

THE TRAILWALKER

ISSUE 102

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SUMMER 2006



**NEWSLETTER OF THE FRIENDS OF THE HEYSEN
TRAIL AND OTHER WALKING TRAILS INC**

**FRIENDS OF THE HEYSEN TRAIL
AND OTHER WALKING TRAILS INC**

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COUNCIL MEMBERS 2006/2007

Julian Monfries	President
Simon Cameron	Vice President
David Beaton	Secretary
John Wilson	Treasurer
Robert Alcock	
Ray Blight	
Kevin Boyce	
Gavin Campbell	
Chris Halstead	
Norrie Hamilton	
Bob Randall	
Claire Randall	
Cliff Walsh	

COUNCIL COMMITTEE CHAIRMEN

President's	Julian Monfries
Strategy	Cliff Walsh
Finance & Audit	Cliff Walsh
Maintenance	John Wilson
Walking	Simon Cameron
Office	David Beaton
Marketing & Membership	Robert Alcock
Honorary Membership	Bob Randall

FRONT COVER

Hugh at KI – "cleanin' winders"
Photo: Alan Davis

COUNCIL MEETING DATES

Wed 20 Dec, 2006
Wed 17 Jan, 2007
Wed 21 Feb, 2007

OFFICE HOURS & VOLUNTEERS

Monday	10.30 - 2.30
Tuesday	10.30 - 2.30
Wednesday	10.30 - 2.30
Thursday	10.30 - 2.30
Friday	10.30 - 4.30
Saturday - Sunday	Closed

HONORARY MEMBERS

Terry Lavender*
Jim Crinion
Neville Southgate
Doug Leane
Fred Brooks
Sadie Leupold
Thelma Anderson
Kath Palyga
Richard Schmitz
Arthur Smith
Colin Edwards
Hugh Greenhill
Jamie Shephard
Glen Dow
Barry Finn
Dean Killmier
John Wilson

* (deceased)

TRAILWALKER EDITOR

John Wilson, Terri Hawke, Heather Nimmo

MEMBERSHIP SECRETARY

David Beaton

OFFICE COORDINATOR

Jack Marcelis

MAINTENANCE COORDINATOR

Gavin Campbell

BOOKKEEPERS

Gaya Jayawardena, Melody Happylin

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GENERAL INFORMATION

Editorial

Welcome to the Summer 2006 edition of Trailwalker! We hope that you are all going well in your preparations for Christmas. This will be my (Terri's) last time working on Trailwalker as we prepare to move to Sydney in a few weeks. I have enjoyed being a part of the team, and encourage others to join the Editorial team. Thanks to those that I have met in the office and on the trail. You have made my time here especially wonderful. We look forward to perhaps coming back to SA again in the future, hopefully by then Jameison will be able to do his own walking. We have appreciated all the encouragement we have received each time we have taken him walking, he seems to have acquired a few fans!

As summer brings with it much warmer weather, so to it brings the great twilight walking season! A great way to meet new people and experience not only the Heysen trail, but other walking tracks close to the city. So get out there and give it a go!

This edition has several articles on walks overseas (Scotland and Italy, OK, I guess Kangaroo Island counts here too) as well as some walking done here in SA, along with the usual reports and important information that packs this little magazine full of great reading. We hope that you enjoy our efforts and look forward to seeing you on the trail

We've found that articles of 400-500 words and 1200-1500 words work best. And we do want photos (especially headshots of the writer) and maps with captions. We will do our best to print all articles submitted. Readers should be aware that views expressed in contributed articles are those of the authors, and not necessarily those of the Council or editors.

Although a closing date is listed, don't wait until it is too late, we will accept articles at any time.

CLOSING DATE

Closing date for our next issue is **2 Feb, 2007**.

Publication date will be late **Feb, 2007**.

Editorial Team

(And a very special "thank you" to Terri for her editorials and general assistance over the last couple of years, from the rest of the Team.)

Membership Renewals

Have you renewed your membership? Please check the address label on your Trailwalker envelope for your membership due date.

We are providing reminders to members whose membership is about to expire or has recently expired by inserting notices and renewal forms in The Trailwalker.

Please take care when filling in your Renewal Forms, to ensure that our staff have up to date information on your contact numbers and email addresses where relevant.

NOTE that both sides of the forms should be completed.

Would Family Members please include names of both adults and children under 18 years of age on their Renewal Forms, as we are updating our records and need this information to calculate our public liability insurance premium. (Note that members are responsible for their own personal accident insurance.)

Please also notify the Office of any change of address, telephone number or email address.

Membership Cost Information (\$10 surcharge for new members)

Single	\$20.00 per year
Family	\$30.00 per year
Organisations	\$50.00 per year

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

ADVERTISING RATES

Per issue:

1/4 page \$40

1/2 page \$80

Full Page \$120

A flyer - supplied for insertion - \$120

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

President's Report Summer2006

Due to the poor winter rains, the Fire Ban Season was bought forward to mid-October. This effectively closes the Trail, as it precludes all walking on private land that the Trail traverses. We expect our members to respect that commitment to the landowners who allow the Trail to cross their property.

You may still walk on those parts of the Trail that use Forestry SA and National Parks or roads, unless a day of Total Fire Ban is declared.

The Friends' Annual General Meeting will be held on Friday March 16th, 2007 at Enterprise House, 136 Greenhill Road, Unley at 7.30PM. We are delighted to have Duncan Chessell, mountain climber, trekker and adventurer as our Guest Speaker.



2006 has been a bumper year for membership with about 150 new members, many of whom participate in the incredibly successful End 2 End 3 programme. We are delighted to welcome you and urge you become active within the organisation. If you have special skills, perhaps you would share them with us?

Currently, we know very little about the demographics of our members. We do not know the ratio of women to men. We do not know the age spread of our members. We do not know what you do. We do not know if you do anything. We do not know if you have special skills or interests (alluded to above). We do not know what you may like to do for the Friends.

This edition of the TrailWalker will carry an insert which we would like all members to complete and return. It is part of our membership database upgrade to help redress the issues of who you are and help us serve our members better.

This will also be an opportunity to update our information and add details like mobile phone

numbers and email addresses. Please complete the information sheet and send it back.

The opening of the Walking Season will take place on Sunday, April 15th 2007, at Beaumont House, Burnside. This year it is being organised by Walking SA in conjunction with Women in the Bush. The Friends will be one of the groups taking part, with our walks for that day incorporating a luncheon stop-over for the opening ceremony.

Like most organisations, the Friends have a process to recognise members whose efforts for that organisation are exceptional. They are the Honorary Members. It is time once more to consider whether anyone from within our membership fulfils that criterion and to propose them to the Honorary Membership Committee.

Discussions with SeaLink have resulted in an agreement to have suitable signage marking the Southern Trailhead at Cape Jervis. SeaLink have redeveloped their terminal and this has provided an opportunity for the Friends to have appropriate signage placed near the start of the Trail for a photo opportunity.

It will include a map of the Trail, information pertinent to the various parts of the Trail and information about the Friends, safe walking, walkers' responsibilities. Inside the terminal will be further information on the Trail, and the Friends, in a display format. Considerable effort has gone into these negotiations with particular credit to Robert Alcock for his contribution.

At the suggestion and help of Brian Daniels, landowner at Mount Brown, a tank for walkers has been installed on the south side of Mount Brown and incorporates a lean to shelter. It is to be named "Catninga Tank" (after the property). Funds to get the tank installed, with suitable catchment roof, were provided by the Friends from the End to End One Fund. The E2E1 Fund was established after the completion of that walk to help provide facilities for walkers along the Trail.



Kath Palyga

Following a request to the Office of Volunteers a woman came to work for the friends as part-time book-keeper. She stayed 12 years, revitalised the accounts and money management of the Friends, and became an Honorary Member. Her name was Kath Palyga. She became an integral part of the financial management team of the Friends, working quietly behind the scenes, providing our treasurer with great support in the fiscal dealings and in the running of the office.

Kath has decided it is time to retire. We all wish her well in her new endeavours and I am sure you would all join me in thanking Kath for her inestimable contribution to the Friends.

Sue and I would like to wish you all a very Merry Christmas and a Happy New Year.

Julian Monfries
President

Maintenance Committee Report For Summer 2006

2006 has seen steady, if not spectacular progress in Heysen Trail maintenance.

