



The Trailwalker

Magazine of the Friends of the Heysen Trail
Issue 122 Summer 2012
Free

**Access Your Membership
Details Online**

**Nominations for Honorary
Membership**

**Bibbulmun —
The Northern Half**

**A Short Cut to Machu
Picchu**

**The Fearless Five
Women on the Heysen Trail**

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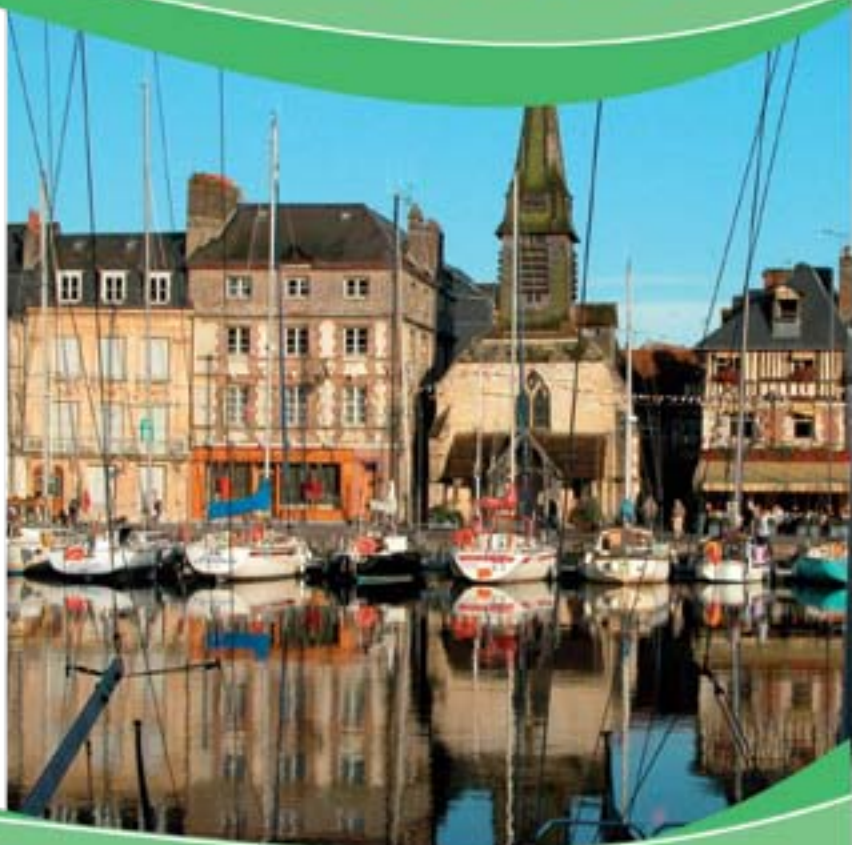
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Burra Branch

Phone (08) 8843 8115

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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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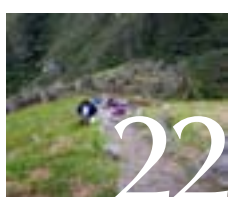
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John Wilson
Simon Cameron
Gavin Campbell
Jeanette Clarke
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Jerry Foster
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Wed 21st December 2011
Wed 18th January 2012
Wed 15th February 2012
Wed 21st March 2012

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Neville Southgate
Doug Leane*
Fred Brooks*
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Thelma Anderson
Kath Palyga
Richard Schmitz
Arthur Smith
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Hugh Greenhill
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Glen Dow
Barry Finn
Dean Killmier
John Wilson
David Beaton
Jack Marcelis
Julian Monfries
Terry & Frances Gasson
* (deceased)

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David Rattray

Office Coordinator

David Rattray

Maintenance Coordinator

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Bookkeepers

Jeanette Clarke
Jixin Li (Lucinda)
Yi Lu (Eva)

Shop/Office Hours & Volunteers

Phone 8212 6299 Fax 8212 1930

Monday 10.30 - 2.30

Neil Nosworthy Mike Parsons,
Robyn Quinn, Elizabeth Rogers,

Wednesday 10.30 - 2.30

Myra Betschild, Gilbert Downs,
Wendy Fox, Jack Marcelis

Friday 10.30 - 2.30

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, Graham Loveday,
Julian Monfries

Saturday & Sunday Closed

Relief Staff

David Beaton, Myra Betschild,
Jack Marcelis

Please note the Friends' office closes for the Christmas break on Friday 16th December 2011 at 2.30 pm and reopens on Tuesday 17th January 2012.

President's Report

Robert Alcock

In September I had a wonderful time walking and visiting in Europe. With a group walking around Mont Blanc we had panoramic alpine vistas.

In Cinque Terre we walked the towns, just weeks before the recent devastating floods. I also visited my daughter in London, plus a flying visit to beautiful and friendly southern Ireland. Arriving home, I was soon back in the Adelaide Hills, with the sun streaming through the gums, birds singing and koalas sleeping high above. Our bush has its own sweet aroma, and it made me happy to just be in its midst again. Travelling is great on many levels, and sometimes its necessary to get away to fully appreciate what we have at home.

I arrived back in time to celebrate the Friends 25th anniversary. At the Belair picnic we had bush walks, Irish jigs, koalas and good fellowship. Guests and members enjoyed a sunny day while the speeches were kept brief. It was good to hear from Alan Holmes, Chief Executive of the Dept of Environment and Natural Resources (DENR), who spoke of the department's commitment to the Heysen Trail. Guest speaker was John Kenneally of radio 5AA who included insights into the big changes in moving from public to private broadcasting. A new Memorandum of Understanding between DENR and the Friends of the Heysen Trail was signed, then our Patron, Warren Bonython AO, cut the birthday cake. Thanks again to the organisers, for the well planned day, enjoyed by all there.

Formed from combining two departments, DENR now has 8 operational Regions. The department is settling into its new format, and we will be working closely with them to achieve common objectives. The department will be focused on the "iconic" sections of the Trail, so there will be large sections that will need our continuing work and maintenance, to keep the integrity and usability of the Heysen Trail as a long distance trail. Without our volunteers we just wouldn't have a continuous trail. In fact not much of a trail at all.

Many of the activities of the Friends keep expanding, and we also continue to explore new developments and opportunities. In October I joined the Walk for Nature at Bridgewater. I believe it important to recognise those organisations that use the Heysen Trail for their events. Through cooperation, both organisations can benefit. The Nature Foundation of SA intends this event to be an annual fundraiser, so we may be able to provide more input and assistance. The Nature Foundation are now managing properties and perhaps they may require assistance with walking trails on those properties?

The Friends have offered to assist Walking SA with upgrading the Mt Lofty walking trails. Many many years after the last re-building project, a rebuild of an old structure near Wirrabara as

a Heysen Hut, is under consideration. Our finances are looking good this year, and this enables us to consider these and further infrastructure projects, and to help in promoting the Trail. To that end, 2 new "minor trailhead" signs will soon be installed in the Burra region.

Our 2012 walking programme will again be very busy, with each Sunday having many walkers out enjoying the bush and country. I'm pleased to see the number of our walkers that fall in love with the Heysen Trail, who join the growing number of volunteers in the other areas of our activities. This allows for renewal and expansion. As examples, we now have members on the Walking SA committee, and our Greening Committee looks like being reconstituted.

Our website continues to be enhanced, and now provides a member login, allowing members to edit their details "on-line". Further planned development will link this data to walk registrations, to further streamline the walk bookings. See the details in this issue.

The Twilight walks have commenced, with interesting walks in rarely walked areas, so get out and learn more of Adelaide on Wednesday evenings. Wishing you all a Merry Christmas, and I'll see you at our Xmas Bash on the 4th December. ■

Notices

Preliminary notice of the AGM for Friday 23rd March 2012 at the Woodville Lawn Bowling Club.

LIFE MEMBERSHIP

Are you aware that you can become life members
of the Friends of the Heysen Trail

Life membership can be obtained by paying 10 x
the annual subscription rate.

For singles this is 10 x \$20.00 = \$200.00

For Families it is 10 x \$30.00 = \$300.00

In regard to the above we welcome Anne and
Philip Hicks as the first Family Life members.

AUSTRALIA DAY BBQ

5 pm Thursday 26th January 2012

at Kingston Park under the trees

BYO meat, salads, drinks and chairs

WALK - be there by 3 pm for a coastal walk – will return by 5 pm
for the BBQ

BBQ - 5 pm. Hot day? Then swim first. Check the website "Walks
programme" for location.

