

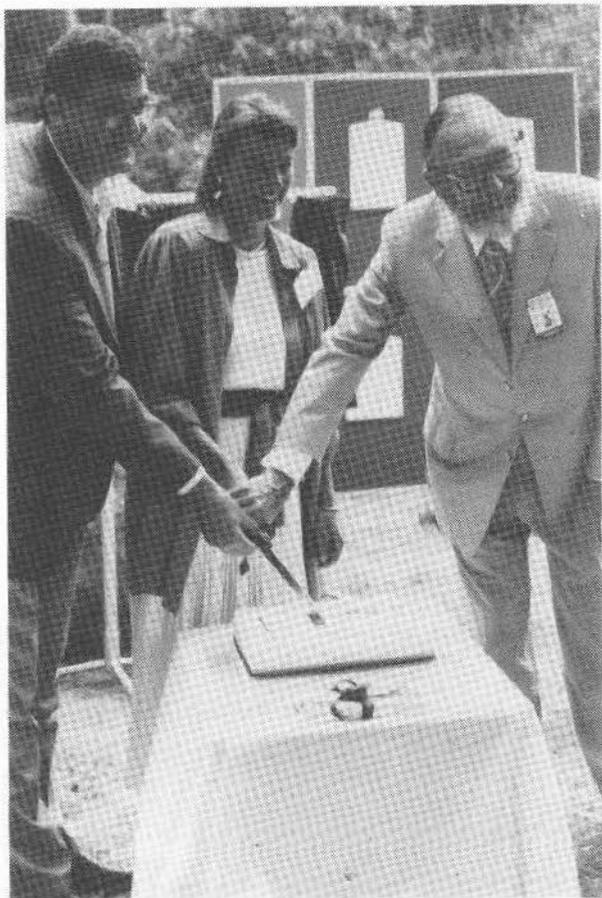
THE TRAILWALKER

ISSUE No. 41

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

JUNE 1993

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OFFICIAL OPENING OF THE HEYSEN TRAIL
4TH APRIL, 1993

THE PREMIER, HON. LYN ARNOLD, Ms FIONA HEYSEN AND Mr WARREN BONYTHON

THE TRAIL WALKER

MEMBERSHIP ACKNOWLEDGMENTS

Single

Jan Toza
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Stefan Neszpor
Janetta Henry
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Alan Botting
Gae Kiley
Christine Nolan
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Terry & Frances Gasson
David Prendergast & Family
Lyn & Kate Neil
Elizabeth Robinson & Family
R.A. & M.A. Cox
M.M. & T. Baker
Joyce Heinjus & Family

Editorial

A variety of articles this month and an extra 4 pages. From this issue on, you will find a calendar of events included in the Trailwalker. Please ring the office for items you wish to see included in future.

Our thanks to this months contributors; Mark Darter, Chris Bagley, Terry Da and Sue Barker and Rob Marshall.



THE TRAILWALKER
IS PUBLISHED BY THE FRIENDS OF
THE HEYSEN TRAIL AND OTHER
WALKING TRAILS INC.

10 Pitt Street, Adelaide, 5000
Ph: 212 6299

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PRESIDENTS REPORT

After two months as President I am beginning to understand the complexities of the Friends and I am able to now tell you of some of the changes we have introduced.

The office is gradually being "taken over" by the volunteers who are being schooled on specific office duties so that Mike Fretwell's time can be utilised in developing the "Friends". This will be completed in the near future and a similar process will be undertaken at the workshop so that Eric will be able to be involved in a wider part of our work.

More assistance in the office and workshop is needed to make these things work don't hold back if you have the spare time and interest in helping the Friends to keep the trail in top shape.

The Trailwalker currently being produced will also have some changes. A single page Bulletin Board will be available for all members to use for brief messages - as space permits. Contact the office and they will let you know how to get an item printed. Sue Croser is working toward a three month diary of all events the Friends are involved in. This will be a permanent feature in our Trailwalker informing all members of the activities they can be involved in.

At present we have an introductory Walking SA walk on the second Sunday of each month and two walks for experienced walkers on the fourth Sunday. We propose to have Greening and Maintenance on the other two Sundays also as part of our calendar. (More about this in the next issue)

At a time when funding for maintenance is far from certain and the trail has been completed, it is gratifying to note that there is a healthy flow of new members joining our ranks. To make things even better it would be great if all our unfinancial members would pay their subs urgently.

Finally, I can now announce that a new committee has been formed to work on Publicity and Promotion of the Friends. The committee is now in full working order and I am looking forward to the Friends becoming better known and a more public part of the trails caretaking and bushwalking scene.

=====

Weekend Walk 9 - 11 July, 1993 Douglas Scrub near McLaren Flat

There are still a few places left for this lovely weekend. Accommodation will be at the Girl Guides Centre; very palatial! We do have a limit of 40 placed on this weekend. Friday and Saturday evening meals are being catered for and will be served at the centre. Two one day walks have been planned. Cost is \$70 and includes dinner, bed and breakfast for two days.

