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2020 HEYSEN WALKS

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FIRE HITS THE HEYSEN

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MEMBERSHIP INFORMATION

SINGLE \$25/year

FAMILY \$40/year

SCHOOLS/ORGANISATIONS
\$60/year

Membership is valid for
12 months from the date
of payment.



Cover: Walking along the
Heysen Trail toward Wilpena
Pound, just south of Moralana
Scenic Drive in the Flinders
Ranges. Photo by Anne Kirk.

Trailwalker welcomes photo
submissions suitable for the cover
of the magazine. Please email
your high-resolution image to
trailwalker@heysentrail.asn.au

About the Friends

AUTUMN 2020 • 3

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Sally Fieldhouse

PUBLICITY OFFICERS

Garry Fieldhouse

COUNCIL MEETING DATES

Saturday 15 February
(Annual Planning Meeting)
Wednesday 18 March
Wednesday 15 April
Wednesday 20 May

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His Excellency the
Honourable Hieu Van Le AC

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Neville Southgate
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E2E12 Adam Matthews
E2E13 Vicki Barrett
E2E14 Mark Fletcher
E2E15 Mark Curtis
E2E-2 Julian Monfries

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S2B John Newland
S3&4 Hermann Schmidt
(Wandergruppe
Bushwalkers)
S5 John Babister
S6 Richard Webb
S7 Graham Loveday
S8 Ian Harding
(WEA Ramblers)
S9 Jerry & Michelle Foster
S10 Wayne Turner,
Kevin Crawshaw,
Peter Deacon
S11&12 Dom Henschke,
Colin Rozman, Rick Price
S13 Hugh Greenhill
(Mid North Branch)
S14-18 Arrangements
currently under review

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Neil Nosworthy
Elizabeth Rogers

TUESDAYS

Valerie Boundy
Judy McAdam
Chris Porter
David Rattray OAM

WEDNESDAYS

Elayne Sanders
Vicki Cahalan
Gilbert Downs
Jack Marcelis

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Erica Gordon
Julian Monfries
Judy Szekeres
Anna Ciccarelli

FRIDAYS

Cathy Bowditch
Erika Guess
Julia McLachlan
Suzanne Mausolf

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Dom Henschke
Graham Loveday
Jack Marcelis



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.



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The aftermath of fires through Grandpa's Camp.

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MELANIE SJOBERG

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GREG MARTIN

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Which essential hiking item would you recommend spending extra money on?

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JOSH WEST

Eliza Bartlett recently completed an epic 177-day hike through Europe.

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BILL VINE

The Willunga Basin Trail provides a unique view of coast, vineyards, farmland and natural bush.

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GAVIN CAMPBELL

A Loop Walk in O'Hallaran Hill Recreation Park.

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

Deadline for the next issue (Winter 2020):

FRIDAY 1 MAY 2020

The *Trailwalker* magazine is available by subscription or online at heysentrail.asn.au/trailwalker and is published and distributed quarterly:

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

The *Trailwalker* magazine has a distribution of 1500, and an estimated readership of approximately twice that number.

Contributors are urged to contact the Editor to discuss their article prior to submission. The submission deadline is usually the first Friday of the month prior to the month of publication.

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

ADVERTISING RATES (EX. GST)

1/8 PAGE \$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

Twenty-twenty — New Decade, New Ideas

MELANIE SJOBERG



We say goodbye to the 2010s as we enter a new decade, which seems to attract the pun '2020 vision'. It certainly makes a useful reference as we in the Friends consider our next phase of bold planning to improve the quality of the adventure trail we love.

I'd be remiss not to mark the unprecedented extent of damage caused by bushfires across vast stretches of the country, devastating communities and natural landscape, native animals and insects seriously affected. Many of us have visited Kangaroo Island's walking trails, so the enormity of those fires feels particularly close to our hearts. While the Heysen Trail was largely spared, vast sections through Cudlee Creek are burnt, so we await a safe time to inspect the detail.

As bushwalkers, we're attuned to changes that occur in our natural landscape, and that informs our understanding of the impact from fire or drought. Our Council and Walk Committee recognise that the walking season – months in which it is safe and comfortable to walk – is contracting and adjusted our planning to that reality. Importantly, we know the Heysen Trail is closed during the fire danger season – with some exceptions for tracks in national parks – so we need to respond to that aspect.

Members are aware that the Friends were established to assist in

developing and marking the original Heysen Trail. One of our key objectives is to contribute to maintenance and improvements along the Trail. Revenue from our membership fees and walking programmes provide valuable income to inject into trail enhancements. To that end, the Trail Development Committee (TDC) has spent many hours over the summer identifying priorities for the 2020 work plan and beyond.

