



The Trailwalker

Magazine of the Friends of the Heysen Trail

Issue 105 Spring 2007

Mt. Lofty
Summit
400 m



Summit Hiking

The Sea to Summit and End-to-End 3 hikers both reach Mt Lofty Summit

The Great Ocean Walk

Hiking one of Victoria's great trails

A Weekend with Friends

Vicki shares some experiences and photos of the Coorong Weekend



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EXPLORANGES

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Editorial

This particular edition has been difficult to put together - a combination of a busy personal life with lots of weekend hiking, and having less available articles to include. It's all good now, this Trailwalker promises to be a good read, it was just a little slower this time rounding up articles and contributors. I urge you if you have an idea for an article, whether it be from an experience you have hiking in one of our regular groups, or if it's a hiking experience you had elsewhere with others - share it! It makes for some very interesting reading for our members.

It's good to read Jan and Chris' experience of the Great Ocean Walk - I'm sure you'll share in my enthusiasm as many are planning on hiking this trail in November with the Friends. It promises to be an excellent hike!

There are a couple of other accounts of walks, and this edition we have been able to include several loop walks involving parts of the Heysen Trail. Having just walked through Bridgewater and Mt George with End-to-End 3, I can highly recommend the Mt George circuit hike (page 27). The loop walk through the Mt Lofty Botanical Gardens and along Sprigg Road is also rewarding with stunning views and hidden meandering paths (page 24).

Enjoy the beautiful hiking weather we are currently experiencing, and enjoy reading this edition of the Trailwalker.

Jeremy Carter
Editor

Contents

Regular Features

- 5 Presidents's Report
- 6 Front Cover
Hiking groups reach Mt Lofty Summit
- 7 Office Report
- 7 Walking Committee Report
- 7 Brief News
- 8 Walking SA Report
- 9 Burra Branch Report
- 10 Trail Maintenance Sections

Articles

- 11 **Sea to Summit**
The Birth of the Sea to Summit
& a Walker's Account
- 14 **An Arts Project**
A Writing, Photography & Visual Arts Project
- 15 **Accommodation along the Trail**
New website feature released
- 16 **2007 Walk Programme**
Summer Twilight Walks released
- 18 **A Weekend with Friends**
The Coorong Weekend, March 2007
- 21 **The Great Ocean Walk**
- 24 **Loop Walks involving the Trail**
- 27 **Bridgewater to Mt George Circuit**
- 28 **Dreaming of a White Christmas**
The second part in Nicole & Ben's tale
- 30 Discounts Available to Members

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 Wed 17 October, 2007
 Wed 21 November, 2007

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Tuesday	10.30 - 2.30
David Rattray, Dawn Bon, Chris Porter	
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Thursday	10.30 - 2.30
Frances Gasson, Chris Caspar	
Friday	10.30 - 4.30
Sandy Melbourne, Colin Edwards, Jamie Shephard	
Saturday & Sunday	Closed

Relief Staff

Jim Alvey, David Beaton, Jack Marcelis

Membership Information

Joining Fee	\$10
Single	\$20 per year
Family	\$30 per year
Organisations	\$50 per year

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

Advertising Rates

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½ page	\$80 per issue
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A commitment for 12 months advertising, ie 4 issues, would attract 10% saving

President's Report

Simon Cameron

When someone asks me what the Friends of the Heysen Trail do I have to take a deep breath and pace myself in response. I mentioned our mission statement in the last report: "to develop and present a world class walking trail", but how we do it is another matter.

I joined the Friends to walk the trail and it wasn't until I joined the Council that I discovered what the Friends really do.

The Friends is a big organisation with nearly 700 members but it manages and coordinates activities outside the confines of a simple club. Maintenance working bees often involve non-club volunteers and enquiries about the trail come from all over Australia and the world. We have formed working partnerships with government bodies, park authorities, forestry and local councils. We supervise maintenance, train walk leaders, wholesale walk maps, and retail Heysen Trail guides and clothing. All of this requires planning and management with feverish committee activity behind the scenes. We have maintenance, walking, membership and office committees that coordinate the operation of the Friends and report to Council every month. The Council acts like a board of directors, steering the organisation in the direction of our mission statement along the route mapped out by our constitution.

Most of our activities are channelled through "Heysen Central", other wise known as "the office" in Pitt St. Staffed with volunteers who answer enquires, take walk bookings, field emails, make sales and organise the banking and

book keeping. It is often hard to get through on the phone because they are so busy. We couldn't run the Friends without them so don't forget to thank them next time.

Feverish is definitely the right adjective when describing the Friends.

The maintenance committee intends remarking the trail with the new, standardised markers as well as keep up the regular maintenance. Walking the trail end to end is challenge enough but marking it end to end is heroic.

It is the middle of the walking season and the Friends offer a diverse range of weekend walks with increasing numbers of walkers every weekend. The End-to-End 2 group is soon to embark on the long traverse over Mt Remarkable, which will coincide with the Melrose council's adoption of the Heysen Trail promotion. This entails new signs and posters in the local businesses all designed to raise the profile of the trail which is not difficult in a country towns when 30 or 40 walkers descend on the local pub.

So being a friend of the Heysen trail is more than just walking it. It is wanting to preserve and improve it and help everyone else use it.

See you on the trail.

Friends' Spear Creek Long Weekend



Sept 29th to Oct 1st 2007

- \$185 cost includes meals Sat/Sun and accommodation in bunk dormitories (bring own linen).
- Walks on Sat, Sun and Mon morning.
- Arrival from Friday night (provide your own meal).
- Leaders Julian Monfries and Nic and Ben Wait.
- Limited to 24 people.

The Sea to Summit and End-to-End 3 hikers reach the Summit

Mt Lofty Summit

A well known Adelaide landmark, Mt Lofty Summit saw two significant hiking groups recently.



On Sunday, August 26, the End-to-End 3 Group reached Mt Lofty Summit - having started from Cape Jervis in April of last year and completing approx 230km.

It was a tough hike, with a rapid ascent on a very warm day. Several weeks earlier, on Sunday, July 29, the Sea to Summit hikers set out from Brighton - a distance of some 31km. At the same time, another group hiked from Brighton to Belair National Park, completing the

Summit hike the following Sunday. An article appears on page 11.

Both the End-to-End 3 and Sea to Summit were tough hikes, one coming from the south and the other from the west - both hikes were important achievements for many of our club's hikers!

All three groups enjoyed either a latte or ice-cream in the cafe at the Summit.



Hilary & Graham hiked the Sea to Summit



Alan, Elaine, Neil and Jerry take a breather when End-to-End 3 reached the Summit



Rewarding views over Piccadilly Valley

Office Report

In the past couple of months we've really come to appreciate the efforts and skills of Jack Marcelis and David Beaton. Jack's been hoofing it in England and Europe and recently returned home, welcome back Jack. In the meantime, David's taken off 4-wheeling it to the west and north. He and Liz are crossing the Tanami Desert with a few other well known friends. Fortunately staff such as Chris and Sandy have stood up well. Francis's knowledge and experience is handy and also called upon. Increased pressure from a downturn in volunteer availability (too many traveling and walking!!) resulted in shorter office hours on some weeks. Sorry for those who may have been inconvenienced. We look OK for the next few weeks, though the roster continues to be very tight. Many

thanks for all those working to assist our members and friends.

If you are available for a few hours a week and could assist with some office duties we urge you to consider it. Volunteers staff the office from 10.30am to 2.30pm from Monday to Friday, usually in pairs, answering phones and emails, taking walk registrations, general enquiries and selling items in the shop. If you could do one shift a week, or a fortnight, we would really appreciate it. Contact the office on 08 8212 6299 to discuss your options.

If you are not comfortable with front office work, accounting, emailing, postal order processing, typing-up walk details etc can be done from the back office. Have a go at it, it may grow on you.

Walking Committee

By Arrienne Wynen
Walking Committee Chairperson

How fast the walking season goes. The committee is still busy organising the very popular End to End walks and has started work on the twilight walks available from the start of November when daylight saving has commenced. These walks are available to all who want to keep active during the summer months but are also social events with optional meals afterwards. Remember to book at the office in the usual way.

Our move into organising group walks overseas has taken off with a bang with the Kakoda Trail necessitating a second group booking. Planning has started on walking in New Zealand towards the end of 2008 and some preliminary planning on walks in Nepal and Tasmania for 2009. If you have an interest in these walks let someone on the walking committee know (they are the people

leading and helping the walks). We want to organise walks to the places you want to go.

You might notice that there are Heysen Trail name badges being worn. We were asked to provide some as there are a lot of people out there who can remember faces but not names. You only get the first free, if you lose it or forget where it is a replacement will cost you a dollar.

