



The Trailwalker

Magazine of the Friends of the Heysen Trail

Issue 121 Spring 2011

**I Love the Heysen Trail So Much -
I Got The Tattoo**

Kilimanjaro Magic

Using A GPS On A Hike

**Ethan Schulze Walks The Heysen
Trail**

When It Ends

George Driscoll Sea to Summit



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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

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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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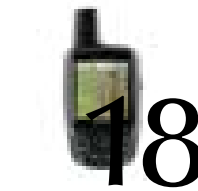
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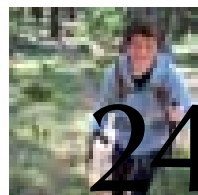
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Colin Edwards, Sandy Melbourne,
Jamie Shephard

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

Thursday 10.30 - 2.30
Bob Gentle, Julian Monfries
Trevor Barns

Saturday & Sunday Closed

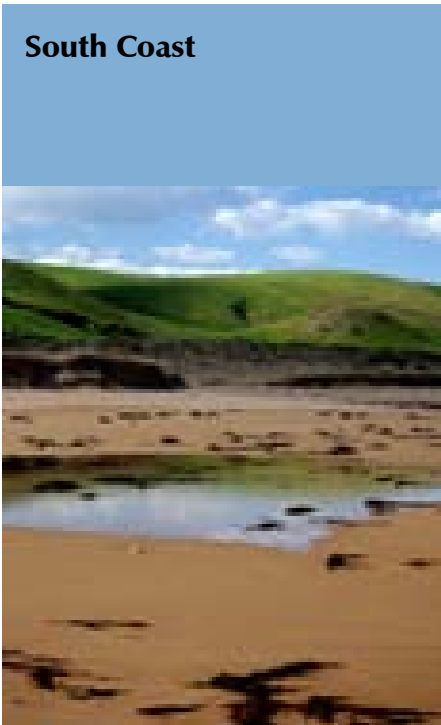
Relief Staff
David Beaton, Myra Betschild,
Jack Marcelis

President's Report

Robert Alcock

I have just returned from a wonderful week in the Flinders Ranges. Our End to End 3 (E2E3) group walked the final six days after six seasons on our Heysen Trail. Each day we had over 80 walkers and 54 completed the Trail on the Saturday.

South Coast



End to end 3 group walking along the south coast. Photo taken at Waitpinga on 12th September 2009.

Photo by: Hart Fan

Simon's themes plus the "formal" presentation dinner created colour and humour. I noticed that the friendship bonds, formed over the seasons, became closer as we neared the final stile. E2E3 are my group. I walked the first day in April 2006 and have missed just one day of the 59 day walks since. Congratulations to all those who finished last week, and those who have completed the Trail this year.

This brilliant concept of providing the logistics to enable our members to complete the 1,200km Trail was introduced in 2000 by David Beaton and Julian Monfries. Thank you David and Julian, what a monster you unleashed. Three groups have now completed the full Trail, with 4, 5 and 6 following, and group 7 is planned for next year. These are our most popular walks, and it's pleasing to see so many people out walking and getting committed to our Trail. These groups are feeding new people, committed members, into our organisation and provide us important funds to support the Heysen and other walking trails. The friendships developed between people of shared interests are a very important by-product.

In other areas, we continue with maintenance, and we have ideas for improvement in a number of areas. Committed members of our committees are working to implement them. Sometimes because we are all volunteers, things don't progress as quick as they might, so if you have an interest, talk to leaders and see how you can get involved. Many items and issues involve the Dept, DENR, and we are working to form closer links so that we can coordinate our plans and implementation to achieve better outcomes.

This magazine, The Trailwalker, is our best promotional tool. We reach another milestone with this issue introducing a colour cover which will only add to its appeal. Soon members will be able to opt to have a PDF version, which will allow more printed copies to be circulated as a promotional tool.

While this year the Friends celebrate our 25th anniversary, the Burra Branch celebrate their 20th anniversary. Burra members offer their hospitality to those members who can attend their celebrations on the 24th and 25th September. We can be proud of our groups for their support and enthusiasm for the Heysen Trail, and through their efforts the Trail continues to thrive. We invite all current and former members to come and celebrate with us at Belair on the 8th October. (details and booking info in this issue).

See you at the 25th celebration picnic day in October. See page 24 for details.

Office Report

*By David Rattray
Office Coordinator*

The website has undergone some maintenance recently which has created a problem or two but we are confident the bugs have been ironed out now.

Fortunately the walking season is coming to end as half the office volunteers will be on holiday during the next two months. Please be patient if things do not happen as quickly as expected during this period.

You may be aware that we have been working on merging the online Walk Registration database with the Membership database, which is offline. The new merged database will be online. See the news item

“Access Your Membership Details Online” elsewhere in The Trailwalker for more details.

In this first stage, all members can login to the website and update their address and contact details. In time, you will be able to use this login to register for walks. Payment will also be accepted via a NAB payment gateway, which will seamlessly integrate with our website. This will make it much easier to register for walks; you won't have to re-enter your details for every walk registration, and it will eliminate the confusion that has sometimes occurred due to the complicated PayPal payment process.

The merged database will streamline the way data is handled for walk leaders, make it easier for the office to manage over-the-phone and in-person registrations, whilst also eliminating the troublesome duplicate walk registrations.

136 new members have joined the Friends this year, 76 in the last three months and total membership is now 893. 315 members have walked with the Friends this year and on three Sundays over 100 walkers have walked with the Friends. Thirteen Friends have undertaken more than ten walks this year with one Friend undertaking 19 walks. 1,435 walkers have walked with the Friends this year on a total of over 2,000 days.

Walking Committee

*By Arrienne Wynen
Walking Committee Chairperson*

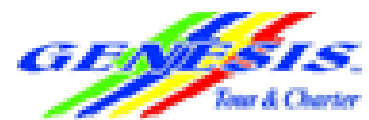
As I write this I am getting prepared to go away for the final week of walking with the E2E3 group. It doesn't seem like six years since we started at Cape Jervis, and mixed with the joy of achievement will be the sadness of knowing that the journey is over. The group of strangers that started that journey have become friends with many shared interests and experiences. Now what? I can hear many asking. What are we going to do with those spare weekends now? You may want to consider becoming involved in other walks that the FOHT run and becoming a leader or organiser. Ring the office and ask to be notified of the next walk leaders' training course.

We have started on next year's walk program and it looks like being a very full year.

E2E7 is starting in April and a reverse E2End, starting from Parachilna, later in the season. The reverse E2End is suitable for people that are experienced multiday walkers. Although a normal E2Ender has had several years to train up for multi day walks the reverse E2E is straight into it. Before we worry about next year though we still have many walks available before the season finishes.

There are still places available for both the Innes Long Weekend and the week in Thredbo. Both of these trips provide a chance to go away with like minded people with great walking and lots of fun when the walking is over for the day.

Check our web site or turn to page 26 for further details.



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***The Burra Hotel has closed
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financial problems, and the Hotel
owners are in the process of obtaining
a Liquor Licence.***

***The re-opening date is uncertain at
this stage.***

***If anyone is looking for
accommodation please contact the
Burra Visitors Centre on 88922154 or
visit the website at
www.visitburra.com.***

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.

Luca Barei	Charles Lawrence
Milla Barei	Charlie Lawrence
David Barry	Graham Loveday
Paul Cahalan	Vane Loveday
Silvana Cammarano	Helen MacPherson
Jane Clarke	Emma Matthews
Peter Deacon	Kate Matthews
Rodney Donne	Judith Matthewson
Neil Finlay	Peter Matthewson
Kenneth Fish	Karen McKerlie
Mary-Anne Forde	David Monceaux
Phil Gillett	Pip Murray
Erin Green	Desmond Pawelski
Chloe Grey	Susan Pawelski
Mark Hall	Judy Pilbeam
Angela Halsey	Terry Pilbeam
Geoff Halsey	Caroline Prescott
Margaret Hardman	Linda Rankine
Isobel Harry	Shane Rankine
Michael Harry	Claire Roberts
Suzanne Heath	Jack Russell
Annette Heathfield	Malcolm Slade
Kym Holman	Helen Smith
Peter Howard	Linda Swaney
Rae Howison	Gwyn Thomas
Pamela Humeniuk	Maggie Thomas
Vladimir Humeniuk	Genevieve Thompson
Bogda Koczwar	Stephen Thompson
Jan Kooymans	Mark Tie
Robin Kooymans	Tory Toogood
Ashley Lange	Julie Troake
Mary-Anne Lange	Ping Zhang

Next Issue Deadline

Submissions for the Summer edition of the Trailwalker will close on Friday 4th November 2011.

The Walking Federation of South Australia, Inc.

Walking SA

*By Thelma Anderson
Walking Access Committee*

S.A.R.T.I. — Lavender Federation Trail

Walks within various clubs' programmes are now being listed, as trail-marking volunteers move towards Barossa townships to enable walkers to experience the attraction of the villages and hamlets first settled by migrating members of the German population in the earliest days of South Australia. A walking programme recently published by ARPA included a new section of the Trail from Keyneton to Eden Valley, led by George Adams, formerly of Paddy Pallin. The group was accompanied by Carolyn Lillecrapp, a local historian who provided an interesting, and entertaining account of highlights along the route, including an explanation for the diverse shapes removed from the ancient eucalypt trees for specific purposes by the earliest aboriginal settlers of the land. At another location an outcrop of a spectacular blue rocky ridge was enhanced by the effects of the inclement weather conditions experienced throughout the day.

