



TRAILWALKER

The Friends of the Heysen Trail
South Australia

AUTUMN 2018

Issue 147

FREE

England's
Coast to Coast

2018 HEYSEN WALKS

2018 AGM

A Stroll in
the Red Centre



Trail Tips


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

MEMBERSHIP INFORMATION

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

TRAILWALKER MAGAZINE

Deadline for the next issue (Winter
2018):

Friday 4 May 2018

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

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

The Trailwalker magazine is published
quarterly:

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

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

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

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

ADVERTISING RATES (Ex. GST)

1/8 page vertical \$55 per issue
1/4 page \$80 per issue
1/2 page \$135 per issue
Full Page \$200 per issue
Flyer (supplied for insertion)
\$240 per issue

A commitment for 12 months advertising
(four issues) would attract 10% saving
Advertising specifications and
article submission guidelines are
available upon request or by visiting
heysentrail.asn.au/trailwalker

Contents

Magazine of the Friends of the Heysen Trail
Issue 147 Autumn 2018

President's Report 5

Melanie Sjoberg encourages us to share our ideas on
how best to invest in the future of the trail.

Notice of 2018 Friends' AGM 7

The AGM this year is at Thebarton Community Centre
on Friday 23 March, starting at 7.30pm.

'Our most demanding job' 11

Peter Simons reports on four hardy volunteers who took
on the job of repairing the old Hallett Railway Station.

2018 Walk Programme 13

All this year's End to End, TrailStarter and TrailWalker walks.

A Stroll in the Red Centre 15

Samantha and Gary McCarty walk the Larapinta Trail
in the West MacDonnell Ranges.

History Along the Trail 17

Arthur Smith researched the history of Depot Creek in the Flinders.
Trailwalker would like to publish other stories about historical
locations and markers along the trail.

England's Coast to Coast 19

Mike and Cathy Joyce walked the Coast to Coast in 2014
and again last year.

Handy Trail Tips 22

Anne Kirk wins \$100 worth of Heysen Trail merchandise
for this issue's best Trail Tip.

South of the Heysen. Why Not? 23

Jim McLean concludes his series on extending the Heysen Trail
south to Kangaroo Island.

End-to-End Maintenance 28

Neil Nosworthy explains the 2018 maintenance programme

How to Use Your Walking Poles 29

With the start of the walking season, here's some timely
advice on getting the best out of those walking poles.



The Friends of the Heysen Trail & Other Walking Trails

OFFICE

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Open Monday to Friday
10.30am – 2.30pm

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Neil Nosworthy
Elizabeth Rogers

Tuesdays

Chris Caspar
Judy McAdam
Chris Porter
David Rattray OAM
David Roberts

Wednesdays

Robin Bodycomb
Vicki Cahalan
Gilbert Downs
Wendy Fox
Jack Marcelis

Thursdays

Eve Buckley
Jenny Cameron
Julian Monfries
Judy Szekeres

Fridays

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Erika Guess
Dom Henschke
Julia McLachlan
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About the Friends

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Colin Edwards	
Dom Henschke	
Carol Homewood	
Jim McLean	
Suzanne Matthews	
John Newland	
Robyn Quinn	
John Wilson	

Sub-Committee Chairs

Colin Edwards	Trail Development
Neil Nosworthy	Greening
Peter Larsson	Walking
David Rattray OAM	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 March 2018
Wednesday 18 April 2018
Wednesday 16 May 2018

Winter 2018 Trailwalker Deadline:

Friday 4 May 2018

Articles, reports and other submissions are welcome from:

- members walking on the Heysen Trail or elsewhere;
- non-members walking the Heysen Trail; and
- other interested parties.

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

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

Patron

His Excellency the Honourable
Hieu Van Le AC

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Cover photo

Mernmerna Gap, Southern Flinders Ranges
Photo: Philip Bell

Trailwalker is keen to publish your photos on or around the trail. Please email them to The Editor trailwalker@heysentrail.asn.au



New Year – Where do we want to be?

President's Report



Melanie Sjoberg

“Please help raise this conversation. Talk to each other, walk leaders, maintenance volunteers and Council members so we share ideas about how best to invest in the future of the trail.”

The obvious answer is that most of us want to be out on the trail, walking in nature and enjoying the camaraderie of the Friends. **But what about the trail itself?** As an organisation how do we see the trail in another year, two years, five years?

A New Year is often a time for people to ponder, reflect and make resolutions. Of course, we mean well but our minds tend to generalise and then best intentions are soon forgotten as daily commitments consume our time. Professionals, leaders and management types offer acronyms to improve the way we do this: try to set smart goals – that is ‘specific, measurable, attainable, realistic and timely’. So giving up chocolate is not a smart goal!

Nonetheless, it's a good time for the Friends to make an assessment of our achievements and successes, and continue our planning for 2018. Each year our various committees gather their thoughts, project ideas and budgets; then come together for a collective planning session with the Council to set our general program for walking, trail maintenance, greening and promotion.

The Friends relationship with DEWNR is an important element in guiding our approach to sustaining and developing the trail. After some months of drafting and exchanging information, we have finalised a new ‘Working Agreement’. Once formally signed it will be on our website. It helps to clarify roles and responsibilities between DEWNR and the Friends, and provides a framework for training to underpin safe and healthy practices. We've also established a new collaboration through the Park of the Month program, aligning some of our walks so that we can introduce the Friends and trail to a wider audience.

With those steps in place, 2018 is an opportune time to consider greater promotion and enhancement of the Heysen Trail, particularly on the back of the success of the KI Wilderness Trail, and increasing interest in parks and walking. DEWNR and the Friends developed a strategic plan for the trail

2007-2017, which now has come to its natural end. It's time to consider where we go from here; what vision and future do we see for this wonderful trail.

While it is available on our website, it's timely to revisit the objectives of the Friends as we ponder our goals.

- To promote public awareness and usage of the Heysen Trail and other walking trails in South Australia.
- To assist and advise in the development and maintenance of walking trails in South Australia.
- To ensure the rights and interests of recreational walkers are preserved and that access to walking trails and other walking areas are protected.
- To promote awareness of environmental responsibilities on and adjacent to walking trails.
- To make representations and submissions to appropriate government, semi-government and non-government organisations on any matters concerning recreational walkers and walking trails.

It's members of the Friends that keep the Heysen thriving, so I'd ask you all to think about your stories, your favourite walk, highlights and views on the Heysen or a standout experience on another trail. Please help raise this conversation. Talk to each other, walk leaders, maintenance volunteers and Council members so we share ideas about how best to invest in the future of the trail. □

Gear Guide at the Scout Shop

Thursday 19 April 6.00pm

at the Scout Shop
122 Rundle Street Adelaide

The Friends have organised a special information session with the Scout Shop in preparation for the walk season. Members will be provided with a guide to choosing the best boots, layering clothes for variable weather, what to look for in backpacks and other nifty hiking tips. And discounts for sales on the night. Numbers are limited. Bookings via the walks program www.heysentrail.asn.au

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Notice of 2018 AGM

The 31st Annual General Meeting of the Friends of the Heysen Trail and Other Walking Trails Inc will be held at 7.30pm on Friday 23rd March at Thebarton Community Centre, South Road and Ashwin Parade, Torrensville. Free car parking will be available in the centre's car park. The agenda for this meeting is printed below.

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

Council meetings are currently held on the third Wednesday of each month at 5.30pm, in a room adjacent to the Friends office in Epworth House, 33 Pirie Street. Meetings usually conclude by 7.30pm.

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

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

The Secretary
Friends of the Heysen Trail
Suite 212, Epworth House
33 Pirie Street, Adelaide SA 5000

AGM Agenda

1. Apologies
2. Acceptance of the Minutes of the previous Annual General Meeting held on 24th March 2017
3. President's Report
4. Financial Report
5. Maintenance Report
6. Election of Officers
 - 6.1 Vice President
 - 6.2 Treasurer
 - 6.3 Secretary
 - 6.4 Council Members
7. Appointment of Auditor
8. Election of Honorary Members

9. Other Business

- 9.1 Setting of annual subscriptions
- 9.2 Any other business
- 9.3 Amendment to the Constitution

Motion 1

That in paragraphs 12(1), 14(5)x3, 15(1)x2, Appendix 6(4), 8(4), 8(5) x2 and 8(6) to replace 'Chairman' with 'Chair' and 8(6) 'Chairman's' to 'Chair's'.

Motion 2

That in paragraph 7(3) and 16(3) 'him' to 'them' and in paragraph 8(6), 11(3), 14(3), 14(5) and in the Appendix to Constitution paragraphs 6(3), 8(3) and 8(5) 'his' to 'their'.

Motion 3

That in paragraph 10 remove 'his or'.

Motion 4

That we change paragraph 15(1) to: *'Minutes of all proceedings of General Meetings and of the Council and its committees and sub-committees shall be filed in electronic folders designated for minutes of Council, general meetings and each committee accordingly and authorised as a correct record by the Chair of that meeting or by the Chair of the next succeeding meeting.'*

NB This then negates the need to change Chairman to Chair as above.