The year started with closures and severe damage to the Trail and its infrastructure due to severe storms and heavy rains late last year. In many areas, bridges have still not yet been rebuilt owing to delays from planning and insurance. In some cases, such as the bridge over Cox's Creek in Engelbrecht Reserve, the bridge will not be rebuilt and the Trail has now been permanently rerouted down Aldgate Terrace. Further damage was caused by bushfires in February, mainly in the Mid North section.

During the year, our 19 Section Leaders and more than 50 supporters have put in over 2000 hours of volunteer labour, mostly for routine maintenance. This includes cutting back undergrowth, replacing markers, repairing stiles and maintaining the huts along the Trail to an acceptable standard. As well as the natural hazards of lightning, fires and floods, and fading of markers due to exposure to sunlight, they have had to contend with animal interference such as knocking over trail markers and an infestation of possums in the Marschall Hut. One larger task

was the construction of a 15m boardwalk off Tugwell Rd near Victor Harbor.

The Committee has held several meetings with officers from the Department for Environment and Heritage, with the aim of developing maintenance plans and budgets for our future work.

Progress on the Heysen Trail Management Plan, Maintenance Manual, and marking standards is slow but we hope will be circulated for public comment in the near future.

The first printing of the Heysen Trail Southern Guidebook has been sold out, and our Committee has assisted DEH by providing and checking data on reroutes and other changes to be incorporated into the next edition, due to become available by the end of the year.

As this is the final Trailwalker for the year, I would like to take the opportunity to thank all Section Leaders and volunteers for your support during 2006.

John Wilson
Chairman, Maintenance Committee

OFFICE NEWS

Office volunteer leaving

It is with regret and many thanks and appreciation that we announce the departure of Keneatha Pick one of our long serving office volunteers. Keneatha was also the person, issuing those most wanted of items, the official End to End certificate. We shall miss your quite smile and your diligence in your duties Keneatha!

Office Volunteers Needed

The Friends of the Heysen office is becoming increasingly busy and with many volunteers going off on leave regularly we need an extra person each weekday from 10.30am to 2.30pm. If you have a reasonable knowledge of the Trail, good interpersonal skills, are happy to answer the phone, occasionally use a computer and talk to potential walkers who come through our front door, then we

would love to hear from you. Volunteers are needed on a regularly, weekly basis. If you think you would like to do this then contact me on, Office Email: heysentrail@heysentrail.asn.au or phone 8212 6299

Private Email: jack @marcelis.com.au
or phone 8336 6694

Office Closure

Please note the Friends office will be closed for our volunteers' annual leave from 15th December2006 till 15th January2007

Jack Marcelis
Office Coordinator

Burra Branch Maintenance Report

During August I checked the Heysen Trail along the Browne Hill Range to assess its condition and decide what is needed of fix up signs and stiles. Later I also checked on the Spalding Channel, which also need some small amount of work on it.

I plan to carry out repairs just before the walking season, depending on rain, that's if we get any! For October rain it was zero, which is not a good out look.

Two sites for shelters with rainwater tank have been selected between Hallet and Spalding and the next stage is being processed now.

Having two sites between Hallet and Spalding will help walkers who wish to walk between the towns and further on as well as the day walkers.

I have attended the Goyder Tourism Committee as a representative of the Burra Branch, which was disbanded during the year and restarted with a new name and representatives. It has changed to the Goyder Tourism Working Party, and provides advice to the Regional Council of Goyder and meets every second month.

Hugh Greenhill
Section 13.

Burra Branch Report

With the advent of a bush fire season starting a month early we still manage to have three walks since August. In August a group walked along the Bluff Range west of Hallet. All who attended the walk enjoyed it as change of scenery and afterwards a BBQ at Linda and Craig Marlow's home. Everyone appreciated all the work done by the hosts. The September walk was from Tothill Gap to Koo-owie Gap road and it was an excellent day, walking with a RAAF F18 doing it's fly by show on a number of occasions.

On the October long weekend a small group drove to Gluepot Station, which is, owned by Birds

Australia. Gluepot is north of Waikerie. The Gluepot name came about as when it rains no one moves anywhere as they stuck till it dries out enough to move again. All had a great time with extra walking activities.

On November 4th the Burra branch is joining up with Friends of Burra Parks end of year BBQ at the Burra Creek Park.

The Burra Branch members wish everyone best for the Festival Season.

Hugh Greenhill

THE WALKING FEDERATION OF SOUTH AUSTRALIA, INC.

Woodcutters Road. Onkaparinga Council has pursued its intention to close Woodcutters Road for “conservation purposes” and to retain it within their ownership. However, there are various categories under the heading of “conservation purposes” including “natural areas” and “cultural significance”, with different uses applicable to different categories. “Natural areas” permit walking access, but “cultural significance” excludes everybody and everything. As we understand the situation at the present time the classification as “natural area” prevails. A conditional objection has been submitted to Council by Walking SA. Our objection is conditional upon walking access being available to enable volunteers to service a Bush Care Site to sensitively and systematically remove the blackberry and broom and other invasive plants to allow natural recovery of the area with indigenous species for the protection of native fauna. A narrow pathway for pedestrians only would also be required. Council has not yet advised a date for discussion of this issue.

Kellys Road. This undeveloped road reserve will be available for walkers within Onkaparinga Council region. Negotiations have recently taken place with Council to provide walking access along Kellys Road, across a stile (not yet installed) on a fence-line and along a track to Lovick Road to connect with a section of the Tom Roberts Horse Trail leading easterly towards Clarendon. The track around the contour to Lovick Road will allow improved walking access in the area. Kellys Road is situated east of Piggott Range Road and continues in a westerly direction towards South Road as Nash Road allowing various walking options to become available.

Pioneer Women’s Trail. Volunteers have installed custom designed markers along the Trail between Verdun and Stirling. Clearance of hawthorn by volunteers from Walking SA and Friends of Parks led by Rob Marshall has paved the way for track benching to be carried out in the Mount Osmond area by Conservation Volunteers organised by Burnside Council. The scheduled date for completion of the project is

by the end of 2006. Thanks are extended to all volunteers who have given their time and support to this project.

Official Opening of the Walking Season, 2007. The date for the Official Opening of the 2007 Walking Season has been arranged for Sunday, 15 April, 2007. It will be jointly hosted by Walking SA and Women in the Bush. The venue will be based at the National Trust property, Beaumont House, situated at Glynburn Road, Burnside, providing an ideal surrounding location for walks, including the Pioneer Women’s Trail.

Wightmans Road, Ashton. An objection to the proposed closure and sale of portion of Wightmans Road, Ashton, adjacent to Marble Hill Road, has been submitted by Walking SA to Adelaide Hills Council. A significant number of walkers use this location and adjacent areas for recreational walking purposes with Wightmans Road providing safe access and some relief from speeding vehicular traffic on nearby roads.

Drivers Road and Udys Road, Piccadilly. Action has been taken by Walking SA to restore access along Drivers Road between Greenhill Road and Piccadilly Road where vegetation debris from an adjoining property has been deposited onto a short walking trail between Greenhill Road and Sprigg Road developed by Walking SA volunteers. In a nearby area pedestrian access to the southern end of Udys Road has been prevented by gates and threatening signs. Adelaide Hills Council is consulting with adjoining landowners to ensure legal access for walkers on these public road reserves.

Federation Trail. - Springton to Murray Bridge. An enthusiastic group of sixteen volunteers attended a working bee on Sunday, 29 October, 2006 to carry out maintenance on several locations of Stage 1 of the Trail, including Mount Beevor and Dry Creek in the Monarto Land. The work included installation of metal stiles and marker posts. Planning is in hand by S.A.R.T.I. to extend the Trail from Springton

towards Keyneton and Truro en route to its eventual destination at Clare.

Phytophthora. Walkers are urged to continue the use of methylated spirits to spray the soles of footwear before walking along tracks and trails through bushland areas. Although the drought has reduced the water-borne potential of this insidious plant disease it remains an ever-present threat to our native vegetation by contaminated dry soil. Information signs and Hygiene Stations have been installed throughout many areas of the walking trails system, both by DEH and local government authorities. The co-operation of the walking community and volunteers is essential in order to minimise damage to the natural environment by the spread of this plant disease.

