

Trailwalker

The Friends of the Heysen Trail

South Australia

Free

**Cape Jervis to Wilpena
Record Heysen Run
Murray Meander
A KI Extension**






Spring 2017

Issue 145




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Trail & Other Walking
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Membership Information

Single \$25 per year
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Schools & Organisations \$60 per year

Membership is valid for 12 months from
the date of payment

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

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Articles, reports and other submissions
by members and other interested
parties are welcome and should be
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heysentrail.asn.au/trailwalker

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The Friends of
the Heysen Trail
& Other Walking
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David Rattray OAM	Office
Robert Alcock	Marketing & Membership
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Kate Greenhill	Vice-President
Sally Fieldhouse	Secretary
Hugh Greenhill	Section 13 Leader
Sam Nichols/	
Garry Fieldhouse	Publicity Officers

Council Meeting Dates

Wednesday 20 September 2017
Wednesday 18 October 2017
Wednesday 15 November 2017

Summer Trailwalker Deadline

Friday 3 November 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.

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the Honourable
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Cover

Toward Moralana Drive
Photo: Robert Alcock

President

A Word from the President Melanie Sjoberg

Friends of the Heysen – Bit More than a Walk



Here we are, well into the walk season with 6 vibrant end-to-end groups spread along the length of the trail; our trailwalker/trailstarter program finds many more out on a Sunday; and then we have a flurry of promotion and maintenance projects keeping Friends members out of mischief and active on the trail.

I've been fortunate recently to be involved in a working group with Yankalilla Council, local businesses and DEWNR exploring how to promote awareness and increase walker access to the Heysen. This project received in-principle support following our meeting with The Hon Ian Hunter Minister for Environment and Sandy Pitcher Chief Executive of DEWNR (Department of Water Environment and Natural Resources).

Please let me know or flick an email to the office if you have any ideas about enhancing those trail sections down south.

On commencing in this role I indicated that I'd make an effort to get along to the various Friends committees; as well as continue walking regularly. It only took a little exploration to confirm what we all inherently know: there's a mammoth amount of work going on behind the scenes! This is necessary activity that our members just get on with to keep the organisation and the trail functional. This reality caused me to ponder how easy it is to underestimate the significance of this aspect of the Friends and how it has evolved with growth of the Friends' membership.

Next time you walk on the Heysen, perhaps take a minute to reflect on this achievement – we have more than 30 years of members taking on voluntary maintenance, infrastructure development, promotion, fundraising, and many energetic walk leaders preparing the way for us to enjoy the trail.

Of course the benefits flow far beyond Friends members; the broader walking community has access to a fabulous trail and local towns and businesses along the Heysen reap rewards from domestic and overseas walkers. We know from experience that while we all have a great time out on the trail, being in nature, our members also help support the local area by spending on meals, coffee, bakery, fuel and accommodation. Similarly, there's no doubt the immeasurable hours of maintenance and planning provided by the Friends contributes to a cost-effective trail that strengthens our partnership with DEWNR.

Volunteering is valued at \$5 billion annually according to the SA Government Volunteering Strategy for South Australia (2014-2020). It's obvious that there would be a huge economic and social gap if the community had to rely on paying everyone to undertake such activities and which is evident if you think about the extensive work we do on the Heysen. The strategy also notes that there is an individual benefit from being a volunteer through extending social networks and intrinsic reward from achieving positive outcomes. The camaraderie around the Friends is testament to that sense of collective purpose.

So for those of you wondering how you can assist the Friends in its vital work please chat to your walk leaders, office staff or council members. Everyone has something to offer.

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News

National Parks SA on-line booking process for 'walk in' hikers

In most of the Parks that are accessed along the Heysen Trail, there are two types of campsites available:

- Some (such as Eagle Waterhole in Deep Creek Conservation Park) are walk-in sites for campers only. The cost of these sites is \$9 per hiker.
- The other campsites are accessible by vehicles (Cobbler Creek, also in Deep Creek CP). These cost \$15 per night plus a vehicle entry fee.

If you are booking either of these sites as a 'walk-in' hiker (ie you don't have a vehicle), complete the on line booking process as follows:

1. When asked if you need to add vehicle entry, choose 'I do not need to purchase a vehicle entry permit'.
2. Then in the vehicle registration field enter the word 'HIKER'

This will enable you to book a campsite without needing to pay the vehicle entry charge.

Good news for Friends of Heysen Trail volunteers

The Friends of the Heysen Trail and Other Walking Trails is a member organisation of the Friends of Parks SA Inc.

As a result our volunteers receive a complimentary Friends of Parks pass. This pass entitles them (and their family) to free vehicle entry and free camping at most parks across South Australia.

So if you've got the time to help our organisation, in addition to the satisfaction you will get, there is the added benefit of free entry to National and Conservation Parks in SA.

If you want to help, maybe by leading walks, assisting on a committee or any other area of interest, talk to a Council or Committee member or contact the office.



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Bookkeeper

The Friends are seeking a volunteer to join the bookkeeping team.

Job Description

- Manage the finances of a small office
- Maintain financial records – invoices, receipts, sales sheets, and petty cash
- Pay accounts and managing the weekly banking
- Perform the weekly balance
- Liaise with Treasurer and Office staff

Skills Required:

- Have an understanding of general office procedures
- Use of various computer systems including MYOB Account Right, Microsoft Excel and Word.
- Download data from an Electronic Cash Register and an EFTPOS machine.
- Financial record keeping
- Organise payment of accounts
- Manage weekly banking and bank reconciliation

Location and Times:

- The Friends office, Suite 212, Epworth Building, 33 Pirie Street, Adelaide
- Fridays – 10am to 2.30pm

For further information, contact the Friends office or John Wilson:

Phone: 8356 9264

Email: jandaw@snet.com.au

Walk Leader Training Night Tuesday Oct 3 2017

Woodville Bowling Club
Oval Avenue Woodville South
Time-7-9:30pm inc Tea Break

Have you ever thought you may like to become a walk leader with the FOHT, then here's your chance to see what goes on, on and off the trail. In a very low key evening we will run through the basics of being a leader and how you can get involved.

Being a walk leader is a very rewarding job and a great way to get involved with the Friends, so if this is something you'd like to hear more about we'd love to see you on the night. Just go to the walks calendar on the website and register as you would for a normal walk.

Accommodation listing on the Friends website.

You will find all of the National Parks and Forestry SA campsites, along with other accommodation options, in the Accommodation listing on our website.

In addition to being useful for independent walkers, the site also lists B&Bs, hotels and caravan parks in town groupings. It is a great reference for End-to-End walkers with access to a car.

Check it out at:

<http://heysentrail.asn.au/heysen-trail/accommodation/>

As maintaining it is a big job, we appreciate any updates that you find necessary or even additional establishments that you think should be added. Just email your tips to the Friends office.

New Members

The President and the Council would like to extend a warm welcome to the following 70 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.

John Angove	Bruce Dolman	Sandy Jarrett	Sandy Modra	Sheree Radford
Brodie Aplin	Vas Dolman	Louise Jones	Arnulf Mollenhauer	Greg Rice
Josie Arbon	Irene Durant	Nicole Kerr	Ian Murphy	Ben Ryan
Jane Axon	Hamish Dutton	Brian Kison	Lisa Murphy	Jane Ryan
Fraser Bell	Nicholas Dutton	Leanne Kison	Tiana Naitin	Nic Ryan
Sonja Bishop	Oscar Dutton	Michael Leaver	Ashly Paterson	Paul Ryan
Susan Bishop	Paul Flowers	Sharyn Leaver	Dexter Paterson	Kirsten Seaver
Mel Bratovic	Therese Footner	Jodi Lehmann	James Paterson	Jill Stapleton
Natasha Bysterveld	Russell Foulis	Despina Mandalios	Henry Pecanek	Wayne Turner
Hannah Caspar	Rob Gabb	Craig Masterman	Karen Perez	Grace van Loggem
Arielle Coat	Claire Hall	Ian Maynard	Shane Peters	John van Loggem
Rebecca Coat	Bethany Hardy	Kirstie McConnell	Peter Petruzzella	Wendy van Loggem
Paul Connelly	Debbie Hardy	Kev McDonald	David Posaner	Elizabeth Vaughan
Dennis Cowling	Mark Hardy	Jennifer Mills	Franz Posaner	Kamiahna Watson

Changes to arrangements for paying park entry and camping fees for National and Conservation Parks

National Parks SA has advised that as of 1 July 2017 vehicle entry, camping, accommodation and some facilities can now be booked and paid for online for all parks across the state.