Motion 5

That we change Paragraph 15(3) to:

'books containing the minutes of proceedings' to 'electronic folders designated for minutes of proceedings'.

Motion 6

That in Appendix to Constitution Paragraph 9 change to:

'Minutes of all proceedings of General Meetings and of the Council and its committees and sub-committees shall be filed in books or electronic folders designated for minutes of Council, general meetings and each committee accordingly and authorised as a correct record by the Chair of that meeting or by the Chair of the next succeeding meeting.'

10. Close of Meeting.

At the conclusion of the AGM, Guest Speaker **Sean Benz**, DEWNR Senior Ranger for Adelaide and Mt Lofty Ranges, will speak about the role of walking in our national parks.

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

Nomination Form

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

I, wish to nominate for the position of
Vice President, Secretary, Treasurer, Council Member

(Signature of Nominee)
(Please Print Name)

Nominations close at 2.00pm on Friday 16th March
at the Friends' office

(Proposer)
(Name of Proposer)



Alteration to constitution

The following Notice of Motion, endorsed by Council, will be put to members to amend the constitution of the association.

Notice of Motion. That the constitution be amended as follows:

(Extract from the existing constitution.)

12. COMMITTEES AND SUB-COMMITTEES

- (1) The Council may appoint from among its members an Executive Committee consisting of the President, Vice President, Secretary, Treasurer and not more than three other members, to hold office for such time as it may determine, and to exercise such of the powers of the Council as it may delegate to the Executive Committee. The President, or in his absence the Vice-President, shall be Chairman of the Committee. The quorum of the Committee shall be one half of the members, to include the President or the Vice President.

14. PROCEEDINGS OF GENERAL MEETINGS

- (5) Questions arising at a General Meeting shall be decided on a show of hands, unless a poll is demanded by the Chairman of the meeting, or by at least five members present personally or by proxy, in which case a poll shall be taken in such manner as the Chairman may direct, and the result of the poll shall be deemed to be the decision of the meeting. In the case of equality of votes, whether by show of

hands or by poll, the Chairman shall have a casting vote in addition to his deliberative vote.

15. MINUTES

- (1) Minutes of all proceedings of General Meetings and of the Council and its committees and sub-committees shall be entered in books kept for that purpose and shall be signed as a correct record of the meeting by the Chairman of that meeting or by the Chairman of the next succeeding meeting.

APPENDIX

6. PROCEEDINGS OF COMMITTEE

- (4) In the event of equality of votes on any matter, the Chairman of the meeting shall have a casting vote as well as a deliberative vote.

8. PROCEEDINGS OF GENERAL MEETINGS OF BRANCH

- (4) With the consent of a meeting at which a quorum is present the Chairman of the meeting may adjourn the meeting from time to time and from place to place, but no business shall be transacted at an adjourned meeting other than the business left unfinished at the meeting from which the adjournment took place.

- (5) Questions arising at a General Meeting shall be decided on a show of hands, unless a poll is demanded by the Chairman of the meeting, or by at least five members personally present. In the case of equality of votes, whether by show of hands or by poll, the Chairman of the meeting shall have a casting vote in addition to his deliberative vote.

- (6) Each member personally present at a General Meeting shall be entitled to one vote (with the exception of the Chairman's casting vote), and no proxy votes shall be accepted.

9. MINUTES

Minutes of all proceedings of

General Meetings and of the Branch Committee and its sub-committees shall be entered in books kept for the purpose and signed as a correct record of the meeting by the Chairman of that meeting or by the Chairman of the next succeeding meeting. Copies of all such minutes shall be sent to the Secretary of the Association not more than fourteen days after the holding of the relevant meeting.

Proposed changes to 12(1), 14(5) x3, 15(1 x2, Appendix 6(4), 8(4), 8(5) x2, 8(6) and 9 to replace 'Chairman' with 'Chair', and 8(6) 'Chairman's' to 'Chair's'.

Notice of Motion. That the constitution be amended as follows: (Extract from the existing constitution.)

7. TERMINATION OF MEMBERSHIP

- (3) The Council may suspend the membership of any member for such period as it thinks fit, or may expel any member on account of conduct which in the opinion of the Council is detrimental to the interests of the Association; provided that no such decision shall be taken unless the Council has given the member concerned an opportunity to show cause against the proposed suspension or expulsion; and provided further that the member shall have the right to appeal to a General Meeting of the Association against any decision of the Council to suspend or expel him.

16. VOTING RIGHTS

- (3) A member, including the nominee of an Organisation or Corporate Member, shall be entitled to appoint in writing an individual member of the Association to represent him at any General Meeting of the Association and to exercise his vote.

Proposed change to 7(3) and 16(3) to replace 'him' with 'them' and 16(3) 'his' with 'their'. □

AGM Guest Speaker

Sean Benz, Senior Ranger, Adelaide & Mt Lofty Ranges, Department of Environment, Water and Natural Resources (DEWNR)

Sean has been involved in the \$10.4 million upgrade of metropolitan national parks, including new trails at Onkaparinga Gorge National Park and Anstey Hill Recreation Park.

Sean will speak about the role of walking in our national parks.

Election of Council Members

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

8. MANAGEMENT

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

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

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

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

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

New Members

The President and the Council would like to extend a warm welcome to the following 14 members who have joined the Friends since the last edition of *Trailwalker*, and urge them to become involved in the voluntary, walking and social aspects of the association.

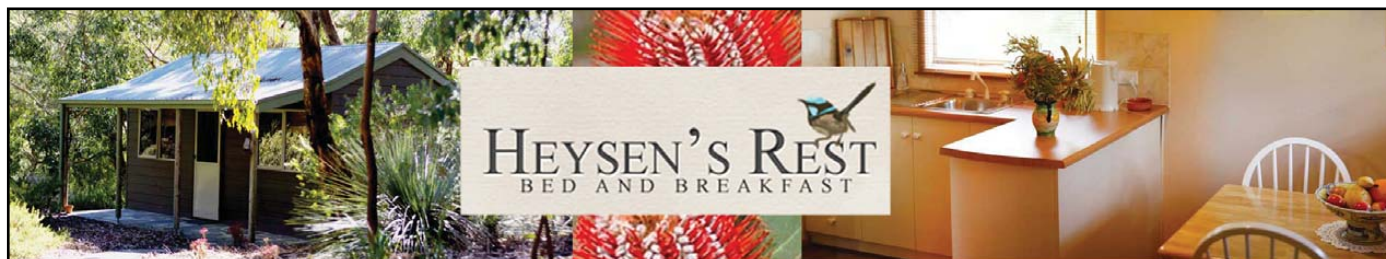
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Andrew Hartigan
Catriona Hartigan
Cindy Leary
Kathryn Lymn
Shirley McCombe
Barbara McDougall
Don McQuistan
Gerry Ryder

Discounts Available to Members

Discounts are available to members at retail outlets that support the Friends of the Heysen Trail.

Your membership card must be shown to receive these discounts, although some exclusions may apply. For a list of discounts go to:

<https://heysentrail.asn.au/friends/discounts-available-to-members/>



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Email: info@heysensrest.com.au
www.heysensrest.com.au

Greening the Trail

Neil Nosworthy, Chair of the Greening Sub-Committee, reports on past and future activities.



Summer was a quiet time for greening activities but there was a need for some work and planning for future years.

Hiskey's Hut

In December 2017 we went up to Hiskey's Hut to repair the tree guards that had been damaged by grazing stock. While many of the guards needed repair, we decided that some of the trees were sufficiently advanced so we moved their guards onto other trees that were still surviving despite the damage done by sheep.

We endured another wet and windy day at Hiskey's that caused us to wonder whether we could recycle our guards on some new trees to be planted south of the hut and provide protection from the prevailing winds. If possible, we will gather some seeds from the eucalypts that grow down the hill from the hut and seem to prosper in the conditions.

2018 Projects

We will not have a tree-planting day in 2018. Instead, we expect to proceed with a small planting of about 10 more mature trees at Robinson Hill, near Inman Valley.


This will screen the toilet at Robinson Hill and, hopefully, reduce usage by passing traffic along Hancock Road, thereby reducing the need to clean the toilet as frequently. We hope to carry out this project in May or June.

We have made enquiries with the Adelaide and Mt Lofty Ranges NRM Board about opportunities to contribute to cleaning stations in the Adelaide Hills for control of phytophthora. We are awaiting advice from the NRM Board on a program for managing these stations.

We are investigating planting trees along a section of the trail between Coolawang Creek and Parsons Beach at Waitpinga. The landowner has recently fenced this section and so there is an opportunity to plant trees protected from grazing animals. However, it is a rough rocky section of the trail as all walkers will know. As a result, we will investigate the option of direct seeding through Trees for Life.

If you have any ideas for improving the environment along the Heysen

Fixing the tree guards at Hiskey's Hut ... 'another wet and windy day'

Trail (not just planting trees), please contact Neil Nosworthy on neil@noztours.com.au. 

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Watch this space... 2019 shaping up already!

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'Our biggest and most technically demanding job'

Peter Simons of Trail Development reports on four hardy volunteers who took on the daunting task of repairing the old Hallett Railway Station.

