

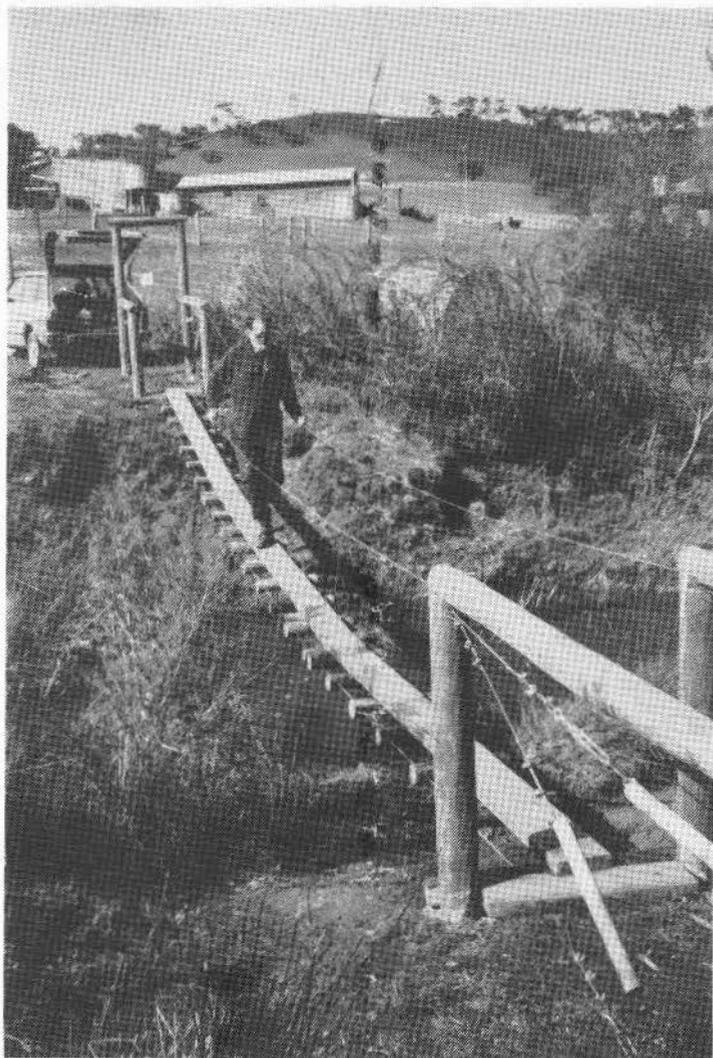
THE TRAILWALKER

ISSUE NO. 43

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

OCTOBER 1993

Print Post Approved
PP565001/00079



THE BUILDER AND HIS BRIDGE

Doug Leane and Blackfellows Creek

September, 1993

THE TRAIL WALKER

EDITORIAL

It is nice to see Terry Darby back in print with his very informative first aid article. George Driscoll just back from his Churchill Fellowship trip overseas, has kindly provided us with an overview on bushwalking gear and equipment developments. Warren Bonython, our Patron has allowed an article he originally wrote a few years ago to be reprinted at our request.

MEMBERSHIP ACKNOWLEDGEMENTS

Family

H. Atkinson
Lyn Edwards
Jennifer Jones
David Lee
Norma Champion
Alan and Pat Sandbach

Single

Ian Gepp
Margaret Robertson
Robert Norman
Mark Duncan
Alma Skeirys
Tamila Heresztyn
Vince Berkelaar

Friends of the Parnkalla Trail, Port Lincoln



THE TRAILWALKER
IS PUBLISHED BY THE FRIENDS OF
THE HEYSEN TRAIL AND OTHER
WALKING TRAILS INC.
10, Pitt Street, Adelaide, 5000
Ph: 212 6299

TRAIL WALKER

PRESIDENTS REPORT

Another two months have passed and this issue of the *Trailwalker* will see the end of our walking season.

The year to date has not been easy with many changes undertaken, coupled with a distinct lack of co-operation from the Department of Sport, Recreation and Racing, culminating in a predicted severe funding cut back for this financial year which can only result in difficulties in maintaining the Trail. Against this I have had the greatest support from Council, Executive, and Committees and feel that much good work has been done to get us on a solid path for the future. Our image is continuing to improve; our *Trailwalker* is well read and, due to the informative articles contained, is a sought after newsletter; our greening, walking, and maintenance committees are all very active.

But still there is much to do in an organisation as complex as ours and we are always in need of help in various ways. If you have the time and are looking for a stimulating interest we would love to hear from you.

SOCIAL EVENING - Friday, 15 October, 1993

Guest Speaker; Mr John Ridgeway who will talk, and show slides on,

Walking the Hume and Hovell Walking Track in New South Wales

The Track, which stretches 372 kms between Yass and Albury, retraces as closely as possible the route followed by the explorers Hamilton Hume and William Hovell on their expedition to Port Phillip in the spring and summer of 1824-25. The walker is today provided with a wide range of environments, from steep and rugged hill country or the picturesque beauty of Burrinjuck and Blowering dams, to agricultural environments such as the Tumut River Valley.

