



# Trailwalker

Winter 2017 Issue 144

Free

## **AGM Reports Mid North Branch Two “thru-hikes” End-to-End Maintenance**



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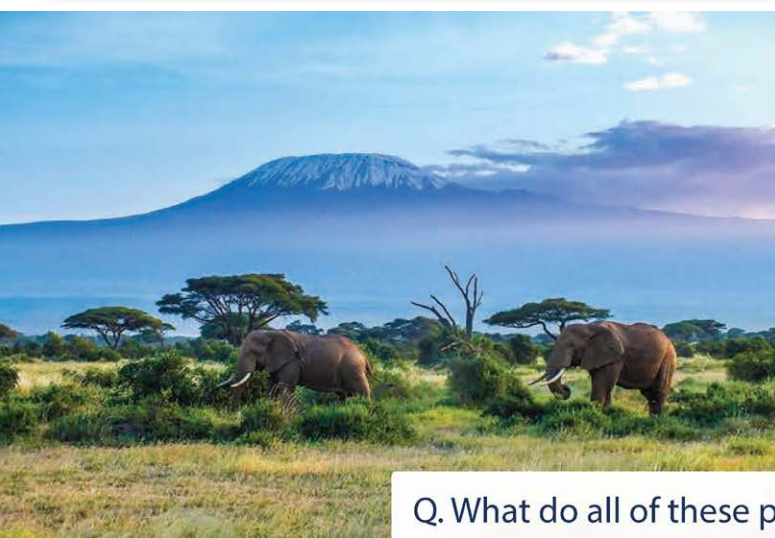
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Published by the  
**Friends of the  
Heysen Trail & Other  
Walking Trails**

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#### 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](http://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](mailto: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 –  
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article submission guidelines are  
available upon request or by visiting  
[heysentrail.asn.au/trailwalker](http://heysentrail.asn.au/trailwalker)

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The Friends of  
the Heysen Trail  
& Other Walking  
Trails

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Judy McAdam  
Chris Porter  
David Rattray  
David Roberts

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## About the Friends

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Robyn Quinn	
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Colin Edwards	Trail Development
Neil Nosworthy	Greening
Peter Larsson	Walking
David Rattray	Office
Robert Alcock	Marketing & Membership
Julian Monfries	Honorary Membership

### Mid North Branch

Garry Fieldhouse	President
Kate Greenhill	Vice-President
Sally Fieldhouse	Secretary
Hugh Greenhill	Section 13 Leader
Sam Nichols/	
Garry Fieldhouse	Publicity Officers

### Council Meeting Dates

Wednesday 21 June 2017  
Wednesday 19 July 2017  
Wednesday 16 August 2017

### Spring Trailwalker Deadline

#### Friday 4 August 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](mailto: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  
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Barry Finn  
Dean Killmier  
John Wilson  
David Beaton  
Jack Marcelis  
Julian Monfries  
Terry & Frances Gasson  
Simon Cameron  
David Rattray OAM  
Hermann Schmidt  
\* (deceased)

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### Website Editor

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David Rattray

### Office Manager

Dom Henschke

### Trail Development Coordinator

Colin Edwards

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Bei Han Yang (Ann)  
Mengyuan Chen (Chen)  
Yunhan Feng (Hannah)  
Maria Newland



### Cover

Kuitpo Forest  
Photo: Anne Kirk



# President

## A Word from the President Melanie Sjoberg



Another invigorating walking season has commenced as I step into the President's role. It is both an honour and a challenge to be able to contribute to the Friends in this way after sharing the incredible experience of completing the 1200km trail.

Walking is much more than placing one foot in front of the other and yet it offers a simple guide to growing into this role – take each step carefully and confidently. Also like walking the Heysen, the support and camaraderie has been evident from day one. Robert's answers to questions are fulsome, Julian has guided me through an array of documents, Colin's passion for maintenance is infectious, while Dom and the office volunteers offer huge smiles and helpful hints whenever I drop in.

I've spent many years camping and bushwalking around SA as well as exploring interstate and overseas trails; but the Heysen opens our eyes to so much more about nature, history, culture and specific curiosities of towns in our own backyard.

It is fair to say that walking became a much more intense activity after I joined the Friends about nine years ago. We dabbled with day walks before launching into End-to-End 4 in April 2009; my log book reminds me it was a wet blustery 15 degrees heading off from Cape Jervis but nonetheless we returned month after month, year after year. For me the Heysen also became the essential breathing space away from a highly demanding work role where I definitely felt the health and well-being benefits oft touted by research and articles.

My professional background is in employment relations and public administration; having spent my last 10 years at executive level in the SA public sector, involved with high-level negotiations, strategic advice, policy development and building teams. I laughed and nodded knowingly as I read Terry Lavender's story (Last Post) about creating the Heysen Trail with a meagre budget, petty battles and senior officials who barely knew what existed beyond Gepps Cross. I anticipate my networking experience, along with understanding the policy process and navigating bureaucracy should be helpful to the Friends.

I see my early days in this role as a bit exploratory; listening to what members think is important. My intention is to engage with the various committees, which really are the heart of the organisation, and to walk with each of the end-to-end groups over the year. I've already got my hands dirty, not to mention discovering a few different muscles, from pitching in with the maintenance program. As we know from experience, the effort of volunteers to keep the trail well-marked, build shelters and platforms (and a welcome toilet on occasion) is essential to enjoying the walk, so these are achievements we should boast about loudly and often.

Of course the trail can always be better and perhaps the success of the state government investment in the Kangaroo Island Wilderness Trail is an opportunity to leverage more interest and improvements for the Heysen. I'm encouraged by the positive approach to walking captured in the State Government 2015 nature-based tourism strategy Nature Like Nowhere Else and statements from DEWNR representatives at a recent seminar I attended that it aims to promote SA more widely as a tourism-walking destination. We can always hope and dream.

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# News

## Interested in volunteering in the Office?

As we have moved into the new walking season, enquiries from members and people interested in walking the Heysen and other trails are on the increase.

We aren't desperately short of helpers, but we do have a few vacancies. So if you have 4-5 hours a week or fortnight to spare, we would like to hear from you.

You will be joining a team of over 20 volunteers and we always have at least 2 people in the office each day, so you will have plenty of support. Some of us have already completed an End-to-End, some are currently walking the trail and others simply like the social atmosphere of welcoming visitors to the office.

We will train you and gradually introduce you to a range of tasks you can expect to perform, depending on your interests. Not too many of us are experts on everything, but we have a good network of supporters.

Together we share an interest in helping others to

- join the Friends,
- book onto walks,
- discover our range of maps and books,
- join an End-to-End group or
- get access to particular camp sites and trail access points.

We have a number of volunteers rostered on each day, so you will be joining a team of interesting people whatever day you are free. Don't worry; we know our volunteers have busy lives. We are flexible and expect (like us) you will take time off for holidays and other commitments.

So, if you are interested, please email the Office ([heysentrail@heysentrail.com.au](mailto:heysentrail@heysentrail.com.au)). We will be delighted to answer any questions you may have.

Dom Henschke, Office Manager.

## New Members

The President and the Council would like to extend a warm welcome to the following 72 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.

Carol Anderson	Anna Ciccarelli	Stephen Leane	Sarah Perkins
Hilary Ashby	Fiona Crambrook	Joanne Lee	Debra Richters
Helen Ayling	Peter Crambrook	Sharon Leith	Shaun Scheepers
Murray Baker	Cathy Cunningham	Helen Liu	Karen Shand
Robyn Beech	Jane Deere	Deb Lock	Gregory Smith
Colin Biggs	Linda Dowling	Amanda MacGillivray	Julie Snedden
Donald Brady	Helen Drew	Anthea Magarey	Gillian Stevens
Justin Brady	Ian Drewe	Chris Magarey	Barry Sullivan
Kathy Brady	Patricia Farley	Steve Marshall	David Taylor
Libby Brady	Steve Goss	Amanda McCallum	Julie Testi
Dan Camac	Jayne Gregurke	Robert McIntosh	Jude Thorpe
Jonathan Camac	Alison Hay	Julie Meiers	Ruth Vasey
Nigel Camac	Karen Holland	Shirley Moriarty	Debra Ward
Susan Camac	Robin Hosking	Alan Morris	Carolyn Wilson
Tahlia Camac	John Humphris	Brian Peat	David Wilson
Meredith Carlier	Debbie Kent	Almeda Peer	Em Wilson
Neville Carlier	Jane Leak	Brian Peer	Robert Wilson
Monique Cesana	Kathie Leane	Xenia Penny	Poppy Wraith



## I've withdrawn from a walk, can I get a refund?

If you've registered for a walk and find that due to illness or a change of plans, you are unable to join the walk, it is important that you let the walk leader know not to expect you.

You can do this by withdrawing from the walk using the 'Manage my Walk Registration' facility on our website. Check the registration confirmation email you received when you booked onto the walk for more information on how to do this.