Welcome to new walk leaders Robyn Quinn and Graham Connor who have joined our happy band of volunteers.

There are some great walks left in the season, not only the End to Ends but also the Lavender Trail and of course Spear Creek in late Sept. Remember book early and ring the office if you need to cancel.

Happy Walking

Brief News

Christmas Dinner

This year's Christmas Dinner will be held at the Hackney Hotel on Friday 7th December at 7pm. It will be a a'la carte menu, and a short walk will be available beforehand.

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

Robert Ball
David Bamford
Sue King
Berin Belchmaber
Erika Belchamber
Pam Bennett
John Nankivell
Yvonne Brooks
Peter Brooks
Alwyn Carlaw
Susan Gerace
Michael Gerace
Judy Hewett
Graham Hill
Joy Hill
Geraldine Kennedy
David Laughton
Jan Laughton
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Heather Long
Elizabeth Mackenzie
Liam McLarty
Sharon Millard
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Phillip Rowland
Allan Wadham
Carol Wadham
Alan Waldron
Jillian Waldron
Kym Wilkinson
Kym Withall
Horst Zemkus

The Walking Federation of South Australia, Inc.

Walking SA

By Thelma Anderson
Walking Access Committee

The late George Driscoll

All walkers in South Australia will be deeply saddened to hear of George's untimely passing. Many of us would have been unaware of his illness and were looking forward to his return to Adelaide to join us in our walking activities on his intended return and retirement to South Australia. He endeared himself to all members of the walking community with whom he came in contact in various ways as the author of a number of publications describing walks, launching other authors' walking publications and advising countless numbers of patrons of the Scout Outdoor Shop on their choice of footwear, clothing and a whole range of equipment considered essential to the sense of fulfilment and enjoyment of a very rewarding activity. George was a friend to many walkers and will be sadly missed.

Onkaparinga Council

An excellent relationship is being established with this local government authority that is responsible for many scenic sought-after locations by the walking community. Periodic meetings are held between Council officers and members of the Walking Access Committee to resolve issues of interest to walkers. At its meeting on 17 July, 2007 in its discussion of Woodcutters Road, Council resolved "That Horse SA be given the opportunity to provide a proposal to Council outlining how a multi-use trail could be constructed and maintained along this section of road reserve". The resolution further proposed that the closure of a portion of Woodcutters Road "not be pursued at this time to allow the submission of a proposal by Horse SA for a multi-use trail along this section of the road reserve". Woodcutters Road therefore remains accessible for continuity of walking between Ackland Hill Road and Pole Road. Secondly, Council has

advised that walkers may now access Lafferty Road towards Scott Creek Conservation Park from Clarendon. Finally, Council is continuing to negotiate a route for walkers between Clarendon and the South Road, via Kelly Road and Lovick Road.

Adelaide Hills Council

Contact with this local government authority has resumed following the appointment of replacement staff to critical positions affecting walking access issues. However, there has been no resolution to date of a number of outstanding items.

Pioneer Women's Heritage Trail

Located within Burnside and Adelaide Hills Council districts this Trail is being enjoyed by many walkers, both within these areas and from further afield. Minor marking adjustments will be made to the section where this Trail intersects the Yurrebilla Trail for clarification of the respective routes on entering Cleland Park.

Sturt Gorge Recreation Park

Walking SA has responded to the Draft Management Plan for the Sturt Gorge Recreation Park that was released several months ago. Concerns have been expressed regarding sustainability and safety of a "shared use" recreational trail due to the nature of the particularly steep terrain of Sturt Gorge. It is understood that a committee has been established comprising representatives of adjoining councils - Onkaparinga, Mitcham, Marion - and the AMLRM Board to discuss and recommend development of a Sturt River Linear Park. Existing walking trails along the river are used by members of the Friends of Sturt Gorge Recreation Park for their sensitive environmental activities and will remain in place.

Long Gully Road, Glen Bold Cattle Station

An on-site inspection of interested persons and organisations was recently held by Mount Barker Council staff, DEH, and Walking SA. A submission will be prepared by an officer of Mount Barker Council for presentation to a Council meeting. To date councillors have not approved the sale of the undeveloped public road reserve, comprising a creek-line and associated swampland native vegetation, to the adjoining landowner. Long Gully Road is currently identified as the Heysen Trail.

Mark Oliphant Conservation Park

The Friends of Mark Oliphant Conservation Park have requested the support of Walking SA and affiliated clubs in their efforts regarding a proposal by Adelaide Hills Council to close Evans Drive at Heathfield to through traffic and to install a gate at the entrance to the Park to be managed by National Parks as a fire track. The unsealed road through the Park provides a walking trail through an area of native vegetation and is used particularly by family groups walking with small children in strollers or supervised children on bicycles. Few other areas in the Park are suitable for this user group, due to the steeper terrain. Community safety is an issue of concern with motorised vehicles travelling in excess of 40 km/h and creating a danger to walkers, joggers and cyclists around the bends on the narrow road and motorists failing to heed the signs warning drivers of pedestrians. Walkers sharing these concerns are asked to write to Adelaide Hills Council, PO Box 44, Woodside, 5244 expressing your point of view and supporting Council's proposal. Further information and details may be obtained by email from "Shirley Benlow" benlows@tadaust.org.au.

Battunga Country - Lord Robinson Parkland

Space does not permit comprehensive details of an important walking option at Macclesfield to be covered on this page. This area relates to a walking opportunity on public land, adjacent to the Angas River within the District Council of Mount Barker that is under threat of private ownership and exclusion of the community. Walkers interested in protecting this valuable recreational access should act now and contact Dave Welsh at Macclesfield (8388 9295) for further details of the history and related issues of this location, including a Bird List of more than one hundred species and a shorter list of fauna species. Dave Welsh was instrumental in developing Battunga Country brochure and the comprehensive map showing walking and cycling opportunities now being used by members of clubs affiliated with Walking SA. Community land is a public asset for the benefit, use and enjoyment of the public, not a negotiable asset to be sold and locked away for the exclusive use of an individual citizen.

Burra Branch

Arthur Simpson
Burra Branch President

Greetings once more from Burra Branch. Is walking becoming more popular or are we just going through a high spot at this stage of our experience with the Friends? Whichever the situation we report good numbers. New members, interesting walks and loads of fun, probably the way it was intended!

The Mount Bryan walk was one such event, but we must be aware to walk Mount Bryan we meet at Hallett not at Mount Bryan township, as one (distant) member would expect. Nine booked in, nineteen arrived at the starting point, would have been twenty but one was at the wrong spot remember, five joined in towards the end of the walk plus four more at the conclusion.

Blue moons are rare, but twenty members who walked the Tourilie Gorge that night will remember June

30th. After meeting and eating at the Old Mount Bryan East School we drove to the western entrance, walked through the gorge to the Shepherd Hut and then walked back to the cars. Torches were not required as the moon was so bright. A bonfire back at the school warmed us up over supper. Some over-nighted inside while others slept in swags outside under the moon. Quite a night to remember.

We plan to travel to Braemar Station on Saturday morning 18th Aug, settle in at the shearer's quarters, then walk during the afternoon. Another walk will take place Sunday morning before we break camp and head home. We in the mid north are so fortunate to have such great places all around us.

Lets conclude with a book suggestion again - *A Walk in the Woods* by Bill Bryson.

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Trail Maintenance Sections

The Heysen Trail is graciously maintained by volunteers. If you discover a problem on the Heysen Trail, please contact the Friends of the Heysen Trail office, or the Maintenance Co-ordinator or relevant Maintenance Section Leader listed. We welcome feedback on the condition of the Heysen Trail, constructive suggestions on improvements that could be made, and general comments or enquiries about the Trail.

