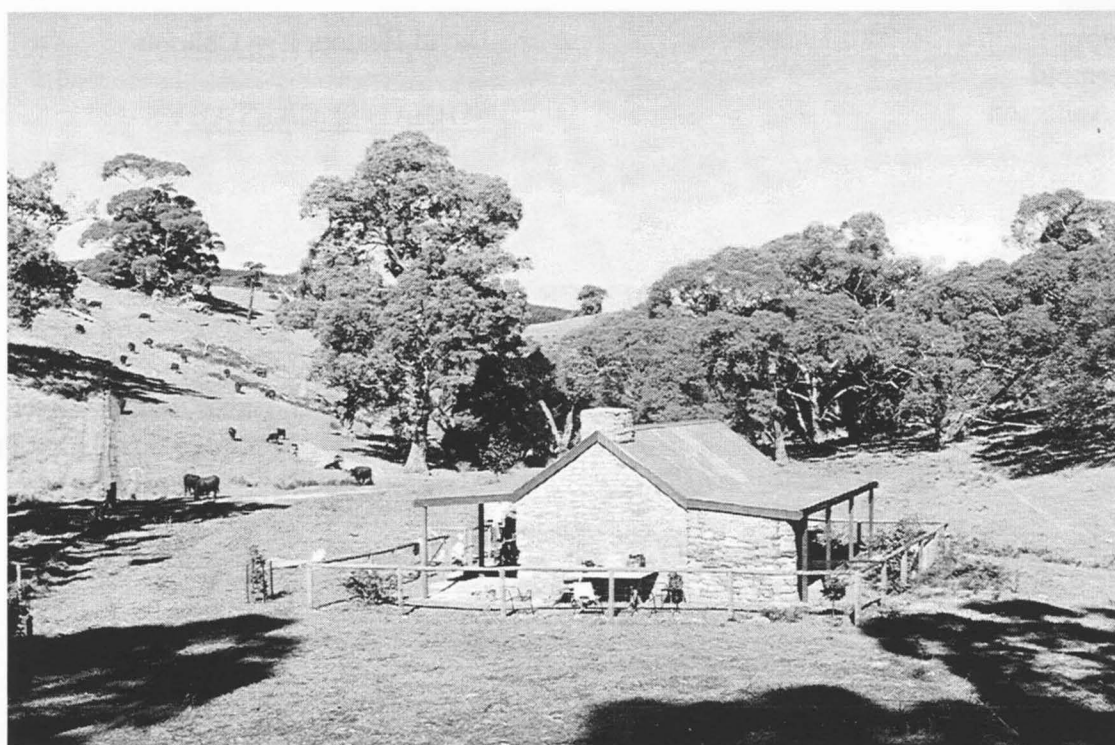
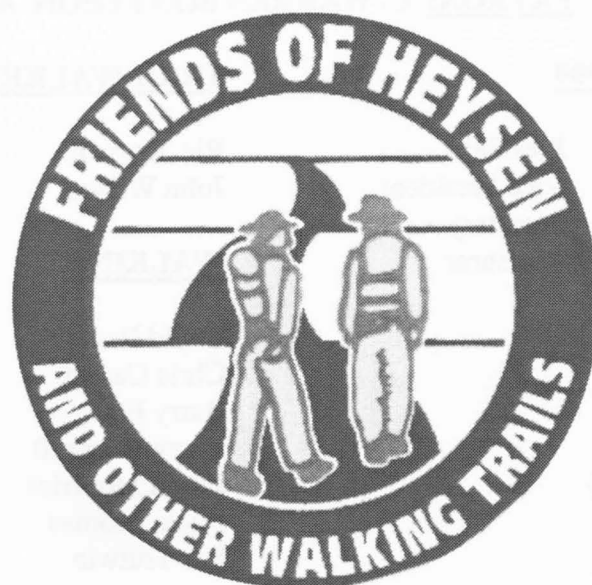


# THE TRAILWALKER

ISSUE 73    PRINT POST APPROVED PP565001 / 00079    AUGUST 1999



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

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# THE TRAILWALKER

## FRIENDS OF THE HEYSEN TRAIL AND OTHER WALKING TRAILS INC

10 PITT STREET ADELAIDE, SA 5000

PHONE (08) 8212 6299 FAX (08) 8211 8041

EMAIL: [heysentrail@newave.net.au](mailto:heysentrail@newave.net.au)

WEBSITE: [www.newave.net.au/~heysentrail](http://www.newave.net.au/~heysentrail)

**PATRON: C. WARREN BONYTHON AO**

### **COUNCIL MEMBERS 1999**

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

President  
Vice President  
Secretary  
Treasurer

### **TRAILWALKER**

Ric Trutwin  
John Wilson

### **WALKING**

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

### **HONORARY MEMBERS**

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

### **MEMBERSHIP SECRETARY**

David Beaton, Lyn Condon

### **SOCIAL SECRETARY**

Terry Gasson

### **OFFICE HOURS**

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

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

### **MEETING DATES**

#### **Council**

Wed 15 September  
Wed 20 October  
Wed 17 November

#### **Walking Committee**

Wed 13 October

#### **FRONT COVER**

The Freeman Hut, Map 2, GR 111626

# THE TRAILWALKER

## MESSAGE FROM YOUR PRESIDENT

Well, the walking season for 1999 is past the halfway mark, and I know the excellent work of the Walking Committee have given our members and friends lots of hearty exercise, and the opportunity to enjoy the beauty of our countryside. Keep supporting this agreeable part of our activities.

Acting upon advice from a walker and member, we have taken steps to provide a suitable cloth badge and a numbered certificate to allow those who have walked or run the entire Heysen Trail to be inevitably honoured - a great suggestion - keep your views rolling in.

I am a firm believer in promotion - if you have something as wonderful as we do - tell the world about-it.

Our website is up and running thanks to the untiring efforts of Past President, Arthur Smith. I'm sure there are other ways of promoting ourselves. Any suggestions? On

this subject I commend the Walking Federation of SA publication "Walking SA Resource Book" recently published and now available, and it's good stuff - worth having as a reference and guide to your activities.

Our membership is a resource to support the objects of the organisation - I urge an increase in this vital source of interest, action and involvement by the wider community.

Finally, it was of much interest that I attended a public meeting called by our Hon. Life Member, Terry Lavender to launch a new walking trail from Clare to Murray Bridge to be known as "The Federation Trail". I have indicated our support and interest - a public display of support will be held on Sunday, 26th September somewhere near Murray Bridge walking about 15 km - details from the office.

Good wishes.

**Jamie Shephard**  
**President**  
**17th August, 1999.**

## New Members

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

Row Aschberger & Sylvia Houston  
Robert Alcock  
Elizabeth Andrews  
Peter & Maureen Buckland  
Marietta Castle  
Jeff Cox  
Helen & Tim Digance  
Alan & Beulah Dutton  
Patrick & Margaret Egan  
English family  
Mary-anne Ford  
Michelle Foster  
Ian Gardiner  
Richard & Suzanne Hancock  
Geoff Heriot  
Sheila Johnson  
Graham Jones

Wendy Gail Juleff  
Adrienne Lewis  
Mandy Lillecrapp  
Gail Maxwell  
Greg Moran  
Dennis & Margaret Mustapha  
Eleanor Osman  
Claudia Raddatz & Ken Wouters  
Sally Rendell  
Ruth Rice  
Daphne & David Sands  
Ken Smith  
Shirley Snelling  
Helen & Bill Spears  
Mary Stylianopoulos  
James Thompson

# THE TRAILWALKER

## OFFICE COORDINATOR'S REPORT

I would like to start by sincerely thanking the dedicated volunteers who work in the office. Some have been helping for many years. Where we would be without them I do not know. It is not always easy to find time in our very busy lives, to give constantly, the way they do.

### OFFICE NEWS

Recently the volunteers had a get together, to go through our office procedures etc. This was followed by a thank you meal at The Mirage Restaurant in Grote Street.

By the time this Trailwalker reaches you, a much needed new carpet will have been installed in the office.

A new computer and printer was purchased a few months ago. This certainly makes life much easier for us all.

We have now on sale a natural coloured short sleeved polo shirt, embroidered with the Heysen Trail logo. The price of these shirts is \$25. Orders are placed at the end of each month. Allow 2 weeks for delivery. A great Christmas gift idea. (There is one on display in the office).

Mail Order forms for the year 2000 Friends of Parks Calendar are now available from the Friends office. Cost is \$19.95 with \$3.05 postage.

### OFFICE HELPERS

We are always eager to hear from anyone willing to help in the office. Ideally we would like to see two people rostered in the office each day. This is for support, companionship, security and backup.

If you are able to help out at all, be it once a week, once a fortnight or once a month, please contact us. At the moment we require help on Thursdays and Fridays. This would allow the regulars to have the occasional break, which we all need at some time.

**Lyn Condon**

## MAINTENANCE REPORT

### Norton Summit

The Trail is still closed at Norton Summit. The Federation has submitted a report on the re-routes proposed by the Dept. and by Dean Killmier and myself.

On the 9<sup>th</sup> of July, Bill Gehling, from the Federation, (who arranged the meeting) Thelma Anderson and myself met with Mick Ayers, an officer from SAICORP. (the Govt. insurance arm of Treasury).

Mick agrees that the re-route put in by Liz O'shea and Doug Leane, and objected to by Mrs Giles, is by far the most desirable with regard to risk management. It is also the most desirable from the walking point of view.

Mick believes that the additional risks associated with alternative routes, warrants the acquisition of sufficient of the Giles property for a safe trail to be put in. His recommendation was that the Federation sends a proposal along those lines to his office, with a copy to Rec SA.