Battunga Country. A leaflet has been produced by Battunga-Country Tourism

describing details of historic and scenic walks and cycle routes in the southern region of the State. The walks are situated along minor roads and undeveloped road reserves through grazing properties, providing safe alternatives during the summer season when the weather is suitable for walking. Country markets may also be available at townships within the area. An excellent A3 size map is included as part of the brochure.

Draft Recreation Trails Network Strategy, Onkaparinga Council. Walking SA submitted a response to this document, again emphasizing the value to the walking community of the retention in public ownership of undeveloped road reserves to provide safe walking areas.

**Thelma Anderson,
Walking Access Committee**

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 2007 AGM, nominations should be received by the **end of January, 2007.**

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

HEYSEN TRAIL VOLUNTEER MAINTENANCE SECTION LEADERS

HEYSEN TRAIL SECTION	HEYSEN MAP Strip	Book South	SECTION LEADERS NAME AND CONTACT NUMBERS	
1. Cape Jervis to Tapanappa	8	1.1 – 1.3	David Beaton	(H) 8381 7601
2A. Tapanappa to Waitpinga Campground	8	1.3 – 1.5	Ralph Ollerenshaw	(H) 8379 0998
2B. Waitpinga Campground to Back Valley Road	8	1.5 – 2.2	Geoffrey & Pamela Gardner	0417 818 053
3. Back Valley Road to Moon Hill	3	2.2 – 2.3	David Evans	(H) 8558 2854
4. Moon Hill to Hindmarsh Tiers Road	3	2.3 – 2.5	Hermann Schmidt (Wandergruppe Bushwalkers, German Assoc)	(H) 8344 4072
5. Hindmarsh Tiers Road to Blackfellows Creek Road	3	2.5 – 2.7	Adrienne Fortanier Eleanor Martin (Women in the Bush)	(H) 8556 5051 (H) 8341-6024
6. Blackfellows Creek Road to Glen Bold	1	2.7 – 3.2	Richard Webb	(H) 8381 5308
7. Glen Bold to Piccadilly	1	3.2 – 3.4	Thelma Anderson Trevor Lee	(H) 8278 4420 (H) 8398 0516
8. Piccadilly to Norton Summit	2	3.4 – 3.4	Liz O'Shea (WEA Ramblers)	(H) 8352 1636
9. Norton Summit to Cudlee Creek	2	3.5 – 3.7	Graham O'Reilly	(H) 8397 1217
10. Cudlee Creek to Bethany	2, 9	3.7 – 4.4	Doug Leane	(H) 8443 3388
11. Bethany to Peters Hill	9	4.4 – 5.3	Joyce Heinjus	(H) 8525 2054
12. Peters Hill to Logans Gap	10	5.3 – 5.9	Norrie Hamilton	(H) 8332 1982
13. Logans Gap to Spalding	11, 12	5.9 – 6.12	Hugh Greenhill (Burra Branch)	(H) 8843 8115
		North		
14. Spalding to Georgetown	13	1.1 – 1.6	Kevin Liddiard	(H) 8289 4236
15. Georgetown to Mt Remarkable	13, 6	1.6 – 2.11	Mary Cameron Ian Pool Roger Collier (ARPA)	(H) 8165 1025 (H) 8258 3425 (H) 8264 1660
16. Mt Remarkable to Horrocks Pass Rd	7	2.11 – 3.4	Vacant	
17A. Horrocks Pass Rd to Dutchmans Stern		3.4 – 4.1	Ian Hartley	(H) 8641 1435
17B. Dutchmans Stern to Wilpena	5, 14, 15	4.2 – 5.7	Gavin & Marie Campbell	(H) 8296 8613
18. Wilpena to Parachilna	4	5.8 – 6.8	John Henery (Alpana Station)	(H) 8648 4864
MAINTENANCE CO-ORDINATOR (Voluntary)			Gavin Campbell	(H) 8296 8613
Maintenance Committee Chairman			Arthur Smith	(H) 8261 6746
			John Wilson	(H) 8356 9264

If you discover a problem on the Heysen Trail, please contact the Friends Office, Maintenance Co-ordinator or relevant Maintenance Section Leader.

Friends Office numbers: Ph: 8212 6299 Fax: 8212 1930 Email:maintenance@heysentrail.asn.au

Letters

Dear Friends of the Heysen Trail

In 2003 we set various goals and these included walking the whole of the Heysen Trail and also to live and work overseas for a year or two.

October 2006 sees some serious progress made towards these two goals being realized.

We joined E2E2 in 2005 at Kapunda, having already walked Cape Jervis to Kapunda ourselves, and have now reached the Mid North with our last walk finishing just short of Georgetown. It is here that we say goodbye to our dear friends. We say farewell because we leave for Houston Texas to allow John to take up a role with an Adelaide based firm expanding into the US and Canada. The role is for a 2 year period and by this time End2End2 will have completed the trail. On our return we look forward to resuming with whoever is around the Crystal Brook mark.

We are truly grateful for those who make up the E2E2 group – the regulars plus those visitors who come and go and who bring that extra touch. Our appreciation goes to our original leader Simon Cameron, who will always be remembered for his fantastic strawberries and melted chocolate served on the famous silver tray in a creekbed on Mother's Day. Of course his amazing repertoire of songs and his unique singing voice will also live on in the memories of the E2E2 participants!

This year Jerry & Michelle Foster have taken the batten from Simon and we suspect he has a battle to get it back because these two make a great team contributing informative data (thanks Jerry) and tail end funnies (thanks Michelle). They have been exceptionally supportive and encouraging and we will really miss them.

The silver tray has become an important addition to the group and each walk sees it miraculously present us with some wonderful sustenance to keep us energized for the remainder of the day's walk Haighs chocolates, lollies, cakes, snowballs, licorice, slices this list goes on and on. We will really really miss the silver tray!

E2E2 average about 20 walkers each weekend. We have come to know everyone and together they are a special group of considerate, fun loving and interesting people who will be remembered with a smile and will be missed as much as the silver tray!

Thank you everybody for your support, encouragement and friendship. We will keep in touch and would love to hear from you as well (johnl@edn.com.au)

Yours in walking



John & Julie Loftus - End to End 2

Scrunchie-Coated in Chocolate

Recipe

1 Cup Dried Apricots.
½ Cup Raisins.
½ Cup Sultanas.
1 Cup. Dates.
½ Cup Pistachio Nuts.
½ Cup Brazil Nuts.
1 Cup Almonds.
1 Cup Hazel Nuts.
2 Tablespoons Honey.
1 Tablespoons Molasses.

Method

Mince Dried Fruit-Grind Nuts
Mix together in bowl-Add Honey & Molasses and mix all together.
Fill Ice Moulds with mixture. 40mm by 30mm by 25mm deep.
Tap out onto greaseproof paper.
Melt around 75% of a 250 Gram bar of Cadburys 75% Cocoa chocolate and spoon onto bars.

As Sampled By End to End 2, 9th September 2006

David Curtiss

Member of Friends of the Heysen Trail.



VIVONNE BAY OUTDOOR EDUCATION CENTRE

Kangaroo Island's, Vivonne Bay Outdoor Education Centre was established in 1975 for the specific purpose of providing schools, colleges, universities, and environmental management groups with a natural environment and wildlife reserve experience. The property is 206 hectares in size with a one kilometre beach frontage to magnificent Vivonne Bay. The Centre is backed by dense, pristine, protected native vegetation and wildlife reserve where kangaroos, echidna and koalas wander freely.

In partnership with The Centre for Recreation, Sport and Tourism of TAFE SA, the Vivonne Bay Outdoor Education Centre, Kangaroo Island, presents the Vivonne Bay Summer Adventure programs. Featuring a comprehensive range of outdoor educational and wildlife experiences, the programs will be conducted by qualified outdoor activity experts from the Regency Campus of TAFE SA in accordance with the Adventure Activities Standards.

4 DAY / 3 NIGHT PROGRAM

After an early morning departure from Adelaide you will start your program with a welcome lunch at Vivonne Bay Outdoor Education Centre.

After lunch you will have an introduction to the different options and over the next 2 days you will further develop these skills culminating in a full day spent in one of the amazing Island locations putting your new skills to the test.

Also included is a Flinders Chase National Park tour with a dusk dinner in this unique setting.