Come, see and hear about another long distance walking trail in another State. John and his partner, Liz Jansen, walked the Track last year. How does the marking and facilities compare with the Heysen Trail?

All are welcome. 7.00pm for 7.30pm at Girl Guides Centre, South Terrace.

PLEASE BRING A PLATE FOR LIGHT SUPPER AFTERWARDS. Tea and Coffee provided.

TRAIL WALKER

BUSHWALKING IN AMERICA AND AUSTRALIA

by Peter Calingaert

This is a personal, and very limited, attempt to compare a few bushwalks in Australia with several years of hiking (as we call it) in the United States. My Australian experience is limited to three one-day walks in SA this winter with the Friends. My American experience with organised hikes has been with local affiliates of the Sierra Club (a major force in American environmental politics), some in coastal northern California but most in central North Carolina (NC), usually in Spring, Summer, and Autumn. There is always, of course, some danger of unwarranted generalisation; caveat lector.

Most of the Sierra Club multi-day hikes are backpacking trips rather than separate day hikes radiating from a base, and I have not been on one. So I can't compare the socialisation aspects of American and South Australian multi-day walks.

The major difference between the groups of persons I've walked with in the U.S. and Australia is the age of the walkers. Average age here looks about 40 - 50; in the U.S., 30 - 35. Group size has been about 20 on most of my walks, although I've had a few smaller in North Carolina. The quality and elegance -- or lack of same -- of equipment (footwear, outerwear, packs, etc.) seem comparable. In congeniality and in concern for the environment I have found no difference. Although leaders have generally been on the ball, I have had an occasional leader of doubtful competence in NC; that was not the case in my walks with the Friends.

The two major differences between SA and NC walks have been the terrain and the pace. Most of my walks in NC have been in municipal, state, or national parklands, often heavily wooded with narrow trails, sometimes improved with steps to retard erosion. My walks in SA have been in much more widely varied country, including working farmland, with fences and stiles, which I rarely encounter at home. Walks in NC, and especially in California, have been brisker, probably in large measure because of the younger clientele.

TRAIL WALKER

GEAR.... what's new from tip to toe.

George Driscoll, the Manager of the Adelaide Scout Outdoor Centre has returned from an overseas tour of the world's biggest outdoor goods trade fair and the world's best outdoor shops.

George was travelling on a Churchill Fellowship to investigate the retailing of outdoor goods for the Scout Association of Australia. These are his comments prepared for readers of the 'Wild' magazine.

Could there be anything to replace a wool beanie or a balaclava to keep out the cold in icy conditions? In Europe people coming out of a cold winter were wearing many alternatives to these items which once were the only known satisfactory product

Maldon Fleece is now the go for hats. They are so much lighter and less itchy than wool but still effective. They come in a shape like 'Biggles' wore, the more adventurous sport a wee willie winkle type hat that is about two metres long and it is wrapped around the neck. Very trendy but not for Australian bushwalking.

The ISPO Trade Fair in Munich, Germany where the world's manufacturers of outdoor pursuits gear exhibit their products is quite amazing. There were twenty eight pavilions. Shuttle buses run around the show to make it possible to get around all of the buildings. The rainwear business is dominated by Goretex. This is the only fabric that has a water tight guarantee to keep you dry. There are alternative fabrics on show but the products use Goretex as the yard stick. "It's as good as Goretex" seems to be the constant catch cry. There are many of these waterproof breathable fabrics being made into excellent rain jackets at prices in reach of more people than Goretex. The day of the typically Australian dry Japara jacket seems numbered. The new breathables are going to capture this market.

Warm jackets from the world's best makers are made from Maldon Polartec. There is hardly another fleece on show. These range from the Nordic designed Fjall Raven from Sweden to European and American garments. None of the styles are better or more practical than the Australian Snowgum or the New Zealand Kathmandu brands. The Maldon mills people are producing a fleece with a Goretex interlining. Whether this will be too cumbersome and expensive as a warm top will need to be considered. Maldon is also producing a fabric slotted to take a slice of the Neoprene wet suit

THE TRAIL WALKER

business. This fabric is a coated fleece. It is extremely warm, insulating, comfortable and light.

The big potential for Australia is the news that fleece tops can now be produced in wool. The product has all the features of the synthetics that made fleece take over from the traditional wool jumper. The new wool fleece is light, non itchy, wind proof, rejects water and is burn resistant. However, the wool fleece garment seen only in Europe was expensive. Experiments are being made by the Snowgum people in Australia to produce woollen fleece jackets at a reasonable price.

