



# TRAILWALKER

The Friends of the Heysen Trail  
SOUTH AUSTRALIA

WINTER 2019

Issue 152

FREE

## RECONCILIATION on the Heysen



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photos on the trail**



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- 2019 Walks Programme
- Native Plants on the Heysen



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#### MEMBERSHIP INFORMATION

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

#### TRAILWALKER MAGAZINE

Deadline for the next issue

(Spring 2019):

**Friday 2 August 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](http://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](mailto: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](http://heysentrail.asn.au/trailwalker)

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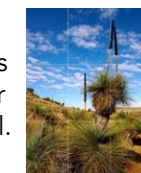
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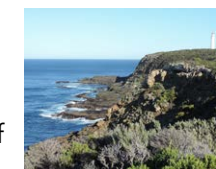
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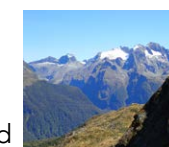
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The Friends of the Heysen Trail  
& Other Walking Trails

#### OFFICE

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#### VOLUNTEERS

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Neil Nosworthy  
Elizabeth Rogers

##### Tuesdays

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Chris Caspar  
Judy McAdam  
Chris Porter  
David Rattray OAM

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Vicki Cahalan  
Gilbert Downs  
Jack Marcelis

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## About the Friends

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His Excellency the Honourable  
Hieu Van Le AC

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

### Council Meeting Dates

Wednesday 19 June 2019  
Wednesday 17 July 2019  
Wednesday 21 August 2019

### Sub-Committee Chairs

Colin Edwards	Trail Development
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

### Maintenance Section Leaders

Albert Schmidke	Section 1
Roger Dunn	2A
John Newland	2B
Hermann Schmidt	3&4
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John Babister	5
Richard Webb	6
Graham Loveday	7
Ian Harding (WEA Ramblers)	8
Jerry & Michelle Foster	9
Colin Edwards (Temporary)	10
Dom Henschke, Colin Rozman,	
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Julie Starkey, Gary Wright	16
Michael Kerin, Neil Finlay	17A
Simon Cameron	17B
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### Honorary Members

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

### Honorary Members (Deceased)

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

### Trailwalker Editor

Greg Martin

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

### Website Editor

Jeremy Carter

### Membership Secretary

David Rattray OAM

### Office Manager

Dom Henschke

### Bookkeepers

John Wilson  
Maria Newland  
Nimer Kaur  
Tina Behnke



**COVER PHOTOS:**  
A stunning example  
of 'leading lines' by  
**Philip Bell**, and juniper  
trees on the John Muir  
Trail by **Ruth Rice**.

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

# President's Report Feeling Good – The Effect of Walking

*Bird flyin' high  
You know how I feel  
Sun in the sky  
You know how I feel  
Breeze drifting by  
You know how I feel  
It's a new dawn  
A new day  
A new life  
For me .....feelin' good  
(Nina Simone)*

**Y**ou need to listen to the  
mellow sounds in Nina  
Simone's voice, but the words  
capture how I feel out walking – and  
I'm certainly feeling good about the  
coming season.

Yet again a great success for the  
Walking SA Hiking Expo at Belair  
National Park in April with more  
than 1500 through the gates and  
400 plus joining a variety of guided  
walks. The Friends appreciate the  
huge effort to build an event like  
this to encourage walking and, as  
a major member organisation of  
Walking SA, value that partnership.

As I look back to the same time  
last year, we had quite a bit of rain  
and wind on the day of the Expo;  
yet the Bureau of Meteorology  
had reported the warmest April on  
record for SA and driest since 2005.  
In 2019 we've experienced the  
hottest summer on record across  
the whole of Australia with a record  
heatwave in Adelaide in January.  
The Bureau has also reported the  
warmest and driest March.

In 2018 the Country Fire Service  
extended the end of the fire danger  
season and again in 2019 it has  
announced an extension to the fire  
season in the Mt Lofty and Adelaide  
region until 12 May. In our bushfire  
prone regions, currently afflicted by  
severe drought, these warnings are  
not to be taken lightly.

The Heysen Trail is officially closed  
during fire ban season so this  
meant that one of our End-to-End  
groups had to reschedule its first  
walk of 2019. Sections of trail within  
national parks, conservation parks

and Forestry SA areas may still be  
walked providing a total fire ban is  
not declared. We have signage at  
points on the trail to highlight that  
private land is not to be accessed.

Given the trend in weather reports  
it seems we'll need to be mindful  
of these factors as we plan future  
programmes as well as our personal  
pre-season training. Nonetheless,  
I suspect that most of us would  
readily rearrange things rather than  
miss a walking opportunity because  
there are so many good reasons to  
be out in nature.

Research demonstrating the benefits  
of walking continues to expand: it  
improves our general health, helps  
mitigate risk of disease, reduces  
stress, builds stamina and resilience,  
supports mindfulness and enhances  
our sense of well-being. Economists  
argue that walking also benefits the  
economy through a consequential  
reduction in the cost of healthcare.  
Our own experience tells us that  
walking brings people, curiosity  
and money into our regional  
communities as we follow the  
1200km Heysen Trail.

Walking the Heysen offers another  
bonus in our technology-driven,  
continuously-contactable digital  
world: as we tread the more remote  
sections with limited mobile phone  
and Internet access, we allow  
ourselves to legitimately escape  
screen-time. I've had conversations  
with many members who relish their  
Heysen-time as a chance to 'detox'  
from the busyness of work and the  
seemingly endless push of emails,  
Facebook and text messages.

These factors are contributing to a  
growing interest and demand for  
our walks programme with several  
events already booking out quickly.

During 2018 our End-to-End  
groups averaged between 50 and  
60 participants, and more than  
700 of our members were walking  
reasonably regularly. The office  
volunteers issued 82 End-to-End  
Certificates, 42 of those specifically  
to our End-to-End 8 group that



Melanie Sjoberg

completed the trail last August.

This is a great achievement. It  
means we're sharing the enjoyment  
and challenge of walking the Heysen  
and, hopefully, inspiring many  
to become the next generation  
of volunteers – whether as walk  
leaders, maintenance and office staff  
or promoting the trail. 🌲

## A New Trailwalker Editor Needed

**W**e are seeking someone  
to fill the voluntary  
position of *Trailwalker*  
editor. The *Trailwalker* magazine is  
produced quarterly by the editor,  
with assistance from an Editorial  
Sub-Committee and members  
of the Marketing & Membership  
Committee. The editor's role  
customarily has been to assemble  
and edit editorial and photos,  
and layout the publication using  
Adobe InDesign. However, there's  
no reason why the roles of editorial  
and design cannot be separated  
and shared with two or even  
three volunteers. Hands-on help  
is available from the current and  
previous editors with editing and  
using Adobe InDesign.

If you are interested, please discuss  
with the current editor Greg Martin  
on [trailwalker@heysentrail.asn.au](mailto:trailwalker@heysentrail.asn.au) or  
phone 0450 366 773.



# 2018 Treasurer's Report

At the AGM, Treasurer Stephen Salib-Brown reported a surplus totalling \$2675 for 2018.

This surplus is slightly down on the previous year of \$7,417 as we realised additional costs and softer revenues in some areas. For example, it's the first year all four issues of our *Trailwalker* magazine have been printed in full colour.

The net contribution from walking activities is down on last year by \$4,000. Purchases of Golden Boots passes are proving a popular substitute for casual walk fees. Season opening expenses are up as FoHT increases its contribution to Walking SA's Hiking Expo as

the opening event of the walking season. Grants and donations are \$6,000 less than 2017.

Reviewing general expenditures, occupancy costs are lower by \$1,100; office equipment purchases lower by \$2,930; and website development and support remains similar to last year at around \$8,500.

In general terms the Gross Margin generated by all the Friends activities is \$18,700 lower than 2017. This is partly offset by a \$5,300 reduction in general administrative costs and \$9,000 less in Trail Development expenses. 🍷

## A brief summary of the 2018 accounts

Income	
Sales of Goods	\$16,385
Membership Subscriptions	\$25,260
Walking, weekends & others	\$37,167
Advertising Revenue	\$7,715
Interest	\$1,714
Sundry Income	\$510
<b>Total</b>	<b>\$88,751</b>
Expenditure	
Administration	\$3,295
Lease Costs	\$9,644
Insurance & Affiliation Fees	\$7,152
Bank Fees	\$3,933
Office Expenses	\$16,695
Promotional Costs	\$4,166
Trailwalker Costs	\$15,551
<b>Total</b>	<b>\$60,436</b>
Administrative Surplus	\$28,317
Less Trail Maintenance	\$25,642
<b>Net Surplus</b>	<b>\$2,675</b>

# AGM Guest Speaker: Briony Ankor

Briony Ankor walked the Heysen Trail last year in 58 days, with eight rest days. Her achievement is even more impressive as Briony suffers from narcolepsy and her hike raised more than \$5000 for Nacrolepsy Australia.

Narcolepsy is marked by excessive daytime sleepiness and uncontrollable sleep attacks. People suffering narcolepsy can fall asleep suddenly, anywhere and at any time. These attacks can last a few seconds to more than an hour. While medication can help, it leaves the sufferer, as Briony explained, feeling 'jet lagged'.

At the AGM Briony explained that she had always wanted to do a long-distance walk and it was logical to choose the Heysen Trail because of its familiarity. 'I found lots of reasons not to do it. Reasons become excuses, so I just decided to do it.'

