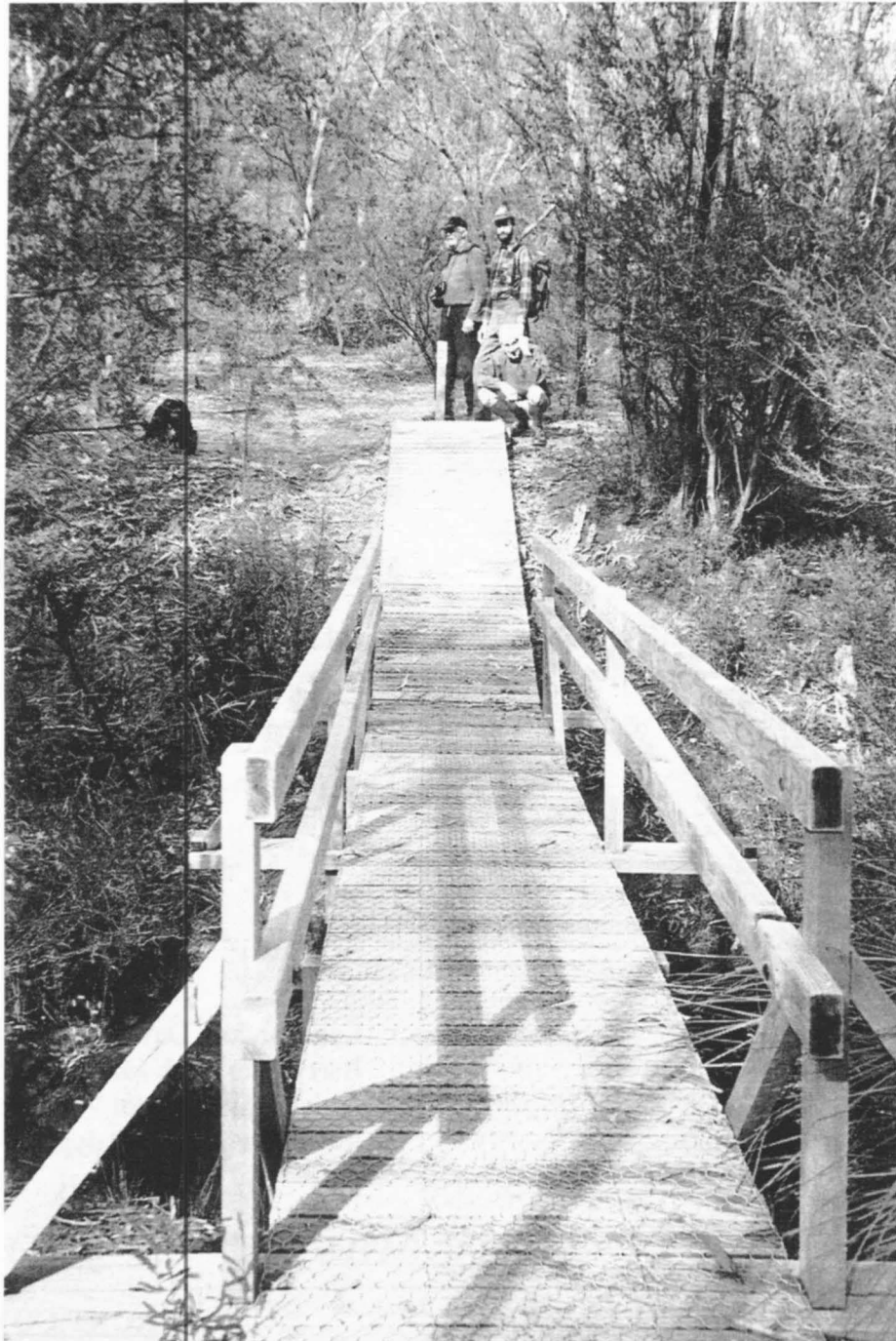


THE TRAILWALKER

ISSUE 75 PRINT POST APPROVED PP565001 / 00079 FEBRUARY 2000



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

THE TRAILWALKER

FRIENDS OF THE HEYSEN TRAIL AND OTHER WALKING TRAILS INC

10 PITT STREET ADELAIDE, SA 5000

PHONE (08) 8212 6299 FAX (08) 8212 1930

EMAIL: heysentrail@newave.net.au

WEBSITE: www.newave.net.au/~heysentrail

PATRON: C. WARREN BONYTHON AO

COUNCIL MEMBERS 1999

Jamie Shephard	President
Julian Monfries	Vice President
Lyn Condon	Secretary
John Wilson	Treasurer
Barry Finn	
Dean Killmier	
Simon Kleinig	
Arthur Smith	

HONORARY MEMBERS

Terry Lavender
Jim Crinion
Neville Southgate
Doug Leane
Fred Brooks
Sadie Leupold
Thelma Anderson
Kath Palyga
Richard Schmitz

TRAILWALKER

Ric Trutwin
John Wilson

WALKING

David Beaton
Chris Caspar
Barry Finn
Julian Monfries
Mick Thomas
Ric Trutwin

MEMBERSHIP SECRETARIES

David Beaton, Lyn Condon

SOCIAL SECRETARY

Terry Gasson

OFFICE HOURS

Monday	Closed
Tuesday	10.30 - 2.30
Wednesday	10.30 - 1.30
Thursday	10.30 - 2.30
Friday	10.30 - 1.30
Saturday - Sunday	Closed

Lyn Condon, David Beaton, Dawn Bon
Barry Finn, Jack Marcelis, Jenny Prider
Arthur Smith, Carol Wootton
Ric Trutwin, Kath Palyga

MEETING DATES

Council

Wed 16 February
Wed 15 March

Walking Committee

Wed 3 May

FRONT COVER

Bridge in Warren Cons Park
(Built by Fred Brooks' team)
(in 1994. Photo: Noel Luckett)

AGM 24 March, 7.30pm

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MESSAGE FROM YOUR PRESIDENT

I consider that we can approach the next and forthcoming Annual General Meeting with a lot more optimism, enthusiasm and confidence compared with that of the previous year – well may our members ask why?

Well, to my mind your Board has given a very good lead in displaying a positive attitude to the day to day decisions that have to be made; we have got our systems, equipment, volunteers, office updated or reorganised, replaced, trained etc.

I believe we are a very efficient and effective team that is keen to leap into the year 2000.

This is evidenced by the willingness for the whole Board to either continue on or offer themselves for re-election. We do need some new faces and would welcome some additional support on the Board, with a leaning towards maintenance, trail planning or trail development.

As we go to print, a draft of the "Recreational Greenways Bill 1999" is being discussed and considered by our society. The Minister for the Department of Recreation and Sport, the Hon Iain Evans, has given most positive and enthusiastic support in commissioning Mr. Jim Daly and others to draft this proposed Bill. A copy is available at the office for members to peruse. Its aim is to provide for the establishment and maintenance of trails for recreational walking, cycling, horse riding, skating and other similar purposes.

The old Development Act 1993, I presume, is the basis upon which current and past work on trails has been performed. The thrust of this new Bill is really very challenging and quite controversial (to some sections of our society), as it lays down quite clearly how private and public land may be used to establish a (walking) trail; how that trail may be used; offenses that could involve fines; the nature, requirement, variation and

enforcement of agreements (once an agreement has been made on private and public land for a trail – an easement will exist on the Title which will maintain a greenway trail).

As well, a complete audit has been commissioned by our Minister of the entire Heysen Trail, the Riesling Trail and others by Fujitsu Corporation. This is now well underway.

The replacement of the defunct Warren Bonython bridge at Mylor has reached a new phase or chapter with the removal of the wrecked third bridge. Plans are being made for a replacement at or near the existing site. I gather the cost of this exercise may be in the vicinity of \$100,000. I personally am torn by a great desire to see this vital link in the Heysen Trail returned, but being an economic rationalist I find it hard to justify such an amount of our taxpayers money being spent in this manner. Our Patron, after whom the bridge is named, agrees with my view.

With the walking season fast approaching I look forward to seeing you on the tracks, at the opening on April 2, and **especially at our AGM on Friday March 24th**.

Good wishes, and may your new year be happy and successful

Jamie Shephard
President

From the quotebook.

"One of the nicest things that can happen to a person is to do good by stealth and be found out by accident"

Mark Twain

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ANNUAL GENERAL MEETING

NOTICE OF MEETING

The thirteenth Annual General Meeting of the Friends of the Heysen Trail and Other Walking Trails Inc will be held at 7.30 pm on Friday, 24th March 2000 at Enterprise House, 136 Greenhill Rd. Unley. Free car parking will be available under the building; enter from Greenhill Road.

The agenda for this meeting is printed on the opposite page.

Nominations are sought from you, our members, for election to the Friends Council at the Annual General Meeting. Council currently comprises of the President, a Vice President, Secretary, Treasurer and not less than four and not more than ten members.

Council meetings are currently held on the third Wednesday of each month at 5.30pm, in the Friends offices. Meetings usually conclude by 7.30pm.

In addition to Council, there is an opportunity for members to contribute to one of the various Committees: Walking, Trails, Greening and Publicity

To nominate, please complete and copy or detach the form below and send it to:

The Secretary
Friends of the Heysen Trail, 10 Pitt Street Adelaide, 5000

NOMINATION FORM

I.....wish to nominate for the position of

President Vice President, Secretary,
Treasurer Council Member.

.....
(Proposer)

.....
(Signature of Nominee)

.....
(Seconder)

.....
(Name - Please Print)

**NOMINATIONS CLOSE AT 200pm ON FRIDAY 17 MARCH 2000
AT THE FRIENDS OFFICE**

Note: We welcome nominations for Council, and are looking particularly for two new members for the Walking Committee. Overleaf, the section of the Friends Constitution relevant to nomination and election to the Council is reproduced.