### Do you qualify for a refund?

Our Refund policy states that if you withdraw before the closing time of registrations, you are normally entitled to a refund.

There are some limited exceptions where due to the nature of the walk, the walk leader has already incurred expenses on your behalf.

Also, if you've used a Golden Boots pass you aren't entitled to a cash refund of the walk fee. If you've used a Multiwalk pass, we can credit you for the walk that has been deducted from your pass.

Unfortunately our system doesn't record credits owing to you on your account so we can't 'store' credits for use at a later time. But you can apply to the Office for a refund.

The easiest way to do this is to send an email to [heysentrail@heysentrail.asn.au](mailto:heysentrail@heysentrail.asn.au).

The bookkeepers will try where possible to refund the money by an electronic funds transfer. It may help them if you provide your bank's BSB number and your account name and number.

## STOP PRESS NOTICE

At 10.22pm  
Wednesday 17 May,  
at Cape Jarvis, David  
Turnbull completed  
his 1200km run of  
the Heysen Trail. By  
finishing within 14  
days from Parachilna  
Gorge, David beat  
the time set by Richard Bowles in May 2014. David  
commented "I underestimated the sheer severity  
of this magnificent trail". David went on to thank his  
many supporters and all the volunteers that mark and  
maintain the Heysen Trail. Congratulations David.



## Planning a walk on the Heysen Trail?

Check out Park and Trail closures before you go.

Most walkers know that the best time to walk the Heysen and many other trails in South Australia is after the end of the fire danger season.

Once we turn the calendar to May, the boots and backpacks are out and there is no stopping us enjoying the 'walking season'. Right?

Well, unfortunately that's not always the case.

Apart from trail closures during the fire danger season, in recent months the following events restricted access to campgrounds and/or the Heysen Trail:

- Feral deer control program in Deep Creek Conservation Park (May 1-5),
- Motor cycle rally in Mt Crawford Forest (May 7),
- Temporary closure of the trail due to a prescribed burn in the Cleland Conservation Park (March 23)
- Feral cat control program in the Ikara-Flinders Ranges National Park - continuing **at night times** until 31 September 2017.

The trail has also been closed in forestry reserves due to bushfire salvage operations.

So before you head off on a walk or a camp, check the Trail Status section of the Friends website (displayed on the home page). The latest trail conditions and incidents are also published via our Twitter account [twitter.com/HeysenTrail](https://twitter.com/HeysenTrail).

However as we aren't always aware of operations affecting walker access, you can use the following resources to check whether park or trail closures will affect you:

The National Parks SA – Park alerts page lists park closures and operations across the state  
<http://www.environment.sa.gov.au/parks/Safety/park-alerts>

Forestry SA operations and reserve closures can be found on the following pages:

Forestry SA -Mount Lofty Ranges Forests - (Kuitpo & Mount Crawford)  
<https://www.forestry.sa.gov.au/recreation/mt-crawford-kuitpo>

Forestry SA –Mid North Forests - (Bundaleer & Wirrabara)  
<https://www.forestry.sa.gov.au/Recreation/Bundaleer-Wirrabara>





# News

## Friends of the Heysen Trail AGM 2017 Report

The 30<sup>th</sup> AGM of the Friends was held at the Woodville Bowling Club, Oval Avenue, Woodville South on 24<sup>th</sup> March 2017 with 39 members attending with 5 guests and apologies from our Patron and 14 other members.

Robert Alcock, President, outlined the achievements of 2016 and the highlights for him of the last six years as president (see Roberts report). Robert thanked all those who had supported him and the Friends over that period and concluded with "you ain't seen the last of me".

Stephen Salib-Brown, Treasurer, reported on an ongoing healthy financial position for the Friends with a surplus for 2016 of \$20,827.

Colin Edwards, Trail Development Officer, outlined the ongoing maintenance including the End-to-End Maintenance programme, a five-year plan to mark the entire Trail which included adding the maintenance weekends to the Walk Calendar to attract interest and help from the wider membership. A replacement for the loss of Freemans Hut, has been found on Forestry

SA land with the construction to be undertaken by the Friends. An offer has been made by Work for the Dole to help fabrication of three toilets and ten platforms to be carried out at the Cobblers Creek shed, over 26 weeks.

Robert stood down as President with Melanie Sjoberg being elected in his place, as the Friends first woman president.

Hermann Schmidt, from Wandergruppe was nominated as an Honorary Member and elected by approbation.

Our Guest speaker, Ron Kandelaars, the Friends' Ambassador, spoke about utilising the media to gain coverage and "advertising" for the Heysen Trail and the Friends. He described how the media love words ending in "ST" e.g. firST, laST, smalleST, biggeST, youngeST, oldeST, fasteST and sloweST. He also recommended accumulating a library of video "grabs" that could be given to illustrate and supplement a story and that the Friends look at getting drone material of the Trail as this can provide superb detail to a story.

## ALPANA STATION — Bushwalkers Transport Service

David and Sally Henery of Alpana Station Blinman offer a friendly, flexible and accredited transport service to the BEST end of the Heysen Trail: Wilpena, Blinman, Parachilna Gorge Heysen Trailhead, for walkers (individuals or groups). Also transport to the Mawson Trail and further afield if required.

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# Financial Report Presented to AGM - March 2017

During the 2016 calendar year, the Friends generated a surplus of \$20,827.

Net income from walking was again the major contributor to our earnings as a result of strong support for the 7 End-to-End walks, a group of our members walking the Federation Lavender Trail and early receipts for the Great North Walk (2017).

Apart from direct income from individual walks, this support to walking is reflected in strong receipts from the sales of Golden Boots cards and Multi-Walk tickets \$12,000.

Income from membership subscriptions is marginally down on last year and income from sales of books and maps from our online store remains strong and showing signs of increasing further, while revenue from advertising in the Trailwalker magazine remains steady. This is expected to increase in the new year.

With no relocation costs this year administrative expenditure for 2016 has stabilised. We have engaged a new insurer for our Public and Association Liabilities with a net reduction in premiums. Ongoing communication and IT costs reflect an increasing financial commitment to providing a more secure and stable website and database.

The Friends spent \$5902 on routine maintenance costs including maintaining trail markers, water tanks and shelters along the trail, as well as improving the quality and quantity of equipment used in these tasks. There is ongoing training to improve the technical skills in using this equipment. A further \$13,619 on materials and expenses has been reimbursed by the Department for Environment, Water and Natural Resources.

The Greening Committee was active in 2016 with \$889 spent on its operations including watering equipment.

Stephen Salib-Brown  
Treasurer

The following is a brief summary of the 2016 accounts.

## Gross Contribution per Activity

Membership Subscriptions	\$21,031
Sale of Goods	\$4,840
Interest Received	\$3,130
Advertising Revenue	\$5,699
Walking, Weekends & Others	\$42,220
Sundry Income, Donations, Stocktake	\$7,355
<b>Total</b>	<b>\$84,277</b>

## Expenditure

Administration	\$3,394
Lease costs	\$10,092
Insurance & Affiliation Fees	\$7,858
Bank fees	\$3,954
Office expenses	\$12,072
Promotional costs	\$1,633
Trailwalker costs	\$8,730
<b>Total</b>	<b>\$47,733</b>

## Administrative Surplus

Less	
Trail Maintenance	\$5,902
Greening	\$889
Trail Awareness	\$8,925
<b>Total</b>	<b>\$15,716</b>

## Net Surplus

### Current Assets

CBA Bank Accounts	\$132,388
Beyond Bank Term Deposits	\$74,882
Minor Accounts/Floats	\$325
Stock on Hand	\$13,763
Trade debtors	\$11,383
<b>Total Assets</b>	<b>\$232,741</b>

### Current Liabilities

<b>Net Assets</b>	<b>\$218,753</b>
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## PRESIDENT REPORT

### Highlights of the past year, 2016-17

- Another successful year of walking, 596 members, plus visitors, walked one or many of our 126 walks days, with 3,923 days walked in 2016.
- The Friends volunteers assisted the inaugural "Walk for the Heysen" fundraising event in May, held by our Warren Bonython Heysen Trail Foundation.
- In May 2016 the Friends appointed our first Ambassador – Ron Kandelaars, media personality with ABC891 and Channel 7, and formerly the producer of Channel 9's "Postcards".
- The Friends of the Heysen Trail (Friends) were presented with a Special Recognition Award at the Walking SA Awards night - awarded for the Friends work on trails, and the promotion of walking on the Heysen and other walking trails. Two of our members were also presented Individual Awards for their contribution to walking over a very long period. Well done Julian Monfries and Colin Edwards.
- Another successful Christmas Bash at Belair – a damp morning so the Karka Pavillion was popular this year. Fortunately we were able to get out for games and the picnic, after eating lunch inside.
- A replacement for Freemans Hut has been found. Forestry SA has offered Hermans Hut, which needs much work, although the walls are standing. On inspection, it will look grand with its new roof and veranda.
- On 1<sup>st</sup> March we had a positive meeting with Department of Environment, Water and Natural Resources (DEWNR) where the Dept. committed to reviewing the Heysen Trail Strategic Plan and developing a work implementation plan, with, pleasingly, input from the Friends.
- Simon Cameron is to produce a companion guide to the Heysen Trail, titled "Highlights of the Heysen Trail".
- The work by the Trail Development group is our key function. Their work is required for the Heysen Trail to remain open and accessible. New support initiatives have now spread the big workload that Colin Edwards was shouldering. It is expected that more work will be done, more effectively.