Trousers, shorts and slacks are now being made from light, windproof water resistant fabrics. These are ideal for travelling due to the quick drying and easy care properties. Many pockets are a constant feature of the brands seen. The fabric is quite strong. Perhaps it's goodbye to Khaki drill shorts for bushwalking in Australia.

Keeping warm and dry really starts with thermal underwear. Surprising was the fact that the overseas stores are staying with very conservative colours of olive, navy, white and light blue for the daring. None of the bright multi strips in polypropylene are on show as in Australia. The new products with the most impact are 'Thermax' a Dupont fabric and Polatec 1000 both from the USA. Both of these products are extremely fine, light and smooth. They do not attract body odour.

Down to socks. The big sellers overseas are best described as 'fitted'. They have a fully shaped heel and toe. They are narrower across the arch. This stops the sock sliding under your foot after continuous walking. They are also thicker across the top where the laces are done up. This type of stock is now made in Australia by 'Wilderness Wear' and is set to dominate the Australian market for bushwalking socks.

And what sort of boots are new? The colour is the attraction. Not garish pinks or oranges but subtle greens, blues and maroons. Is the colour or the light weight the big attraction? Perhaps neither. It could be the comfort. The new European boots have all these properties. I can hear some 'Trailwalker' readers saying "It's all too trendy, I'll stay with my Blundstones". Well your view will change when you get a chance to try on this new high performance footwear. There is also the environmental view that we should not trample around in the bush in big heavy boots. The Scout Outdoor Centres are importing some Italian lines, while Rossi boots in Adelaide have taken up the challenge to produce an upgraded model for the nineties.

THE TRAIL WALKER

The world's best Outdoor Shops.

The Canadian Mountain Equipment Co-op. in Vancouver is rated as the best I saw. This is a co-operative where people pay an initial five dollar share to become a member for life. The management are incredibly open about the business with their customers/members. Letters of concern with the running of the store are encouraged and boldly displayed. These letters range from the shop being out of some wanted items to quality control and a question on why the co-op purchased from countries with a poor human rights record. The remarkably frank and thoughtful answers are shown with the letters.

The display and presentation of the gear is something that will be implemented in Australia by the Scout Outdoor Centres. Self inspection is made easy by a sample of the item on top with the stock stored below. It allows the customer to pick up, look at, try on and know how much it is without a hassle. Knowledgeable staff were on hand when required.

The world's best walking boot display was in John Gaynor Sports Store in Ambleside in the Lakes District of the UK. Here they show all of their stock on the selling floor. No running out the back for the other boot to the one on show. The stock is arranged to size, all the size 43cm in every model are put together and so on through the sizes. This idea is being trialed in the Scout Outdoor Centres.

USA Outdoor Shops range from the huge mega stores like R.E.I. in Seattle to small boutique stores as some of the North Face and Patagonia shops are.

REI is a co-operative with a huge mail order business. They sold 20,000 pairs of sports sandals in three weeks in a recent promotion. The Seattle store is not as daunting to shop in as its size suggests. The store is well segregated into sections for the particular pursuits. The North Face and Patagonia stores I saw in Colorado carry excellent clothing in a restricted range. There are Australian and New Zealand manufacturers who are now emulating the American product quality.

The most unique outdoor shop is undoubtedly Marmot Mountain Works in Berkeley, San Francisco. This store is housed in an old Russian Orthodox Church, complete with onion spires. The skis are shown underneath a stained glass window exhorting sinners to seek salvation. The altar area is "jam-packed" full of rucksacks and climbing gear dominates what was the choir stalls. I did not check if they have caving gear in the crypt! It

THE TRAIL WALKER

shows that you don't need a traditional shop for an outdoor pursuits store.

Perhaps the most amazing category of merchandise seen in the USA Outdoor Shops is gear to support the hunting and shooting scene. You can select from a startling array of guns, bows and arrows and intriguing accessories to go with them. A good hunter starts with 'scent shield' to hide the human smell. He (could it ever be she?) then slaps on some 'dominant buck urine' on their camouflage suit. You then tie on your 'scent walkers' to the soles of your boots. These gently squeeze out deer scent with each step. Spread around some "Intruder Gland Scent, proven by experts to arouse emotion and is a lethal weapon in harvesting white tail bucks". "Make sure you carry plenty of ammo", the packaging implores.

I was assured by the manager of the store that bushwalking is done in different areas.

ECOTREK CONDUCTS WALKING AND CANOEING TOURS

- Flinders Ranges
- Gammon Ranges
- The Grampians
- Hidden Gorge
- Bogong High Plains
- Glenelg River
- Heysen Trail Weekends
- River Murray
- Kangaroo Island
- Aboriginal Heritage
- The Austrian Tyrol
- The English Lake District
- The Cotswolds

For our latest brochure please return the coupon below:

Phone (08) 383 7198

To: ECOTREK
PO Box 4, Kangarilla SA 5157

Name: (Mr/Mrs/Ms/Miss)

Address:

..... P/Code:

Home Phone: Bus. Phone:

THE TRAIL WALKER

How many of us take the Heysen Trail for granted? How many of us know of the history of the development of the Trail? Probably not that many. This article was originally published a few years ago in 6 parts. With Warren Bonython's very kind permission we are now reproducing the article in this edition of Trailwalker and concluding it in the next edition.

