



TRAILWALKER

The Friends of the Heysen Trail
SOUTH AUSTRALIA

SPRING 2018
Issue 149
FREE



ORCHIDS – HIDDEN GEMS OF THE TRAIL
Plus: The Great North Walk
Navigating Steep Terrain
History of the Heysen

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MEMBERSHIP INFORMATION

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

TRAILWALKER MAGAZINE

Deadline for the next issue
(Summer 2018):

Friday 2 November 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:

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- 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
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month of publication.

ADVERTISING RATES (Ex. GST)

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heysentrail.asn.au/trailwalker

Contents

Magazine of the Friends of the Heysen Trail
Issue 149 Spring 2018

5

President's Report

Melanie Sjoberg

7

Half-Way Mark

Robyn Coburn
and Mark

Scicluna explain
what it meant for
E2E9 walkers to
reach the 'half-
way' mark of the
trail.



9

Walks Programme

The rest of the Friends' 2018
walking programme.

12

Orchids: Hidden Gems of the Trail

James Wenzel

encourages us
to slow down
and add orchid-
spotting to the
pleasures of
bushwalking.



15

Hiking the Heysen for Black Dog

Josh West is hiking the Heysen
Trail to raise money for the Black
Dog Institute.

17

Great North Walk

Mike Joyce reports on The Great
North Walk from Sydney to
Newcastle.

21

Baryte Mines

Sally Henery of Alpana Station
writes of the history of the baryte
mines in the ABC Range near
Parachilna Gorge.

22

Tramping with the Kiwis

Adam and
Suzanne
Matthews

walked the
Milford
Track in
torrential
rain.



25

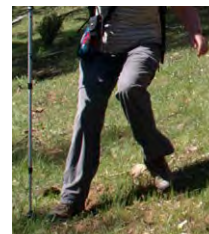
In Training for a Broken Ankle

Judith Ellis recounts how training
for a major walking holiday can
turn into a critical challenge.

27

Navigating Steep Terrain

Pam Woodburn
and Simon
Cameron offer
advice on
descending
difficult terrain.



28

History of the Heysen Trail

Warren Bonython wrote on the
beginnings of the trail back in
1986.



The Friends of the Heysen Trail & Other Walking Trails

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Hugh Greenhill	Section 13 Leader
Sam Nichols & Garry Fieldhouse	Publicity Officers

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Wednesday 19 September 2018
Wednesday 17 October 2018
Wednesday 21 November 2018

Summer 2018 Trailwalker Deadline:

Friday 2 November 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.

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COVER PHOTO: Pink Fingers Orchid
by Philip Bell

Trailwalker welcomes submissions
from readers of photos suitable for
the cover of the magazine

President's Report

Sustaining the Heysen Trail

More than half-way into the walk season and, no matter the weather, our thriving End-to-End walk programme has organised up to 250 walkers each month to gather for the bus, wander, step, climb, slip, slide, chatter and laugh along the 1200kms. Did you realise that we collectively walk the Heysen Trail every year?

Reflecting on our history, it's clear that we wouldn't have a Heysen Trail without the enthusiasm and inspiration of Warren Bonython, who walked the Flinders, advocated for a long-distance trail and named our trail after Hans Heysen. And then the terrier-like persistence of Terry Lavender, who was fundamental to negotiating with landholders, marking and developing the trail, and so turning an idea into reality.

Right alongside these key people were many pioneer volunteers of the Friends who from the beginning have been essential to making and keeping the trail in good shape.

As you walk the trail have you ever pondered how many posts, stiles, platforms, tanks, shelters, huts and toilets we come across? Terry Lavender calculated that over the 15 years

of developing the Heysen Trail the original team erected 12,000 markers, constructed 4,500 stiles, and installed 8,000 warning and information signs, along with bridges, sand ladders and board walks. Quite an achievement by a bunch of mainly volunteers on a minimal budget.

A rough estimate (and I stand to be corrected) is that we have 42 campsites, 14 huts, 21 toilets, 38 rainwater tanks and an unknown number of platforms and shelters. I don't really want to count the marker posts but there are certainly thousands along the 1200kms of trail.

What about things less visible? In between walking weekends our regular section leaders are like fictitious wood-nymphs, keeping things neat while others of us plan our next walk. We also need to note our vigorous End-to-End maintenance volunteers who have completed at least four busy weekends dedicated to replacing marker posts, plates and arrows, and fixing up dodgy stiles.

The maintenance work not only keeps the trail clear and helps prevent people missing a turn but also mitigates damage to the bush by keeping walkers on the trail itself – even when the goats and kangaroo tracks suggest diversions.

The energy and enthusiasm of our member volunteers is our most valuable currency and sustaining the trail is an expression that will continue to have meaning as long as Friends continue to support and build our volunteer capacity.

Members are encouraged to walk as long as the body physically allows, but please also consider giving back to the trail by volunteering with one of our many maintenance and development activities. 🇦🇺

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>



Melanie Sjoberg

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).



Greening the Trail

Neil Nosworthy reports on the progress of programmes for greening and maintaining the Heysen Trail.



This year has been a quiet time for greening activities, which is probably just as well given the dry winter.

Robinson Hill

In June, five volunteers ventured down to Robinson Hill near Inman Valley and planted 11 more mature trees that we hope will provide a

screen for the toilet and thereby reduce usage by passing traffic along Hancock Road.

Grand tour of mid-north plantings

At the time of writing, we have organised a trip up to Hiskey's Hut near Georgetown where we plan to gather seeds from the eucalypts growing down the hill from the

hut. We will grow seedlings that can be planted around the hut with the aim of providing protection from the prevailing wind.

While we are in the area, we expect to check on the progress of our plantings near Spalding and at Worlds End. In addition, we plan to pick up the tree guards and stakes from last year's planting at Point Pass.

Future projects

Investigations of planting trees along a section of the trail between Coolawang Creek and Parsons Beach at Waitpinga have not progressed and remain on the 'to do' list as a project for 2019.

If you have any ideas for improving the environment along the Heysen Trail (and not just planting trees), please contact Neil Nosworthy on neil@noztours.com.au. 📧

Planting 11 mature trees at Robinson Hill in June



End-to-End Maintenance

The second year of the End-to-End Maintenance programme has proven to be busy and enlightening. So far, we have had four weekends working along the trail around Burra.

We have come to appreciate even more the work that section leaders put in to maintain the trail. In particular, our compliments go to Hugh Greenhill for the work he has done on Section 13 around Burra. Even so we have had plenty of work to do to raise the standard of maintenance along the trail.

Over the four weekends, 24 volunteers have come along to help with the work. Thanks to everybody

who has attended – a special thank you to Daniel Jardine and Simon Cameron for each organising a weekend.

Once again this year, the dinners on Saturday night have been one of the highlights, including local guests who have helped us with their insights on some of the issues along the trail. We also have thoroughly enjoyed the food at La Pecora Nera – a real ornament to the food scene in Burra.

There are two more weekends scheduled for this year. If you are interested in attending, please register on the website or contact the team leader. 📧

2018 End-to-End Maintenance Programme

Month	Date	Activity	Team Leader
September	22 & 23	Spalding to Georgetown	Daniel Jardine
October	13 & 14	Hallett to Spalding	Dom Henschke



Kevin Crawshaw replaces a marker plate near Worlds End in July

PHOTOS: Neil Nosworthy

End-to-End 9

Half-Way Mark

Robyn Coburn and Mark Scicluna explain what it meant for walkers with End-to-End 9 to reach Mt Bryan and the 'half-way' mark of the trail.