Walkers rely upon the valuable work of our trained Activity and Section Leaders in fixing posts and stiles, replacing markers and clearing vegetation. During 2019, the *Trailwalker* reported on some of our major infrastructure projects – upgrades to Hallett Railway Station and Hiskeys Hut and installation of a new cabin at Black Jacks – along with several new platforms. It is always a pleasure to find a decent rest stop with a platform, tank or toilet to recuperate.

The TDC will continue to coordinate infrastructure improvements in 2020 with several more platforms, water tanks and toilets scheduled for installation. Ultimately, of course, implementation will be dictated by the number and availability of volunteers to carry out the activities. Anyone who has been involved in a trip away to work on the Trail is sure to confirm that it's great fun and not necessary to be a tradie; on-the-job training and support tasks are arranged to suit individuals. Please check out the online walk/event programme to register interest.

“

Volunteers do not necessarily have the time; they just have the heart.

Elizabeth Andrew

”

What do you ponder as you walk sections of the Heysen?

Are you engaged in enthusiastic chatter as you walk? Do you have ideas and views about what we should be investing in to develop or promote the trail? How would you like your membership fees to be spent? The Friends always need new people willing to get involved – join the Council or a Committee – for a few hours a month you can bring some energy and fresh thinking to our activities.

So, make 2020 your year to take the volunteering plunge!

Notice of 2020 AGM

The 33rd Annual General Meeting of the Friends of the Heysen Trail will be held at 7.30pm on Friday, 20 March 2020 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 all positions excluding the President, viz. Vice President, Secretary, Treasurer and half of the remaining Council 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. Meetings usually conclude by 7.30pm.

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 House
33 Pirie Street Adelaide, 5000



AGENDA

1. Apologies
2. Acceptance of the Minutes of the previous Annual General Meeting held on 22nd March 2019
3. President's Report
4. Treasurer's Report
5. Election of Officers
 - 5.1 Vice President
 - 5.2 Treasurer
 - 5.3 Secretary
 - 5.4 Council Members
6. Appointment of Auditor
7. Election of Honorary Members
8. Other Business
9. Close of Meeting

Note: Any member wishing to move a motion at the AGM should be aware of the Constitutional requirements as follows: "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."



Trailwalker is calling for iconic Heysen Trail photos

To help celebrate the Heysen Trail's 35th year anniversary in 2021, *Trailwalker* is on the hunt for iconic, unique, historic and distinct images of the Trail. We are planning to showcase these shots (plus brief location descriptions/walker anecdotes) in the upcoming 2020/21 Summer edition with a look back at the moments that have shaped, and continue to shape, our Trail.

Snow on Mt Bryan? Aftermath of a fire? Dolphins on Tunkalilla Beach? Endearing Trail figures? Landmark events? Send your high-resolution shots to the *Trailwalker* Editor trailwalker@heysentrail.asn.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 page 7.

Nominations close at 2 pm on Friday 13 March 2020 at the Friends office in Pirie Street, Adelaide.

I _____ wish to nominate
for the position of _____

(Vice President, Secretary,
Treasurer or Council Member)

(Signature of Nominee)

(Signature of Proposer)

(Name of Nominee)

(Name of Proposer)

Election of Council Members at AGM

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 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. Any 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 his 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.
- 8) The office of President, Vice-President, Secretary, Treasurer or Council member shall become vacant if such officer or member
 - (a) dies or resigns;
 - (b) ceases to be a member of the Association;
 - (c) becomes disqualified in terms of the Associations Incorporation Act;
 - (d) is suspended or expelled under sub-clause (3) of clause 7 of this Constitution;
 - (e) becomes permanently incapacitated by reason of ill health; or
 - (f) is absent without apology from more than three consecutive meetings of the Council.
- 9) If a casual vacancy arises in the office of President, Vice President, Secretary or Treasurer, or in the membership of the Council, the Council may appoint any member of the Association to fill such vacancy, and such appointee shall hold office until the next Annual General Meeting of the Association, when he shall be eligible for re-election without nomination.
- 10) The Council may invite any duly constituted Branch of the Association to nominate a representative to attend meetings of the Council for such period as the Council may determine. Such representative shall have the right to speak at meetings of the Council but shall not have a right to vote.

BLINMAN, SA

FLINDERS & BEYOND

CAMEL TREKS

Join us in 2020 on a trek that completes the Heysen Trail's 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 a night sky laser show with astronomer Ryan.

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2020 WALKING TREKS

JUNE 22 – JULY 8 | JULY 7 – JULY 23

Friends of Parks Milestones

As a member of the Friends of Parks peak body, Friends of the Heysen Trail would like to acknowledge the volunteer efforts of our FoP colleagues and their outstanding contribution to maintenance throughout the various National and Conservation Parks that we, as a community, walk.

We send our congratulations to the following Friends groups that celebrate significant milestones in 2020.

