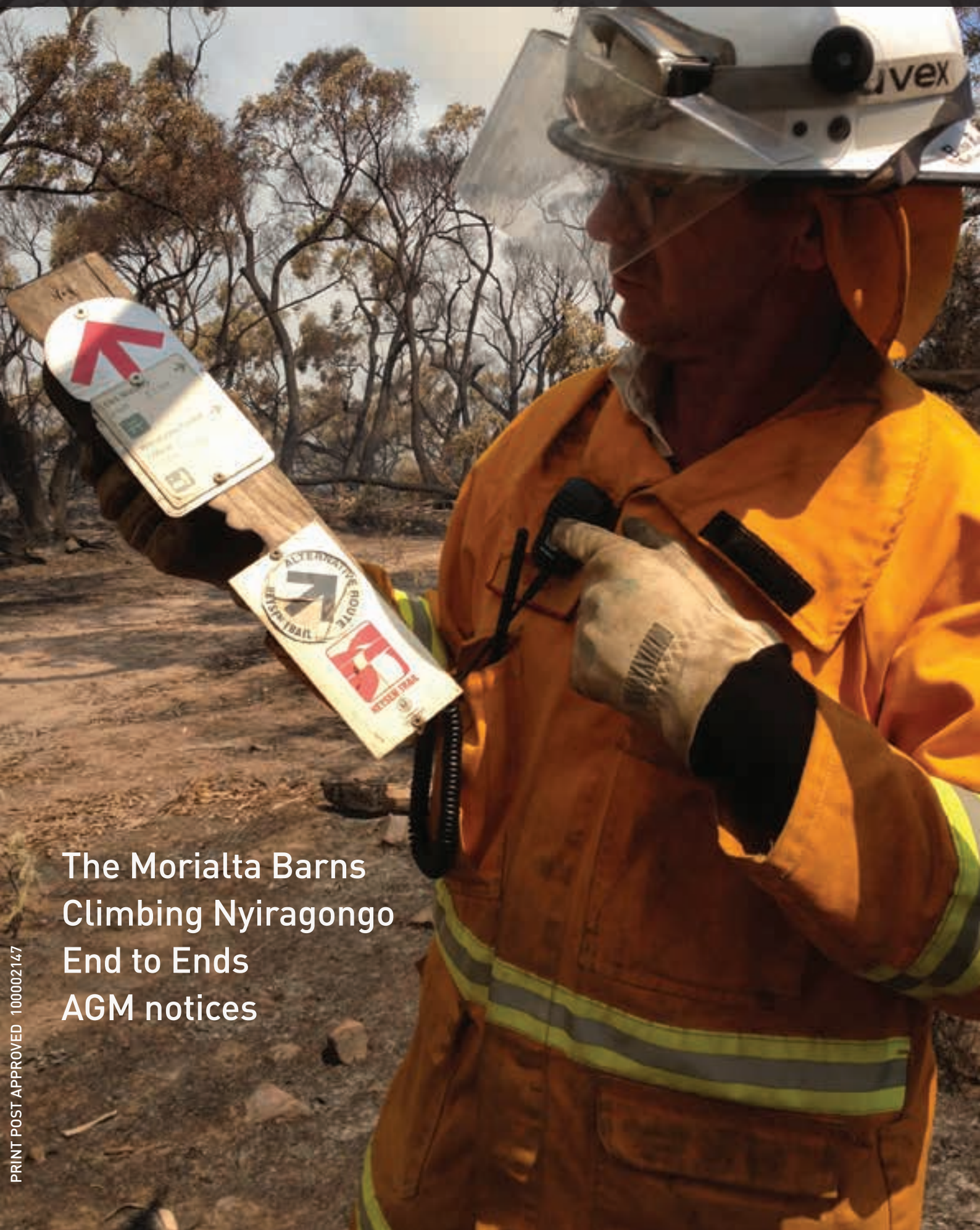




Trailwalker

Autumn 2014 Issue 131

Free



The Morialta Barns
Climbing Nyiragongo
End to Ends
AGM notices



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Contents



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Membership Information

Joining Fee \$10

Single \$25 per year

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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.

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

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

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

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

Magazine of the Friends of the Heysen Trail

Issue 131 Autumn 2014



President's Report

5

News

News

6



The Morialta Barns

10



Climbing Nyragongo

12



Walks

16



Christmas Bash

18



How the End to Ends grew

22

Plan

Preparing for an End to End

24





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the Heysen Trail
& Other Walking
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Sally Fieldhouse	Secretary
Benita Rees	Publicity Officer
Hugh Greenhill	Section Leader

Council Meeting Dates

Wednesday 19 March 2014
Wednesday 16 April 2014
Wednesday 21 May 2014
Wednesday 18 June 2014

Winter Trailwalker Deadline

Friday 2 May 2014

Articles, reports and other submissions are welcome from:
members walking on the Heysen Trail or elsewhere;
non-members walking the Heysen Trail;
other interested parties.

To submit an article, contact the Editor at trailwalker@heidsentrail.asn.au.

Contributors are urged to contact the Editor to discuss their article prior to submission.

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Cover

Rodney Rees examines the remains of a marker at the intersection of the Go Cart Track and Apricot Track, Wirrabara, following the recent fire.
Photo: Rodney Rees



President

A Word from the President

Robert Alcock



Hot weather and fires. This summer has not been kind to us bushwalkers. Many twilight walks have been cancelled due to the hot weather. And the recent fires have burned large sections of walking trails.

First hit was the Lavender Federation Trail, from Eden Valley north, then a very large

length of the Heysen Trail, out from Wirrabara. The fire map of 13th February shows the burnt area extending from Collaby Hill to Murray Town, including all of the Heysen Trail between these points. While an assessment of the Wirrabara and surrounding area is yet to be done, we can assume the areas through state forest, including all the ridge-line walking above Port Pirie, will be closed to public access for many months. Fortunately, although in the centre of the burnt area, the White Park ruin proposed for rebuilding into a new Heysen Trail hut, has survived the fire.

To assist with Lavender Federation Trail restoration work, the Friends have donated \$2,500 to SARTI, the organisation responsible for that trail. We are fortunate that the Department of Environment, Water and Natural Resources will provide materials required to reinstate the Heysen Trail assets. A large work programme will be required once we regain access to the burnt areas.

We are currently having a break from the heat, and I hope people are taking the chance to stretch their legs. Start now to regain some of last season's fitness, so we are all ready for the new season of walking.

The Opening of the Walk Season is on the first Sunday in April. Rymill Park will be the centre of action.

The Friends are planning a couple of walks in the parklands - plus, following its success from last year, a second-hand walking gear stall will be a chance for you to clear the cupboards and shed, to make room for new gear. Or to fill the same with other people's pre-loved gear.

The walking programme continues to grow, and so the co-ordinating duties have now been officially split, with an organiser for End to End walks and another for our general walk programme. I thank the previous co-ordinators, Arrienne Wynen and Russell O'Brien, for managing this most important function. Our walking has grown and grown since 2000 to be the major furnace of our organisation, providing personnel and funding to support all the work we do.

With a number of Friends travelling, or about to head off on walking trips, I reflect on the wonderful social/community side to our End to End programme. So many

close friendships that have developed, and travelling companions found. It is sometimes necessary to sit back and reflect on some not-so-obvious benefits derived from our efforts. See page 22 for the history and the development of the End to End walk programme.

At our annual review and planning meeting in January all committees reported on achievements of last year, and produced their plans for 2014. A lot of good work on and about the Trail is planned, so we again have a busy year ahead. Thank you to all of our wonderful volunteers who put in the time to bring it all together, for everyone's benefit.

Succession planning is requiring us to find new volunteers - for joining our management Council or one of the sub-committees that help out with administration, office, maintenance, walking and marketing. We will be on the lookout for those members interested in our unique trail and have a couple hours a month to help share the load. Skills and experience from past lives are welcome though not essential.

The new walking season is almost here: let's get out and get fit - to be able to walk through and really enjoy our wonderful country, plus the flora and fauna it supports.