The lowlight was in losing 3 great supporters of the Heysen Trail. Jim Crinion, Colin Malcom and Jamie Shepherd all contributed to the Heysen Trail (HT), walking, and many community groups over many years. The three will be missed by those that benefited from their leadership and support.

## AGM March 2017

### Highlights from the past six years as President

Looking back over the 6 years it seems a long time. Yet many things I did seem like they were just a few months ago. I didn't know what to expect. I was following the Doctors, Monfries, and Cameron, as the previous presidents. How was I to succeed?

Well there were plenty of opportunities to be involved, so I bit the bullet and let it lead me. And it was all about interacting with others, individuals and groups. And that suited me just fine! What did I learn? I learned to delegate, well some of the time!

### A few bigger items over that time,

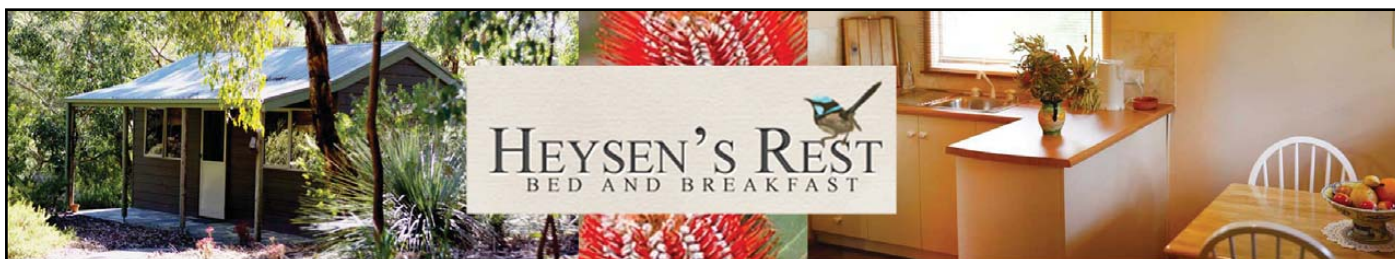
- Bushfires caused us much grief. 4 years in a row major fires destroyed sections of infrastructure, and 3 of them resulted in long reroutes. These events also delayed much of the work that we had planned.
- We installed 11 new tanks, plus many camp benches, with much appreciation coming from the walkers out on our trail. A couple of new toilets as well, with more to come. Funds donated by End-to-End groups 3 and 4 went to these worthy improvements.
- In 2011 we celebrated the 25th anniversary of the Heysen Trail (HT) with a picnic at Karka in Belair. Here I signed the first MOU with Alan Holmes, then CE of the DEWNR.
- A new Greening committee was formed and is being driven by Neil Nosworthy. It continues to plant and maintain trees and bushes along our trails. The next generation of walkers will find plenty of comfort stops in these areas.
- Our website has become the major source of information on the HT, and a major way our members and Heysen Trail walkers interact with the Friends. We have had a number of upgrades to keep it and our unique booking system up-to-date. Thanks to Jeremy Carter.
- We lost our Patron when Warren Bonython AO died in 2012. His memorial event "A Day on the Heysen" attracted 556 walkers on the HT in 2013. Behind that was 18 months of planning by past president Simon Cameron and team, plus the programming for the unique booking system by Jeremy Carter.
- The Warren Bonython Heysen Trail Foundation (WBHTF) was formed to provide funding for trail improvements into the future. A successful first fundraising event, "Walk for the Heysen", was held at Mount Crawford in May 2016.

- We welcomed a new patron – His Excellency the Honourable Hieu Van Le AC, Governor of SA.
- The Friends office was relocated to Pirie Street, a major exercise in itself. Thanks to Dom Henschke and team.
- A large celebration involving the walking community was held in April 2016 as the Lavender Trail crossed the Heysen Trail at Webb Gap.

All the achievements were achieved with the work of many individuals and groups. The Friends are very fortunate to have so many wonderful volunteers who get stuck in and get things done. I can't thank them enough. Yes, some put in more than others, (a few put in a lot of time to the Friends), yet all those involved are all doing what they can. It is the strength of our organisation. We continue to grow with new volunteers stepping forward, and there is still heaps of work to do into the future.

### Reflections from my six year term

- In June 2011 I celebrated completing my first End-to-End, with the End-to-End 3 group. An earlier finish at Wonoka Station, as I had walked the final week with End-to-End 2 three years before. Those that have completed the Heysen, or any other long distance trail, will appreciate the joy of completing such a long journey on foot. I also then felt prepared to talk about the Heysen Trail.
- In Jan 2014 bushfires raged through the Bangor area, devastating the ridgeline north from Crystal Brook, above Port Pirie. I was pleased I had walked the ridge in 2013, twice. Walking north with End-to-End 4, then a few weeks later, I walked south with End-to-End minus 1.
- I witnessed a number of walkers complete the Heysen Trail. The Sipos family in 2015, where I was surprised with the excitement of 3 enthusiastic children after 3 months on the HT. Richard Bowles who ran the 1,200km in 14 ½ days in May 2014. Richard Savage from Tennessee, who I had the privilege to walk with for a day on his third End to End trek. And also John Pratt, who also completed the trail in 2014, having walked his first section at Cleland in 1976. Surely at over 38 years, his is the longest End to End ever!
- Meeting Peter Heysen and have him open the "Echoes of the Heysen" art exhibition in November 2014. A visit to the Cedars property opened an opportunity to develop walks on the property – an option we have yet to explore.
- Andrew Robertson and I were fortunate to get over to the Nature Foundation's Hiltaba Station, north of the Gawler Ranges, for the opening of their walking trails in April 2015. I was able to catch-up with Warren's son Simon and daughter Alice again. Great country and I would love to go back and explore some of the many valleys we saw from the hill walks.
- Attending the opening of Walk the Yorke . It's always a pleasure to visit the peninsula, and was pleased to meet Stephen (Goldy) Goldsworthy, who's vision, passion and drive, with a few grants, created the 500km trail.
- Being involved with the April 2016 celebrations of the Lavender Trail crossing the Heysen at Webb Gap. A great day of walking and food – the catering by Robertstown locals was superb. It was pleasing to see so many of the walking community there.



### Accommodation in Myponga along the Heysen Trail

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[www.heysensrest.com.au](http://www.heysensrest.com.au)





# News

Only one disappointment stands out. The Balquhider Station access did not go ahead after the original high hopes. Some disagreement between the minister and owners stymied that plan. I and a few other members did get to walk the proposed route, and my hope is that it will happen, one day.

There have been so many wonderful days walking, and talking, with so many people.

## Two Highlights of Walking stand out

- In June 2013 the End-to-End minus 1 group charged across a raging swollen Stony Creek, north of Melrose, again and again, while walking the Heysen Trail. Dean Mortimer had the whole group pumped up, as the day before was a very wet Saturday when we walked south over flooded creeks and through rivulets down Mt Remarkable into Melrose. The rain absolutely poured down all night and I was convinced the Sunday walk would be cancelled. But Dean said "we walk". We did. Along the Stony Creek track, with its 8 flooded crossings. After the swollen creek trek, Dean was so impressed with our efforts, he named us the "Rocky Creek mob".

- And the following June, 2014. Now I have walked many wet days and some very hot days, yet none was as memorable as walking through snow. Snow on the Heysen Trail. Walkers with End-to-End minus 1 were soaked with heavy rain before tramping through the snow over Mount Bryan. A magnificent 2 hour spectacle (and so so cold) rarely witnessed in SA.

I have enjoyed the last six years. It has been a pleasure to represent the Friends. Some wonderful opportunities opened to me and I took advantage of most of them. Yet it's time, and I'm ready to hand over to a new President, one with passion and vitality, one with the skills to drive the organisation forward into a new era.

It's time to say, Thank You, to all those who supported me, the Friends, and the HT through my years as president. Too many to mention, yet I appreciate all the support and energy they gave. It's been a pleasure to work with you all.

However, as I said on my final Trailwalker report, you ain't seen the last of me. I'll be around for a long time yet.

And - Thanks for the memories.

Robert Alcock

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Boots are optional

# Mid North Branch AGM and Walk Program

The Mid North Branch of the Friends held their AGM on Sunday 19th March.