She prepared 60 meals, dehydrated and vacuum-packed, that she packed into boxes and arranged for family and friends to drop off to her each week along the Heysen Trail.

Because of her narcolepsy she did

very little training before the walk.

Briony said she decided to walk south to north. 'I wanted to walk away from civilisation and into the unknown.'

'I also knew if I walked north to south I could get to Morialta and know that if I jumped on the H20 bus it would take me past my home and my comfortable bed.'

She started her hike in the last week of July and walked through some very wet conditions for the next three to four weeks.

'As it got warmer as I got into the Flinders, I started walking from four o'clock each morning. It was still dark, but I found it magical with the bird song starting and the sun rising.'

She encountered amazing generosity along the trail including a cleaner at Hawker who awoke at 4am to drive Briony out to the trail. 'And all she asked for was a hug.'

On the trail Briony loved the walking. 'It didn't matter what else

was happening in the world. How many Prime Ministers we went through in that time.

'As I walked closer to Parachilna Gorge I felt I didn't want to leave the trail. I felt like this was right for me; I felt pride in my achievement and positive about myself.'

So much so that Briony is planning another long-distance hike later in the year; in Scotland from Inverness to Glasgow. 🍷



Briony Ankor (left) with Friends' President Melanie Sjoberg

PHOTO: Philip Bell

# President's Snapshot 2018 Key Outcomes

Melanie Sjoberg provides a snapshot of the President's report she presented at the AGM

The Friends are certainly an ambitious organisation. Our members are willing to extend and continually look for ways to improve the trail and walking experience. Importantly, we owe thanks to the various committees and dedicated volunteers that make all of this happen.

## Membership

Membership is important for strengthening the number of people committed to the Heysen Trail and, hopefully, transforming people into walkers and volunteers.

The simple fact is that membership fees make up a good part of our annual revenue that keeps the office and website functioning, promoting the trail and funding maintenance activity.

## Walking

Our walk leaders are another vital spark in the Friends' efforts to encourage walking, promote the trail and care for it.

In addition to our End-to-End programme, our volunteer walk

Year	Total Members	New Members
2018	1203	238
2017	1079	179
2016	976	107
2015	945	96

End-to-End Group	Av. Walkers per Month
E2E8	54
E2E9	50
E2E10	37
E2E11	54
E2E12	61
E2E13	77

leaders coordinated 26 TrailStarters and 33 TrailWalkers; 19 Twilight walks; one Rambler and one Extended Walk during 2018.

## Trail Development

The Trail Development Committee succession planning continues with three new members joining over the past year.

Our volunteer Section Leaders are a significant group of quiet achievers; marking, fixing and pruning so the trail is accessible.

There were five new Section Leaders to take over from retiring volunteers.

## Office

The office volunteers are a

hidden treasure opening the doors 20 hours per week to assist the overall functioning of the Friends:

- answering phone, email and walk-in inquiries about the trail;
- helping with walk registrations and membership applications;
- selling maps, merchandise, and books including *Heysen Highlights*; and
- organising *Trailwalker* mailings.

## Volunteers

It is pleasing and appropriate that Council acknowledged the energy and commitment of our many volunteers by establishing a written Volunteer Support Policy in 2018, providing clarity and consistency to manage that aspect of the organisation.

Of course, our volunteers enjoy giving back to the trail – and there is a high degree of camaraderie – so the work is done without much thought of costs or measuring time.

It's important for the Friends to step back to evaluate our achievements and consider the scope of that effort. Currently, the Trail Development Committee is developing a database that aims to improve our systems and deliver better information about our maintenance commitment. This will help as we continue to raise the Friends' profile, prepare grant applications and seek support for the future development of the trail. 🍷



PHOTO: Philip Bell



## Three Honorary Members elected

The AGM agreed to elect three Honorary Members: Liz O'Shea, John Potter and Kevin Liddiard.



PHOTO: Philip Bell

(From left) Kevin Liddiard, Liz O'Shea and John Potter proudly hold their Honorary Membership certificates at the Friends' AGM

### Liz O'Shea

With membership number 43, Liz was an early member of FoHT. She was on Council from 1995 to 1998, and Vice President and Public Officer from 1996 to 1998.

In 1992, Liz, among others, was recognised for her work on trail development around Quorn. As maintenance section leader on behalf of WEA Ramblers she helped carry out essential maintenance on the trail between Mt Lofty Golf Club and Bridgewater. She was section leader for Section 8 – Piccadilly to Norton Summit – from 1994 to 2018 – and remembers helping with signage installation north of Burra with Anne and Colin Malcolm.

Liz was a regular contributor to *Trailwalker*, particularly in the mid-1990s when she regularly reported on maintenance section leader activities. She also assisted with the Greening programme, notably helping with the tree planting at Point Pass in 2017.

Liz has a long involvement with Walking SA, being awarded the Walking SA Longstanding Contribution /Distinguished Service Award in 2017.

### John Potter

John joined FoHT in 2007 and completed the trail first with End-to-End3 in July 2010. He has since walked with three different End-to-End groups.

John was part of a group of volunteers who in 2008 formed the Hut Maintenance Group to ensure that all huts under FoHT control were better looked after. In 2009, John constructed and assisted the installation of a new water tank shelter at Eyre Depot and, over the next few years, helped with the installation of many water tank shelters at various locations. John also assisted in other major maintenance and construction projects including work at Curnow's Hut and Red Range.

By 2011, John was sole section leader for Section 10 – Cudlee Creek to Bethany – and, with Joyce Heinjus, Section 11 – Bethany to Peter's Hill. For 2014 and 2015, he was sole section leader for Sections 10 and 11, covering about 150 kms along the trail. From 2016, he was section leader for Section 10 until his retirement in 2018.

John was assistant walk leader with a number of E2E groups, mainly

3 and 4. He also organised and led a popular series of walks by Friends on the Lavender Federation Trail. Many will remember John for his wildflower walks in the Hills.

As a member of the CFS John's picture was on the front page of *The Advertiser* after fighting the Samson Flat bushfire in January 2015. John continues serving with the CFS.

### Kevin Liddiard

Kevin joined the Friends in 1990 and has completed the Heysen Trail three times.

Upon becoming a Friend Kevin immediately volunteered to help with trail maintenance. He has been a member of the Greening Committee since 2012. Kevin and his wife Lee were also active members in the late Jim Crinion's Greening group at Tannunda.

In 2002, Kevin became the first maintenance section leader for Section 14 – Spalding to Georgetown, a large section covering about 60kms. He remained this section's leader until 2018.

Kevin has been a walk leader for many years, and he continues to lead walks. He has walked and assisted with many E2E groups and most E2E walkers up to the last couple of years would know Kevin. He has contributed many articles to *Trailwalker* over the years.

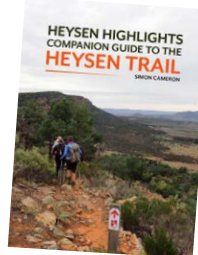
## HEYSEN HIGHLIGHTS

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

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# A Shared Journey to Reconciliation

Mark Waters, then State Manager Reconciliation SA, gave the following presentation to the Friends' Council in December 2018.

“When reading Terry Lavender's book on the making of the Heysen Trail, I was struck by the context of that time. Around 1982, the sensitive negotiations with landholders helped to forge the trail to what it is today. At that time, negotiations with native titleholders and Traditional Owners would not have been even thought of as appropriate and necessary. So we have come a long way in our thinking over 26 years.

### Indigenous Language Groups along the Heysen Trail



Aboriginal Australia Wall Map, courtesy D R Horton, Aboriginal Studies Press, AIATSIS 1996 (Reproduced from Simon Cameron's *Heysen Highlights* p.9)  
NB. The Friends of the Heysen Trail are embarking on a series of consultations with Traditional Owners along the trail to confirm the veracity of this map.

In the middle of 2017, I presented at a Regional Forum in Port Pirie. Afterwards I was chatting to a local farmer who said that the Heysen Trail was on her land – around where you head south and drop off the scarp into Georgetown. She said that she had often thought about what could be done to put in relevant information markers to signify the language group whose land the trail was crossing. She is an Aboriginal woman from Queensland and, therefore, keen to pay appropriate respect.

As End-to-End 8 progressed through SA, some walkers asked about whose land we were on. Anne Kirk was particularly passionate about researching this and followed up by buying a South Australian Aboriginal languages map that shows the 39 identified Aboriginal groups in SA.

This got to the point where Acknowledgements to Country were performed before we headed into Wilpena Pound (Anne Kirk, June 2018) and along Aroona Valley (Geoff Kay, August 2018). The June date also coincided with my article about the Kokoda Track Reconciliation Trek (*Trailwalker* Winter 2018) that highlighted the importance of understanding walking on country.

Reconciliation can be seen to have three main foci:

- building relationships with local people;

- looking to inform, understand, acknowledge and respect culture;
- seeking opportunities to practically demonstrate what has been learned.

Reconciliation SA on its website describes the process of reconciliation as Aboriginal and non-Aboriginal

*Continued next page ...*

## Friends of the Heysen Trail and Reconciliation

Since Mark's presentation in December, Council has introduced plans to bring recognition and respect to the Traditional Owners of the land on which the Heysen Trail passes. These initiatives are still being discussed with Aboriginal Elders, Reconciliation SA and the Department of Environment & Water (DEW).