Friends of the Heysen Trail and Other Walking Trails Inc. AGM 2014

Come to the Friends' AGM

**7.30pm Friday March 21 2014,
at the Woodville Lawn Bowling Club,
Oval Ave, Woodville South.**

**Hear about our Association's activities in 2013
and the plans for 2014.**

**Meet your council (they are the people who
make the decisions)
and find out how we spend your money.**

**Come and hear
Chris Halstead
talk on
"Let's Make a Trail"**



Report on Eden Valley fire

Bush fires during the past weeks have affected several sections of the Lavender Federation Trail resulting in an indefinite closure of these sections.

It is believed that most trail markers (wooden posts on star droppers with aluminum markers), trail intersection signs and stiles over fences are unlikely to have survived due to the ferocity of the fires. SARTI personnel, when safe to do so, will make "on-site" assessments of the damage commencing with the more easily accessible areas.

The initial estimate of replacement costs of destroyed infrastructure along the estimated 25.3 km of trail affected in the Barossa and Rockleigh areas is approximately \$10,000.

Realistically, some of the sections may have to stay closed for all of the 2014 walking season until all fencing has been replaced & new stiles installed.

Regular updates will appear on the Lavender Federation trail website www.lavenderfederationtrail.org.au

Report on Bangor Forest fire

At the time of producing this magazine, the Bangor fire was still ongoing. This fire has been burning for about a month and will have a significant impact on the Heyesen Trail. There has not been an opportunity to investigate the level of damage. The fire area is shown on the map.

End to End 5 program

The End to End 5 walks are scheduled to start in this area in early May. There is a possibility that closure of the Heyesen trail will force the End to End 5 walks to be altered for 2014. Unfortunately, it is still too early to be able to report on any changes to the programme.

An announcement is expected to be made in the second half of March.



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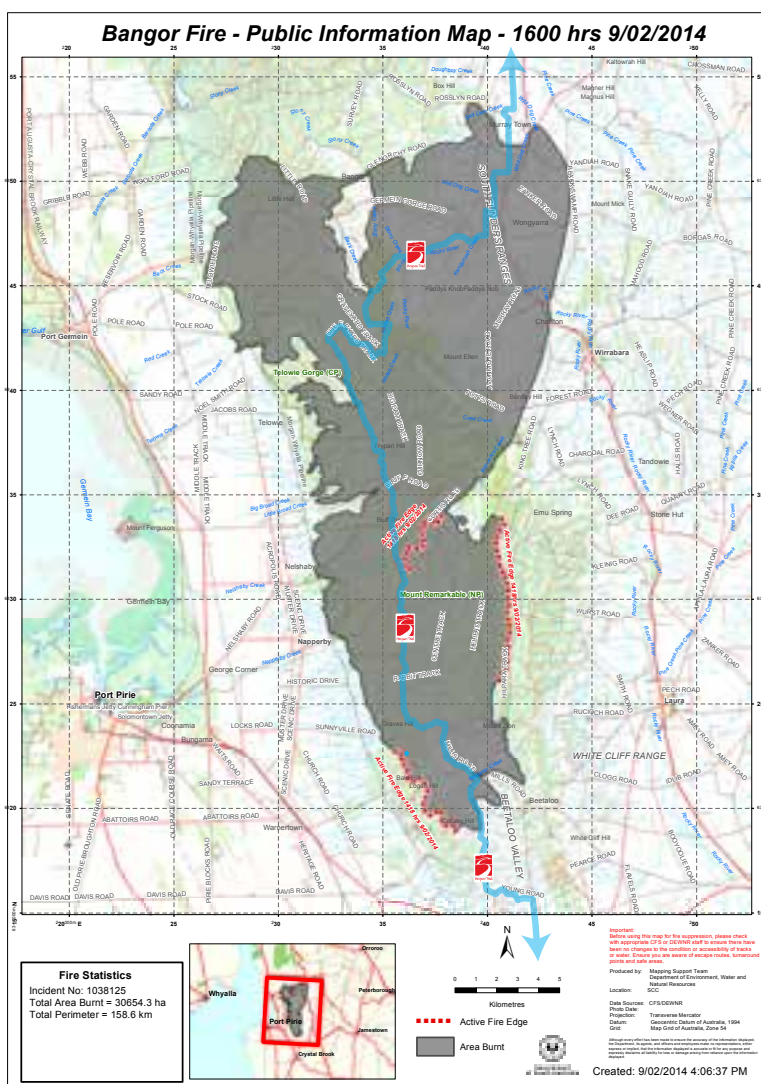
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Awaiting Southern Access

The FoHT understands that the announced access to the Balquidder property is still under negotiation, yet is expected to proceed. A new trail will be constructed giving more coastal views. Given the high country, with a number of deep gullies to negotiate, the trail will take some time to construct (2 years?). The existing trail alignment will remain in place until the new trail is completed.

The following article from the Victor Times is relevant

Kerry Stokes looks to buy southern Fleurieu land

Dec. 11, 2013

DEEP CREEK - Billionaire Australian media magnate Kerry Stokes is in talks with the state government to buy coastal land at Tunkalilla Beach.

The 31.14 hectares of land, owned by the state government, is valued at \$925,000 and neighbours Balquidder Station, which the Channel 7 chairman bought in 2007.

As part of the negotiations, if the land is sold to Mr Stokes, the Heysen Trail will be shifted from its existing route along back roads, to through the station to incorporate coastal views.

A Department of Environment, Water and Natural Resources (DEWNR) spokesperson said the current negotiations with Mr Stokes began in 2009.

But the government has been seeking access to reroute the Heysen Trail along the exceptional coastline on Balquidder Station since Mr Stokes bought the station, and before that with the previous owner.

"If negotiations were to be successful, the trail would be able to be shifted from its existing route along back roads to include 18km of spectacular coastal views, vastly improving the experience for walkers," the DEWNR spokesperson said.

If negotiations fail, the trail will not be rerouted and the land will not be sold.

Mr Stokes said he has owned land in the area for almost a decade.

"I work sheep and cattle there. It is a magnificent part of Australia and I am a genuine believer in South Australia and its natural environment," he said.

Mr Stokes said he is committed to working closely with the department on the Heysen Trail.

"This is an amazing part of South Australia and I am looking forward to ensuring its heritage and also opening up the Heysen Trail," he said.

"We were approached by the department to extend the Heysen Trail and create some hard stand facilities for youth engagement."

He said there are no plans for development on the parcel of land, other than the possible construction of a private residence.

Friends of the Heysen Trail president Robert Alcock welcomed the idea of possibly rerouting the trail through Mr Stoke's property.

"We are very supportive for the trail to continue along the coastline," he said.

Mr Alcock said the trail had been traced around Balquidder and along back roads due to the reluctance of the previous owner to have the trail pass through the property.

Mr Alcock did not think the possibility of a private residence being built on the land by Mr Stokes would influence the trail.

"The trail runs past many houses and properties," he said.

The coastal land is currently known as the coast protection block because it was acquired by the Coast Protection Board in the 1980s to ensure there would always be public walking access to Tunkalilla Beach. The DEWNR spokesperson said under any sale, the public walking path will be maintained across the land to allow access to Tunkalilla Beach, as well as a 30 metre-wide coastal reserve.

Reproduced courtesy of The Times, Victor Harbor.

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News

Office Report

David Rattray, Office Coordinator

The regular walking season will shortly be with us and Twilight Walks will end soon. Office have answered several inquiries about the end to end 9 walks – the answer is always to keep an eye on the website to see when the first walk opens and then be quick to register. Registrations open at midnight and last year the capacity of the walk was reached in 19 minutes (the bus was full).

Membership Cards.

The office realised last year that members who renewed their membership on-line may not have received their membership card at that time. This has been corrected now, but if you have not received your membership card please contact the office. I apologise for any inconvenience this may have caused. Walk leaders no longer have to see your membership card.

Walking Cards.

Golden Boots and Multi Walk cards are not usually issued now because the walk registration system checks whether members have a valid walk card and walk leaders no longer have to check walk cards; they can rely on the database.

