

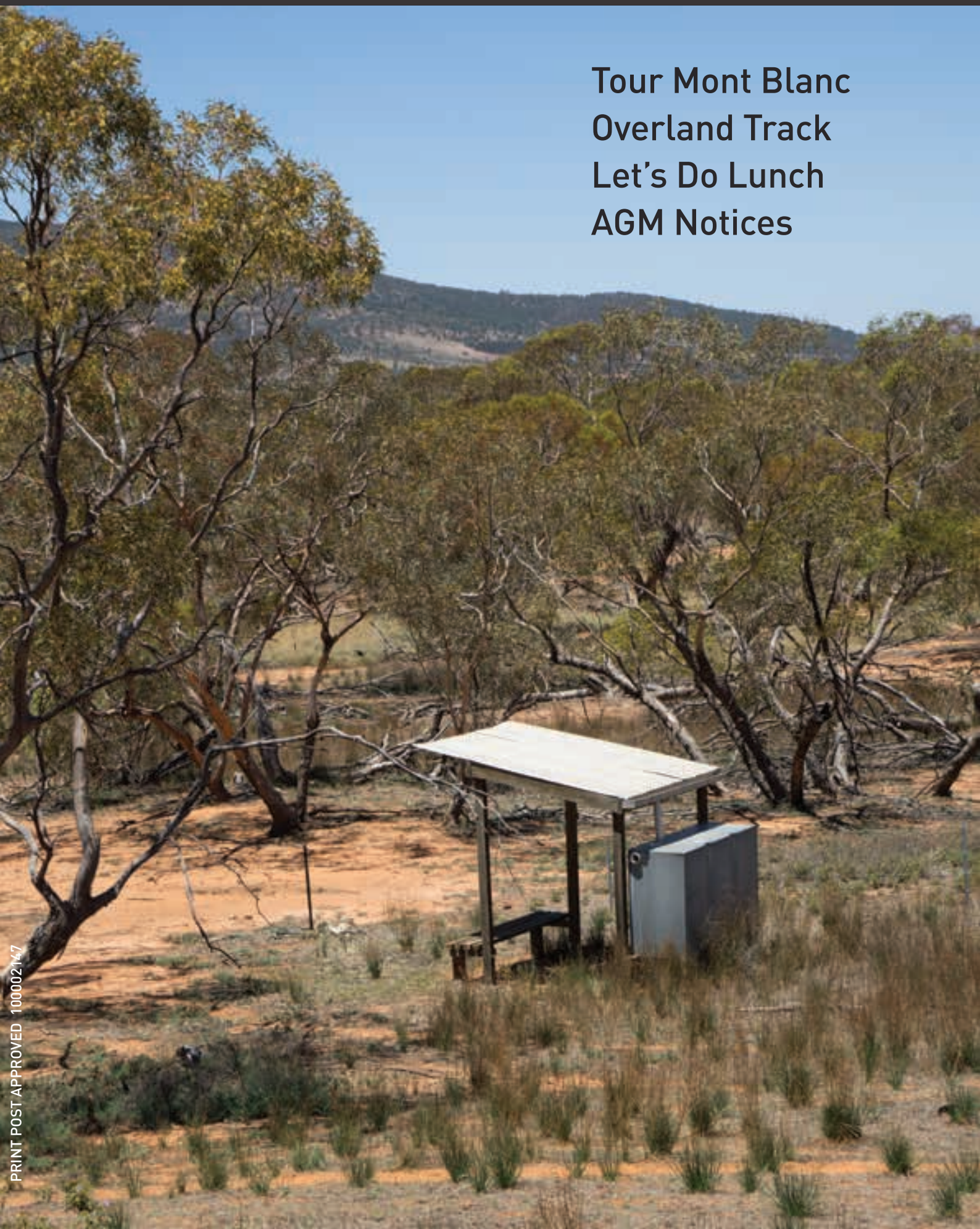


Trailwalker

Autumn 2015 Issue 135

Free

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AGM Notices





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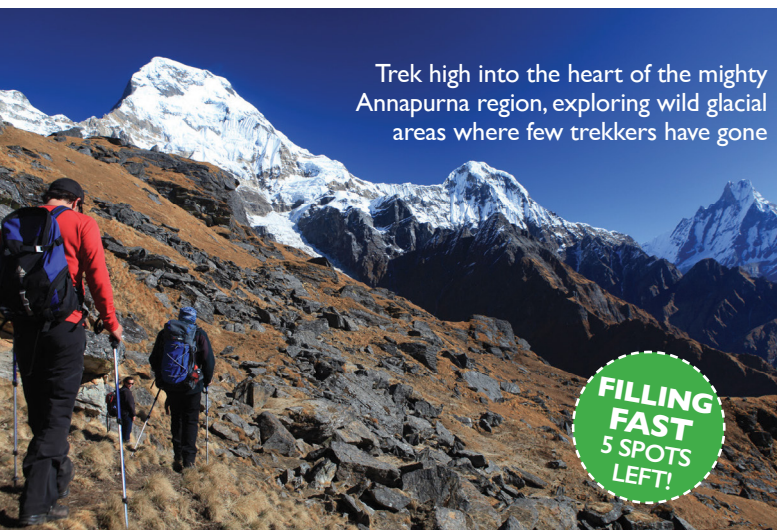
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Membership Information

Joining Fee \$10
Single \$25 per year
Family \$40 per year
Schools & Organisations \$60 per year

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

Trailwalker Magazine

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

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

The Trailwalker magazine is published quarterly:

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

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

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

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

Advertising Rates

1/8 page vertical \$40 per issue
1/4 page \$60 per issue
1/2 page \$100 per issue
Full Page \$150 per issue

Flyer (supplied for insertion) \$180 per issue

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

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

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The Friends of
the Heysen Trail
& Other Walking
Trails

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Web heysentrail.asn.au
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Volunteers

Mondays

Graham Loveday
Neil Nosworthy
Ramya Ramamoorthy
Elizabeth Rogers

Tuesdays

Chris Caspar
Jack Marcelis
Judy McAdam
Chris Porter
David Rattray
David Roberts

Wednesdays

Myra Betschild
Robin Bodycomb
Gilbert Downs
Wendy Fox

Thursdays

Eve Buckley
Bob Gentle
Rick James
Julian Monfries

Fridays

Karin Agostino
Cathy Bowditch
Colin Edwards
Dom Henschke
Julia McLachlan

Relief Staff

Myra Betschild
Graham Loveday
Jack Marcelis
Jamie Shephard

About the Friends

Council Members 2014/15

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Richard Trembath	Vice President
Julian Monfries	Secretary
Stephen Salib-Brown	Treasurer
Colin Edwards	
Dom Henschke	
Graham Loveday	
Jim McLean	
John Newland	
Robyn Quinn	
David Rattray	
John Wilson	

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Colin Edwards	Trail Development
Neil Nosworthy	Greening
Lyn Wood	Walking
David Rattray	Office
Andrew Robertson	Marketing & Membership
Julian Monfries	Honorary Membership

Burra Branch

Rodney Rees	President
Kate Greenhill	Vice President
Sally Fieldhouse	Secretary
Benita Rees	Publicity Officer
Hugh Greenhill	Section 13 Leader

Council Meeting Dates

Wednesday 18 March 2015
Wednesday 15 April 2015
Wednesday 20 May 2015

Autumn Trailwalker Deadline

Friday 1 May 2015

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@heysentrail.asn.au.

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

Founding Patron 1986-2012

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John Wilson
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Terry & Frances Gasson
Simon Cameron
* (deceased)

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Website Editor

Jeremy Carter

Membership Secretary

David Rattray

Office Coordinator

Dom Henschke

Maintenance Coordinator

Colin Edwards

Bookkeepers

John Wilson
Weichao Yan (Karen)
Muming Li (Livia)
Hang Xu (Lavender)
Man Jiawen (Mandy)

Cover

Mt Elm tank and shelter
Photo: John Quinn



President

A Word from the President

Robert Alcock



A new year, and once again the Heysen Trail has been hit with a major bushfire. This is the fourth year in a row that the Heysen Trail has been affected by a major fire :-

- January 2012, Woolundunga fire near Horrocks Pass;
- January 2013, Bundaleer Forest;
- February 2014, Bangor/Wirrabara Forest fire;
- January 2015, Simpson Flat fire.

There were a few anxious days and my thoughts were with those communities, people and animals affected. Especially our members and friends who live in the area. One of our key maintenance people, John Potter, in his CFS uniform, became a media darling. John's face graced the front page of the Advertiser twice, plus article pics, including a full centre spread on the Saturday edition. Once again a lot of markers and stiles need to be replaced along the Heysen Trail, plus the need for another re-route around the burnt forest areas. We hope it will be a short re-route.

On 30th December it was good to see two of our walkers, Judith Ellis and Noeleen Smith, featured in The Advertiser, 'H is for hiking' as part of the 'A to Z of

Summer' articles. A useful promotion for our Twilight Walks, which continue until Wednesday 18th March.

Once again the Friends will have a new End-to-End group starting this year. Thanks to the group of new leaders, who have committed to co-ordinate and lead End-to-End 10. May the weather and the Heysen Trail treat the group well. The End-to-End 5 and End-to-End minus 1 groups will be walking with a spring in their boots, as they hike to complete their 1,200km treks later this year. Completion celebrations will be held in the north and south this year.

I know many hikers and our volunteers are frustrated with the delays in gaining access to the Bundaleer and Wirrabara Forest areas, still closed from past fires. The Friends management are working to regain access, and are also frustrated by the lack of progress. The latest indications are that we will have some good news before the walk season starts. Negotiations continue.

The Friends Council meeting in January discussed the various committees' plans for 2015. We will once again have a busy year - working on, walking on, and promoting the Heysen Trail. It is pleasing to see so many people volunteering to support our iconic adventure Trail.