Please ring the office 212 6299 to make your reservation and obtain further information.

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ACCOMMODATION ON HEYSEN TRAIL AT TOORALIE HOMESTEAD

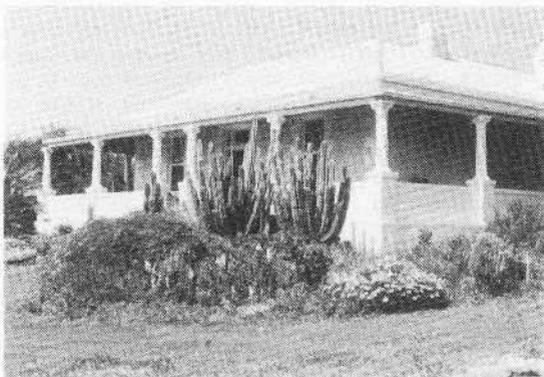
Tooralie Homestead is situated nine kilometres east of Hallett, a pleasant two-hour drive from Adelaide and approximately THREE KILOMETRES FROM THE HEYSEN TRAIL.

Tooralie Homestead is an historic homestead more than a century old, situated on a large sheep grazing property, growing wheat and oats.

The Pohlner family farmed sheep, cattle and horses and they preserved the natural bushland areas, making it unique and beautiful with plentiful bird life and native fauna.

Inside Tooralie Homestead the living is tranquil with log fires in the winter.

Tooralie Homestead offers Bed and Breakfast, home style accommodation and ALL visitors can enjoy a home-cooked or continental breakfast and dinner in the formal dining room.



HOSTS:

Sylvia and Brian Pohlner
PO BOX 48, HALLETT SA 5419
Phone: (088)94 2067

Caravans and campers welcome by arrangement.

TOORALIE LODGE -

can cater for groups of up to sixteen persons in four comfortable rooms, heaters and cosy atmosphere, which can each accommodate four persons plus a lounge with wood and electric stoves and ridges and all kitchen utensils and crockery in dining area. Showers, toilets and barbecue facilities.

TARIFF

DAILY

Bed and breakfast \$40 per person

Full board in Homestead \$75

Tooralie Lodge, \$25 person, linen provided and breakfast
(N.B. Minimum booking periods apply)

A deposit of 30% of total Tariff is required with booking

THE TRAIL WALKER

Mt Everest 22 December, 1992

by Mark Darter

It's close to 7:00am and at last the others in the dormitory are stirring. I've been awake for the last few hours staring through the night, up to the smoke-blackened woven grass ceiling panels above my top bunk. A kamikaze bat was the only other creature awake. It's no use trying to get to sleep... I've tried that on every other morning without success. Sleeplessness is just another discomfort suffered by trekkers and mountaineers above 3500m, and I've just spent an uncomfortable night at 4930m in Lobuche, Nepal.

So why am I here? On a mild February evening in Adelaide I was persuaded to join friends on a 30 day trek towards Mt Everest. This would be a small group of four using any porters or guides, and promised to be exciting, as we would be walking several obscure trails. That was back in summer when sub-zero temperatures were unimaginable. It was now -7c outside, not much warmer inside the lodge, and I had just spent the last few months in a miserable early European winter. Here, the sun only reached the valley floor for a few hours either side of noon.

Today was to be the highlight of our expedition as we were to climb Kala Pattar, a 5545m subsidiary peak of Pumori (7145m). This is the familiar vantage point with views over the Khumbu Glacier, the infamous ice fall, and across to the Tibetan border, Nuptse (7896m) and Everest (8848m).

After a couple of weeks of perfect blue skies, yesterday the cloud had moved in. This morning there was fast moving high clouds so we decided to get going early to get the best views. A bowl of hot porridge was vital to maintain my energy and determination. We only took day packs today as we would be returning later in the afternoon. I left behind my usual 18kg pack, put on most of my warm clothes and just took the basics:-a drink (frozen again), camera, roll of film, roll of toilet paper, first aid kit, the inaccurate map and some scroggin.

We left the Lobuche Guest House and walked through the lateral moraine of the Khumbu Glacier in the shadow of Nuptse. A few yaks grazed by the stream where yesterday I refilled my water bottle... and then took an hour to thaw out my fingers. Only three of us set off this morning, Angela having turned back a few ago from the lakes at Gokyo.

Initially there was a level and well-worn path to follow up the valley alongside the glacier. December is the driest month in this part of the Himalayas so the snow-line was around 6000m, streams were only a trickle and every footstep kicked up dust. The glacial ice was covered by moraine and dirt so that the valley floor did not look anything like the typical alpine landscape. The walking had been easy this morning and we knew it couldn't last. It didn't. For several hundred metres we lost the path and had to scramble over huge piles of unconsolidated white boulders of all sizes. From the highest pile of rubble we saw Kala Pattar for the first time and were relieved that it looked to be an easy climb. It wasn't very high above the valley and a few paths were visible up the even brown slope.