5 DAY / 4 NIGHT PROGRAM

After an early morning departure from Adelaide you will start your program with a welcome lunch at Vivonne Bay Outdoor Education Centre.

After lunch you will have an introduction to the different options and over the next 3 days you will further develop these skills culminating in a full day spent in one of the amazing Island locations putting your new skills to the test.

Also included is a Flinders Chase National Park tour with a dusk dinner in this unique setting. There will also be a full day tour visiting a series of stunning locations including National Parks, Seal Bay and some local cottage industries.



For all enquiries call 08 8202 8612 (within Australia)

Outside of Australia call +618 8202 8612

Fax: +618 8202 8666

Email: vboec@sealink.com.au

www.outdoored.com.au

Gemini Downs, Wombats and Dr Who



As part of our quest to walk to Mount Gambier along the coast, my wife Marie and I ventured again to Gemini Downs Station on the October long weekend. We wanted to walk the Nukan Kungun Trail from

Salt Creek to 42 mile Crossing and suss-out further walks from that point into Kingston. That weekend happened to be the Kingston Show weekend and we were going to incorporate that, as well as a look around Robe to see where the film *Caterpillar Wish* was made.

We arrived at Gemini Downs and our accommodation at about 11am on the Saturday, and after lunch we set off for Chinaman's Well to walk from there to 42 Mile Crossing, and back. Chinamen's Well, an interesting place with historical signposts, was a Chinese settlement in the late 1800s. The Chinese had a market garden and sold food to travellers along the track, which was a major route from Adelaide to Victoria. The walk was delightful in the middle to late afternoon.

That night while watching *Dr Who*, I contemplated that these little expeditions of ours were similar to the adventures of the Doctor. Marie is Doctor Who and I am his companion, the idiot who gets us into all sorts of sticky situations. Marie, the steadying voice of reason, makes sure we don't get lost, snake bitten or encounter any other catastrophic events.

On Sunday I was up before dawn and, for something to do, I walked over some small hills to the shores of the Coorong. As always, dawn on the Coorong was magnificent. A strong, cold wind was blowing from the north. There were quite a few birds to be seen but as I had not brought my "Pockynocs", I soon returned to the cabin and breakfast.

At about 9am we began our visit to Robe and Kingston which included driving along the Old

Princes Highway to Kingston. This looks like the best route for a future walk, although it could be a little tedious as long road walks usually are. Hopefully there is a track nearby through the scrub. We interrupted our journey with a visit to the Granites, a group of granite boulders on the beach, and visualized walking into Kingston along the beach from this point.

On the way to Robe we stopped at the Wangolina Station winery at Mt Benson because Jan Good, one of the wader counters of my previous visit to Gemini Downs, happens to be the mother of the winemaker, and one of the owners of the station. We had a long talk about my vision of connecting all the Parks up along this coast with a walking track, which could become an extension of the Heysen or Federation Trail. For those who are interested, Wangolina Station make some pretty good wine, especially the Sauvignon Blanc which is exceptionally good.

Robe is a pretty town and we found most of the locations of the film "Caterpillar Wish". There are lots of tourist shops along the main drag, which makes it a bit like the old Noosa or the pre-Skase Port Douglas, if not a little colder. After Robe we went to the Kingston Show which was mainly an equestrian event with surprisingly little about the local district and its residents and their talents.

On Monday morning – now calm and clear – I again went for a dawn walk to the shores of the Coorong, and disturbed a colony of swans camped in the bay. They are a magnificent sight when they fly, with those white wing tips on an otherwise black body and wings. There were also some banded stilts, shell ducks and plovers going about their business of finding breakfast. After *our* breakfast we headed off for our day's walk: from a point near Salt Creek along the Nukan Kungun trail to Loop Road, along Loop Road to the track, through the scrub, for Tea Tree Crossing, and back to Salt Creek along the shores of the Coorong. The Nukan Kungun trail is magnificent and a "must do" for walkers. We walked past lots of wombat holes and we soon came to realize that Malachi Martin would have

had little trouble in burying Jane MacManamin in one of them - with the help of a little extra excavation.

Malachi Martin could very possibly have been SA's first mass murderer, for several people died mysteriously in his vicinity, including his mother. He raped, robbed and murdered Jane, his servant girl, at Salt Creek while he was inn-keeper, and then buried her in a wombat hole. He was found guilty and was hanged on Christmas Eve 1862. Before his inn-keeping days at Salt Creek, he drove the mail coach from Encounter Bay to Kingston, which was part of a main route between Adelaide and the Victorian goldfields. He may have robbed and murdered lots of lonely travelers. Martin's Wash Pool Conservation Park is named after the pool in which he washed the blood from himself after murdering the previous inn-keeper and the previous husband of his wife. (We did wonder if Malachi spared a thought for the wombat he possibly trapped in his hole while he was burying Jane.)

The walk is extremely beautiful as it winds its way past several salt lakes, low dried-up marshes, and over low sand hills. At one point there is a formed well or water soak with an open side to allow the horses in to drink. The perfumes from the wildflowers are at times breathtaking. Occasionally we saw a kangaroo or emu scurrying through the bush but, alas, no wombats or mallee fowl nests, which we had been told to expect. The trail is quite well marked although it would be helpful if there were more sign posts. Quite often the only guide to staying on the trail are branches of trees laid on the ground at the edge of the trail.

From our experience at Chinaman's Well and observation as to the width of this track, we assumed it would have been the main route from Wellington to Maria Creek in the early days of the colony of South Australia. If so it was possibly the route of my Great Grandfather and his family as they headed to the goldfields, for his diary mentions passing through Wellington, McGrath Flat, Salt Creek and Maria Creek. We were then the second party of our family to go along this track, all be it, 150 years later. This made us think of Dr Who again, for to us, this walk was a time travel exercise as we envisioned

them with their wagons travelling this path. We also thought they were lucky to be such a large party for they travelled in Malachi's time. Our family history could have been different had my Great Grandfather travelled alone.

We walked this path for about 12kms before reaching Loop Road. A tedious 4km of Loop Road took us to the Tea Tree crossing track and then on to the shores of the Coorong. The walk along the shores of the Coorong more than compensates for this. In our opinion it is one of the most stunningly beautiful walks in SA. You look down the Coorong until it disappears into the horizon. There are sand hills to the extreme left, then the Coorong with its associated bird life, the shore which is about 100 metres wide, then the scrub and vegetation of the sand hills and beyond. Everywhere else is a clear blue sky with the occasional fluffy white cloud. The froth at the water's edge looks like pure white sand hills in the distance; this phenomenon is perhaps caused by the effect of heat inversions and mirages. There were also shell ducks standing in the water some kilometres away, looking like cars crossing the Coorong t. Along the shore there are lines of dead Briny Shrimps, deposited by high tide, and an occasional fresh water soak surrounded and covered by thousands of tiny flies, presumably getting a drink.

The bird life was not overwhelming but there were some banded stilts, shell ducks and hundreds of red-necked stints feeding on the water's edge. This



Banded Stilt. Photo: Paul Hackett



Avocet. Photo: Neil Fifer

walk was a lot cooler than our previous day's walk with a strong sea breeze

blowing. One thing of interest was a dead kangaroo lying on the shore. Why he would have died on this exposed place rather than in the scrub some 20-30 metres away? The water level was higher than the last time we walked along here, which would please Coorong's friend, Pam. One of

her annoyances is the South Lagoon's gradual drying up.

They have recently engineered the Salt Creek to flow again and this may be the reason for the higher water level, which prevented us from walking along the Coorong's shore to Salt Creek, forcing us onto the Loop Road for our final 2km walk back to the car.

Thus ended one of the great day walks and one that should be included in the next *Push the Bush*, a Friends of the Heysen Trail publication

ps

I have been told there are stromatolites in this southern section of the Coorong. This is feasible because of the high salinity of the water in some of the lakes. Now that really is time travel, right back to the beginning of life on Earth, if not the Universe.

pps

The Dr Who episode was the one where the potentially apocalyptic, cataclysmic and catastrophic, also possibly intergalactic, meeting took place between the Daleks and the Cybermen.

Gavin Campbell



NOTE: Mountain Designs new phone number is 8232 1351, FAX 8232 3491

Walking Committee Report

The extended firebans have curtailed some of our walk plans but walk program is continuing. The latest updates are available on the FOHT website.

