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Published by the Friends of the Heysen Trail & Other Walking Trails

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You Tuhe

Burra Branch Phone (08) 8841 3450 Email burra.heyentrail@gmail.com

#### Membership Information

Single \$25 per year Family \$40 per year Schools & Organisations \$60 per year Membership is valid for 12 months from the date of payment

#### 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 1050, 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

Magazine of the Friends of the Heysen Trail Issue 142 Summer 2017



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Adelaide100 takes shape



Trail Development





The Friends of the Heysen Trail & Other Walking Trails

## Office

Suite 212, 33 Pirie St, Adelaide SA 5000 Phone (08) 8212 6299 Web heysentrail.asn.au Email heysentrail@heysentrail.asn.au

Open Monday to Friday 10.30am - 2.30pm

#### Volunteers

#### Mondays

Dom Henschke Graham Loveday Neil Nosworthy Elizabeth Rogers

#### Tuesdays

Chris Caspar Judy McAdam Chris Porter David Rattray David Roberts

#### Wednesdays

Myra Betschild Robin Bodycomb Gilbert Downs Wendy Fox Jack Marcelis

#### Thursdays

Eve Buckley Rick James Julian Monfries Judy Szekeres

#### Fridays

Cathy Bowditch Colin Edwards Julia McLachlan Suzanne Mausolf

#### **Relief Staff**

Eve Buckley Graham Loveday Jack Marcelis Robyn Quinn

## About the Friends

#### Council Members 2016/17

Robert Alcock President Jim McLean Vice President Julian Monfries Secretary Stephen Salib-Brown Treasurer Chris Caspar Colin Edwards Dom Henschke Carol Homewood Suzanne Matthews John Newland Robyn Quinn David Rattray Richard Trembath John Wilson

#### Sub-Committee Chairs

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

#### **Mid North Branch**

Kate Greenhill Sally Fieldhouse Hugh Greenhill President Secretary Section 13 Leader

#### **Council Meeting Dates**

Wednesday 21 December 2016 Wednesday 18 January 2017 Wednesday 15 February 2017

#### Summer Trailwalker Deadline

#### Friday 3 February 2017

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.

#### Patron

His Excellency the Honourable Hieu Van Le AO

#### Honorary Members

Terry Lavender OAM\* Jim Crinion\* Neville Southgate\* Doug Leane\* Fred Brooks\* Sadie Leupold Thelma Anderson OAM Kath Palyga Richard Schmitz Arthur Smith Colin Edwards Hugh Greenhill Jamie Shephard Glen Dow Barry Finn Dean Killmier John Wilson David Beaton Jack Marcelis Julian Monfries Terry & Frances Gasson Simon Cameron David Rattray OAM \* (deceased)

Trailwalker Editor Peter Wynen

Website Editor Jeremy Carter

Membership Secretary David Rattray

**Office Manager** Dom Henschke

**Trail Development Coordinator** Colin Edwards

#### Bookkeepers

John Wilson Beihan Yang (Ann) Mengyuan Chen (Chen) Yunhan Feng (Hannah)





### A Word from the President

**Robert Alcock** 



We've come to the end of another walk season. It comes up quickly. Seems one day we are busy planning our next walks, then the program suddenly stops. I hope you all find many activities and cool spots to walk to keep up the fitness over summer. Another full walk program has been set for 2017, with the new End-to-

End 12 starting in May, and our Twilight Walks will again continue through summer.

With their passing this year, we remembered two more of our early volunteers who were instrumental in establishing the Friends organisation and organising much work towards the completion of the Heysen Trail. Both were walking and environmental volunteers and continued their good work with other parks and trails in South Australia. Colin Malcolm and Jim Crinion have memorial pieces in this magazine.

The Friends won! The Friends were amongst the inaugural recipients of the Walking SA Awards. Special Recognition Award – Group/Organisation – awarded in recognition of our work on the Heysen Trail, our Walk Program, and the support of other trails. All these activities are performed by our volunteers – well done all of you.

Two outstanding contributors to the Friends activities over many, many years were presented individual Walking SA Awards. Colin Edwards and Julian Monfries were very worthy recipients. Thanks must go to Walking SA for introducing the awards, which are to be an annual event. We have been approached to work with the Yankalilla Council in developing tourism on the Fleurieu Peninsula. If you have some interest in this, then please contact me or the office. Working closer with local governments is an area the Friends could do much more work on, and we need interested members to become involved to make it happen.

The Warren Bonython Heysen Trail Foundation is our fundraising arm. It is there to provide ongoing funds for work on developing the Heysen Trail and other walking trails, especially with an environmental component. It is now able to receive Tax deductible gifts, and the work to provide a website and a donation system are close to finalisation. The successful "Walk For The Heysen" event will again be held at Mount Crawford on 21 May 2017. The event will again require many volunteers on the day, so if you can diarise the date to help us out, please do so. The day last year not only raised funds, it also brought out many new people and family groups to try out walking in the bush. The large gathering of happy smiling faces on their return made us realise we had provided a very worthwhile event.

At the end of another walk season it is time to thank all the many and varied volunteers who step up and help to ensure the Heysen Trail experience is available to all, plus thanks to those that work to improve the Heysen Trail facilities.

I hope to see most of the members at the Christmas Bash on 4<sup>th</sup> December at Karka Pavilion, Belair National Park. Bookings are online through our walk program booking system, or through the office.

Merry Christmas to all of our members, and to our wider community of supporters.





#### **Office closure**

Please note that the Office will close for a holiday break at 2.30pm on Friday December 16, 2016. It will re-open on Tuesday January 17 at 10.30am.

Over the Christmas break the on line shop continues to operate, although with extended delivery dates. Normally we undertake to despatch orders within 3 business days.

Over the period of the office closure, we will aim to despatch orders within 5 business days.

#### 2017 Calendars now available

The Friends' 2017 calendar once again showcases walker's photographs of the Heysen Trail.

It is an A4 wall calendar that opens up to an A3 size. Some copies are still available from the office for \$18.

You can also purchase the calendar from our on-line store – please note that postage Australia wide is \$3.75 for one copy.

#### Vale Jim Crinion

The Council and members of the Friends note with sadness the passing of Honorary Member Jim Crinion.

Jim joined the Friends at the initial meeting in June 1986. At that meeting Jim was appointed Chairman of the Steering Committee, tasked with setting up the Friends of the Heysen Trail and Other Walking Trails. Once the Friends were established, Jim continued on as Council member.

Jim is well known for leading the original Greening Group which did many years of work, especially with plantings around the Kapunda area. These trees have grown and are now enjoyed by todays walkers.

An enthusiastic walker in Australia and in many other countries, Jim is also remembered as the author of several books on bushwalking in S.A. – including "50 Adelaide and Country Walks".

Vale Jim



vísít Edward John Eyre's Famous Depot Creek along the Heysen Traíl A true outback experíence only 40km from Port Augusta

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#### CHANGED YOUR ADDRESS OR PHONE NUMBER? WANT TO UPDATE YOUR EMAIL SUBSCRIPTIONS?

Have you changed your postal or email address or your phone number? Make sure you let us know so you don't miss out on news from the Friends.

If you've purchased a Heysen Trail map or guidebook, make sure you have subscribed for trail re-route emails.

You can update your contact details or email subscriptions easily by updating that information within your Friends' member account on our website.

To do so, follow these steps:

- 1. Log into your account.
- 2. Click on the 'Account' tab in the right hand section of the menu bar (the grey strip at the top of the page). That action will open up your Account page.
- 3. In the left hand margin you will see the Account page sidebar menu.
- 4. Towards the top of the list are menu links to a number of data fields including

Email address, Postal address, Phone number and Personal details.

To change any of these details, simply click on the topics of your choice and enter any changes you wish to make.

Once you have made the changes, don't forget to click on the 'Save changes' button at the bottom of the page.

