



TRAILWALKER

The Friends of the Heysen Trail
SOUTH AUSTRALIA

AUTUMN 2019
Issue 151
FREE

2019 HEYSEN WALKS



Tothill Range

Jewel of the Mid-North



PLUS

Boot Blues!

Choosing the best walking boots

Travelling to Blinman?

Alpana Station Transport Service & Accommodation



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

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

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

Bookings Essential

Contact David and Sally Henery
Phone **08 8648 4626**
PO Box 11, Blinman SA 5730

Email: alpanastation42@gmail.com
Web: www.alpanastation.com



Talon 22 & Tempest 20

Simpler is often better, and simply put this is one of the most versatile packs ever created. If you prefer going light and moving fast in the hills, the Osprey Men's Talon™ 22 and Womens Tempest™ 20L is the pack for you. Ventilated and comfortable, the BioStretch harness and continuous wrap hipbelt combine to create an incredibly stable carry system that hugs your body so you can stay balanced on the trail.

Pack Weight – Small/Medium 608gms – Medium/Large 810gms



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



Follow us on facebook.com/paddypallinadelaide

Paddy Pallin

Gear For Going Places!

10% off for FOHT Members



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

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



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

MEMBERSHIP INFORMATION

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

TRAILWALKER MAGAZINE

Deadline for the next issue
(Winter 2019):

Friday 3 May 2019

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

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

The Trailwalker magazine is published
quarterly:

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

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

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

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

ADVERTISING RATES (Ex. GST)

1/8 page vertical \$55 per issue
1/4 page \$80 per issue
1/2 page \$135 per issue
Full Page \$200 per issue

Flyer (supplied for insertion)
\$240 per issue

A commitment for 12 months advertising
(four issues) would attract 10% saving

Advertising specifications and
article submission guidelines are
available upon request or by visiting
heysentrail.asn.au/trailwalker

Contents

Magazine of the Friends of the Heysen Trail

Issue 151

Autumn 2019

5

President's Report

Melanie Sjoberg

6

Notice of 2019 AGM

Plus details on how to nominate
for Council.

8 & 9

Walks Programme

Full programme for all 2019 End-
to-End walks, TrailStarters and
TrailWalkers.

11

Introducing E2E14

Mark Fletcher introduces the
leadership team who will be
taking up to 75 walkers from
Cape Jervis in May.

13

Jewel of the Mid- North



Lyndon Grimmer takes us along
the near-pristine Tothill Range.

17

One Year Down!

Diana De Hulsters shares her
thoughts on starting her second
year with E2E13.

19

Boot Blues!

John Hillard warns
us to take more
care in selecting
walking boots.



21

Volunteer Profile

Chris Porter is our next volunteer
to be profiled for this regular
feature.

23

Sustaining the Trail Workshop

Melanie Sjoberg reports on
a workshop discussing future
strategies for the trail.

25

WA's Loop Walk

Leanne &
Philip Bell

describe a
stunning walk
in the Kalbarri
National Park.



27

A Different Approach to the South Coast

Melanie Sjoberg & Daniel Jardine
remind themselves of the natural
beauty walking Victor Harbor to
Cape Jervis.



We acknowledge and respect the traditional custodians
whose ancestral lands we traverse along the Heysen Trail.
We acknowledge the deep feelings of attachment and
relationship of Aboriginal peoples to Country and pay respects to the
cultural authority of Aboriginal peoples within the Country we walk.



The Friends of the Heysen Trail & Other Walking Trails

OFFICE

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

Open Monday to Friday
10.30am – 2.30pm

VOLUNTEERS

Mondays

Graham Loveday
Neil Nosworthy
Elizabeth Rogers

Tuesdays

Valerie Boundy
Chris Caspar
Judy McAdam
Chris Porter
David Rattray OAM

Wednesdays

Robin Bodycomb
Vicki Cahalan
Gilbert Downs
Wendy Fox
Jack Marcelis

Thursdays

Eve Buckley
Erica Gordon
Julian Monfries
Judy Szekeres

Fridays

Cathy Bowditch
Erika Guess
Julia McLachlan
Suzanne Mausolf

Relief Staff

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

About the Friends

Council Members 2018/19

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

Sub-Committee Chairs

Colin Edwards	Trail Development
Neil Nosworthy	Greening
Peter Larsson	Walking
David Rattray OAM	Office
Helen Morgante	Marketing & Membership
Julian Monfries	Honorary Membership

Warren Bonython Heysen Trail Foundation

Neville Haar	Chairman
Neil Nosworthy	Secretary

Mid North Branch

Garry Fieldhouse	President
Kate Greenhill	Vice President
Sally Fieldhouse	Secretary
Hugh Greenhill	Section 13 Leader
Sam Nichols & Garry Fieldhouse	Publicity Officers

Council Meeting Dates

Wednesday 20 March 2018
Wednesday 17 April 2019
Wednesday 15 May 2019

Winter 2019 Trailwalker Deadline:

Friday 3 May 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

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

Patron

His Excellency the Honourable
Hieu Van Le AC

Honorary Members

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

Deceased Honorary Members

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

Trailwalker Editor

Greg Martin

Editorial Sub-Committee

Robert Alcock
Philip Bell
Robyn Coburn
Malcolm Cockburn
Colin Edwards
Tammy Main
Judy McAdam
Liz Rogers
Julie Stapleton

Website Editor

Jeremy Carter

Membership Secretary

David Rattray OAM

Office Manager

Dom Henschke

Trail Development Coordinator

Colin Edwards

Bookkeepers

John Wilson
Maria Newland
Nimer Kaur
Tina Behnke



COVER PHOTO: View southwards towards Webb Gap and the southern Tothill Range by Caroline Prescott. *Trailwalker* welcomes submissions from readers of photos suitable for the cover of the magazine

President's Report

1200 members, 1200 kilometres

February has kicked off, so thoughts bubble up about another year of activities for the Friends.

The Trail Development Committee has commenced planning its schedule of weekend and general maintenance trips. This schedule will appear in our on-line programme to enable volunteers to register. Our Office volunteers had their training day so they're ready to launch into the main season. Sales of the *Heysen Highlights* book continued over summer thanks to a skeleton team keeping track to ensure people didn't have to wait. The Marketing & Membership Committee are already printing new pamphlets and lining up events to promote the Friends and the Heysen Trail. 2018 proved a success attracting 228 new members taking us over 1200. Now that has a ring to it – 1200 members, 1200kms.

During this month we've experienced the hottest day on record and, according to the Bureau of Meteorology, the driest January since 1957. Some of our Twilight walks have needed to adapt to these conditions. Perhaps, in future planning, walk leaders might even consider different strategies, such as early morning options or starting later. These Twilight walks offer a great way to catch up in between the walking season proper. The full walk programme for 2019 is reproduced on pages 8 & 9, and available on the Friends' website, so it's a good opportunity to organise your walk diary and get the legs back into condition if you've let it slide a little over the festive season.

Walking in hot weather certainly requires a bit more care. Friends are aware of being SunSmart all year round and wear a hat, but as the heat extends later into the evening it is especially important to carry plenty of water, even on shorter walks. Some people carry a damp towel to mitigate overheating and possibly a couple of electrolyte tablets in the personal first-aid kit. I've noticed general bushwalking

tips about hot weather tend to overlook a point – obvious to Heysen Trail walkers – that you should check the status of any planned trail walk to ensure it isn't closed.

Reconciliation

We were privileged at the December meeting of Council to have the opportunity to hear a presentation about Reconciliation between Aboriginal and non-Aboriginal people from one of our members. Mark Waters completed the trail with E2E8 in August and worked within Reconciliation SA for eight years. The presentation initially arose from members of E2E8 asking questions about what Aboriginal country we cross as we walk along the trail. This led the group to decide to commence its walks with an Acknowledgement of Country. It seems awareness was growing among Friends as similar discussions had occurred during a couple of other E2E walks I joined last year. Mark took the initiative to write to the Friends about generating a broader discussion.

The Reconciliation SA website outlines the following information: *'Reconciliation' is about Aboriginal and non-Aboriginal Australians talking, walking and working together to overcome the reasons that there is division and inequality between Aboriginal and non-Aboriginal Australians. Reconciliation has both symbolic and practical elements. A spirit of goodwill, mutual respect and recognition of the effects of colonisation on Australia's first people are the symbolic cornerstones of reconciliation effort. In South Australia, an Acknowledgement of Country is a way of showing respect and awareness of Aboriginal owners of the land on which a meeting or event is being held, and of recognising the continuing connection of Aboriginal peoples to their Country. It is a demonstration of respect dedicated*



Melanie Sjoberg

to the traditional custodians of the land or sea where the gathering of participants is being conducted. Government agencies and community organisations are adopting the practice of acknowledging the traditional custodians of Country at events, ceremonies, meetings and functions.

Awareness about Aboriginal history in SA and connection to country has grown since the Heysen Trail was developed 30 years ago. Council members were very interested and receptive to the discussion and felt that it was a good opportunity for the Friends to consider how we can understand more about the deep history of the areas we traverse. This is likely to be an ongoing conversation within the Friends and will also be raised at our next meeting with senior officers from the Department for Environment and Water, as owners of the trail.

Our new book *Heysen Highlights* includes a map identifying Aboriginal language groups along the Heysen Trail. Members are strongly encouraged to find out more and to consider showing respect through an Acknowledgement of Country at relevant times during the walk season. Council will provide further information about the Aboriginal lands that the trail traverses and a guide for appropriate words that may be used by walking groups. 🌿

Notice of 2019 AGM

The 32nd Annual General Meeting of the Friends of the Heysen Trail will be held at 7.30pm on Friday, 22 March 2019 at Woodville Lawn Bowling Club, Oval Ave, Woodville.

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

Council meetings are currently held on the third Wednesday of each month at 5.30pm, in the Uniting Communities Boardroom, 10 Pitt Street, Adelaide. Meetings usually conclude by 7.30pm.

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

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

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

AGM AGENDA

1. Apologies
2. Acceptance of the Minutes of the previous Annual General Meeting held on 23 March 2018
3. President's Report
4. Financial Report
5. Trail Development Report
6. Election of Officers:
 - 6.1 Vice President
 - 6.2 Treasurer
 - 6.3 Secretary
 - 6.4 Council Members
7. Appointment of Auditor
8. Election of Honorary Members
9. Other Business
10. Close of Meeting.