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13th ANNUAL GENERAL MEETING

FRIDAY 24 MARCH 2000 AT 7.30PM

AT ENTERPRISE HOUSE, 136 GREENHILL ROAD, UNLEY

AGENDA

1. Apologies.
2. Acceptance of the Minutes of the previous Annual General Meeting held on 22 March 1999.
3. President's Report.
4. Financial Report
5. Election of Officers.
 - 5.1 Treasurer
 - 5.2 Secretary
 - 5.3 Council Members
6. Appointment of members for the Walking, Trails, Greening and Publicity Committees.
7. Appointment of Auditor.
8. Other Business.
9. Close of Meeting.

At the conclusion of the business end of the evening, we have invited Mr Jim Daly of the Office of Recreation and Sport to be our guest speaker.. Jim was appointed last year to coordinate some major changes in the development and promotion of the State's network of recreational trails.

Tea and coffee will be served at the conclusion of the evening. Please bring a plate of light supper.

Note: Any member wishing to move a motion at the AGM should be aware of the Constitutional requirements as follows:

"Notice of any motion proposed to be moved at a General Meeting by any member not being a member of the Council shall be signed by the proposer and seconder and shall be delivered to the Secretary at least seven days before the meeting. No motion moved by any member other than a member of the Council shall be entertained by the meeting unless notice thereof has been given as aforesaid."

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ELECTION OF COUNCIL MEMBERS AT AGM

The Section of the Friends Constitution relating to Management of the Association, and to the procedure for nomination and election of members of the Council is reproduced below.

8. MANAGEMENT

- (1) The affairs of the Association shall be managed and controlled by a Council which may exercise on behalf of the Association all the powers conferred on the Association by this Constitution, and may do all such things as are within the objects of the Association except such things as are required to be done by the Association in General Meeting.
- (2) The Council shall consist of the President of the Association, together with a Vice-President, a Secretary, a Treasurer, and not less than four, nor more than ten other members, all of whom shall be elected at an Annual General Meeting of the Association.
- (3) The President shall hold office for a period of two years and shall be eligible for re-election after that period, provided that after three terms in office he shall stand down for at least one year.
- (4) The Vice-President, the Secretary, the Treasurer and half of the other members shall retire annually. The members to retire each year shall be determined by the Council which shall ensure, as far as possible, that they shall retire in rotation. A retiring Vice-President, Secretary, Treasurer or member shall be eligible for re-election without nomination, provided that after six years in office he shall stand down for at least one year.
- (5) Nominations for election as President, Vice-President, Secretary or Treasurer, or as a member of the Council shall be invited by notice in the Association's Newsletter or other appropriate publication not less than 28 days before the Annual General Meeting. All persons nominated for election must be members of the Association.
- (6) Nominations must be in writing and must be signed by two members of the Association and by the nominee to signify his willingness to stand for election. They must include brief biographical details of the nominee for distribution to members at or before the Annual General Meeting and must reach the Secretary of the Association not less than seven days before the Annual General Meeting; provided that if an insufficient number of nominations has been received to fill the vacancies, additional nominations may be accepted at the Annual General Meeting.
- (7) If the number of nominations received is more than the number of vacancies to be filled, an election to fill the vacancies shall be held by secret ballot.

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OFFICE COORDINATOR'S REPORT

This new year is rushing by already. We have had a busy start with many renewals coming in over the Christmas break. I hope all the office volunteers enjoyed their time off and with batteries recharged will take up their duties once again with a minimum of fuss and maximum effort.

We have a new book in stock, "Lightweight Cooks" edited by Avis Pearce and George Driscoll. A collection of useful and favorite recipes from a number of walking enthusiasts. at \$19.95 less 10% discount for members.

OFFICE VOLUNTEERS

We are still looking for volunteers to staff the office on weekdays. At present, we are unable to open the office on Mondays, and need backup support for the other days. We are trying to arrange rosters so that some staff need only attend one day each fortnight.

Duties include:

Recording incoming mail
Answering the phone and taking messages
Selling books, maps and walking cards
Receiving membership subscriptions
Taking bookings for day walks

You will receive instructions and training in the office procedures and equipment before being asked to undertake any tasks on your own. We would like a few more people to "know the ropes" so if any of the present office workers have to phase out, others will be ready to take their places.

For further information, please contact Lyn in the office on Tuesdays, on 8212 6299, or at home on 8277 4728.

Lyn Condon

MAINTENANCE REPORT

The summer period is a time when maintenance activities wind down for a period, as do walking activities.

However, there are many issues and projects relating to Trail maintenance and development that need consideration by the Friends Council, and those involved in Trail maintenance. Some of these are as follows.

1. Rec SA has indicated that the estimated cost of replacing the Bonython Bridge at Mylor would be over \$100,000. It is generally felt that it is difficult to justify the expenditure of such a large amount on a replacement, and consequently, options are being explored.
2. The re-route of the Heysen Trail around Buckaringa Sanctuary needs to be re-visited.
3. The boardwalks at Glen Bold and Jupiter Creek need major reconstruction.
4. The recent acquisition by the Government of

land near Victor Harbor, will soon, hopefully, allow the Heysen Trail to be re-routed along the coast to Kings Head.

Words that come to mind are those of Ralph Ollerenshaw, when we were installing the current re-route through the paddocks near Newland Hill. They were, "it will give me great pleasure to one day, be removing this re-route". I'm sure everybody will agree with that sentiment.

Personally, I would also like to see a major restoration of native vegetation in the area west of Kings Head.

Arthur Smith.

"People are lonely because they build walls instead of bridges"

J.F. Newton

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Calling all Heysen Trail Walkers

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

Enquiries and application forms available from the Friends office.

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

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

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



List of "End – to-Enders"

The following people were registered and issued with "End-to End" certificates prior to 31 Dec, 1999 (Not all are members of the Friends)

C. Warren Bonython
Terry Lavender
Jean Franks
Stan Franks
Lorna Hartwell
Miriam Saunders
Bronwyn Lloyd
Derek Gray Nicholl
Bryan Ormerod
Mary Cameron

Dudley Cockington
Jennifer Dow
Glen Dow
Ronald Way Robinson
Graham Page
Ian Alexander McDougall
Douglas Handley
Sandy Handley
Betty Morse

New Members

The President and the Council would like to extend a warm welcome to the following members, who have joined the Friends since the last edition of Trailwalker, and urge them to become involved in the voluntary, walking and social aspects of the Association.

Jennie Abbott
Alan Dandie
Graham Freak

John McCarthy
Jennifer Sic

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HEYSEN TRAIL VOLUNTEER MAINTENANCE SECTION LEADERS

HEYSEN TRAIL SECTION	HEYSEN MAP NUMBER	SECTION LEADERS NAME AND CONTACT NUMBERS
1. Cape Jervis to Boat Harbour Creek	8	David Beaton (H) 8298 6340
2. Boat Harbour Creek Back Valley Road	8	Ralph Ollerenshaw (H) 8379 0998
3. Back Valley Road to Moon Hill	3	Thelma Anderson (H) 8278 4420
4. Moon Hill to Hindmarsh Tiers Road	3	Lothar Zieschang (H) 8353 5785 Wandergruppe Bushwalkers (German Assoc)
5. Hindmarsh Tiers Road to Blackfellows Creek Road	3	Bob Verrall (H) 8382 8577 Jim Pearce (H) 8276 5190 (W) 8372 5169
6. Blackfellows Creek Road to Glen Bold	1	David Evans (H) 8558 2854
7. Glen Bold to Piccadilly	1	Barry Finn (H) 8388 5546
8. Piccadilly to Norton Summit	2	Liz O'Shea (WEA Ramblers) (H) 8352 1636
9. Norton Summit to Cudlee Creek	2	David Marcroft (H) 8336 6807 St Agnes Bushwalking & Natural History
10. Cudlee Creek to Bethany	2 & 9	Doug Leane (H) 8443 3388
11. Bethany to Peters Hill	9	Joyce Heinjus (H) 8525 2054 (W) 8562 2022
12. Peters Hill to Logans Gap	10	Michael Tilley (H) 8396 4363
13. Logans Gap to Spalding	11 & 12	Hugh Greenhill (Burra Branch) (H) 8843 8115
14, 16, 17 Spalding to Wilpena	13, 7, 14, 15, 5	Vacant
15. Hughes Gap to Melrose	6	Ian Pool ARPA (H) 8258 3423
18. Wilpena to Parachilna	4	Shayne Reschke (Leigh Creek) (H) 8675 2885 (W) 8675 4332
PROJECT OFFICER (Voluntary)		Vacant

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

Friends Office numbers: Phone: 8212 6299 Fax: 8211 8041 Email: heysentrail@newave.net.au

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HONORARY MEMBERS

JIM CRINION (First Chairman)

In recent years reference has been made to Jim as the "Godfather of the Friends of the-Heysen Trail" principally because he was the first Chairman of the Steering Committee which was set up from a public meeting held at the Dom Polski Centre on the 1st of June 1986. The meeting had been convened by the Hon Kim Mayes, the Minister for Recreation and Sport and some eighteen volunteers offered their services on the Committee amongst whom were Warren Bonython (the first President), Derek Whitelock, Ian Sando, Prof Jim Ridyard, Robert Collett, Fred Brooks, Thelma Anderson, Betty Wise and many others who all helped to shape the Association. Without the enthusiasm and dedication of the Chair in getting the Association up and running with the majority of the Committee's support, the organisation could have foundered.

Jim in his early days was an enthusiastic walker, having walked in USA and Canada on parts of the Appalachian and Rideau Trails, and also in many parts of U.K where he was born.

