



TRAILWALKER

The Friends of the Heysen Trail
South Australia

WINTER 2018
Issue 148
FREE

How to pack a backpack

- Reconciliation on the Kokoda Trail

- Hiking with children

- Within Moroccan walls

- Starting End-to-End 13

- New Friends' T-Shirts



ALPANA STATION — Bushwalkers Transport Service

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

— Bushwalkers Accommodation

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

- Quality Selfcontained accommodation: Alpana shearers quarters for up to 14 people & Nungawurtina Hut bush retreat for up to 6 people
- Powered sites with ensuite bathroom facilities for caravans/campers
- Scenic bush camping areas.

Contact David and Sally Henery

PO Box 11, Blinman SA 5730

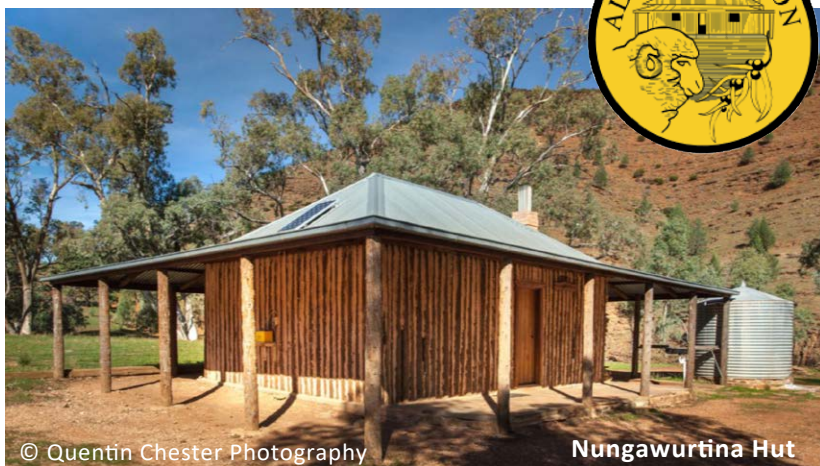
Phone **08 8648 4626**

Email: alpana2@bigpond.com

Web: www.alpanastation.com

Bookings Essential

Now on Facebook



© Quentin Chester Photography

Nungawurtina Hut



Hikelite Daypacks

The Osprey's Hikelite™ Series of Daypacks are unassuming technical packs that is perfect for day hikes and everyday use. The Hikelite Daypacks are a simple pack that provides excellent comfort, incredible ventilation, and an integrated raincover.

Available in 26 & 18 Litre capacities.

228 Rundle St. Adelaide
Ph: (08) 8232 3155
Fax: (08) 8232 3156
TOLL FREE: 1800 039 343



Paddy Pallin

Gear For Going Places!



Follow us on facebook.com/paddypallinadelaide

10% off for FOHT Members



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

Suite 212, Epworth House
33 Pirie St, Adelaide SA 5000
Phone (08) 8212 6299
Web heysentrail.asn.au
Email heysentrail@heysentrail.asn.au
Facebook facebook.com/HeysenTrail
Twitter twitter.com/HeysenTrail
YouTube youtube.com/HeysenTrail
Pinterest pinterest.com/HeysenTrail



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
(Spring 2018):

Friday 3 August 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 148 Winter 2018

President's Report 5

Melanie Sjoberg writes of the start of the 2018 walking season
and the care needed with such unseasonal weather conditions.

Report on 2018 Friends' AGM 7

Julian Monfries reports on the AGM held in March,
the meeting's Guest Speaker and our newest Honorary Member.

'We are functioning very well' 9

Melanie Sjoberg presents her President's AGM Report and a review
of the achievements of 2017.

2018 Walk Programme 12

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

Hiking With Children 15

Amelia Veale tells why she is following her family's tradition
and walking the Heysen Trail with her young children.

What is Walking SA 17

Greg Boundy explains the role of Walking SA as the peak body
representing walking groups and walkers in the state.

How to Pack a Backpack 19

Judy McAdam gives some practical advice on what to pack
in your backpack for a hike on the Heysen Trail.

History of Mayo Hut 21

It's 30 years since the Mayo Hut was restored for hikers.
Here's a short history to celebrate its anniversary.

Starting with End-to-End 13 23

Diana De Hulsters describes her impressions of the first walk
with End-to-End 13 from Cape Jarvis.

Reconciliation on Kokoda Trail 25

Mark Waters led a Reconciliation Trek with 30 Aboriginal
and non-Aboriginal trekkers along the Kokoda Trail.

A Trip to Morocco 27

Chris O'Brien finds out what hides behind the medina walls
on her trip to Morocco.



The Friends of the Heysen Trail & Other Walking Trails

OFFICE

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

Open Monday to Friday
10.30am – 2.30pm

VOLUNTEERS

Mondays

Graham Loveday
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

Cathy Bowditch
Erika Guess
Julia McLachlan
Suzanne Mausolf

Relief Staff

Eve Buckley
Colin Edwards
Dom Henschke
Graham Loveday
Jack Marcelis
Robyn Quinn

About the Friends

Council Members 2018/19

Melanie Sjoberg	President
Suzanne Matthews	Vice President
Julian Monfries	Secretary
Stephen Salib-Brown	Treasurer
Robert Alcock	
Greg Boundy	
Colin Edwards	
Dom Henschke	
Carol Homewood	
Jim McLean	
John Newland	
Robyn Quinn	
John Wilson	

Sub-Committee Chairs

Colin Edwards	Trail Development
Neil Nosworthy	Greening
Peter Larsson	Walking
David Rattray OAM	Office
Helen Morgante	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 20 June 2018
Wednesday 18 July 2018
Wednesday 15 August 2018

Spring 2018 Trailwalker Deadline:

Friday 3 August 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

Honorary Members

Sadie Leupold
Thelma Anderson OAM
Kath Palyga
Richard Schmitz
Arthur Smith
Colin Edwards
Hugh Greenhill
Glen Dow
Barry Finn
Dean Killmier
John Wilson
David Beaton
Jack Marcelis
Julian Monfries
Terry & Frances Gasson
Simon Cameron
David Rattray OAM
Hermann Schmidt
Robert Alcock

Deceased Honorary Members

Terry Lavender OAM
Jim Crinion
Neville Southgate
Doug Leane
Fred Brooks
Jamie Shephard

Trailwalker Editor

Greg Martin

Editorial Sub-Committee

Philip Bell
Judy McAdam
Peter Wynn

Website Editor

Jeremy Carter

Membership Secretary

David Rattray OAM

Office Manager

Dom Henschke

Trail Development Coordinator

Colin Edwards

Bookkeepers

John Wilson
Mengyuan Chen (Chen)
Maria Newland
Wayne Turner



Are you interested in helping us compile this magazine?

Do you have ideas for what you'd like to see published in *Trailwalker*? If so, you may like to join our Editorial Sub-Committee. The Sub-Committee meets once before each issue. We look at what's been submitted so far, discuss ideas and commission articles and features. If it sounds like something you'd enjoy doing, please contact the Editor at trailwalker@heysentrail.asn.au

Balmy Days for Walking

President's Report



Melanie Sjoberg

The opening of the walk season at Belair on 15 April was a success despite rain and wind on the day. Walkers are a hearty bunch so several hundred headed off with wet weather gear and high spirits. The Friends' information stall became a bustling venture as people huddled under the marquee to seek out our *Trailwalker* and membership information.

The Friends is a major organisational member and supporter of Walking SA and we thank them for the dedicated planning and effort that enabled us to share a variety of walk experiences and information with new people.

I'm sure members have noticed that special crisp feeling in the morning air as the angle of the sun gradually shifts. It's certainly welcome as we enter into the main walking season. Nonetheless, the Bureau of Meteorology reported that SA had its warmest April on record and the driest since 2005. It also suggests that May is likely to be warmer than average.

These weather characteristics and dry brown grasses must have influenced the

Country Fire Service when it announced that the fire danger season for the Mt Lofty Ranges would be extended until 15 May. As members are aware, the Heysen Trail is officially closed during the fire danger season. There are, however, sections of trail within national and conservation parks, and forestry areas that may still be walked providing a total fire ban is not declared.

No one expects or wants to be caught in an unsafe situation, but the importance of exercising care was driven home reading a recent article about a walker in WA who had a very close call; a rescue helicopter pulled the person out of a remote area during a bushfire just before the hut being used for shelter was destroyed.

Different weather patterns and later periods of hot weather means we may occasionally need to change organised walks at short notice; as has already occurred for a small number of walks this year. While this is not common, it is worth members revisiting the Friends' policy on our website related to hot weather, bushfires and severe weather that results in walk cancellations.

New Range of Friends' T-Shirts



Have you looked at the Friends' clothing website lately? A great range of long and short-sleeved T-shirts are available, including a new promotional red T-shirt. Here's a great idea for promoting South Australia, the Heysen Trail, and starting a conversation wherever you wear it. Prices start at \$25 for the short sleeved and \$30 for long sleeved.

Logos for all the current End-to-End groups, or the Friends' red and white logo, are available to be embroidered onto your choice of garments, or a favourite shirt or jacket. The cost is about \$12, depending on the fabric.

Your order can be posted to you or picked up from the Sports Centre, 142 Port Road, Hindmarsh.

Check out the Friends' website (www.heysentrail.asn.au), put in your orders and promote your walking achievements to your friends.

HOT WEATHER: *TrailWalker/ TrailStarter walks organised by the Friends will be cancelled if the forecast temperature is 32C degrees or above. Walks also will be cancelled if there is a total fire ban. End-to-End walks may also require variation or cancellation that will be determined by the walk leader subject to a risk assessment of the circumstances and location.*

BUSHFIRE: *Walks will be cancelled where a total fire ban is declared for the region/location of the walk.*

SEVERE WEATHER: *Walks are automatically cancelled when the weather forecast for the day of the walk is for severe storms with dangerous winds as reported on ABC news.*

Our diverse walks programme for 2018, including End-to-Ends and many new day walks, is reproduced on pages 12-13. 📄



Want to walk Australia's best trails in comfort?

Pack Free, Lodge Accommodated Walking and Cycling Tours



From rock hopping down prehistoric tropical gorges in the Kimberley to conquering the heights of Tasmania's best trails, we have a walk for you. Perhaps an epic coastal hike on the Great Ocean Walk or Cape to Cape Track is more your cup of tea! Whatever you seek you will be sure to find a tour to quench your thirst for adventure with Inspiration Outdoors!