The booking system is designed to so that you can secure a campsite before you leave home.

The booking system can be accessed at:
<https://www.environment.sa.gov.au/parks/booking>

Search for the Park you intend to visit and locate the campsite of your choice.

The previous arrangement of making on site bookings is no longer in operation.

In some cases bookings and payments can be made in towns nearby the park. These outlets are listed on the National Parks SA fees FAQ page.

The page also has other useful information.

<http://www.environment.sa.gov.au/parks/entry-fees/online-booking-information/frequently-asked-questions>

End-to-End Awards

Congratulations to the following walkers who received End to End awards for completing the trail over the period June 2016 to July 2017.

Sue Dickson	Albert Schmidke	Simon Reynolds
Stephen Warren	Lynette Beard	Robyn Thomas
Helena Brauer	Peter Dungey	Geoff Thomas
Debbie Steinberger	Carol Dungey	Fiona McInnes
Amy Mackenzie	Peter Hodgman	Stephen Gillard
Marilyn Fooks	David Turnbull	Peter Gillard
Yvonne Powell	Anna Molan	
	Michael Fogarty	

FREE - Friends 2018 Calendar

Contributions are still being sought for our photos to use in our 2018 calendar. If we use it, you get a calendar!

Orders for the 2018 calendar can be done through our website.

ALPANA STATION — Bushwalkers Transport Service

David and Sally Henery of Alpina 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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Trail Maintenance

By Dom Henschke on behalf of Neil Nosworthy, Co-ordinator E2EM

End to End Maintenance Program

The program which commenced at Cape Jervis in May has already progressed as far as Blackfellows Creek Road, just north of the Mount Magnificent Conservation Park.

The good news is that although Neil has been away for the last few weeks, the work he has done to set up the program is paying off in spades.

Well done to the group of 12 hardy souls who braved the forecast for wet and windy weather to join E2EM4



Daniel and Simon rebuilding a stile

on August 5 and 6. We experienced winter weather but we managed to achieve a lot.

On Saturday we worked in the area around Mt Magnificent and Mount Compass. While the predicted showers held off for much of the day, it was great to warm up with some of Jenny's delightful sweet potato and apple soup.

A particular mention must be made of our President, Melanie and her partner, Daniel for their trek from Woodcone Hill to Mount Cone and beyond. For those who don't know, the

trail there is very exposed and they were buffeted by gales for much of their work.

On Sunday morning we shifted to work on the trail near Tugwell Road. While we had an early start to avoid much of the rain, we did experience trying conditions. Once the rain started it wasn't easy rebuilding a stile with water cascading down the hill directly into the work site!

Major work undertaken so far includes:

- installing new or relocating/replacing old marker posts
- replacing faded marker plates
- pruning of shrubs and trees to improve safety for walkers
- clearing fallen trees off the track
- stile repairs and in some cases the installation of three step stiles at the higher fences.

A feature of the weekends has been the dinner on Saturday night. We have invited a number of guests including landholders, Park Rangers and

representatives from local councils and tourism groups. These have been extremely worthwhile and we have already established valuable contacts and developed ideas for future developments.

We have also learned a lot from the events held so far. The team leaders have split the groups into teams and co-ordinated the group so that participants have tasks suited to their abilities. I have enjoyed each of the trips I have participated in – why not give it a try?

Remaining E2EM 2017 program

We have 3 more events planned for this year. You can check arrangements (and book into an event) on the walks calendar.

E2EM5	Sep 16	Blackfellows Creek Rd to Kuitpo
	17	Kuitpo to Glen Bold Road
E2EM6	Oct 7	Glen Bold Road to Bridgewater
	8	Bridgewater to Greenhill Road
E2EM7	Nov 4	Greenhill Rd to Montacute Heights
	5	Montacute Heights to Cudlee Creek

Additional maintenance work undertaken

We have groups working on other sites along the trail. These include:

Waitpinga Sand ladder

Roger Dunn organised a group of helpers to complete the work on the renewal of the sand ladder across the sand hills at Waitpinga.

Removal of the Sampson Flat fire ground reroute

After considerable delay in gaining access to Mount Crawford Forest near Kersbrook, we have finally been given approval to complete the remarking of the trail. This was very welcome news to John Potter the Section Leader. It means the trail no longer includes the long stretch of road walking along South Para and Checker Hill Roads.

Re-marking the trail near Red Range

Simon Cameron enlisted the support of End to End 7 walkers to re-mark the trail between Mern Merna Creek and Moralana Gorge Road. This follows on from similar assistance provided by walkers from End to End 6 last year.

This is a very difficult part of the trail to access, so the many extra pairs of hands carrying new marker posts was a great assistance. The job involved the installation of 70 new marker posts and 120 marker plates including the removal of many faded markers fixed to trees. The project is now about two thirds completed – a significant achievement.



Trail Tips

Here are some handy bushwalking tips gleaned from experience from our readers.

'Mont Blanc Shuffle' – How to survive a long climb Mike Joyce

In 2014 Cathy and I walked Tour Mont Blanc. Mont Blanc is the tallest mountain in the Alps. The walk is a circuit of the mountain and involves travelling between hotels, refuges and other accommodation – starting in France and visiting Italy and Switzerland on the way back to the start. It also involves ascending and descending approximately 1000 metres on each of the 12 days. Our training included two ascents of Mount Lofty each week.

The training paid off on the first day and we were feeling pretty confident. However, on the second day, tackling the climb at full steam soon brought me unstuck. Even taking a break failed to bring recovery and, within a few hundred metres, I would be out of breath again. It is all very well to power up short hills like Mt. Lofty, but this is not a good approach for hills that continue for several hours. So Cathy and I adopted the 'Mont Blanc Shuffle'. This simply involves deep breathing and ensuring that you never walk fast enough to cause panting. I make sure that I never breathe more frequently than I pace. If my breathing gets faster, I slow down and make sure that my breathing is deep

and effective in delivering oxygen to the lungs and blood.

Try it. Several other walkers from End-to-End 6 and 8 have and like the result. There are some good local climbs to practice the 'Mont Blanc Shuffle'. Some that come to mind are Chapman's Track in Morialta, Pengana in Cleland and Orchard Track in Black Hill.

Doggy Doo bags for rubbish Judy McAdam

Doggy doo bags make great rubbish bags and can be used for soiled loo paper if you get caught short on the Trail. Keep a small roll in your backpack and leave no trace.

Adjusting walking poles Greg Martin

On a typical three-section walking pole, use the top adjuster first to extend the upper section of your poles so that it's telescoped only halfway. Then fix the lower section to the height you want. Once you've done that, use the top adjuster to make any adjustments on the Trail. This lets you change pole length using just one adjuster: the closest and least likely to be muddy.

Please let us know if you have useful Trail Tips you would like to share with others. Email them to the editor on trailwalker@heysentrail.asn.au



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Timeless Treat

by Simon Cameron

End to End walkers discover many delights on the journey northward, but few of them are tastier than the Great Northern Emporium in Quorn. This 1930s general store has been preserved and converted into a café/ bistro with apartments and lodge accommodation next door. The baker and pastry chef provide plenty of surprises but the real treat is the original shop furnishings with wood shelving, glass counters and a cashier's flying fox. The Emporium was an outback institution for over one hundred and twenty years and its history traces that of the town.