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Gorak Shep (5288m) is the last inhabited place in the Khumbu Valley. That is, inhabited when the lure of the tourist dollar (or Rupee) outweighs the shopkeepers desire to stay lower down. Three of the four shops and lodges had now closed for the winter and pheasants scratched for food amongst the rubbish in what was otherwise a lunar landscape.

It was mid-morning now, and the cloud cover was increasing. We crossed a small dry lake bed to start the seemingly easy ascent of only 250m or so. At 5200m air pressure is only half of what it is at sea level and despite two weeks of acclimatisation I was finding it increasingly difficult to continue. Every movement became a slow-motion effort, breathing seemed to draw no oxygen and walking seemed to gain no ground. Being the slowest today I set the pace from the front and called many rest stops. Heather and Kay were very patient although not that much more energetic. Another rest stop only 10m from the top. My spells told me that my altitude sickness was now very serious and that I should descend ASAP. The summit seemed more important at that time and finally I touched the cairn and tattered prayer flags marking the 5545m peak of Kala Pattar. It was an anticlimax.

Cloud was obscuring the black triangle of Everest's south-west face and there wasn't the blue sky that every book and postcard shows. My thermometer registered -8°C , we estimated a 30km/h wind, and calculated a wind chill factor of -25°C . I only took a few photo's and couldn't be bothered identifying the fantastic peaks around us. I was starting to seriously question myself as to why I continue to under take such expeditions.

Time for a scroggin break. The only remnant of my original 2kg of chocolate was one snack-size Mars Bar that I had savoured for this moment... and just discovered I'd left it behind in Lobuche. Heather had carried an apple all the way from home to find it had frozen. I ate the remainder of a packet of sultanas that I'd also brought from home. Amongst the excess baggage I'd carried all this way was a metal Heysen Trial logo, figuring that it would make a great Trailwalker cover shot propped up in front of a Himalayan panorama. Conditions were so bad that I didn't even get it out of my bag.

All I wanted to do was descent because I was cold, hungry, dizzy, and had a headache. This was in addition to my usual tiredness and upset stomach. I now have even more admiration for the mountaineers who spend several months up here and go 3000m higher to the summits of the world's highest peaks. We could see the orange tents of a British Everest expedition at base camp in the distance below us.

I gained more speed and enthusiasm on the descent and now it was Kay who dropped behind. Lunch was in a poorly provisioned lodge in Gorak Shep where a cup of tea, a bowl of noodle soup and a hard boiled egg revived my spirit and energy. The return was downhill and pretty much a non-stop walk.

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We arrived back at Lobuche in the mid-afternoon and now there was time to warm ourselves around the inefficient dung-burning smoky stove and relax. Kay's altitude sickness was of concern, so we all decided to descend further to Tughla (4620m), some 900m lower than today's high point. We were joined by Andy one of several Brits who had shadowed our group for a few days and also had a headache.

The trail slowly descended along the side of the dusty glacier, crossing a narrow stream in places. It was fairly even until we came to a sudden break in the slope down to the terminal moraine. There was no longer a clear trail to follow through the 200m drop and vague paths were everywhere but led nowhere through the rubble and boulders. I didn't envy the groups just starting their ascent late in the afternoon. Although the wind had stopped it was -8 °C and snowing lightly.

Tughla consisted of two lodges in a barren valley. Neither warranted an RAA star rating, but we opted for the slightly better Yak Hotel.

Most evenings were pretty much the same. We'd sit around a tiny kitchen swapping stories with other trekkers and tonight it was with two loud Scotsmen. Inside the kitchen it was marginally warmer than outside, but down jackets and body warmth ensured that you wouldn't develop hypothermia as long as you stayed where you were. The Sherpani woman worked hard over the small fire to prepare the meals we had ordered from the standard menu. I think I'll have fried rice tonight (again). It's dished up on a dented tin plate, and in the dimly lit room I sit back and reflect on my achievement. Three years of contemplation and eight months of planning a 17 day approach march and finally I had bagged Kala Pattar. It's a pity I wasn't in a frame of mind to appreciate the few minutes I had on top.

I crawled into my down sleeping bag for the first decent night's sleep in a week. Exhaustion and lower altitude does wonders.