Any member wishing to move a motion at the AGM should be aware of the Constitutional requirements: 'Notice of any motion proposed to be moved at a General Meeting by any member not being a member of the Council shall be signed by the proposer and seconder, and shall be delivered to the Secretary at least seven days before the meeting. No motion moved by any member other than a member of the Council shall be entertained by the meeting unless notice thereof has been given as aforesaid.'

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



Nomination Form

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

I.....wish to nominate for the position of.....
(Vice President, Secretary, Treasurer or Council Member)

.....
(Signature of Nominee)

.....
(Proposer)

.....
(Please Print Name)

.....
(Name of Proposer)

Nominations close at 2.00pm on Friday 15th March 2019 at the Friends office
in Pirie Street, Adelaide

Election of Council Members

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

8. MANAGEMENT

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

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

- (5) Nominations for election as President, Vice President, Secretary or Treasurer, or as a member of the Council, shall be invited by notice in the Association's Newsletter or other appropriate publication not less than 21 days before the Annual General Meeting. All persons nominated for election must be members of the Association.
- (6) Nominations must be in writing and must be signed by two members of the Association and by the nominee to signify their willingness to stand for election. They must include brief biographical details of the nominee for distribution to members at or before the Annual General Meeting and must reach the Secretary of the Association not less than seven days before the Annual General Meeting; provided that if an insufficient number of nominations has been received to fill the vacancies, additional nominations may be accepted at the Annual General Meeting.
- (7) If the number of nominations received is more than the number of vacancies to be filled, an election to fill the vacancies shall be held by secret ballot. 🗳️



New Members Promotion

The Friends are offering new members the chance to go into the draw to win a 2-day guided walk on the

Heysen Trail and overnight accommodation at Heysen's Rest B&B. Names of new members who join the Friends of the Heysen Trail between 1 March and 31 May 2019 automatically go into the draw to win the prize.

So please let anyone interested in joining the FoHT know about the promotion and encourage them to join. More details about the promotion can be found on our website heysentrail.asn.au

Welcome New Members

The President and the Council would like to extend a warm welcome to the following 19 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.

Eleanor Adams
Karen Baker
Briali Bedson
David Cunningham
Michael Flynn
Sarah Flynn
Nick Gray
Carl Greenstreet
Mary Guerin
Carl Hamilton
Liz Hobart
Glenn Jones
Robyn Macro
Michael Murray
Rhonda Murray
Kylie Pring
Ken Russell
Margaret Russell
Corinne Van Burgel

We need your 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 are 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,
- secure new sponsorship.

For more details please contact Helen Morgante, chair of the Marketing & Membership Committee, by emailing helwork@bigpond.net.au



End-to-End Walks

2019 Walk Season Programme

This version released 27 December 2018

heysentrail.asn.au

	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
May	Sat May 4 – Sun May 5 End-to-End 10 Mt Zion – Wirrabara Forest – Block 9 Rd Sat May 4 – Sun May 5 End-to-End 11 Worlds End-Burra-Wandallah Sun May 5 End-to-End 14 Cape Jervis to Cobbler Hill	Sun May 12 End-to-End 13 Mt Compass to Kyeema	Sun May 19 End-to-End 12 Cudlee Creek to Nugget Rd	Sat May 25 – Sun May 26 End-to-End 11 Wandallah – Newikie Creek – Dares Hill Summit Rd	
June	Sat June 1 – Sun June 2 End-to-End 10 Block 9 Rd – Murraytown – Melrose Sun June 2 End-to-End 14 Cobbler Hill to Tapanappa	Sun June 9 End-to-End 13 Kyeema to Dashwood Gully	Sun June 16 End-to-End 12 Nugget Rd to Mt Crawford	Sat June 22 – Sun June 23 End-to-End 11 Dares Hill Summit Rd to Hallett to EE George Quarry	Sun June 30 End-to-End 12 Mt Crawford to Pewsey Vale Sun June 30 End-to-End 13 Dashwood Gully to Mylor
July	Sat July 6 – Sun July 14 End-to-End 9 Sat July 6 – Sun July 7 End-to-End 10 Melrose – Alligator Gorge Rd – Horrocks Pass Sun July 7 End-to-End 14 Tapanappa to Balquhider	Warren Gorge to Moralana Drive	Sun July 21 End-to-End 12 Pewsey Vale to Tanunda Sun July 21 End-to-End 13 Mylor to Cleland	Sat July 27 – Sun July 28 End-to-End 11 EE George Quarry to Spalding Rd to the Chlorinator	
August	Sat Aug 3 – Sun Aug 4 End-to-End 10 Horrocks Pass to Broadview to Woolshed Flat Sun Aug 4 End-to-End 14 Balquhider to Waitpinga	Sun Aug 11 – Sun Aug 18 End-to-End 9 Moralana Drive to Parachilna Trailhead Sun Aug 11 End-to-End 13 Cleland to Montacute Heights	Sun Aug 18 End-to-End 12 Tanunda to Kapunda	Sat Aug 24 – Sun Aug 25 End-to-End 11 The Chlorinator to Curnows Hut to Raeville	Sat Aug 31 – Sun Sept 1 End-to-End 10 Woolshed Flat to Quorn to Dutchmans Stern
September	Sun Sept 1 End-to-End 14 Waitpinga to Tugwell Rd	Sun Sept 8	Sat Sept 14 – Sun Sept 15 End-to-End 12 Kapunda to Hamilton to Peters Hill Sun Sept 15 End-to-End 13 Montacute Heights to Cudlee Creek	Sat Sept 21 – Sun Sept 22 End-to-End 11 Raeville to Locks Ruin to Bowman Park Sun Sept 22 End-to-End 14 Tugwell Rd to Inman Valley	Sat Sept 28 – Sun Sept 29 End-to-End 10 Dutchmans Stern to Eyre Depot to Buckaringa
October	Sun Oct 6	Sun Oct 13 End-to-End 13 Cudlee Creek to Nugget Rd Sun Oct 13 End-to-End 14 Inman Valley to Myponga	Sat Oct 19 – Sun Oct 20 End-to-End 11 Bowman Park to Mt Zion (Mills Rd) to Wirrabarra Sat Oct 19 – Sun Oct 20 End-to-End 12 Peters Hill to Gerkie Gap to Webb Gap	Sun Oct 27	

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.



TrailStarter & TrailWalker Walks

2019 Walk Season Programme

This version released 15 February 2019
heysentrail.asn.au

	1st Weekend	2nd Weekend	3rd Weekend	4th Weekend	5th Weekend
April		Sunday April 14 Special Event Opening of the Walk Season	April 20 - April 21 EASTER no walks	Sat April 27 TrailWalker Willunga Basin Trail Jardine/Sjoberg Sun April 28 TrailStarter Mystery Walk Julie Testi	
May	Sun May 5 TrailStarter Mylor Rosemary Hayward Sat May 5 TrailWalker Para Wirra Paul Saxby	Sun May 12 TrailStarter Piccadilly Paul Gill Sun May 12 TrailWalker Summertown Judith Ellis	Sun May 19 TrailStarter TBA TBA Sun May 19 TrailWalker TBA TBA	Sat May 25 TrailWalker Willunga Basin Trail Jardine/Sjoberg Sun May 26 TrailStarter Mt Pleasant Mary Cartland Sun May 26 TrailWalker Carrick Hill Caroline Prescott	
June	Sun June 2 TrailStarter Sherpherds Hill Helen Morgante Sat June 2 TrailWalker Black Hill Michael Joyce	Sun June 9 TrailStarter Ambers Gully Kevin Liddiard Sun June 9 TrailWalker Mt Crawford Jon Holbrook	Sun June 16 TrailStarter Beaumont Michael Joyce Sun June 16 TrailWalker Kersbrook Judith Ellis	Sat June 22 TrailWalker Willunga Basin Trail Jardine/Sjoberg Sun June 23 TrailWalker 3 Parks Panorama Dean Mortimer	Sun June 30 TrailStarter Mack Creek Mary Cartland Sun June 30 TrailWalker Mount Misery Peter Clark
July	Sun July 7 TrailStarter Kuitpo Forest Judith Ellis Sun July 7 TrailWalker Montacute Peter Deacon	Sun July 14 TrailStarter Ansteys Hill Kevin Liddiard Sun July 14 TrailWalker Tungkillo Loop Adam/Suzanne Matthews	Sun July 21 TrailStarter Kaiser Stuhl CP Dom Henschke Sun July 21 TrailWalker Sea to Summit Alan Davis	Sat July 27 TrailWalker Willunga Basin Trail Jardine/Sjoberg Sun July 28 TrailStarter Ladys Choice K Turner & J Wenzel Sun July 28 TrailWalker Kyeema/Kuitpo J Holbrook	
August	Sun August 4 TrailStarter Onkaparinga Robyn Quinn Sun August 4 TrailWalker TBA Julie Testi	Sun August 11 TrailStarter Brownhill Ck/Belair Valerie Boundy Sun August 11 TrailWalker Sanderson Trail Adam Matthews	Sun August 18 TrailStarter Kuitpo Rosemary Hayward Sun August 18 TrailWalker Sleeps Hill Viaduct Alan Davis	Sun August 25 TrailStarter Onkaparinga Philip Bell Sun August 25 TrailWalker Waitpinga Clifftops Caroline Prescott	
September	Sun Sept 1 TrailWalker Hale CP Robyn Quinn Sun Sept 1 TrailWalker Deep Creek Adam Matthews	Sun Sept 8 TrailStarter Kersbrook Kevin Liddiard Sun Sept 8 TrailWalker Kersbrook/Mt Crawford John Babister	Sun Sept 15 TrailStarter Wittunga Gardens Helen Morgante Sun Sept 15 TrailWalker Cleland Caroline Prescott	Sun Sept 22 TrailStarter Sturt Gorge Philip Bell Sun Sept 22 TrailWalker TBA TBA	Sun Sept 29 TrailStarter Jenkins Scrub/Mt Crawford Mary Cartland Sun Sept 29 TrailWalker Onkaparinga Jon Holbrook
October	Sat Oct 5 TrailWalker Willunga Basin Trail Jardine/Sjoberg Sun Oct 6 TrailStarter Sir Mark Oliphant CP John Babister	Sunday Oct 13 Special Event Walktober	Sun Oct 20 TrailWalker Horsnell Gully Simon Cameron	Sat Oct 26 TrailWalker Willunga Basin Trail Jardine/Sjoberg	

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

DEW Restructure – Economic Development

The State Budget last September included 90 staff cuts in the Department for Environment and Water. In January, *InDaily* reported: 'The state's Department for Environment and Water will become primarily an "economic development agency" that will be forced to operate with "less staff and smaller budgets" under a major restructure announced to staff'.