In her President's Report of the last issue of *Trailwalker* (Autumn 2019), Melanie Sjöberg introduced draft wording for an Acknowledgement to Country which End-to-End groups can use as they traverse Aboriginal country on the trail. That Acknowledgement, while still under discussion with Traditional Owners/Native Title Holders, is reproduced on the next page.

The Friends also have formed a Reconciliation Committee whose members will meet with Aboriginal stakeholders, Reconciliation SA and DEW to discuss opportunities for sharing stories along the Heysen Trail.

The theme for this year's National Reconciliation Week (31May-3June) was *Grounded in Truth – Walk Together in Courage*. This theme has resonance for the Friends and all users of the Heysen Trail.

For information on the work of Reconciliation SA visit their website [www.reconciliationsa.org.au](http://www.reconciliationsa.org.au) or contact Ms Shona Reid, Executive Director, on 0497 162 447 or email [sreid@reconciliationsa.org.au](mailto:sreid@reconciliationsa.org.au)





## Reconciliation (Cont.)

people walking, talking and working together to make a fairer Australia. The healing process starts with understanding.

In writing to Council in September 2018 some suggestions were given as possible further action:

- Welcome to or Acknowledgement of Country at agreed points on the Heysen Trail. For example, options could include at the beginning of each year or as each End-to-End group transitions from one country to another.
- Information signage that signifies transitions from one country to another.
- Other significant sites explained, for example, the significance of Wilpena Pound or the massacre sites in the Aroona Valley.
- Elders as part of paid cultural tourism to hold information sessions when weekends or week-long hikes are involved.
- Stories told in the *Trailwalker* about Aboriginal Culture.

So the challenge is for the Friends to open up conversations with the Ramindjeri within the Ngarrindjeri nation, Kurna, Peramangk, Ngadjuri, Nukunu, Barnggarla and Adnyamathanha. I can put you in touch with key Elders from a number of those communities so that you can start discussing how the cultural significance of the land that the Heysen Trail traverses can be recognised.

And it is important to recognise that as well as being positive

## So the challenge is for the Friends to open up conversations with the Ramindjeri within the Ngarrindjeri nation, Kurna, Peramangk, Ngadjuri, Nukunu, Barnggarla and Adnyamathanha.

and celebratory conversations, there might need to be hard conversations too; that is, if the trail went somewhere that it shouldn't have been routed, or if there were particular aspects where an area might be only relevant for men's business or women's business.

We are all learners in this space. My advice to you is to hasten slowly. Let's go together on a journey of discovery. We may not know where we will end up, but it will be worth it in the long run.



The following wording has been suggested by the Reconciliation Committee to be used by Friends of the Heysen Trail walk leaders:

"We acknowledge the Aboriginal people as the Traditional Owners of the beautiful land that we are walking on today. We appreciate their continuous spiritual connection to this country over thousands of years & we pay our respects to their Elders, past, present and future."

## Friends' Reconciliation Committee

The Friends' Council endorsed the establishment of a committee to work on Indigenous Reconciliation matters that relate to the Heysen Trail on its 1200km journey through South Australia. There has been a preliminary meeting of some interested Friends to begin discussions, including:

- wording of an Acknowledgement of Country for walking groups;
- begin dialogue with appropriate Aboriginal people, Elders, Reconciliation SA, the Department of Environment & Water (DEW) and other stakeholders, including landowners and councils;
- explore the definitions of Aboriginal countries and language groups, which are traversed on the Heysen Trail;
- identifying historical places of indigenous significance along the trail.

These and other issues will be a continuing and ongoing focus for this committee.

Present committee members are Melanie Sjoberg (FoHT President), Anne Kirk, Simon Cameron and Philip Bell. If you have an interest in reconciliation and would like to join the committee contact the Friends' office on 8212 6299.

PHOTOS: Philip Bell, Jeremy Carter



## Successful Hiking Expo at Belair

Jeremy Carter reports on Walking SA's successful launch of the 2019 bushwalking season.

In April, Walking SA, in conjunction with Friends of the Heysen Trail, ARPA Bushwalkers and Heart Foundation Walking, presented the annual Hiking Expo in Belair National Park.

The event showcased hiking and walking opportunities. There were 32 exhibitors, ranging from walking groups and clubs, adventure tourism operators, outdoor gear retailers, trail destinations and tour operators. Thanks to them between 1500 and 2000 people discovered new places to hike, what to wear and who to hike with.

Thanks also to the many walk leader volunteers, more than 400 people joined guided walks to see some of the best hiking and walking trails in Belair National Park.

We owe the success of the Expo to many volunteers and others who worked together to bring the event to fruition. Special thanks to our event sponsor Let's Go Caravan & Camping SA, and John Schutz, CEO of the Department for Environment and Water, for officially opening the bushwalking season and launching Simon Cameron's book *Heysen Highlights*. Also to our event partners and guided walk hosts without whom this event would be impossible:

- Friends of the Heysen Trail,
- Heart Foundation Walking,
- ARPA Bushwalkers,
- and other valued guided walk hosts, including Friends of Belair National Park and Four Seasons Walking Group.

Also, a special thanks to Rock About for providing a free rock-climbing

wall, staffed by climbing instructors from Venture Corporate Recharge, and the many volunteers who helped with car park marshalling and showcasing walking opportunities.

John Schutz (left), CEO of the Department for Environment and Water, officially launched Heysen Highlights, with author Simon Cameron and Friends' President Melanie Sjoberg



PHOTO: Bill Gehling

## Keeping track of End-to-End groups

E2E9 have a week's walking in July from Warren Gorge to Moralan Drive.

E2E10 are at Murraytown on their way to Melrose and Mt Remarkable.

E2E11 are heading towards Hallett and the Chlorinator.

E2E12 are walking to Mt Crawford and Tanunda.

E2E13 are at Kyeema heading for Dashwod Gully and Mylor.

E2E14 are at Coobler Hill in the Deep Creek Conservation Park.



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

You can join any walk on this End-to-End programme.  
Simply select a hike you would like to join and register online.

### 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](http://heysentrail.asn.au/walks)

### Walks Registration.

Register for a walk either online or over the phone; online at [heysentrail.asn.au](http://heysentrail.asn.au) or phone the office on 8212 6299. Walks

close between Tuesday and Friday prior to the walk. Closing dates and time are listed on each event page on the website.

### Walk Cancellations.

TrailStarter and TrailWalker walks will be cancelled if the forecast temperature for Adelaide is equal or higher than 32°C. If unforeseen circumstances arise and you are no longer able to participate in the walk, please notify the office as soon as possible, or leave a message on the answering machine.

### Further Information.

Details about each walk, the hot weather policy, what to wear and what to bring, walk grades or to print off a colour copy of the programme, visit [heysentrail.asn.au](http://heysentrail.asn.au)



## 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
June	<div>Sun June 2 TrailStarter Shepherds Hill Helen Morgante</div> <div>Sun June 2 TrailWalker Black Hill Michael Joyce</div>	<div>Sun June 9 TrailStarter Ambers Gully Kevin Liddiard</div> <div>Sun June 9 TrailWalker Mt Crawford Jon Holbrook</div>	<div>Sun June 16 TrailStarter Athelstone Kevin Liddiard</div> <div>Sun June 16 TrailWalker Kersbrook Judith Ellis</div>	<div>Wed June 19 Green-hill John Babister</div> <div>Sat June 22 TrailWalker Willunga Basin Trail Jardine/Sjoberg</div> <div>Sun June 23 TrailWalker Ashbourne Dean Mortimer</div>	<div>Sun June 30 TrailStarter Mack Creek Mary Cartland</div> <div>Sun June 30 TrailWalker Mount Misery Peter Clark</div>
July	<div>Sun July 7 TrailStarter Kuitpo Forest Judith Ellis</div> <div>Sun July 7 TrailWalker Montacute Peter Deacon</div>	<div>Sun July 14 TrailStarter Ansteys Hill Kevin Liddiard</div> <div>Sun July 14 TrailWalker Tungkillo Loop Adam/Suzanne Matthews</div>	<div>Wed July 17 Brown-hill/Belair John Babister</div> <div>Sun July 21 TrailStarter Kaiser Stuhl CP Dom Henschke</div> <div>Sun July 21 TrailWalker Sea to Summit Alan Davis</div>	<div>Sat July 27 TrailWalker Willunga Basin Trail Jardine/Sjoberg</div> <div>Sun July 28 TrailStarter Ladys Choice K Turner &amp; J Wenzel</div> <div>Sun July 28 TrailWalker Kyeema/Kuitpo J Holbrook</div>	
August	<div>Sun August 4 TrailStarter Onkaparinga Robyn Quinn</div> <div>Sat August 4 TrailWalker Sturt Gorge Philip Bell</div>	<div>Sun August 11 TrailStarter Brownhill Ck/Belair Valerie Boundy</div> <div>Sun August 11 TrailWalker Sanderson Trail Adam Matthews</div>	<div>Sun August 18 TrailStarter Kuitpo Rosemary Hayward</div> <div>Sun August 18 TrailWalker Sleeps Hill Viaduct Alan Davis</div>	<div>Wed Aug 21 Anstey Hill John Babister</div> <div>Sun August 25 TrailStarter TBA Julie Testi</div> <div>Sun August 25 TrailWalker TBA</div>	<div>Sat Aug 31 Cape Jervis to Cobbler Hill A &amp; S Matthews</div>
September	<div>Sun Sept 1 TrailWalker Hale CP Robyn Quinn</div> <div>Sun Sept 1 TrailWalker Deep Creek Adam Matthews</div>	<div>Sun Sept 8 TrailStarter Kersbrook Kevin Liddiard</div> <div>Sun Sept 8 TrailWalker Kersbrook/Mt Crawford John Babister</div>	<div>Sun Sept 15 TrailStarter Wittunga Gardens Helen Morgante</div> <div>Sun Sept 15 TrailWalker TBA TBA</div>	<div>Wed Sept 18 Black Hill John Babister</div> <div>Sun Sept 22 TrailStarter Sturt Gorge Philip Bell</div> <div>Sun Sept 22 TrailWalker TBA Peter Clark</div>	<div>Sun Sept 29 TrailStarter Jenkins Scrub/Mt Crawford Mary Cartland</div> <div>Sun Sept 29 TrailWalker Onkaparinga Jon Holbrook</div>
October	<div>Sat Oct 5 TrailWalker Willunga Basin Trail Jardine/Sjoberg</div> <div>Sun Oct 6 TrailStarter Sir Mark Oliphant CP John Babister</div>	<div>Sunday Oct 13 Special Event Walktober</div>	<div>Wed Oct 16 Sturt Gorge John Babister</div> <div>Sun Oct 20 TrailStarter Onkaparinga M. Middleton</div> <div>Sun Oct 20 TrailWalker Horsnell Gully Simon Cameron</div>	<div>Sat Oct 26 TrailWalker Willunga Basin Trail Jardine/Sjoberg</div> <div>Sun Oct 27 TrailStarter Orchids Philip Bell</div> <div>Sun Oct 27 TrailWalker Cleland Paul Gill</div>	