Progress of the Lavender Federation Trail will again be highlighted with the Opening of the Walking Season in 2012 being held at Truro on a date to be announced.

Noarlunga Bushwalkers has volunteered to become a Maintenance Team to periodically check the marking of the Lavender Federation Trail and members of this group will take responsibility to ensure markers are correctly placed to enable walkers following the Trail throughout the Mt. Beevor area to locate the correct alignment of the route.

National Trust Volunteers

Correspondence has been received from Glenn Williams, Natural Heritage Manager, National Trust of South Australia, enclosing a copy of the Natural Trust's Nature Reserves Timetable 2011 — Volunteer Working Bees. An invitation is extended to all volunteers interested in this rewarding and informative aspect of the Trust's activities to contact Glenn by email at: gwilliams@nationaltrustsa.org.au.

National Trust reserves are located throughout the Adelaide Hills including some in close proximity to the Heysen Trail and provide opportunities for walkers to design their own "Nature Walks" as well as offering maintenance support.

Saunders Gorge

The reconnaissance of this scenic area proved to be a valuable exercise in identifying access throughout the area. Various levels of accommodation are available, all of which are of a very high standard. Walking levels range from easy to difficult, so there is something for everyone. A high level of fitness is also essential, due to the nature of the rugged terrain. The scenic quality of the area is outstanding.

Mount Lofty Walking Trails

Funding for completion of remaining sections of the Mount Lofty Walking Trails has finally been approved and plans are in hand for their implementation in co-operation with Adelaide Hills Council.

Onkaparinga Council

A meeting with Council and the Walking Access Committee is planned to be held early in August when it is expected that various issues will be discussed, including undeveloped road reserves and associated access issues pertaining thereto. It is understood that some of these issues may impact on all recreational access to particular locations, but details are not yet available from local government authorities.

Annual General Meeting

The Annual General Meeting of the Walking Federation is scheduled to be held at 7.30 pm on Tuesday 23 August 2011 at Unley Citizens Centre, located at 18 Arthur Street, Unley. Representations made by members of the peak body for walking in this State impact on and provide benefits for all walkers using the trails throughout South Australia. The

level of interest demonstrated by those using the recreational trails can only be measured by the numbers attending the various management committees who must ultimately put pressure on financial Government resources to provide walking trail infrastructure — trails, bridges, etc. to meet the health needs of an expanding recreational community. The retiring President, Ron Jackson is not re-nominating and other positions will also become vacant.

Appointment of Administration Officer, Walking SA

Brian Goodhind is the most recent appointment to this position following Sam Edwards who left to pursue teaching studies and more recently Ruth Tipping who left to care for young family members. Brian is retired and is a member of an affiliated bushwalking club.

Arkaba Wilderness

An email has been received from Greens MP Mark Parnell lauding the recent Government decision to protect Arkaroola and applauding the "mighty community effort that went into this campaign to counteract the lobbying and vested interests". His enthusiasm is justifiably overwhelming and so sincere, ensuring on-going support for the retention and enjoyment of this walkers' paradise for future generations.

Heysen Trail Maintenance Volunteers

A happy and fulfilled group of A.R.P.A. Bushwalkers returned recently from their annual pilgrimage to the southern Flinders Ranges to ensure the adequacy of Heysen Trail markers throughout A.R.P.A.'S nominated section of the Trail between Georgetown and Mount Remarkable, including Wirrabara Forest. Re-route of the Trail now incorporates connection of the Heysen Trail between the end of the Go-Cart Track and the bituminous TV Tower maintenance road.

Seeking Photo Submissions

2012 Heysen Trail Calendar

Entries close October 1

Keep your camera handy, during the 2011 walk season we are seeking member's photos for our 2012 calendar showcasing the Heysen Trail.

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



You can submit any photos now, simply email them to heysentrail@gmail.com (up to 10MB attachment), alternatively photos can be left on disk at the Heysen office.



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Enquiries and booking to Prue Harris 0413408136

Burra Branch Activities

*Compiled by Celia Manning
Burra Branch Publicity Officer*

With the walking season in full swing, the Burra Branch has been out and about.

The first walk had been planned for Appila Springs and Mount Swan for 5th June 2011
By Arthur Simpson (a flexible leader).

The weather had been wet so the safe alternative of Carroona Conservation Park was decided upon. Walk options narrowed to Tooralie Gorge as some members had not yet walked this section of the Heysen Trail.

The usual highlights were observed, the spring and well, the dry stone retaining walls, the rugged tow ring walls of the gorge and the vegetation at its very best in years.

Walking back to the cars, the shepherd's hut was visited. This fired up a discussion on the story behind the infant's grave site close by. Maybe the flock was cared for by the shepherdess. A few possibilities were engineered, but no knowledge was forthcoming. We would be interested to hear from anybody with information on this matter. Surely the scene is set for a great story.

Returning via the look out, another shepherd's hut, Dare hill lookout, Mount Bryan East School (Heysen Hutch) and

the Gas Light Coffee Shop completed an enjoyable day.

The planned walk of Appila Springs and Mount Swan is still on the list.

Lucky 13 at Black Rock *By Ken Farmer*

Thirteen members of the Burra Branch of The Friends of the Heysen Trail chose the 25th June to tackle Black Rock and we did it in perfect conditions.

Black Rock peak is about 20 km east of Orroroo, on land owned by the Anesbury family, who kindly gave us permission to climb. The Black Rock Conservation Park is further north and does not contain the mountain itself.

Road signs are rather lacking, perhaps to discourage unauthorized climbers and others. Our first trip to explore the area brought us to Minburra (pronounced Minbra) property and the folk there put us on the right track. Two more trips were necessary to learn the shortest possible route to the site.

Most climbers spent the Friday night in the well equipped Orroroo Caravan Park enjoying a sumptuous dinner in the Commercial Hotel with a couple arriving early on the Saturday. The mount is 840

metres or 2753 feet, and we conquered this in a bit less than two hours from our starting point on the private road. There are three peaks in close proximity and we climbed two of these.

The climb up Black Peak rock from the western side was obstacle free, but going down the south eastern side was much more challenging. Maybe next time we will complete the three peaks.

Incidentally two of our ladies were 72 and 75 years old, whilst the leader admitted to 85.

Tothill Ranges 6th July

Kate Greenhill led the group in the Tothill Ranges on a very cold and windy Wednesday. The walkers avoided most of the wet weather and followed the trail from the western side, south of Smith Hill, over the range and north to cross the range again. This second crossing is through an area rich in native vegetation.

On the "reccy" walk previous to this we encountered a group of walkers from Adelaide Retired Persons Association (ARPA). They were end to ending in blocks of about a week at a time. Also spending time exploring other attractions in the mid north while using local accommodation. What a wonderful way to enjoy retirement.



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Itineraries & information on the web site

Burra Branch Celebrates

20th Anniversary weekend 24th and 25th September 2011

*By Hugh Greenhill,
Burra Branch Co-ordinator*

To celebrate the 20th Anniversary of the Burra Branch of the Friends of the Heysen Trail, members have planned two walks for the weekend and a dinner.

The Saturday walk on Ulooloo Station (north east of Hallet) , follows the Ulooloo Creek past the old gold diggings of Ulooloo to the junction with Terowie Creek . The return walk climbs Thunder Storm Hill and follows the range through Chewing's Gap back to Ulooloo Station.

The Sunday walk will be at the Burra Creek Conservation Park, east of the Burra Gorge. The walk follows a tributary of the Burra Creek and then the Burra Creek , passing water pools and returning via another Burra Creek tributary, with an early finish so that our Adelaide visitors have plenty of time to return home.

Accommodation is by own arrangement. Burra Visitor Centre can help out telephone 88922154 or www.visitburra.com and Clare Valley Visitor Information Centre

can also help out. Phone 88422131 or www.southaustralia.com/clarevalley.

For Saturday night dinner , (the venue to be confirmed), contact Rodney, email: rbrees@rbe.net.au. For further information contact Hugh, phone: 88438115, Rodney, phone: 0411134984 or Meredith, phone: 0428 832 023.

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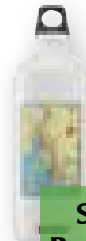
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I Love The Heysen Trail So Much.... I Got The Tattoo!

Story & Photos by Michael Middleton

By the time you read this article, the End to End 3 group will have completed our six year trek of the Heysen Trail. At last count, I believe 51 people will have completed the trail on August 13. Quite an achievement, thanks to all who put in the hard work to make it possible for us. And after all the hoo-ha my tattoo has created on the trail in 2011, I thought it would be a good idea to write an article for the Trailwalker about the reasons behind it.

I had my first tattoo done in April 2010 on my upper right arm (the monogram on the front of the South Adelaide Football Club Guernsey), and wanted another. But it had to be something meaningful to me. I thought it would be great to get a tattoo of something to do with the Heysen Trail, but wasn't sure what. It was on one of our End to End walks in 2010 that we were all given a sticker or two of the new logo to stick over the old markers on the trail that we came across that day. The sticker was a perfect size for my leg, so I slipped a sticker into my pocket for the tattooist, and my first sitting was in November 2010, and the final touch up was done about six months later.