The Heysen Trail certainly has an eclectic collection of huts along its length. One of the most interesting is the hut at Hallett. Located at the nominal halfway point of the trail, the Hallett Railway Station building makes excellent walker accommodation, especially welcome after descending from nearby Mt Bryan on a cold and windy day.

The station was opened in May 1878 by Mr G C Hawker, the Commissioner of Public Works. According to newspaper reports of the day, the Commissioner and his entourage of gentlemen and ladies arrived in a train from Adelaide and upon completion of the opening ceremony adjourned



to the Hallett Hotel where the party 'were entertained and a number of toasts were duly disposed of'. At the time, Hallett was the centre for the Uooloo goldfields and an important coaching station for those travelling north.

The train line carried passengers and freight for a century, sadly closing in November 1990 when the remaining line between Hallett and Burra was abandoned. Apart from the classic black and white Hallett station sign and its location on what is clearly a railway reserve, there is not much left from its days as a railway station, although the long wooden bench may date back to this time.

Unfortunately, the building has seen better

days and is on our infrastructure maintenance priority list for 2018/2019.

The most pressing problem is the ceiling. The old fibrous plaster is sagging badly, with several large holes and peeling paint hanging in sheets. Apart from problems with building sealing, dirt and vermin ingress, the overall effect is to add a derelict and abandoned air to the place. This has been somewhat mitigated by the efforts of Chris and Sue McGloin of the Hallett General Store who keep the hut clean and tidy, and have hung curtains to cheer the room up. But no matter what else was done the tatty old ceiling still loomed over the room.

After a few visits, and much head scratching, we decided not to try and repair the ceiling. Instead, we elected to erect a new one. The cunning plan was to leave the old ceiling substantially in place and build a new one just underneath it. This avoided a lot of filthy and potentially hazardous work, and would still yield a good result.

In late January, four hardy volunteers headed to Hallett to begin the biggest and most technically demanding job the infrastructure maintenance team has tackled in the last couple of years. Colin Biggs is a new FOHT member and is just starting his independent Heysen walk, but is keen to get involved in the other aspects of the trail. Daniel Jardine has walked the trail with End-to-End 4 and has recently retired so has plenty of time for Heysen Trail work. Peter Simons walked the trail with End-to-End 5 and End-to-End 8, and is the Infrastructure Maintenance team leader. Trail veteran Jerry Foster with two Heysens under his belt, including an End-to-End 5 leader, Morialta Section Leader and trained wielder of chainsaws, rounded

Continued next page ...



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2016, 2015, 2014



out the team. Apart from Peter and Jerry, none of us had worked together before, but as it turned out we were working like a well-oiled machine in short order.

The trip was planned for three days with the primary goal to get the new joists fitted under the old ceiling. Although Peter and Colin Edwards had made a quick trip to Hallett on New Year's Eve to test the idea, it was still anybody's guess how long it would take. We had worried for ages about the foolishness of scheduling such a difficult and dirty job in January, but the weather gnomes were in a good mood and we had perfect cool weather for the three days.

Despite a few hiccups like ordering the wrong length plasterboard sheets, we got the joists up and almost all of the sheets in place. We had a pleasant surprise when Andrew, from DPTI turned up to check the building for asbestos. We were well aware of the possibility of encountering asbestos, but we had

seen no suspicious material in our previous visits. Andrew, however, did find a couple of items that are being tested, but they have nothing to do with our work.

We did not quite complete the sheeting of the ceiling on this trip because of several issues with the old wood stove, which is poorly located, in poor condition and may be sitting on bricks on top of an asbestos sheet. We decided not to place the sheets around the stove flue in case we need to move the stove and/or redo the flue. After resolving the problems with the heater, we plan to get contractors to flush the ceiling joints and install cornices and battens to restore the original appearance of the ceiling. We will then finish the job ourselves by painting the ceiling and walls. This should result in a much more comfortable and welcoming hut for Heysen Trail walkers.

Many thanks to Colin, Daniel and Jerry for their time and skilled efforts on this challenging job. □

Walk for the Heysen

Walk on the Heysen Trail,
BBQ & live Blues Band

Multiple Walk Options
to suit the beginner
thorough to the
experienced bushwalker

Walk for the Heysen 2018 Bridgewater Oval Sunday 29 April 2018

New Date and New Location for 2018.

This year we have moved to a location closer to the city to attract more of our members and the public. Once again, there will be a number of guided walks from the Bridgewater oval, and a BBQ lunch provided by the Adelaide Hills Kiwanis Club. The event will again attract existing and new walkers to get out and enjoy walking in nature. The funds raised will be used to support the walking trails in South Australia.



WARREN
BONYTHON
HEYSEN TRAIL
FOUNDATION

The organisers will be seeking support from members of the Friends and Foundation to assist on the day. To be part of the organising group, or to be involved in supporting the walks, please email heysentrail@heysentrail.asn.au or phone the office with your details.

End to End Awards

Congratulations to the following walkers who received End to End awards for completing the trail over the period October to January 2018.

Valerie Dobie
Lyndon Grimmer
Anthea Magarey
Chris Magarey
Sally Ryan
Suzanne Heath
Tim Russell
Cindy Spangler
Janet Martin
Geoff Kelly
Mary Gordon
Keith Jordan



The Great North Walk

Tuesday 15 May to
Thursday 31 May (17 days)

The Great North Walk follows a 250km walking path connecting Sydney and Newcastle.

Approximate cost of the walk is \$1,600. This includes accommodation and charter bus, but excludes meals and travel to and from Sydney.

Registrations are now open and close at 11.00am on Saturday 31 March.

For more details and registration visit www.heysentrail.asn.au



TrailStarter & TrailWalker Walks

2018 Walk Season Programme

This version released 10 February 2018
heysentrail.asn.au

	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
April	Mar 30 - Apr2 EASTER no walks	Sun April 8 TrailStarter TBA TBA Sun April 8 TrailWalker Cleland Richard Milosh	Sunday April 15 Special Event Walk Expo Opening of the Walk Season Belair	Sun April 22 TrailStarter TBA TBA Sun April 22 TrailWalker Boot Camp Alan Davis	Sunday April 29 Special Event Walk for the Heysen Warren Bonython HT Foundation Bridgewater
May	Sun May 6 TrailStarter Mt Pleasant Kevin Liddiard Sun May 6 TrailWalker Summertown Judith Ellis	Sun May 13 TrailStarter Mitcham Hills Graham Bald Sun May 13 TrailWalker Carrick Hill Richard Milosh	Sun May 20 TrailStarter Hahndorf Extension Dean Mortimer Sun May 20 TrailWalker Waitpinga Cliff Tops Caroline Prescott	Sun May 27 TrailStarter Para Wirra Judith Ellis Sun May 27 TrailWalker Black Hill Mike Joyce	Tues 15 May - Thurs 31 May Extended Walk Trip Great Northern Walk NSW
June	Sun June 3 TrailStarter Sherpherds Hill Helen Morgante Sun June 3 TrailWalker Morialta/Montacute CP Richard Milosh	Sun June 10 TrailStarter TBA TBA Sun June 10 TrailWalker TBA TBA	Sun June 17 TrailStarter Hale and Warren Robyn Quinn Sun June 17 TrailWalker Black Hill Judith Ellis	Sun June 24 TrailStarter Willunga Daniel Jardine Sun June 24 TrailWalker Chambers Gully Neil Rivett	
July	Sun July 1 TrailStarter Lobethal Bushland Kevin Liddiard Sun July 1 TrailWalker Onkaparinga The Bells	Sun July 8 TrailStarter Mack Scrub Mary Cartland Sun July 8 TrailWalker Beaumont Mike Joyce	Sun July 15 TrailStarter Mt George Circuit Caroline Prescott Sun July 15 TrailWalker Belair Railway Tunnels Alan Davis	Sun July 22 TrailStarter TBA TBA Sun July 22 TrailWalker TBA TBA	Sun July 29 TrailStarter Measday Lookout Rosemary Hayward Sun July 29 TrailWalker Anstey Hill John Babister
August	Sat Aug 4 Lavender Federation Trail Stephen Salib-Brown Sun Aug 5 TrailStarter Mylor/Aldgate Rosemary Hayward Sun Aug 5 TrailWalker Montacute Peter Deacon	Sun August 12 TrailStarter Sturt Gorge Robyn Quinn Sun August 12 TrailWalker TBA TBA	Sun August 19 TrailStarter TBA TBA Sun August 19 TrailWalker Bridgetater-Mt Lofty loop Caroline Prescott	Sun August 26 TrailStarter Scott Creek Adam Matthews Sun August 26 TrailWalker Mount Hayfield Peter Clark	
September	Sat Sep 1 Lavender Federation Trail Stephen Salib-Brown Sun Sept 2 TrailStarter Onkaparinga The Bells Sun Sept 2 Trailwalker Mount Crawford Jon Holbrook	Sun Sept 9 TrailStarter Barossa Goldfields Kevin Liddiard Sun Sept 9 TrailWalker Ashbourne 3 Parks Dean Mortimer	Sun Sept 16 TrailStarter Newland Hill Robyn Quinn Sun Sept 16 TrailWalker Tailem Bend Daniel Jardine	Sun Sept 23 TrailStarter Cobbler Creek Mary Cartland Sun Sept 23 TrailWalker Sanderson Adam Matthew	Sun Sept 30 TrailStarter TBA TBA Sun Sept 30 TrailWalker TBA TBA
October	Sat Oct 6 Lavender Federation Trail Stephen Salib-Brown Sun Oct 7 TrailStarter Jenkins Scrub Mary Cartland Sun Oct 7 TrailWalker Kuitpo Jon Holbrook	Sunday Oct 14 Walking SA Event Many Walks Various Grades Mt Lofty	Sun Oct 21 TrailStarter TBA TBA Sun Oct 21 TrailWalker TBA TBA	Sun Oct 28 TrailStarter Graham Bald Mt Barker Summit Sun Oct 28 TrailWalker TBA TBA	

Walks Grade.