5. Towards the bottom of the Account page sidebar menu, you will also find the 'Subscription options' line. Click on that menu option.

In the right hand column of the next page you will see email subscription options for a range of topics eg

AGM & other organisational meetings, Walks and events, Heysen Trail events, GPS/GPX file updates, Trail re-routes

Again after you have selected the subscriptions you want, don't forget to click on the 'Save changes' button.

It's as simple as that. Why not check your account today?



## Accommodation in the Wirrabara Forest, Southern Flinders Ranges

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**X X** 



## Heysen Trail Closure during the Fire Danger Season

The Heysen Trail is closed during the Fire Danger Season.

As the trail crosses four different Country Fire Service Fire Ban Districts, the closure dates vary slightly.

However, as we are now in December, all sections are now in Fire Danger Season. Consequently, the trail is now closed until 30 April 2017 (in the Flinders Fire Ban District the trail will re-open on 15 April 2017).

The trail closure times must be obeyed at all times, as the viability of the Heysen Trail is dependent on the continuing co-operation of private landholders.

Some sections of the trail are still open – depending on local fire ban conditions

During the Fire Danger Season there is still the opportunity to walk along the trail in Forest Reserves, National & Conservation Parks and along country roads. However camping and the ability to cook with a naked flame is restricted or banned in many areas.

Public reserves such as Forests and National/ Conservation parks are open to the public over the Fire Danger Season however on days of Extreme or Catastrophic fire danger they are usually closed.

The closure information on these dangerous fire days is usually promoted through the media via radio and television news bulletins. In addition, access gates to forests and parks are locked and have a sign informing people that the area is closed due to the fire danger.

You can find out more about the sections of the trail that remain open most of the year on the Fire Danger Season section of our website:

http://heysentrail.asn.au/heysen-trail/fire-danger-season/

#### Access to huts on the trail is also restricted.

A number of the huts along the trail are on private property and are therefore not accessible to the public (including walkers) during the Fire Danger Season.

These are:

Marschalls Hut Huppatz Hut Hiskeys Hut Catninga Hut Mayo Hut

Huts in National and Conservation Parks or Forest Reserves are accessible during the Fire Danger Season, provided it is not a day of Extreme or Catastrophic fire danger.

## New Members

The President and the Council would like to extend a warm welcome to the following 24 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.

Michael Alliston Tracy Belling Anne Betham Patrick Betham Tony Brosnan Daniel Chilton David Clark Gabriel Fantner Roz Garrard Andrew Harding Carolyn Kearon Ian Lovegrove Andrew McGrath Elisabeth McGrath Kate Muslera Anita Nedosyko Annette O'Brien Erin Riley Julie Starkey Julie Starkey Jenny Stephensen John Symons Jillian van Dongen Michael Walsh Gary Wright



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#### Nominations for Honorary Membership

Nominations of members (including self-nominations) are invited to be submitted to Julian Monfries, Chairman, Honorary Membership sub-committee of the Council, including name, address, contact numbers, and qualifications.

Recommendations from the sub-committee will then be considered by the Council, before being presented to the full membership at the next AGM.

In order to be considered for the 2017 AGM, nominations should be received by the end of January, 2017.

Guidelines for Honorary Membership (Distinguished Service)

(i) normally at least 10 years of paid membership as an Ordinary, Family or Life Member;

AND

(ii) at least 6 years of substantial voluntary contributions to the Association,

including especially one or more of

Membership of Council

Chair of the various sub-committees

Regular Walk Leadership Roles

Maintenance Section Leader or Volunteer

**Office Volunteer** 

Guidelines for Honorary Membership (Exceptional)

Substantial and sustained contributions to promotion, development and/or maintenance of the Heysen Trail, or the Association other than as a paid member or volunteer through, for example, public service support, media support etc.



A delightful 3-bedroom holiday house at Marion Bay at the foot of the Yorke Peninsula. Close to stunning Innes National Park with wonderful walks. Sleeps up to 8. Value low season rates.

Ph 0408 331 868 www.facebook.com/TopDeckMarionBay Congratulations to the following walkers who received End to End awards for completing the trail over the period August to October 2016.

Leanne Bell Philip Bell Greg Boundy Valerie Boundy David Bowey Liz Bowey Helena Brauer Mark Curtis Sue Dickson Brendan Gore Margaret Hardman Ank Huiskamp Catherine Joyce Mike Joyce Sam McCarty Amy Mackenzie Greg Martin Adam Matthews Suzanne Matthews Rob Smith Robin Sharland Debbie Steinberger Catherine Thring Mark Thring Kara Turner Stephen Warren James Wenzel Bronwyn Williams



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## Walking Committee Report

#### Lyn Wood, Walking Committee Chairperson

Another successful walking season has come to a conclusion.

The Trailwalker and Trailstarter walks again proved very popular. Thank you to all the leaders who volunteer their time to plan and lead these walks.

There were 6 End-to-End groups - all at different stages along the Trail. These groups are still very popular and the new groups fill up very quickly.

There will be a new End-to-End group beginning the Trail in 2017.

End-to-End 6 completed their journey along the Trail in August with 23 walkers completing the Heysen Trail at Parachilna Gorge for the first time and another 2 completing the trail for the second time. Several others completed the Trail at different stages during the final 2 weeks in June and August.

I'd like to thank all of the End-to-End coordinators, the leaders of each group and the people who support each group - without you these groups would not happen.

The Twilight walks are held each Wednesday evening over the daylight saving months. They are a great way to retain some fitness and to catch up with fellow walkers during the walk and also over a meal after the walk.

The walking program for 2017 is now on the website and also in this copy of the Trailwalker.

Best wishes for Christmas and the New Year. Happy summer walking.

# Trees For Life Come 'n Try Bushcare

Join us on one of our Come 'n Try Bushcare days throughout Adelaide and the Mt Lofty Ranges. No experience necessary. Contact us on (08) 8406 0500 or email bfl@treesforlife.org.au

www.treesforlife.org.au



## Friends of Heysen Trail recognised for its contributions to walking in SA

The Friends won a Special Recognition Award from Walking SA for our work on the HeysenTrail and for our End-to-End walking program. Read our citation at http://bit.ly/2dyLYCo

Two of our members also won Walking SA Awards for Longstanding Contribution. Colin Edwards and Julian Monfries were awarded for an enormous amount of work they have put in over many many years. These two



are very worthy recipients of the inaugural awards. We depend on volunteers to develop and support hiking, hiking trails and our hiking programs, and in recognising their work, we also reflect on the dozens of volunteers that have, and continue to support walking and hiking trails in South Australia. Read their citations at http://bit.ly/2dTqAaL (Colin)

and

http://bit.ly/2dwrc6w Julian)

Colin accepts his award



Julian accepts his award

Robert Alcock accepts the award on behalf of the Friends

## **ALPANA STATION** – *Escape the crowds*

#### **Bushwalkers Transport Service**

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

Based 5 km from Blinman in the Flinders Ranges, Alpana Station also offers:

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## Night time caution on the Heysen Trail due to feral cat control in the Ikara-Flinders Ranges National Park.

If you are planning extended walks on the Heysen Trail in the Flinders Ranges over the next year, please take note.

A number of tracks within the Ikara-Flinders Ranges National Park will be closed each night over the next 11 months.

#### The Heysen Trail will remain open at all times however walkers must:

- remain in designated campgrounds and huts, or
- camp within 20 metres of the Heysen Trail within the park after dark.

The purpose of the extended closures is to ensure the safety of the public during a feral cat control program to be conducted after dark. The aim is to protect the populations of recently reintroduced Western Quolls and Brushtail Possums.

The evening closures commenced on Thursday, 3 November 2016 and will continue through to Saturday, 30 September 2017.