Carrying only a light day pack, you will enjoy healthy and scrumptious meals and stay in lodge style accommodation each night (unless you are on one of our comfortable camping tours in the Kimberley and Karijini). Our group sizes are small and our guides are passionate and knowledgeable about this spectacular country.

Kimberley. Tasmania. Karijini. Tasmania. Great Ocean Walk. Cape to Cape Track. Kangaroo Island. Bibbulmun Track. Kakadu. Flinders Ranges. Kalbari.

Check out our website for a full list of our guided walking and cycling tours around Australia.

www.inspirationoutdoors.com.au



Leading adventures for 20 years.

email: walk@inspirationoutdoors.com.au

phone: 08 6219 5164

Report on the Friends' 2018 AGM

The 31st AGM of the Friends of the Heysen Trail was held at the Thebarton Community Centre on Friday 23 March with 44 members attending, one guest, and apologies from our patron His Excellency the Governor Hieu Van Le, and nine members.

Melanie Sjoberg outlined her first year as president. (See her report on page 9.)

John Wilson, head bookkeeper, reported on an ongoing healthy financial position for the Friends with a surplus for 2017 of \$7,417. (Treasurer Stephen Salib-Brown was an apology.)

Colin Edwards, Trail Development Officer, reported on the achievements of 2017 and the maintenance plans for 2018 including the End-to-End maintenance programme rollout,

and the plans for installing benches and toilets along the trail.

Election of Council

Melanie Sjoberg is halfway through her first two-year term as president. Suzanne Matthews nominated for vice-president and, in the absence of other nominees, was duly elected. Both Julian Monfries and Stephen Salib-Brown nominated for their respective roles as secretary and treasurer, and were elected unopposed.

Councillors Jim McLean, Colin Edwards, Carol Homewood, John Newland and Greg Boundy are continuing on council. Dom Henschke, John Wilson and Robert Alcock nominated and were returned.

Chris Caspar is retiring. Melanie thanked Chris for her contribution to council over her term.

Amendments to the Constitution

Six motions of amendments to the constitution were put to members and carried without dissent. 🗳️

Robert Alcock Honorary Member



Robert Alcock with his Honorary Member's certificate presented by Mary Cartland

Robert Alcock joined the Friends of the Heysen Trail in 1999, becoming more involved when he joined the council in 2003. Robert has been on council, in one form or another, to this day. He has also been Chairman of the Marketing & Membership Committee, firstly from 2005-2010 and then back again as Chairman from 2017 until his resignation in May. He was Vice President of the Friends from late 2008 to 2011 and then nominated President in 2011, a position he held, and excelled, until 2017.

Robert has been a walk leader for his entire tenure as a member of council, leading and supporting a number of End-to-Ends and many TrailWalker walks. He completed the trail three times, twice south to north and once north to south. Robert is a worthy addition to the Honorary Members* list.

*An Honorary Member shall be an individual who is elected as such at a General Meeting of the Association because of distinguished service rendered to the Association or for any other reason deemed appropriate.

AGM Guest Speaker: Sean Benz



Sean Benz with Melanie Sjoberg after his AGM presentation

As senior ranger for visitor services in the Adelaide and Mt Lofty Region, **Sean Benz** has the task of making them attractive to a wider audience. Sean was guest speaker at this year's AGM.

Sean told us that seven out of every ten South Australians visit national or conservation parks. The most popular parks in the Adelaide

metropolitan area are Belair, Cleland and Morialta. One initiative for increasing the popularity of these parks is Park of the Month. This showcases a specific park where activities are organised to attract families to visit their parks and enjoy a healthier lifestyle.

Para Wirra Conservation Park was Park of the Month in May. Its activities included ranger-guided walks, a Mother's Day picnic, and fungi and medicinal flora walk. The Friends supported the initiative with a TrailStarter walk lead by Judith Ellis. Para Wirra also has a new trail network with improved trail signage and maps.

The Park of the Month for June is Mt Remarkable.

Another of Sean's roles is to build strong relations with walking groups such as Walking SA, Friends of the Heysen Trail, tourism operators and support groups such as AutismSA. The National Parks SA website has a new accessible page highlighting wheelchair accessible camping, toilets, parking and trails.

Treasurer's Report

Stephen Salib-Brown's report showing a \$7,417 surplus was presented at the AGM by John Wilson.

Income in 2017 benefitted from membership income, which in the past would have been reported in the next year; advertising revenues in the Trailwalker increased and we received some generous donations throughout the year.

Trail expenses in 2017 were \$34,299, a jump from the previous year. This represents heightened activity in regular trail maintenance, improved equipment and resources, and special projects beyond our regular maintenance programme.

Both Income and Expenditure remained consistent with last year. Points to note in the Office Expenses are an increase in web development and subscription costs, a long overdue upgrade of office computing hardware and software necessary to match the demands of an improved website, growing online sales and increasing Internet traffic. Trailwalker costs have increased as we moved to a full-colour publication and quality paper to match. Advertising charges have also increased due to these

additional costs. The following is a brief summary of the 2017 accounts:

Income

Sale of Goods	\$9,121
Memberships Subs	\$35,927
Walking, Weekends & Others	\$41,202
Advertising revenue	\$8,172
Interest Received	\$2,526
Sundry Income, Donations, Inventory Adjustment	\$10,566
Total	\$107,514

Expenditure

Administration	\$10,550
Lease Costs	\$10,756
Insurance & Affiliation Fees	\$7,171
Bank Fees	\$3,811
Office Expenses	\$20,368
Promotional Costs	\$3,014
Trailwalker Costs	\$10,127
Total	\$65,797

Administrative Surplus \$41,716

Less Trail Maintenance	\$34,246
Greening	\$52
Total	\$34,298

Net Surplus \$7,417

Any builders in our midst?

The Trail Development Committee needs the assistance of any members with a general builder's license willing to support our volunteer maintenance programme.

The Friends have many dedicated volunteers involved in our various programmes, from general handywork to building stiles, erecting posts and clearing the trail. However, there are occasions when we need to undertake more involved tasks on some of the trail infrastructure. Where that is necessary, we would benefit from someone qualified with a builder's license to ensure appropriate sign off to meet the expectations of the Department.

If you are able to assist or would like to discuss further, please provide your details to the office 8212 6299 or email heysentrail@heysentrail.asn.au and the Trail Development Coordinator will get back to you.

Discounts to Members

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

For the full list of discounts go to: <https://heysentrail.asn.au/friends/discounts-available-to-members>

Win a Free Calendar

Submit some of your photos for the 2019 Friends of Heysen Trail calendar for a chance to win a free copy of the calendar.

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

Maximum of four photos per person.

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

Email your photos to heysentrail@gmail.com by September 19.

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



Smith's Farmstay

Laura

In the beautiful
Southern Flinders Ranges



- 5 Bedrooms - 2 Bathrooms
- 3 x Queen, 2 x twin King Single
- Ask re options for groups 10+
- Well equipped for self-catering
- Heating & Cooling

P: **8663 2576**

E: smithsfarmstay@internode.on.net

W: www.smithsfarmstay.com.au



'We are functioning very well'

Melanie Sjöberg presented a review of the achievements for 2017, her first year as Friends' President, and asked how the trail should look in another five years.

It has been an honour and privilege to step into the President's role, a process of discovery and affirmation quite different to being a member walking on the trail.

I committed listening time to get a sense of how each committee works, visited office volunteers and engaged with members at various walking events. I can report we are functioning very well.

I've also had the opportunity to raise the profile of the Friends through engaging with senior departmental officers, the Minister and regional groups.

The Department is official owner of the Heysen Trail but it's the enthusiastic effort and commitment of our members and volunteers that genuinely keeps the trail alive. To my mind it doesn't matter whether you work in the office, lead a walk, write for or deliver the Trailwalker, bang in some new trail markers, plant a tree or help with a barbeque; every contribution is valuable to sustaining the trail and the Friends.

Walking

Our walks programme is critical to the overall success of the Friends' membership growth. It inspires walkers through the beauty and challenges of the Heysen Trail and provides a pool to generate the next wave of volunteers.

The End-to-End walks are particularly important to our financial stability as the fees help deliver regular, reliable funding so the office and other activities are more secure. This means the Friends are very well placed to consider trail development projects and, where necessary, pay contractors to undertake more complex or trade-level work.

Trail Development

I want to underline the hundreds of hours of dedicated work the committee and section leaders put

in to keeping the trail in walking condition. Their efforts to expand the committee and bring along new volunteers is essential to the ongoing health of the Friends.

Promotion

The Marketing & Membership Committee has had success in recruiting new members, establishing a Trailwalker Sub-Committee and delivering some innovative publicity. The online shop continues to keep the office busy with new merchandise planned and our website generates a lot of traffic. However, the latter needs the pending upgrade that should occur in 2018. While our Facebook and social media presence reaches up to 7000, we are considering options to improve its effectiveness this year.

Networking

We've continued to build our relationships and contributed to new ideas for improving the trail.

Engagement with the Department:

The Friends' relationship with the Department for the Environment and Water (DEW) is important in sustaining and developing the trail. We've held some productive meetings with senior officers that acknowledged the value of the Friends' work. We've developed a new 'Working Agreement' awaiting sign-off that will be on the Friends' website shortly. We've also established a new collaboration through the Park of the Month programme, aligning some of our walks so that we can introduce the Friends and the trail to a wider audience.

Deep Creek/Yankalilla Project

The Friends have invested time working with Yankalilla Council, Deep Creek rangers and several local businesses to develop a business case to improve walking and camping in the area. The concept has the potential to generate visits, improve transfers to walking sections and include



2017 Achievements

A snapshot of achievements during 2017 is pretty impressive.

- 1078 members (compared with 981 the year before);
- 675 walkers on End-to-End walks and others;
- Facebook page has over 3800 likes and reaches up to 7000 weekly;
- 23 Section Leaders doing regular maintenance;
- End-to-End maintenance attracting new volunteers;
- Open Day at the SHED inspired 28 more volunteers;
- Trailwalker published and mailed out four times this year;
- Office processed 200 online shop orders since June;
- New volunteers;
- Trailwalker editor and Editorial Sub-Committee;
- Marketing & Membership;
- Bookkeeper and office team is growing; and
- Walk leaders including E2E13.

disability access along Goondooloo Ridge. A new state government will require some further discussion but, at this stage, it appears promising.