Hugh Greenhill presented the maintenance report for Section 13. Main points:

- Re- marked the trail along the eastern boundary of Princess Royal where the fence was washed away from a local storm. Help with Horrie Mills assistance.
- South of Burra Gorge re-marked a small part of the trail in line with fencing an area off from stock grazing in native vegetation area.
- Replaced faded trail markers on the Morgan Rd and into Gerald Pens property. Also replaced missing marker posts when required. Ran out of marker plates.
- 4<sup>th</sup> June helped Jason Gill install a Heysen Trail information sign along the Burra Creek.
- Helped Kevin Liddiard on his section 14, rebuilding stiles and replaced marker posts where required.
- Also noted:
  - October workshop in the Adelaide Hills for new people & trail maintenance, & uniform standards for marking criteria.
  - Audit to start: a dedicated group to undertake re-marking of whole trail over a 3- 4 year time span. Spacing in between markers & appropriate corner indicators uniform standards.

Vice-President Kate Greenhill reported on walks held:

- 9 walks scheduled for the year: 1 re-scheduled due to poor weather conditions for bats, 1 cancelled due to unavailability of drone operator, and end of year break-up due to weather & fire hazard at location selected.

- Ken's walk from Hallett RS: the wedge tailed eagles chasing starlings were spectacular on top of the range.
- Kathy's walk: Minburra CP was exceedingly varied in its rock formations: well done on your first leader role!
- Garry's walk from Paulett's to Watervale: the weather was perfect and the moonlight scenery wonderful.
- Jan's walk at the Gleeson wetlands was a pleasant afternoon and very scenic and socially convivial.
- Celia's walk the Yorke: only 4 people for the weekend, but spectacular weather.
- Hilde's walk of Saddleworth Heritage Trail: museum stocked full of artifacts, with pop-up guest speakers en route
- Spring Gully walk: no takers so walk cancelled.
- Wedge-tailed eagle nests and distribution, diets etc: cancelled due to unavailability of drone operator at suitable times & farming operations.
- Bats, with Andrew Wurst at Winkler Pk, Saddleworth: re-scheduled for weather conditions: 5 species of bat detected with audio equipment. Harp trap net set-up adjacent dam- observed one individual from previous night's capture.

The following were elected to positions:

President: Garry Fieldhouse

Vice-President: Kate Greenhill

Secretary: Sally Fieldhouse

Publicity Officer: Sam Nichols & Garry Fieldhouse

Section 13 Leader: Hugh Greenhill

At the conclusion of the meeting a walk to view the new flood mitigation scheme in Farrell Flat was organised, followed by a pooled tea.

Date/Time	Location	Leader & contact #
June 17 <sup>th</sup> , Saturday 10.00am	Lavendar Trail	Hugh Greenhill 0437 425 495
July 15 <sup>th</sup> , Saturday 9.00am	Burra Tooralie Gorge	Kate Greenhill 0407 181 877
August 20 <sup>th</sup>	Bundaleer Forest fire scar	Sally Fieldhouse 0427 342 442
September 9- 10 <sup>th</sup>	Pt. Mindacowie, Yorke Peninsula Camping weekend	Celia Manning 0437 616 395
Sept 27 <sup>th</sup> , Wednesday 1.30pm	Spring Gully	Peter van Beuschen 0427 816 421
October date/time tba	Kirribilly moonlight walk	Garry Fieldhouse 0428 347 315
November 19 <sup>th</sup> , Sunday 4.00pm	Watervale environs Tea at the pub 6.00pm	Kate Greenhill 0407 181 877

If you would like to participate on any walk, please contact the walk leader preferably several days beforehand to register your intent. The walk leader will provide information on terrain, risks, distance and degree of difficulty. It is up to you and the walk leader to evaluate your capabilities and suitability to participate in a safe manner. You will sign on at the beginning of the walk, stating emergency contact number in case of any emergency





# News

## Hermann Schmidt - Honorary Member 2017

Hermann has been associated with the Heysen Trail since 1999 as Section Leader for Sections 3 and 4 (Back Valley Road to Hindmarsh Tiers Road).

His achievements, along with the able assistance of the Wandergruppe are legion and include

- Building a bridge over Spring Creek at James Track, Myponga.
- Building a 70-metre board walk at Spring Creek.
- Building a 20-metre bridge at Emerald Hill Crossing near Myponga Hill.
- Building a 12-metre bridge north of Myponga Hill (Swampy Creek).
- Building three creek crossings in Yulte Conservation Park.



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- Building one creek crossing in Myponga Conservation Park.
- Building a 15-metre boardwalk on Tugwell Road in Section 2.
- Building three stiles in section 5.
- Organising a re-route in Section 5 near Hancock Road.

## Win a Free Calendar

Submit some of your photos for the 2018 Friends of Heysen Trail calendar for a chance to win a free copy of the calendar.

If we use one of them - you win a calendar.

Maximum of four photos per person.

Photos need to be landscape shaped and meet minimum technical specifications, generally a 7 mega pixel camera will suffice if on the highest image quality setting.

Email your photos to [heysentrail@gmail.com](mailto:heysentrail@gmail.com) by October 15.

Email size can be up to 25MB (your email provider may not allow emails of that size).



# Many Hands Make Light Work

## Greening Committee activities

Words and photo by Neil Nosworthy

The mild and wet summer was good for our trees and reduced the need for watering. The favourable conditions and a big team of volunteers made our new planting along a section of the Lavender Federation Trail near Point Pass a very successful venture. This has rekindled our enthusiasm for greening opportunities for 2018 and beyond.

### Worlds End

The wet summer meant that we did not go back to Worlds End to water our trees until late March. This was also an opportunity to clean up the site and remove all of the guards from the trees.

I am very pleased to report that, for the first time in the four years of working there, we could actually see the trees that we have planted. Many are still only knee high but a few are head high. Hopefully when End-to-End 9 pass through in June, they will notice the trees even if they won't provide much shade or protection.

### Planting at Point Pass

At the end of April 2017, we planted 500 trees along a section of the Lavender Federation Trail where it runs along Scenic Road on the ridge above Point Pass near Eudunda. We had scheduled two days to complete the planting but with six volunteers on the first day and seventeen volunteers on the second day, we completed the planting before lunch on the second day – a great team effort. Thanks to everybody who attended and special thanks to our grower, Jenny Pascoe, who produced 500 excellent trees. The conditions were very good so we are hoping for an excellent outcome.

### Spalding

A bonus of the superb teamwork at Point Pass was that John Newland was able to go to Spalding and check out our plantings near Railway Dam Road. John reported that the trees were doing very well and “before long it will be a beautiful wooded reserve with lots of shady, sheltered spots for walkers and habitat for birds.”

### 2018 Projects

As usual, we are looking for new projects for greening the Heysen Trail. If you have any ideas for improving the environment along the Heysen Trail (not just planting trees), please contact Neil Nosworthy on [neil@noztours.com.au](mailto:neil@noztours.com.au).



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Volunteers at work at Point Pass







# End-to-End Walks

## 2017 Walk Season Programme

This version released 6 February 2017

heysentrail.asn.au

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

### 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](http://heysentrail.asn.au/walks)

### Walk Registration

Register for a walk either online or over the phone.

Register online at [heysentrail.asn.au](http://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 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](http://heysentrail.asn.au)