As daylight hours vary over the period of the control program, there are a range of closure times. They are:

٠	Thursday, 3 November to Wednesday, 30 November 2016	8.30pm to 5am
٠	Wednesday, 30 November 2016 to Tuesday 31 January 2017	9pm to 5am
٠	Tuesday, 31 January 2017 to Tuesday, 28 February 2017	8.30pm to 5am
٠	Tuesday, 28 February 2017 to Sunday, 30 April 2017	8pm to 5am
٠	Sunday, 30 April 2017 to Tuesday, 31 July 2017	6pm to 5am
•	Tuesday, 31 July 2017 to Saturday, 30 September 2017	6.30pm to 5am

Tracks and walking trails will remain open outside of these times.

Walkers camping in the park may see spotlights and occasionally hear firearms in the distance at night. The Rangers have advised that the control program will not take place in the vicinity of campgrounds or huts.

The tracks that will be closed at night include -

- Trezona Track
- Mount Sunderland Track
- Rifle Range Track
- Old Blinman Track
- Jones Camp Track
- Telegraph Track
- St Mary Peak outside trail
- Cooinda Track
- Pound Gap Track

Further information on the feral animal control program and the nightly trail closures can be obtained from the Natural Resources, SA Arid Lands or by phoning them on (08) 8648 5344 or 0428 116 035.

## OH WHAT A DIFFERENCE A YEAR MAKES! Activities of the Greening Committee

#### Words and photo by Neil Nosworthy

After the dry year of 2015, the wet spring of 2016 was so much better for growing trees. But the year was not without its problems.

#### Hiskey's Hut

We received reports that the trees we planted next to Hiskey's Hut had been badly eaten off by animals. A site visit confirmed that the wire netting guards that we had installed were totally inadequate in preventing the sheep and kangaroos from pruning our trees. We concluded that the most practical solution was to install more substantial guards around some of the trees.

At the end of October, Neville and Jane Haar, Ann Nosworthy and I went up to Hiskey's Hut and installed new guards around 33 trees and removed the old guards from about another 120 trees.

While at Hiskey's Hut, we met up with Garry Hiskey whose family has owned the land for several generations. Garry expressed his appreciation for the work that the Friends have done to preserve the hut and indicated his willingness to invest in improvements to the hut.

#### Railway Dam Road, Spalding

In early October, we visited our plantation along the Bundaleer Channel at Railway Dam Road east of Spalding. Similar to last year, the area of our plantation was covered with a waist high crop of wild oats. But now there is a semblance of a forest rising out of the sea of wild oats as our 2013 planting thrive on a good year. Hidden among the grass forest, last year's trees were also progressing well.

#### Worlds End

We also visited Worlds End in early October to check on our plantings there. While conditions were a lot drier, our trees have done well - at least 80% have survived which is a lot better than previous years. However they will need watering at least for this summer.

#### 2017 Planting at Point Pass

Arrangements are progressing for a new planting in 2017 along the Lavender Federation Trail near Point Pass between Eudunda and Robertstown. While the details for the planting are yet to be resolved, we plan to proceed with the planting on Friday 28<sup>th</sup> April 2017 and Saturday 29<sup>th</sup> April 2017. Final arrangements will be communicated closer to the event.



Neville Haar inspects new tree guards at Hiskey's Hut

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#### Do you like the Fleurieu Peninsula?

The Yankalilla Council would like to form closer ties with the Friends of the Heysen Trail. The idea is to provide information and support for local tourism businesses to make better use of the Heysen Trail. Working together they plan to become a link between local businesses and how the trail can be utilised. Included is informing the businesses about the Heysen Trail, and also looking at improvements to the Heysen Trail that make it more attractive.

An initial meeting is planned for the evening of December 13, at Yankalilla. If you have some interest, or wish to be involved, please contact Robert Alcock rralco@bigpond.net.au. (Your attendance at the meeting is not necessary)

#### Walk for the Heysen

This event is on again in 2017.

The Friends fundraising arm, The Warren Bonython Heysen Trail Foundation will again hold the successful walking event in 2017. Mark in your diary Sunday May 22. We expect the variety of walks will again attract a load of new enthusiastic walkers out to the Mount Crawford area.

Once again we will be asking the Friends and Foundation members to assist on the day. An organising committee has been set-up with Neville Haar as the coordinator general. To be part of the organising group, please email or phone the office with your details. heysentrail@heysentrail.asn.au

#### Warren Bonython Heysen Trail Foundation

We have received advice from the Australian Taxation Office that donations to the Foundation are now tax deductible



The Osprey Hydraulics<sup>™</sup> 2L & 3L Reservoir by Hydrapak® is ideal for bushwalking in Australia. The HydroStatic<sup>™</sup> backerplate provides structure for easy loading into a full pack and maintains a flat profile. Thoughtful design makes filling, cleaning and most importantly staying hydrated on the trail easier than ever. All parts are BPA-free, phthalate-free, lead-free, guaranteed. All materials are certified food safe.

#### **Symptoms of Dehydration**

Early signs of dehydration: Increased thirst, Dry mouth and sticky saliva, Reduced urine output with dark yellow urine.

#### Symptoms of moderate dehydration: Extreme thirst.

Dry appearance inside the mouth and the eyes don't tear.

Urine is dark amber or brown, Light-headedness that is relieved by lying down. Symptoms of serious dehydration:

Altered behaviour, such as severe anxiety, confusion, or not being able to stay awake. Faintness that is not relieved by lying down, or light-headedness that continues after standing for 2 minutes, Weak, rapid pulse.

Cold, clammy skin or hot, dry skin.

228 Rundle St. Adelaide Ph: (08) 8232 3155 Fax: (08) 8232 3156 TOLL FREE: 1800 039 343 **OPEN SUNDAYS!** Paddy Pallin Supports Friends of the Heysen Trail. We Offer 10% Discount To FOHT Club Members

Gear For Going Places!

### 2016-2017 Twilight Walk Programme

This version released 10 November 2016 heysentrail.asn.au

November		December January		February	March	
1st week of month	Wed Nov 2 Marino Sheep Walk Robyn Quinn	Wed Dec 7 Brownhill Creek Robyn Quinn	Wed Jan 4 Glenelg Caroline Prescott	Wed Feb 1 South East Parklands Rosemary Hayward	Wed Mar 1 Wild Dog Glen Sue Dickson	
2nd week of month	Wed Nov 9 Thai on Hutt Richard Milosh	Wed Dec 14 Street Art CBD Vicki Cox	Wed Jan 11 Greek on Seaview Richard Milosh	Wed Feb 8 Beaumont Mary Cartland	Wed Mar 8 Bistro on Hyde Park Richard Milosh	
3rd week of month	Wed Nov 16 Fifth Creek Wade Mary Cartland	Wed Dec 21 Chambers Gully Arrienne Wynen	Wed Jan 18 Multicultural Adelaide Julian Monfries	<b>Wed Feb 15</b> <b>Lynton - Mitcham</b> John Babister	Wed Mar 15 Stirling/Crafers Vicki Barrett	
4th week of month	Wed Nov 23 Western Linear Park Lyn Wood	Wed Dec 28 No walk	Wed Jan 25 Cleland Adam Matthews	Wed Feb 22 Semaphore Beach Walk Neil Rivett	Wed Mar 22 tba tba	
5th week of month	Wed Nov 30 Black Hill Mary Cartland				Wed Mar 29 tba tba	