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## How to take better photos on the trail

Philip Bell addresses some of the issues you may come across in taking photos as part of a walking group when time is limited and there is a set distance to cover.

**M**ost of us carry a camera around today, so whether you use a smart phone, a small digital camera or DSLR/mirrorless there are some basic 'rules' to creating a good photograph. These cameras do a lot of the work for us, including automatic settings for focusing the lens and controlling the exposure. I will try and cover a few points that can and should become habit forming as you go about looking for subjects and opportunities to create memorable images.

### 1. Time

The first thing to remember when walking alone is the flexibility you have. You have time to find and take images at the place of your choosing. You can afford to spend time looking around you, exploring off-track without limitations and expectations of others. When you walk with a group, however, there are restrictions to how far you can venture off the track. You need to stay in sight of others, and be able to return and keep pace with the majority of your group members without causing concerns for safety and your relationship with them. Just remember, as you walk, to look around you – in front, behind, to the side, on the ground – for opportunities and subject matter for your photos, as they may appear quickly giving you limited time to make a decision, grab your camera or phone and capture the moment before it passes.

### 2. Composition

There are two common ways to format your photos: portrait and landscape. Portrait means using the



Photo 1: 'Rule of thirds' ... helping to balance out the picture



Photo 2: 'Leading lines' ... using the trail, road or river to lead your eye into the frame

camera vertically, i.e. taking pictures of people, trees, birds, flowers, anything you want to focus attention on vertical lines. Landscape means using the camera in the horizontal position, i.e. taking landscape photos of subjects in the distance or focusing on a foreground subject with a background scene. As you walk and see an opportunity for an image try to use your eyes to

decide quickly which format to use; whether to use the wide angle view of your lens or telephoto to zoom-in on your subject. Then step off the path, stop, compose, stand still, hold your breath and shoot.

The most common form of composition is known as the 'rule of thirds' (see Photo 1). Imagine ruling your photo frame into thirds, making up nine boxes – like noughts and crosses – with two horizontal and two vertical lines. This grid can be selected on your camera/phone and gives you a guide to place your subject of interest at the intersection of the lines, in a third of the frame. This placement tends to balance out the picture. Over time and practise this way of seeing can become second nature as you compose images quickly on your walks.

While keeping the 'rule of thirds' in mind, another way to create a good composition is 'leading lines' (see Photo 2). This means using a trail, road or river to lead your eye into the frame from the foreground across or towards the background to a subject of interest. This could be walkers on the trail, a hut, trees or a mountain.

A good tip, if you have time, is to try and focus on one subject by getting in as close as possible, or moving around to isolate and highlight the subject (see Photo 3 on the next page). Get down low or use a higher angle to exaggerate and focus attention.

Another technique is to use 'negative space', which is the plain area around a subject to emphasise

*Continued next page ...*



## Taking Better Photos (cont.)

and draw your attention (see Photo 4). For example, use a wide view of the sky in a scene with a smaller subject, tree or a person in the distance.

### 3. Light

The best light for photography is known as 'the golden hour'. This is just after sunrise and in the late afternoon before sunset. The yellow hues that are produced by sunlight at this time are unique as light is travelling through thicker atmosphere to create softer and more even light conditions. In reality, when we are walking we do not always walk at these ideal times, although we will experience many different light and weather conditions. While we cannot control these conditions, we need to work with them. It is always hard to get good images in the middle of the day due to strong sun and shadows; whereas a cloudy day gives a more even light, but may look flat.

If possible, shoot with the sun behind you. Try not to let the sunshine directly into the camera lens. Take photos in the shadows to attain an even light on the face of your subject. This may mean you are facing into the sun or on the side. A flash will assist in filling in or brightening the subject.

### 4. Exposure

This element of photography is very important and is all about capturing the right amount of light on the camera sensor. Most digital cameras have automatic exposure controls, i.e. settings called P for Programme or Auto, which select the best and



Photo 3: 'Focus on one subject' ... get in close to highlight the subject



Photo 4: 'Use negative space' ... to emphasise and draw attention

balanced image. This means the camera will select three things: Aperture (F stop) – the amount of light coming through the lens; Shutter speed – the length of time the lens lets light into the sensor; ISO – sensitivity setting for the light conditions, i.e. whether bright or dark. These settings will determine how clear, bright and focused is your image. For most people, learning to take photos on the run, the auto setting is the easiest way to create clear images, most of the time.

I would suggest that once you have mastered your composition and auto

focus you can look at controlling the exposure and sharpness of your image. By using settings marked as A (Aperture priority), S (Shutter priority), M (Manual) and ISO (Measures sensitivity of the camera sensor), you have control over the exposure and 'depth of field' which is the distance between the closest and furthest object which will be in sharpest focus. Once you have taken your photo there are always ways to improve, manipulate and edit this image with applications on your computer or phone. These and other topics you may wish to explore in more detail. There is plenty of material available online and in photography magazines.

Finally, I would say that as photography has become more popular and easier to do – due to the development of digital technology – it has become a mainstay for social media sites, creating much competition for images that grab our attention and tell a story. I hope that some of the tips I have outlined here, which have been useful in my photographic journey, may give you more confidence to see an image that not only will create a memorable moment, but one that you can share with your fellow walkers. 📸



Philip Bell has an Associate Diploma in Photography. He completed the Heysen Trail with E2E6 and is currently support member with E2E12 and a FoHT walk leader.

## Volunteer Profile: Adam Matthews

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

I've been actively walking with the Friends since 2012, but I had been a member for a few years previous.

### Q. Why did you initially get involved with the Friends?

We had seen the Heysen membership form in the back of the old Heysen Trail map books. As a family we had walked most of the trail from Cape Jervis to Mt Lofty and thought we'd become members just to support FoHT.

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

I became a walk leader in 2014. I have helped plant trees with the Greening Committee at Point Pass, and a day at Waitpinga helping fix the sand ladder with the Maintenance crew. I've also cooked BBQs on several occasions. And helped run the Walk Leader Training nights for the last two years. I'm the coordinator of End-to-End12.



### Q. What's your favourite walk on the Heysen?

Eyre Depot to Buckaringa. I've done this walk twice, with E2E6 and E2E8. It's a huge day on the trail and I like the challenge of days like this. Mind you, a lot of my fellow walkers may think differently. The different terrain you pass through on this walk is fantastic and the view from the top of Mt Arden is superb.

### Q. What's a favourite walk other than on the Heysen Trail?

At the moment my favourite day walk would have to be The Tarn Shelf Circuit. Situated at the top of Mt Field National Park in Tasmania, this walk should be on everyone's list of walks to do when visiting the Apple Isle. I also loved walking in the Grampians. I'm looking forward to the Grampians Trail being completed in the next few years that will run from one end to the other.

### Q. Is there something you'd never be without when you're walking?

My wife Suzanne and WALKING POLES. I only started using them a few years

ago but now I don't leave home without them. The difference they make going up and downhill is unbelievable. I know I'm probably preaching to the converted but, if you don't use poles, I highly recommend giving them a go.

### Q. What's your funniest moment on the trail?

One of my fellow walkers has given me many chuckles as he has slipped, tripped and fallen over in all kinds of ways. Due to weather conditions, E2E8s had to walk Newikie Creek to Dares Hill Road in reverse. After a bit of rain, the hill on the side of Newikie Creek turned into a big mud slide and getting down it became rather treacherous. I'd only just said to a couple of others, 'Keep an eye on Robin with a new overnight pack on with 17kgs in it. This could be interesting.' Next thing I know he's down again and covered in mud all down one side of his body. He was not amused which made it even harder for me to keep a straight face. Trying to control myself was useless. I had tears rolling down my face and even now two years on I still crack up laughing when reminiscing. Thankfully, Robin does see the funnier side of it now.

