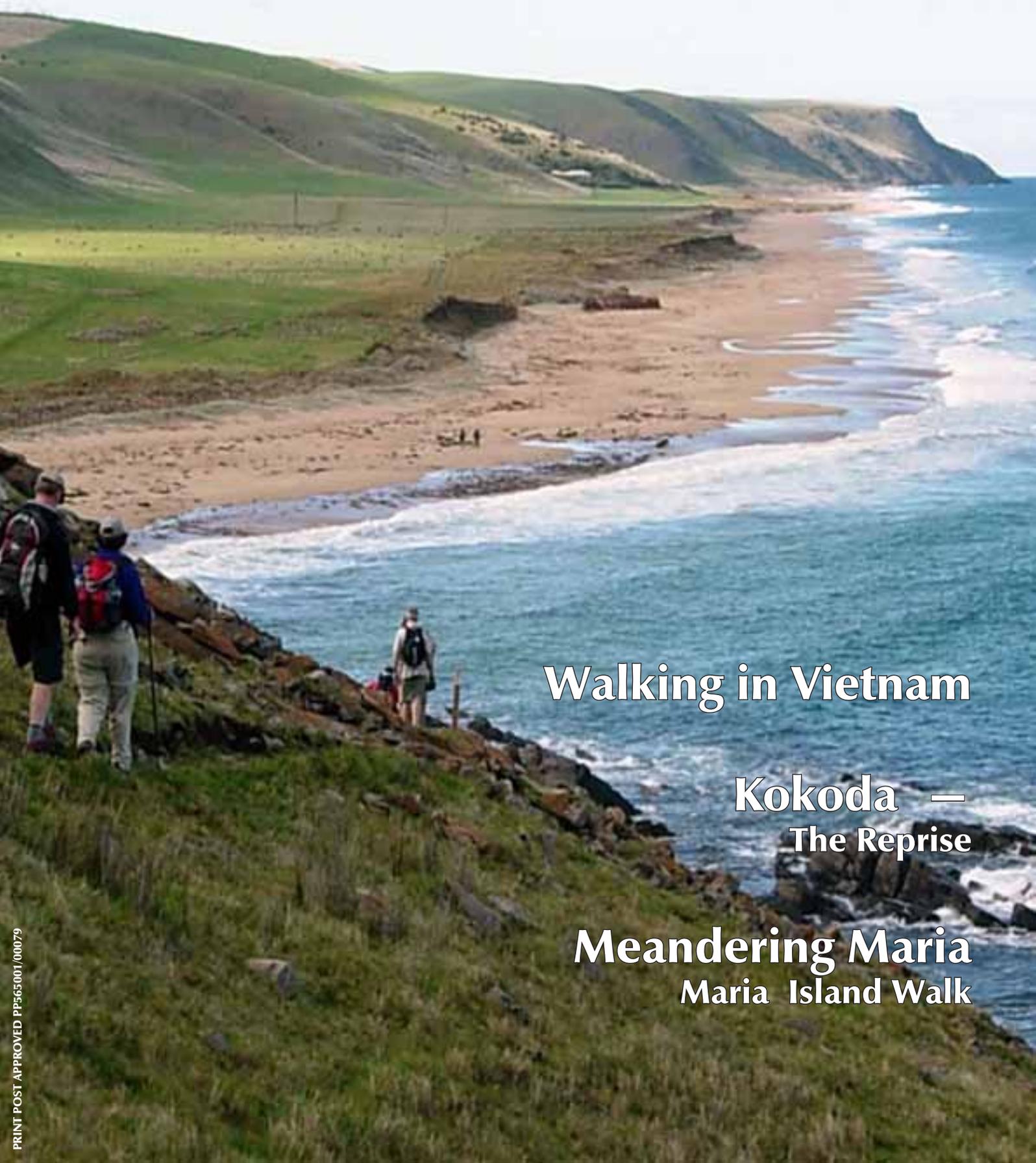




The Trailwalker

Magazine of the Friends of the Heysen Trail

Issue 113 Spring 2009



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**Kokoda —
The Reprise**

**Meandering Maria
Maria Island Walk**

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Burra Branch

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Email hugreenh@activ8.net.au

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.

Trailwalker Magazine

Views expressed in contributed articles are those of the authors, and not necessarily those of the Friends of the Heysen Trail.

The Trailwalker magazine is available by subscription or online at www.heysentrail.asn.au/trailwalker

The Trailwalker magazine is published quarterly:

- Autumn (March)
- Winter (June)
- Spring (September)
- Summer (December)

The Trailwalker magazine has a distribution of 1200, and an estimated readership of approximately twice that number.

Articles, reports and other submissions by members and other interested parties are welcome and should be emailed to the Trailwalker Editor at trailwalker@heysentrail.asn.au

The submission deadline is usually the first Friday of the month prior to the month of publication.

Advertising Rates

1/8 page vertical \$40 per issue

1/4 page horizontal \$60 per issue

1/4 page vertical \$60 per issue

1/3 page vertical \$70 per issue

1/2 page \$100 per issue

Full Page \$150 per issue

Flyer (supplied for insertion) \$180 per issue

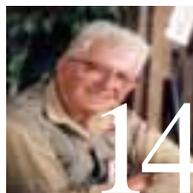
A commitment for 12 months advertising, ie 4 issues, would attract 10% saving

Advertising specifications and article submission guidelines are available upon request or by visiting www.heysentrail.asn.au/trailwalker

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C. Warren Bonython AO

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 Simon Cameron
 Gavin Campbell
 Jeanette Clarke
 Dana Florea
 Jerry Foster
 Bob Gentle
 Nick Langsford
 Julian Monfries
 Chris Porter
 David Rattray
 Cliff Walsh
 John Wilson
 Peter Wynen

Council Meeting Dates

16th September
 21st October
 18th November
 16th December

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 Vice President
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 Maintenance
 Walking
 Office
 Marketing & Membership
 Honorary Membership

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 Kath Palyga
 Richard Schmitz
 Arthur Smith
 Colin Edwards
 Hugh Greenhill
 Jamie Shephard
 Glen Dow
 Barry Finn
 Dean Killmier
 John Wilson
 David Beaton
 Jack Marcelis
 Julian Monfries
 Terry & Frances Gasson
 * (deceased)

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Membership Secretary

David Rattray

Office Coordinator

Jack Marcelis

Maintenance Coordinator

Gavin Campbell

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Wen Gu
 Xun Wang (Michael)
 Jeanette Clarke
 Jie Fang Zhang (Carol)

Shop/Office Hours & Volunteers

Monday **10.30 - 2.30**
 Mike Parsons, Beverley Blanch,
 Robyn Quinn, Elizabeth Rogers,
 Bob Gentle

Wednesday **10.30 - 2.30**
 Jack Marcelis, Wendy Fox,
 Gilbert Downs, Allan Wadham,
 Myra Betschild

Friday **10.30 - 4.30**
 Sandy Melbourne, Colin Edwards,
 Jamie Shephard

Tuesday **10.30 - 2.30**
 David Rattray, Dawn Bon,
 Chris Porter

Thursday **10.30 - 2.30**
 Chris Caspar, Chris Hanna,
 Jim Alvey

Saturday & Sunday **Closed**

Relief Staff
 Jim Alvey, David Beaton, Jack
 Marcelis

President's Report

Simon Cameron

Walking the length of the Heysen Trail is a life adventure which does not stop at Parachilna.

Front Cover View of Tunkalilla Beach



Recently the 100+ walkers who make up the End to End 4 group had the pleasure of walking along that stretch of sand which is Tunkalilla Beach.

Photo by Hilary Gillette

I recently had the opportunity to stand on top of South Australia with my son and some good friends and this intrepid group blossomed out of End to End. In the same month, walking with another hardy band through the beautiful northern Flinders, the same thought occurred.

As I have said so many times —walking the Heysen Trail is a social occasion with friends who can climb mountains.

The walking has been fun but the work is going on as well. A few notable items: — Planned maintenance of the huts in the far north has been provided by a “flying team” of John Potter and David Curtis.

Following completion of the proto-type water tank, our suggestions have been taken on board, and modifications to the steel structure and roof are being made. Final quotes will follow allowing us to place an order which hope to meet our goal of water tanks every 14- 20 kilometres.

Still awaiting the outcome of the submission to the Flinders Trail Master plan and will keep you posted.

Support to the Federation Trail with funds to provide stiles for the next stage.