QUORN, MAY '93

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TUNGALI COTTAGE

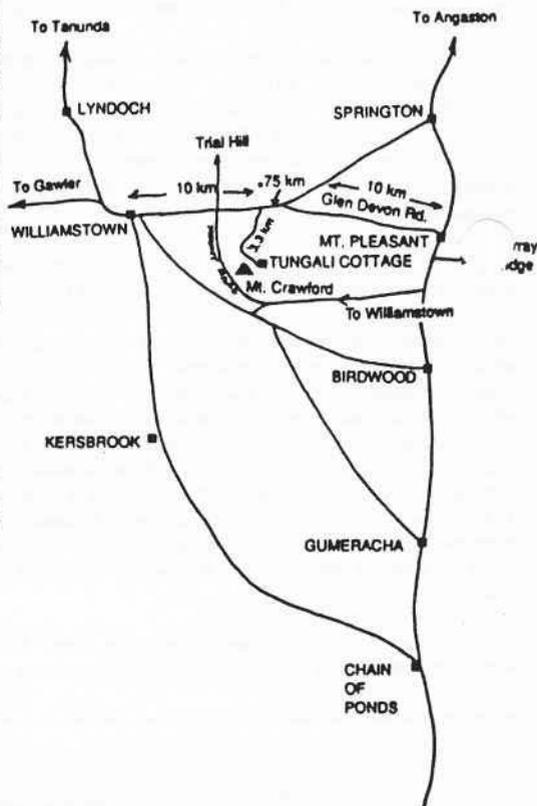


TUNGALI HOLIDAY COTTAGE

Tungali Cottage, situated between Williamstown and Springton, is nestled in peaceful Red Gum country near the foot of Mt. Crawford and offers guests the opportunity to enjoy country living.

- Fully self-contained cottage
- 2 Bedrooms (1 Double, 1 Twin) with electric blankets
- Large kitchen and living room with open fire, colour T.V and Air Conditioner
- 1 Hour from Adelaide
- 20 minutes from Barossa Valley with its wineries and restaurants
- Close by are the Birdwood Motor Museum and the Whispering Wall at the Barossa Reservoir
- Heysen Trail at the foot of Mt. Crawford is a short walk away in a wonderful walking area
- Breakfast included
- Simple country cooked meals by arrangement

Doug and Elizabeth Gordon
"Tungali"
Williamstown S.A. 5351
Tel: (085) 24 6251



Doug and Elizabeth Gordon
"Tungali"
Williamstown S.A. 5351
Tel: (085) 24 6251

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GREENING COMMITTEE

KAPUNDA SECTION OF THE HEYSEN TRAIL

Since November of last year many members of the Greening Committee closely monitored their seedling tubes in the hope that all their seeds would germinate. The initial period of growth was repressed by the exceptionally cold weather we experienced before Christmas, which inhibited germination in certain species of seed and gave us poorer than normal results. However, we managed to propagate some 1200 seedlings containing a wide variety of plants such as drooping sheoak, cypress pine, narrow leaved hop-bush, river red gum, peppermint box, dryland tea tree, native apricot and pumby box - all of which are indigenous to the area.

When the first winter rains appeared, our tentative seeding date at the end of [] looked just right to make the planting easy but unfortunately the following [] and wind baked the ground and picks had to be used to loosen the soil. We were very fortunate this year to have our small Committee supplemented by some very energetic and willing volunteers from within the Friends who forwent their weekend to help us. Their services were greatly appreciated because we managed to plant almost two thirds of the seedlings over the weekend. To those who wielded the picks for most of the day I say "thanks" and I hope no back muscles were put out of place as a result. To those who scabbled in the soil with their hands to break it into a friable constituency suitable to pack around the seedlings - you did a great and worthy job.

I have to take my hat off to Ray McKenna and Jim Carty who for two days carted water from the nearby creek to water in the seedlings. Without the foresight of Ray to bring his trailer loaded with water containers I do not know what we would have done. Thanks Ray and Jim for your efforts. It was a tiring job because the water had to be lifted out of the creek and into the containers on the trailer - for one 72 years - not bad going!! To others who cut the weeds down and hauled material over the site - many thanks too. I would be remiss if I did not mention the children and the Kapunda Brownies who did a great job too - not to forget the alsatian of James and Anne Armstrong who also dug holes for us - unfortunately sometimes in the wrong places!! On the Sunday following, we were able to plant the remaining seedling on the sector south of the washaway, watched by a number of horse and sheep in the paddock. Approval has been given by the Department to purchase some fencing materials for protection against [] intrusion and destruction of the plants. It is hoped to complete this work as soon as possible.

Anyone with expertise in erecting fencing or willing to give a hand would be very much appreciated and will get their just reward in heaven by ringing me on 379 1279 or the office to give their names so that they can be contacted for any future work dates.

PARA WIRRA RECREATION PARK

Last year we were successful in securing a small grant from the Department of Environment which when added to a similar grant given this year proved sufficient to do some direct seeding work adjacent to the Scout Hut Track at the northern end of the Park.

TRAIL WALKER

A Sojourn in Quorn
from Gordon, as interpreted by Chris Bagley

It is harder than you might think to be a coach driver. For a weekend job, the first trick is to judge your customers so that you can catch the right one for the group.

So I was a bit flummoxed on the Quorn job. There I was on the Friday night, just off Greenhill Road, with all these 'walkers'. I just couldn't put a handle on them. They were friendly enough - just like normal people - but I got hardly a bite when I mentioned the Crows, or Arnold's new slug on smokes. They all seemed a bit dreamy, if you know what I mean, and their clothes looked as though they had just drifted out of a sixties time warp.