### Q. What's the most memorable day for you on the trail?

The first time walking Eyre Depot to Buckaringa with E2E6. It was our first week away in June of our sixth year. We had been warned that this was a hard day and to be prepared. We had held training walks all through the off-season and had bonded as a group even more over this period. It was a 10-hour walk with the trailenders finishing just as it got dark. A huge sense of achievement was felt all round with high fives happening as we boarded the bus.

### Q. What's your favourite town/location along the Heysen and why?

Melrose. It's a nice little compact town and it makes me feel like I'm actually staying in the mountains, being situated at the base of Mt Remarkable. 📍



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**I**n 2018 I reunited with friends made years prior on Caminos in Spain and then France, to do the John Muir Trail in California. It proved to be the most spectacular, rewarding walk I have ever done. And the hardest!

The John Muir Trail is a 220mile (350km) hike in the Sierra Nevada in California. The trail – and a large wilderness area it passes through – is named after John Muir, a Scotsman born in 1838 who came to California aged 30. He arrived in Yosemite Valley in 1869 and became a strong advocate for conservation and national parks. He did not, however, map out or build the trail; early mapping occurred in the 1890s and the last section of trail was finally completed in 1938.

### Planning

We decided we would start the John Muir Trail in mid-August for a number of reasons. In the late summer and early autumn mosquito activity should be less. We did not encounter any mozzies, whereas in early summer we had heard of people leaving the trail after a few days, unable to cope with the huge numbers of mosquitoes. Also, we anticipated there being less snow melt later in the season, making water crossings easier; and hoped to beat the onset of autumn snowfalls, although we were aware that snow could fall at any time in the Sierra Nevada.

Our planning did not factor in the severe Californian bushfires that closed Yosemite Valley for some weeks in 2018. However, after watching events unfold, we ended up being unaffected as we were entering from Lone Pine, far south of the fires, and would not reach Yosemite till mid-September.

### The Walk – First We Were Six

We started planning with six of us: Cathy and Tim from Seattle, Larry from Nova Scotia, Jenny and Ian



# 26 Days on the John Muir Trail

**Ruth Rice** describes her 350km hike in California's Sierra Nevada as like childbirth: 'a difficult experience at the time, but the exertion and pain is soon forgotten'.

from Brisbane, and myself from Adelaide. Cathy decided that she really did not want to grunt her way up and down 12 mountain passes, so made the brave decision, after having done the bulk of the planning, to opt out.

An important part of our preparation was to meet six days before the start of the walk in the town of Mammoth Lakes, California. Our plan was to use this time to adjust to altitude, coordinate gear and organise food resupplies. Some of us had issues with altitude in the past, and we were going to be entering the mountains at the highest altitude on the trail, summiting Mt Whitney at 14,505ft (4,421m). Mammoth Lakes was well situated for our purposes, particularly as it was at an elevation of 8,000ft (2,438m). We were able to find walks that ascended to 10-12,000ft from there.

### And Then We Were Five

Cathy left us midweek and drove to Sacramento, left the car there and flew home to Seattle. Plan A was that she would return in 26 days to pick us up at the end of the walk at Happy Isles in Yosemite Valley. However, by the end of our walk we were operating on about Plan K!

On Day 1 we took a private shuttle from Mammoth Lakes to Horseshoe Meadows and headed to Rock Creek, one of the routes that links in to the John Muir Trail. Our memories of the first couple of days are dominated by images of the sculptural golden trunks of dead juniper trees scattered regularly among open pine forest. They were particularly beguiling and bewitching set against the blue skies in early morning light.

We reached Guitar Lake on Day 3 and shared this spectacular

PHOTOS: Ruth Rice



*Nearing the summit of Mt Whitney (above) and a map of the John Muir Trail reproduced from John Muir Trail; The Essential Guide to Hiking America's Most Famous Trail by Elizabeth Wenk, Kathy Morey (2007)*



location with the marmots (large squirrels) for two nights. We summited Mt Whitney as a day walk, allowing us to leave our tents back at the campsite, unzipped to allow the curious marmots easy access. The walk up was superb; we were blessed with a glorious clear mild day and one craggy vista opening up after another. The use of well-graded switchbacks throughout the rest of the trail made it a more manageable proposition than anticipated.

### And Then We Were Three

The next day it appeared that Larry was not faring well, possibly affected by altitude. After a couple of group conferences we decided that it may be too risky for him to proceed, particularly with a big climb over Forester Pass at 13,000ft (3962m) coming up the next day. Tim decided to walk out with him and walk back in over Bishop's Pass a few days later. Plan B did not eventuate as, once out, Tim drove back to Seattle for a reunion with Cathy.

The remaining three of us set off on a long, gradual, uphill trudge through bleaker and bleaker, and increasingly rocky landscapes, scattered with lakes and reminiscent of Scottish moors. The going was actually easier once Forester Pass was in view and we hit the switchbacks. Our campsite that night was in a lovely open area just above Centre Basin Creek, our soap-free bathtub and washing machine.

We were off to an early start the next day, although every day was an early start due to a bedtime of 7pm and insomnia. We did not want to miss meeting the packer and his mules bringing in our food resupply. Rendezvous was planned for noon. By 2.30pm there was no sign of him.

*Continued next page ...*



## John Muir Trail (cont.)

Contact with the business owner via satellite phone only produced an evasive reply, so we set off on the 4-5 hour walk to the Onion Valley trailhead. Once there we were incredibly lucky to hitch a ride to Independence, some 15 miles away. We just made it in time for the local, greatly lauded French restaurant that boasts a very French menu of onion soup and hamburgers.

The next morning we got a lift to the larger town of Bishop and, over the next couple of days, tracked down our food drop-off, which was delivered to our motel at 1.30am. We walked back in to the John Muir Trail over Bishop Pass.

The next seven days were simply breathtaking; one lake, mountain, waterfall and artfully twisted juniper tree after another. A special 'Oh My God' moment was at the top of Selden Pass. Our first sighting of Marie Lakes and the valley below will be etched in our collective memories forever. I resolved to stop taking photos of lakes and trees, but didn't, of course.

### And Then We Were Four

We had planned a rest day in Vermilion Valley Resort. I say 'resort', but this proved to be no more than hot showers, a very basic store, reasonable food and cold beer – 'first beer free' for through walkers! As a bonus their laundry provided clothes to wear while we washed absolutely every stitch of clothing in our packs. There was no telephone or Wi-Fi, but we managed to access a computer and found out to our delight that Tim was joining us again that day.

We caught the ferry from the 'resort' to the end of the lake and walked back to the trail, continuing north for the next nine days, again over several mountain passes, endless lakes and streams and, as the elevations lessened, golden meadows. The traffic on the trail increased as entry points became more frequent and accessible, with more pressure on campsites and toileting spots. Nonetheless, it was still very much a wilderness experience. The entire 220 miles of the John Muir Trail has no roads.



Sunset at Squaw Creek (above) and early start near Rush Creek

Roads are only encountered if exiting the trail to resupply.

Highlights over the next few days included sunset at Squaw Lake and the calendar-worthy views of Banner Peak and Mt Ritter, mirrored in Garnet Lake. We saw no bears, for which we were relieved, although we were diligent with packing all our food and scented items into bear-proof canisters each night.

### And Then We Were Five

We were very ready to exit by Day 26. Although we were still enjoying ourselves, we opted not to take a planned side-track to Cloud's Rest. It seemed more imperative to meet up with Cathy as soon as possible

and eat green and red things. She walked in from Happy Isles to meet us and ferry us through the crowds of Yosemite day-trippers in search of real food and beer.

### In summary

The John Muir Trail is not a walk in the park for most of us. Level sections of the trail are rare, particularly in the first three weeks, despite the track being amazingly well engineered over ascents and descents. While stony over the passes, the trail is full of bull dust, stirred up with every footstep, and resulting in our being filthy every day. Washing our clothes seemed

Continued next page ...

## John Muir Trail (cont.)

rather pointless as it took only five minutes for them to be grey with dust again.

The air was so dry initially that my nose bled and became cracked, as did my lips and fingertips. But it may be like childbirth; a difficult experience at the time, but the exertion and pain is soon forgotten and you want to repeat the experience. So our only remaining memories may well be those of exhilaration, awe, utmost delight, camaraderie and self-satisfaction.

### References

Our main guidebook was *John Muir Trail* by Elizabeth Wenk. It was particularly helpful for planning food drops and logistics.

John Muir Trail Topographic Map Guide (National Geographic) was our daily pocket bible on the trail.