The climb up Mt Bryan and (below) E2E9 members enjoying the moment of reaching the 'half-way' mark

Sunday 18th May 2014 was the start date of End-to-End 9's big adventure of walking 1200kms of the Heysen Trail over six years, with a cheerful steady group of 50-plus hikers.

This first day could have been considered a 'come'n'try'. A number of us had hiked before, but only in small groups; some had little experience; and we were all there for a multitude of reasons, as we discovered.

The first few years of hiking was spent concentrating on just getting through the day, making sure we were on time, with the correct clothes and equipment, right food with plenty of water, and enough fitness. The idea of reaching the half-way mark seemed to be far away. When, in our fourth year, Peter Clark, E2E9 coordinator, announced that it was coming up, there was a sense of excitement within the group. This increased when it was determined that the half-way mark would be on top of Mt Bryan. Strictly not 'half-way' but, for this most auspicious occasion, it seemed more than suitable.

So on Saturday 22nd July we reached a major milestone, reaching the half-way mark, 600km into a 1200km journey. This journey had seen us trek through native bushland, negotiate slippery gully tracks, cast footprints in the sand, and climb up and down mountains as we came together as a group of friends with a common interest – pushing our minds and bodies further than we thought possible and inflicting pain on ourselves.

The day started with the bus dropping us off to beautiful blue skies but there was a chilly nip in the air. Down the road we trooped and into a paddock where I happened to notice some people were given bladders of something.

Walking along I looked up to see Mt Bryan beckoning above us. It has something of a reputation. I remember seeing a Trailwalker photo of a group of Friends hiking through snow! And from all accounts it's windy up there.

Well, Mt Bryan didn't let us down. Quite frankly, I personally have never hiked in wind so cold and ferocious in my life. My hiking poles

Continued next page ...





Fiona McInnes receives the traditional 'poles of honour' for completing the Heysen Trail and, atop Mt Bryan, serves port to help E2E9 members relish climbing Mt Bryan and reaching the half way mark

Half-Way Mark (Cont.)

were useless as the wind blew them horizontal; the hat had to be shoved into a pocket; and there was a real sense of what it's like to be blown over. Despite this we were all up the top in no time and huddled behind anything that would give us a bit of relief from the elements.

The bladders turned out to be a very welcome nip of port to toast our success – thank you, Peter – which went down very well given

the cold conditions, exacerbated by gale-force winds.

Again we were lucky to avoid rain but many agree that this was the coldest hike due mainly to the wind-chill factor that plagued us for much of the way.

Despite this it proved an enjoyable hike – dominated by the climb to the top of Mt Bryan, apparently the third highest mountain on the Heysen Trail at 929 metres.

This was also the final section of

the trail for Fiona McInnes who completed the Heysen Trail so she was greeted with the customary 'poles of honour'. Well done, Fiona.

In the evening we had a nice dinner at the Burra Bowling Club, provided by Lorna and her crew of volunteers, who were so efficient we arrived back to our lodgings in time to see the second half of the footy.

That was the half-way mark, now on to Parachilna! 🍷

PHOTOS: Mark Scicluna



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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
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

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

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 above and register for a Sunday or weekend walk on a stretch of the trail that you're interested in hiking.



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	
September	Sat Sep 1 Lavender Federation Trail Stephen Salib-Brown	Sun Sept 2 TrailStarter Onkaparinga The Bells	Sun Sept 9 TrailStarter Barossa Goldfields Kevin Liddiard	Wed Sep 12 Mid-Week TrailWalker	Sun Sept 16 TrailStarter Newland Hill Robyn Quinn	Sun Sept 23 TrailStarter Cobbler Creek Mary Cartland	Sun Sept 30 TrailRambler Tothill Ranges Peter Larsson
		Sun Sept 2 Trailwalker Mount Crawford Jon Holbrook	Sun Sept 9 TrailWalker Ashbourne 3 Parks Dean Mortimer	Belair John Babister	Sun Sept 16 TrailWalker Belair Rosemary Hayward	Sun Sept 23 TrailWalker Sanderson Adam Matthew	Sun Sept 30 TrailWalker Tailem Bend - River Walk Daniel Jardine
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 28 TrailStarter Mt Barker Summit Graham Bald	For programme updates & details visit the website heysentrail.asn.au/walks
		Sun Oct 7 TrailWalker Kuitpo Jon Holbrook	Morialta John Babister	TrailStarter Peter Larsson	Sun Oct 21 TrailWalker Horsnell Gully John Babister	Sun Oct 28 TrailWalker Sturt Gorge Michael Middleton	
				TrailWalker M Middleton			

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

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Re-route removes 'black spot'

Colin Edwards and Dom Henschke report on removing a dangerous section of road walking just south of Bundaleer Reservoir.

A short and relatively simple re-route on the Heysen Trail just north of Spalding has removed a dangerous section of road walking next to the Goyder Highway.

After extended negotiations with representatives of the Department of Environment & Water, SA Water and the local landowner, we received permission to move the trail 'off the bitumen'. It is now a much safer and more pleasant walk.

On the trek north, after leaving the Bundaleer Reservoir aqueduct, the trail now crosses a fence line on the northern side of the Goyder Highway. It follows the two SA Water pipelines across 1.5 kilometres of private property returning to the original route at the Chlorinator.

End to End Awards

Congratulations to the following walkers who were recently presented with E2E awards for completing the trail:

Kevin Hacault
Brendan Hennessy
Suzanne Lowe
Jackie Woods
Arjunan Vikraman
Benjamin Campbell
John Glover
Pennelopy Day
Karen Madera
Lorraine Thomas
Terry Garner
Jeff Fischer
Linda Sloan
Jordan Bang
Roxanne Crook
Mark Linford
Sharron Linford
Tom Link

This list does not include members of E2E8. As they received their certificates after this publication's closing date, their achievements will be celebrated with an article in the Summer 2018/19 issue.

Trail 'black spots' are one of many projects that the Trail Development Committee are currently working on. The successful completion of this job means we can move our attention elsewhere.

You can find this and other re-routes on the Friend's website heysentrail.asn.au/heysen-trail/re-routes/

If you find a black spot along the trail that warrants some attention, please contact the Friends' office with the details and we will see what can be done. Even better, come along and help fix the problem. We can always do with more helpers on projects. You don't need to be a skilled handy person as we have a wide range of jobs you can do.

If you'd like to help, please check the September and October End-to-End Maintenance events in the Walking Calendar.

The Friends supply the tools and materials, cover your fuel expenses and provide a subsidy for accommodation. We also provide a dinner on the Saturday night in which volunteers meet local landowners and trail supporters. 🍷



A busy Goyder Highway and (from left) Colin Edwards and Dom Henschke building a three-step stile

Friends of the Heysen Trail

Highlights of the Great South West Walk

Portland to Nelson

30 April-7 May 2019

Bus From Adelaide 6 Days of Walking

Walk Leader Simon Cameron

\$450 pp

Further information and bookings go to
the Walk Programme online at heysentrail.asn.au

Orchids

Hidden Gems of the Trail

James Wenzel advises us to slow down on the trail and add orchid-spotting to the pleasures of bushwalking.



(From top) King Spider, the most common spider orchid, Purple Cockatoo and (below) the Pink Sun Orchid ... easy to spot on the trail

We all love walking for different reasons, whether we're viewing stunning landscapes, observing interesting wildlife, or doing it purely for fitness and relaxation. I have added a new reason to go walking to my list over the last few years, especially in spring, and that is searching for native orchids.

Sometimes we are that busy looking about we walk past and miss some of South Australia's most interesting flowers. Instead of looking down only to make sure you don't trip over that rock or tree root, slow down and pay attention to the ground around you. You may be rewarded by spotting a native orchid.