Friends Group

FORMED

40 YEARS

Fort Glanville Historical Association Inc.	19/12/80
--	----------

35 YEARS

Friends of Belair NP	16/09/85
Friends of Kyeema CP	12/05/85
Friends of Little Dip CP	19/05/85

30 YEARS

Friends of Cobbler Creek RP	28/05/90
Friends of Coffin Bay Parks	18/10/90
Friends of Kaiserstuhl CP	29/03/90
Friends of Marino CP	31/05/90
Friends of Scott Creek CP	17/09/90

25 YEARS

Friends of Brownhill Creek RP	06/07/95
Friends of the Ikara-Flinders Ranges NP	13/06/95
Friends of Mt Gambier Area Parks	15/11/95
Friends of Streaky Bay District Parks	14/08/95

20 YEARS

Friends of Granite Island Recreation Park	08/09/00
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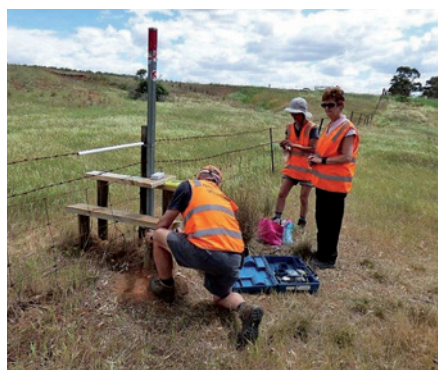


Photo: John Marshall

Read the full story at walkingsa.org.au/news

Reconciliation Committee Report

Anne Kirk provides an update on the Friends Reconciliation Committee for 2020.

Walking the Heysen Trail is a long journey with many twists and turns; I've come to realise that the Reconciliation journey is similar. Your Reconciliation Committee has now grown to include Phil Bell, Maria Bootle, Simon Cameron, Melanie Sjoberg, Mark Waters and myself. We've been counselled to hasten slowly and tread gently to ensure we take the correct steps to contact the appropriate people to guide us on our journey.

We encourage everyone to think about the Traditional Owners who have walked before us, as well as acknowledging their connection to this country as you enjoy your walks this year. We'd especially like our End-to-Enders to take a moment at the start of their walking seasons to reflect on the country that they will traverse. It is appropriate that the Friends of the Heysen Trail website and Trailwalker now include an Acknowledgement of Country (available to view on page 3).

Part of our journey included Cultural Awareness Training with three generations of the Turner family, conducted at the Belair National Park by the Department of Environment

and Water for volunteers from different environmental groups. The opportunity was an excellent way to engage with fellow volunteers while providing an eye-opening insight into South Australia's history from an Indigenous perspective.

We were divided into six groups representing a number of the different Aboriginal groups from SA. We were then invited to step into their shoes as we looked back to the year 1800 to see how they lived before Flinders and Baudin explored SA shores. Two hundred years of history came alive as we heard the stories of colonisation and the impacts of settlement. It is a uniquely special experience to listen to Traditional Owners sharing their stories, so, starting with Shona Reid from Reconciliation SA, we will begin our conversations with the Traditional Owners, and they can guide us on the path to Reconciliation.

The following readings are suggested from our Cultural Awareness Training:

Letters Patent (re-establishing the province of SA in 1836)

Uluru Statement from the Heart

"Dark Emu" by Bruce Pascoe

"Blood on the Wattle" by Bruce Elder

"The Biggest Estate on Earth"

by Bill Gammage

◀ Left: National Park Ranger, Arthur, fuelling a Healing Ceremony Fire

Tragedy, Sadness and Healing

Jim Mclean reports on the moving reaction of the Traditional Owners after two climbers died at Wilpena Pound.

Fifty people gathered near Moonarie Gap to remember the sad deaths of the two climbers who fell from the Moonarie cliff face in August 2019. The healing ceremony, conducted by Vince Coulthard and Terrence Coulthard of the Adnyamathanha (Rock-People), was deeply spiritual and touching.

Traditional Owners are deeply affected by tragedy that occurs on their lands; the ceremony was a chance for us all to share our grief.

Read the full story online at walkingsa.org.au/news

Welcome New Members

The President and the Council would like to extend a warm welcome to the following 26 members who have joined the Friends since the last edition of *Trailwalker*.