Put the Friends AGM date into your diary - 27th March 2015.



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News

Mid North Forests Future Strategy

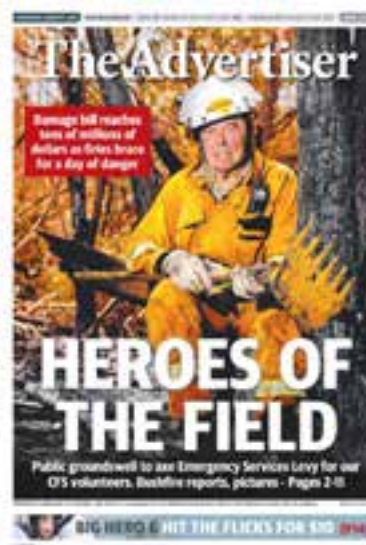
Following the devastating 2013 and 2014 bushfires which destroyed 85% of the Wirrabara and Bundaleer forests, the Government is obtaining the views of stakeholders and the local community about the potential options.

The forests represent 1% of the state's forestry resources, with the South East being the powerhouse of our commercial forests. If the forests were replanted, it would take 25 years to mature to harvesting readiness, and be under threat of a similar destruction as occurred. Forests in the Mid North grow at half the rate of those in the South East. The future may lie in adding Wirrabara forest into the adjacent Telowie Conservation Park.

The ambition is to restore walking trails, including the Heysen Trail, as soon as active harvesting operations are completed. Trees are being hurriedly harvested and shipped (the current load is too high for local sawmills) whilst the burnt trees still have commercial value.

More info can be found at: <http://bit.ly/MidNorthForests>

Our Hero of the Field



One of our chief maintenance and constructions volunteers was featured on the front page of The Advertiser on 7th January. As well as volunteering on the Heysen Trail, John Potter is a volunteer with his local Cudlee Creek CFS, and is among an army of volunteers that did 12-hour shifts to protect life and property in the recent Adelaide Hills bushfire

If you have a chance to read the February 2015 issue of SA Life you can read an article by The Friends of the Heysen Trail walker Stephanie Johnston on what it's like to walk with us.

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David and Sally Henery of Alpina Station Blinman offer a friendly, flexible and accredited transport service for the **Wilpena, Blinman, Parachilna Gorge Heysen Trailhead** section of the Heysen trail for walkers (individuals or groups).

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website address www.alpinastation.com
Bookings Essential

Historic Images of Morialta Exhibition

2015 marks 100 years since Morialta Conservation Park was declared as a National Pleasure Resort and set aside for conservation and enjoyment for the people of South Australia.

The Friends of Black Hill and Morialta with support from Natural Resources Adelaide and Mount Lofty Ranges are planning a number of community events in the park to celebrate this significant anniversary.

They are putting together an Historic Images of Morialta Exhibition which will include reproductions of old posters, lithographs and photos of the park. This exhibition will be displayed at all major public events held in the park by the Friends group and rove through a number of public locations across Adelaide and the Hills throughout the year.

We are sponsoring two of the images in the exhibition. At the end of the year the images will be auctioned off to the highest bidder with any income made from selling the images shared amongst the image sponsors.

Friends of the Heysen Trail and Other Walking Trails Inc.

AGM 2015

7.30pm Friday March 27 2015,
at the Woodville Lawn Bowling Club,
Oval Ave, Woodville South.

Hear about our Association's activities in 2014
and the plans for 2015.

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

Guest speaker
Sandy Pitcher, CEO of DEWNR
(Department of Environment,
Water and Natural Resources)
will address the meeting at the
conclusion of the AGM

Vale Neville Southgate (24/2/1928 – 1/2/2015)

The following comments have been reproduced from an article on Neville that was printed in the February 2000 issue of the Trailwalker (issue number 75). They were written by Richard Schmitz, himself an Honorary member of the Friends.

"Neville joined the Friends in 1988 and quickly used his keen ability of speech to let all those around know that the Heysen Trail was no longer just a pipe dream. He attended meetings on the Heysen Trail project and was invited to speak at various gatherings to discuss the Heysen Trail and what it would become, and what it would mean to walkers and the State as a whole. Ten years later, once the Heysen Trail was complete ahead of schedule, Neville once again stood proudly in front of anyone who would listen....

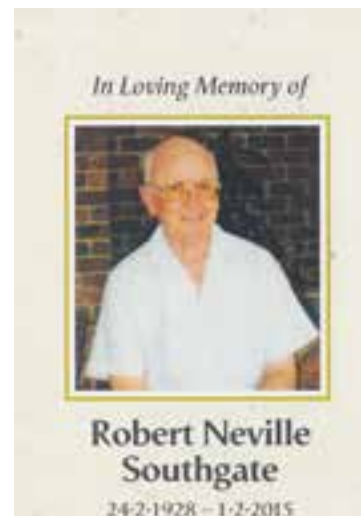
...Neville's efforts ensured that tens of thousands of people knew about the tremendous effort put forward by the multitude of volunteers in co-operation with the Department of Recreation and Sport to complete the 1000km (or is that 1200km?) Heysen Trail.

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

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

Prior to joining the Friends, Neville was involved in the Flying Doctor Service and made many trips overseas and throughout Australia to stretch his legs on some of the world's best known walking trails. He was also involved with the World Health Organisation

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



News

Office Report

Dom Henschke, Office Co-ordinator

After a short closure over Christmas the Office and Shop has reopened for business. If you have any enquiries about the trail, want to purchase maps or books, need help booking onto walks or using the website, please get in touch with us – refer to page 4 of this edition for contact details.

Office training

18 Office volunteers attended a successful training day that was organised by the Office Committee on Monday Jan 19th. It is a good opportunity to meet as a group and to share information.

This year we held a series of training workshops in matters such as using the new cash register, processing on-line shop orders and general office procedures. Thanks to the committee for their work leading up to the day and also to our President Robert Alcock who welcomed the participants.

General Enquiries

While January and February are relatively quiet months in the Office, we have received a number of enquiries from walkers interested in walking the trail, including some people wanting to know about End-to-End 10 which starts in May.

Some of these enquiries have been from interstate and overseas walkers. They have a wide range of questions including the best time to walk the trail, transport for independent walkers and the location of campsites and accommodation. We are fortunate to have answers to a lot of those questions on the Heysen Trail section of the Friends' website.

At this time of year a common question is "What parts of the trail can I walk during summer"? The Fire Danger Season page of the website provides a list of sections of the trail that remain open year round (except on days of total fire ban).

On-line shop

Since the On-line shop opened for business in September last year we have received a steady stream of orders. I expect they will built up further as we get closer to the start of the walking season.

The new Heysen Trail sheet maps have been top sellers, particularly Map 1 (the Cape Jervis to Kuitpo section). The Heysen Trail Southern Guide Book is also a popular seller. Members receive a 10% discount on most

purchases from the Office Shop or the On-line store. Look for the discount coupon (and code) on the webpage when you make your next On-line purchase.

New publications for sale at the Friends shop

We have recently obtained the following publications from the Royal Geographical Society of SA:

- Explore the Flinders Ranges
- Explore the Barossa
- Discover the Barossa
- Discover Kangaroo Island
- Walking the Flinders Ranges - a reprint of Warren Bonython's 1971 classic.

We also have copies of 'Grindell's Hut - a story of mystery and intrigue in the Flinders Ranges by Alan Bailey.

You can inspect them at the Office and they will progressively be added to the product catalogue in our On-line store.

Office Volunteers

In this edition we introduce the team of volunteers who look after the shop Office on Thursdays.

The current members are Bob Gentle, Eve Buckley and Julian Monfries. Each of them have walked the Heysen Trail at least once and are or have been members of Governing Council, so they possess a wealth of information about the Friends and the trail.

Bob walked the trail with End-to-End 3 and was then a walk leader with End-to-Ends 4&5 until his walking days were curtailed by an injury sustained on the tennis court keeping fit over summer!

While not walking the trail Bob was active as the Maintenance Leader for sections 1 & 2 (Cape Jervis – Waitpinga). Understandably his favourite views of the trail are of the cliffs and ocean in that area. You may also know Bob as one of the 'stars' of the Postcards video that you will find on the homepage of the Friends website.

In addition to continuing his association with the Friends, Bob is a keen member of Sing Australia, regularly appearing in concerts around Adelaide and joining overseas tours.

Eve has been volunteering in the Office for 2 years and has walked with End-to-Ends 1,2 and minus 1. She good-naturedly describes herself as a "walk slut" having walked with many of the other End-to-End groups and informal walks overseas with other members of the Friends.

Eve claims one of her many assets is her “ability to work with overbearing hairy chested males for bugger all pay”. I’m not sure which organisation she is referring to.

Julian is well known to many members in a number of capacities. He is currently the Secretary of the Friends, a past President and also a member of the Walking Committee. He was made an Honorary member of the Friends in 2007.

He joined the Friends in 1990 and walked the trail before he joined David Beaton to map out the End-to-End start and finish points for the Millennium walk (the original End-to-End walk - 2000 to 2005). This work was instrumental in the expansion our walking program which to a great degree funds our trail maintenance activities.

While Julian generally attends to his Secretarial duties on Thursdays he is always ready to answer any of the trickier questions on trail access, condition and requests for advice that we might be asked.



Thursday Office volunteers.
Left to Right- Julian, Eve and Bob

Later in the month Rick James will be joining the Thursday team. We also welcome two other new volunteers - Judy McAdam (Tuesday) and Julia McLachlan (Friday). It is great to have new people joining as volunteers. Your assistance is greatly appreciated.

David Roberts, another of our volunteers will be taking some time away from the office in October to join Kidney Health Australia’s Great Wall of China Challenge.