We are lucky to have over 250 variations of native orchids here in South Australia and you can find different varieties growing all year round. I have found winter and spring are the best times for spotting the more common ones.

If you go walking in any of our national or conservation parks in September you are bound to spot a King Spider Orchid, one of the most common and most stunning, in my opinion, of the spider orchids. When you see them it is a sign that the bush is in good health. Some varieties are dependent on an associated fungus in the soil for them to survive, which is why they can be hard to grow in captivity. If the land has been cleared or heavily ploughed they may never grow again. Most of them rely on tiny insects like native flies, native wasps, ants and a fungus gnat, a tiny mosquito-like insect, for pollination. Some can also self-pollinate.

Any of our conservation parks close to Adelaide such as Belair, Cleland,

Morialta, Black Hill and Anstey's Hill are prime spots for spotting native orchids. I frequent Black Hill and head back to the same spots at different times every year to see the same orchids blooming.

Also patches of bushland and even roadsides can be good locations while you're walking the Heysen Trail. One of my favourite finds was a Spider Orchid that we found on an End-to-End walk not far from Moralan Gorge Road in the Flinders Ranges.

Orchids can camouflage quite well so they can take some spotting. The alien-looking Greenhoods are a good example of this; you will see one and look at it and the next thing you know there is a whole carpet of them.

This is why when we leave the trail we should be careful where we are treading. You could be standing on a rare orchid! On the other hand the Donkey, Purple Cockatoo or Pink Sun orchids can be bright and stand out, which makes them quite easy to spot. Quite a few orchids are not flashy, like the rare Potato Orchid. Some might say they are even ugly. But remember all native orchids are protected and picking the flowers or digging up the whole plant is illegal. Some can be quite rare and endangered because of loss of natural bushland.

Identifying some orchids can be a bit difficult because they are so small and delicate. There can also be different variations such as albinos to make it that bit trickier. Looking at the leaves can be a good identification tool. I find taking photos is a good means for identifying orchids because you can look and study them at home. Remember to take a photo of the leaves to help with the identification process.

You don't have to be an expert; amateurs can enjoy them too. One of

Continued next page ...



(From top) Wallflower Donkey and Bearded orchids, and (below) the rare Potato Orchid ... some might even call it ugly

PHOTOS: James Wenzel

Hidden Gems (Cont.)

the references that I have used is an online document called Common native orchids of the Adelaide Hills, published by Natural Resources, Government of South Australia. It has some great photos. NOSSA, the Native Orchid Society of South Australia, has a free eBook to download called Orchids of South Australia. And the reference book *It's Blue with Five Petals - Wildflowers of the Adelaide Region* by Ann Prescott also is a good resource.

So if you're a walker or photographer like me and enjoy our native flora, on your next walk slow down and check out the ground around you. You might get addicted to native orchids too. 🍷

REFERENCES

Common native orchids of the Adelaide Hills, https://www.naturalresources.sa.gov.au/files/sharedassets/adelaide_and_mt_lofty_ranges/nrm_education/amlr-native-orchids-2015-gen.pdf 26/7/2018

Native Orchid Society of South Australia, <https://nossa.org.au/australian-orchid-books/>, 26/7/2018

It's Blue with Five Petals - Wildflowers of the Adelaide Region, Ann Prescott, <http://www.itsbluewithfivepetals.com.au/>

James Wenzel completed the Heysen Trail in 2016 with E2E6 and is a walk leader with E2E12.

Friends' T-Shirts



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 the 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.

The long and short-sleeved red promotional T-shirts (shown above) can be purchased from the Friends' office on 8212 6299. Just have your size and credit card handy and they can be posted to you.

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 \$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.heyseentrail.asn.au. Put in your orders and promote your walking achievements to your friends.

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Hiking the Heysen for Black Dog

Josh West explains why, over the next two months, he will be hiking the Heysen Trail, from Parachilna to Cape Jervis, raising money for the Black Dog Institute.

I grew up on a stretch of road between the vineyard-laden towns of Bethany and Tanunda in the Barossa Valley. At the end of that street, I often passed a little red trail marker, pointing me away from the valley floor and into the distant hills. This indicator always confused me as there seemed nothing particularly interesting within 'walking distance'. I didn't know where the trail came from or where it led. In fact, I had no idea about the history of the marker.

It was not until an excursion to Hans Heysen's family home 'The Cedars', and an explanation of his legacy, that it finally dawned on me; I was living next to Australia's longest dedicated walking track, the Heysen Trail.

Since that day, the trail has filled me with curiosity and intrigue, and I've realised that anywhere worth visiting is within 'walking distance'.

Fast-forward two decades when I finally decided to up-and-leave my cushy 9-5 desk job. After seven years as a location-based designer, blogger and photographer, it was time to start exploring. My journey took me away from the comforts of my home state and out into the rest of Australia's wide open spaces. Over the next year, I visited bustling cities, quaint country towns, cosy coastal regions and the country's natural marvels. I also had the opportunity to tour South America.

However, despite everything I'd seen and done in the past 18 months, there was one particularly long, sentimental journey I'd still yet to undertake. It was time to come home. After years of contemplating, I am finally walking the entirety of South Australia's Heysen Trail.

Why am I walking the trail?

On top of obvious nostalgic reasons, there is one much larger reason I want to complete the whole trail from start to finish. This hike will easily be my most demanding physical and mental challenge. However, I realise this two-month battle is nothing compared to the struggle that people with mental health issues go through every day.

Knowing this, it is with enormous pride that I am also raising funds for the Black Dog Institute.

As we know, the Heysen Trail traverses some of the state's most spectacular rural landscapes; many of which are situated in remote regions, far from major cities with their much-needed medical support. Less than half of all Australians experiencing the symptoms of mental illness will seek professional help, and it is often distance and a lack of face-to-face services that contribute to these startling numbers.

We're currently in the middle of one of Australia's driest winters on record. In many places, it's the worst drought since records began. There's not only a financial toll but also a mental and emotional one. There may be no better time to talk about mental health issues than right now. Increasing the support and awareness for mental health, particularly in rural areas, is essential to its wellbeing. Mental illness doesn't discriminate. It affects people from all walks of life – it impacts individuals, families, workplaces and communities.

The Black Dog Institute has made an incredible impact across Australia, particularly through rural health initiatives and the development of educational programmes. The organisation is a pioneer in the diagnosis, early intervention, prevention and treatment of mental illnesses such as depression, anxiety, bipolar disorder and suicide prevention.

One small thing we can all do for our mental health is start getting back to nature. Nature walks are linked with significantly lower depression, less stress and enhanced mental health and wellbeing. I know I'm preaching to the converted here, but day hikes along sections of the Heysen Trail, or anywhere throughout South Australia's nature reserves, are a fantastic way to reset the mind and reinvigorate the soul.

So, throughout my two-month hike, I am looking to gather support for the Black Dog Institute via donations at the link to the right. 🐶



Josh testing out the stile (top), and his hamstrings, in the hills around Bethany, and visiting Cape Jervis, the final leg of his two-month trek

PROUDLY SUPPORTING



**Black Dog
Institute**

Josh West, AKA Trekking West, is currently hiking all of the Heysen Trail, north to south, while raising money for the Black Dog Institute. Keep track of his movements via his blog (trekkingwest.com/heysen), Facebook (facebook.com/trekkingwest) and Instagram (instagram.com/trekkingwest).