BBQ and table provided. No cost to attend.

No booking required for the walk or BBQ, just turn up to enjoy.

Walking Committee

By Arrienne Wynen
Walking Committee Chairperson

As we come to the end of the 2011 walk season we are now ready to enjoy some warmer weather and move into summer mode. Many of us look for a walk less demanding than in the cooler winter months but do not want to stop walking completely. As many of our members know we conduct a program of Twilight walks on Wednesday nights during the period of daylight saving. These walks are about 2 hours long, easily accessible and finish with an optional meal at a local eating place. They are designed to give people a walk to maintain some fitness and also to keep in touch with other walkers.

In this edition of the Trailwalker you will find the provisional program for 2012. The End2End walks have maintained their popularity and we plan to commence E2E7 in April. For those hardy walkers who want to do it north to south from Parachilna to

Cape Jervis, we are starting E2E-1 (E2Eminus1). The intention at the moment is to run this series of walks in 1-week lots - more information will be available next year.

We are planning to do the Larapinta Trail and also have a weekend of walking over the October long weekend.

Our walking program seems to grow each year and it only works because of the fantastic volunteers that help run the FOHT and who are keen to share their love of the trail and bushwalking.

In March next year we will be running a training day for new walk leaders so if you have thought of leading or becoming more involved this will be an opportunity to find out how it all works. Please contact me or the Office for more information. □

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.

John Badman
Jacquie Chellew
Anthony Fisk
Andrew Forbes
Margaret Forbes
William Hardy
Ingrid Hausmann
David Heritage
Peggy Knight
John Liddy
Terry MacKenzie
Jenny Pascoe
Ian Radbone

Member rejoined

Manuela Vida



Front Cover Photo

Dry Creek Bed, The Dutchman's Stern Conservation Park taken on walk on 2nd October 2010.

Photo by: Russell O'Brien

Next Issue Deadline

Submissions for the Autumn edition of the Trailwalker will close on Friday 3rd February 2012.

Office Report

By David Rattray
Office Coordinator

The walking season has ended and the Twilight Walks have begun. Office volunteers have returned from their overseas sojourns and the Friends' calendar has been produced and is magnificent. Christmas is almost here. Where has the year gone?

Staffing

We welcome Graham Loveday to the Thursday crew and trust he will enjoy his time as an office volunteer. Sadly we say farewell and thank you to Trevor Barns from the Thursday crew. Trevor has been a volunteer for three years and we wish him well in his new endeavour.

Office Closure

The office will close on Friday 16th December for the Christmas break

and will re-open on Tuesday 17th January. Monday 16th January will be the Training Day for Office Volunteers. Walk bookings can still be made online.

New Products

These are excellent last minute Christmas gift ideas. The Friends now have in stock the Friends' 25th anniversary commemorative wine glasses. Cost \$25 per box of six.

An excellent map of south western Victoria covering the Great South West Walk is available from the Friends' shop at a cost of \$13.

Two only, First Aid Kits are available at a special price of \$65, marked down from the RRP of \$130.

New Membership Database

The new database is online. See the news item Access Your Membership Details Online elsewhere in The Trailwalker for more detail. Members are encouraged to login to the website and update their address and contact details, including whether you want to receive emails or not. In time, you will be able to use this login to register for walks and renew your membership if you wish.

Membership Subscriptions Overdue

The constitution of The Friends of the Heysen Trail and other Walking Trails Inc. states a member is not financial if the membership is two months in arrears. A change to our processes over the past month means this will now be exercised, previously memberships could extend up to 9 months beyond their expiry date.

The Office Committee and office volunteers wish all the Friends a happy and safe festive season. See you on the Trail in 2012. □

WEA Travel **WALKING THE EL CAMINO**
WITH WEA TRAVEL

For more than a 1,000 years pilgrims have been making their way to along the El Camino, or St James Way as it is known in English, to Santiago de Compostela, the final resting place of St John the Elder. Each year thousands of walkers take to the El Camino trails and join in the camaraderie with fellow 'pilgrims' as they make their way along the paths to Santiago and the recognition of their achievements by the awarding of the 'Credentiale' as proof of their endeavors.

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For further information please contact

Photos by: FreeCat, Flydime

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Access Your Membership Details Online

Back on 8 September an email was sent out to all members with their website login details. Members can now login to the website to view and edit their membership details, including updating their address, managing their subscription options and renewing their membership online.

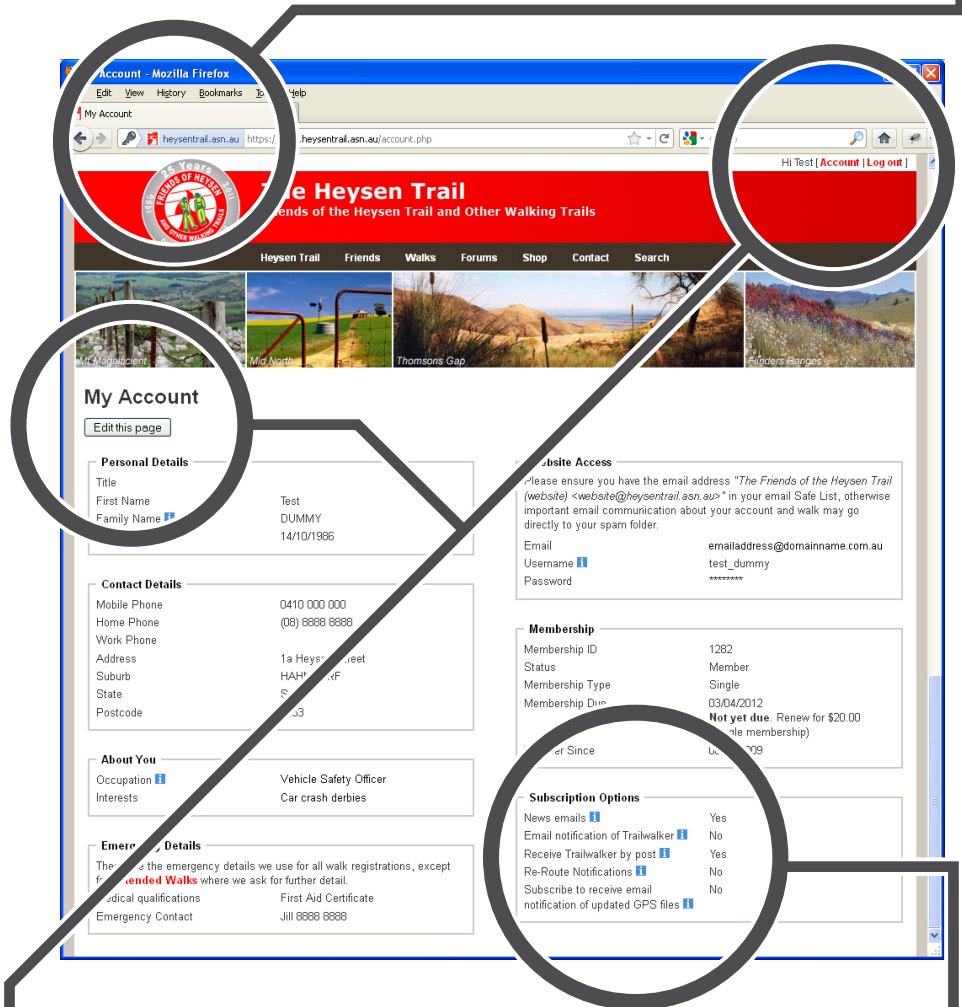
If you didn't receive this email, it might be that your email address is not correctly recorded in our membership database. We have 60 members whose email addresses are incorrect, and a further 150 who have no email address recorded. You may have been sent the email, but it went into your spam folder. The email was sent from The Friends of the Heysen Trail (website) <website@heysentrail.asn.au> with the subject Your online account - Friends of the Heysen Trail. Please send an email to website@heysentrail.asn.au to have the email re-sent.

If you have not been receiving news article emails, your email address is either not registered with us, or is incorrectly noted by us.

You can login using your username and password at the top right of almost any page on the website.

Anytime you are logged in and accessing your personal information, the web page data is encrypted prior to being sent over the internet. You will know this is

the case, as with any website, if the website address begins with *https* rather than just *http* (the *s* meaning secure). Most browsers display a padlock symbol.



Changing Your Username and Password

You can change your username and password at any time.