The Friends' President and Secretary met with DEW senior executives on 6 February to discuss plans for the Heysen Trail during 2019.

DEW advised us that while the Department needs to manage within its funding constraints, it will continue to be guided by the

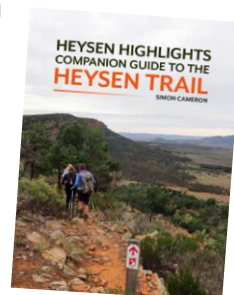
Nature Like Nowhere Else strategy that includes support for 'standout walking experiences'. DEW pointed out environmental protection is essential, but that an economic aspect to its work is not new as it has been promoting commercial partnerships for some years.

DEW officers confirmed that the current operational contact staff for the Friends will remain, general departmental support for our volunteers will continue and, we were reassured, that existing arrangements to fund our trail maintenance work won't change. DEW also accepted the Friends proposal to collaborate on medium to long term arrangements to sustain the trail and replace older infrastructure over time. 🌱

HEYSEN HIGHLIGHTS

Simon Cameron's personal perspective, gathered over nearly 20 years of walking the Heysen Trail.

The perfect companion for walking the Heysen Trail



\$39.95 plus postage

Order on the Friends' website
heysentrail.asn.au/shop

Building friendships, confidence & camaraderie among women as we explore the world together.



**SMALL GROUP WALKS
EXCLUSIVELY FOR WOMEN
FOR OVER A DECADE**

- Arthur Wainwright's Coast to Coast Walk - UK
 - Bibbulmun Track Sections - WA
- Flinders Ranges Walking Holiday - SA
- Camino Pilgrimage - Spain & Portugal
- Women's Outback Camel Trek - SA
- Top End Explorer: Arnhem Land, Kakadu & Litchfield - NT
 - Kangaroo Island Walking Tour - SA
- Kokoda Track Historical Pilgrimage - PNG
- Jewels of The Adriatic - Croatia & Slovenia
 - Treasures of Morocco - Morocco
 - Other great walks & adventures...

www.adventurouswomen.com.au
info@adventurouswomen.com.au
Ph: 1300 388 419



Friends of the Heysen Trail receive 10% discount

Introducing the **End-to-End 14** Leadership Team

Mark Fletcher introduces the leaders who will be taking End-to-End 14 on their six-year trek starting in May from Cape Jervis.

I will be leading E2E14, supported by a magnificent leadership team of Margaret Fletcher, Michael and Karin Agostino, Cathy and Ken Bowditch. We would like to tell you a little bit of our stories.

Six years ago Margaret and I were on a camping holiday in the middle of Australia. We were in our tent at Alice Springs when Margaret set the alarm for 11:45pm. I asked what on earth for? Only to be told sternly that it was booking night for the E2E8 Heysen Trail and there was no way she was going to miss out. Neither of us would have imagined what an impact that little bit of lost sleep would have on us. From that action we have been blessed to see some of the most beautiful parts of our wonderful country, found new friends and been inspired by others as they put the effort into making themselves walking fit for what is quite a demanding trek. After completing E2E8 this year we find ourselves back at the start with even more enthusiasm as we have the privilege now to help others share this unforgettable journey.

Michael and Karin Agostino's interest in walking began some years ago with a group of friends and parents they met through their daughter's school. "A number of us decided to extend our Saturday morning walks. That extension took the form of a six-year, 1200km journey from Cape Jervis to Parachilna Gorge." Although not successful in getting into the initial registration for the first E2E8 walk, Michael and Karin were placed on the overflow list but joined the group at Cape Jervis. "Along the way we learnt new things, such as using walking poles, met many new friends, and saw new parts of the state including country bakeries and pubs. We look forward to meeting

Continued next page ...



(From left) Margaret & Mark Fletcher, Ken & Cathy Bowditch and Michael & Karin Agostino celebrating completing E2E8 ... ready to lead E2E14

Keeping track of End-to-End groups

E2E9 are at Warren Gorge, poised to complete the trail this year.

E2E10 begin their 2019 season at Mt Zion beyond Bowman Park.

E2E11 pick up their walking adventure from Worlds End.

E2E12 will begin their first walk from Cudlee Creek.

E2E13 will start the 2019 walking season at Mount Compass.

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



Heysen Trail
1,200km
adventure hike

and supporting a new group of Heysen walkers with E2E14, and to share the next six years with them by doing it all again."

Cathy Bowditch felt such a sense of achievement on completing the trail with E2E8, but was left wondering where she was going to walk now and how she'd keep fit. "Becoming a leader with E2E14 answered both those questions." Currently, Cathy volunteers in the Friends' office. "This is an excellent way to extend the involvement with FoHT," she said. "I believe the aim of the leaders is to give every walker an opportunity to achieve their goal. One of the main challenges will be melding the various walking abilities and individual expectations of each member." Cathy believes the personalities and fitness levels of the walkers will shape E2E14. "I'm looking forward to meeting our walkers and watching the group develop over the next six years, and sharing each individual's sense of achievement at the end."

Ken Bowditch was an active supporter of E2E8 and will be involved with E2E14 as backup support driver. There is always the opportunity for someone to join him in the support vehicle.

To give everyone joining E2E14 a taste of what lies ahead we've organised a preliminary walk on the 31st March. We have chosen a walk a bit shorter than the first official walk of around 10kms, but still gives a taste of what lies ahead with sections of narrow paths on hillsides and some challenging hill climbs. It is a loop so we will be starting

and finishing at our cars. Good luck with booking (see below for on-line registration details). We can't wait to meet you and get to know you over the next six years!

Booking for End-to-End 14

The 14th End-to-End group will set out from Cape Jervis on Sunday 5th May. Bookings for the first walk will be via the on-line registration (<https://heysentrail.asn.au/walks>) opening at 12.01am on Monday 18 March. The number of walkers who can join the group is limited by the capacity of the bus we use: approximately 75 walkers, including leaders. Due to the anticipated high demand for joining the group, bookings are taken on a 'first come, first served' basis. We expect bookings will fill very quickly. Our on-line registration system is set to switch over to an overflow list once the number of bookings nears capacity. If due to cancellations, vacancies arise for the first or subsequent walks, we will then draw on the overflow list, again giving priority to the earliest registrations.

Apart from the overflow list, we do not maintain an early registration/waiting list. In fairness to all, bookings are taken only using the on-line registration system. This means if you want to join the group, you and your friends need to stay up late on Sunday night and register as soon as possible after midnight. You can book for all members of your family simultaneously.

If you are thinking of joining the first walk, the best advice is to become familiar with the walk booking

process before 18th March. Booking into one of the Twilight walks is a good way of doing this. Good luck to intending walkers. The leadership team look forward to joining you on the trail. 🍷

SA Water – Opening Up Reservoirs

The Friends' President and Secretary were invited to meet with a project officer who is coordinating with interested groups the State government's proposal to open reservoirs to public recreational activity. We were advised that it is intended to be 'low impact' activities such as walking, fishing and cycling.

SA Water indicated that the planning is at an early stage so there is no definite programme of when any particular reservoir will be open, although it is expected that Myponga will be one of the first.

We said that it would be a benefit to the Heysen Trail if access for walkers is made available near Millbrook, Mt Bold, Bundaleer and Beetaloo. It may help get some of our trail off roads and around potential hazards.

We stressed that the trail has a small footprint and walkers are well educated about care for surrounding land, and would not need to be close to the water in any event.

The Friends will continue to follow up this issue. You can find more information at <https://watertalks.sawater.com.au> or Friends are welcome to send their feedback to heysentrail@heysentrail.asn.au.

MT BROWN ACCOMMODATION



Stay on the trail at 'Catninga Hut'

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

Indulge yourself on the trail...



Stay at 'The Carriage' at Catninga

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



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

Tothill Range Jewel of the Mid-North

Lyndon Grimmer with John Smyth explain the origins of two Trail Ramblers over the Tothill Range, the Jewel of the Mid-North.

The Concept

While the season's walking programme is usually determined by the Friends' Walk Leaders in October of the previous year, my chance meeting with the principal shareholder in a land-owning company led to an unusual walk, graded as a Trail Rambler. In order to coincide with the wildflower season, these rambles were programmed for a Sunday in late September 2017 and 2018.

Typically, a walk with the Friends usually involves walking and talking, with the educational aspect only of fleeting attention. A Trail Rambler, however, is a relatively short walk, suitable for all members, with the attention focussed on a specific topic, with stops made in order to examine the surroundings.

During my early days with the Friends, Julian Monfries reminded me that the Tothill Range was a highlight of the Mid-North component of the Heysen Trail. On first sight, I was fascinated by the verdant and serrated skyline of the long and narrow range. This wooded area of the southern Tothill Range extends 27kms from Billabowie homestead near Tarnma in the south to Tothill Gap in the north. This part of the range must have escaped the ravages of unregulated land clearance during the 19th century.

In October 2013, when all sections of the Heysen Trail were walked in a single day as a memorial to Warren Bonython, Rodney Rees of the Mid-North branch and I had a classic ramble between Gerkie Gap and Webb Gap. This section, the 23rd of the trail, has become

Continued next page ...

On the second Tothill Rambler in September 2018 with John Smyth (far left) and Lyndon Grimmer (centre)

PHOTO: Dom Henschke



Continued next page

one of my favourite segments. It is a relatively easy walk, yet surprisingly scenic, and a welcome variation to the mundanity of the middle part of the trail.

In April 2016, Dean Mortimer led a Trail Starter called 'Lavender Trail Meets Heysen Trail'. On that walk we passed signs stating 'Heritage Area owned by Bushland Conservation Pty Ltd – A Private Reserve for Native Plants and Animals'. Following the official ceremony at Webb Gap for the opening of that extension of the Lavender Trail, lunch and exhibits were on offer at nearby Peppermint Springs homestead. There I approached John Smyth, a founding member of Bushland Conservation. The company owns approximately 30 per cent of the wooded area of the southern Tothill Range. I enquired as to whether the Friends could walk on their property. A few months later, John telephoned to say that his management board had granted permission for the Friends to visit their private freehold land. This heritage-listed property is normally off-limits to the general public. The concept of the Tothill Rambler was born.