Maintenance Co-ordinators	Gavin Campbell	8296 8613 (H)
	Arthur Smith	8261 6746 (H)
Maintenance Committee Chairman	John Wilson	8356 9264 (H)

Section	Map	Section Leader	Contact
1. Cape Jervis to Tapanappa	Southern Guidebook, Maps 1.1-1.3	David Beaton	8381 7601 (H)
2A. Tapanappa to Waitpinga Campground	Southern Guidebook, Maps 1.3-1.5	Ralph Ollerenshaw	8379 0998 (H)
2B. Waitpinga Campground to Back Valley Rd	Southern Guidebook, Maps 1.5-2.2	Geoffrey & Pamela Gardner	0417 818 053
3. Back Valley Road to Moon Hill	Southern Guidebook, Maps 3 2.2-2.3	David Evans	8558 2854 (H)
4. Moon Hill to Hindmarsh Tiers Road	Southern Guidebook, Maps 2.3-2.5	Hermann Schmidt (Wandergruppe Bushwalkers, German Association)	8344 4072 (H)
5. Hindmarsh Tiers Road to Blackfellows Creek Road	Southern Guidebook, Maps 2.5-2.7	Adrienne Fortanier Eleanor Martin (Women in the Bush)	8556 5051 (H) 8341 6024 (H)
6. Blackfellows Creek Road to Glen Bold	Southern Guidebook, Maps 2.7-3.2	Richard Webb	8381 5308 (H)
7. Glen Bold to Piccadilly	Southern Guidebook, Maps 3.2-3.4	Thelma Anderson Trevor Lee	8278 4420 (H) 8398 0516 (H)
8. Piccadilly to Norton Summit	Southern Guidebook, Maps 3.4-3.4	Liz O'Shea (WEA Ramblers)	8352 1636 (H)
9. Norton Summit to Cudlee Creek	Southern Guidebook, Maps 3.5-3.7	Graham O'Reilly	8397 1217 (H)
10. Cudlee Creek to Bethany	Southern Guidebook, Maps 3.7-4.4	Doug Leane	8443 3388 (H)
11. Bethany to Peters Hill	Southern Guidebook, Maps 4.4-5.3	Joyce Heinjus	8525 2054 (H)
12. Peters Hill to Logans Gap	Southern Guidebook, Maps 5.3-5.9	Norrie Hamilton	8332 1982 (H)
13. Logans Gap to Spalding	Southern Guidebook, Maps 5.9-6.12	Hugh Greenhill (Burra Branch)	8843 8115 (H)
14. Spalding to Georgetown	Northern Guidebook, Maps 1.1-1.6	Kevin Liddiard	8289 4236 (H)
15. Georgetown to Mt Remarkable	Northern Guidebook, Maps 1.6-2.11	Mary Cameron Ian Poll (ARPA)	8165 1025 (H)
16. Mt Remarkable to Horrocks Pass Rd	Northern Guidebook, Maps 2.11-3.4	Graham Hill	8632 4804 (H)
17A. Horrocks Pass Rd to Dutchmans Stern	Northern Guidebook, Maps 3.4-4.1	Ian Hartley	8641 1435 (H)
17B. Dutchmans Stern to Wilpena	Northern Guidebook, Maps 4.2-5.7	Gavin & Marie Campbell	8296 8613 (H)
18. Wilpena to Parachilna	Northern Guidebook, Maps 5.8-6.8	John Henery (Alpana Station)	8648 4864 (H)

The Birth of the Sea to Summit

Colin Edwards

On Sunday, July 29, about 60 people set out on the Sea to Summit hike, a 31km hike from Brighton Beach to Mt Lofty Summit. The route was devised by George Driscoll, and followed parks, reserves and national parks.

Saturday night, about ten years ago and all is well and peaceful at the Edwards household. The phone rang, "it's George here. I think I have sussed out a walking route from Seacliffe to Mount Lofty without very much road walking. Would you and Marlene like to do a reccy with me tomorrow?" Why not I said, after a brief consult with Marlene; we don't have anything particular planned for the day (and I suspect we did not give much thought to what we were getting into -Seacliffe to Mount Lofty!!)

George had been talking about this idea to me for some time. How he could link up several parks and bush tracks to minimize the amount of road walking. It's probable that, knowing how I think and remember, this was ten years ago, I would have thought "oh yeah - tell me another of your dreams."

The route that George had planned, although fairly basic, might just work providing we could link up a few areas where parks finished and houses took over. And the mapping at this time was a highly sophisticated patched up series of photocopies from the street directory! Well you have to start somewhere.

George led off his two innocent victims fairly early on the Sunday morning in good weather, as I recall. Up the stairs from the Kingston Caravan Park, across Brighton Road to pick up the linear park heading to O'Halloran Hill Park and so far without getting lost. Along the path beside the expressway, across South Road at Darlington and through

to Sturt Gorge and we were going well. Getting into the Gorge was one thing, getting out another and after several back tracks we eventually found an acceptable track. From there, along the railway line to the footbridge, climb over the safety rail and then along the path behind Wittunga Gardens to Hawthorndene and the main gate into Belair National Park. Apart from choosing wrong roads all went well and to this point we had probably been on roads for no more than 2km.

George had been talking about this idea to me for some time... I would have thought "oh yeah - tell me another of your dreams."

We then proceeded to get lost in Belair trying to find a reasonably direct route away from the park roads to get us to Waverly Lodge at Sheoak Road but we eventually made it after a fair amount of extra walking. From the Lodge, George had in his preliminary planning been to see a resident at No 82 Sheoak Road to see how we could access the fire track running behind the houses. The road reserve ran along the house boundary and was very overgrown with weeds and debris. The owner, being a walker and a member of the

Friends, as it happens, suggested we walk up his drive on to the fire track. This is still the route we now take which goes to show that walkers have friends out there. This fire track led us to Waverley Ridge Road and then on to Crafrers Interchange.

I suspect that by this time we were all on autopilot because I can only remember slogging through Cleland Park past the YHA and up to Mount Lofty in something of a haze. Memory fails me at this point and I can only presume that this part of the walk went to plan as I cannot recall getting lost again - only well and truly exhausted arriving very late (thankfully we were in daylight saving season) but still light after a mind blowing 10 or 11 hour days walking uphill. But the good part was that George had phoned ahead for Harry (George's son), to pick us up at Mount Lofty and he was thoughtful enough to have an esky loaded with cold beer on board.



Tim McCartney Snape with Colin Edwards

Continued from page 11...

From this reccy George, in his usual perfectionism adjusted the route and simplified the Sturt Gorge and Belair sections. For George everything had to be correct, feasible and a satisfying trip (this does not necessarily translate to enjoyable). From this initial effort a group of walkers was gathered to re-walk the whole route to test out both route and timing and it was generally agreed that it was a "bloody long 30-odd km hard walk" and a credit to George for having the idea and for making it work.

George had the idea that he would like to call this the "Sea to Summit" walk and because this was a registered business name owned by Tim McCartney Snape it was necessary to seek approval for the use of the name. Approval was given and so was born the George Driscoll Sea to Summit Walk - maps 49 and 50 in his book of *50 Real Bushwalks Around Adelaide*.

The official launch of this now famous walk was an occasion to celebrate. From my recollection there was a group of perhaps twenty or thirty walkers at the finish. At the end of the walk George presented everyone with a white t-shirt. On the front of each shirt was printed in blue the words 'I summited Mt Lofty with Tim Mc Cartney Snape on April 5, 1998'. On the back of the t-shirt, which was presented to Tim by George, each walker signed their name. George then opened up an esky he had in the back of his van, and we all had a champers or beer or both. It was a great finish to all the hard work and planning that went in to making this an important part of the Adelaide walking scene.

In recognition of the work done by George, not only for the Sea to Summit walk but for his contribution to walking generally in Adelaide and more recently with his book of walks in Sydney, we are endeavouring to have this walk to be officially named the "George Driscoll Sea to Summit Walk". ○

A Walker's Account

Sea to Summit

Arrienne Wynen

I had never done the Sea to Summit walk but having become involved in the walking committee and seeing that they needed a leader for the ½ walk I put my hand up with out thinking what was really involved.

Well no one had warned me that it would involve standing in the water at Kingston at 07:15am on a Sunday morning having listened to the rain falling steadily on and off all night. Why am I here?? People gradually arrived to book on, some for the whole Sea to Summit experience and some for the walk finishing at Belair Oval. After letting the people doing the whole walk start off first, my group left at about 08:15. The weather was crisp but what a great day. Not having done this walk before when I started the reccys I was expecting to walk through suburbs and streets, doing the type of walking we all try to avoid, but George Driscoll who original mapped out this walk had found lots of green belts and parks so it had become for me a walk of discovery. I did a total of 4 reccys before the actual day, the first with Peter (husband) where we followed George's instructions and found some changes caused by expanding Adelaide. The next reccy was with Simon and Julian and was very different. "No, I think it would be better up here", or "He really meant to go down here, and then over there", were often heard as I, with my instructions and map, tried to work out

where we actually were. (Had these 2 done this walk before??) Of course with all the talking etc we had often walked a km or 2 before I took note of where to turn etc. This meant that I needed to re-walk quite a bit of what I walked that day. "It's easy through here" and "just follow the signs" made sense to these 2 very experienced walkers but was not so clear to me.