Donations can be made at <https://give.everydayhero.com.au/heysen>

Keeping track of End-to-End groups

Congratulations to **E2E8** who in August completed their six-year hike to Parachilna Gorge

By mid-September **E2E9** will have reached Dutchman's Stern, beyond Quorn

E2E10 have reached Curnow's Hut in the North Mt Lofty Ranges

E2E11 are at Web Gap in the Tothill Ranges

By mid-September **E2E12** will have passed Morialta to Montecute Heights

Early September and **E2E13** are in the Inman Valley



Hiskey's Hut



Mid-North News

The Friends have been successful in a grant application to Energy Australia through their Hallett Community Fund. This fund consists of \$10,000 in total for non-profit community groups in the Mid-North, particularly around the Energy Australia power station at Hallett.

The grant for \$1184 is to purchase two stainless steel sinks. These sinks are to be installed in the Hallett and Hiskey's Huts.

The successful grant was one of four funded out of a total of 19 applications.

We are currently in discussions with Energy Australia about a presentation. Keep an eye on the web page for more details.

Daniel Jardine

2018 Walking Awards Presentation Ceremony

Walking SA's 2018 Walking Awards will be presented on Thursday 11 October 6.30 for 7.00pm start at The Jade, 142-160 Flinders Street, Adelaide.

The annual Walking SA Walking Awards are to recognise sustained and outstanding contributions to walking at all levels throughout SA. Many volunteers

and others have contributed to SA's great walking trails, walking clubs, and walking promotion and opportunities for health, wellbeing, recreation and tourism.

If you know of someone who should be considered for an award there's still time to nominate them on www.walkingsa.org.au. Get your nomination in by 14 Sept 2018.



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The Great North Walk

Mike Joyce reports on the Friends' Great North Walk from Sydney to Newcastle in May.

Newcastle



The finish at Queens Wharf with (from left) Peter Solomon, Peter Deacon, Julian Monfries, Simon Cameron, Mike and Cathy Joyce, John and Jenny Lewis. And (right) the mouth of the Hawkesbury River, north of Sydney

"Oh my god - they've all gone to bed!" exclaimed Julian.

After all, it wasn't even 8pm! He immediately returned to the other cabin where Simon Cameron and Peter Solomon were studying the contours of the next day's walk and planning the entry points. The Great North Walk (GNW) turned out to be quite challenging for this group of Friends of the Heysen walkers and most of us relished the hot shower, dinner and bed at the end of each day. Hence, the early nights for some.

The GNW commences at Macquarie Place in Sydney and traverses 250km through to Queen's Wharf in Newcastle.

Peter Solomon had been planning this walk for some time and we were to complete the GNW in 12 walking days with stays at three base camps. We were graced with near perfect weather for the whole walk – apart from a minor rain burst on the morning of our last day.

Day 1 Sydney-Lane Cove: An easy introduction

On 15th May we converged on Sydney armed with our OPAL (public transport) cards. Our initial base camp for eight nights was Lane Cove Tourist Park. The first six sections of the walk were achieved using public transport as we were able to complete each day at a railway station. Every day had its highlights. The first day started with a train trip to Wynyard Station and a short walk to Macquarie Place. We then strolled down to the Quay and boarded a ferry to Woolwich. From there the well-marked walk led us through Hunters Hill where we sniffed out a delightful French cafe with coffee and pastries.

The first day's walk was an easy 16km introduction that eventually led us back to our accommodation via Lane Cove River where Eastern Water Dragons sunned themselves

Continued next page ...



Cathy Joyce uses a unique stile with a handrail making it very easy to cross the fence; and intrepid leader Peter Solomon at the first sign post



Sydney

PHOTOS: Simon Cameron & Mike Joyce



The Great North Walk (Cont.)

on rocks by the river. It was a perfect start to the walk with spectacular harbour views, historic buildings, very expensive real estate and peaceful bushwalking. We knew we were in for a very enjoyable multi-day walk.

Day 2 Hornsby-Lane Cove: A real spectacle

On our second day we caught the train to Hornsby Station to walk 28km back to Lane Cove. It soon became apparent that this was going to take us through some very spectacular country – and it was going to be quite demanding. There are lots of steep gullies requiring a bit of scrambling and the occasional river crossing.

Day 3 Hornsby-Berowra: Steeper and even more scenic

Day 3 was 24km from Hornsby to Berowra and the scenery just got better with bigger rocks and steeper climbs. The GNW was developed for Australia's Bicentenary in

1988 and involved quite a bit of infrastructure including footholds to assist in climbing the rocks. The subsequent rest day was much appreciated and gave the chance to see some more sights around Sydney and to stock up on food supplies.

Days 4-6 Berowra-Somersby: Hiking the Hawkesbury

Our fourth walking day was about 24km to Brooklyn Station on the banks of the Hawkesbury River. Day 5 we caught the train to Brooklyn Station and then boarded a water-taxi to take us across the Hawkesbury to Patonga in order to walk 20km through Brisbane Water National Park to Wondabyne Station. This was a novel experience as we had to flag down the train that only stops here if requested. On Day 6 we caught the train to Wondabyne. We had to board the last carriage as it is the only one that fits on Wondabyne Station. We also had to inform the guard of our intention to alight there so that the train would actually stop.

Once there we commenced our walk of 26km to Somersby Store. John Lewis transported half the walkers directly to Somersby in his car, crossing about half way as we walked in opposite directions.

Days 7-11 Somersby-Cessnock: Moving north

Having completed the sections of the GNW that could be accessed by public transport it was time to relocate to Big4 Holiday Park in Cessnock. Julian Monfries and Peter left early to collect the hire car. We also relied on John and Jenny's car from this point in order to reach the start and end points for each walk.

We set off for Berowra to complete a 6.5km section that we had missed and then enjoyed coffee and lunch at a delightful cafe overlooking Berowra Waters before heading off to Cessnock which was our base for the next five nights.

We divided into two walking groups for the next five sections of the GNW. The groups started

Continued next page ...

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EXPLORANGES

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The Great North Walk (Cont.)

at opposite ends of each of the sections. Simon and Julian developed an elaborate key exchange ceremony to be undertaken when we met near the middle of each walk. No point in walking to the car if you don't have the right key.

Days 12-16 Cessnock-Watagan Forest: Birds of paradise

The next four walks were 26km to Yarramalong, 26km to Forest Road, 21km to Congewai and 30km to Watagan Forest Motel. The last one started with a climb into the mist. The sounds of Bellbirds, Whipbirds and Lyrebirds filled the air and surpassed the magnificent views. The first 20km of this walk were pretty easy along ridge tracks. But then came some steep descents and ascents through damp gullies. The scenery was spectacular but one 4km-section took about two hours! Sometimes you have to work hard for the best things. Eventually we made it back to the car and at night enjoyed a barbecue.

Days 17-20 Watagan Forest-Newcastle: Wine time

Next day it was time to relocate to Stockton Tourist Park for four nights. But we couldn't leave the Hunter Valley without a visit to wineries, cheese makers and a restaurant.

Stockton was another great place to stay with an easy ferry ride across to Newcastle. With only two walks left in order to complete the trail one group set off for the Watagan Forest Motel and the other group walked from Warners Bay towards the motel. This section brought us through outer suburbia and past some vast quarries. It involved a substantial amount of road walking – not our favourite section.

At the end of the walk we all met at Warners Bay to enjoy coffee, ice cream and other treats. The surprise of the last day was that we were soon back in rainforests; and it rained, but not for long. We walked as a single group for the last leg. Eventually we made it to Merewether Beach and then to Queens Wharf.

Full of variety: A highly recommended hike

There are so many highlights on this walk and so much variety with train, bus, ferry and car. Sights included harbours, rivers, ocean, rainforest, bushland, farming land, beaches and suburbia, and such a variety of walking conditions. The sounds of birds provided continual entertainment along the route.