Why did I join the Friends and start my End to End Journey?

It all started back in 2005 when my psychotherapist suggested I get some exercise to help overcome depression, which I thought was a good idea. What sort of exercise I thought? I wasn't a fan of jogging and I am a poor swimmer. Gyms didn't appeal to me either at the time. Walking could be an option I thought, but walking around the bitumen streets of Adelaide wasn't that appealing. I had been past this little office downstairs in Pitt Street a number of times on the way to the Central Market which I thought had something to do with walking, so



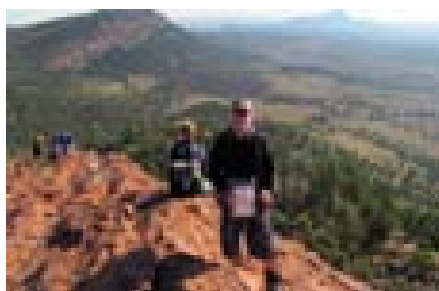
The tattoo

decided to drop in to see what they were all about.

I can't recall who I saw in the office that day, but they suggested I try a Trailstarter to see how I went. Maybe then I could advance to a Trailwalker. The Friends even had an "End to End" Group starting at Cape Jervis in April 2006. I just laughed at the suggestion I could ever attempt such a thing! Little did I know what an obsession completing the Trail would become!

My first Trailstarter back in October 2005 was around Kuitpo Forest with Ray Blight leading. It was cool day and wet under foot and seeing what conditions were like when I got there made me ask "why am I doing this"? But funnily enough I did enjoy tramping in the muddy conditions. So I did commence on that first day (April 30, 2006) at Cape Jervis with End to End 3.

I realised on the second day of our first



Yurambulla Range

weekend away in Kapunda when I really struggled to complete the day that I had to get myself fitter if I was ever going to finish the Heysen Trail. So I started going to the gym, got myself a personal trainer to get started, and lost 10% of my body weight. So from starting with the "Smell the Roses" group I'm now with the Fast Group, although I do still struggle up hills a bit!

Some of the great (or not so great) memories of the last 6 years include:

The "spaceship" on day one;
Marshmallows on Tungkillio Beach and the steepest hill on the trail 25 June 2006;
The Waitpinga Cliffs, August 2006 which remain a favourite section of the trail.
Finishing in near darkness after 29 km from Cleland to Montacute Heights in September 2007.

The bus getting bogged on Nugget Road in May 2008.

Red wine for lunch during the hailstorms in July 2008.

Gladstone Gaol stay and Simon's early morning wake up call.

The terrible weather on 4 September 2010 from Dutchman's Stern to Woolshed Flat and the softness of the latte sipping crowd.
My first foray into the Flinders Ranges. Despite living in Adelaide all my life, I'd never been to the Flinders Ranges before; Themes for the day/weekends and all the trouble people went to to get in the spirit of the occasion.

Dinners catered by the local communities; Beers and "champers" after the walks.

The Guards of Honour formed for those completing the trail along the way.

It will be an exciting and emotional experience to finally finish the trail and get the certificate; but it will be a bit sad in a way not to catch up once a month during the walking season with my End to End 3 friends. Still, I'm sure I'll still see you all on the trail at some stage!

Kilimanjaro Magic?

Story & Photos by Neil Nosworthy

There is an adage about trouble coming in threes. So it was some years ago when I was on safari in Africa planning to climb Mount Kilimanjaro. But there was a silver lining. Climbing Mount Kilimanjaro was expected to be one of the highlights of a truck trip from Johannesburg to Nairobi. There were 16 travellers in our group along with our driver/guide and a multitude of local porters who carried our luggage, the food and all other necessities. We only had to carry a day pack.

The first two days were relatively easy walks to Horombo Hut at about 12,200 feet. Initially we walked through tropical rainforest and then through the unusual alpine plants like the giant groundsels. On the way, we had our first sight of Uhuru, the snow-capped main peak, which sent a tingle down the spine. There was a not dissimilar experience in the toilets at Horombo which were built on the top of a one thousand foot cliff — a real long drop and the icy breeze sent a decided shiver up the spine.

On the third day we were above the tree line and walking was much harder with some rocky and steep sections. As well, the weather was drizzly and cold which made the walk quite unpleasant. Nevertheless we reached the top hut, Kibo Hut at 15,500 feet, by lunchtime so we could rest before commencing the assault on the summit just after midnight.

This was when things started to unravel.

One of our group, Paul, had arrived at Kibo Hut with a sniffle. Suddenly he was a lot worse, choking and gasping for breathe. Charlie, our driver/guide, and Frederic, the head porter, decided that Paul needed to be taken back down to Horombo. So Charlie and four porters departed with Paul on a stretcher.

The rest of the group went to bed for some



First view of Mt Kilimanjaro

more rest before “breakfast” at 12.30 am. But about 10.30 pm we discovered that another of our group, John, was very sick with acute altitude sickness or pulmonary oedema and needed to be taken to hospital. We didn’t have a radio or helicopter rescue let alone a stretcher or enough porters to carry John and our luggage.

Frederic went to get the stretcher while we started down the mountain about 11.30 pm carrying John and our luggage. It was exhausting work. We could only carry John about 100 metres at a time before we had to stop and swap over with others from the group. When we weren’t carrying John, we had to tote a bag of our luggage — I learnt that the best way to carry the bag was on the head just like an African woman.

Fortunately it was a brilliant, moonlit night so we had no trouble seeing the path. The moonlight also provided us with fantastic views of the snow-capped Uhuru. It was like an x-ray image with the white peak providing an outline of the black mountain against the night sky - an extraordinary view.

Frederic reached us with the stretcher about 3.30am and relieved us of our major burden. But when we arrived at Horombo we learnt that John was worse and had occasionally stopped breathing. So we had to press on down the mountain to get to the pick up vehicle. Fortunately on the way, we met a Swiss climber going up the mountain and he gave John a shot of Lasix which greatly relieved his symptoms.

John spent three days in hospital in Arusha before he was fit to travel. That was sufficient time for our truck to be robbed while it was parked in Moshi. The most important losses were Paul and Maryanne’s passports which could only be replaced at the Australian Embassy in Dar es Salaam. As we were coming up to Easter and the embassy would be closed, this would have put us another week behind schedule.

So Charlie decided that we would attempt to get Paul and Maryanne through the Tanzania/Kenya border without any documents. Scant attention was paid on the Tanzanian side. At the Kenyan post, Paul and Maryanne were surreptitiously

secreted in the toilets while the rest of us were processed one by one through immigration. Even though Paul and Maryanne's names were on Charlie's manifest and we were all counted in the truck, the border police let us through apparently unaware of the extra passengers. There was a loud exhaling of breathe when we cleared the border post.

So a week after starting our climb up Mount Kilimanjaro, we were in Kenya without getting to the peak, one member of the group having had a near death experience, two others without their passports and the rest of us in a state of nervous exhaustion over the prospect of being incarcerated in a Kenyan jail. But we did have a magnificent and possibly unique view of Mount Kilimanjaro in the moonlight – simply magic!



An omen, breakdown on the way to Kilimanjaro



Larapinta Trail
...expand your horizons

Join the Friends to walk Northern Territory's 'Heysen Trail' 21st July to 12th August 2012

Climb Mount Sonder, walk the gorges and chasms of the McDonnell Ranges over 21 days.

Fully catered End-to-End experience.

Approx \$2350 ex-Adelaide.
Expressions of interest to the Office
For experienced walkers only.