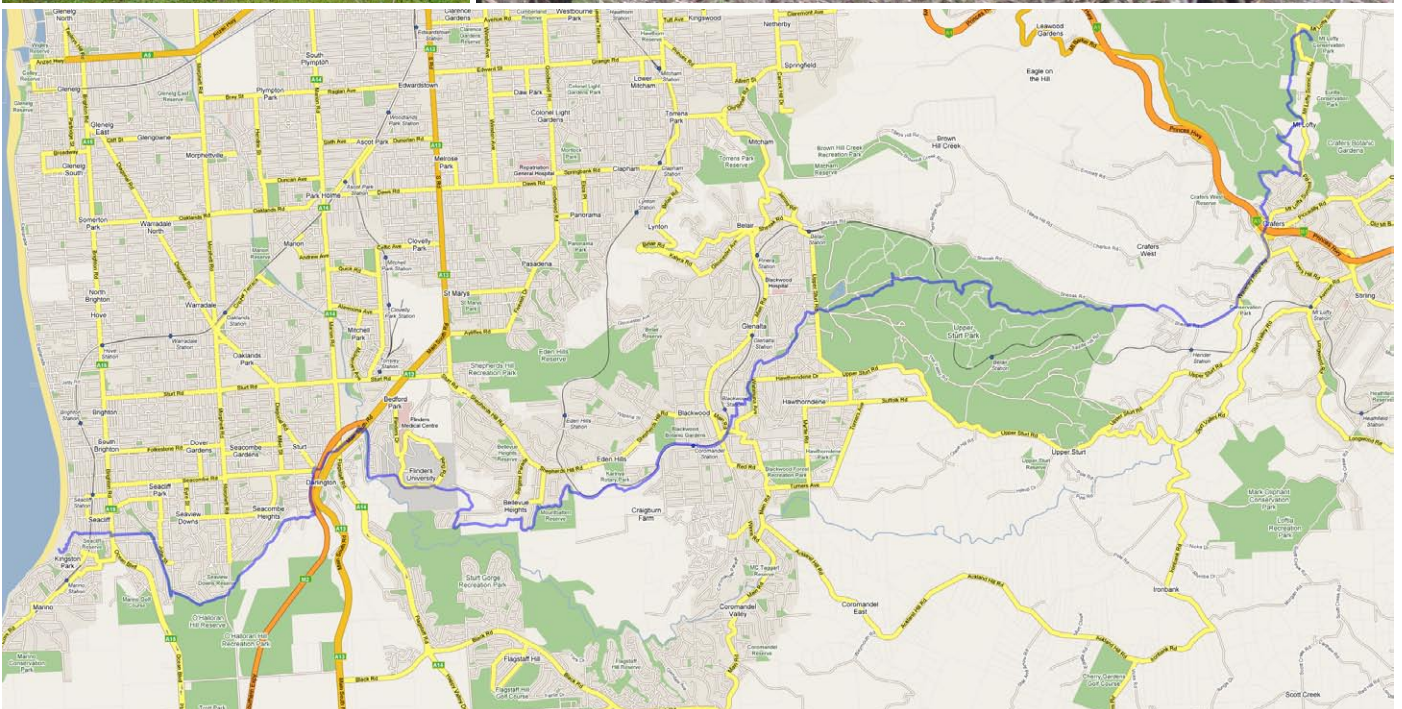


Resourceful creek crossing

On the actual day I was able to do the walk closer to what George intended, with just a few changes for the inevitable growth of Adelaide. The walk takes in the O'Halloran Hill Recreation Park, Sturt Gorge Recreation Park, Belair National Park and the Cleland National Park. There is some inevitable street walking but surprisingly little compared to the distance walked.



Why do it in two halves?? By following George Driscoll's route, the first day we covered about 21kms and were able to enjoy the BBQ at Pine's Oval, (what the fast group had left over for us). The second day was around 13kms and of course ended with that final steep climb to the top of Mt Lofty with ample time to appreciate the view and a celebratory drink (did the first group have time for this??). By spreading the walk we were able to really appreciate the parks and green spaces that Adelaide has to offer at a time of the year when everything is green and fresh. We reckon we did it the right way, (even if we didn't get a certificate) and I would certainly happily walk it that way again. ●



View a Google Map version of this map, or download the KML file, at www.heysentrail.asn.au/trailwalker/downloads/

An Arts Project

The Friends of the Heysen Trail this year received funding from Country Arts South Australia for the first stage of a writing, photography and visual arts project with regional communities along the length of the Heysen Trail.

A full colour publication will be produced featuring writing and photographs from Catherine & Italo as well as from local community members.

Ephemeral art works will be created along the Heysen Trail from environmental and 'found' materials. These will be impermanent art works which will not require maintenance and will degrade with time.

Writer/oral historian, Catherine Murphy and photographer, Italo Vardaro will visit communities along the Trail to further develop this arts project. They are keen to involve as many local people as possible in consultative meetings designed to encourage creative community input into the project.

The project is divided into two stages. Stage 1 will involve research and scoping study with four communities along the Trail. Funding for this stage has already been approved.

Stage 2 will involve writing, photography, visual art workshops and creation of works with community participants. This stage is yet to be funded, it will be sought after the completion of Stage 1.

Northern areas meetings are in August:

- Monday 20th August 7.30pm
Burra Community School staff room
- Tuesday 21st August 10.30am
Burra Community Library.
- Wednesday 22nd August 7.30pm
Hawker CWA Hall
- Thursday 23rd August 10.30am
Hawker CWA Hall

Southern areas meetings are in September:

- Wednesday 19th September 7.30pm
Hahndorf Institute
- Thursday 20th September 10.30am
Hahndorf Town Band Hall
- Monday 24th September 7.30pm
Port Elliot Institute
- Tuesday 25th September 10.30am
Old Police Station Goolwa

For further information please contact:

Italo Vardaro
8582 3111
vardaro@riverland.net.au
Catherine Murphy
8352 5537
candc@internode.on.net

This project is funded by Country Arts South Australia, and is supported by the Friends of the Heysen Trail; the South Australian Department of Environment and Heritage; and Forestry SA.



A new website feature launched

Accommodation along the Heysen Trail

A forum has been launched on the website which allows users to browse via maps accommodation options along the Heysen Trail.



Aroona Hut, Flinders Ranges
Northern Guide map 6.6

View details and photos, comment and rate accommodation options along the Heysen Trail. Access this new website feature by navigating to the accommodation page (select 'Accommodation' on the submenu under any 'Heysen Trail' page) or access the feature directly from the main forums page.

By following the links, you will be able to narrow your search down by selecting maps that correspond with the Southern and Northern Guidebooks. Each chapter has a map, and by means of different icons each campsite, hut, shelter and town is shown. By selecting one of these icon links, you can view details about the accommodation option, and provide

feedback. Photos are also included with some entries, if you have your own photos of an accommodation option be sure to upload it so others may benefit.

Entries for towns allow users to add suggestions of accommodations options such as caravan parks, motels, and B&B's.

Any users can access this forum and view details, but only users who have registered for the forums (and are logged in) are able to rate or comment on accommodation features. Registration takes only a few moments.

View this information now at www.heysentrail.asn.au

Another New Feature Coming Soon

Currently under development, another new feature will soon be available on the website. Users will be able to view a map of the Heysen Trail using Google Maps, a feature fully integrated into the website. Presently, users are able to download a KML file which can be used in the stand-alone program Google Earth, however when this new feature is launched users will be able to view this map with extra features from within the website.

Users will be able to switch between standard map view and satellite view, as well as zoom in and out to view features. They will be able to select which information layers to view, all of which build upon the map and trail line. Information layers include:

- accommodation options
- official photos along the trail
- user submitted photos along the trail. This utilizes Google's Panoramio feature. Web users can register for a free account with Panoramio, and upload their own photos of the Heysen Trail (or indeed anywhere in the world) and these photos will be visible to other Google Earth and Google Maps users. Register at www.panoramio.com
- guidebook map extents which will allow you to cross-reference the online map with your guidebook
- tourism regions, ideal for finding accommodation options nearby, and viewing other nearby tourist attractions
- fire ban districts, allowing users to assess in which fire ban districts parts of the Heysen Trail fall