Environment of the Southern Tothill Range

Following land clearance, nearly all of the native vegetation of the Mid-North has been replaced by pastures and crops. Fortunately, the most significant areas of remnant

mallee and woodland are touched by both the Heysen and Lavender Trails. Carroona Creek and Hopkins Creek Conservation Parks, and the southern Tothill Range (entirely private freehold land) are along the Heysen Trail. Spring Gully Conservation Park, and a short traverse of Webb Gap, are included on the Lavender Trail.

The aspect and slope of the terrain, the depth and type of soil, and the available moisture, all contribute to a complex, mosaic-like pattern of vegetation. Across the Mid-North, with an annual growing season of around six months and moisture often inadequate for the remainder of the year, woodlands used to be a key vegetation component.

The trunk of a tree supports a crown of branches, leaves, and reproductive structures. Where the individual tree crowns are clearly separated and collectively form a relatively sparse canopy, the vegetation association is called 'a woodland'. From above, a woodland appears as a parkland of tree crowns set among apparent open spaces. Due to the openness of individual tree crowns, the shade offered by a woodland is rather scanty.

The footslopes and hillsides of the southern Tothill Range are covered by low grassy woodlands dominated by peppermint box and blue gum. On the ridges and crests, a she-oak dominated low woodland overhangs

a shrubby mid-storey. In the higher rainfall area to the south of Webb Gap, long-leaf box is the co-dominant tree, alongside she-oak. There also are small areas that are dominated by low shrubs with dwarf leaves. This type of vegetation is known as open heath. While nearly all of the Tothill flora occurs elsewhere along the Mount Lofty and Flinders Ranges, a couple of species are restricted to this area.

A proud sentinel of the southern range is the distinctive, resin-producing shrub known as the rock grass-tree. This plant possesses a thick, woody stem that bears a cluster of stiff linear leaves and a long cylindrical stalk or spike, crowned by small flowers. Spikes make great bushwalking poles – just ask Dean Mortimer!

Upon close inspection, Friends walking maps illustrate the finer-scale structure of the southern Tothill Range. In the far south and further north, there is a single ridge. Between about Braewood Road and Tothill Gap, the ridge tends to bifurcate into an eastern and a western ridge. A series of saddles and Y-shaped gullies create the semblance of an inner valley.

It is within the seclusion of the central, elevated and elongated valley zone that the flora survives in much the same manner as it has for aeons. It is only in stony country, such as along parts of the upper

Continued next page ...

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

New horizons beckon?

last spaces in 2019

Lake Eyre & East McDonnells:
28 April - 9 May 2019
Kakadu & Top End: 24 June - 9 July 2019
West Australian Coast: 10 - 30 Sep 2019
Gawler Ranges: 22 Oct - 1 Nov 2019
Kangaroo Island: 20 - 26 Nov 2019

Only one thing to do...

book now!

Call 08 8369 1779
www.bushwalkingtours.com.au

EXPLORANGES
with our expertise you're safe to explore

Day walks guided at your pace
flora • fauna • photography

All the work done for you...
tent up, bed ready, meals served

Tothill Range, where the rocky outcrops and a scarcity of grass have acted as deterrents to rough grazing by domestic stock. Consequently, the impoverished soil is still inhabited by a multitude of native shrubs and wildflowers. With the Tothill Range resembling a wooded isle in a sea of agricultural land, the almost-undisturbed central valley is priceless from a conservation viewpoint.

Our Off-Trail Tothill Experiences

For those of us willing to spend the weekend in the area, before our first Tothill Rambler in September 2017, permission was granted for an unofficial, preliminary return walk northwards from Webb Gap. The owners of this land are also shareholders in Bushland Conservation. While the land here appears to have lesser conservation value overall than that located to the south of Webb Gap, walking is still very worthwhile. It included an ascent of the highest crest of the Tothill Range, which appears as a closed 690 metre contour on our maps. A few spotted jezebel butterflies were seen during our walk.

For the first Rambler, John Smyth, with his assistant Andrew Wurst, guided our car convoy from Marrabel up to Webb Gap. Regrettably, a strong wind made communication within the group rather difficult. Our return walk was initially southwards along the western ridge, south-east across a saddle, and onto the eastern ridge for lunch. As the surface was mostly broken rock, walking was not easy. We also needed to tread carefully in order to minimize our impact on the smaller plants. Vegetation included peppermint box, blue gum, she-oak, native cherry, quandong, hakea, rock fern, and a host of spring-time flowers. At our lunch spot we were surrounded by numerous grass-trees. This local landscape would have changed little since European occupation almost 180 years ago. The bush scenery about us was near-pristine!

For our preliminary walk before the second Rambler, in September last year, the weather was pleasant, the views great, the flowers blooming, and the walk logistics comfortable with stops as required, and the human company delightful. Based on his farming background, John has a wealth of practical knowledge relating to land management. As a self-educated

field naturalist, his environmental perceptions are earthy and intelligible, from his hypothesis that a shallow, rocky amphitheatre may have been a gathering site for the Ngadjuri, to his keen eyesight for the recognition of a spotted jezebel butterfly fluttering high about the summit, and his unfailing recognition of bird calls.

For the second Rambler, John was attired in a green jacket, perhaps more typical of a tour guide than a walk leader. Like his colleagues, he was gifted a jacket in 1998 by the Australian Government Envirofund, via the Natural Heritage Trust. The Trust had selected Bushland Conservation for the national Nature Conservation Landcare Award. In 2010 an individual award for bushland conservation was conferred on John with his name listed in the Australia Day honours for an Order of Australia.

John designed a different walk for this Rambler. We left our cars along the western side of the range and followed a clockwise circuit around a western crest, with a side excursion up to the eastern ridge. We ascended a dry, north-facing gully to a saddle, before continuing our ascent, and returning to the saddle for lunch. John showed us a small piece of chert in the form of an Aboriginal artefact. The Ngadjuri could have brought this rock specimen from elsewhere a long time ago. This sheltered area possibly acted as their campsite. Subsequently, we descended a southward-facing gully that opened westwards onto the Heysen



(From top) The east ridge covered by peppermint box and grass-trees; a view south west across the range of mostly she-oaks; and spider flower or Spider Grevillea

PHOTOS: KB & Olga Volodicheva

Continued next page ...

Jewel of the Mid-North (cont.)

Trail, and headed back to our cars.

Of note was the change of vegetation associated with altitude: a woodland of lower-elevation peppermint box and higher-elevation blue gum; a heathland and low open woodland on the elevated rocky slope of our eastern excursion, and the more luxuriant growth of the gully area located along the sheltered south-eastern flank. The vegetation of the ridge lines is subject to occasional warm season thunderstorms and severe wintry conditions. In general, the flora was similar to that of the first Rambler, but less abundant, due to the unusually dry season. The golden flowers of the endemic Tothill bush-pea were in bloom, as were a few white Bendigo wax-flowers.

Appreciation

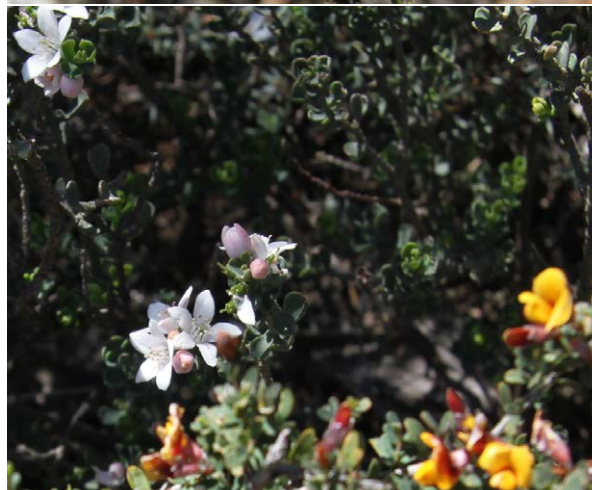
On behalf of the Friends of the Heysen Trail, I wish to extend our sincere gratitude to the management and shareholders of Bushland Conservation for permission to conduct our Ramblers on their nature reserve; to John Smyth for his community-spirited approach, and for volunteering his time and extensive experience for the benefit of the Friends; and to Andrew Wurst for his invaluable assistance on the first Rambler. For those of us who share your passion for nature, this has been a splendid opportunity to travel backwards in time and to appreciate the landscape as originally intended. May your 'Jewel of the Mid-North' enjoy a peaceful

existence for many millions of years.

Appendix

The list of flowers included creamy candles, rock correa, paper daisy, yam daisy, shrubby dampiera, spider grevillea, groundsel, guinea-flower, dusty miller, early nancy, greenhood orchid, bush-pea (both twiggy and Tothill species), native primrose, rice-flower, scarlet-runner, blue squill, and Bendigo wax-flower. 🌸

(From top) Shrubby Dampiera; Bendigo wax-flowers and Tothill bush-pea; and woodland of grass-trees, blue bum and peppermint box



PHOTOS: Olga Volodicheva

PHOTO: KB



Accommodation Nunn Road, Myponga along the Heysen Trail

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

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

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



Contact Jayne & Greg
08 8558 6397 or 0417 889 128

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

End-to-End 13

One year down, five to go!

Diana De Hulsters shares her thoughts after completing year one of the Heysen Trail.

In the Winter 2018 edition of *Trailwalker* I wrote about 'Starting an adventure' on End-to-End 13, and what a special journey it has been so far. Acquaintances are morphing into friendships; slow walkers are speeding up and fast walkers have learned to take it a bit easier; the weather and the scenery have been spectacular, and the wildlife has been abundant – we even spotted a whale during morning tea! After our last walk on in November 2018 from Myponga to Mount Compass, we estimated we've walked 130kms so far... only 1070kms to go!

When I started E2E13 I had great intentions of going camping each weekend and really turning the walks into a 'holiday' experience. However, by the end of June I had secured a new, and very demanding, job that has taken me interstate a lot. Having a good night's sleep in my own bed is now much more appealing than the prospect of sleeping in a tent over a winter weekend. However, some of the other hikers have succeeded in 'going away' almost every weekend we walked, so it is something to consider.

A few of us celebrated at the Heysen Trail Xmas Bash in Belair National Park but next year we need to have a bigger crew as it was a wonderful afternoon out and a great celebration of the year's achievements. As I walked many of the TrailStarter and TrailWalker Sundays during the season, I've now met quite a few people from the other End-to-End groups and long time members and guides. So it was just lovely to see everyone together before we set off on our summer adventures.