# TrailStarter & TrailWalker Walks

## 2017 Walk Season Programme

This version released 10 May 2017  
heysentrail.asn.au

	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
April		Sun April 9 TrailStarter <b>Carrick Hill</b> Richard Milosh	April 14-17  EASTER  no walks	Sun April 23 TrailStarter <b>no walk</b>	Sun April 30 TrailStarter <b>Mount George</b> Estaban Garrido
		Sun April 9 TrailWalker <b>Boot Camp</b> Alan Davis		Sun April 23 TrailWalker <b>no walk</b>	Sun April 30 TrailWalker <b>Kersbrook</b> Peter Solomon
May	Sun May 7 TrailStarter <b>Mt Lofty Loop</b> Dana Florea	Sun May 14 TrailStarter <b>Ambers Gully</b> Kevin Liddiard	Sunday May 21 Special Event  <b>Warren Bonython Foundation</b>  <b>Walk on the Heysen</b>	Sun May 28 TrailStarter <b>Willunga</b> Noelene Smith	
	Sat May 6 TrailWalker <b>Lavender Federation Trail</b> Stephen Salib-Brown	Sun May 14 TrailWalker <b>Kuitpo Forest</b> Michael Middleton		Sun May 28 TrailWalker <b>Shepherds Hill</b> Simon Cameron	
June	Sun June 4 TrailStarter <b>Mount George</b> Chris Porter	Sun June 4 TrailWalker <b>Uraidla/ Mt Lofty</b> Judith Ellis	Sun June 11 TrailStarter <b>Crafers</b> Graham Bald	Sun June 18 TrailStarter <b>Belair</b> Michael Middleton	Sun June 25 TrailStarter <b>Stirling</b> Richard Milosh
	Sat June 3 TrailWalker <b>Lavender Federation Trail</b> Stephen Salib-Brown	Sun June 11 TrailWalker <b>Warren</b> Richard Milosh	Sun June 18 TrailWalker <b>Waitpinga</b> Caroline Prescott	Sun June 25 TrailWalker <b>Morialta</b> Adam Matthews	
July	Sun July 2 TrailStarter <b>Chambers Gully</b> Michael Middleton	Sun July 9 TrailStarter <b>Mylor/Aldgate Circuit</b> Rosemary Hayward	Sun July 16 TrailStarter <b>TBA</b> TBA	Fri14-Sun16 Extended Walk  <b>Worumba</b> Simon Cameron	Sun July 23 TrailStarter <b>Burnside</b> Dean Mortimer
	Sat July 1 TrailWalker <b>Lavender Federation Trail</b> Stephen Salib-Brown	Sun July 9 TrailWalker <b>Anstey Hill</b> John Babister	Sun July 16 TrailWalker <b>TBA</b> TBA	Sun July 23 TrailWalker <b>Montacute</b> Vicki Barrett	Sun July 30 TrailStarter <b>Cobblers Creek</b> Kevin Liddiard
August	Sun August 6 TrailStarter <b>Onkaparinga</b> Robyn Quinn	Sun August 13 TrailStarter <b>Anstey Hill</b> Kevin Liddiard	Sun August 20 TrailStarter <b>Willunga to Old Nourlunga</b> Richard Milosh	Sun August 27 TrailStarter <b>Mount Barker</b> Graham Bald	
	Sun August 6 TrailWalker <b>Gandys Gully Rollercoaster</b> Neil Rivett	Sun August 13 TrailWalker <b>Mount Hayfield</b> Peter Clark	Sun August 20 TrailWalker <b>Morialta</b> Estaban Garrido	Sun August 27 TrailWalker <b>Beaumont/Cleland</b> Mike Joyce	
September	Sun Sept 3 TrailStarter <b>Sturt Gorge</b> Noelene Smith	Sun Sept 10 TrailStarter <b>Newland Head</b> Robyn Quinn	Sun Sept 17 TrailStarter <b>Morialta</b> Lyn Wood	Sun Sept 24 Rambler - <b>Tothill Range</b> John Smyth (Bushland Conservation)	
	Sun Sept 3 TrailWalker <b>Scott Creek</b> Adam Matthews	Sun Sept 10 TrailWalker <b>TBA</b> TBA	Sun Sept 17 TrailWalker <b>Myponga</b> Simon Cameron	Sun Sept 24 TrailStarter - <b>Street Art CBD</b> - Vicki Cox TrailWalker - <b>Black Hill</b> - James Wenzel	
October	Sun Oct 1 TrailStarter <b>Trott Park OTR</b> Noelene Smith	Sun Oct 8 TrailStarter <b>Wittunga Gardens</b> Helen Morgante	Sun Oct 15 TrailStarter <b>Para Wirra</b> Arrienne Wynen	Sun Oct 22 TrailStarter <b>Aldinga Scrub</b> Lyn Wood	Sun Oct 29 TrailStarter <b>TBA</b> TBA
	Sun Oct 1 TrailWalker <b>Mount Pleasant</b> John Babister	Sun Oct 8 TrailWalker <b>TBA</b>	Sun Oct 15 TrailWalker <b>TBA</b>  Wed Oct 11 - Fri Oct 27 <b>GREAT NORTH WALK</b> Peter Solomon	Sun Oct 22 TrailWalker <b>TBA</b>	Sun Oct 29 TrailWalker <b>Mystery</b> John Babister

### Walk Grades

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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](http://heysentrail.asn.au)

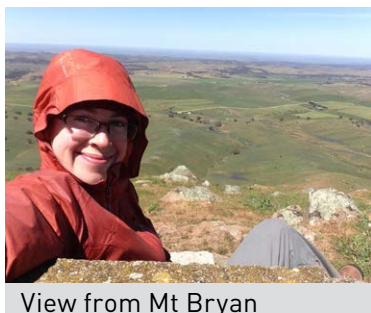


# Krista's thru-hike report

## Krista Eager

In June 2013, my first thru-hike ended at the dusty red border between Arizona and Utah. For two months on the Arizona Trail, a 1300-kilometre trek across forested mountains and hot gritty deserts coated with cholla and saguaro cacti, I had thought of little except where to camp, where to find water, whether I had enough water to cook supper, and how long it would take to light my little Esbit stove. I was entranced by this simple mode of life, so different from the excess, hubbub and unnecessary drama of civilization. I wanted to begin another long trail as soon as possible.

One year later, after injuring my right foot during a mundane gym exercise, I was hobbling around the house. I had gained a great excuse to put off chores,



View from Mt Bryan

but lost all hope of undertaking a summer hike. Even worse, the pain persisted. It was another year and a half before I hefted my backpack onto my shoulders again, and two years before I set foot on another long trail.

I was on the other side of the world from North America, with the seasons in reverse, yet I was hiking at the same time of year – May, 2016. Also, though I'd planned to hike only 220 km of South Australia's 1200-km Heysen Trail, I was searching for something that I'd found in Arizona: the mental state that comes from living with few possessions, from testing one's boundaries through physical hardship, and through solitude.

\*\*\*

Starting in Quorn, an outback town of about a thousand people, I began walking north towards Parachilna Gorge. I quickly discovered that while settling back into the trail lifestyle was easy, the Heysen was hard. A climb into the hills of the range, great mounds covered



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with spinifex, eucalypts and wizened shrubs with tiny white flowers, soon turned into a punishing trek through rugged gorges where goat tracks were the only hint of trail and steep banks demanded scrambling over boulders and ledges. The rough terrain taxed my muscles, which had grown weak from the period when I still believed that rest would cure my pain. The ache in my foot had receded over the years, but never gone away.

I told myself that at least the streambeds were dry, so I didn't have to wade. And the weather was good at first, though blue skies eventually gave way to grey clouds and rain. On my fourth day of walking, I ascended Mount Arden in high winds and gushing mist that quickly saturated my old rain jacket and shirt, coating my glasses with droplets. My pack cover flapped furiously behind my head. Scurrying along to a location slightly less hellish than every other location of the past ten minutes, I paused to remove my glasses and secure my pack cover with safety pins. Then, uncomfortable and sorely disappointed by the lack of views, I raced down through a world of white to lower elevations, where the wind was weaker but mud clung in great



Eyre Depot Campsite

clumps to my boots.

I found four fat blisters when I removed my socks that evening. In combination with my sore muscles they made me hobble, and I must have looked a sorry sight to the tourists spilling out of trucks at Jarvis Hill. They were the first people I had seen in five days.

It was a rough beginning, but I was expecting the terrain to be easier north of Hawker, and it was. The route still followed streambeds, but now they were wide and sandy with gentle grassy banks, or flat and sandy with steep banks of auburn shale. Near the Elder Range, a row of red mountains banded with green



Leaving Quorn

trees, I encountered my first long stretch of proper trail, and more followed within the protective ring of Wilpena Pound and Flinders Ranges National Park. Switchbacks zigzagged gently up slopes, benches stood at considerate locations, day hikers tramped around, and interpretative signage described flora, fauna and geologic points of interest.

There was one exception to the kindly trails and roads. I felt like the Heysen was returning to its roots, or at least its roots as I knew them, when it entered a damp, overgrown streambed. It wasn't until I walked directly into a spider web that I saw them hanging everywhere. Clawing at my head, I hastily escaped to the banks, trying to avoid the webs while not straying too far from the marked route. Missing the place where the Heysen left the stream, I ended up bushwhacking directly up a hillside to rejoin the trail near the summit.

I found myself looking over an expanse of hills and mountains with red slopes speckled with sparse, alien foliage. The soil glowed like fire in the dying sunlight, contrasting sharply with the thick shadows of early evening. I would vividly remember this scene later, after reaching Parachilna Gorge, when I decided that my foot had behaved well enough to allow a longer trip.

\*\*\*

A longer hike, but which one? Throughout the winter, my plans swung between the remaining 880 km of the Heysen and the 1000-km Bibbulmun Track. Finally I sought advice from a former thru-hiker of both, promptly ignored the advice, and returned to Quorn in the spring. This time I would hike southwards, towards the ocean and Cape Jervis.

The trip did not start well. Recent rains had turned streambeds into an obstacle to cross and a nuisance





to follow. My foot became intensely sore with a long section of following fences straight up and down hills. Suddenly I was in a foul mood, questioning whether the hike was worthwhile, worrying over whether I was further damaging my foot, and afraid that this wasn't how I genuinely wanted to spend half of my remaining time in Australia.

My obsessing was interrupted by the type of storm that hits South Australia only once every fifty years. Wielding heavy rain, hail, high winds and tornadoes, the tempest splintered a piece of my tent, downed twenty-two transmission towers and ripped branches from trees all the way south. With more rain and wind in the forecast, and wanting to see if I could get my tent fixed, I hitched a ride south with a school group. We passed scenes of devastating flooding and a score of closed shops and gas stations.