We have End to End groups walking along the Southern coast and the hills of Burra and the contrast from seascapes to

farmscapes is pronounced and as most of you know, variety is the glory of the Heysen Trail. Our walking group will spend 4 weekends in Burra, getting to know the locals and service clubs. In particular we have the opportunity to celebrate with the Burra Branch of the Friends who are happy to share their love of the area.

Our membership has breasted 800 and the steady growth shows that the Heysen Trail is extending its influence. Many of our members have joined to support the concept or put something back into the Trail they have enjoyed in the past. To meet this interest we use our magazine to keep them up to date with news and developments as well as general interest articles. It is opportune to salute the Trailwalker team, lead by editor Hilary Gillette, and the army of office workers who stick the labels and lick the stamps.

Don't forget, if you don't want to lick stamps and would rather plant trees (or organise other people to do it) then the “Greening committee” is just waiting for you!

See you on the Trail!

Office Report

*By Jack Marcelis
Office Coordinator*

Hello All,

In the winter edition of the Trailwalker I wrote: "The walking season has started with enthusiasm is an understatement". This enthusiasm for our walking "sport" has not diminished but has settled down to; approximately 75 walkers on the End to End 3, 150 on the End to End 4, 25 on our Trailwalker and 15 on our Trailstarter walks.

For the office to cope with this volume of bookings and the walkleaders to competently and efficiently get the walks on the way "come rain or shine" we had to introduce some new systems again. A decision was made to install the high security PayPal payment system to make it possible to not only book but also pay online.

For the End to End 3 this means that all payable items, ie. walk fees, bus and meal charges need to be pre paid. For all other walks this is not required for now. We would however prefer you to do this.

Naturally you are also most welcome to walk into the office to have a chat and conduct your affairs in person.

Apart from the abovementioned, we changed over to a new database which shortly will also allow you to renew or register new memberships on line. To make all this electronic wizardry possible we turned again to the quiet

man in the background, Jeremy Carter, who's web blog <http://www.jeremyc.com/> says he "loves hiking, camping, photography, and a bit of travelling and cycling"! He also knows a thing or two about web sites! "Thank you Jeremy"

This changing from database has been fraught with some problems, some Ms may now be Mr or Mrs, your name or address may be spelt incorrectly etc. We therefore ask you to please check the address label on this Trailwalker and with your next renewal give us all the information as asked for on the form to enable us to correct mistakes.

We can now confidently say we have 208 partner/couples and 407 individual members giving us a total of 823 individual paying members.

When calling the office please understand that all these administrative changes cause some unfortunate uncertainty and upheaval amongst our office staff. It will however mean the smoother functioning of the office without increasing office hours or an increase in staff numbers.

Furthermore I would like to thank all office staff members for their continuing input and time.

Walking Committee

*By Arrienne Wynen
Walking Committee
Chairperson*

How fast the season goes. Although it has been wetter than recent walking seasons it has not stopped the intrepid walkers of the FOHT turning up in good numbers to the various walks scheduled by the walk committee.

The program for 2010 is being finalised with a long weekend in the Grampians in April and the E2E3 and E2E4 continuing their way north, as well as Trail Starters and Trail Walkers available most Sundays. We hope to offer a further weekend away during the season but details are still being finalised. As you would all know this busy program relies on our volunteer leaders, important tail enders and organisers. Our annual training day will be held on March 7, 2010. I know this is very advanced notice but put it in your diary.

Our Twilight walks will commence on October 14. These walks are more social and aim to keep us walking through summer and usually end with the option of a meal after. Many of us promise to keep our fitness up through summer and find it hard to do so. The Twilight walks can help you with this aim.

See program on page 16.

Next Issue Deadline

Submissions for the Summer edition of the Trailwalker will close on 7th November 2009.

Letters to the Editor



New Members

The President and the Council would like to extend a warm welcome to the following 85 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.

Gwen Adam	Imelda Jolly
William Barratt	Philip Keane
David Barry	John Kenneally
Kym Beardsell	Magdalene Kerr
Eric & Paula Bergemann	Brian Kilgariff
Myra Betschild	Corin Lang
Patricia Bowie	George Lawrence-Brown
Janette Bretag	Joanne Lindley
George Brown	L Littler
Margaret & Don Bursill	Gavin Lowe
Coral Campbell	Roger & Beverley McGuire
Andrew Canning	Johan Martens
Peter Clark	Andy Meikle
Wendy Davey	Dianne Neill
Robyn & Ron Dearing	David Norman
Joanne & Lindsay Dent	Julie Oborn
Sonia Donnellan	Lyn Parnell
Michael Dunbar	Julie & Dave Parr
Ruth Eckermann	Belinda Phillips
Brian & Nardy Elkins	Joanne Purall
Michael Firkins	Ian & Jennifer Ramsay
John Foden	John & Judy Rapley
Esteban Gamido	Adam Reed
Paolo Gavini	Dard Roberts
Jodie Gleeson	P Saxby
David & Jill Gronow	Terina Selkow
Geoff Hall	Deborah Simmons
Lois & David Hall	Graham & Helen Sinclair
Bob Harrison	Brenton Smith
Roger Harrison	Rosalie Symes
Murray & Diana Henderson	Judy Szekeres
Brenton & Mary Ann Holland	Di Walker
Owen Hood	David & Michael Weinel
	Deborah Welch
Michelle Ingrams	
Carolyn Irwin	

Brief News

Apology to all End to End 2 walkers –

The Tanks for the memory article on the new tank at Eyre Depot, which appeared in the previous Trailwalker, attributed the donated funds to End to End 3 walkers. This was incorrect. Donated funds from the End to End 2 group paid for the materials to construct the stand and shelter.

The author and editorial staff apologise for this oversight.

The Friends would like to offer their congratulations to the following people who have completed walking the Heysen Trail this year: -

Isabel Barrett
 Gil Calaby
 Graham Connor
 Chris Cowan
 Joshua Di Bun
 Jerry Foster
 Michelle Foster (2nd time)
 Jude Hewett
 Sharon Millard
 Steve Wilkinson
 Yvonne Woodman

Talyala Hills

Accommodation ~ Laura

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The Walking Federation of South Australia, Inc.

Walking SA

*By Thelma Anderson
Walking Access Committee*

Proposed Closure of Long Gully Road

This item has again surfaced in spite of an unanimous decision by Mount Barker Councillors at a public meeting on 16 June, 2008, NOT to close Long Gully Road. Initially it was the intention of Council staff to support the application by the adjoining landowner to purchase the road reserve, but with an overwhelming volume of community objection to the proposal, the wording of the motion put to Council read that "the road closure in its current form not proceed". However, the transaction remains incomplete due to an omission by Council to advise the Surveyor General of the outcome of the meeting, as required within provisions of the Roads (Opening and Closing) Act. When all requirements of that transaction have been fulfilled, any future request would first require approval by Councillors in order to forward a fresh application for road closure to the Surveyor General.

Pioneer Women's Trail

Walking SA volunteers have recently made two on-site inspections of the Onkaparinga River at Sandow Road, Verdun in our efforts to secure improved access for the Pioneer Women's Trail between Verdun and Hahndorf. This will require a pedestrian crossing of the Onkaparinga River on Sandow Road. Preliminary discussion is required with both Adelaide Hills Council and Mount Barker Council. Approval of the Adelaide and Mount Lofty Ranges Natural Resources Management Board is also an essential element of the project. It is envisaged that an existing concrete ford on the river can be adapted to serve the purpose of a safe pedestrian crossing,

The ford is located adjacent to private property and we are indebted and grateful for the co-operation of the adjoining landowner who has agreed to provide the necessary access to implement this proposal. A recent issue of the local newspaper carries an item relating to a plan for hall and classroom expansion of the adjoining Hills Christian Community School. The School is adjacent to the proposed river crossing site and staff have previously indicated support for the pedestrian river crossing.

Saunders Gorge

Negotiations are continuing with Mid Murray Council for consultation relating to an expansion of the walking trail that has been delineated through Saunders Gorge Sanctuary following the withdrawal of objections to the proposed closure and sale of a section of Woolford Road. This scenic location has potential for providing a spur route of the Lavender Federation Trail in addition to local trails in the area.

Belair National Park Trail Masterplan

The public consultation period for the proposed Trail Masterplan for Belair National Park has been extended to 14 August, 2009 and all users of the Park are urged to visit Belair and submit comments on the proposal. Staff are available to provide information to interested persons.