During World War II he served in the Royal Artillery in the Far East and was taken prisoner by the Japanese. In an interview he claimed that the hardest walking he ever did was in captivity when he struggled about five kilometres to work in the mines on two cups of glutinous rice and some watery soup.

In 1957, with Margaret his wife, and his four sons, Jim came to Adelaide to work as an Engineer building roads and bridges for the Highways Department in the north of the State. Later he was appointed Executive Engineer in charge of the Road Traffic Board. He came to love the Flinders and Gammon Ranges during the early period with the Highways Dept and often walked the hills and dales when he had the spare time.

In 1974 he had to reluctantly resign on doctor's advice and spent the ensuing years as a retiree

seeing Australia, going overseas with his wife and walking extensively. When the proposal came to set up a walkers organisation, Jim was to support it wholeheartedly and volunteered his help.

It was during his period as Chairman of the Friends it became apparent to him that the prospective walkers were not fully aware of the areas that they could walk in the State and information was badly needed. The only book of maps available at this time was one which had been produced by the Fitness Council, but had gone out of print, when that organisation was disbanded and the Department of Recreation and Sport took over the responsibility for the walking trails.

Jim started to collate a walking book in 1984, but early in 1985 Margaret suddenly died. Knowing of his wife's love of walking he decided, in her memory to publish three walk books called "The Adelaide and Country Walks" which went on to have numerous reprints, and covered over 100 walks in most of the parks on the Fleurieu Peninsula and north beyond the Barossa Valley. During the release of his books he was asked in a radio interview when he started walking, and he said that he commenced at a very early age when he lived in U.K. and he had to walk 1 to 2 miles alongside his mother into the town twice a week. Transport in those days was apparently very infrequent.

These books went out of print during 1988, the main reason being that many of the Park tracks had been upgraded and were causing some confusion to a number of the original directions given for prospective walkers.

In 1990 he married Shirley Crafter whom he had managed to coerce from competitive golf to walk with him and travel overseas.

Last year the Map shop in Peel St, Adelaide asked if they could reprint his books. In the short period that the author had available to recheck the walks, it was decided to change the format of the new book to "40 Adelaide and Country Walks". These forty walks were taken from the three books and represent those that the

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author enjoyed very much and continues to walk regularly. The book has been slightly delayed for reasons beyond his control, but should be in the shops in March.

Neville Southgate
Honorary Member



Jim Crinion

NEVILLE SOUTHGATE **"Man or Myth"**

Many members of the Friends may have heard the name Nev Southgate pop up at least once in every conversation regarding walking, but how many have actually met the man himself.

I am one of those lucky ones who have gotten to know Neville, and whose life has changed by this man.

Neville joined the Friends in 1988 and quickly used his keen ability of speech to let all those around know that the Heysen Trail was no longer just a pipe dream. He attended meetings on the Heysen Trail project and was invited to speak at various gatherings to discuss the Heysen Trail and what it would become, and what it would mean to walkers and the State as a whole. Ten years later, once the Heysen Trail was complete ahead of schedule, Neville once again stood proudly in front of anyone who would listen and told them how he singlehandedly marked the entire Heysen Trail (just kidding). In fact, Neville's efforts ensured that tens of thousands of people knew about the tremendous

effort put forward by the multitude of volunteers in co-operation with the Department of Recreation and Sport to complete the 1000 km (or is that 1200 km?) Heysen Trail.

Neville was also involved in the project that allowed homeless men from Byron Place Community Centre to rebuild their lives by rebuilding huts along the Heysen Trail.

Neville has also been a Council member, Vice President and President of the Friends during the twelve years he has been a member. He was the instigator behind the current location of the Friends office for which we also thank the Adelaide Central Mission.

Prior to joining the Friends, Neville was involved in the Flying Doctor Service and made many trips overseas and throughout Australia to stretch his legs on some of the world's best known walking trails. He was also involved with the World Health Organisation until recently meeting with an "angel" on his trek to Hinchinbrook Island. (If you want more info, see Neville).

Neville was rewarded for his efforts in promoting the Friends and the Heysen Trail by being awarded the Friends highest honour, Honorary Membership in 1996.



Neville Southgate

Neville is a man who could talk the Eskimos into buying ice. In fact he convinced me, and quite a few others to volunteer our time in assisting at the Friends office. Without Neville, I would never have become involved in the running of the Friends for nearly seven years, and I would

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never have thought of standing for positions on Council including that of President. His prodding gave me the skills and self confidence I required to succeed at my current job. He has also helped another member of the Friends with employment and from us both, we thank you.

So, next time you hear the name Neville Southgate mentioned, you will know a little

more about the man, who is now no longer a myth.

P.S. Neville leads a walk every year and attends the Friends AGM every March.

Richard Schmitz
Honorary Member

Walking Committee Report

Happy New Year to all the FOHT walkers.

The walking New Year started in fine style with Australia walk, the first of our summer walks, followed by a fine repast at the Waterfall Gully Restaurant. It was very gratifying to have such a good response to both the walk and the dinner.

The Australia Day walk is to be followed by Jon Selby's Onkaparinga Estuary walk, with dinner at the local pub on 27th February, then Barry Finn's Strathalbyn Historical walk, at you guessed it Strathalbyn, on 26th March.

The official opening of the walking season is on 2nd April 2000, at The Pines Oval, Belair National Park. As this is the first Sunday in April, there will be no walks on 9th April (second Sunday)

The Friends will have a Sea to Summit walk, arriving at the Pines Oval for lunch and the opening of the season, and a couple of walks around the National Park (see walk program page 16). For those not wanting to do the full Sea to Summit, why not walk half this year, either joining or finishing at Belair.

We plan to have a full program this year with walks on the second and fourth Sundays of the month, incorporating one Trailstarter and two Trailwalker walks on those days.

In addition, on the first Sunday of the month, starting at Cape Jervis on 7th May, the Heysen Millennium Walks will commence. The aim of

these walks is to enable people to eventually hike the entire Heysen Trail, with experienced leaders. Walkers can start at Cape Jervis and try and walk all the way, join at various stages, and skip others, or whatever. Call the Friends office to book.

Lastly, don't forget our weekend program. This starts with Easter/Anzac weekend at Warraweena in the Flinders Ranges. with Mick Thomas and Jill McPherson.

The Walking Committee is looking for two new members. We meet every three months on Wednesday evenings at 5.30pm in the Friends office. Any volunteers?

Julian Monfries
Chairman

GOLDEN BOOTS CARDS

Golden Boots Cards are now available for the 2000 walking season, to all financial members of the Friends. For a cost of \$25.00 per person, you will be entitled to attend all Trailstarter and Trailwalker walks for this year.

Note that the Golden Boots Cards are not transferable, and that each walker must have his/her own card.

Note: Cardholders are still required to book in on all day walks.

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TRAILWALKER INFORMATION

CONTRIBUTIONS

The editors would like to thank all our contributors for their input to the December Trailwalker.

We have had a very good response from members submitting articles for publication. We are still looking for input on any subjects of general interest to members, as well as on walking or trail maintenance. Hand or typewritten articles will be accepted, but we would prefer them in computer form, on floppy disks or by email. If anyone becomes aware of any new books of interest to bushwalkers, please let us know, as we would consider stocking them for sale to members.

CLOSING DATE

The closing date for our next issue is
5 May, 2000.

Publication date will be late **May**

INTERNET

A variety of information is available from our Website at **www.newave.net.au/~heysentrail**

This includes material on the Friends and a brief history of the Trail, the location of huts and water tanks, the Walking Program and some articles from the Trailwalker. Thanks to Arthur Smith for maintaining the website.

ADVERTISING RATES

Standard advertising rates for Trailwalker are:

Full Page	\$60
Half Page	\$40
Quarter Page	\$20
Flyer for Enclosure	\$60
(max 2 A4 sheets to be)	
(supplied by advertiser)	

Special rates can be negotiated for repeat advertisers.

WALK BOOKINGS

Please phone the office between 10.30am and 2.30pm Tuesday and Thursday, and 10.30am to 1.30pm Wednesday and Friday for registration and information

If the office is unattended please leave a number where you can be contacted during office hours.

NON MEMBERS

Council has increased the cost for non-members participating in walks to \$10.00 per walk, with \$5.00 refundable against membership subscriptions if joining the Friends within two months.

MEMBERSHIP RENEWALS

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

We are providing reminders to members whose membership is about to expire or has recently expired by inserting notices and renewal forms in your Trailwalker. Would Family Members please include names of both adults and children under 18 years of age on their Renewal Forms, as we are updating our records and need this information to calculate our public liability insurance premium.

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

THE SOCIAL NEWS

On Saturday 18 March a group of Friends are meeting at Elder Park for Adelaide's "Symphony Under the Stars" (finishing with the 1812 Overture). Just show up – bring eats, drinks and a rug and look for the Heysen banner.

Do we have anyone interested in forming a Heysen Group to play Ten Pin Bowling? Date to be decided. Phone the office

Terry Gasson

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THE WALKING FEDERATION OF SOUTH AUSTRALIA, INC.

Congratulations to the Government of South Australia for the far-sighted decision to successfully bid at auction for the purchase of Section 191, Hundred of Waitpinga. This piece of land is vital to the Heysen Trail being re-located along the cliffline east of Newland Head to enable coastal walking access to Kings Beach before the Trail turns north as it heads for Newland Hill and Back Valley. All walkers will recall the disappointment of the Trail being re-routed inland to by-pass the narrow coastal reserve in front of five private allotments when a residence was built on Lot 11 and access to the coast along the eastern boundary of this allotment was withdrawn. It is intended to use the southern alignment of Section 191 as a coastal reserve. This will have a two-fold effect by providing pedestrian access along the coast and protecting the rare and endangered indigenous plant species from grazing stock.