What's next?

The Friends have matured into a strong organisation with several well-oiled committees that are taking succession planning and rejuvenation seriously. We don't want to rest on our laurels, especially while there are so many opportunities to grasp. 2018 is an opportune time to consider our vision for the trail on the back of the success of the KI Wilderness Trail and increasing interest in parks and walking.

How should the trail look in another five years? Think bold thoughts! 🌟

Facebook brings out young families in Mid-North

At the Friends' Mid North Branch AGM, held on Sunday 25 March, President Garry Fieldhouse reported that Facebook provided a very different mix of walkers for their 2017 walks programme.

In his report Garry highlighted that since posting Mid North scheduled walks on Facebook there has been more young families joining the walks. It also showed that Sundays were the better day for walks as it did not clash with sport activities for many of these families.

While the number of participants enrolled on walks was rewarding, it did pose problems about distances as some families with small children found the 7-10km walks ideal, while others wanted longer walks.

The meeting was reminded that walk leaders need to encourage people to become Friends of the Heysen Trail. And that everyone should have personal ambulance cover, and should always carry their own first-aid kit with their medications, wherever required.

All office bearers were re-elected

to their same positions as all were willing to stand again: President – Garry Fieldhouse, Vice President – Kate Greenhill, Secretary – Sally Fieldhouse, Publicity Officers – Sam Nichols & Garry Fieldhouse, and Section 13 Leader – Hugh Greenhill.

Hugh Greenhill's maintenance report included improvements around Wandillah shelter such as removal of old fence wire and cleaning out the rainwater tank, replacing faded trail markers from Firewood Creek to Dares Hill Summit and clearing the trail of fallen trees in Caroon Conservation Park.

2018 Mid North Walks Programme

Month	Leader	Location
17 June	Sally Fieldhouse	Spalding Aquaduct via Never-Never Creek
15 July	Justin & Libby Brady	Lavender Trail south from Mintaro
19 August	Leonie Moore	Spring Gully
23 September	Hugh Greenhill	Minburra C.P.
14 October	Vic Breeding	Paradise C.P.
18 November	Kate Greenhill	Burra North & Hampton: dinner at the Bon Accord Hotel for break-up
TBA (dependent on rising moon and weather)	Garry Fieldhouse Sally Fieldhouse	Moonlight walk Camels Hump Range



Accommodation in Myponga along the Heysen Trail

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



New to Heysen's Rest 4 brand new single rooms on the Heysen's Trail

Rooms include TV, fridge, king single bed, reverse cycle air conditioning and tea and coffee provided

Contact Jayne & Greg
08 8558 6397 or 0417 889 128

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

'The trail doesn't look after itself'

Colin Edwards, Trail Development Officer, reported on trail maintenance and plans for 2018.

End-to-End Programme

The 2018 programme has been finalised (see page 22 for details).

Camp Platforms and Toilets

During 2017 we were fortunate to have help from Work for the Dole to build 13 platforms and three toilets ready for site erection. We plan to do this work throughout 2018. The group started construction of six new tank shelters to replace the existing timber frame units. This is a work in progress.

Baderloo Creek

The campsite is to have a toilet and the bridge reinstated with the assistance of the landowner.

Mt Crawford Stairs

After many years, work is due to start on the north side stairs. Debris has been cleared and some basic earthwork, and realigning of timber stair treads needs to be done for a more uniform spacing. Treads will have a non-slip mesh for increased safety. Considering the stairs were built in 1994 it remains in fairly good condition.

Cobbler Creek Depot

Major reorganisation will include moving materials and tools currently at Black Hill. It will create one depot for all trail gear. This will benefit volunteers not having to get gear from both depots.

Huts

The new Hermann's Hut at Mt Crawford is slowly going through soil testing, engineering and various approvals. Forestry is supplying all roof timber and possibly a toilet block. We are still hopeful of getting started in the next few months. We are planning an extension and rebuild of the white-anted Rossiter Hut. A major upgrade for Hiskey Hut is planned for this year with some financial assistance from Mr Hiskey. Completion of a new ceiling, installation of wood heater and repaint is underway for the Hallett Railway Station. The closed Freeman's Hut on property owned by Mr Grant Burge, and the restoration of the existing trail, is

being considered by the landowner which may bring the iconic hut back to the trail.

This is a simplified view of the work we have planned for 2018 and, as can be seen, a lot to attempt. Much of the work is not overly technical and can be managed by anyone willing to assist.

Finally, I would like to thank the members of the Trail Development Committee: Melanie Sjöberg, Julian Monfries, Dom Henschke, Peter Simons, Graham Loveday and Neil Nosworthy. They are all very enthusiastic and have helped me immensely. I should not forget



Hiskey Hut ... due for a major upgrade

a welcome to our latest member Daniel Jardine.

Remember, we all enjoy the trail but it does not look after itself. 🙏

Welcome new members

The President and the Council would like to extend a warm welcome to the following 85 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.

Alex Abela	Silvia Haeussermann	Cheryl McKibbin
Sam Abela	Brian Hales	Finlay McKibbin
Stephen Abela	Julie Hales	Ian McKibbin
Ruth Ambrose	Ian Thomas Harding	Koby McKibbin
Karen Andrews	Angus Hayford	Laklyn McKibbin
Briony Ankor	Julie Hayford	Willow McKibbin
Charlie Attard	Neil Hayford	Gayle McPherson
David Bain	Greg Hobby	Pauline Murphy
Janet Bartold	Meg Hockley	Claire O'Connor
Joanne Bell	Doug Hollett	Lisa Olafsen
Donna Buckley	Angela Holmes	Gregory Powell
Iain Bullen	Valerie Hughes	Justin Richards
Spencer Burgstad	Oksana Jansma	Michael Rostig
Joseph Caruana	Graeme Johnson	Robert Ruediger
Karen Colotti	Fiona Johnston	Basia Samcewicz
Richard Comley	Sally King	Noonie Scharling
Geoffrey Cox	Robert Koehne	Petra Schulenburg
Richard Dahl	Ian Lawson	Kylie Simpson
Sue Dahl	Jane Lewis	Roger Stammers
Diana de Hulsters	Peter Lumb	Jane Trengove
Barbara Deed	Ingrid Magryn	Gordon Ure
Treya Derrington	Peter Maney	Sacha Ure
Cheryl Drill	Sue Maney	Graham Wakeling
Francis Dutton	Laura Masson	Tricia Walton
Sue Garforth	Margaret Anne Matthews	Catherine Watkins
Joanne Gray	Brad Maynard	Fiona Wiles
Belinda Grayling	Graham McArthur	David Woodman
Rob Guyatt	Claire McInnes	Mark & Tina Wyant



TrailStarter & TrailWalker Walks 2018 Walk Season Programme

This version released 24 April 2018
heysentrail.asn.au

	1st Week	2nd Week	3rd Week	4th Week	5th Week
June	Sun June 3 TrailStarter Shepherds Hill Helen Morgante	Sun June 10 TrailStarter Mack Scrub Mary Cartland	Wed Jun 13 Mid-Week TrailWalker	Sun June 17 TrailStarter Hale & Warren Robyn Quinn	Sun June 24 TrailStarter Blewitt Springs Noeleen Smith
	Sun June 3 TrailWalker Morialta/Montacute CP Richard Milosh	Sun June 10 TrailWalker Cleland to Montacute Dom Henschke	Anstey Hill John Babister	Sun June 17 TrailWalker Black Hill Judith Ellis	Sun June 24 TrailWalker Chambers Gully Neil Rivett
July	Sun July 1 TrailStarter Lobethal Bushland Kevin Liddiard	Sun July 8 TrailStarter Chambers Gully Michael Middleton	Wed Jul 11 Mid-Week TrailWalker	Sun July 15 TrailStarter Mt George Caroline Prescott	Sun July 22 TrailStarter Cox's Scrub Dean Mortimer
	Sun July 1 TrailWalker Onkaparinga The Bells	Sun July 8 TrailWalker Beaumont/Cleland Mike Joyce	Shepherds Hill John Babister	Sun July 15 TrailWalker Belair Tunnels Alan Davis	Sun July 22 TrailWalker Black Hill Michael Joyce
August	Sat Aug 4 Lavender Federation Trail Stephen Salib-Brown	Sun Aug 5 TrailStarter Mylor/Aldgate Rosemary Hayward	Wed Aug 8 Mid-Week TrailWalker	Sun Aug 12 TrailStarter Sturt Gorge Robyn Quinn	Sun Aug 19 TrailStarter Shepherds Hill Helen Morgante
	Sun Aug 5 TrailWalker Montacute Peter Deacon	Sun Aug 5 TrailWalker Montacute Peter Deacon	Kersbrook John Babister	Sun Aug 12 TrailWalker Myponga Simon Cameron	Sun Aug 19 TrailWalker Bridgewater-Mt Lofty loop Caroline Prescott
September	Sat Sep 1 Lavender Federation Trail Stephen Salib-Brown	Sun Sep 2 TrailStarter Onkaparinga The Bells	Sun Sep 9 TrailStarter Barossa Goldfields Kevin Liddiard	Wed Sep 12 Mid-Week TrailWalker	Sun Sep 16 TrailStarter Newland Hill Robyn Quinn
	Sun Sep 2 TrailWalker Mount Crawford Jon Holbrook	Sun Sep 2 TrailWalker Mount Crawford Jon Holbrook	Sun Sep 9 TrailWalker Ashbourne 3 Parks Dean Mortimer	Sun Sep 16 TrailWalker Belair Rosemary Hayward	Sun Sep 23 TrailWalker Sanderson Adam Matthew
October	Sat Oct 6 Lavender Federation Trail Stephen Salib-Brown	Sun Oct 7 TrailStarter Jenkins Scrub Mary Cartland	Wed Oct 10 Mid-Week TrailWalker	Sun Oct 14 Walktober Event Mt Lofty	Sun Oct 21 TrailStarter Morialta meander Robert Alcock
	Sun Oct 7 TrailWalker Kuitpo Jon Holbrook	Sun Oct 7 TrailWalker Kuitpo Jon Holbrook	Morialta John Babister	Sun Oct 14 TrailStarter Mt Lofty Peter Larsson	Sun Oct 21 TrailWalker Horsnell Gully John Babister
					Sun Oct 28 TrailStarter Mt Barker Summit Graham Bald
					Sun Oct 28 TrailWalker Sturt Gorge Michael Middleton

For programme updates & details visit the website
heysentrail.asn.au/walks

You can join any walk on the End-to-End programme opposite

Did you know you can register on any End-to-End walk for a day or a weekend. You do not have to hike the 1200kms of the Heysen Trail to join an End-to-End

group. Check out the programme on the opposite page and register for a Sunday or weekend walk on a stretch of the trail that you're interested in hiking.