## **End-to-End Walks**

2017 Walk Season Programme

#### heysentrail.asn.au

<b>E</b>	LU Z	5			-
OTHER	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
May	Sat May 6 – Sun May 7 End-to-End 7 Quorn to Dutchman Stern to Eyre Depot Sun May 7 End-to-End 10 Cudlee Creek to Mewett Road Sun May 7 End-to-End 11 Myponga to Mt Compass	Sat May 13 – Sun May 14 End-to-End 8 Bowman Park to Mt Zion to Wirrabara Forest	Sat May 20 - Sun May 21 End-to-End 9 Wandallah to Newikie Ck to Dares Hill Summit Rd Sun May 29 End-to-End 12 Cape Jervis to Cobbler Hill	Sat May 27 - Sun May 28 End-to-End 8 Wandallah to Newikie Ck to Dares Hill Summit Rd Sun May 28 End-to-End 11 Mt Compass to Kyeema	
June	Sun June 4 End-to-End 10 Mewett Road to Mt Crawford	End-to	- Sun Jun 18 -End 7 Mayo Gorge Sat June 17 - Sun June 18 End-to-End 9 Worlds End - Burra - Wandallah Sun June 18 End-to-End 12 Cobbler Hill to Tapanappa	Sun June 25 End-to-End 11 Kyeema to Dashwood Gully	
July	Sun July 2 End-to-End 10 Mt Crawford to Pewsey Vale	Sat July 8 - Sun July 9 End-to-End 8 Melrose to Alligator Gorge Rd to Horrocks Pass	Sun July 16 End-to-End 12 Tapanappa to Balquhidder	Sat July 22 – Sun July 23 End-to-End 9 Dares Hill Summit Rd - Hallett - EE George Quarry Sun July 23 End-to-End 11 Dashwood Gully to Mylor	Sun July 30 End-to-End 12 Balquhidder to Waitpinga
August	Sun Aug 6 End-to-End 10 Pewsey Vale to Tanunda	Sat Aug 12 – End-to- Mayo Gorge t Sat Aug 12 - Sun Aug 13 End-to-End 8 Horrocks Pass to Broadview to Wooshed Flat	-End 7	Sun August 27 End-to-End 11 Mylor to Cleland	
September	Sun Sept 3 End-to-End 10 Tanunda to Kapunda	Sat Sept 9 - Sun Sept 10 End-to-End 8 Dutchmans Stern to Eyre Depot to Buckaringa	Sat Sept 16 - Sun Sept 17 End-to-End 9 Chlorinator to Curnows Hut to Raeville Sun Sept 17 End-to-End 12 Tugwell Rd to Inman Valley	Sun Sept 24 End-to-End 11 Cleland to Montacute Heights	
October	Sat Sept 30 - Mon Oct 2 Long weekend End-to-End 10 Kapunda to Hamilton to Peters Hill to Gerkie Gap	Sat Oct 7 – Sun Oct 8 End-to-End 8 Woolshed Flat to Quorn to Dutchmans Stern	Sat Oct 14 - Sun Oct 15 End-to-End 9 Raeville to Locks Ruin to Bowman Park Sun Oct 15 End-to-End 12 Inman Valley to Myponga	Sun Oct 22 End-to-End 11 Montacute Heights to Cudlee Creek	Sun Oct 29
November	Sat Nov 4 - Sun Nov 5 End-to-End 10 Gerkie Gap to Webb Gap to Burra Road Sun Nov 5 End-to-End 11 Cudlee Creek to Mewett Road	Sun Nov 12	Sun Nov 19	Sun Nov 26	

#### 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

#### 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

When it is not walk season,

#### 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 unforseen 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** 2017 Walk Season Programme

This version released 1 November 2016 heysentrail.asn.au

HER WAN	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend	
April		<b>Sun April 9</b> TrailStarter <b>Carrick Hill</b> Richard Milosh	April 14-17	Sun April 23 TrailStarter no walk	<b>Sun April 30</b> TrailStarter <b>Mount George</b> Estaban Garrido	
		<b>Sun April 9</b> TrailWalker <b>Boot Camp</b> Alan Davis	EASTER no walks	Sun April 23 TrailWalker no walk	<b>Sun April 30</b> TrailWalker <b>Kersbrook</b> Peter Solomon	
May	<b>Sun May 7</b> TrailStarter <b>Kuitpo</b> Michael Middleton	<b>Sun May 14</b> TrailStarter <b>Ambers Gully</b> Kevin Liddiard	Sunday May 21 Special Event Warren Bonython	<b>Sun May 28</b> TrailStarter <b>Willunga</b> Noelene Smith		
	Sat May 6 TrailWalker Lavender Federation Trail Stephen Salib-Brown	<b>Sun May 14</b> TrailWalker <b>Cape Jervis</b> Sue Dickson/Debbie S	Foundation Walk on the Heysen	<b>Sun May 28</b> TrailWalker <b>Shepherds Hill</b> Simon Cameron		
June	Sun June 4 TrailStarter Mount George Chris Porter Muther Judith Ellis	<b>SunJune 11</b> TrailStarter <b>Crafers</b> Graham Bald	<b>Sun June 18</b> TrailStarter <b>Belair</b> Michael Middleton	<b>Sun June 25</b> TrailStarter <b>Stirling</b> Richard Milosh		
	Sat June 3 TrailWalker Lavender Federation Trail Stephen Salib-Brown	<b>Sun June 11</b> TrailWalker <b>Warren</b> Richard Milosh	<b>Sun June 18</b> TrailWalker <b>Waitpinga</b> Caroline Prescott	<b>Sun June 25</b> TrailWalker <b>Morialta</b> Adam Matthews		
July	Sun July 2 TrailStarter Chambers Gully Michael Middleton	<b>Sun July 9</b> TrailStarter <b>Mylor/Aldgate Circuit</b> Rosemary Hayward	Sun July 16 TrailStarter Marys Gully Arrienne Wynen	<b>Sun July 23</b> TrailStarter <b>Burnside</b> Dean Mortimer	<b>Sun July 30</b> Trailstarter <b>Cobblers Creek</b> Kevin Liddiard	
	<b>Sat July 1</b> TrailWalker <b>Lavender Federation Trail</b> Stephen Salib-Brown	<b>Sun July 9</b> TrailWalker <b>Black Hill</b> John Babister	Sun July 16 TrailWalker Montacute Vicki Barrett	Sun July 23 TrailWalker TBA TBA	<b>Sun July 30</b> TrailWalker <b>Black Hill</b> Judith Ellis	
August	<b>Sun August 6</b> TrailStarter <b>Onkaparinga</b> Robyn Quinn	<b>Sun August 13</b> TrailStarter <b>Anstey Hill</b> Kevin Liddiard	<b>Sun August 20</b> TrailStarter <b>Willunga to Old Nourlunga</b> Richard Milosh	<b>Sun August 27</b> TrailStarter <b>Mount Barker</b> Graham Bald		
	Sun August 6 TrailWalker Gandys Gully Rollercoaster Neil Rivett	<b>Sun August 13</b> TrailWalker <b>Mount Hayfield</b> Peter Clark	<b>Sun August 20</b> TrailWalker <b>Morialta</b> Estaban Garrido	Sun August 27 TrailWalker TBA TBA		
September	<b>Sun Sept 3</b> TrailStarter <b>Sturt Gorge</b> Noeleen Smith	<b>Sun Sept 10</b> TrailStarter <b>Newland Head</b> Robyn Quinn	Sun Sept 17 TrailStarter Morialta Lyn Wood	<b>Sun Sept 24</b> Rambler - <b>Tothill I</b> John Smyth (Bushland C	Range	
	<b>Sun Sept 3</b> Trailwalker <b>Scott Creek</b> Adam Matthews	<b>Sun Sept 10</b> TrailWalker <b>TBA</b> TBA	<b>Sun Sept 17</b> TrailWalker <b>Myponga</b> Simon Cameron	Sun Sept 24 TrailStarter - Street Art C Sun Sept 24 TrailWalker - Black Hill - J	CBD - Vicki Cox	
October	Sun Oct 1 TrailStarter Trott Park OTR Noeleen Smith	<b>Sun Oct 8</b> TrailStarter <b>Wittunga Gardens</b> Helen Morgante	<b>Sun Oct 15</b> TrailStarter <b>Para Wirra</b> Arrienne Wynen	Sun Oct 22 TrailStarter Aldinga Scrub Lyn Wood	Sun Oct 29 TrailStarter TBA TBA	
	<b>Sun Oct 1</b> TrailWalker <b>Mount Pleasant</b> John Babister	Sun Oct 8 TrailWalker TBA TBA	Sun Oct 15 TrailWalker TBA TBA	Sun Oct 22 TrailWalker TBA TBA	Sun Oct 29 TrailWalker TBA TBA	
Walk Grades       Walk Registration       Walk Cancellations       Further Information         There are five different grades       When it is not walk season       Begister for a walk either online or       TrailStarter and TrailWalker walks       Details about each walk the beginning					Further Information	

#### Walk Grades

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- Trail Starter
- Trail WalkerTrail 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.