Meanwhile, the present deplorable situation of the Trail being closed at Norton Summit, continues.

### Other Trail News

John Wilson, with help from the St Agnes Bushwalking Club, has completed the alternate route to Freemans Hut.

Kevin Francis, for work and family reasons, has had to relinquish his position as Section Leader. (Sect. 4) ARPA has expressed an interest in maintenance, but I have not as yet been successful in contacting the right person, to see if they would take on that section.

The Dept has rejected an offer by ARPA to survey the Trail, when they have a relay type walk of the entire Trail next year.

**Arthur Smith.**



# THE TRAILWALKER

## HEYSEN TRAIL VOLUNTEER MAINTENANCE SECTION LEADERS

HEYSEN TRAIL SECTION	HEYSEN MAP NUMBER	SECTION LEADERS NAME AND CONTACT NUMBERS	
1. Cape Jervis to Boat Harbour Creek	8	David Beaton (H) 8298 6340	
2. Boat Harbour Creek Back Valley Road	8	Ralph Ollerenshaw (H) 8379 0998	
3. Back Valley Road to Moon Hill	3	Thelma Anderson (H) 8278 4420	
4. Moon Hill to Hindmarsh Tiers Road	3	Vacant	
5. Hindmarsh Tiers Road to Blackfellows Creek Road	3	Bob Verrall (H) 8382 8577 (W) 8372 5170	Jim Pearce (H) 8276 5190 (W) 8372 5169
6. Blackfellows Creek Road to Glen Bold	1	David Evans (H) 8558 2854	
7. Glen Bold to Piccadilly	1	Barry Finn (H) 8388 5546	
8. Piccadilly to Norton Summit	2	Liz O'Shea (H) 8352 1636	(WEA Ramblers)
9. Norton Summit to Cudlee Creek	2	Shirley Tavender (H) 8337 3692	
10. Cudlee Creek to Bethany	2 & 9	Doug Leane (H) 8443 3388	
11. Bethany to Peters Hill	9	Joyce Heinjus (H) 8525 2054	(W) 8562 2022
12. Peters Hill to Logans Gap	10	Michael Tilley (H) 8396 4363	
13. Logans Gap to Spalding	11 & 12	Hugh Greenhill (H) 8843 8115	(Burra Branch)
14 - 17 Spalding to Wilpena	13,6,7,14,15,5	Vacant	
18. Wilpena to Parachilna	4	Shayne Reschke (H) 8675 2885	(Leigh Creek) (W) 8675 4332
PROJECT OFFICER (Voluntary)		Vacant	

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

**Friends Office numbers: Phone: 8212 6299 Fax: 8211 8041 Email: [heysentrail@newave.net.au](mailto:heysentrail@newave.net.au)**

# THE TRAILWALKER

## **HONORARY MEMBERS**

In order to keep in touch with all those who have supported the Friends of the Heysen Trail, we intend in this and subsequent Trailwalkers to provide some recent information on all of our Honorary Members.

### **C WARREN BONYTHON**

Adventurers in our Australian society are aplenty. The young and young-at-heart are encouraged but are somewhat "gung-ho".

For Charles Warren Bonython, A.O., our patron, a son of the late Sir Lavington Bonython, and affectionately referred to as the instigator of the South Australian long distance walking track, known as The Heysen Trail, has been and still is an adventurer, explorer and man of science and letters.

Quiet, shy and retiring by nature he and his dear wife, Bunty, celebrated their 50th Wedding Anniversary in April, 1991. They live at Romalo House in Magill and his recreational interests are of course bushwalking and photography.

It would have been around 1970 that the seeds of thought and enthusiasm for action to develop a long distance walking trail was considered and plans for the direction made. A large enthusiastic public meeting at the Dom Polski Centre endorsed with favour the submissions put to them by Warren Bonython and others.

Of course it was not easy! He wrote a brief history of the Trail, "I chaired the thirty ninth and last meeting of the Long Distance Trail Committee on 11th April, 1978. It was an emotive and nostalgic climax to that first eight years. Two months later - on the 13th June we were formally disbanded. I felt dispirited by all the past frustrations, so I went off on a trek in the Himalayas to forget about them."

However, it was from 1978 that the spade work had been done by Warren Bonython with the Government Ministers and Departmental

leaders of the day and especially Terry Lavender who had been appointed to plan and develop the Heysen Trail.

Since that time he has officiated at the commissioning of various sections and has championed the role of bushwalking and the recreational use of our National and Conservation parks.

During his term as Vice-President of the Friends he was awarded a gold medal from the National Geographic Society for the 1991 Adventurer of the Year Award.

As our Patron for some years we salute his foresight and adventurous spirit, as his actions have given thousands of people much pleasure and enjoyment.

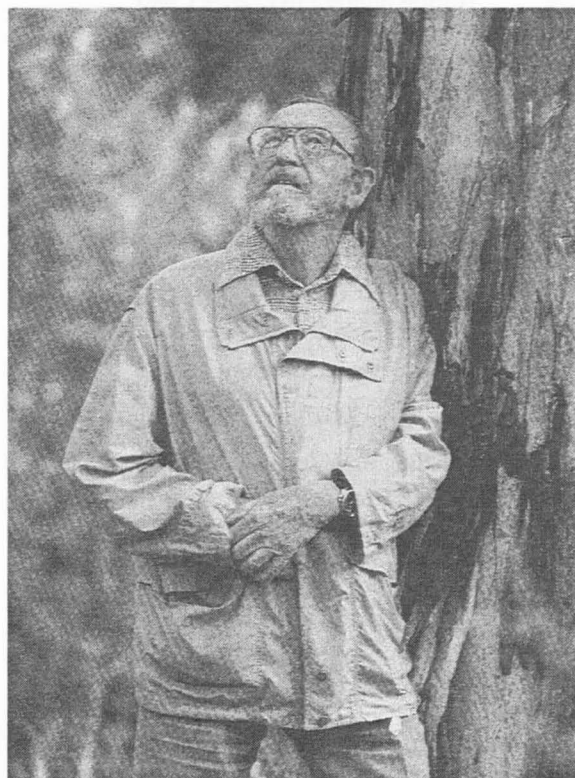
Books published by Warren Bonython included:

"Walking the Flinders Ranges"

"Walking the Simpson Desert"

"The Great Filling of Lake Eyre In 1974"

### **Jamie Shephard**



**C WARREN BONYTHON**

# THE TRAILWALKER

## **TERRY LAVENDER, O.A.**

Born in England Terry Lavender is more Australian than most of us who claim Australia as our birthplace. His knowledge of South Australian history is quite astounding and in relating historical facts about a particular area, for those privileged to join him, one is guaranteed of an absorbing and entertaining account of occurrences in the area dating back to the earliest days of the colony.

With a background of working in the outdoors Terry arrived in Australia and worked for the National Fitness Council in Adelaide, then joined the Department of Tourism, Recreation and Sport when the government placed responsibility for walking trails with that department. The idea of a walking trail to connect the Mount Lofty and Flinders Ranges was first suggested by Warren Bonython as a member of a Long Distance Walking Trails Committee in 1969.

Terry Lavender was later given the task of delineating and marking the route the Trail would follow. With a small staff overcame seemingly insurmountable obstacles associated with access, district councils and landowners by patient, sensitive and successful negotiation, at the same time earning the lasting respect and friendship of many farmers along the way. He also resolved the inadequacy of sufficient staff to implement the work of marking the Trail by calling a meeting of walkers to form a volunteer group to assist with the task. The meeting held in June, 1986 and the Friends of the Heysen Trail and Other Walking Trails was formed. With the enthusiastic support of the volunteers and under the capable supervision, guidance and assistance of Terry and his staff, marking of the Heysen Trail was completed in 1992.

Terry Lavender's leadership and dedication inspired both staff and volunteers in their enthusiastic support of the project. Both his public life and his private life, with his wife Anne and son Anthony, completely revolved around this outstanding achievement that has given to all Australians, particularly South

Australians, the opportunity to travel into scenic areas of the State not previously available to them. He is held in the highest esteem, both throughout the bushwalking and the wider community for his continuing commitment and contribution to the development of a South Australian icon. He was also responsible for the marking and mapping of the Mount Lofty Walking Trails in the Barossa district and part of the Onkaparinga area. The award of a Churchill Fellowship to travel overseas to study walking trails in England, U.S.A. and Europe added to his mountain of knowledge and understanding of his subject.

Through the establishment of his company Lavender Trailmaster he guides interstate and overseas tourists, school groups and local bushwalkers along and beyond the trails he was commissioned to develop. He has also produced various maps and a number of books for publication and is currently designing a walking trail to celebrate Federation of the Nation. The protection of road reserves for recreational use is another area where Terry's efforts continue to be significant, defending the retention of roads identified by the Committee Reviewing Road Reserves for Recreational Use and supporting the activities of the Walking Federation of South Australia for the benefit of all bushwalkers.

Terry was awarded the Medal of the Order of Australia, announced in the Australia Day Awards in 1994, for his achievement.

## **Thelma Anderson**



**Terry Lavender**

# THE TRAILWALKER

## THE WALKING FEDERATION OF SOUTH AUSTRALIA, INC.

### THE VALUE OF UNDEVELOPED ROAD RESERVES

Recent action by local government authorities highlight the importance of all walking groups and associations being aware of events taking place that threaten safe walking access throughout the State. The support of walkers for retention in public ownership of undeveloped road reserves linking conservation parks, forests, the Heysen Trail and other marked walking trails is vital to our future walking experiences.