The story begins before Quorn was founded. Thomas Lees ran the general store in Saltia at the entrance to Pichi Richi Pass from 1859, serving the bullock teamsters carting to Pt Augusta, but the announcement of plans to build the Great Northern Railway changed everything. The railway was to run from Pt Augusta to Farina via Pichi Richi and through a new town to be surveyed at the western end of the pass, called Quorn. There would be no future for the bullock way stop. Lees was one of the first to buy a block in the newly surveyed town, along the unimaginatively named First Street.

The Railway reached Quorn in 1879 and one year later Richard Witty Foster, a Wesleyan Preacher from Yorkshire arrived on probation after already serving a stint at Millicent. Instead of salvation Richard

found Elizabeth Lees, the twenty year old daughter of Thomas. Giving up the church, Richard and opened the general store with his new father-in-law and within a few years became sole proprietor.

The site of Quorn was chosen by railway engineers who envisaged a future with East / West lines across the country and the new town was near the likely latitude as well as being north of the Adelaide link to Peterborough. Their wishes were fulfilled with Quorn becoming the transport hub to the north then to everywhere. Four hotels crowded Commercial Street with liveried porters competing for passengers at the Railway station. As the town grew, so did the general store, transforming into RW Fosters Great Northern Emporium, serving the needs of near and as far as the railways travelled. General goods, haberdashery, fabrics and grocery items were all on offer and the business launched a successful career for Richard Witty Foster into local politics and then Federal Politics.

The original store burnt down in 1929 and the globetrotting Federal minister was happy to spend on the refurbishment producing the refined glass fronted street displays and pressed tin ceilings while retaining the broad outback verandahs that can be seen today.

Everything changed for Quorn in 1956 when a new railway line was built to Leigh Creek from Pt Augusta and the southern link passed through Pt Pirie. Only the small branch line to Hawker remained and a Rip van Winkle veil fell over Quorn. Half of the town's population departed overnight and time stood still for most of the buildings, but the Great Northern Emporium sailed on, effectively subsidized by the family owners until 2004.

In 2007 the building was sold to the Brown family. Heyesen walkers who have passed through Pichi Richi will already be familiar with their handiwork at the Willows Brewery which they renovated from an 1880s ruin to a restaurant and function centre. A similar energy is now going into the new enterprise named after their eldest daughter – Emily's Bistro, but run by their youngest, Sally.

The trains to Quorn now only carry day trippers, coming to sample a taste of yesteryear and The Great Northern serves the purpose as it always has.



Meandering along the Murray

by Neil Nosworthy

It was Walktober 2016 and we were at Mt Lofty summit at 8am to help set up the Friends' display for the WalkingSA expo. The weather was bitter and we had no sooner put up our marquee than the freezing wind and rain forced us to pull it down and retire to the shelter of the restaurant steps.

Only the foolhardy few had braved the freezing weather. Among them was a lone man huddled down in his fleece, but still promoting his product. We took pity on him and discovered that he had come from Renmark to promote his Murray River walks. His name was Tony Sharley, well known in the Riverland, particularly in relation to Banrock Station.

Whatever Tony said that day must have worked as about eight months later we were following him aboard his cruiser at Renmark. While it was a frosty morning, it was a clear, sunny day and the weather stayed that way for most of our trip.

From Renmark, we headed upstream for three days of walking along parts of the Murray River valley interspersed with cruising along the many channels while enjoying the pleasure and comfort of a houseboat holiday with top quality food and wine.

The walks gave us a chance to see the diversity of the river valley. We walked about 10 to 12 kilometres a day. There are no hills in a river valley, although we did climb the cliffs a couple of times, so the walks were enjoyable and not physically challenging. Most of the time we walked through the bush without trails simply following Tony's lead.



The Murray River

One of the interesting aspects of the walks is that they each covered different features of the environment. The first day, we walked through river red gums and black box along channels before coming to a dead forest of red gums killed in the Millennium drought of 1996-2010. We also saw the dense phalanx of young red gums replacing the dead trees as a result of the high flows in 2010 and more recently.

Next day we saw even larger red gums, including some large canoe trees and an old gum that Tony estimated was about 700 years old.

The final day's walk took us through wetlands that are being restored by careful management of the river,

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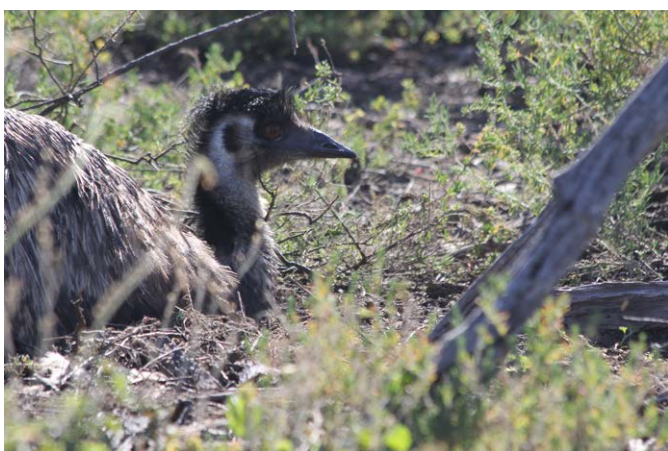
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EXPLORANGES

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including clever use of the lock to generate flows through the swamps and lagoons. The walk took us out to the edge of the valley, up a sandy rise, reminding us that we were in a dry region of 10-inch rainfall. And finally we walked up onto the cliff to look out over the site where the Chowilla Dam was once planned.

The walks brought us up close to nature with a variety of water birds like the ubiquitous pelicans as well as the ever-present whistling kites. But there were plenty of other birds including a male emu that sat stubbornly on his nest of 10 gleaming dark green eggs until we were just about next to him.



Old man emu on the nest

We also saw some intriguing aspects of human intervention in the area. These ranged from the signs of indigenous life from the canoe and shield trees to the window trees used as markers and some stone tools found in the area. There were also signs of the impact of European settlement from some of the old irrigation infrastructure to the modern water management structures aimed at improving the health of the river.

All of this was complemented by three nights on a houseboat with all of the creature comforts from luxuriating in a hot tub to excellent quality, locally produced food and wine.



Tony shows us the window tree

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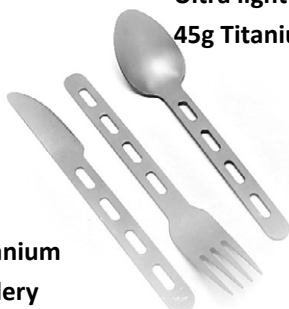
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A Southern Extension of the Heysen Trail

by Jim McLean

In the first of a three-part series of articles Jim McLean argues for the Heysen Trail to begin on Kangaroo Island.

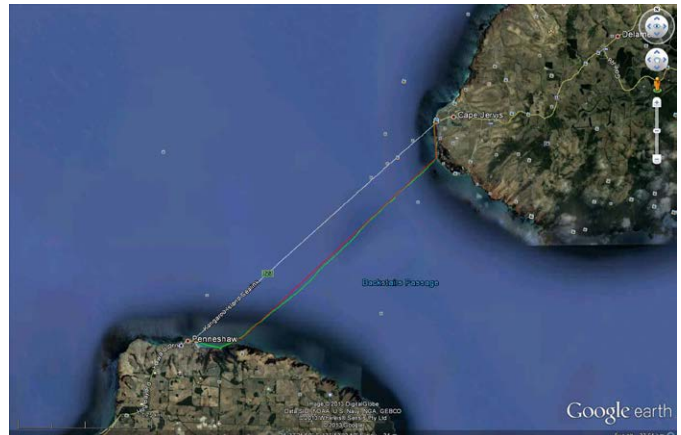
Backstairs Passage

While watching TV, I blurted out to my wife, 'I think I'll paddle to Kangaroo Island'. She hit the roof. 'Over my dead body.' So I thought it best not to mention it again. At least not until I'd done it!