2011 Walk Season Programme for the Friends of the

		April	May	June	July	August	
1st Week of month	Trail Starter	Sun Apr 3 Opening of the Walk Season Tea Tree Gully	Sun May 1 Trailstarter Sleeps Gully Chris Porter	Sun Jun 5 Trailstarter TBA Rhonda Dempster	Sun Jul 3 Trailstarter Black Hill Steve Clift	Sun Aug 7 Trailstarter Christie Creek Lyn Wood	
	Trail Walker		Sun May 1 Trailwalker Chambers Gully Richard Milosh	Sun Jun 5 Trailwalker Montactute Richard Milosh	Sun Jul 3 Trailwalker Morialta Michael Middleton	Sun Aug 7 Trailwalker TBA	
	End-to-End		Sun May 1 End-to-End 5	Sun Jun 5 End-to-End 5	Sun Jul 3 End-to-End 5		
2nd Week of month	Trail Starter	Sun Apr 10 Trail Starter Scott Creek Russell O'Brien	Mother's Day	Sun May 8 Trailstarter TBA	Sun Jun 12 Trailstarter TBA	Sun Jul 10 Trailstarter Strathalbyn Jerry Foster	Sun Aug 14 Trailstarter Middle Sea-to-Summit Steven Salib Brown
	Trail Walker	Sun Apr 10 Trailwalker Lavender Trail John Potter		Sun May 8 Trailwalker Lavender Trail John Potter	Sun Jun 12 Sea-to-Summit SARRC	Sun Jul 10 Trailwalker Lavender Trail John Potter	Sun Aug 14 Trailwalker Kersbrook Barry Brown
	End-to-End				Fri Jun 10 to Tues Jun 14 End-to-End 3		
3rd Week of month	Trail Starter	Sun Apr 17 Trailstarter TBA David Carter	Sun May 15 Trailstarter Mt George	Sun Jun 19 Trailstarter Para Wirra Arrienne Wynen	Sun Jul 17 Trailstarter Brownhill Creek Graham Bald	Sun Aug 21 Trailstarter TBA	
	Trail Walker	Sun Apr 17 Trailwalker Gandys Gully Richard Milosh	Sun May 15 Trailwalker Aldgate Gavin Campbell	Sun Jun 19 Trailwalker Lavender Trail John Potter	Sun Jul 17 Trailwalker Mt Lofty David Carter	Sun Aug 21 Trailwalker Lavender Trail John Potter	
	End-to-End	Sun Apr 17 End-to-End 6 Cape Jervis to Cobbler Hill	Sun May 15 End-to-End 6	Sun Jun 19 End-to-End 6	Sun Jul 17 End-to-End 6	Sun Aug 21 End-to-End 6	
4th Week of month	Trail Starter	Easter	Sun May 22 Trailstarter Mt Lofty & Cleland Arrienne Wynen	Sun Jun 26 Trailstarter O'Halloran Hill Gavin Campbell	Sun Jul 24 Trailstarter TBA Chris Porter	Sun Aug 28 Trailstarter Mylor Graham Bald	
	Trail Walker		Sun May 22 Trailwalker Crafers Richard Milosh	Sun Jun 26 Trailwalker Onkaparinga Gorge Richard Milosh	Sun Jul 24 Trailwalker Mt Misery Richard Milosh	Sun Aug 28 Trailwalker TBA	
	End-to-End		Sun May 22 End-to-End 4	Sun Jun 26 End-to-End 4	Sun Jul 24 End-to-End 4	Sun Aug 28 End-to-End 4	
5th Week of month	Trail Starter		Sun May 29 Trailwalker Oliphant CP Michael Middleton		Sun Jul 31 Trailstarter TBA	Key to Walk Trail Starter Trail Walker End-to-End Other walks	
	Trail Walker		Sun May 29 Trailwalker Ashbourne Dean Mortimer		Sun Jul 31 Trailwalker Pioneer Women's (reverse) Mary Cartland		
	End-to-End				Sun Jul 31 End-to-End 5		

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

Walk Grades

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

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

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

Details of each walk grade are provided on the website.

Registering for Walks

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

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

Heysen Trail

September		October	November
Father's Day	Sun Sept 4 Trailstarter Scott Creek Steven Salib Brown	October Long Weekend	Sun Oct 2 Trailstarter Flower Walk David Carter
	Sun Sept 4 Trailwalker TBA Mary Cartland		Sun Oct 2 Trailwalker Para Wirra Barry Brown
	Sun Sept 4 End-to-End 5		Fri Sep 30-Mon Oct 3 Trip Away Innes National Park
Sun Sept 11 Trailstarter Sturt Gorge Ben Wait	Sun Oct 9 Trailstarter TBA Michael Middleton	Sun Nov 13 Trailstarter TBA	Sat Nov 12 to Sat Nov 19 Trip Away - Snowy Mountains
Sun Sept 11 Trailwalker Lavender Trail John Potter	Sun Oct 9 Trailwalker Lavender Trail John Potter	Sun Nov 13 Trailwalker Lavender Trail John Potter	
Sun Sept 18 Trailstarter Mt Lofty Circuit Graham Bald	Sun Oct 16 Trailstarter Chambers Gully Ben Wait	Sun Nov 20 Trailstarter TBA	
Sun Sept 18 Trailwalker Mt Crawford Barry Brown	Sun Oct 16 Trailwalker Warren/Hale Richard Milosh	Sun Nov 20 Trailwalker TBA	
Sun Sept 18 End-to-End 6	Sun Oct 16 End-to-End 6		
Sun Sept 25 Trailstarter TBA Lyn Wood	Sun Oct 23 Trailstarter TBA		
Sun Sept 25 Burra Anniversary	Sun Oct 23 Trailwalker Black Hill Mary Cartland		
Sun Sept 25 End-to-End 4	Sun Oct 23 End-to-End 4		
Sun Oct 30 Trailstarter TBA	Sun Oct 30 Trailwalker Mt Gould Steve Clift		
Sun Oct 30 End-to-End 5			



The Friends of the Heysen Trail
 10 Pitt Street
 Adelaide 5000
 Phone 08 8212 6299
www.heysentrail.asn.au

This version released 10 Feb 2011

Programme
 Starter walk
 Trailwalker walk
 End walk
 Walk event
 For more grades and details for published on the website

For a colour copy of the programme, visit

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.

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.

Using a GPS on a Hike



GPS units have become quite affordable over the past few years. They can be a useful tool for hiking, but they can also be a little overwhelming. What are they useful for? Can they be useful along the Heysen Trail?

By Jeremy Carter



Let's Distinguish GPS Units

There are hundreds of GPS units on the market, and not all will be useful to hikers. We need to make a distinction between the handheld portable receivers for hikers, and the myriad of GPS units for other uses such as car navigation. A GPS unit filled with road maps and driving directions isn't going to be very useful when you are out hiking in the bush. GPS units suitable for hiking tend to be small, fit in the hand, contain a map screen, and be waterproof and durable.

What is the GPS System?

GPS stands for Global Position System. It is a system of orbiting satellites that a GPS unit, or more accurately, a GPS receiver, will use to find its position anywhere on the surface of the planet. GPS is a US military application developed in the 1970s. A network of 24 core satellites with six additional satellites orbit the planet, each completing two orbits of the planet a day. A GPS receiver needs to have an unobstructed line of sight with four satellites in order to find its position. Each satellite has an atomic clock installed - a very

accurate clock. The GPS receiver compares the time a signal left the satellite to when it arrived at the receiver in the hand, the time difference is used to calculate the distance. Receiving signals from four or more satellites, the GPS receiver can determine its x, y and z coordinate (longitude, latitude, elevation.) This is called 3D Trilateration - don't worry, you never need to remember that term or understand how it works in order to use GPS. The panel on the right of this page explains trilateration in more detail.

Other Satellite Systems

You'd be right wonder about long term access to a US military application. During times of war or conflict the US could disable or suppress the GPS system for non-US military use. Indeed, prior to 2000 the signal was encoded so only the US military could accurately use it. US military GPS receivers are far more accurate, and less prone to interference than the civilian GPS receivers available to the public.

Other countries have sought to secure their own satellite navigation network, the Russians have built the GLObal NAVigation Satellite System (GLONASS), which was opened to the public in 2007. The European Union is developing the Galileo positioning system, due to commence in 2014, and the Chinese the Compass navigation system, which will consist of 75 satellites.

Three Basic Ways for a Hiker to use a GPS Receiver

There are three basic ways to use a GPS receiver when hiking, you could use one, two or all three:

1. Use the Trip Computer to display how far you have walked, and for how long.
2. Use the coordinates to find your location on a paper topographic map.

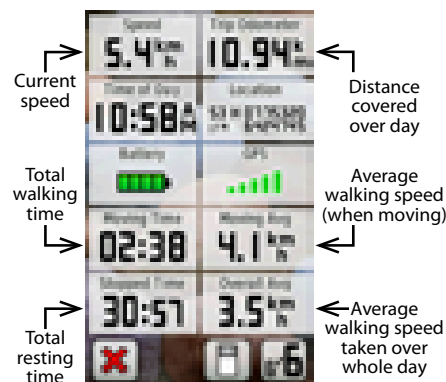
3. Load a GPS file onto the GPS receiver and use it to navigate along a trail, or to a known place.

The first is easy, the second a little more complex, the third even more so. Let's look at each one in detail, and how you could use them on the Heysen Trail.

1. Use the Trip Computer to display how far you have walked, and for how long

This is similar to how a dashboard in a car will display the speed and odometer. You can see how long you have been moving for, and how long you have been resting. If you know how long the hike is you can work out how much is left and estimate how long it will take.

You will need to reset the Trip Computer at the start of each hike. On most receivers you can customise which fields are displayed, and sometimes how large or how many fields appear.



2. Use the coordinates to find your location on a topographic map

By default GPS receivers report their location in longitude and latitude. Whilst some topographic maps include some references to longitude and latitude, generally it would be very difficult to find your precise location on the map using these figures. Much easier is to use grid references. Grids overlay topographic maps, including the maps in the Heysen Trail

How does Trilateration work?

Imagine you are somewhere in Australia and you are TOTALLY lost - for whatever reason, you have absolutely no clue where you are. You find a friendly local and ask, "Where am I?" He says, "You are 1290 km from Adelaide."

This is a nice, hard fact, but it is not particularly useful by itself. You could be anywhere on a circle around Adelaide that has a radius of 1290 km, you could be in Newcastle, Toowoomba, Alice Springs or on the Nullabor.

You ask somebody else where you are, and she says, "You are 1451 km from Cairns." Now you're getting somewhere. If you combine this information with the Adelaide information, you have two circles that intersect. You now know that you must be at one of these two intersection points.

If a third person tells you that you are 1368 km from Broome, you can eliminate one of the possibilities, because the third circle will only intersect with one of these points. You now know exactly where you are - Alice Springs.