Efforts to secure this section of coast have been strongly supported by the local residents and ratepayers association and Friends of Newland Head Conservation Park. We applaud and thank Iain Evans, Minister for Recreation and Sport for hearing our pleas on this issue and responding positively to them. It is Federal Government policy for pedestrian access to be available around the entire Australian coastline and the recent State Government action is an important move towards fulfilment of this policy in South Australia. Sincere acknowledgment and thanks are expressed to all members who supported the Federation's representations to the Hon. Iain Evans, Minister for Recreation and Sport, to Ministers in other related portfolios, individual walkers' local member of Parliament and to various Government departments. Your loyal support has achieved a great step - for both the Heysen Trail and walking trails generally.

The Greenways Bill, launched for public consultation earlier in January by Minister Iain Evans, is designed to give legislative protection for recreational trails. Meetings are being held throughout the State to provide recreational trail

users, landowners and other interested parties with information about the implications of the proposed Bill. All members of the walking community are urged to attend one of these meetings.

A public notice in a recent edition of "Messenger" newspapers refers to Lafferty Road, Cherry Gardens. A company of Lawyers and Mediators, Alderman Redman, has been appointed by Onkaparinga Council to advise on a decision by Council to resolve the status of an undeveloped section of Lafferty Road. Uncertainty regarding legal public access on this section of the road reserve, passing through private property, has existed for many years. Various local government authorities - Meadows Council, Happy Valley Council and now Onkaparinga Council - have experienced disputes with landowners and some sections of the community, with no firm designation of its legal use emerging. With the appointment of a mediator, submissions have been invited from the public in an effort to make a recommendation to resolve the impasse. Anyone with a point of view about this matter should contact the company and express an opinion.

Yet another interesting development is the appointment of Peter Lawrence to the Outdoor Unit of the Office for Recreation and Sport. He has already held discussions with both the Friends of the Heysen Trail and the Walking Federation. One particular issue is the re-location of the Warren Bonython Bridge at Mylor, which has been closed now for at least two walking seasons. Another concern is provision of an appropriate pedestrian crossing at Verdun over the Onkaparinga River to improve the safety of access for the Heysen Trail spur route between Bridgewater and Hahndorf. The Federation will continue to pursue these concerns and feel confident that we can look forward to improved consultation on a wide range of related topics of interest and importance to our members.

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A draft Strategic Plan was released by the Office for Recreation and Sport just prior to the closing date for submissions to be received. However, it is understood that a final plan will not be released for some months, allowing time for consideration and inclusion of items raised in the various submissions.

Members of the Walking Access Committee are involved in plans for a walking trail between Brownhill Creek Reserve and Cleland Park. Routes are being identified and details will be submitted to the Office for Recreation and Sport.

The Federation represented walkers in December at a hearing in the Environment, Development and Resources Court in relation to a proposed development by an overseas company for construction of a 100 vehicle car park, residential and function centre at Raywood. The close proximity of the project to the Heysen Trail would severely impact on the enjoyment of the walking experience currently available in this area. In addition, the safety of students from Arbury Park Outdoor School accessing the Heysen Trail would be at greater risk from a marked increase in vehicular traffic. The case

was adjourned and the hearing will resume next month.

The Federation Trail is still alive and well - just temporarily dormant throughout the oppressive heat of summer but with the shorter and cooler days not too far away the Federation Trail will enjoy a rapid revival. As mentioned in the previous issue of "Trailwalker" a major section of the Trail is being planned for marking to commence in April, 2000. The proposal includes a section between Mount Beevor and Eden Valley. All walkers are again reminded that if you are available to contribute to the project by assisting with surveying or marking, would you please contact either Terry Lavender (8258-7785) or George Driscoll (8223-5544). Your efforts will be greatly appreciated.

A reminder for an important diary date - the opening of the Year 2000 Walking Season at a special event at the Belair National Park (in conjunction with National Parks Foundation) on 2 April, 2000.

Thelma Anderson
The Walking Federation of S.A. Inc.

LETTERS TO THE EDITOR

Correction to August Trailwalker

I've only just had a chance to read the August edition of the Trailwalker. Congratulations on a good edition, full of a range of things including maps of re-routes and loop trails (often lacking in other editions).

I am not being critical, but I'd like to draw your attention to a couple of errors. Perhaps these could be summed up by the phrase "Geographically embarrassed"

Page 6. You will find that C Warren Bonython was awarded the Gold medal from the Australian Geographic Society (not National Geographic).

Page 20. The trails were marked by the Royal Geographical Society of SA (not Australian

Geographic Society).

Having been a member of two of these organisations, I know there are great differences between them!

Mark Darter
(Thanks for setting us straight. Ed)

Upper Heysen Trail

Are you interested in walking the unmarked section north from Parachilna Gorge to Mt Babbage? Experienced walkers are sought for the first 6 day backpacking leg, being Parachilna Gorge to Angepeena, during 27 May to 3 June 2000 Please call **Les Skinner** 8387 3588 or **Mark Darter** 8263 3082.

THE TRAILWALKER

SUMMER WALKING PROGRAM 2000

February 27	Jon Selby	Onkaparinga estuary
March 26	Barry Finn	* Strathalbyn – historical walk

We would like to remind members of our procedure regarding walks which are planned during the hot weather. If the temperature is 30 degrees or more, Heysen Friends do not walk. Check the morning paper the day of the walk to verify the day's temperature forecast. This may not apply to our summer program if the walk is in the evening when the temperature has dropped.

WALKING PROGRAM 2000

*Limited number of walkers

Date	Walk	Leader	Venue
April 2	Trail Starter	Terry Gasson	Belair National Park
Opening of	Trail Walker	Jennifer Dow	Brownhill Creek Reserve
Walking Season	Trail Walker	Julian Monfries	Sea to Summit
April 21 –25 EASTER/ANZAC WEEKEND at WARRAWEENA via Beltana with Jill McPherson and Mick Thomas			
May 7 Heysen Millenium Walk Cape Jervis to Old Deep Creek HQ near Eagle Dam			
May 14	Trail Starter	John Prescott	Waite Conservation Park
ADELAIDE	Trail Walker	J McPherson/M Thomas	McLaren Vale / Yankalilla
CUP WEEKEND			
May 28	Trail Starter	Chris Caspar	* Chambers Gully
	Trail Walker	Barry Finn	Sugar Loaf Mt Long Ridge
	Trail Walker	Ralph Ollerenshaw	Mt Scrub to Parsons Beach
June 4 Heysen Millenium Walk Old Deep Creek HQ to Tapanappa Hill			
June 11	Trail Starter	Liz Barry	* Onkeeta Kuitpo Forest
QUEEN'S	Trail Walker	Jamie Shephard	Nairne Area (farm)
BIRTHDAY W/E			
June 25	Trail Starter	Lyn Condon	Barossa – Sandy Creek
	Trail Walker	Colin Edwards	* Clare – Spring Gully
	Trail Walker	Julian Monfries	Scott Creek
Julu 2 Heysen Millenium Walk Tapanappa Hill to Balquhidder			
July 9	Trail Starter	Barry Finn	Bridgewater North
	Trail Walker	Ralph Ollerenshaw	Deep Creek Conservation Park
	Trail Walker	David Beaton	Black Hill Orchard Track

Please Note:

**FIRST AID COURSE FOR WALK LEADERS
ENDEAVOUR HOUSE MARCH 25th, 9.00 –4.00**

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WALK DESCRIPTION

Trailstarter

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

Trailwalker

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

Trailrambler

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

WHAT TO BRING²

Trailstarter

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

Lunch and snacks (include some for emergency).

Plastic bag for rubbish.

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

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

Trailwalker

All of the above and –

Whistle

Roller and triangular bandages

WHAT TO WEAR?

Trailstarter

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

Wet weather gear – ¾ length waterproof rain jacket.

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

Warm jumper or jacket of wool or polyester fleece.

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

Shorts or loose comfortable wool or synthetic pants.

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

Warm hat. (shade hat in warmer weather)

Thick socks

Trailwalker

Solid walking boots

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

WALK CLOTHING

Your safety and the safety of the walking group can be jeopardised by not having the correct clothing. In an emergency situation it can take hours to evacuate the sick or injured walker. Prime considerations are warmth and weather protection.

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

DON'T LET IT BE YOU!!

¹ Acknowledgement to Colin Edwards

² Adapted from 1998 Pathfinders Program

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Jill McPherson & Mick Thomas

ON BEHALF OF THE FRIENDS OF THE HEYSEN TRAIL

Invite you to join them at

**WARRAWEENA 2000
(Friday 21/4/2000 – 25/4/2000)**

Spend four days with us exploring the rugged northern Flinders Ranges. Walk amongst the ruins of a bygone mining era, view the panoramas from the summits of Mt. Hack and Mt. Gill. Discover the little known secrets that Warraweena has to offer.

Interested ?

For further information or to register your interest, (no payment at this stage) please contact Mick Thomas on (08) 8322 0281.

FIRST AID TIP

Your Walk Leader has a Laerdal Pocket Mask in the first aid kit.

All walkers should learn how to use it

THE TRAILWALKER

BURRA BRANCH REPORT

Our Walking Program for 1999 was again most enjoyable and a complete success. There was a varied range of hikes for the six month program, and two camping weekends away, thoroughly enjoyed by all concerned.

The first weekend away at the end of August was to the Riverland/Renmark area, camping on the shores of Lake Bonney. On the Sunday we joined another group to study the flora on Calperum Station, which is part of the Bookmark Biosphere reserve.