David will be walking to raise funds for Kidney Health Australia’s BIG RED KIDNEY BUS PROJECT. The aim of the challenge is to extend a ‘World First’ initiative of providing mobile holiday dialysis to Australians with kidney disease.

This is of particular importance to David as his wife Joy will soon have to join the 11,000 Australians who must dialyse at least three days a week for five hours a day to stay alive. You can find out more information about David’s fundraising efforts at the following website: <https://khagreatwall2015.everydayhero.com/au/david>



David Roberts taking a break on the Trail near Melrose

Congratulations to End-to-End walkers

The following walkers completed the Heysen Trail recently and received their End-to-End certificate and badge since last edition:

David Booth	Grant Harris
Robyn Booth	Lari McDonald
Christine Dunning	Gunnell Penny
James Dunning	Philip Penny
Greg Harris	Sallie Watson

New Members

The President and the Council would like to extend a warm welcome to the following 23 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.

Scott Adamson	Jacqueline Burgess	Tahlea Loechel	Nenad Radovinovic
Amanda Atkinson	Robert Burgess	Kym Mayes	Trish Roberts
Philip Barnett	Sharon Hetzel	Jenny Messenger	David Trebilcock
Hazel Bashford	Chloe Loechel	Richard Moriarty	Ruth Trimboli
Lindy Brooke	Kym Loechel	Carol Newton-Smith	Chris Williamson
Melanie Brown	Kym Loechel	John Newton-Smith	



News

Trail Development Report

Colin Edwards, Trail Development Co-ordinator

Unfortunately the year has started at a red hot pace. The Sampson Flat fire has burnt through quite a few posts, markers and stiles from Cudlee Creek through to Nugget Road but we were fortunate not to lose Scotts hut. We hope to have much of the section remarked before the walking season starts – but there will no doubt be some temporary re-routes.

Regarding Wirrabara, we are hopeful that a significant part of the old trail will be available before the opening of the walk season which should reduce the re-route from 42 to 10 km. Up to date information will be on our website for both these sections as soon as possible.

Bundaleer and Curnows hut closure remains unresolved and at this time we have no indication from ForestrySA if and when we will be able to at least get access to Curnows hut.

Three new toilets to Mayo hut standard design are in the process of being manufactured by the Friends. These are planned to be installed at Never Never Creek, Red Range and Curnows hut.

A team of volunteer maintainers recently travelled the trail from Parachilna to Smith Hill checking, cleaning and where necessary repairing huts and tank shelters etc. Bowman Park hut had been vandalised with the front door smashed and the tank destroyed with machete slashes. The door has been replaced and a new tank will be installed as soon as possible. The translucent roof sheet at Hiskeys hut which was torn by the wind has been replaced. Walkers can now expect to stay dry when staying at the hut.

Tanks were between half full and full with a couple even less. Bowmans at this time is the only dry tank. Unless we get significant rain in the area walkers will need to carry water as a back-up.



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OH WHAT A DIFFERENCE A DAY MAKES!

Activities of the Greening Committee

Words by Neil Nosworthy; photo courtesy of Jane Haar

The Greening Committee has been back in action for three years and in that time we have planted over 3,000 trees at several locations along the trail. While only about a quarter of those plantings have survived, we think that walkers should be able to see some results, particularly at Hiskey's Hut near Georgetown and to a lesser extent along the Bundaleer Channel east of Spalding.

In 2014 we planted another 700 trees along the trail north of World's End near Burra. Our initial expectations were high but when we visited in late November 2014, we were disappointed that the dry, frosty spring had taken a severe toll on the new plantings. However we returned to Worlds End in early February 2015 to water the trees again and were pleased to see that most of the remaining trees had survived. Including the 2013 plantings, there are about 300 trees alive and most are looking good assisted by the heavy rains in January.

We plan to water the trees at Worlds End again in March if that is necessary.



Neil Nosworthy watering a tree at Worlds End

It is good to see the trees progressing although it will still be some time before the trees at Worlds End will provide any comfort to walkers on the trail. Special thanks go to Jane and Neville Haar who have assisted with the watering detail and also to Graham Whetstone at Dutton's Trough for allowing us to use his water.

2015 Planting

In an effort to improve our survival rates, we have changed our approach to planting. In 2015, we aim to bring forward our plantings to April and May depending on good opening rains. In addition we are planning to water the new plantings about monthly through at least the first summer.

Once again Mark Hall will be the growing our trees through Trees for Life – this is his 25th and final year as a grower. He advises that we may have as many as 900 trees to plant.

Our first activity has been scheduled for 22nd-25th April. Subject to suitable planting conditions, we aim to plant 150-200 trees at Worlds End. Then we will go to Spalding to prepare the site along Bundaleer Channel for planting in May.

The main planting at Bundaleer Channel is scheduled for 8th-11th May.

Volunteers wanted

If you are interested in assisting us, please contact Neil Nosworthy by email at neil@noztours.com.au or by phone on 0447922617 or 82786577 or through the office by email at heysentrail@heysentrail.asn.au or by phone on 82126299.



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Notice of Annual General Meeting

The 28th Annual General Meeting of the Friends of the Heysen Trail and Other Walking Trails Inc will be held at 7.30pm on Friday, 27th March 2015 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 including the President, 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 21st March 2014
3. President's Report
4. Financial Report
5. Maintenance Report
6. Election of Officers
 - 6.1 President
 - 6.2 Vice President
 - 6.3 Treasurer
 - 6.4 Secretary
 - 6.5 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 Sandy Pitcher, CEO of DEWNR 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

President, Vice President, Secretary, Treasurer, Council Member.

.....
(Signature of Nominee) (Proposer)

.....
(Please Print Name) (Secunder)

**Nominations close at 2.00pm On Friday 20th March 2015
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-to-End Reports

End-to-End 10 - Carol Homewood

Is walking the Heysen Trail on your "To Do List" or "Bucket List"? 2015 could be your year to reach your goal and commence the Trail. The first walk for End-to-End 10 is on Sunday 3rd May 2015. It will start at Cape Jervis and finish at Cobblers Hill. Registrations for the walk will open on Monday 23rd March 2015.

Volunteer End-to-End 10 Co-ordinator Carol Homewood is very passionate about her hiking. She grew up in Scotland where she spent many trekking trips around the Scottish Highlands. Her latest completed adventures are the Kokoda Track, the UK's 3 highest peaks within 24hrs, trekking in Nepal and she is currently walking with End-to-End 5. Carol is known by her friends as "the goat" as most weekends you will find her hiking on goat tracks around the Adelaide Hills. Carol is excited to be co-ordinating the End-to-End 10 group along the Heysen Trail and is looking forward to helping all participants at all walking levels achieve their goal of walking the Heysen Trail. She states that she is joined by a great team of voluntary leaders with a vast amount of walking experience between them, and that 2015 is going to be a fabulous year for walking the trail.

As part of the End-to-End 10 schedule Carol will be holding an introductory walk for registered participants in the Adelaide Hills (Carol has confirmed that no goat tracks will be used - a proper walking trail is scheduled for this walk) before the first End-to-End 10 walk along the trail.



Carol upon completing Ben Nevis, Scotland]

All information about this introductory walk will be advised to participants upon registering. She states just keep Sunday the 12th April 2015 free in your diary for this mystery walk.



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Friends of the Heysen Trail receive 10% discount



Mt Brown Accommodation Catninga



Catninga B&B



Catninga Shed

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- Continental breakfast
- Tea & coffee making facilities
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Email catninga@activ8.net.au
Website www.catninga.com

End-to-End 5 - Russell O'Brien

Take 2! For End-to-End 5 the 2015 season begins at The Dutchman, that bunch of rocky outcrops and slopes named by Captain Matthew Flinders who charted the nearby Spencer Gulf in 1802. It has always fascinated me that the bluff gained its name from its similarity to the reverse stern of Dutch sailing ships of the eighteenth century. (A reverse transom angles backwards from the waterline to the deck.) The first three days of walking through to Buckaringa Gorge are those that we missed last October due to forecast high temperatures. Let's hope that early June will provide the best in walking conditions.

For those interested, the following is End-to-End 5's plan for the year. As you will see, we will complete the Heysen Trail in two phases: early June and late August.

PHASE 1 – JUNE	Dutchmans Stern to Old Wonoka
Base location: Pt Augusta then Hawker	
Monday 1 June	Depart from Adelaide
Tuesday 2 June	Dutchmans to Eyre Depot
Wednesday 3 June	Eyre Depot to Warren Gorge
Thursday 4 June	Warren Gorge to Buckaringa Gorge
Friday 5 June	Travel from Pt Augusta to Hawker
Saturday 6 June	Buckaringa to Calabrinda Creek
Sunday 7 June	Calabrinda Creek to Jarvis Hill
Monday 8 June (Public holiday)	Jarvis Hill to Old Wonoka. Return to Adelaide

PHASE 2 AUGUST	Old Wonoka to Parachilna
Base location: Rawnsley Park	
Friday 21 August	Depart from Adelaide
Saturday 22 August	Old Wonoka to Mt Little Station
Sunday 23 August	Mt Little Station to Moralana
Monday 24 August	Moralana to Wilpena
Tuesday 25 August	Wilpena to Bunyeroo
Wednesday 26 August	Rest day and time to organise for the last 3 days of walking
Thursday 27 August	Bunyeroo to Trezona
Friday 28 August	Trezona to Aroona
Saturday 29 August	Aroona to Parachilna. Celebration dinner
Sunday 30 August	Return to Adelaide

By Friends of the Heysen Trail standards, at about 35 walkers, End-to-End 5 is a relatively small group so we welcome other walkers who enjoy a great walk, good company and spectacular Flinders Ranges scenery to join us for either or both of these adventures. Just let the Heysen office know of your interest by phoning (08) 82126299 or email to heysentrail@heysentrail.asn.au or robrien@internode.on.net

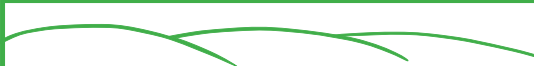
Each phase will have a 'trip package'¹ cost including travel from Adelaide (and return) as an uncharged bonus. Phase 1 will be approximately \$320 and Phase 2 slightly higher. Remarkable value, isn't it?