The example uses only three locations - not four - because it is only working in two dimensions. GPS uses a fourth location to determine the elevation, and to improve accuracy.

Source:
<http://electronics.howstuffworks.com/gadgets/travel/gps.htm>

guidebooks. On paper we often refer to grid references in six digits, ie



This system is called UTM for short. UTM covers the planet with a grid, each grid line at a 1000m (1km) spacing.

However GPS receivers will display each of these UTM fields as a seven digit field (as in the photo above right), not the two sets of three digits as seen on the GR note above. The seven digits are a measurement in metres, and is too accurate for our needs. 2cm on our topographic maps represents 1000m, or 1km - this is true of all 1:50 000 topographic maps, including the Heysen Trail guidebook maps. A single metre will appear as only 0.02mm, 10 metres will appear as 0.2mm. 100 metres will appear as 2mm. So of the seven digits, the last two digits are of little use, we can discard them. We really only need the middle three digits of each set of six digits. The first two of these three digits are the numbers seen on topographic maps. The third digit you will need to measure off on the map yourself.

You will need to set the GPS receiver to display UTM coordinates. Usually found in the settings menu, you'll see formats like hddd° mm' ss.s" and New Zealand TM - choose UTM UPS - this is what we use on Australian topographic maps.

3. Load a GPS file onto the GPS receiver and use it to navigate along a trail, or to a known place

This is the most complex of the three basic ways to use a GPS receiver. There are files on the Heysen Trail website you can download onto your GPS receiver and use to navigate



The two 7-digit numbers in the Location field represent a measurement on that map. The Grid Reference here is 810 220 (ie xx810xx and xx220xx)

along the trail, or to find campsites. Depending on the brand or model of GPS receiver, it could be an easy or complex task to load the file onto the GPS receiver from your computer.

To download the file, visit www.heysentrail.asn.au, select 'Heysen Trail' from the top menu, then 'Maps' from the side menu - or visit www.heysentrail.asn.au/heysen_trail/maps.php.

The files are in GPX format, a universal file format which can be used on most GPS receivers. Once you have connected the GPS receiver to the computer, you can save the GPX file onto the GPS receiver via Windows Explorer (for PCs). In the case of Garmin receivers, you would save it onto the drive of the GPS receiver, not the drive of the SD card (the SD card is only for background topographic maps.) Place the file in the GPX folder.

Older GPS receivers, like some of the Garmin eTrex series, **will not accept this format**. They require files to be loaded in their native file format, in the case of the Garmin eTrex this is usually Garmin Mapsource program - GDB files, or Garmin Trip and Waypoint Manager program. You will need to use a program to convert the GPX file to the GDB format. GPSBabel (www.gpsbabel.org) is a free/donation piece of software for converting files from GPX files to GDB files (it can convert to and from almost any GPS file type.) You can then open the converted file in the Garmin Mapsource program/Trip and Waypoint Manager program and send it to the GPS receiver.

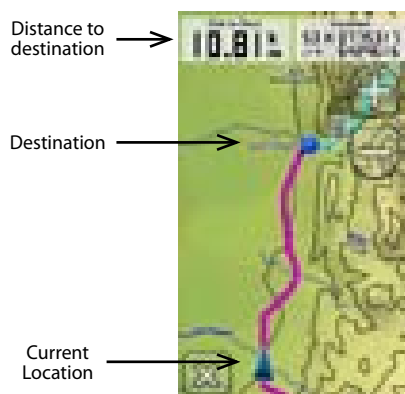
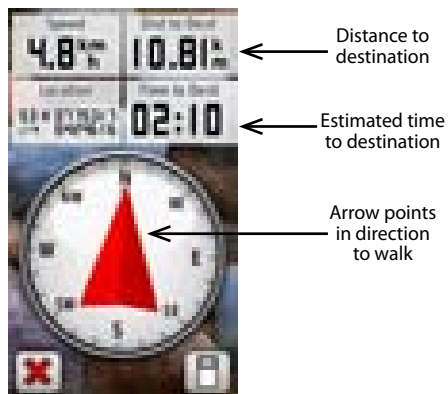
The GPX file on the Heysen website contains the entire Heysen Trail as a *Track*. *Track* is a GPS receiver term, and differs from *route* and *waypoint*.

Track, *route* and *waypoint* are the only possible things a GPX file can contain. You will often see these terms used on GPS receivers. Each Heysen Trail guidebook chapter is a different *track* - so six chapters in each of the two guidebooks equals 12 *tracks*.

The GPX file on the Heysen Trail website also contains *waypoints* of campsites, shelters and huts along or near the Heysen Trail.

3.1 Navigating Using a Track

Once loaded onto the GPS receiver, you will see the 12 *tracks* under the Track Manager menu. For Garmin receivers, if you select the relevant *track* and select 'Show on Map' you will see the *track* on the map screen. When you are out hiking, you can use the *TrackBack* feature on Garmin receivers to navigate - access this feature via the Where To menu or Track Manager menu. The GPS receiver will already know where you are, you might be at the start of the chapter *track*, somewhere along it, or at the end. Each Heysen Trail chapter *track* heads in a south to north direction. Activating the *TrackBack* feature, some GPS receivers will ask if you which direction you wish to head, ie from start to end, or end to start, others will work it out for you. If you are heading northwards along the trail, it will be start to end. If you start somewhere along the chapter *track* - not at the chapter end, this is not a problem, select the *TrackBack* direction and navigation will begin from where you are. If you move over to the compass screen, the arrow will now point you in the right direction to walk, and may show you a few extra fields like distance to destination (which is the end of that chapter *track* - it might be many days walk away), and may as you walk attempt to provide an estimated arrival time.

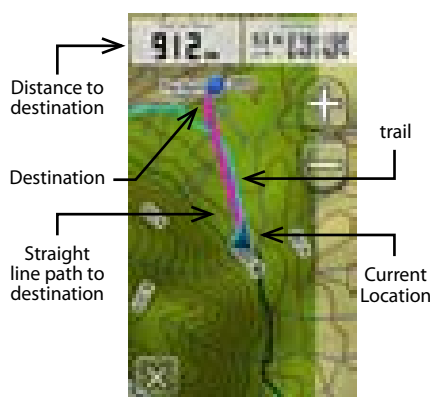


This can be very useful as it can save you from getting lost when you can't see any Heysen Trail markers (the white posts with red markers, this isn't another GPS term.) I've used this feature before on many trails, including the Heysen Trail, and I've met plenty of independent hikers using it. Generally you follow the Heysen Trail markers, also reading the map from the guidebook. If you come to a Y-junction on the trail, and can find no marker, or stumble off the trail, or just haven't seen a marker in a while, this is where the *TrackBack* feature and the compass screen will be so useful. Head just four or five metres down the wrong trail from a Y-junction and the compass arrow will move from pointing straight ahead to pointing to the other trail, the arrow being left or right rather than upwards. Continue merrily in the wrong direction, the compass will eventually point downwards, instructing you to turn around go back. Continue a long way off the trail it will start to recalculate the shortest distance to get back onto the trail, it might not necessarily be backtracking but be a straight line which might not be passable.

3.2 Navigating to a Waypoint

Once the GPX file is loaded onto the GPS receiver, you can also see all the *waypoints*, one for each campsite, shelter and hut along or near the Heysen Trail. With Garmin receivers, these will all appear on the map screen by default - unlike the chapter *tracks* in which you need to select 'Show on Map'. In the Waypoint Manager the *waypoints* will appear in a list, sorted by how close they are to your current location.

Using the Where To or Go To function, select to navigate to a specific *waypoint*. The arrow on the compass screen will point you in the correct direction, and inform you how far away that *waypoint* is. The map screen will also show you a straight line between your current point and your *waypoint*.



It may not be as useful as it first seems, as the distance to the *waypoint* will be in a straight line, rarely are trails straight paths. However this can be very useful for finding the camp site when you are close by, but can't see the camp site.

You could create a *waypoint* at the start of the walk. If you have already been to the end of the walk, say when you left a car there, you could have created one there too. This can help you to return to the same place later, and know how far the end of the walk is (as the crow flies.)

3.3 Navigating using a Route

Route is the third item that can appear in a GPX file. Creating and using a *route* is much more complex than navigating along a *track* or to

a *waypoint*. A *route* is a series of *waypoints* you create on a computer, placing them at significant junctions along a map. You then navigate along the *route*, from one *waypoint* to another. You don't need to do this on the Heysen Trail as you can navigate along the *track* provided in the Heysen Trail GPX file.

GPS Receiver Advanced Use

Further to the three basic ways to use a GPS receiver, there are more advanced uses. You could find and download GPX files containing *tracks* or campsite *waypoints* of other walking trails. Firstly, try visiting the official website of the trail as the files may be available there. Sometimes published as KML or KMZ files - these are the native file types of Google Earth - you can use GPSBabel (www.gpsbabel.org) to convert these KML/KMZ files to GPX files.

If you can't find an official file, try doing an internet search for other people who have walked the trail and published files. Be wary of following their *track* too closely, you could end up wandering off the trail where they did.