The traffic wasn't too bad, even though we had to detour out towards Salis y to pick up a small group, including their president, Colin. He was a right tearaway. I'd barely let off the handbrake before he was up and down the aisle, with a cask of white under one arm and a dozen chicken dinners under the other. Talk? He just didn't stop. The rest of the bus could hardly get in a word edgewise. A few of them nodded off past Pirie. I resisted the temptation to drop a couple of wheels off the bitumen to give them a bit of a stir.

There were a couple of derelicts - Mike and Barry - waiting at the Quorn Outdoor Education Centre. Colin told me that they were the 'Walk Leaders', but at the time I thought this was another example of his rather special brand of humour. I eased in the old bus and helped to unload their gear. The more experienced of the women (if you'll pardon the expression) were trading tips about ear plugs. They expected to have the sound of men snoring during the night. Apparently silicone is all the go.

They had me booked into the Criterion, thank goodness. I took my smokes and headed back to the real world.

The walkers were all set to go in the morning. This Mike character directed me towards some hills at the back of town. He looked like something the cat had dragged in; he had this toffy Pommy accent. "We turn south in about five hundred metres, Gordon" he would say as if I would know south from my elbow.

Finally, he pulled me up in the middle of nowhere. All that I could see was a great bloody hill. About eight people got out. Barry gathered them together.

"Where the hell are they going" I asked Mike. "Straight up the Dutchman's Stern" he replied, pointing at the hill. A mountain, really. I thought he was joking but when he took us to the drop point for the main group I realised that I was lumbered with a busload of crazies.

For starters, Mike handed over command to this Maureen lady. Up till then I would have judged her to be a pretty civilised lady. But she was a woman who had missed a wonderful career opportunity at Puckapunyal. "Stretch!" she yelled "Lean into it! You should be able to feel it tugging at the back of your legs".

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Here she was, in the middle of nowhere, taking a PT class, and they were all doing exactly as she wanted! It pained me just to watch them.

Then, when they had done enough to exhaust any normal person, they simply turned around and walked straight up the side of this mountain! I couldn't believe my eyes. Two dozen adults - from thirty to seventy something - climbing a cliff and looking as though they were enjoying themselves. I took the bus out a couple of K's, from where I could watch them making their way along this ridge line. They looked like coloured ants from where I sat having a few smokes. I expected Rescue One to be called in before the day was done, but actually they kept moving along quite nicely. I guessed that they would be able to look out across the plains to Port Augusta on one side, and back across the ranges on the other. It was a bright breezy day for them.

joined up at the end of the day at these tearooms which a young couple have built on the Pichi Richi Road. To my surprise, people weren't limping or on crutches. In fact, at the communal meal at the Criterion that night, the walkers were the most energetic group in the pub and to cap it all off, Maureen had them all doing folk dances when they got to the Education Centre. Talk about gluttons for punishment.

And she was back in form on the Sunday morning. I thought Mike had got us lost along this dirt track, but he eventually pulled me up at the base of Devil's Peak, a great piece of granite blocking out the sun. Maureen was into it again "Stretch! ... hold it Lean!" before they took off through the scrub. Barely an hour later, they appeared on the top rocks. It made me tired just to look at them.

For the next and last stage, I dropped them on a creek line which linked up with their Heysen Trail. To them, it was a straight, easy walk down to the Pichi Richi railway station. In fact, they swung in about an hour ahead of schedule, all hale and hearty. So, by democratic vote, I was asked to take the old bus back to the tearooms.

And I could see the attraction. They shouted me a meal of coffee and damper and it was really nice. It is a big barn-type place with rough stone walls, plenty of light and old artefacts scattered about. I'll take the missus there if we are ever up that way.

then it was back to town. Even Colin was quietened to a dull roar on the return leg. We got onto Greenhill Road a little ahead of schedule.

Next weekend I'm off to New South again, to the pokies. To tell you the truth I expect it to be a bit boring after the Quorn job!

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CALENDAR FOR THREE MONTHS

JUNE

- Sun 13th A day walk in Belair Park. Meet Liz Barry and other 'Friends' at Information Kiosk by 10:00am. EFT 3:00pm.
- Sat 19th - "Willow Springs" walking week. A fully catered week of day
Fri 25th walks in "The Flinders" on and off The Heysen Trail.
Limited to 12. Likely cost \$140 and share of petrol.
- Sun 27th Choice of walks
Either:-
- Northside: Kaiser Stuhl Conservation Park. Moderate walk. Meet Jim Crinion at Bethany Oval at 9:30am. EFT 3:00pm
- or
Southside: Meet Jill McPherson and Liz Barry at Myponga Butter Factory at 8:30am.

JULY

- Sun 4th Trail maintenance/Greening.
- Fri 9th-11th Douglas Scrub weekend. Accommodated in the Girl Guide Centre. Likely cost \$70.
- or
- Sun 11th Jamie Shephard will lead this more strenuous walk around Morialta. Meet at kiosk car park at 10:00am. EFT 3:00pm
- Sun 18th Trail maintenance/Greening.
- Fri 23rd Social meeting at 7:30pm for 8:00pm start at Girl Guide Hall 278 South Terrace, Adelaide. Speaker: Glen Dow - National Parks of the American west. Please bring plate of supper to share.
- Sun 25th Either:-
- Northside: Meet Mark Darter for a LONG HARD WALK at 8:45am at the Whispering Wall - Barossa Reservoir. Several wet creek crossing. EFT 4:00pm.
- or
Southside: Meet George Driscoll at Clarendon Bakery at 10:00am to walk eastside of Onkaparinga Recreation Park. EFT 3:00pm

AUGUST

- Sun 1st Trail maintenance/Greening.