Here are some of my notes from the last time I walked the first walk, Dutchmans to Eyre Depot.

"The walk along the creek was great. It's definitely not a wet weather walk. Towards the end of the creek, one walker sprained an ankle and had to be taken out by 4WD. It's a wonder that others didn't do the same. Once out of the creek, walking was very stoney much like gibbers in parts. However, this was a great walk. Tiring on the feet and although 17 km. it felt longer."


Keep up the walking folks!

1. The package charge does not include meals or accommodation. All walkers must be members of the Friends of the Heysen Trail. For membership information go to <http://heysentrail.asn.au/friends/membership/>



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End-to-End Walks 2015 Walk Season Programme

This version released 9 December 2014

heysentrail.asn.au

	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
May	Sun May 3 End-to-End -1 Pewsey Vale to Mt Crawford	Sun May 10 End-to-End 8 Cudlee Ck to Mewett Road	Sat May 16 - Sun May 17 End-to-End 6 Raeville to Locks Ruin to Bowman Park	Sat May 23 - Sun May 24 End-to-End 7 Webb Gap to Burra Rd to Worlds End	Sun May 31 End-to-End 10 Cobblers Hill to Tapanappa
	Sun May 3 End-to-End 10 Cape Jervis to Cobbler Hill				
	Sat May 2 - Sun End-to-End 6 Chlorination Stn to Curnows Hut to Raeville		Sun May 17 End-to-End 9 Myponga to Mt Compass	Sat May 23 - Sun May 24 End-to-End -1 Mt Crawford to Cudlee Creek	
	Sat May 2 - Sun End-to-End 7 Peters Hill/Gerkie Gap to Webb Gap				
June	Mon June 1 - Mon Jun 8 End-to-End 5 Dutchman to Old Wonoka	Sun June 14 End-to-End 8 Mewett Rd to Mt Crawford	Sat June 20 - Sun June 21 End-to-End 6 Bowman Park to Mt Zion to Wirrabara Forest	Sat June 27 - Sun June 28 End-to-End 7 Worlds End to Burra to Wandallah	
			Sun June 21 End-to-End 9 Mt Compass to Kyeema	Sat June 27 - Sun June 28 End-to-End -1 Cudlee Ck to Cleland	
July	Sun July 5 End-to-End 10 Tapanappa to Balquhidder	Sun July 12 End-to-End 8 Mt Crawford to Pewsey Vale	Sat July 18 - Sun July 19 End-to-End 6 Wirrabara Forest to Block Nine Road to Murraytown	Sat July 25 - Sun July 26 End-to-End 7 Wandallah to Newikie Creek to Dares Hill Summit	
			Sun July 19 End-to-End 9 Kyeema to Dashwood Gully	Sat July 25 - Sun July 26 End-to-End -1 Cleland to Dashwood Gully Rd	
August	Sun Aug 2 End-to-End 10 Balquhidder to Waitpinga	Sun Aug 9 End-to-End 8 Pewsey Vale to Tanunda	Sat Aug 15 - Sun Aug 16 End-to-End 6 Murraytown to Melrose to Alligator Gorge Rd	Fri Aug 21 - Sun Aug 30 End-to-End 5 Old Wonoka to Parachilna	
			Sun Aug 16 End-to-End 9 Dashwood Gully to Mylor	Sat Aug 22 - Sun Aug 23 End-to-End 7 Dares Hill Summit Rd to Hallett to George Rd quarry	Sat Aug 29 - Sun Aug 30 End-to-End 6 Alligator Gorge Rd to Horrock's Pass to Broadview HS
				Sat Aug 22 - Sun Aug 23 End-to-End -1 Dashwood Gully Rd to Mt Compass	
September	Sun Sept 6 End-to-End 10 Waitpinga to Tugwell Road	Sun Sept 13 End-to-End 8 Tanunda to Kapunda	Sat Sept 19 - Sun Sept 20 End-to-End 7 Broadview HS to Woolshed Flat to Quorn	Sat Sept 26 - Sun Sept 27 End-to-End 7 George Rd Quarry to Spalding Rd to Chlorinator	
			Sun Sept 20 End-to-End 9 Mylor to Cleland	Sat Sept 26 - Sun Sept 27 End-to-End -1 Mt Compass to Inman Valley	
October	Sun Oct 4 End-to-End 10 Tugwell Road to Inman Valley	Sat Oct 10 - Sun Oct 11 End-to-End 8 Kapunda to Hamilton to Peters Hill	Sun Oct 18 - Sat Oct 24 End-to-End -1 Inman Valley to Cape Jervis		
			Sun Oct 18 End-to-End 9 Cleland to Montacute Heights	Sat Oct 24 - Sun Oct 25 End-to-End 7 Chlorinator to Curnow's Hut to Raeville	
November	Sun Nov 1 End-to-End 10 Inman Valley to Myponga	Sat Nov 7 - Sun Nov 8 End-to-End 8 Peters Hill to Gerkie Gap to Webb Gap	Sun Nov 15 End-to-End 9 Montacute Heights to Cudlee Creek	Sun Nov 22	Sun Nov 29

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: heysentrail.asn.au/walks

Walk Registration

Register for a walk either online or over the phone.

Register online at heysentrail.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 heysentrail.asn.au



TrailStarter & TrailWalker Walks

2015 Walk Season Programme

This version released 9 December 2014
heysentrail.asn.au

	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
April	Sun April 5 Easter	Sun April 12 Trailwalker Lavender Federation Trail Stephen Salib-Brown	Sun April 19 TrailStarter Scott Creek Adam Matthews	Sun April 26 TrailStarter Willunga Catherine Anderson & Noeleen Smith	
			Sun April 19 Trailwalker Belair RW to Mt Lofty Alan Davis	Sun April 26 Trailwalker Black Hill Richard Milosh	
May	Sun May 3 TrailStarter Sturt Gorge Robyn Quinn	Sun May 10 TrailStarter Breakout Creek Peter Solomon	Sun May 17 TrailStarter Mt Crawford Kevin Liddiard	Sun May 24 TrailStarter Sturt Gorge Chris O'Brien	Sun May 31 TrailStarter Sea to Summit Bottom Half Julian Monfries & Simon Cameron
	Sun May 3 Trailwalker Lavender Federation Trail Stephen Salib-Brown	Sun May 10 Trailwalker Para Wirra Paul Saxby	Sun May 17 Trailwalker Myponga Simon Cameron	Sun May 24 Trailwalker Beaumont to Hahndorf Richard Milosh	Sun May 31 TrailStarter Sea to Summit - Whole Trail Julian Monfries & Simon Cameron
June		Sun June 14 TrailStarter Anstey's Hill Colin Edwards	Sun June 21 TrailStarter Brownhill Creek Richard Milosh	Sun June 28 TrailStarter Belair Chris O'Brien	
	Sun June 7 Long Weekend Trailwalker Piccadilly Mary Cartland	Sun June 14 Trailwalker Lavender Federation Trail Stephen Salib-Brown	Sun June 21 Trailwalker Montacute Kevin Liddiard	Sun June 28 Trailwalker Mt Hayfield Peter Clark	
July	Sun July 5 TrailStarter Cleland Adam Matthews	Sun July 12 TrailStarter Koala Walk Michael Middleton	Sun July 19 TrailStarter Mt Lofty Arrienne Wynen	Sun July 26 TrailStarter Around Mylor Stephen Salib-Brown	
	Sun July 5 Trailwalker Glen Osmond Mary Cartland	Sun July 12 Trailwalker Lavender Federation Trail Stephen Salib-Brown	Sun July 19 Trailwalker Scott Creek Chris O'Brien	Sun July 26 Trailwalker Sandergrove to Milang Chris Allen	
August	Sun August 2 TrailStarter Mack Creek Kevin Liddiard	Sun August 9 TrailStarter Onkaparinga Dana Florea	Sun August 16 TrailStarter Kaiserstuhl Peter Solomon	Sun August 23 TrailStarter Warren/Hale Conservation Park Robyn Quinn	Sun August 30 TrailStarter Mylor Nature Trail Graham Bald
	Sun August 2 Trailwalker Morialta Mary Cartland	Sun August 9 Trailwalker Lavender Federation Trail Stephen Salib-Brown	Sun August 16 Trailwalker Wirra Wirra Peaks Eve Buckley	Sun August 23 Trailwalker Gandys Gully Neil Rivett	Sun August 30 Trailwalker TBA TBA
September	Sun Sept 6 TrailStarter Mount Lofty Graham Bald	Sun Sept 13 TrailStarter Ambers Gully Steve Clift	Sun Sept 20 TrailStarter Newland Head Robyn Quinn	Sun Sept 27 TrailStarter TBA TBA	
	Sun Sept 6 Trailwalker Thomas Hill Steve Clift	Sun Sept 13 Trailwalker Lavender Federation Trail Stephen Salib-Brown	Sun Sept 20 Trailwalker Mt Crawford Paul Saxby	Sun Sept 27 Trailwalker Montacute Dana Florea	
October	Sun Oct 4 Long Weekend TrailStarter McLaren Vale Cathy Anderson & Noeleen Smith	Sun Oct 11 TrailStarter Second Creek Simon Cameron	Sun Oct 18 TrailStarter Marys Gully Arrienne Wynen	Sun Oct 25 TrailStarter Adelaide Strret Art Vicki Cox	Sun Nov 1 TrailStarter Cedars Dean Mortimer
	Sun Oct 4 Long Weekend Trailwalker TBA TBA				
	Oct 3-5 Long Weekend Trip Away Kangaroo Island Hugh Greenhill	Sun Oct 11 Trailwalker Lavender Federation Trail Stephen Salib-Brown	Sun Oct 18 Trailwalker Mt Crawford Carol Homewood	Sun Oct 25 Trailwalker Kuitpo Chris Allen	Sun Nov 1 Trailwalker Moana to Pt Willunga Richard Milosh