My damaged tent and the flooding would have been adequate excuses to end my hike, but whether from stubbornness, optimism about the coastal scenery or the fact that I had already bought eleven packages of cookies for resupply, I returned to Melrose five days after I left. And perhaps because my foot felt better on the level roads after Melrose, I never returned to the negativity of those days before the storm, not even when I was struggling mentally with dull agricultural scenery.

During the 200 kilometres from Melrose to Hallett, a stretch of consistently boring scenery, I encountered only one other hiker. Speaking to someone who was undergoing a similar experience to my own was both a relief and a rare pleasure. Solitude, for better or for

worse, is one of the Heysen's defining qualities. So few people had thru-hiked the trail that I remembered their names from the hut logbooks, and I looked forward to reading their entries. It was a kind of retrospective companionship in which I could read other hikers' thoughts and feelings, but sleepy lizards were my only audience.

The landscape was dominated by fields of grain, vast green and yellow rectangles. I listened to a long stream of audiobooks: Lolita, Hunger, Rebecca, The Call of the Wild, Steppenwolf, Brave New World, Emma, Wise Blood, The Bell Jar, Heart of Darkness. I was shocked back to reality one morning when, after passing into private property, I saw a plane swoop down and dump a load of pesticide onto a nearby field. Hurrying back to the road, I nearly stepped on a snake while scanning my map for a detour. For days afterwards, I was paranoid about touching crops and stepping on snakes. I pledged to always buy organic food.

When the scenery began improving after Hallett, I stopped listening to audiobooks. The Heysen led me up Mt. Bryan and into Tourilie Gorge, where the rocks were pastel shades of orange, pink and blue and the spinifex and prickly shrubs looked like imports from further north. The green vineyards of Barossa Valley were followed by the aromatic pine forests of Mt. Crawford Forest Reserve, then the rolling hills and affluent properties directly surrounding Adelaide.

In Morialta Conservation Park, a pocket of native vegetation and waterfalls bordering Adelaide, I experienced my worst moment on the Heysen. Surprisingly, it had nothing to do with my foot or the

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EXPLORANGES

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trail itself. Perched on a lookout with a view of the city, I turned on my phone. That is when I discovered that Donald Trump had won the U.S. presidency.

To focus on an issue relevant to all hikers, protection of our environment, Trump's victory was a disastrous outcome. Trump is a climate change denier who has suggested that climate change is a hoax engineered by China. He has threatened to withdraw the U.S. from the Paris accord and nominated the CEO of ExxonMobil, which is being investigated over claims that it misled investors by concealing its knowledge of climate change, for Secretary of State.

In Trump's first hundred days as president, the government has withdrawn guidance for numerous federal agencies on environmental issues. Trump has ordered reviews of the Clean Power Plan, fuel efficiency standards for cars and trucks, limits on toxic discharge from power plants into waterways, and limits on methane emissions from new oil and gas drilling sites, among other rules designed to protect the environment.

Shocked and disturbed by the election outcome, I was glad to leave the trail at Piccadilly to resupply in Adelaide. Solo long distance hiking is an excellent way to work through negative thoughts and emotions, but now I felt the need for human interaction. Long trails are bubbles in which we receive little to no news about the outside world, yet it always moves on without us.

After talking to friends and strangers, I felt ready to concentrate on the trail again. This feeling did not seem to translate into actual concentration. After trying to board a school bus to Piccadilly, a move the driver showed a certain aversion to, I became lost on my way to Rocky Creek Hut, walking in a circle through pine trees until I discovered with disgust that I was back where I had started.

By the hut, even though I still had almost 200 kilometres left to walk, I already felt like I was nearing the end of the Heysen. By the time I had traipsed through forests and farmland to the hill called Mt. Cone, roughly 126 km from my final destination of Cape Jervis, I had become confident that I would complete the trail. I was beginning to look backwards instead of forwards, thinking about what I had wanted and expected from the trail and what I had received.

More than any hike I had completed before, the Heysen was filled with contrasts: challenging mountainous terrain and flat road walking, wild pockets of untouched vegetation and barren expanses of farmland, artificially planted forests and native gum trees, livestock and lizards. The difference between extremes was always shocking, and I reflected constantly on the changes that humans make to the environment.

Contrary to my hopes, my foot hadn't stopped bothering me. For a long time I had wondered whether the soreness was due to permanent damage, whether it



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Parsons Beach

would never go away. But as I sat at Mt. Cone, listening to the deep lowing of cows as the sun sank towards the horizon in a spray of brilliance, I suddenly felt a strange flood of acceptance. Whether it was because my foot had managed to bring me so far, or just because I had stewed in false hope for so long that I couldn't stew anymore, the revelation brought cathartic tears to my eyes. Older people who have already had to accept their bodies failing in a multitude of small insidious ways may find this angst ridiculous; younger people in their prime of life will likely find it incomprehensible. For me, it was exactly what I needed to move on. It was neither a bitter moment nor a sweet one, just a moment of release. *I'm free.*

Tucked into my sleeping bag on the bench of the water tank, I watched the hazy ribbon of ocean melt into the darkening sky. A short while later I squirmed out and set up my tent in the light of my headlamp, driven inside by a cold wind that was to follow me south.

Two days after Mt. Cone, I reached the ocean. My high expectations for the coastal section of the Heysen, propped up by testimonies from day and section hikers, were fulfilled by Newland Head Conservation Park. Eucalypts, shrubs and colourful flowers clung to ground that fell away into rocky cliffs only metres from the trail, the ocean pounding against their feet in bursts of white froth.

Perhaps because I was so impressed by Newland Head, I felt particularly disappointed when the trail re-entered grazing land and veered away from the ocean. For the rest of the way to Cape Jervis, the trail maintained its status as the hike of contrasts,

featuring kilometres of sandy beaches, streams thick with green algae, land covered with yellowish grass, and the eucalypts of Deep Creek Conservation Park. Even within its last five kilometres, I was offered two extremes in the form of native dune plants and cleared land. On that last day, my views towards the trail seemed as polarized as the trail itself: I felt admiration and tenderness towards the wilderness, annoyance and regret at the profound impact of humanity on the landscape.

The end of my Heysen Trail hike, like the end of my Arizona Trail hike, felt anticlimactic. I stood by the trailhead sign and took some pictures while variously laughing and looking sad, behaviour that passersby politely ignored, then I trudged off to find a bed for the night. For me, the accomplishment of completing a long trail is no comparison to the richness of experience of living on the trail for months. If it was, I wouldn't hike them.



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# Hiking the Heysen

By Gregory Wright

I can hear the pounding of my heart, life coursing through my body as I shift my pack and scramble up the rocky slope, wisps of red dust formed under the crunch of my boots.



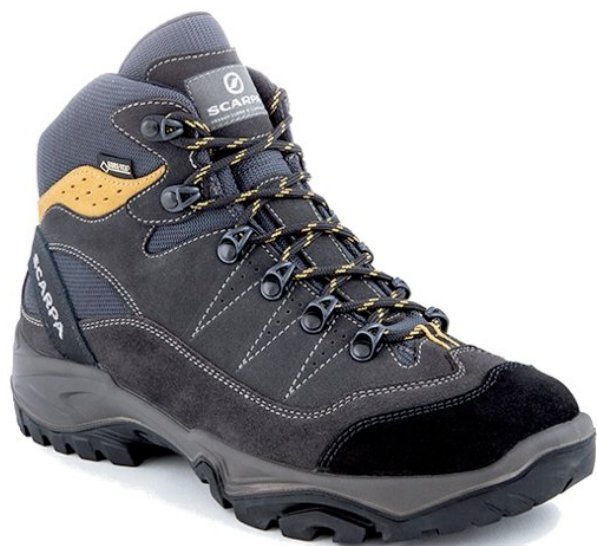
Buckaringa outcrops

I pause at the crest, breathing warm air deep into my lungs as I gaze up at the ancient mountain ranges enclosing me; the sky above azure, interjected with streaks of cirrus clouds. I am hiking through Aroona Valley, in the remote Flinders Ranges and it is Day 1 on the Heysen Trail. All sense of time fades as I immerse myself, the weight on my shoulders and the throb of my soles forgotten as I drown in the vastness of it all. I am right here, right now in this moment, an everlasting memory. The Flinders Ranges section of the Heysen Trail is, in my opinion, the jewel of the trail. It is easy to see why its namesake

Sir Hans Heysen fell in love with the area and returned time after time to recreate the stunning landscapes on canvas.

What is your *raison d'être*? For me it's nature, in all its raw beauty. Growing up in northern England my love for the outdoors began at a young age, with family outings to the Yorkshire Dales and birdwatching at Bampton Cliffs. Moving to Adelaide at the age of 8 it was through Legion Cadets that I developed skills in camp-craft, teamwork and a true respect for nature. Freedom, for many teenagers, is in the form of P plates and parties. For me it was my first proper hike with friends from high school on a 5 day trek on the Heysen Trail from Mount Crawford to Cudlee Creek. After more adventures on the trail the idea of a thru hike started to form. Over the years I focussed on that first step on the trail, and through sheer determination in 2016 that dream became a reality.