HISTORY OF THE HEYSEN TRAIL - Part 1

C. Warren Bonython - Patron

It is now 24 years since the Heysen Trail was conceived; the first 9, under the State Planning Authority, were a period of enthusiastic planning changing to frustration; the second 15, under the Department of Recreation and Sport, have been a period of steady building of the trail and further promotion of the idea behind it.

The conception came in 1969. At that time a network of walking trails was being established in the Adelaide Hills by the National Fitness Council. Mindful of the long-distance walking trails then coming into vogue overseas - in America the 3,200kms Appalachian Trail and the 4,000kms Pacific Crest Trail, and in Britain the 400kms Pennine Way - I suggested at a National Trust symposium in July of that year that there was now scope for one in South Australia. I was thinking in the context of a trail in the Mount Lofty Ranges, but I also carried fresh in my mind the memory of my trek, completed the year before, along the full length of the Flinders Ranges. The end result was a combination of the two.

Even if it had been conceded that my suggestion had merit it still might have languished unimplemented for years had it not happened that a Minister of the Crown, the Hon. Murray Hill, MLC, attended that symposium and heard what I said. It is to his eternal credit that he latched on to the idea and took it up with his Government. The sequel, coming out of a Cabinet edict, was the formation in early 1970 of a body called the Long Distance Trail Committee. Its brief was to investigate and develop a walking and horse-riding trail of length and general route now well known to us.

The Chairman of the Long Distance Trail Committee in 1970 was the Surveyor General, George Kennedy, and the members were Stuart Hart, Albert Simpson and I. After Kennedy retired in 1971 I became Chairman for the committee's remaining seven years of existence. So at the beginning, full

THE TRAIL WALKER

of fervour and hope, we settled down to planning and establishing the trail under the legislative umbrella of the Planning and Development Act, supported by the staff and financial resources of the State Planning Authority. We decided to concentrate initially on a route for walking only.

An early task was to find a name. There is no single geographical name for the geologically-contemporaneous Mount Lofty Ranges and Flinders Ranges areas, nor was it easy to identify any one individual - explorer or prominent citizen - in South Australian history whose name could meaningfully be linked with both areas. However, we then thought of Sir Hans Heysen, the great artist, who had perfected the artistic rendering of the gum-tree in the Mount Lofty Ranges and had then brought the glories of the Flinders Ranges to the world's notice. Not a formal bushwalker, Heysen could be a most energetic walker in pursuit of his work.

With "Heysen" as the proper name we next looked for the type name among "Trail", "Way" and "Track". Trail had an American connotation and "Way" a restricted English usage. "Track" alone seemed appropriately Australian, but it was compromised in applications like Birdsville Track - a road for motor vehicles. We wanted above all a route characteristically free from motorized transport, so "trail" was finally chosen.

Our first three years, 1970-72, was a period of confident and enthusiastic planning and data collection. Five very competent and dedicated young officers of the State Planning Authority worked for us. Their labours and achievements - chiefly unremembered now - constituted important spade work which contributed towards the eventual blossoming of the Heysen Trail after 1978. Posterity ought to know about them and what they did.

Their names were A. Lothian, A.L. Withy, G. Perkin, R.J. Teague, H. Showell and D.D. Brodeur. They field-surveyed and mapped alternative routes - mainly in Southern Fleurieu Peninsular, they interviewed landholders and they addressed meetings under the auspices of District Councils, including some in the Lower North.

The first obstacle was a general resistance to the innovative Heysen Trail idea and the open hostility of certain councils to it. The latter would raise objections such as the walkers being likely to start bushfires and to perpetrate vandalism (charges which walkers - that most responsible section of the community - vehemently denied).

THE TRAIL WALKER

Other fears expressed were over the safety of the property and stock of landholders through whose land the trail would pass. The Committee's assurance that trail-users would be required to observe a set of strict regulations as to their conduct failed to mollify the objectors.

However, not every council was opposed to the trail; the D.C. of Crystal Brook was keen for the route to be varied so as to pass through its area.

The next obstacle emerged in 1974 when the Crown Law Department queried the power of the State Planning Authority to expend its funds on the trail. We conferred with our Minister (the Hon. Glen Broomhill, MP) who, as a result, agreed to the drafting of a "Recreation Trails" Bill - to cover not only the Heysen Trail but other walking trails as well. It was duly prepared, but no further progress seemed to be made; we endured a long period without receiving positive information. Meanwhile in 1976 the S.P.A. was definitely told that it could not expend its funds on the Heysen Trail.