Staying walking-fit over summer has been an interesting challenge. The heat, fire and snake danger make for good reasons to stay at home by the beach rather than go into



PHOTO: Nene Vine

the hills. I have, however, found a few cooler weekend days to hit the Cleland Conservation Park trails with some steep ascents and descents. I am still comfortable walking 18kms over four or five hours and anything less feels like it's 'not enough' for the day. I've also managed to join one Twilight Walk around the Torrens followed by dinner at the Hackney.

On the really hot days I've been taking myself to my EFM gym in Brighton where I can give my legs a good work-out and stretch. Walking on the treadmill or the stepper is not quite the same as being out

Continued next page ...

Diana De Hulsters on New Year's Day 2019 out on The Blade on Cape Pillar; and Diana (far left) with fellow E2E13 walkers at the Friends' Xmas Bash at Belair National Park

End-to-End 13 (cont.)

in nature, but it will do the job of keeping my legs ticking over, and without the backpack and boots I really feel light as a feather so I can walk at 6km/hour on a 6 per cent incline for quite a while.

The importance of rest and recovery is also not lost on me as I regularly visit my physio, attend a weekly yoga class and make good use of rollers and massage balls to get into those nasty knots.

During my annual leave I enjoyed the Twelve Apostles Lodge Walk in Victoria and Three Capes Lodge Walk in Tasmania with the Australian Walking Company (www.australianwalkingcompany.com.au) which was a real treat. Both walking tours are for 10-14 people plus two guides and come fully catered and with comfy beds, hot showers and spectacular scenery. I am also

completing the Margaret River Cape to Cape Walk over Easter, which should have me ready to kick off Year Two with E2E13 in May.

If all goes according to plan, we will be walking from Mount Compass to Nugget Road this year; familiar terrain for those of us who go walking in the Adelaide Hills as it is all so close to home if you live in Adelaide. I am curious to see if we will still be needing two buses for the morning transfer or if our group will now officially dwindle down to 40-50 people instead of 70-80, which happened on our last two walks of 2018.

Will we still be the Lucky 13s? Will the weather clear up again and will we all avoid injury? And will we finally remember everyone's name?

If you join us for a catch-up walk this year, I hope you are not

superstitious as you must walk under the ladder and be escorted by our black cat Voldemort. We wear our number 13 with pride!

I must give special recognition to our guides and the team at the Friends' office. Thank you, your volunteer effort is much appreciated. I hope I can give back as much as I am receiving over the years to come. 🍷



Diana De Hulsters has called Adelaide home since 2002. She has completed multi-day hikes in Australia and New Zealand, but the Heysen Trail is the longest challenge on her extensive bucket list.



WISE WOMEN WALKING™

FIND YOURSELF BE YOURSELF CHALLENGE YOURSELF

KUMANO KODO JAPAN
FLINDERS RANGES
FLEURIEU PENINSULA

THE CAMINO
KI WILDERNESS TRAIL
NEPAL

LARAPINTA TRAIL
WALK THE YORKE
NEW ZEALAND

MENTION THIS AD TO GET 10% OFF YOUR NEXT WEEKENDER FOR WOMEN WITH US!



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



BOOT BLUES!

John Hillard warns us to take more care in selecting walking boots, the most vital part of a walker's equipment.

What is your most important item of equipment? Hands up all those who said boots. Yes, this is the obvious answer for experienced walkers, but its deeper significance can only be appreciated when you are looking at boots that are falling apart when you are at least 25kms over rough terrain from the nearest road.

Ask me how I know? I've included a picture of my boots in early 2018 while in the Upper Hope Valley on the South Island of New Zealand. They might look well used but, in fact, they were bought only a few months before the trip and had been used for only 10 days in total. The boots were leather, cost about \$300 and made by a respected European manufacturer.

Alan Davis and I had just spent a week walking from Lewis Pass over the Nelson Tops to the Upper Hope Valley. (The account of that trek can be found in *Trailwalker Summer 2018/19*.) A great week of walking but with lots of bashing through scrub, falling into holes in the tussock and fording streams, i.e. normal remote tramping in NZ. We were resting at Upper Hope Hut and preparing for another week of hard going when my boots fell apart.

So, what to do? Clearly, I would need to tie them together as best I could and make my way to Christchurch to buy another pair of boots and then try to intercept Alan on route to our original destination of Arthurs Pass. The slightly galling bit was that we had just collected the food drop that we'd spent two days walking in the previous week. So I was about to carry out seven days food I'd carried in the previous week.

I'd carried around a McNett Field Repair Kit for years that I'd never had cause to use. It had a small tube of glue intended for such repairs. A group of hunters had been helicoptered into the hut the previous week and they'd left a lot of stuff including a roll of duct tape. I used both the glue and the tape. The boots just made the 25kms to the road, although the duct tape lasted only 5kms.

After walking out, I hitchhiked to Christchurch and bought a new pair of

boots and then caught a bus up to Arthurs Pass in the vain hope of finding Alan. As it happened, he'd had bad weather and had to exit back to Windy Corner himself a few days later.

When you return a pair of boots in these circumstances, you can almost see the assistant wondering what mistreatment you've subjected them to. You'll have to explain that 'No, I'm not such an idiot as to have left them sitting beside the heater to dry out'. Nonetheless, the retailer returned them to the importer and they gave me a full credit.

The replacement boots I bought in Christchurch were a NZ\$250 pair from a respected US manufacturer. They were fine for the four days that I used them around Arthurs Pass before returning to Australia. But they were really surplus to requirements so I decided to take them to Europe with me on a 30-day trip on the Grande Randonnée Cinq (GR5) from Lake Geneva to Nice. This was a pretty solid trip – 650kms, with 35,000 metres of climbing, and carrying full camping gear – but mostly on tracks, so I thought that I'd wear them out on the trip. Well, you guessed it, after 10 days the seam on one side split and the other a week later. Fortunately, the rest of the boot held together for the remainder of the trip. And again the retailer returned them to the importer for a full credit.

As you can imagine, I was getting something of a reputation with my walking friends for being a touch hard on boots. I will admit to being a regular walker (typically 60-80 days per annum with a full pack) but I look after my gear and it generally lasts me for a very long time. I'd typically got 8-10 years from a pair of boots before the sole had worn to the point that it was time to resole or retire them.



John's \$300 boots after only 10 days of walking (top), and duct-taped for the 25km walk back to the road. The split seams on his replacement boots (third photo), again lasting only 10 days. And (above) a pair of boots after 8-10 years' wear

Continued next page ...

I've been walking for about 50 years so it occurred to me to question whether there had been a significant change in the way boots were manufactured. There was! Up until maybe 20 years ago, most good walking boots were of Norwegian-welted construction where the midsole is sewn to the upper and the outsole. What it has to do with Norway I have no idea as it was mostly Italian and German boot manufacturers who used it. It is also known as 'double sewn' construction as two lines of stitching are visible on the outside of the boot. There are other techniques that result in external stitching that are not true Norwegian welting, so make sure you ask.

In the hope of getting better durability, I went in search of some Norwegian-welted boots. I could not find any in the shops that I tried in Australia, but eventually found that there were two companies in Germany that still made Norwegian-welted boots – Meindl and Hanwag. It's a dying art as it is a very skilled trade and the people that do it are gradually popping their clogs. I

eventually bought a pair of Hanwag Horndli boots – €200 delivered. I've been very happy with them. So I've bought a second pair to keep in the cupboard!

They have now done about 20 days walking, are ageing gracefully and, I expect, will give me many years of service.

They give good support, are a wide fitting and reasonably light at 1650gms for a pair of size 10s.

It may well be that there are boots made with other techniques that will wear just as well; both Meindl and Hanwag also make boots from synthetic materials and/or with other manufacturing methods. But I now prefer to rely on boots made with a technique that has stood the test of time.

When you are in the market for

new boots it is worth asking about how the boot is constructed. You may be greeted by blank looks from the staff, as it's by no means obvious from looking at the boot in the shop. If you want boots for occasional walking on tracks then almost everything in the shop will be suitable. But if you are looking for boots that will survive (and help keep you comfortable and safe) on extended walks in NZ or Tasmania, then you do need to be much more knowledgeable and selective about what you buy. Double-sewn boots will usually be more expensive, so you should consider whether it is worth paying a premium for greater reliability.

A final word about Goretex: wonderful stuff on your back but whether it is useful in boots depends very much on what you'll use the boots for. If you are going to be off track in the backcountry, then Goretex linings will do a great job of keeping the water in once your feet get wet. I prefer to have boots where the water will gradually drain away. 🌧️



Help care for our bushland

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

A practical way to help the land you love!

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

Find out more: 8406 0500

info@treesforlife.org.au

treesforlife.org.au



Volunteer Profile: *Chris Porter*

How long have you been involved with the Friends?

I have always enjoyed walking and joined Pathfinders in the early 1990s. I then joined the Friends of the Heysen Trail in about 1994, encouraged by my cousin and friends who had also joined. Initially, I just enjoyed the day walks and weekends away, which at that time were many. They included trips to the Grampians, Flinders Ranges, Mount Gambier, Wirrabara, Orroroo, and many others.

What are some activities in which you've volunteered with the Friends?

When I retired from work, I volunteered in the office – which I still do – finding this very interesting. It allows me to keep up-to-date with the various groups walking and share my knowledge with new walkers. I have noticed the number of new walkers who are a lot younger than we were when I first joined. This I think is because of the End-to-End walks. I also spent several years on Council.

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

I completed the Heysen Trail with E2E3. I was leading some day walks and this led to me completing the trail for a second time with E2E5 as a Walk Leader, happily as Tailender. It was on E2E3 when walking from Gerkes Gap Road to Webb Gap Road that we came across a newborn lamb whose mother had died. A big discussion on what we should do resulted. We decided to empty a backpack, settle the lamb



in, and carried it the remaining eight kilometres, which seemed a very long way. The lamb spent the night at the Vet's and then went home to Wendy and Colin Fox's. It was named 'Heysen Rose' and still lives a privileged life, now nine years old.

What's your funniest moment on the Trail?