Walk Grades

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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 heysentrail.asn.au



BURRA BRANCH - Friends of Heysen Trail Planned program for 2015

Date	Location
Sunday 29 March 3.00pm	AGM at Gallys, Farrell Flat
Saturday 2 May	Porcupine Range
Sunday 31 May	Hamilton, heading south
Friday 19 June - Sunday 21 June	Minlacowie, Yorke Peninsula
Sunday 12 July	Smith Hill
Saturday 1 August	Pauletts to Watervale - moonlight walk
Saturday 22 August	Caroona
Sunday 13 September	Huppatz Hut to Hopkins Creek
Saturday 3 October	Mt. Bryan loop
Saturday 24 October	John Oats, Caroona + Break up tea
Contact details for the above: Rodney Rees, rbrees@rbe.net.au or (m) 0411 134 984.	

Are you in this picture?

If you are, isn't it time we got together? It is now ten years since the Friends' first End-to-End finished at Parachilna, and there you all are, those that completed the whole Trail and those that joined us along the way.

We plan to have a reunion later in the year and would like to contact as many of the End-to-End 1 walkers as possible. Date and venue to be decided later so keep your eyes peeled for more information in the next TrailWalker. Spread the word as we have lost contact with a number of the finalists.



The First End-to-End walk of the Heysen Trail

1986: A South Australian Jubilee 150 project

Andrew Eastick

Inspired by the late Warren Bonython's walk of the Flinders Ranges and his subsequent advocacy for a long distance walking trail along the Mount Lofty and Flinders Ranges – the genesis of the Heysen Trail – then Penola farmer Andrew Eastick gathered together ten walking companions to walk the Trail as a South Australian Jubilee 150 project.

At the time the walk began on Anzac Day Monday 25 April 1983 the only built sections of the Trail were from Newland Hill to the Barossa Valley and from Hawker to Parachilna Gorge.



Setting out from Cape Jervis Anzac Day 1983

The walk, in eight stages over 80 days, was the first End to End and also the first Beyond the Trail walk, concluding on the summit of Mount Babbage on Monday 27 October 1986.

During the period of the walk the Heysen Trail was still a controversial matter in those parts of the proposed route where trail maker Terry Lavender was actively engaged in negotiating future route options with landowners. Andrew worked closely with Terry in selecting the route for his group so as to minimise the risk to the negotiations.



Campsite on northern side of Patawarta Hil

Eleven people started the walk with Andrew – Bob Nicolle, Cameron Storey, Carlien Melrose, Dick Grant, Graham Duke, Harold (Woody) Woodward, John Dunn, Lyn Steven, Monica Osbourne and Rob West.

Bob Nicolle, Dick Grant and Andrew Eastick reached Mount Babbage.

Andrew Eastick, encouraged by then Friends Administration Officer Monica Osbourne, wrote an account of each of the eight stages of the walk, seven of which were published in the Trailwalker in the late 1980s and early 1990s.



Relaxing on the summit of Mount Babbage

Terry Lavender's book, *The Last Post* (or how to build the Heysen Trail in 400 years or less), mentions Andrew attending a meeting, with others, at Melrose, organised by Terry in an attempt to reason with a group of locals about the route of the Trail in that area. The argument being put was that the presence of walkers would discourage sheep from drinking at springs and dams that might be in proximity to the Trail – and the sheep would therefore, most unfortunately die of thirst!

When Andrew, a sheep farmer in the South East of South Australia at the time, debunked that he and the other Trail supporters at the meeting were vigorously informed by one local grazier, struggling surely to keep a straight face, that sheep in the Southern Flinders Ranges were very much different to South East sheep, and death from thirst was certain.

The revised accounts of each stage, now supported by some of the many photographs taken by Andrew during the walk, is now published on the Friends website.

They can be viewed at <http://bit.ly/heysen1986/>



Overland Track with Cradle Mountain Huts

by Michael Middleton

It all started over a year ago over a discussion with friends about what we'd like to be doing on New Year's Eve. I had been reading up on the Overland Track for a while, and said I'd like to be on Cradle Mountain! The idea just took off from there, and turned to Cradle Mountain Huts fully guided walk.

Each night is spent in the only private huts along the track, with hot showers, 5 twin share rooms, drying rooms and wine with your evening meal. Very appealing to me! We managed to fill 9 of the 10 spots: Eve, Lin, Jane, Helen and Matthew, Greg, Ken, Peter and me.

Day 1 - 31/12/14

We were picked up from our hotel in Launceston and transferred to the walkers base at Quamby Estate. Here we met our guides, Hannah (36) and Lucy (22) for our gear check. Careful packing in our packs (provided)



The group in front of Cradle Mountain on day 1

should have had our pack weight under 9kgs, mine weighed 12. There was no time to ditch any unnecessary items, but our guides carried around 25kgs! So off we set in our mini-bus for the start, with a stop for morning tea at Round Hill Coffee. At 11am, it was off from Waldheim on our adventure. The weather was perfect, partly cloudy, around 20 degrees. It was an hour's walk to our first stop at Crater Lake and the old boat shed.

The steepest climb on the whole track to Marion's Lookout was next, for wonderful views of Crater and Dove Lakes. A brief stop for a look at Kitchen Hut provided great views of Cradle Mountain towering above us. Unfortunately time would not permit climbing it: it was such a clear day too. A drop down into Waterfall Valley preceded our arrival at Barn Bluff Hut. Afternoon tea and dinner preparations are made by one guide who goes ahead of the group. The aroma of freshly baking

bread for lunch the next day always awaits your arrival. 5 bottles of Tasmanian wine (2 whites, 3 reds or vice versa) are provided for dinner. Being New Year's Eve, 2 bottles of champers were also provided. 2015 was welcomed-in 2 hours early, as we were all knackered from our first day's effort!

Day 2 - 1/1/15

At breakfast, the rain was pouring down outside. Breakfast consisted of cereals, toast, porridge, tea, plunger coffee and juices daily. Sliced bread was ready to make our sandwiches: salad items, tinned tuna, cheese, salami was the usual fare. Then the wet weather gear was donned for the start (the only day it rained while we were walking). It rained constantly until our arrival at Windermere Public Hut for an early lunch. The rain cleared after lunch and provided good views of Mt Oakleigh and Mt Pelion West. A walk through an enchanting rainforest to our accommodation at Pine Forest Moor Hut concluded the day's walk. The one bottle of champers we didn't open on New Year's Eve was opened and consumed on the helipad before dinner.



Mt Pelion Hut at the end of day 2

Day 3- 2/1/15

The weather was kind today - fine and sunny for the long, slow ascent around the base of Mt Pelion West. What goes up must come down: after our break at Frog Flats, it was a long, gentle descent onto Pelion Plains. Hannah accompanied Eve, Peter, Matthew and me past the track to Old Pelion Hut to New Pelion Public Hut. It sleeps up to 60 people - but it is the start point for the Mt Oakleigh ascent. At 1.30, off the 5 of us went across the bog on our estimated 5 hour return trip. It was then a steady climb up through eucalypt and then myrtle forest to the top. It was worth the effort, thank you Simon Cameron for the recommendation! The summit



Mt Oakleigh

provides a grandstand view of most of the major peaks of the park. We could even see the hut where we started the day. We lingered a bit too long at the top really, we didn't get to our hut until around 7.45pm. But Lucy had prepared wonderful big rectangular pizzas for dinner - they kept coming out - at least 6 of them. I slept pretty well that night!



Looking down on the spires of Mt Oakleigh

Day 4- 3/1/15

While Adelaide was suffering in plus 40 degree heat and bushfires, the estimated temperature for the track this day was 29 - about as hot as it gets. The climb up Pelion Gap to the junction with side tracks to Mt Ossa and Mt Pelion East was fairly taxing in the heat. Some of the group waited on the track while the rest of us climbed up to Mt Doris for lunch - a delightful spot with one of the best views from the park. It was decided that it was too hot to continue all the way up to the summit of Mt Ossa, a wise move despite the disappointment.

So it was onto Kia Ora Hut early - a unique design from the other huts. A wonderful deck out the back for a great view of the sheer face of Cathedral Mountain. White chilled wine (see photo) was enjoyed out the back before dinner.



Mt Ossa

Day 5 - 4/1/15

Once again, we were lucky with the weather. Overnight rain had stopped before rising. Cathedral Mountain was shrouded in cloud at first, providing a different view from the day before. A wallaby was feeding out the back below the deck too.



On the climb up to Pelion Gap

This was the day of waterfalls and majestic forests. It took an hour for us to reach Du Cane Hut, built by trapper Paddy Hartnet. These days it is for emergency



The Overland Track-style wine cooler





D'Alton Falls

use only. The walk down to Fergusson and D'Alton Falls followed - both are wonderful and worth the effort. After lunch, a further 700 metre walk to the junction with Hartnet Falls Track followed. This is classed as the best of the waterfalls on the Mersey River, and the gorge is certainly spectacular.