Accommodation in the Wirrabara Forest, Southern Flinders Ranges

Adjacent to the Heysen Trail and close to the Mawson Trail
Self contained accommodation for up to 8 people

Paul & Denise Kretschmer
Phone: 08 8668 4343 or 0428 827 774
Email: info@taralee.com.au
Web: www.taralee.com.au



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
June	Sat June 2 - Sun June 3 End-to-End 10 Burra Road to Worlds End to Burra	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

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.

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

Lose weight on the trails.

Ditch your bulky clothes and swap multiple layers for a more versatile one with ioMerino. Travel smarter and lighter with our natural, lightweight, odour-resistant, thermal layers that will keep you comfortable for longer through all sorts of weather conditions. All made by a proudly South Australia company based right here in North Adelaide.

ioMerino: Trail tested and ultra comfortable.



Use code **FRIENDS** at checkout to save **15% off** RRP.

Expires 15 September, 2018 and cannot be used in conjunction with any other offer.

 **ioMerino™**
ioMerino.com

Hiking with children

Amelia Veale writes of her family's tradition of walking the Heysen Trail as a child and now as a parent with her children.

A hiking chant: 'Left, left, I left my wife in New Orleans with 45 cents and a can of beans, I thought it was right, right, right for my country whoops-ee-do!' I'm not sure when or from whom I learnt this walking ditty, but I clearly remember many of my childhood hikes chanting this with my brother and sister, accompanying the 'whoops-ee-do' with a double-hop-step! To this day, when I set out on the trail, at some point the chant still sneaks into my consciousness!

Since childhood, walking and overnight treks have been a consistent family activity. Together we have covered much of the Heysen Trail; we have hiked in Tasmania and even New Zealand's Milford Sound.

I was a reluctant walker when I first started walking the Heysen Trail as a child. I preferred reading books and making craft. But, spearheaded by my Dad, my family was an active one whether we liked it or not! By the time I was in high school, however, I had well and truly caught the activity bug and to this day I am still a keen walker.

Some of my most poignant childhood memories are of walking the Heysen Trail. Joined by extended family or friends we would set off with backpacks and scroggin in our side pockets. There was always some misadventure or another, some as minor as blisters and sore feet, and others more dramatic such as torrential rain that flooded our tents.

Continued next page ...



Hiking with Children (cont.)

Yet through it all, even though I didn't know it at the time, I was building character, resilience and the appreciation for an active life. At the same time sharing these special experiences with my family. I am a stronger, healthier person today because of this regular time spent hiking during my childhood, youth and early adult years.

With the ever increasing rates of obesity and depression within our community and, most alarmingly, within our children, I now see how incredibly lucky I was to have had the regular inclusion of hiking and physical activity in my upbringing. I sincerely believe that if more children were encouraged to get outside, get active and get off their screens, that not only obesity but other issues such as depression, lack of motivation and direction would be reduced. This is a view shared by my husband and something we are very conscious of as parents.



(Top left) An early photo of Amelia (back row centre) with her family at Parachilna; her youngest son (top right); and Angus with his Dad, brother and grandparents continuing the family tradition

So last year we started walking the Heysen Trail as a family again, but this time with children of my own.

Our aim is to cover it from end to end but with our youngest just under two years old, we're not looking to do it quickly. Yet the great thing about the trail is we don't need to try and tackle it all at once. There are so many wonderful sections that we can tick off, bit by bit, starting with the easier sections. We've started doing short walks close to home, then we'll build up to longer trips. We also have walked a few short sections through Kupto Forest where we were able to take the pram along on some sections. This gave my husband a break from carrying our youngest son who is getting heavier!

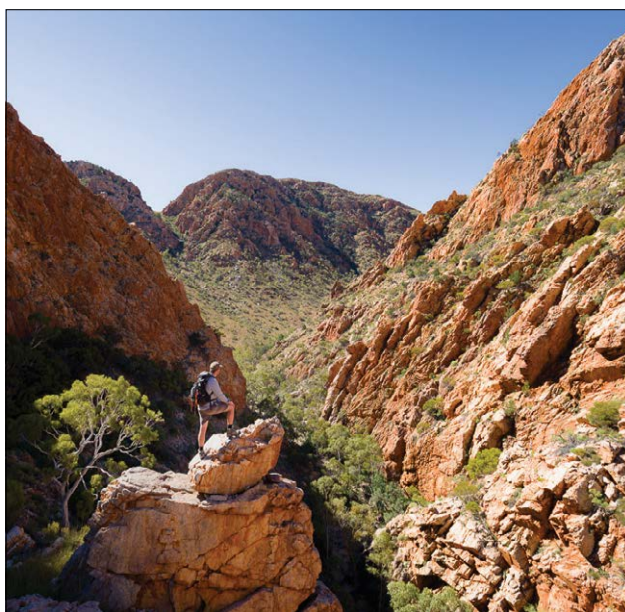
I asked my eight-year-old son his thoughts

on the walks we've done so far on the trail. His responses were so wonderful that I've included them here. I think there is no better way to explain why hiking with my family is such an important endeavour than his words. So here's a recommendation for the Heysen Trail from Angus:

'One of my favourite sections was the boggy bits. The others squelched into the mud probably because you're bigger. But me, I got through easier and was dancing around waiting

at the end of the bog. I liked the green and the tweeting of the birds. I liked going over the fields in the sunshine. The long boardwalks were awesome. I loved looking at the old mines with their deep, dark holes. I liked the feeling of the grass rustling against my leg because it was so long. I loved going through the valleys and hearing the echoes of our voices, cooo-eeee.'

I am very thankful for the wonderful privilege our family has in freely accessing this incredible resource, which is carefully maintained by many wonderful volunteers. I strongly encourage others to do the same. Get outside, share time with your loved ones – surrounded by nature – there is magic in this. As a Mum, I know it is right, right, right for my family. Whoops-ee-do! 🥰



Dream. Explore. Discover.

Unique Australian wilderness adventures. Inspiring true small group journeys led by expert guides. Reconnecting hikes. Superb food. Amazing places.

1300 133 278
trektoursaustralia.com.au

trektours
AUSTRALIA

Amelia Veale lives in the Adelaide Hills with her husband, two children, their dog, four chickens and three sheep. Amelia is a member of the Friends' Marketing & Membership Committee, a passionate storyteller and CEO of Narrative Marketing where she develops strategic marketing solutions for clients, and investigates storytelling in business through her podcast *Be The Drop*.



The peak body for walking

Greg Boundy, executive office of Walking SA and member of the Friends' Council, explains the organisation's vision as 'more people walking more often'.

Walking SA is the recognised peak body for walking in South Australia. Our members include bushwalking clubs, walking-related organisations and individuals. We have established a substantial and valuable resource for walkers on our website.

Walking SA came out of the Bushwalking Federation of South Australia, which was the peak body for bushwalking clubs in South Australia. With financial support from the Office for Recreation & Sport (ORS), some five years ago a major review was undertaken of the role of the Federation. A key recommendation was to expand the breadth of the organisation to cover all forms of walking, no matter what the motivation. From that Walking SA was born, not only to support bushwalking clubs, but all the state's walking needs.

Walking SA has three categories of membership: bushwalking clubs, walking-related organisations and individual supporters. Bushwalking clubs pay a fee based on their membership. As such all members of these clubs are also members of Walking SA. We also are a member of Bushwalking Australia (BA) and pay a per capita membership

fee so all club members are also members of Bushwalking Australia. Walking SA coordinates with BA cost-effective insurance on behalf of many of our member clubs, although Friends of the Heysen Trail organise their own.

Walking SA's current role and activities on behalf of our members and the South Australian walking community include:

- Provide resources for walkers – there are over 500 detailed walking trails on the Walking SA website.
- Undertake promotional events such as the annual Hiking Expo, Walktober, annual Walking Awards, and increased promotion through digital media especially Facebook.
- Increased advocacy for walking by focusing on recreational walking, Walking for Transport and, at a national level, through Bushwalking Australia.
- Increase Walking SA's financial base through sponsorship, grants, revenue generation, etc. and increased organisational and individual membership.

Walking SA has been advised of ongoing funding through the Office of Recreation & Sport to support our activities so we look forward to continuing to develop the organisation and support all our members and pursue 'more people walking more often'.



Contact details:

www.walkingsa.org.au
facebook.com/walkingSA
Email office@walkingsa.org.au
Phone 0457 006 620
Office 118 Richmond Road,
Marleston SA 5033
Tuesdays, Wednesdays & Thursdays
9am-3pm

WALK THE YORKE OVERNIGHT ACCOMMODATION

Dolphin View



The perfect stop between Point Turtan and Corny Point.

Comfortable 3 bedroom holiday home that accommodates up to 8 guests with a lovely front deck and spectacular ocean views. TV/DVD, split system air-conditioner, combustion heater, local shop sells takeaway meals & supplies. In-house Remedial Massage available. Bed & breakfast from \$195/night.



Bookings 0417 830 533 info@saecotours.com.au

KENNARDS HIRE MAKES YOUR JOB EASY!



Kennards Hire is a family owned company that has grown into one of Australia's leading hire companies. We have been in the hire industry for over 60 years.

We have a wide range of equipment which is reliable and regularly serviced. Drop into one of our hire centres today and let the guys help you choose the right equipment for your next job.

135 135
www.kennards.com.au



Splashes of Yellow on Walk for the Heysen

Neil Nosworthy reports on the Walk for the Heysen that raised \$1500 for the Warren Bonython Foundation.

Two weeks after the Walk Expo was washout at Belair, the weather was destined to be fine. And so it turned out. The last Sunday of April was a lovely, sunny day and perfect for the third annual Walk for the Heysen, held at Bridgewater Oval for the first time.

Nearly 100 walkers participated in the fun walk raising funds for the Warren Bonython Heysen Trail Foundation to use on the development of the Heysen Trail. We raised about \$1,500 on the day.