Walk Programmes

2007 Walk Season (Sept - Nov)

		September	October	November
1st Week of month	Trail Starter		Sun Oct 7 Trail Starter Waitpinga Steve Wilkinson	Sun Nov 4 Trail Starter Linear Park Jamie Shephard
	Trail Walker	Sun Sept 2 Trail Walker Deep Creek Ray Blight	Sun Oct 7 Trail Walker Aldate to Mt Lofty Spring Flowers Gavin Campbell	Sun Nov 4 Trail Walker Victor Harbor Gavin Campbell
2nd Week of month	Trail Starter	Sun Sept 9 Trail Starter Cobbler Creek Bob Randall		Sun Nov 11 Trail Starter Paris Creek Jennifer Dow
	Trail Walker	Sat Sept 8 – Sun Sept 9 End-to-End 2 Horrocks Pass to Mt Brown Ck to Woolshed Flat	Sat Oct 13 - Sun Oct 14 End-to-End 2 Woolshed Flat to Dutchmans Stern to Eyre depot	Sun Nov 11 Trail Walker Mt Lofty Circuit Steve Wilkinson
3rd Week of month	Trail Starter	Sun Sept 16 Trail Starter TBA Colin Edwards	Sun Oct 21 Trail Starter Parsons Beach David Beaton	Sat Nov 10 – Sun Nov 18 (1 week) Great Ocean Walk Julian Monfries
	Trail Walker	Sun Sept 16 Trail Walker Chambers Gully Ralene Shaw	Sun Oct 21 Trail Walker Lavender Federation Trail – Preamimma George Adams	
4th Week of month	Trail Starter	Sun Sept 23 Trail Starter Little Mt Crawford Chris Caspar	Sun Oct 28 Trail Starter Mt Pleasant Jennifer Dow	
	Trail Walker	Sun Sept 23 End-to-End 3 Cleland to Montacute Heights	Sun Oct 28 End-to-End 3 Montacute Heights to Cudlee Creek	Sun Nov 25 End-to-End 3 Cudlee Creek to Mt Crawford Forest
5th Week of month	Trail Starter	Sat 29 Sept – Sun Sept 30 – Mon Oct 1 Spears Creek		
	Trail Walker			
This version released 16 May 2007				

2007/2008 Summer Twilight

		November	December
1st Week of month		Wed Nov 7 Twilight Walk Dry Creek George Adams	Wed Dec 5 Twilight Walk TBA Lyn Wood
2nd Week of month		Wed Nov 14 Twilight Walk TBA Steve Wilkinson	Wed Dec 12 Twilight Walk TBA TBA
3rd Week of month		Wed Nov 21 Twilight Walk River Walk Chris Caspar	Wed Dec 19 Twilight Walk Anstey Hill Robert Alcock
4th Week of month		Wed Nov 28 Twilight Walk TBA Simon Cameron	
5th Week of month		More Details An explanation of walk grades and details for each walk event are published on the website	

Walk Grades

There are five different grades of walk on the Friends of the Heysen Trail walk programme. Four of these operate during the walk season, generally from April to November when it is not Fire Ban Season:

- Trail Starter
- Trail Walker
- Trail Rambler
- End-to-End

When it is not walk season, generally during the summer Fire Ban Season, a fifth walk grade, Summer Twilight Walks, operate. These walks commence at 6pm, and cost \$5 per walk.

Details of each walk grade are provided on the website.

Registering for Walks

You must register for a walk, either online or over the phone.

Register online (by Wed prior please) at www.heysentrail.asn.au, or by phone the office on 8212 6299 (during the hours listed on page 3).

Twilight Walks

January	February	March
	Wed Feb 6 Twilight Walk TBA TBA	Wed Mar 5 Twilight Walk TBA TBA
Wed Jan 9 Twilight Walk TBA TBA	Wed Feb 13 Twilight Walk TBA TBA	Wed Mar 12 Twilight Walk TBA TBA
Wed Jan 16 Twilight Walk TBA TBA	Wed Feb 20 Twilight Walk TBA TBA	Wed Mar 19 Twilight Walk TBA TBA
Wed Jan 23 Twilight Walk TBA TBA	Wed Feb 27 Twilight Walk TBA TBA	Wed Mar 26 Twilight Walk TBA TBA
Wed Jan 30 Twilight Walk TBA TBA	 <p>The Friends of the Heysen Trail 10 Pitt Street Adelaide 5000 Phone 08 8212 6299 www.heysentrail.asn.au</p>	
This version released 27 August 2007		

Appropriate Clothing

All walks are subject to you wearing appropriate clothing. Prime considerations are warmth and weather protection. Your safety and the safety of the walking group can be jeopardised by you wearing inappropriate clothing. In an emergency situation it can take hours to evacuate a sick or injured walker. Leaders may not accept people for a walk who have not come appropriately dressed or prepared.

What to Wear

- Good walking shoes, or boots, with grip soles. Thongs, sandals, elastic-sided boots and smooth-soled sneakers are not appropriate
- Thick socks
- Wet weather gear - a three quarter length waterproof rain jacket is ideal (showerproof spray jackets and quilted parkas are not waterproof and create a danger of hypothermia)
- A warm jumper or jacket of wool/polyester fleece. Cotton shirts and windcheaters have minimum insulation when wet and retain water
- Shorts, loose comfortable wool or synthetic pants (jeans are not suitable as they are cold when wet and dry slowly)
- Shade hat and sunscreen in warmer weather. Warm hat/beanie in cooler weather

The above list is for Twilight Walks, Trail Starter and Trail Rambler walks. For Trail Walker and End-to-End walks, in addition to the above list, please also consider bringing:

- Thermal underwear
- Waterproof over-trousers

What to Bring

- Basic First Aid and Emergency Kit containing:
 - UV sunblock, throat lozenges, lip salve and paracetamol
 - Insect repellent
- 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

The above list is for Twilight Walks, Trail Starter and Trail Rambler walks. For Trail Walker and End-to-End walks, in addition to the above list, please also bring:

- Whistle
- Wide elastic bandage and triangular bandage with safety pins

Walk Cancellations

Walks are cancelled if the broadcasted forecast is for temperatures over 32°C. For simplicity, this can be determined the night prior to the walk on the 7pm ABC evening news weather forecast, based upon the Bureau of Meteorology's routine 4pm forecast. Even if the forecast is later revised, the walk remains cancelled. End-to-End walks will be rescheduled to the following month. This doesn't apply to Summer Twilight Walks.

If unforeseen circumstances arise and you are no longer able to participate in the walk, please notify the office as soon as possible, preferably by 4pm Friday, or leave a message on the answering machine after this time.

Further Information

Further information about each walk, walk grades and Frequently Asked Questions are available on the website (www.heysentrail.asn.au/walks)

A Weekend with Friends

Vicki Cox

Having passed through the Coorong on the way to other destinations, I had already decided to shortlist it as one of my must-see places and seized the opportunity to visit with the Friends when the weekend was announced.

We are blessed to have unspoilt wilderness just 2 hours drive from Adelaide. The accommodation at Gemini Downs was very comfortable. We shared one of the self-contained units with three others. The units accommodate 6 persons and rates are very reasonable.

The owners/managers are friendly, welcoming and knowledgeable and can assist in any planning. The first days walk was lead by Simon Cameron and Hilary Dickman. We carpooled to a spot several kilometres south of Gemini Downs. We walked through

mallee scrub to Chinaman's Well and other historical sites with interesting interpretative displays acknowledging the Gold Escort Days.

The scrub gave way to the salt pans. Sounds of hiking boots crunching on the crusty surface. Eerie silence, gentle breezes, endless blue skies contrasted against the stark white pans. Ancient seashells baked into the crusty surface and driftwood scattered randomly over the vast empty lakes. The stillness broken only by the shouts of exuberant frisbee players.

Mirror images of the sand hills reflecting on the Coorong lakes were a spectacular sight and a great photo opportunity.





More coastal scrub to negotiate before scaling giant sand hills that protect the Coorong from the Southern Ocean. The roar of the ocean became louder as we approached 90 Mile Beach. Lunch was on the beach watching beachcombers uniting to sift through piles of shells left stranded on the shoreline and fisherman luring Coorong mullet from the wild seas. The return trip was via a loop track through scrub, which seemed like an endless trudge. The car park was a sight for sore eyes indeed.

“Sarong in the Coorong” was the theme for Saturday night tea. Everyone looked resplendent in their attire, some even improvising with towels to look the part.

BBQ tea followed by a game of Spicks and Specks proved to be excellent entertainment to finish the day.

Sunday dawned a fine and still morning. Mirror images of the sand hills reflecting on the Coorong lakes were a spectacular sight and a great photo opportunity.

A shorter 5km walk commenced from Gemini Downs and headed north along the road, through more scrub and onto the lakes. These lakes sustained magnificent birdlife. Residual salt at the water’s edges created unusual and beautiful patterns that only Mother Nature could create. Rocky outcrops usually partially submerged, old bottles revealed by the ravages of the prolonged drought conditions and old fence posts weathered by salt and the elements, all contributing to fantastic scenery.



The walk finished at Salt Creek and lunch followed at the campsite. The Revlon Award was gracefully accepted by my good self (that's another story - space permitting) and a game of Frisbee Golf completed the weekend's activities.

Footnotes: no pelicans sighted all weekend, not even at Jack's Point - a disappointment.

It would be great if all walkers picked up a piece of litter to carry out with them to maintain the wilderness in pristine condition.

Great weekend. Definitely worth a repeat visit. Thanks to the Friends for excellent organization especially Simon and Jenny Cameron for catering and cooking. ●



The Great Ocean Walk

Jan & Chris O'Connor

Together with our two friends, Daryl and Jenny, we undertook the Great Ocean Walk in March of this year. We walked with full packs, utilizing the campsites set up by Parks Victoria.