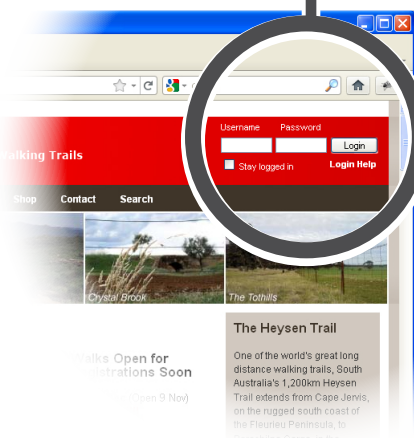
- visit the Friends of the Heysen Trail website: www.heysentrail.asn.au
- log in with your current username and current password
- select *Account* from the top right of the page
- select the *Edit this page* button
- on the right hand side, find the *Website Access* area
- enter a new username and/or new password

Editing Your Subscriptions

Members with email addresses can subscribe to any or all of the following services:

- news article emails
- Trailwalker delivery options
- notification of re-routes affecting your guidebook editions
- notification of updated trail files for use on a GPS device

By default all members receive news article emails, however you can unsubscribe from this service at anytime. The office can, on your behalf, unsubscribe you from this service.



You receive the Trailwalker by post, but you can nominate to receive an email instead linking to the online version. This email is usually sent the day the magazines are posted.

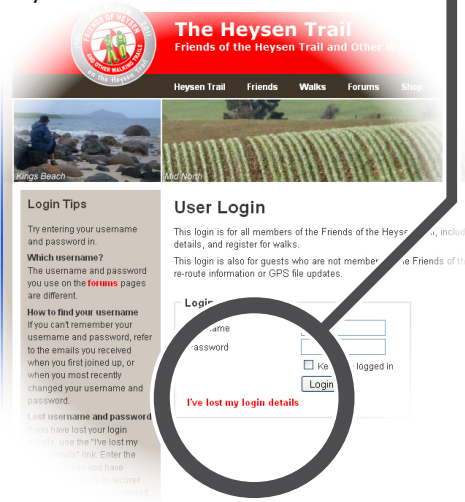
You can select which of the two guidebook editions you own - there are five in all - and be sent an email notification of new re-routes that affect those editions.

You can elect to be notified when the GPS files on the website are updated. You can download these files for use in Google Earth, or for loading onto a GPS unit as a navigation aid out on the trail.

Username and/or Password Recovery

From time to time we all misplace login details. You can recover your login details at any time:

- from the top right of almost any page on the website select *Login Help*
- select *I've lost my login details*
- enter your email address
- enter either your birthdate or your suburb



An email will be sent to you with your username and a randomly generated password. When you login you will be prompted to change your password, you should do this.

If your email address is not registered with us, or is registered

incorrectly, you will not receive an email. You should contact the office or website@heysentrail.asn.au. Before contacting us you should check your spam folder, as the email may have gone there.

Not Getting Our Emails?

It may be that our emails are being marked as spam by your email provider, or by your email program settings. All emails from the website are sent from the address *The Friends of the Heysen Trail (website)* <website@heysentrail.asn.au> - you should add this address to your Safe List. How to do this varies from one email provider to another, and from email program to another. Sometimes all you need to do is add the email address to your contacts, website@heysentrail.asn.au.

The Office is Here to Help

The office can carry out any or all of these tasks on your behalf. Contact the office to make the change, you may need to answer some questions to verify your identity. Please understand that your enquiry may not be able to be responded to immediately.

In the Future

All walkers will soon be required to login to register for a walk. This will save you time as you won't need to re-enter registration data every time you register for a walk. We will also begin accepting payments through a streamlined NAB payment gateway which will be far easier to use than the current PayPal payment gateway.

Financial security is managed by NAB, we will continue to not store your credit card details.

You will be able to login and view your walk history. You will also be able to modify your current walk registrations, so if circumstance change you will be able to withdraw from a registration prior to the event. However please note that our Refund Policy still applies, walk fees may be forfeited for a late withdrawal.

This system will also make it easier for our walk leaders to monitor walk registrations.

The office will continue to accept over-the-phone and in-person walk registrations for those that prefer that service.

25th Anniversary Wine Glasses Friends of the Heysen Trail

Available for \$25 for a set of 6. Pick-up only. 20cl, 155mm high by 47mm diameter.



The Walking Federation of South Australia, Inc.

Walking SA

By Thelma Anderson
Walking Access Committee

Proposed Closure and Sale of Road Reserves

We could all be excused for thinking that this topic had run its course, but this is not the case. Before the ink has faded from the most recent issue where the local governing body had rejected the application of one of the adjoining landowners to purchase Morgan Road at Kersbrook, a fresh application has been made to Adelaide Hills Council by the same adjoining landowner to purchase the same piece of public land, or the same public road reserve identified many years ago and still used as part of the Mount Lofty Walking Trails system. It is both incomprehensible and frustrating to find that the efforts of volunteers to protect precious recreational locations, particularly in scenic areas of the Adelaide Hills, are treated by responsible authorities with such disdain. Both bushwalkers and horse-riders have used this access for many years for exercise purposes and nature lovers explore many of the natural features of Roachdale the National Trust property nearby.

Walking SA Annual General Meeting

As advised in the previous issue, the Annual General Meeting of the organisation was held at Unley Citizens Centre, on Tuesday, 23 August, 2011. With the retirement of Ron Jackson as President, Bill Gehling was elected

to fill the vacancy. Ron remains as a member of the Council as Bill's deputy. Liz O'Shea has retired from the position of Secretary, but remains as a member of the Council. Liz's valuable contribution to many facets of the organisation is sincerely and gratefully acknowledged. Bill is also President of the Australian Bushwalking Association. Two new members are welcomed to the Council — Peter Larsen and Dallas Clarke.

Minister for Recreation and Sport

The well-attended meeting enjoyed an interesting address by the Minister, the Hon. Tom Kenyon, who accepted questions from the audience relating to various topics of interest to walkers, in particular the access bridge across the upper reaches of the Onkaparinga River at Verdun, to enable completion of the Women's Pioneer Trail between Hahndorf and Beaumont. This has been a long sought after connection for this heritage trail to Hahndorf; to the spur trail of the Heysen Trail for water quality testing activities of the adjoining Hills Christian School; and for a safe pedestrian crossing of this major Hills waterway. John Eaton has prepared an application for funding, on behalf of the Walking Access Committee, to enable a Feasibility Study to be submitted to Government to provide sufficient funding for the construction

of this critical amenity. Interest has already been received from persons interstate wishing to combine a visit to this location in South Australia for tourism purposes by combining a visit to "The Cedars", now developed as a tourism destination, and the location of the spur trail of the world-recognised Heysen Trail. Numerous art collectors from around the world seek to view many of the famous subjects of Hans Heysen's remarkable talents and the pedestrian bridge would greatly increase the tourism potential of the area.

Onkaparinga Council

Periodic meetings continue to be held with this local governing authority with a view to discussion of walking access locations. Although it is an important facet of recreational opportunities within local government, appropriate credibility and suitability is sometimes overlooked in regard to the application of various activities within wide-ranging locations of this local government area. For example, the Adelaide Bushwalking Club, together with some smaller groups, have been in existence for long periods of time with no untoward occurrences having affected their high reputation of respect for private property owners, but this privilege must be respected by alternative recreational users and not regarded as carte blanche permission for them. □



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Burra Branch Activities

*Compiled by Celia Manning
Burra Branch Publicity Officer*

With winter behind us and the country in the mid north looking glorious, crops looking promising at this stage and the weather beginning to warm up, the only downside is that we have just completed our last scheduled walk for this year.

Our last walk was held on Saturday 29th October in Spring Gully Conservation Park. We welcomed Helen, Rhonda, Christine and Clair from Adelaide and Miriam from the UK, as guests for this walk. After meeting at the

Sevenhill's Hotel carpark followed by a quick look around the country market there, Meredith led us through the park covering about 18 km of sometimes quite hilly terrain. We were delighted to discover a few late spider orchids, many Whalenbergia, Vanilla lilies and grass trees and a good covering of native grasses throughout this lovely woodland park. The weather was mostly sunny with a light breeze, unlike the downpour of the previous day. Most of us finished the day with a coffee and "treat" at the Little Red Grape at Sevenhill.

In August Garry Fieldhouse led the full moon walk at Wandilla which was enjoyed by all participants. On 1st September club secretary Sally Fieldhouse, together with five students from Burra school took members on a walk from Burra to Wandilla. The 20th anniversary walks and celebration dinner held over the weekend of 24th and 25th September were a huge success.

