



# TRAILWALKER

The Friends of the Heysen Trail  
SOUTH AUSTRALIA

SUMMER 2018/19  
Issue 150  
FREE

## HEYSEN HIGHLIGHTS COMPANION GUIDE TO THE **HEYSEN TRAIL** SIMON CAMERON

## HEYSEN HIGHLIGHTS

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- **End-to-End Highlights**
- **Twilight Walk Programme**
- **The Salkantay Trek**
- **Walking the Channel Islands**



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#### MEMBERSHIP INFORMATION

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

#### TRAILWALKER MAGAZINE

Deadline for the next issue  
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**Friday 2 February 2019**

Views expressed in contributed articles  
are those of the authors, and not  
necessarily those of the Friends of the  
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by members and other interested  
parties are welcome and should be  
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[trailwalker@heysentrail.asn.au](mailto:trailwalker@heysentrail.asn.au)

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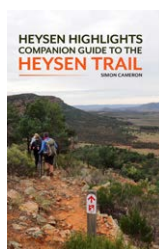
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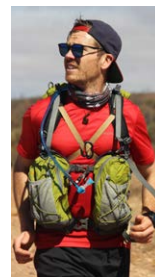
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## The Friends of the Heysen Trail & Other Walking Trails

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### Council Meeting Dates

Wednesday 12 December 2018  
Wednesday 16 January 2019  
Wednesday 20 February 2019

Autumn 2019 Trailwalker Deadline:

#### Friday 2 February 2019

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](mailto:trailwalker@heysentrail.asn.au)

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

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COVER PHOTO: End-to-End 10 by  
Hazel Bashford and Tony Brosnan  
(via drone) Trailwalker welcomes  
submissions from readers of photos  
suitable for the cover of the magazine



# President's Report

## To everything there is a season

**P**ondering a change in the weather, my mind calls up 'To everything there is a season ... turn, turn' – a folk song by Pete Seeger seems appropriate as the walk season closes and we look toward beaches and breezes for relief from heat and humidity. Of course, it means the more relaxed early evening Twilight Walks programme has started.

It's also the period when the Country Fire Service makes its risk assessment. Having regard to the effects of climate change, the CFS's initial announcements declared that the fire danger season begins early in several districts. As I draft this, there is a severe fire danger warning for the Mt Lofty Ranges, and the CFS has declared the fire ban start dates for Mt Lofty Ranges and Metro Adelaide to be 17 November 2018. Members are encouraged to check the CFS website for specific risks before venturing onto the trail.

### Volunteers are Priceless

The Friends walk planning and volunteer BBQ was held in mid-October. This is an important event to thank our dedicated volunteers and acknowledge everyone's ongoing commitment to maintaining and promoting the trail, walking and everything else necessary to keep the Heysen Trail alive.

The Friends' Council also had extensive discussions this year about making sure we recognise this important contribution by developing a Volunteer Support Policy to provide consistent, transparent guidelines for our various committees and volunteers. It will become available

on our website in the near future. The policy introduction captures the essence:

The Friends of the Heysen Trail (FOHT) undertakes its trail development, promotion, walk programme and administration solely on the basis of dedication and goodwill from its member volunteers and supporters. FOHT recognises that its members are enthusiastic about enjoying the trail and committed to giving back through our volunteer programme. FOHT appreciates and values every member that gives of their energy, time and skill to assist the organisation. We also believe it is important to acknowledge that commitment and recognise the ongoing goodwill among our members to contribute to walking and trail development.

### End of Another Year

Toward the end of a year, it is always pleasing to outline a few of our successes.

We continue to expand our walk programme, with E2E13 commencing at Cape Jervis and E2E8 completing the trail at Parachilna. It was exciting news that a few members from E2E8 enjoyed the experience so much they have agreed to give back by leading a new E2E14 group in 2019.

Our Trail Development work has been attracting new volunteers through six separate E2E Maintenance weekends away in the Mid-North; the Cobbler Creek Shed now has regular opening times for people to help with preparation; and Hallett and Hiskey Huts have been getting a bit of a makeover.

Our members' photography efforts have also escalated this year allowing our Facebook pages and 2019 Calendar to showcase the diversity of the Heysen. And Simon Cameron – Walk Leader, Section Leader and a former President – has finalised a book that offers intriguing stories about features along the Heysen Trail that is a 'must-have' for walkers and enthusiasts.

I wish members, volunteers and supporters all the best as the year draws to a close and look forward to seeing you out on the trail again in 2019. 📷



Melanie Sjoberg

## Friends' office closure

**P**lease note that the Friends' office will close for a holiday break at 2.30pm on **Friday 14 December 2018**. It will re-open at 10.30am on **Tuesday 5 February 2019**.

Over the Christmas break the on-line shop continues to operate, although with extended delivery dates. Normally we undertake to despatch orders within three business days. Over the period

of the office closure, we will aim to despatch orders within five business days.

If you wish to purchase any Heysen Trail merchandise as a Christmas gift, please don't delay placing your order through the Friends' online shop. Depending on the destination, standard Australia Post delivery times can be up to four business days.

# Heysen Trail Closure during Fire Season

**T**he trail crosses four different Country Fire Service Fire Ban Districts so the closure dates vary slightly. However, as we are now in December, all sections are now in Fire Danger Season.



closed on days of Extreme or Catastrophic Fire Danger.

The closure information on these dangerous fire days is promoted through the

Consequently, the trail is now closed until 30 April 2019 (in the Flinders Fire Ban District the trail will re-open on 15 April 2019). Please check the CFS website for further updates as these dates are subject to change ([www.cfs.sa.gov.au](http://www.cfs.sa.gov.au)).

The trail closure times must be obeyed at all times, as the viability of the Heysen Trail is dependent on the continuing cooperation of private landholders.

Some sections of the trail are still open, depending on local fire ban conditions. During the Fire Danger Season there is still the opportunity to walk along the trail in Forest Reserves, National & Conservation Parks and along country roads. However, camping and the ability to cook with a naked flame is restricted or banned in many areas.

Public reserves such as Forests and National/Conservation Parks are open to the public over the Fire Danger Season, although they are

media via radio and television news bulletins. In addition, access gates to forests and parks are locked and have a sign informing people that the area is closed due to the fire danger.

You can find out more about parts of the trail that remain open most of the year on the Fire Danger Season section of our website: [heysentrail.asn.au/heysen-trail/fire-danger-season/](http://heysentrail.asn.au/heysen-trail/fire-danger-season/)

Access to huts on the trail is also restricted. A number of the huts along the trail are on private property and, therefore, are not accessible to the public (including walkers) during the Fire Danger Season. These are Marschalls Hut, Huppatz Hut, Hiskeys Hut, Catninga Hut and Mayo Hut.

Huts in National and Conservation Parks or Forest Reserves are accessible during the Fire Danger Season, provided it is not a day of Extreme or Catastrophic Fire Danger. 🚫

## Position Vacant Bookkeeper

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

### Job description:

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

### Skills required:

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

### Location and times:

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

For further information, contact the Friends' office or John Wilson:  
Phone: 8356 9264  
Email: [jandaw@senet.com.au](mailto:jandaw@senet.com.au)

## Nominations for Honorary Membership 2019

**N**ominations of members, including self-nominations, are invited to be submitted to Julian Monfries, Chairman, Honorary Membership Sub-Committee of the Council, including name, address, contact numbers, and qualifications.

Recommendations from the Sub-Committee will then be considered by the Council, before being presented to the full membership at the next AGM.

To be considered for the 2019 AGM, nominations should be received by the end of January 2019.

Guidelines for Honorary Membership (Distinguished Service):  
(i) Normally at least 10 years of paid membership as an Ordinary, Family or Life Member; AND  
(ii) at least six years of substantial voluntary contributions to the Association, especially as Council Chair on one or more of the various sub-committees, or in regular Walk

Leadership roles, Maintenance Section Leader or Volunteer office.

Guidelines for Honorary Membership (Exceptional): Substantial and sustained contributions to promotion, development and/or maintenance of the Heysen Trail, or the Association other than as a paid member or volunteer through, for example, public service support, media support, etc. 🚫



# A Personal Walking Brief of the Heysen Trail

Heysen Highlights; Companion Guide to the Heysen Trail by Simon Cameron \$39.95

In his companion guide to the Heysen Trail, Simon Cameron offers a personal perspective, gathered over nearly 20 years of walking the Heysen Trail. "Over time I have gathered a multitude of stories that have enriched my experience of the Heysen Trail and I have tried to share them in this book."