Jan & Chris O'Connor

It was a very rewarding experience. We incorporated a food drop at Castle Cove to reduce our load. The campsites have been well thought out and provide good shelter, water, (check with the rangers before leaving), benches and composting toilets. Blanket Bay had run out of water the previous week, (after a long weekend), but water had been trucked in before we arrived. The trail was also very well marked.

On speaking to a ranger at Blanket Bay he informed us that the trail is still in relatively early stages and that in the future they hope to redirect some sections that now pass through farmland into National Park and native scrub areas.

We were blessed with mainly fine weather but of course took along wet weather gear as the climate can be quite inclement in that area. Also watch out for European Wasps, particularly at Elliot Ridge and Blanket Bay campsites. There are the other usual hazards but we encountered only one snake.

Day One Apollo Bay to Elliot Ridge 9.9km

We commenced our trek on a mild overcast day. The track commences with a relatively flat stretch passing along the coast to Marengo Caravan Park, affording good views of the sea and beach. It continues along the coast on walking tracks and beaches through a mix of farmland and coastal forests. The last 800m of the track up to Elliot Ridge is quite steep and a bit nasty at the end of the day. We were adjusting to the weight and feel of our packs - and finding all the sore spots. Needless to say arrival at the campsite which is situated in coastal forest was very welcome. After a good feed and cup of tea we were all much restored.



Shelter at Elliot Ridge



Day Two Elliot Ridge to Blanket Bay 11.6km

This section passes inland through tall forests before heading back to Blanket Bay on the coast. The forests are home to the Black Wallabies and varied bird life. The day being reasonably warm, those of us who desired to had a quick dip in the ocean, (cold enough to bring gasps for breath but quite refreshing). The campsite is set back a short distance from the beach. As this campsite is accessible by vehicles it can be crowded in peak times as many people who haven't booked a site arrive. However we were outside of peak times and school holidays so no problems were encountered.

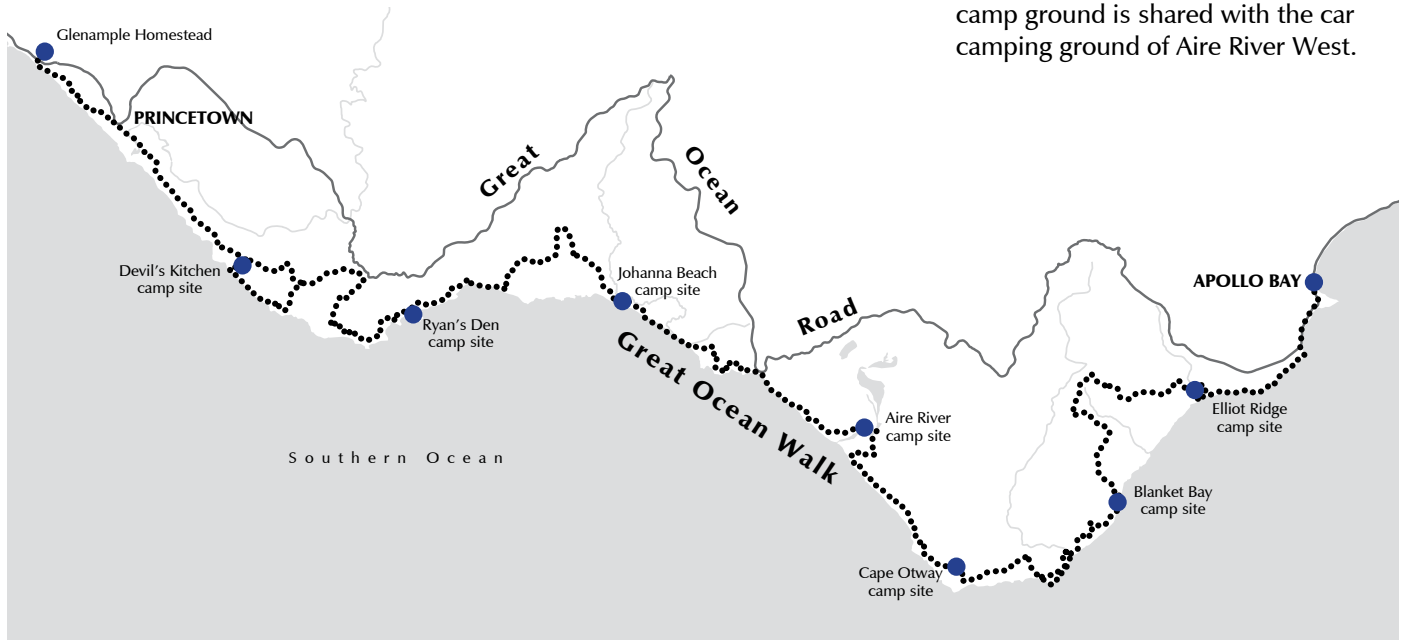
Day Three Blanket Bay to Cape Otway 10.5km

The track follows the beach along Blanket Bay for a short stretch before heading inland through dry coastal forests with views over Parker Inlet. Upon reaching Cape Otway Lighthouse we were met with a great disappointment. Showing on our map and information guide we thought we would be able to purchase a decent coffee and drop off our rubbish. The sight that greeted us was what looked like a converted shipping container and the only way we would be able to purchase coffee was to first pay the entrance fee to the lighthouse. As we had neither the time nor inclination to enter the lighthouse we crossed it off

any future tourist destinations. All in all we felt that it was very unwelcoming to walkers and a very short sighted policy by management, (they must lose considerable trade). However the campsite which is approximately 1 kilometre from the lighthouse was once again very well set up and home to a colony of Koalas, (one of which unfortunately saw fit to urinate on our tent).

Day Four Cape Otway to Aire River 9.5km

The walk now follows a sandy track along sculpted slopes and cliff tops above Station Beach. The walk in campsite at Aire River is located slightly uphill from the car camping sites. The toilet site for the walk in camp ground is shared with the car camping ground of Aire River West.



As luck would have it there was a large group of school students in the car campsite so that the toilets were somewhat overtaxed. However on a whole they were very well behaved and it was certainly good to see young people out exercising in the fresh air. We all had a very welcome swim and soak in the river before our evening meal.

Day Five Aire River to Johanna Beach 13.8km

The track follows the Aire River estuary before passing along rocky escarpments, once again giving good views of the coast. We had left a food pickup at Castle Cove which we collected mid morning before continuing on our trek. We were also finally able to satisfy our craving for a decent coffee at the Bend Café at Castle Cove. From Castle Cove we passed through heathland, grasstrees and wildflowers before arriving at Johanna Beach. As the tide was out we opted to walk along the beach before ascending a steep 800 metre track to Johanna Beach walk-in campsite.



Water stop day 6

Day Six Johanna Beach to Ryan's Den 13.4km

We all voted this the hardest section of the walk. The track moves inland before descending once again to the coast. We received a welcome surprise - one of the locals leaves out water on this section for walkers. They also sell locally produced post cards. Further on we opted to stay slightly inland rather than take the alternate track along Milanesia Beach as the tide was in and walking on sand with a heavy pack is not to be taken lightly. The track then takes a roller coaster ride up and down gullies with many steep sections but affording great sea views. We kept hoping that the next ridge would reveal the campsite but were disappointed several times before finally reaching Devil's Kitchen. It rained quite steadily overnight but eased off the next morning. We were very thankful for the shelter that enabled us to prepare our meals in comfort.

Day Seven Ryan's Den to the Devil's Kitchen 15.5km

We had a few showers in the morning but it was fine again by lunch time. The wet conditions made walking in some earlier sections hair raising - walking downhill on wet clay is a bit like ice skating for the first time. There were a few falls but apart from some bruises we survived relatively unscathed. After a few kilometres the track follows a 4WD road through heathland to



Toilet with a view at Ryans Den

Devil's Kitchen. This camp site has a toilet looking out over the Southern Ocean and would have to be one of the best views in Australia, (even if it was a bit draughty).

Day Eight The Devil's Kitchen to Glenample Homestead 13.5km

The trail continues along the 4WD road and this section is a bit boring with very little in the way of views. We had left a car at Princetown Camping and Caravan ground which is approximately 5.5 kilometres short of the end of the walk. We jettisoned our packs at the car and completed the walk carrying just water, hats and rain jackets. The track leaves Princetown up to clifftops, affording great views over the Southern Ocean, including the 12 Apostles. The walk formerly terminated at Glenample Homestead which had sold refreshments but since changing ownership this is no longer the case. We had enjoyed our walk but certainly relished our steaks and vegies at the Apollo Bay Hotel that night. ●



Loop Walks Involving the Heysen Trail

Gavin Campbell

Over the coming editions I am going to present a series of loop walks involving the Heysen Trail. Some of them will be long and some short. The two that I am presenting this time are relatively short.