Thank you to the anniversary committee who organized that weekend and of course to the members, past members and visitors who made it all happen.▣

AUSTRALIAN WILDERNESS ADVENTURES

- ▲ South Coast Track Tasmania
- ▲ Walls of Jerusalem Discovery Circuit
- ▲ Jatbula Trail – Nitmiluk National Park
- ▲ Kangaroo Island – 5 Day Coastal Explorer
- ▲ Larapinta Trail – 6 and 9 Day Walks
- ▲ Flinders Ranges – 7 Day Heysen Trail

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Burra Branch 20th Anniversary Weekend

24th and 25th September 2011

*Compiled by Kate Greenhill
Burra Branch*



Twenty-four walkers gathered in Burra on Saturday morning under a grey covering of cloud. Our Adelaide and one Queenslanders guests mingled with “our” locals whilst we waited for the signal to depart. Car-pooling was quickly organised and we met Ken in Hallett, and then proceeded to Ulooloo Station. We were all impressed by the Homestead and outbuildings and looked forward to a promised history lesson by the owners Greg and Liz Hall when we returned there later that afternoon. Leaving our cars on the banks of Ulooloo Creek we walked in a north easterly direction stopping to look at the old Ulooloo gold digging site, a quick search didn’t yield any fortune but interesting to see the gold sluice and evidence of Martin’s Shop that sold general goods to the miners who were here during the Depression years and before. Lunch was eaten at the junction of Terowie and Ulooloo Creeks where we enjoyed the peace and calm of the scenery and partook of some bird watching. The afternoon section took us in a southwesterly direction over Thunderstorm Hill, through Chewing’s Gap and to our destination. The promised talk by owner, Greg, was most informative and gave a real insight into the running of a large station and its history.

After a long walk at Ulooloo it was a quick drive back to Burra for the celebration dinner at the Burra Bowling Club, with 34 dinner guests attending. Mike Fretwell also attended the dinner and it was he, with encouragement from members of the Friends of the Heysen Trail in Adelaide who were constructing the Trail in the Burra area at that time, who seeded the idea of forming a Friends Branch. Mike then set



about placing a Public Notice in the Burra Community News to hold a meeting on 6th September 1991 to form a Burra Branch of the Friends of the Heysen Trail. The meeting was well attended and also gave an over whelming vote to start the Burra Branch. A number of the member’s spoke of some of the events the Branch has been involved with over the years and Mike Fretwell spoke on the events that started the formation of the Burra Branch.

The recovery walk on Sunday was held in the new Conservation Park, with eleven walkers driving out to the Burra Creek Conservation Park (east of Burra Gorge) for a ten-kilometre walk. The walk started on the northern boundary and we walked to the Burra Creek to have lunch by a large water hole teaming with small fish swimming in amongst the reeds. A large trout was seen swimming up and down the

length of the pool. On the return we came across at least eight wedge tail eagles working in the same thermal, which is quite rare to see so many in the same area. The walk finished in good time to be back at a well-known coffee shop for farewells before heading for home.

Thankyous and bouquets must be extended to the Hall Family for allowing us to walk on Ulooloo, the generosity shown to us and for allowing Rodney and Hugh to carry out the recce walks beforehand. Also thanks to the Burra Bowling Club for providing us with an excellent dinner on Saturday night and last but by no means least to our Adelaide visitors who kindly made the trip to Burra for our 20th Birthday Celebrations. The weekend would not have been possible without the input from these people and our own local members. ■

Nominations For Honorary Membership

Nominations of members (including self-nominations) are invited to be submitted to the Honorary Membership sub-committee of the Council, including name, address, contact numbers, and qualifications. Recommendations from the sub-committee will then be considered by the Council, before being presented to the full membership at the next AGM. In order to be considered for the 2012 AGM, nominations should be received by the end of January, 2012.

Guidelines for Honorary Membership (Distinguished Service)

(i) normally at least 10 years of paid membership as an Ordinary, Family or Life Member;
AND

(ii) at least 6 years of substantial voluntary contributions to the Association, including especially one or more of

- Membership of Council
- Chair of Walking Committee
- Regular Walk Leadership Roles
- Chair of Maintenance Committee
- Maintenance Section Leader or Volunteer
- Office Volunteer

Guidelines for Honorary Membership (Exceptional)

Substantial and sustained contributions to promotion, development and/or maintenance of the Heysen Trail, or the Association other than as a paid member or volunteer through, for example, public service support, media support etc.

R.L. Stevenson's 'Travels with a Donkey' walk – Cévennes, France

14 days/13 nights: 14 – 27 May, 2012

Only 12 places!

In 1878, the young Scottish writer Robert Louis Stevenson set out on foot from Monastier sur Gazeille in the Haute-Loire with his donkey Modestine. Twelve days, 220 kms and many adventures later, he arrived at Saint Jean de Gard. He was trying to forget his love for Fanny Osbourne, and to explore the beautiful and isolated Cévennes region of southern France.

He wrote an amusing account of his journey and a long distance footpath has been devised with the object of letting us walk in Stevenson's footsteps. We will read about Stevenson's adventures as we have our own.

This beautiful trail follows footpaths, ancient bridleways and drove roads. We start in Le-Puy-en-Velay and then move through some of the remotest countryside in France, strewn with beautiful historic villages.

We will have two leaders, and a minibus to move your luggage while you walk. Day packs only.

Accommodation is in hotels and guest houses.

For more information please contact Peter Kellett at...

Walking Matilda PO Box 4, KANGARILLA, 5157

Phone: 08 8383 7198 info@walkingmatilda.com.au



Maintenance Report

By Colin Edwards

The walking season is rapidly drawing to a close for this year but maintenance work on the Trail goes on. Your somewhat anonymous group of 'workaholic' maintenance volunteers do not have the luxury of taking a few months off. There is always something going on along the Trail.

The coming months will see a new bridge at Blackfellow Creek crossing, the start of erecting the rainwater tank shelters, negotiations of a new hut at White Park near Wirrabara and work on suggested re-routes. This together with the usual Trail work

clearing bushes, trees, grass, all of which have had a bumper growing year, will add up to a heavy work load for the coming year.

The Trail is 1200 km long, there are 17 sections which average about 70 km each (some more some less) with a Section Leader for each. In total we have no more than 30 to 40 active maintenance people out of about 800 members. This works out at approximately 30 km per volunteer. All very useless arithmetic but they do illustrate the size and complexity of keeping the Trail in good order, and the need for all members to be committed

to not only walking the Trail but also to put something back.

With the work that we have coming up **there is a need for a volunteer with a current Builder's Licence** to enable us to meet the requirements of DENR. If there is a member who can help us in this regard it would be a great asset. I will be only too happy to discuss the projects being planned. Let me know if and when you can be available!

The Heysen Trail is an SA Icon - and a treasure for all walkers. ■

Greening Committee

Calling for Green Thumbs and their Friends

With the enthusiastic support of two of our End-2-End 3 members, Trevor Barnes and Steve Clift, the Friends are delighted to reconvene our Greening Committee.

Historically, the Greening Committee was tasked with the job of selecting areas of the trail in need of, you guessed it, greening!

The area chosen was south of Kapunda along the road reserves leading up to the rifle range. All the trees are now well established and a monument to the committees efforts. Unfortunately, the committee lost its driving lights, Dennis and Carolyn Slade, due to illness, and was effectively disbanded many years ago. It was a committee looking for new leadership. An active committee needs members. Once it has members it can look at projects.

If you have a green thumb, or can help people with green thumbs, then join this revitalised committee of the Friends.