My funniest moment ... well to everyone else it was when we were walking from Pichi Richi to the Dutchman in atrocious weather; pouring with rain, cold and windy. We arrived at a creek that was flowing quite fast so a large branch was put across it and a platform of rocks to jump on to. I was the first across which proved a big mistake. As I jumped onto the rocks one gave way and I went into the creek. As I was soaked through and freezing, it didn't make a lot of difference! I was glad my poles got rescued. We had to abandon the

next day's walk, as all creeks and roads were flooded.

What's your favourite walk on the Heysen?

I have lots of favourite walks. One that really stands out is the south Tothill Range – Tothill Creek Road to Braebrook Road. It was a beautiful day walking between the ranges with stunning views.

What are some favourite walks other than on the Heysen Trail?

The Great Ocean Road walk is well worth doing with its beautiful coastal views. The South Coast Walk is another. A trip to South Africa was different and interesting but the animals had more of our attention than walking. We did do a few walks in South Africa but it was very hot.

My most challenging and interesting one was walking across the Simpson Desert and then through the APY Lands. I have just done the Kangaroo Island Wilderness Trail with pristine bush and great campsites, flowers and wildlife. We found ourselves inches away from a very fat, very large Tiger snake, but luckily it was too full to bother us.

Are there future walking trips you have planned?

Walking for me is so worthwhile. My other volunteer job is Puppy Educating – introducing guide dog puppies to our world – though this does sometimes hamper my walking when their legs are too little to join me on walks. When they get stronger they do and several have walked parts of the trail. 🐾

FLINDERS RANGES BED and BREAKFAST

72B Arkaba Street, Hawker, SA 5434

- Recently Fully Refurbished
- 2 bedrooms (1 x Queen, 1 x Double + 2 x Single Euro Beds)
- Superbly Presented

Please phone **045 858 1353**
for further details and bookings.

Email: flindersrangesbedandbreakfast@gmail.com



WALK THE YORKE THE PINES

Dolphin View



The perfect stop between Point Turtan and Corny Point.

Comfortable 3 bedroom holiday home that accommodates up to 6 guests with a lovely front deck and spectacular ocean views. TV/DVD, split system air-conditioner, combustion heater. Only 30 Min. from Innes Nat Park including some of the most spectacular coastline in the world! Close to country pub and shop.



Bookings 0417 830 533 info@saecotours.com.au

Trackers – a new era of statistics

WORDS & PHOTO: Julian Monfries

The Heysen Trail is about 1200km long and we have no idea how much it is used. We know that the Friends have, with our End-to-End programme alone, about 300 walkers on the Trail each month.

To get a better grasp of walkers' numbers, the Friends have purchased three tracking devices to collect walker numbers.

Our 'test' device was installed in January, on a popular part of the Trail near Adelaide. The others will be rolled out over the next few months in more remote locations.

On the tracker's first operational day it recorded 21 walkers!



Colin Edwards (left) and Peter Simons check the new trackers at the first test site near Adelaide

End-to-End Awards

Congratulations to the following walkers who have been presented with End-to-End Certificates for completing the trail over recent months:

Kingsley Blenkiron
Mary-Anne Blenkiron
Clive Davies
Jeff Elliss
Dianne Mack
Jan Trethewey
John Trethewey

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>

Flinders & Beyond Camel Treks

Blinman South Australia

2019 Walking Treks

Beyond Heysen: 20th May – 5th June

4th June – 20th June

Lake Frome: 1st July – 13th July

12th July – 24th July



Join us in 2019 on a trek to Lake Frome or complete the Heysen trail remote section 'Beyond Heysen'. Explore hidden treasures of the Flinders Ranges with camels carrying your supplies. Trek through gum lined creek beds, towering gorges, rare geological formations and sparkling dry lakes. See native flora and fauna in its natural habitat and enjoy the night sky laser show with astronomer Ryan. Walking treks fully catered, swags and transfers included. No roads, no vehicles, no mobile reception; detach from hectic everyday life and enjoy this unforgettable experience that will create memories to last a life time. For more information contact:

Phone: (08) 8648 3713

Email: info@flindersandbeyondcamels.com.au



Passenger Transport Specialists

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

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

Larger group? - then hire a bus.

08 8552 4000

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

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

'Sustaining the Heysen Trail' Workshop

Melanie Sjoberg reports on the success of a workshop to discuss ways to improve our experiences of walking the Heysen Trail.

PHOTO: Julian Monfries

Forty Friends volunteers attended the workshop in November last year to consider how we continue to look after the trail in the next few years. Participation reflected a good spread of members from the Trail Development Committee (TDC), Friends' Council, Section Leaders, regular maintenance volunteers and End-to-End Walk Leaders.

There were two group discussion sessions: one that evaluated what is working well and what could be improved, and the second considered the future – a vision about how we plan and care for the trail over the next 5 to 10 years. Feedback from attendees was positive and it seems everyone thought the external facilitator was useful to keep us on track and thinking about the issues. The enthusiasm among the group generated plenty of ideas and raised issues that the TDC and Council need to look at over the next few months.

After looking at all the ideas, the TDC identified a few key outcomes and areas for action:

- the Heysen Trail is in pretty good shape and we want to keep it as an adventure trail;
- the way we work on the trail will continue to evolve;
- we need to find ways to adapt to changes and become more responsive;
- the End-to-End Maintenance Programme has been successful at engaging newer volunteers and strengthening relationships with landholders; and
- shed work has become more systematic, engaging several new volunteers.

Communication was an important theme related to what is working, what could be improved, and how



Workshop facilitator Anne Marie Edmonds encourages a happy crew of volunteers in discussions on future strategies for the trail

we build our volunteer support.

- A need to better understand the Department's Volunteer Safety Framework and why the Friends' reports now ask for more detailed information;
- increase two-way feedback between TDC and section leaders to better coordinate and support our work;
- better information about what work is being done or what is needed;
- conveying the importance of maintenance to our E2E walkers;
- boosting engagement of E2E groups in identifying and/or assisting with maintenance;
- Keeping newer volunteers informed and provide training so they can share the load; and
- programming activities in advance so volunteers can plan involvement.

Also confirmation of the need for a 10-year plan and clear priorities for the future of the trail.

- A goal for facilities to extend platforms, tanks, toilets, shelters along the trail – need to identify gaps and options;

- develop a programme to upgrade and/or replace huts, bridges, boardwalks etc;
- routes – identify priority points to get trail off roads for the safety and enjoyment of the trail;
- signage along trail – identifying the Friends' maintenance role and contact details; and
- technology to assist such as an App to report trail issues, tank monitoring and trail counters.

The TDC has already progressed on the communication aspect, recruiting two new

members who will help to liaise with section leaders and pay close attention to recording volunteer hours and the work that we carry out on the trail. Other ideas are being incorporated into the TDC plans for the annual programme. Interested members should watch out for maintenance events in the on-line programme as the TDC makes more of its work visible for members to register and join in.

Members are encouraged to contact the office, talk to walk leaders and maintenance volunteers, if they wish to find out more. It is stating the obvious: the trail is only as good as the people who care for it. 🌲

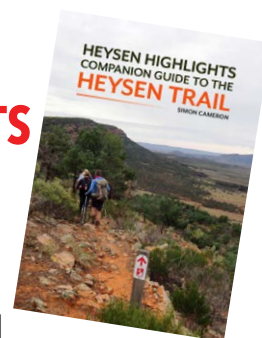
HEYSEN HIGHLIGHTS

The perfect companion for walking the Heysen Trail

\$39.95 plus postage

Order on the Friends' website

heysentrail.asn.au/shop



End-to-End 8

Thousands of Photos Taken! Millions of Footprints Left Behind!

Vicki Cahalan celebrates the release of an End-to-End 8 photo book and corrects errors made in the last issue of Trailwalker.

Over 58 days of walking in six years and we're still looking at other hikes, some further from home and most over familiar ground.

I, for one, have had the Heysen Trail on my 'bucket list' for many years; never once dreaming of the huge experience it ended up becoming. The wonderful people met, the endless chats, the bumblebees and the pink tutus! That mock wedding at Burra had to be the highlight!

All of these memories came flooding back when Alan Harton, Anne Kirk, Audrey Sclanders and I put together the End-to-End 8 *From the Ocean to the Outback* book of the last six years of our lives. There was a book launch before Christmas at Base Camp and it was wonderful seeing the delighted faces as people began turning the pages.

Future End-to-End groups might like to think about collecting photos regularly from the avid photographers in their group to enable a quick process for their own book.

Here's to the first reunion of E2E8!



PHOTO: Cathy Bowditch

Finally, there were some errors and omissions in the E2E8 article in the Summer 2018/19 issue of Trailwalker that need to be corrected.

End-to-End 8 Certificates:

Adele Andrews, Alan & Cherete Harton, Andrea Gillin, Anne Kirk, Audrey Sclanders, Carolyn Clutterbuck, Cathy Bowditch, Faye & Steve Joyce, Frank & Nadia Pivato, Gary McCarty, Geoff Kay, Irena & Roman Skrzypczak, Jennifer McKay, Julia McLachlan, Karin & Michael

Agostino, Lesley Rawlings, Margaret & Mark Fletcher, Maria Bootle, Mark & Miranda Waters, Marlene Plueckhahn, Michael Guest, Paul & Vicki Cahalan

End-to-End 8 2nd-Time Certificates:

Adam Matthews, Alan Davis, Cathy & Mike Joyce, Chris and Lucy Allen, John Babister, Krystyna Hevko, Robin Sharland, Samantha McCarty, Stephen Wilkinson 🍷

HIKING EXPO

OPENING OF THE 2019 BUSHWALKING SEASON

Sun 14 April 2019, Belair National Park

walkingsa.org.au/expo

The Loop Walk Kalbarri National Park WA

Leanne and Philip Bell describe a walk that took them into the Murchison River Gorge and past one of WA's most photographed sites.

The township of Kalbarri is a small coastal holiday town about 570kms north of Perth.

It is situated at the mouth of the Murchison River, which is Western Australia's second longest river. Kalbarri is believed to be named after a prominent member of the Nanda, local indigenous people. The Aboriginal name of the Kalbarri area has been recorded as Wurdimarlu. An Aboriginal Dreaming story states that the Rainbow Serpent wandered from the inland to the sea to wake ancestors sleeping below the land creating a trail we now know as the Murchison River.

An 11km drive inland from Kalbarri takes you to the entrance of Kalbarri National Park, which features the Murchison River Gorge. There is a further 25km drive on compacted sandy road to the recently upgraded car park, picnic area and toilets with views of the gorge.