Tanunda

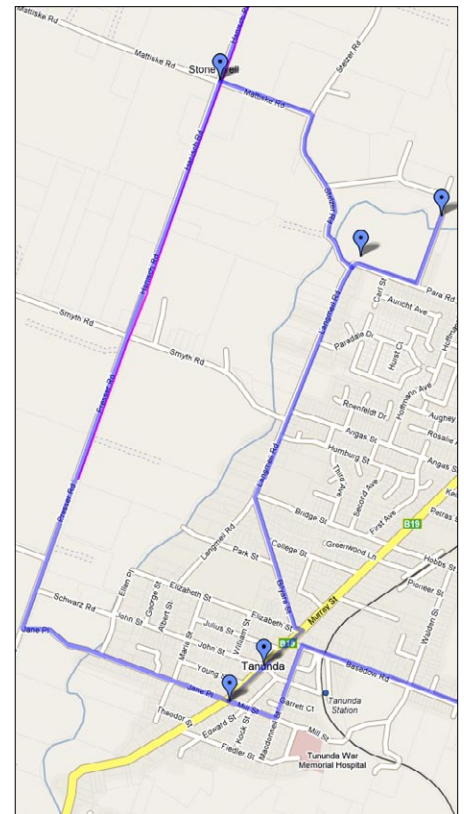
The first walk is in Tanunda and involves a walk down the main street and past the cellar doors of two wineries. As you probably know the Heysen Trail makes a quick entry and exit from Tanunda's main street and doesn't go past any of the wineries in the Barossa Valley allowing walkers to utilize their cellar door facilities. This walk remedies that failing.

As the Trail crosses the Main Street (Murray St), instead of going onto Jane Street, turn right or north into Murray Street. The shopping precinct of Tanunda is interesting with a great diversity of different types of shops on both sides of the street. Not far along Murray Street there is an intersection where two roads enter onto Murray Street from the left or west. Take the diagonal one (Bilyara Rd) and follow this to its end where you take a turn to your right or north along Langmeil Rd. After some distance, probably a

"wee meil" you will come to Langmeil Winery. Stopping for a wine tasting is optional.

After this turn right or east into Para Rd and soon you will come to Peter Lehmann's winery. Turn into his driveway and again, stop off for a wine tasting if you like. At this point walk back down his drive to Para Road then right or west to Stelzer Road, follow that to the intersection with Mattiske Road. Walk along this road heading west to the intersection with Hannisch Road. Turn left or south and you are once again on the Heysen Trail. Follow the Trail back to Jane St and then to Murray Street.

Alternatively at Peter Lehmann Winery it is possible to walk through the winery past his stainless steel storage vats to his tree lined drive that enters off Stelzer Road and follow that road right or west again to Mattiske Road and so on as above.

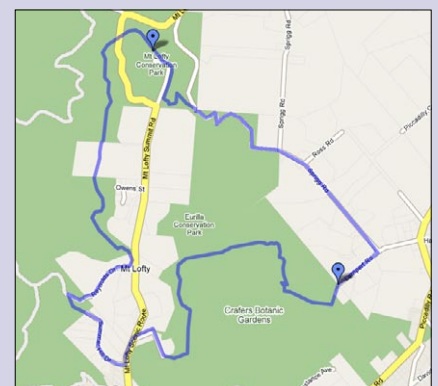


Mt Lofty

The second walk involves a loop walk that never leaves the Heysen Trail. Leave your car in the Mount Lofty Botanic Gardens and follow the Trail through the Gardens, across Summit Road, along the new reroute on Summerhill Road, through Cleland Park to the Summit where, if you like, you can have a coffee and cake while enjoying the view. After this head off to the east again along the trail eventually down to Piccadilly

and along Sprigg Road. At Lampert Rd turn right and back into the Botanic Gardens.

This is a lovely walk especially in Spring and Autumn. Instead of following the Heysen Trail through the Gardens, meander along its many paths and enjoy the flowers or autumn leaves as the case may be.



View Google Map 'mash-up' versions of both of these maps at www.heysentrail.asn.au/trailwalker/downloads/

PS. If any reader knows of any such loop walk maybe they could let Gavin Campbell or the Editor know

Taralee Orchards

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

**Adjacent to the Heysen Trail
Close to the Mawson Trail**



Can accommodate up to 8 people

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Ph 08 8668 4343
Email info@taralee.com.au
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Accommodation ~ Laura

**Talyala Hills Farmstay at
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Now includes 2 new bedrooms - 5 in total
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“a little bit of Australia all to yourself”

ALPANA STATION

Blinman

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

Quality self-contained accommodation suitable for walkers, artists, nature groups, etc.

Ensuite facilities for caravans/campers now available.

Contact Details

Postal address: PO Box 11, Blinman SA 5730
Phone: 08 8648 4864
Fax: 08 8648 4661

Nungawurtina Hut & Trail

Alternative for not so active walkers – an easy 2 day walk.

Stay a night or two in a new replica pine & pug shepherds hut en-route from Alpana to the Blinman Pools and Angorichina Tourist Village to be picked up by John and returned to Alpana

OR

4WDrive. Be transported to the hut and experience a true Flinders retreat in a serene setting. Suitable for 6 people.

Email: alpanastn@bigpond.com.au
Website: www.alpana-station.netfirms.com

Bookings Essential

Due to popular demand a second trip organised for July 2008

The Friends Kokoda Adventure with Peregrine

6th July to 17 July 2008
\$3,750 ex Brisbane



Simon Cameron and Julian Monfries are leading a small group on the historic Kokoda Track.

Details available from either:

- the website, visit www.heysentrail.asn.au/trailwalker/downloads/
- or by contacting Peregrine Travel Centre on 8223 5905 (ask for the Friends of the Heysen Trail Kokoda Adventure)



The Kokoda Track is one of the world's great treks, in Papua New Guinea, having a World War II history of bitter fighting between the Australian and Japanese Armies. The Australians, together with their Papuan "fuzzy wuzzy angels" allies, after four months of bitter fighting, overcame the obstacles of being

inexperienced, ill-equipped and outnumbered in the rugged mountainous country of the Owen Stanley Ranges, and inflicted on the Japanese army its first land defeat. In the process, they became immortalized and a source of inspiration for future generations of Australians.