There are five different grades of walks 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:

- TrailStarter
- TrailWalker
- Trail Rambler
- End-to-End

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

Walks Registration.

Register for a walk either online or over the phone; online at heysentrail.asn.au or phone the office on 8212 6299. Walks close between Tuesday and Friday prior to the walk. Closing dates and time are listed on each event page on the website.



End-to-End Walks

2018 Walk Season Programme

This version released 10 February 2018

heysentrail.asn.au

	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
May	Sat May 5 – Sun May 6 End-to-End 10 Gerkie Gap - Webb Gap - Burra Road Sun May 6 End-to-End 11 Nuggett Road - Mt Crawford Sun May 6 End-to-End 13 Cape Jervis to Cobbler Hill	Sun May 13	Sat May 19 – Sun May 20 End-to-End 9 Block 9 Rd to Murraytown to Melrose Sun May 20 End-to-End 12 Myponga to Mt Compass	Sun May 27 End-to-End 11 Mt Crawford to Pewsey Vale	
			Tues 15 May – Thurs 31 May Extended Walk Trip Great Northern Walk NSW		
June	Sat June 2 – Sun June 3 End-to-End 10 Burra Road to Worlds End to Burra Sun June 3 – Sun June 10 End-to-End 8 Buckaringa to Moralana Drive	Sat June 9 – Mon June 11 End-to-End 9 Bowman Pk - Mt Zion - Wirrabara Forest - Block 9 Rd Sun June 10 End-to-End 13 Cobbler Hill to Tapanappa	Sat June 16 – Sun June 17 End-to-End 10 Burra to Wandallah to Newikie Ck Sun June 17 End-to-End 12 Mt Compass to Kyeema	Sun June 24 End-to-End 11 Pewsey Vale to Tanunda	
July	Sun July 1	Sat July 7 – Sun July 8 End-to-End 10 Newikie Ck to Dares Hill Summit Rd to Hallett Sun July 8 End-to-End 13 Tapanappa to Balquhider	Sun July 15 End-to-End 12 Kyeema to Dashwood Gully	Sat July 21 – Sun July 22 End-to-End 9 Melrose to Alligator Gorge Rd to Horrocks Pass Sun July 22 End-to-End 11 Tanunda to Kapunda	Sun July 29 End-to-End 12 Dashwood Gully to Mylor Sun July 29 End-to-End 13 Balquhider to Waitpinga
August	Sat Aug 4 – Sun Aug 5 End-to-End 10 Hallett to EE George Quarry to Spalding Rd	Sat Aug 11 – Sat Aug 18 End-to-End 8 Moralana Drive to Parachilna Trailhead Sun Aug 12 End-to-End 13 Waitpinga to Tugwell Road	Sat Aug 18 – Sun Aug 19 End-to-End 9 Horrocks Pass - Broadview - Woolshed Flat Sun Aug 19 End-to-End 12 Mylor to Cleland	Sat Aug 25 – Sun Aug 26 End-to-End 11 Kapunda to Hamilton to Peters Hill	
September	Sat Sept 1 – Sun Sept 2 End-to-End 10 Spalding Rd to Chlorinator to Curnows Hut	Sun Sept 9 End-to-End 13 Tugwell Rd to Inman Valley	Sat Sept 15 – Sun Sept 16 End-to-End 9 Dutchmans Stern - Eyre Depot then Quorn - Dutchmans Stern Sun Sept 16 End-to-End 12 Cleland to Montacute Heights	Sat Sept 22 – Sun Sept 23 End-to-End 11 Peters Hill to Gerkie Gap to Webb Gap	
October	Sat Oct 6 – Sun Oct 7 End-to-End 10 Curnows Hut to Raeville to Locks Ruin	Sat Oct 13 – Sun Oct 14 End-to-End 9 Eyre Depot - Warren Gorge then Woolshed Flat - Quorn Sun Oct 14 End-to-End 13 Inman Valley to Myponga	Sat Oct 20 – Sun Oct 21 End-to-End 10 Locks Ruin to Bowman Park to Mt Zion Sun Oct 21 End-to-End 12 Montacute Heights to Cudlee Creek	Sat Oct 27 – Sun Oct 28 End-to-End 11 Webb Gap to Burra Rd to Worlds End	November Sun Nov 11 End-to-End 13 Myponga to Mount Compass

Walk Cancellations.

TrailStarter and TrailWalker walks will be cancelled if 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.

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

A 16-day stroll in the Red Centre

Samantha and Gary McCarty walked the Larapinta Trail, 223kms along the West MacDonnell Ranges from Alice Springs to Mount Sonder.

It all began in a camping store in Rundle Street. Sam picked up a copy of Peter Chapman's book *Larapinta Trail* and said, 'This looks like fun. Let's do this!'

Never one to shy away from a challenge, we started to work through what we were up against to make it happen. Informal chats with people who had done the trip in various formats, and a bit of time working through the official

Gary and Sam about to start their 16-day Larapinta hike ... a recurring theme was 'make sure you have good boots'



website (www.larapintatrail.com.au) soon had us all fired up and ready to go.

The Larapinta Trail follows the West MacDonnell Ranges for 223 kms from Alice Springs to the western end at Mount Sonder, one of the Northern Territory's highest mountains.

We decided the 16-day end-to-end itinerary looked the best fit for our adventure so we locked this in and then started to get serious.

Now a 16-day stroll through the red centre of Australia may sound a little daunting for some so we did more background research and stumbled across the friendly crew at Larapinta Trail Trek Support (LTTS) who specialise in trail logistics and support.

A few e-mails and phone chats soon had our dates and transfers locked in. We signed up for the LTTS End-to-End Duo Express package which made life significantly easier.

We were keen to share our adventure with some of our regular walking buddies, but dates and circumstances conspired so we ended up deciding to continue ourselves and make the most of exclusive bragging rights later.

Now came the hard yards. A quick gear review highlighted that we had some catching up to do. Snowys quickly became a regular shopping spot and point of reference for a pre-expedition fit out. Some of their team had also travelled the trail, which helped give us more insight into the challenges ahead. The recurring theme of 'make sure you have good boots' was taken on board. We also took the opportunity to upgrade to lighter and more compact backpacking gear to make the trip more comfortable.

With heavier packs and lighter pockets, the focus then moved to fitness training and conditioning. A number of weekend training circuits in Deep Creek Conservation Park gave us a great opportunity to build fitness and

Continued next page ...

Larapinta Trail (cont.)

shakedown our new gear. The tracks and terrain proved to be very similar to what was ahead. This also gave time to fine tune our meal plans as the 16-day itinerary meant we were not going to be able to carry all our food at once. Fortunately, the LTTS Duo package included three food drops, trail transfers from Redbank Gorge and a Personal Locator Beacon.

Planning and making up food bags was probably the most time consuming activity leading up to the trip. We purchased a vacuum sealer so we could make 32 sealed food bags, one each for every day on the trail.

Before we knew it the day of departure was upon us. We flew to Alice Springs late in the afternoon and took a taxi to the hotel where Zac from LTTS had already dropped off our food drop boxes ready for us to pack and seal. Zac then met us after dinner for a pre-trip briefing about current trail conditions and things we should look out for. He also took us through a safety briefing and showed us how to use the Personal Locator Beacon. Because we were travelling as a pair we also hired a satellite phone as an extra safety measure.

Next day we loaded up and caught a taxi four kilometres north of Alice Springs to the head of the trail to get our adventure started. We chose to walk the trail in the direction it was originally intended, 223 kms from the Telegraph Station out to

Redbank Gorge and finishing with a jaunt up Mount Sonder.

This worked well as the first few sections were long but not technically challenging and gave us time to settle in to a routine that we followed for the rest of the trip. Sam had us up at sunrise which gave plenty of time to have breakfast, pack and be on the trail by 8-8:30 each day. Most days finished early to mid-afternoon allowing enough time to set up camp and do a bit of local exploring.

The scenery and geography was quite spectacular. The sheer size of everything was amazing. You almost expected to come across a dinosaur. Everything was accentuated by perfect weather: slightly cool nights followed by warm days in the low 20s with clear skies every day. We had taken light raincoats that were only ever used when it got a bit cold or windy overnight. We were told the last rain had been five months ago in January.