Contact:

Trevor Barnes country3@bigpond.com

Steve Clift clift@chariot.net.au



2011-2012 Twilight Walk Programme

	November	December	January	February	March		April
1st Week of month	Wed Nov 2 Walkerville Linear Park Robert Alcock	Wed Dec 7 Shepherds Hill Robyn Quinn	Wed Jan 4 Ambers Gully Steve Clift	Wed Feb 1 Marino Robyn Quinn	Wed Mar 7 Chamber Gully Arrienne Wynen	Trail Starter Trail Walker End-to-End	Sun Apr 1 Walk Season Opening
2nd Week of month	Wed Nov 9 Goodwood Jacaranda walk Simon Cameron	Wed Dec 14 North Haven/ Semaphore Neil Rivett	Wed Jan 11 Brownhill Ck Robyn Quinn	Wed Feb 8 Morialta David Carter	Wed Mar 14 North Adelaide Michael Middleton	Trail Starter Trail Walker End-to-End Easter	
3rd Week of month	Wed Nov 16 West Lakes Waddle Michael Middleton	Wed Dec 21 Torrens River Ramble David Carter	Wed Jan 18 Mt George Chris Porter	Wed Feb 15 Torrens Linear Park West Lyn Wood		Trail Starter Trail Walker End-to-End	Sun Apr 15 Trailstarter Ashbourne Dean Mortimer Sun Apr 15 Trailwalker Mt Thomas Steve Clift Sun Apr 15 End-to-End 5 Montacute Heights to Cudlee Creek
4th Week of month	Wed Nov 23 Tennyson Beach Walk Julian Monfries	Wed Dec 28 Xmas Pudding Walk (left overs) Black Hill Mary Cartland	Wed Jan 25 Gentle Glenelg Russell O'Brien	Wed Feb 22 Brighton to Kingston Pk Carol Homewood		Trail Starter Trail Walker End-to-End	Sun Apr 22 Trailstarter Mount Lofty David Carter Sun Apr 22 Trailwalker Onkaparinga Richard Milosh Sun Apr 22 End-to-End 6 James Track to Mt Compass
5th Week of month	Wed Nov 30 Port Adelaide Arrienne Wynen			Wed Feb 29 Special Leaping Walk - East Parklands Simon Cameron		Trail Starter Trail Walker End-to-End	Sun Apr 29 Trailstarter Cudlee Creek Raelene Shaw Sun Apr 29 Trailwalker Warren CP Robyn Quinn Sun Apr 29 End-to-End 7 Cape Jervis to Cobbler Hill

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).

2012 Walk Season Programme for the Friends of the Heysen Trail

	May	June	July	August	September	October	November
	Sun May 6 Trailstarter Carrick Hill Richard Milosh	Sun June 3 Trailstarter Marys Gully Arrienne Wynen	Sun Jul 1 Trailstarter Ghost Gum Black Hill Steve Clift	Sun Aug 5 Trailstarter Chambers Gully Neil Rivett	Sun Sept 2 Trailstarter McLaren Vale Rhonda Dempster	Sun Oct 7 Trailstarter Scott Creek - other end David Carter	
	Sun May 6 Trailwalker Chambers Gully Jack Marcelis	Sun June 3 Trailwalker Yurrebilla Trail Part 1 John Potter	Sun Jul 1 Trailwalker Yurrebilla Trail Part 2 David Carter	Sun Aug 5 Trailwalker Yurrebilla Trail Part 3 Michael Middleton	Sun Sept 2 Trailwalker Yurrebilla Trail Part 4 Mary Cartland	Sun Oct 7 Trailwalker Kaiser Stuhl John Potter	
	Sun May 6 End-to-End 5 Cudlee Creek to Mewett Road	Sun June 3 End-to-End 5 Mewett Road to Mt Crawford	Sun Jul 1 End-to-End 5 Mt Crawford to Pewsey Vale	Sun Aug 5 End-to-End 5 Pewsey Vale to Tanunda	Sun Sept 2 End-to-End 5 Tanunda to Kapunda	Sat Oct 6 - Sun Oct 7 End-to-End 5 Kapunda to Hamilton to Peters Hill	Sat Nov 3 - Sun Nov 4 End-to-End 5 Peters Hill to Gerkie Gap to Webb Gap
Mother's Day	Sun May 13 Trailstarter Sleep Gully Chris Porter	Sun 10 Trailstarter Sturt Gorge Robyn Quinn	Sun Jul 8 Trailstarter Port Adelaide Richard Milosh	Sun Aug 12 Trailstarter Girl's Choice Arrienne Wynen	Sun Sept 9 Trailstarter Mt Lofty/Botanic Gdns Circuit Graham Bald	Sun Oct 14 Trailstarter Coromandel Valley Chris Porter	
	Sun May 13 Trailwalker Onkaparinga Simon Cameron	Sat Jun 9 - Sun 10 - Mon 11 Ex End-to-End 3 Patawerata	Sun Jul 8 Trailwalker Horsnell Gully to Mt Lofty Colin Edwards	Sun Aug 12 Trailwalker Gandys Gully Richard Milosh	Sun Sept 9 Trailwalker Vixens / Devils Gully Mary Cartland	Sun Oct 14 Trailwalker Near Mt Gould Mary Cartland	
	Sat May 12 - Sun May 13 End-to-End 4 Peters Hill to Gerkie Gap to Webb Gap	Sat Jun 9 - Mon Jun 11 End-to-End 4 Webb Gap to Old Burra Road to Worlds End	Sat Jul 7 - Sun Jul 8 End-to-End 4 Burra to Wandallah to Newikie Creek	Sat Aug 11 - Sun Aug 12 End-to-End 4 Newikie Creek to Mt Bryan East to Hallett	Sat Sept 8 - Sun Sept 9 End-to-End 4 Hallett to EE George Road to Burra Road	Sat Oct 13 - Sun Oct 14 End-to-End 4 Burra Road to Bundaleer Reservoir to Curnows Hut	Sat Nov 10 - Sun Nov 11 End-to-End 4 Curnows Hut to Raeville to Locks Ruin
	Sun May 20 Trailstarter Bridgewater/Mt George Graham Bald	Sun June 17 Trailstarter Kuitpo Michael Middleton	Sun Jul 15 Trailstarter Brownhill/Waite Reserve Graham Bald	Sun Aug 19 Trailstarter Mylor Nature Trail Graham Bald	Sun Sept 16 Trailstarter TBA - a great surprise Peter Solomon	Sun Oct 21 Trailstarter TBA Gavin Campbell	
	Sun May 20 Trailwalker Black Hill/Morialta Michael Middleton	Sun June 17 Trailwalker Kuitpo Russell O'Brien	Sun Jul 15 Trailwalker Sea-to-Summit: ½ or Full Bob Gentle / Jack Marcelis	Sun Aug 19 Trailwalker TBA	Sun Sept 16 Trailwalker Parra Wirra John Potter	Sun Oct 21 Trailwalker TBA	
	Sun May 20 End-to-End 6 Mt Compass to Kyeema	Sun June 17 End-to-End 6 Kyeema to Dashwood Gully Road	Sun Jul 15 End-to-End 6 Dashwood Gully Road to Mylor	Sun Aug 19 End-to-End 6 Mylor to Cleland CP	Sun Sept 16 End-to-End 6 Cleland CP to Montacute Heights	Sun Oct 21 End-to-End 6 Montacute Heights to Cudlee Creek	
	Sun May 27 Trailstarter Scott Creek Bob Gentle	Sun June 24 Trailstarter Summertown Rhonda Dempster	Sun Jul 22 Trailstarter Strathalbyn Jerry Foster	Sun Aug 26 Trailstarter TBA Gavin Campbell	Sun Sept 23 Trailstarter Para Wirra - Wild Flowers David Carter	Sun Oct 28 Trailstarter TBA	
	Sun May 27 Trailwalker Eastern Foothills Richard Milosh	Sun June 24 Trailwalker Chambers Gully Richard Milosh	Sun Jul 22 Trailwalker Sea-to-Summit: 2nd ½ Bob Gentle	Sun Aug 26 Trailwalker Kuitpo Lucy Richards	Sun Sept 23 Trailwalker Eagle on the Hill Simon Cameron	Sun Oct 28 Trailwalker TBA	
	Sun May 27 End-to-End 7 Cobbler Hill to Tapanappa	Sun June 24 End-to-End 7 Tapanappa to Balquhiddier	Sun Jul 22 End-to-End 7 Balquhiddier to Waitpinga	Sun Aug 26 End-to-End 7 Waitpinga to Tugwell Road	Sun Sept 23 End-to-End 7 Tugwell Road to Inman Valley	Sun Oct 28 End-to-End 7 Inman Valley to James Track	
Key to Walk Programme			Sun Jul 29 Trailstarter Norton Summit Raelene Shaw	Sun Jul 29 Trailwalker TBA - somewhere new! David Carter	Sun Sept 30 Trailstarter TBA Gavin Campbell	 <p>The Friends of the Heysen Trail 10 Pitt Street Adelaide 5000 Phone 08 8212 6299 www.heysentrail.asn.au</p>	
<ul style="list-style-type: none"> Trail Starter walk Trail Walker walk End-to-End walk Other walk event <p>An explanation of walk grades and details for each walk event are published on the website</p>			Sat Jul 21 - Sun Aug 12 Trip Away - Larapinta Trail	Sat Aug 18 to Sun Aug 26 End-to-End Minus 1	Sun Sept 30 Trailwalker TBA - north Robert Alcock		
			Sat Jul 21 - Sun Aug 12 Trip Away - Larapinta Trail	Sat Aug 18 to Sun Aug 26 End-to-End Minus 1	Sat Sept 29 - Mon Oct 1 Extended Trip TBA	<p>This version released 16 Nov 2011</p>	

Walk Cancellations

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

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

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

Bibbulmun – The Northern Half

Or How to walk 470 kilometres and see forest!