To get to the start of the Loop Walk is a 500m picturesque walk down metal stairs and rock path to Nature's Window. This is a natural rock formation that frames the gorge and river, and anybody can stand in it. As it is one of Western Australia's most iconic natural attractions, it is one of the Coral Coast's most photographed sites. Hence at popular times there is a queue of people lining up for photographs.

From here the 8km Loop Walk follows a U-bend of the Murchison River. The first 3kms is on the cliff top, walking on bands of rock with spectacular views of the gorge and river. Then there is a steep but short rocky descent to river level and a

Continued next page ...

*(From top) Murchison River Gorge;
part of the climb down to the river;
and our authors showing their
true quality by reading copies of
Trailwalker at Nature's Window*



PHOTOS: Philip Bell

Kalbarri Loop Walk (cont.)

beach section on which to enjoy the view and have a break. Here is a sign warning that the walk becomes more difficult and a good point to turn back if you are unprepared. As experienced walkers we didn't think the rest of the walk difficult apart from one tricky spot.

The stratified rock continued for a few hundred metres. The only section where the rock shelving was very narrow we needed to remove our backpacks to slide on our backsides to cross the rock.

The second half of the walk was back to river level and sandy walking with river gums along the way. There were many spots to have a leisurely lunch. The last part was a short uphill back to Nature's Window. It is described as a steep ascent but zigzagging up the rocky ledges was not at all difficult.

The walk is signed with regular posts every 500m directing you to walk in an anti-clockwise direction. It can be walked in reverse but you would need to know where to make the

descent down to the river.

We completed the walk in about three hours but it could be walked quicker if you don't stop to admire the spectacular views.

To make a full day, 10kms away are two other short walks. One takes you to another cliff top lookout and the other down to the river level.

Best time to walk is when it's cool and dry. The walk is exposed with little shelter and the rocks can be slippery when wet. Spring is the best season for wildflowers. Over 1000 plants have been identified

around Kalbarri.

A vehicle entry fee is required. Day passes can be purchased at the entrance of the park if you don't already have a Western Australia National Parks multi-park pass. 🇦🇺

References

Ball, Melanie (2016) *Top Walks in Australia*. Richmond: Explore Australia

www.CreativeSpirits.info, Kalbarri Aboriginal history

Source: <https://www.creativespirits.info/australia/western-australia/kalbarri/kalbarri-aboriginal-history>

For more information: <https://trails.com.au/trails/loop-walk>



PHOTO: Philip Bell

Unique Burra Accommodation



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

Cost \$27p.p. - linen extra

Part of Olive Grove Retreat Accommodation

Email olivegroveretreat@gmail.com

Ph. 08 88922679

Mob.0447 445 506

KENNARDS HIRE MAKES YOUR JOB EASY!



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

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

135 135
www.kennards.com.au

KENNARDS
HIRE

Victor Harbor to Cape Jervis **A Different Approach to the Wild South Coast**

In October last year, Melanie Sjöberg & Daniel Jardine took five days to walk the Heysen Trail's magnificent South Coast.

Two people, 70kms, five days, four campsites, 30 litres of water, seven beaches, two sleepy lizards, four hooded plovers, 10 dolphins, kangaroos, and way too many steep climbs and descents to count. It all adds up to a great time and eagerness to do it all again.

Day 1: Victor Harbor to Waitpinga (16kms)

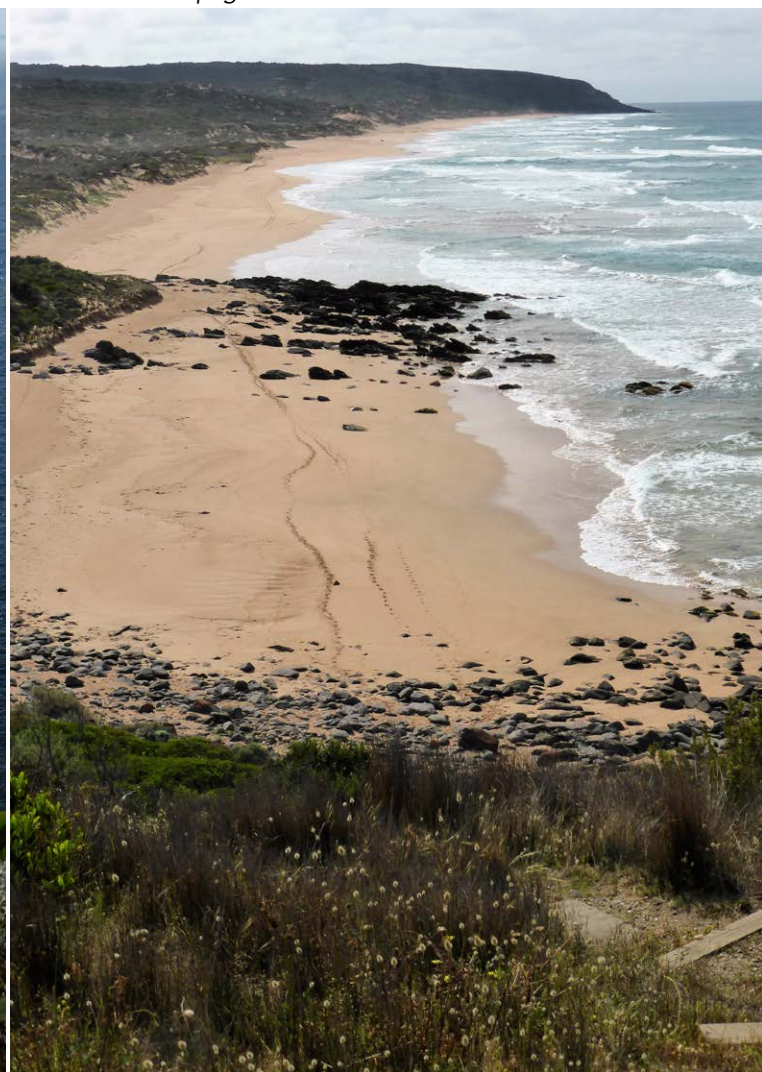
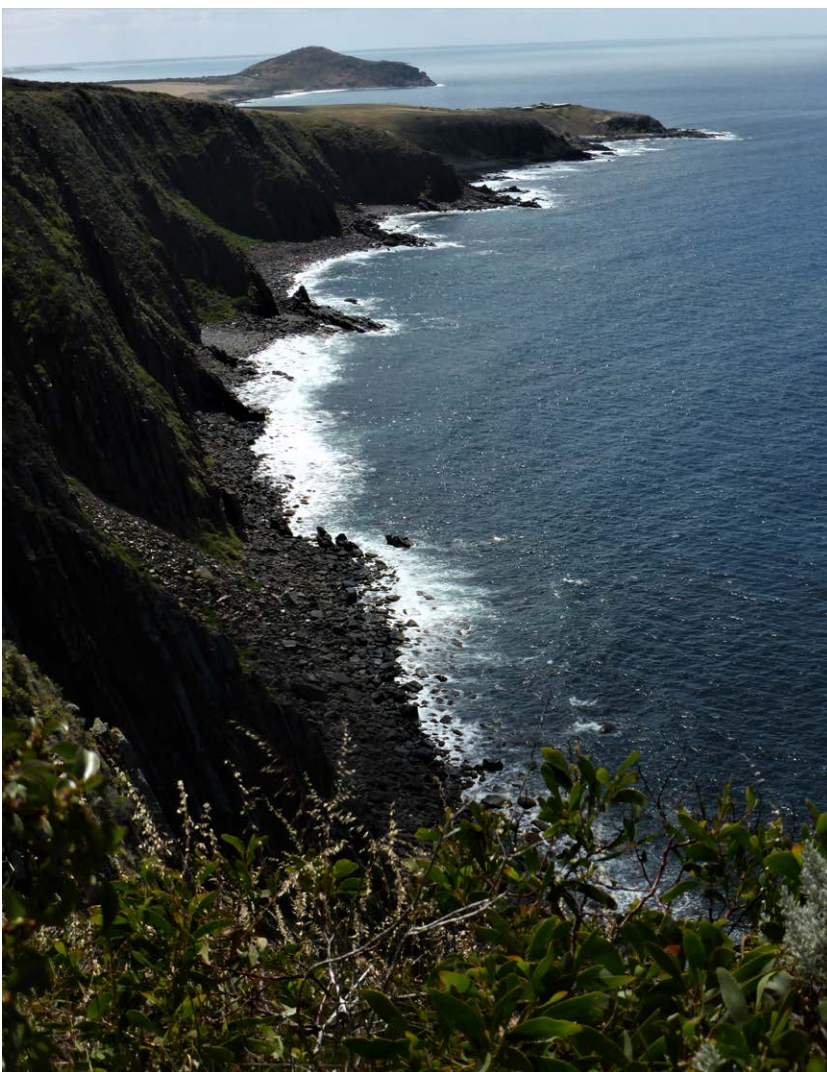
We were fortunate to be dropped off at Victor Harbor by a supportive family member who thought we were bold, but perhaps a little strange. Eager to get going, we stepped off the road at 10am onto Petrel Cove to begin our five-day hike along a familiar stretch of the Heysen Trail. A small dog digging furiously in the sand below ignored us, yet made us aware we'd not quite left populated areas.

This was the first of many beaches along a fabulous wild coastal walk taking in expansive views across the Southern Ocean; rugged cliffs, preserved dunes, undulating pastoral stretches and strenuous climbs. With the sun on our backs we lingered to view the spectacular cliffs looking back to Rosetta Head. We shook off our packs for morning tea at what must be one of the most photographed points along this section of the Heysen Trail; deep blue sea, crenelated cliffs thickly vegetated and topped with a smattering of yellow wattle. It evokes a sense of wonder about the tenacity of plants managing to survive on the windswept cliffs of King Head.

Our eyes were alert watching for a pair of white-bellied sea eagles reported to live amidst the cliff tops, but to no avail.

Continued next page ...

(Below right) Waitpinga cliffs looking back to the Bluff and Victor Harbor; and footprints along Waitpinga Beach ... "up and over cliff tops to admire the footprints we left behind as sun glistened on the sand"



It was late October so no whales either. We weren't too disappointed as the day was glorious. We climbed away from the coastal views to make our way through Newland Head Conservation Park. The sun was shining as we walked through an array of wildflowers strewn along the sandy track, attracting rosellas, blue wrens and wattletails.