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FIRST AID - Sprains

As these articles progress we will discuss more complex concepts. We still remain in the relatively simple area of sprains this issue. To introduce this though I will first start with prevention.

PREVENTION

GOOD FOOTWEAR

My preference is for leather boots and not shoes. (see later)

ADEQUATE GROUP SIZE

Depends on experience of members. Four or more.

PRE-WALK PLANNING

1. First aid kit shared amongst the group.
2. Adequate gear for protection against weather, food and water.
3. What injury/illness is likely to occur on this walk? (How fit are the group members? How severe is the terrain? (Weather forecast?))
4. Who can be delegated to share responsibility in case of accident/illness?
5. Where are the nearest "Bases" along the walk? How do we "evacuate" in an emergency? (Base = anywhere there is a phone or transport) Evacuate = A. remove injured party to base. B. bring help to the injured.

MANAGEMENT OF SPRAINS

A sprain is a complete or partial tear of the ligament around and, in the case of the knee, inside the joint. Ligament injuries reduce the stability of a joint. To the bushwalker they are of greatest importance in the lower limb and most common in ankle and mid foot and more common in those walking in shoes rather than boots!

A severe complete tear of the ligament sometimes results in a "crack" being heard like a gun shot or a frightening tearing feeling confused sometimes with a fracture.

A knee ligament injury, fortunately, is uncommon unless there has been a fall from a height or a misjudged leap across rocks. It is managed the same as a fracture of the leg by splintage, shelter and evacuation. (More of this in next issue)

Foot and ankle sprains are managed as follows:

1. ASSESSMENT. Stop the group and help the injured person to a flat, safe area. Remove the boot by removing the lace and opening the front of the boot widely. NEVER CUT A BOOT OFF. If it is too painful to progress, cut the sock open and probe gently with a finger to find out where it is sore. Usually this is over the outer side of the ankle joint and less commonly over the outer side of the foot. Give it about 5 minutes then ease the boot and sock combination off the foot AVOIDING ANY INWARD TWISTING MOVEMENT TO

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THE FOOT AND ANKLE. Any grating feeling whilst doing this implies a fracture. This is not necessarily very painful. Stop if you feel this, replace the boot, leaving the lace undone and splint. (See fractures next issue) Most commonly, however, you will manage removal of the boot. Now apply something cold to the sore spot. Best is a small towel soaked in cold creek water. Allow 20 minutes during which our injured bushwalker lies back elevating the cold towel covered foot and ankle above heart level. After this gently try to rotate the foot by the toes outwards on the leg; if this is not too uncomfortable you are dealing with a minor sprain rather than a fracture. If very uncomfortable, it is a fracture. In the case of a sprain, dry the foot and ankle well and apply an ankle strapping as follows:

Use the 3 inch Elastoplast starting just below the inside ankle bony prominence, down under the heel, up and over the outer side of the ankle, pulling to tilt the ankle outwards, then stick the strapping to the outside of the leg. Bandage this to the ankle and leg with a crepe bandage from the toes upwards in such a way as to twist the heel in the same direction as the strapping does. This should be firm but not too tight. Now put on the boot and tighten the lace to be comfortable. (At this point we see why boots are needed for safe walking and why we never cut a boot off) Now let the injured bushwalker try out walking on the ankle.

2. ASSESS THE SITUATION. Where are you on the map? How far is the nearest base? Is it feasible for the injured person to walk there? Can a stick be fashioned to assist them or are bushwalkers crutches needed? (A fit person on either side of the injured person assisting weight relief off the injured limb).

I have not and do not recommend the walk continues as before the injury. The group must place the injured person's well being above all. If the injured insists that they are alright and can continue, ask them to hop on that foot on the spot 10 times before agreeing with them.

If the group is large enough (i.e. more than 7 people) and there is another person with adequate skills to lead the completion of the walk, then 3 people (the injured plus 2 supporters) at least can return to base and medical treatment, and the others can safely continue the planned walk.

Injuries involving suspected sprains and some fractures of the upper limb below the elbow can be treated in a similar fashion with splintage, a sling and return to base.

More serious injuries or frailty of the injured person demands the injury be labelled as a major injury and a different approach is taken. This will be discussed in the next issue under fractures.

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PATHFINDERS TRIPS TO TASMANIA

1ST TRIP: Sun 9 Jan to
Sat 15TH

2ND TRIP: Sun 16 to
Sat 22ND

TWO PARTIES OF TWELVE
PEOPLE.

The cost of \$1200:00 approximately is to be confirmed subject to Airfares.

