



"THE TRAILWALKER"



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JUNE 1988

FRIENDS A.G.M.

Details page 12

RODIN'S THINKER?

Story page 4.

*Newsletter of the Friends of the Heysen Trail
and other South Australian Walking Trails.*

Editor Kerry Hall

NEW FOUND FRIENDS

Welcome to the following new members of the Friends.

Prince Alfred College (School)
Robert Crinion
Peter Crinion
Richard Crinion
David Crinion
Youth Hotels Association
Charlie Boyle
Marie Keley (family)
Richard Mowling
Helen Fry
Barry and Jeannette Small (family)
Phillip & Barbara Fargher (family)
Bill and Fay Seaton (family)
Gail Rees
Barbara Warburton
Mitcham Girls High School (school)
Rudi and Val Ehrlich (family)
Ralph and Barbara Jones (family)
Egon Shore
Ian and Betty Martin (family)
Jeffrey M. Cox
Barbara Allan
Elsbeth Reid
D.C. & D.P. Cowell (family)
David Trebilcock
John Bartlett
Graham Oats
Adelaide Bushwalkers
Mr. and Mrs. I.D. Venning (family)



VOLUNTARY WORKERS INSURANCE

A Personal Accident Insurance Policy to cover volunteers working on projects with the Friends has been negotiated with Ian Berry Insurance Brokers. The Policy has been extended to cover voluntary workers between the ages of 12 to 70 years.

GAWLER HIGH STUDENTS MARKING THE TRAIL

During the April school holidays 8 boys from the Gawler High School participated in the marking of the Heysen Trail. We took part in marking the trail as a part of our Duke of Edinburgh Award Scheme and to make walking easier for fellow hikers. We built stiles for crossing fences so that we could keep farmers happy. The easier of our jobs was banging in droppers for open areas. A much harder job was carrying the materials to build the stiles. It was jolly hard work!

The trail is now marked between Greenock and Allendale North.

Martin, Andrew, Terry and a few other volunteers gave us lots of help.

Most of us camped at a farm in Freeling for at least one night but three of us camped for four nights. After the marking had been finished four of us cleaned up a section of the Heysen Trail near Marananga.

Troy Berridge

Ken Sanders

Simon Garner

Any schools wishing to become actively involved in the development of un-marked sections of the Heysen Trail are assured of cooperation from the Friends of the Heysen Trail and from Terry Lavender from the Department of Rec and Sport, to make this wish a reality.

Contact : Thelma Anderson
Administration Officer,
Friends of the Heysen Trail
G.P.O. Box 1865.
ADELAIDE S.A. 5001.

Flinders Ranges Long Weekend

Doug Paice
Noarlunga Bushwalking Club

At 7.00pm on Friday 22 April 1988 a small contingent of volunteers left Victoria Square by mini bus driven by a very friendly Peter Keys. Our destination was Wilmington, but first a quick stop at Gepps Cross to pick up more volunteers (we totalled 18 in all), our objective - to remark a section of the Heysen Trail which had been burnt out in the recent devastating bushfires.

We arrived at the Beautiful Valley Camping Ground at 11.30pm and soon found our respective cabins. One person had a caravan to himself - no-one else wanted to share with him because of his ? Come with us next time and find out the thrilling answer to this!

Saturday 23 April. We were up bright and early to shower, shave (men only I think) and Blanco in time to be on board the bus by 9.00am when the boys from the Department of Recreation and Sport arrived. 15 minutes later we arrived at the foot of Mt. Remarkable where one driver didn't like the look of a dead tree and decided to dig it out using his truck!

The party was then split into working groups - half started walking up Mt. Remarkable whilst I went with one of the two trucks laden with materials for the walking parties. The ride up was an experience I shall never forget. One had to keep one's mouth shut or one's teeth would have fallen out. I'm positive some of my hair was shaken out, never to return! The ride followed a very bumpy fire track with an incline of approximately 1:10.

At the top of Mt. Remarkable some of us were loaded up with a back-pack of 8 Star-droppers and the rest took glue guns, sledgehammers and bright red markers to be glued onto the now familiar galvanised iron star-droppers which are becoming the Heysen Trail trade marks.

Terry Lavender went ahead, placing star-droppers, his willing helpers hammering them into the ground. Try as I may, I couldn't get close enough to Terry for him to remove a dropper from my backpack - there was always someone between us. Consequently, like many of us carrying back-packs, I was 1" shorter at the end of the day!