I can fully recommend this walk and thank Peter Solomon for the effort involved in the planning. If you get a chance don't forget to ask Simon for his special recipes for spaghetti bolognese and beef stir-fry. Also check with Julian for guidelines on how to use an iPad while walking.

The Great North Walk is a 250km path from central Sydney to downtown Newcastle. For more details check the official website: www.thegreatnorthwalk.com And for maps and notes: www.wildwalks.com Also check out the Friends of Heysen Facebook page where many photos are published.



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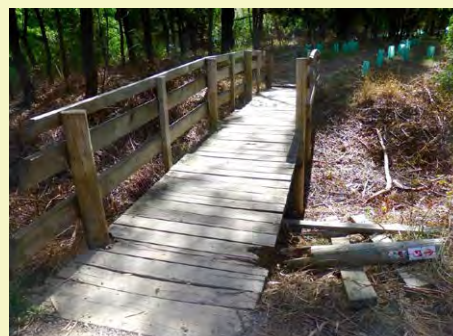
Reporting on the condition of the Heysen Trail

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

Heysen 1350: an ultra-marathon every day



On 13th August, Adam Chambers (pictured above left) started a 19-day, 1350km run via the Heysen Trail and Northern Flinders Ranges to Yankannina Station.

Called 'Heysen 1350', Adam will

complete an ultra-marathon every day over 19 days to raise money for Operation Flinders Foundation's long-running wilderness therapy programme for young people who are in danger of disengaging with their education, employment and positive futures.

Yankannina Station is the base camp where Operation Flinders runs its programme.

Adam's journey builds on his earlier 3,300km walk across New Zealand, where he trekked on his own from Bluff on the South Island, to Cape Reinga on the North Island.

He acknowledges a crew will be critical to his success so has rallied a loyal assembly who will operate out of a support vehicle as they accompany him until he finishes around 31 August.

Adam expects to be challenged mentally and physically as he pushes his body to its limits to raise money for his passion – "investing in youth so they may enter the world as young adults with the skills, knowledge and education to benefit society."

You can make a donation and follow Adam's progress on www.ramblon.co/heysen1350



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History Along the Trail

Mt Falkland Baryte Mines

Sally Henery of Alpana Station compiled this history of the baryte mines in the ABC Range near Parachilna Gorge. (This is part of an ongoing series in **Trailwalker** on historical sites and markers found along the Heysen Trail. Your contributions and ideas are most welcome.)

Only a few kilometres south of the Heysen trailhead at Parachilna Gorge is evidence of three old baryte mines. The mines were worked from 1943, when the ore bodies were first discovered, until 1974.

Baryte is the primary ore of barium, which is used to make a wide variety of barium compounds. These compounds are used for x-ray shielding and as a weighting or filler in rubber to make mudflaps for trucks. However, its main use today is for oil and gas drilling.

The Flinders Ranges still produces most of Australia's industrial-grade baryte. In the days of the Mt Falkland mines it was used extensively in paint, plastic, paper and cosmetics.


There was no recorded production from the Mt Falkland deposits from 1943 to 1968 apart from a trial load in 1959. Activity was hampered by the difficulty of transporting the ore from the pits down to the valley floor as well as the lack of markets, even though the ore that was mined was of very high quality.

In 1975 a request was denied by the SA State Planning Authority to include the Mt Falkland baryte deposits in the defined areas of the Flinders Ranges Planning Area Development Plan. This meant that mining the deposits could no longer occur. In 1980 an unsuccessful application to re-open the mines was opposed by interested parties such as bushwalking and horse riding groups, the Boys Brigade and the Henery family as owners of Alpana Station.

A big clean-up of litter, car bodies, tyres, old refrigerators and mining debris was undertaken by the Henery family in 1985. However, there remains a rusty bulldozer,

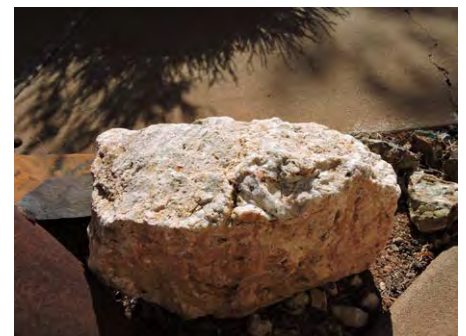
truck and the metal chutes by which the barytes ore was slipped from the mine opening high on the hill to the bottom ready to be transported out in trucks. A flying fox was used at one of the sites to move the ore to the loader. The chutes and flying fox were probably used in the earliest mining days at these sites.

The men who worked the mines were real characters. One such was Clarrie Bairstow from Port Pirie who was the last to own the mining lease. Of course, there were not many Workplace Safety considerations at these mines. They used large old fridges laid down on the back of a truck to take essential supplies, mainly alcohol, to the mine once every three or four months; and would fill the empty fridges with barytes to truck it away after a week of mining. Three or four men would be working there at a time, camping in swags on wire beds in a rough iron shed with no roof. The machinery on site in the 1970s included a loader, a dozer, compressor and a truck.

If anyone has more information or photos of these old mines the Henery family are interested in collecting copies of them. Please email Sally Henery on alpana2@bigpond.com 



The view most hikers get from the trail ... metal chutes used to slip the barytes ore down the hill from the mine opening. And (below) a sample of Flinders Ranges barytes – approx 400x300mm and very heavy – in the reception at Alpana Station



What do you pack in your lunchbox?

Trailwalker is keen to publish hints on what hikers pack to eat on the Heysen Trail. If you have some interesting temptations that you pack in your backpack, please let us know. Email the Editor on trailwalker@heysentrail.asn.au

Tramping with the Kiwis

PHOTOS: Adam & Suzanne Matthews

Clinton River and its surrounds



Adam and Suzanne Matthews walked NZ's Milford Track in torrential rain yet still found it a great walk that lived up to its reputation.

Day 1

The alarm goes off at some ungodly time in the morning and we're about to embark on our first overseas walk. We're in Dunedin NZ, the departure point for our six-hour bus trip to Te Anau Downs, from where we'll catch the ferry for our one-hour cruise to the start of the Milford Track.

We were told about the Milton Rotary Tramping Club by some friends, a not-for-profit organisation that runs walking programmes that anyone can join. So we decided to give them a go. They organise the whole trip and you pay what it costs them. This includes buses, ferries, park passes, huts and all food on the track. They ask that you become a member and make a small donation that is used to run programmes for disadvantaged youth.

There were 36 people in our group, including three leaders, plus four independents, giving us our quota of 40 people who may start the walk on any given day. The sun was shining as we set off on the 5km walk to the first of the Department of Conservation huts. Even though it was only mid-20's the heat was intense and it made the crystal-clear stream even more enticing. As we got close to Clinton Hut, our shelter for the night, some of

the early finishers were heading off for a swim with towels over their shoulders. Within five minutes they were back muttering something about hypothermia, so we decided to pass on that idea. Mattresses and cookers were in all huts so this made our packs a little lighter than normal with all the food and utensils split up among the group. Water, needless to say, was literally on tap. After tea and a bit of socialising most people drifted off to bed as the early start had taken its toll.

Day 2

Before coming to NZ everyone had told us how wet it can get and, just our luck, we were about to find out. Breaking camp at 8 o'clock our destination for today was Mintaro Hut, 16.5kms with a gradual climb most of the day. Half an hour into the walk the heavens opened and continued all day. In a very short time we were wading through water just below the knees. As we walked through Clinton Valley with the tops of the mountains covered in clouds, waterfalls appeared before our eyes making for some 'specky' scenery. With a small side trip we clocked up 18.5kms in less than six hours. We were glad to get into some dry clothes upon reaching the huts.