Unfortunately it wasn't quite as romantic as stepping off a coach and hiking into the sunset. There was planning to be done to ensure that my hike would not only be successful, but safe and enjoyable. My plan was



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Mount Arden sunrise

to average 17km a day with a rest day at least every 7 days, resulting in a planned total of 74 days on the trail. I would be camping most nights, utilising huts where I could, and sleeping in a real bed at major towns along the way. Supplies would be purchased in towns and when unavailable I had food parcels dropped off. As is my usual style I planned to do the trail from the “end” to the “beginning” or North-South.

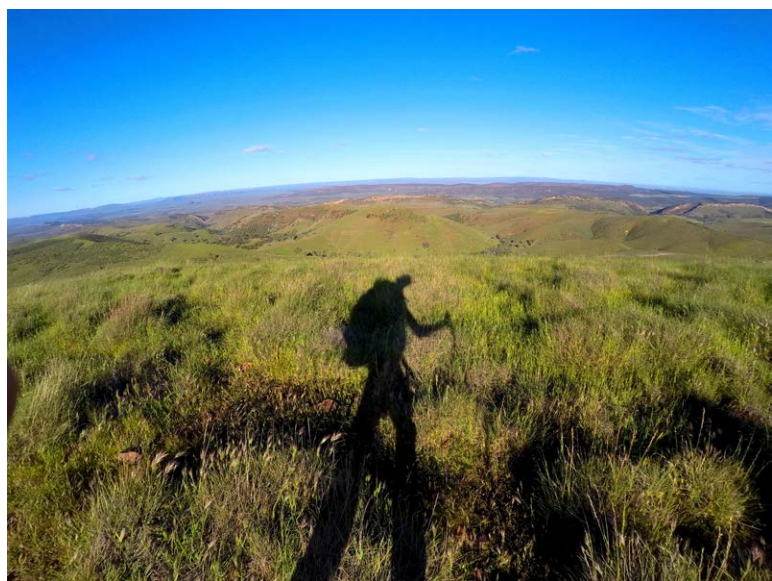
Thankfully I got off to a great start when I met Glenn, Baz and Greg heading out from Angorichina. Despite being older (by a number of years) they looked well equipped and experienced, and after brief introductions, I teamed up with them on the walk to Wilpena Pound. After a while we got chatting, and their humour, companionship and support laid the foundations for a great start to the trail. After trying to sleep through the snoring in Yanyanna hut I spent a magical night under a blanket of glistening stars. To be honest, in many ways the old fellas showed me up. After they pushed and pulled me the 68km and 3 days from Parachilna to Wilpena, they continued the day after with a 30km hike to Mayo hut; while I stayed behind for a rest day. Every year their friendship group makes a commitment to go for a hike in the wilderness, something I admire and aspire to do.

The Flinders were magnificent, and everyone should experience the wide open skies, ancient mountain ranges, star-filled nights and humbling remoteness. In contrast Deep Creek at the other end of the trail is girt by rolling waves, steep cliffs and long sandy beaches. From the remote outback of the Flinders, to the central walks of Mount Lofty; from the heights of Mount Brown to the stretching sands of Tunkalilla Beach, the Heysen

Trail is the real South Australian experience. Arguably I also saw the Heysen Trail at its very best during the spring of 2016, after a very wet winter. All the rivers were flowing, the rain tanks were full, and even the Flinders were green and covered in fields of flowers.

My hardest day of hiking was the 28km from Mount Arden to the Dutchman. After dallying on the summit for a stunning amber sunset, and equally breathtaking full-moonrise, darkness set in and I stumbled down the other side finally finding the campsite. There being a lack of flat ground I decided to start a fire and sleep under a wind break. What a mistake. The wind blew all night and I slept poorly waking up to tend the fire multiple times before dozing with ash and smoke around. The next morning was overcast and I could sense a large storm was coming. Pushing on as best I could, I made lunch at Eyre Depot trudging through the pouring rain. I needed a hut that night and so, cold and miserable, with mud-shod boots, I slipped and slid along the path towards Dutchman Stern Conservation Park.

Night set in as I entered the park and, getting lost in the rain, I ended up scaling almost vertical mountain tracks. The rain poured and the wind howled and I could feel myself getting wetter and wetter beneath my rain gear. Starting to feel cold and exhausted, the real risk of hypothermia dawned. I trudged on; knowing that to stop would mean setting up a shelter then and there and getting warm as best as I could. Regaining the path, at 2100 I saw the lights of the hut (yes lights) and made for the shelter. Words cannot express the relief I felt, nor the gratitude, for electricity (I know) and a kettle, which greeted me inside the hut as the storm continued to develop.



Southern Flinders Ranges

That was not to be the end of my experience with the wild weather. In the spring of 2016, I was hiking the trail through one of the worst storms in South Australia's history. When I arrived at Melrose I called HQ (parents) and was told of a major storm front coming through. The reality was that I either stayed put or pushed on, hard. So I decided to make the 73.5km walk from Melrose to Crystal Brook in 3 days. I was walking along Crystal Brook River just as the storm began to rage around me. Bowman's hut was a welcome refuge for the rest of the day and night as the gale force winds, pelting rain and devastating lightning strikes battered the whole region. In the morning I walked into a town with no power, closed shops, trees uprooted and rivers bursting their banks.

Two days later the sun was shining with not a cloud in the sky, it was as if the storm had never happened. Heading off from Crystal Brook with my friend Graham, who made it all the way from NSW, things were going well until we reached Rocky River. Normally a trickling creek Rocky River had burst its banks and was a raging torrent of water. The locals were making the most of this rare occurrence, and as we stood at the bank, a Ute pulling a boogie board behind came into view.



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Southern Trail Head

Borrowing a rope I attempted the crossing with Graham on the other end ready to pull me back if required. The current was surprisingly strong (and cold) and once it reached up to my chest it became evident that to attempt the crossing could end in disaster. Slightly disappointed we set up camp up the hill and waited for the morning and the level to hopefully drop. Dawn broke with the river having dropped a few inches. Thankfully this time we were able to wade across, again tied to each other with the water only reaching up to our knees.

I can go on and on with stories of the trail as each day on the Heysen was a gift, with treasured memories of breathtaking beauty and serenity but also of stormy days with hardship and misery. The cloudy days made the sun shine that much brighter, the steep climbs made the views that much grander. Whether you choose to hike solo or in a group, for a day or a few months, it is my hope that the Heysen Trail continues to be enjoyed for generations to come as one of Australia's great walks. With the footage I took along the trail I will be making a 10 part documentary of my journey. Look out for the Adventure Discovery Channel or just search for "Heysen Trail" on YouTube.

I wish to thank all my supporters and sponsors: Friends of the Heysen Trail, Affordable Organics, Paddy Pallin, Genesis Transport, McKinley's Rest (Quorn), Outback Chapmantown Motel (Hawker), National Parks South Australia, the Government of South Australia and of course Mum and Dad. You all made this possible and I cannot thank you enough.

Now go make your own memories!







Information on this page has been sourced from information on the Walking SA website

## STUDY SHOWS WALKING CUTS HOSPITAL ADMISSIONS FOR THE OVER 55 POPULATION

The Medical Journal of Australia has published an important study demonstrating how walking cuts hospital admissions for the over 55 population.

**Results:** There was a statistically significant reduction in the number of hospital bed-days associated with higher step counts. The disease-specific reductions were significant for admissions for cancer and diabetes, but not for cardiovascular disease. The difference between 4500 and 8800 steps per day was 0.36 bed-days per person per year, after adjusting for age, sex, number of medications, number of comorbidities, smoking and alcohol status, and education. When analysis was restricted to hospital admissions after the first 2 years of follow-up, the difference was 0.29 bed-days per person per year.

**Conclusions:** More active people require less hospital care, and an achievable extra 4300 steps per day would result in an average of one less day in hospital for each 3 years of life

## RELOCATION

Over the Christmas/New Year period Walking SA relocated its office to 118 Richmond Road, Marleston SA 5033. We have relocated alongside Active Ageing Australia. This is within the building of Arthritis SA on the corner of South Road and Richmond Road. All tenants at our previous location at State Association House, Kent Town vacated at the end of December 2016 as the landlord had a new commercial tenant.

Our phone number remains as 0457 006 620.

## ADVOCACY

Walking SA continues to represent our member clubs, organisations and individual members as well as the general walking community in matters regarding walkability of all aspects of the walking environment.

Specifically, over the last six months we have raised our voice and will continue to do so on the issue of shared paths and trails to ensure the safety of walkers using those paths and trails. DEWNR is about to launch a program in recognition of that advocacy with the / *Share My Trail* campaign, to make all users sensitive to the needs of other users when on trails.

We also plan to hold a forum where we can get walkers and the relevant organisations together to further discuss these issues.