On the descent from Mt. Remarkable some members commented on the white track contrasting the blackened surrounds. It would appear that as the stones of the track were placed there by another working party, there had been insufficient time for any material growth to occur. Thus when the fire raged through, the track itself was left unscathed. Upon reaching the bottom of Mt Remarkable, we were met by the bus and taken back to Wilmington where we showered once again and made ourselves beautiful (I have a problem with this). We then set off for a very pleasant meal at the Wilmington Pub.

On being informed by our excellent leader, Colin Malcolm that it was anticipated we leave at 7.00am the next morning, some of us walked back to the camping ground and had retired by 11.00pm. Next morning we were further joined by Colin and Stewart from Gladstone High and Phillip from Oakbank area school. Thanks for coming fellows, we sure appreciated your assistance.

Sunday 24 April D-Day (Dropper Day). The Friends cursed, sweated, bludgeoned, pleaded and prayed their way across Wilpena Pound up and over Bridle Gap down to Black Gap Lookout as they hammered in 112 star-droppers.

This was achieved by splitting into two groups, one larger than the other. The larger group walked through the Pound, removing blackened droppers and replacing with new ones. We came across a number of triangles lying on the ground, the trees where the triangles had been positioned burnt to ashes and the ashes long since gone.

The smaller group drove along the Moralana Scenic Drive to Black Gap Lookout, and, laden with star-droppers moved towards Bridle Gap performing the same task as the larger group. The two parties eventually met but had to return for more droppers as the fire had destroyed so many.

The last task was to position a large Heysen Trail sign warning that the trail was to be only attempted by experienced walkers with adequate supplies.

It was then onto the Hawker Pub where a few glasses of the amber fluid (for medicinal purposes) was poured down many a throat without touching the sides. We must have looked a sorry bunch, dirty and sweaty, but we enjoyed another nice meal with plenty of laughs. Then back to bed at Wilmington.

Monday 25 April Anzac Day. Up at 5.15am where I had the honour to walk with Fred and Tom, my cabin mates, to the Memorial Hall at Wilmington to watch the sunrise and remember our fallen. Thanks Tom and Fred. Later on in the morning a number of very fit and enthusiastic people walked through Alligator Gorge to meet the bus at Mambray Creek. Some went on to Wirrabara Forest and others proceeded back to Adelaide, only to encounter the huge dust storm just north of Adelaide. Summing up, I think I can speak for all who went. "A job well done!"



Doug Paice with the
Devil on his back!
Or is just star
droppers after all?

The aims and ideals of the W.E.A. Ramblers Club are to bring together people who are keen walkers and lovers of nature with special interest in its conservation. Club activities will provide opportunities for relaxation and comradeship.

Hiking areas are mainly in the hills, but a few more distant places are visited. The departure time is 9.55 a.m. sharp unless otherwise stated, returning about 5.30 p.m. Distance walked varies from 10 - 16 kilometres, in about 4 hours actual walking time. Complimentary programmes are available through the Club.

Hikes are held on Sundays, fortnightly, throughout the year. In addition, a few summer night hikes and weekend hostel or camping trips are arranged.

The Hike Co-ordinator plans the hike areas and appoints Hike Leaders to survey and lead all hikes. Further details of individual hikes may be available from the Hike Leaders.

For most hikes, a bus is chartered to transport Ramblers to the selected area. The bus then travels to the finishing point to await the arrival of the hikers.

C O M I N G E V E N T S

DATE 1988	TIME a.m.	PLACE	TRANSPORT	HIKE/AREA	LEADER & PHONE NO.
Sun July 10	9.55	L.Squ.	R/B	Horse Gully	John Cherry 2645926 (H)
Sat. July 16	7.45 PM	W.E.A. Centre	-	Cheese & wine Evening	Steve Patroni 2601241(H)
Sun Jul 24	9.55	L.Squ.	R/B	Bull Creek	Roy Bevan 3327281 (H)

On Wednesday, 18 May, 1988, the commencement of TREK 88 was officially launched by the Hon. Barbara Wiese, Minister of Tourism, at a ceremony in Victoria Square.

TREK 88 is being conducted by the Department of Recreation and Sport and has been organised by Peter Kellett. Thirty schools will take part in the project with Para Vista High School commencing at Mt. Babbage in the Flinders Ranges on 20 May. Four groups will walk the coast of Kangaroo Island and meet the mainland walkers at Cape Jervis on 9th September.

The Friends of the Heysen Trail wish all participants an enjoyable walk for their respective sections of the Trail.