In turn you could share your GPX files with others. Many people publish their GPX files on www.everytrail.com

Software programs are available which automatically assign the longitude and latitude to each photo. Comparing the photos you have taken on your hike with the GPX file, the program can add the position data to the metadata of the photo file. This means when you upload the photo to say, Picasa Web Albums, you can view on a Google Map where the photo was taken. Using such a program though relies upon you synchronising your camera date and time with your GPS receiver.

You could also self-publish files on your own website via the Google Maps Javascript API interface. This involves code programming, visit <http://code.google.com/apis/maps/documentation/javascript/>

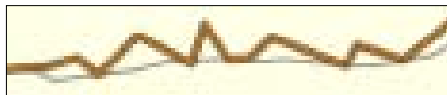
Walking with a GPS Receiver

The GPS receiver should always be left on while you are walking, including breaks. When the GPS receiver is on it saves your path to a *track*, sometimes referred to as a *breadcrumb*. In the Track Manager it is often referred to as the *Current* track. If you get lost, you can use this *track* to navigate back along your path to a previous known place (refer to the instructions on the previous page - 3.1 Navigating Using a *Track*.)

The signal from satellites can still be received through your backpack material, so you can place it in a pocket close to the edge of the pack. The signal can travel through fabric, canvas, plastic, glass, clouds - but not metal, brick, rock, wood or heavy foliage. However, poor placement of the GPS receiver in or on your pack can affect its ability to receive satellite signals. This is particularly true of older GPS receivers. In some older GPS receivers the GPS chip faces upwards when you are looking at the screen - so if you stow the receiver vertically in a pocket or around your neck, it can only see up to 50% of the sky and available satellites, which could be a problem in gorges or heavily treed areas. You should stow such a GPS receiver near the top of your pack, preferably laying flat in a top pocket or attached to a

A GPS Receiver or a Paper Topographic Map?

For many years people discussed whether a GPS receiver, loaded with topographic maps, could negate the need to carry paper topographic maps. An electronic receiver could break, fail or run flat, but paper maps could be lost or water damaged. Neither is the clear winner. If you carry a GPS receiver you'll still need your paper topographic map. For one, most on-screen topographic maps available for Australia are based upon 1:250 000 scale topographic maps - the Heysen Trail guidebook uses the more detailed 1:50 000 topographic maps (around 5 times more detail.) Secondly, even the larger GPS receiver screens still can't parallel unfolding a large topographic map to get a sense of where you are walking over several days.



An example of a track from poor placement of a GPS receiver. The two tracks overlaying each other are along the same path through a wide gorge, from the same GPS receiver, but on different days. The bolder track is when the GPS receiver has been poorly placed, in this case a Garmin eTrex receiver in a side pocket of a backpack. The track points fluctuate, successive points taken just a few seconds apart are some distance apart. The light track in the background is from the same receiver, but when it has been placed lying flat in the top pocket of the backpack. It shows a consistent smooth path, the points appearing at regular distances and times apart - providing a much more accurate track and overall hike distance.

shoulder strap. Newer GPS receivers are often designed to hang vertically, and with significantly improved reception are less prone to make errors like in the above diagram.

What to Look for When Purchasing a GPS Receiver

Determining which of the three basic uses of a GPS receiver you will use can help determine which features to look for in a GPS receiver. GPS receivers can cost as little as \$100 for an entry level unit, receivers with more features up to a \$1000.

Most newer GPS receivers are easy to use with large colour screens. Some have touchscreens, memory cards, compasses (that function even when stationary), altimeters (using barometric pressure to improve elevation accuracy and monitor weather changes) and cameras.

Know what you are purchasing, check the manufacturer's website for the model details, you might find the model you thought was quite new is a discontinued model.

On-Screen Maps

Most GPS receivers come with a map screen, but some do not. Navigating along a *track* or to a *waypoint* will be much more difficult without an on-screen map, and easier with a larger rather than smaller screen, and easier on a colour screen than a black and



An example of two different GPS receivers, one recording its position more often than the other. The bolder track shows the less often recorded track, recording just 20% of the points. This has resulted in a shorter distance being measured - 3.3km compared to the more detailed receiver's 3.7km - amounting to 3km over a 25km hike. The problem is more pronounced when the track meanders over short distances, and could be barely discernible on long road walks.

white screen. Some GPS receivers have a map screen but come with no maps, or come with very basic maps. A very basic map can be of little use to hikers. Often called a Base World Map, it includes broad detail of country boundaries and major highways - but none of this will be very accurate as a minimum number of points make up each object.

Most GPS receivers allow this map to be upgraded. There are a number of options, ranging from free open source software, to expensive highly detailed topographic maps.

Both Garmin and Magellan sell GPS receivers with preloaded 1:250 000 topographic maps - if purchasing one of these receivers ensure you buy from an Australian retailer and double check that you are receiving Australian topographic maps. Highly detailed topographic maps of the US or Europe may not be of much use to you in Australia. This can often be a very cost effective way of getting on-screen topographic maps.

You can also purchase topographic maps from a third party and load them onto your GPS receiver. These start from several hundred dollars. They come supplied on a DVD and you will need to use a program to upload the maps onto your GPS receiver. Some retailers offer preloaded SD cards as an alternative, this is a no-fuss solution, you simply insert the SD card into your GPS receiver and it is ready to use. OzTopo sell Australian topographic maps for Garmin receivers - visit www.oztopo.com.au. These maps are based on 1:250 000 topographic maps.

A free option for Garmin receivers is ShonkyMaps - visit www.shonkylogic.net/shonkymaps/ Allegedly based upon GeoScience Australia's 1:250 000 topographic maps, there are reports that the level of detail is not the same as that offered by Garmin or OzTopo.

Another free option is to use the Open Source Map of each Australian state - anyone can update these maps online. These maps are not topographic, but show highways, roads, dirt roads and some tracks. Visit www.osmaustralia.org/garmin.php, you may need to use something like [lmg2gps](http://www.wpkg.org/lmg2gps) (www.wpkg.org/lmg2gps)

to upload the map onto your GPS receiver.

Whether topographic maps are preloaded or not can significantly affect the price - if you intend to purchase topographic maps factor this in.

Battery Life

Some feature rich receivers can use a lot of battery power. 20 to 30 hours of battery life is good. Battery life could be more important if you undertake multi-day hikes where you won't have the opportunity to recharge or replace batteries. Lithium batteries tend to last the longest amount of time, followed by alkaline, and rechargeable batteries the shortest. Lithium batteries are much more expensive, but can last up to a week - however some GPS receivers will not permit lithium batteries as they may interfere with the screen display.

Track & Waypoint Memory

Some older GPS receivers can only store a small number of tracks and waypoints. The Heysen Trail GPX file contains 31 *tracks* (12 chapter *tracks* and 19 spur and alternate trail *tracks*) and 135 waypoints. Some devices can store as little as 20 *tracks*.

Smart Phones

A smart phone (an iPhone or Android phone) may offer a viable GPS receiver alternative. There are apps available that function as trip computers, showing your *track* on the map and allowing you to add *waypoints*. Weatherproofness and battery life could be issues. A fully charged smartphone may last as little as three hours whilst running a hiking GPS app. Also, the basemap is likely to be Google Maps - principally a road navigation map - and only visible where there is mobile phone coverage, however there are some topographic maps coming onto the market which complement Google Maps.

Further reading for smart phone users can be found by purchasing (from \$4.99) a copy of this BackPackingLight article: http://www.backpackinglight.com/cgi-bin/backpackinglight/smartphone_navigation

Why Different Results?

Why do people report different hike lengths when they have undertaken the same day hike? No two GPS receivers will report exactly the same figure, the same GPS receiver will often not record the same figure if the trail is followed again. I have tested out someone else's GPS receiver alongside my own - almost identical models. I placed them hanging vertically side-by-side in my pack, yet they slightly yielded different results. Why?

- GPS receivers are complex devices performing many calculations on signals from many satellites (up to 12 at a time.)
- Poor stowing of the GPS receiver in or on your pack will affect its ability to receive satellite signals.
- Newer GPS receivers generally provide far more accurate results than older receivers.
- Old GPS receiver software may contain bugs which cause over or under reporting of walk lengths. For instance, Garmin Oregon receivers (the x50t models) with early software under report the walk length on-screen by around 20%.

- Different GPS receivers update their position more often than others - between one and perhaps 15 times a minute. The more often, the more accurate the overall walk length.
- The more satellites visible to the GPS receiver the more accurate the tracking - the signal from the satellites is weak, dense foliage, tree trunks or narrow gorges will block signals.
- Although the GPS receiver attempts to compensate, the signal from a satellite slows the further it travels through the atmosphere - particularly affecting signals from satellites close to the horizon.
- The signal from a satellite can be reflected off objects such as large rock surfaces and buildings.
- Each GPS receiver is using its own internal clock to measure the length of time since a signal has left a satellite. When four or more satellites are locked in, it can start checking the accuracy of its clock, but regardless its clock is not anywhere near as accurate as the atomic clocks on board the satellites.

A Popular, but Old, Model

Garmin's basic eTrex, the original yellow one, although once trusted amongst walkers, is old technology now - first produced in 1998. Unless your computer is a decade old you will need to buy a serial to USB connector for your computer. Saving *waypoint* names is limited to 8 character names. No maps are displayed and its accuracy level is not as good as others, despite the "Now with high signal capability" stickers on the box. It doesn't record as many points in its breadcrumb track as other GPS receivers, and there isn't a setting to adjust this.