We were told to dress for dinner in something that we hadn't worn - haha! Who still had anything that they hadn't worn? The men were then led into the drying room to

dress for dinner - the ladies had quite a laugh at our expense. Why wasn't there a box of men's clothes for them? Oh well, at least they managed to find some interesting dresses on the box themselves!

Day 6- 5/1/15 - final day

We had a morning walk through rainforest to Narcissus Hut at the northern end of Lake St Clair to start the day. A picnic lunch was had on the jetty waiting for the boat to take us the 17kms to the Visitor Centre. Only our guides were game enough to jump off the jetty into the freezing water. Peter at least waded into the water and didn't look like he enjoyed the experience! It was a short cruise to the Cynthia Bay Visitor's Centre. I headed straight for the cafe - after all, a man's not a camel, it had been 6 days since my last beer! The ice cold pint of James Boag Premium Lager went down rather well! Graeme, our driver back to Quamby Estate - was a mine of information on everything we passed on the way. Champers and nibbles awaited our arrival. We said goodbye to Hannah and Lucy here. Graeme drove us back to our Launceston Hotel. For dinner, we walked to the very popular Jailhouse Grill - we were all hanging out for a steak! Mary (Ken's wife) joined us.

I would recommend the Overland track to anybody. The scenery is wonderful, you meet lots of interesting people from around the planet. Tents are compulsory if you are going independently, as the huts are sometimes full. The Overland Track is very popular, and in the 6 month peak season you have to book and can only walk one way - from north to south. I returned home to Adelaide the day after the walk finished. I'd like to go back one day - to walk independently and hopefully climb Cradle Mountain and Mt Ossa!



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Let's Do Lunch

by Neil and Ann Nosworthy

One of the great benefits of walking is being able to indulge ourselves with a hearty meal. So recently, Ann and I have been preparing for an upcoming tour in Japan by walking around some of our local parks and stopping for lunch at some of the local eateries.

There are several parks or reserves near to where we live at Eden Hills including Shepherds Hill, Lynton/Sleeps Hill, Randell Reserve, Brownhill Creek, Belair National Park, Sturt River Linear Park and Sturt Gorge. All of these can be linked together with relatively small amounts of street walking as well as some significant challenges in terms of distance and ruggedness.

These walks are easily accessible from the Eden Hills railway station which also has parking available (although this might be at a premium on weekdays.) And of course there are some good eating opportunities.

Windy Point Café

This about a six kilometre walk (12 km round trip) from the Eden Hills Railway Station through the Shepherds



City of Adelaide from Windy Point

Hill Recreation Park which has a great panorama of Adelaide and the coastline. There is a lovely creek walk before heading across the "Tunnel X over" trail at the Lynton end of the railway tunnel.

In Lynton Reserve, there are several options to walk up to Windy Point including the Sleeps Hill Walking Trail past several old quarries which have an interesting geology and history. From there, it is a short walk over to Windy Point for more grand views of Adelaide.

The Café offers plenty of choice although it is usually busy on the weekend.

Those feeling replete after a meal at the café can stroll down the hill to the Lynton Railway Station. However, if you need more exercise, you can return to Eden Hills through any one of a number of trails back through Shepherd's Hill.

Sheoak Café

I saw somewhere that the Sheoak Café was one of the hidden gems of Adelaide eateries but we had rather a long walk to get there.

Once again starting at the Eden Hills Railway Station, we headed through Shepherds Hill Park across the "Tunnel X over" trail and through Lynton Reserve. Then we pounded some pavement over to Anderson Avenue which runs through Randell Reserve in Torrens Park. Around the Mitcham Cemetery, we crossed over into Brownhill Creek Recreation Park where we picked up the Yurebilla Trail and followed it back to the start at the Belair Railway Station.

The Sheoak Café is just up the road from the railway station at the junction of Upper Sturt Road and Sheoak Road. The menu is interesting and it is a good place for lunch.



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Once again, the return journey will depend on how you are feeling. Go back to the Belair Railway Station and catch the train although they only run every hour on the weekends so there may be a wait. Alternatively there is a long walk along Gloucester Avenue before heading into Shepherds Hill again.

Overall this is about a 16-18 km walk.

Joan's Pantry

This is a popular spot at Apex Park next to the main road through Hawthorndene near Minno Creek. This has become a favourite for us because it links up with several different routes.

We head south from the Eden Hills Railway Station and after a bit of street walking find our way into Sturt Gorge Recreation Park (a gorgeous place with plenty of good, hard walking trails) then up to the new trails in Blackwood Park. The usual route comes out at Horners Bridge over the Sturt River on Murrays Hill Road. More road walking is necessary as the councils have not been able to complete the Sturt River Linear Park. But back on the Linear Park, there is a pleasant walk along the river and Minno Creek up through Blackwood Forest and Archibald Reserve until we reach our Mt Lofty alternative, Olave Hill Road. This is a steep fire trail leading over to Upper Sturt Road. Fortunately a seat has been erected at the right spot to rest and admire a beautiful but little seen panorama of the southern suburbs of Adelaide.

A steep walk up Olave Hill Road followed by some more road walking takes us to Upper Sturt Road where we cross over into Belair National Park. From here, there are many options including following the Adventure Loop trail along the edge of the park and to the main entrance. It is a short walk along the trail by Minno Creek to Joan's Pantry.

Joan's has a good menu for lunch or coffee and cake. It is usually very popular on the weekends. And for those that are interested, there is a community garden behind Joan's.

Again there are options about getting home. The Blackwood Railway Station is just up the hill. Or you can follow the Sea to Summit trail along the railway line back to Blackwood High School. Another option is to follow the main roads back to Eden Hills.



Joan's Pantry at Hawthorndene

The loop is 16-18kms depending on the options in Sturt Gorge and Belair but there is a much shorter loop by continuing up Minno Creek to Joan's Pantry and cutting out Olave Hill and Belair.

Lucky Lupitas

This is an aspiration as Lupitas is an extremely popular restaurant and not open for lunch on the weekends. We hope that we will not have to wait for a table during the week.

Lupitas is on South Road at Bedford Park next to the Flinders Medical Centre. To get there from Eden Hills, we go through Sturt Gorge picking up the Sea to Summit through Magpie Gully winding around past Flinders University and then turning right at South Road to get to the restaurant.

Our route back to Eden Hills goes back though the University and under Sturt Road (on some nice new steps) around to Shepherds Hill Park and back to the railway station.

This is a 12-15 km walk depending on which trails are followed. We hope to get to Lupitas one day and that the effort is worth it.

I hope that this has whetted your appetite. More detailed trail notes are available if you are interested. We would also like to hear of other walk and dine options. There must be plenty.



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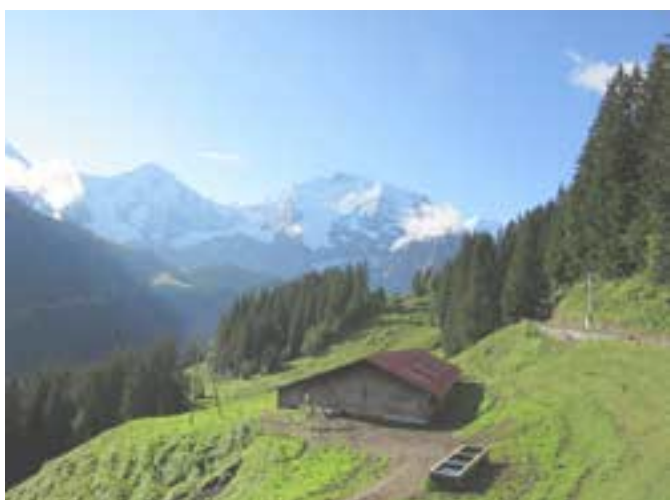
Tour Mont Blanc

by Wendy Wake-Dyster

In late 2013, I decided I needed a challenge to help me work towards one of my semi-retirement goals of getting fitter. As I was visiting my daughter in Germany in August 2014, I did some internet research on guided walking tours in Europe, something about a week long, which was easily accessible from Munich and moderately challenging. I knew someone who had done the Tour Mont Blanc; surely I could do it as well! The training guidelines advised that participants needed to be able to walk a 1000m ascent and descent each day. Over the months I got to know the Waterfall Gully to Mt Lofty walk well, as this was my weekly training benchmark.

Jungfrau

After a few days family time and getting into the European time zone, I caught the train from Munich to Wengen in the Jungfrau region of the Swiss Alps. This area was too beautiful to bypass, and it gave me the opportunity to do three days of walking at higher altitude. The first day I caught the cable car from Wengen to Männlichen. I planned to walk to Kleine Scheidegg and back down to Wengen. As the morning progressed the mist and fog lifted and became brilliant sunshine. The paths were well marked and quite a few people were out hiking by this stage of the day. I decided to take another turn and hiked under the south face of the Eiger. The meadows were lush and green, full of flowers and bees buzzing around. The cowbells were resonating across the valleys and all was well with the world! I traversed across the mountains, and then followed a path under a cable car, that involved a continuous 1000m ascent at 2500 metres, all good training.



Walking near the chairlift at Männlichen

The second day was clouded in, so there was no sense to do a lot of walking at altitude. I caught the train down to the valley, and then the cable car partly up the other side of the mountain. After walking across to Murren, I took a path further across the mountain and then followed down the mountainside, through lush pine forests, past gushing streams and waterfalls.



The track along the river from Murren

This walk was a lot quieter than the previous day, maybe a half a dozen people in all once the villages were behind. Once in the valley the path followed the river, with a detour to see the Stechelbach falls, a spectacular series of waterfalls inside a mountainous cavern.