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

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## Colin Malcolm – Setting the Standard for Volunteer Trail Blazers

Andrew Moylan Senior Coordinator – Conservation & Recreation Planning - ForestrySA

Colin and Anne Malcolm joined the Friends of the Heysen and other Walking Trails in 1987. Colin was elected to the Friends Council in August 1987 and was a member of the Building and Maintenance Committee from early 1988. He was the first Building & Maintenance Coordinator and undertook the role for approximately two years until January 1990. This was a volunteer position which was critical in the establishment of sections of the Heysen Trail in the Mid-North, between the Barossa Valley and Crystal Brook.

Colin worked with members of the Department of Recreation and Sport – Outdoor Recreation Unit and coordinated groups of volunteers in on-ground trail marking work which included the installation of markers, signs and stiles. He also coordinated volunteer work for the construction of infrastructure projects such as the Glen Bold boardwalk and a project to install Long Distance Walking Trail signs at road junctions along the Heysen Trail.

There were significant logistics involved in coordinating large numbers of volunteers for week long marking projects such as the re-marking of the Heysen Trail in the Mount Remarkable National Park following the 1988 bushfire. Colin was also involved in establishing maintenance programs on the Heysen Trail and coordinated maintenance work on sections of trail from Newlands Head to the Mount Crawford Forest. He also coordinated survey and maintenance work on the Mount Lofty Network Trails which was important in reinvigorating these trails.

Colin's coordination of projects was important for their success during a very significant phase of trail development. Information taken from the December 1988 issue of "Trailwalker" from a report by Terry Lavender, Manager – Recreation Trails provides detail on Colin's work:

"A series of meetings with individual landowners and their families cleared the way for development between Peters Hill and Nibblet Gap, a distance of 46 km. The physical work was undertaken by the "Friends of the Heysen Trail" in a very well organised and professional manner".

Information taken from the April 1989 edition of "Trailwalker" – February Meeting, Terry Lavender "referred to rapid progress made in extending the Trail north through the Barossa towards Burra as a result of valuable assistance by the Friends".

Further references to Colin's work are contained in editions of Trailwalker from August 1989 to February 1990 – Issue No 6 - 21 and include a section titled Development News which highlight Colin's commitment. Detail from the December 1989 issue provides some indication of the complexity of the tasks and his achievements.

Colin was a Friends of the Heysen Trail walk leader and a member of the Noarlunga Bushwalking Club. He was also President of the Friends of Onkaparinga Conservation Park for 29 years and a very early member of the Friends of the Forests – Volunteer Program. The work of Colin with support from his wife Anne and a relatively small group of enthusiastic and energetic volunteers set the high standard for trail development and maintenance which has continued over the years.

Colin died on 13 December 2015. At the request of Anne Malcolm a picnic table will be installed on the Heysen Trail south of the Chookarloo Campground to acknowledge Colin's contribution to the Heysen Trail and other trail and conservation projects.



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## E2E6 – 'Happy Wanderers' complete the Heysen Trail

by Greg Martin; lyrics by Nickki Birrell. Photography by Philip Bell, Greg Boundy and Mark Curtis

Two week-long walks in the Flinders Ranges completed a six-year commitment for many End to End Sixers when they climbed the stile at Parachilna Gorge to complete the Heysen Trail.

At a dinner to celebrate our completing the Trail – at the Woolshed Restaurant at Rawnsley Park – Nickki Birrell sang 'The Happy Sixer', a song she wrote to the music of 'The Happy Wanderer' by Friedrich-Wilhelm Moller.

I love to go a wandering Along the Heysen Trail And as I go, I sing this song So my courage will not fail.

Heysen Trail, Heysen Trail, Heysen Trail, Heysen, Ha, ha, ha, ha, ha, ha, Heysen Trail, Heysen Trail, I've walked the Heysen Trail.

The 2016 End to End Six season started in June with 140kms from Quorn to Mayo Gorge. The glorious weather that had blessed most of our walking last year deserted us with the first walk, from Quorn to Dutchman's Stern, completed in steady rain. It was so misty across the ranges that we abandoned our plan to have lunch on the Stern.

> The group walked out of Quorn in June To climb the Dutchman's Stern With tempest raging all around His arse we could not discern!

The toughest challenge that week was the 31km Eyre Depot to Buckaringa walk over Mount Arden. For this



On the way to a misty Dutchman's Stern ... *"His arse we could not discern!"* 



Climbing ropes were needed to scramble up Depot Creek

it was a 4.30 rise, dragging ourselves on the bus by 5.30 with headlamps stored in our backpacks. It was somewhat alarming when our leader Lyn Wood boarded the bus with climbing ropes!

From Eyre Depot we were soon scrambling over rocks and boulders in Depot Creek. It slowed us so much that the first five kilometres took an hour and half. By two o'clock we were atop Mount Arden with Dean Mortimer urging us not to linger over the views – and Golden North ice creams – as we still faced four hours of walking. Sunset was at 5.15 and it seemed likely that we would be walking in the dark. But we managed to reach the bus in twilight with no one needing to use their headlamps.

> The challenges came thick and fast As we climbed up Depot Creek We reached the top with cries of joy Mount Arden was our peak!

A roller coaster ride began Our lungs felt fit to burst Then Buckaringa came in sight And Nikki Birrell finished first!

Eyre Depot to Buckaringa Gorge was a particular highlight for Adam Matthews. Bronwyn Williams remembers not so much the climb to Mount Arden, but what followed: "The whole family of the Ardens were yet to be climbed. Hill after hill after hill!"

In the twilight we celebrated Lyn Wood's achievement of completing the Trail for the second time.

*Our 'Woody Lyn' is sweet and kind, She takes good care of us. An e-mail here, an e-mail there And a head count on the bus.* 





Brendon Gore is ready for a cuppa from Gavin after 26kms from Buckaringa Gorge to Calabrinda Creek

The wet weather reappeared when, after the rest day, we relocated to Hawker for the final four days. Lvn decided to shuffle the schedule and leave Jarvis Hill Lookout until Sunday. Instead we took the 16kms from Old Wonoka to Mt Little Camp via Mayo Gorge. Next day it was Buckaringa Gorge to Calabrinda Creek. One of the highlights for this walk was Gavin Rufus' talk as he drove the bus to Buckaringa. The area around Hawker is littered with ruins of homesteads and towns built when settlers thought they could grow wheat and raise cattle in the Flinders, until the first droughts drove them to abandon their dreams and their homesteads. Gavin has particular admiration for Hugh Proby, third son of an Earl, who established Kanyaka as a cattle station in February 1852. He drowned in August of the same year, swept from his horse crossing the swollen Willochra Creek while trying to herd a mob of cattle during a thunderstorm.

Lyn's decision to change the Jarvis Hill walk to the last day was a masterstroke. Sunday morning was the



Almost at Jarvis Hill Lookout to marvel at the views

clearest of the week, and this presented stunning views from Jarvis Hill Lookout across to Hawker, Wilpena Pound and the distant ranges. It took us five hours to cover the 9kms to Leigh Creek Road. This was more our stopping, ogling and photographing than any difficulties in straddling the ridge.