There were liberal splashes of yellow as many of the walkers embodied the spirit of our founding patron, Warren Bonython, who was renowned for his yellow walking shorts. Outfits included a number of tutus and a bright yellow 'Ali G', with the costume prize going to sisters Patty and Betty Allan.

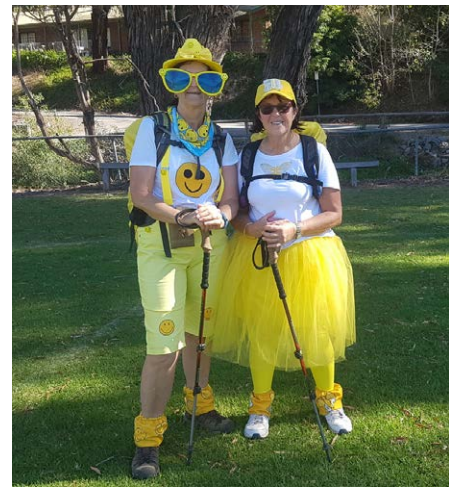
The first walk was led by Peter Clark along the Heysen Trail, through Mt George Conservation Park and Woodhouse ending up with a loop through the Mt Lofty Botanic Gardens. It was the perfect day for a walk through the gardens as they approached the peak of their autumn splendour.

Malcolm Coburn led another group along the trail into Woodhouse where the route wandered along Cox Creek before heading back to Bridgewater. Jim McLean led two walks which followed a trail of flour up Mt George. And the walk programme was rounded out with some short walks from the oval to the Mt George picnic grounds, around the lake and back.

On return all of the walkers were able to enjoy a sausage or steak sandwich cooked by Adelaide Hills Kiwanis.

The Foundation wants to thank all of the volunteers who helped with the event. Special thanks go to all of the volunteer walk leaders: Peter Clark, Caroline Prescott, Andrew McDonald, Marlene Henschke, John Babister, Nola Bellinger, Stewart Mason, Robyn and Malcolm Coburn, Noelene Smith and Jane Haar. As well, special thanks to Noelene Smith from Kennards Hire for the loan of bollards to help mark the walks and Anisa Cadd from the Adelaide Hills Council.

Planning has commenced for what we may do next year. Any feedback on this year's event or ideas for



And the winners for the best walking outfit are Patty and Betty Allan (above) and the runners-up (below) Cheryl McKibbin and daughter Willow



PHOTOS: Robert Alcock

next year would be welcome. If you have any ideas or would like to be involved, please contact Neville Haar on nevbo@internode.on.net.

single tents for single travellers • catering for all diets • for active seniors

Where can we take you next?

We go above and beyond
to create your voyage of discovery

2019 Tours

Sri Lanka: 11 - 25 March
 Lake Eyre/East McDonnells: 28 April - 9 May
 Kimberley: 17 May - 6 June
 Kakadu/Top End: 24 June - 10 July
 New Caledonia: 13 - 23 August
 Pilbara/WA Coast: 10-30 September
 Indo-China: *dates to be confirmed*
 Gawler Ranges: 22 October - 1 November
 Kangaroo Island: 20 - 26 November

Only one thing to do...

book now!

Watch this space...
2020 - a clear vision already!

www.bushwalkingtours.com.au

Call 08 8369 1779

EXPLORANGES
with our expertise you're safe to explore

How to Pack a Backpack

Judy McAdam has researched the essential items to include in your backpack for a day's hike on the Heysen Trail.

Out on the trail you see day packs of varying shapes and sizes. Have you ever stopped to consider how many of those packs carry the essential items to meet the varying challenges that a day's hiking could present? Would the contents of your pack get you out of trouble and keep you safe?

Starting with the obvious, let's look at what you should be prepared for.

Finding your way

As old fashioned as it seems, the most reliable way of finding your way is with a map and compass. Even when you are following a marked trail like the Heysen Trail you should always be able to pinpoint your position. Walking the trail provides excellent opportunities to practice your skills in positioning your map and identifying landmarks.

A GPS, if you have one, is an excellent backup, but you should never be totally reliant upon it. What if you break it or the battery goes flat?

Hydration

Adequate water is essential on every hike and the warmer the weather the more you need. You will feel better if you are adequately hydrated. As a guide, if you don't need to 'find a tree' during a hike you are probably not drinking enough. But remember leave no trace.

It is a good idea to drink plenty of water before you start walking to ensure you are well hydrated at the start. For a day's hike you probably need to carry two to three litres, depending on the temperature. How you carry your water is your choice. Hydration bladders are great as you carry the weight of your water close to your back and they enable you to drink regularly on the move.

Remember, it is your responsibility to carry adequate water for your own use. You should never rely on an external source even if your hike has back-up support. In warmer weather an additional bottle of a sports-type drink such as Staminade or the like can assist

with maintaining electrolytes.

Nutrition

Hiking takes fuel and you need to eat to make sure your body keeps going. Snacks like fruit and scroggin, and an adequate lunch with carbohydrates and protein, is essential for a full-day hike. Better to take some food home than run out of fuel.

Skin protection

In summer or winter it is wise to follow the sun-smart practices: sunscreen before you start and regular reapplication, wear a hat and seek shade whenever possible, and have your sunglasses handy.

Flies, mozzies and other flying bugs can reduce your hiking pleasure so insect repellent and possibly a fly net are handy additions to a day pack.

First-aid emergencies

An adequate first-aid kit is another essential item that should be taken on every walk. An emergency can happen anywhere at any time.

Your kit should enable you to cope with strains, sprains and broken limbs, blisters, cuts and bites, including snake bite. Oh, and don't forget the Stingose. You will be glad of it if you inadvertently sit on an ants' nest.

Painkillers are handy and a few gels of the kind cyclists use can be a lifesaver for cramps and fatigue.

Think about doing a first-aid course if you have not done one for a while.

Make sure you have a charged mobile phone and the **Emergency+** app. It's a **free** app, developed by Australia's emergency services, and uses **GPS functionality** built into smart phones to help a 000 caller provide critical location details required to **mobilise emergency services**. If you are walking in more remote areas a Sat phone is recommended.

Continued next page ...



PHOTO: Philip Bell

A staff member from the Scout Outdoor Centre in Rundle Street discusses the choice of backpacks and what you can put in them at the Gear Guide night, organised by the Friends, in April

References for article:

How to pack for a day hike (Snowys) by Melanie Rees
www.snowys.com.au/blog/how-to-pack-for-a-day-hike/

Day Hikers' Ten Essentials Guide, Philip Weners, Day Hiking Essentials

<https://sectionhiker.com/day-hikers-ten-essentials-guide/>

How to Pack a Backpack (cont.)

Take any personal medications and, if you have a condition that could lead to an emergency such as epilepsy, diabetes or an allergy that means you carry an EpiPen, consider making your walk leader or a fellow walker aware of your condition.

Equipment Failures

A pocket knife, small roll of duct tape and safety pins (nappy pins are excellent) make a handy emergency repair kit. Many a boot has had a sole reattached with duct tape, and decency restored with safety pins when clothes are torn or zips fail.

Wet Weather

The hiking weather gods do not always shine so rain gear – tops and pants – should always be somewhere easy to get at in your pack. They also can be handy to provide extra warmth and wind protection in extreme conditions or an emergency. Walking in rain or through water can result in wet feet. A spare pair of socks can increase your comfort, but remember your boots are wet so your dry socks will absorb water. An investment in good moisture-wicking socks can improve comfort without changing socks.

Warmth

The time of year will dictate how thick your extra clothing is and whether it includes a beanie and gloves. Often it is what you had on at the start of the walk. Only in summer do I leave the beanie and gloves behind.

Unexpected delays

You never know when you may get lost or an emergency causes you to have to complete your walk in the dark or even stay out overnight. A head torch is lightweight and an essential aid in these circumstances; just remember to have spare batteries as some lights can easily turn on in your pack.

There are two other lightweight items that could aid your survival if you are forced to stay out at night and should be in every pack, but I suspect are in very few. One is an emergency blanket that can be used to provide shelter and insulation from the damp ground. The other is either a cigarette lighter or a

box of matches to light a fire for warmth and create smoke to attract attention if you need rescuing. Some packs come with built in whistles but if yours does not, slip one of them is as well.

A couple of handy items

Toilet paper and hand sanitiser have obvious benefits, as does something to sit on whether it be a fancy sit pad or a large plastic bag; both can save a wet bottom over lunch.

Selecting your pack

So you have all this gear, what do you put it in?

Your choice of pack will depend on your budget, the length of hikes you are doing, your body size, gender and personal preferences.

The things you should consider in selecting a pack are:

Your pack ideally will have a waist and chest strap to help support the weight evenly and padded shoulder straps for comfort.

Make sure your pack is big enough. A good pack is expensive so it may be better to spend that little bit extra to get a larger pack, say 35litre, rather than settle for a 25litre and find as you start to do longer walks you need a bigger pack.

In choosing your pack consider how you are going to carry your water. If you use water bottles make sure there are side pockets so water is accessible.

Some packs are designed to sit well away from the back providing ventilation through a mesh panel. This can help with reducing sweat on your back

Does your pack have a built in rain cover? If not, purchase a suitable cover to keep your gear dry.

Rather than buy a pack online. Go into a reputable outdoor shop and try packs on and find the one that is the correct size and shape for you.

Packing your pack

On a day hike most of the things in your pack you will use except those items you are carrying for an emergency, such as emergency repair gear and the emergency overnight stuff you hope you never need so they go in the bottom; except for the headlight, keep that near the top.

Stuff sacks are handy as you can pack similar items in a bag, such as food or wet weather gear.

After that pack your pack so that the weight is balanced with heavier items closer to your back. Making sure items such as wet weather gear, sun and bug protection, toilet paper, snacks and food are readily accessible. 📱



Adventurous WOMEN

SMALL GROUP WALKS EXCLUSIVELY FOR WOMEN SINCE 2008

2018 TOURS INCLUDE:

- Cape to Cape Track End to End - WA
- Bibbulmun Track Sections - WA
- Flinders Ranges & Kangaroo Island - SA
- Camino Pilgrimage - Spain & Portugal
- Other great walks & overseas adventures...