Our second weekend at the end of October was at Melrose staying at Backpackers Hostel. Climbing Mt Remarkable using part of the new trail from the Monument to the Heysen Trail – (about half way up the summit). The new trail,

which has been benched into the hillside, will make the walking track to the summit a lot safer, when it is finished. Then on the Sunday we travelled via Wilmington to hike through Alligator Gorge. A wonderful adventure for all. On both these weekends the weather was glorious for us.

A tree planting program was carried out in May at the Wandalla Shelter, north east of Burra. Approximately 40 trees were planted which will enhance the rather barren area. Other work was carried out on shelters at Caroon Creek and White Hill Road during the year. With our 11 Walking Programs from May-Oct, our members averaged 10 per hike.

Jennie Abbott
President

Hugh Greenhill
Co-Ordinator.



Burra Members at the Summit of Mt Remarkable

**Brendon Weber, Janet Ford, Hugh Greenhill, Tim Greenhill,
Nick Greenhill, Dee Savage, Tristan Greenhill, Kate Greenhill**

THE TRAILWALKER

GUEST CONTRIBUTOR

Trekking In Nepal

The Heysen Trail was designed for the recreational walker and it has served as a wonderful introduction to bush walking for many South Australians. Some have walked the entire distance; completing small sections at a time. The Trail is a powerful inducement encouraging people to get out and walk.

Paths in other parts of the world serve a very different purpose. The walking trails in the high Himalayan mountains are there because for thousands of years people have used them as trade routes. Indeed there is no other way of travelling. If you did not walk in Nepal, you would be stranded because the only way in and out of most mountain villages is on foot.

Every item required for daily use that is not grown or produced locally is carried into the villages on someone's back. Sometimes herds of donkeys are used as pack animals and they will pass you along the trail with their bells ringing and the plumes on their bridles nodding as they haul themselves up and down the steep hillsides. They carry huge loads and so do the people. You pass people carrying everything from sheets of roofing iron to pieces of wood, huge bales of straw to cases of coca-cola.

Porters make a good living in the trekking season by carrying visitor's luggage between campsites. One man can carry the kit bags, sleeping mats and tent for two visiting trekkers. And while visitors are often seen huffing and puffing up and down the mountain paths, the porters skip and run between stops, laughing and

joking among themselves. And at the end of a long day, they often sing and dance for hours both to entertain themselves and others. No couch potatoes here! And often the only footwear they have on, even in the depths of winter is a pair of thongs.

As you walk you pass through small villages and have the opportunity to watch a life style vastly different from that in Australia. And you in turn, will be watched by the locals, especially by the children. Babies are put into swinging baskets on the front veranda from which they watch the world pass by. Most villages have no electricity. If there is a generator it is used for running the machine to grind the cereals, not for cooking or to provide warmth. So wood has to be collected and water carded back to the homes.

There are tea houses at strategic intervals along the trail and everyone can stop for a chang and a chat. The former is a low alcohol rice wine usually served warm especially in the winter. And the 'chat' serves to spread the news in a world with no print or electronic media. Because there is a high level of illiteracy, news is passed on verbally. Electoral parties rely on pictures to promote themselves for the same reason.

Some Australians feel very threatened by the isolation of being totally reliant on their own two feet. Others revel in the opportunity to relearn the rhythm of walking. We are lucky in South Australia to have a recreational path such as the Heysen Trail. We can train ourselves here and then use those reawakened muscles to explore the rest of the world!

Judith Barr

BE KIND TO YOUR LEADER AND YOUR CO-WALKERS

Colin and Marlene Edwards

We have all done it! Read the Trailwalker and Pathfinder programs and picked out a walk that seems suitable. Rang the Office and booked on. The only requirement then is to know where to meet and to be there on time. Everything else will take care of itself. A scenario we would all

recognise and being perfectly honest, would have been involved with.

Then on the day of the walk the leader does a number of things, all of which appear to be interesting and valuable. The leader tells us where the walk will be, the difficulties we might

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encounter and what time we should be back. These are task-oriented concerns to which the leader will always focus on to some degree.

Depending on the relative importance of the leader's concerns (for tasks, for groups, for conditions) a pattern can be identified at the commencement of each walk. After people have been asked to enter their names on the respective leader's list, and asked to introduce themselves to the group, the leader will provide some guidelines to the walkers. The leader might emphasise the importance of interacting with others, for the enjoyment of the walk. So one might hear the leader saying *'take time to talk to the person next to you'*, *'please attempt to talk to everyone on the walk'* and *'enjoy your day'*. Another leader might be heard to say, *'it's not a race'*, *'it's not a competition'*, *'we're not in a hurry to get from A to B'*. In this way the leader indicates the way he or she would like the group to operate and it has less to do with proving one's physical prowess and competing against others to be first past the post, and more to do with sociability and gaining the benefits available from enjoying a day in the bush with friends.

In these preliminary talks the leader might indicate his preference to *'lead from the front'*, from *'the back'*, or *'the middle'*. The leader may appoint a *'tail end Charlie'*, to use the terminology of the walkers. Walkers might be asked *'do not get in front of the leader'*, and *'do not leave the group without telling someone'*. Some mention will usually be made about having a rest at a certain spot, usually after an hour's walking. This indicates the leader's concern for the welfare of the group. The leader might ask walkers to inform of any disabilities or injuries they have prior to, or during the walk. This can be done discreetly and treated as confidential. The leader is obliged to speak of these matters because of the ramifications for all who are participating in the activity.

Walkers will be asked by their leader whether they have sufficient water, and some mention might be made about adequate wet-weather gear and footwear, this underscores the scout motto *'Be Prepared.'* These concerns are of paramount

importance to some leaders and walkers who have not been adequately prepared have been advised to come better prepared next time, if not discouraged to continue.

The leader with a prime concern for environmental conditions might inform walkers *'we take out everything we take in'*, and *'don't litter'*. Often one has heard people saying to each other *'do banana skins disintegrate?'*, and *'can I throw away this apple core?'*. In this way they indicate a heightened awareness toward the environment and a pressing need they feel toward protecting the land. Notions of the day being enhanced because *'the heath is out'* might also provide insight to the leader's concern for conditions, as would comments like *'don't pick the flowers'*. A leader with special concern for the environment might avoid *'bush bashing'*, preferring to keep large groups on marked paths rather than allowing them to trample through thick growth and damage foliage. Gates are to be closed after passing through private properties, dogs left at home and the Heysen Trail used only during the official walking season. These understandings have the status of official rules and government regulations, and are portrayed regularly and openly.

We have all heard mention of the above-stated comments in our scenario and can possibly think of many more. But have we really stopped to consider, in depth, the relevance of these ideas and concerns in terms of walker's *responsibilities*? These are varied and relate to other people, conditions and issues. They relate to *responsibilities* to one's leader, to co-walkers, to the environment and to property owners, whose generosity has often made possible the walkways we all enjoy together on our days and weekends out in the bush.

It seems to me there is much that has been said about the *responsibilities* of leader's (see Priest 1989, and *Bushwalking and Mountaineering Leadership*, 1994). These works and others serve to remind me how, in the literature on leadership, the *responsibilities* of walkers seems scant, or low key, at best. The 'Friends' have in this regard printed a *Guideline for Walkers*, which for some reason has not been freely

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promoted to walkers. I must admit I have never mentioned this leaflet to any groups I have led on a walk, nor distributed it to newcomers, or seen other leaders do the same. Yet, if we want to guide walkers along a set pathway we should, in the first instance, make this information more readily available to them.

Going back then, to my earlier reference to the scenario we have all encountered at some time before commencement of each walk, comments like '*don't leave the group without telling someone*' etc. contain more than a convivial message. The scenario contains a message for walkers about *responsibilities* they owe to their leader, to co-walkers, to the environment, and to landowners.

So, walking is not only about the pursuit of individual interests. It is a group activity and like any other group activity where people have *responsibilities*, so too do walkers. Now, these *responsibilities* are not heavily endorsed through reference to rules and regulations. Nor are they explicitly linked with the *Guidelines for Walkers* leaflet. They are implicit understandings, which only really surface when someone oversteps the mark and infringes upon what group members consider to be appropriate conduct. Then they are talked about openly for a while and then appear to be forgotten.

There needs to be some way of getting walkers to think about their *responsibilities* without appearing prescriptive and highly moralistic when after all we are only out to enjoy walking. Perhaps I might be able to contribute toward this by drawing on a number of incidents which I have observed over the years.

Most of us will have been on a walk when someone has not been fit enough (healthwise) to either finish the walk, or do so comfortably, without a delay to others. When difficulties with breathing have occurred (because of asthma, heart condition, being unfit or overweight), the leader has been transformed into a first-aid worker, complete with kit and helpers. Sometimes the call has gone out for someone with nursing experience and private transport sought to shuffle the injured or distressed person

to medical facilities. The walker was under some obligation to inform the leader of any physical or emotional problems because of the possible ramifications. However, on several occasions this responsibility has been totally overlooked. Where a walker has not been able to cope, other walkers have become upset. Their day has been spoilt by delays and the obvious stress on the group. Of course, I am not including those misfortunes through accident, which might happen to anyone at anytime and are quite beyond reckoning and cautionary comments. Accidents do happen! It is the leader's right to be made aware of such matters so that any precautions can be taken, just as it is the walker's right to be informed of these expectations.

To take another example, I am sure many of us can recall being on a walk where people have gone missing. They have moved out of the sight of other walkers, perhaps because they have stopped to look at flowers or birds, take photographs, or gone ahead to pursue an alternative pathway. As a consequence, the walk had to be halted, the leader had to find the missing walker or walkers and attend to group safety. People were told to sit and wait, they got cold and grumpy, and the day turned sour. Consider now the leader's plight!