Permits are issued on a complicated lottery basis and available from Yosemite National Park 24 weeks in advance, or you may be lucky enough to get a walk-up permit issued at 11am the day before entry. But line up early! The permits website is [nps.gov/yose/planyourvisit/wildpermits.htm](https://nps.gov/yose/planyourvisit/wildpermits.htm)

For transport to and from the trail look at:

East Side Sierra Shuttle (a private shuttle service between trailheads) [eastsidesierrashuttle.com](https://eastsidesierrashuttle.com)

Eastern Sierra transit (bus service linking Lone Pine with Mammoth Lakes) [estransit.com](https://estransit.com)

YARTS (Yosemite Area Regional Transit System) [yarts.com](https://yarts.com)

Eastern Sierra Packers Association [www.easternsierrapackers.com](https://www.easternsierrapackers.com) may be of help with bringing in a food drop via horses/mules to a designated place on the trail. It becomes a better option financially if traveling in a larger group. 🐾



Ruth Rice is a retired Doctor in Emergency Medicine. She first completed the Heysen Trail in seven years, from 1999-2006, mostly backpacking 4-7 day sections at a time. She has since done a further two-thirds of the trail two to three times in similar fashion. Ruth has completed many other multi-day walks in Australia and overseas, again preferring to backpack.

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# Native plants to look for on the trail

Mary Lane explains that both these species of plants can be found over much of the Heysen Trail and close observation is rewarded when you look at their exquisite flowers.

*Astroloma humifusum* (Cranberry Heath)



PHOTOS: Julie Stapleton

**C**ranberry Heath is a delightful ground hugging plant that forms a dense mat with flat blue-green leaves and tubular red-pink flowers. The fruit is small and is an Aboriginal food resource. Often these plants are the first to flower after the autumn rains and are commonly found over the whole Heysen Trail. Other species of native heath are also widespread e.g. *Astroloma conostephioides*.

Botanical information from Focus on Flora by the Kersbrook Landcare Group

*Pimelea* Sp (Riceflowers)



**T**hese elegant low shrubs (to 1.5m) can be seen through heath and woodland areas right from the Fleurieu up to the lower Flinders Ranges. The drooping heads of usually white/cream/pink tubular flowers are found at the end of the branches, with usually narrow blue-green leaves up the stems. Flowering is from winter through to spring. There are several outwardly similar species, some of which are toxic.



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# A Symphony in Four Parts: The Great South West Walk

Anne Kirk takes us on a 100km walk through the highlights of the Great South West Walk between Nelson and Portland in Victoria.

**T**he Great South West Walk has been described as a symphony in four parts: capes and bays, forests, rivers, beaches. It is a 250km loop walk around the south west of Victoria between Portland and Nelson, through the traditional lands of the Gunditjmarra people.

Arranged by Simon and Jenny Cameron for Friends to see the highlights of the Great South West Walk, the trip was over nine days, with six days allocated to walking just over 100kms. Bus driver Gavin Rufus set the standard for the week on the drive down to Mt Gambier with his knowledge of the region and his ability to find the best cafes.

On 1st May we had our first taste of the Great South West Walk when we drove over the Victorian border. We walked from Laslett's Landing on the beautiful Glenelg River back to Nelson. Simon described this 16.5km walk as 'flat, flat, flat'. It was a delight to walk along the top of the limestone cliffs that guide the Glenelg River to Nelson. Surprisingly a small part of this walk took us back to SA near Hirth's Landing. We also were surprised to see snakes as the day wasn't warm. Though Simon had warned us to prepare for leeches, I personally enjoyed the snake encounter as the leech stories that my fellow walkers delighted in sharing sounded scarier. We also spotted lizards and butterflies. We finished our walk with drinks and ice creams at the Nelson Kiosk and then had a short drive to the lookout at Discovery Bay to enjoy the view of this beautiful beach.

The next day took us to the middle reaches of the Glenelg River, walking 20km from Innpot to the Post and Rail Track. The Innpot is a crater filled with ink coloured water caused by decaying vegetation. As

with the previous day, the ground was soft underfoot which made walking easy. We could hear the wind in the top of the trees as we walked through the bracken understorey, quite sheltered from the wind. Moleside Camp proved a beautiful morning tea stop by the Glenelg River, close to the Moleside Falls. There were lots of interesting fungi on this walk, but the moisture also meant that we saw our first leeches. We had a very pretty setting for lunch at Saunder's Landing, gazing at the river.

The following day we left Mt Gambier to travel to Portland, walking 8kms around three loop paths at Mt Richmond on the way. The bus travellers enjoyed a stop at the Nelson Kiosk while the rest of the walkers waited in the Mt Richmond car park. Here we encountered our first koalas and almost all the walkers had close encounters with leeches. Mostly this involved flicking leeches off outer clothing. Gavin walked a little way with us and was the first to attract a leech on his neck. Unfortunately, Peter Deacon took the prize for supplying the most blood to the leech population. So I now have my own leech stories and advice. If you are on blood thinners (Peter and Paul), having a GP with a well-stocked First Aid kit (Julian), is essential. Leeches are little black critters that don't hurt, won't kill you, love blood and aren't as pretty as snakes.

The Mt Richmond walk took us through contrasting fern gullies and drier terrain with amazing views towards the Bridgewater Cape and wind farms where we would walk next. That night we celebrated our arrival at Portland, the oldest town in Victoria, at Macs Hotel, a historic hotel with a lot of character and yummy bar food.



Saturday 4th May was our rest day as the fine weather turned to overcast skies and showers. The Maritime Museum, tram rides, shops and smaller walks kept everyone occupied. But the best entertainment was the nautical theme that Simon had arranged; fish and chips, nautical jokes and sea shanties, with Adam and Simon showing their singing prowess.

Our fourth walking day was 21kms from the Tarragal Caves to Shelley

Continued next page ...

PHOTOS: Anne Kirk



## Great South West Walk (cont.)

Beach. We walked up to the open caves from the road and started our hike along this spectacular coastline. The paths were rocky with many ups and downs. The rain stayed away but the clouds were quite dramatic. The wildlife was varied with Eastern Grey kangaroos, red necked wallabies, seals and seabirds. Morning tea was at White's Beach where there was a memorial to the *Marie*, shipwrecked in 1851 with the loss of all on board; one of many shipwrecks along this coastline. The Petrified Forest was like a moonscape. Not actually a forest, but hollow tubes of limestone eroded over millions of years. The walk took us around Cape Bridgewater which is the highest cliff in Victoria at 135m above the ocean. We stopped at the Bridgewater Kiosk where some lingered, while others continued walking along the beach with a Frisbee.

The next walk took us the 17kms from Shelley Beach to Cape Nelson. We started with a 4km beach walk, but after a kilometre it began to rain. We sheltered under a rocky outcrop, eating our morning tea while the rain passed. We were very lucky to see about 50 Hooded Plovers along this stretch of beach, along with other seabirds. But there was also a lot of rubbish washed up on the beach and Dean inspired us to collect what we could carry in bags, backpacks, pockets or on our shoulders. Bushwalkers should always leave the country as we find it, so it was satisfying to leave this beach a little better than we found it. A steep walk up the sand dunes

took us off the beach and onto a beautiful cliff top walk to the Cape Nelson Lighthouse.

Our last walk was 20kms from Cape Nelson to Portland. Starting at the Lighthouse and walking along the coastline, we all walked together for the first time. Gavin had organised a much appreciated morning tea of cakes and hot drinks. This section of the walk took us through the aptly named Enchanted Forest. The wind turbines were with us all day and operating, so we could hear their hum as the blades turned. A lovely lunch spot overlooking the bay and then lots of steps up and down took us back to Portland. Most walkers finish on the outskirts of Portland, but six walkers continued a further 4kms to the official end post at the Portland Information Centre where Gavin rescued them as the rain set in.

The final farewell dinner was held at a bistro overlooking the harbour before everyone departed the next day. We'd seen a variety of landscapes and wildlife and thoroughly enjoyed ourselves. The Great South West Walk offers opportunities to walk the full 250km loop, day walks or short loop walks. Extended walks with Friends are a great way to renew friendships and explore new places. As Simon and Jenny had promised, this was truly a highlight walk in so many ways.



PHOTO: Simon Cameron

The Sou'westers were Adam Matthews, Anne Kirk, Barry Wood, Cathy Joyce, Daniel Jardine, Dean Mortimer, Jenny Cameron, Julia McLachlan, Krystyna Hevko, Mark Curtis, Melanie Sjoberg, Mike Joyce, Paul Bond, Paul Cahalan, Pauleen Bond, Peter Deacon, Peter Solomon, Robin Sharland, Sandy Wood, Simon Cameron, Steve Wilkinson and Vicki Cahalan. 🍷

### References

The Great South West Walk was developed in the late 1970s by Portland High School Principal, Bill Golding, and Chief District Ranger, Sam Bruton. The *Friends of the Great South West Walk* still comprise mostly former Portland High School students. The trail comprises short two-hour loop walks, 14 full-day walks or the whole 250km loop that begins and ends in Portland.

For more details: <http://greatsouthwestwalk.com>

## Book Review

# A US perspective on thru-walking the Heysen

Greg Martin reviews Richard Savage's *Walkers Follow Fence; Thru-Hiking the Heysen Trail*.

**WARNING:** You could put on weight reading this book. Richard Savage expends considerable effort writing about the food he bought along the Heysen. And he is not discussing muesli, dried nuts and lentils. Jumbo chocolate chip muffins, devoured outside Coles at Bridgewater, and huge fried breakfasts at cafes and pubs in towns along the trail are described with relish. (Richard recommends the breakfast at the Cudlee Creek Café as one of the best-kept secrets along the trail.)

From Tennessee in the US, Richard Savage first visited Australia in 2001 and, while in SA, did a few sections of the Heysen Trail on the South Coast and in the Flinders. In 2004, he came back with his sister Linda and her friend Louise to thru-walk the Heysen. He finished alone and returned in 2006 to complete the trail again. By this third visit he had decided to write a book about the Heysen. After his first draft, Richard realised there were things he needed to visit and do before completing the book. So he returned to Australia in 2013 and walked the Heysen Trail for a third time.