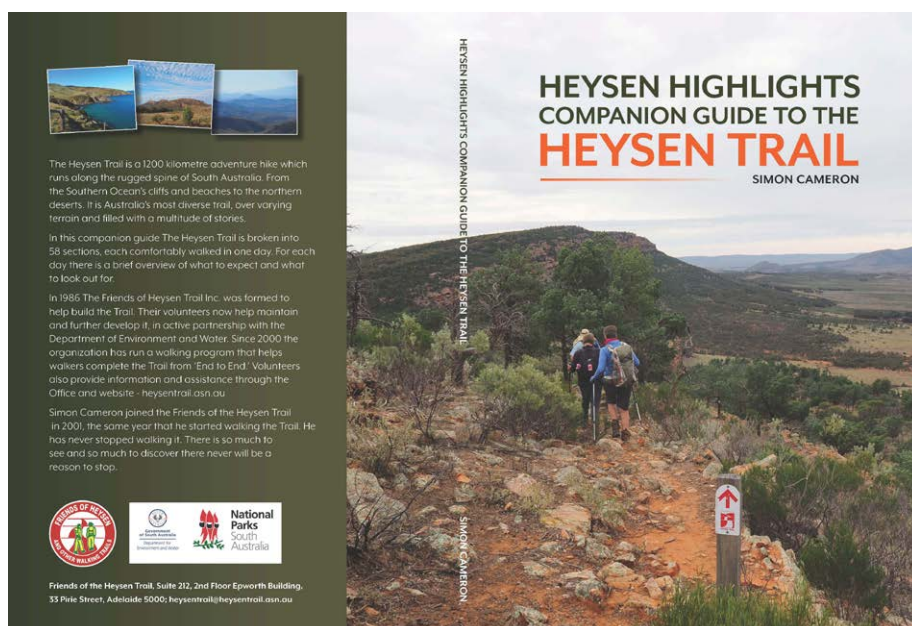
*Heysen Highlights* is broken into 58 sections, based on the Friends' End-to-End walk programme that carries groups from Cape Jervis to Parachilna Gorge over a series of 60-day walks. "I have combined and adjusted some of the shorter walks to provide 58 sections." For each day's walk there is a brief overview of what to expect and what to look out for.

The book begins with Cape Jervis so the format favours the south-to-north walker, but the short chapters are intended to be a 'pre-walk briefing' and not an 'in hand' walking guide.

Simon reminds us that the Heysen Trail runs through a diversity of South Australian terrain, varying from granite coast, bushland reserves, plantation forest, marshy meadows, broad acre farms, rolling hills, stone ridges and rocky creeks. "The trail was designed to follow the most scenic and challenging routes possible, providing memorable vistas and showcasing iconic landscapes."

It also passes through a cultural heritage spanning tens of thousands of years of occupation and nearly two centuries of colonial settlement. Even more unique is a geological landscape that spans the origin of animal life itself. "All of this offers a wealth of discovery on every journey along the Heysen Trail and there are no shortage of highlights along the way."

"Inescapably the book reflects my interests and many chance discoveries, and I know this book is only the beginning of an ongoing process of compilation, updates and corrections."



Book cover of Simon Cameron's *Heysen Highlights*, available on the Friends' website [heysentrail.asn.au/shop/](http://heysentrail.asn.au/shop/)

The maps in the book will only orientate the reader with the sections in the local region. Detailed Heysen maps are readily available and they are an essential part of any walk because they provide the geographic framework for the experiences that you will gather along the way. "The 'walk briefing' offers my personal guide of points of interest for each section and I am sure you will add your own."

In section one, for example, we are told that the southern coast of the Fleurieu Peninsula is difficult to see other than on the Heysen Trail because there is very little vehicle access. It is one of the great coastal walks with rugged cliffs, granite bluffs, untamed ocean, tucked inlets, and wild beaches. All of this is offered with endless seascapes, and nature's proudest displays of flora and fauna. Dolphins cruise the surf, and sea birds ply the skies while kangaroos and echidnas share the path. The luckiest walkers might see migrating Southern Right Whales.

Tapanappa, in section two, is reputed to mean 'pathway' or 'stick to the path,' which is essential on this coastline. Any attempt to move cross-country is dangerous. A distressing number of rescues and even fatalities have occurred in

the Deep Creek Conservation Park. Deep Creek is a true wilderness, to be treated with respect as well as awe. A short detour to the Tapanappa lookout, at the end of the section, captures the natural majesty, and a glance to the east provides a tantalising view of Tunkalilla Beach – another jewel on the Trail.

*Heysen Highlights; Companion Guide to the Heysen Trail* by Simon Cameron (2018) \$39.95

## HEYSEN HIGHLIGHTS

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## End-to-End Maintenance

# The importance of maintaining the trail

This year Julie Testi, Pauleen Bond and Paul Bond decided to volunteer to help with the maintenance of the Heysen Trail.

PHOTO: Julie Testi

**H**aving commenced the End-to-End journey in 2017, the three of us saw first hand how important the maintenance of the trail is for all walkers' enjoyment and safety. The stiles have to be secure and safe to use and new ones may need to be built. The directional arrows need to be readable and securely attached and foliage may need to be cut back. One of the ways to help – and this is what we did – is to join in with maintenance weekends.

Most of the maintenance tasks on the trail require only basic skills and on-the-job training is provided, if necessary. Skills that may be required include using a cordless drill, digging holes and helping carry gear to where it is needed. There are a wide variety of tasks available for a range of skills and capabilities. The leader of the maintenance weekend arranges for the items, tools, etc. that are needed to complete the required work. These are collected from the Friends' Shed which is the general maintenance store of the Heysen Trail where materials are kept and



(From left) Simon Cameron, Paul Bond and Pauleen Bond with newly-installed markers near Burra

prepared for the trail upkeep. Volunteers are needed here too.

This year there were several weekend maintenance trips around the Burra region. This gave us the chance to walk the Burra hills and experience the winds that we will

face in the coming years with E2E12, complete with the humming sounds from the fence wires and the summit of Mt Bryan. The walk in with parts and equipment definitely gives a new appreciation for the efforts spent to create and maintain the trail.

Walking with the leaders on these weekends we had the chance to learn about the history of the trail in that section and check out some of the Heysen huts, and meet hikers on the trail. These weekends away are lots of fun. A dinner provided on the Saturday night is an opportunity to relax and chat with others involved with the trail.

Organised trail maintenance events are advertised on the walks calendar so if you're interested in helping, this is the place to check. We can highly recommend becoming involved in the maintenance of the trail as it's such a great feeling giving something back, learning about the Heysen Trail and having fun while you're doing it. 🍷

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TRAILWALKER SUMMER 2018/19



# Hiking the trail with Narcolepsy\*

Briony Ankor, aka Plan B, completed the Heysen Trail over 66 days, included eight rest days, raising money for Narcolepsy Australia. Briony explains why she decided to walk the trail.

Imagine staying awake for 2-3 days and nights. Imagine the waves of sleepiness that engulf you, and the confusion and forgetfulness in your head the next day. You order a coffee to get through your first meeting of the day, but you can still feel the exhaustion simmering just below the caffeine-induced buzz. This is what narcolepsy can feel like everyday, regardless of the amount of sleep. Medication for narcolepsy is somewhat like your morning coffee.

I was diagnosed with narcolepsy four years ago. It had come on quite quickly; suddenly I just couldn't stay awake, I couldn't concentrate, I couldn't focus on my work and I started getting quite forgetful. I was half way through my PhD studies at the time, which I had to abandon to move to part time casual work. It was a difficult time. My work and career had always been a big part of my identity and it took a while to accept such a big change in my beliefs about myself.

I quickly learned that stress, negative thoughts and emotions exacerbated my symptoms. So I started trying to focus more on the positive aspects of my life. I'm very



Briony on the trail ... "the good news is there's always Plan B"

PHOTOS: Briony Ankor

\*Narcolepsy is a chronic neurological autoimmune disease affecting the sleep centre of the brain. The symptoms and level of severity varies from person to person. It affects the ability to work, to socialise and to live a full life.

privileged with wonderful friends and family who are always there for me. I am otherwise healthy and live comfortably. Life hasn't gone where I had planned, but the good news is there's always Plan B!

So what was I going to do with my new-found strength of will? I wanted to do something that would prove to myself that I was stronger than the narcolepsy. I wanted to do something big. I wanted to find my identity beyond work and career.

I wanted to hike the 1200kms of the Heysen Trail.

So, I did! I made the decision to hike the trail in late March this year. The next few months were a blur of organising and preparation. Some of my gear needed to be upgraded; I cooked and dehydrated about 60 meals; shopped for 60+ breakfasts and lunches; packed and labelled resupply boxes; and planned a rough itinerary.

