hut our destination. At 9 kilometres this was a short walk day but the track climbed relentlessly to Pelion Gap. About half way up the climb snow began falling. The landscape was transformed in a way that I had never experienced in my previous three visits to Pelion Gap. Mount Ossa and Mount Pelion East were nowhere to be seen. The platform at Pelion Gap was covered in a thick layer of snow as was the landscape as far as the eye could see. For an hour or so snow fell quickly, converting summer into winter. Everything was white. Ours was the first party to leave Pelion Gap and the track that lay ahead was marked by a pure white line. Not a single boot print was evident.

It will frequently be the simplest of things that mark an event.

Some way along this pristine path animal tracks were evident. We were following a wombat that had decided to take the same route. Although we never saw the animal its tracks were unmistakable. After approximately 100 metres the tracks left the boardwalk for the security of the bush. It was a magic moment.

This unseasonal manifestation of nature that blanketed the area in snow in the Australian mid summer was exactly what bushwalking is all about; a once in a lifetime experience. The walk down to Kia Ora was characterised by hail then sunshine. What a day!

We arose from a night in the hut to a cold and crisp morning complete with frost. The sky was clear. Along the next section of The Overland Track we would visit Du Cane Hut built by Paddy Harnett around 1910 and short side trips would yield a look at three spectacular waterfalls. There is something quite special about having lunch in the wilderness at the base of a massive column of falling water.

The walk to Du Cane Gap and then down to Windy Ridge is simply spectacular if you have any interest in local flora. Having used huts in recent days our decision was to sleep in the tent, although the newly constructed Bert Nicols Hut (replacing the old Windy Ridge Hut) is very impressive. At a cost of \$1.2 million so it ought to be! The peace and solitude of the tent was just what we needed that night for the perfect rest.



New Pelion Hut

The final days on the track brings a variety of emotions to the surface. At the least there is the dichotomy of the satisfaction of anticipating the completion of an eight day walk and the sadness that it will soon be over. Our second to last day's walk of approximately 15.5 kilometres took us from Windy Ridge to

Echo point via Narcissus. The last leg actually seemed to be longer but the track conditions varied considerably to those between Windy Ridge and Narcissus which had been predominantly flat.

We spent our last night at yet another lovely spot at Echo Point is on the western side of Lake St. Clair, about 6 kilometres from Narcissus. We camped on a very small beach and slept to the accompaniment of the soft lapping of water just 3 metres from our tent. The next day we were to walk the final 11 kilometres to Cynthia Bay and our Overland Track experience would then be over.

We awoke to a heavy mist over the lake. The surrounding mountains slowly became visible and the sun began to show through. The lake was almost perfectly still. By 9.30 am we are again on the track tackling both mud and tree roots. Located adjacent to the lake, the track is picturesque and for us, afforded the opportunity to spot some wildlife including Tasmanian Tiger Snakes (*Notechis scutatus*). Although these snakes are venomous they are not aggressive and should simply be avoided. We also came across several echidnas nosing around for their next feed and oblivious of passing walkers.

Arrival at Cynthia Bay provided a welcome beer and lunch before boarding the bus to Hobart. Our walk was complete. We will share some of its moments for the rest of our lives.

Give extended bushwalking a try. You won't be sorry. ●

Rob Marshall, O.A.M.

by Thelma Anderson
Walking Access Committee



with distance. This resulted in the development of the Flinders Ranges Bush Walks accompanied by detailed description of twelve walks located in isolated areas not regularly frequented by visitors. Funding was made available by the Nature Foundation to produce the interpretive leaflets, describing these walks that provide good tracks, reassuring way-marking and on-site interpretation. Rob established the Walking Trails Support Group in 1999 within Friends of Parks and many dedicated enthusiasts continued to support this group in various ways. In 2002 he led the development of the Robert Brown Lookout in association

to adequately separate pedestrian, cycling and vehicular traffic given the significant differences in speed and weight. In the meantime Rob's tireless efforts will doubtless be focussed on attempting to correct this anomaly to ensure recreational walking remains a safe activity for enjoyment across the generations.

Well done Rob - a worthy award!



Mt Brown Tower Construction

Rob was awarded the Medal of the Order of Australia announced in the Australia Day Honours List on 26 January, 2009. Walking SA is proud and honoured to have such a strong association with Rob (and Sue) throughout the implementation of numerous walking related projects they have developed for the benefit of all South Australians.

Membership of the Royal Geographical Society of S.A. resulted in an opportunity in 1992 to develop walks in the Flinders Ranges in conjunction with the production of the guide book "Exploring the Flinders Ranges". In 1999 the Walking Trails Support Group was involved in supporting another initiative of the RGSSA "Exploring the Barossa" by developing ten walks, again involving liaison with the various agencies.