Overall the season has been wonderful with more walkers than ever before, mainly due to the interest displayed in End to End walks. That has meant new faces and new interests, which has been a great stimulus to the walk program. However it would not have been possible without the dedicated walk leaders who have volunteered for each walk. The End to End 3 walks have required 8-10 leaders every month and the Walk Committee has acknowledged the efforts of all the leaders by inviting them to the volunteers BBQ at Enterprise House.

Walk Leaders Wanted

A timely reminder that walk leaders are wanted for next year. If you love walking, becoming a walk leader is the logical progression, allowing you pass on the passion. The FOHT offer written guidelines and support for all walk leaders. If you want to take it further and become a certificated Day walk leader then we also offer subsidised training courses.

If you are interested please contact the office or myself.

Twilight Walks

The Twilight walk season is a social gathering on Wednesday evening for a 2 hour walk followed by a meal/drinks/coffee. The program offers a variety of walks and can be viewed elsewhere in the Trailwalker or on the Website.

Upcoming

Next Seasons walk program will appear in the Autumn Trailwalker. At present End to End 2 is scheduled for the 2nd weekend of the month and End to End 3 for the 4th Sunday. However the first End to End walk will probably run on the 29th April pending fire ban season.

2007:

March 30/31, April 1 Coorong weekend
October LWE Spear Creek, Southern Flinders
November One week on the Great Ocean Rd Walk
See you on the trail

**Simon Cameron,
Chairman Walking Committee**

Coorong Discovery Weekend

Gemini Downs
Near Salt Creek
2 Nights Shared Accommodation
Friday night 30th March – Sunday 1st April
All Meals provided
Members \$100
Non-members \$130

www.bushwalkingtours.com.au

*last remaining
spaces in 2007*

Gluepot SA (*birding tour*)
6 days ex Adelaide
Thursday 19 April to Tuesday 24 April 07

Pilbara WA
23 days ex Adelaide
Thursday 31 May to Friday 22 June 07

Gawler Ranges SA
9 days ex Adelaide
Wednesday 7 November to Thursday 15 November 07

Phone for details on
08 8369 1779

 **EXPLORANGES**
BUSHWALKING TOURS

 South Australian Tourism Awards
BRONZE
2006

TWILIGHT WALKING PROGRAM ~ 2006 ~ 2007

*Summer Season Walks are a 1½ to 2 hour walk every Wednesday evenings from 6.00pm,
-followed by a light meal (if you wish).*

To book phone the Friends Office on **8212 6299**

NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
1 Parklands	6 Belair/Eden Hills	3 Belair	7 Chambers Gully	7 Cobblers Creek
Simon Cameron	Simon Cameron	Ray Blight	David Beaton	Bob Randall
8 West Lakes	13 Anstey Hill	10 Eagle on the Hill	14 Cleland	14 Burnside
Julian Monfries	Robert Alcock	Chris Caspar	Ray Blight	Arienne Wynen
15 Waite	20 No walk	17 Henley/Glenelg	21 Botanic Gardens/ Nth Adelaide	21 Shepherds Hill
Jennifer Dow		Lyn Wood	Simon Cameron	Rhonda Dempster
22 Dry Creek	27 No walk	24 Blackwood/ Coromandel Valley	28 Marino	28 Brownhill Creek
George Adams		David Beaton	Gavin Campbell	Richard Milosh
29 No walk		31 Sleeps Hill		
		Rhonda Dempster		

Taralee Orchards

Self contained accommodation
in the Wirrabara Forest,
Southern Flinders Ranges.

Adjacent to the Heysen Trail.
Close to the Mawson Trail.



Accommodates up to 8 people

Contact: Paul & Denise Kretschmer
Ph: **08 8668 4343**
Email: info@taralee.com.au
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Accommodation ~ Laura

*Talyala Hills Farmstay at
Laura in the beautiful
Southern Flinders Ranges*



*from \$80 Mon - Thurs,
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good facilities - sleeps plenty

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" a little bit of Australia all to yourself "

Walk Description

TrailStarter

The aim of these walks is to introduce people to bushwalking, for those who are not regular walkers and those who have not walked in a group previously or who want a shorter walk. TrailStarter walks are usually close to Adelaide, have a walk time of about 3-4 hours and will generally be not too physically demanding. Anyone undertaking these walks may have only a modest degree of physical fitness.

TrailWalker

These walks are reasonably demanding and for walkers who have walked regularly in various terrain. They have a walking time of about 5-6 hours and will require a high degree of physical fitness.

TrailRambler

These walks are for specialist events like bird watching and historical walks; and would by their nature be relatively short and informative. These walks are available to all levels of walkers.

WHAT TO BRING

TrailStarter

Basic First Aid and Emergency Kit. This should contain your personal medication such as Ventolin, etc, sunscreen, headache tablets, Band-Aids, and torch.

Lunch and snacks (include some for emergency).

Plastic bag for rubbish.

Water in a secure container; minimum one litre, and two litres if the temperature will be over 20° C.

Gear should be carried in a day pack; one with a supporting waist belt is recommended.

TrailWalker

All of the above and –

Whistle

Roller and triangular bandages

WHAT TO WEAR?

TrailStarter

Good walking boots or shoes, with good gripping soles. Thongs, sandals, elastic sided boots and smooth-soled sneakers are not appropriate.

Wet weather gear – ¾ length waterproof rain jacket.

(Showerproof spray jackets and quilted parkas are not waterproof and create a danger of hypothermia).

Warm jumper or jacket of wool or polyester fleece.

(Cotton shirts and windcheaters have minimal insulation when wet and retain water.)

Shorts or loose comfortable wool or synthetic pants.

(Jeans are not suitable as they are cold when wet and dry slowly.)

Warm hat. (shade hat in warmer weather)

Thick socks

TrailWalker

Suitable sturdy walking footwear with good gripping soles, **or as specified by Walk Leader**

Recommended optional extras: thermal top and long johns, waterproof overtrousers.

WALK CLOTHING

Your safety and the safety of the walking group can be jeopardised by not having the correct clothing.

In an emergency situation it can take hours to evacuate the sick or injured walker. Prime considerations are warmth and weather protection.

Note: Leaders may not accept people for a walk who have not come safely equipped.

DON'T LET IT BE YOU!

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 Trailwalker, and urge them to become involved in the voluntary, walking and social aspects of the Association.

Katrin Aichinger
Doug Balnaves
Graham Band
Helen Band
Valerie Brooks
Tony Colhoun

Carolyn Collins
Helen Corr
Rudy Farrugia
Leonie Feutill
Trevor Gaunt
Ben Hilditch

Catherine Kelly
Gregory Kelly
Sue Nathan
Geoff Pike
Irene Smith
Mick Strawbridge

Samuel Wagner
Grant Wasley
Graham Webster
Kirstie Wicks
Denise Winter
Philip Winter

Calling all Heysen Trail Walkers

Have you completed the entire trail from Cape Jervis to Parachilna?

The Council of the Friends of the Heysen Trail in response from requests from our members and members of other walking groups has established a Register and developed a suitable badge (displayed opposite) and a certificate.

These will be presented to anyone who has covered the entire Heysen Trail.

Ideally people wishing to Register should be supported by their club, but the Friends will not exclude anyone who has covered the Trail independently. (This also includes runners).

Enquiries and application forms available from the Friends office.



The following persons were also registered and issued with "End-to End" certificates between 31 January and 30 April 2006. Members of the Friends are denoted by *.

Hertha Aufreiter*
Craig Darrell
Maureen Gohra
Ian Lambert
Margaret Ronayne

Walking In SA Forests

Forestry SA Rangers have asked us to inform all walkers and clubs that they would like prior notification of all planned walks in forest areas, giving the approximate number of participants and details of the walk route. This applies to all walks throughout the year.

This is a safety issue due to logging, burning and other forest activities which may take place at any time.

We have been advised by the Mt Crawford Ranger that the 'alternative route' section of the Heysen Trail from Rocky Paddock Campground to the Mt. Crawford Information Centre and Centennial Drive Campground will be closed until further notice due to forest operations. This is currently the only reroute in Mt. Crawford Forest.