Walking SA Annual General Meeting

The 2009 AGM of Walking SA will be held at the Burnside Council Chambers at 7.30 p.m. on Thursday, 20 August, 2009. A Presentation will be made by Chris Halstead of the Visitor Management Branch of the Department for Environment

and Heritage. Representatives of all member clubs are urged to attend.

Onkaparinga Council Members

of the Walking Access Committee met with staff of Onkaparinga Council to discuss various issues affecting walking access in that area, including Scenic Road, Kelly Road, Woodcutters Road, Christie Creek Trail upgrade and the Sturt River Linear Trail. We expect to receive further updates on outstanding items at subsequent meetings with Council.

Adelaide Hills Council

Progress has been made on the Drivers Road Circuit with the removal of gorse, broom and blackberry from the Drivers Road section of the walk. A new appointment of a Recreational Project Officer to Council is expected to hasten the availability of more walking areas.

Financial Report to AGM - March 2009

John Wilson
Treasurer

During the 2008 financial year, the Friends made a profit of \$11,902. This is a satisfactory result, and is about the level we can expect to raise each year from current plans for our programs and activities.

Income from sales of books and maps from our office increased by a significant margin, particularly for Heysen Trail maps as a result of our larger walking program, and also from a marketing campaign to sell our Push the Bush publication. Our income from membership subscriptions increased by almost 20%, reflecting a steady rise in our numbers. Other income from advertising and bank interest increased by a smaller amount.

Income from walking was less than for 2007, even though the program, especially the End to End walks, continues to be strongly supported. The main reason for the reduction was the increase in the charges for buses as a result of the mid year surge in fuel prices. The two longer events (to the Grampians, and Kokoda) were also successful.

Administrative expenditure for 2008 rose compared with that of the previous year by about \$5,000. The main increases were for expenses associated with the upgrading of our office, and some one off expenses for software associated with the production of the Trailwalker magazine.

The Friends spent \$1,323 of our funds on trail maintenance, while a further \$9,018, spent on basic materials and expenses was reimbursed by the Department for Environment and Heritage. It should be noted that overall annual expenditure on the Heysen Trail by DEH is about \$400,000. In the light of these numbers, although our profit and asset figures are healthy, our ability to contribute financially to the development of the Trail is relatively limited. For example, even a simple water tank and shelter, built to the standard approved by DEH is likely to cost between \$5,000 and \$8,000.

2008 Accounts

The Auditors Report and 2008 Accounts for the Friends were distributed at the AGM. Spare copies are available from the Friends office. Detailed accounts, prepared monthly, are also held at the office and may be inspected by members. The following is a brief summary of the 2008 Accounts.

Income

Membership Subscriptions	\$ 11,381
Income from Sale of Goods	\$ 10,454
Interest	\$ 5,176
Advertising revenue	\$ 2,764
Walking	\$ 15,450
Sundry Income	\$ 513
Total Income	\$ 45,738

Expenditure

Administrative expenses	\$ 2,568
Bank fees	\$ 1,216
Insurance/Affiliation	\$ 3,814
Office expenses	\$ 12,051
Promotional expenses	\$ 5,893
Trailwalker costs	\$ 6,971
Trail Maintenance	\$ 1,323
Total Expenditure	\$ 33,836

Net Surplus	\$ 11,902
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Current Assets

Bank Accounts	\$ 40,455
CPS, and Term Deposit	\$ 63,618
Minor Accounts/Floats	\$ 155
Stock on Hand	\$ 13,591
Trade debtors	\$ 1,827
Plant and Equipment	\$ 0
Total Assets	\$119,646

Current Liabilities	\$ 7,429
---------------------	----------

Nett Assets

\$112,217

Heysen Trail A4 2010 Calendar

Released in November
Available by pre-purchase

Submit your own photos for selection - open to all members

Photos need to be taken from or of the Heysen Trail. You can submit up to 3 photos for potential selection. Send via cd/dvd to the office, or email to jez.d.carter@gmail.com (up to 10MB attachment). To reproduce well photographs must be landscape, and no less than 3000 pixels wide by 2500 pixels high (taken on the maximum setting on a 7 megapixel camera or higher). If you are not sure if your photograph is large enough, submit them anyway and we will determine if they will reproduce well.

Submissions due by Friday 18 September.



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Burra Branch Report



Hugh and Robert checking the road condition.

Following on from the successful attendance at the AGM, the group has been busy and already we are half way through this year's program.

STORY BY JENNY REID, PUBLICITY OFFICER

Particularly pleasing is that new members have become regulars and also members from the Adelaide group have joined several of our walks, as well as some further intermingling during the Adelaide groups visit to Collinsville Station over the June long weekend and during 'End to End' Walks while based at Burra (my lips are sealed... well partially anyway!!!)

But first off the highlight of the Full Moon walk on the Riesling trail during May was the wonderful hot soup and food at Heather's house, following the brisk walk along the trail in the ambient moon light the full cloud cover allowed. Heather also tells me the walk she subsequently lead in early June following part of Dust Hole Creek to Newikie Creek was

"nice", however knowing Heather she provided a stimulating walk with plenty of interest focusing on the present flora and fauna. I just love it when she lifts up those boulders to check on sleepy slithery things underneath.

Hugh has been in overdrive over the last months, not only leading walks for our group in May from Tothill Gap to Huppatz Hut and in June, into Burra, from the outer outskirts, but also for the Adelaide group on the June Long weekend when based at Collinsville Station, as well as the "End to End" Walks for the Adelaide group in early July. It is interesting that apparently, for a second time in the same place, cars were left stranded overnight after becoming stuck in rainy conditions?

What about the backtracking that was necessary when the GPS (or was it the two-way) happened to jump out of your pocket!!! I wasn't going to mention leading the dancing at Collinsville.

Several of our group took the opportunity during the June long weekend to camp over at the old Mt Bryan East School and join our Adelaide friends on the walks organised by above said leader. Special mention here to our intrepid president, Arthur, who when he was not only towing stuck vehicles out of muddy holes, and transporting Adelaide members to various meeting points, but was also organising the camp fire stew, the egg and bacon breakfasts and the burgers with the hot meals and generally ensuring the homes fires were burning

for our small but well-fed lot. So if you ever need a caterer for your camp-out, I know who I would choose. And whilst I'm focusing on foodie thoughts, many of our outings this year have ended at the Gaslight Café in Burra for double shot lattes and the like. Even when twenty or so of us rocked up less than an hour prior to closing last weekend they didn't bat an eyelid and we once again ended a perfect outing in warm surroundings. I'd really like to know how our Ken has scored that magnificent pink mug though.

Several members also joined the Adelaide group's dinner at the Burra Bowling Club during their Saturday night break in "End to End" walking recently. The Christmas in July theme was well supported and we local yokels watched in amusement as 'Kris Kringles' were shared (great idea those purple bloomers) and then judged the vocal versions of "The 12 Days of Christmas" presented by the three teams of walkers. Congratulations to the

"Smell the Roses" team. We thought your winning entry was worth publishing.

Our July weekend walk into "Paradise", adjoining the Caroon Creek Conservation Park, also aptly describes the day, as amazingly the day dawned clear and sunny after cold, wet conditions the day before and then again the day afterwards. A group of 24 assembled in Burra and shared transport on the 50 minute ride to the start of the walk. Sally led us on a most interesting walk over various modes of terrain along with well-informed commentary, assisted in parts by Arthur. So just how did you lose your way even before we got going Sally?!!! As you can tell we are a formidable lot, fun, food and friendship being high on our agenda.

Come join us some time? □



A butcherbird in Paradise



Examining the remains of Brady's hut in Paradise

Frederick Brooks

*John Wilson
Council Member and Chairman
Maintenance Committee*



Frederick George Brooks, Honorary Member of the Friends of the Heysen Trail, and long time maintenance Section Leader, passed away on 8th June, 2009 at the age of 89.

Fred had always been a keen bushwalker, and in 1979, with workmates Bill Gordon and Peter Buttery and their wives, established the Common Venturers walking group within part of the then Weapons Research Establishment at Salisbury. (This group celebrated their 30th anniversary at a recent walk).

In 1983, when Terry Lavender advertised for walking clubs to assist in the development of the Heysen Trail, Fred and Peter played an active role in all the discussions and planning which lead to the formation of the Friends of the Heysen Trail, and both were members of the Interim Council of the Friends when our organisation was established in 1986.