If when you register for a walk you don't have a valid walk card you are prompted to buy one at the time

of registration. You cannot register for a walk unless you pay the walk fee or have a valid walk card. Please contact the office if you disagree with the number of walks remaining on a multi walk card or there is no record of a recently purchased, through the office walk card. It is still possible to walk without purchasing a walk card on-line or through the office but you must pay at the time you register.

Guests are walkers trying us out. After two walks they must join before they walk a third time and can then purchase a walk card. Guests cannot purchase a walk card.

Office Roster.

We said farewell to Sandy Melbourne at the end of last year, after nine years as a volunteer on Fridays. Jack is back. We welcome Jack Marcelis back after a two year absence. Jack has walked the Heysen Trail and has vast knowledge and experience of walking. These changes have necessitated some volunteers changing the day they work in the office.

On-line shop.

We are currently working on setting up the necessary program changes and procedures for an online shop to sell our books and maps. We expect the on-line shop to be working before the winter edition of Trailwalker is published.

Sunday Fun and Fitness

- | | |
|------------|---|
| 6th April | Opening of the walk season Rymill Park <ul style="list-style-type: none">- Outer Adelaide Statues 2 hours – a visit to Adelaide's Masterpiece War Memorial- Inner Adelaide Street Art 2 hours – public art from spray to long stay |
| 13th April | "Bootcamp" at Lofty 5-6 hours. Getting ready for anything the Heysen Trail throws at you this season. A different take on a Sunday morning stroll around Mt Lofty, exploring several of the little used, disused and non-existent tracks in the Cleland. |
| 20th April | Carrick Hill and Waite Gardens 3-4 hours |
| 27th April | Sturt Gorge 3-4 hours. Adelaide's newest riverside, complete with grottoes and glens.
Montacute 5-6 hours. Rolling hills with views to match. |

Book on the website

New Members

The President and the Council would like to extend a warm welcome to the following 17 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.

David Andrewartha
Robin Bodycomb
Maddi Crickmar
Bronwyn Glassmann
Kevin Griffiths
Judy Klobas

Michael Klobas
Andre Laubscher
Sara Laubscher
Dave Lawrence
Michelle McAuley
Raelene Schilling

Vicki Stewart
Claire Turnbull
Richard Turnbull
Jennine Vine
William Vine

Walk

Explore

Discover

Explore your neighbourhood for hidden gems, explore your city and discover amazing places, explore your state and discover distant vistas. Two feet can take you there.

WALKING EXPO

Sunday 6 April 2014

Rymill Park

Cnr East Tce and Bartels Rd, Adelaide

www.walkingsa.org.au



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Tent (Garage) Sale at the Walking Expo

Formerly the Opening of the Walk Season annual event

Lots of surplus bushwalking gear at home, just lying around?

Make some money, clear out the cupboards, the attic or the back shed and help the Friends.



How to sell gear

1. Clearly label your gear with your name and realistic price you want.
2. Drop off your gear at the Friends' shop by Friday 28th March
3. If your gear is sold on the day, you keep 90%, the Friends keep 10%. Why not nominate on the label for the Friends to receive 100%.
4. If the gear is not sold, you'll need to pick it up from the Friends' shop sometime after the event

The Morialta Barns

Story by Vicki Cox

Photos courtesy of Robert Alcock

The Heysen Trail is a trail of discovery, yielding many secrets as you traverse its course. I remember walking past the Morialta Barns in 2007 for the very first time. I was intrigued to learn more about their origins after reading the interpretive signs at the site.

The Morialta stone buildings are excellent examples of the early colonial agricultural and viticultural structures of South Australia.

They were built by John Baker, an early colonist who arrived in South Australia in 1838.

John Baker was born on 28 December 1813 at Ilminster, Somerset, England, the eldest son of Richard Chaffey Baker (1784-1821) and his wife Mary, née Anstice. Well educated in England, he migrated to Tasmania when he was 25, but was tempted to move to the newly proclaimed South Australia after marrying Isabella Allen.

He was renowned for his many and varied pursuits, but was best known as a pastoralist and parliamentarian.

He acquired significant tracts of land and took up pastoral leases in northern South Australia including Angepena and Blanchewater stations which he stocked with sheep and cattle, striking good seasons and financial success.

In 1850 he became a justice of the peace and special magistrate, a director of the Savings Bank and a founder



and first chairman of the Chamber of Commerce.

Baker assisted in selecting the site of the Botanic Gardens in Adelaide and served as a trustee. He was active in the Agricultural and Horticultural Society serving as president three times. He was also a fellow of the Royal Geographical Society, London

At the outbreak of the Crimean War in 1854 he was instrumental in the organisation of the Mounted Rifles. In 1854 he helped to form a company of mounted rifles and later became lieutenant-colonel in the volunteer force, serving until it disbanded in 1868.

In 1851-56 Baker represented Mount Barker in the first South Australian Legislative Council. In the 1857 elections for the new Legislative Council he won the second largest vote. He was South Australia's second Premier; however his ministry lasted only twelve days

He built the mansion, Morialta, at Magill in 1847. The



Barns were part of the Morialta House Estate where he established a farm and orchard. The complex of stone buildings included two barns (one 3 storey and the other 2 storey), a well house, a bake house, a dairy, stables, a stoned walled enclosure around the barns, and the original stables and coach house. The Barns also accommodated a poultry shed, an old piggery, and a few other small farm buildings. Guests to Morialta House included the Duke of Edinburgh and the future King George V.

By the 1860s, Baker had established vineyards and was exporting his wine to London.

He was well known in the district for his generous support of the Church of England, school and mechanics' institute.

His interests were not just horticultural. He built a hilltop horse racing track, on which he trained the winner of the 1873 Melbourne Cup, Don Juan, and for several years was on the committee of the SAJC.

He remained active in politics and the management of



his properties until his last illness. He died at Morialta on 19 May 1872, survived by his wife and seven of their twelve children.

The Barns stand as a testament to this fascinating man and are definitely one of my Heysen Trail Highlights.

References: <http://adb.anu.edu.au/biography/baker-john-2920>



CLIMBING NYIRAGONGO

by Alan Davis

Locked away in a remote corner of Central Africa, known only to volcanologists and occasionally visited by a stray lost traveller are a series of volcanoes. This astonishingly beautiful region in what was the old Belgium Congo has seen untold conflict in recent decades as civil war and strife in its near neighbours, Rwanda, Uganda and Burundi have taken its toll. But it wasn't always the case and passing through here more than 35 years ago on a trip across the continent I climbed the highest and most active of these peaks, Nyiragongo.

In 1978 I (and my partner at the time) went to Africa. We'd been living and working in London, having a sabbatical after a year spent travelling in Asia but after 6 months Her Majesty's Govt. required us to leave and rather than just do a Cook's tour around Europe, we decided to escape winter completely and head to Africa. Flying from Athens to Cairo, we landed on this vast continent with no firm plans, no real itinerary and no timetable but these were the heady days before the internet and Lonely Planet guides to everywhere and being prepared meant buying a couple of Michelin maps and having done some homework in the local library. In the end our journey lasted 15 months and took us through 16 countries.

If you are at all afflicted with wanderlust or have a spirit of adventure, indeed go to Africa but be aware, it's a place that throws up new challenges every day and above all you need to be resourceful. The first major problems for us were bureaucratic, put simply, many countries weren't really keen to let us in. Getting the entry permits that were required everywhere was a continual struggle but our experiences in Asia had taught us visas are generally much easier to obtain closer to the source and ultimately the only country that steadfastly refused us entry was Uganda. (Idi Amin was in power at the time so this was probably a blessing in disguise.)

Of course the great difficulty in travelling overland through Africa is that for the most part, public transport doesn't exist. There were some notable exceptions however. Egypt had a somewhat



Upper Nile in Southern Sudan

shabby but surprisingly efficient rail system and the trains continued down through Northern Sudan crossing the Nubian Desert to Khartoum then south to Kosti on the Nile. The Chinese built TanZam Railway had been opened several years before and cut a huge swathe down through southern Africa. We took it from Lusaka in Zambia to Tunduma just over the border into Tanzania before hitching north to the little railhead at Mpanda. This branch line passed through some stunning country before meeting up with the main east west service between Dar Es Salem and Kigoma on Lake Tanganyika.