Unlike the ranger at the first hut who told us he only got paid for 8 hours

a day and was never seen again, the ranger tonight was a woman who loved her job. Although she had a bit of the headmistress about her, she was very informative and knew her stuff. All the rules of the huts were spelt out: boots left outside and clothes not too close to the fire. As soon as she said good night and left us, people were fighting over how close they could get their kit to the fire in the hope of having some dry stuff to put on tomorrow. Much to my delight – as I sat quietly in the corner after everyone had gone to bed – she re-appeared and moved everything back to where it should have been. As a lot of people had black clothing this made for interesting viewing next morning as everyone tried to find their own clothes.

Day 3

Setting out at eight again we began what is the hardest day on the trail: Mintaro to Dumpling Hut, 14kms over 7 hours. Mackinnon Pass at 1154m is probably the main focal point of the walk with views that 1 in 10 people told us were amazing. Through a number of switchbacks that made it quite easy going, we rose 500m to the top. The driving rain continued and made for another character-building day. By now the

Continued next page ...

Tramping with the Kiwis (Cont.)

track was a flowing stream and, as we approached the top, gale force winds came into play. Once on top it was obvious we were going to be in the 9 out of 10 category and not see anything. The weather conditions kept us moving and we were glad to reach Andersons Cascade Shelter. As with every day, one of the leaders went ahead to get the billy on. A hot cup of tea was greatly appreciated. The headmistress had warned us how bad the conditions were going to be and most people dressed accordingly, apart from one hardened Kiwi trumper who walked through all that in her shorts and shirt.

As it was downhill from here, we added extra layers before heading out into the bleak conditions again. A 970m descent over 7.5kms in three and half hours lay ahead. Waterfalls were once again everywhere and plenty of stopping for photos. With the rain still falling we crossed numerous creeks, some with bridges others without. Walking poles are a must in these conditions as wading into fast flowing white water was a bit unnerving. Realising the rocks weren't slippery gave us renewed confidence and we were soon moving along at a good pace. A few trampers without poles did end up in the drink, but luckily no one was injured. The rain stopped upon our arrival at Dumpling Hut and within an hour some of the huge waterfalls disappeared. That night's ranger told us we had 200mm in the last two days and that she had been wading in thigh-deep water on a section of trail we would be walking tomorrow!

Day 4

We left at 7.30 to give us time to be at Sandfly Point by 2pm to catch the ferry to Milford Sound and, sadly, finish our walk. Finishing with clear skies under the rainforest canopy made the 18kms fly by and we were at Sandfly Point before we knew it. As we came out of the forest we were greeted by a view that will live with us forever. If the wet camera works again you may see a photo!

This was a great walk that lived up to its reputation. If you can walk the



Heysen you can walk the Milford, as long as you can carry a few more kilos on your back: 11-12kgs was suggested by the Tramping Club.

You can just do the walk or, as we did, take the option of spending the night on the Milford Wanderer, cruising Milford Sound. A great way to end the trip and wind down with your fellow trampers over a bevvvy or two. 🍷



Adam and Suzanne Matthews completed the Heysen Trail with E2E6 and are walking with E2E8 where Adam will complete the trail for the second time. They also are leaders with E2E12. Suzanne was appointed Vice President of the Friends at this year's AGM.



Clockwise from top left: trekkers board the ferry at Te Anau Downs; Clinton River and the first of many bridges; waterfalls descending from Mackinnon Pass; amazing views once the rain clouds lift; and another bleak day

For more details on hiking the Milford Track:

Milton Rotary Tramping Club
www.otagorotarytrusttramps.org.nz

General Milford Track hiking information <http://milfordtrack.net>

NZ's Department of Conservation
www.doc.govt.nz/milfordtrack

Milford Sound Cruises
www.cruisemilfordnz.com

Welcome new members

The President and the Council would like to extend a warm welcome to the following 88 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.

Hayley Abbott
Neil Atkinson
Adrian Baggio
Kevin Barone
Helen Bensen
Sybella Blencowe
Kingsley Blenkiron
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In Training for a Broken Ankle

Judith Ellis recounts how training for a major walking holiday can abruptly turn into a critical challenge.



(From top) Jack tries to stay warm wrapped in his groundsheet while Judith goes for help; Jack is winched into the rescue helicopter with a paramedic; and flown to Flinders Medical Centre

PHOTOS: Judith Ellis

Our 2018 goal was to walk the Bibbulmun Track, WA's 1000km trail from Perth to Albany. Jack Marcelis and I hoped to start this adventure in early August. So, in May, we started increasing the distance covered on our weekend walks and, in June, we swapped daypacks for hiking packs. The starting weight was around 15kg, but we knew this would get heavier.

My big test was walking the Heysen Trail from Cape Jervis to Victor Harbor. If I could do that I felt more comfortable in tackling the Bibbulmun Track.

Early Monday morning we caught the Sealink bus to Cape Jervis and started our trek with good views of Kangaroo Island. Soon after lunch we reached Blowhole Beach. Our previous training helped but it was a slow climb. What a relief to reach the Cobbler Hill campsite, and another two kilometres to the Eagle Waterhole campsite, our spot for the night.

It was a cool night, but we slept soundly on the shelter's floor, not bothering to put up our tent. Once on the trail we were soon climbing

again up towards Tapanappa campsite. Again today there was a high number of kangaroos and we watched an eagle soar high above us. We made camp for the night, another cold one; thank goodness for warm sleeping bags and thermal clothing.

Our first challenge next morning was making it safely down the moss-covered track to the creek outlet at Boat Harbour Beach. Fortunately, we made it across the creek with dry boots. Although our timing was not good for the next challenge, 4.5kms along Tunkalilla Beach, as it was almost high tide. With each step the boots sank into the soft

sand. Jack made his way before me and I tried to stay in his footsteps. But this didn't work; his strides are way too long for me. After several rests we finally saw the tall marker at the edge of the sand dunes and, with relief, left the beach for the steep cliff face of Shea-Oak Hill. This was the third time I had tackled this hill and, as I heaved myself up, I swore it would be my last!

Across the green rolling hills, dotted with sheep, we crossed the final stile of the day and reached the gravel road. Although not a fan of road walking, it is nice to have a solid surface under our feet after the difficult terrain of the last three days.

That night we camped at Balquhider campsite, set alongside running water and gum trees. As the sun set a flock of yellow tailed black cockatoos circled overhead. A gentle peace settled over the campground as the cold crisp air descended.

The gentle call of the magpies told us it was morning, but we were in no hurry to leave our warm sleeping bags. When we finally ventured out we were confronted with frost on the ground and the tent. Slowly we packed up the very wet tent and continued along the dirt road, then the fence line before it turned into a very narrow track on the side of a hill with a creek below.

How quickly a pleasurable walk can change! Hidden under the tall wet grass is a rock. Jack steps on it with his left foot. It slides down the bank, but the right foot gets hooked and down he goes.

Jack unfastened his pack and, after removing mine, I carefully dragged it away, mindful that one wrong move could see us both sliding down into the creek. Very gingerly he dragged himself up and scrambled a short distance to a flatter area where a tree log formed a barrier against the drop below. Jack wanted to try walking even though his right ankle was very painful. I knew the weight in his pack had to be reduced. I transferred the heavy wet tent and several full water bottles into my pack. With difficulty we got our packs on and,

Continued next page ...