I decided to walk the trail as a fundraiser for Narcolepsy Australia, a grass roots organisation that works towards improving the treatment options available in Australia, and manages a great support network

Continued next page ...





*Briony is all smiles as she reaches Parachilna Gorge and the end of her 66-day hike*

### Hiking with Narcolepsy (cont.)

for people with the condition. I also decided that I would video a lot of my walk and uploaded a couple of pre-walk videos to YouTube. As a natural introvert this was quite a challenge!

And then before I knew it, I was on the trail. I started at Cape Jervis in the last week of July. The weather was cold, wet and windy for the first 3-4 weeks, yet I have no stories of dramas and distress, no epic yarns of lament or tales of woe. I simply felt like I had come home. I felt content. Yes, I had some issues with shoes, an old failing sleeping mat, and windy days that sapped every ounce of energy from my body. But, essentially, I was happy! I rescued three sheep and a goat, I cherished the beautiful sunrises and pre-dawn night hikes, embraced the birdsong as the soundtrack to my journey, and existed in the moment, loving

the simplicity and calm that I felt every day.

**T**he trail was everything that I had hoped for. I loved going through the broad range of South Australian landscapes: the rugged coastline, the lush Adelaide Hills, the flat plains and gnarly Flinders. I cursed the hills north of Burra as I tackled them for the second time this year, and I stood with my mouth agape as I took in the beauty of the northern gorges. The campsites and tanks were always a welcome sight and the huts were the most wonderful havens of warmth and security against the wind and rain. The generosity of the people I met and the bliss of living in the moment are the things I have spoken most about upon my return. I love the connections I made with others on the trail and in the towns – everyone is always up for a chat! Some days I really struggled

with narcolepsy, but the freedom to go at my own pace, stop whenever I wanted and get really physically exhausted along the way, meant that the impacts of narcolepsy were easier to ignore.

I finished at Parachilna Gorge on the Saturday of the October long weekend, walking through a guard of honour of my friends and family. We stayed together at Alpana Station for the weekend, sharing good food, bad ukulele playing and many stories. An ideal finish to a wonderful journey and a perfect buffer before heading back to the real world. 🇦🇺

You can view pictures from Briony Ankor's trek on Facebook and Instagram @PlanBHiker, and you can see her videos on YouTube (Plan B Hiker). If you would like to donate to Narcolepsy Australia or read more about the condition, see <https://chuffed.org/project/planbhiker>

### 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>



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# End-to-End 11 2018 Season Highlights

Vas Dolman looks back on the highlights of this year's walk season for End-to-End 11.

Over the six months of our walking season the Heysen Trail has taken us into, along, through and over many stunning natural features. The vistas and the panoramic views took many a breath away, and saw cameras clicking furiously trying to capture the moment. Members who took these memorable photos have graciously shared them on our Facebook page and have, therefore, created a lasting record of our adventures together.

Summer's unconditioned legs were challenged on our first walks in May, as we started our season in the beautiful Mt Crawford forest. Our leader John Babister prepared us with words of encouragement and assurances that our climbs were mere undulations. Needless to say, we were grateful for the flatter grazing lands and the Warren Conservation Park.

In June and July we were blessed with fabulous weather as we hiked across the Barossa. The rows of exquisite vineyards, the historic towns, the rocky Barossa Ranges gave us the ideal opportunity to experience this famous region from the ground up. Andrew's eagle eye as Tail End Charlie and Marlene's trusty head counts made sure no one wandered away into the numerous wineries dotted along the trail.

In August the vineyards were replaced with rolling pastures and farmlands. Kapunda with its tall grain silos, sheep yards and quintessential Australian countryside was quite different to what we'd experienced in the previous months. A highlight was the climb to the summit of Peters Hill revealing amazing views. Along the way it was magical to climb over a stile into private farmland, to walk

*Continued next page ...*



## Keeping track of End-to-End groups

By October **E2E9** had reached Warren Gorge, poised to complete the trail next year.

**E2E10** are at Mt Zion beyond Bowman Park.

**E2E11** have reached Worlds End short of Burra.

By end October **E2E12** are at Cudlee Creek.

**E2E13** ended their walking season at Mount Compass.

**E2E14** will assemble at Cape Jervis to start the Heysen Trail in May 2019.







## E2E 11 Highlights (cont.)

through freshly sprouted grain crops, or fields accommodating cows with their calves, or ewes with their lambs. The dams were full and we saw incredible deeply eroded creek beds that looked like natural sculptures embedded into the landscape.

Marrabel and the Gilbert Valley led to the superb Tothill Ranges. We marvelled at the rocky outcrops, the gnarly wooded areas and the hilltop views. This natural environment provides ideal habitat for wildlife and birdlife.

It is a credit to the Friends and to individual landholders for the restoration of the huts we saw along the way. Marschall's and Huppertz Huts are rustic and inviting. They provided an ideal setting to rest for lunch and take in the views. I am sure many of us were imagining how special it would be to stay in them overnight.

This period was also the start of

*Maybe this climb at World's End wasn't a highlight for all E2E11 walkers?*

*PHOTOS: Martin Chapman*

our weekends away. Already a social crowd, this added another element to our already cohesive, friendly group. We've always shared many interesting conversations, a beverage or two and nibbles at the end of our hikes, but to camp together, share meals, engage in theme nights and dress ups, brought another element of fun and amusement.

I know everyone in our E2E11 group would agree that none of this amazing experience would be anywhere near as enjoyable, nor as safe, if it weren't for our dedicated leaders and trusty backup team. A sincere thank you to John, Helen, Dom, Marlene, Andrew and Ross for all the work you do to make these hikes happen. Also to all the like-minded E2E11 members who contribute to making this group exceptional – don't change. 🍷

## End-to-End Awards

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

Simon Pikusa  
Stuart Holley  
Denise Holley  
Judy Klobas  
Michael Klobas  
Bill Ovenden  
Amanda Ovenden  
Elizabeth Perry  
Andrew Bishop  
Rob Wilson  
Toni Chaplin  
Neil Mills  
Graham Wakeling  
Hazel Cochrane  
Peter Cochrane  
Ben Willis  
Glenn Paterson Jones  
Josh West  
Briony Ankor

## Reporting on the condition of the Heysen Trail

Friends of the Heysen Trail 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](mailto:heysentrail@heysentrail.asn.au) or phone the Friends' office on 8212 6299. The Friends' office will forward the information to the Trail Development Coordinator for action.

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# End-to-End 10

## ODE TO THE LEADERS

Kevin Benson has penned this ode to his walk leaders and fellow trekkers in End-to-End 10 who by the end of the 2018 walk season had reached Mt Zion.

**W**e assembled at Cape Jervis 4 years ago,  
The bus arrived as planned as you know,  
We were not aware of where to begin,  
We set off with a nervous grin.

Our intrepid leaders, Carol and Judy, lead the way,  
Past Land's End and Cuttlefish Bay,  
Assisted by David, Estoban and Michael,  
We trekked to Cobblers for our first Heysen cycle.

But let's not forget the other assistants,  
Danny, Hazel, Rob, Toni, Karen for their adherents,  
Always ready to lend a hand,  
Their help forged this merry band.

The weekend routine has often been repeated,  
Much of our energy levels depleted,  
But our leaders have been persistent,  
Despite the weather being resistant.

Who can forget Tunkalilla, Balquhidder, Lofty and Tanunda,  
Not to mention Hupptatz, Peters Hill and Kapunda,  
But the one that needed supreme leadership,  
Windy Mount Bryan cemented our partnership.

Thanks to the leaders for getting us to 800 kilometres.  
Otherwise, we might have gone to the theatres.  
Thanks for the reckies, dinners and the buses,  
We couldn't have done it without all the pluses.

Onward we struggle to Parachilna,  
Every step, closer to our enigma,  
Thanks heaps for what you have done,  
End-to-End 10 has been good friends and a lot of fun. 🍷

PHOTO: Hazel Bashford and Tony Brosnan (via drone)





# Hiking Hot.

We spoke with ioMerino Outsider Sputnik about his recent trip to the Red Centre, and got him to share his tips for hiking in the warm weather.



## Have you been to Uluru before?

I was there a few years back when I went up for the World Rogaining Championships in the East MacDonnell Ranges. I didn't compete but photographed the event, then stopped at Uluru on the way back to Adelaide. It was June which is a really good time of year to go - mild days, cool nights. Like a lot of people, I was surprised at just how far away from Alice Springs it is. I'd always thought of it being quite close but it's about 5 hours drive away so it's quite a side trip.