This includes Airfares Adelaide, Launceston return, transfers Lemonthyme Lodge, transfers from Lodge to walks. Hire of canoes. Services of experienced guide Darren Watkins.

All meals and twin share accomodation.

Program Options

Climb Cradle Mountain, Walk in enchanted forests, See wonderful waterfalls, Walk the Walls of Jerusalem, or Paddle a canoe and much, much more.

For information ring Trevor Earle at Peregrine Travel on 223 5905 or George Driscoll/Darren Watkins at the Scout Outdoor Centre at 192 Rundle Street Adelaide on 223 5544.

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TASSIE TRIPS ON AGAIN!

There are two more Pathfinders trips to Tasmania staying at the comfortable Lemonthyme Lodge near Cradle Mountain and doing wonderful day walks in the Cradle Mountain and Walls of Jerusalem National Parks. The trips are in January 1994. The parties are limited to twelve people.

Pathfinders is a walking program run by the Scout Outdoor Centre. The Tasmanian Tours are a culmination of the Calendar of events. This will be the third year these walks have been run. Theyre a real WOW!!

Some comments quoted from different letters written by people who did the trip this January give a flavour of the adventure. " Having greatly enjoyed our trip to Tasmania, we wanted to praise the leadership and interpersonal skills of the Leader Darren Watkins." "His obvious enthusiasm for the places we visited was quite contagious" and "I wanted to let you know what a lovely holiday we had...we had a truly wonderful time...the Lodge was very good and we were particularly impressed with Darren."

Darren will again be the Leader and will provide another interesting program of options.

The all inclusive cost Ex Adelaide is \$1200:00 approximately.

The only expense you may have for the week is a snack at the Airport and a share of a bottle of wine with dinner.

Information is available from Trevor Earle at Peregrine Travel or George Driscoll and Darren Watkins at the Scout Outdoor Centre both at 192 Rundle Street.

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'EXPLORE THE FLINDERS RANGES' - the footwork
Sue Barker and Rob Marshall
of the
Royal Geographical Society

The First Steps

Since its inception in 1885 the Royal Geographical Society has been involved with South Australia's natural environment. Initially, it was the supporter of explorers in their search for exploitable resources. It made the results of those journeys available to the South Australian public and over the years this educational role has expanded through lecture tours and publications.

With tourism seen as the sunrise industry in this and other states, the society was concerned that good information for tourists was lacking. While South Australia does not have Ayers Rock or the Great Barrier Reef, as we all know, this state is a tremendously interesting place if only people were told about it!

So we embarked on "Explore the Barossa", with encouragement from the Wine and Tourism Directorate of the Barossa and from a number of government agencies who could see the necessity for and value of such a book. At that time we were urged to do the Flinders, but felt that it was too ambitious for the first one. We did however, undertake to do the Flinders next.

Down the Track

As with most books of this type there is an urgency for publication, which we are trying to respond to. We identified our area as extending from Crystal Brook to Prospect Hill and the Willouran Ranges and then began to assemble the information, which is to fall into:-

- 7 articles about the ranges including geology, flora and fauna, aborigines, agriculture, pastoralism, mining and bush walking
- 30 information 'boxes' giving snippets of information about a range of topics
- a gazetteer of 150 or so places in the Flinders
- a series of interpreted town walks, drives and bush walks

The last item has really given us some work! Our objectives are:-

- to provide a range of interesting walks from south to north, covering a variety of geology and vegetation types and interesting views
- to provide good opportunities for interpretation and understanding of the landscape.

We looked for loop walks or one-way walks with car access at either end so that people did not have to retrace their steps. With this in mind we walked all the commonly used walking routes in the Flinders; including some sections of the marked Heysen Trail.

THE TRAIL WALKER

Into the Scrub

There are of course many clearly defined walks already in place; some we felt could be made more interesting for interpretation; some clearly did not get much use, because even though the destination was advertised the route was inadequate; in some areas routes did not exist, although people wanted to walk. So we felt there were some shortcomings. Having put together a list of proposed walks, we started talking to people we thought would have an interest in what we were doing and more importantly might be able to help us, including;

Department of Recreation and Sport
Department of Tourism and the Flinders Ranges and Outback Regional
Tourist Association
Land Managers in the Ranges
National Parks and Wildlife at Head Office and Regional Offices
The Bush and Mountain Walking Training and Leadership Board
Department of Mines and Energy

We received lots of support for what we are trying to do and when we expressed concern that we would like to see the walks as part of a system, Recreation and Sport suggested that at least some of them could be the basis for a series of walks called the Flinders Ranges Bush Walks in the same way as there is a series of Mount Lofty Walking Trails. We thought this was an excellent idea and that is what we are aiming at.

Because we wanted to use the walks as a medium for offering people information we spent some time working out a system which would make that more effective. **Explore the Flinders Ranges** will include a set of notes for use on the walks, but drawing attention to features along the way requires a marking system. We thought a great deal about this to the extent of looking at systems used in some other states..