Feedback is being sought on three trails/park strategic plans:

- Burnside Council - Recreation Trails Strategy
- City of Onkaparinga - Trails and Cycling Strategic Management Plan
- Ngaut Ngaut Conservation Park - draft management plan

## ANSTEY HILL UPGRADE

There are now 9 marked walking trails in the upgraded Anstey Hill Recreation Park. The park is National Parks South Australia 'Park of the Month' for April.

The upgraded trails include trail markers, trailhead info signs, new carparks, a picnic area and new public toilets. The new trails include 3 that are for walkers only.



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# Great North Walk.... Sydney to Newcastle

Members of The Friends are invited to participate in this year's extended walk of 250km on the Great North Walk track in October 2017. Created as a Bicentennial project in 1988, the walk starts at Macquarie Park, Sydney and finishes at Queens Wharf, Newcastle. The Great North Walk takes in some of the most impressive scenery in NSW, including a ferry ride on Sydney Harbour, Lane Cove River bushland, State forests, rugged ranges and the Newcastle coastline.

This is an extended walk, so above average fitness is required, as we will average about 25km per day.

Dates: 11<sup>th</sup> October 2017 – 27<sup>th</sup> October 2017

Accommodation is in high quality cabins, with plenty of options for singles and couples. Due to transport and accommodation limitations, the number of walkers is capped at 18 (plus a reserve list).

Estimated price: \$1600 - \$1700 for accommodation and charter bus

- includes charter bus from Newcastle to Sydney Airport on 27th October 2017
- does not include travel to or from Sydney
- does not include meals

Public transport will be used for some legs of the walk, particularly in Sydney, so all participants will need to get their own Opal Card to pay for the bus, train and ferry rides.

Registrations are now open. A deposit of \$800 per person is required when registering for the walk in order to secure accommodation.

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# Trail Maintenance

## Busy times for work on the trail

The drawings for the new Hermans hut are ready to submit for approval and the site has been cleared in readiness.



Hermans Hut Clean Up – it is a start

The work on the Waitpinga sand ladder is in the final stage of repair.

Approval has been given to remark the trail through the Kersbrook forest and hopefully will be completed in the next few weeks.

The planning to get the E2EM program organised is well in hand and the inaugural E2EM1 took place recently. (see separate report on page 29).

And the Section Leaders are busy, busy, busy.

Colin Edwards



Thanks Roger – the sand ladder nearly restored

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# The Best Poster Girls and Boys

## End to End Maintenance

By Neil Nosworthy,  
Co-ordinator E2EM program

Our new end to end maintenance (E2EM) program aims to carry out routine maintenance of the Heysen Trail covering trail signage and stiles as well as clearing obstacles. We plan to conduct monthly weekend camps during the walking season. We expect to cover one End-to-End section of the trail on each day of the camp.

As a result, we will take five years to complete our maintenance cycle by which time we will need to start again. But we expect that the new program will improve the overall standard of maintenance of the trail and it will help the section leaders with their maintenance task.

### Cape Jervis to Tapanappa

The Mother's Day weekend in May saw 12 hardworking volunteers descend on Cape Jervis to carry out the first End-to-End Maintenance camp working on the Trail up to Tapanappa in Deep Creek. Together with the section leader Albert Schmidke and his colleague, Richard Triggs, the volunteers became the best poster girls and boys in trail maintenance with much pruning of the undergrowth, replacing many marker plates and erecting several new posts. Fortunately the weather was very kind with two lovely days although a keen breeze later in the afternoon pierced our sweaty backs.

On Saturday night, we enjoyed a pleasant meal at the Cape Jervis Tavern where we entertained several people from the local community – perhaps the start of some new relationships.

Ultimately, we completed most of the work that was planned although the amount of pruning was a bit beyond us. So well done team; an excellent result for our first try.

### Future Camps

We have varied our plans for future camps so that

existing groups who are already involved in maintaining the trail will be able to undertake the work. In particular, we are working with Hermann Schmidt from the Wandergruppe to complete a survey of their section of the trail. Then they can complete the work identified in the survey in their own time. As a result, the camp that we had scheduled for July will not proceed.



Dom Henschke hefting the crowbar with Donald Brady watching

### Revised 2017 E2EM Program

Jun	17 <sup>th</sup>	Tapanappa to Balquhiddier
	18 <sup>th</sup>	Balquhiddier to Waitpinga
Jul	8 <sup>th</sup> &9 <sup>th</sup>	CANCELLED
Aug	5 <sup>th</sup>	Waitpinga to Back Valley Road
	6 <sup>th</sup>	Hindmarsh Tiers Road to Blackfellows Creek Road
Sep	2 <sup>nd</sup>	Blackfellows Creek Road to Kuitpo
	3 <sup>rd</sup>	Kuitpo to Razorback Road
Oct	7 <sup>th</sup>	Razorback Road to Mylor
	8 <sup>th</sup>	Mylor to Greenhill Road
Nov	4 <sup>th</sup>	Greenhill Rd to Montacute Heights
	5 <sup>th</sup>	Montacute Heights to Cudlee Creek

For any further information, please contact the office on 82126299 or [heysentrail@heysentrail.asn.au](mailto:heysentrail@heysentrail.asn.au) or Neil Nosworthy on 0447922617 or [neil@noztours.com.au](mailto:neil@noztours.com.au). Interested volunteers are welcome to attend these camps and can register their interest on the Friends' website.

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# Trail Maintenance

The Friends of the Heysen Trail is a volunteer organisation dedicated to the promotion and maintenance of the Heysen Trail. The organisation depends on walkers for information and comments on the condition of and safety concerns along the trail.

Email reports on trail conditions to [heysentrail@heysentrail.asn.au](mailto:heysentrail@heysentrail.asn.au) or telephone the Friends office on Ph 8212 6299. Please include details of the location (including Map number and grid reference), the nature of the problem (ie bottom step of the stile is loose) and if possible send any photos you have. The Office will forward the information to the Trail Development Coordinator for action.

We appreciate any comments, good or bad.

Trail Development Coordinator Colin Edwards ph 0427 690 085

Trail Infrastructure Peter Simons

Section	Map and GR	Section Leader
1. Cape Jervis to Tapanappa	Southern Guidebook, Maps 1.1-1.3 Cape to GR 518 530	Albert Schmidke
2A. Tapanappa to Waitpinga Campground	Southern Guidebook, Maps 1.3-1.5 GR 518 530 to 735 544	Roger Dunn
2B. Waitpinga Campground to Back Valley Rd	Southern Guidebook, Maps 1.5-2.2 GR 735 544 to 761 649	John Quinn
3. Back Valley Road to Moon Hill	Southern Guidebook, Maps 2.2-2.3 GR 761 649 to 682 726	Wandergruppe Bushwalkers, Hermann Schmidt
4. Moon Hill to Hindmarsh Tiers Road	Southern Guidebook, Maps 2.3-2.5 GR 682 726 to 737 803	Wandergruppe Bushwalkers, Hermann Schmidt
5. Hindmarsh Tiers Road to Blackfellows Creek Road	Southern Guidebook, Maps 2.5-2.7 GR 737 803 to 889 908	John Babister
6. Blackfellows Creek Road to Glen Bold	Southern Guidebook, Maps 2.7-3.2 GR 889 908 to 962 161	Richard Webb
7. Glen Bold to Piccadilly	Southern Guidebook, Maps 3.2-3.4 GR 962 161 to 924 264	Graham Loveday
8. Piccadilly to Norton Summit	Southern Guidebook, Maps 3.4-3.4 GR 924 264 to 922 332	WEA Ramblers, Liz O'Shea
9. Norton Summit to Cudlee Creek	Southern Guidebook, Maps 3.5-3.7 GR 922 332 to 013 424	Jerry & Michelle Foster
10. Cudlee Creek to Bethany	Southern Guidebook, Maps 3.7-4.4 GR 013 424 to 148 759	John Potter
11. Bethany to Hamilton	Southern Guidebook, Maps 4.4-5.2 GR 148 759 to 045 102	Michael Wienel
12. Hamilton to Huppatz Hut	Southern Guidebook, Maps 5.2-5.9 GR 045 102 to 086 509	Dom Henschke
13. Huppatz Hut to Spalding	Southern Guidebook, Maps 5.9-6.12 GR 086 509 to 785 903	Mid North Branch, Hugh Greenhill
14. Spalding to Georgetown	Northern Guidebook, Maps 1.1-1.6 GR 785 903 to 574 058	Kevin Liddiard
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
16. Mt Remarkable to Horrocks Pass Rd	Northern Guidebook, Maps 2.11-3.4 GR 345 667 to 250 828	Julie Starkey, Gary Wright
17A. Horrocks Pass Rd to Dutchmans Stern	Northern Guidebook, Maps 3.4-4.2 GR 250 828 to 807 227	Michael Kerin, Neil Finlay
17B. Dutchmans Stern to Wilpena Pound	Northern Guidebook, Maps 4.2-5.8 GR 807 227 to 723 094	Simon Cameron
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



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