With a background in leading scouting groups Rob introduced a particularly valuable concept in identifying an observation of the significant variation in the physical capacity of individuals to cope with rough terrain being more critical than a capacity to cope

with the 200th Anniversary of Matthew Flinders voyage and arrival at Port Augusta, celebrated by representatives of Friends of the Heysen Trail and Walking SA walking to the Mount Brown look-out from the celebratory function held by DEH at Woolshed Flat.

With environmental sustainability as the focal theme Rob has produced and published a handbook on the development of walking trails that has proved to be a valuable tool for walking and Friends' groups throughout South Australia, including the National Trust. Many walkers will support his concern that too little attention is provided by development



Walking Trails Support Group in Action

Saturday 7th November 2009

(meeting at Cape Otway Lodge
150 Barracks Access, Cape Otway)



Walk Sunday, Monday, Tuesday, Thursday and Friday (Rest day Wednesday).

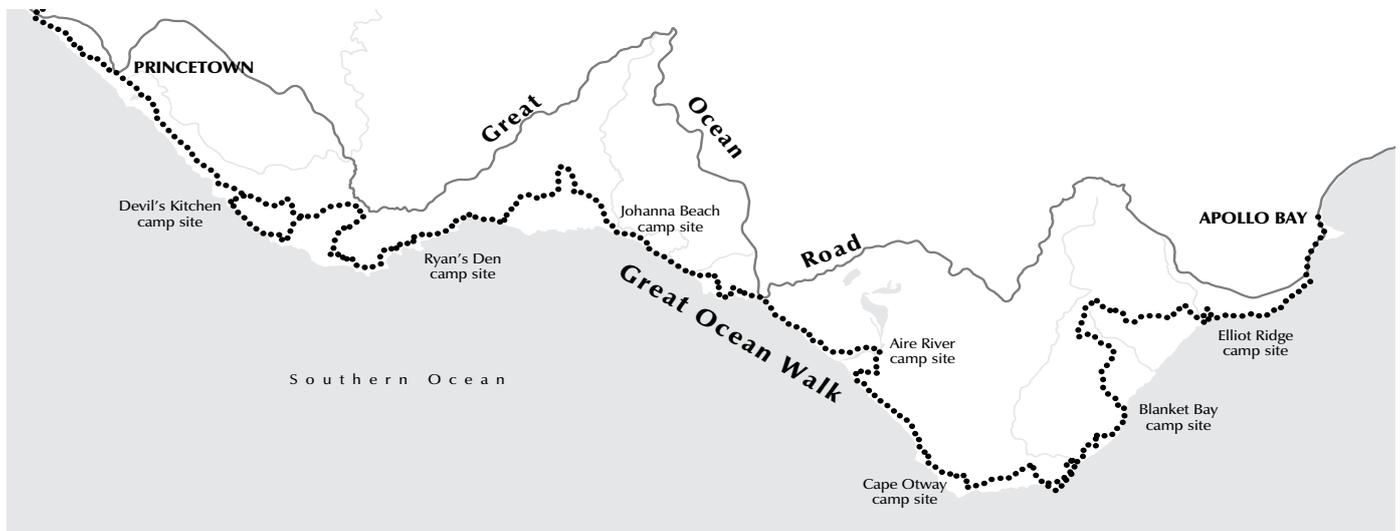
Included: 4 night dormitory style accommodation at Cape Otway Ocean Lodge (from Saturday until Tuesday). All meals from Saturday dinner until Wednesday lunch, bus and walk fees.

NOT included: Meals not mentioned above. Accommodation for Wednesday night on. (As the walk progresses to the west, we need to move west and there as there is no large accommodation to fit everyone in you will need to arrange your own accommodation, preferably based in Port Campbell).

Walk Leaders: Ben & Nic Waite and Simon & Jenny Cameron

For more information and bookings: Contact the Friends' office on 8212 6299.

Cost \$475 members. Limited spots available.



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division of your Estate.



You know you need a Will and probably already have one drafted.

You even know the basic requirements of a legal Will and have nominated the Beneficiaries and an Executor, but does your Will cover all eventualities?

What happens if.....

- ◆ Any of your nominated beneficiaries dies before you?
- ◆ Your nominated Executor dies before you or decides they no longer want to take on the role?
- ◆ You die before your children or legal dependents turn 18?
- ◆ You need someone to look after your affairs while you are still alive as you are temporarily or permanently unable to do so yourself?

Did you know that.....

- ◆ Regardless of your relationship with them certain relatives under South Australian law are entitled to bring a claim against the estate?
- ◆ Superannuation and life insurance death benefits do not necessarily form part of your Estate?
- ◆ Any asset held in a joint names automatically becomes the sole property of the survivor regardless of any other nominated beneficiaries, your current relationship with that survivor and what the assets are worth?



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L A W Y E R S

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**For more information or to book contact
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