With discussion and assistance from the Department of Recreation and Sport we opted for:-

- 1) Heysen Trail type markers with yellow stickers as used for the Mt Lofty Walking Trails, thus ensuring that the Flinders Ranges Bush Walks look as though they belong to the same family
- 2) every 200 metres, markers would carry a distance measurement
- 3) where there is a change in direction there would be checkpoint - a squared pine post as recently used on some sections of the Heysen Trail
- 4) trailheads (these are currently installed along the Heysen Trail and on some National Parks and Wildlife walks) to carry "do's and dont's", distance, time and possibly a map.

THE TRAIL WALKER

Where new sections of walks are to be established we are addressing:-

- the environmental issues, by encouraging use of a single foot pad and keeping the slope of the foot pad below 8 degrees where possible, to minimise erosion
- safety, by installing Heysen Trail type markers and avoiding the high ranges
- wilderness issues, by confining our activities to areas no more than 5 km from existing vehicle tracks and again, by avoiding the high ranges.

The End in Sight

The project is turning out to be an example of a co-operative venture, with government (and private enterprise in the case of Arkaroola) and volunteers (Friends of the Heysen Trail and Royal Geographical Society) working together.

This is the list of the walks, some of which will become the first of the Flinders Ranges Bush Walks:-

Existing walks which will not be worked on	Existing routes needing some work	Existing vehicle tracks, with new sections to be added for walkers
Mt Remarkable	Mt Brown (extra leg to create loop)	Dutchmans Stern (mostly new walk)
Alligator-Mambray	Bunyeroo-Wilcolo	Weetootla Gorge and Spring
Hidden Gorge & the Battery	Aroona-Youncoona	Grindells Hut to Italowie Gap
Mt Cavern	Wilkawillina	Mt Warren Hastings
Devils Peak	Mawson Valley Spriggina	Barraranna Gorge
Rawnsley Bluff	Acacia Ridge	
Wilpena-Black Gap		
St Marys Peak		

That's nineteen in all - we'd like to make it a round 20. Some of us would like to include a brief look at the granite country at the northern end, which is so different from the quartzite ranges. Any ideas?

THE TRAIL WALKER

In concluding we would like to thank enormously those Friends of the Heysen Trail who have helped so far - one is a member of the Royal Geographical Society. But there is still lots to do by way of sensitive finishing of the walks in columns 2 and 3, so if anyone has any spare time or energy...

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THE TRAIL WALKER

TRAIL NEWS

TRAIL MARKER

Pictured below is the new 'tree bandage' marker now in use on the Trail.

The marker designed specifically to allow us to mark on 'live' trees, carries the familiar 'logo' with either straight, left or right turns. So far the only area to be marked using these markers is north of Hawker in the shadow of the Elder Range.

HEYSEN TRAIL Map No. 1

This map is temporarily out of print. It should become available by the end of July.



T R A I L W A L K E R

FRIENDS OF THE HEYSEN TRAIL AND OTHER WALKING TRAILS INC

10 PITT STREET, ADELAIDE 5000 Ph: 212 6299

With the help of many wonderful volunteers the Heyesen Trail has now been completed and needs only ongoing revegetation, repairing, remarking and rerouting of areas. Volunteers are therefore still needed and are valued team members.

To update our files, to utilise your expertise and to organise activities to suit your interests, please fill in the following sheet and return to us as soon as possible.

Name _____ Phone _____ (wk) _____ (ah)

Address _____ P/Code _____

Are you able to help with:-

- 1) Greening the trail
- 2) Repair, inspection, maintenance
- 3) Fundraising/publicity
- 4) Volunteer help at office
- 5) Volunteer help at workshop

Are you interested in:-

- 1) Walk leader training
- 2) Leading walks
- 3) Map reading skills workshop
- 4) Extended walks eg. weeklong
(meals & accommodation provided)
- 5) Evening talks/socials
- 6) Other (please specify)

To help plan our Walking Program, the Walking Committee need to know what type of walks you prefer.

- 1) Short leisurely (2-3 hrs)
- 2) Long leisurely (3-5 hrs)
- 3) Short demanding (2-3 hrs)
- 4) Long demanding (3-6 hrs)
- 5) Backpacking walks over night
- 6) Weekend walks
(meals & accommodation provided)

Any other comments _____

THE TRAIL WALKER

BULLETIN BOARD

MORATORIUM

The workshop is becoming short on certain small tools; claw hammers for example. If you have tools, are not a section leader, please return them to the workshop or office. We will ask no questions!

WANTED

Colour photos of the Trail and without walkers, for promotional usage. Please contact the office.

WANTED VOLUNTEERS

The summer regrowth of vegetation has caused problems in certain areas on the Trail. One such area requiring clearance is on Sugraloaf Hill, north of Inman Valley. Thelma Anderson is organising a clearance party shortly on one day of a weekend. Names in the first instance to the office please.

QUESTIONNAIRE

Have you completed the questionnaire? Please do without delay and send in to the office.

If you would like to include an item on the Bulletin Board, please let us know.