## How was this time different?

This trip was a bit last minute, and it hadn't really occurred to me that the weather was going to be excruciatingly hot. I packed my merino track pants and hoodie for the cold nights, and it was 36+c the entire time so it's fair to say they didn't get worn once we were north of Coober Pedy. It was actually so hot, some of the trails at Kata Tjuta and Kings Canyon were closed for safety reasons.

## How much hiking did you do while you were up there?

We stopped at the Breakaways just outside of Coober Pedy on the way up, but there's not really any hiking you can do there. We did the Uluru base walk (14kms), the Valley of the Winds hike at Kata Tjuta (9.5kms) and the Kings Canyon rim walk (9kms) on consecutive days and I don't mind admitting we were pretty cooked doing those three in the heat. Kata Tjuta was closed from 11am and the rim walk from 9am so we went out early, but it still got super warm. After a relaxing day in Alice Springs, we then explored the West MacDonnell Ranges where we hiked some shorter trails and swam in a few waterholes - which provided some welcome relief from the heat.

## What equipment did you use?

I've got on Osprey 22L daypack that's the perfect size for these sorts of day hikes. I have a 1l drink bottle I stash in the side pocket, and I usually took an extra emergency bottle as well, stored in the main compartment. I use a Garmin Fenix3 to track distance covered just so I have an idea of how far we've gone and how far it is to the finish which helps me ration water if we're getting low. I'm a trail runner, so I don't usually wear boots but hike in my Brooks Cascadia trail shoes. Probably not smart if there's snakes around, but it works for me. Other than that, I usually carry a lot of camera equipment with me which is where all the weight comes in. I had about 5kgs of camera equipment that I carted around everywhere so keeping everything else as minimal as possible was pretty important for me.

## What did you wear in the heat?

I've always been a bit skeptical about wearing my ioMerino in the warm weather. It sort of defies logic that the stuff I wear to stay warm when it's cold, can also keep me comfortable when it's warm, so this trip I decided to put it to the test. We were on the road for ten days, and I rotated three merino T-shirts and I'm happy, and honestly a bit surprised, to report they were fantastic. It turns out all the stuff they say about them being breathable and insulating is true. Could not have been more comfortable and the fact I only needed a few tops and didn't have to worry about doing laundry along the way because they are stink-resistant made the trip even easier.



## What were the highlights?

Uluru was amazing again - no pictures can ever do it justice. For me personally, the rim walk at Kings Canyon is probably the best hike you can do. It's absolutely spectacular even though pictures don't really do that justice either. Finding a Thorny Devil along the way was easily one of my favourite moments, and because I'm a self confessed 'bird nerd', spotting rainbow bee eaters and a splendid fairywren were highlights as well.



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## End-to-End 12 The Dirty Dozen

Tim Hisgrove explains how, in its second year, E2E12 has developed and progressed its own identity.

PHOTO: Paul Bond

It is hard to believe we have completed two years in our six-year Heysen Trail adventure. We know the distances we cover next year will be significantly increased over the year just gone, but that means more fun times to share together.

Whenever I think of the Friends and E2E12 my thoughts are immediately drawn to the man at the top, the Leader of all Leaders, our Shepherd, Adam Matthews. His cheerful persona radiates the confidence in his role, underpinned by meticulous organisation and that, in no small part, is due to Suzanne his wife.

Similarly oozing friendliness and confidence, Adam's team of walk leaders including James, Kara, Leanne, Philip, Robin, Sam, Mark and Gary are all top notch. We also have Simon Cameron and other Friends' nobility join us on occasions. After a year finding our feet, we have progressed and developed our identity – The Dirty Dozen. With that materialised the



Adam Matthews, End-to-End 12's shepherd, at Shepherds Lookout near Sanderston Gorge

spirit of getting down to it, toughing out any situation, wearing badges of honour for earthly mishaps that occasionally happen, pitching in and helping out and leaving no one behind. From that spirit a recognition award was instigated, being 'The Dirty Dozen Hero Award'. This award

acknowledges exceptional efforts over and above the norm from our walkers. So far both winners have overcome major operations to return to walking with the group in amazingly abbreviated time frames, astounding their medical experts. Next year we will be officially a social group, as the Social Committee was formed in the Cudlee Creek car park at the end of our last walk for the season.

The spirit developed in our group, led by Adam and his enthusiastic leaders, has morphed to the wider Friends of the Heysen Trail. An example is that some of our walkers have got involved in Trail

## Calling on your PR & Marketing skills

The Friends' Marketing & Membership Committee is looking for new members. Are you interested in helping us promote the Heysen Trail and grow the Friends' membership base?

We're looking for members with the necessary skills and expertise to help us:

- promote the profile of the Heysen Trail and the role of the Friends,
- grow the Friends membership, and
- secure new sponsorship.

For more details please contact Helen Morgante, chair of the Marketing & Membership Committee, by emailing [helwork@bigpond.net.au](mailto:helwork@bigpond.net.au)

Maintenance weekends this year, cooking the BBQ at the Walk Leaders' meeting, and looking to lead some walks in 2019.

We are a great cross section of people, with a multitude of backgrounds and experiences. We have joined in a common goal of walking the Heysen Trail; being amazed by our journey and how it varies in landscape and gradient; and never disappointed in its beauty. We are carried in this journey by Adam, our Shepherd of the Dirty Dozen. 🐑



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# 2018/2019 Wednesday Twilight Walks Programme

For more details and registration check out the Walk Programme on [heysen.asn.au](http://heysen.asn.au)

DECEMBER	JANUARY	FEBRUARY	MARCH
5 Daniel & Melanie O'Halloran Hill	2 Caroline Prescott Chambers Gully	6 Rosemary Hayward SE Parklands	6 John Babister Norton Summit
12 Julie Testi Ansteys Hills	9 Jon Holbrook Botanic Park	13 Daniel & Melanie Port Noarlunga	13 Julian Monfries Semaphore Main St. Historical Walk
19 Rosemary Hayward West Beach	16 David Bowey Mitcham	20 Michael Middleton Beach Walk	20 TBA
26 No scheduled walk	23 Robyn Quinn Coromandel/ Blackwood	27 Robyn Quinn Kingston Park	27 Steve Clift Ambers Gully
	30 Peter Clark Wild Dog Glen		

**Summer Twilight Walks** are held on a Wednesday evening at 6.00pm. They take 1.5 to 2 hours, are close to Adelaide and followed by a meal, if you wish. Anyone undertaking these walks may have only a modest degree of physical fitness. Here's a sample of just a few of our Wednesday Twilight walks.

## O'Halloran Hill

Wednesday 5 December, 2018

Walk Leaders **Daniel Jardine** and **Melanie Sjoberg**, explore tracks through the O'Halloran Hill Conservation Park before it is 'renovated' into the recently-proclaimed Glenthorne National Park. A few undulations giving views across the city and coast; plenty of birds but perhaps more weeds than wildflowers. Wandering for approximately 5-6kms, up to 2 hours.

## Chambers Gully

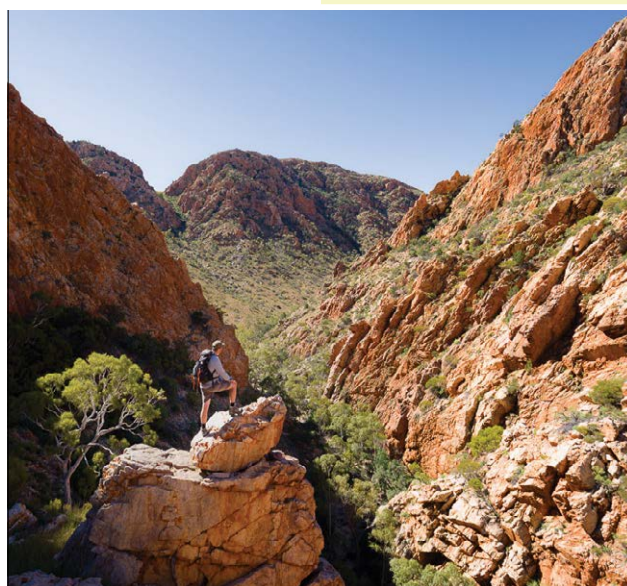
Wednesday 2 January, 2019

Starting from Chambers Gully carpark on Waterfall Gully Road, **Caroline Prescott** will lead you through the cool sanctuary of Chambers Gully. Watch out for cockatoos, butterflies, koalas and bandicoots as we follow the track fringed with ferns. A fairly steep climb takes you to the ridge, which provides splendid views of the city and coast.