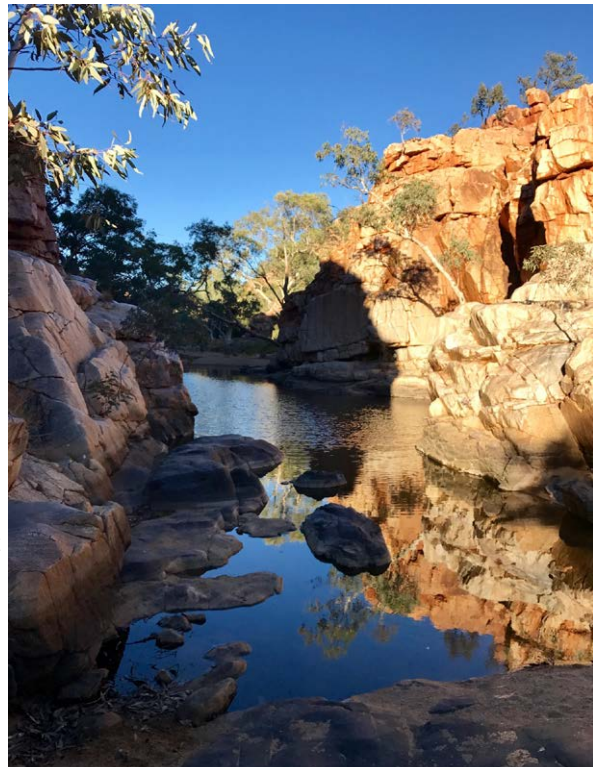
The trail certainly had a lot of variety with each day bringing new adventures and challenges, both physical and mental. Worries about getting lost soon disappeared as we

got familiar with how the trail was set up. Travelling as a pair certainly made it easier as we were able to pick up any deviations more quickly.

The trail was not particularly busy in June but each day we did meet people either on the track or at the campsite. The campground facilities were great with well set out tent sites, raised platforms, and pump-flushing toilets. Water tanks were always full and the water was consistently good.

Our training and preparation paid off well as we found we were

Continued next page ...



Larapinta Trail Details


The Larapinta Trail runs from the old Alice Springs Telegraph Station to the peak of Mount Sonder, traversing the homelands of the Central Arrernte, Western Arrernte and Luritja peoples. The trail stretches 223 kilometres along the backbone of the West MacDonnell Ranges. For more detail:

www.larapintatrail.com.au

www.larapintatrailtreksupport.com.au

travelling quite comfortably and ended up two days ahead of our planned itinerary, resulting in a couple of unplanned 'rest days'. One of these was at Ormiston Gorge where we did the Ormiston Pound walk, had hot showers, washed our clothes, and indulged in home cooking from the kiosk. Another highlight was an extended lunch on top of Mount Sonder taking in the scenery and the enormity of our travels.

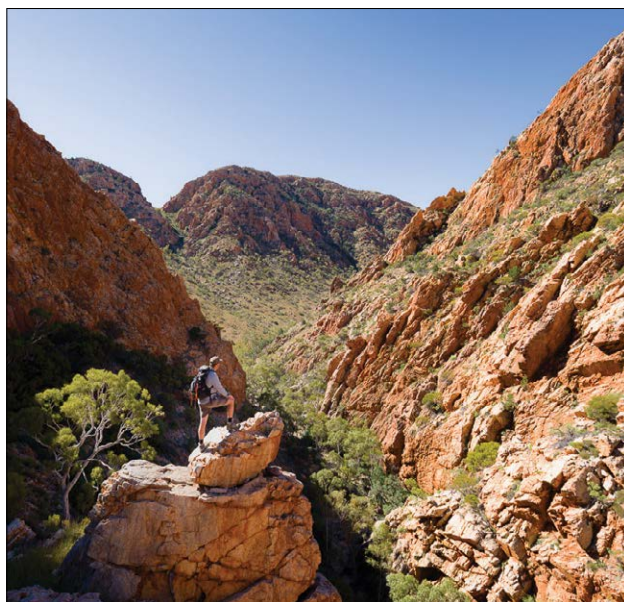
We found the 16 days with a couple of rest days worked well for us.

On the whole a very special part of Australia that we would recommend to anyone to make sure you add it to your bucket list. We will certainly be back. 



Samantha McCarty completed the Heysen Trail with E2E6, and is doing a second lap with E2E8 and as a walk leader on E2E12.

Gary McCarty is completing the Heysen Trail for the first time with E2E8 and walking with E2E12.



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History Along the Trail: Depot Creek

Arthur Smith researched this interesting item about Depot Creek in the Flinders. *Trailwalker* is keen to publish a series of articles on other interesting snippets of history for sites along the trail.

Some of you may have seen the monument erected by the Royal Geographical Society at Depot Creek and wondered, as I have, who was Charles Dutton and was he ever found?

The plaque on the monument states that in 1842 two parties visited the site, one led by James Hawker and one by Edward Eyre, while searching for Charles Dutton. However, there is no mention of whether or not either party was successful.

A few casual enquiries did not increase my knowledge, so I paid a visit to the Royal Geographical Society's office. While the woman on duty did not have any knowledge of the incident, she was able in a few minutes to lay before me four or five books with information about Charles Dutton and the search.


None of the books told the complete story. However, I was able to ascertain the following:

Charles Dutton, in 1842, was either part owner or manager of a station in the newly-settled area of Port Lincoln. He also was one of the directors of a newly-formed bank in Port Lincoln, which issued its own bank notes.

Due to unrest by the local natives, it was decided in June 1842 to move the cattle on the property back to Adelaide and, furthermore, to take them overland instead of by ship, which was the usual practice.

Nothing more was seen nor heard of the party after it left Port Lincoln. Eyre Depot was visited by a private search party led by James Hawker in late September and a government-funded search party led by Edward Eyre, in October 1842.

Neither search was successful.

However, in 1846 John Tennant, who was overlanding 10,000 sheep to Port Lincoln, came across the bodies of Charles Dutton and his party underneath their dray. The cause of death could not be ascertained. The site where the bodies were found was north west of where the City of Whyalla now stands and not far from where Eyre had been following the dray tracks. But because of lack of water, he had been forced to turn back. To continue on would have endangered the whole party and Eyre, correctly it seems, presumed there was no way that Dutton and his party could still be alive. 



Hiking Expo

Opening of the
Bushwalking Season

Sunday 15th April 2018

9.00am to 1.30pm

(parking gates open 8.00am)

Belair National Park

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England's Coast to Coast Walk

Mike and Cathy Joyce walked the Coast to Coast in 2014 and again last year. In this article Mike compares the two walks and gives some useful tips.

Cathy and Mike Joyce at the start of their Coast to Coast trek last year and (below centre) St Bees on the Irish Sea



The Coast to Coast walk in England was originally described by Alfred Wainwright in his 1973 book *A Coast to Coast Walk*. The walk traverses England from St Bees on the Irish Sea to Robin Hood's Bay on the North Sea. It is about 200 miles or 300kms and passes through the Lake District, Yorkshire Dales and Yorkshire Moors.

Cathy and I walked it in May-June 2014 and liked it so much that we did it again in September 2017.



On the first occasion we decided to complete the walk in 16 walking days and two rest days; on the second crossing we again decided on 16 walking days but with only one rest day. The length of each walking day varied from 13kms up to 29kms. This gave us plenty of time to look around the villages on the way. Our rest days were in Grasmere and Richmond, both having lots of points of interest.

On both occasions we used a company called Macs Adventure to book our accommodation, transfer our suitcases and provide maps and guidebooks. Associated with the guidebook are waypoints that are marked on the maps and can be loaded onto a GPS. This proved to be very handy on several occasions. We also read Wainwright's book that provides interesting background information and is beautifully illustrated with his maps and drawings.

In 2014 we were joined by our English friend Sid whom we had met on previous travels. On that occasion Sid walked only the first half, so we persuaded him to complete the journey by joining us for the second half in 2017. That was part of the reason for us completing the walk a second time.

There is a lot of tradition established with the Coast to Coast. It starts in St Bees where you dip your shoe in the Irish Sea and collect a pebble to carry to Robin Hood's Bay for casting into the North Sea.

The first few days of the walk are probably the hardest. It is in the spectacular Lake District so there are plenty of hills and some rough walking. There also are plenty of rewards by way of scenery and B&Bs. The first half of the walk is poorly marked so it is important to keep an eye on the guidebook. However, we noticed that a number of improvements had been made to the

Continued next page ...



(From left) Sid and Cathy enjoying the views and a rest overlooking Buttermere and High Crag; Haweswater with its lovely stone bridges; and (right) the Nine Standards 'down the spine of England'

track in the three years since we first did it.

There are often optional routes. For example, at Ennerdale Water you can take the northern side of the lake (as we did on both occasions). This is easier, less boggy and provides reflective views over the lake. The southern side is the conventional route, but is somewhat tougher and can be boggy. After that there are three routes to choose from in order to reach Rosthwaite. One is over Red Pike (involving a lot of climbing), one over Haystacks via Scarth Gap (with great views over Buttermere; we did this in 2014) and the third is past Black Sail Hut (which

The Nine Standards ... 'erected to look like an army on the top of the hill to deter invaders'.

we did in 2017). The choice of route depends on how fit you are feeling or on the weather conditions. Some peaks can be quite dangerous in fog or high wind. You are very likely to encounter some bad weather at some stage on the Coast to Coast. The weather for our May-June traverse was generally better than it was in September-October. But

it seems to be a matter of luck.