The great bonus of African travel were the boats that often plied the many lakes and rivers. To cross from Egypt into Sudan you had to take the ferry 300kms up Lake Nasser from Saad El Ali to Wadi Halfi, everyone crammed together deck class under a huge canvas



Riverboat on the Congo



Public transport in Africa

awning. Ancient paddle boats operated on the Upper Nile in Sudan, from Kosti to Juba in the far south, an amazing 1350 km trip that took between 10 days and 3 weeks depending on the season, passing through what must be the most primitive region on the planet. (We were on it for about 13 days at a cost of 20 odd dollars.) On Africa's other great river, the Congo, an ad hoc service travelled between Kisangani in Central Zaire and the capital Kinshasha. This boat resembled a floating market as barges were lashed to the front of the main steamer and as we travelled downstream, locals would paddle out from their little settlements carved into the forest and trade with the merchants who'd set up shop onboard. At any one time there could be dozens of dugout canoes tied up and business was frenetic. We took it to Lisala before hitching northwest to Zongo where we crossed the Ubangui River by motorised "piroquet" into the Central African Empire.

In contrast the ship that travelled around Lake Malawi was a far more civilized affair. The captain who was a Kiwi and the English chief engineer had spied my partner climbing aboard, the only white face in a sea of locals and had immediately sent her a note to come upstairs. She'd raced ahead of me to grab some deck space and when I arrived some minutes later lugging our packs, they had no recourse but to extend the invitation to include me also. The engineer then kindly offered us his cabin for the duration of the trip even though we only had deck class tickets. To catch the ferry from Kigoma on Lake Tanganyika north to Bujumbura the authorities had to radio their counterparts in Burundi to get permission before allowing us to board. When it came through, they just kicked a couple of the crew out of their cabin and gave it to us for the overnight trip. The boat that travelled down the lake from Kigoma into Zambia featured in the movie "the African Queen". This old steamer which has been doing service on the lake for nearly 100 years was the "Louisa", the German raider that Humphrey Bogart and Katherine Hepburn so



The main road in Eastern Zaire

famously sank in the movie.

These trains and boats aside, with the occasional rattle trap bus thrown in for good measure, transport through most of Africa meant one thing, hitching on trucks and despite the discomfort this often involved, the thought never really escaped us that sitting atop a fully laden lorry with a dozen or so locals as it creaked and lurched its way across the landscape was the best way to see this vast continent.

The other problem we faced every day was finding somewhere to bed down for the night. African cities are ugly, dangerous places and we avoided them like the plague. Out in the countryside it was a completely different world and we never felt unsafe anywhere, (local fauna notwithstanding). In smaller towns there were often little guesthouses or hotels, the latter which usually doubled as bordellos which made things "interesting". In a number of out of the way places there were Christian Mission Stations where we always found the warmest welcome and met many truly inspiring people. But in the main, each evening we'd look for somewhere to pitch our tent and we did so in some



The crossroads in Eastern Zaire





Barefoot guide on summit of Nyiragongo

amazingly beautiful places.

After many months travelling in the east and south including an extended period spent trapped in Burundi when a cholera epidemic had closed all the borders both in and out of the country, on Jan 2, 1979 we crossed from Bujumbura to Uvira in Zaire to begin the long journey back to Europe. From Uvira a "road" runs north for a few hundred kms skirting the borders with Burundi, Rwanda and Uganda until at a famous crossroads (famous to us anyway), in a little town of no consequence, it turns westwards and in theory at least, continues then right across the continent. This area of Eastern Zaire (now renamed the Dem. Rep. Du Congo) was far and away the most beautiful we saw in all Africa. It is a region of cool, misty highlands and fog filled valleys. The soil is rich and fertile and the markets were full of a range and abundance of produce we saw nowhere else. All Central Africa's great lakes are here as are the fabled "Lunae Montes", (Ptolemy's "Mountains of the Moon"), the Ruwenzoris which soar to over 16,000 feet, a range of peaks with permanent snow and glaciations straddling the Equator. The vast forest hides gorillas and provides a refuge for tribes of pygmies. (Our first encounter with these shy little people is one I'll long remember). And here also are the volcanic peaks which form "the Parc Nat. Du Virunga" and of course I wasn't going to pass up the opportunity to climb the highest of these, Nyiragongo.

Headquarters was Camp Kibati, nothing more than a few African huts where the park employees lived with their families. Hitching out to here from Goma one afternoon the only requirement was the necessity to take a guide. Rain overnight threatened to put a damper on the

climb but it had cleared by morning and joining my barefooted guide at the crack of dawn we set off in sunshine. (My partner who was feeling a little unwell decided to have a rest day.) Much of my knowledge of Nyiragongo has come long after I left the continent. It is known to volcanologists as one of only a handful of volcanoes in the world with a permanent lava lake (it is reputedly the largest). It is extremely active and has erupted literally dozens of times in recorded history. The latest had been in Jan 1977 about a year before and we'd been regaled with stories by missionaries in Goma about that event. The crater had literally fractured and lava had poured out at an amazing velocity said to be in excess of 100 kms an hour, then had raced the 30 kms towards the town destroying everything

in its path. The lower slopes of the peak are covered in vast, solidified lava flows before you begin the climb through dense equatorial forest which gradually opens out to the steep, stony flank and the final push up to the 3470 metre (11,400 feet) rim on loose rubble. But the last part of the climb had been in deteriorating weather as huge, chilling cloudbanks had streamed up the slopes obliterating the view. The summit caldera itself is about 1.2 kms in diameter dropping down at 70 degrees to the lava lake hundreds of feet below. The smell of sulphur was strong and distinct but with visibility down to metres there was little point in trying to circumnavigate the rim, so, with chattering teeth, I snapped a few photos then the guide and I hightailed it back down at breakneck speed. In hindsight perhaps I should have waited for better weather and camped on the rim overnight, but my diary notes made at the time indicate only a modicum of disappointment. Perhaps it was just a case of ignorance is bliss. Back in Camp Kibati by 1.30 pm, the climb had taken 6.5 hours. I rejoined my partner, we donned our packs and continued on our journey across Africa which was to end some months later when early one evening we boarded a ferry at Ceuta near Tangier in Morocco for the overnight crossing of the Mediterranean to Southern Spain.

Footnote: In 2010 a team of scientists abseiled down into the crater setting up camp for several days on a bench a few hundred metres above the lava lake. Their article "Journey to the Centre of the Earth" has some of the most amazing photos and footage imaginable of this unique and beautiful volcano. A google seach is well worth the effort.