A third obstacle then appeared. A shortage in staff numbers forced the S.P.A. progressively to withdraw those staff seconded for development of the trail. Trail planning slowly ground to a halt.

While they were still hoping for the passage of the lagging Bill the committee made a desperate effort to get the trail started by constructing and opening a nine-kilometre section within the Cleland Conservation Park, using largely the resources of the National Parks and Wildlife Service. The Governor, Sir Mark Oliphant, opened it on 1 May 1976.

The Recreation Trails Bill was a comprehensive 19-page document. An aspect of its thrust is illustrated by Part IV which opened with - "Public ownership of the land forming the trail is the best means of ensuring the permanence of the trail and its proper management". It was known to be in the Government's legislative "pipeline" late in 1976, but Parliament rose without its being tabled; it was not heard of again. I believe it was thought to be too controversial politically because it also incorporated the power of compulsory acquisition of land.

To be concluded in the next edition of *Trailwalker*.

THE TRAIL WALKER

FORWARD CALENDAR

OCTOBER

- Sun. 10th Black Hill/Ghost Tree Gully area with Jill McPherson.
- Fri. 15th Social Meeting. Girl Guides Hall, 278 South Tce, Adelaide. 7.00pm for 7.30pm start. See Page 3 for further details.
- Sat. 16th & Sun. 17th Trail maintenance. Phone Office for details and to volunteer.
- Tues 19 Back Packing Weekend Introduction - Phone Office for details.
- Fri. 22nd to Sun. 24th Weekend Walk at Wirrabara
- Sun. 24th Meet members of the Fleurieu Branch and walk Newland Head or, Wirrinna Beach if hot.
- Tues 26th Back Packing Weekend Introduction
- Sat 30th & Sun. 31st Back Packing Weekend

NOVEMBER

- Sun. 7th Trail Greening - Phone Office for details and to volunteer.
- Sun. 14th Linear Park Walk with Sadie Leupold.
- Sun. 21st Trail Maintenance - Phone Office for details and to volunteer.
- Fri. 26th Christmas Social Meeting at Enterprise House. See elsewhere this **Trailwalker** for more details.
- Sun. 28th Either;
Northside: Kaiser Stuhl with Colin Edwards
Or Southside: Myponga/Yulte with Barbara Rundle.

THE TRAIL WALKER

FRACTURES - Part 1

Terry Darby

A broken bone and a fractured bone are the same thing and result from considerable violence, usually a heavy fall. A crack is heard, usually by the whole group, and the bush walker is shocked and in pain depending on the situation of the fractured bone and the size of the bone broken.

Fractures are; open or closed (bone penetrating the skin, bleeding present), complicated or uncomplicated (blood vessels and/or nerves damaged), central or peripheral (head, spine, pelvis) or limbs (upper or lower).

For the bush walker, fortunately, the central fracture group and the complicated group are so rare that we need not consider them except in general principle. Therefore upper/lower limb, open or closed fractures only will be discussed.

UPPER LIMB FRACTURES

These are the most common involving wrist/hand or shoulder/upper limb. The higher the fracture in the limb, in general, the less common they are in bush walking.

MANAGEMENT.

Allow the person to support the injured limb and escort them to flat dry ground, place them in a reclining position, against a couple of packs if necessary, ease tight clothing and undress the injured limb. Assess tenderness, change in limb shape, colour of fingers and presence of pulse (feel the normal side pulse first). The pulse may well be rapid and of low volume. This is a sign of shock so, in this situation, lie your patient down flat in a comfortable situation and make sure they are kept warm (space blanket/tent).

So far we have done nothing to the injured limb. The next priority is to stop bleeding. As you know from previous articles this involves direct pressure. To do this in this situation, use a Melolin dressing with a pad made of sofban over the wound and apply a padded smooth wooden splint using a suitable sized branch or stick over the pad; bandage the fractured limb to the stick splint firmly but gently. This applies for all fractures below the elbow. Then use either your sling or a loop of bandage (scarf) around the neck to support the splinted limb in an elevated position; then gently ease your fingers under the bandage and

THE TRAIL WALKER

feel the wrist pulse again to make sure your bandaging has not been too tight.

Now take a breather yourself as you and your injured patient will feel much better. Remember you are not in a hurry, as in any accident, your plans will need remaking and there is plenty of time to do this. At this stage it is quite a good plan to get help from the rest of the members of your walking group. As in previous articles I have mentioned the need to localise your map reference position and the most appropriate and quickest way to walk out from where you are. Arrange shelter according to the weather and what you have got with you; write down the name of the injured person, the nature of the injury, time it happened, and whether the injured person has any other illnesses or is on medication for anything. Then brew up a warm drink.

As you will have realised the fracture characteristic is the mis-shapen limb (particularly over the wrist) and this will upset everyone. You will need to reassure your patient that when splinted the limb will be quite safe.