NORMANVILLE BUSHWALKERS PROGRAMME

- JULY 24th Yankalilla and surrounds
Starts at Tim's Place - will be easy walking, mainly on dirt roads. Bring a plate for tea and slide show after.
- AUGUST 14th Sir Richard Peninsula, Goolwa
Easy walk, suitable for wet weather
- SEPT 4th River Finniss (near Mt. Compass)
Part of the Heysen Trail
- SEPT 24-28 Yorke Peninsula Trip
to be arranged.
- OCTOBER 23 Aldinga Scrub
2 hour walk - bring plate for pooled lunch

Meet for all walks at Normanville Surgery(except those marked *) at 10.30 sharp. Please ring Tim (085) 582622, if no answer ring (085) 582276) if you have any queries or if you wish to make alternative meeting arrangements.

PUDDLEDOCK FARM

A C C O M M O D A T I O N O N T H E H E Y S E N T R A I L

Enjoy quiet, comfortable accomodation for two people, living with the family,
in a restored settler's cottage nestling in the Adelaide Hills.

Approximately 10 kms. North of Gumeracha, 1 km. from
Warren Cnservervation Park.

For Tariff and Brochure, Call (08) 3893189

QANTAS OPERA



IN THE OUTBACK

Do you Want a piece of the action?

The starting time of the walk from Brachina Creek on 30 August will be approximately 1.00 p.m. - depending on bus arrival. Walkers, under appointed leaders, will be allocated to groups which daily will successively set off along the trail at short intervals to avoid congestion. No regimentation is intended, and it is hoped that all will behave in a common-sense, self-disciplined and relaxed way. On the final day there are tentative plans for a ceremonial, "pilgrims'" arrival at Old Beltana at about noon, with a possible official reception party. The Concert campsite is 2 hours' walk further on.

- (11) Cost : An overall cost package - \$200 (basic) + \$50 (optional food) = \$250 is offered. This includes the Concert seat (\$60), the subsequent Barbecue, bus transport from and back to Adelaide, inter-camp transport for gear, provision of water, cooking fuel and sanitary arrangements at campsites and an optional supply of food.
- (12) Food Package (\$50) : The food package is "Warren Bonython's desert menu" comprising principally dehydrated items : breakfast - milk, porridge, biscuits and jam; lunch (uncooked) - cheese, sultanas, dates and chocolate; dinner - soup, stewed dehydrated meat* and vegetables, and stewed dried peaches/apricots, rice. Tea (teabags) for cooked meals.

*A vegetarian equivalent is available.

If you want to join this great walk to a great concert, please write to or telephone "Qantas Opera in the Outback" at 1 Richmond Road, Keswick, S.A. 5035; [telephone (08) 217 4245] and complete the application form below. Payment is required for a firm booking. Acceptances are limited to the first 95 applicants.

Yours sincerely,

Warren Bonython
(C. Warren Bonython)
WALK CONVENOR

For specialized queries write to me at G.P.O. Box 1249, Adelaide, 5001 or telephone (08) 212 1533.

I apply to join the 'Walk to Opera in the Outback' :

(a) Basic Package : Cooking fuel (please tick) -
(\$200) shellite methylated spirits \$

(b) Food Option : (please tick) yes no
(\$ 50)
If yes (please tick) standard meat vegetarian \$

Total enclosed \$

NAME : _____

ADDRESS : _____ P/CODE _____

PHONE : (B) _____ (AH) _____

I declare that I am a competent bushwalker (sign) _____

ARBURY PARK

- THE LATEST

Members may already be aware of the announcement made by Dr. Hoggood, Minister for Environment and Planning, stating that the "vacant land" on the Northern side of the South-Eastern Freeway at Bridgewater, currently owned by the Education Department, WILL NOT BE SOLD.

The area known as Arbury Park, will remain in Government custody thus ensuring preservation of the Heysen Trail through this outstanding native bushland environment. The Minister added that a decision had not yet been made regarding responsibility for the property, but suggested the Department of Recreation and Sport, National Parks and Wildlife Services or the Stirling Council.

The planned, on-site inspection of Arbury Park and Mt. George by the Hon. Kym Mayes, M.P., Minister of Recreation and Sport on the 5th of May was postponed, but another date is being negotiated with the Friends in July.

As a great deal of time and effort have gone into working on this project so far, members of the Council of the Friends feel that further input on our part is still necessary. The future security of this section of the Heysen Trail and the surrounding vegetation can only be assured by the dedication of the whole area as a public reserve.