At the end we celebrated with Ann Tscharke who completed her Heysen Trial journey here.



Ann Tscharke is saluted for completing the Heysen Trail

End to End Sixers came back to the Flinders in August for 115kms of walking from Mt Little Camp to Parachilna Gorge and the end of the Trail. For this week we based ourselves at Rawnsley Park, some in the caravan park and cabins down by the creek while others in the more salubrious cabins in what Gavin named 'Rawnsley Heights'.

Our first walk on Sunday was 32kms from Mt Little Station to Moralana Drive. As it was the longest, we started at 6.15 in temperatures around one degree and frost covering the pastures. This is a beautiful walk



Magnificent gums in Wilpena Creek

through pine woodlands in the shadow of the Elder Range. Thankfully, next day's walk was much shorter – 15kms climbing the Pound Range to Bridle Gap and into Wilpena. Walking out of the Pound the following day we had the ABC Range on one side and the magnificent Pound Range on the other.



Sixers enjoy lunch after the walk over Bridle Gap into Wilpena Pound

After Wednesday's rest day we resumed walking with a spectacular sunrise for our 14km walk from Bunyeroo to Trezona, past magnificent river gums and amid Cypress Pines. It was here we starting thinking about the end of our six year and 1200km odyssey. Only 32 kilometres and two more walks to go. However, Rob Smith completed his Heysen Trail sojourn at Trezona and received the traditional salute of an honour guard of walking sticks and shouts of 'well done'.

> Today we climbed the final stile Of a walk that took 6 years. A sea of red representing blood Not to mention the sweat and the tears.

Bronwyn Williams remembers that final day with a



tinge of sadness as she donned her red Heysen t-shirt for the last walk to Parachilna Gorge. 'I couldn't believe that I'd made it this far; that this was, indeed, the final day. As we gathered closer together and marched in pairs, I began to feel a sense of pride and teamwork. I loved the ceremony as we approached the final stile, walking through an arch of raised sticks, and

Red t-shirts is the theme for the last walk to Parachilna Gorge

then onto the decorated stile, and realising that my dream had been fulfilled."

For Nikki Birrell it was a terrific sense of achievement to complete the Trail with End to End 2 in 2008, one of the highlights of her life. "Completing it for a second time with End to End 6 was sheer madness. I really should have remembered how difficult it was the first time and taken up lawn bowls instead!"

Adam Matthews said, "Completing the trail with Suzanne and enjoying something that we can both do together was a hoot. Meeting a great group of people all with common interests and making friends for life was also a benefit."

For Cathy and Mike Joyce the two weeks walking in the Flinders was the icing on the cake for a couple of reasons. "The obvious one was the amazing scenery we walked through in near perfect weather. The other was the good friendships we made while walking the Trail, on training walks with Adam, and just sitting around at picnics and by the campfire in 'Rawnsley Heights'."

Sue Lowe, who had missed the June walks, felt the disappointment of not yet finishing the Trail. "My reaction to not finishing was breathtaking and totally unexpected. I felt terrible for not celebrating as I should have the achievement of those who'd finished, but I was so busy feeling sorry for myself that I couldn't see past the fog of my disappointment. I've loved walking the Heysen Trail. It's beautiful, challenging, frustrating, even boring at times, but it's also the most amazing thing I've ever attempted, and it's been a privilege to have walked 'almost all of it' with like-minded, amazing people." Sue only has the June walks to catch up, which she'll do with End to End 8.

For Ank Huiskamp completing the Heysen Trail was one of the most inspiring undertakings she has achieved thus far in her life. "Overall it has been a memorable experience which will stay with me for many years to come. A big thank you to our leaders and fellow walkers. What an achievement!!"

> Long may we go a-wandering Along the Heysen Trail. And may we always sing this song So our courage will not fail.

Heysen Trail, Heysen Trail, Heysen Trail, Heysen, Ha, ha, ha, ha, ha, ha, Heysen Trail, Heysen Trail, I've walked the Heysen Trail.



Parachilna Gorge and the end of a 1200km odyssey



## The Adventures of Morris Minus Continue...

Morris Minus, the mascot of the E2Eminus 1 group came out of retirement in August. He had been biding his time, appearing to have settled into a quiet way of life at his new home with Dean Mortimer, also retired leader of the same group. However, unbeknown to Dean he had been planning his escape and with great cunning managed to hitch a lift up to Rawnsley Park with Chris and Lucy, the leaders of E2E6. Quite what his intentions were did not seem clear at first. Fortunately, Nikki Birrell was on hand to deal with the escapee. Recognising his need for yet another walk along the Heysen Trail, she attached him onto her backpack for the Aroona to Parachilna section of the trail as she finished the Heysen for the second time. In his haste to escape, Morris had travelled without his extensive wardrobe and appeared a little under dressed for the occasion of E2E6 finishing its journey. He was also disappointed to find that no one was interested in hiring his services for a return journey along the Heysen in the guise of E2Eminus 2. Although he did consider remaining at the trail head at Parachilna in the hope of finding a new walking group heading south, he

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reluctantly decided to travel back to the relative safety of Adelaide. However, he managed to imbibe some alcohol both at the trailhead and at the celebratory dinner afterwards.



Morris Minus at the stile at Parachilna



Morris Minus with Nikki Birrel on the stile at Parachilna

## **One Night in Bali**

#### by Luke Adams

Both my wife and I had been to Bali before but we decided to have a week off and spend it in Ubud in the hills of Bali about 1  $\frac{1}{2}$  hours from Denpasar.

In the back of my mind I had thoughts to climb Mt Agung (the Highest Peak on the Island at 3,142m).

I contacted a local tour operator in Ubud and booked myself a tour package for one.

There a couple of routes on Mt Agung, one being to a lower viewing platform and the Besakih Temple route, this ascends to the summit of the mountain.

I was collected from my hotel at 9pm and driven to the Besakih Temple the largest temple in Bali. Here I met Kaki my guide at 10:30pm. We had a short briefing and start walking.

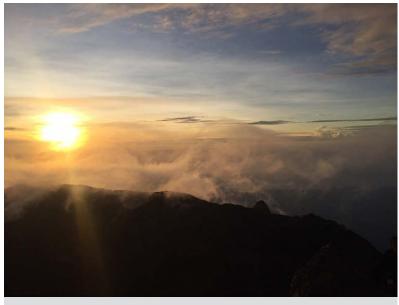
The heat and the pace kept my heart rate high, each hour we would stop for 15 minutes at predetermined rest spots to recover. Steep slippery walking trails under head torch light meant I was constantly watching my feet. Using two walking poles supplied by my guide made it a little easier.

We walked until 2:30am when Kaki announced we would have an hours break before heading to the summit. I put on all my clothes and huddled down for a snooze as a cool wind blew. The view of the lights of Denpasar was spectacular. Around 3:30am we packed up our kit and started walking. Towards dawn the landscape changed to a 75 degree rocky scramble before the trail eased off to the gentle slope of the summit.

What a cracker morning watching the sun rise over Bali. The sun rose over a beautiful wave cloud formation. I shared the summit with about 10 other people for about an hour before the cloud engulfed us and the wind started to blow making it quite cold.

We descended for 3  $^{1\!\!/}_2$  hours back the way we had climbed to the temple and a 2 hour drive back to Ubud arriving back at 11:30am.

Not something you would expect in Bali but one of the best things I've done for a while.



Summit of Mt Agung



Shadow of Mt Agung from Summit



Summit of Mt Agung



# Tie-dye for CanTeen

My name is Amy Mackenzie, I am 28 and from Adelaide and I have just completed my whole Heysen Trail journey I have been hiking the Heysen Trail in Tie-Dye to raise money for CanTeen, the Australian Organisation for Young People living with cancer.