The third day looked promising, so I took advantage of it to do one of the hardest walks up to Piz Gloria, known from the James Bond movie "On his Majesty's Secret Service". Crossing the valley as on the previous day, this walk took the uphill path traversing pine forests, and then rising along the steep treeless scree slopes. Very steep, all that training had been needed. In all this was a 1500m ascent to 3000m. At about 2500m fatigue started to kick in, and every step took concentration. By this stage the path was mainly rock hopping until the last 100 metres, which I had been warned about; a rock ledge with chains one side and drops either side of several hundred metres. For someone who does not like heights the choice was the path and the option of a cable car down; or walking five hours down. Fatigue overcame fear and I got across. Sitting in a revolving restaurant with post walk fatigue and disorientation was a very weird feeling!

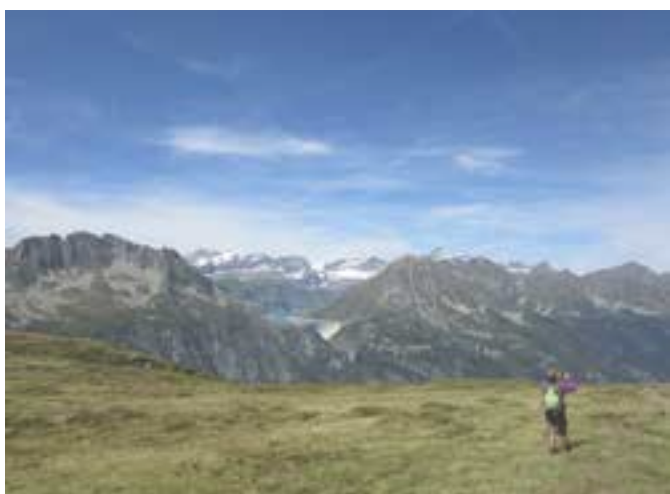
The next day I headed further afield by train to Chamonix, France, the joining point for the Tour Mont Blanc.



Tour Mont Blanc Day 1

The walk was a 7 day guided walk with World Expeditions/U Tracks, with a bi lingual guide (English and French) and a maximum of 14 participants. The statistics quoted in the brochures were hours walking (6-8 hours per day without breaks) and metres ascent and descent. We carried day packs and the remainder of our luggage was carried by mule. Accommodation was in hostels or refuges in shared rooms. The group was four men and ten women, from France, Germany, Singapore, Bahrain, Australia, Belgium and Switzerland. Half the group were walking as singles, and the other half as couples or friends. Our guide was Yves, a local French man with over 30 years guiding experience.

After introductions, including to Reine our mule (soon to become our best friend), we walked up under the cable car to Col de Balme with views of Mont Blanc and the glacier of Le Tour. The ascent was quite steep, up 500 metres of our 1000m for the day. The glacier, one of 17 on Mont Blanc has receded by several centimetres each year; our guide having seen a marked difference over the years. We enjoyed the first of our shared picnic lunches, in a meadow serenaded by the sound of cow bells, reclining on the grass with no need to even get up to take photos.



The view towards the French /Swiss border

After lunch there was a traverse across a scenic valley with views to a dam dividing France and Switzerland and then a steady and quite steep downhill to the Swiss village of Trient, where we stayed the night. Yves, our guide showed us the Charlie Chaplin technique for downhill and tightening up the shoelaces before the descent. At the end of the day, there was a welcome hot shower, Belgian beer, dinner of vegetable soup, salad, fondue and ice cream crafted in the shape of the Swiss flag and a good local Pinot noir selected by Olivier, our Swiss walker. No individual beds or bunks here, a dorm with 12 people on platforms and mattresses meant we got to know each other sooner rather than later!



Swiss chalet and meadow

Tour Mont Blanc Day 2

After a continental breakfast we made our start, immediately uphill 500 metres to Col de la Forclaz. After a brief stop in a lovely meadow, there was more uphill. We soon learnt that when Yves said it was a bit steep, that meant very steep! As we had made good progress, and it was such a beautiful day, we enjoyed an extended lunch at a mountain cafe with beautiful views, and enjoyed the sunshine. Each day lunch was a picnic; we all carried part of it and shared bread, cheese, meat, salad and fruit. After lunch there was a gentle downhill stretch with stunning views, to a cafe bar where we stopped for coffee. The last section for the day was uphill to our refuge Auberge D'Arpette, which was set on its own with stunning views up to snow-capped mountains. We had our own bunk beds in the dorm tonight- luxury! .Dinner was soup, venison, red wine, ice cream.

Tour Mont Blanc Day 3

The weather was not looking good this morning, with rain overnight and steady rain this morning, so it was out with the wet weather gear. Our guide decided to wait half an hour to start, which meant the weather had cleared a bit. The first part of the walk followed the river along to Lac Champex , with low cloud and mist creating a great atmosphere. Then we walked along the valley through traditional Swiss villages with wooden chalets, barns and flowers everywhere. Lunch was out in the meadows. It was sunny again so a chance for a siesta. We then took the trail along a forest balcony, with high views across the valley to the river. More climbing ended the day up to the refuge, Auberge Edelweiss in La Fouly, a very pretty Swiss village. Dinner was soup, curry chicken, fruit crumble and red wine. Olivier took his hosting duties seriously and tutored the group in the national Swiss card game which is similar to bridge. Platform beds again!



The walking trail along the Chemin des Bergeres

Tour Mont Blanc Day 4

We started the day in sunshine walking out of the village of Le Fouly for one kilometre along the road, with views to snow-capped mountains and green meadows. The sound of cow bells was everywhere, as this was the Chemin de Bergeres (Way of the Shepherd). We commenced a steady climb for one hour up to a local dairy, where our guide bought raclette cheese, a local speciality, for lunch and we had a morning tea break. Then another steady climb for an hour and a half, with views over the bare hills and streams and falcons flying overhead. We continued up to the summit at 2500m, the Grand Col Ferret, the pass between Switzerland and Italy. What a stunning view- with two glaciers, snow capped mountains and 360 degree vistas. There was a group of Italian walkers at the summit and the contrast could not be greater to the more sedate Swiss- noise, singing, kids running riot. Lunch was spent sitting on the grass and enjoying the views, but as the clouds started to come over there was no siesta today. Yves, our Belgian walker passed around the Poiré William which had a good kick, apparently schnapps made from stone fruits is warming, without stones is cooling. We made our way down the mountain to our refuge, a five hundred meter descent, the Charlie Chaplin walk was doing well and at the end of the day, albeit shorter by two hours, feeling good.

Refuge Elena in Italy had great views over the glacier and down to the valley. There were bunk beds, good showers but surprisingly only squat toilets. This was a logistical challenge!

Dinner was soup, spaghetti, roast pork, cheese and apricot tart. After dinner our guide ordered a grolle, a traditional after dinner liquor served in a type of communal multi spouted teapot. The tradition was to pass it around the table each taking a sip until the centre came against the drinkers' forehead. It was quite potent with grand marnier, herbs and some coffee. We had great Italian wine from the region, Amarone, selected by Zain who had travelled quite a bit in Italy.



The approach to Refuge Elisabetta

Tour Mont Blanc Day 5

After breakfast we headed on a one hour gentle downhill from the refuge, following the glacial river along the valley. It was very picturesque and there were many people and families out walking. At the trailhead we caught the local bus into Courmayeur, an alpine village where we enjoyed gelati, coffee and a stroll around the old part of the town. Prices were high, but although there were summer sales, sadly there was no room in the backpack.

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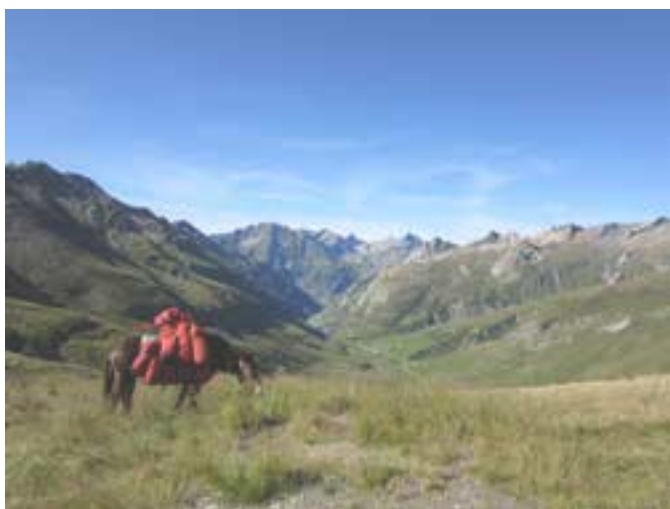


Then we caught another bus to climb up to Val Vennay where we had a picnic lunch in the meadow. After lunch we did a three hour climb to our refuge. Throughout the walk there had been a mixture of English, French and some German spoken, and today we started language tutoring while walking. Refuge Elisabetta was an old, traditional refuge, with coin operated showers, (35 litres of hot water each), platform beds with less mattresses than people and two dinner sittings. Everyone was very friendly and it was a chance to talk with other walkers. Dinner was soup, risotto, meat and cheese, cake. With space at a premium, we shared after dinner drinks in the boot room and then went outside to see the stars.

Tour Mont Blanc Day 6

Today was our big challenge and it lived up to expectations! We started out with an hour climb up to a mountain museum with a display of alpine flowers and a video about Mont Blanc glaciers. More climbing to Col de la Seigne, at 2500 metres and a climb of 300 metres, which is not even as much as the Mt Lofty training but seemed much harder at the higher altitude. We had now crossed from Italy back to France. Then a long downhill to the valley floor which we knew meant a climb up. We stopped at a local dairy to buy cheese for lunch, Beaufort, which is meant to be the best French cheese, and is best in summer when cows have eaten meadow flowers. After a further half an hour climb we arrived at our lunch stop, but no siesta today due to more hours walking.