Fred's main interest was in the Building and Maintenance Committee, and when

it was decided to divide the Trail into sections for further development and maintenance, Fred assisted by the CVs, took over as Leader of the Section from Cudlee Creek to Bethany. At that stage the Trail was not fully marked, and the story of the final marking of this Section was recorded by Fred in Trailwalker No 6, in August 1987.

A qualified instrument maker, Fred used his practical skills in devising ingenious ways to simplify the work, and was involved in a number of building projects on the Trail. The final one was the bridge in the Warren CP, for which he did the majority of the organising and drawing of plans. The bridge was assembled at Kidman Park and transported to the site where it remains one of the few bridges that hasn't been washed away. Unfortunately ill-health prevented Fred from returning to see the completed structure when he was forced to retire from his work on the trail.

Born in Scotland, Fred saw active service with the Royal Navy in WWII,

and worked for Ferranti there before emigrating to Australia in 1960 when he joined WRE. His other interests were with the Elizabeth and Districts Soccer Association, and in cricket as a long time member of SACA.

Tributes to Fred include an excellent profile by Jo Chesher in our Spring 2006 edition of Trailwalker, which is available on the Friends' website. Fred will be remembered with affection by all those who knew and worked with him.

Fred is survived by his daughter and three sons, with their families including ten grandchildren. We extend our sympathy to the whole family. □

Discounts Available to Members

The following discounts are available to members. Your membership card must be shown to receive the discount, some exclusions apply.

Friends of the Heysen Trail

10 Pitt St, Adelaide
10% discount on all maps and books
(excluding sale items)

8212 6299

Mountain Designs

187 Rundle St, Adelaide
10% discount (excluding sale items)

8232 1351

Adelaide Hatters

36 Adelaide Arcade, Adelaide
10% discount

8224 0131

Paddy Pallin

228 Rundle St, Adelaide
10% discount (excluding sale items)

8232 3155

Annapurna Outdoor Shop

210 Rundle St, Adelaide
10% discount (excluding sale items)

8223 4633

SA Camping World

109 Jetty Road, Glenelg
10% to 15% discount excluding sale items

8376 1330

Aussie Disposals

42 Pulteney St, Adelaide
Elizabeth City Centre
Colonnades, Noarlunga
327 Main North Rd, Enfield
Up to 10% discount

8224 0388

8287 3008

8326 3186

8342 4844

Scout Outdoor Centre

192 Rundle St, Adelaide
10% discount on outdoor gear (excluding sale items)

8223 5544

Snowy's Outdoors

92 Richmond Road, Keswick
Up to 10% discount

8351 2111

Boots Great Outdoors Centre

1277 South Road, St Marys
Up to 10% discount (excluding sale items and fridges)

8277 7789

Trims

322 King William St, Adelaide
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5% discount

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208 Rundle St, Adelaide
10% discount off recommended retail price

8232 0690

Wattyl Paints Centres

Refer to page 52 of the 2008 White Pages for your nearest outlet.

Flinders Camping

187 Rundle St, Adelaide
10% discount (excluding sale items)

8223 1913

Mitchell's Adventure

Westfield Marion 8296 7700
Westfield Tea Tree Plaza 8395 9555
10% discount (excluding sale items and portable fridges)

End of Year
Bash, BBQ + Band
See Page 31

See Page 11
Released in November
Available by pre-purchase

Heysen Trail A4 2010 Calendar

2009 Walk Season September - November

2009/2010 Summer

		September	October	November
1st Week of month	Trail Starter	Sun Sept 6 Trailstarter Mt Pleasant Graham Parham		
	Trail Walker	Sat Sept 5- Sun Sept 6 End-to-End 3 Summit Rd to EE George Rd	Sat Oct 3- Mon Oct 5 End-to-End 3 EE George Rd to Curnows Hut	Sat Oct 31- Sun Nov 1 End-to-End 3 Curnow's Hut to Lock Ruin
2nd Week of month	Trail Starter	Sun Sept 13 Trailstarter Sea to Summit Part 2 of 2 Bob Gentle	Sun Oct 11 Trailstarter Cox's Scrub Dot Farmer	Great Ocean Walk (Bookings Closed)
	Trail Walker	Sun Sept 13 Trailwalker Deep Creek Ray Blight	Sun Oct 11 Trailwalker Para Wirra John Potter	
3rd Week of month	Trail Starter	Sun Sept 20 Trailstarter Newland Head Robyn Quinn	Sun Oct 18 Trailstarter Athelstone Mary Cartland	
	Trail Walker	Sun Sept 20 Trailwalker Belair Michelle Foster	Sun Oct 18 Trailwalker Waitpinga Steve Wilkinson	
4th Week of month	Trail Starter	Sun Sept 27 Trailstarter Mt Lofty/Cleland Colin Edwards	Sun Oct 25 Trailstarter Anstey's Hill Graham Parham	
	Trail Walker	Sun Sept 27 End-to-End 4 Tugwell Rd to Inman Valley	Sun Oct 25 End-to-End 4 Inman Valley to Myponga	
5th Week of month	Trail Starter			Xmas function (See page 31)
	Trail Walker			

		October
1st Week of month		
2nd Week of month		Wed 14th Oct Twilight Walk Walkerville S Cameron
3rd Week of month		Wed 21st Oct Twilight Walk North Adelaide Arrienne Wynen
4th Week of month		Wed 28th Oct Twilight Walk Glenelg Bob Gentle
5th Week of month		More Details An explanation of walk grades and details for each walk event are published on the website

For further information about each walk, walk grades, frequently asked questions or to print off a colour sheet (see page 31) please visit our website (www.heysentrail.asn.au/walks)

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. 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 4).

Walks

Walks are generally over 32km and are based up to the walk. Even if the End-to-End This does not mean If unforeseen circumstances prevent participation, please contact the machine

Summer Twilight Walk Programme

November	December
<p>Wed 4th Nov Twilight Walk O'Halloran Hill Gavin Campbell</p>	<p>Wed 2nd Dec Twilight Walk TBA Michael Middleton</p>
<p>Wed 11th Nov Twilight Walk Blackwood Liz Barry</p>	<p>Wed 9th Dec Twilight Walk Tea Tree Gully Robert Alcock</p>
<p>Wed 18th Nov Twilight Walk TBA Liz Porter</p>	<p>Wed 16th Dec Twilight Walk Hallett Cove Robyn Quinn</p>
<p>Wed 25th Nov Twilight Walk Chambers Gully Nic & Ben Wait</p>	



The Friends of the Heysen Trail
10 Pitt Street Adelaide 5000
Phone 08 8212 6299
www.heysentrail.asn.au

This version released 10th August 2009

For a copy of the programme, visit

Walk Cancellations

Walks are cancelled if the broadcasted forecast is for temperatures below 10°C. For simplicity, this can be determined the night prior to the walk on the 7pm ABC evening news weather forecast, or on the Bureau of Meteorology's routine 4pm forecast. If the forecast is later revised, the walk remains cancelled. Winter walks will be rescheduled to the following month. This doesn't apply to Summer Twilight Walks. In exceptional circumstances arise and you are no longer able to attend 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.

Recommended Clothing and Equipment

Walkers joining our groups need to be appropriately equipped. Prime consideration is your safety, comfort and weather protection. Your safety and the safety of the walking group can be jeopardised by those walkers wearing inappropriate footwear or clothing. Evacuation of a sick or injured walker from an inaccessible area can take many hours. A Walk Leader may decide not to accept people for a walk who are not appropriately dressed or prepared for the local conditions.

What to Wear for Trail Starter and Trail Rambler walks.

- Good walking shoes, or boots with grip soles. Not appropriate for bushwalking are: thongs; sandals; elastic sided boots; and smooth-soled shoes or sneakers.
- Socks suitable to the footwear worn.
- Wet weather gear. A three quarter length waterproof rain jacket is ideal (showerproof spray jackets and quilted parkas are not waterproof and may lead to hypothermia). In summer a poncho style waterproof may be sufficient.
- A warm jumper or jacket of wool or polyester. Cotton shirts and windcheaters provide little insulation when wet, and retain water which quickly cools.
- Shorts, or loose comfortable wool or synthetic pants (jeans are not recommended as they become cold when wet and dry slowly)
- Shade hat and sunscreen in sunny weather. Warm hat/beanie in cooler weather.