That was September 2012. In May of that year I had climbed the stile at Parachilna Gorge to an emotional reception from my extended family and friends who had gathered to see me complete the Heysen Trail after 22 years of just getting out there when we could. For years I had thought that someday the Heysen Trail might start on Kangaroo Island, but the water needed to be crossed first, and not by ferry.

Mark Deuter and I met in 2002, in our kayaks on the Onkaparinga River, when we were both novices. Since then we have both accumulated serious kayaking experience. I needed Mark's expert skills as it's not just the weather and waves that make the crossing to Kangaroo Island perilous. When the St Vincent Gulf is filling or emptying you can see from the top of the hill above Cape Jervis the 'tide race': a river in the sea. If you get caught in that, whether you exhaust yourself trying to resist or not, you quickly get carried where you don't want to go. It happens. People and boats have never been seen again. The Backstairs Passage can be a very dangerous place for the kayaker.

I put my idea to Mark. He has crossed on two occasions before, paddling back as well both times. I would be happy just to get over there. He was amenable to the



Red line was the plan - Green line the result

idea and I immediately found myself on a steep training and learning curve. I trained with Mark and another CanoeSA member to test that my levels of fitness and



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Under way

endurance were adequate. And I learnt what to look for in the tides.

You can be lucky. You can strike the trifecta of good weather, a dodge tide and the ability to go there and then. Dodge tides are rare. So you

look for days of smaller high/low tide differentials, and paddle with the slighter change of tide. You time your run for minimal current one way at first, no current in the middle, and minimal current the other way at the end. I had the job of identifying all days of lower differentials. Then it was a matter of weather, and our availability.

Weather reports are generally accurate over four days but last minute changes do happen. We had to be ready to go. We had three aborted attempts due to turns in the weather or unexpected family/work commitments.

Then after six months in the planning we had no reason not to go. On Thursday 7th March 2013 we left a plan of intention with Mark's wife and put our emergency contacts and devices in place. I told my wife I was going kayaking with Mark 'down south', which was not a lie.

We left a car at a mutual kayaking friend's place and travelled to Cape Jervis together with two boats on the trailer.

There were some white caps. Some water found its way into the cockpits and swished

around our feet and bums, but that kept us cool on a mild day. We were three hours in the boats without being able to get out. We rested as soon as we hit the other side then paddled for a half an hour along the coast to Penneshaw.

I rang my wife to say that I was on KI, I had paddled across, and I had booked the ferry back, to the response "And what makes you think that you can come home?"

We had just extended the Heysen Trail 21 kilometres to the south.

(The second instalment of Jim McLean's "A southern extension of the Heysen Trail" will be published in the Summer edition.)



Loading kayaks onto the ferry



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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	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 21 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	Sat June 10 – Sun June 18 End-to-End 7 Eyre Depot to Mayo Gorge Sat June 10 – Mon June 12 Long weekend Sun June 18 End-to-End 12 Cobbler Hill to Tapanappa	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 Balquhider	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 Balquhider to Waitpinga
August	Sun Aug 6 End-to-End 10 Pewsey Vale to Tanunda	Sat Aug 12 – Sun Aug 20 End-to-End 7 Mayo Gorge to Parachilna Sat Aug 12 – Sun Aug 13 End-to-End 8 Horrocks Pass to Broadview to Wooshed Flat	Sat Aug 19 – Sun Aug 20 End-to-End 9 EE George - Spalding - Chlorinator Sun Aug 20 End-to-End 12 Waitpinga to Tugwell Rd	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 Wooshed 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

When it is not walk season, generally during the summer Fire Ban Season, a fifth walk grade, Summer Twilight Walks, operate.

Details of each walk grade are provided on the website: heysentrail.asn.au/walks

Walk Registration

Register for a walk either online or over the phone.

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

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

Walk Cancellations

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

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

Further Information

Details about each walk, the 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 12 August 2017
heysentrail.asn.au

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

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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

Running the Trail in less than 14 days

by Greg Martin

David Turnbull tells Greg Martin of his record-breaking run from Parachilna Gorge to Cape Jervis.

At 10:23pm on Wednesday 17th May David Turnbull reached Cape Jervis after running the length of the Heysen Trail in the record time of 13 days, 16 hours and 16 minutes.

He broke the previous mark – set in 2014 by Richard Bowles – by over 16 hours.

David, 49, a performance coach from Adelaide, averaged 90 kilometres per day, ran 17 hours on some days, took over one million steps, and burned up to 6,500 calories a day.

The idea of attempting the record came to David about two years ago when he ran the Heysen105, organised by his running coach Ben Hockings. *'I put it to Ben about having a crack at the record as an audacious goal for 2017.'*

A lot of David's preparation involved long back-to-back runs: 60kms one day, 40kms the next. *'I also did a lot of speed work to push up my average pace and by racing, including taking the Australian age group title for 100km trail running in 2016.'*



David Turnbull ready for another 17-hour day of running the trail

Throughout the 13 days of his run, David slept in a campervan at night with two different support crews providing meals. At night he ate a meal big enough for two people; throughout the day he snacked on nutrition bars and energy drinks. Amazingly, David lost only four kilograms.

He used a Garmin eTrex 30 to navigate and the Spot satellite GPS messenger to plot his route.

It was the first stage – roughly 400 kilometres from Parachilna Gorge to Crystal Brook – that David

remembers as the toughest. Anyone who has walked this section is familiar with its rocky tracks, dry creek beds, and about 9,000 metres of climbing. *'It was pure frustration at the slow movement over challenging terrain, especially dry river beds that were immensely rocky.'*

About two days into the run, with a number of wrong turns and missed rendezvous with his support team, David thought seriously about quitting. *'It was my brother Jamie who reminded me that if I did quit I'd have to move interstate as I'd never be able to show my face in Adelaide again.'*

What made it more difficult for David and his support crew was the lack of phone coverage for most of the first five days.

Whenever he did miss an agreed meeting point, particularly when out of radio or phone range, David followed the 'three Spot rule'. If he pressed his GPS plot marker three times within 15 minutes it meant he needed help. *'This was great when there was no phone coverage so it would let the team know accurately where I was.'*



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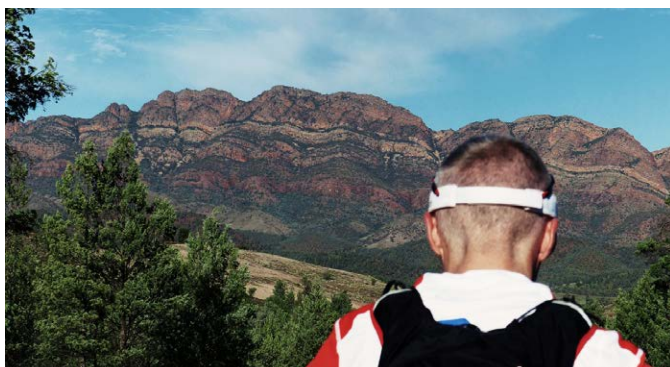
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David in the Flinders Ranges ... 'pure frustration at the slow movement over challenging terrain'



Randell Taylor (right) helps David set the Garmin eTrex30 before another night run

Sometimes David ran with a support runner. *'However, there were large sections with just me when the trail was too inaccessible and the support team could not get to me.'*

On top of Mount Brown, David found an entry in the log from previous record holder Richard Bowles. It showed that Richard was ahead of him by one day. *'It was like Richard was there with me and as he started on the*

same day this made for a virtual race. The pressure was on!'