Friends of the Heysen Trail receive 10% discount

Adventurous Women
Phone: 1300 388 419
info@adventurouswomen.com.au
www.adventurouswomen.com.au
f Adventurouswomen



2017
2016, 2015, 2014

History Along the Trail: Mayo Hut

It's 30 years since Mayo Hut, the first shelter on the Heysen Trail, was restored for walkers. Here's a short history of the cottage written by **Malcolm Wehr** and originally reproduced in the *Trailwalker* of February 1989.

William Mayo, a ganger on the railways, decided to lease a small property approximately 20 kilometres north of Hawker. Mayo and his wife Mary moved there in 1899 to the small humble cottage on the banks of Wonoka Creek. Mary had just given birth to her eleventh child, Evie. Of the eleven Mayo children three had died at birth.

In August 1988, as a special Bicentennial project, Mayo Cottage was restored by seven unemployed and homeless men from the Wright Court Centre in Adelaide. The project was coordinated by the Adelaide Central Mission and funded by the Department of Recreation and Sport.



PHOTO: Dale Searcy

even though it wasn't rewarding financially. Floods often saw huge red gum stumps rumble past at the height of a flood.

It became difficult to make a living at Wonoka so to supplement farm income the family secured a contract to supply railway sleepers for the re-timbering of the Port Augusta-Marree railway line,

then used by the Ghan. Fortunately, the creek passing through the Mayo property was lined with red gums, ideal for sleepers.

One of the Mayo sons, Ern, built a unique four-wheeled timber trolley out of a red gum felled near the homestead. The wheels were cut from the trunk, the axles greased with animal fat which can still be seen on the axles today.

The Mayo's felled huge red gums along the creek bank with a crosscut saw, then cut again by hand into suitable lengths for haulage. Some of the huge trees were one and a half to two metres in diameter.

After arriving home with the logs they were rolled over a sawpit and fashioned into railway sleepers.

A major expense for the Mayo family was the purchase of two bullock teams for haulage along the creek bed and into Hawker. It appears the Mayo sons did most of the work involved in cutting sleepers. After one hundred sleepers were cut by hand they were then delivered to Hawker by wagon; the 20km journey taking one and a half days.

In 1913 and 1914 several droughts crippled the Mayo venture so William Mayo returned to the railways until his retirement. 🍷

In those early days the property could best be described as a mixed farm. The Mayo family ran goats, sheep and cows. A tiny portion of the holding was suitable for cultivation, so William Mayo worked his ground with a horse and single furrowed plough. This was hard work for an ageing man so he only cultivated the land for a few seasons.

As was often the case on farms, the wife and daughters were in charge of milking. Evie, being the youngest, milked the goats while the older children helped with the cows. Both the goats' and cows' milk was separated together and the cream taken to Hawker once a week, from there sent to Adelaide by train. Good returns were received for the cream as the quality was high.

Life on the banks of the Wonoka must have been pleasant in such attractive surroundings,



Passenger Transport Specialists

Explore the Mawson and Heysen Trails throughout the majestic Flinders Ranges, or around the popular Fleurieu Peninsula.

Regular Bus Services between Adelaide & Copley, and the towns in-between - passenger/freight timetables on our website.

Larger group? - then hire a bus.

08 8552 4000

genesis@genesistransport.com.au
www.genesistransport.com.au

PS Moving? we now do removals too
- please ring for a quote

End-to-End Maintenance

Neil Nosworthy reports on a rocky start for the 2018 maintenance programme.

The second year of the End-to-End Maintenance programme has had a rocky start. The scheduled training day at Woodhouse in April was cancelled as there were not enough people to warrant proceeding. Then the work planned for May on Section 14 (Spalding to Georgetown) was rescheduled because of the need to undertake maintenance work in

Section 13 around Burra.

The first End-to-End Maintenance weekend for the year was planned for 26-27 May in Burra.

Simon Cameron has agreed to lead the August weekend working on the trail between Burra and Black Jack's Shelter. And Daniel Jardine will lead the September weekend.

However, we still need leaders for the July and October weekends. If anybody is interested, please contact Neil Nosworthy at neil@noztours.com.au or 0429 773 800.

We have left the programme dates open to accommodate individual preferences (including the option of carrying out the work on weekdays).

2018 End-to-End Maintenance Programme

Month	Date	Activity	Leader
June	23 & 24	Hallett to Black Jack's Shelter	Neil Nosworthy
July		Part of Section 13 (Burra) or Section 14 (Spalding-Georgetown)	
August	4 & 5	Black Jack's Shelter to Burra	Simon Cameron
September	22 & 23	Part of Section 13 (Burra) or Section 14 (Spalding-Georgetown)	Daniel Jardine
October		Part of Section 13 (Burra	



Help care for our bushland

Join a local bushcare group, adopt a bushcare site or learn bushcare skills for your property

A practical way to help the land you love!

"I feel as if I'm making a lasting contribution to the environment and our community."

Find out more: 8406 0500

bfl@treesforlife.org.au

treesforlife.org.au

End-to-End 13

Starting an adventure

Diana De Hulsters shares her fresh-eyed view of discovering and starting the Heysen Trail.

From top: Diana De Hulsters on a walking holiday in Tasmania; on the introductory walk for E2E13 at Cleland (Diana is on the left); and all 60-plus walkers on the trail in May.



When I first heard about the Heysen Trail End-to-End concept at the Walking SA Expo at Mt Lofty in October 2017, I just remember thinking what a great idea – to hike 1200km over six years in a group with support vehicles and guides – and that I would try to sign up for it in 2018.

So here we are six months later and about to start that epic journey.

On Sunday 22 April our group got together for an introductory walk through the Mt Lofty Botanic Gardens and Cleland Conservation Park. Being E2E13 started a lot of conversations about superstitions. We now have a black cat as our mascot and we may be walking under ladders. At least we won't be walking on Friday 13th any time soon.

There were 42 of us on the introductory walk, although the rumour was that we would be 78 by Sunday 6 May when we were set to meet up for the first time at Cobbler Hill. For someone who has

predominantly been walking alone, or in small multi-day hiking groups, these numbers were quite daunting.

Will I actually enjoy this journey? Will I be caught up in endless conversations about who I am, what I do, where I come from, what gear do I use? Will walking still feel like meditating, a release from whatever has been bugging me all week? Will I still be able to hear the wildlife, the wind through the trees, the ocean?

I will soon find out.

My plan was to drive down on the

Saturday afternoon and camp at Cobbler Hill. This is part of my plan to 'enjoy my holiday' over the next few years. I'm not much of a morning person anyway, and I didn't need the stress of getting to the starting point on time for the bus. I just prayed for dry weather as I really didn't fancy sleeping in the car.

I crawled out of my tent on Sunday morning – helped by sunrise, chirping birds and loud neighbours who went off fishing at 6am. I managed to have breakfast, pack up the wet tent – yes, it rained briefly at 4am – and walk down the path to join the countless hikers who had been arriving steadily since before 8 o'clock. There were a little over 60 people at my estimation by the time we got on two buses just before nine.

The start at Cape Jervis was a special occasion with the introduction of our guides and our support driver, our mascot – the fluffy black cat Voldemort – and our opening march under a ladder. We sure started off with a ripper of a day with 22C, a light breeze and plenty of sunshine. I don't think I've ever seen the Backstairs Passage that smooth.

Wow, what a walking experience it was. As a former tourism management executive, I have a pretty good idea of what goes into organising this type of excursion, and I'm very happy to be a paying customer who can just follow the guides and not worry too much about the logistics of it all.

It was a pretty comfortable 14.2km hike with undulating hills, dolphins to one side and windblown shrubs to the other. Morning tea and lunchtime views were extraordinary. No wide-screen TV could beat this! A few of us even took our boots off for a refreshing stroll through the ocean at Blowhole Beach.

I discovered that I'm probably one of the faster walkers in the group, which made for a nice change as I've always been in the tail end of my multi-day hiking groups. I should not have been surprised, however, as I've been training

Continued next page ...



PHOTO: Matt Jorgensen

in the Adelaide Hills for over a year in preparation for a trip to Bhutan and the Himalayan mountains.

During our walk on Sunday I reminded myself that I had been training to enjoy a holiday – a hiking journey – and that I had to give myself permission now to 'be on that holiday', and to enjoy the journey over the next six years. To enjoy the morning tea and lunch stops, and to bring along something nicer to eat, not just an apple and some nuts. To sometimes walk and talk, and sometimes walk alone to relax and enjoy my surroundings.

We also made lots of 'notes to self' about what gear to bring along. Mine were a roll of toilet paper in a dry bag, a rubber mat to sit on and a plastic tub in the car for my dirty boots at the end of the day.

After lunch we set off on the final climb up to Cobbler Hill campground. This was challenging for some, a good workout for others and, for a few hikers, enough was enough as they gladly took up the

option of a drive up the hill. I'm sure I'm not the only one to think that having a back-up driver is a great feature of this type of excursion as we all have had 'one of those days' in the past where getting in the car is the smarter option.

It was a welcome relief to make it out of the forest and into the campground where my car was parked. The views up there were amazing! I must have made good time because most people emerged from the forest after I had cooled down, stretched and freshened up. I was ready to drive home.

It was tempting to join the group for a drink and some nibbles, but having weened myself off soft drinks a few years ago, and not wanting any alcohol before the long drive, I gladly hit the road to get home just at sunset for a hot shower, hot dinner and an early night.

I want to say a very big THANK YOU to the Friends of the Heysen Trail, all our guides on E2E13 and my fellow walkers. I really enjoyed the group

experience. I managed to walk at my own pace, enjoy the views, engage in some light and deeper conversations, and I spent plenty of time in my own head stilling my thoughts and reminding myself why I love the outdoor life in South Australia so much.

I feel it was the start of a very special journey – a real adventure. One where new friendships will be forged and life-long memories will be lived.

One walk down, 59 to go.

Parachilna Gorge, here we come! 🇦🇺



Diana De Hulsters was born in Belgium to a Belgian father and New Zealand mother. Adelaide has been her home since 2002. She has completed multi-day hikes in Tasmania and New Zealand, but the Heysen Trail is the longest challenge on her extensive bucket list.