My journey really started in November 2014, when I visited Parachilna Gorge in the Flinders Ranges with my family on a holiday. Not knowing much at all about the trek, I saw the sign next to the final stile that said the Heysen Trail was a long distance 1200km hike that could be completed end to end all in one go. It was in that moment where I thought, "That sounds like an adventure! Maybe I could do it one day..." and the seed of encouragement was planted inside my heart.

September 2015, I found myself in Australia with some time, and quite spontaneously decided, "Why not start walking now?" And so I did. Beginning the trail, I really had no idea what I was getting myself into! Having not done any long distance walks, not really having the correct gear, and not knowing much about how my body would cope, I set off from Cape Jervis with a sense of joy, clearness and excitement! On reflection, my lack of knowledge or expectations of what I would encounter



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**Overlooking Waitpinga Beach** 

allowed me a sense of beautiful freedom. As I walked the first month, I depended on the guide book, followed my gut feelings and trusted through my faith that I was exactly where I was supposed to be in each moment. My personal mantra became, "Ah! You'll be alright! Just keep walking one step in front of the other and you will get there eventually!" And I did

I grew to love my gear - there are some lonely moments out there in the remoteness of the trail, and my gear became my trusted family. My orange tent called Zeus, my red back pack called Ruby, my trangia, tiedye t-shirts, warm socks, drink bottles, sleeping bag, thermorest, hat, sarong, journal... these items kept me safe, warm, dry and with hope. I loved the sense of knowing that I could survive with just what I could carry on my back. And although at times, poor Ruby was bursting at the zip full of essential items, as well as having a large assortment of equipment hanging off her that jingled and jangled as I walked, I loved her and said thankyou each day for being my reliable partner on this journey!

My Heysen adventure was a journey of highs and lows, both literal and emotional! I had such struggles to climb particularly challenging pieces of terrain, then moments of elation at reaching the top, and then had my heart sink with exhaustion as I looked onwards to see only more hills in my path! However, to find the joy within the midst of the struggle and suffering was something that I learnt and tried to embrace. I would often find myself thinking, "Ah yes, hello again struggle, we meet again! So this is what physical, mental or emotional exhaustion feels like!" I had to actively make the decision to sit in these feelings, acknowledge them, embrace them, give them the attention they deserved, but then make the choice to detach from them, let them go and continue to step up, step forward, just



"Following the Fence" into Spalding

keep walking. To know that however I was feeling in a specific moment was fluid, feelings would come and feelings would go and my feelings at any particular time were not going to be permanent! This inner learning expressed in such a physical way, and with tangible and visible results as the days continued of my walk, was very motivating, freeing and encouraging.

There were some very difficult moments of waking up alone at 5am, freezing cold in the dark after a horrible nights' sleep with thunderstorms, rain, hail and wind raging all night. Then trying to find the motivation to pack up my gear, put away a muddy tent and start walking alone again in the rain...Moments of sitting on the side of a long stretch of dirt road with my sarong over my head to keep the flies finally out of my eyes and mouth, my body aching and knowing that I still have so much further to walk that day... Moments of being literally blown over by the force of the wind at the top of a hill, and having to crawl up the rocky outcrop on my hands and knees with my backpack on, fearing a



Morning sunrise hike up Mt Bryan



Feeling happy walking into Bridgewater

serious injury if I fell again...Moments of vulnerability and fear as I had surprise encounters of snakes and lizards on the paths or being frightened by the noises and close movements of camels, emus, goats, cows and kangaroos...Moments of walking for consecutive days in the rain, feeling cold and wet, constantly slipping on rocks in the creek beds and on-top of ridges or having to scale the "normally dry waterfalls" that were now running strongly with water...Moments of walking in the dark at night time down "Slaughterhouse Road" to reach a hut and unfortunately not being able to control my imagination and fear...moments of getting lost, losing the path, losing concentration and then having to backtrack to find my way again...there were many moments of challenge for me!!

However, stronger than those moments, were the moments of pure joy along the way...Moments of waking up early each morning to see the sunrise and being outside each night to see the glorious colours of the sunset and the beauty of the bright stars in a night sky... Moments of power and struggle to make it to the top of a mountain and then the feeling of such a sense of achievement that I burst out into song with my arms open wide....Moments of feeling so very grateful for my body and what it is able to accomplish each day... Moments of seeing baby emu chicks, joeys in kangaroo pouches, koalas in trees, wedge tailed eagles in their natural environment...Moments of after huge days of walking, to see the campsite in the distance and know that so very soon I can put down my pack and set up for the night...Moments of wide panoramic views of rolling



hills, coast lines, bush land and large expanses of blue sky that swallow me up...Moments of peace resting in the sunshine, cooking dinner, making a campfire and then snuggling down into a warm sleeping bag... Moments of stillness in the day, recognising the absolute beauty and treasure of the environment around me...Moments of being with only my mind and soul and having some calm reflection as I walk for hours and hours each day...Moments of sharing deep discussions and thoughts with friends and family who joined me along the way, sharing laughs, smiles, food and love...Moments of happy tears that I have the chance and ability to walk and to experience life at the pace that only my two feet can take me...there really were some beautiful life moments along the trail that I am so very grateful for.

I walked in tie-dye because I love bright colours and loved being a tiny little rainbow dot on the huge landscape. I walked for CanTeen because my Mum was diagnosed with a cancer called Multiple Myeloma when I was quite young. She was the strongest person I knew, going through treatments, hospital visits, side effects and huge changes to her world. When she passed away when I was 15 years old, the grief, pain, brokenness and confusion I felt were very difficult feelings to navigate through. Particularly during a time of adolescence



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when I was trying to figure out who I was as a person, these emotions were overwhelming. Due to Mum being such an organised person, I had been a member of CanTeen since I was 12, and was South Australia's first "Offspring" member. CanTeen provided me with hope, compassion and understanding throughout my cancer journey. CanTeen aims to support, develop and empower all young people living with cancer. It provides opportunities to connect with other people on their cancer journey and walk beside each other along some very challenging paths. CanTeen encouraged me to step outside of my comfort zone and gave me the tools and strength to say yes to new opportunities. I walked so that others going through a cancer experience might be able to access the CanTeen community through the friendship, connection and programs that I found so personally valuable.

I wrote in one of the log books along the trail "I have loved walking alone and experiencing the wilderness, the remoteness and the beauty of our country, but also in some moments have wished to share the adventure with others, so the memories can become a solid bond of having really "been through" a journey together". This realisation has also been some healthy learning for me. Although it has been just me to complete the whole distance, I have felt so very blessed for all the family and friends that made the decision and effort to join me for an hour, a day, a weekend or even a week along the trail! I am so grateful to all who said yes to coming on an adventure with me and that we could share some of this incredible journey together

Thankyou to the 'Friends of the Heysen Trail' for all the work you do to make this experience possible. Our world is so beautiful hey! Can I encourage everyone to keep shining brightly and decide to say yes to embarking on whatever journey has planted its seeds in your heart...

https://www.mycause.com.au/page/111804/trekkingthe-heysen-trail-in-tiedye-for-canteen



The final stile at Parachilna Gorge with my beautiful rainbow tie-dye family

## **Interest In The Adelaide100 Grows**



In April, the Adelaide100 was enthusiastically tested by Board members Alan Bundy, Ian and Rosie Budenberg and me.

The Adelaide100 is a local long distance loop walk of over 100 kilometres. The Adelaide100 takes in the metropolitan sea front, the Adelaide Hills, and the River Torrens Linear Park. The best parts of eight big Parks feature. Extensive panoramic views and intimate remote bush settings are special.

We enjoyed the coast, watercourses and Hills over 9 days and 8 nights. At the end of the day there was a warm bed e.g. in a holiday park at Belair, a bed and breakfast at Stirling, or a hotel at Newton. On the menu was a bacon and egg breakfast from Jaspers at platform level in the Adelaide Railway Station, a pasty from the award winning Orange Spot Bakery at Glenelg, or a three course feast in the medieval decored Camelot Castle at Basket Range.