David found running at night the hardest. *'It got to the stage where I was like a man possessed in the two hours before dark. I'd try to make as much ground as I could before the lights went out! I also had a few tantrums at this time of the day with the cumulative time and distance having an effect on my general wellbeing.'*

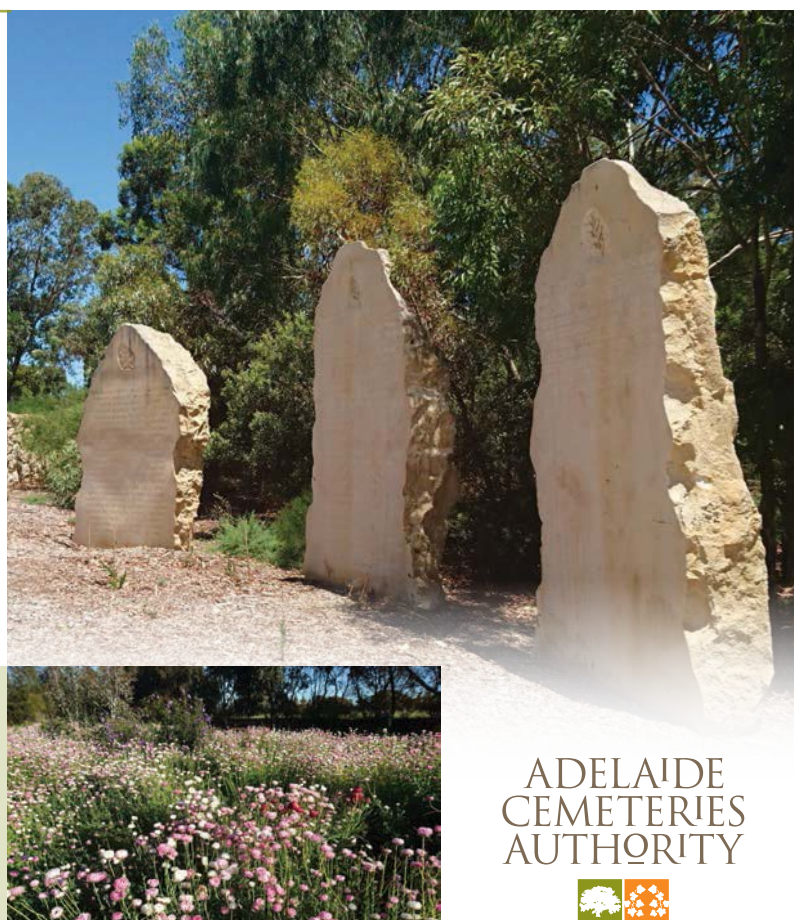
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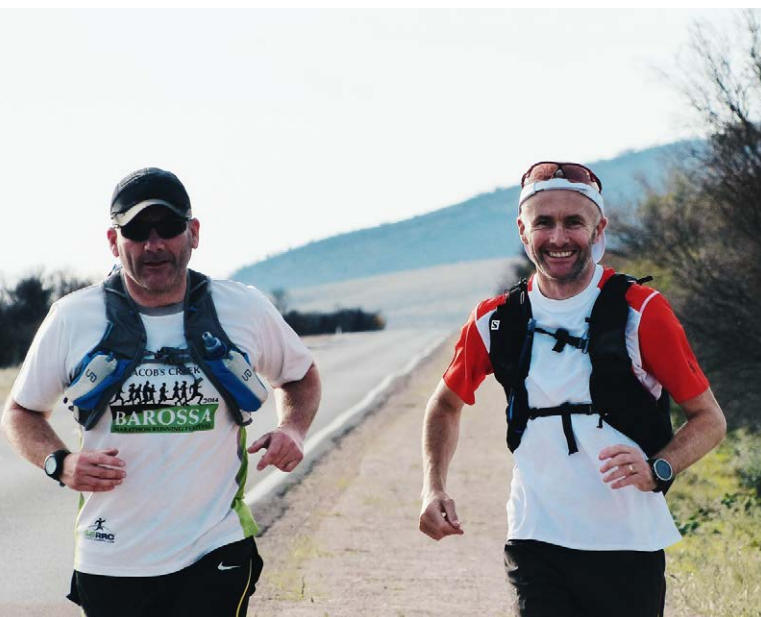


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Main image: Wirra Wonga at Enfield Memorial Park. Inset image: Pilyu Yarta at Smithfield Memorial Park.

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Jamie Turnbull (left) acts as a support runner with his brother ... although most of the time David ran alone

The terrain became a little easier in the middle section, the 400 kilometres between the end of the Flinders Ranges and Kapunda. Although David found the stretch from Georgetown through Hallet draining as the trail meanders east away from Adelaide. *'I kept feeling I was running in the wrong direction.'*

It was in this middle section that David's support crew changed. His son George and brother Jamie left for Adelaide, to join later in the attempt, and Randell Taylor, who was there for the whole race as support, was joined by Barry McBride, an experienced ultra runner.

Just after Tourilie Gorge, there was a massive navigational disaster. David was unable to find the trail after the signs appeared to run out. The light was fading and he had no head torch. *'I started with my kit "race light" and the Garmin started playing up. With so much time taken up in finding my way out of the gorge, I ran out of water and gels. I was aware of not having extra clothing or a head torch, and the support team were 12 kilometres away. Barry McBride ran in and helped me navigate out, but it was a very scary part of the run.'*

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The terrain was tough on tiring legs, but after 12 days David reached Victor Harbor. Only 70kms to go to the finish. *'A lot of this last section was done in the dark. Hearing the ocean on your left and visualising where you were in the dark was surreal.'* He thought Deep Creek Conservation Park had to be a 'sick joke' with so many steep ups and downs.

'It was great to see my wife and boys George and Daniel at the 20km mark, 12 kilometres and then George joining me to run the last six kilometres.'

A small crowd of family and local runners greeted David at Cape Jervis. *'The finish line was lit up and cow bells were sounding. Great to feel the support of the entire SA running community including my coach Ben Hockings and nutritionist Steph Gaskell.'*

David described it as an overwhelming feeling of relief. *'First knowing that I would not have to repeat another morning of running straight out of my sleeping bag. And the massive emotions and tears of knowing that we as a team had taken on and completed the biggest thing I have ever achieved in 40 years of running.'*



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Another stunning sunset but more night running ahead

David's run raised funds for DEBRA Australia, supporting people with Epidermolysis Bullosa, a rare disease where the skin blisters and peels at the slightest touch. *'I was distressed to see how debilitating this disease is, and I wanted to add my support to Andrew Byszczak and his Million Dollar Run from Adelaide to Brisbane.'*

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More New Trails

Rising from the Ashes, Opening of the Kersbrook Trails Network Sunday 8 October 2017 10:00am to 3:00pm

In 2012 the four loop trails through the forests around Kersbrook were upgraded and marked. The trails were to be opened in April 2015, but suffered substantial damage during the January 2015 Sampson Flat Bushfire. Throughout 2016 and 2017 work was undertaken to again upgrade and mark the trails. The trail network, formerly part of the Mount Lofty Ranges Trails Network from the 1980s, will be officially opened on Sunday 8th October 2017.

Official Opening 10am – 3pm Sunday 8th October 2017
Kersbrook Institute/Hall,
13-15 Scott Street, Kersbrook, SA 5231

Official opening at 1pm by Hon Karlene Ann Maywald,
former member of Chaffey

The trails are:

1. Morgan Loop
2. Old Kersbrook Loop Trail
3. Anderson Trail (in honour of the work of Thelma Anderson)
4. Simpson Loop Trail

Some of these loops are short (5-7 km) and whilst this is hoped to encourage the occasional walker, for the more experienced walker most loops can be linked to form a longer day's hike.

Three other trails will be completed and opened at a later date:

1. Devils Gully Link Trail
2. Vixen Gully Link Trail
3. Beer – Leane Loop Trail

The main trailhead signage will be opened at the Kersbrook Institute, and each trail will have its own trailhead with map and interpretive signage.

Printed maps will be available during the opening.

Plans for Walking - Willunga Basin Trail

An idea several years ago led a dedicated group of locals to get busy exploring and mapping the Willunga-Aldinga area with a view to developing a loop trail around the Willunga Basin. Like any healthy planting, this venture has been nurtured and grown into something more substantial.