Friends of Heysen Trail

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June Long Weekend

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End-to-End Walks

2014 Walk Season Programme

This version released 19 Nov 2013

www.heidsentrail.asn.au

	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
May	Sat May 3 - Sun May 4 End-to-End 5 Based in Wirrabara To Wirrabara, Block 9		Sat May 17 - Sun May 18 End-to-End 6 Based in Riverton To Gerkie Gap, Webb Gap	Sun May 25 End-to-End 7 To Mewett Rd	
	Sat May 3 - Sun May 4 End-to-End -1 Based in Spalding To Chlorinator, Marble Hill	Sun May 11 End-to-End 8 To Mt Compass	Sun May 18 End-to-End 9 To Cobbler Hill	Sat May 24 - Sun May 25 End-to-End -1 Based in Clare/Burra To EE George, Hallett	
June	Sat May 31 - Sun Jun 1 End-to-End 5 Based in Melrose To Murraytown, Melrose	End-to-End 4 Sat Jun 7 - Sun Jun 15 Eyre Dept to Mayo Gorge		Sun Jun 22 End-to-End 7 To Mt Crawford	
		Sun Jun 8 End-to-End 8 To Kyeema	Sat Jun 14 - Sun Jun 15 End-to-End 6 Based in Burra To Burra Rd, Worlds End Sun Jun 15 End-to-End 9 To Tappanappa		Sat Jun 28 - Fri Jul 4 End-to-End -1 Based in Burra Hallett to Old Burra Rd
July	Sat Jul 5 - Sun Jul 6 End-to-End 5 Based in Melrose To Alligator Gorge, Horrocks Pass		Sat Jul 19 - Sun Jul 20 End-to-End 6 Based in Burra To Burra, Wandallah	Sun Jul 27 End-to-End 7 To Pewsey Vale	
		Sun Jul 13 End-to-End 8 To Dashwood Gully	Sun Jul 20 End-to-End 9 To Balquhider	Sun Jun 26 - Sun Jul 27 End-to-End -1 Based in Riverton To Webb Gap, Gerkie Gap	
August	Sat Aug 2 - Sun Aug 3 End-to-End 5 Based in Quorn To Broadview, Woolshed Flat	Sat Aug 9 - Sun Aug 17 End-to-End 4 Mayo Gorge to Parachilna		Sun Aug 24 End-to-End 7 To Tanunda	Sat Aug 30 - Sun Aug 31 End-to-End 6 Based in Burra To Hallett, EE George
		Sun Aug 10 End-to-End 8 To Mylor	Sat Aug 16 - Sun Aug 17 End-to-End 6 Based in Burra To Newikie Ck, Dares Hill Sun Aug 17 End-to-End 9 To Waitpinga	Sat Aug 23 - Sun Aug 24 End-to-End -1 Based in Riverton To Peters Hill, Hamilton	
September	Sat Sep 6 - Sun Sep 7 End-to-End 5 Based in Quorn To Quorn, Dutchmans		Sat Sep 20 - Sun Sep 21 End-to-End 6 Based in Spalding To Spalding Rd, Chlorinator	Sun Sep 28 End-to-End 7 To Kapunda	
		Sun Sep 14 End-to-End 8 To Cleland	Sun Sep 21 End-to-End 9 To Tugwell Rd	Sat Sep 27 - Sun Sep 28 End-to-End -1 Based in Kapunda To Kapunda, Tanunda	
October	Sat Oct 4 - Mon Oct 6 End-to-End 5 Based in Pt Augusta To Eyre Dept, Warren Gorge, Buckaringa		Sat Oct 18 - Sun Oct 19 End-to-End 6 Based in Gladstone To Curnows, Raeville	Sat Oct 25 - Sun Oct 26 End-to-End 7 Based in Kapunda To Hamilton, Peters Hill	
		Sun Oct 12 End-to-End 8 To Montacute	Sun Oct 19 End-to-End 9 To Inman Valley	Sat Oct 25 - Sun Oct 26 End-to-End -1 To Pewsey Vale, Mt Crawford	
November					
		Sun Nov 9 End-to-End 8 To Cudlee Ck	Sun Nov 16 End-to-End 9 To Myponga		

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: heidsentrail.asn.au/walks

Walk Registration

Register for a walk either online or over the phone.

Register online at heidsentrail.asn.au, or by phoning the office on 8212 6299.

Walks close between Tuesday and Friday prior to the walk, closing dates and times are listed on each walk event page on the website.

Walk Cancellations

End-to-End walks are not subject to a weather forecast temperature limit, however the walk leader may decide to cancel or amend the event if weather is deemed to present a high risk.

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

Further Information

Details about each walk, the hot weather policy, what to wear and what to bring, walk grades or to print off a colour copy of the programme, visit heidsentrail.asn.au



TrailStarter & TrailWalker Walks

2014 Walk Season Programme

This version released 21 Nov 2013

www.heyseentrail.asn.au

	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
April			Sun Apr 20 TrailStarter Carrick Hill Richard Milosh	Sun Apr 27 TrailStarter Sturt Gorge Robyn Quinn	
		Sun Apr 13 TrailWalker Bootcamp Run Alan Davis		Sun Apr 27 TrailWalker Montacute Richard Milosh	
May		Sun May 11 TrailStarter Chambers Gully Michael Middleton	Sun May 18 TrailStarter Ashbourne Dean Mortimer	Sun May 25 TrailStarter Mt George Graham Bald	
	Sun May 4 TrailWalker Para Wirra Paul Saxby	Sun May 11 TrailWalker Deep Creek Conservation Park Peter Clark	Sun May 18 TrailWalker Mt Crawford Carol Homewood	Sun May 25 TrailWalker Black Hill Richard Milosh	
June	Sun Jun 1 TrailStarter Onkeeta Trail Gregory Walker	Sun Jun 8 (Long Weekend) TrailStarter Brownhill Creek Graham Bald		Sun Jun 22 TrailStarter Hallett Cove David Roberts	Sun Jun 29 TrailStarter Crafrs Graham Bald
	Sun Jun 1 TrailWalker Montacute Mary Cartland	Sat 7 - Mon Jun 9 (Long Weekend) TrailWalker / Extended Walk Hawker Simon Cameron	Sun Jun 15 TrailWalker Pioneer Womens Trail Peter Solomon	Sun Jun 22 TrailWalker Horsnell Gully Richard Milosh	Sun Jun 29 TrailWalker Deep Creek Julian Monfries
July	Sun Jul 6 TrailStarter Ambers Gully Steve Clift	Sun Jul 13 TrailStarter Sleeps Hill Chris Porter	Sun Jul 20 TrailStarter Sturt Gorge Chris O'Brien	Sun Jul 27 TrailStarter Morialta Alan Davis	
	Sun Jul 6 TrailWalker Gandys Gully Neil Rivett	Sat Jul 14 TrailWalker Thomas Hill Steve Clift	Sun Jul 20 TrailWalker Mt Misery Richard Milosh	Sun Jul 27 TrailWalker Sandergrrove to Milang Chris Allen	
August	Sun Aug 3 TrailStarter Ansteys Hill Kevin Lilliard	Sun Aug 10 TrailStarter Shiraz Trail, Willunga Peter Solomon	Sun Aug 17 TrailStarter Belair Russell O'Brien	Sun Aug 24 TrailStarter Coxs Scrub Chris Porter	Sun Aug 31 TrailStarter Mylor Graham Bald
	Sun Aug 3 TrailWalker Cleland Mary Cartland		Sun Aug 17 TrailWalker Warren-Hale Conservation Park Richard Milosh	Sun Aug 24 TrailWalker Onkaparinga Dana Florea	Sun Aug 31 TrailWalker Para Wirra John Potter
September	Sun Sep 7 TrailStarter Newland Head Robyn Quinn		Sun Sep 21 TrailStarter Mt Lofty Graham Bald	Sun Sep 28 TrailStarter Mt George Carol Homewood	
		Sun Sep 14 TrailWalker Mylor to Mt Lofty Richard Milosh	Sun Sep 21 TrailWalker TBA Ben Wait		
October	Sun Oct 5 TrailStarter Wirra Peaks Kevin Liddiard	Sun Oct 12 TrailStarter Scott Creek Gregory Walker		Sun Oct 26 TrailStarter Sturt Gorge for Wimps Richard Milosh	
		Sun Oct 12 TrailWalker Aldgate Mary Cartland	Sun Oct 19 TrailWalker Chapel Hill Richard Milosh	Sun Oct 26 TrailWalker Mt Hayfield Peter Clark	

Walk Grades

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- Trail Walker
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Walk Registration

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Walks close between Tuesday and Friday prior to the walk, closing dates and times are listed on each walk event page on the website.

Walk Cancellations

TrailStarter and TrailWalker walks will be cancelled in the forecast temperature for Adelaide is equal or higher than 32°C.

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

Further Information

Details about each walk, the hot weather policy, what to wear and what to bring, walk grades or to print off a colour copy of the programme, visit heyseentrail.asn.au



Christmas Bash

Photos courtesy of Philip Bell

New and "long term" members enjoyed a wonderful sunny day on the lawns at Paxton Winery. So many smiling faces at this, our major social event of the year. There was much catching up with fellow walkers, with discussion of travel and Christmas plans. With such a wide range of salads to go with the BBQ, everyone feasted, no matter what their preference. Plenty of desserts were devoured, then onto the dancing. The Bogaduck Band gave us catchy tunes throughout the day. A wonderful, happy event, thanks to our organiser Rhonda and her willing band of helpers, including BBQ chefs Michael & Blair.