## Semaphore Main Street Historic Walk

Wednesday 13 March, 2019

Join **Julian Monfries** for a walk along Semaphore Road's history, past the Timeball Tower, the oldest working carousel in the southern hemisphere, the glorious 1920s Palais bathing pavilion (now the Semaphore Palais Hotel) and the Ozone Theatre building. The walk to be followed by a meal at one of the local eating houses.



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## Congratulations End-to-End 8

On 17 August E2E8 completed their six-year epic journey at Parachilna Gorge. Congratulations to the following walkers who were presented with their E2E awards for completing the trail with E2E8.

Adele Andrews  
 Ian Davis  
 Alan Harton  
 Andrea Gillin  
 Anne Kirk  
 Audrey Sclanders  
 Carolyn Clutterbuck  
 Cathy Bowditch  
 Cherete Harton  
 Faye Joyce  
 Frank Pivato  
 Gary McCarty  
 Geoff Kay  
 Irena Skrzypczak  
 Julia McLachlan  
 Karin Agostino  
 Lesley Rawlings  
 Margaret Fletcher  
 Mark Fletcher  
 Mark Waters  
 Marlene Plueckhahn  
 Michael Agostino  
 Michael Guest  
 Miranda Waters  
 Nadia Pivato  
 Paul Calahan  
 Roman Skrzypczak

Steve Joyce  
 Vicki Cahalan

In addition, these walkers from E2E8 completed the trail for the second time:

Adam Matthews  
 Catherine Joyce  
 Chris Allen  
 Lucy Allen  
 Michael Joyce  
 Samantha McCarty  
 John Babister  
 Robin Sharland

The following walkers completed most of the trail with E2E8 but finished their final walk a few weeks later.

Maria Bootle  
 Jennifer McKay



PHOTOS: Cathy Bowditch



### What do you pack in your lunchbox?

*Trailwalker* is keen to publish hints on what hikers pack to eat on the Heyesen 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](mailto:trailwalker@heysentrail.asn.au)





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# *A Tale of Two Trips* **Lewis Tops To Lake Sumner**

Alan Davis writes of a tramping trip earlier in the year in the Lake Sumner National Park on New Zealand's South Island.

PHOTOS: John Hillard and Alan Davis

**T**he usual careful planning went into our New Zealand walk last summer. With John Hillard we settled on the ambitious goal of a 13-day full traverse from the Lewis Tops through to Arthur's Pass in the South Island.

One thing was apparent early. Considering the terrain, a food drop was deemed a necessity and, having some familiarity with the Lake Sumner region, leaving it hidden on the flats near Pussy Stream, above the Hope River, seemed the obvious spot. This involved a preliminary two-day walk.

That goal completed, an early afternoon bus from Christchurch brought us several hours later to the southern end of the St James Walkway near Lewis Pass. Just a few minutes from here a simple sign on the southern side of the main highway marks the start of the 600 metre climb up through the forest to the Lewis Tops. At the tree line a poled route leads to a large cairn. Continuing along the Tops for an hour we eventually set up camp by a large tarn around 7.30pm.

Waking in the morning shrouded in mist certainly wasn't part of the plan, but we decided to head off anyway suspecting it would burn off when the sun rose. The Tops are simply stunning; a beautiful high alpine area of rolling tussock and snowgrass-covered hillocks. Fortunately, the early gloom had lifted as good visibility is a necessity for the next stage of the trip. Crossing a saddle on the main range leaves a final high sidle across steep scree leading to Brass Monkey Bivvy. We'd hoped to reach here by noon but it had been a particularly tough few hours so with the time closer to 1.30pm the decision was made to spend the night.

The bivvy door violently blown open at 5.30am. It was better than any alarm. Freezing winds and scudding cloud had us debating staying put, but the forecast was for rain later in the afternoon and if Duchess Stream flooded there was a real chance of being stuck there for



days. The weather improved markedly as we dropped below the basin into the Duchess headwaters. This is a tightly confined little valley, the steep, forest-covered hillsides coming right down to the water's edge. Hour after hour we slogged our way downstream,

*Continued next page ...*

*John Hillard (above) descending to Doubtful River and camping by Lake Sumner*



## Lewis Tops (cont.)

alternating between wading in the creek with ventures up into the forest looking for old deer trails. Around 2.00pm, after a final sidle away from the stream, we dropped onto a marked track and about an hour later arrived at Nina Hut.

On cue the predicted rain came, but by morning the worst of it had gone. Just above the hut a marked but, at times, vague route lead into the forest climbing steadily then dramatically up to the tree line before a final saunter through tall tussocks onto Devilskin Saddle. There's a wonderful little two-man bivvy here that begged 'stay the night', but the head defied the heart and said 'no'. Dropping back into the forest all the elevation gained in the morning's climb was lost on the descent down to Doubtful River. Around 5.00pm we crossed to the broad river flats and minutes later arrived at the tiny Dept. of Conservation (DOC) hut where some years ago I'd shared a wild and woolly night with an amiable little mouse. A hunter had taken up residence so we pitched camp close by, an ideal spot despite the sand flies.

**W**e'd decided to split the crossing of Doubtful Range into two shortish days. A few kilometres upstream from the hut a marked route re-enters the forest, climbing above and away from the Kedron River. Hidden away here is the tiny Lake Man Bivvy, positioned perfectly to catch the afternoon sun, a great place to spend a long, warm, lazy afternoon.

Leaving the bivvy, we crossed Doubtful Range and headed back into the forest. The drop off into Pussy Stream is along an amazing knife-edge bushed spur, the final descent requiring careful hand-over-hand clambering down. After lunch we retrieved our food drop and headed up valley to Top Hope Hut.

The first six days had gone exactly as planned. The weather overall had been kind, we had this tidy little hut to ourselves and were restocked ready for the next week. Then disaster struck when John noticed his new boots had

completely delaminated and, despite a temporary repair job with glue and duct tape, it was obvious his trip was finished. We decided I would continue on as planned while John would make his way out to the Lewis Pass Highway and return to Christchurch.

Despite losing John, I set off next morning with plenty of optimism. The sun was still shining, the upper Hope Valley was very beautiful and the walking mostly was on easy river flats. We'd chosen the climb up from just before Hope Pass as the quickest route onto Nelson Tops, but what the map didn't show was the mountainside here was covered in thick scrub. It was a good three hours before I gained the upper slopes and the snowgrass-covered Tops. Not with any time to spare. A rumble of thunder signalled the weather was changing and quickly throwing up the tent, I dashed off to fill all my water bottles, getting back just in time as down it came.

A day and two nights followed before the rain finally began to ease. Though the weather was far from perfect I made the decision on the second morning to have a crack at crossing the Tops. But after more than four hours fighting against the steep terrain in deteriorating conditions, I had to concede it was becoming too dangerous to continue. So, regrettably, I retraced my steps before setting up camp for a third and final night on the Tops. At least the weather had improved for the return to Top Hope Hut the following day.

After poring over the maps, next morning I set off with a new agenda and reached Hope Kiwi Lodge around noon. This is one of the major overnight stops for those doing the Harpers Pass Track, a famous old tramping route that links Lewis and Arthurs Pass. Unfortunately, it is now part of the Te Aroha Trail and I had no desire to



*Alan Davis (top) climbing up to Lewis Tops and John Hillard having a break before tackling Lucretia Ridge*

spend a night in a noisy hut. Literally metres from the Lodge a lovely track re-entered the forest climbing up over the range before dropping down to Three Mile Stream after about four hours. Set back in the forest just above the broad river flats is a small DOC hut that I had to myself.

Rain will remain my memory of the last two days. Arriving at Hope Kiwi Lodge around 11.30am next morning was a blessing as the heavens had really opened up. After a long lunch it was time to face the music again and mid-afternoon Hope Halfway Hut was reached where I decided to camp despite the weather. Heavy rain all night meant a sodden final morning trudge out to the Lewis Pass Highway. A truck driver took pity on me after hitching for only 20 minutes and, around 3.00pm, I was back at our motel in Christchurch. 🚗



# Volunteer Profile: *Colin Edwards*

## How long have you been involved with the Friends?

Serious walking started for me in 1985 with Thorfoot Walkers run by Paddy Pallin and organised by Neville Southgate, then president of the Friends of the Heysen Trail. It didn't take long before I joined the Friends and quickly became involved in the walking programme, first as a participant and then as a member of the Walks Committee.