Once we pitched our tent, we donned thongs for a stroll across the dunes, taking note of the sturdy sand-ladder that we'd helped to refurbish a couple of years earlier as part of a team of Friends of the Heysen Trail volunteers. The cold waters of Waitpinga Beach offered a welcome foot soak and stretch to ease the leg muscles.

Waitpinga campsite has a spacious shelter with benches and tables, set alongside the remains of Dennis Hut with its rustic dirt floor and access to water and a toilet. We shared our camp with a kangaroo and joey that was not at all concerned by our presence as we prepared dinner.

Day 2 Waitpinga to Balquhider (12kms)

This was a day of beaches and cliffs. An early coffee before we were up and over cliff tops to admire the footprints we left behind as sun glistened on the sand for our next stage walking along Parsons Beach. Surprisingly, there were no surfers but we did bump into a couple of cyclists catching their breath.

After Parsons, there is a long cliff walk that allowed us to appreciate the peaceful beauty of the coastline. Of course, beaches and rugged cliffs meant we tackled several ups and downs. One more cautious clamber and we were down to Callawong Creek where we were fortunate to have a favourable tide. Not that it mattered as we pulled off our boots at the end of the beach taking time to soak our feet while we ate lunch to the sound of crashing waves.

Yet another climb and we were tracking along a creek line into green paddocks where we met a lone-day hiker enjoying the trail. Several more undulations – yes,

that means hills – until we found ourselves on a quiet back road for the last stretch of the day. We were pleasantly surprised to see two through-hikers coming toward us so we exchanged information about conditions on the trail.

Balquhider campsite is almost hidden from the road, nestled among Stringybark and Cyprus pine. We gave thanks again to the Friends of Heysen Trail volunteers for the full water tank and platform that kept our packs clean. We had plenty of time to boil the billy before being startled by a fox and a curious bronze skink that skipped across the tiny creek. We also were amused by the background sound of bleating lambs as we turned in for the night.

Day 3: Balquhider to Tappanappa (18kms)

This was a long, challenging day, starting out a little overcast but reasonable walking weather nonetheless. Sheep and cows stared as we plodded along the pasture-lined road then through several hilly green paddocks with extensive views across to Kangaroo Island.

We cautiously approached the steep descent to Tunkalilla Beach, which we were familiar with from previous walks, albeit without a full pack.

Many a hiker has felt daunted by this slope while straining to hold onto a fence not really designed for such anxiety. Good planning or good luck allowed us to ease down without incident and then, even more fortuitous, to find the tide out offering hard sand for the 4.5km trudge along Tunkalilla Beach, strangely still one of my favourite parts of this walk.

Setting up a steady rhythm, while listening to the waves, is a recipe for walking joy. It was enhanced by two pairs of hooded plovers skittishly strutting across the sand in an effort to lead us away from their nesting

zone. Birdlife estimates have only about 70 hooded plovers left along the Fleurieu Peninsula coastline, so walkers should be well aware of the importance of keeping clear. Adding to our already pleasant mood, the clouds had cleared and we were entertained by dolphins as we sat on the shore for lunch.

Yet another strenuous climb over the headland with dry narrow edges kept us alert as we manoeuvred along some tricky craggy sections. Just when you think you're over the 'ups' we hit another invigorating steep climb out of Boat Harbor. The day's walk concluded with some 4kms of track winding through xanthorrhoea, flowering grevillea and she-oak to Tappanappa camp ground in Deep Creek Conservation Park.

Deep Creek is a jewel so close to Adelaide. Campsites must be booked in advance, proving it's no longer such a secret getaway spot. The sites are compacted gravel designed for large tents and camper-trailers so less functional for a hiking tent, but at least there's tank water and toilets. We relished the stillness as we squatted next to the billy with a refreshing cup of tea, watching a few wrens flitting through the grass and plenty of kangaroos nearby.

Day 4: Tappanappa to Eagle Waterhole (12kms)

A fresh, early morning breeze kept our beanies and jackets on, but the day soon warmed and blue sky appeared. This section of walking within Deep Creek took us along winding tracks rich with vegetation. The dense scrub provides an appreciation of what the coastline must have looked like before white settlement, and a reminder to be grateful to the foresight of those who made the effort to preserve this area.

After some 3kms we reached the waterfall, enclosed by greener trees and shrubs, and with smooth rounded orange and grey rocks that echo the sound of gushing water. This is always a place to dawdle so we were lucky to have it to ourselves. More climbing

Continued next page ...



A cautious climb down to Tunkalilla Beach (top) where many hikers have felt daunted by the slope; and Deep Creek ... "a jewel so close to Adelaide"

took us across to sparser hills, traipsing up, down and across creeks, until we reached Trig camp ground. We found a place for lunch atop a grassy hill with views to the Pages and Kangaroo Island. The track through Tent Rock Creek requires some care as it's narrow, rocky and steep in places. But the spectacular gullies are well worth the effort.

The late afternoon sun was streaming through tall Stringybarks on the outdoor table at Eagle Waterhole campsite when we arrived. It proved a treat to find a full water tank, shelter and sleeping platforms. The tent could stay in our packs for the last night. More delight as blue wrens hopped nearby, busy magpies chortled from the trees and kangaroos lazed on the grassy slopes nearby. Just before sundown another walker joined us, having left Cape Jervis earlier that afternoon. So dinner involved lengthy discussion with a young Victorian having her first Heysen experience.

Day 5: Eagle to Cape Jervis (16kms)

The blue wrens started early, as did we after a morning coffee. Hiking up along the narrow track away from Aaron Creek we were startled to hear giggling as a group of about 20 high-school students bundled toward us. Clearly new to hiking, they appeared excited if not a little surprised by the effort required; lucky they only had a day's hike to Trig. Our own feet took us winding through tight scrub and down Cobblers Hill to the coast again. Along this stretch we saw a smattering of flowering bitterpea, running postman, creamy candles and wattles, but it was too late in the season for orchids.

Resting on a wooden seat we had

views down through the gully to a deep blue ocean and a glimpse of the rocky climb ahead. We approached the tricky headland with some caution knowing what a misstep with a heavy pack could mean. All was worth it when we popped up and over the last ridge to be greeted by several kangaroos lounging near Blowhole Beach. Morning tea in the sun allowed us to remove our boots for yet another refreshing paddle, although the icy water warned against a swim.

The undulations and climbs became a bit tough as the day heated up. We knew the forecast for the next couple of days was in the high 30s.

Passing Fishery Beach, where for a brief time in the 1840s whalers would set off for the hunt, we eased into a gentle pace through low scrub and sandy pathways. We timed ourselves along the final leg, lazily watching the ferry enter Cape Jervis. After crossing the last few steps we humped off our packs at the trailhead and indulged in an ice cream treat while we waited for our lift back to Adelaide. 🍦

Reporting on the condition of the Heysen Trail

The Friends of the Heysen Trail is 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.

KI Wilderness Trail Luxury Accommodation

Friends may be aware that the State Government called for tenders from commercial entities to develop luxury accommodation along the KI Wilderness Trail. The Australian Walking Company has won the tender to proceed.

The Friends of Parks Kangaroo Island Western Districts (FOPKIWD) expressed concern about lack of consultation and strong opposition to the proposal in a wilderness area. The group subsequently withdrew its voluntary labour from preparation for the Flinders Chase Centenary Celebrations. It also asked other Friends of Parks groups to support this issue by withdrawing labour.

Friends of Parks peak body raised these concerns with DEW and issued the following statement on 30 January 2019:

Friends of Parks (FOP) believes that commercial developments in parks should be consistent with the Park's Management Plan and only occur after careful consideration of the environmental impact and full public consultation. FOP is a strong and respected working partner of DEW. The FOP Board has an expectation that there will be early and transparent communication with local Friends of Parks groups when developments in their parks are considered. We support the right of Parks groups – as independent groups – to have at times a differing

view on developments in their parks and to readily express these views.

It has been agreed that DEW will help FOPKIWD to make a submission to the State Commission Assessment Panel currently considering the development.

The Board is disappointed that early and transparent communication with local Friends of Parks member groups and the local community did not occur regarding this development.

As a consequence, FOPKIWD have withdrawn their labour in the park and in preparation for the Flinders Chase Centenary Celebration. If this continues, then in support, the President of the Board of FOP will also withdraw from the steering committee for the centenary celebrations.

While the Board has not supported universal withdrawal of labour by Friends groups on this issue, the Board is clear that each member group has a right to choose to do so, or to support FOPKIWD in other ways that are thought to be helpful.

It is noted that the Australian Walking Company stated they would like to engage with Friends of Parks groups on Kangaroo Island, and are actively seeking ways in which this can occur. Friends groups may consider talking to Australian Walking Company about this possibility. 🌱

Clothing with UPF Rating

With Climate Change, Friends are more likely to find themselves walking in warmer and sunnier conditions even during the walking season. Under such conditions sun protection becomes even more important.

You may have noticed a UPF rating on some garments. Standing for 'ultraviolet protection factor', UPF was originally standardised in Australia in 1996. Basically, it quantifies how effectively a piece of clothing shields you against the sun.

It's based on the content, weight, colour and construction of the fabric, and indicates how much UV can penetrate. For instance, a shirt with a UPF of 50 allows just 1/50th of the sun's UV radiation to reach your skin. This would provide excellent sun protection, in contrast to a thin white cotton T-shirt, which has a UPF of about 5, allowing 1/5th of the sun's UV through, even more when wet.

Some items of clothing, such as denims and corduroys, are among the most sun-protective of all garments. However, a specially made high-UPF shirt with long sleeves and a double layer of fabric at the shoulders – a high UV exposure area – might be constructed with a lightweight material that gives the wearer superior comfort and coolness as well as added sun safety. And the UPF label always adds a measure of certainty.



Accommodation in the Wirrabara Forest, Southern Flinders Ranges

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

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



uorn
CARAVAN PARK

FLINDERS RANGES



The Natural Choice

cleaning and gardening naturally



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

Gary & Bronwyn Lucas

info@quorncaravanpark.com.au 8648 6206



Gary Pearce Solicitor

Walking you through the obstacles along the way

Specialising in wills and estates including:

- estate planning
- powers of attorney
- advance care directives
- estate litigation
- land transactions

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

There is
always
MORE
to explore



FRIENDS OF THE HEYSEN TRAIL

— Receive 10% off* —

08 8223 5544 - 192 Rundle Street Adelaide

Visit our website www.soc.com.au

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