If the arm bone above the elbow is broken or the shoulder is either broken or out of joint, the same remarks apply about allowing the bush walker to hold the limb until seated comfortably - except that the splint now is no longer a padded wooden stick but the person's upper body and the bandage is now preferably a thermal T shirt or any other T shirt. The person is undressed to the waist, the wrist of the injured limb is held elevated against the body with a piece of bandage sling around the neck and the wrist. The normal limb is passed through the arm hole of the garment and the rest of the garment is gently pulled over the body; thus the injured limb is underneath the garment held relatively firmly to the side whilst there is a sling around the wrist and the neck. If deemed necessary a second T shirt is donned over the first to give added support.

The larger the bone broken, the more shocked the patient will be and hence the longer you will need to allow him/her to lie down and rest. Remember a shocked patient may vomit so have a plastic bag available. Give your injured colleague a good hour's sheltered warm rest before considering moving out. Once they feel comfortable and nausea has passed, plenty of fluid to drink and the old favourite of a warm sweet drink is acceptable. Remember that at the hospital the Doctors will want about 4 hours of an empty stomach before giving an anaesthetic so, if the hospital is closer than 4 hours away, it may be kinder to restrict all food and drink. In most cases, however, this will not be so.

THE TRAIL WALKER

In the upper limb, unlike the lower limb, you should be able to arrange to walk the injured out to base. It may be better to aim for a slightly longer walk out in order to avoid scrambles. So consider the terrain to be covered prior to deciding on the best route.

Next time - Fractures - Part2.

CHRISTMAS SOCIAL MEETING

Friday, 26 November, 1993

At the close of the 1993 Walking Season, we are holding our Christmas Social at Enterprise House, Corner of Greenhill and Unley Roads, Adelaide.

The venue has very kindly been arranged for us by Jamie Shephard.

Our guest speaker will be George Driscoll who will speak about his recent Churchill Fellowship Trip to America and Europe. To whet our appetite George has written an article in this edition of Trailwalker.

Time: 7.00pm for 7.30pm start. Please bring a plate for a light supper at the end of the evening.

MEMBERSHIP RENEWAL FORM

To: The Treasurer, Friends of the Heysen Trail and Other Walking Trails,

10, Pitt Street, Adelaide, SA 5000. Tel. 212 6299

Please renew me as a member of the Friends'

I enclose \$..... for.....years (max 3 years)

Membership fees are \$12 (single), \$18 (family), \$25 (other organisation)

NAME.....

ADDRESS.....

POST CODE.....

TEL. NO.....

TRAIL WALKER

WALKING COMMITTEE REPORT. by Sadie Leupold.

Since my last report our Committee has been actively involved in planning our 1994 programme of walks. We are at present pooling our ideas and hope to provide our members with some interesting walks for the coming year.

Walking weekends have been well received and we envisage having three of these next year and the possibility of two week long walks as well, based in the Flinders Ranges.

I have had a number of people requesting a repeat of our 1992 German Settlers walk from Hahndorf to Burnside and this will be included as a Specialty Walk next year. Mark Darter has also agreed to lead a walk in the picturesque Marne Valley area.

Our next weekend away will be from 22nd to 24th October at Wirrabara. Colin Edwards and Mike Fretwell will lead a walk on the Saturday from Mambray Creek and Sunday will be spent walking on the Heysen Trail to The Bluff including the Wirrabara Forest Reserve. We have planned a BBQ tea for the Saturday evening, our base being the Wirrabara Y.H.A.

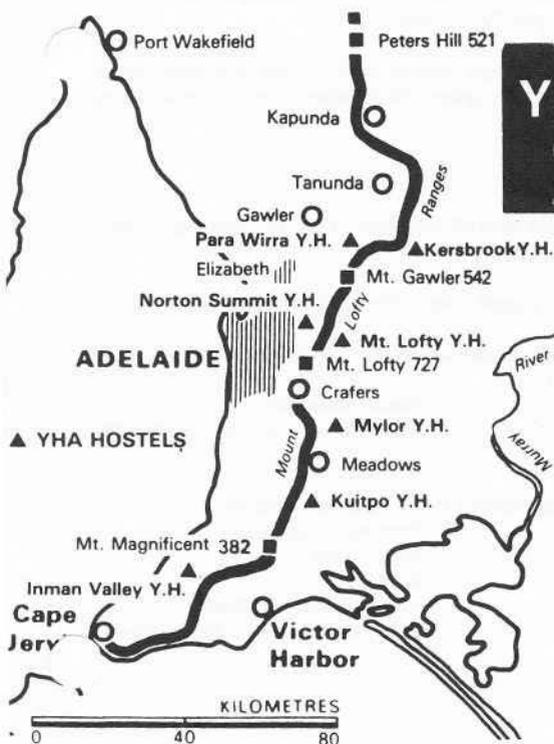
Mark Darter and Christina Tassell will be conducting two backpacking briefing sessions in October and George Driscoll has kindly provided the Scout Outdoor Centre as a venue. These sessions will be held on the 19th and 26th October and Mark and Christina will be sharing their knowledge with people who have always wanted to try walking with the "big pack" but don't know where to start. The information will be put into practice with a weekend walk in the Mount Crawford Forest staying at Chalks Hill Campsite on Saturday 30th to Sunday 31st October. Scout Outdoor Centre have agreed to hire out equipment to prospective walkers for the venture.