## What changes have you seen in your time as a Friend?

In those early days – perhaps around 1986 – the Friends were primarily a trail builder and maintainer. With the completion of the trail, and the demand for work on the trail, walking became more to the fore. This created a degree of conflict within the organisation as many considered that our brief was to be involved purely in building and maintaining. But progress was not to be denied and the Friends now are a major player in walking, maintaining, building and promoting the trail.

## What are some activities in which you've volunteered as a Friend?

Gradually I found myself leading day walks – Deep Creek, the Lofties and the Mid-North – progressing to longer events in the Flinders, Innes National Park, Deep Creek Conservation Park and, further afield to the Blue Mountains in NSW and Tasmania. Over the years I have walked the High Plains, Tasmania, Larapinta, Bibbulman, Kokoda,



Nepal, Thailand, to name a few, but I always come back to the Flinders which I find so different, unique, picturesque and always challenging. Briefly getting misplaced when leading a group in the Flinders was more sobering than getting off-track in Tasmania or the High Plains.

## What's one of the most memorable walks you've made on the Heysen?

The most memorable events from these hundreds of walks are generally not the successes but the catastrophes, like getting a group lost or driving all the way to Innes and forgetting the food for the 20 or so walkers. On that occasion we had driven almost there when my wife casually asked if I had

remembered the tea towels? No, but what about the food and drinks! Not far to go back if you say '180 kilometres' quickly. We were expected at 6pm and made it by 10 o'clock and nobody was allowed to say anything, including my wife.

## What's the funniest moment on the Trail?

There was the day at Deep Creek. Leading a group who were determined not to get wet feet or dirty boots, we came to a small creek and the dilly-dallying over crossing it drove me mad. In frustration I decided to show that the log across the creek was okay to step on. One step on, the log sank and I was up to my backside standing in water and thick yellow mud. A lot of false sympathy was followed by roaring laughter.

## What's the most memorable event or day for you on the Trail?

After 30 years or so with the Friends, I have been involved in the Walking Committee, office volunteer for many years, past president and for the last eight or nine years running the Maintenance Committee. All have given me mostly good memories. Walking in the Flinders and Tasmania stand out for me. If you're staying at Melrose make sure to pause for a bite to eat at Stone Hut. But for the ultimate fun don't forget the joys of slogging away at erecting post holes and fixing stiles, rain or shine, while maintaining the trail. 🐾

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# Planting trees along the trail



**F**or a few reasons, it has been quiet on the greening front for the last few months, which is probably as well given the dry conditions that have prevailed. However, it is worth reporting on our trip to the Mid-North.

## Grand tour of Mid-North plantings

We visited Hiskey's Hut near Georgetown where we gathered gum nut seeds from the eucalypts. We now have to ready the seeds to plant around the hut with the aim of providing protection from prevailing winds.

It is worth noting that the wire netting guards that we erected at Hiskey's have been effective and these trees are now making good progress.

Perhaps our best results have been achieved at our plantations along the Bundaleer Channel at Railway Dam Road, east of Spalding. In my opinion, our trees have almost become a forest, but I may be a little biased.



*Rosalind Miles dwarfed by one of our trees on the Bundaleer Channel near Spalding*

*Words & Photo: Neil Nosworthy*

Our hard work planting trees near Dutton's Trough at Worlds End continues to be a struggle, but life outside Goyder's Line was always going to be tough. Nevertheless, our trees are discernible albeit most will not provide much shade for a weary walker.

We also removed all of the tree guards and stakes from our plantings on the ridge above Point Pass; tough work in a howling gale. There has been a high survival rate – maybe 75 per cent – although this year's rainfall has limited growth. It is worth noting, however, that the farmer has erected a new fence which will protect the trees from stock grazing.

## 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](mailto:neil@noztours.com.au) 📧

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## Welcome New Members

**T**he President and the Council would like to extend a warm welcome to the following 33 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.

Jeanette Bishop  
Leigh Dalwood  
Bev Dreyer  
Pete Dreyer  
Louise Dunn  
Nadia Ezhari  
Pamela Fidler  
Wayne Fidler  
Michael Forrest  
Daniel Fosdike  
Peter Fosdike  
Timothy Fosdike  
John Hallifax  
Peter Holt  
D Humphris  
Mark Johnson  
Lisa Lavan

Geoffrey Lawson  
Mark William Lawson  
Jonathan Lee  
Rod Marriott  
Jackie Menzies  
Cathy Preston  
Terri Ross-Marriott  
Gloria Sarker  
Roselyn Schmidtke  
Marilyn Tregilas  
Donna Triggs  
Fred van der Heiden  
Petra van der Heiden  
Kathryn Warhurst  
Steven Weinert  
Belinda Wheeley-Lea





## The Heysen 1350 Running 75kms a day 'never sounded easy'

Adam Chambers reflects on completing The Heysen 1350: a 1350km on-foot challenge from Cape Jervis to Yankarinna Station in the northern Flinders Ranges.

**R**unning an ultra-marathon a day for 19 days straight never sounded easy. But it was tough in ways I hadn't imagined.

The first week or so was tremendously cold and windy. I shivered through the days and most of the nights, as did the support crew. Running 75kms per day seemed to pass slowly, and the biggest challenge was overcoming the mental hurdle to just keep going. I focussed on small goals, concentrating on making it to the next rendezvous point with the support vehicles, rather than what lay ahead in the grand scheme of it all.

My plans went out of the window at about the 700km mark when I started suffering severe shin pain (called 'shin splints') due to tracking in heavy, clay-like mud. I was told I needed 4-6 weeks recovery time off my feet. But, not willing to give up on the mission, I continued to run on the injury for the next three days; reluctantly submitting to a short break of a few days; then continuing at walking pace until finally running into Yankarinna Base Camp, the end point to the challenge.

It reminded me of all the lessons of self-belief, perseverance and

resilience we are trying to instil in the kids throughout an Operation Flinders exercise. I evaluated each situation and searched for a solution that still allowed me to reach my ultimate goal of raising funds so that Op Flinders could reach out to more youth.

I realised I had to take a few days off when my support crew needed to help me to walk even a few hundred metres around camp. But not wanting to give up on my ambitions, I came up with a plan to ensure I arrived at Yankarinna.

The last half of the event wasn't easy. I reported pain ratings of 8-9 out of 10 in my shins at each meeting point, but the privilege of seeing some of South Australia's most beautiful landscapes kept me moving forward.

The 19-day event took over 18 months training and preparation, and a team of four dedicated volunteers to bring it all to a reality, along with unending levels of support from family and friends. I couldn't have done it without the support of the crew, and my family and

friends who rallied behind the cause and showed me their enthusiasm.

At the end of the day, we raised over \$8,000 for the Operation Flinders Foundation to continue its valuable work with at-risk youth in South Australia. It will pay for half of a team participating in the programme. It all feels worth it knowing we achieved that.

Find out more or make a contribution to Operation Flinders at [www.rambleon.co/heysen1350](http://www.rambleon.co/heysen1350)

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# Willunga Basin Trail

Zara Lupton is secretary of the Willunga Basin Trail Inc.

Imagine a walk along the coast between Moana and Sellicks, rambling the escarpment of the Southern Mt Lofty Ranges from Kangarilla to the sea and clambering around the hills south of the Onkaparinga River as it wends its way through the gorge. These tempters form the bounds of the Willunga Basin.

The Willunga Basin Trail was envisioned as a way to define the Basin; the 123km route encircles and traverses the basin linking the Onkaparinga River National Park and layers of the escarpment behind McLaren Flat. The route covers beach, cliff, bush and forest with ascents and descents, and frequent sweeping views across pastoral land and vineyards. It offers walkers varied and challenging walks. Many parts of the route are already popular. The Trail can be walked as eleven half-day walks, a five-day hike, or in any combination. There