The Willunga Basin Trail Incorporated held its inaugural Annual General Meeting on 26 July 2017 and was able to announce to a growing membership that the Onkaparinga Council has included the proposed trail in its future planning.

The group's exploration has resulted in plans for a 110km plus circular route that will link McLaren Vale, McLaren Flat, Willunga and Kangarilla with coastal suburbs of Sellicks Beach, Pt Willunga, Aldinga, Maslins and Moana. The proposal uses mostly publically owned land and existing pathways along the southern hills and coast taking in parts of the Onkaparinga River National Park, Aldinga Scrub and Kuitpo forest.

Endorsement of the concept is a great step, yet still early days for the local volunteers as they navigate the planning, community consultation and funding arrangements needed to bring the trail to reality. Information about the Willunga Basin Trail is available from the Environment Centre at 18 High Street Willunga, email: willungabasintrail@outlook.com.au or you may wish to follow progress via its facebook: [willungabasintrail](https://www.facebook.com/willungabasintrail).



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The Adelaide100 Is Under Way

Jim McLean

Walking SA

Take a short drive to Norton Summit and test for yourself the first 1.6 km of the Adelaide100. Or better still when walking the Heysen Trail through Norton Summit allow time for the 3.2 km spur return.

This is Monument Road, the unmade road reserve that starts at the "monument for the fallen" and comes out at Debneys Road not far from Marble Hill Road. If you stand at Sir Tom Playford's statue and take a straight line beyond the Heysen Trail marker over Lobethal and Debneys Roads you will be looking at the first Adelaide100 post and marker down the road verge amongst the bushes.

From there follow the markers, negotiate the five stiles, and discover and enjoy the changing micro-environments for yourselves. Don't miss the historic site of the Norton Summit founding church and cemetery 200m into your walk on the right.

You could extend your walk along Debneys Road out to Marble Hill Road and north to the ruins of the old summer residence of the Governor of South Australia. It is in private hands now so a view from the road may be the best you get.

You could even keep on going along Marble Hill Road to the north to link up with the Heysen Trail. You could



then return to Norton Summit via the Heysen Trail, and the Morialta Conservation Park and the Morialta Barns, a loop walk of 7.5 km in all.

Following preparatory work by WalkingSA dating back to 2012, Monument Road was developed for walking, over three days in June 2017, by John Potter and Roger Tinning of the Friends Of The Heysen Trail, Joe Stelmann of Monument Road, and Bill Gehling and myself of WalkingSA. The first walkers came through as we were still building stiles. We had a dozen people use the trail in the first two weeks.

Thanks must go to Skyline Walkers and the Friends Of The Heysen Trail for their generous donations toward the project.

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Cape Jervis to Wilpena

by Anna Molan & Michael Fogarty

We have walked long distances before, but in Europe, where there's a cafe every few kilometres and a warm bed every evening. We were looking forward to the Heysen Trail and the slow meditation that is long-distance walking but were a little apprehensive, wondering if we had the walk in us.

We walked the trail in two episodes: the first from Parachilna Gorge to Wilpena Pound, the second from Cape Jervis to Wilpena Pound, tracking northwards with a view to keeping the winter at our back and ending the walk back amid the sublime beauty of the Flinders Ranges.

We left the Cape Jervis Tavern in the half-dark and walked into the unknown, the morning still and sultry with anticipation. Dark storm clouds hanging low in the sky, white caps on the ocean and a pod of dolphins swimming eastwards. Sponges, cuttlefish and driftwood washed in on the turning tide. Two of the Peninsula's 70 surviving hooded plovers scurrying along the sand in front of us. A storm breaking out to sea obliterated Kangaroo Island before sweeping inland and, suddenly and ferociously, soaking us.



Sand & sky, Tunkalilla Beach

A night of wild rain squalls at Balquhider Camp. A morning of rainbows. Sea eagles, herons and pacific gulls battling the wind. Coastal heathland flowering with banksia, tea tree and correas. The sea cliffs sheer and gleaming black in the fleeting sunlight. Wild dramatic seascapes and clearing storms. The walking exhilarating.

Out of Victor Harbour and into a perfect morning of walking down tree-lined country lanes, across paddocks and past weathered timber shearing sheds.

Red-capped robins, musk lorikeets and lingering glimpses of the wild Southern Ocean. A feeling of great contentment; just the landscape, the elements and us, walking in companionable silence.

A smudge of a rainbow as we walked out of Myponga Conservation Park. Past beehives and walnut farms and a small vineyard; the harvest in, the air musky with wine being made. An apple tree by the side of the road stripped of its fruit except for the gift of two perfect dark red apples. Mt Cone, sky all around us and the arc of Victor Harbour twinkling in the distance.

At the rustic Tingella Hut an eccentric couple welcomed us in; a small fire burning, a large pot of slow cooked chicken & vegetables to take generously from and an evening of stories. In their small caravan were many and wondrous things, including an inflatable bath tub and the means to heat water to fill it.

Under a morning sky red with warning we walked into autumn, the Adelaide Hills a swirl of golden rain as the wind shook the leaves from the trees. A rest day in Hahndorf savoring Adelaide Hills wine and cheese and being enthralled by Hans Heysen's stark and beautiful Flinders Ranges paintings and his daughter Nora's compelling portraits.

The morning air cool as menthol. The afternoon air warm with the scent of licorice. Sun slanting through the autumnal splendor of the Mount Lofty Botanical Gardens. An evening in the Scenic Hotel with an open fire, good food and fascinating stories on tap at the bar.

Winding around the spectacular stone cliffs of the Morialta Conservation Park, the Torrens estuary a silver shimmer in the distance. The shadow of a tree and a bird creeping up its trunk. Into wilder backwoods country where backwoods people lurked just out of sight in their tumble down shacks. An afternoon climbing steep rough tracks, then a waxing moon pale in the sky above Grampas Camp.

Sustained by coffee and spiced apple cake from the Cudlee Creek cafe we walked on, past trees laden with the fruits of autumn: quinces, pears and a rambling persimmon orchard, the leaves turning golden, the fruit ripening and glowing.

We lost the trail for an hour or so in the lee of Mt Gould then walked through a desolate wasteland of clear felled and charred pines to Scotts shelter with its welcome bunks and picnic table.

A star-bright midnight sky clouded into a cold, grey early morning. Not a day for lingering. We stopped at the Old Schoolhouse for water and a chat with two affable members of the Adelaide Border Collie Club; they and their five border collies were the advance

party for 100 people and a chaos of collies. We gladly took our leave, walking on to find a sheltered site with a view, high up in the enchanting Wirra Wirra Peaks.

A ridge track winding between scraggly gums, kangaroos leaping over fences, a red-capped robin pretty on a wire. After five days traversing the sometimes steep and rocky backwoods of the Adelaide Hills we walked off a ridge and down into the green and verdant Barossa Valley. The vines on the turn, the valley glowing in the soft afternoon light, the harvest almost in.



Winding road to the Barossa

The guide at the Barossa Regional Gallery played his guitar while we looked at the art. Two lovely New Yorkers invited us to join their private tour of Tanunda Chateau where we experienced the alchemy of winemaking, searched for the names of legendary makers scrawled high up on the beams and tasted some top flight wines.

Musk lorikeets and western rosellas in flight. Topknot pigeons trilling. An undulating landscape of vineyards and occasional olive groves. We met two walkers completing the Trail by way of a slow waltz, an accumulation of afternoons and days over a number of years.

A slow amble to Greenock and, as soon as the chill descended, into the Tavern where a man perched at the bar wrote in his diary, another sat crocheting and a kitchen hand lurked out the back wearing a mask and snorkel. Just another slightly surreal evening in a country hotel on the edge of our known world.