Since the amalgamation of district councils there has been a constant flood of applications for closure and sale to adjoining landowners of road reserves. At all too frequent intervals there are on-site inspections, written objections, attempts at negotiation, council meetings to defend our objections in a hostile and intimidatory environment, all in an effort to protect vital State assets. One of our current traumas relates to an attempt to close a road "identified" for retention by the Committee Reviewing Road Reserves for Recreational Use. The applicant is a landowner who is a councillor of the local government authority! The same council is closing a section of one of the Mount Lofty Walking Trails, but at least to their credit they are re-locating the section of Trail to maintain continuity. Again, if initial consultation with the Walking Federation had taken place a more amicable attitude to the transaction could have prevailed.

A leader of one of our member clubs is to be commended for initiative and tenacity in planning a walk using a particular public road reserve in the Onkaparinga Council district and obtaining the required access against considerable odds. With support from a particular councillor she has created an awareness throughout this local government authority that undeveloped road reserves provide a valuable tourism resource. The Council has now refused a number of applications for road closure and placed a

moratorium on future applications until an "audit" and consultation have been carried out. In addition a meeting of persons, groups, etc. affected or interested in road reserves was recently held at the Civic Centre at Noarlunga to discuss pertinent issues relating to the retention and disposal of undeveloped public access routes. This will be followed up with a Workshop of elected members to examine the various points of view, including the recreational and tourism value.

The Minister for Recreation and Sport has asked for a copy of a section of the New Zealand Local Government Act under which more stringent conditions affect any application to close a publicly owned road. Where a Council approves a road closure and objection is made to the proposal, a Planning Tribunal will not confirm the closure "unless satisfied that adequate access to the lands in the vicinity of the road is left or provided".

We can only retain safe walking access throughout the countryside if every walker makes appropriate representation to our respective local members of Parliament. There is enough evidence throughout both Australia and overseas countries that current legislation in this State is weighted in favour of adjoining landowners securing exclusive ownership of our valuable public access routes.

**Make your appointment to see your Local Member NOW!**

There is a solution to Heysen Trail access across the Onkaparinga River near Mylor without placing our lives at risk by following the bitumenised and widened Strathalbyn Road through a speed zone of 80 or 100 kph. It is understood that the Warren Bonython Bridge is being or has been dismantled, necessitating the above detour of the Trail. With an emphasis on "risk management" by Government it is astounding that this detour has been allowed to continue for so long when a precedent exists for the Trail to pass through the eastern extremity of Mount Bold reserve simply by upgrading an existing ford across the river.



# THE TRAILWALKER

Another "risk management" area is the Old Norton Summit Road. Although markers have been removed it would be impossible to withdraw the thousands of maps showing the route of the Trail through this area. Consequently, walkers arriving at Giles Corner or Norton Summit simply rely on the route as shown on Map No. 2 for the direction to follow. However, we are confident that recent discussion and inspection by representatives of the Walking Federation, Friends of the Heysen Trail and the Government will result in this predicament being resolved as soon as possible.

A third subject of "risk management" is located on Summit Road opposite Mount Lofty House. Here walkers are directed along an 80 kph traffic zone instead of using Reynolds Drive, an unsealed public road, to access a brief section of Cleland Conservation Park before reaching Summerhill Drive to walk back to Summit Road and simply cross the traffic lane to Mawson Drive leading to the Mount Lofty Botanic Garden. The danger of these three "black spots" on the Heysen Trail has been drawn to the attention of the Minister throughout the current and previous walking seasons but no action is so far evident.

The Walking Federation made application to the electorate of Mayo for a grant under the

Federation Community Projects Program to provide a pedestrian crossing of the Onkaparinga River at Verdun on Sandow Road to improve the safety of the spur route of the Heysen Trail between Bridgewater and Hahndorf. The application received strong support from the Hills Christian Community School, situated on the corner of Sandow Road and Onkaparinga Valley Road; also from the Adelaide Hills Regional Development Board, the Hahndorf Information Centre, the Verdun to Balhannah Land Care Group, Adelaide Hills and Mt. Barker Councils. A response from Dr. Peter Heysen of "The Cedars" was also encouraging. However, the application was unsuccessful. Other options are still available for funding and these will now be pursued. The Federation is grateful to staff from a company of Consulting Engineers who made a valuable consulting contribution to the project. Adelaide Hills Council has carried out certain siteworks by removing a fallen willow tree together with blackberry clearance. It is considered that significant progress has already been made on this proposal and efforts to carry it to a satisfactory conclusion are fully justified.

**Thelma Anderson**  
**Walking Access Committee,**  
**The Walking Federation of S.A. Inc.**



Inspection of proposed Verdun Bridge site

# THE TRAILWALKER

## TRAILWALKER INFORMATION

### CONTRIBUTIONS

The editors would like to thank Arthur, Thelma, Julian, Simon, Terry, Sadie and Bradley for their contributions to the May Trailwalker.

We have had a wonderful response from members submitting articles for publication. So much so that some of those submitted will have to be held over until the next issue of Trailwalker. In spite of this, we are still looking for input on any subjects of general interest to members, as well as on walking or trail maintenance. Hand or typewritten articles will be accepted, but we would prefer them in computer form, on floppy disks or using our email facility. If anyone becomes aware of any new books of interest to bushwalkers, please let us know, as we would consider stocking them for sale to members.

### CLOSING DATE

The closing date for our next issue is **October 29, 1999.**

Publication date will be late **November**

### INTERNET CONNECTION

The Friends are on the Internet.  
Our email address is:

**heysentrail@newave.net.au**

We now have an excellent Website to disseminate information about the Friends and the Heysen Trail. Many thanks to Arthur Smith for the hours he has spent in generating the site. We can be accessed on:

**www.newave.net.au/~heysentrail**

The Walking Program is accessible from the Website. Members can request bookings for walks by email, and we propose to be able to provide Walk Assessment information both on the Web and via email.

## ADVERTISING RATES

Standard advertising rates for Trailwalker are:

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

Special rates can be negotiated for repeat advertisers.

### WALK BOOKINGS

Please phone the office between 10.30am and 2.30pm Tuesday to Thursday, and 10am to 2pm Friday for registration and information

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

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

### MEMBERSHIP RENEWALS

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

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

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

# THE TRAILWALKER

## THE SOCIAL NEWS

After a lull of several years, the committee decided that the Friends should have a social programme, in addition to the walking programme.

With over 300 members, of whom only about 25% are active walkers, the committee felt there must be many out there who may like to meet the other members, though not in a walking capacity.

To this end social events are planned to entice all the members to get together and get to know each other.

The committee felt this could only make the Friends stronger, more unified and give potential for involvement to the silent majority.

We would urge *all* members to take part.

### FOHT Lunch Waterfall Gully

The Friends held their first social event on Sunday 18<sup>th</sup> July at the Waterfall Gully Restaurant.

Some of the more committed walkers braved the wind and threatening rain to complete the Bogong Boys circuit, in just over 2 hours and were rewarded by arriving back early and having the pick of the seats and first drinks.

As usual, we were well looked after, with a fine, varied spread, by David and Marilyn Partington. Ah, those crepe suzettes, superbe!

Sartorial splendour award went to Neville Southgate, for his outfit, followed closely by Barry Finn, who was seen quickly hiding his tie in his coat pocket.

The luncheon was attended by Warren Bonython (our Patron) and his wife, Bunty. It is remarkable to see them both in such fine health and a credit to them that they make the effort to attend the various Friends functions and events.

Jamie Shephard, President, welcomed everyone, and expressed his appreciation for all the work done by volunteers in the Friends.

Congratulations to Jeanette Clarke for winning the \$40 Snow Gum gift voucher, drawn by the Patron. A very big thankyou to our good friend, George Driscoll at the Scout Shop for donating the prize.

## SOCIAL CALENDAR

A dinner is to be held on Friday 10<sup>th</sup> September at the International College of Hotel Management, Days Road Regency Park, in their Dining Room. The cost will be \$19.50 per head for a three course meal (not including drinks) to start at 7.00PM.

This is the College that trains our chefs, waiter and hotel managers and I believe that the food and the service is absolutely first rate and should be an event not to be missed.

We have made a booking for 40, and member's guests are also welcome. Be early, meet other members and support the Friends.

A Christmas lunch will be held at the Waterfall Gully Restaurant on 21<sup>st</sup> November at 12.30PM with a cost of \$12.00 per person (not including drinks). We would like to think we could fill the restaurant, that's 70 people, so come along, bring your friends and support the Friends

### Julian Monfries

## MEANDER AROUND ADELAIDE

Sunday, 19<sup>th</sup> September, 9am, Veale Gardens, opposite the fountain. 'A day for tortoises rather than hares'. Walk the parklands around the city visiting various points of interest arriving at Rundle St East at lunch time, where we can obtain a baguette, glass of chardonnay followed by a latte. Bring morning tea/coffee for a mid walk break. Phone Heysen Office if interested

### Terry Gasson

*Terry is our new Social Secretary. Ed.*

# THE TRAILWALKER

## FRIEND'S CHRISTMAS LUNCH

SUNDAY NOVEMBER 21ST 1999

WATERFALL GULLY RESTAURANT

**\$12 PER PERSON**  
**(Drinks Extra)**



**Please Note :** This will be the one and only communication for this Social Event  
Numbered tickets will be sent out after 1st November on receipt of payment **SO....**  
**Get your name in to the Office and mark your calendar NOW!**

### Proposed Menu

#### **Soups:- Self Serve**

Crab and Sweetcorn  
Light and Spicy Tomato

#### **Main Course:- Self Serve**

Festive Platter  
*Roast Chicken, Ham, Pineapple, Asparagus, Stuffed Eggs*  
Cheese, Greens, Pickles and Fresh Fruit Platter  
Assorted Salads  
Special Seafood Mornay  
Potato Topped Turkey and Cranberry Pie

#### **Sweets:- Self Serve**

Christmas Fruit Mince Slice  
*with Brandy Creme Sauce*  
Ice Cream Plum Pudding  
Vanilla Custard Cremes with Raspberry Sauce

**Tea and Coffee**



# THE TRAILWALKER

## PERSONAL INJURY INSURANCE UPDATE

Further to our offer of a Personal Injury Insurance cover to our members in the May edition of Trailwalker, we can now report that we have a copy of the Policy held in the Friends office, for viewing by members. Fees (\$3 per member) may be paid at the Friends office, and will be forwarded to the Walking Federation of South Australia Inc, who provide the cover, effective to 30 June, 2000. To ensure maximum cover for the year, applications (with payment) will close on 17 September, 1999.