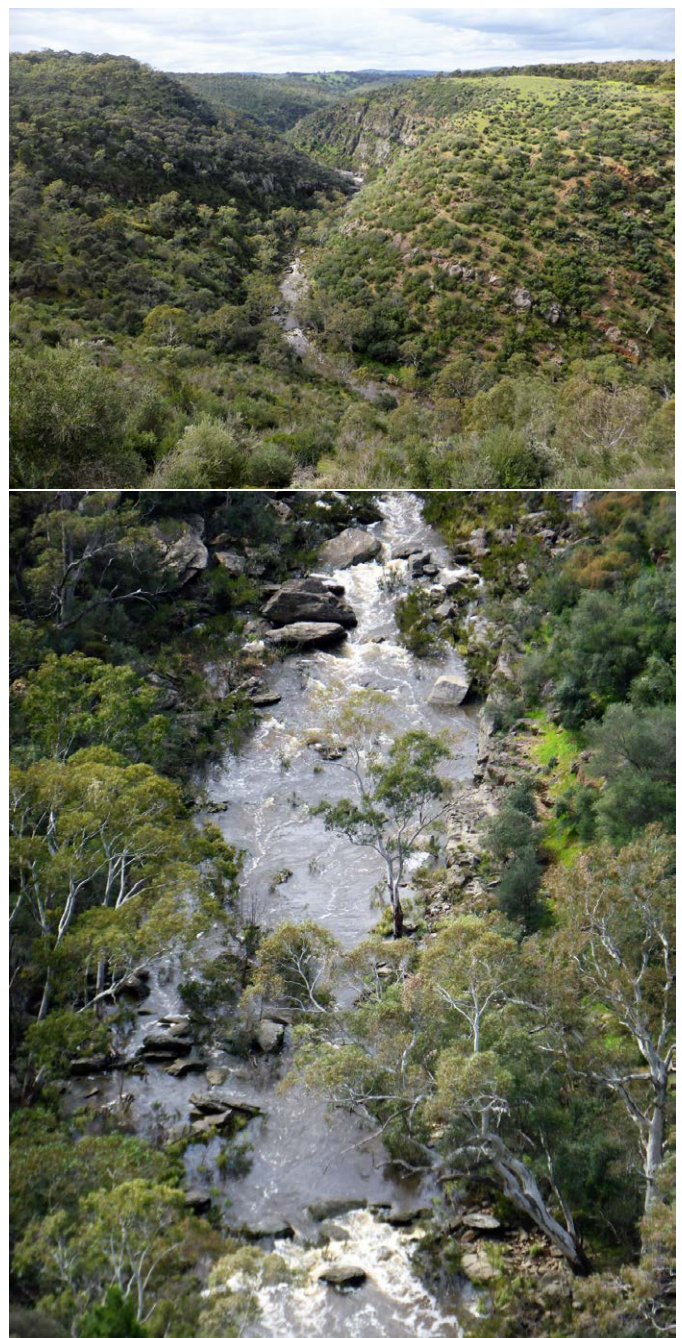
are plenty of facilities in the small settlements, in the coastal suburbs and across the McLaren Vale winemaking area.

The Willunga Basin Trail Inc. was formed from a group that have been walking throughout the Basin and neighbouring regions, both before and since incorporation in 2016. Our group is supported by the local Onkaparinga Council in our aim to establish the Trail by marking existing sections and creating a natural surface path where no path, track or road exists.

Most of the route is on public land with only two short private links. It travels through the Onkaparinga River National Park, the Aldinga Scrub Conservation Park, the Moana

Sands Conservation Park and part of Kuitpo Forest. It also uses many unmade road reserves that provide the vital links for such an extensive trail. These road reserves are in the care of the Onkaparinga Council, which has included the Willunga Basin Trail in its Trails & Cycling Strategic Management Plan and has been active in clearing woody weeds such as olives from some of these reserves.

(Friends of the Heysen Trail members will be able to sample Trailwalkers along the Willunga Basin Trail as part of our 2019 walk programme.) 🚶🏻



Views of the Onkaparinga River from the Willunga Basin Trail



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# Four days trekking the Salkantay Trek

During a recent whirlwind trip through South America, Josh West visited Machu Picchu in Peru via the breathtaking four-day Salkantay Trek.

## DAY 1.

**T**he journey began in the middle of the night, in a minivan full of strangers, making our way from Cusco to the foothills of Salkantay Mountain. Other than becoming acquainted with our fellow hikers, our only other task was to hike the short return trek to a nearby blue lagoon underneath the majestic Humantay Mountain. Easy, right? Nope.

I had forgotten one crucial detail; we were already at 3,912 metres, and the group had to clamber up to 4,250 metres to reach the lake. Our lungs felt like they were ready to burst and our rasping breaths increased in desperation with every step.

When we finally made it to the top, the spectacular view made the gasping and spluttering worthwhile. The crystal clear lagoon glimmered in front of the imposing snow-capped peak. Postcard-ready scenes were already flowing and one thing was immediately evident; I would need more SD cards.

We made our way back down to our lodgings for the night; small huts lined up beneath a steep rocky path leading toward tomorrow's climax; a base camp at Salkantay Mountain. Day 2 had a lot to live up to.

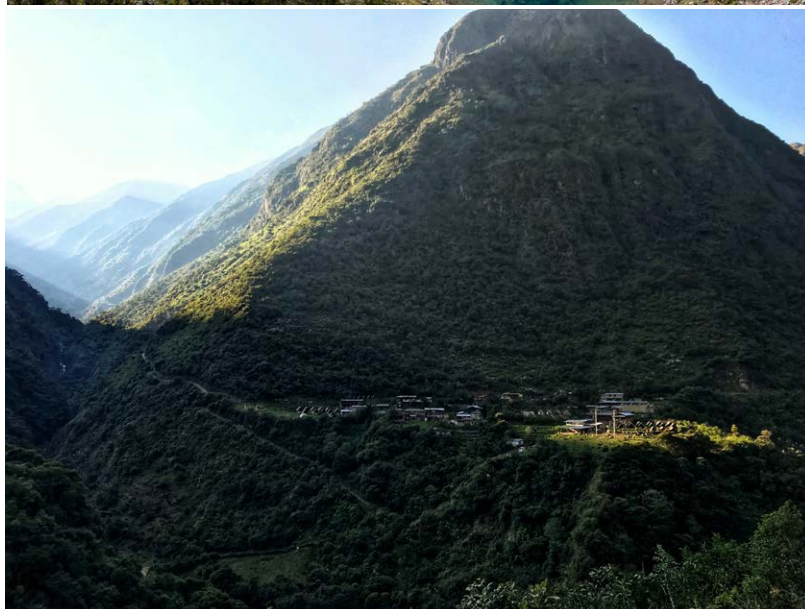
## DAY 2.

**T**he second day of the trek promised to be the definition of diversity. We'd start with breakfast at 4,000 metres in a grass-filled valley, hike up to 4,630 metres to a barren rocky outcrop, then work our way down to a jungle canopy 22kms later.

With beanies, scarves, jackets and gloves attempting to keep us warm, the group set off up the first climb. It was unfathomably cold and we were

*Continued next page ...*

*(From top) Day one's sleeping huts lined up beneath the imposing Salkantay Mountain; the crystal clear lagoon beneath Humantay Mountain; and the morning sunlight beamed down on the second night's accommodation*





## Salkantay Trek (cont.)

all huffing, puffing and wondering why we put ourselves through this agony. Then, out of the shadows, a brazen black stallion galloped over the ridge, through the morning sunlight and down into the valley behind us; a truly unforgettable moment and an instant reminder to embrace every situation.

At the top, I made a startling realisation. I had barely sweated for the entire walk. The air was so thin and lacking moisture that despite the strenuous workout, I remained incredibly dry.

Getting up close to Salkantay Mountain was a sight to behold. There was another sparkling blue lagoon, and the surrounding landscape enclosed us like a cauldron. The group sat and gawked for some time, absorbing the mountainous scenery.

Oddly, it was on the descent that I struggled. Pins and needles,

numbness and a throbbing headache engulfed my neck, face and head. Did I get too much sun? Not enough water? Perhaps it was all the mesmerising scenery? I don't know. Luckily, a good lie down and a hot cocoa tea fixed the sensation.

### DAY 3.

After breakfast we separated into groups. Our smaller party continued along the path above the jungle canopy. It was a relatively uneventful morning as we took in the sunshine glowing through the mountains, waded through bubbling glacial streams and made use of 'the best toilet' in Peru. Anybody who has backpacked through South America will understand the excitement of finding a clean, well-kept baño – not to mention one that has cut flowers next to the sink.

Our group made it to the lunch stop and waited for the others to arrive.

As my travel buddy and I were only completing the four-day trek, instead of the typical five. We had a condensed agenda as we had to be in Aguas Calientes (the servicing town to Machu Picchu) later that evening. Waiting around for our tour leader wasn't on the schedule. When he finally arrived, we had to move quickly.

After being thrown into a seatbelt-less rust-bucket station wagon, we rattled our way along the narrow dirt trail that twisted around the mountainside. The scenery was some of the most spectacular we'd seen all day, but we were too busy panicking to appreciate it.

We finally arrived at Hidroeléctrica, a shanty village at the end of the train line that services the nearby towns. The plan was to walk alongside the track to our night's accommodation. What wasn't

*Continued next page ...*



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planned was starting our journey two hours late as the sunlight faded. Let's just say it wasn't only the effects of a suspect spicy pork taco that had me on the verge of pooping myself.