For Trail Walker and End-to-End walks, in addition to the above list, depending on walk location and the weather, please also consider

- Thermal underwear
- Waterproof over-trousers
- Gaiters.

What to Bring for Trail Starter and Trail Rambler walks.

- Personal medication requirements, Basic First Aid and Emergency Kit
- UV Sunblock
- Insect Repellent
- Torch
- Lunch and snacks (include some for emergency)
- Plastic bag for rubbish
- Water in secure container; minimum 1 litre, and two litre if temperature will be over 25°C (even more if temperature is forecast to be higher)
- Gear should be carried in a day pack. One with a supporting waist band is recommended.

For Trail Walker and End-to-End walks, in addition to the above list, please bring

- Whistle
- Wide elastic bandage and Triangular bandage with safety pins.

Twilight walks are of shorter duration and generally in more accessible areas. The above recommendations can be modified to suit the walk and weather conditions. The minimum requirements are to dress for the weather conditions and sun protection, wear comfortable walking shoes, a sun hat, sunscreen, and bring 1 litre of water. If unsure, please check with the Walk Leader.

The clothing and gear outlined above are our recommendations. Note that the Walk Leader may not accept you for a walk if you are not suitably equipped for the local conditions. If unsure, always check with the walk leader.

Walking In Vietnam



If you are planning a trip to Vietnam you may want to consider visiting the northern town of Sapa. I was there in 2008 and experienced some very pleasant and varied walks in the area.



STORY & PHOTOGRAPHS BY RICHARD TREMBATH

The town was established by the French in 1922 as a retreat from the heat of the Vietnamese plains. It is located a short distance from the Chinese border and has been afflicted by the various conflicts that have plagued the Vietnamese people over the last century. Apart from the spectacular setting — its tourism ‘tag line’ is Queen of the Mountains - the main attraction of the area is the hill-tribe people living

within an easy walk or short drive from the town. The villagers in their colourful and distinctive clothing are a common site in Sapa where they come to shop and trade. The Black H’mong and the Red Dzaio were the groups most commonly seen when I was there.

There are numerous trekking options ranging from fully packaged walks staying in local village houses or more



Our walking guide (Black H'mong Lady)

substantial accommodation designed to suit the tastes of western tourists or you can undertake day walks from Sapa.

The option I chose was a series of day walks from my hotel. On the first morning a number of us assembled in the lobby to be greeted by our guide, a young Black H'mong lady in colourful tribal dress complete with mobile phone and a very snappy (maybe fashionable) hat she had purchased on a trip to Hanoi. She greeted us in perfect English with a very slight American accent. As we left the hotel to commence our walk we were joined by a small posse of Black H'mong ladies who were returning to their village and as we walked along they engaged us in conversation, with varying degrees of success.

Apart from producing various handicrafts for sale when we arrived at the village it turned out that our group was also a training school for aspiring guides. Our young guide had in fact started out this way. She had learnt English from scratch in four years by talking to tourists as they walked between the villages and gradually worked her way up from travelling companion to fully

fledged guide by the age of 21. When we started out I thought that she must have spent some time at an international school.

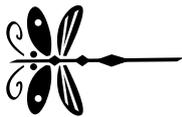
The area around Sapa provides classic asian images of terraced rice paddies worked by buffalo and wooden plough, grain milling machines driven by water and rustic village houses that the residents will only clean to a certain height in case they disturb the ghosts residing in the roof.

It was a privilege to experience the generosity of these people who shared their homes and lives with us and it is to be hoped that they are not overwhelmed by the increasing pressure of tourism development in the area.

By the way, if you are travelling on the overnight train from Sapa to Hanoi keep a close watch on your possessions. □



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Kokoda – The Reprise



For those that came in late you may recall the adventures of a group of Friends who attempted the Kokoda Trail in 2008. Well this is the ongoing saga of one of the trekkers.

STORY AND PHOTOGRAPHS BY JULIAN MONFRIES

Of the 14 who started our first Kokoda adventure in 2008, only 12 crossed the line with two, yes two breaking their ankles.

Those who read the Trailwalker from cover to cover may have read the previous epistles in the Winter and Spring TW last year, how I waited three days to be flown out from a village, Naduri, after slipping and breaking my left ankle coming down from Mount Bellamy, the highest point on the Trail.

As one of the two breakees, 2009 was to be my reprise and revenge on the Trail. Grudgingly, I had continued to train, (once the break had healed), keeping up the previous year's schedule, aided and abetted by most of the 2008 Kokodians

who gave up their Thursday evenings to join me up in the hills, in exchange for curry.

I had planned taking another group of Friends on Kokoda; however this plan evaporated when the two certainties pulled out. It was rather daunting to find myself at Brisbane International Airport in the company of 10 strangers and Meg our Trek leader. Contrary to appearances, I am rather shy and don't mix all that well, however the ice was well and truly broken by two guys Brett and Richard who introduced themselves as partners. For the next three days I thought they were gay. They had bought all their gear together, trained together and bounced off each other like Bill

and Ben. Turned out they were multi-millionaire developers and really were business partners. A great couple they turned out to be.

An eclectic mix we were—Megs, the Trek leader, who had walked the Trail about 12 times and ran it in 36 hours a couple of years ago in the Kokoda Marathon (the female winner a local from Kokoda is married to one of our End to End 4 bus drivers and lives in Victor Harbor. She did the 96 km in 22 hours!!). Lisa, a physio in training from Adelaide and the subject of the stretcher incident detailed later. Brett and Richard, the developers. Yvonne the wine merchant and her travelling companion Gavin, who worked in IT,

Allan a part-time mechanic with RACQ and my tent partner. Donna, an HR person who thought the mud would be good for her complexion and did a Kokoda mud pack. Patricia a mature aged policewoman and her sister Teresa, whom I never got to know what she did, other than she was rather dilly, and constantly lost things. It turned out that this time around I was the oldie in the group.

After the spectacular, if rather daunting flight to Kokoda village, where the plane just scrambles over the Owen Stanley Ranges with feet to spare, we met our porters. Thankfully my 14 year old from last year wasn't amongst them. Instead I had the 18 year old Basco, who had done the Trail 12 times and was from one of the villages along the Trail, Kagi.

The first day's walk was a "settling in" stroll to Hoi, about 5 km from Kokoda. The partners at this point announced that they were breaking new ground as 2 ½ km was farthest they had walked in training. A few eyes rolled at that announcement. They did however turn out to be fitter than initial impressions. You sweat constantly, water dribbling from every pore. It rained a lot this year; however it felt good walking in the rain. Once again my poncho stayed firmly in its bag, never to see the light of day.

Unfortunately, the tents leaked and were a constant source of irritation. You don't mind walking in the rain, but sleeping wet is another thing altogether. Consequently, a number of the group chose to sleep in the guest houses.

The days started with reveille at 4.45am with breakfast of porridge or Weetbix, plunger coffee and an early start to beat the heat. Lunch was also early, crackers, cheese, salami and Vegemite and jam. Then early camp, set up tents, set out sleeping gear, have a wash. Afternoon tea with plunger coffee and popcorn, then the evening meal. Mostly high carb, pasta, rice, cous-cous, even pizza one night and for dessert Tim Tams, rather the worse for wear in the heat, nourishing nevertheless.

Brett the younger of the two developers, led off every day, his partner initially suggesting he would slow down once the red cordial wore off. It never did. He charged everywhere, up the hills, down the hills, across the tree trunks that pass as bridges, irrepressible to the end. Next was Von, the wine merchant, who had great legs. How did I know?

I followed them for nearly 8 days. We led the pack, with the others variously with us or some way back. Some did it hard, were overweight and had not done enough training, yet they all struggled on, and all finished.

The Trail was muddy. The black silt was slippery, the yellow clay treacherous. If you didn't slip then your boot became suckered to the clay and had to be released with some effort. Our walking poles had to be wrested from the clay, so every step had its interesting movements and moments.

Uphills were just plain hard, one foot in front of the other. Downhills were the REALLY difficult bit, every step requiring concentration, as each one threatened to throw you of your feet. When you thought you were OK, you usually fell over! The ever present porter there to lend a hand. Sometimes just a bit intrusive, but welcome nevertheless.

Did I tell you it rained every day?

The porters showed that the war time skills of carrying the wounded had not been lost when one of our party had to be carried for half a day. Out came the machetes, the rope and a stretcher appeared as we watched. Once complete, they literally ran with her, swapping over as needed, until we got to the next village.