"The Friends" have been asked to participate in "Older Womens Speakout" in October and Dr. Marlene Edwards has agreed to present a paper at this event. A weekend camp with walking included has also been planned at Mylor. Interested persons may obtain further information by contacting "The Friends" office.

Our Committee is still seeking people wishing to help us by participating on the Committee and/or planning our programme. We are particularly interested to hear from walkers who know the Flinders Ranges area as we are seeking prospective leaders for our week long walks next year. We are also keen to hear from members with any ideas they may have for walks as we want to implement variety into our programme.

THE TRAIL WALKER

In September I will be walking in the Hartz Mountains in Germany and in Scotland and I hope to return with a wealth of new ideas for our 1994 Walking season.



YHA HOSTELS on the HEYSEN TRAIL

Comfortable accommodation for overnight stops on the Heysen Trail —

- Fully equipped kitchens
- Comfortable beds with all bedding (you provide the bed linen)
- Bathroom Facilities
- Pleasant Situations

Bookings and Enquiries:

YHA of S.A. Inc.,
38 Sturt Street,
ADELAIDE 5000 Tel (08) 231 5583 Fax (08) 231 4211



THE TRAIL WALKER

WHAT DO YOU CARRY IN YOUR DAY PACK?

Darkness comes early in winter and it may happen that day walkers do not reach their transport in daylight. Recently a group of day walkers discussed how well they were prepared should a night in the open be necessary.

The inventory was interesting!

All carry food, water and perhaps a Thermos for a hot drink (not enough, though, for an extra 8 - 10 hours). One always carries a wool jumper in case someone in the party is hurt.

Bandaids, pencil, paper, sunburn cream and a few coins are not much use at night. Some carry wet weather gear ONLY when the forecast is bad!

What a badly prepared group!

Trained and experienced bushwalkers would suggest the following items should be carried, EVEN for a day walk.

A simple first aid kit as outlined by Terry Darby in the April Trailwalker.

Plenty of food and drink (use your pack to store your surplus meusli bars).

Small insulated mat.

Space blanket.

Cord (useful for boot laces, as well as to make a shelter with the space blanket).

Wool or fleece top (jacket).

Warm hat and gloves (can be kept permanently in jacket pocket)

Waterproof jacket and pants.

Thermal top and longjohns.

Lightweight torch.

Whistle.

Compass.

Waterproof matches.

Garbage bag (s)

Toilet paper and small

trowel

Map in a waterproof case.

The above may necessitate the purchase of a larger day pack. If this has a waist strap, the extra weight is carried on the hips (not the shoulders) and is scarcely felt. Whatever else, this discussion led the writer to purchase an Emergency Blanket next day for \$5.75 from the Scout Outdoor Centre. It's one-off use could well be worth it.

Does **your** day pack need improving?

THE TRAIL WALKER

HOW TO USE YOUR COMPASS

To get your main bearings

Turn the rotating ring so that N (for north) lines up with the marker line at the top of the base-plate. Turn your body until the red part of the needle lines up with the arrow head on the bottom of the base-plate. You now have north in the front, south behind, east to your right and west to your left as indicated by the letters N,S,E and W.

Compass readings are affected by the presence of iron and steel objects. Be sure to look out for - and stay away from - pocket knives, belt buckles, railroad tracks, trucks, electrical lines etc. when using a compass in the field, or even in the store.

To orientate with a map

1. Place the base plate of your compass on the map so that one edge runs from your current position to your destination.
2. Rotate the rotating ring until the bottom lines are parallel with the north-south lines of the map and the "N" on the dial points to the north on the map.
3. Take the compass off the map and hold it in front of you. Turn your body until the red north part of the needle coincides with the arrow head on the rotating ring. The direction arrow on the base plate indicates your course.
4. Choose a distinctive landmark on the line of your course so that you will not have to keep looking at the compass. When you reach the landmark, choose a new one and so on until you reach your destination. Of course you should use tracks, paths etc. whenever this can save time and energy, rather than walking along a straight line.

HOW THE COMPASS WORKS

The earth is surrounded by a magnetic field. This field is aligned roughly north/south; the needle of a compass aligns with this field. In other words, one end of the compass needle points to the magnetic North Pole. The angular difference between the true North Pole and the magnetic

TRAIL WALKER

North Pole varies. We therefore have to make an allowance for this. The amount of allowance varies depending on where we are in the world. This difference is called declination.