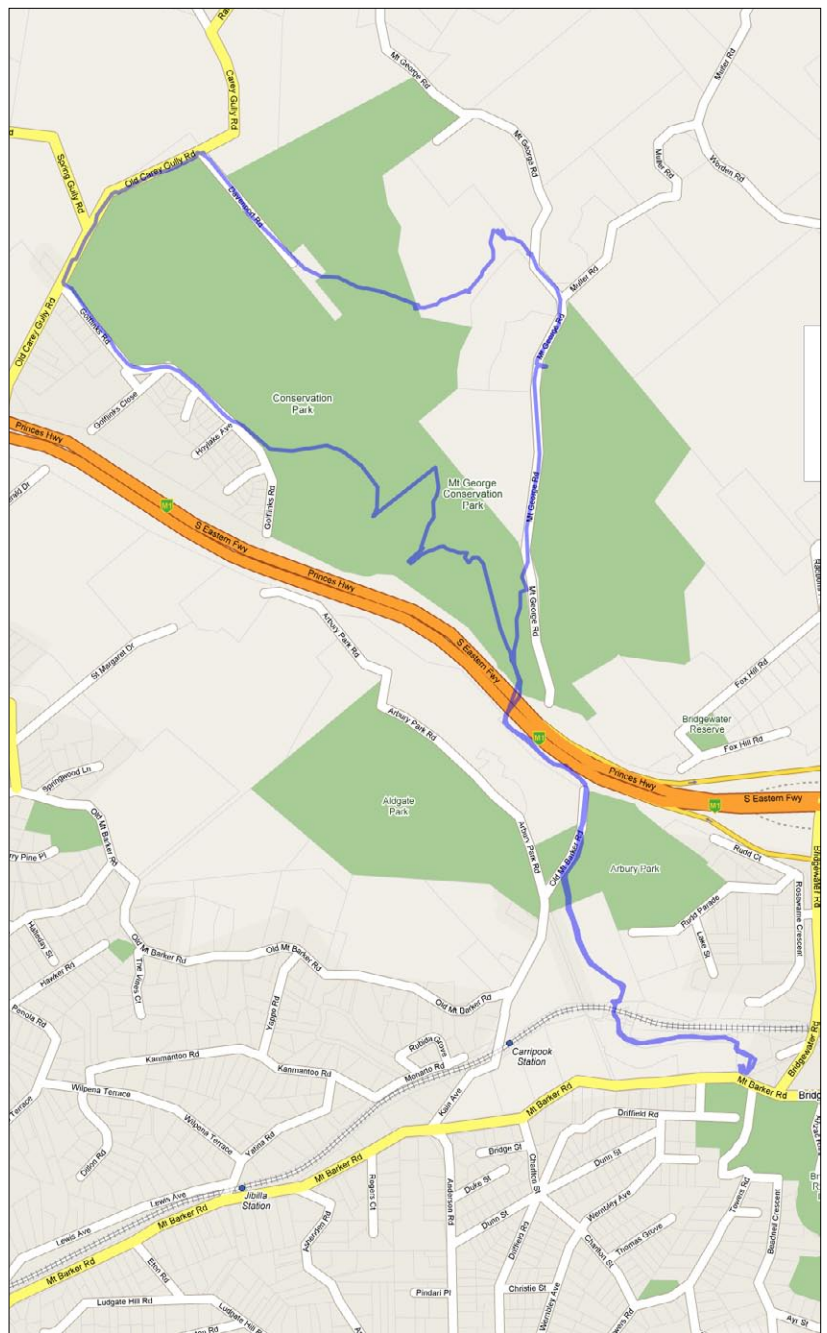
A Short Walk

Bridgewater to Mount George Circuit

Julian Monfries

A 8-9 kilometre walk, taking about 2-3 hours, walking along the Heysen Trail in the Bridgewater and Mount George area. This walk follows the Heysen Trail through the Mount George Conservation Park, looping back through the Mount Lofty Golf course and rejoining the Heysen Trail at the Mount George picnic area.

1. Start the walk from the Bridgewater Hotel car park following the Heysen Trail past the Bridgewater Mill, under the Adelaide - Melbourne railway line. The Trail follows Cox's Creek circuiting around the edge of Arbury Park and crossing under the SE Freeway into the Mount George Conservation Park.
2. Follow the Heysen Trail across the creek, stop and read the commemorative plaque erected honouring Terry Lavender, architect and builder of the Heysen Trail, and then continue up the hill.
3. At the top turn left (watch for the signs as there has been a reroute) continuing along the Trail emerging onto Golflinks Road
4. Turn right and follow Golflinks Road.
5. Turn right onto Old Carey Gully Road, still on the Heysen Trail, until the Heysen Trail crosses the road, into Woodhouse Scout Camp.
6. Turn right crossing the golf course taking care to look out for the wayward drive until you reach a barrier where a number of tracks meet.
7. Turn half left and take the easier track up the hill, after a steep rise the track descends steeply to a creek and just prior to the dam look for the way across the creek to the right, though two gates and onto Mount George Road.
8. Turn right and follow the bitumen road a short way (100m)
9. Turn right onto the dirt road and follow it to Mount George picnic area. Pick up the Heysen Trail and follow it back to the start point



View a Google Map version of this map, or download the KML file, at www.heysentrail.asn.au/trailwalker/downloads/

The second instalment of this three part series about a journey to Finland

I'm Dreaming of a White Christmas

By Nic & Ben Wait

I thought it snowed in winter in the northern hemisphere at Christmas...

27th December 2006

Merry Christmas!

We hope this finds you all well and recovering from a great Christmas Day. Hopefully you didn't eat and drink too much and made it through the day without feeling too ill.

We have continued to have a great time meeting fabulous people and seeing the sights. I don't think however that even Alanis Morissette covered in her song the irony of travelling to Finland for a White Christmas in their mildest ever winter when it snowed in Australia!!! Still we got about 5 snowflakes on Christmas Eve and it did snow lightly overnight at some time so maybe I could count that as snow on Christmas Day ???!?

Since our last email we went to Santa Claus Village and had a great day shopping and visiting the reindeer farm also a for ride on the sledge. The village is awesome and any kid's dream place. There was a web cam. Had we known we could have arranged a time for you all to log on so we could moon you ... I mean wave (seriously do you think O C is conducive to mooning ??). We had a practice Christmas dinner with our host at the time to try some Finnish food... very yummy.

Jumped on the train to Kemi to hear an announcement just before it was about to pull out that it was an express train to Oulu (if you check the map you will see this past Kemi ID. Ben (luckily along with a few others which made us feel a little more confident it wasn't our mistake) sprinted along the train to find a conductor and I sat with our gear while the train pulled off wondering where we were headed. All ended up fine and those that had ran off returned with big grins on their faces as there a correcting announcement.

Our stop in Kemi was short but fun. Paula and Esa were fabulous and although Esa couldn't speak or understand English we spoke the language of beer, wine, cognac, vodka and whatever else they pulled out the cupboard (including some Bulgarian home brews) quite well together. Paula was a brilliant tour guide who even got us on and showed us all around the Sampo ice breaker ... so although we didn't get to ice break or dip in the sea we still got to see the ship without paying a cent which was pretty good consolation. Also had our first proper Finnish sauna, heated with wood and very hot, followed by cooling down outside whilst drinking a gin or beer. A real introduction to the Finnish way of life.

From there we headed on the overnight train to Tampere. No exciting stories from this leg of journey. Arrived at 5:30 am and set off with map in hand to explore town until 10 when we met Stefan & Merja. Found a couple of churches, central square, local indoor markets, a hotel restaurant serving breakfast to get some coffee, cakes and use the loos, outdoor market and basically watched the city come to life. Saw an amazing light phenomenon (or however you spell it) where there was a cloud in the sky coloured like a rainbow. Have been at Stefan and Merja's magnificent home in the country since, enjoying the chatting, food and drinks. They have two rottweilers, one only 4 months old so they are keeping me amused. Unfortunately the older male (12 months and about 45kg) has a little problem with me. If I look at him and say something he growls at me ... just a tad intimidating ... still I made it through yesterday without a growl and today he came with me for a walk and played ball with me afterwards so I think I am making progress. He is really a big sook ... chasing shadows looks pretty funny and when the two play together it is on for young and old ... the puppy is like a big cuddly teddy bear ... if the older one trusts you with her. They have both taken to Ben so it must be a girl thing.

We were going to head to the summer house in the archipelago this morning but the car got a flat tyre last night and there is no where to get it fixed to day (equivalent of boxing day) so will head of early tomorrow instead and just spend a night there.

Well I must be off to go and try another snow dance ... Ben is out there already. Take care all and we will back in touch soon (well given internet access a d some free time D). Thinking of you all.



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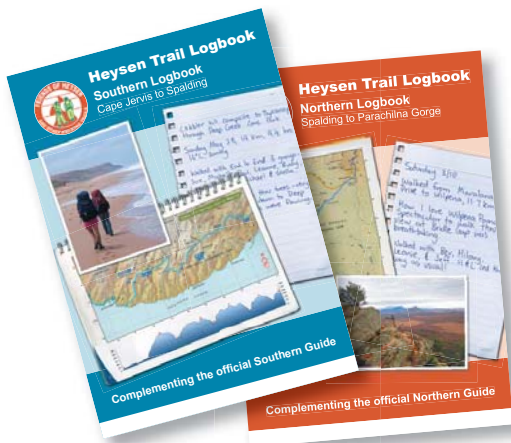


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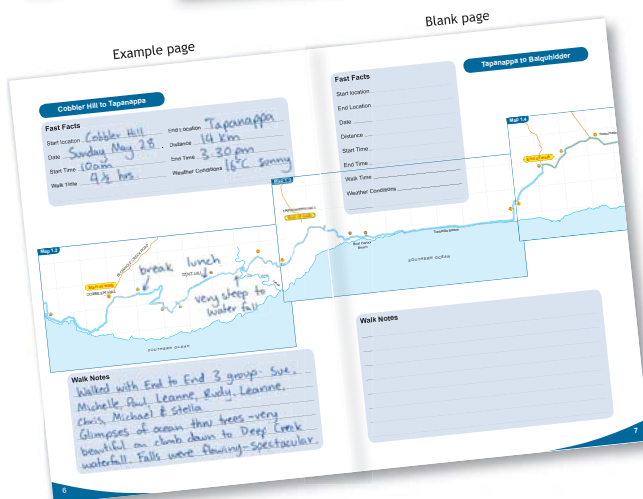


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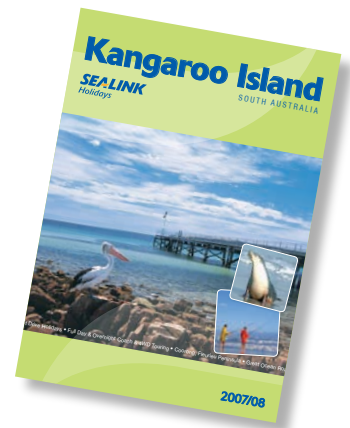
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