Contacts:

Mt Crawford Forest
Phone: (08) 8524 6004

Kuitpo Forest
(08) 8391 8800

Or write to:

The Forest Ranger
Mt Crawford Forest
Private Bag
Williamstown SA 5351

The Forest Ranger
Kuitpo Forest
Private Mail Bag 2
Meadows SA 5201

FOR SALE

Men's bushwalking boots:

Scarpa Hi Trail Gore-Tex as new

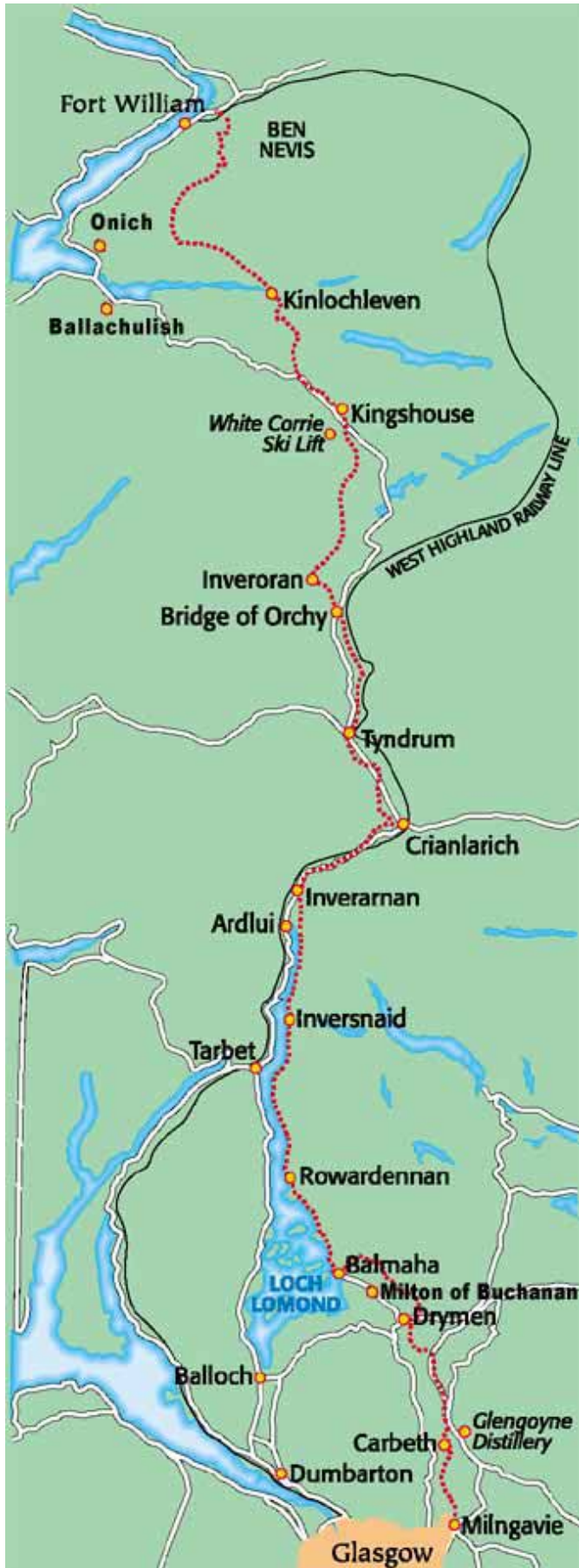
(worn six hours attempting to break them in before deciding to go up a size)

Size EUR 42

Cost \$279.00 – Sell \$100.00

Phone Glenn Hart, 8333 0458 (Magill)

WALKING THE WEST HIGHLAND WAY.



The West Highland Way (WHW) is one of Britain's most popular long-distance walks. It extends from the northern suburbs of Glasgow at Milngavie (Mulguy) to Fort William, where it links with the Great Glen Way. The WHW is about 154 km; we walked it in 8 days from 13th May to 20th May, which seems about right. We used a baggage forwarding and accommodation booking service, which worked perfectly. There are several of these services available from Australia e.g. Sherpa and others available from the UK.

The WHW leaves the Glasgow suburbs along a pleasant linear park, passing through woodland, past several small lakes and along a 'dismantled railway' through the valley of Blane Water. The countryside is mainly well-groomed farmland. The dominant feature is the looming Campsie Fells to the east. The village of Drymen (Drimmen) the first overnight stop(19km) has a not-to-be-missed lookout with magnificent evening views west over Loch Lomond.

The next stage from Drymen(23km) passes through the extensive(pine) Garadhband Forest, partially felled, and some low rolling hills, approaching the first significant climb, that of Conic Hill. This is surprisingly long and steep, but rewards with the first close view of the bonny banks of Loch Lomond. A steep descent brought us to Balmaha on loch side, where it commenced to rain. The traverse of the east bank of the loch was wet and muddy, with slippery rocks and tangled roots on the path. Views of the loch are limited by the trees. Not so bonny after all. We had an excellent farmhouse B+B and a rollicking sing-along type evening at the Rowandenan Hotel

From Rowandenan to Inverarnan(23km) the WHW more or less follows loch side; as before it was wet slippery etc etc and it rained a lot; we were glad to join hundreds? of other steaming walkers in the Inversnaid Hotel for lunch. From time to time in the afternoon pleasing views of the west loch side were visible, but mostly views were screened by trees. Wherever the loch side was car-accessible large quantities of litter were deposited. Nice. The night was spent in comfortable (dry!) cabins at Inverarnan farm stay. Many walkers had budget accommodation,

wet tents in wetter fields. We ate at the historic smoke-blackened Drovers Inn across the Falloch River.

Things looked up considerably the next day (11km), pressing dryly up the Falloch to its headwaters along a narrow but open valley; the river had many beautiful small cascades. The WHW shares the valley with the historic West Highland Railway and a quiet road. The night's accommodation at Crainlarich was a short distance off the Way, descending through mixed forest to the railway hamlet.

The true beauties of the Highland became apparent from then on. Passing through the River Fillan valley, (boasting two railway lines) we visited the remains of the 12th century St Fillans Chapel and reached Tyndrum, an historic lead mining town. From there the WHW squeezes up a narrow valley, flanked by slopes rising exponentially, to Munros (mountains higher than 3000 ft or 914m) on the eastern side; the most impressive is Beinn Dorain (.1074m). For railway fans a feature is the great Horseshoe Bend in the West Highland Line, at Auch Glean on the east valley flank. Several trains pass each day; the driver toots and the passengers wave. This is majestic country, seen with just a touch of mist and cloud, shared only with a scattering of walkers. The overnight stop was at the isolated Bridge of Orchy Hotel (22km); that's about all there is there. It was a great place to stay..

From bridge of Orchy the WHW crosses and then leaves the Orchy River, crosses the network of streams which drain into Loch Tulla, skirts the loch, and traverses the west margin of Rannoch Moor. This is a hummocky array

of small lochs and mires with isolated small hills; classic glacial topography. The moor, crossed by the military road, is atmospheric; windswept, misty, lonely. A clutch of Munros looms to the west. The end of Rannoch Moor is the isolated Kingshouse Hotel (19km) at the mouth of Glen Coe. Stob Dearg (1022m) and her associates dwarf the puny cars and trucks busily passing at her feet. The clouds and mist lifted for us to give magnificent views of the mountains. As for the Bridge of Orchy, the isolation of the Kingshead hotel gives it a special ambience.

From Kingshead the Way crosses a coll at 550m, the highest point, via the many zig-zags of the Devil's Staircase, constructed as a military road in 1750. One can almost hear the curses of the English soldiers as they toiled up under their heavy packs. A steep descent takes us to the head of the penstocks for the Kinlochleven Power station, which originally supplied an aluminum smelter at the loch side. This was constructed in this very remote area in 1898 essentially with hand labor i.e. 'navvies' Lord Kelvin was the consulting electrical engineer; it was a mega-project for its time. Kinlochleven (14km), the overnight halt, has an odd feel about it; the old smelter has been converted into a climbing wall and an ice room where explorers are acclimatized (really)



Nick Langsford, Heather Nimmo, Janet and Kevin Scott

The last stage of the Way climbs out of Kinlochleven via a narrow valley pass at 300m, with steep peaks of 800m to 1100m on each side. The military road follows the valley of Altt na Lairige Moine through pine forest, climbs to the foot of Storr Chalumn, and into Glen Nevis. For us the weather was clear and we could see the line of anoraks toiling to the top of Ben Nevis. Overall there are some spectacular views but much is obscured by pines. Slowly descending the west side of Glen Nevis, the way finally turns west into the suburbs of Fort William (23km).