Declination can be either east (E) or west (W), depending on which side of the geographical north the compass needle points. It varies according to your actual location. In some places it is actually 0 degrees but in some areas it can be more than 20 degrees. The local value in degrees can usually be found on maps (printed in the margin).

To correct for declination, first turn the rotating ring to the correct bearing as described in the previous section. Read your bearing against the marker line on top of the base plate. If your declination is **east**, **subtract** the amount of degrees from your bearing and reset your compass to show the new bearing. If your declination is **west**, **add** the amount of degrees and reset your compass.



DOUGLAS SCRUB - JULY, 1993

TRAIL WALKER

For example, if your original heading is 60 degrees and the declination is 20 degrees east, turn the rotating ring 20 degrees to show 40 degrees. (Magnetic North is to the right(east) of True North, therefore the sum is 60 minus 20 equals 40).

As the declination changes slowly with time, you should consult your map to find out what the rate of change is since the map was printed.

A few words of caution

This is only a brief outline of how to use a compass. It is sensible to practice using a compass in well known areas before relying on new found expertise in a "real life" situation.

A COMPASS IS ONLY AS ACCURATE AS ITS USER.



Blickinstal
HILLSIDE B & B
ACCOMMODATION

In the hills above Bethany with spectacular views of the Valley - Blickinstal is a truly special place.

Four beautifully appointed self-con't units, hearty breakfast provisions and true country hospitality.

100 acres of peace & tranquility, walks, birdlife and the Heysen Trail.

Rifle Range Road, Tanunda 6352
Phone (085) 63 2716

SPRING TIME

BAROSSA AT ITS BEST

Combine the walk through the Kaiser Stuhl Conservation Park on 28 November with an enjoyable and memorable stay at Blickinstal Hillside, Bed and Breakfast

THE TRAIL WALKER

TRAIL NEWS

BLACKFELLOWS CREEK BRIDGE

We are pleased to announce that the Blackfellows Creek is now bridged! The bridge has been constructed by Doug Leane with the technical assistance of Phil Hamilton, and with the help of Brian Sly, Brian Jordan, Joe Smet, Bob Verral, and Jim Pearce and his son.

PONY RIDGE ROAD

We have been informed by Terry Lavender that this track between Belair and Brownhill Creek will be marked very shortly. This will be quite a large project and the Friends' have been asked to assist. Volunteers required for this project; names to the office (212 6299), soon please.

SPALDING - Mid North

A section of Trail in vicinity of Deep Creek required 11 stiles to be installed following the completion of a bridge over the creek. Both projects have been completed.

JUPITER CREEK - Kuitpo Forest

The trail crosses the creek via an E and W S reserve and a bridge. The approaches to this bridge are now almost impassable due to flooding and boggy conditions. In early summer it is intended that we build approximately 80 metres of decking/bog ladder. Klaus Hribar has drawn the plans and completed the budgetting for materials; and the department has agreed in principle to the project. We are now starting to collect names of those members interested in assisting on this project. Please let the office know of your interest.

HUPPATZ HUT - Tothill Ranges

Two almost impassable double barbed wire fences 1.5kms south of the hut have now been improved by two high 4 step stiles.

THE TRAIL WALKER

BULLETIN BOARD

WANTED to BUY

Backpack - 60 to 80 litre capacity; up to \$100. Please contact the Office 212 6299.

FOR SALE: BOOTS.

1 Pair ZAMBERLAN Leather Boots Size 5 - 5.1/2 \$60.00

WANTED

Volunteer part-time typists. The typing workload in the office is now increasing to a level where extra word processing assistance is required. If you would like to discuss this further please ring the office 212 6299.

FOR SALE: PHOTOGRAPHIC PRINTS

Following a successful exhibition at the Myer Centre, a few of Barry Hayes' photographic prints of scenes along the Heysen Trail are for sale. These can be viewed at 10 Pitt Street.

DEADLINE for the next issue of **Trailwalker** is November 12th. Please have your articles into the office by that date. Late articles are not guaranteed publication!

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

SNAKE WARNING

This year is becoming a bad year for snakes, all walkers are urged to take sensible precautions and to brush up their knowledge on snake bite treatment. Act sensibly and snakes will NOT ruin your entire day!

THE TRAIL WALKER



BACKPACKERS FLINDERS RANGES



4 & 6 DAY TOURS

- Enjoy the timeless beauty of the magnificent Flinders Ranges.
- Catch the breath taking views of this unique landscape & wildlife
- Enjoy bushwalking through spectacular scenery
- 4WD Tours available (At discounted rates)

FROM ONLY \$135
PER PERSON

 **(08) 415 5555**

STATELINER
SOUTH AUSTRALIA'S COACHLINE