Alison Bell	Paul McCormack
Pam Bennett	Tamika Molloy
Sophie Blewett	Wendy Neadley
Paul Bubner	Hans Palm
Pina Bubner	Ben Paxton
Elizabeth Carter	Janet Phillips
Tony Cockington	Ilona Pippett
Angela Faulkner	Liz Pridham
Jacinta Gibson	Bob Randall
David Grimes	Mick Sims
Emily Hack	Ana Teleki
Karen Hack	Marilyn Tregilgas
Thomas Hack	Jonathan Vallario



Trailthinker Quiz

1. What is the name of the highest peak in the Flinders Ranges?
2. What does 'Tarndanya' (the Kaurna name for the Adelaide plains region) mean?
3. In which year was the Heysen Trail officially completed?
4. Which Heysen Trail town was placed on Australia's National Heritage list in 1994?
5. In which South Australian towns does the Lavender Federation Trail begin and end?
6. Name the colours associated with the following Coopers Brewery beers: Sparkling Ale, Session Ale, Dark Ale and XPA.
7. Which Barossa institution claims to be the southern hemisphere's oldest sporting club?
8. What is the name of Sir Hans Heysen's Adelaide Hills home?
9. A "basket" is located on which item of hiking equipment?
10. What does 'El Camino' mean in Spanish?

ANSWERS PAGE 22

A UNIQUE BURRA EXPERIENCE METRES FROM THE TRAIL

- Bunks & hayloft bedding
- Sleeps up to six
- Short walk to pub, markets
- Log fire & wood oven
- Minimal electricity and tv
- Cast iron hip bath

THE STABLES

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Fire hits the Heysen

Photos: Beck Treks Australia

On Friday 20 December 2019, an uncontrolled fire broke out in Cudlee Creek in the Adelaide Hills.

The December fire (the worst since Ash Wednesday in 1983) burnt over 23,000 hectares and destroyed homes, vehicles, property, agriculture, wildlife and large stretches of untouched nature.

The catastrophic Cudlee Creek fire, which effected Lobethal Bushland Park, Charleston Conservation Park, and Porters Scrub Conservation Park, has hit the Heysen Trail near the community of Cudlee Creek.

The boundary of the fire intersected the Trail near the Banks Road/Hollands Creek Road junction in the north, and near the 1c Track/Stone Hut Road junction (before entering Montacute Conservation Park) in the south. This stretch includes numerous trail markers, as well as Grandpa's Camp (Cudlee Creek North) at the end of Snake Gully Road.

Thankfully, reports suggest the iconic campsite received minimal damage. However, it appears the tank's catchment roof will need replacing — the exact status will be determined once the Friends regain access to the area. Early predictions anticipate that many trail

posts will require replacing between Grandpa's Camp and Stone Hut Road, where the Heysen crosses near the westernmost perimeter of the fire.

At this stage, we expect the Trail to be re-routed around this section for walker safety. Information will be available on the Friends website after closer inspections confirm the extent of the damage.

Considering the widespread devastation, the Heysen Trail suffered very little damage compared to many who live and work in our rural communities. The Friends extend our deepest sympathy to those affected by the recent bushfires throughout the country.



Fire season ravages KI, Australian walking trails

Australia's summer bushfires have affected rural communities, bushland and popular walking trails across the country.

The breadth of Australia's fires extend to popular trails such as the Great South West Walk in Victoria, Gibraltar-Washpool World Heritage Walk in north-eastern New South Wales and the Gold Coast Hinterland Great Walk in southern Queensland.

While fires in south-eastern New South Wales have also affected the Hume and Hovell Track — estimates suggest at least 100 kilometres of the route have sustained damage.

Closer to home, Kangaroo Island has made headlines for the extensive 210,000 hectares burnt (almost half of the region) across the western half of the island. Included in the devastation is 33,500 hectares of the Flinders Chase National Park containing the KI Wilderness Trail, which, from reports, is virtually destroyed.

The vegetation damaged by the fire consists of coastal heath, mallee and sugar gums. Possums, koalas, hollow-nesting birds and small animals such as bandicoots and echidnas will be most affected by the loss of habitat.

In response to the crisis, Mike Williams, DEW Executive Director National Parks and Wildlife, has been seconded to lead the Kangaroo Island recovery programme for SA Government.



Left: The first signs of new life at Grandpa's Camp in Cuddlee Creek.



Right: Fallen signage against a singed gum tree at the popular campsite.

A reminder to stay safe in fire-affected areas

Natural Resources Adelaide and Mt Lofty Ranges (AMLR) offer safety advice.

If you're working in or travelling through fire-affected sites please be vigilant and make yourself aware of potential risks and hazards. For instance,

- *Trees may drop boughs when water is scarce and burnt trees of all types can fall with little notice, particularly in windy conditions.*
- *Ash from burnt copper, and chrome or arsenic (CAA) treated posts pose a particular health hazard and other materials found in houses once burnt can be hazardous too.*
- *Burnt metal/plastic/cement fibre sheeting may provide sanctuary for snakes and other critters who may bite – be careful shifting sheeting of any kind. If you must, lift a little then look, ensure all is clear, then move the sheet. Leather gloves should be worn.*
- *Wear the appropriate mask to protect yourself against dust, soot and ash particles –w: P2 for smoke (surgical masks and dust masks are not effective for all hazards).*
- *Please contact the SA Veterinary Emergency Management if you come across any burnt and injured animals.*