Story & Photos by Julian Monfries



Arrows indicate our starting and finishing points

I have come to the conclusion that sometimes, saying something in passing can get you seriously unstuck. All I said to Peter Wynen was “Ever thought of doing the Bibbulmun Track?”

The upshot of that seven word sentence was months of planning, working out itineraries, rest days, food (BackCountry), food drops, airline tickets, bus tickets and all those things you need to do when you want to walk a mere 470 km, in one go, in another state. That’s how I came to be walking the Bibbulmun Track in Western Australia with Peter and Colin Edwards on 2nd May this year.

Colin, I should point out, was a late addition to the team! His wife, Marlene, indicated that his presence would inhibit the completion of a project she had recently embarked upon and thought

a short walk in WA would get him out of her hair. How right she was!

So here we were at Kalamunda, about 30 km east of Perth, about to start 23 days walking. The “Bibb”, as it is locally known, starts 90°, to its final direction (like the Heysen Trail in parts), (see map).

Our first surprise, that in spite of it being May, it is hot. We sweat. We sweat a lot. Luckily day one is quite short, and we arrive at our first shelter quite early. Well, just after lunch really (this was to set the pattern for most days in fact). The shelter is occupied by Rory who had got there even earlier than us, and was delicately fingering

a jar of peanut butter, transferring the load to his mouth with relish.

The shelters on the Bibb are nothing like we see on the Heysen. There are three designs, however they all share the same basic features. They are three sided, all have upper and lower sleeping platforms, all have one or two tables for cooking and eating, most have a fire pit (which can be used for cooking), all have tanks with water guaranteed by the rangers and all have long drop toilet, usually with toilet paper. Most are sited to make the most of available views and are well maintained even though some are now over 15 years old.

We developed a daily routine. Up with the sun, eat breakfast, pack up and out on the Track, usually by about 7.45 am. We’d walk solidly until morning tea, at which time we were usually at the next hut, then after a short break onto our overnight hut. It’s called “double hutting”. This worked well until about day 4 when disaster struck in the form of fluid filled bags, on Peter’s feet-blister. Horrible nasty things at the base of the big toes on both feet. Things did not improve the next day in spite of the fancy anti-blister gear we had. In fact he developed four more, two on each heel, prompting long discussions on our options, until Peter decided he should pull out of the walk.

The following day, (day 6), we met Dean Killmier, Friends Honorary Member, ex-Maintenance Coordinator, who was meeting us with our first food drop, and Peter departed to catch the next plane home (and surprise the hell out of Arrienne, his wife). So then there were two.

Supplies replenished, Colin and I walked on, still surrounded by forest, the theme so far of the Bibb. You walk



Julian, Colin & Peter at the Bibbulmun, Northern Trailhead

The Wandoo prompted a new measurement of distance "the Wandoo" when the Bibbulmun Guide Book mentioned that a certain Wandoo would be reached in 1.3 km. We never did find it, however we then calculated distance to walk in Wandoo (being true km/1.3). What fun we had!

in forest, of kauri, jarrah or Wandoo, with an understory of yakka (though in WA they are still called blackboys) and cycad.

You climb and descend hills in forest, walk along the flat in forest, rarely rewarded with views of any sort, and when they occur, transient affairs. Our hope for fine all-round views on Mount Wells, which boasted a fire tower were dashed when we found the observation platform only just as high as the surrounding forest, impeding our views. So much for Observation Tower, so we headed off for our first real slog, 29 km. Bigger, sore, SORE feet and blisters being the outcome. The next target was Dwellingup, a small logging town that has one pub, one camping ground and lots of forest around it. All the inhabitants wear "high vis" jackets and all seem to rush into the pub around 4-ish and grab



Colin in his Poncho



Views from the shelter at Blackwood

two cans of beer and rush out (well the blokes anyway). It's pretty small and we circumnavigate it in about 30 minutes. As it's our rest day we do a couple of circuits along with washing and various ablutions and that's before lunch!

From then on we rarely double hut, and it is at the next hut, Swamp Oat, we meet the rather odd man John. His main claim to oddity, in our eyes at least, is that he's carrying a full bottle of Benedictine and when he lights up his Jetboil it starts to smell of burning rubber as the insulating cover smoulders. In the middle of the night he wanders off with his sleeping bag, and we find him asleep next morning on one of the tables, outside.

The shelters all have a mix of names, Murray, Dokanelly, Possum Springs and Harris Dam and the guide book rather enigmatically explains the names being near the Murray River, or close to a spring of the same name. Absolutely correct, but totally uninformative!

Our longest day is our first experience of rain, as we decide to double hut into Collie, the major town on the northern Bibbulmun. At lunch it suddenly goes dark and presto rain, heavy, straight down. I vacillate about putting on my rain jacket, Colin has already climbed inside his voluminous poncho. As happens with rain gear, in no time

at all we are drenched, outside with rain and inside with sweat.

Collie, our next rest day is quite a large town, about 2,000 people all up, also dependent on forestry and the local mines. It's rather like Dwellingup, in that most of the men wear the "high vis" jackets and live in the pub. We stay at the "Vic", an almost completely deserted front bar that is filled with screens showing nearly every type of animal racing you could imagine. Blokes run in, place a bet, grab a couple of cans then disappear. Where do they go?

Colin and I have our dinner there. One of the best steak burgers I have ever had, but the pub has no red wine, AT ALL! We wander to the pub next door, to see if they have some red, any RED and it's here we find where all the blokes are. It's skimpy night and one of the barmaids is, well, let's just leave it at SKIMPY, and they have a red.

From Collie, we leave on a dry, frigid morning, frost, crisp but a great walking day. It's then shelters Yabberup, Noggerup, Grimwade and our next town Balingup. Balingup is small. The backpackers is at the back of the local post office and mostly occupied by Korean fruit pickers. It's Sunday and the local pub closes at 4.00 pm so we won't get dinner there.

In fact, on a Sunday it's very hard to get dinner anywhere in Balingup. We finally settle for a pie and chips, but that's another story.

Colin and I are on our final run. The day after Balingup we push past the 400 km mark, the forest gets thicker and the understory forms a tunnel around the track. It's also the day we walk past running water, the Blackwood River and have our steepest climb, about 200 metres, and get to our shelter, Blackwood, that has, wait for it, VIEWS.

It's then back in the tunnel and it's getting damper under foot and it stays like that to our destination Donnelly River. Donnelly River is an old timber town, now deserted with just the general store. The Bunning timber mill is in a state of collapse, however the old timber workers cottages are being hired out as holiday accommodation. It's here we call the taxi to take us out to Bridgetown, the closest bus terminal

and the next day it's Perth and home.

What can you say about the Bibbulmun (well the northern half at least)? There has clearly been a lot, and I mean a LOT, of money spent on the Bibb. The track is well marked and in many places almost looks like it has been constructed with a bobcat! There is very little road walking and not much fire track walking either. Much of the Bibb is single file, through regrowth or native forest. If you like forest, if you like yakkas, then you'll like the Bibb. If you like great shelters, with water and toilets, you'll like the Bibb. If you like to be rewarded for your efforts with views and vistas, then you'll hate the Bibb. There are simply not enough, and when there were, quite transient.

It can be summed up by an encounter we had on the last day. We met some walkers going the other way, north. They wanted to know if we were "through walkers" (doing the

whole Track). When they found we were from SA they asked about the Heysen Trail and what we thought of the Bibb. "Well, there's a lot of forest" we commented. "Don't judge the whole Trail by the northern half!" was their reply.

We'll just have to see about that. I think the Bibb is a great track, but it will never be a GREAT track. □

Declared Conflict of Interest - Julian Monfries has been a member of the Friends for 20 years. He has been variously Chairman of the Walk Committee, President of the Friends, walk leader, inaugural leader of the End to End groups (with David Beaton) so may be biased!