Our Leader Megs was an ex-Army Major and this provided us with some fun over the entire trip with Brett, the cordial powered developer, assuming the role of "the grunt", and every so often

shouting, at parade ground volume, "Major" and saluting. This culminated on the last day, having all the trekkers and porters lined up for parade, with lots of comical drilling, standing at ease and attentioning, prior to Megs being invited to inspect the guard. It's amazing what potential damage a trekking pole can do when used as a swagger stick.

The final day involved wading across the Goldie River, with water lapping the..., well you get the picture, then the final climb to Owers Corner which quite suddenly you reach, and it's all over. Lots of hugs, backslapping and shaking of hands. Photos, thanking the porters and the giving of gifts.

There were also some poignant moments too. A dawn service at Brigade Hill, the site of a bloody encounter, brought tears to the eyes and a lump to the throat. The Bomana War Cemetery, where 3119 Australian and other Allied servicemen, who died in PNG, have been laid to rest, many marked by a simple headstone. A singularly moving place cared for immaculately, in contrast to most of Port Moresby, and a credit to the Commonwealth War Graves Commission.

PS Following the writing of this article a Twin Otter carrying 14 people including 9 trekkers crashed in the Owen Stanley Ranges on its way to Kokoda. The pilot of that aircraft, Jannie Moala, was the pilot who flew us into Kokoda for our trek. □



Trail Planning, Planning, Planning

The Department for Environment and Heritage (DEH) is developing trail plans for many iconic parks and regions within South Australia.

BY KAIN GARDNER – TRAILS PROJECT OFFICER



Participants of the Belair NP Trail Master Plan Community Consultation Workshop - 18th & 21st of July;



Walking in Belair NP)

These provide a stepping stone to the development of innovative and sustainable trails that promote South Australia's natural and cultural heritage, and are frequently used and enjoyed by the public. The relevance of conservation and DEH's parks is underpinned by the community's enjoyment and connection to the park.

South Australia's protected areas are the focal points of efforts to conserve biodiversity. Poorly planned trails can fragment habitats by creating physical barriers to dispersion and by allowing the transmission of threats such as plant diseases and invasive species. This can have significant impact on rare and threatened species. Good trail planning, featuring comprehensive environmental/biodiversity risk assessments, will prevent

the establishment of excessive informal trails and will minimise environmental impacts.

A Draft Belair National Park Trail Master Plan, focusing on consolidating the broad array of trails to an exceptional quality and maintainable scope, was recently out for public consultation. An overwhelming positive response to the Plan has been received from a variety of people.

On Saturday 18th and Tuesday 21st of July, DEH hosted a community consultation workshop for the draft release of the *Belair NP Trail Master Plan*.

Each session was held at the Belair Information Centre, designed as an 'open door' for the community to ask

questions and provide comment on the draft Plan. It provided the opportunity for DEH to engage with the community, and for different recreational groups to come together and voice their views.

Other draft trail plans, for Anstey Hill Recreation Park, Cleland Conservation Park and Sturt Gorge Recreation Park are currently being prepared for community consultation. The consultation process for these plans will involve open community engagement workshops similar to those held for the Belair NP Trail Plan. These plans provide guidance to DEH for future investments and aim to provide linkages to other regional trail networks. Keep a lookout for their draft release to be involved and have your say. ■

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EXPLORE SPITZBERGEN, THE HIGH ARCTIC Escorted by Bronny Tudor from Adelaide. Departing **July 21st**. A 10 night expedition voyage aiming to circumnavigate Spitzbergen and experiencing dazzling scenery, wonderful wildlife including polar bears, walrus, whales and birdlife.



Contact Skye or Geoff,
Peregrine Travel Centre

08 8223 5905

skye@peregrinetravel.com.au or

geoff@peregrinetravel.com.au

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Attention Walk Leaders

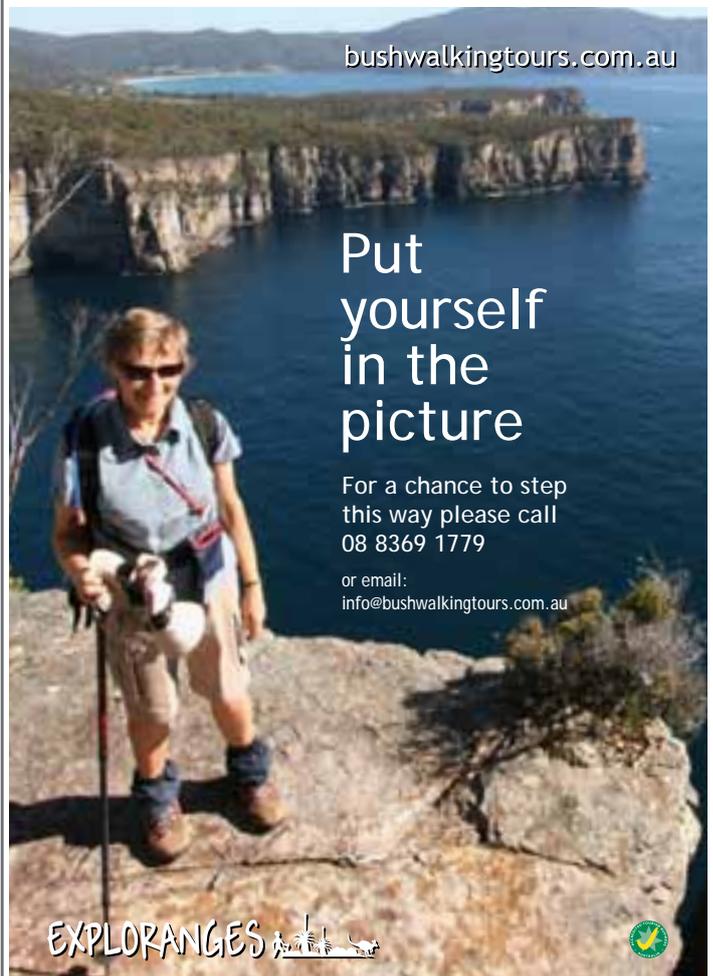
Forestry SA Rangers have asked that clubs provide prior notification of all planned walks in forest areas. Please provide the approximate number of participants and details of the proposed walk route. This would apply to all walks throughout the year.

Contacts:

Mt Crawford Forest
Phone (08) 8521 1700

Kuitpo Forest
Phone (08) 8391 8800

Wirrabara Forest
Phone: 8668 4163



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EXPLORANGES



Historic Rent-a-YHA Wilderness Cottages



Recently renovated and refurbished, YHA South Australia's 4 Wilderness Cottages have recently been completed giving the cottages a completely fresh look and feel. You can find these fabulous bush retreats in various South Australian National Parks and Forests ranging between 20 mins to 3 hours from the city in **the Adelaide Hills, Barossa and Lower Flinders Ranges.**

Mt Lofty Cottage YHA in Cleland Conservation Park was established in 1940 and is a 3 bedroom stone cottage. The hostel was destroyed by bushfire in 1983 and restored the following year in 1984. An attractive stone cottage built in 1880, in the Cleland Conservation Park just below Mt. Lofty Summit, offering superb views across the city of Adelaide and the coast. The Heysen Trail passes the hostel and links Mt. Lofty Botanic Gardens, Mt. Lofty Summit and Cleland Wildlife Park giving a rare opportunity to walk amongst kangaroos, emus and abundant bird life and spectacular seasonal wildflowers. Mt Lofty Cottage is only 20 minutes from the city.

Mylor Cabin YHA in Mylor Conservation Park opened in 1950. The Building was formerly a disused model rural school from the Adelaide Teachers' College and the Nangkita Rural School which had been closed. The building was destroyed in the Ash Wednesday fires in 1983 and a completely new building was erected by the Dept of Recreation and Sport in 1984. The cabin is made from sawn pine and jarrah and surrounded by rolling farmland and horse studs. Located 400 metres from the Heysen Trail, which links the Jupiter Creek Goldfields, Onkaparinga River, Engelbrecht Flora Reserve and the Mt. Lofty Hostel. Warrawong Wildlife Sanctuary is also nearby for nocturnal

and early morning walks. Mylor Cabin YHA is just 45 minutes from the city.

Wirrabara School House YHA in Wirrabara Forest was opened in 1968 and is a piece of Australian rural history. The Wirrabara YHA is located in a peaceful pine forest in the rugged Flinders Ranges, and was originally the local community school house and teachers residence built in 1880. The property has a schoolhouse with tables and chairs for meetings or activities and a large cottage with three bedrooms sleeping 20 people. This cottage is also special as it has freshly polished floorboards and a slow combustion wood fireplace to make your stay comfortable and cosy.