Staff are on hand to discuss these risks and hazards, should you need further information.

www.naturalresources.sa.gov.au/adelaidemtloftyranges/find-us



*The impact of the
Adelaide Hills fires
from above.*

Photo: Robert Alcock



**Trailwalker
Photo
Competition**



**Bill Vine shows off
his Trailwalker to the
resident Inukshuk on
Whistler Mountain,
BC Canada.**

**We invite our readers to
submit photos of themselves or
others reading Trailwalker in
interesting or unusual locations.**

Please send your high-resolution
photos to The Editor at
trailwalker@heysentrail.asn.au

End-to-End Season Programme 2020

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
MAY	E2E 11 SAT & SUN, 2-3 MAY Wirrabara Forest - Murray Town	E2E 15 SAT 9 MAY Cape Jervis - Cobbler Hill	E2E -2 SAT TO SUN, 16-22 MAY (WEEK AWAY) Parachilna - Moralana Drive	E2E -2 SAT & SUN, 23-24 MAY Murray Town - Alligator Gorge Rd	E2E 12 SAT & SUN, 30-31 MAY Wandallah - Dares Hill Rd
	E2E 14 SUN 3 MAY Myponga - Mt Compass	E2E 13 SUN 10 MAY The Nuggett Rd - Mt Crawford	E2E 12 SAT & SUN, 16-17 MAY Webb Gap - Worlds End	E2E 15 SAT 23 MAY Cobbler Hill - Tapanappa	
JUN	E2E 10 SAT TO MON, 6-8 JUN (LONG WEEKEND) Buckaringa - Leigh Creek Rd	E2E -2 SAT TO SUN, 13-21 JUN (WEEK AWAY) Moralana Drive - Warren Gorge	E2E -2 SAT & SUN, 20-21 JUN Worlds End - Wandallah	E2E 11 SAT & SUN, 27-28 JUN Alligator Gorge Road - Broadview	N/A
	E2E 14 SAT & SUN, 6-7 JUN Mt Compass - Dashwood Gully Rd	E2E 13 SUN 14 JUN Mt Crawford - Pewsey Vale		E2E 15 SAT 27 JUN Tapanappa - Balquhidder	
JUL	E2E 14 SUN 5 JUL Dashwood Gully Rd - Mylor	E2E 10 FRI TO SUN, 10-19 JUL (WEEK AWAY) Leigh Creek Rd - Parachilna Gorge Trailhead	E2E 10 SAT & SUN, 18-19 JUL Dares Hill Rd - EE George Rd Quarry	E2E -2 SAT TO SUN, 25 JUL - 2 AUG (WEEK AWAY) Warren Gorge - Melrose	N/A
		E2E 13 SUN 12 JUL Pewsey Vale - Tanunda		E2E 11 SAT & SUN, 25-26 JUL Broadview - Quorn	
			E2E 12 SAT & SUN, 15-16 AUG EE George Rd Quarry - Bundaleer Chlorinator	E2E 15 SAT 25 JUL Balquhidder - Waitpinga	
AUG	E2E -2 SUN 2 AUG Mylor - Cleland	SUNDAY 9 AUGUST	E2E 13 SUN 16 AUG Tanunda - Kapunda	E2E 11 SAT & SUN, 22-23 AUG Quorn - Eyre Depot	SUNDAY 30 AUGUST
				E2E 15 SAT 22 AUG Waitpinga - Tugwell Rd	
SEP	E2E 14 SUN 6 SEP Cleland - Montacute Heights	E2E 13 SAT & SUN, 12-13 SEP Kapunda - Peters Hill	E2E 12 SAT & SUN, 19-20 SEP Bundaleer Chlorinator - Raeville	E2E 11 SAT & SUN, 26-27 SEP Eyre Depot - Buckaringa	N/A
			E2E 14 SUN 20 SEP Montacute Hts - Cudlee Creek	E2E 15 SAT 26 SEP Tugwell Rd - Inman Valley	
OCT	E2E 13 SAT TO MON, 3-5 OCT (LONG WEEKEND) Peters Hill - Burra Road	E2E 15 SAT 10 OCT Inman Valley - Myponga	E2E 12 SAT & SUN, 17-18 OCT Raeville - Bowman Park	SUNDAY 25 OCTOBER	N/A
		E2E 14 SUN 11 OCT Cudlee Creek - The Nuggett Rd			

Walking with the Friends

Check the website walk calendar for the latest updates to this programme. For details about each walk, the hot weather policy, what to wear and what to bring, and details of walk grades, visit heysentrail.asn.au/walks

Walks Registration

Register for a walk either online at heysentrail.asn.au/walks or by phoning the office on 8212 6299. Walk registration closing dates and times are listed on each walk event page, access via the website walk calendar.