Onward and upward and more upward to the next pass, Col de la Croix Bonhomme The terrain changed from grassy to rocks to shale always steadily up to the pass at 2500 metres. Not many photos were taken today as the objective was to get there. Fortunately the weather held out as this would have been even more difficult with rain and low visibility. There were many stops along the way to catch breath.



Reine at a rest stop on the way to Col de Bonhomme

Surprisingly I was not the last walker, being generally in the middle group. At last we reached the pass, where there were patches of snow on the north face. Then followed a steady downhill to our Refuge de la Croix de Bonhomie at 2400 m. This refuge won the "place with the best view" prize as it had a sun terrace facing endless mountains where we watched the sun set later. I felt shattered after the long day, so after a cup of tea and apple tart I had an hour sleep before shower and dinner. Dinner was soup, brown homemade bread, casserole, polenta and chocolate cake.

The refuge was solar powered so after dinner there were drinks by candle light. During the day the two younger Parisienne girls had composed a song, which we all learned to sing. As it was our last evening together, Greg (from Australia) did a presentation in English, and Yves (from Belgium) in French, to our guide; our best language students (les Parisiennes); and to our best walker Reine, a special prize of some carrots. We all braved the cold to deliver the prize to Reine out in her overnight paddock. She had negotiated the entire walk, the rocky and slippery paths, while carrying over 100kgs of our overnight luggage. As a young mule, this was Reine's first season on the trail carrying a full load. I know I wouldn't have made it without her!

Tour Mont Blanc Day 7

The last day commenced with a long downhill to the Col de Bonhomme with views through the mist. Lots of concentration was needed for foot placement but as we continued down the terrain became easier. The country was exposed and quite limestoney. Following the valley we arrived at the Refuge de la Bonhomie and had coffee, a welcome stop. After more downhill we enjoyed lunch at a cafe with picnic tables, an outdoor chicken rotisserie and patronised by lots of locals. Then we followed along the Notre Dame Gorge passing a Roman bridge over the gorge. It was very pretty and there were lots of people out walking as apparently it was the weekend. We reached the head of the gorge and the church of Notre Dame de la Gorge, the end of our walk.

Overall it was a wonderful adventure, a real privilege to be in the mountains and enjoy such spectacular scenery at close quarters. Our international group was friendly, fun and we covered topics along the way from politics, environment, economics, careers, family, philosophy and everything in between. The physical challenge was what I was looking for and I found it was at a moderate- challenging level as the website and brochures had stated. I have lots of memories and photos, and enthusiasm to tackle more long distance trails.

Hut Trip Report

Story and photos by Peter Wynen

Early one evening, Wynen household, phone rings.

Peter W: Hi there, Peter Wynen speaking

Colin E: Hi there Peter, how would you like to come away on a trip to check out the huts, shelters, toilets, tanks, platforms etc on the northern parts of the Heysen Trail. There is some maintenance to be done and I am trying to get a crew together to help out.

Peter W: I would love to help out, BUT I am the world's worst handyman.

Colin E: You can handle a broom can't you? I'll email the details to you.

....and on that understanding I became part of a 4-man crew that met at Cobblers Creek at 8:30am on Saturday 20th January ready to hook up the FoHT trailer to the car we would be traveling in. Present were Colin Edwards, Julian Monfries, John Quinn and me.

After checking we had all we needed in the trailer, we hooked it up and were off well nearly. We had hooked the trailer up inside the shed, pretty close to the door, but inside the shed nevertheless. We only needed another inch or two to clear the side of the door. After half a dozen attempts to get that two inches by reversing and forwarding, defeat was declared, we unhooked the trailer, wheeled it forward through the door and rehooked it to the car....and we were off.....again.

We arrived at Quorn in time to interrupt the caravan park managers' lunch break and checked into our cabin a couple of hours earlier than we would normally be permitted.

We unhooked the trailer and headed off for the first of many sites to inspect – Waukerie Creek. We drove along a rough 4WD track as far as we dared while still able to turn the vehicle around, scaring a herd of goats on the way, then got out and walked about 500m to the tank and shelter – listening for any sounds of gunfire that indicated feral control that we knew was occurring in the area.

No work required here – tank about 75% full. Back to the car – next stop Dutchmans Stern. This is a large hut with 2 inside, flushing toilets. Here we removed a few cobwebs and gave the hut and toilets a good clean.

The plan for tomorrow was to visit the tank at Eyre Depot (quite a long drive) and take a short cut back through Thompson's Gap to the next site after getting permission and instructions from the local landowner as to how to do that. A phone call established that he was actually in Adelaide until Monday – this necessitated a change in the plan. The revised plan was for Colin, Julian and me to visit those 2 sites in June as part of End to End 5 – a group we belong to.

The rest of the afternoon we inspected and tidied the tank and platform at Buckaringa North and the tank and

toilet at Calabrinda. Both tanks were at about 50%.

Sunday 25th January.

The day started with a long drive to the northern extremity of the trail – Parachilna Gorge. At the trailhead there is a tank and platforms which are accessible from the road. This tank had a leaking tap ("it always leaks") and was about 75% full. There is another tank about 500m down the trail accessible only by walkers. This was about 50% full.

We had arrived at around 10am – it was nice to see the gorge in morning light for a change.

Our next site was Middlesight Hut. This involved traveling a couple of kms up a rough 4wd track off of Brachina Gorge. We stayed long enough to check the gutter, remove a small termite mound that had formed in the fireplace, removed cobwebs and gave a sweep.

The next site was Yanyanna Hut. This is about 20km further down the rough 4wd track. Shortly after climbing out of a small dry creek crossing, a loud "clunk" was heard from the rear, followed by an exclamation from Julian of "Oh, oh. We have just lost a wheel!" Yes indeed – the left hand wheel had come off of the trailer and was just coming to rest about 10m away in the bush. I knew immediately that my "broom-handling skills" were not going to be of much use.



Oh, oh. We have just lost a wheel!

The ball-bearing casing had disintegrated. This trailer was not going anywhere until we were able to replace it. We abandoned the trailer and took what was left of the ball-bearing casing. We would see if the servo in Hawker could do anything for us when we got there. It was now 1pm. We continued on to Yanyanna Hut and gave it a good going over before having a break here for lunch. The tank here was only about 10% full.

After lunch we continued on the track that took us out to Bunyeroo Valley Rd and back to the main highway. Colin needed to speak to the people at Arkaba Station about



Red Range campsite which is on their property. After a brief stop there, we arrived at Hawker at around 3:15pm. We left Colin to discuss wheel issues with John Teague at the service station, while Julian, John and I headed off to Mayo Hut, a short distance away. The tank here was full.

We were back in Hawker at 4:45 – in time to see a new ball-bearing casing arrive. The solution to our problem involved not only a new casing, but a new wheel as well (something to do with studs not fitting, and I heard mention of 13" and 14" – well outside a broom-handling technician's understanding).

We arrived back in Quorn just before 6, confident that the wheel problem was now fixed.

Monday 26th January

Packed up and left Quorn at 7:30. We had to stop off at the servo in Hawker on the way through to the abandoned trailer (they needed to grease the ball-bearing casing). The trailer was fixed and hooked back onto the car by 11am. We drove slowly into Wilpena Pound where we needed to check out reports of trail-marking being confusing around the campground area.

The next major undertaking was to replace a door at Bowmans Park (Crystal Brook) and some alsynite roof sheets at Hiskeys Hut (Georgetown). The plan was to visit Hiskeys Hut and see what was required, then travel to Crystal Brook, book into the CP there and then measure the door at Bowmans Park ready to buy a new door in the morning (today being a public holiday). We visited Mt Elm on the way to Georgetown. The tank here was about 90% full. The greening committee had planted trees at Hiskeys, so the opportunity was taken to inspect these also.

We checked into the CP at Crystal Brook, then drove to Laura for tea – being a public holiday meant that there were no eateries open in Crystal Brook. On the way back, we visited Bowman Park to measure the door. Another drama almost unfolded when it became apparent that we did not have a key that fitted any of the padlocks to the gate. After contemplating the matter for 5 minutes or so, the broom-handling technician inspected the problem and was able to resolve the matter by simply sliding the chain over the top of the post – I derived some satisfaction from this.

Tuesday 27th January

We were at the hardware store waiting for it to open. They had a door, but did not have any alsynite of the right size. While Colin fitted the door, I had the task of cleaning the hut, gutters, toilet etc., while John and Julian remarked the trail in the area. The door proved to be a problem to hang, the lock proved to be an even bigger problem to install. By 2:45 the jobs were done.

We called into Georgetown for the alsynite, then fixed the roof at Hiskeys hut. It was now 3:30pm. The remaining sites were in the Burra area, so we headed off to Paxtons in Burra for the night.

Wednesday 28th January

First stop today was Wandillah. A quick clean up of the



Colin fits a new door to Bowmans Hut

shelter, then off to Blackjack.....BUT a brief inspection of the trailer before leaving revealed that the electrical coupling to the trailer had not been connected for some unknown time. This was now not working properly. Still, we had to continueBUT we were now getting a strange warning light appearing on the dash: re-connecting the damaged electrical coupling had blown one of the car's fuses. After a read of the manual and a bit of fiddling in the fuse box we fixed that little problem and decided to visit Black Jack shelter before returning to Burra, and have the plug replaced.

We had a choice of roads between Wandillah and Black Jack – one long and one short, but with lots of gates. We chose the short. While driving through one of the gates, our gate-opener noticed an unusual noise coming from the trailer wheel. A brief inspection revealed that another set of adjustments needed to be made to the recently fitted bearing case. Not an issue, but lucky to have picked it up.

Back to Burra for the new plug, coffee and lunch, then a visit to the final 3 tank sites on the way home – Burra Gorge, Webb Gap and Smiths Hill, before arriving home to a familiar comfortable bed - mine!



Tank at Smiths Hill being inspected



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