*Walkers Follow Fence; Thru-Hiking the Heysen Trail* concentrates on this last hike in 2013, but his two previous hikes, in 2004 and 2006, inform the narrative.



Richard Savage's book is available for \$25 plus postage from the Friends' website [heysentrail.asn.au](http://heysentrail.asn.au)

The book adopts a pleasingly informal tone even though it has a somewhat rigid structure with each section covering one day's walk. He does not limit himself to that day's description but often digresses up and down the trail, and back to previous walks in 2004 and 2006. Richard will begin discussing the amount of food he is carrying and when he can next restock. This will lead to a discussion on the towns he found easy to restock and, smaller towns such as Melrose, Spalding and Hawker, where it was more difficult to find the food he wanted.

As an Australian reader I found myself wanting more details on how the Heysen compares to similar US walking trails, but Richard's aim is to introduce the Heysen Trail to US readers. One interesting similarity

is that Richard's walking season in and around Tennessee is also autumn and winter. However, thru-hiking – from end to end – is common on the longer walking trails in the US such as the Appalachian Trail and the Pacific Crest Trail. Richard was surprised to encounter so few fellow thru-hikers on the Heysen. It was not until Mount Bryan, some 600kms into his 2013 hike, that he met his first long-distance walker.

I admire Richard's candidness as he freely admits to making mistakes. For example, he left his boots in the US and had to settle for a newly purchased pair half a size too small; he lost his sleeping mat on the first day; and missed trail markers on many occasions due to his not paying enough attention.

Interestingly, there are no photos in the book, not even black and white shots embedded in the text which, I assume, would not have increased the cost of the book. Also, from an Australian reader's point of view it would have been interesting to have more comparisons with US walking trails.

Richard kindly donated 50 books to the Friends, even paying for the freight to get them to Adelaide. All sales of the book, through the Friends' website, goes to supporting Friends' activities in promoting and maintaining the Heysen Trail. 🍷



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## Welcome New Members

**T**he President and the Council would like to extend a warm welcome to the following 95 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 organisation.

Imran Ali	Elise Dodd	Annie Knappstein	Amy Neumann	Madeleine Seith
Inez Ali	Julian Evanochko	Carolyn Kollosche	Nick Newland	Deborah Skelly
Olive Ali	Rudy Farrugia	Anastasia Kulbida	Bridget O'Donnell	Ken Smith
Cherry Bailey	Alison Forrest	Vladimir Kurnar	Barry O'Malley	Sharon Summers
Tina Behnke	Eleanor Garnett	Andrew Lovell	Ian Patterson	Theresa Surman
Barbara Bryant	Lorraine Gilbert	Ann Marquard	Lesley Patterson	Phil Tait
Naomi Burgess	Jane Giles	Denise Marshall	Andrew Peet	Manuela Tamburin
Emily Burrows	Sarah Giles	Hamish Masterman	Leanne Peet	Tim Tonkin
Allyson Carpenter	Alexandra	Jane Materne	Graeme Peoples	Pamela Uppill
Martin Castilla	Goldsworthy	Ross McDougall	Tara Peoples	Pierre Ullings
Miriam Castilla	Kerry Gormlie	Jane McKie	Brenda Pozium	Andrea van de Water
Judy Chapple	Baden Greer	Scott McKone	Angela Pringle	Keith Vance
Liz Christie	Kellie Gregory	Paul Monaghan	Christina Rickard	Michael Vawser
Sarah Coolen	Carolyn Guerin	Leonie Moore	Ngaire Ritchie	Elaine Waddell
David Crawford	Wendy Hosking	Jim Morran	Verona Ritossa	Helen Walker
Nicole Crawford	Andrew Hughes	Lachlan Morris	Aidalyn Roberts	Michael Walker
Sue Demianyk	Margaret Kellett	Denise Ness	David J Roberts	Don Wallis
Nitin Dhawan	Jenni King	Philip Ness	Janet Roberts	Liam Wallis
			Andrea Rowe	Selina Watson
			Simon Rowe	Mani White
			Andrew Rutherford	Cate Woods

### Have you considered Life Membership?

**I**f you're considering joining the Friends of the Heysen Trail or renewing your membership, why not think about becoming a Life Member. Life Membership costs \$250. If you're walking with an E2E group you're likely to be renewing your membership for the next six years at least and, of course, we'd love you to continue to be involved with the Friends long after you've completed the trail. So Life Membership makes sense. It saves you a lot of time and us the need to send out renewal reminders. And it helps the Friends fund their activities in promoting and maintaining the Heysen Trail.

If you're joining or renewing, please think about Life Membership. You can join online at [heysentrail.asn.au](http://heysentrail.asn.au)

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## Five Days on NZ's Routeburn and Greenstone Tracks

After walking the Milford Track with the Milton & Otago Rotary Tramping Club last year, **Adam & Suzanne Matthews** decided to join them this year for the Routeburn and Greenstone Tracks.

Day 1: Routeburn River and the view from the balcony of the DOC hut;  
Day 2: Adam and Suzanne at Lake Harris

PHOTOS: Adam Matthews

**W**e flew into Queenstown, on New Zealand's South Island, where we were picked up by the bus coming through from Dunedin. After a night at the Glenorchy pub, where we enjoyed an evening meal and breakfast the next morning with our fellow trampers, we were ready to go. Having a bit of time before the walk started was a nice way to meet and make friends with those we would be walking with for the next five days.

### Day 1. Routeburn Shelter to Routeburn Falls Hut (10.4kms/3.5 hours)

After a half-hour bus ride we were at the start of the trail, keen and eager to get going. We had a leader who went ahead and got the billy on and a tailender who made sure none were left behind. Apart from that you could walk along at your leisure. We had the traditional photo taken at the start then we were off.

I decided I was going to pace myself and take in everything this beautiful part of the world has to offer, whereas Suzanne took off like a rocket and was not seen again till morning tea.

A gentle stroll with a few undulations alongside the Routeburn River for the first half of the day was a nice way to ease into our tramp. Quite heavy tree cover restricted any views but when we got to Routeburn Flats, where morning tea was set up, we got a taste of things to come. The valley floor opened up to a wide, grassy plain with a backdrop of snow-capped mountains and blue skies. The last three kilometres was all uphill but on well-graded tracks so we were at our first night's Department of Conservation (DOC) hut before we knew it.

Routeburn Falls is situated on the side of a mountain with a long verandah to take in the magnificent alpine views. Even though the price of the DOC huts has doubled for overseas guests this year, I couldn't imagine wanting to be anywhere else at this point.

### Day 2. Routeburn Falls to Lake McKenzie (12.4kms/7.5 hours)

A steady climb for the first one and a half hours to Harris Saddle was ahead of us today. With clear blue skies and unbelievable scenery, everyone was in high spirits. Before starting the walk I decided to limit myself to a certain amount of photos per day as I had a new camera and was unsure how many shots I could take on one battery life. (Note: I ruined two cameras last year on the Milford Track due to getting them wet.) That decision only lasted about the first half of the day as the scenery was just too good not to keep taking photos.

Continued next page ...



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PHOTO: Philip Bell

(From left) A view through the forest floor; mud and tree roots made for a slog on Day 4; and valley views from the Greenstone Track

### NZ's Routeburn (cont.)

We walked through an area of open grassland, as we were now above the tree line, with the sun on our backs. As we reached Lake Harris the wind started to pick up and the temperature dropped. Upon reaching Harris Saddle, where we were to have morning tea and lunch, we added our extra layers of clothing. We were out of the wind now but it was very chilly.

After morning tea we left our packs at the shelter and took the side trip up to Conical Hill. It was a steep climb with ice still on the ground in spots. Spectacular views of the Hollyford Valley, the Darran Mountain Range and all the way down to Martins Bay and the ocean beyond kept us up there for quite a while before starting the return journey. For me this was the highlight of the trip, so if you're doing the Routeburn don't think you can't be bothered with side trips as this was excellent. Allow about 1.5-2 hours to complete.

After lunch we traversed along the side of the mountains for a couple of hours before the long, steep decent into Lake McKenzie. From first setting sight on our next hut it took two hours to slowly work our way down through the tree line. Dense, impenetrable forest made me wonder how they cut through here in the first place.

Lake McKenzie and the surrounding mountains provided us with another fantastic backdrop from the huts.

### Day 3. Lake McKenzie to McKellar Lodge (17.3kms/7.5 hours)

Brilliant weather again. Our first half hour was a gradual climb, then two and a half hours of all downhill to Lake Howden Hut. Walking through forests all the way with distant views every now and then, we passed Earland Falls, the only sizeable waterfall on the whole walk. Lake Howden was our morning tea and lunch spot with another side trip up to Key Summit. Once again views all round and that feeling of being on top of the world. Allow 1-1.5 hours to complete.

After lunch we left the Routeburn Track and started our trip along the Greenstone Track.

We had a pleasant walk alongside Lakes Howden and McKellar before reaching that night's accommodation. The DOC huts on the Greenstone are smaller and unable to accommodate the 26 trampers in our group. Fortunately, the Milton & Otago Rotary Tramping Club has an agreement with Ultimate Hikes to use their cabins. Sleeping quarters were much the same as the DOC huts, but we had a large dining room, kitchen and lounge making life a bit comfier for the next two nights. Also showers, if needed!