- A unique experience meters from the Trail
- Log fire and wood oven
- Lit by oil lamps and candles
- Cast iron hip bath
- Bunks and Hayloft/sleeps 6
- Minimal power
- Short walk to pub, shops and market

Cost \$27p.p. - linen extra

Part of Olive Grove Retreat Accommodation

Email olivegroveretreat@gmail.com

Ph. 08 88922679

Mob.0447 445 506

Reporting on the condition of the Heysen Trail

We are a volunteer organisation dedicated to the promotion and maintenance of the Heysen Trail. As such we depend on walkers for information and comment on the condition of the trail, and any safety concerns.

Please email reports on trail conditions to heysentrail@heysentrail.asn.au or phone the Friends' office on 8212 6299.

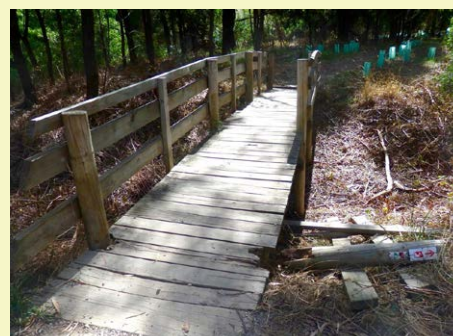
Please include details of the location (including map number and grid reference, if possible), the nature of the problem (ie 'bottom step of the stile is loose') and, if possible, send any photos. The

Friends' office will forward the information to the Trail Development Coordinator for action.

We appreciate any comments, good or bad.

Colin Edwards

Trail Development Coordinator



An example of reported vandalism on the trail: a footbridge near Arbury Park

PHOTO: Philip Bell



Walking on Country. Reconciliation on the Kokoda Trail

Mark Waters led a Reconciliation Trek on the Kokoda Trail* in September last year with 30 trekkers, comprised of students, teachers, young mentors and leaders from six SA schools.

Fifteen Aboriginal and 15 non-Aboriginal people departed Adelaide airport after a Smoking Ceremony from Uncle Moogy Sumner. Our objectives were to enhance reconciliation, youth leadership and commemoration.

An overnight at Cairns, with a briefing from Getaway Trekking, did not prepare us for the shock of the 3.00am wake-up call to get to the airport. Arriving in Port Moresby, we met our Northern Beaches brothers who would support us in our trek for the next nine days. So now we numbered 101 (34 Australians and 67 PNG support crew).

Heading towards Owers Corner we were sobered by the visit to Bomana War Cemetery where 3000 Australian war graves are beautifully maintained. As one 18-year-old Aboriginal boy observed '...many of the people buried here are my age...'.

Excited to start, we got on the track for a short three-hour walk across Imata Ridge (850m). Within metres we were slipping and sliding our way down grassy and muddy slopes before it teemed with rain. The two litres of water that we prepared was not enough for the heat and humidity, but we could not take

***Trail vs Track:** Both 'Trail' and 'Track' were used interchangeably during the war, with the diggers appearing to prefer 'Track'. Those who favour 'Trail' point out that the 'Kokoda Trail' is the title of the army's battle honour and the name gazetted for the route by the PNG government.



From top: Uncle Moogy Sumner and the smoking ceremony; Bomana War Cemetery; collecting drinking water and a drenching; and another water crossing

water out of the Ua Ule Creek where we crossed and camped because we had stirred up the mud too much.

On the second day our trek started in earnest. Rising at 4.30 became our standard alarm clock time, then breaking camp to be walking by 6.30. We were eager to get on the trail with a healthy climb, some down before another good climb, more down, and a river crossing: the pattern of the trek was set. Following our Buna brothers lead, the mantras became 'Don't look up', 'One step at a time', 'Keep smiling'.

At the end of the second day, we camped on Iorabaiwa Ridge, the southernmost point of the Japanese Army's advance. The soccer balls came out and the local village children and our trekkers played. Adelaide United had donated 27 soccer balls that were left at different villages along the track.

I remember seeing one of our Aboriginal girls sitting talking to her Buna brother for about an hour as they shared their family stories and interests. It was an image repeated constantly throughout the trek.

Day 3 had mixed outcomes. A slip led to one trekker twisting his back and cracking a rib – Panadol and Neurofin for him for the rest of the trek – yet he still completed the trip. Many trekkers were feeling the effects of dehydration and needed to up their fluid intake. The constant rain in the afternoon lead to more slips until, finally, we camped at Nauro (950m) where the camp

Continued next page ...

Walking on Country (cont.)

bonding started to come together around singing and music.

The trek to Menari promised to be a shorter day. We were down in the swamp and had to cope with 22 river crossings. But we reached camp by two o'clock. After bathing and laundry, the whole camp talked, lounged, played soccer and sang. In the evening, the local Church community choir came and sang, the trekkers replied and then the local Northern Beaches crew joined in with a spontaneous conga line. We were pleased to donate 20kg of school resources to the Menari community; our carriers pleased to have their loads lightened.

Day 5 was the hardest and longest day. It was hot and we had one trekker with heat stroke. Getting into Efogi (1220m) at lunchtime was testing us all, but we were only halfway! We struggled into Naduri (1400m) sweaty, looking wrung out and exhausted after an 11-hour day. An honest 'yarning circle' helped to get the whole group focussed on the important aspects for them of the trek.

Next day's walk was in cooler mountainous air as we traversed Mt Bellamy, the highest peak of the Kokoda Trail at 2190 metres. Templeton's Crossing was a beautiful campsite with a raging cold river running through it. Even the bravest found that they could only take the shortest of swims. A storm blew in that night but it did not dampen spirits. This was a site where the Australian forces were pounded by Japanese cannon from across the ridge.

The trek to Isurava (1360m) on Day 7 was uneventful. When we got into camp storm clouds gathered and rain fell, but the following morning the clouds cleared for our commemoration at the Isurava Monument, site of the Battle of Isurava where Australian troops fought to delay the Japanese advance. We sang 'When the War Was Over', 'Amazing Grace', 'Lean on Me' – our Trek theme song – and the PNG and Australian anthems; read poetry and recited the names of the Australian war dead at the



Leaving Nauro Camp at the start of Day 4; and Isurava Dawn Service ... rated the most significant of the trek

site; and told the story of Lt Col Ralph Honner who organised the young and inexperienced troops at Isurava. This commemoration was rated as the most significant of the whole trek. It made us reflect on Paul Keating's words that the Battle of Isurava was the 'Battle for Australia'.

Slipping and sliding our way from Isurava to Kokoda, Day 8 saw us drop 1500m. It made me think of the trekkers who have to climb this on their first day if they start from the north and walk to Owers Corner. As we bunched together and marched under the Kokoda Trail/Track arch, we all knew that we had achieved something very special and that it would shape us into the future. It was far more than a nine-day adventure. It was formative and humbling and profound.

We climbed up and down 6600 vertical metres, travelled 96kms as the crow flies and approximately 150kms with the GPS, and faced 150 river crossings. As a group we met and exceeded our reconciliation

and youth leadership objectives. We learned to keep together as a group, support each other and work to ensure that we all got through. We sang together, talked together and coped without mobile reception. And for all of us, we found our inner strength and resilience.

We returned with a whole new perspective on 'Walking on Country' and know that there is much to learn by taking time to understand the land that we are on and getting an appreciation of the culture of the local people who have looked after that land for generations. 🇺🇸



Mark Waters is the State Manager of Reconciliation SA and, in June, will complete the Heysen Trail with E2E8.

Kokoda Trail Details

The Kokoda Trail/Track stretches 96 kilometres through the Owen Stanley Range in Papua New Guinea from Owers Corner, 50 kilometres east of Port Moresby, to the village of Kokoda. The track was the location of the 1942 World War II battle between Japanese and Allied – primarily Australian – forces in what was then the Australian territory of Papua. The Kokoda Trail can take anywhere from 4 to 12 days to complete, depending on fitness and rest time involved. Locals are renowned for being able to regularly complete it in three days. The best time to trek the Kokoda Trail is from April to September, during the 'dry' season.

For more details on trekking the Kokoda Trail:

The Kokoda Track Authority
www.kokodatrackauthority.org

Getaway Trekking <https://getawaytrekking.com.au>

Australian Kokoda Tours
www.australiankokodatours.com.au

Within the Walls

A trip to Morocco

Chris O'Brien writes about her visit to Morocco, a trip she would do again 'in a heartbeat'.

I recently had the pleasure of participating in a two-week guided tour of Morocco – a country of amazing social, geographical and historic diversity. Our tour encompassed a circuit of Morocco's major cities, including the four imperial cities of Fez, Meknes, Rabat and Marrakesh, each of which have been historically nominated by the current ruler Mohammed VI as being the capital city.

What made these cities the highlight of my visit were the original old walled cities, or medinas, around which successive waves of invaders, immigrants and locals have expanded the city boundaries. These medinas each have their own character, both in colour and architecture. The city colour of Meknes is green – typically seen in its roof tiling – which reflects the city's agricultural focus. Marrakesh is the red city due to the red-orange clay upon which the city is built. Fez is represented by the colour blue, seen predominantly in the blue of its magnificent entrance gates as well as in the pottery for which the city is famous.

Inside the medina is a confusing maze of narrow winding alleyways, lined with an assortment of passageways, doorways, mosques, palaces, museums, restaurants, street vendors and pop-up stalls. Competing for passage along the cobbled alleys are a bustling array of merchants, shoppers, tourists, donkeys and mules.

I cannot imagine navigating the complex, meandering

medinas without a local guide. The guides we used grew up inside the city walls and knew the medinas like the back of their hands. They not only get you places directly, but they know of all the interesting alleyways, significant buildings and historical curiosities to explore. They also help to keep the local pickpockets at bay.

The medina walls and ramparts are extensive. Marrakesh, for example, is encircled by almost 20 kilometres of wall, towering 6 metres high. The beautiful cream walls of Meknes incorporate nine impressive entrance gates. Fez is surrounded by nine kilometres of defensive walls interspersed with spectacular mosaic gates.

Walking through the medinas was at times breathtaking due to the visible evidence of their historic development as well as the total absence of any planning or building regulations. The world's first university (founded by a woman in 859AD) was built in Fez and remains as a monumental building within the medieval medina today. Conservation of these old structures has been long neglected in many cities but recent grants from UNESCO have had a significant impact on the restoration and repair of many areas within the medina of Fez, which is listed as a World Heritage Site.

In the early days of our tour I made random guesses as to what lay behind the doorways that lined the myriad of alleyways within the medinas. That is until we ventured inside. The richness of mosaic work, the architectural grandeur, colour and, most surprisingly, the gardens were an unanticipated delight. One afternoon we visited a *ryad* belonging to a wealthy French merchant with a penchant for amazingly interesting collections. We stood outside

Continued next page ...