The cry of a rooster at 4am then the slow build of the dawn chorus. By mid-afternoon we were in cereal country, the smoke from burning stubble a ghost blowing across fire-blackened hills.

After a weekend off we were sluggish up the first hill out of Kapunda. An early morning sky coloured grey and pink with birds and storm clouds. We walked 35 kilometres; by the time we cleared the ridge and dropped wearily down to Marshall's Hut the kangaroos were mere shadows moving across the half-dark hill.

Walkers follow creek seemed an absurdist directive when the creek had been plowed into a wheat field and its course was no longer even a breath on the land. We lost and found the scent of the track a couple of times before heading up the Tothill Range. Short, sharp climbs, the country becoming rockier. After walking over 90 kms in three days we were pleased to take our boots off at Huppatz Hut. Then in the logbook we read of David Turnbull's 90 kilometre a day average for the Heysen Trail record!

A brilliant night sky ablaze with stars, planets and satellites. The country sparse and beautiful. Into the dry, stony country of Worlds End Conservation Park. Callitris pines, rocky creek beds and a snarling eastern bluetongue lizard.

The landscape glowing deep red, the sky scattered with clouds that vanished into thin air. Small burnished grass birds, fresh wombat tracks and the earth cleft by over clearing and overgrazing. Church bells ringing as we walked into Burra to enjoy an evening at the hotel, drinking aged stout and listening to a shambolic gentleman farmer telling a whirl of fabulist stories.

A cool, blue fog morning. The deciduous trees lining Burra Creek glowing golden; the grass glistening silver with spider webs. For hours we followed frayed fence lines, up and down the sometimes almost vertical hills.



Crossing Newikie Creek



No trees grew and a cold wind blew in from the desert. We saw no sign of humans all day, not even the dust trail of a farmer's ute on a back country road.

Racing clouds and winds from the south-west. The crumbling ruins of a sandstone house luminous in the early morning light. Frogs croaking in the reeds of Dustbowl Creek, yellow ringneck parrots and red capped robins. On through Tourille Gorge with its red rock walls, spinifex and coolibah trees and, in fading light, towards the old Mt Bryan East School.

We crisscrossed the Goyder Line, its northern boundary of arable land shifting southwards with climate change. We climbed Mt Bryan and sat in the sun at the summit, revelling in the infinite views and reading of the life of Hubert Wilkins: polar explorer, stowaway, dare devil adventurer and pioneer filmmaker. Then down to the struggling town of Hallett; the general store just reopened after eleven months, us and a grazier the only customers at the Wildongoleeche Hotel, the grazier telling of shearing sheds spiralling into mayhem because of the drug 'ice'.

Wind turbines like great white stylised trees in an otherwise treeless landscape. Sheep the colour of the earth. A cloudless blue sky and an old drystone wall that we followed along the grassy ridge of Brown Hill Range. Emus and kangaroos racing across the hills, hawks and kestrels on the hunt, willy wagtails on the fence wire. The sun held and we walked further than we anticipated, finding shelter in an olive grove in the dusty, dusk light.

A quiet Saturday in Spalding, a town of ghost shops with dust covered, cobwebbed window displays of paisley housedresses, typewriters and rusting kitchen utensils. The Barbed Wire Hotel not yet open we made

ourselves at home in the general store and worked at charming a coffee and some conversation from the reticent storekeeper. Towards sunset four cyclists riding the Mawson Trail limped into town, their tyres punctured by sharp burrs. We spent an enjoyable evening with them, talking of their adventures and ours.

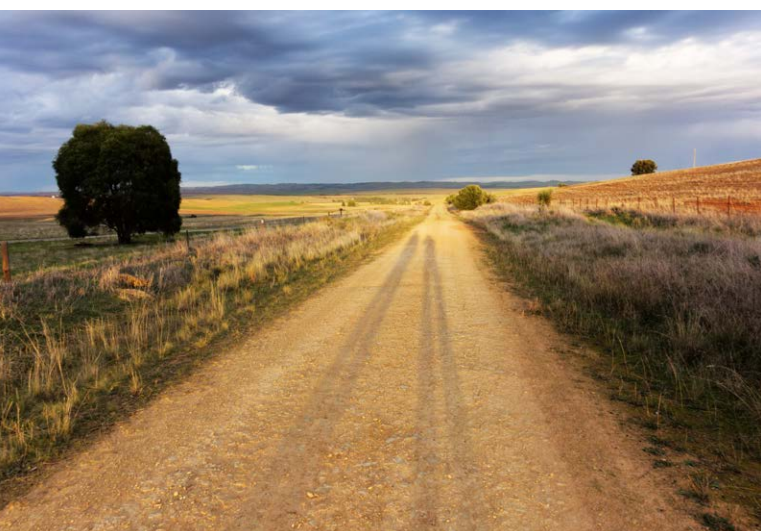
Rain beating down on the tin roof of the hotel; an exquisite sound when you're lying in a warm dark room and it's hours until dawn. A day of uncertain weather. Farmers out working with their dogs, their commands coming across the hills to us in guttural snatches.

From Curnows Hut the world was lost in mist. In the half darkness of the Georgetown general store, a wunderkammer of wooden cabinets of curiosities, we spied a gleaming espresso machine and a taciturn storekeeper who acquiesced and made us a double shot espresso.

A still night. Then in the early morning the wind came and, with it, the rain. As mist swirled around us we walked up over Sams Hill and down into plains country where creeks wove their way across the flat vastness to the sea. The day cleared and our spirits soared.

The sun shining as we passed Bowmans Run with its stone barns and stone walled gardens, then up and over Tank Hill and on through the green Beetaloo Valley. A wild orange grove with fruit ripe for the picking. A teepee of smoke rising from the low hills of the Eyre Peninsula.

Owls called as we lay in the darkness. Another icy morning, the sun beckoning from high up on the ridge as we walked along the frosty valley floor. Spencer Gulf blue in the clear morning light, its bays and inlets painted on the flat watery landscape. Rugged mountain country, following the flow of the land over the Bluff.



On the road to Spalding



Map gazing, Go Kart Shelter

High up on the edge of Telowie Gorge we watched the gulf become silver, then gold. A still, deepening, orange twilight. From our secluded eyrie we could see the lights of towns strung out along the gulf and the headlights of cars travelling along a dark highway.

The earth's shadow an ethereal blue. The sky pearly pink. Two wedge tailed eagles performing a slow, balletic, courting dance, swooping upwards, stalling, then tumbling through the sky together. A trio of black faced cuckoo shrikes churring.

Our tent thickly covered with ice when we woke in Murray Town. Out along Wild Dog Road the water in the stock troughs was frozen. Through a tough, rocky gorge, then across Willochra Plain, the air hazy as the day warmed. A rock face engraved with 650 million years of geological history. A slow afternoon in the funky town of Melrose, sitting in the sun talking idly to mountain bike riders.

A well graded climb up through peppermint gums to the summit of Mt Remarkable. Scree slopes, sugar gums, ochre ridges and deep rocky gorges. A couple of old man kangaroos; their red fur thick and shaggy, their bodies slow to move. A herd of deer leaping across the track in front of us and, later, a single antler lying amongst the rocks. One of our toughest days: hilly, rugged and a long 33 kilometres to Wilmington.

Through Horrocks Pass as the sun rose. Fog lying low and drifting through Beautiful Valley. A thousand corellas rising out of the trees, a great white arc moving across the land and resettling when we passed. Climbing up and over grass tree covered hills then walking along a ridge on top of the world. Two brothers out docking lambs, their clothes blood splattered; a darkly gothic scene except for their broad smiles and warm banter.

The Milky Way a pearly trail across the sky at dawn. Wildflowers blooming mauve and pink and violet along the trail to Mt Brown. Then down along the blocky red rock walls of Waukarie Creek. An uncertain track across the rocky, spinifex covered Pichi Richi Hills

before following the Pichi Richi railway into Quorn; its fine stone buildings and wide streets a ready made film set.