In mid-2011 Garmin upgraded their eTrex range of receivers, releasing a new, updated version of the yellow eTrex.

Where to Purchase

Purchasing online could save you money, but be wary of preloaded maps that might be for the US or Europe. It could be reasonable for a shop to assist you in setting some of the basic receiver settings for Australia so it is ready for you to use.

Product Reviews

Excellent non-biased, thorough product reviews can be found in BackPackingLight articles (<http://www.backpackinglight.com>). Single articles can be purchased for \$4.99, or by annual article subscription. Conduct an Advanced Search for articles with your GPS brand and model.

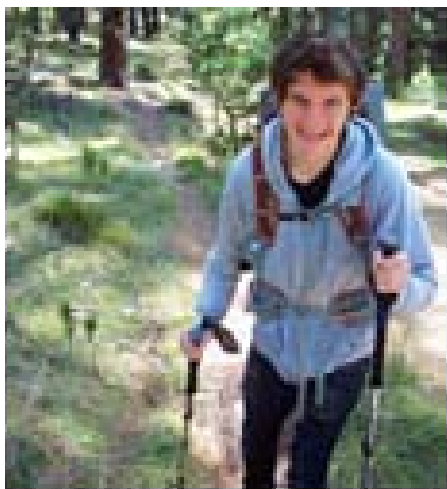
Run the Latest Software

GPS receivers operate on software, much like your PC needs Windows to run. You should periodically check you have the latest software version, manufacturers may release software updates to fix bugs - visit the support section of your manufacturer's website.

Want to Comment on this Article?

If you want to comment on this article, clarify a point or ask further questions, please visit <http://bit.ly/hiking-gps>

University Student Ethan Schulze Walks The Heysen Trail For Novita Children's Services



Ethan Schulze

University of South Australia engineering student Ethan Schulze recently completed a solo transit of the Heysen Trail from Cape Jervis to Parachilna in 28 days – well done Ethan!!

The walk was dedicated to Novita Children's Services (formerly the Crippled Children's Association) with an objective of raising \$1,200 through sponsorship.

At the time of writing the sponsorship total was \$840 and further contributions

can be made through www.everydayhero.com.au/1200km.

The fastest transit of the Heysen Trail that the Friends are aware of is 27 days, reported by an independent walker from Western Australia.

The fastest walk by a Friends member that we can identify is 38 days by Jack Marcellis.

FRIENDS OF THE HEYSEN TRAIL - 25th ANNIVERSARY CELEBRATION

This is an opportunity for members and invited guests to gather and celebrate twenty five years of work, walking and fun on the Heysen Trail. Please join us.

- Date:** Saturday 8th October 2011.
- Venue:** Karka Hall and Picnic Ground, Long Gully Road, Belair National Park.
- Park Entrance Fee:** \$11.00 per car, concession \$9.00. (Members may wish to car pool)
- Walks:** Free guided walks from Karka Hall on the day, from 9.30am.
- Lunch:** From 12.00 noon. BYO lunch, drinks and chairs.
- Official Ceremony:** From 1.30 pm.
- Afternoon Tea:** To be provided.

RSVP:

By Sunday 25th September 2011.
Book on-line for attendance and walks at www.heyseentrail.asn.au/walks.
Or alternatively contact the office on 8212 6299.



When it Ends

Story By Simon Cameron



54 Walkers from the End to End 3 group completed the Heysen Trail on 13th August 2011. Well done everyone.

End to End 3 crossed the final stile at Parachilna on Saturday the 13th, for the largest finishing celebration in the Friend's history. Eighty three walkers climbed the wooden steps. Fifty four were completing the trail and of that group forty three had started the journey together at Cape Jervis, six years earlier.

What a wonderful journey it has been, traversing the Mt Lofty and Flinders Ranges travelling through the historic hinterland of South Australia. Sharing each others

company, trading adventures and celebrating in every town we stopped. Saturday nights were the scene of home cooked feasts hosted by community and service clubs. Christmas in July at Burra brought new life to the 12 days of Christmas and the "Royal Variety" performance at Wirrabara showed just how talented walkers are.

In the last week of walking the excitement builds, the mountain vistas lift the gaze and the scenery catches your breath. The walking is easy and the nights are a

party. The last day is a wild melange of fun, frolic and trail memories with just a tincture of sadness that it has ended.

Having witnessed two previous finishes I can attest that the End of the trail is the beginning of new adventures, and the continuation of friendships. After six years you have accumulated walking partners for life, and if you have finished the trail you have succumbed to its charms and wiles. A love affair with a living trail that will endure to the last horizon.



Snowy Mountains Walk

Based at Thredbo from Sunday 13th November
to Sat 19th November

Both Trailstarter and Trailwalker grades which
will include the Mt Kosciusko summit and Thredbo river.

Cost \$650 members \$700 for non members
Accommodation in twin share with ensuite facilities. Linen provided
but not towels.

Included in price are meals from Monday, (Friday night at pub at
own cost), park entry and chair lift.

Register online or via the Friends' office from 12th June.

There
are still some
places available
for this trip.



Innes National Park Long Weekend

At the foot of the Yorke Peninsula

3 nights from Friday 30th Sept to Sunday 2nd Oct

Limestone cliffs and pristine beaches.

Leaders Simon Cameron and Lyn Wood

Bunk House Accommodation, meals and park entrance.

Cost members \$120, non-members \$150

Book online or via the Friends' office from 12th June.

There
are still some
places available
for this trip.

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George Driscoll Sea to Summit Trail Run/Walk, Sunday 12 June, 2011 Terry Cleary SAARC

Hi Terry...

Just a quick email to say I was blown away with how truly beautiful the trail was. I never expected to be standing on the sand at the start of the run, finish at Mt Lofty and to find so much bush in between...

Kind regards,
Ben.

On the Monday afternoon after the Sea to summit event I found myself exhausted waiting at Adelaide airport to catch a plane to Ceduna. Only 24 hours earlier we had been welcoming home the last of the Sea to Summiters. I sat there looking out southwards across the Adelaide plains and onto the Adelaide hills. I smiled. There I was looking at the Sea to Summit skyline! Only the day before I had told someone who had just finished the event for the first time that I guaranteed that every time they went to the Adelaide airport, they would remember their first Sea to Summit run/walk. The Sea to Summit skyline beckons you, calls forth through the big glass windows of the Adelaide Airport waiting lounge.

It is hard as an event organiser to provide a good event report because your view on the day is so different from the experience of the participants. You are preoccupied with just making sure that everything fits into place. So, at the prompting of a good friend and one of the biggest advocates of the event, I have decided to pass onto some of the stream of unsolicited and unprecedented thank you emails and Facebook comments that I have received over the past few days... The comment from Ben Wright above is my favourite and certainly will be used in future promotions... I was blown away with how truly beautiful the trail was. I never expected to be standing on the sand at the start of the run, finish at Mt Lofty and to find so much bush in between. Exactly Ben!

But before that – a big thank you for everyone that helped to make the event such a great day. It was so good to have the Friends of Heysen on board this year and their assistance in running the four drink stops was

greatly appreciated. It was great having the crew from Mari Yerta back running the last four drink stations. The kids from Mari Yerta certainly seemed to add something to the whole Sea to Summit experience. And it was so special to once again have Elfie Driscoll and family involved for so much of the day. (And do I remember hearing Elfie say that next year she is going to do the full course). But aside from these people there were so many other people making it happen, marking the course, marshalling, dropping off and collecting gear, time keeping.... To all these volunteers and to Geoff, Lynn and Naomi at the office- an enormous thank you.

Also a big congratulations to King of the Mountain Michael Hogben (2:52:38) and Joanna Kruk, Queen of the Mountain and third home on the day (2:59:16). Wow! Great times from both of you!

The George Driscoll Sea to Summit Trail Run/Walk has legs! It has the potential to grow to being one of the biggest participation run/walks in South Australia. If I wasn't convinced about that before Sunday, I am now. And if you weren't there or if you still remain a bit unconvinced just some of the comments below...

Thank you to you and all the volunteers for a great run on the weekend. The trail was really well marked, lots of friendly faces at the drink stations (and the other runners),



Runners prepare at Kingston Beach. Photo by Michael Slagter

you obviously booked fine weather and I was lots quicker than last year. What a great day!

It was especially nice to see the youngsters from Mari Yerta handing out drinks. I was very glad to hear the boy at the last drink station say, "turn left and only about 1.5 km to go". If you get a chance please pass on my thanks to them for helping out.

Thanks very much for your organisational efforts, I won't say I enjoyed it but now have the satisfaction of having a S2S under my belt. Looking forward to beating my time next year.

An amazing event! Just wanted to say thank you to you and your team of volunteers for the most fantastic, enjoyable event! The course was great, can't believe that we were on trails for most of the way the marshals were amazing at all the road crossings, the course was so well marked and the drink stations just kept popping up just when you needed them! Thank you to everyone who was out on the course – it would have been quite chilly for them – thanks too for the goody bag at the end – consumed it all before we got back to the car! Will definitely be there next year! Well done!

A fantastic race!! Well done.