### Day 4. McKellar Lodge to Steel Creek Lodge (12kms/5 hours)

With the first rain overnight and into the morning, we were in for a muddy start, made more difficult by lots of tree roots across the trail. The valley that we followed is used for grazing cattle and the evidence of

their presence was all around. One wrong step and I quickly sank up to my knee in mud. Luckily, the other foot stayed firm and I was able to haul myself out. A quick reminder how wet NZ's South Island gets.

Most of the day was easy walking following the valley to our next night's shelter. This was our last night together as a group and we had formed quite a strong bond over the previous days. After tea, the leaders did their speeches then asked others to share their thoughts and experiences of the trip. There were lots of laughs and some misty-eyed moments when people told us of the hurdles they had overcome to be on this trip. Their stories reaffirm in my mind that we should get out and do these things while we can.

### Day 5. Steele Creek Lodge to Greenstone Park (19kms/5.5 hours)

An early start today as we had to be at the end of the hike to meet the bus. Easy walking again along the valley floor and forests with cows, geese and great scenery. The river levels were low enough that we could walk across, otherwise a detour to an emergency bridge would have been needed. A luxurious half hour for morning tea by a lovely river was taken and we still made it out in plenty of time.

Near the end of the walk we came to a junction; one way was to the bus, the other back up another valley to Lake Howden. It was very tempting to veer left, but maybe next time. Walking with a big pack seems to get easier over the days and I didn't really want it to finish.

Continued next page ...

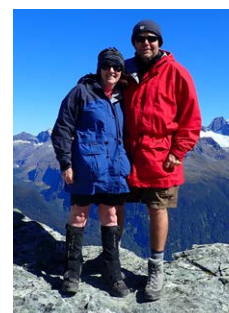
Due to finishing earlier than anticipated, and the bus arriving early, we had a bonus hour at the Glenorchy pub before catching another bus back to Queenstown. It was a nice way to finish before parting company with a great group of people. 🍷

### References

NZ's Routeburn Track is 33kms one-way. It can be walked in either direction; from Routeburn Shelter, near Glenorchy, or from The Divide, closer to Te Anau and Milford Sound. For more details [www.doc.govt.nz/parks-and-recreation](http://www.doc.govt.nz/parks-and-recreation)

The Greenstone Track (36kms) is a gently-graded valley walk that connects with the Routeburn Track and often walked in combination with the Caples Track (27kms) to form a 4-5 day circuit. For details <https://tramper.nz/15/route-guide-greenstone-track/>

For details on the trips run by not-for-profit Milton & Otago Rotary Tramping Club [www.otagorotarytrusttramps.org.nz](http://www.otagorotarytrusttramps.org.nz)



Adam and Suzanne Matthews completed the Heysen Trail with E2E6, while Adam finished the trail for a second time with E2E8. They both are leaders on E2E12. Suzanne was re-elected Vice President at this year's AGM.

## In the Flinders

This poem by Ross Jackson was originally published in *InDaily Poet's Corner* 24 April 2019.

Cloud shadows come up, a heavy gang  
from Spencer Gulf and The Ranges  
closing in upon our travelling bus  
just as we disembark

a walking group, we enter a gorge, the neck  
cluttered with stone eggs, our walking poles  
tap on tilted clinkers, palms and shoulders  
graze boulders flaked with lichen

a natural graffiti of white, sienna, olive, sulphur and lime  
as we make a line through watercourses  
on bone-dry floors, feel shut in by  
red and black walls of laterite

south of where Heysen had camped  
the knotted haunches of his red gums strain  
from shelves of gravel, wallaroo and euro  
sighted on the dusky skyline

a sunset scintillation in the brows of Rawnsley Bluff  
bare, white torsos of old fella mulgas  
so eerie in our campfire light

an older scrambler's blurry view  
a Port Lincoln Parrot on a stamp  
Lieutenant Flinders  
on the ten-shilling note

days later far away from the Pound  
I imagine things I'd anticipated  
but not seen towns – with flinty names –  
Parachilna... Blinman... Orroroo...

I channel the dreams of those who  
might have bet quids on wine and copper  
drank the last Tintara ports  
a shade of sunset red this side of  
my closing eyes.

Ross Jackson is a retired teacher who lives with his wife and dog in the Perth suburbs. He is a member of OOTA Poets, which has had a close association with the Fremantle Arts Centre since 1996. He is also a regular reader at the Fremantle monthly poetry event *Voicebox*, and has had his poetry published in literary journals in Australia, the UK, Ireland, Canada and New Zealand.



# A cheery blue door now greets walkers to Hallett Hut

Peter Simons describes how a team of volunteers turned Hallett Hut into one of the most comfortable huts on the trail.

In April an enthusiastic crew of seven Heysen volunteer painters headed to Hallett to complete a major maintenance project at the old Hallett Railway Station.

Last year another group of Heysen volunteers had installed a new ceiling in the two main rooms of the old railway station, along with a new wood burning stove. A local contractor was engaged to flush the joints in the ceiling and install new cornices. However, after a number of delays, we decided to ask Skeet's Ceilings of Strathalbyn to travel to Hallett to do the job. Skeet was very happy to oblige and, in March, did his normal excellent job under some very trying circumstances: he had to deal with the less-than-perfect job of we amateurs. He requested to be involved earlier on any future FoHT projects!

## Reporting on the condition of the Heysen Trail

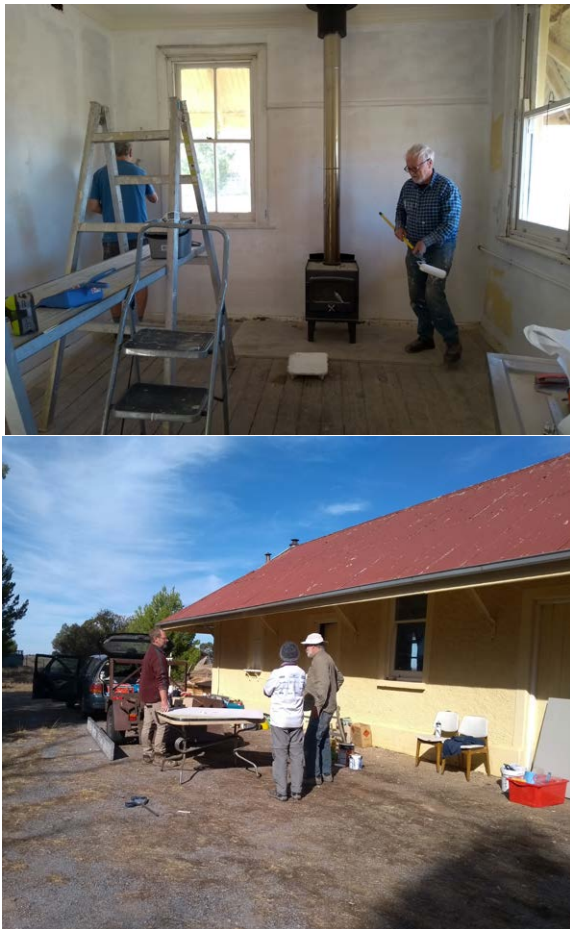
The Friends of the Heysen Trail is a volunteer organisation dedicated to the promotion and maintenance of the Heysen Trail. As such we depend on walkers for information and comment on the condition of the trail, and any safety concerns.

Please email reports on trail conditions to [heysentrail@heysentrail.asn.au](mailto: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.

Between the ceiling sheets being installed and the flushing and finishing of the ceiling, we had applied for a grant from Energy Australia to install new stainless steel sink units in Hiskey's and Hallett Huts. The Hallett sink unit was on site waiting for the walls to be repaired and painted. Unfortunately, due to the new sink having a much deeper bowl, the existing plumbing and hole in the wall were too high. The walls are made of concrete and with no power or suitable tools we were stuck. Just as we were considering many less than ideal solutions, Chris McGloin from the Hallett General Store turned up to have a look at progress. Chris and his wife Susan, take a keen interest in the Hallett Hut and do a lot of work there. Chris didn't have the right equipment either, but he knew someone who did. The next day Brian Rice of Rice Electrical turned up and quickly bored a new hole through the wall. Chris also makes any waste left over from our activities magically disappear.

We spent three days working on Hallett and completed painting the ceiling, patching and painting the internal walls and external window frames as well as installing the new sink unit. A new larger table is being constructed at the Cobbler Creek shed and a wooden box for food storage is also on the list to be installed shortly.

Hallett is now a much more welcoming place for walkers compared to the derelict feel it had 12 months ago. There are some who quibble about the colour palette selected, but there is no pleasing everybody! The cheery blue front door was fairly



PHOTOS: Elizabeth Oram

(Top) Peter Simons and Kevin Crawshaw paint the internal walls, and Daniel Jardine, Melanie Sjoberg and Peter Simons prepare to do the external windows.

controversial, but skilfully painted by Melanie, our President.

Hallett will need some attention to the roof in the next year or two, but for the moment it rates as one of the most comfortable huts on the trail.

Thanks to Wayne Turner, Kevin Crawshaw, Richard Trigg, Melanie Sjoberg, Daniel Jardine and Elizabeth Oram for all their good work. 🙏

### Discounts to Members

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

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



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