Apart from the scenery, the pubs and B&Bs, the Coast to Coast is about the other walkers and the locals you meet. You keep bumping into folk from all over the world, and swapping stories along the walk and at the end of the day over a pub dinner.

One of the hardest days for us was the walk from Patterdale to Shap. It is about 28kms over Kidsty Pike. In 2014 we were greeted by drizzle and very high winds.

It was difficult to walk in a straight line – even our poles were blown sideways. However, after walking by Haweswater you come to some lovely scenes with stone bridges, Belted Galloway cattle and the ruins of Shap Abbey.

The final walk into Shap was soul destroying as Shap must have the longest main street of any English village and, you guessed it, our B&B was at the far end! But we stayed at Brookfield House and Margaret is one of our favourite hostesses. She fusses over you when you arrive and prepares fresh scones and tea. A welcome end to a hard day.

The Coast to Coast crosses quite a bit of private land. So it is often necessary to negotiate a herd of cows or sheep. You never know who might be waiting for you on the other side of the stile.

At Kirkby Stephen, Sid departed in 2013 so this is where he joined us in 2017. The walk from Kirkby Stephen to Keld includes several points of interest as we progress into the Yorkshire Dales National Park.

The Nine Standards are a group of cairns and there is much speculation about their reason for being. They are geographically significant because they are on the spine of England. Prior to this point all the rivers flow west, after this point they flow east. One theory is that the Standards were erected to look like an army on the top of the hill in order to deter invaders. The route by the Standards is very boggy and

Continued next page ...



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if fog moves in it is very easy to get lost. The track has been significantly improved over the last few years. When we arrived in 2017 it was clear, but in a matter of minutes the fog moved in. It is easy to see how walkers could drift off track.

Another feature along this section is Ravenseat Farm. The lady of the house started work as a shepherdess, married the farmer and now has lots of children. The farm is a welcome stop as you can feast on scones and tea. Well worth a visit.

Richmond is a great place for a rest day. It has lots of historic buildings, shops to stock up on Band-Aids and great places to eat. Our B&B on both occasions had wonderful views over the valley from the breakfast room.

In 2014 we stayed at a B&B called Vale House at Ingleby Cross; the hostess reminded me of Bubbles from AbFab. From there we did a side trip to Mount Grace Priory – built in 1398 – and just up a very muddy road from our B&B. If you get a chance it's well worth a visit.

As the trail progresses into North York Moors National Park the markers become a lot clearer as the Coast to Coast joins The Cleveland Way for several kilometres.

At Blakey Ridge we stayed at The Lion Inn: the most remote pub in England. It is very quaint with low ceilings. Many walkers stop here for lunch and then carry on to Glaisdale.

I am glad that we saw the scenery in this area in 2014 because it became a little obscure in 2017 when we did not see any of the quaintly named 'Great Fryup Dale'.

Egton Bridge was our next stopover. The River Esk flows through Egton Bridge and there is a shortcut from our B&B to the pub over some stepping stones across the river. The stones were nice and dry in 2014, but they were wet and slippery in



(Top to bottom) The final long walk to Robin Hood Bay and the North Sea; stepping stones across the River Esk ... a shortcut to Egton Bridge pub; and Mike, Cathy and Sid celebrate the end of their Coast to Coast trek

2017 so we opted to take the longer route home from the pub.

Our last day was the longest at 29kms. And it was very windy in 2017. However, we made it through Heartbeat country of Grosmont. The Coast to Coast saves up some very boggy bits for the last day though

we think Littlebeck Wood had been improved marginally. All was forgiven when the North Sea came into view with Whitby Abbey appearing on the horizon. There is a final long walk down the coastal path towards Robin Hood's Bay.

After three years we were pleased to present Sid with his Coast to Coast badge. The final formalities include casting the pebble into the North Sea, dipping your toe in the water, signing the register at Wainwright's Bar and having a meal of fish and chips.

Both Cathy and I love this multi-day walk and recommend it as a great way to see the countryside up close. □



Mike and Cathy Joyce completed the Heysen Trail in 2016 with End to End 6. They are about to complete it again this year with End to End 8.

Coast to Coast details

The Coast to Coast was devised by Alfred Wainwright in 1972. It is about 190 miles long, depending on the variations chosen, and can be walked in 12-14 days. The walk has become one of the most popular long distance walks in the British Isles. One of the reasons is that it makes its way through three of the finest national parks in the country: the Lake District, the Yorkshire Dales and the North York Moors. Accommodation along the Coast to Coast is readily available as its popularity has encouraged the growth of guest houses, B&Bs, bunk houses and camping facilities.

For more details:
www.walkingplaces.co.uk/c2c/
www.ramblingman.org.uk
www.macsadventure.com

Handy Trail Tips

Here are some more handy bushwalking tips gleaned through experience by our readers. The best tip this issue is from **Anne Kirk**, reminding you to keep a record of your End to End journey. Anne wins \$100 worth of Heysen Trail merchandise.

Keep a Record.

However long it takes you to walk the Heysen Trail, it is very helpful to record your journey from Day One. You can do this in three ways: by recording brief notes of each walk; by writing a more detailed journal; or by taking a few photos. We cover so many kilometres and such varied scenery that it is easy to forget where we have been. It helps jog your memory if you wish to return to different spots or answer questions from other keen walkers.

Carry a Business Card!

I carry the Friends of the Heysen Trail business card (which shows the Heysen Trail map) in my purse. It's a great way to show friends and family where you have been and even to inspire others to join the journey.

Anne Kirk

Checklists.

A checklist is vital to ensure you

don't forget an important piece of gear such as your morning tea or lunch. It also ensures that all you need actually gets packed. The checklist also helps you question how important each item really is in your pack, and whether it's worth carry up Mount Arden.

Learn to love Zip-Locks.

On the Heysen Trail I learned to love zip-lock bags. Storing food in these handy little bags saves weight, space and reduces the risk of spills. Zip-lock bags pack well and keep food fresh. They also reduce food packaging and that means less rubbish to carry out.

Greg Martin

If you have any tips for making walking easier, please share them with the rest of us. Simple email your favourite Trail Tips to The Editor, Trailwalker at trailwalker@heysentrail.asn.au

Public Invitation

Lavender Federation Trail

Murray Bridge to Clare Trail Opening

Saturday 5th May

Lennon Street Park, Clare

South Australian Recreation Trails Inc. (SARTI) and Friends of the Riesling Trail invite you to attend the celebration of the completion of the Lavender Federation Trail, commenced in 1997 and finished in 2018.

The day will be enhanced with displays and information from the walking community, outdoor stores and promoters of healthy lifestyles.

9:00am onwards Conducted walks available on sections of the trail.

12:00 Lunches available for purchase.

12:30 Official Opening.

All are welcome. Bring your friends and family.

For more information have a look at the Footsteps Newsletter on the Lavender Federation Trail website: www.lavenderfederationtrail.org.au



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South of the Heysen. Why not?

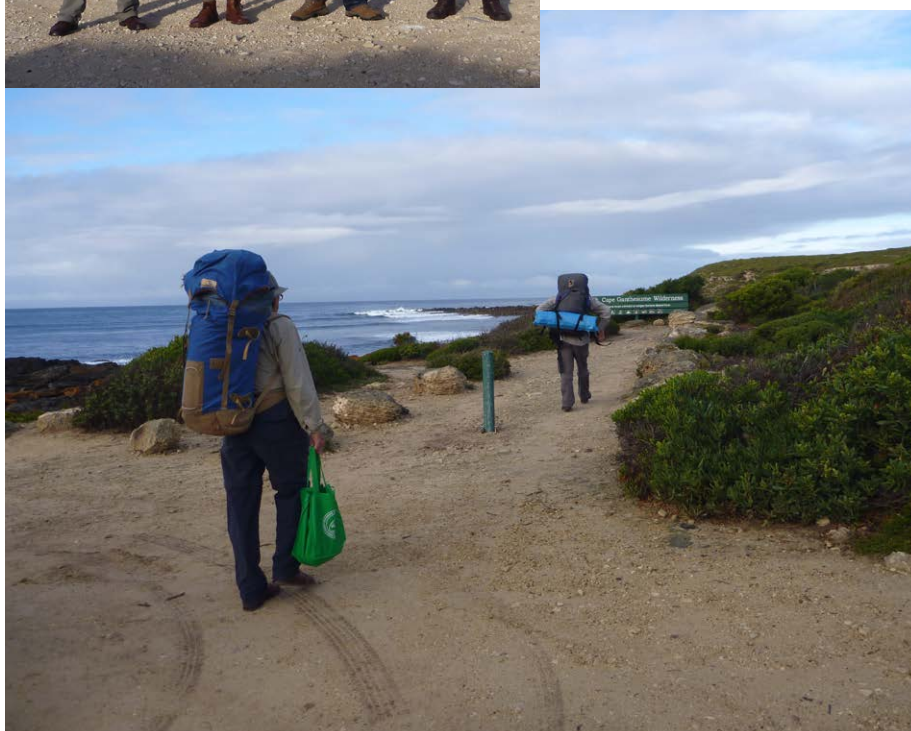
Jim McLean completes his three-part series on a southern extension of the Heysen Trail. In this final segment, Jim is on Kangaroo Island in 2017.