Similar outcomes have arisen when some people decided the walk was '*too slow*', they found slow walking was *frustrating and tiring*'. They subsequently strode out in front of the leader. When this situation occurs, in combination with problems at the back of the group (due to a walker's difficulties with coping) the potential is there for the group to fragment. The leadership could be threatened, if not undermined totally, and tempers could flare between walkers and between walkers and their leader.

These few examples I hope will serve to reinforce the view that walkers have *responsibilities* to their leader and their co-walkers. Whilst these *responsibilities* might be implicit they are none-the-less important to the smooth running of a walk. Walkers expect a certain standard of operation from their leaders and this has the authority of legality and possible

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litigation about it. It has to do with the protection of the walker's welfare, and includes getting them safely back after an enjoyable day in the bush. Why then should the leader and co-walkers not have reciprocal arrangements so as to facilitate everyone's enjoyment?

This then brings us to the issue of making the appropriate choice of what group to walk with, and points to another area of concern with *responsibilities*. If the leader informs the group 'this is not a race' etc. it can be assumed an ideal is operating. On the other hand, if the criteria for membership of a walking group is physical fitness and endurance then it might be assumed the competitive spirit will reign supreme and the social walker will be outlawed. Therefore, it would seem appropriate to join a group where your interests and physical capabilities are best served. If you want to walk independently and dash from A and B in a set time, then join a group where this is appreciated. Of course one's fitness can increase over time and one can outgrow the group into which they initially recruited, or the group can undergo change from a training format to a sociable one, with the influx of newcomers. A transition of this nature might lead founding members, wanting greater physical challenge, to pursue other arrangements. But the point remains, operating outside the ideals of a group can mean infringement of the rights of others and contravene implicit understandings of what is appropriate for a given group.

There seems to be difficulty with clearly establishing what we all might consider *right* for the group. Perhaps this is linked to the fact, awareness, only really surfaces after some incident occurs on a walk. Our communication on such matters also seems to be thwarted by a relatively high turn-over of walkers, with newcomers being greeted with a scenario that is shot through with well-worn comments that lack veracity when it comes to really belting out the responsibilities *owed to the leader and co-walkers*. Perhaps it would help if copies of the *Guidelines for Walkers* leaflet were distributed to new walkers at the commencement of each walk.

There seems to be a need for clarifying our values and ideals with regard to rights, responsibilities and obligations in walker/leader relations and walker/walker relations. Perhaps this commentary could become a small contribution to achieving this aim, leading to a heightened understanding of such matters, generally. Perhaps we could think about this matter in the light of my title: *Be kind to your leader and to your co-walkers?*

REFERENCES

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Bushwalking and Mountaineering Leadership, Handbook of the Victorian Bushwalking and Mountaineering Training Advisory Board, Reprinted with corrections, 1994.

Acknowledgement

I have been considering for some time writing an article on the responsibilities of walkers to their leader and the responsibilities of walkers to each other. Marlene has kindly put my ideas together in the preceding article.

Colin Edwards

Walking Tips 1

Snake Bites

- ❖ **DON'T** cut the bitten area.
- ❖ **DON'T** suck the venom out.
- ❖ **DON'T** apply a tourniquet.
- ❖ Using a roller bandage (about 10-15cm wide), pantyhose or other similar material, firmly bandage the entire limb, but not so firmly as to stop the flow of blood.
- ❖ Start bandaging from just above the fingers or toes and work upwards.
- ❖ Make a splint to keep the limb still.
- ❖ Keep the casualty calm and still.
- ❖ Do not remove splint or bandage once applied.
- ❖ Get help **FAST**.

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WALKING REPORTS

BHUTAN

Bhutan is a land relatively unknown. Wedged between the giant neighbours of China and India it remains secluded by some of the highest mountain ranges in the world and very difficult to cross either from North to South or East to West

The nineteenth century English visitors to this fabled land called it Bootan perhaps corrupted from the Sanskrit 'Bhotant' or Bhuuttan' meaning end of Tibet or high land. However the Bhutanese refer to their country as Druk Yul meaning Land of the Thunder Dragon.

As a trekker I was humbled by the absolute and serene beauty of the mountains embellished by the unique architecture of the mainly government buildings, interior design, use of colour and of course by the singular style of dress both male and female.

Treks commonly run from the capital Thimphu to Paro which is the site of the famous Tiger Nest Monastery; this clings to a cliff face and worth the one thousand foot hike from Paro.

Entry to the country is by road from Indian Assam. And be prepared for the blind hairpin bends similar to those from Srinagar to Leh in Kashmir recently shelled by Pakistan.

The trekking paths are fairly easy but not as clearly defined or 'populated' as in Nepal. Without a guide often the only clue to a track are the donkey droppings! Also in contrast to Nepal there are few villages en route; in this respect it is similar to the Andes in Peru. The Bhutanese Government does not encourage freelance trekkers or 'smellies' as they are called in New Zealand and applies a surcharge over the rates prevailing in other countries. The purpose of this is to keep down the number of visitors because of the limited infrastructure such as accommodation etc., the preservation of a very special culture and unwillingness to follow the problems encountered in Nepal and Kashmir associated with massive tourism.

Bhutan is a must!

Barry Fitzpatrick

AN EXPEDITION TO FRENCHMAN'S CAP AND THE FRANKLIN RIVER December 1933¹

by **D. V. Giblin**

(Editor's Note: This article was first printed in 1933, and hence distances are quoted in Imperial units.)

The Frenchman's Cap is, to quote the description of Charles Whitham who made the ascent from the western side many years ago, the most striking and mysterious of all Tasmanian mountains. "The Frenchman", he continues, "is the monarch of the south-west; no matter where you see him from, he dominates the landscape. He differs in colour from every one of his peers, for they are all capped with dark diabase, whereas he is fabricated of gleaming white quartzite —call it marble if you will. This gives him many changing aspects. I have seen him in dark purple velvet, and half an hour afterwards, under the sunshine, in virginal white.

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Frenchman's Cap

Setting out from Hobart on December 9th 1933, the party of five reached the Franklin River on the West Coast Road at 2 a.m. on the following morning. The journey by car of 130 miles having occupied eight hours and after a few hours sleep at this place set off to pick up the old Calder Pass track.

Crossing the Franklin River, the track was found and followed over the Loddon Hills and down on to the Loddon Plains where, on the river of the same name, we made the first camp.

We continued southward toward Calder Pass which is at the eastern extremity of the Frenchman Range; but when almost within sight of the Pass, we made a mistake which cost us a day. We decided that we had overshot Philp's turn-off and turned round, striking west in the hope of picking up a blaze or a stake. Reaching a stream just before nightfall we decided to camp.

An early start on the following morning until after battling through dense scrub, we came to the edge of a myrtle forest where the track was found without difficulty. Continuing in this forest we reached the top of the spur, and immediately entered some very thick scrub, through which we forced our way to the button-grass plain below. In the late afternoon, we

came to a beautiful lake, Lake Vera. Vera is at once majestic and beautiful. The passage round the western shore was slow. The slope of the shore was nearly 40 degrees, and the foothold was often slippery, and at all times uncertain, and when we reached the site of Philp's camp at the end of the lake we were all but too weary to sleep. Watching the day break from our tent next morning we saw the beauties of Vera from a new angle for as she lay half in darkness in the shadow of the hill the sun lit up the western shore, and drew from the chill waters a filmy veil of mist.

The beauties had only begun, and as we climbed up the steep slopes, we obtained many beautiful glimpses of the lake below us. We passed above a waterfall, and walked on through the green and sunlit forest. Huon Pines grew here and there among the myrtles, sassafras, and leatherwoods; giant grass-trees, some over fifty feet high, lent a tropical atmosphere, and everywhere the pale and flame-pink bells of the climbing heath clothed the mossy boles to the topmost branches, and hung in festoons above us as we passed.

Brighter touches of colour were provided by the scarlet blooms of the waratah, and by the brilliant scarlets and oranges of the fungi growing in the shady places. The track rose

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steeply here, until a high rock wall was reached. Skirting the foot of this cliff, which overhangs the track to a height of 1,000 feet, and for a distance of fifty yards, we continued, climbing steeply, along the base of more great walls until in a final very sharp pinch the height of Barron Pass was gained. This knife-like saddle connects the main south-east spur with the mass of the Frenchman proper. The panorama, from south to north-west, was splendid. In the valley below us lay four lakes, separated only by the low spurs which interlocked about them. Beyond, rose the mass of the south spur, broken by rugged outcrops. South-west, in the distance, lay the Lightning Plains, and the Deception Range, while westward, at the head of the valley, rose the great south wall of the Frenchman.

Our course was now north-west, along a difficult ridge; skirting more tall cliffs, and crossing rock tumbles, until from a narrow saddle we were able to obtain a view eastward again. Crossing the cirque which lay before us we continued down a narrow ridge, using the ropes to negotiate a cliff-face, until we came to a cavern.² This was to be our camp for three bitter days of blizzard..

On the fourth morning (Sunday 17th.), day broke with a welcome change. Snow lay on all the peaks around, and in the gorge below lay a sea of mist, extending to the horizon, and pierced only by the highest peaks and ridges. Leaving the gear, we set out for the Cap, and travelling almost west for a while, came to a steep bare hill which we ascended. From the top of this ridge the view is magnificent. Lake Tahune is like a hole in the earth, its dark waters reflecting the blue of the sky, from 1,000 feet below us; while from its western rim rises the Cap itself, towering another 1,000 feet above our heads, and glistening with the waters of the melting snow. The ridge upon which we stood joins the south-east corner of the Cap at about 1,100 feet from the top, dividing the south face of the cliff from the east. Having traversed this ridge with considerable difficulty, owing to its steepness, and the absence of practicable breaks in the cliffs, we reached the cliff of the Cap. Here, on a ledge, with Tahune within stonecast 900 feet below, we boiled the billy. Pursuing this ledge

we finally came to a narrow razor-ridge which divides Lake Tahune on the east, from Lake Gwendolen on the west. From this saddle, and with the aid of a rope, we scaled the initial cliff, and reached the summit with comparative ease.³

The view from the top is, on all sides, magnificent; nearly all the peaks of the island being visible. North, west, and south lay the Franklin River Gorge which, like a castle moat, presents an impassable barrier throughout its course, extending as it does, for some thirty miles, and varying in depth from 200 to 2000 feet.⁴ To the west lay the Indian Ocean, grey and forbidding, with the long surf breaking on Cape Sorell.