In Training (Cont.)

with Jack using my walking pole and a tree stick, we slowly inched our way along the track. We didn't get far before Jack wanted to stop, but I was concerned that when I left to get help he could roll down into the creek. We struggled on a little further where the track moved away from the creek and the hill was not as steep. This would be where Jack waited while I sought help.

Before I left I got Jack into his raincoat and waterproof pants as we were cooling off quickly. Climbing to the top of the hill I hoped for mobile reception. One bar, but it's enough to dial 000. The police officer I spoke with was reassuring. Once satisfied that he knew our location, I spoke with the ambulance service to once more confirm our situation. They asked me to stay on the hill for a rescue paramedic to call. As part of our planning we made sure our phones were fully charged. This turned out to be important, as I was on the hill talking for nearly three quarters of an hour.

Jack had managed to remove the groundsheet from his pack and wrapped himself in it. In hindsight, we should have wrapped him in the

emergency blanket we carry, as the ground was still cold and wet from the overnight frost.

Jack heard it first. Do you hear it, he asked? Hear what, I replied. A chopper. I jumped up to see the helicopter pass by. My heart sank as it flew away and we could no longer hear its churn. It mustn't have been for us. Wait, it's coming back. Several more times it flew overhead, each time moving some distance away before returning. Yes, they're searching for us. Once more they flew over, but this time it turned quickly back and slowly descended to the hill behind us. No sooner had the chopper landed than the ridge top was alive with emergency personnel.

First to us was the air crewman from the helicopter, closely followed by the two rescue paramedics, then several SES personnel. While the paramedics attended to Jack and his suspected broken ankle, the air crewman took me aside and, once it was established that we had no car nearby, I was taken to the top of the hill with our packs. Here I was told that I also would be taken out on the helicopter. Meanwhile, Jack was strapped tightly in the cradle. When all was ready the helicopter hovered



above Jack and the paramedics. With one paramedic guiding the cradle, Jack was winched up, then the second paramedic with his bag holding a vast amount of equipment. The pilot returned the helicopter to the ridge top and the air crewman escorted me and our packs on-board. With everyone secured, the helicopter took off for Flinders Medical Centre.

As a community we are fortunate to have a great team of people to help us when the unexpected happens. To the police and ambulance, the air search and rescue team, the landowner, the SES, Flinders Medical Centre, we THANK YOU. 🙏

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Helpful trail hints

Navigating steep terrain

Pam Woodburn offers advice on descending difficult terrain, particularly for older or less confident walkers.

A recent Heysen Trail walk presented challenges with steep terrain and weather conditions that our group, End-to-End 9, had not come across very often in the previous four or five years of walking. Thanks to our leader Peter Clark's uncanny ability to provide eternally fine weather, E2E9 had not much experience of the effect of wet weather on soil and terrain. As usual, Peter arranged for the rain to stop in time for walking to begin each day of the long weekend in June: from Bowmans Park to Mount Zion and Wirrabara Forest to Block 9 Road.

The challenging part of the walk, on our third day, was a steep descent over rough, eroded track. This posed difficulties particularly for us older walkers who needed to go slowly and take our time. Here are some tips that helped everyone get through and that other walkers might find helpful.

- Lengthen your poles before you start to descend. It will enable you to keep upright, better balanced and able to concentrate on the path ahead.
- Avoid leaning forward. Try to keep your body balanced with your weight above your hips.
- Keep your knees flexed so you are able to bend them easily.



- Take time to look at the path and pick out a route that will get you down safely.
- It may help to zig zag your way down rather than picking a straight route. Keep your feet across the slope rather than down and pick your way back and forth for an easier or more secure route.
- Try descending sideways one step at a time and dig your heels into loose soil or gravel to anchor your feet as you descend.
- It may help to 'feel' with your feet, testing rocks for stability before you lower your weight onto them.
- Keep a safe distance, one to two metres, between walkers in case someone slips or falls.
- Keep alert but relaxed. If you find you are becoming tense, stop, take some breaths, have a look

around and talk to others near you. Do what you can to adjust your posture again so you are not leaning forward: keep your head up, shoulders relaxed, core engaged, weight balanced above your hips, etc.

- Don't worry if other walkers seem to be moving ahead faster than you. You will never be left behind on any Friends of the Heysen Trail walk. Someone will always stay with you.

Recent weather and conditions on the day of our walk changed the way the surface felt underfoot. In dry weather loose gravel may be slippery and, in damper conditions, the same gravel surface may hold together better and be easier to anchor your heels. A smooth looking surface that is stable in dry conditions may become slippery when wet. 🌧️

Further advice on descending steep terrain

Simon Cameron added that he rarely sees people descending well with their poles, despite being the thing walkers should practise the most.

Descending requires practice and strength. Every time I have led an extended walk in tough terrain like the Larapinta Trail I have spent time teaching the group how to use their poles. Here are some further comments on descending steep terrain.

- The steeper the slope the longer the poles need to be. The aim is to keep your centre of gravity just in front of your waist; your weight supported by arms and shoulders.

To achieve this, you bend at the knees and lean forward from the waist (much like a snow skier). You keep your poles 30-60cms in front of you. With each step you move the pole in the opposite hand forward. To do this you reach and lean with that arm. This requires strength in your upper torso and practice. Take small steps. Stop forward movement with your arms more than your legs.

- Sideways is dangerous. Weight should be forward on your toes.

If you shift back to your heels it's more likely you will slip. It may help to 'feel' with your feet, testing rocks for stability before you lower your weight onto them. However, testing with your poles is safer. If you haven't got poles on a steep descent you will have to slide on your bum! Professional guides will run down a slippery slope because this keeps their centre of gravity moving forward. The trick is stopping at the base! 🌧️

History of the Heysen Trail

Warren Bonython wrote a six-part series of articles in the Trailwalker newsletters of 1987 and 1988 detailing how the Heysen Trail came into being. Here is an edited version of those articles.

The conception came in 1969. At that time a network of walking trails was being established in the Adelaide Hills by the National Fitness Council. Mindful of the long-distance walking trails then coming into vogue overseas – in the US the 3,200km Appalachian Trail and the 4,000km Pacific Crest Trail, and in Britain the 400km Pennine Way – I suggested at a National Trust symposium in July 1969 that there was now scope for one in South Australia. I was thinking in the context of a trail in the Mount Lofty Ranges, but I also carried fresh in my mind the memory of my trek, completed the year before, along the full length of the Flinders Ranges. The end result was a combination of the two.

Even if it had been conceded that my suggestion had merit it still might have languished unimplemented for years had it not happened that a government minister, Murray Hill MLC, attended that symposium and heard what I said. It is to his eternal credit that he latched on to the idea and took it up with his government. The result was the formation in early 1970 of a body called the Long Distance Trail Committee. Its remit was to investigate and develop a walking and horse-riding trail of length and general route now well known to us.

So at the beginning, full of fervour and hope, we settled down to planning and establishing the trail under the legislative umbrella of the Planning & Development Act, supported by the staff and financial resources of the State Planning Authority. We decided to concentrate initially on a route for walking only.

An early task was to find a name. There is no single geographical name for the Mount Lofty Ranges and Flinders Ranges areas, nor was it easy to identify any one individual – explorer or prominent citizen – in South Australian history whose name could meaningfully be

linked with both areas. However, we then thought of Sir Hans Heysen, the great artist, who had perfected the artistic rendering of the gum tree in the Mount Lofty Ranges and had then brought the glories of the Flinders Ranges to the world's notice. While not a formal bushwalker, Heysen was an energetic walker in pursuit of his work.