To ensure that we covered the whole loop, and the City and Airport diversions, we started from Lockleys and ended at Gilberton. Local, regional and international walkers would be served well. Alan is a well travelled global walker. His view was that Adelaide's geographical position is unique. There is nowhere else in the world with a walking opportunity from a major city like this. Ian and Rosie are world travellers and local walkers. They were able to cast critical eyes over the finer details of the route, the accommodation, the food, and the wine. The package passed the test. As a result of the constant vigorous discussion, I came away with a long list of "things to do" - refinements to make the Adelaide100 even better.

Partners have been jumping on board. We have the support of the Office of Recreation and Sport. Affiliated WalkingSA club Skyline Walkers is putting a regular annual donation into the project. The Adelaide Hills Council has approved the development of our first piece of the Adelaide100, Monument Road at Norton Summit. The Adelaide100 links into the Heysen Trail via Monument Road. The Friends of the Heysen Trail has made a donation to get us started.

Businesses along the route have been very interested in the clientele that might pass their way and have expressed interest in sponsoring the project. There are at least 19 places to stay overnight. We were selective in identifying 35 food outlets that we could recommend. There are 11 wineries within walking distance of the route.



Negotiations with land managers are encouraging. DEWNR welcomes the increased visitation to the Parks that will result. The Adelaide Hills Council has approved Monument Road. Preparations for negotiations with all 12 Local Government Authorities along the route are solid.

The involvement of local Friends groups and local residents is being encouraged. The Sixth Creek Catchment Group along with the Adelaide Hills Council and the Green Army is cleaning up the creek, making bridges, making a staircase, and their own piece of trail. This is all happening in one of a number of "undiscovered treasures" revealed by reconnoitering for the Adelaide100. The Kenneth Stirling Conservation Park, Burdett Scrub, is hidden in the back blocks of Basket Range. Just negotiating the steep slopes from Merchants Road down to the creek required early explorer skill and resolve. The reward of cleaning up and opening up this Park will prove immeasurable.

The Board of WalkingSA is committed to the challenging Adelaide100 project. Those involved in it, and those who know of it, see it as special. Everyone who is part of the Adelaide100 can rightly feel that part of the Adelaide100 is theirs.

Jim McLean WalkingSA - Trails



## TRAIL DEVELOPMENT

Colin Edwards, Trail Development Coordinator



If you would like to be involved, or have an interest, please contact the Heysen Trail office by email <u>heysentrail@heysentrail.asn.au</u> or by phone 8212 6299

2017 starts our major project to upgrade the Trail to a uniform high standard. This will include remarking to current standard, stile work and track clearing. Huts, tanks and toilets are to be progressively improved. This is a major initiative and my thanks go to the Trail Development Committee for their work on bringing this to fruition.

A rising problem with bikes on the trail and the consequent degrading of walking tracks generally will have to be accommodated and information, photos and suggestions from members will be appreciated.

Thanks to all Section Leaders and volunteers for the work done this year and a Merry Christmas to all.

Keep walking, keep active and healthy.



Accommodation in Myponga along the Heysen Trail 2 self contained cabins with queen bed and single sofa ~ Reverse cycle air-conditioning Complimentary beer and wine upon arrival ~ Provisions for a cooked breakfast BBQ & outdoor setting ~ Mention this ad and get 10% discount

Contact Jayne & Greg 08 8558 6397 or 0417 889 128 Email: info@heysensrest.com.au www.heysensrest.com.au

## WalkingSA instrumental in the Wirraparinga Trails Project

An essentially no-through stick-to-the-road creek walk is being expanded as a recreational and heritage trail. Ron Bellchambers of the Brownhill Creek Association, as a walker, a retired history teacher and a neighbour of Raymond Spencer, had a vision. Ron was aware of the potential of Raymond's extensive Springwood Park for its indigenous and historical heritage and for linking walking routes with Brownhill Creek, the Yurebilla Trail and Carrick Hill. And Raymond was conducive to making strategic parts of his property publically accessible.

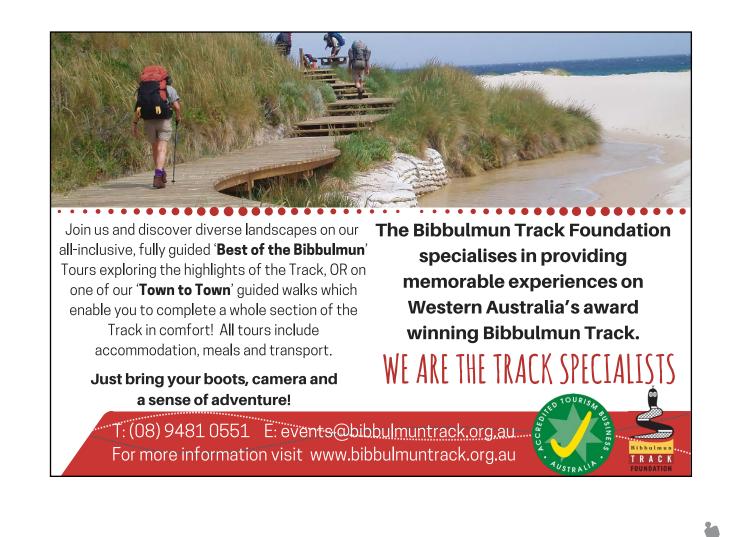
Ron, being aware of WalkingSA's work on the Adelaide100, asked if we would like to take part, along with, as time ensued, the Mitcham Council, Carrick Hill, DEWNR, the Government of SA, the SA Tourism Commission, and the Commonwealth Government. Ron and I reconnoitered the area, and mapped potential routes and points of historical significance like the "early settlers" Mitcham water works. We presented options to a meeting, hosted by Raymond Spencer, which was attended by representatives of a broad range of interested parties and by WalkingSA's Executive Officer Greg Boundy.

Since then Ron, Greg and I met with local State member Martin Hamilton-Smith, the Director of Carrick Hill, and the Chief Executive of the SA Tourism Commission. All parties enthusiastically support the Wirraparinga Trails Project. Ron has made contact with local Federal member Nicole Flint and is confident of applications for support at Federal, State and Local Govenment level being successful.

WalkingSA is making a valuable contribution to this worthwhile project. Its involvement in the Wirraparinga Trails Project promotes its work and message to important audiences. Its involvement is an opportunity to make connections which may prove to be valuable in the success of other WalkingSA projects and initiatives.

Jim McLean

WalkingSA - Trails



## 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. Trail Development Coordinator Trail Infrastructure Colin Edwards 8264 1492 (H) Peter Simons 0415 493 077

Sect	ion	Map and GR	Section Leader	Contact
1.	Cape Jervis to Tapanappa	Southern Guidebook, Maps 1.1-1.3 Cape to GR 518 530	Albert Schmidke	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	John Babister	0409 616 270
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	Graham Loveday	8331 7595 (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	Jerry & Michelle Foster	0418 423 518
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	Michael Wienel	0424 739 037
12.	Hamilton to Huppatz Hut	Southern Guidebook, Maps 5.2-5.9 GR 045 102 to 086 509	Dom Henschke	0422 430 330
13.	Huppatz Hut to Spalding	Southern Guidebook, Maps 5.9-6.12 GR 086 509 to 785 903	Mid North Branch Hugh Greenhill	8843 8115 (H)
14.	Spalding to Georgetown	Norhern 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. Don McDonald Ron Capel	0428 566 745 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 Neil Finlay	0455 989 144 0427 327 370
17B.	Dutchmans Stern to Wilpena Pound	Northern Guidebook, Maps 4.2-5.8 GR 807 227 to 723 094	Simon Cameron	0401 623 436
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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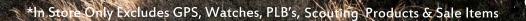
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