On checking our records for those members who paid in 1998, we understand that they were contacted by Richard Schmitz last year, and the situation was resolved. Please contact the Friends office if there are any outstanding problems.

Because Insurance is a complex issue, the Confederation of Australian Bushwalking Clubs (with whom the Walking Federation of SA is affiliated) has distributed some information on the Internet. The following is an extract of their advice on risk, and a summary of Personal Injury Insurance. **Note however, that this information is indicative only and may differ in detail from our current policy.**

John Wilson

\*\*\*\*\*

## Acceptance of Risk

Bushwalking and related outdoor recreation activities (such as abseiling, canyoning, canoeing, cycling, caving, rogaining, rock climbing, ski touring, swimming, etc) have associated risks including, but not limited to, the risk of personal injury.

All persons joining in any club activity do so as volunteers in all respects and as such accept sole responsibility for any injury howsoever incurred and the clubs, their office bearers and appointed leaders are absolved from any liability in respect of any injury or damage suffered whilst engaging

in any such activity. Children are the responsibility of their parent(s) or guardians.

Please consider your personal circumstances and assess the risk of loss of income and medical expenses incurred should an injury occur. Please carry your Medicare card.

Consider the following types of insurance:

Public Liability Insurance

Personal Sports Injury Insurance

Loss of Income Insurance

Ambulance Cover Insurance

**IT IS STRONGLY RECOMMENDED THAT  
EVERY BUSHWALKER BE COVERED BY  
INSURANCE.**

\*\*\*\*\*

## PERSONAL INJURY INSURANCE FOR MEMBERS

### Personal Injury Insurance Cover

Confederation offers Personal Injury Insurance at an additional cost of \$2.65 per member (now \$3 for Friends members). Many members are presently covered by their own private health insurance or by Medicare, although not all costs may be recovered. It is recommended that any member not having Personal Injury insurance or ambulance cover should consider paying the extra premium (to the club treasurer) for the extra benefits offered.

That is, the insurance provides cover when you get injured on a club sanctioned activity.

### What benefits are payable ?

There is a considerable range of benefits which are potentially payable, including:

Non-Medicare medical expenses  
(maximum \$1,000)  
Ambulance charges - road + air

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(maximum \$2,000 with \$100 excess)  
Death benefits (maximum \$50,000 - age dependent - paid to deceased's estate)  
Disability allowances  
Loss of or loss of use of limbs  
Loss of sight  
Temporary disablement  
Student assistance allowance  
Home help allowance  
Parents inconvenience allowance  
There are also exclusions (suicide, alcohol, drugs, racing, non-recognised airline, etc)

Full details of the policy can be obtained from your club secretary.

## Who is covered ?

Only the member who has paid the additional premium for Personal Injury cover.

## How soon must a claim be made ?

A claim must be made in writing (with full particulars) within 30 days of an injury event. The claim shall be sent to the club's secretary on Confederation's standard "Incident Report Form". This form provides prompts for the basic details of the incident. The insurance company will require further information and evidence of costs incurred.

## What medically has to be done in the event of an injury ?

As soon as possible after incurring an injury the club member must obtain and follow medical advice from a legally qualified medical practitioner.

## What activities are covered ?

Members are covered for all club and Confederation sanctioned activities, including social activities, training, practice and official functions are covered by this insurance. These activities include: bushwalking, camping, caving, canoeing, abseiling, canyoning, liloing, bicycle touring, cross country skiing, swimming, running, rogaining, mountaineering, rock climbing and rafting.

## When does the cover start and finish ?

The cover commences from the time the member leaves home to travel to the club sanctioned activity. The cover ends when the member returns home at the conclusion of the club sanctioned activity. This includes all reasonable travel, including air travel on scheduled air routes operated by recognised air lines.

## When are members not covered ?

Members who engage in solo activities (Eg. solo canoe trips) are not covered. For the cover to operate, at least two club members must be involved in the club sanctioned activity.

## Who is covered ?

Members of clubs while acting in connection with club activities and while conforming to the club rules and by-laws. Committee members, office holders while acting within the scope of their duties in such capacity are covered.

## What geographical area is covered ?

All club sanctioned activities in Australia are covered. However, any club activities outside Australia can be covered by the payment of a small additional premium.

## How soon must a claim be made ?

A claim must be made in writing (with full particulars) **within 30 days** of an incident. The claim shall be sent to the club's secretary on Confederation's standard "Incident Report Form". This form provides prompts for the basic details of the incident. The insurance company will require further information and evidence of costs incurred.

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"Walking is man's best medicine"  
Hippocrates, c 460 ~ 377 BC  
Greek physician

# THE TRAILWALKER

## LETTERS TO THE EDITOR

### Support Your Walk Leaders

Dear Editor,

I attended the Victor Harbor to Goolwa walk (May 23) as assistant leader, with Les Skinner leading his first walk with the Friends. What a good impression it must give to new leaders when wintry weather deters people from turning up.

Of the 7 booked into the walk, 6 did not turn up. For the record, the "group", (John Crouch), enjoyed the walk, and the weather improved quite early in the day. It is hard to retain our current leaders, and a welcome like this to a new leader is less than encouraging. If it is a walk with a limit on numbers, then non-starters are depriving those on the reserve list of a place. If you are booked in, then you should attend. You have made a commitment.

**Mark Darter.**

\*\*\*\*\*

### Food and Water Drops

On July 6 while on the way to Burra, a food and water drop was made halfway between Burra and Kapunda. The location (Map 10 112 232)

was on a fenced off roadway, halfway between the fence and the dirt track, in a clump of trees. It consisted of a tin of food for three days in a bag and a cask bladder of water, clearly marked 'Food and Water Drop; my name; Due Fri July 16'.

When we arrived to collect on the 14th it took a while to find. The bladder was behind a different tree, neatly folded and a rock holding it down, slashed across from corner to corner. After half an hour or so the distinctive bag was spotted, due to its colour; jammed in a knothole of a log in a bush 50 yards away. The tin and its contents was nowhere to be found.

I, for one, cannot fathom the mentality behind interfering with a clearly marked, definitely placed supply, left on a known trail. To me it borders on the criminal, particularly in regard to the type of country in the north of the State, to deliberately sabotage a waterdrop. Food can be eked out in an emergency but water is vital when one depends upon a known location.

This is the first, and possibly the last drop I've made, as I have always carried the lot for the leg I'm on, but I think it should be brought to the notice of walkers. I have not heard of it happening before, and am curious to hear if anyone has had trouble.

**John Crouch**

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**Smiling faces at Devil's Gully, 27 June 1999.**

# THE TRAILWALKER

## WALKING PROGRAM 1999

**\*Limited number of walkers**

Date	Walk	Leader	Venue
September 12	Trail Starter	Brad Howell	Hallet Cove Conservation Park
	Trail Walker	David Beaton*	Montacute
	Trail Walker	Ralph Ollerenshaw	Boat Harbour Creek
September 26	Trail Starter	Ric Trutwin	Castle Rock, Waterfall Gully
	Trail Walker	Julian Monfries *	Tweedie's Gully, Wirra Wirra
	Trail Walker	Spencer Trowse	Myponga Conservation Park
October 10	Trail Starter	Barry Finn *	Hahndorf
	Trail Walker	Stephen Boyle	Deep Creek
	Trail Walker	Margaret Brownlie	Hale and Warren
October 24	Trail Starter	Liz Barry	Kuitpo
	Trail Walker	Chris Caspar *	Cudlee Creek
	Trail Walker	Jennifer Dow	Filsell Scrub, Carey Gully
November 14	Trail Starter	Charlie Adam	Brownhill Creek – Belair Park
	Trail Walker	Terry & Frances Gasson	Old Noarlunga / Onkaparinga Gorge
	Trail Walker	Julian Monfries	Scott Creek
November 28	Trail Starter	David Beaton	Beach Walk – Glenelg/West Beach
	Trail Walker	Colin Edwards	Little/Big Mt Crawford
	Trail Walker	Les Skinner	Adelaide Hills

### NOTES FOR WALK

The Trailstarter walk scheduled for October 10th is listed as Hahndorf. This will be a repeat of the successful walk we did last year when we will meet at Bridgewater and walk to The Cedars, which is the family home of Sir Hans Heysen.

Here we will have morning tea and will have ample time to view the house garden, then see the beautiful prints available at the shop on site. Credit card facilities are available, and you will not be able to resist the various prints, calendars, cards etc, all reprints of Heysen's works. After a walk around the property we will have lunch at a secluded pool and then take a tour of the Main Studio and the house, costs to be advised later but probably \$4 each - compared with \$7 regular. We will then proceed into Hahndorf and those not wanting to walk back to the cars will catch a Hills Transit Bus for \$1.60 at 3.15, back to the cars by 3.30. Those brave souls who want

to stretch the legs will walk back to Bridgewater arriving at the cars at about 3.45. Total distance is 20kms long walk, 11kms the short walk. The limit for the number of walkers will be set at 25.