With 'Heysen' as the proper name we next looked for the type name among 'Trail', 'Way' and 'Track'. 'Trail' had an American connotation and 'Way' a restricted English usage. 'Track' alone seemed appropriately Australian, but it was compromised in applications like Birdsville Track, a road for motor vehicles. We wanted above all a route characteristically free from motorized transport, so 'Trail' was finally chosen.

Our first three years, 1970-72, was a period of confident and enthusiastic planning and data collection.

The first obstacle was a general resistance to the innovative Heysen Trail idea and the open hostility of certain councils. The latter would raise objections such as the walkers being likely to start bushfires and to perpetrate vandalism.

Other fears expressed were over the safety of the property and stock of landholders through whose land the trail would pass. The Committee's assurance that trail-users would be required to observe a set of strict regulations as to their conduct failed to mollify the objectors.

However, not every council was opposed to the trail; the District Council of Crystal Brook was keen for the route to pass through its area.

The next obstacle emerged in 1974 when the Crown Law Department queried the power of the State Planning Authority to spend its funds on the trail. We conferred with

the Minister who agreed to draft the Recreation Trails Bill to cover not only the Heysen Trail but other walking trails. It was duly prepared, but no further progress was made.

A third obstacle then appeared. A shortage in staff numbers forced the State Planning Authority progressively to withdraw those staff seconded for development of the trail. Trail planning slowly ground to a halt.

While they were still hoping for passage of the lagging Bill, the Committee made a desperate effort to get the trail started by constructing and opening a nine-kilometre section within the Cleland Conservation Park, using largely the resources of the National Parks and Wildlife Service. The Governor, Sir Mark Oliphant, opened it on 1 May 1976.

The stalemate continued through 1977. One of the reasons was that the Recreation Trails Bill was thought to be too controversial politically, because it also incorporated the power of compulsory acquisition of land.

I chaired the last meeting of the Long Distance Trail Committee in April 1978. It was an emotive and nostalgic climax to that first eight years. Two months later, we were formally disbanded. I felt dispirited by all the past frustrations, so I went off on a trek in the Himalayas to forget about them.

There was little to show in the way of a trail, but some of what we had done undoubtedly rubbed off to good effect. In addition, the Committee had made a comprehensive survey of potential trail users; had prepared a manual of walking trail design and construction for South Australian conditions; and had devised a detailed system for sign posting trails.

In 1978 the Department of Tourism, Recreation and Sport went to work
Continued next page ...

with a will on walking trails. The Heysen Trail was to keep its special identity.

The Minister appointed Terry Lavender to plan and develop it. His skill, enthusiasm and energy began making their mark when permission was given in 1978 to develop a 50-kilometre pilot section between Mount Lofty and Mount Magnificent.

This test section caught the public's imagination, and all government departments supported the proposal. The future of the trail was assured.

In July 1979 the Premier John Bannon opened the section from Mount Lofty to the Barossa Valley. And, in October 1981, I was asked to open a new section from Mount Magnificent to Newland Hill.

Further sections were commissioned until, by 1988, 780 kilometres of the Heysen Trail existed.

After 1978 I had little direct involvement. The history of the second phase of the Heysen Trail – from 1978 onwards – is not for me to tell. Terry Lavender, the father figure of this era, should do so. 🐾

From Trailwalkers: No. 5 June 1987, No. 6 August 1987, No. 7 October 1987, No. 8 December 1987, No. 9 February 1988, No. 12 August 1988

What's it all about? Warren Bonython Heysen Trail Foundation

John Wilson, Secretary, explains the Foundation's history and objectives



WARREN
BONYTHON
HEYSEN TRAIL
FOUNDATION

In 2013 the Council of the Friends of the Heysen Trail agreed to establish the Warren Bonython Heysen Trail Foundation with two main objectives:

- As a memorial to Warren Bonython AO, eminent South Australian bushwalker and environmentalist, whose inspiration and dedicated effort led to the creation of the Heysen Trail and who was Patron of the Friends from its inception in 1986 until his death in 2012; and
- To assist with fundraising for the Heysen Trail and the Friends. In order to be more attractive to donors, the Foundation established the Warren Bonython Heysen Trail Public Fund.

After much effort and *pro-bono* legal assistance, the Fund was endorsed as a Deductible Gift Recipient. This means gifts to the Fund are tax deductible. All donations will be used to enhance the natural environment adjacent to the Heysen Trail and other significant walking trails in South Australia.

Walk for the Heysen

The main fundraising activity of the Foundation has been Walk for the Heysen, held at the Mt Crawford Forest for two years and at the Bridgewater Oval this year. Many walkers have been attracted to the Heysen Trail and the Friends through this outreach activity.

1000 Trees

The Foundation's key project has been to plant and maintain over 1000 trees. These have been planted around Hiskey's Hut, along Worlds End on the Heysen Trail, and parts of the Lavender Federation Trail. Further tree planting, re-vegetation and measures to control noxious weeds are being considered.

Members of the Friends are encouraged to support and join the Warren Bonython Heysen Trail Foundation. Membership forms are available on the Foundation website wbheysentrailfoundation.org.au. A single payment of \$25 for lifetime membership ensures you receive regular updates about activities and invitations to the Foundation's events and functions.

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Australia's Little Cornwall

Moonta inspires bushwalking group to run educational tours

Olaf Konstantin Krueger and Jorg Valentin explain why SAGA plans more educational tours.

Founded in 1991, the Bushwalkers of the South Australian German Association (SAGA) started walking the Heysen Trail in 1999, managing to complete the last leg of its 1200kms in 2010. After completing a week-long trip to Moonta, the Bushwalkers resolved to organise more 'educational hikes' in the future.

Together with Kadina and Wallaroo, Moonta forms part of the urban trio 'Little Cornwall' on Yorke Peninsula. An attractive tourist site 163kms northwest of Adelaide, Moonta is a popular seaside resort, offering beautiful beaches and good fishing areas. The discovery of rich copper ore deposits in Moonta in 1861 attracted thousands of miners to the area, many of them from Cornwall. For a pay of five shillings, they would work for up to ten hours a day. In the 1920s, the collapse of copper prices and rising labour costs led the mines to be abandoned. From its heyday as a mining town, Moonta has preserved many solid stone buildings, the All Saints Church, the charming town square and town hall, the historic train station, the pump house, various manholes and mining offices.

Part of the nation's legacy since 2017, the Moonta Mines are



Particularly well received were the instructive tours organised by Dietmar Henning. The centre of attention was an hour-long trip through the historic Moonta Mines, courtesy of the Moonta Mines Tourist Railway. Built in 1885, the 16-kilometre railway track begins and ends at the Town Hall, passing many historic sites, including several churches such as the Primitive Methodist Church and the Bible Christian Church, both constructed in 1865.

Australia's 'Little Cornwall' also enchanted the Bushwalkers with the Moonta Mines Museum, blacksmith's shop, miner's cottage and garden, sweet shop and the Family Resource Centre. "The Bushwalkers agreed to start holding camps with educational walks on a regular basis," Hermann Schmidt said.



of outstanding importance for Australia's national heritage. "As such, the Moonta Mines on the Walk-the-Yorke-Trail are an excellent hiking destination," said walking guide Hermann Schmidt. For three days, the Bushwalkers of SAGA went on extensive hikes across the terrain and along the beaches between Moonta and Wallaroo.

The Bushwalkers rounded off their historical tour with the kind of landscape-conserving measures the walking group is well-known for around Myponga and Inman Valley along the Heysen Trail. Ruth Hamann and Doris Muench collected around 50 kilograms of plastic waste scattered along Moonta Beach, disposing of it professionally. 🌱

PHOTOS: Hermann Schmidt



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