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website address www.alpanastation.com
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Notice of Annual General Meeting

The 27th Annual General Meeting of the Friends of the Heysen Trail and Other Walking Trails Inc will be held at 7.30pm on Friday, 21st March 2014 at Woodville Lawn Bowling Club, Oval Avenue, Woodville South. Free car parking will be available in the car park; enter from Koolunda Avenue.

The agenda for this meeting is printed to the right

Nominations are sought from you, our members, for election to the Friends Council at the Annual General Meeting, for all positions excluding the President, viz. Vice President, Secretary, Treasurer and half of the remaining members (our Constitution calls for not less than four and not more than ten non office bearing members).

Council meetings are currently held on the third Wednesday of each month at 5.30pm, in a room provided by Uniting Communities (above the Friends offices). Meetings usually conclude by 7.30pm.

In addition to Council, there is an opportunity for members to contribute to one of the various Committees: Walking, Trails Maintenance, Marketing and Membership (inc. Trailwalker), Office and Greening etc.

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

The Secretary

Friends of the Heysen Trail

10 Pitt Street Adelaide, 5000

Agenda

1. Apologies
2. Acceptance of the Minutes of the previous Annual General Meeting held on 15th March 2013
3. President's Report
4. Financial Report
5. Maintenance Report
6. Election of Officers
 - 6.1 Vice President
 - 6.2 Treasurer
 - 6.3 Secretary
 - 6.4 Council Members
7. Appointment of Auditor
8. Election of Honorary Members
9. Other Business
 - 9.1 Setting of annual subscriptions
 - 9.2 Any other business
10. Close of Meeting.

At the conclusion of the business of the evening, we have invited Chris Halstead to address the meeting.

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

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

Nomination Form

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

Vice President, Secretary, Treasurer, Council Member.

.....
(Signature of Nominee)

.....
(Proposer)

.....
(Please Print Name)

.....
(Secunder)

**Nominations close at 2.00pm On Friday 14th March 2014
at the Friends office**

Note: We welcome nominations for Council, particularly from new members. The section of the Friends Constitution relevant to nomination and election to the Council is reproduced on the opposite page

Election of Council Members at AGM

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

8 MANAGEMENT

- (1) The affairs of the Association shall be managed and controlled by a Council which may exercise on behalf of the Association all the powers conferred on the Association by this Constitution, and may do all such things as are within the objects of the Association except such things as are required to be done by the Association in General Meeting.
- (2) The Council shall consist of the President of the Association, together with a Vice-President, a Secretary, a Treasurer, and not less than four, nor more than ten other members, all of whom shall be elected at an Annual General Meeting of the Association.
- (3) The President shall hold office for a period of two years and shall be eligible for reelection after that period, provided that after three terms in office he or she shall stand down for at least one year.
- (4) The Vice-President, the Secretary, the Treasurer and half of the other members shall retire annually. The members to retire each year shall be determined by the Council which shall ensure,

as far as possible, that they shall retire in rotation. A retiring Vice-President, Secretary, Treasurer or member shall be eligible for re-election without nomination.

- (5) Nominations for election as President, Vice-President, Secretary or Treasurer, or as a member of the Council shall be invited by notice in the Association's Newsletter or other appropriate publication not less than 21 days before the Annual General Meeting. All persons nominated for election must be members of the Association.

- (6) Nominations must be in writing and must be signed by two members of the Association and by the nominee to signify his willingness to stand for election.

They must include brief biographical details of the nominee for distribution to members at or before the Annual General Meeting and must reach the Secretary of the Association not less than seven days before the Annual General Meeting; provided that if an insufficient number of nominations has been received to fill the vacancies, additional nominations may be accepted at the Annual General Meeting.

- (7) If the number of nominations received is more than the number of vacancies to be filled, an election to fill the vacancies shall be held by secret ballot.

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End 2 End- a potted history or how a small idea became a delightful monster

by Julian Monfries

The End to End walks, such an integral part of the Friends walking programme, have in reality a short history.

The Friends started in 1986 primarily as a builder and maintainer of the Heysen Trail. Walking was not part of the core functions and there was some quite vehement opposition when the Friends started its walking programme.

The walks were primarily day walks around Adelaide, on a Sunday, with some weekends away, taking walkers further afield.

Whilst many walks incorporated walking the Heysen Trail, the Friends had no formal programme to encourage our members to walk the full Trail.

It was pointed out to the Walk Committee, in 1999, that ARPA organised walking groups along the Trail and at that time were up to "Heysen 5" and that we, as The Friends of the Heysen Trail and Other Walking Trails, should facilitate walking the entire Heysen Trail for our members.

His name was David Beaton and it to him should go the credit for the idea.

At the time I was Chair of the walk Committee and thought I should get involved and from that point we became a team.

David and I walked much of the Trail prior to the actual walk, determining starting and stopping point, road access, bus access and escape routes. We drove many kilometres around the Flinders checking and the plan that evolved remains by and large the plan that continues to this day.

Initially, they were called the Millennium Walks, as the first started in 2000, and we were highly excited at 44 walkers booked on that first walk. The largest group I recall walking at one time with the Friends.

We recruited a whole tribe of leaders, and started the using buses to get us to the start of a walk, so we walked to our cars. Many of the bus companies we started with in 2000 still provide our transport today.

As with current E2E groups, the walks were Sundays until the Barossa, when weekends away started.

To be honest both David and I thought that at this point, the whole thing would fizzle out, as some of our regular walkers indicated they couldn't manage weekends, for various reasons eg work, family commitments etc.

Were we in for a surprise!

The start of the year of weekends away saw about 40 walkers book on, with quite a number of new walkers replacing those that dropped out and it was pretty much that group that jelled and formed End 2 End 1.

We changed the name from Millennium Walks to End 2 End when it was felt that the Millennium had clearly disappeared from our consciousness.

End 2 End 2 started out as "The Millennium Catch-up Walks" for those had started with E2E1 and needed to fill in parts of the Trail. At some point it became E2E2 lead by Jerry Foster and others.

By this time, for some reason, the E2E programme had captured the imagination of walkers and E2E3 had 144 walkers book to start at Cape Jervis. Luckily for the leaders only 121 turned up!

This group, lead by Simon Cameron and Arrienne Wynen, set a pattern for E2E groups that persists to this day.

Splitting the group into faster and less fast walkers, so everyone could walk at their own pace

Themes, where a dressing up and wearing attire appropriate to that idea took place. It also heralded using of local community organisations to provide Saturday meals for the

group, when weekends away started.

E2E3 numbers settled out at about 70 per walk towards the end, however not all were finishers and, as I recall only 3 who started actually walked every day without fail.

If we were surprised at the enrolment for E2E3 then E2E4 took us completely by surprise at 204 walkers booked for Day 1! Again, luckily for the leaders only 144 turned up and that group, who should finish the Trail this year, are running at about 50 walkers.

This was too much, so it was decided to run the End to



End programme every year with a one bus load limit on numbers.

There was much grumbling, as unless you were quick the walks booked out early each year, so much so that E2E8 booked out in 20 minutes, with an opening time of mid-night!

And so we now have E2E4, E2E5, E2E6, E2E7 and E2E8 all at various points along the Trail, with some due to finish this year (as mentioned earlier), some starting their weekends away and one group yet to start, E2E9.

We even have a group fast-tracking from north to south, the E2E -1 group, all backwards to a walker.

From the End 2 End groups we have gleaned walk leaders, council members, office volunteers, a new Greening Group, maintainers and lots and lots of fun.

Not for one moment back in 1999 did David or I realise what we had created.



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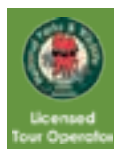
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The Beginning of the End (to Ends)

by Simon Cameron

About this time of the year, resolutions are made and loins girded to start walking the Heysen Trail from End to End. In April and May the aspirants embark from Cape Jervis on a journey into the unknown for most of them. It is a worthy goal for all kinds of reasons, and to help the beginners it is worth reviewing what it takes to reach the end.