The WHW is only moderately strenuous (easier than Mt Arden). It seems to be more a 'team sport' than other long distance walks with numerous challenge and charity walkers; there was a high dropout rate amongst these due to lack of any fitness, and blisters. Traversing Loch Lomond was not all that pleasant due to slippery muddy rocky and rooty paths. Trees block views for most of the time. Where ever the lochside is accessible by car there is an abundance of litter. From the north of the loch the trails are mud free, well graded and views untrammelled. Between Tyndrum and the Devils Staircase the


views are majestic. We had pretty good weather in this part with just enough cloud, mist and rain to be 'Highland atmospheric' Rannoch Moor is a place of wide open space so rare in Britain. I liked the presence of the West highland Line with its tooting trains and waving passengers.

The Great Glen Way, 6 days relatively easy walking from Fort William along the Caledonian Canal, Loch Ness and Loch Lochy to Inverness, would be an attractive follow-up to the WHW After a rest day of course. Also recommended is the West Highland Railway, one of Britain's finest. This can be used to return from Fort William to Glasgow; but don't forget to ride the section to Malaig first. (go to Skye while you are at it)

If the weather is decent as it was for us, the WHW is excellent and recommended; in poor weather or high midgie concentrations, it could be a stinker. Accommodation in isolated hotels and friendly B+B's was a highlight. Overall 3.5 stars.

Nicholas Langsford

Suppliers of Equipment for:



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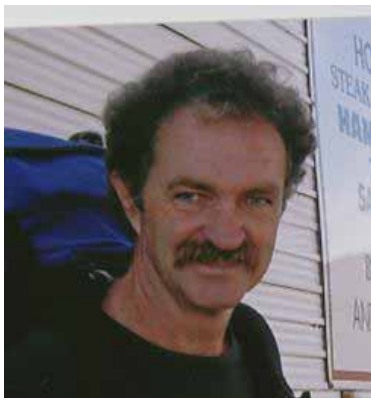
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E: soc@scoutnet.net.au

Friends of the Heysen Trail
members receive
10% Discount
Excludes Sale Items, Canoes, GPS and EPIRBs

Red dust, red wine, balderdash and bull*** *

(Or... we were here for a good time not a long time)

Report of a "Friends" long weekend on K.I. September 29th to October 2nd 2006



Crikey!

Who would have guessed what fun lay ahead when 15 "Friends" set off for Kangaroo Island on the October long weekend . Our

disparate group gathered in dribs and drabs at the Darlington Ezy-rent bus depot late Friday afternoon, introductions were made and with trip organisers Hugh and Kate completing our complement, we made a start about 5.30 p.m. Now, anyone who has heard of Hugh knows the guy is a legend in the "Friends", a long time active member, and very experienced bushwalker, so when we set off in a northerly direction along Marion Road there were few aboard who might have suggested that surely Cape Jarvis lay to the south. However a quick bushbash up Sturt Road and we were soon winging our way down the Southern Expressway. On this first trip small cliques, that lasted for the 3 days, began to occur aboard the bus. At the front the men chatted together in quiet, intelligent conversation that often included Robin, behind them the cultured accents of Marguerite, Chris and Manuela were to be heard, next there was Jan thrilling us with tales from the Bibbulum, and to the rear, constant raucous natter from Dottie, Jill, Nick and Jeff.

Connecting with the 8 pm ferry from Jarvis, we were soon speeding through the K.I. night to our destination to the S'west. With obvious nocturnal bush skill, Hugh, an hour or so later, steered the bus through the gates of the Karrata Earth Education Centre, our home for the next three days, (though only a cynic would suggest that if you drive past a place 3 times you would have to find it eventually.) Now, every experienced bushwalker knows the importance of the need to

hydrate before a long day's walk and this is one group who knew their craft. Within minutes of arriving, dorm beds having been claimed, various fluids, coloured red, white and amber appeared from rucksacks, daypacks and overnight bags. This naturally ensured a lively first night.

Early risers next morning were greeted with the prospect of a perfect day (though the general consensus of opinion was the night had been too cold!) Some dissent was voiced from the East dorm (girls) about snorers amongst their ranks but the men reported "all quiet on the Western dorm." Our first day's walk was a lovely stroll from the Kelly Caves down to the coast at Hanson Bay. As happened on the bus, patterns occurred this first morning that persisted for the whole weekend. Generally a small group (the Sherpas) lead the way at a cracking pace, Dottie, Jill, Jan and Nick to the fore. Behind them the others were strung out, usually with the men bringing up the rear. It also became quickly apparent that the botanists in our group were all females. And native orchids were their speciality. So whilst Wendy, Kate and Robin excitedly claimed discovery after discovery of these miniature marvels, the more polite of the men, like Peter and Brent, feigned a "genuine" interest at their finds, whilst others, more chauvinist, disguised their ignorance by suggesting this was more a girlie type thing.

Hanson Bay is, without doubt, a small slice of Paradise with lovely pure white beaches, turquoise water and classic right breaking surf. Thus there was no dissent when lunch was proposed. Fortunately for the men it was a little too cold for the ladies to swim. Our return to the bus via Grassdale Cottage entailed little backtracking as Hugh had organised a car/bus shuttle with K.I friends. Hugh suggested a short trip to Vivonne Bay to refuel the bus. One can't begin to explain the joy the group expressed when, next to the words "General Store", the addenda "and Bottle Shop" appeared . This is

one party of bushwalkers who could appreciate those words written eight decades ago, in the hut book at Lake Howden, by a weary hiker.

Oh, water
Daughter
of Neptune,
Once the very Gods themselves,
Without
Doubt,
Drank you –
But here
Beer
Hangs in dozens cooling on the shelves,
So
No
H2O,
Thank you

This ensured an even livelier second night. Now every bushwalker knows that their pastime is the most egalitarian of pursuits. The bush recognises only those who enter, not their sex (“*gender*” says *ed.*) But strange customs persist and on this Saturday night the almost ancient ritual was to be played out once again, men cooking the BBQ outside and the women inside preparing the salads. The old bush saying “today’s food is tomorrow’s energy” was not lost on this mob as everyone replenished with relish (a good meal being greeted with loud bursts of silence.)

Dawn arrived with somewhat gloomy skies as predicted by the forecasters and Gore-tex was seen being added to hiking packs. (General view was the night had been too warm!) But the early threat of rain disappeared as another perfect day gradually arrived. One cynic in the ranks observed that weather forecasting was the only occupation where you could be

wrong 90% of the time and still get paid. The ranks swelled by one this morning as Hugh made a short deviation to pick up Lisa (oh! thee of the cutest little accent) a “Friend” holidaying on K.I., and her obvious intelligence and bushwalking background made her a welcome addition to our group (and her quick wit much too sharp for this scribe).

Today’s walk was along the Ravine des Casoars following the true right of a creek, down to a remote bay fringed by cliffs, dotted with caves. The appearance of goannas coming out to sunbake on the track kept the phrase “Crikey” constantly on Jeff’s lips and the usual precise route planning by Hugh once again ensured little backtracking. The afternoon was filled in by a visit to Cape Borda Lighthouse.

Our final night proved to be the liveliest, indeed, as the process of rehydration proceeded with a flourish. There were a number of highlights this evening which included all six men sticking their heads in the gas oven at the same time trying to get the damn thing to light, Manuela singing the “Brindisi” (the drinking song from Verdi’s opera *La Traviata*), Brent turning the water off as Alan showered, a lively round of the board game “Balderdash”, whose rules proved far too complex for minds skilled in bush navigation to



comprehend, and Chris, whilst attempting to climb onto her top bunk, proceeding to abseil down the far side without a rope.