So there we were, accompanied by a steady stream of strangers, wandering along an unfamiliar trail toward Machu Picchu. Our surroundings went under-appreciated as we trudged on, alert for passing trains and crazed hillbilly mountain folk. With the light disappearing, we had no option but to keep walking.

When we finally made it to Aguas Calientes, it was pitch black, and we were exhausted. After a quick bite, we collapsed on our hostel beds with barely a thought of the following days' antics.

#### DAY 4.

It was our umpteenth day in a row waking up before sunrise, but our final destination was within reach. After 50kms of hiking, camping and surviving Inca toilets, we were at the heartland of Machu Picchu.

We stumbled our way through the dark towards the entrance of the steep staircase connecting the town of Aguas Calientes to the gates of Machu Picchu. Despite the 4:30am timeslot, the line up to enter was already substantial. When it finally started moving, we sandwiched ourselves in the mass of bustling bodies and began the ascent.

The next 45 minutes was a hot mess of shadowy silhouettes, flailing limbs (both human and tree) and flickering headlamps. The pace was fierce. After barely breaking a sweat over the past few days at high altitude, my glands were in overdrive thanks to the humid conditions. By the time I made it to the top, I was soaked.

A mystical fog had wafted into the region, which was more memorable than any expected sunrise. While we could barely distinguish the landscape on entry to Machu Picchu, once the mist lifted, the entire brilliant picture was on display. Its full grandeur was difficult to grasp straight away. Everything was on an epic scale. It would take a while to digest the sweeping grassy



steps, the depths of Sacred Valley and the mountainous backdrops that unveiled themselves in front of us. Once I'd taken a moment, I was overwhelmed.

Our tour guide mentioned that tourist numbers visiting the site had been capped. However, I wouldn't want to see the area without restrictions; sightseers littered the grounds from the moment we arrived. Perhaps I just wasn't used to seeing people again after traversing secluded mountains for the previous three days.

It had been an action-packed, salivatingly-scenic four days trekking

(Top) Passing trains at the end of Day 3 on the way to Aguas Calientes; and Day 4 with Josh atop Machu Picchu

along the Salkantay Trek, but we were exhausted. We caught the train back to Cusco and took the opportunity to roll out of bed at midday the next day. 🐕



Josh West recently walked the Heysen Trail over two months to raise money for the Black Dog Institute.





# Walking the Channel Islands Coastal Way

Kevin Liddiard discovered the unique history of the Channel Islands in his three-day walk using a self-guided tour itinerary.

*Guernsey coast with distant German fortification ((above left), the famous La Coupée and (below) Kevin Liddiard at the end of his walk*



Kevin Liddiard joined the Friends in 1990. He has walked the Heysen Trail three times and is an active walk leader.

For more details of Sherpa Expeditions and their self-guided tours of the Channel Island Way:

[www.sherpaexpeditions.com/Self-Guided-Walking](http://www.sherpaexpeditions.com/Self-Guided-Walking)

I am of the age where I don't wish to walk in high temperatures, steep climbs, large backpacks, bugs, sweat and general discomfort. To this end, I walked a year ago in Normandy, ending at the World War II D-Day landings. Motivated by this memorable experience, I decided to walk the nearby Channel Islands Coastal Way, again solo with Sherpa Expeditions' self-guided walking holidays.

In April I took the new Qantas direct flight from Perth to London, then on to St Peters Port, Guernsey. What a delightful town.

The Channel Islands, in the English Channel, have a unique history, going back to the Duchy of Normandy, when William the Conqueror bequeathed the islands to the English crown. Today the Islands exist as a collection of 'states' under the allegiance to Her Majesty the Queen, but independent in many ways, under a political set up called a 'Bailiwick'.

The first three days of the walk covered the Guernsey coast. A main attraction was the many Loophole Towers, erected as defence from the dastardly French during the 100-Year War. I opted out early on the third day of a 29km walk and took the bus around the island – costing only one pound – and visited the magnificent Castle Cornet. Here you can meet young volunteers dressed in the military uniforms of WWII and witness the noon cannon firing. The castle has its own long history, but for me the highlight of the visit was a live rendition by a talented three-women

ensemble, singing 'In the Mood', 'Bluebirds Over the White Cliffs' and other tear jerkers.

Next day I took the 25-minute ferry trip to the island of Herm: an easy walk and the Mermaid Tavern, a good pub for lunch and to wait for the return ferry.

The following day, I took the ferry to Sark. What a delight. There are no cars; travel is on earth roads via foot, tractor, cycle or horse (with or without cart). The main attraction is the narrow passage between Sark and Little Sark, the famous La Coupée. On Sark is another Mermaid pub, an excellent restaurant, and great accommodation.

Next day I took the ferry back to Guernsey and a flight to Alderney. While I loved Sark, here was the most memorable of my walks. The island was evacuated in World War II including, I was told, the cattle. The German occupiers built massive fortifications, adding to the British forts of the 1800s.

Alderney is the most remote and wildest of the Channel Islands and also is well known for its birdlife, notably one of the largest gannet colonies easily observed from the nearby cliffs. I was also lucky to see the quaint puffins.

I shed a tear when I walked past three posts at the entrance to what was Lager Sylt, a Nazi concentration camp, a dark history that the islanders would rather forget. Suffice to say, the Alderney people were welcoming, helpful and served a good beer at the excellent Georgian House Hotel to celebrate completion of my walk. 🍷



## Heysen Trail at Cape Jervis

# A Focus for Revegetation and Weed Control

Richard Trembath explains why the Warren Bonython Foundation has identified the Heysen Trail gateway at Cape Jervis as a focus for greening activities.



**T**he southern gateway to the Heysen Trail at Cape Jervis runs adjacent to the coast for approximately 10kms before ascending to the Deep Creek Conservation Park at Blowhole Beach. Along this section walkers will experience magnificent views across Backstairs Passage to Kangaroo Island, access to small rocky coves and patches of native scrub. Unfortunately, it is also the case that the coastal strip is severely degraded due to soil erosion, the activity of off-road vehicles and infestation by invasive plant species.

There is a need to remediate this area to provide an attractive and welcoming experience for walkers. The development of a rehabilitation and restoration plan for the Cape Jervis trailhead has been recommended in the past.

The section between Cape Jervis and Fishery Beach is the



responsibility of a number of land management agencies including the District Council of Yankalilla, the Coastal Protection Board, community organisations and private landholders.

The Council, under the auspices of its Coastal, Estuary and Marine Officer Corey Jackson and others, has made significant improvements including the establishment of an environmental hotspot between Lands End and Fishery Beach.

The gateway section is managed by the Council while the initial section from Cape Jervis to Lands End is managed by the Coastal Protection Board. Maintenance and revegetation activities also have been undertaken by groups of dedicated volunteers led by Dr Carolyn Schultz of the Cape Jervis Coastal Community Group.

COOTS (Conservation of Our Threatened Species), a subgroup of the Australia Plant Society, manage the public lands just inland from the Heysen Trail, between Lands End and Fishery Beach.

*Continued next page ...*



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## Cape Jervis (cont.)

The Southern Fleurieu Coastal Action Plan and Conservation Priority Study 2007 concluded that the beaches and lower slopes of Cape Jervis, Lands End and Fishery Beach are areas of high conservation value and are facing a high level of threat.


It was identified that the area from Deep Creek to Morgans Beach (to the north of Cape Jervis) includes coastal reserves that have been successfully improved by community groups. Actions that would improve connection between vegetation blocks would greatly enhance the value of the area.

The study identified the section from Lands End to Fisheries Beach as a significant site for *Eucalyptus porosa* and *Melaleuca lanceolata*.

Birds of conservation significance are the Hooded Plover (*Thinornis rubricollis*), Eastern Reef Egret (*Egretta sacra*) and the Elegant Parrot (*Neophema rubricollis*).

The study recommended the establishment of a 'Coastlinks' project to improve connectivity between coastal habitats.

The Warren Bonython Heysen Trail Foundation has identified the Heysen Trail gateway at Cape Jervis as a focus for greening activity and will allocate volunteer resources and grant funding, where successful, to facilitate this activity.

If you are interested in further information please contact Richard Trembath on 0438 762 122 or [info@WBHeysenTrailFoundation.org.au](mailto:info@WBHeysenTrailFoundation.org.au) 

## Mount Crawford Stairway Restoration



PHOTO: Julian Monfries

In early November, a team of nine volunteers undertook a restoration project to make the Mt Crawford stairs safe by adding galvanised wire mesh to the log steps. The original stairs were one of the early development projects on the Heysen Trail, installed in 1994.



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