Fantastic event, I thoroughly enjoyed

every bit of it. Well done and thanks for organising.

Congratulations on a well-organised and successful event.

I hadn't taken part in a SARRC run for over a decade, but recently ran in the Pioneer Women's Trail (19 km) and enjoyed it so much that I did the 32 km on Sunday. It wasn't quite so much fun (very challenging) but both were well organized and reasonably priced (even with the late fee due to my disorganization). I'm impressed that I can enter online the day before and my number is ready for me at the start, and that the results are on-line that day or the next. Please pass on my thanks to all involved.

Thank you to all the volunteers who organised the run. I really enjoyed it as I haven't approached Mt Lofty from that direction before. The trail was well marked. There was one spot where you had to veer up an embankment from a road that might have been tricky but the yellow arrows kept us on track. The drink stops were appreciated. Catching a bus to get to the start was great. I got too cold waiting for the shuttle bus but I enjoyed walking

back to the car instead. The only change at the drink stops I would suggest would be an alternative to coke, as I don't drink it. Luckily, the last stop had cordial as I needed the sugar by that stage.

Terry I walked the sea to summit yesterday, & from an outsider's point of view, I'd like to congratulate you & your team for a wonderfully organised event. Yes my legs are sore, & my ego dented by not beating 5 hours, but the organisation for the buses to meet us at Cleland, to the starter, to the wonderful people at each drink station, to the smiles at the end saying 'well done' & 'are you ok'. It was the hardest course I had completed, due to the uphill aspect. I regarded it harder than the marathon. It is a day I will talk about it for ages. Thank you.

I just had to flick you a quick email to say how much I enjoyed Sunday's event. This was my first time doing something like this and it was just great. It was so well organised and the support team were welcoming and friendly as were all the other participants who offered me encouragement along the way. I did the 15 km walk and found the trail really well marked. You and your team did a

fantastic job and the fact that your all smiling means you love what you do. I'll be back for more trail walking soon. Thanks again and a pat on the back to all of you.

Mr Terry Cleary, you and your mob did real good today, real good! You have an awesome bunch of people who helped you out for this event ... one of my favourites ever.

Here here!

I concur. Easily one of my favourite three events each year. Next time I will be paying more attention to the course maps beforehand though. Once again great job Terry and your army of volunteers. Yup, fantastic day, thanks to all involved. As always, BIG thanks to Terry Cleary, another spectacular event. You and your trail runs have so much to do with how much I enjoy this whole running game. Just want to say well done to all my running mates who did an AWESOME job at Sea to Summit this morning... and everyone else who made it to the end! Well done all! And of course a MASSIVE thanks to the mighty Terry Cleary for making it happen... :-)

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Arrival Night Dinner / Bed & settle in

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Day 2 B/Fast & Deliver to Burra Road / Pick Up Bundaleer Reservoir on Gulnair Road. Dinner / Bed

Day 3 B/Fast & Deliver to Bundaleer Reservoir / Pick up at Cameron's Hut Bundaleer Gardens Dinner / Bed / B/Fast & Depart

Price per Head \$375.00 twin share

Phone Geoff or Josie on 88452006 for bookings or a chat about your walking plans.

Comments From Log Books and Maintenance Report

*Compiled by Colin Edwards,
Maintenance Committee Chairman*

From the log book at Yanyanna Hut. Written by someone with too much time on their hands.

But we always appreciate comments from walkers about our Trail and we do read them.

Wed 14th July 2010 – Andrew Poor Cape Jervis to Parachilna

A display fireplace? A safety evacuation plan for a room with only one door? An EXIT sign and two signs for the fire extinguisher and a smoke alarm. Are you taking the piss out of safety? Why no rail on the bunk bed? What if the display fireplace sets off the smoke alarm and as you wake up and look around for the emergency exit you roll off the top bunk breaking a

leg or knocking your head, then in the confusion made by the screaming smoke alarm you try climbing out the window and cut your hand???

At least the rainwater tank doesn't have an "UNSAFE TO DRINK" sign as it is as good as fresh water.
Great hut to get out of the wind!!

Thanks for the contribution Andrew.

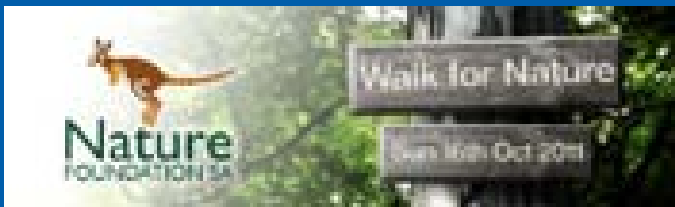
Maintenance Report

The ongoing never-ending work of keeping the Trail in good condition by DENR, Maintenance Co-ordinators, Section Leaders and Volunteers continues at a steady pace. A short re-route at Arkaba

has been completed and others are still being considered. Remarketing the track from Woolshed Flat to the old Brewery at Pichi Richi has been temporarily marked and will be completed in the near future.

The Tank Shelters have been manufactured and will be installed when approval for sites is finalised which we hope will be in the not too distant future.

As a consequence of the re-structuring of DENR additional reporting of track and infrastructure will be required. To assist our SLs to keep up with these requirements comments on the Trail, whether they are general or specific, will be of help to us.



Nature Foundation SA: Walk for Nature Event Sunday 16th October 2011

Nature Foundation SA is a not-for-profit wildlife charity which works with and inspires others to conserve, restore and sustainably manage South Australia's natural heritage.

This inaugural fundraising event is a moderate walk along the Heysen Trail and wanders through beautiful scenery to Woodhouse and return.

Paddy Pallin Adelaide is a sponsor of this event supplying a range of fun prizes for participants at the end of the walk.

*For more information either go online at
www.naturefoundation.org.au/help-nature/walkfornature.
Or call 1300 366 191*

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Trail Maintenance Sections

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

Maintenance Co-ordinators

Gavin Campbell	8296 8613 (H) Trail Work
John Potter	8337 9515 (H) Infrastructure

Section	Map	Section Leader	Contact
1. Cape Jervis to Tapanappa	Southern Guidebook, Maps 1.1-1.3	Bob Gentle Barry Brown	8294 7287 (H) 8261 1692 (H)
2A. Tapanappa to Waitpinga Campground	Southern Guidebook, Maps 1.3-1.5	Roger Dunn & Friends	8260 2146 (H)
2B. Waitpinga Campground to Back Valley Rd	Southern Guidebook, Maps 1.5-2.2	Geoffrey & Pamela Gardner	8552 5213 (H)
3. Back Valley Road to Moon Hill	Southern Guidebook, Maps 3 2.2-2.3	Michael Scott	0400 293 132
4. Moon Hill to Hindmarsh Tiers Road	Southern Guidebook, Maps 2.3-2.5	Hermann Schmidt (Wandergruppe Bushwalkers, German Association)	8344 4072 (H)
5. Hindmarsh Tiers Road to Blackfellows Creek Road	Southern Guidebook, Maps 2.5-2.7	Eleanor Martin Myra Betschild (Women in the Bush)	8341 6024 (H) 8331 2992
6. Blackfellows Creek Road to Glen Bold	Southern Guidebook, Maps 2.7-3.2	Richard Webb	8381 5308 (H)
7. Glen Bold to Piccadilly	Southern Guidebook, Maps 3.2-3.4	Thelma Anderson Trevor Lee	8278 4420 (H) 8398 0516 (H)
8. Piccadilly to Norton Summit	Southern Guidebook, Maps 3.4-3.4	Liz O'Shea (WEA Ramblers)	8352 1636 (H)
9. Norton Summit to Cudlee Creek	Southern Guidebook, Maps 3.5-3.7	Colin Edwards Graham O'Reilly	8264 1492 (H) 8397 1217 (H)
10. Cudlee Creek to Bethany	Southern Guidebook, Maps 3.7-4.4	John Potter	8337 9515 (H)
11. Bethany to Hamilton	Southern Guidebook, Maps 4.4-5.3	John Potter Joyce Heinjus	8337 9515 (H) 8525 2054 (H)
12. Hamilton to Huppatz Hut	Southern Guidebook, Maps 5.3-5.9	Norrie Hamilton	8332 1982 (H)
13. Huppatz Hut to Spalding	Southern Guidebook, Maps 5.9-6.12	Hugh Greenhill (Burra Branch)	8843 8115 (H)
14. Spalding to Georgetown	Northern Guidebook, Maps 1.1-1.6	Kevin Liddiard	8289 4236 (H)
15. Georgetown to Mt Remarkable	Northern Guidebook, Maps 1.6-2.11	Mary Cameron Ian Pool (ARPA)	8165 1025 (H)
16. Mt Remarkable to Horrocks Pass Rd	Northern Guidebook, Maps 2.11-3.4	Graham Hill	8632 4804 (H)
17A. Horrocks Pass Rd to Dutchmans Stern	Northern Guidebook, Maps 3.4-4.1	Michael Kerin	8642 4728 (H)
17B. Dutchmans Stern to Wilpena	Northern Guidebook, Maps 4.2-5.7	Gavin & Marie Campbell	8296 8613 (H)
18. Wilpena to Parachilna	Northern Guidebook, Maps 5.8-6.8	David Henery (Alpana Station) Operation Flinders	8648 4626 (H) 8242 3233



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