Within the Walls (Cont.)

a very ordinary studded, wooden doorway. Above our heads random electrical cables wove in and around a mishmash of architecture, some of which was shored up to keep it from toppling. A pile of rubbish lay nearby. We stepped inside to a breathtaking paradise: fountains, running streams, tropical plants and a complex of colourful and architecturally diverse and impressive buildings. This was once the palace of a prince.



Chefchaouen (top) a walker's paradise, and acres of Roman ruins at Volubilis

While the major cities were full of excitement, colour and history, the jewel city for me was that of Chefchaouen, a hidden gem in the Rif Mountains. We arrived late in the day and left early next morning, way too short to explore this amazing city of powder blue buildings, colourful market stalls and amazing hiking opportunities into the nearby hills and valleys. This is where one might see a lonely herdsman sitting by the side of the road tending his sheep, smart phone in hand and earphones in place.

We had a tour guide with us throughout our travels and truth be told we could not have managed without him. Arabic and French are the languages of Morocco and, once outside western-style hotels, language is a significant barrier. Many of us had to dig deep for long forgotten French skills, which over the two weeks served us better than English.

On one occasion we travelled to Bhalil, a village known for its grottos, but we had no fixed plans for what we'd do when we got there as it was Sheep Feast Day and the whole of Morocco was home feasting on sheep – six million of them! While waiting at a loo stop café, our tour guide struck up a conversation with a local who lived in a grotto and he unhesitatingly invited us all back to his home for mint tea. We walked slowly uphill along an old cobblestone road, sheep carcasses hanging from doorways, gutters running red with blood, through a doorway into a passage and into a cave that families have lived in for hundreds of years. What an

honour it was to share the next hour with this family, and we were very thankful for the French phrases that allowed us to share just a small level of communication with the family.

Another foray into potentially great hiking territory was a day trip out of Marrakesh up into the Atlas Mountains to the tiny village of Imlil, where the ancient Berber culture still thrives. At the base of North Africa's highest peak, Jbel Toubkal (4167m), we witnessed bus loads of hikers disembark in preparation for the multi-day hike there and back. We were told that the hike is tough, but well worth it for both the experience and the views.

Morocco is a country rich with holiday opportunities. What made our experiences so memorable were the interactions we had with Morocco's people. We shared unique experiences with the women of Morocco, listened to their stories and understood more fully some of the physical, social and cultural challenges that they experience. They shared with us their food, their talents, their expertise and, on occasions, shed their djellebas and hijabs in our presence. What an honour to be so readily accepted. 🇲🇴



Chris O'Brien completed the Heysen Trail with E2E5 and, as a walk leader, led TrailStarter and TrailWalker hikes in Belair, Blackwood and Scott Creek. She was also a member of the Friends' group that successfully completed the 223km Larapinta Trail in 2012.

MT BROWN ACCOMMODATION



Stay on the trail at **'Catninga Hut'**

- 4 CAMP BEDS • WOOD STOVE • GAS BBQ
- CAMP SHOWER • FLUSH TOILET

Indulge yourself on the trail...



Stay at
'The Carriage'
at Catninga

- VINTAGE RAIL CARRIAGE
- ENSUITE, QUEEN BED, ELECTRIC BLANKET
- CONTINENTAL BREAKFAST
- KITCHENETTE



T: 0458 436 363 or 08 8643 6327 E: catninga@gmail.com For more information: www.catninga.com

Gear Guide Night at the Scout Shop

Melanie Sjoberg explains why the Gear Guide Night in April was such a success.

Do you know what to look for in a new pair of boots? Did you know the type of terrain and season can influence your choices? Has anybody demonstrated how to use walking poles for you? Are you aware of personal safety devices on the market? What about showing you the magic of loading your pack and trying it on for good measure? Or something as simple as keeping your water bladder clean?

These were just a few of the varied hints and tips that the Scout Outdoor Centre in Rundle Street provided during our gear guide night for the Friends in April.

Nearly 30 Friends were split into small groups as we were talked through an array of gear offerings by Scout shop manager Darren and his knowledgeable team. The event proved friendly, informative and fun, especially the shriek of the whistle that prompted each group to move on to the next gear spot.

The chatter afterwards indicated

that everyone found it useful and thanked the team for a great night. It was a little like speed dating, except the love you tested out was bushwalking paraphernalia. The Scout shop reminded us that it always offers personal service and there is discounts available to Friends of the Heysen Trail. 🇦🇺

Vexing decisions on the best hiking boots to buy (right) made easier with expert advice (below) on boots and backpacks

PHOTOS: Philip Bell



Guest House Trekking Adventures Tours of Morocco

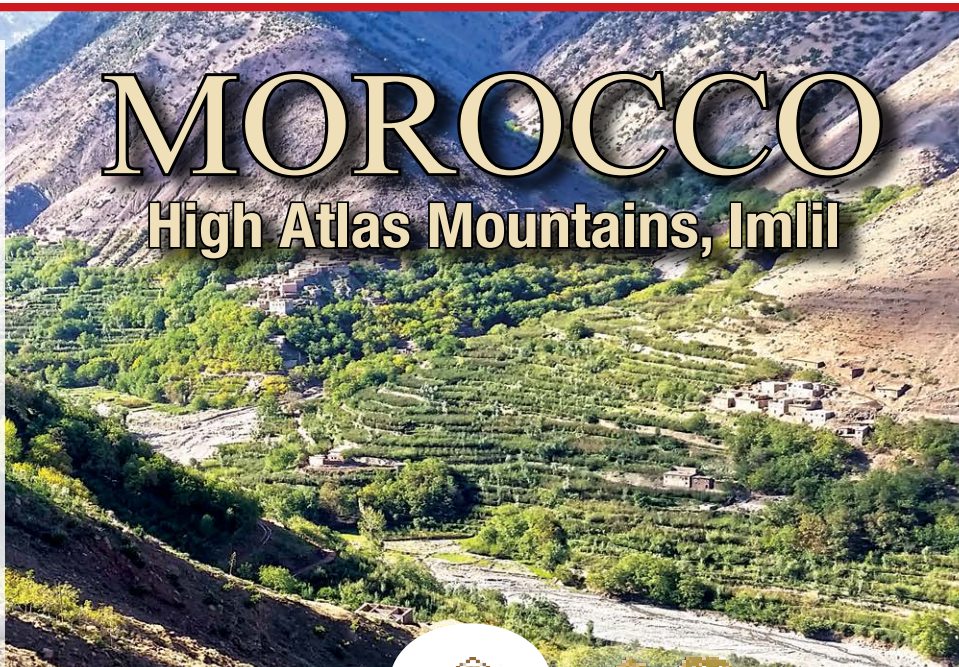
Experience Berber culture, visit a Berber home and meet the local people.

Imperial Cities Tours; see the souks of Chefchaouen, Fes and Marrakech

Stay at DAR AMADINE Guest House and enjoy the mountain scenery.

MOROCCO

High Atlas Mountains, Imlil



- Desert experience; stay overnight in a luxury nomad tent, see the Sahara and ride a camel
- Trekking and hiking; from a short afternoon walk to climbing the mountain Jebel Toubkal
- Skiing trips; to the nearby ski resort of Oukaimeden



www.daramadine.com

daramadine@gmail.com

Owners

Jane Upton - Adelaide, Australia
Abdou - Imlil, Morocco

+61 (0) 419 360 854
+212 666 922 351

jane.upton12@gmail.com
abdoutreks196@gmail.com

Completion of the Lavender Federation Trail

Robert Alcock reports on the opening ceremony at Clare for the 325km Lavender Trail.

Many Friends gathered in Clare on Saturday 5 May to celebrate the completion of the Lavender Federation Trail. Anne Lavender, patron of SARTI and widow of Terry Lavender, and the Hon. Geoff Brock MP jointly opened the Trail. Friends organised a walk for the event, as did other walking groups, resulting in a large number of supporters and locals present for the unveiling of large trail maps.

The Lavender Federation Trail is a long distance walking trail, 325km from Murray Bridge to

Clare, which has been developed by the South Australian Recreation Trails Inc. (SARTI). To recognise their achievement Melanie Sjöberg presented a commemorative plaque on behalf of the Friends.

Marking the Trail into Clare completed 21 years of work for many dedicated volunteers. Congratulations to all the SARTI volunteers for the successful completion of the Lavender Federation Trail. For more information visit the new-look



Melanie Sjöberg presents a plaque to SARTI chairman Chris Bushell

Lavender Federation Trail website
www.lavenderfederationtrail.org.au



WISE WOMEN WALKING

FIND YOURSELF BE YOURSELF CHALLENGE YOURSELF

A walking program introducing women to the world of adventure! Includes short walks, day walks and multi-day walks in South Australia and beyond with the comforts of lodge style accommodation, food and wine. We walk for well-being!

QUEEN CHARLOTTE TRACK NZ
OVERLAND TRACK TASMANIA

THE CAMINO
WALK THE YORKE

INCA TRAIL PERU
FLINDERS RANGES

Full service independent SA owned travel agency and tour operator.
Check out our annual charity treks and independent walking packages for men and women.



HEAD TO OUR WEBSITE FOR ALL OUR WALKS, TRIPS AND EVENTS:
www.bigheartadventures.com.au or phone 0418 802 361





The Natural Choice

cleaning and gardening naturally



Ensuite Cabins | Bunkhouse | On Site Van | Camping
surrounded by parklands, with a short stroll to town

Gary & Bronwyn Lucas

info@quorncaravanpark.com.au 8648 6206



What's around the corner?

Specialising in wills and estates including: estate planning · powers of attorney · advance care directives · estate litigation · land transactions

61 Carrington Street Adelaide South Australia 5000
T 08 8237 0572 F 08 8237 0508 E g@garypearce.com.au

Image: Maggie Moy



Gary Pearce Solicitor



— Receive 10% off* —

08 8223 5544 - 192 Rundle Street Adelaide
Visit our website www.soc.com.au



**SCOUT
OUTDOOR
CENTRE**

#gear4life

WORK CAN WAIT...
ADVENTURE IS CALLING
GO AND EXPLORE



*In Store Only Excludes GPS, Watches, PLB's, Scouting Products & Sale Items