(From left) Jim McLean, Bob Koehne, John Barton and John Fuller at Pennington Bay ready to head off



Sometimes you learn from your mistakes. In 2017 we trained harder; we prepared ourselves better. Our proposed undertaking was more realistic. But it's the unexpected and the things out of your control that make life interesting.

The plan was simple. Three 2-day walks and one 1-day walk, and all the gaps from 2013 would be filled in a continuous route from Cape Borda, down the western end of Kangaroo Island, along the southern coast and up to Penneshaw. That, along



with the paddle across the Backstairs Passage, will constitute a neat and significant extension of the Heysen Trail to the south.

We set off on Anzac Day – Bob Koehne, John Fuller, John Barton and myself – three cars and one trailer. We crossed from Cape Jervis by ferry, made a water drop in d'Estrees Bay, left our cars at Wheatons Beach and headed for Kingscote where we bought supplies.

The Visitor Centre at Penneshaw had no process for recording a plan of intention so we had rung the KI police and got an email address. In the holiday village unit at Kingscote we notified the police of whose cars would be parked where and for how long. In 2013 we got into serious trouble when we left a car parked for a night and a day in bush on KI without notification.

The next morning we were off to Pennington Bay with the car and trailer. We had trouble from the start. Bob had forgotten his 'bum fodder'. Fortunately, we had an emergency supply. I became aware of small holes that I had not seen before in each of the two pairs of heavy walking boots that I had. The holes developed in the end into large tears but the boots, fortunately, just held out. John Barton lost his strapped-on tent somewhere between Pennington Bay and camp. He had employed the same technique with the same tent and the same pack many times before but this time the tent slipped out. John had a

Continued next page ...

South of the Heysen (cont.)

cold and wet night under a small makeshift tarp shelter until he squeezed in with me for two hours before dawn.

But the walk around the d'Estrees Bay was great: a mixture of sandy low-lying scrub, open pasture, rock and scrub cliff walking and a vehicular track at the end. The next day was not as exciting – vehicular track followed by road around the sweeping seafront – but full of interest all the same with coastal housing, coastline, birdlife and interpretive signage about coastal plants, endangered bird species and shipwrecks. At Wheatons Beach we took note of the locked bollard blocking the 4WD track to Cape Gantheaume that was our biggest and most anticipated conquest.

For now though other things were on the agenda. We collected the car and trailer and headed for Kangastay, the house at Vivonne Bay where we had stayed in 2013. This would be our base for the next six nights. The next morning John Barton left us for Penneshaw and the ferry, and the remaining three of us set off for a 3km walk to Point Ellen.

The back street, scrub and beach opened up to the bay and the sand bar between the scenic Harriet River and the sea. The sweeping beach and the distant jetty offered us views of fishing boats and a vast bay enclosed on three sides by beach and dunes. Point Ellen is a natural rock garden of the most pleasing diversity of low-lying coastal plants that you could ever see in one small space.

At lunchtime we fuelled our cars and ourselves with whiting burgers from the Vivonne Bay shop. We dropped a car at Bales Beach, packed up the now dry tents and made final preparations for two days on the Cape.

In the morning we set off from the locked bollard at Wheatons Beach, water holders in hand, following the 4WD track to the tip of Cape Gantheaume, the southernmost point of KI. From a high vantage point we watched seals playing in the sea and sea lions heaving themselves up the slopes to bask in the sun. There was fresh water in tiny rock pools.

On the point, the most remote place you could imagine, we were surprised to find a mobile phone signal. The sand hills where we intended to camp were not far away. Until now I had been quietly pleased with my strength and with my ultra-light tent, pack, stove and sleeping bag. However, the all day water carry had left us all spent. It was hard work going in and around and back again in those dunes to find a suitable site for the night.



Vivonne Bay & Point Ellen ... a sweeping beach and distant jetty

The next day we clambered over sand and rocks and through plant ground cover above the cliffs and along the beaches. It was good to be carrying just a bottle of water to last the day, and to be out where we imagined very few people go. I know two Islanders who have been out to the point. We saw evidence that "boaties" stay there from time

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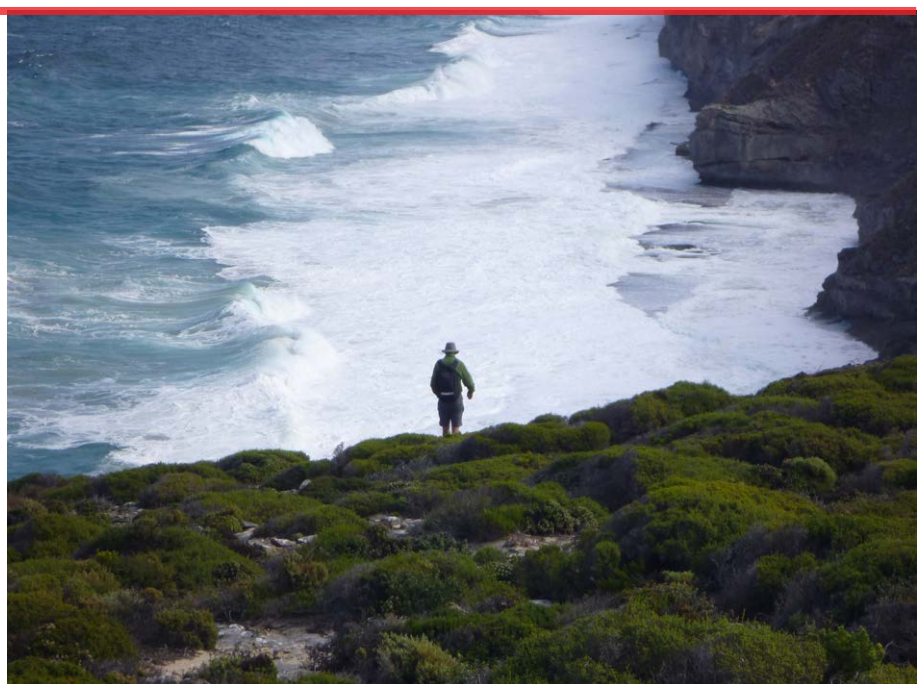
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South of the Heysen (cont.)

to time. But I don't know that many people would walk the western side of Cape Gantheaume as we did.

Our next venture, Point Ellen to Stun'sail Boom River, posed the problem that the river is on private property. We just wanted to do the coastline but at the end needed to get out to the main road. The issue was raised as we munched whiting burgers for lunch when young Ed of the Vivonne Bay shop explained that his family's property was one of the holdings along the river and that he had a solution for us. It goes without saying that you need permission from owners before traversing their private properties. So we dropped a car on the public road at Ed's gate and set off from Point Ellen the next morning.

We are lucky in Australia to have very accurate maps. But maps have their limitations. We were using the 1:50000 Emergency Services Map Book Series, Kangaroo Island Edition 2, 2008. It showed a foot track extending along the coastline for some kilometres. This track quickly became so indistinct it was



Vivonne Bay Conservation Park ... an almost inaccessible spot

hard to tell if we were on it or not. So we were over rocks and sand, and pushing through low-lying groundcover for half a day. After that we expected two pieces of track that we might use only to discover a well-made road that must have been developed since 2008 that took us almost to the mouth of the Stun'sail Boom River.

As the idyllic river and adjoining Lake Kitty came into view we were struck by the peace and tranquillity of this almost inaccessible spot. From our high vantage point we spied a small tent permanently pitched way on the other side of the river. Ed was to explain later that a hippie goes out there and

Continued next page ...

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South of the Heysen (cont.)

meditates. We pushed through dense scrub, farmland and grazing Tamar wallabies to Ed's gate and our car. Now for the Flinders Chase.

The next morning we checked in to the Flinders Chase Visitor Centre to the devastating news that the West Bay Road was out for conventional vehicles. The car shuffle was out. The Ranger kept asking what we were going to do in the Flinders Chase. We said what we had wanted to do was a two-day walk from West Bay to Cape du Couedic. In the circumstances we will have coffee, perhaps some lunch, and a team meeting. We booked a tent site at Snake Lagoon for two nights, and booked one day on the new KI Wilderness Trail with a view to doing at least Snake Lagoon to Cape du Couedic. We had been primed for a neat two-day finish – mission completed – but were being disappointed again.

We dropped a car at Cape Couedic, mixed with the coach tourists at Admiral's Arch for a while, and

set up camp at Snake Lagoon. We were facing an unplanned spare day until it came into our heads: why not do a loop walk? Rocky River mouth, 3km of coastline in the direction of West Bay, Sandy Creek to the West Bay Road and back to camp at Snake Lagoon. Eight kms in all. So that's what we did.