The descent was made in quick time, and then began the second descent, into the basin of Lake Tahune. The latter was more in the nature of a long and rough slide, broken at intervals by larger rock and, at the bottom, by a pretty glade of King William Pines and Grass trees, which form the greater part of the timber belt round the lake.⁵ From the shores of Tahune, the Cap makes a picture that is very grand indeed. The wonderful echoes which are a-feature of the Frenchman, are here at their best. We spent our last night in the cave, and got an early start on the following morning, intending to reach the West Coast Road by a direct route down the northern spur of the range into the Franklin Gorge. Success depended on our ability to negotiate the gorge, for from a distance, the country beyond looked to be easy going. Skirting Lake Tahune, we climbed once again to the razorback, whence we had made the ascent of the Cap. Keeping the crest of the ridge, we passed Lake Gwendolen on our left, and a little later, on our right, Lakes Nancy, and Clara, both very pretty and like the other lakes of the range, of glacial origin. About six o'clock, we reached the end of the spur, overlooking the Franklin Gorge. Setting a course, a little east of north, the descent began; not, at first, into the gorge itself but toward a point above the gorge where a crossing seemed possible. We were very quickly into difficulties. The scrub encountered was of the West Coast variety at its thickest. The slope was sufficiently acute to require the constant use

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of the hands to prevent slipping. We took nearly an hour to do two hundred yards.

After boiling a billy, we set about finding a way across the stream. Philp offered to swim across the channel, which at this place is about forty feet wide, and through which the stream sweeps at about ten miles per hour, and then, by means of an endless rope, to take all the gear across. This was done, and within an hour we were all on the further side, wet and shivering, but with all our gear dry.⁶

The ascent of the cliffs above us occupied the first two hours of the following morning. Although our packs were now reduced to forty-five pounds or so, they were a great hindrance in climbing, and we only reached the top with great difficulty. By following a ledge we came to within fifty feet of the cliff-top. The ledge too, had fallen away, and we had to force our way through the limbs of these upturned skeletons, hanging on by our hands alone. Finally, by swarming up the trunk of one of these, and by the use of ropes, we came to the top.

Rain set in, and by about four o'clock it had become so thick with mist that a halt was called. We had done about five miles from the top of the gorge, and reckoned that we were within three hours of the West Coast Road. However, there being no improvement, and visibility being limited to about thirty feet, we made our camp on the spot. There was no water, for the rain had given place to mist, and we were neither able to catch water nor go in search of it. Our foods were now all of the concentrated variety, requiring water for their preparation and so our meal that night was made on seven dried prunes, and Turner's ration of chocolate. At nightfall the wind rose, and blew furiously throughout the night with piercing bitterness. In the morning, we rose, bitterly cold, and putting on wet clothes, set about the task of lighting a fire to dry ourselves, and to boil the water which had collected in the slack of the tent overnight. Breakfast was made up of porridge and flapjack but not in sufficient quantities. The fire that morning took twenty minutes to ignite, there being no dry wood.

A break in the mist gave us our direction, and we moved off briskly, in hopes of reaching the road. After covering a mile, we ran into a blizzard, and were compelled to shelter in the lee of a rocky ledge, where after waiting all day for the mist to clear, we cooked a meal of beans and turned in for the night. Rain eased a little, and we kept a good fire going until about 1 am. After which it was again bitterly cold. Daylight came, and another break in the mist gave us our direction once more. We held our course, with the aid of a compass, and after a mile or two of steady climbing in the mist, stumbled across a cairn — the summit of the Raglan Range. We knew now that the road was below us and within half a day. Waiting for the mist to lift before attempting a descent we felt a good deal better. A few minutes later the mist dispersed, and the white line of the West Coast Road sparkled in the sun. From the top of the Raglans to the Road occupied less than an hour.

INDEX OF PLANTS MENTIONED

Buttongrass: *Gymnoschoenus sphaerocephalus*
Tea-Tree *Leptospermum* sp.
Cutting-grass: *Ghania Psittacorum*
Myrtle: *Nothofagus cunninghamii*
Bauera, Tanglefoot: *Bauera rubioides*
Sassafras: *Atherosperma moschatuni*
Huon Pine: *Dacrydium franklinii*
Leatherwood: *Eucryphia lucida*
Grass-tree: *Richea pandanifolia* and *R. dracophylla*
Climbing heath: *Prionotes cerinthoides*
King William Pine: *Athrotaxis cupressoides* and *A. selaginoides*
Horizontal: *Anodopetalum biglandulosum*
Macquarie Harbour Vine: *Muelenibeckia adpressa*

FOOT NOTES

1. The party:- Des Giblin, Aubrey J. Davern, Jack Turner, Balfour Johnston and David I Philp, the 17 year old son of J. E. Philp.
2. Daverns Cavern, discovered and named the previous year by Douglas Anderson after Aubrey Davern with whom he was climbing the Cap.

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3. Giblin and his companions roped themselves up directly from North Col, whereas in March 1934 an easier ascent up the east wall, led by E. T. Emmett and Jack Thwaites, did not require ropes.

4. The southern section of this gorge was officially named the Great Ravine in 1976 (Bob Brown) after James Calders 1840 description.

5. Much of the alpine vegetation and rainforest was destroyed by the 1966 fire

6. Giblin and his companions crossed the Franklin immediately downstream of the Irenabyss, named by Brown in 1976. "Named for its summertime peace, its cliffs and amazingly

deep waters, the Irenabyss is an enchanting place; and from it the Franklin opens out into a wide sunlit pool where it is joined by the creek from Lake Tahune " (The SouthWest Book, p. 267)

7. Re-reading his story 45 years after it was written the author remarked that there was no hint of the tragedy that stalked them at the latter end of the trip. For the last three days they survived on a hard ration of lima beans. The Lima Beans never softened, even after soaking in water for two days, bashing thereafter with the back of an axe and treating the gravelly product in the pan with dripping.... It was hardly a woodwind quintette which rocketed over the Raglans that final morning!

WALKING THE HEYSEN TRAIL

HAMILTON TO TANUNDA

Copper mines and Barossa vines

For me, one of the real joys of walking the Heyesen Trail is the opportunity the Trail provides to combine the healthy activity of bushwalking with the chance to discover new and exciting places along the way. Even familiar towns and destinations, which we have all driven through or visited on countless occasions, take on an entirely different character when we come across them on the Trail.

For most of us living in SA, the Barossa Valley is a familiar destination, with its busy little towns carefully attuned to the tourist dollar. But few of us take the time to really see the nature of the Barossa countryside beyond that which blurs past our car windows at 100 km per hour.

Several years ago I decided to walk the section of the Heyesen Trail from Hamilton to Tanunda. This was my first tentative push north – my earlier walks had always been confined to the safe, familiar sections of the Trail close to my

native Adelaide. This section of the Trail has a lot going for it – scenically, it is wonderfully diverse, and it is still reasonably close to Adelaide. The northern part – around Kapunda – reveals a typical cross section of the mid-north region of SA. And walking through part of the Barossa Valley offers us an opportunity to see the *real* valley: its vineyards, its backroads, its interesting farmhouses and the kind of people who live and work there.

Walking the Heyesen Trail on this section, is, for the most part, a pleasant ramble over pastoral country and along quiet backroads. The going is easy and there is little uphill climbing, other than a very short section near Mt Belvidere, near Greenock. The Trail is punctuated at evenly spaced distances by the towns of Hamilton, Kapunda, Greenock and Tanunda, each possessing a charm and character of its own.

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I started my walk about one km south of Hamilton; one of those tiny SA towns consisting of six houses, a general store, an old outlying church and little else. Years ago when transport consisted of a horse and dray, the town served as an important focus for a rich, rural community. Nowadays, Hamilton is rarely a destination in its own right, but one of those isolated hamlets so full of character which we find sprinkled throughout the mid-north of SA. From Hamilton, the Trail follows leafy backroads south towards Kapunda over undulating pastoral country with a pleasing backdrop of low, scrubby ranges. The trail passes close by a conical-shaped hill known locally as *The Sugarloaf*, topped by an old stone cairn, before meeting the outlying backroads of Kapunda.

Poised on the edge of the Barossa, but far enough way to be denied the fruits of tourism, Kapunda was a town that was in serious regression by the 1970s. However, an active campaign by local council has seen a return to more bouyant times by focussing on its copper mining history and the town's heritage sites. The imposing Kapunda High School, perched unobtrusively on a hill overlooking the town, is the former residence of Cattle King Sir Sidney Kidman and is his gift to the town. It can be found a short distance north of the camping ground. The Heysen Trail passes right alongside the mine workings and a walking trail with interpretive signs leads around the perimeter of the original mine site. The walk takes about an hour and is highly recommended.

A dirt road leads out of the town and down to a ford over the River Light. The Trail now follows fencelines over pastoral hills and gives good views back to Kapunda, now slowly disappearing from view. A steep climb up the scrubby slopes of Mt Belvidere is followed by a pleasant walk along a gum-lined creek, which meets the outroads of Greenock and the first appearance of vineyards.