ENCOUNTER BAY

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Enquiries and booking to Prue Harris 0413408136

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

Wirrabara Forest
Phone: 8668 4163

What's What?

A column with info on equipment and walking

Walking with Poles

Walking Poles

Sometimes two legs are not enough for stability on the trail. A hiking or walking pole is the traditional way to give yourself a little more stability. Walking with two poles can provide even more stability and offer additional workout benefits. Walking poles are designed for use on trails and uneven terrain but can also be useful in the urban walking environment.

Walking With One Pole

A single walking stick, pole, or staff can give you stability, especially on loose terrain or in crossing streams. It also can relieve stress on the joints.

Two Walking Poles

Two poles are better than one on the trail. Using a pair of hiking poles or trekking poles gives you balance and can relieve stress off the lower body joints. Two poles give greater stability and a more even walking posture.

How to Walk With Poles

To adjust walking poles for comfort, stand on level ground and grip the pole with your wrist in the wrist strap, then adjust the pole until your hand is slightly lower than your elbow. Walking up hill you can then adjust the poles to be slightly shorter to compensate for the hill. Conversely walking down hill, extending or lengthening the pole enables you to reach lower down beyond your feet, to give greater stability.

Adjustable Height vs. Folding Z Poles

For travelers and bushwalkers, poles that collapse down to carry in your luggage or in your pack on the trail are very handy. Adjustable poles are generally 3 piece and the type of locking mechanism should be robust and easy to tighten. The newer style folding Z poles, are amazingly light, fold down even smaller than the adjustable height poles and come with a small carry bag. They are made of a more lightweight material and are not quite as robust as the adjustable height poles.

Tips at the Pointy End

Most poles have a carbide or tungsten tip for grip on natural trails. Rubber tip covers can be purchased for walking on roads where the noise of the tip would be deafening. For walking in sand, snow, or soft trails, using trekking baskets keep your poles from sinking in.

The Maintenance

If you break a pole section on a set of poles it can usually be replaced. Usually breakage occurs from a fall onto the pole. If the poles have been used in the wet and mud, clean them by fully extending them, cleaning and drying with a clean rag, then airing before storage. This should prevent any damage.

Pole Etiquette

Carrying poles when not being used - even temporarily. It can be very dangerous to carry poles with the tips failing about behind you. You can't see who's being stabbed. Remember to always carry poles with the tips out in front of you, where you can see them.



A Short Cut to Machu Picchu



Enjoy the magnificence of Machu Picchu in the manner of the Incas but without too much stress and strain.

Story and photos by Ann & Neil Nosworthy

The classic Inca trail involves a four day walk covering about 43 kilometres – not far but tough work in an altitude of up to 4,000 metres. But for the time poor traveller concerned about the creature comforts, there is another option – the one day Inca trail to Machu Picchu.

We started our one day Inca trail at Kilometre 104 on the railway from Cuzco to Aguas Caliente, which is the nearest town to Machu Picchu. We were met at the siding by Martin who was our guide for the day - regulations require that all forms of the Inca trail require the use of a professional guide or to trek as part

of an organised group.

Machu Picchu is about only 10 kilometres walk from Kilometre 104 but we took about 7 hours to get there, mostly because there was so much to see. But we also took our time because of the altitude which starts at 2,100 metres at the railway rising to 2,700 metres at the amazing Inca terraces at Wiya Wanya and 2,400 metres at Machu Picchu. While we had acclimatised with a few days in Cuzco, walking at this altitude was hard work. Martin told us that he was carrying an oxygen bottle if we needed a boost. (He also said that it was mostly the young people who

needed the help).

The trail winds up the side of a narrow river valley and is steep in parts. We enjoyed great views of the valley as well as passing a beautiful waterfall. We were most surprised by the number and variety of wildflowers growing by the track. There were lots of orchids of different colours and sizes, bromeliads with brightly coloured foliage, many varieties of begonias, salvias, irises, fuchsias, lupins, wild strawberries and others that we did not know.

We arrived at Intipunku or the Sun Gate, the entrance to Machu Picchu, about the middle of the afternoon.



Ann and Neil at Waterfall Inca trail



Ann and Martin at Winya Wanyah

The classic approach is to be at the Sun Gate at dawn to see the sun rise over Machu Picchu, but despite some mist, we were wowed by the great view of the city. Simply sensational!

We walked down through the ruins and caught the bus to our hotel in Aguas Calientes. The next morning we caught the 8.00 am bus back to Machu Picchu visiting the main sections before the hordes from the train arrived.

Machu Picchu is amazing. The ruins are perched on the top of a steep ridge, high above the river valley, surrounded by rain forest and in a remote, mountainous location. The Incas were great builders, evident from the magnificent condition of buildings which were abandoned about 600 years ago. We rated walking into Machu Picchu as one of the best days on our South American trip which included Antarctica, the Galapagos, Carnival in Rio, the Amazon, Torres

del Paine, Easter Island and Bora Bora. It is something that keen walkers would enjoy.

Finally all walkers know that the best way to finish any walk is to relax in a spa. Such is the case in Aguas Calientes which colloquially means "hot springs" - it is built next to hot springs. Whether walking the classic Inca Trail or a one day Inca Trail, visit the hot pools and enjoy. □



p: **0428 532 071**

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w: www.outbackbynature.com.au

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2012 - CAPE YORK ~ SIMPSON DESERT ~ PILBARA

I'm Rob Higgins, I operate a small group touring business;

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Itineraries & information on the web site

The Fearless Five

Story By Julie Caruso & Photos by Janis Richardson

As the bright rays of the sun lowered over the range, our weary group emerged from the rocky trail and headed for the comfort of the cars, most of us no doubt secretly glad that we were not the designated driver!

Today we had walked 20 km of the famous Heysen Trail in our quest to complete it end to end. The initial spark of enthusiasm to do this walk came from a small group of friends who were walkers and were looking for a challenge. The idea was mooted, maps purchased and trips to the Friends of the Heysen Office organised. Initially a small group of novice women began the walk at Cape Jervis, with little concept of required time or distance to be covered per day. The undulating hills of the Fleurieu, the whales frolicking at sea and the wide range of wildlife on this section of the track, inspired us and a positive ripple engulfed us – we can do this!

As a result basic requirements were upgraded - good walking shoes, suitable clothing to reduce the sun's rays, wet weather pants and jackets, beanies and hats, gloves, good quality socks and a GPS Navigation phone. From a basic core of friends a few more girls were invited along the way and the group expanded. We now had a map reader and guide, designated 4 wheel drive vehicles for access, girls responsible for accommodation, food, our own photographer and up front pacer to keep in view!

So far we have covered over 500 km taking advantage of weekend trips, day trips and five day trips to areas further afield. Along the way we have solved the problems of the world, shared personal milestones within the group such as family weddings, engagements, impending births and day



Lyn, Sue, Cilla and Julie

to day highs and lows! We are fitter, stronger and supremely confident we will complete the journey. We have been lost on a number of occasions, walked extra kilometres, backtracked and found the signs. Frustrated, cranky with each other at times, leg weary, hot from the relentless sun and then drenched from the skies opening up on us. We have walked tracks not normally ventured on, across private property and passed people living a quiet enviable lifestyle.

In the northern Flinders Ranges we were given a satellite phone as our only means of communication in case of an accident. We have dodged the huge orb spider webs strung across paths, waiting to trap a weary victim, encountered the odd snake, and admired large herds of kangaroos and cows grazing on green pastures. The wildflowers and natural vegetation are a delight, and to be out of the office having lunch alongside a running creek is inspirational! Walking

through paddocks marked "Beware of Bull Camel" and "Enter at your own risk" has increased our pace!

We are definitely not bush campers but prefer accommodation that has a shower and good bed every night. Accommodation ranges from stations and private cabins and a chance to feel part of the local community for a few days. Even raising the eyebrows of the locals as they see a group of women emerging from the bush and heading to the "local" for a good meal!

With many kilometres still to cover we are now regretfully looking to the end point and rather reluctantly heading in that direction. What will we do when we finish this? How will we recreate this wonderful experience? But have no fear, we are already mooting various other scenarios. Will it be the Great Ocean Walk, Mount Blanc Walk or The Amalfi Coast? □

Larapinta Trail

...expand your horizons

Join the Friends traversing the West MacDonald Ranges in the Northern Territory along the famous Larapinta Trail in 2012. Situated in the heart of Central Australia, the Larapinta Trail extends over 223 kilometres along the backbone of the ranges.