After that we headed back to the Rocky River mouth and went in the direction of Cape du Couedic. The KI Wilderness Trail was not even a germinating idea in 2013 but now there is a clear distinct well-marked foot track. Difficult terrain of sand, rocks and low-lying scrub is now easy walking. DEWNR surveyed carefully and then went through with a machine that mulched a narrow corridor of scrub all the way. There is one lengthy section of Maupertius Bay Beach that should not be walked at high

tide to protect the Hooded Plovers nesting at the base of the dunes. The alternate route through the sand dunes is not a route at all. We tested it even though it wasn't high tide and found ourselves very quickly way too far inland, so worked our way back to the beach. After the beach we had the Wilderness Track up from and along the magnificent cliffs ending the day with the power transmission line vehicular service track to the car park. The Cape du Couedic lighthouse had been our beacon for most of the day growing by



Approaching Stun'sail Boom River mouth (top); and the river mouth

the smallest margins to now an impressive monolith.

The next day, a Saturday, was to be our last on the island. We thought we might go to the football at Penneshaw and see Dudley United take on Parndana. But not completing our mission was weighing heavily on our minds. We were so close.

We had two days of good weather. The West Bay Road must be drying out now. So before returning to camp we had a look with Bob's 4WD, a 25km round trip. The road was fine. Rangers have to be careful. They have to err on the side of caution.

So do we have a go at the last little bit? Or do we just go to the football? Our ferry (the last one) leaves from Penneshaw at 7.30pm. John must be at Adelaide Airport early next morning to meet his partner. We can't slip up.

Continued next page ...



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The end of a 234km extension of the Heysen Trail ... well worth celebrating

We carefully measure distances. With the 3kms to Sandy Creek already done, we think we can do an early morning car drop, walk from Sandy Creek to West Bay, collect a car, drive to Penneshaw, have time for a quick meal at the



Jim McLean is on the FOHT Council and a board member of the Warren Bonython Foundation and WalkingSA. Jim is an experienced walker who completed the Heysen Trail in 2012.

hotel and board the ferry. It had to be unanimous. It was. And that's what we did! After two nights at Snake Lagoon we stayed in May's Homestead and then walked rocky terrain among low-lying scrub, above rocky coastline and negotiated two river mouths.

Since Mark Deuter and I paddled 21km between Cape Jervis and Penneshaw in March 2013, the walkers have paid two visits to KI, and routed an additional 213km. We have forged an extension of the Heysen Trail to the south of 234kms from Cape Borda, down the whole of the western end of the island, along the southern coast

and up to Penneshaw, and across the water to Cape Jervis where the Heysen Trail officially starts. □

Fire Danger Season

Please remember that the Heysen Trail remains closed over the Fire Danger Season.

The trail will remain closed in the following Fire Ban districts:

Flinders district	until 15th April 2018
Mid North	until 30th April 2018
Mt Lofty district	until 30th April 2018

These dates may be subject to change, so please check the CFS website www.cfs.sa.gov.au or by calling the CFS Bushfire Information Hotline on 1300 362 361.

The Fire Danger page of the Friends website also lists those sections of the trail that traverse Forestry SA reserves and national and conservations parks.

You can walk in these areas during the fire danger season, except on days of Total Fire Ban. The CFS publishes these bans, as does the Bureau of Meteorology, in addition to broadcasted weather reports issued by the media.

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End to End Maintenance

2017 Program

The End-to-End Maintenance Program commenced last year with aims of assisting section leaders with their maintenance tasks and to help improve the overall standard of general track maintenance along the trail. The program was generally successful. With support from about 20 volunteers and the section leaders, we completed a lot of work along the trail from Cape Jervis to Bridgewater.

The level of volunteer support and the extent of work involved justifies continuing the program in 2018.

2018 Program

While the initial thought had been to continue from Bridgewater, we became aware that Kevin Liddiard was looking for assistance with his section between Spalding and Georgetown. So we plan to start this year with a weekend based at Spalding. As we can conduct a 'reccy' while we are there, we plan to continue with the sections heading from Spalding to Burra and then south.


A tentative plan for 2018 has been

prepared with dates for the May and June maintenance weekends. The timing for the remaining weekends remains flexible and will depend on what best suits everybody involved. The arrangements for the maintenance weekends will be, like last year, included in the Friends walk and other activities program. Volunteers will be able to register their interest online.

Orientation and Training Day

The first activity for 2018 is an orientation and training day that

is scheduled for Sunday 22 April. The day will provide an opportunity for new volunteers to receive training in the basic skills involved in track maintenance, as well as an introduction to volunteer safety that needs to be followed in carrying out maintenance on the Heysen Trail. We will also discuss the upcoming work program with a view to firming up the dates for the rest of the year.

If you require further information, please contact Neil Nosworthy by email at neil@noztours.com.au or 0429773800. 

Tentative 2018 End-to-End Maintenance Programme

April	22	Orientation and Training Day
May	26	Spalding to Curnows Hut
	27	Curnows Hut to Georgetown
June	23	Spalding to EE George Road
	24	EE George Road to Hallett
July		Hallett to Black Jack's Shelter
August		Black Jack's Shelter to Burra
September		Burra to Huppatz Hut
October		Piccadilly to Cudlee Creek

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How to Use Your Walking Poles

With the 2018 walking season about to start, here is some practical advice, gleaned from various websites, on how to use walking poles.

There are many advantages to using walking poles. They reduce the weight on your hips and back – particularly if you are carrying a heavy backpack; make uphill walking easier; and downhill safer. Walking poles also offer increased support and stability on unfamiliar ground and uneven surfaces.

When used correctly, walking poles can significantly increase your pace. They

help you move across terrain more quickly, provide additional support and reduce the amount of effort required. The latter is important if you are feeling fatigued towards the end of your walk.

Another great benefit of using walking poles is that they improve posture. They make you more conscious of being upright while walking. There is a tendency to slump forward while going uphill, which shifts your centre of gravity and actually increases the chances of slipping or stumbling on uneven terrain. The poles will help you keep your body position more upright so

you can use your arms and shoulders to propel yourself up the trail easier.

However, learning how to use your walking poles properly involves understanding the correct way to adjust them and set their height. Here are a few simple things you can do to help make your poles more effective:

- Don't bend your arms at the elbow. Keep your arms straight, with a slight bend, and use your shoulders to propel yourself forward.
- Don't grip your poles too tightly. Utilising the pole's straps will allow you to keep a loose, relaxed grip and still maintain good contact.

- Use poles in pairs. This gives you the greatest level of stability and control, improves posture and helps you set a much faster rhythm to your pace.

Setting Up

Firstly, you will need to set your walking poles to the correct height: the top of the handle of your pole should be at waist/hip height and your elbow at 90



degrees. The strap should be a size where you can get your hand through it comfortably, but not too loose. Pass your hand up through the loop and then grip the handle. The strap should cross the palm and wrap beneath the thumb.

Continued next page ...

Sources for the article come from websites

aboveandbeyond.co.uk/blog/how-to-use-walking-poles and mountainwarehouse.com/expert-advice/how-to-use-hiking-poles

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Walking Poles (Cont.)

Using the strap in this way offers a better grip and helps maintain control if the handle becomes slippery or you stumble.

Walking Technique with Poles

There is no definitive right or wrong way to use walking poles but there are ways that can help you use them more effectively.

Most walkers use their poles inefficiently, bending their arms at the elbow and placing the pole tip slightly in front to use the pole as support. A more effective way is to keep your arm in a fairly neutral position (with a very slight bend) and use the shoulders to propel yourself forwards.

Don't grip the poles too tightly! Use a relaxed and loose grip. By using the straps as described above you maintain a good contact with the pole at all times.

Try to use poles in pairs. While one pole is better than no pole, using a pair will give you more stability and control as well as improving posture.

Adjusting Your Walking Poles

On a typical three-section pole, use the top adjuster to extend the upper

section first 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.

Walking on Even Ground

There are different ways you can use your hiking poles:

Alternate legs: Each pole goes forward when the opposite leg does. This pattern maximizes balance and lets your arms swing the way they do naturally when hiking.

Parallel legs: Each pole goes forward when the same-side leg does. This pattern provides the most relief to your legs, so use it to minimize leg fatigue and stress as needed.

Walking Downhill

When using walking poles downhill the first thing to do is remove your hands from the straps. Position the poles slightly in front of you and shorten your stride. This will take

some of the impact off your knees, especially if you are carrying a heavy backpack. If your descent is steep or muddy, try walking down sideways. Ram the tip of the pole deep into the ground, then position your foot right up behind the pole and use it to stop your feet slipping out from under you.

Walking Uphill

On steep uphill walks, shorten your poles slightly. You should use the poles to push off not pull yourself up the hill. Plant the tip of the pole in front of your lead foot. If the tip is too far forward, you will be using your energy pushing the pole downward instead of backwards. Try also to keep the poles reasonably close to the body to improve efficiency.

Caring For Your Walking Poles

Make sure your walking poles are dry before storing, and store them with locks in the open/unlocked position. Don't extend the poles beyond the stop markings and do not use lubricants to clean them. When travelling, always separate sections or collapse your pole to prevent damage. □

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