**Barry Finn**

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### WALK LEADERS MEETING

A Meeting for all Walk Leaders for the Year 2000 will be held at Enterprise House, Room 8, at 6pm on Wednesday October 27<sup>th</sup>, 1999.

The meeting will be followed by a Barbecue (Bring a jumper - it might be cold)

**All Walk leaders are urged to attend.**



# THE TRAILWALKER

## WALK DESCRIPTION

### TRAILSTARTER<sup>1</sup>

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

### TRAILWALKER

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

### TRAILRAMBLER

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

## WHAT TO BRING<sup>2</sup>

### Trailstarter

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

Lunch and snacks (include some for emergency).

Plastic bag for rubbish.

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

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

### Trailwalker

All of the above and –

Whistle

Roller and triangular bandages

## WHAT TO WEAR?

### Trailstarter

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

Wet weather gear – ¾ length waterproof rain jacket.

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

Warm jumper or jacket of wool or polyester fleece.

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

Shorts or loose comfortable wool or synthetic pants.

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

Warm hat

Shade hat in warmer weather

Thick socks

### Trailwalker

Solid walking boots

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

## WALK CLOTHING

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

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

**DON'T LET IT BE YOU!!**

<sup>1</sup> Acknowledgement to Colin Edwards

<sup>2</sup> Adapted from 1998 Pathfinders Program

# THE TRAILWALKER

## BURRA BRANCH REPORT

The Burra Group began this season's walks with a walk through the Tothill Ranges. This walk was led by Kate Greenhill. 20 people of varying ages undertook this walk and for some of them was the first walk on the Heysen Trail.

The Tourilie Gorge walk in May was led by Hugh Greenhill. Only 5 people attended this walk which was held in very good weather conditions. The area south of the Gorge, some 4000 acres, has recently been purchased by National Parks.

Marg Macrow led a Sunday walk in June around the northern end of Bundaleer Reservoir. The group had some fun getting across duckboards over a creek. Some of the duckboards had disappeared below the mud and one walker managed to lose a boot in the mud, but was able to retrieve it, and continued the walk. A tale or two could be said about the walk!

A mid week walk in June was led by Hugh Greenhill as the designated walk leader was unable to do it due to other commitments. Hugh led a quick walk around Spring Gully Conservation Park. The weather was cold, wet and windy but this did not deter the eight walkers.

July mid week walk was from Yacka to White Cliffs, following the Broughton River. The day started off with rain and fog but cleared as we enjoyed a walk along this lovely river. While we enjoyed a cuppa at White Cliffs we were shown two books written and illustrated by Rosemary Pedlar on Native Trees and Flowers of the southern and northern Flinders Ranges. Rosemary lives near here.

The next walk is to be on August 1st, not August 8th as printed on the programme. We apologise for the late notification of the change of dates.

The Burra Group still has six-day walks plus a week-end away at Melrose Sat/Sun 23 - 24 October

If interested contact Hugh Greenhill 8843 8115.



### North Bundaleer Reserve

From left: Ken Farmer, Marg Macrow, Jean Springbett, Ingrid Stratton, Liz Marlow  
Peter van Beusichem, Gwen Koerner, Hilde van Beusichem

# THE TRAILWALKER

## Tank / Shelter Shed Projects

The Carroona Creek Shelter is now completed with the tank being about a quarter full.

Constructors were Peter, Jenny and Hugh James, Michelle Bartlett, Lionel Bullen, Will Dobrinski, Arthur Simpson, Tim Greenhill and Hugh Greenhill. A big thank you to all those people.

The next shelter is to be on the White Hill Road. It is planned to be started in the second week of August. At the Wandullan Creek Shelter, 40 native plants and trees eg saltbush, dry land tea tree, acacias and Blue Gums have been planted to form a wind break.

**Maureen Caudle**

**Secretary**

**25 July 1999.**

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## WALKING REPORT

### Scott Creek Revisited 13.6.99

That Sunday dawned like an Apocalyptic message, stay in bed - do not be a hero. I guess age addles ones ability to judge a good day from a bad one, and this day I was to be a loser. Never mind that two of my eight walkers rang in to beg out of the walk, I dressed the part and shot off to see if anyone would bother to turn up. Sure enough three blokes were waiting for me, two lasses fronted but as the angels threw everything they had at us the ladies got the message and went back to the fireside.

At 9am sharp four rather non-heroic looking walkers set off to try and have a good time, and things looked good for half an hour. Then as we reached the first helipad the first hailstorm hit us, and with no shelter in sight we pressed on.

Morning tea saw blue skies and that uplifted the spirits so we went up the open cut ridge and at the very top the next storm simply pelted us. Pressing on, we walked down to Scott Creek itself which was running a banker, so with no way across and the creek breaking it's banks we were forced to retrace the track back to the cars.

A management decision was taken to wait for twenty minutes and if it would fine up we would do the next three hours of the tour. Blue skies again, so off up Neville Road and we were thirty metres into the scrub when the final hailstorm forced a very hasty retreat. The wind drove the hail into us with so much force we were stung all over the body, so with flooded boots, saturated

shorts, and sore legs from the hail I grinned as the cars came into view and in a trice we piled into the vehicles and went home early.

My wife has made an appointment with a child psychiatrist to find out what is wrong with me. Thanks to Ron Kay, Noel Luckett and Craig Philby for your loyal company.

**Barry Finn**

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## CAN YOU HELP?

I am currently involved in a research project examining the conservation biology of a tiny wasp that forms galls on the stems of Banksia trees.

This wasp is very rare and is thought to be endangered. If in your travels you see any gall swellings on the upper stems of Banksias, could you please take a sample and send it to me, taking note of the exact location.

The swellings will be either cigar-shaped or spherical and the size of a 20c piece. You will be able to collect a sample in any South Australian National Park under my current research permit (If necessary, quote my name and the permit no. W1498/6).

Your help would be greatly appreciated.  
Dr Andy Austin, Waite Campus,  
Adelaide University (Phone work: 8303-7265;  
mobile 041-437-8151)



# THE TRAILWALKER

## Quorn Long Weekend June 1999

The June long weekend saw the FOHT gathered at Quorn under the auspices of Ontrak for three days of walking.

The gathering took place in the old Quorn Primary school, just a short walk from the main street and more importantly the town's pubs.

The dark clouds arising over the Devil's Peak were brushed aside by Mick Thomas who promised that he'd never had a wet walk yet!

First night saw the meeting of most of the clan and an early retirement to the Transcontinental for dinner. The Trans was busy as it was also feeding members of the Jaguar car club and the earlier elements of Earth Sanctuaries Ltd who were having their shareholders weekend at Buckaringa Gorge.

Saturday morning saw many bleary-eyed walkers gathering in the kitchen for breakfast, their nights sleep disturbed by door banging and various nasal noises from the more stertorous members. Some more isolated Friends had their sleep disturbed by the false alarm scream of a smoke alarm.



This day was to be Dutchman's Stern, an outcrop of the ABC range. The weather was overcast, windy and I mean gusts of 30-40 mph (an old anemometer), however free from the rain that had fallen overnight.

A short drive to the start point saw us quickly walking along the well marked trail. The Australian Geographic Society have certainly done a great job in



blazing and marking this trail with easy gradients, so the climb (nearly 400m) to the top was steady, but not hard.

The Stern itself was freezing with 5 layers barely enough to keep out the cold, and morning tea held in the shelter of the scrub out of the wind. Too cold to really enjoy the vista from the Stern, though the view were excellent.

From then, down hill all the way, with a chilly stop for lunch, then back to the cars, where we passed a lonely French walker out for a stroll.

Dutchmen's Hut was then inspected and Mark Darter's name noted to be in the visitor's book. Does that boy get around or what?

Then back to Quorn and a cleansing ale at the Austral where we were the sole drinkers.

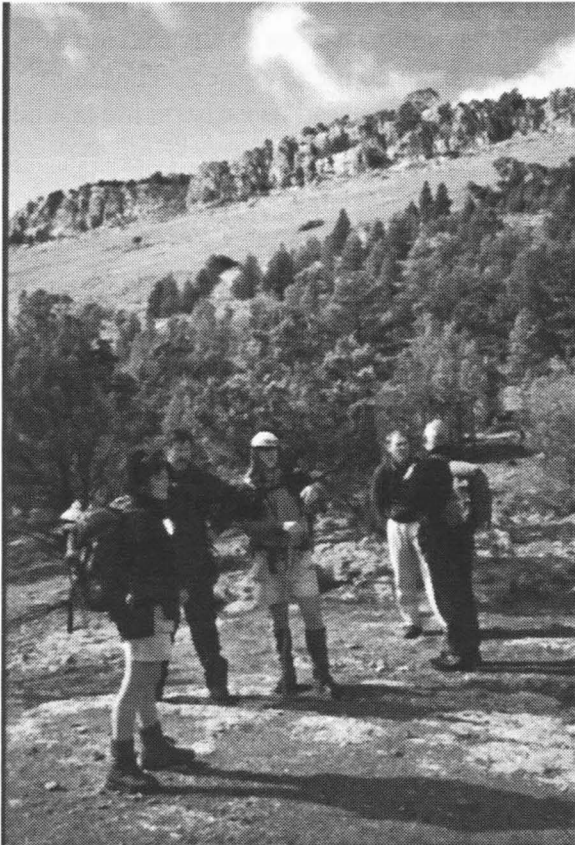


# THE TRAILWALKER

Saturday nights dinner at the Criterion was interesting again accompanied by the Jaguar car Club, with the maitre de a rather surly fellow, and a rainy dash back to the school.