Walk Cancellations

If you need to withdraw from a booked walk, please notify the leader or the office as soon as possible. The easiest way is to log into your account and withdraw from the walk. Cancelled walks: End-to-End walks are not subject to a weather forecast temperature limit, however the walk leader may decide to cancel or amend the event if a weather event is deemed to present a high risk. TrailStarter, TrailWalker and TrailRambler walks will be cancelled if the forecast temperature for Adelaide is equal or higher than 32°C.

Further Information

Details about each walk, our hot weather policy, what to wear and bring, walk grades or to print a colour copy of the programme, visit heysentrail.asn.au

Keeping track of End-to-End Groups

E2E -2

Begin at Parachilna Gorge in 2020

E2E 9

Completed Trail at Parachilna Gorge in 2019

E2E 10

Dutchman's Stern Conservation Park

E2E 11

Wirrabara

E2E 12

Webb Gap

E2E 13

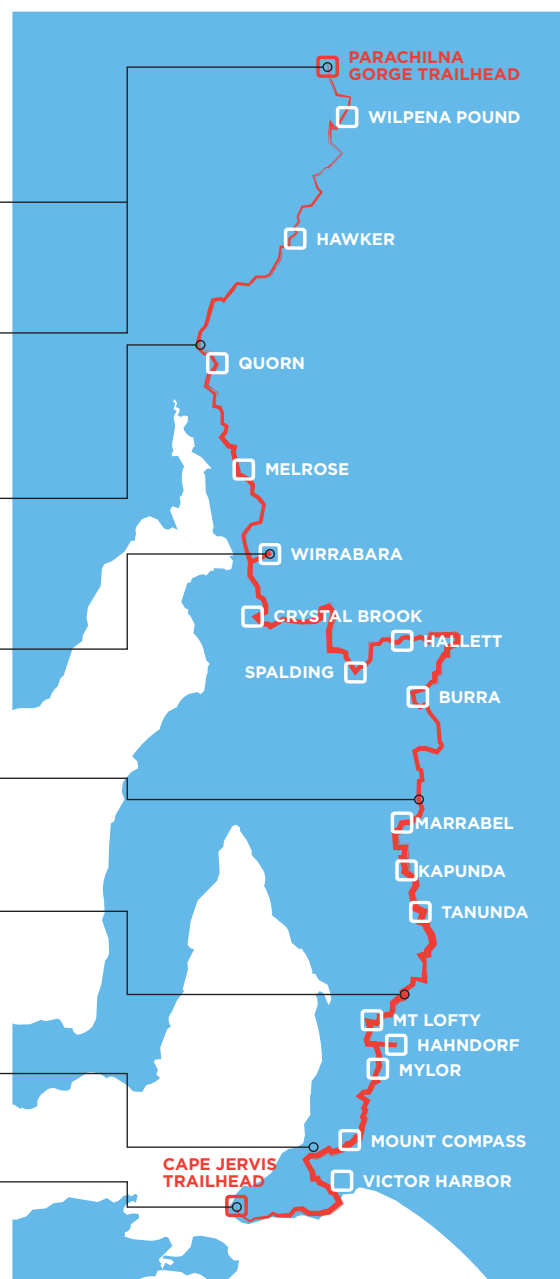
The Nuggett Road, beyond Cudlee Creek

E2E 14

Myponga

E2E 15

Begin at Cape Jervis in 2020



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EXPLORANGES
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TrailStarter and TrailWalker Season Programme 2020