We are striving towards this end.

Thelma Anderson
Administrative Officer

WALKING vs RUNNING

Calorie Comparison Chart

If you walk a little longer than you run, you'll burn nearly as many calories. Walking further and slower is called Long Slow Distance (LSD) training, and it's great for burning calories. Research has shown that after about 30 minutes of aerobic exercise, your body begins to burn fat rather than glycogen for energy. This means you'll burn more body fat if you walk for 45 minutes, instead of running for 30 minutes - and your risk of injury is practically zero. Runners, on the other hand, are plagued with injuries because of the stress running puts on the joints. Find the weight closest to your body weight in

the charts below and see how many calories you'll burn if you walk for 45 minutes, compared to running for 30 minutes.

BODY WEIGHT	MINUTES WALKED	CALORIE BURN
RUNNING (8.8 KPH)		
50 Kg	30	204
60 Kg	30	240
68 Kg	30	276
WALKING (7 KPH)		
50 Kg	45	180
60 Kg	45	212
68 Kg	45	243

Trail Maintenance

Work is moving along apace with working parties involving Friends, organised by the Building and Maintenance Committee, a sub-committee of the Friends Council.

Aims of this group for 1988 include involving all members who completed the questionnaire which was included with February "Trailwalker", in maintenance work of their choice where possible. Tendering for and carrying out projects required by the Dept. of Rec. and Sport and devising a method of checking the Heysen Trail from Newland Hill to Tweedie Gully for maintenance are also important goals.

Tasks completed, in addition to those reported elsewhere in this newsletter include:

Mount George Trail - Marker posts installed	1/5/88
Heysen Trail - Kapunda area - creek crossings	7/5/88
Heysen Trail - Greenock - survey alternate, town bypass route	7/5/88
Heysen Trail - Chain of Ponds - Survey alternate route to main road	14/5/88

The Newland Hill to Microwave Tower and the spur route to Tweedie Gully reporting project is under way and it is hoped that in two or three weeks a complete report on the state of the Trails will be in hand so that maintenance can begin in a planned and coordinated way.

FRIENDS WALKS

Sat 16 July Mt. Crawford Forest

Sun. 21 Aug Montacute Conservation Park

Sat 17 Sept Kuitpo Forest

Pass the word around !

Contact Thelma Anderson Administrative Officer on 213 0524 Thurs & Fri

or 278 4420 other days and evenings to express your interest.

MONITORING THE TRAIL

Collection of Trail Monitor information from all eleven monitor points between the Barossa and Victor Harbour has now been arranged with the following Friends: -

1. Tweedie Gully - Ian Curren and students from Nuriootpa High School.
2. Mt. Crawford } Richard Garnham
3. Warren Conservation Park } (Puddledock Farm on
4. Mt. Gould } Watts Gully Road).
5. Norton Summit - Jessie Miller
6. Mt. Lofty - Pam Gibson
7. Echunga - Minda Bushwalking Club
8. Kyeema - Betty and Ian Martin
9. Mt. Cone - Pat Bruun
10. Myponga - Max Milne
11. Newland Hill - Geoff and Fay Longstaff (Friends of Newland Head Conservation Park).

The data collected from these monitoring points is collated and analysed by Council member Peter Buttery and will be used by the S.A. Recreation Institute to argue for funding for trails and facilities for walkers.

The co-operation of those Friends involved in this important task is greatly appreciated.



NOTICE OF ANNUAL GENERAL MEETING

A DATE FOR YOUR DIARY

The Annual General Meeting of the Friends of the Heysen Trail
has been set for Sunday 28th August 1988
10.30 a.m.
at the Goodwood Orphanage.

As the plans for the use of this magnificent , historic old building are changing, our meeting will be the penultimate public meeting to be held there
Members are invited to share lunch and a walk to follow the meeting. Details of walking arrangements will be notified to members closer to the event

MEMBERSHIP RENEWAL

Please Renew my Membership of the Friends of the Heysen Trail
for 1988/89

NAME : - - - - -

ADDRESS : - - - - -
- - - - - Post Code - - - - -

MEMBERSHIP TYPE : Individual \$10
Family \$15
School \$25

Tick where
Applicable

Make Cheques, Postal Notes or Money Orders payable to
The Friends of the Heysen Trail
and send to The Treasurer
Friends of the Heysen Trail
1 Sturt Street,
ADELAIDE. 5000