The night's entertainment courtesy of Terry and that POP, Bob Randall.

Sunday was threatening rain, and Mick Thomas was threatening a long walk around Warren, South and Hanniman's gorges, and that's just what we did. In spite of the gusting rain, a wonderful walk with the full variety that the Flinders has to offer. Red stone cliffs, spinifex, kangaroos (though no yellow footed rock wallaby), a variety of birds and great company. Lunch at South Gorge was enlivened by a couple who walked past carrying a plastic shopping bag, no maps, no obvious rain jackets and enquiring if this was Buckaringa Gorge (only 15 km further north).



Then back to the Railway Hotel for a cleansing ale and, joy of joy, Guinness on tap and a very entertaining barman who drank the profits as he went along.

The evening meal, so we were told, was Melrose leftovers and rice. You ain't seen gluggy rice, until you've seen Quorn Gluggy Rice.

The night's entertainment was provided by Merrylyn Thomas and yes, you guessed it Terry and that POP, Bob Randall.

Monday was to be Devils Peak, however rain put a stop to that. A very pleasant couple of hours following the Heysen trail up Saltia Creek from Woolshed Flat proved just as enjoyable without the climb.

The weekend finished with lunch at the old brewery in Pichi Richi Pass and then the long depressing drive home. What a bummer!!

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## The Prom Concert

*Bogong Boys and Girls sing Praises of Wilson's Promontory*

Heysen Friends Members: Colin and Marlene Edwards, Rick Trutwin, Mike Fretwell, Bradley Howel, Jean O'Brien and George Driscoll did a

five day walk at "the Prom" in Victoria during February.

"I don't want to go to a place over run with people" was the worry pressed by Colin. "I'm all for going somewhere where a leader is passionate to go", said Bradley. These were the

# THE TRAILWALKER

comments from this small group when planning their annual walk for 1999. As George was passionate about Wilson's Promontory and believed that we would see just a few hikers the decision for the Prom was made and George elected leader for 1999.

It is a pleasant two days drive to Tidal River at the Prom when going through Penola, Colac, Lorne and on the car ferry to Sorrento where the judgement about whether their Vanilla slices are the best ever tasted can be made.

A Monday morning walk from the camping ground to Mount Bishop which overlooks the wonderful bushland and coast line and then down to the Lilly Pilly Gully set us in the mood for our afternoon trip with packs to the Oberon Bay camp site. Going to bed with the muffled roar of the waves two hundred metres away soon saw us in the land of nod.

The people count? Just one couple carrying packs met on the day.....but granted, there were a few day walkers early on.

And so the walk was completed. All voted it a wonderful experience.

With the new track, which now completes the circle, it may well become an Australian classic 5 day walk.

The rules on the people count was once again amended by George to mean "just the people with packs who passed us on the track to be counted." That count was three. They were young men who passed us early on the last day.

George then declared that it was "virtually a walk by ourselves!"

**George Driscoll**

(This article complements the contribution from Bradley Howell in the May Trailwalker. Ed)

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## A Walk in Trentino

A couple of years ago I found I would have about two weeks in France after my husband David had returned from France to Australia, so I decided to join a walk organised by a UK walking club called The Ramblers Association. The Ramblers organise walking holidays all over the world, ranging from "E" grade (Easy terrain, not too much strenuous activity and at a slower pace), to "B" grade (Terrain hard to severe, hard walking and scrambling), so I looked for a D+ or C, somewhere in Europe, with lots of interesting mountain walking, and at the beginning of May. I found that in early May walking is restricted to the southern countries because of snow further north, so I had the difficult task of choosing between walks in France, Spain and Italy, but finally decided to go to San Sebastiano in the

Trentino area of northern Italy, in the foothills of the Dolomite Mountains.

I was to join the group at Verona airport one Saturday evening, after Friday night on the train from Paris and a fantastic day in Verona sightseeing. Verona is a beautiful place, full of 13<sup>th</sup> century churches and typical Tuscany houses. Having successfully found my group leader at the airport we travelled to the small village of San Sebastiano by bus. I thought it would be interesting to sit at the front to see the view, but this was a mistake! I had an excellent view, the whole way, of a precipice which was always on my side of the bus, with the overhang of the bus, with me in it, hanging in space over a terrible void! I wished I had chosen a seat

# THE TRAILWALKER

somewhere in the centre of the bus where I couldn't see out at all!

San Sebastiano turned out to be an attractive small village, perched on the side of a mountain, with grand views of a deep valley and surrounding mountains. The Hotel Al Sola was a small family hotel with us 19 walkers as the only guests. We set out on our walks most days from the hotel, each day a new direction. The village was at about 1200 m, and on 4 of the 6 days of walking we climbed a further 800 m to surrounding peaks, with more views of mountains stretching to the horizon in all directions. Most days we walked about 20 to 25 km, except for one memorable day when we went the wrong way and had to retrace our steps. A feature of the area was a string of 1<sup>st</sup> world war forts. The Austrian-Italian frontier passes near there, so several of the walks were planned to pass them. It must have been a bleak posting at any time, especially in the winter, miles from any towns, with no roads, all supplies brought in by pack or mule, and the freezing weather.

The scenery was magnificent on every walk, with views of steep sided valleys, pine clad hills, and occasional villages or small towns with the church steeples rising above the house. There was still snow on the ground on the northern slopes of some of the mountains, so we walked through quite thick snow on several occasions. Most days provided perfect weather, with clear views in all directions. On one memorable day our walk along a narrow steep sided (on both sides ) ridge was through cloud, so it was only as the clouds parted that we realised the narrowness of the ridge and the steepness of the slopes on each side.

On most days we managed to pass a local tavern where we refreshed ourselves in our various ways. The Trentino area benefits from tourism throughout the year, with skiing in the winter and walking and family holidays near several large lakes in the summer, delightful area where I would love to return one day.

**Daphne Sands**



**Magnificent scenery in Trentino**

# THE TRAILWALKER

## A SMALL EFFORT COULD MAKE A BIG DIFFERENCE

When it comes to helping the environment, many of us have good intentions but we just don't know how or where to start.

Our unique and beautiful bushland in South Australia is under threat from introduced weeds, pests and inappropriate human activities.

South Australia's largest non-Government conservation organisation, Trees For Life, is dedicated to reducing these threats and has responded to them by setting up the Trees For Life Bushcare Program. The program aims to help preserve the biodiversity of the State's remaining stands of native vegetation.

Through the efforts of its volunteers, bushland is managed for the benefit of our flora and fauna through the removal of weeds using minimal disturbance techniques.

With the support of local councils and Save the Bush (now Natural Heritage Trust), the Trees For Life Bushcare Program began in 1994 after Trees For Life became concerned that the condition of remnant vegetation was declining in South Australia.

The program has now been extended onto privately owned land under Heritage Agreements - a State Government initiative which aims to encourage and assist landholders to conserve native vegetation on their properties.

A long-term commitment to Bushcare is necessary because the results of work are not seen immediately but rather over a period of months or years.

### DO YOU KNOW -

- Only 5% of the original native vegetation in the Mount Lofty Ranges still remains
- Many important sections of this are found along our roadsides and on privately owned land.
- Vegetation damage still occurs due to weed invasion, pest animals and human activities.
- Native plant and animal populations are on the decline due to loss of habitat.

Anyone interested in Bushcare can become involved by attending a one day workshop. For more information and locations of these workshops phone (08) 8207 8787

The Bushcare site I am involved with is a road verge alongside National Park at Upper Sturt. It was a place overrun with weeds and littered with rubbish - its riches totally obscured to the untrained eye. Now several years down the track from our initial one day training workshop we are amazed at the resilience of our native bush. Ten of us, ( who met each other through bushwalking) spend an hour or two per month in groups of three or four at the site. It is immensely satisfying to work with a group of like-minded people contributing to the preservation of our natural environment. The site is very peaceful, and beautiful now without the head-high broom. We think we have a resident echidna but haven't actually seen him. We are gradually learning to recognise all the weeds and to control water run-off with the help of our site coordinator. To see the return of the native vegetation has been tremendous - there are carpets of orchids! At the beginning we could not have imagined the results of our seemingly small efforts.

**Trish Bell**



# THE TRAILWALKER

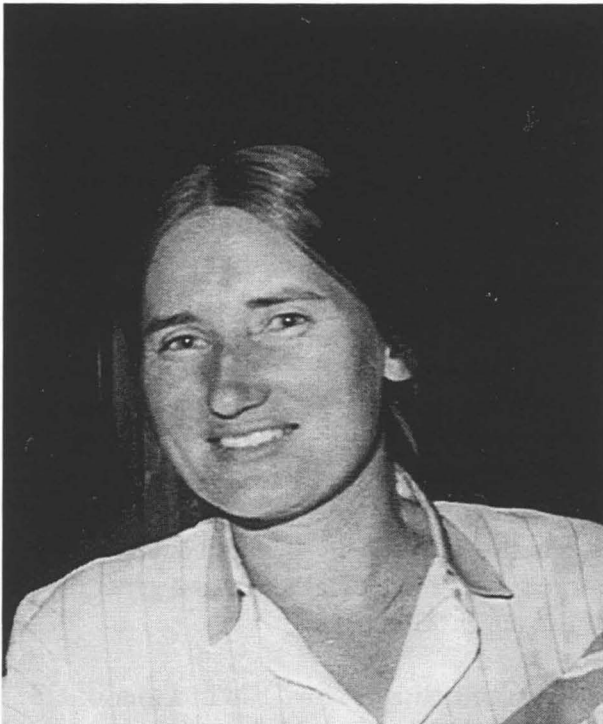
## Barbara Mattson

Barbara Mattson, athlete, coach, public servant and Past President of the Friends of the Heysen Trail, passed away on July 5th 1999 at the age of 48.