The cottage is connected to many walks through the forest and bushland including the Heysen Trail and for cyclists the Mawson Trail. Local attractions include the Old Nursery on Ippinitchie Creek, Mt. Remarkable National Park, and Alligator Gorge as well as the historic townships of Wirrabara, Laura and Melrose. Wirrabara is approximately 3 hours from Adelaide City.

Barossa Valley Farmhouse YHA which was the residence of the Wilson Family is located in Sandy Creek Conservation Park and was added to the YHA network in 1994. Situated in the bushland the park is renowned for its abundance of wildlife (grazing kangaroos, and a variety of native birds) and offers great views across rolling hills and vineyards. Only 1 hour from the city, the cottage is also handy to numerous wineries and historic towns scattered throughout this delightful valley.

All properties have recently been freshly painted and renovated with new furniture and are equipped for your

weekend away with kitchen and dining facilities, heating, showers and toilets and can accommodate between 10 to 20 people. Having recently celebrated the 60th anniversary of hostelling, we have displayed on the walls pictures from History week to fit with the hostel theme.

Surrounded by abundant native flora and fauna, these historic cottages, cabins and farmhouses give you the opportunity to truly appreciate the serenity and beauty of the Australian bush.

If you've already stayed in the cottages before, you probably won't recognise them now!

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So for your perfect weekend getaway, give us a call on (08) 8414 3000 to make a booking or checkout www.yha.com.au for more information.

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Mt Lofty Cottage YHA



Wirrabara Old Schoolhouse YHA



Mylor Cabin YHA



Barossa Valley Farmhouse YHA



Trail access....

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Meandering Maria



The Painted Cliffs— a significant feature for visitors.



If you enjoy mixing history with the usual fun and benefits of walking, Tasmania's Maria (Mar-i-a) Island will satisfy your every need. I have been keen to take in the Maria Island experience since a walking friend sang its praises nearly a decade ago.

STORY AND PHOTOGRAPHS BY RUSSELL O'BRIEN

The island is rich in both convict history and that of industrial enterprise and is now managed by Tasmania's Parks and Wildlife Service being proclaimed a National Park in 1972. Flora and fauna are both strong features of the island as are its beaches, mountains and other places of interest.

My wife, Chris, and I arrived by the Maria Island Ferry service having been driven to Triabunna (approximately 90 km from Hobart) on Tasmania's

east coast. Normally we would have made the return trip between Hobart and Triabunna by bus but schedules disallowed using the bus service on the outward bound trip. Instead we chose to use Tasmanian Wilderness Experiences in order to make the ferry connection and in order to allow us four nights on the island. Using this company proved to be a great choice. Our driver, Inga, was also a guide for the company that runs the Maria Island Walk, a four day, fully guided walking experience. In

conversation during the trip to Triabunna, Inga shared a wealth of information about the island, most of which was to prove very useful during our stay.

The short ferry journey from Triabunna left us on the jetty at Darlington. Close to the end of the jetty is the first historical building called the Commissariat Store where leaflet information about every facet of the island is available for visitors. It's also where Park Passes can be purchased if you don't already

have one and camping fees are paid for use of the camp ground a couple of hundred metres further along the road.

After a short afternoon walk to Fossil Cliffs and back to camp via Miller's Cottage, the cemetery and some historical buildings, we settled into the evening routine that eventually began the night's sleep. Just as our heads hit the pillows there was a loud crack followed by a deadly serious thud somewhere near the campground. A branch of a tree had broken and fallen. This was a worthwhile reminder that tents shouldn't be erected under trees.

Given the time of year (late April) sunset came early. It is actually amazing how one's body adjusts to an early night when it's pitch black by a little after 6.00 pm and the warmest place is in a snug sleeping bag. Unfortunately, night fall doesn't automatically mean that the very prevalent Cape Barren geese or the Tasmanian native hens immediately quieten for the night or that possums have any regard for your need for rest.

The Painted Cliffs is a spectacular natural feature of the island best visited at low tide. In keeping with this requirement, Chris and I left camp heading for what was to be our second and third night's camp at French's Farm eleven kilometres away via the coast track. We also decided

on a diversion past Oast House ruins (an oast house is a freestanding kiln for drying hops). The sandstone Painted Cliffs have been eroded into a mass of stunningly beautiful patterns. It's very easy to spend more time viewing, exploring and photographing the area than planned particularly when it's also morning tea time.

The next significant feature is Four Mile Creek with accompanying beach. For us, this was a lunch spot and the opportunity to brew a fresh cup of tea.

Within a few hours of relaxed walking we reached French's Farm (c. 1930). With tank water, toilet and access to the house, we gladly made this our camp. Encampment Cove is another camping site just a pleasant, short walk away. We were pleased at our choice but Encampment Cove has sea views and campers can enjoy a camp fire if they wish. On the way while adjacent to an estuary we startled a Forester Kangaroo who, as a way of escaping, hopped through the expanse of shallow water. Our surprise was followed by the delight of this new experience.

From French's Farm, walkers have the choice of two destinations within a few hours walking. One is Haunted Bay located at the southern end of the island and the other Robey's farm*. We opted for the latter because of the

added historical interest and Chris's unflagging obsession with anything to do with bygone days.

The first part of the walk can be taken along Shoal Bay instead of the marked track. It's easy to find the track at the southern end of McRae's Isthmus and the beach is both easy and interesting to walk along. The track eventually forks to either destination. Trying to imagine how a husband and wife team farmed in the area takes some doing. Their lives must have been extraordinarily hard.

Chris and I had lunch in the small farmhouse's main room then set out for the return walk to our camp. At the fork in the track we decided to walk a short distance along the Haunted Bay track to see if we could spot the Maria Island Walk standing camp mentioned by Inga during the drive to Triabunna. Fifteen minutes later a narrow track to the right of the main track led us to the camp, and what a camp it was, complete with Inga who was alone and preparing food for the group's evening meal.

Back at French's farm we decided on an early dinner so that we could retire to the nearby beach to view sunset.

The next morning we departed our beloved camp for the return walk to Darlington. We planned to take the inland track from



The view of Maria Island from the Tasmanian Mainland

which the climb to Mt. Maria is possible. Unfortunately, lack of concentration caused us to miss the turn off resulting in us walking back to Darlington the same way as we had taken to French's Farm. For many walkers walking back along a track is a significantly new experience and well worth doing. On this occasion we included even more beach walking and coastal rock hole viewing with interesting results.

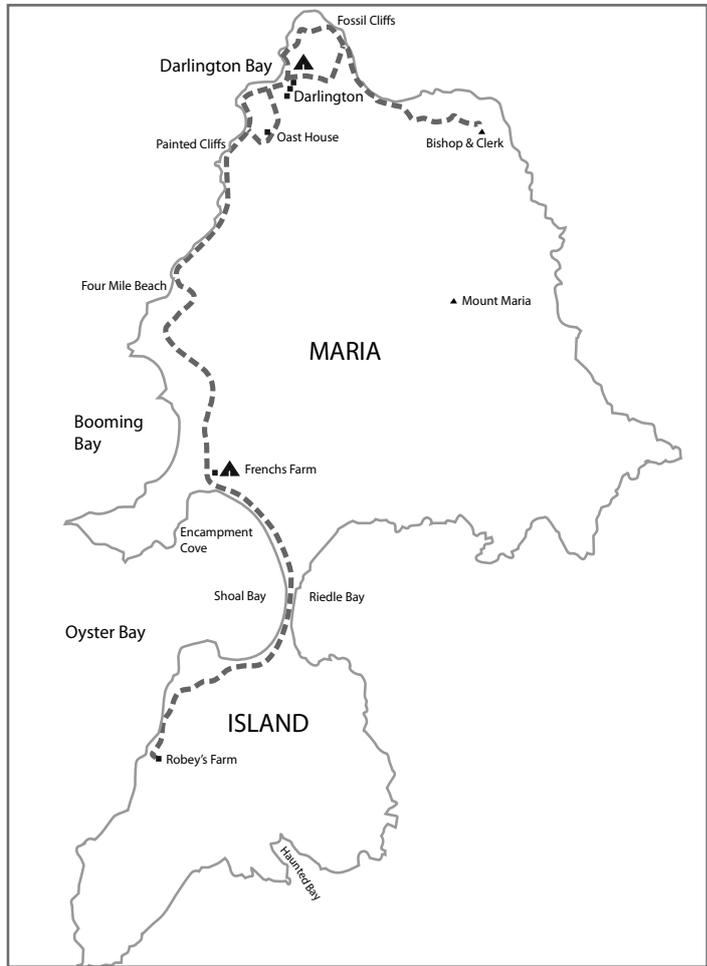
At Darlington we explored the buildings with a view to learning more about the island's history. The Coffee Palace (in name only) is particularly interesting with an array of publications, photographs, artefacts and rooms in simulated settings of the day. Late in the afternoon the island's prolific wildlife becomes more active which presents the opportunity for some great photographs. At this time the weather became noticeably cooler and windy but fortunately rain was keeping its distance.