- TrailWalker Walks
- TrailStarter Walks
- Special Events

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
APR	WED 1 APR Marion Coastal Walk Mark Curtis	EASTER SUNDAY	SUN 19 APR Mount Lofty Loop Dom Henschke	WED 22 APR Blackwood Forest Reserve Mark Curtis	N/A
	THU 2 APR Bridgewater to Mt Lofty Bill Van Riet			SAT 25 APRIL Willunga Basin Trail Melanie Sjoberg	
	SAT 4 APR Willunga Basin Trail Melanie Sjoberg		SUN 19 APR Lavender Trail David Bowey	SUN 26 APR Walking SA Hiking Expo Belair NP	
	SUN 5 APR Mount Misery Peter Clark		SUN 19 APR Mount Misery Reverse Peter Clark		
	SUN 5 APR Belair Adam Matthews				
MAY	FRI 1 MAY Tuscany Loop Paul Gill	THU 7 MAY Belair Nat Park Bill Van Riet	WED 13 MAY Marion Coastal Walk Mark Curtis	SAT 23 MAY Anstey Hill Julie Testi	WED 27 MAY Blackwood Forest Reserve Mark Curtis
	SAT 2 MAY Yurebilla Part 1 Adam Matthews	SAT 9 MAY Lavendar Trail David Bowey	SAT 16 MAY Willunga Basin Trail Melanie Sjoberg		SAT 30 MAY Kaiserstuhl Dom Henschke
	SUN 3 MAY Mylor - Aldgate Circuit Rosemary Hayward	SUN 10 MAY Anstey Hill Toni Caputo	SUN 17 MAY TBA	SUN 24 MAY Cobblers Creek Kevin Liddiard	SAT 30 MAY Warren CP/ Mt Crawford Jon Holbrook
	SUN 3 MAY Kersbrook Judith Ellis	SUN 10 MAY Summertown Judith Ellis	SUN 17 MAY Brownhill Creek Return Peter Clark	SUN 24 MAY Lavender Trail David Bowey	SUN 31 MAY Onkaparinga Gorge Robyn Quinn
	SUN 3 MAY TBA				
JUN	THU 4 JUN Cleland - Mt Lofty Bill Van Riet	SAT 13 JUN Lavendar Trail David Bowey	WED 17 JUN Marion Coastal Walk Mark Curtis	SAT 27 JUN Chambers Gully/ Mt Lofty Loop Jon Holbrook	N/A
	SUN 7 JUN Shepherds Hill Helen Morgante	SUN 14 JUN Pony Ridge Track Belair Heather Thompson	SAT 20 JUN Willunga Basin Trail Melanie Sjoberg	SUN 28 JUN Para Wirra Judith Ellis	
	SUN 7 JUN Blackhill /Morialta Judith Ellis		SUN 21 JUN Kuitpo Rosemary Hayward	SUN 28 JUN Sturt Gorge Robyn Quinn	
	MON 8 JUN Crafrers Loop Paul Gill	SUN 14 JUN Lavendar Trail David Bowey	SUN 21 JUN Black Hill Mike Joyce	SUN 28 JUN Three Parks Panorama Dean Mortimer	
JUL	THU 2 JUL Black Hill Peter Larsson	SAT 11 JUL Willunga Basin Trail Melanie Sjoberg	SUN 19 JUL Belair Microcarpa/ Waterfall Margaret Fletcher	WED 22 JUL Marion Coastal Walk Mark Curtis	N/A
	SAT 4 JUL Kersbrook Judith Ellis	SAT 11 JUL Lavendar Trail David Bowey		SAT 25 JUL Stirling Loop Paul Gill	
	SAT 4 JUL Yurebilla Trail Part 2 Adam Matthews	SUN 12 JUL Ambers Gully Vas Dolman		SUN 26 JUL Aldinga Scrub Robyn Quinn	
	SUN 5 JUL Mack Creek Dom Henschke	SUN 12 JUL Lavendar Trail David Bowey	SUN 19 JUL Beaumont to Cleland Mike Joyce		
	SUN 5 JUL Montacute Trail Peter Deacon	SUN 12 JUL Brownhill Creek - Belair Rosemary Hayward		SUN 26 JUL Lady's Choice Julie Testi	

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
AUG	SAT 1 AUG Yurebilla Part 3 Adam Matthews	SAT 8 AUG Chamber Gully Marlene Henschke	TUE 11 AUG Dry Creek Kevin Liddiard	THU 20 AUG Belair NP Bill Van Riet	SAT 29 AUG Horsnell Gully Mike Joyce
	SUN 2 AUG Mt George Chris Porter	SAT 8 AUG Lavendar Trail David Bowey	WED 12 AUG Blackwood Reserve Mark Curtis	SUN 23 AUG Scott Creek Rosemary Hayward	SAT 29 AUG Cape Jervis to Tapanappa Mark Fletcher
	SUN 2 AUG Mt Lofty Circuit Helen Morgante	SAT 8 AUG Willunga Basin Trail Melanie Sjoberg	SAT 15 AUG Cape Jervis to Cobblers Hill Mark Fletcher		
	THUR 6 AUG Morialta Peter Larsson	SUN 9 AUG Lavendar Trail David Bowey	SUN 16 AUG North Somewhere Toni Caputo	SUN 23 AUG Montacute CP Peter Deacon	SUN 30 AUG Old Noarlunga Margaret Fletcher
SEP	WED 2 SEP Marion Coastal Walk Mark Curtis	THU 10 SEP Anstey Hill East Kevin Liddiard	WED 16 SEP Blackwood Reserve Mark Curtis	SUN 27 SEP Lobethal Mary Cartland	N/A
	THU 3 SEP Chambers Gully Peter Larsson	THU 10 SEP Hahndorf to Crafers Bill Van Riet	SAT 19 SEP Deep Creek Jon Holbrook		
	SAT 5 SEP Women's Pioneer Walk Julie Testi		SUN 20 SEP Maslin's Beach Chris Porter		
	SUN 6 SEP Heysen Cedar Pilgrimage Phil & Leanne Bell	SUN 13 SEP Wittunga Gardens Helen Morgante	SUN 20 SEP Mark Oliphant Park John Babister	SUN 27 SEP Warren/ Mt Crawford Paul Gill	
	SUN 6 SEP Mount Hayfield Robin Sharland	SUN 13 SEP Gandys Gully Simon Cameron			
OCT	SUN 4 - SAT 10 OCT Fleurieu South Coast (Multi Day Walk) John Babister				N/A
	SUN 4 OCT Ambers Gully Vas Dolman	TUE 6 OCT Linear Park Kevin Liddiard	SUN 18 OCT Tickle Tank Carol Homewood	SUN 25 OCT TBA	
		WED 7 OCT Marion Coastal Walk Mark Curtis			
	SUN 4 OCT TBA	SUN 11 OCT Scott Creek Philip Bell	SUN OCT 18 TBA	SUN 25 OCT Glen Osmond Loop Paul Gill	
		SUN 11 OCT Morialta John Babister			