Deep within a gorge the sweet music of songbirds. Then out into clear air and a shimmering landscape of plains, salt lakes and claypans. A country of mirages. The solitude immense. Our bodies leaner and more ragged now. Our minds set loose.

On through the hot afternoon until the flat luminosity gave way to red ochre ranges, native pine trees and a pale waxing moon. The jetstream of a plane a silver ribbon wavering in the dark sky.

Finding a slow path through wild and remote Depot Creek: tunneling deep narrow gorges, clamouring up waterfalls, skirting dark pools that rarely see the sun. Over the dense spinifex-covered Mt Arden, then more narrow creeks, dry waterfalls and fallen trees to navigate. Through Buckaringa Gorge with its glowing red cliff face and elusive yellow-footed rock wallabies. Rugged, beautiful country. Then a smooth surfaced, red dirt track; a gift at the end of a 35 kilometre day.



In fading light, after a 35 km day

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Walking across the bare bones of the country. The after sweep of a bird's wing; ancient spirits stirring in the land. The rising sun lighting up rocky outcrops, ridge lines and an eagle's nest high up in a dead tree. The fence wires wailing in the wind. Willochra Creek stark white, surreal and beautiful. The afternoon warm and made for walking into and beyond sunset.

Kangaroos and emus moving about our campsite during the night. The tent stiff with ice at first light. Fog lay low in Wilson Valley and striated the dark ranges. An ethereal dreamscape. Almost nothing stirring on this most silent of Sunday mornings. A long, slow afternoon of doing very little followed by dinner at the Hawker Hotel and a bottle of soothing Jesuit shiraz.

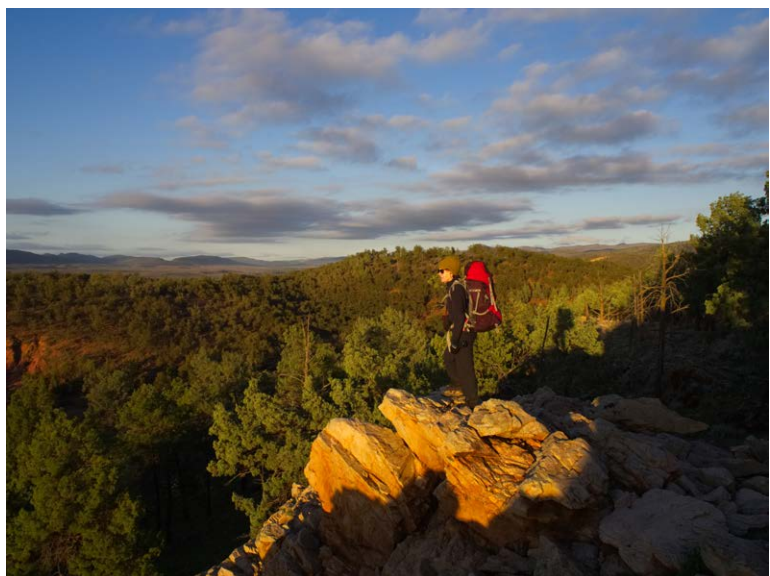
Ancient river red gums encircled with a wreath of leaves, branches and feathers. Three biblical camels on a barren hillside. We arrived at Mayo Hut with enough of the afternoon left to sit in the sun and revel in the stillness and the silence. Peter McInnis, the farmer on whose land the hut sits, came by with a friend. Both genial and humorous men they regaled us with stories and lamented the lack of winter rain.

A waning moon and a clear morning. The walking leisurely, following creeks and open valleys between the great folds of geological history that are the Elder and Red Ranges. Holes dug in the dry creek bed by kangaroos in search of water. Just as the sun was setting we came upon two walkers camped in a dry creek bed. They were the only other "through-hikers" we met in our 46 days on the Trail.

Our last day. Water flowing in Bunbinyunna Creek and a heron gracefully picking its way upstream. The sound of trickling water a rare melody. Feeling euphoric and a little wistful as we walked across the Pound towards the walk's end. A grand 1,200 kilometre walk. A slow,

mesmerising journey from the wild south coast to the ancient and beautiful Flinders Ranges. A walk we couldn't have done without the effort of all those that maintain the Heysen Trail, the kindness of farmers and small town publicans, and the advice of fellow walkers we came to know through emails and logbook entries. A walk we wouldn't have wanted to do without each other. Walking alone, together. One step at a time, over days and weeks and into beauty.

Visit <http://our-wanderlust.com/> to see more photos and read Episode 1 and a longer form version of Episode 2



Early morning, Buckaringa



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Walking SA

Walking SA's Walktober Initiative in October

Walking SA has been successful in receiving funding from the Office of Recreation and Sport for the Walktober 2017 initiative. They're building on the 2016 initiatives to further meet the vision to *see more people walking more often*.

Throughout October Walking SA will be collaborating with walking clubs and like-minded organisations, councils, tour operators and retailers to promote walking for leisure, health and transport.

October is ideal for walking – the temperatures are mild and the evenings are getting longer – which makes it an ideal time to raise awareness of the benefits of walking. The October promotion works hand-in-hand with April's opening of the bushwalking season and hiking expo event by promoting walking as a year-round activity.

Walktober encompasses several focus areas, including key events, helping people find walking opportunities near them, and motivating people to join walking experiences.

A key event for Walktober is the Trails Less Travelled event on Sunday 15th October 2017. Like last year, this event showcases the 10 different ways to hike up Mt Lofty, besides the popular Waterfall Gully Track, with guided and self-guided hiking options and an expo at the summit.

Like April's Hiking Expo, the Trails Less Travelled event is a significant opportunity for Walking SA's members to promote walking in their club or organisation as well as reach out to the community at large to promote the vision of more people walking more often. The success of April's Hiking Expo in Belair National Park, where 2,000 people attended, and over 550 people joined the "sold-out" guided walks – was in large part due to the vital contribution of walking clubs and volunteers – so a big thank you to all the volunteers from the Friends of the Heysen Trail and other walking clubs who helped guide these people, it helped the vision of seeing more

This October we're celebrating walking with **#walktoberSA**



walkingsa.org.au/walktober

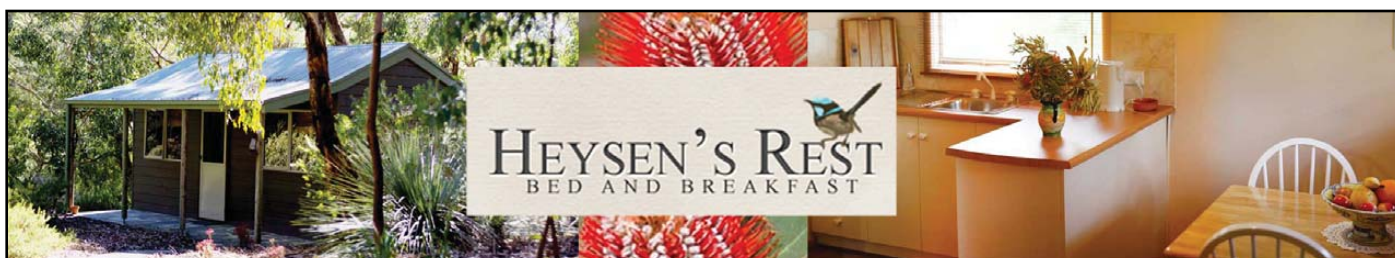


people walking more often, and increased engagement with potential new members for the walking clubs.

Walking SA has been in discussions with DEWNR exploring opportunities for both to promote their cause and the cause of their supporters.

Walking SA is seeking to expand this year's Walktober promotions by exploring potential opportunities with like-minded partners. They'd love to chat to organisations, walking groups and businesses to explore opportunities to collaborate in the fields of walking for health, leisure and transport, inclusive walking, and engaging with a diverse range of people from the community.

Find out more at: walkingsa.org.au/walktober



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Heysen 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 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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Image: Maggie Moy



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