Our final morning on Maria Island saw us out of bed at 6.30 am and packed up about 2 hours later. Because the weather was overcast and cool we decided to leave our packs under shelter while waiting for the ferry to arrive. It was at this time that I decided to climb the Bishop and Clerk recommended as a four hour return walk. Unfortunately, I had only just over two hours before the ferry's departure so time management was more important than achieving the summit. Disappointed at not completing the climb, which became more difficult toward the top, I retraced my steps at the very moment that I had judged was required to get me to the jetty for boarding the ferry.

While many visitors go to Maria Island as day trippers, our four nights seemed insufficient. We didn't climb Mt. Maria

or have the time to walk to Haunted Bay both of which appeared to be worthwhile destinations. If you are a keen photographer, and especially if you are prepared to take along a telephoto lens, the plentiful and wide variety of wildlife makes wonderful subjects. By and large, the walking tracks are either rocky or sandy road tracks through heavy vegetation but Maria Island's beaches, cliffs and other coastal features are truly spectacular.

For what is a small area of land, Maria Island is packed with things to see, do and learn about. Whether you take the guided walk or choose to be independent this is a place that offers bush walkers variety and a lot to see. □



Notes:

A useful web site is <http://www.parks.tas.gov.au/index.aspx?base=3495>

A useful map is the Maria Island National Park Map & Notes, 1:50000 Published by TasMap. Reprinted with minor amendments in 2007.

* John Robey and his wife Hilda came from South Africa and settled on Maria Island in 1923. They farmed sheep and cattle on 5,570 acres. From 1949 – 1955 the farm also served as a temporary quarantine station for the Commonwealth Department of Health. After the death of his wife in 1964, John Robey's health deteriorated and a year later he was evacuated from the island and the farm was abandoned. He recovered, returned to South Africa and died there in 1980 aged 92. (From the Tasmanian Historical Research Association Vol.42 No 2 June 1995, "The Robey's of South Maria Island.")



One of the many wombats on the island.



The delightfully crazy Tasmanian Hens.

What's What?

A column with info on equipment and walking

Sleeping for Recovery

Sleeping out under the stars is one of the most pleasurable aspects of our walking pastimes. Usually it involves finding a suitable level spot, clearing it of leaves, stones and sticks, pitching the tent and laying out the bedding.

In the past if you were carrying your bedding, you may have used a closed cell foam mat or "Thermarest" style of self inflating air mattress for insulation and comfort. These mats are reasonably comfortable and insulating, yet most of us would have to fidget and roll around to stay comfortable. This usually resulted in a below average nights sleep. Waking up stiff, sore and a little bit grumpy was the price we paid to get off the beaten track.

A new technology developed in Switzerland for the Swiss Army Mountain Corps, now means we can enjoy a good nights sleep in the bush without having to carry heavier and bulkier bedding.

It's called a Down Mat, manufactured by Exped. These Down Mats are filled with down - as the name suggests. They have an integrated pump and are inflated in a couple of minutes. They have a higher R value insulation factor than a self inflating airmat and are twice as thick when pumped up.

Models come either 7cm thick or 9cm thick, with each having different widths and lengths.

Unlike traditional airmats, the welded baffles between the down filled chambers eliminate cold spots and create a comfortable, supportive and stable air cushion.



This results in a good nights sleep. Making for a far more comfortable, enjoyable and fun trip.

David Nicolson
Paddy Pallin Adelaide

Paddy Pallin



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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)

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	Tim James & Friends	8556 7015 (H)
2A. Tapanappa to Waitpinga Campground	Southern Guidebook, Maps 1.3-1.5	Roger Dunn & Friends	8260 2146 (H)
2B. Waitpinga Campground to Back Valley Rd	Southern Guidebook, Maps 1.5-2.2	Geoffrey & Pamela Gardner	8552 5213 (H)
3. Back Valley Road to Moon Hill	Southern Guidebook, Maps 3 2.2-2.3	Michael Scott David Evans	0400 293 132 8554 3551 (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	Eleanor Martin Myra Betschild (Women in the Bush)	8341 6024 (H) 8331 2992
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	Colin Edwards Graham O'Reilly	8264 1492 (H) 8397 1217 (H)
10. Cudlee Creek to Bethany	Southern Guidebook, Maps 3.7-4.4	Dave Curtiss John Potter	8264 0793 (H) 8337 9515 (H)
11. Bethany to Hamilton	Southern Guidebook, Maps 4.4-5.3	John Potter Dave Curtiss Joyce Heinjus	8337 9515 (H) 8264 0793 (H) 8525 2054 (H)
12. Hamilton to Huppertz Hut	Southern Guidebook, Maps 5.3-5.9	Norrie Hamilton	8332 1982 (H)
13. Huppertz Hut 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 Pool (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 Michael Kerin	8641 1435 (H) 8642 4728 (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	David Henery (Alpana Station)	8648 4626 (H)

End of Year Bash, BBQ + Band



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Sunday 29 November, 12-5pm
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Numbers are strictly limited –
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Contact Details

David and Sally Henery
Postal address: PO Box 11, Blinman SA 5730
Phone or fax: 08 8648 4626
Email: alpana2@bigpond.com.au
Website: www.alpana-station.netfirms.com

Bookings Essential

What Makes a Good Will?



There are many common misconceptions in the marketplace about what it takes to make a Good Will. "It's easy", "Anyone can do it" and "You just need to fill in a generic form and you are covered" are comments that are frequently made. However if your aim is to adequately provide for those that you want to provide for, nothing could be further from the truth.

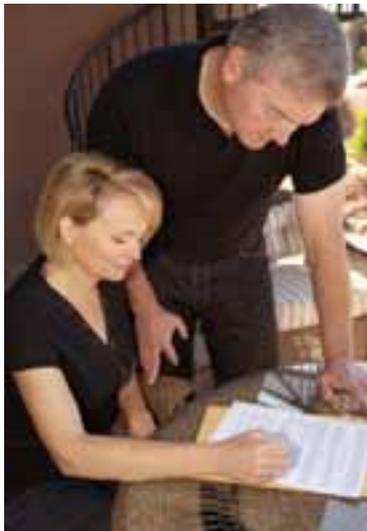
It is very important that there is significant preparation and comprehensive coverage of all issues in your Will. Trying to save money and time often results in a spectacular mess, especially, as is common, in the case of the ***blended family*** and/or ***family business*** either carried out in a partnership or under the umbrella of a company.

In the process of preparing a good Will there is a need to reflect on three main areas:

Financial Structures: It is important to review financial structures that have been established. Structures that may seem perfectly fine while all relevant parties are alive, have the potential to become a nightmare for those that are left behind when one party dies. Consequently, it is important that there be an overview of the whole financial structure when preparing. Unfortunately, this process is frequently an emo-

tionally draining one, and sometimes totally mysterious and confusing. So having an objective and independent third party in attendance during this process is advisable.

Tax Implications: Another important factor that needs to be considered is the possible tax implications of your Will. New tax laws and legislation are constantly being passed which may impact significantly on the beneficiaries of your Will. To keep up with the changes takes constant vigilance and study which most people these days don't have time for.



Superannuation: The fact that most people in the community now have superannuation benefits is just another way that the drafting of a Will has become a far bigger exercise than it ever has been before.

The aim of a good Will is to pass your assets on to those whom you wish to benefit, and to do it in the most effective way, without losing assets to unintended beneficiaries or to the tax office simply by not considering the effect of what you are doing.

For a free Will and Estate Planning booklet or to arrange a no-obligation consultation with our Senior Associate Katrina Freeman, please contact us on 8410 8133.



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