It is important to realise that although the Heysen is a marked trail, it is not a made trail, and covers a diversity of terrain from rocky rubble to ankle deep sand. Its diversity makes it one of the most interesting trails in the world, but it is also a challenge. You need to be prepared for windy ridges, washing creeks, rock scrambles, muddy downs and hard tracks. Being a regular road walker will not prepare you for the Heysen. Nor will climbing Mt Lofty, but the Sunday morning climb from Waterfall Gully to the coffee shop will give you the cardiovascular fitness to carry on a conversation for the entire length of the trail. This is valuable since End to End groups perfect the art of walking and talking over the six years it takes to reach the end.

This raises the first important issue that every new Ender needs to consider. Walking with an End to End group is a communal process and not a quiet stroll in the woods, stealthily watching for birds and other

fauna. The one bonus from this is that you will not see any snakes if you are reptile phobic. Walking in a group is immensely beneficial. You meet all manner of people with a common interest, and I quickly discovered that walkers are adventurers who see the world as an opportunity to step out. The group also offers a wealth of knowledge and experience. If you are interested in more than where your next footstep is going, then you will be amazed how your curiosity will be answered.

With the group advantages, come responsibilities. You are effectively a part of a team, and there are team rules, and they vary with each walk depending on terrain and conditions.

Listen carefully to the walk briefing for the days instructions.

In the first two walks from Cape Jervis you will discover the level of fitness required. This will make the difference between striding comfortably and enjoyably along the trail to dragging yourself exhausted to the end. Whether you enjoy the Heysen trail will be determined by the preparation and fitness work that you do. If you just walk once a month you will be plagued by problems such as blisters, muscle soreness and injuries. The minimum training requirement is one "Trailwalker"



The End for the first End to End Group. Photo by Julian Monfries

standard walk every week during the walking season, and thrice weekly summer one hour walks to maintain the fitness. The Friends offer Trailwalks every Sunday that will build your skill and endurance or you can organise your own walk to suit.

In addition to the minimum, if you want to get stronger and fitter, add in two cardiovascular efforts (raising heart rate) of 20-30 minutes every week. Then when you climb up Mt Arden to survey all before you, your heart will be pounding with exhilaration rather than exhaustion. You will find yourself part of the group rather than trying to catch up to the group.

Having determined to get your fitness to the level required, also know that walking is not just something you learn as a toddler. It is a skilled activity with techniques for every terrain. Learning how to use walking poles correctly, walk over rocks, and descend slopes requires practice, but will make you much safer, and generally less tired. The best way to learn is in a walking club. Watch, ask and listen and the skills of long distance walking are yours.

So is the Heysen trail for you?

Remember that life is a research project and the Heysen Trail offers you all of South Australia.

See you on the trail
Simon Cameron



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Walking SA

General Meeting on 10th April 2014

Walking SA is calling a General Meeting on 10th April 2014. It will be held at the Unley Community Centre, 18 Arthur St., Unley at 7pm.

The meeting is called to:

- allow members and interested parties to vote upon the adoption of a new constitution
- review Walking SA's strategic plan for the next 3 years
- launch the new Walking SA website

New Constitution for Walking SA

One of the first essential tasks for the re-convened Board of Walking SA was the development of a new Constitution for the organisation. Following much consultation, drafting and re-drafting by the Board Governance Committee, the Constitution has now been endorsed by the Board. Walking SA is calling a General Meeting on 10th April 2014.

Members and interested parties are encouraged to read the document, make comment and vote on its acceptance at the General Meeting.

The Constitution forms a guiding document for the organisation. It sets out the rules by which Walking SA will operate and the restrictions, powers, and duties of its officers and Board members. The process of its development involved building on an initial template prepared by Alan Bundy, adding elements drawn from the Constitutions of other similar organisations.

With the new Constitution, and a revised Strategic Plan for the next 3 years, Walking SA has a sound operational framework for the future. The Board looks forward to working closely with all members to achieve our primary goal of improving the health and lifestyle of South Australians through all forms of walking.

Review the new constitution on Walking SA's website, www.walkingsa.org.au.

Walking SA Strategic Plan 2014-2016

At the 10th April General Meeting Walking SA will be presenting their 3 year strategic plan. The plan is informed by the efforts of the BDO workshop and participants, stakeholder and partner plans, BDO recommendations and related documents like the Office for Recreation and Sport Strategic Plan.

New website for Walking SA

Walking SA's new website will be launched at the 10th April General Meeting.

Key features of the website you can engage with:

- View a calendar of walk events from member walking clubs
- Find and review walking clubs
- Find a place to walk, upload your own walks to share
- View detailed info about trail access issues



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Walking SA Board comprises:

Cate Mettam, Board Chair and Chair of Strategic Planning Subcommittee

Cate has extensive experience in policy and strategic planning development within government and non-government sectors, including health, education and community development. Bushwalking with Keep Walking and advocating for sustainability and the environment in the Adelaide Hills are her passions.

Narelle Berry, Vice Chairman

Narelle has been a researcher in the field of physical activity and cardiovascular health for over 10 years. She has experience in health promotion, evaluation and strategic planning and has a keen interest in promoting walking as a means of active transport. Narelle assists the Board in the development of the strategic and operational plans.

Bill Gehling, Treasurer

Bill has been involved with Walking SA since its inception, first as the founding President of WalkingSA. Also involved in the leadership of Bushwalking Australia, Bill brings valuable experience and perspective to Walking SA.

Jeremy Carter, Chair of the Communications Subcommittee

With a professional background in web development, graphic design and marketing Jeremy has been working with Friends of the Heysen Trail for a number of years to improve their marketing, newsletters and website, and to equip hikers with relevant planning tools. In early 2014 he completed a project to redevelop the website for Adelaide Bushwalkers, as well as the new Walking SA website. He is a keen hiker with Adelaide Bushwalkers.

David Close

David joined the 2013/14 Board, and has a keen passion for trail running. He is a representative of the SA Road Runners Club (SARRC). David has extensive experience in event management. His interest in ornithology has fed his broad knowledge of the natural environment.

Lorien Coff

Lorien is an Occupational Therapist at ECH Inc, with 7 years in the industry. In her work she supports clients with a range of conditions including stroke, Parkinson's disease, dementia, and arthritis to regain independence and to remain safe at home. New to the Board in 2013/14, Lorien brings perspective from the Occupational Therapy and Allied Health industry.

Kate Corner, Chair of the Marketing Subcommittee
Through her work with Adelaide Bushwalkers and Rogaining SA, Kate brings skills in event management, project management, walk planning and marketing. Her

hands-on experience at a club level brings a grounded perspective to the Board. She has seen Walking SA through a transition period, having joined the Board in 2012.

Kelly Filmer

Kelly has 16 years experience in the health and fitness industry with qualifications in fitness & rehabilitation. She is also a therapeutic, sports and remedial massage therapist and Pilates instructor. She brings a new perspective to the Board, having joined in 2013/14

Margaret Gadd

Margaret is an independent bushwalker, who is as much at home hiking in the Adelaide Hills as she is walking the Camino Frances in Spain or long distance trails in England. Her professional background includes social work, organisational development and quality management in community services. For the past 10 years she has also coordinated disability-inclusive development programs in Cambodia and Thailand.

Andrew Govan

Andrew is a new member of the Board and on the Strategic Planning and Partnerships Subcommittees and the Constitution working group. Andrew brings extensive experience in leadership training and accreditation for outdoor activities.

Wendy Keech

Wendy is the Director of Cardiovascular Health at the Heart Foundation and has a strong commitment to promoting and facilitating walking for health and wellbeing. Although Wendy is a new Board member she has provided ongoing support for Walking SA to broaden its focus to lead and advocate for all forms of walking in South Australia, including holding a Forum on walking in 2009.

Rob Marshall, Chair of Trails Access Subcommittee

Rob has contributed extensively to the development, maintenance and safety of trails in South Australia. He has been working with the Walking Trails Support Group for 15 years. Rob's experience and his knowledge and skill are extremely valuable to the new Board in the development of the new strategic plan and the operational plan. Rob's principal interest is in the provision of sustainable trails for the ordinary walker in natural areas.