On the last morning all reported a good night's sleep (as the temperature had been just right!) All hands on deck (the hiker's creed) as the camp was cleaned and tidied, and an hour ahead of schedule, we headed off on the day's activities. A slow stroll following Rocky River, beginning and ending at the brilliant new park headquarters, filled out the morning. With the group splitting into three or four smaller parties, there were a number of different sightings to be collated around the lunch table: platypus, koala, echidna and a six foot snake (or was that seven?) Brent set off in solo pursuit of a particularly attractive specimen of native female fauna but had little luck other than observing said species from a distance. The afternoon was spent with a visit to Seal Bay,

Clifford's Honey Farm and thence the return journey to catch our ferry back to Australia. A perhaps more sedate group generally kept their silence as the bus sped through the night on its final voyage to Adelaide (maybe thoughts were turning to work or business on the `morrow or the return to marital blitz.)

Many thanks Hugh and Kate, a weekend well planned, perfectly executed and a great opportunity to get to know you and meet new "Friends".

Alan Davis

(We were Christine Porter, Marguerite Wardle, Peter and Brent Telford, Wendy Hudson, Dorothy Farmer, Jeff Broadbent, Jan Mortimer, Manuela Vida, Alan Davis, Nick Johnson, Robin Quinn, Jill Steve,s, Lisa and Hugh and Kate Greenhill.;

ALPANA STATION

BLINMAN

There is a passenger transport service available to Wilpena, Blinman, Heysen Trail Head for walkers (individuals or groups) provided by John & Jan Henery of Alpana Station.

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A Taste of Cinque Terre



Background

The Cinque Terre region in Italy lies between the towns of Levanto and La Spezia on the Ligurian coast, about halfway between Pisa and Genoa. Literally the “Five Lands”, it refers to the five coastal villages (Monterosso, Vernazza, Corniglia,

Manarola and Riomaggiore) and their surrounding areas. Originally a series of rocky hills and promontories with steep slopes leading straight to the sea, the landscape has been laboriously converted over several hundred years to numerous terraces each only a few metres wide, cultivated with vineyards, lemon and olive trees in between the natural bush. The terraces are protected by over 7000 km of dry stone walls, and together with the associated steps and old mule paths to inland villages, form the basis of a network of tracks to suit both serious and not so serious walkers.

The spectacular scenery of the coast and mountains, and the attraction of the Romanesque churches and tower houses is similar to other parts of Italy and the Mediterranean. But what makes the Cinque Terre unique is the man-made landscape combined with the result of many centuries of isolation. Until the late nineteenth century, the only practical access was by boat, before the first train line was put through in 1870. The present line was completed in 1930 and is the main coastal link from the French and Italian Rivas to Pisa and beyond. Local trains terminating at La Spezia provide a convenient link to the five coastal villages and Levanto. Unfortunately this is not a scenic trip as it is mostly in tunnels. A combination of the train, geography and political disagreements has meant that road access is very limited. There is no parking space in most of the villages, and visitors have to leave their cars in parks some 1 – 2 km away, using electric or methane powered shuttle buses to reach the villages.

In the 1920s an outbreak of phylloxera destroyed most of the vines. Those on the lower slopes have been replanted, but some vineyards at higher elevations

have been abandoned. Since the 1970s, when the attractions of Cinque Terre were a reasonably well kept secret, tourism has expanded to be the main industry, and in recent years is threatening to overwhelm the area. In order to protect and maintain the cultural heritage of the region, about 20km of the coastal strip leading back a few km to the ridgeline of the hills, and a similar area of the coastal waters, have been incorporated into the Cinque Terre National Park, listed in Unesco’s “Mankind’s World Heritage”.

The Walk

The National Park contains over 100km of walking tracks including some steep climbs to the 800m high ridgeline, but most visitors head for the 12km coastal path between the five villages. While this may not seem a long walk, the recommended time is 4½ to 5 hours. It is a walk to be savoured, not rushed, and can easily fill a day. It can be planned in three roughly equal sections. Starting from the north western end at Monterosso, the first section to Vernazza is the hardest and most spectacular. It includes several hundred stone steps, and winds through olive orchards, vineyards and along terraces. It is rough in some places but offers the best views of the sea and the spectacular approaches to both Monterosso and Vernazza. Typical walking time is 2 hours.

The next section from Vernazza to Corniglia is similar but easier, taking only 1½ hours. While the climb out of Vernazza comprises over 500 steps, the path then mostly follows the contour with plenty of spectacular views before descending to Corniglia.



Unlike the other villages, this is not at sea level, but on a promontory about 100m high. From the village down to the station is a road as well as the “lardarina”, 33 flights comprising 377 brick steps.

The third section is in two parts and is easy walking. From Corniglia station to Manarola, about 3 km and 1 hour, the track follows the coast just above sea level, and has contrasting views from its lower level, as well as the caves, blowholes and inlets of the sea. In many ways it is similar to parts of the Heysen Trail, as are the markers, which consist of a red and a white horizontal line painted on the rocks. The final 1km from Manarola to Riomaggiore is literally a stroll along a smooth and level pathway, suitable for the whole extended family and even wheelchairs. Called “Via dell’ Amore”, it might be romantic at night, but tends to be somewhat too crowded during the day. Part of it is a gallery, cut into the rock face, with some graffiti providing a cultural experience.

I would guess that most of the walkers we met were like Alison and me – prepared to walk to see the views, but equally keen to enjoy the amenities and sights of the villages. At the northwestern end, the walk is sufficiently challenging to give most visitors a feeling of achievement, and a sense of camaraderie with fellow walkers. We found many complete strangers ready and willing to stop and chat about their experiences, to offer to take our photos on our camera, or to email us the results from theirs. This friendliness is enhanced when, as we did in Vernazza, you take the opportunity to break the activity at one of the excellent eating places and bars for lunch or a drink.

Some practical information

By far the simplest way to reach Cinque Terre and travel between the villages is by train. The frequency varies between 20 and 80 minutes, but the time between adjacent stations is only from 4 to 7 minutes. Along the winding roads it would take at least ½ hour just to get to the shuttle bus. The trains also allow visitors to vary the order or direction of the sections of the walk.

Accommodation is available in the villages, mainly B&B style, and would be convenient for train travelers. Staying there would allow you time to really appreciate the beauty of the place, after the day trippers have gone..

There is a fee to walk the trails (€3.50 per day), but the best option is the Cinque Terre card. At €4.40 for one day or €13 for three, it covers access to all trails and other Park facilities, unlimited travel on trains between La Spezia and Levanto, and travel on the shuttle buses. The walking fees are well policed, with booths at strategic entry points along the trails.

It would be a pity to visit the region without sampling the local food and wine. Seafood is plentiful, with anchovies and potatoes a specialty. As in other parts of Liguria, pesto focaccio, farinata and pastas are combined with a variety of vegetables herbs and cheeses to provide a simple but distinctive regional cuisine. While a range of wines are produced, two white varieties have made most impact. The dry white Cinque Terre (CT Agricultural Cooperative) goes well with the local fish and vegetarian diets, while the Sciacchetrà, a dessert wine made from dried grapes, is especially renowned. (Legend has it that Sciacchetrà was offered in the Greeks' libations to the gods because it was considered true nectar, fit only for gods).



Vernazza

From our Diary

As we were touring Italy by car, we decided to stay at Levanto, a town of about 6000, with reasonable road access and parking, and with a good selection of accommodation, restaurants, services and shops. There were some pedestrian-only streets but the town is small enough to explore on foot.

Levanto has one of the better beaches in the area (if you can cope with grey sand) and is a popular weekend resort. When we arrived late on a Saturday afternoon the beach was quite crowded. But it must have a shortage of dressing sheds, as we noted it was normal for bathers to strip off their swimming gear and wander around their cars selecting what clothes to put on – no inhibitions.

Our hotel had a car park which was only about the size of a tennis court. On the first day we noted that our car was locked in by a tourist bus and other cars

in the driveway. So on our last afternoon we asked the hotel manageress if we could move ours to the front in order to get away promptly the following morning. Ever obliging, she said “just leave me your car keys and I will sort it out”. Later on, we saw our car was parked in the street, across the driveway entrance to a private house, with plenty of yellow lines and signs indicating no parking, tow away area and significant fines. When we queried her we were told – “no problem, the house is owned by a friend of mine and he doesn’t mind. As for the police, we have an understanding. Just leave our hotel brochure on the dashboard and they won’t bother you”. And of course, she was right. In Italy, rules and regulations are merely guidelines to be avoided, bent or broken if it seems sensible. No wonder they are relaxed and know how to enjoy life. After all, they discovered La Dolce Vita, didn’t they?

John Wilson



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