- Climb Mount Sonder
- Traverse sheltered gorges
- Meander through numerous gaps and chasms
- Swim in crystal clear water holes
- Climb over rugged ranges
- Enjoy stunning views
- Camp out under the stars

This walk is not for the faint-hearted and is for walkers with above average fitness, however we plan to hold training walks to improve fitness levels. It is anticipated that all participants will complete the full Trail.

Dates 21st July 2012 to 12th August 2012

Estimated price - \$2350 Approx. ex-Adelaide with overnight stop at Coober Pedy each way.

Price includes

- 3 quality high energy meals per day plus snacks.
- All coach travel & transfers, tents, air mattress, camping fees or cabins.
- All camp meals & a couple of club meals in Alice.
- Director chairs, trestles & eating utensils.



ALPANA STATION — *Escape the crowds*

Bushwalkers Transport Service

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

Based 5 km from Blinman in the Flinders Ranges, Alpina Station also offers:

- **Self-contained accommodation:** quality shearers quarters for up to 14 people and Nungawurtina Hut bush retreat for up to 6 people.
- **Powered sites** with ensuite bathroom facilities for caravans/campers.
- **Bush camping** areas.

Nungawurtina Hut & Trail

An **easy 2 day walk** alternative for not-so-active walkers...

Stay a night or two in a new replica pine & pug shepherd's hut en-route from Alpina to the Blinman Pools and Angorichina Tourist Village to be picked up and returned to Alpina.

or

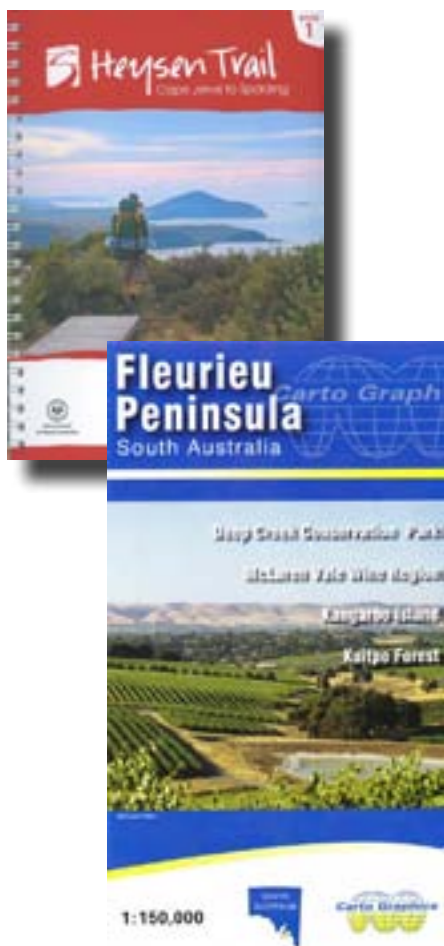
4WD Drive:- Drive yourself or be transported to Nungawurtina Hut and experience a true Flinders retreat in a scenic and serene setting. Suitable for up to 6 people.

Contact Details:

David and Sally Henery
Postal address: PO Box 11, Blinman SA 5730
Phone or fax: 08 8648 4626
Email: alpina2@bigpond.com.au
Website: www.alpina-station.netfirms.com

Bookings Essential

To All Intending End-to-End Sevens



Welcome to all new End to Enders.

To assist you in having the full enjoyment of your new adventure in walking The Heysen Trail we would like to suggest purchasing some “essential items” at a greatly reduced price.

Package 1

Consisting of

1- Golden Boot Card	\$60.00
1- Southern Guide	\$30.00
1- Fleurieu Map	\$10.00
1- Logbook	\$15.00

Package 1 Normal Price \$115.00. Special EE7 Price \$100.00

OR

Package 2

Consisting of

1- Southern Guide	\$30.00
1- Fleurieu Map	\$10.00
1- Logbook	\$15.00

Package 2 Normal Price \$55.00. Special EE7 Price \$45.00

All packages have to be pre paid before start of walk, ie. items can not be purchased on day of walk.

Orders can be taken as follows:

Order by phone with your credit card and collect from walkleader on day of walk.

Order by phone with your credit card and have them sent out for an additional \$10.00.

Order by visiting the Heysen Trail office and collect at the same time.

Order and pay online when making booking your End-to-End 7 walk booking.

The Scarpa Kinesis Lite Boot

The Kinesis Lite Goretex is the next generation of boot bringing a quantum leap in comfort and control. Inside the new Kinesis Lite, several ergonomic performance enhancers have been added including breathable auto fit foam that wraps the ankle and leg for better hold and comfort.

The new Vibram Biometric Sole unit is anatomically designed to increased stability and traction. The new Scarpa Kinesis Lite Goretex Boot is the perfect answer for a lightweight boot with the performance and durability to cope with demanding conditions.



Weight: 1590g (Pair)
Size: Euro 41-48
Price: \$399.95

Also available in the Scarpa Mythos Lite Women's Model with similar specification

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Fax: (08) 8232 3156
TOLL FREE: 1800 039 343

Paddy Fallon

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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

The Heysen Trail now passes the front bar. Warm yourself by the fire or cool down with an icy cold drink and meet the locals after your days walk.

We Offer:

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

DIY Stove Windshield

*By Russell O'Brien
Walk Leader*

For those bushwalkers who enjoy multi-day walks a lightweight cooking stove is a must. Some stoves are packaged with a windshield but for those that aren't, or if a worn out windshield needs replacing, there is an inexpensive, quick and easy way to make one.

An aluminium flashing called Weatherflash is perfect as a windshield material and, being aluminium, it is easy to work. Made by Consolidated Alloys, (See www.cargroup.com.au for a pdf with technical details) Weatherflash is available in a width of 230mm and a thickness of 0.3mm which means that you can cut it with a pair of (old) scissors. I bought Weatherflash in the building section at my local Banner hardware store for a little over \$5 a metre. An alternative aluminium flashing is made by Vespel but the Bunnings store sold it in 10 metre rolls only. However, a group of 10 to 12 people could share the cost making each windshield just \$2 - \$3 each.

To make the windshield you will need to measure the circumference of your (largest) cooking pot then calculate the circumference of the windshield ensuring that you accommodate a 15 to 20 mm air gap around the pot. If you are using gas as the stove fuel and the gap is smaller the gas container may heat up too much. Using the 230 grams gas container as the basis for height dimension, I needed to cut a piece of Weatherflash 620 mm long and trim the height to 200 mm. Approximately 3 – 4 mm on the short edges were turned over to strengthen the edge and to protect hands. The final length of aluminium was then measured into 5 equal parts so that the windshield could be folded for packing in my backpack.

To keep the gas canister from heating



Stove without windshield



Stove with windshield

up a disc of Weatherflash can be cut to a diameter that ensures the container is protected from radiated heat. Cut from the outer edge to the centre of the disc then cut a hole to suit the neck of the gas container.

My windshield and gas container shield weigh 112 grams but reduces fuel usage greatly. A 230 gram gas container will last two people for four days without being too conservative on usage.

There is some useful further information about stoves and windshields on the web at: - http://www.bushwalking.org.au/FAQ/FAQ_StovesTech.htm#Wind. □

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garry@spanishadventures.com

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 8212 6299
 10% discount on all maps and books
 (excluding sale items)

Adelaide Hatters

36 Adelaide Arcade, Adelaide 8224 0131
 10% discount

Annapurna Outdoor Shop

210 Rundle St, Adelaide 8223 4633
 10% discount (excluding sale items)

Aussie Disposals

42 Pulteney St, Adelaide 8224 0388
 Elizabeth City Centre 8287 3008
 Colonnades, Noarlunga 8326 3186
 327 Main North Rd, Enfield 8342 4844
 Up to 10% discount

Columbia Sportswear Company

208 Rundle St, Adelaide 8232 0690
 10% discount off recommended retail price

Mitchell's Adventure

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

Mountain Designs

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

Paddy Pallin

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

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)

Snowy's Outdoors

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

Trims

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

Wattyl Paints Centres

Refer to page 472 of the 2011/12 White Pages for your nearest outlet.

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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 Colin Edwards 8264 1492 (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) 0404 500 809 8261 1692 (H) 0437 375 009
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	0403 313 742
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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