Melanie Smith

Melanie is a new member of the Board and on the Strategic Planning Subcommittee. Melanie is currently employed by Country Health SA and she has extensive experience in policy development, capacity building and working with Country and Metropolitan Health Services and local government. Melanie is on the Strategic Planning Subcommittee.



From the F

We welcome and look forward to receiving notices from people on our website's forum.

The following item appeared on our Forum a few months ago from "Roscoe"

I finished the trail at Cape Jervis on October 23. As my South Australian friends along the way kept telling me, it is pronounced Jervis, not Jarvis. Here is an update of the walk and a few observations.

The original crew of 3 was whittled down to 2 before we started when Alan was diagnosed with a stomach hernia and had to have an operation. At Cudlee Creek, after 800 km, 2 became 1 when Roger succumbed to an ankle injury picked up between Marshalls Hut and Kapunda. He plans to return next year to finish his walk. I finished the last 12 days to Cape Jervis on my own.

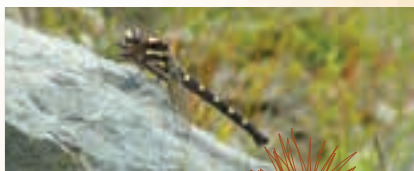
I have to say that this is a wonderfully diverse walking experience which takes the walker through rugged wilderness, a variety of pastoral land uses and many charming and historic country towns.

Some of my highlights would be -

- * native pine forests in the northern Flinders Ranges
- * Wilpena Pound
- * Yourambulla Range
- * Elder Range
- * Mt Arden, Mt Brown, Mt Remarkable, Mt Bryan
- * endless waving fields of wheat, canola, barley, peas, beans
- * rolling green hills between Spalding and Burra
- * track towns, particularly Quorn, Burra, Spalding, Kapunda and Victor Harbor
- * ruined stone buildings
- * Tothill Ranges
- * huts along the track, especially Mayo, Dutchmans, Huppatz, Freemans and Marshalls - also shelters at Scotts, Carroona Creek and Eagle Waterhole
- * Barossa Valley
- * Adelaide Hills, especially views from Morialta CP and Cleland CP
- * coastal section from Victor Harbor to Cape Jervis.

The new tank/shelters installed recently by the Friends of the Heyden Trail are well located away from roads and make end to end walking of this trail far more feasible. All tanks had plenty of water, even up north but I understand that this is the best rainy season for some

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time. Upon sighting the tank/shelter at Balquidder from a distance I almost teared up - it felt like coming home, especially after a long day from Victor Harbor, dodging rain the whole way.

I also enjoyed the new campsites at Wankarie, Whistling Trig (in the fog), Webb Gap (in the rain), Smith Hill (in the wind), Finnis River, Mt Cone and Robinson Hill (great view).

Trials along the way included plenty of cold, wet weather, a couple of 35 plus degree days up north, flies, and on some occasions between Spalding and Kapunda, winds which actually blew us off our feet.

The deficiencies of the guidebooks have been discussed elsewhere. Generally I found the maps very helpful and the scale was detailed enough to find my way. There are some problems with the mileages in the southern guidebook and of course there are no mileages in the northern guidebook. Someone needs to walk the whole trail with a GPS turned on to provide accurate point to point distances as well as overall height gained and lost - the most important information that any walking guidebook can give. To the publishers of the guidebook, my services are available.

Signage was overall very good. We were temporarily stumped on maybe 10 occasions but always found our way back to the track. That's not bad for 1150 km! Many marker posts were knocked over, usually by stock or wild goats who found them irresistible as scratching posts!

We encountered 3 other people doing end to end walks which was good. Two were from overseas and one, Leo from WA. Long distance linear tracks need people to walk them end to end, as well as in sections.

My advice to anyone who has 2 months to spare and is thinking of walking the Heysen Trail is DO IT!

Thank you Roscoe for sharing that with us.





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Trail Maintenance

The Friends of the Heysen are a volunteer organisation dedicated to the promotion and maintenance of the Heysen Trail. The organisation depends on members and where appropriate non-members for information and comments on the condition, location and safety of the trail for all walkers. All comments are welcome, both good and bad, collated and forwarded to the appropriate Section Leader for action. Details on the location referred to would be appreciated.

Maintenance Coordinator Colin Edwards 8264 1492 (H)

Section	Map and GR	Section Leader	Contact
1. Cape Jervis to Tapanappa	Southern Guidebook, Maps 1.1-1.3 Cape to GR 518 530	Bob Gentle Albert Schmidke	8294 7287 (H) 8381 8861 (H)
2A. Tapanappa to Waitpinga Campground	Southern Guidebook, Maps 1.3-1.5 GR 518 530 to 735 544	Roger Dunn	8260 2146 (H)
2B. Waitpinga Campground to Back Valley Rd	Southern Guidebook, Maps 1.5-2.2 GR 735 544 to 761 649	John Quinn	8294 3115 (H)
3. Back Valley Road to Moon Hill	Southern Guidebook, Maps 2.2-2.3 GR 761 649 to 682 726	Wandergruppe Bushwalkers, Hermann Schmidt	8344 4072 (H)
4. Moon Hill to Hindmarsh Tiers Road	Southern Guidebook, Maps 2.3-2.5 GR 682 726 to 737 803	Wandergruppe Bushwalkers, Hermann Schmidt	8344 4072 (H)
5. Hindmarsh Tiers Road to Blackfellows Creek Road	Southern Guidebook, Maps 2.5-2.7 GR 737 803 to 889 908	Women in the Bush Eleanor Martin Myra Betschild	8431 8187 (H) 8331 2992 (H)
6. Blackfellows Creek Road to Glen Bold	Southern Guidebook, Maps 2.7-3.2 GR 889 908 to 962 161	Richard Webb	8381 5308 (H)
7. Glen Bold to Piccadilly	Southern Guidebook, Maps 3.2-3.4 GR 962 161 to 924 264	Norrie Hamilton	8332 1982 (H)
8. Piccadilly to Norton Summit	Southern Guidebook, Maps 3.4-3.4 GR 924 264 to 922 332	WEA Ramblers Liz O'Shea	8352 1636 (H)
9. Norton Summit to Cudlee Creek	Southern Guidebook, Maps 3.5-3.7 GR 922 332 to 013 424	Colin Edwards	8264 1492 (H)
10. Cudlee Creek to Bethany	Southern Guidebook, Maps 3.7-4.4 GR 013 424 to 148 759	John Potter	0418 835 321
11. Bethany to Hamilton	Southern Guidebook, Maps 4.4-5.2 GR 148 759 to 045 102	John Potter	0418 835 321
12. Hamilton to Huppertz Hut	Southern Guidebook, Maps 5.2-5.9 GR 045 102 to 086 509	Dom Henschke	8322 5455 (H)
13. Huppertz Hut to Spalding	Southern Guidebook, Maps 5.9-6.12 GR 086 509 to 785 903	Burra Branch Hugh Greenhill	8843 8115 (H)
14. Spalding to Georgetown	Northern Guidebook, Maps 1.1-1.6 GR 785 903 to 574 058	Kevin Liddiard	8289 4236 (H)
15. Georgetown to Mt Remarkable	Northern Guidebook, Maps 1.6-2.11 GR 574 058 to 345 667	A.R.P.A. Milton Turner Ron Capel	8263 2393 (H) 8251 7717 (H)
16. Mt Remarkable to Horrocks Pass Rd	Northern Guidebook, Maps 2.11-3.4 GR 345 667 to 250 828	Julie Starkey Gary Wright	8667 5077 (H) 8667 5077 (H)
17A. Horrocks Pass Rd to Dutchmans Stern	Northern Guidebook, Maps 3.4-4.2 GR 250 828 to 807 227	Michael Kerin	8642 4728 (H)
17B. Dutchmans Stern to Wilpena Pound	Northern Guidebook, Maps 4.2-5.8 GR 807 227 to 723 094	vacant	
18. Wilpena Pound to Parachilna Gorge	Northern Guidebook, Maps 5.8-6.8 GR 723 094 to 645 528	Alpana Station Operation Flinders Gavin Campbell	8648 4626 8242 3233 8296 8613 (H)



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