Barbara was an outstanding player and coach of lacrosse, an A Grade softball player, rowed sculls for Australia, S.A. Sports Institute Manager, and General Manager of the Masters Games in 1989. She also held several managerial positions with the Department of Recreation and Sport, Land Trust and Housing Trust.

Bushwalking was one of her early interests and as President of The Friends of the Heysen Trail she was one of the early supporters of the Trail. This today remains the backbone of S.A. Walking Clubs along which many walkers take their first steps in bushwalking and is traversed by people from many parts of the world.

A lover of nature and beauty Barbara was cruelly cut down by multiple sclerosis and died peacefully in her home in Mitcham.



**Barbara Mattson**

## Your chance to be the first to walk on the proposed South Australian Federation Trail

On Sunday the 26th September at the Murray Bridge Community Club on Sturt Reserve by the River at Murray Bridge, the inaugural walk of the planned Federation Trail will begin at 10am.

All walkers are Invited to attend this event. Normal walking gear will be required including a rain jacket water and lunch carried in a day pack.

The distance of this walk is 8 to 10 kilometres returning to the Sturt Reserve at around 3pm for afternoon tea at the Murray Bridge Community Club, or walkers can bring their own vacuum flask and nibbles.

The Rural Council of Murray Bridge will provide a shuttle bus between Murray Bridge and Callington during the day for people wishing to do a shorter walk.

Certificates will be presented to those completing the inaugural walk.

A donation to assist in marking the route of the trail is requested from all walkers.

This can be paid on the day or any interested person can make their donation at the Snowgum Store In Rundle Street

Further details on the walk are available from this store on 8223 5544. Bookings are requested so enough leaders can be provided. However walkers will be welcome on the day at Sturt Reserve, Murray Budge at 9.30am to book into this inaugural walk

# THE TRAILWALKER

## HEYSEN TRAIL LOOPS

There have been two loops added to the Heysen Trail in the Mt Crawford area: see map opposite

### 1. Loop trail to Freeman Hut (GR 111 626 Map 2)

Until recently, the Freeman Hut has (B map opposite) only been accessible by a spur trail of 3.5km from the Ross Fire Track, north of the microwave tower (A). Permission was obtained from Mr Ian Ross, and SA Forestry to continue this spur south from the Hut, and through the Murray section of the Mt Crawford forest (C), following the fenceline around 'Abbaston' and rejoining the Heysen Trail proper south of the Wirras (D). The extension is 4.8km in length, and was marked by John Wilson, with assistance from Graham O'Reilly from the St Agnes Bushwalking Club. The loop is distinguished from the main Trail by means of stickers pointing the way to the Hut. These were purchased using funds donated to the Friends by the St Agnes Club in memory of one of their founding members, Ed Longhorn.

### 2. Loop trail through Mt Crawford Forest Headquarters (GR 118 556 Map 2)

A loop trail has been marked through the Mt Crawford Forest Headquarters on Warren Road east of the Warren Reservoir, to enable campers to obtain permits. The HQ Information Centre is staffed from 9am to 11am each day. Permits can be obtained outside these hours from a self service box on the HQ verandah. Phone number is (08) 8524 6004.

From the south, the loop leaves the Heysen Trail at the corner of Tower Road and Chalks Road (E). It proceeds down Tower Road, then left past Sailor Gully Picnic Area, past Rocky Paddock Camping Area and down to the Forest HQ (F). It then follows the private road behind the HQ to cross Mount Road (G), through Jenkins Scrub to the wet weather detour of the Heysen Trail below the ridge from Little Mt Crawford (H). The main Heysen Trail is rejoined where this detour begins. This loop has distinguishing Forestry SA logos (green and white) on markers facing the Forest HQ.

**John Wilson**

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## FLINDERS RANGES AUTUMN EVENTS

April School Holidays - 15<sup>th</sup> to 30<sup>th</sup> April 2000

During the Autumn Events program a range of activities are held focussing on the cultural, historical, ecological and recreational life of the area. These are conducted by National parks staff, local aboriginal people and local tour operators.

**Friends of the Heysen Trail have been asked to conduct guided bushwalks in Wilpena Pound as part of the Tuesday and Thursday program.**

It is envisaged that the sessions will be mainly aimed at family groups and include a short talk

about bushwalking, emphasising navigation, equipment and safety, followed by a guided walk of about 1½ hours during which skills using map and compass can be shown.

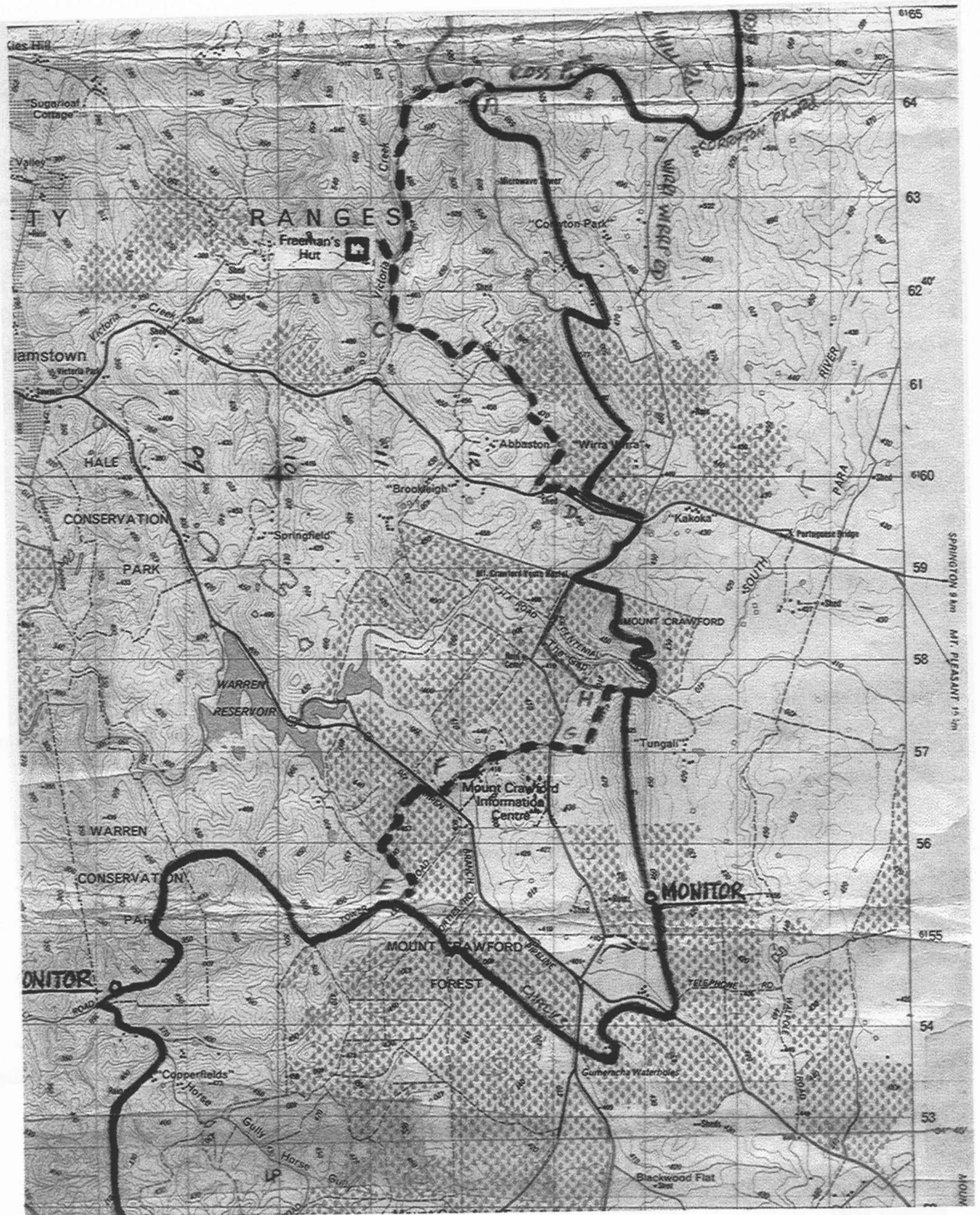
Knowledge of other information to help develop greater awareness of the Flinders area would be of additional interest.

This provides the Friends with a great opportunity to spread the word about walking, encourage others to take part and generally to raise our profile.

Plan your holidays now. Tie in a tour of the Flinders with helping the Friends.

Contact David Beaton in the office (8212 6299) to register your interest.

# THE TRAILWALKER





# THE TRAILWALKER

## The FRIENDS and ONTRAK events for the rest of 1999

5th Sept	Yankalilla Gorge - a day walk including lunch at a winery	\$22
11/12 Sept	Mt Torrens/Mt Misery - a weekend walking closer to Adelaide	\$70
25/26Sept	Backpacking in the Kaiser Stuhl area	\$35
26 Sept	Learn more about our wildflowers with Liz Barry - day walk	\$11
1/4 Oct	The Grampians for three days of spectacular walking	\$150
9/10 Oct	Stockport Stables - learn to ride and go riding north of Gawler	\$155
6/7 Nov	Coorong bird watch - birds of the wet lands with an ornithologist	\$65
20/21 Nov	Cape Jervis weekend of walking in the. South	\$ TBA
27 Dec/3 Jan	Tasmania around Bronte Park - all inclusive	\$1350
5/12 Jan	Tasmania - Gowrie Park with walking in the. Walls of Jerusalem	\$1250

for further details phone    Colin Edwards    8264 1492  
   Mick Thomas    8322 0281

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Note that the Trailwalker mentioned in the following article is an event sponsored by Community Aid Abroad, and does not refer to our newsletter.    Ed.