The Trail leads through the main street of Greenock, past quaint, century-old cottages and on to the fringe of the Barossa Valley. The next eight km takes the Trailwalker along a series of quiet Barossa backroads, leading to the town of

Tanunda. Although road walking can be a little tedious at times, a pleasant mixture of passing farmhouses, vegetable gardens and vineyards helps to maintain interest. And the Barossa Ranges in the background, drawing ever closer, complete a most attractive scene.

As I approached the outskirts of Tanunda, the town and ranges were bathed in the soft, dusky light of a late winter afternoon. Seen from a distance, the town had a timeless, peaceful quality about it, which gave no hint of the tourist hustle-and-bustle of its main street. An interesting walk through the back streets of Tanunda, past tidy homes and cottages and the immaculately-kept Langmeil Church, brought me to the end of this section of the Trail.

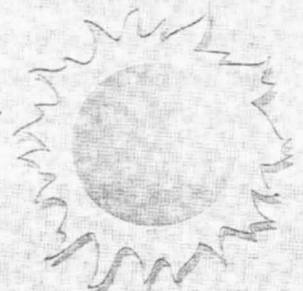
I walked this section of the Heysen Trail over a cool, rainless June weekend. Walks later in the season *are* recommended, but ensure you carry plenty of water. Reliable supplies of water are available at all of the towns through which the Trail passes on this section. If you plan to walk in late September or October, remember that it is usually a few degrees warmer in mid-north areas. There is a good camping ground at Kapunda, while those who may desire a more leisurely journey will find excellent Bed and Breakfast establishments at Kapunda, Greenock and Tanunda.

Simon Kleinig

Walking Tips 2

Heat Exhaustion

- ❖ Move the affected person to a cool area.
- ❖ Lie the person down.
- ❖ Loosen or remove almost all clothing.
- ❖ Sponge with cool water.
- ❖ Give fluids if person is conscious.
- ❖ Cover with wet sheet and fan casualty.
- ❖ If no improvement get medical help.



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*Waterfall Gully Restaurant
170 Waterfall Gully Road,
Waterfall Gully
Phone (08) 83792488*

The first waterfall on First Creek has been a popular destination for visitors almost from the foundation of the colony of South Australia in 1836.

In 1881-82 a weir was built at the base of the First Falls and the water piped to the Burnside South Reservoir which supplied water to the expanding suburbs as far as Glen Osmond.

The area of land encompassing the first three falls on First Creek was never allocated and remained as crown land. The State Government, on February 14, 1884, proclaimed the Waterfall Gully Reserve and set the land aside for the enjoyment and recreation of the people placing it under the control of the Burnside Council.

However it was reclaimed by the State Government in 1911 as part of a process to provide recreational space for the growing South Australian population and Waterfall Gully Reserve became the first project undertaken by the National Pleasure Resort Board.

The construction of the kiosk, designed by Albert and Frank Conrad, was started in 1911 on the understanding that the tram-line would be extended from Burnside. The architectural concept for the building was based on a Swiss Chalet, which seemed appropriate in the deep gully surrounded by hills and with the first waterfall nearby.

Locally quarried stone was used in the construction and the verandah pillars are made from waterworn rocks collected from the First Creek.

The kiosk was built for the Government of South Australia at a total cost of £1,613 and officially opened by the Governor on 9th November 1912. During the speeches at the opening ceremony, reference was made to the need to provide additional recreational space for the growing population of the state and the Governor announced the acquisition of land at Morialta as another National Pleasure Resort.

Over the years the building has been modified a number of times but the basic structure remains and the green glass in the lead light windows still bear the symbol N.P.R. (National Pleasure Resort) and the year of opening, 1912, set within a diamond border. The initials NPR are a puzzle to many visitors to the restaurant who are quite bemused when they realize they are in a Pleasure Resort.

Many people are fascinated by the imposing tower which rises above the restaurant. Strongly built of local stone, this houses a water tank which was the original water supply for the kiosk. Water was piped from the top of the first waterfall using gravity to keep the tank filled and the small cement dam at the top of the falls can still be seen along with some remnants of piping.

Bushfires have been a constant threat throughout the years but unlike most other historic buildings in the Cleland Conservation Park area it has not been destroyed though it was damaged by fire, and almost lost, during the summer of 1930-31.

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It is possible this was the same fire in which a policeman, working with the Country Fire Service, was killed when the wind suddenly changed and he was trapped as he was fighting the fire on the steep slopes near the Chinaman's hut. It has been reported that his ghost lives on in the valley and particularly in the kiosk-restaurant where he is responsible for many unexplained phenomena.

The kiosk-restaurant is still owned by the Government of South Australia and administered by The Department of Environment, Heritage and Aboriginal Affairs. The current licencees, David and Marilyn Partington, are continuing the history by providing lunches and afternoon teas, especially Devonshire Teas which have been a feature of Waterfall Gully Restaurant since 1912; though they don't anymore have to milk the cows to collect the cream for the scones.

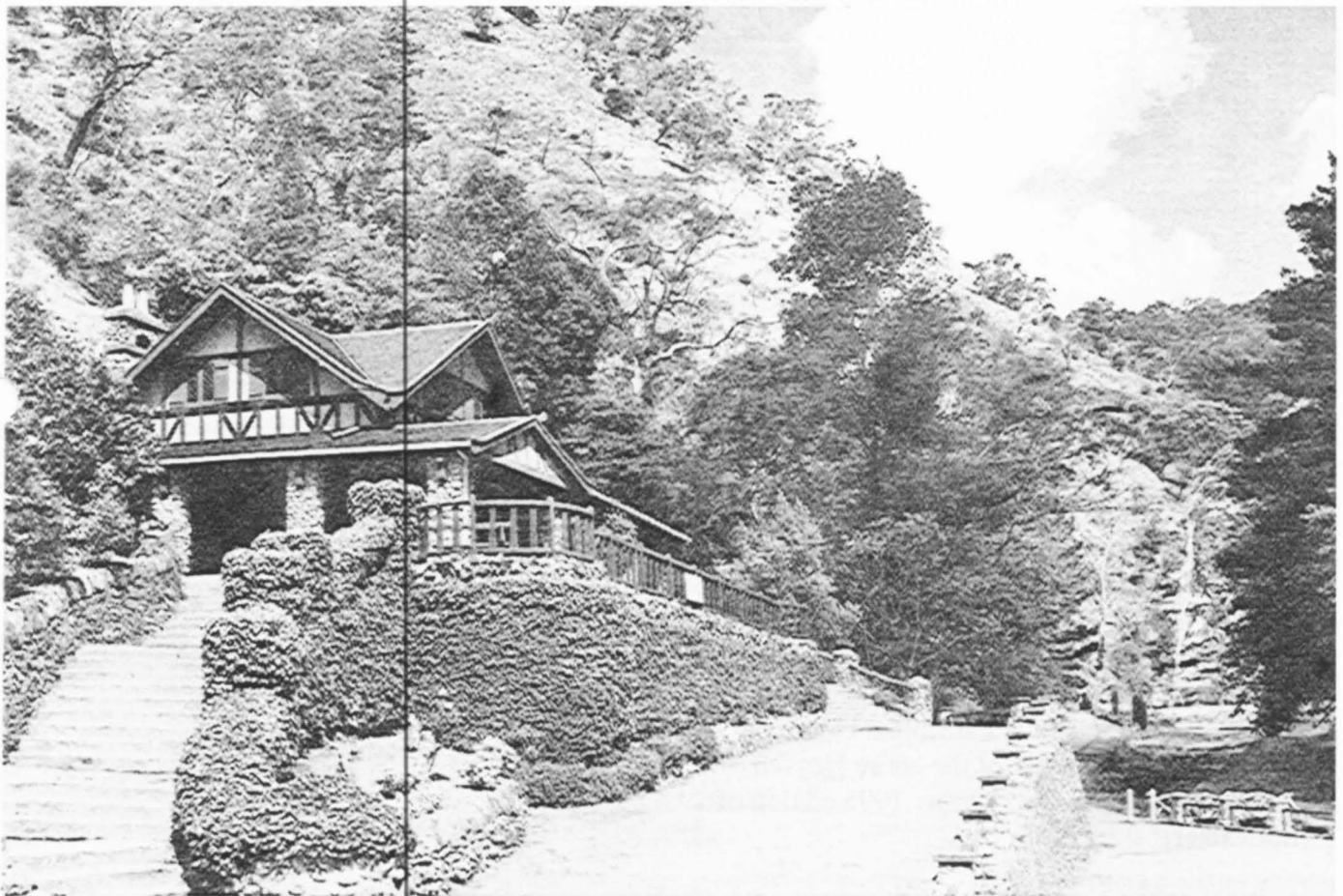
They are also continuing the tradition of providing a wonderful venue for wedding receptions, birthday parties, family reunions, company dinners and so on. It would be interesting to know the number of wedding receptions that have been held at Waterfall Gully Restaurant over the years.

The building is now heritage listed and so, with care, this wonderful historic kiosk will continue to be enjoyed by visitors for many years to come.

DAVID PARTINGTON

September, 1999

(Reprinted from brochure provided by David at our Christmas Lunch, 21 Nov 1999.)



Waterfall Gully Restaurant

THE TRAILWALKER

DO YOU REMEMBER ???

This photo was on the cover of an earlier issue of Trailwalker

Who are they? Where are they?

Answers in the next Trailwalker

DID YOU GET THEM RIGHT?

The couple in the photograph published on the back page of our December Trailwalker are Jean and Bill Tibbles, taken at Parachilna Gorge on completion of their walk of the entire Heysen Trail, as recorded in the October 1995 edition of Trailwalker.