## Can You Do It For 48 Hours?

### Trailwalker comes to South Australia

Trailwalker is an exhilarating team event to take place for the first time in Adelaide on the last weekend of October, 29, 30 & 31. Teams of four will complete a 100 km section of The Heysen Trail starting from Kupto Forest, over the Mount Lofty Ranges finishing at Cudlee Creek. Participants will use the best of their teamwork skills to bring their team through the course in less than 48 hours. Teams must stay together throughout the trail and will be recognised both for raising the most money and coming first in their category.

Patron for Trailwalker, Bryce Courtney, says, "Trailwalker is all about teamwork. It is tough and challenging. It is inspiring and exhilarating. Trailwalker engages the astonishing capacity of the human spirit to achieve the extraordinary. Every step you take along the trail is a step towards a better life for poor communities the world over."

Trailwalker started as a military training exercise run by the Queens Gurkha Signals Regiment in Hong Kong in 1981. So far it has raised over \$20 million for Oxfam Hong Kong. Today Trailwalker is one of the major endurance events on the international calendar, and is held annually in both Hong Kong and the UK. 1999 will see the first Australian Trailwalker held in Sydney in late May followed by Adelaide in October.

Community Aid Abroad Oxfam SA hopes to raise over \$50,000 from the first Trailwalker event. The organisation also has the goal of raising the profile of one of Australia's greatest walking tracks, The Heysen Trail.

For more information contact Paul Rees on 8223 3405 or email [trailwalkersa@caa.org.au](mailto:trailwalkersa@caa.org.au) or [shandya@caa.org.au](mailto:shandya@caa.org.au)



# THE TRAILWALKER

## LAVENDERS TRAILMASTER

### THE GUIDED WALK SPECIALISTS

HALF AND ONE DAY WALKS.  
HEYSEN, MAWSON, RIESLING,  
MT LOFTY AND FEDERATION TRAILS,  
SEASCAPES, WINE VALLEYS, FORESTS, GOLDFIELDS.

PHONE/FAX

**(08) 82587785**

## PUBLICATIONS

### MAP PACKS

#### THE HEYSEN TRAIL

MT CRAWFORD TO MT MAGNIFICENT

#### HEYSEN TRAIL

MT MAGNIFICENT TO CAPE JERVIS.

#### RIESLING TRAIL

CLARE TO LEASINGHAM

AUBURN TO RIVERTON

#### BAROSSA VALLEY

AND

#### BAROSSA RANGE

COMING IN AUGUST TO A BOOK SHOP OR CAMPING STORE NEAR YOU  
FROM BOOKENDS BOOKS, SA's NEWEST PUBLISHING HOUSE  
SA NEWEST PUBLISHING HOUSE

## STROLLING SOUTH AUSTRALIA

BY

DEREK WHITELOCK AND TERRY LAVENDER

AND IN SEPTEMBER

## WALKING THE HEYSEN TRAIL

TANUNDA TO CAPE JERVIS

A STEP BY STEP DESCRIPTION OF THE TRAIL BY THE MAN WHO MADE IT  
AND

## THE LAST POST

BY TERRY LAVENDER

THE UNTOLD STORY OF HOW THE HEYSEN TRAIL CAME TO BE. THE GOOD,  
THE BAD, THE UGLY, ARE YOU THERE? FIND OUT IN SEPTEMBER.

FROM

**BOOKENDS BOOKS 136 UNLEY ROAD, UNLEY, SA**

**PHONE/FAX (08) 8271 0050**

# THE TRAILWALKER

## Pathfinders at Moolooloo

Sunday 11th July witnessed eleven happy adventurers boarding a coach bound for Port Augusta. Some chattered non-stop, some watched the scenery, while others caught up on sleep in advance as we journeyed north. Thus, the personalities and behaviours of our group were noted from the outset. On arrival in Port Augusta we met up with our leaders, Mike Fretwell and Noel Battersby, and their trusty 4WDs. A further three hours steady drive and we reached our base camp for the week on Moolooloo Station. The shearers' quarters proved to be extremely comfortable with twin share rooms including table, chair, locker and even a rug on the floor! A plentiful supply of hot water was maintained by a donkey and by the efforts of the male members of the party who stoked it each evening. The catering was superb! Those of us who had hoped to shed a little weight during the week's activities were to be disappointed. Mike and his wife had prepared some gourmet meals for us to simply reheat. Noel cooked two wonderful camp oven meals which had us coming back for more! These, supplemented by a couple of dinners at the Blinman Hotel and the Prairie Hotel at Parachilna, ensured that we had more than adequate calorific intake to tackle the weeks walking and other activities.

Mike had planned a variety of walks for us in areas not often walked on private land. Compass, map and GPS (as umpire only) in hand, we headed off into untracked terrain. A competent navigator, Mike led us along a multitude of dry creeks lined with magnificent Red Gums and stands of native Cypress.

We clambered up amazing waterfalls complete with sky-reflected pools, and gazed in awe at the magnificent views from the ridges above. A highlight for us all was a clear sighting of an Owlet- Nightjar which we flushed as we were slowly making our way down a steep gully.

Most of the group managed the scramble to the top of Mt. Elkington adorned by a lone Cypress Pine. This lonely tree was visible from many of our walks, so when we reached the top we all felt it needed a hug! On the way down, Greta, the most nimble footed of us all, was rewarded with the find of a mighty horned goat ( renamed elks ) skull. We knew then that the tree had been grateful for our brief presence!

Every day Patawarta Hill (1015m) dominated our horizon. We longed to climb it! The chance came on the final day. Unfortunately, a nasty virus had laid many of the party low so it was only a small "gang of four" who made the ascent of the north-eastern spur. Battle-scarred, scratched and bleeding from the scramble over spinifex clad rocks we claimed the summit in time for lunch overlooking Narrina Pound with views extending to the Gammons in the north and to Wilpena in the south.

Sadness at leaving this Flinders paradise was compensated for a little by stopping to sample the delicious quandong pies at the Quandong Café in Quorn on the way home.

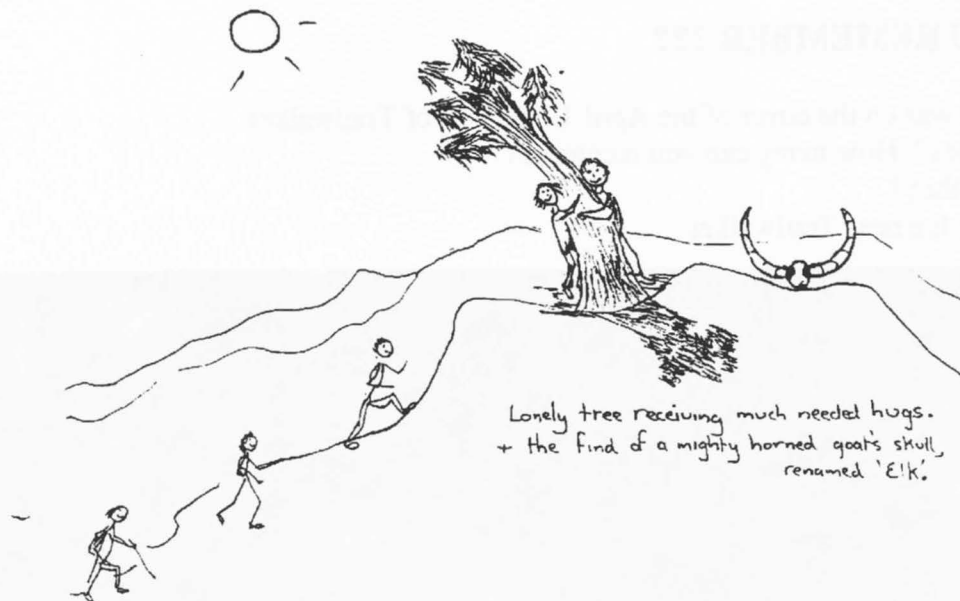
Thanks to leaders and participants who all worked together to make this a memorable week.

Text Shirley Edwards

Drawings Ruth Eisner

"Pathfinders' is a walk program run by the Scout Outdoor Centre. There are some spaces available for the after Christmas trips to Tasmania.

# THE TRAILWALKER



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## Mt Remarkable ----- Heysen Trail

Like to be part of a voluntary team to complete that last 1.5 km of a 4.5 km walking track from the Monument at Melrose to the summit of Mt Remarkable?

**September 13 - 24 1999**

Equipment will be provided, but you will need to provide for yourself;

- stay at Melrose
- camp on Mt Remarkable ..we can provide a hot shower at the end of each day
- or if you're keen, walk In from Mambray Creek!!

Please confirm your interest to

**June Boscence 8363 6955 or**  
**Rob Marshall 8362 1595**

**Note** Although Rob had requested volunteers to contact him by July 30, he would welcome enquiries from Friends members at a later date. If you are interested please contact him as soon as possible. Ed.

# THE TRAILWALKER

## DO YOU REMEMBER ???

This photo was on the cover of the April 1992 issue of Trailwalker  
Who are they? How many can you recognise?

Where are they?

Answers in the next Trailwalker



## DID YOU GET THEM RIGHT?

The ladies in the photograph published on the back page of our May Trailwalker were Betty Wise and Dae Weatherald. The location is the northern section of the Warren Conservation Park, on the Giant Staircase just north of the South Para River. Our thanks to Thelma Anderson for the photo and information.