HIKING EXPO

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The original End-to-End: 20 years on

Julian Monfries recounts his experience on the first ever End-to-End expedition organised by the Friends of the Heysen Trail.

In 1999, at a meeting of the Heysen Trail Walk Committee, David Beaton asked why we, as an active Friends organisation, did not offer members a framework to complete the entire Trail. The question was certainly valid; walking groups such as ARPA Bushwalkers had provided opportunities to walk the full-length of the Heysen Trail for some time. We had no answer, and, from that auspicious enquiry, the 'Millennium Walk' evolved the following year.

THE MILLENNIUM WALK (END-TO-END 1) 2000-2015

Luckily, this committee meeting took place early in 1999, allowing us time to fine-tune the concept and organise the logistics of such an endeavour. The decision was made to provide suitable bus transportation to avoid the much-maligned car shuffle and establish logical start-stop points. So, began a series of Sundays spent checking access points, reviewing parking sites and surveying much of the southern part of the Trail to get the first year off the ground.

Several walk leaders were recruited to help David and myself, so, when registrations opened in April 2020, our buses were pre-booked, and the route was organised. We were, however, not as prepared as we thought with 40 walkers booked for on Day One; this was (apart from the

German Women Settlers Walk) by far the largest group the Friends had led.

The day dawned grimly over Adelaide as we departed for Cobblers Hill (there was no carpooling at this early stage). As can sometimes happen, the weather had brightened once we arrived at the meeting point; we were duly transported to Cape Jervis to begin our adventure.

“

The southern trailhead in 2000 was simply a Heysen Trail logo perched high on a stobie pole, just up from the Sealink terminal, which also lacked infrastructure in those days.

”

Over 40 walkers headed off to Lands End, Fisheries Beach and beyond (the Trail following much of its current path), and of course, finishing with the climb to Cobblers Hill and the busy carpark.

Our first day was not without incident; a walker fell and rolled down a steep slope toward the sea—finally stopping close to what would have been a ➤

bone-crunching drop onto the rocks. Once dusted off, he walked on happily; his wife less so, who thought he should have been taken out by the support vehicle.

“

And so, it began. Numbers fluctuated throughout that first year, with one walk comprising of only 14 walkers, including David and myself. The Friends didn't recover their expenses that day.

”

In those days, prior to online bookings, walkers declared their interest and turned up depending on their inclination. A number would register, an appropriate bus would be booked, but we never knew how many would arrive. If members didn't show, they didn't pay as we only took cash on the day. This collection process also caused headaches when everybody turned up. On some days, we hid up to \$2,000 in a car boot after receiving walk and bus fees.

The first couple of walks utilised the services of a local bus company; however, the owner (and driver) sadly died. We found an alternative in the form of Genesis Buses and the indomitable Alan, who, to this day, maintains a strong association with our End-to-End programme.

The Millennium Walk plodded northward. Each year, David and I (and others including Eve Buckley and Cliff Walsh) continued to inspect



Main: The end for the Friends' first End-to-End Group at the Parachilna Gorge Trailhead.



Right: The signature sheet showing an outline of South Australia, the entirety of the Heysen Trail, and the End-to-Enders painted and signed boot prints. Those who had walked with the group, but not completed the Trail, added handprints to the cloth instead.

Photos: Julian Monfries



access points, parking spots and open clearings in which we could turn around buses in readiness for the upcoming season.

“

After three years, we found ourselves just past the Barossa and soon realised that Sunday day walks were becoming difficult to manage.

”

Chiefly, longer driving distances had begun to cut into walking time, so

weekends away were proposed; not to everyone's approbation. About half of our walkers, to that point, indicated they could not be away for two days—missing work, grandchildren and the like.

At this point, David and I suspected this attrition would bring the project to an end. So, it was to our immense surprise when the losses were more than made up from fresh walkers, some of whom had found it increasingly difficult to walk the Trail on their own. Some of these new walkers are now well known to members, including Simon Cameron, a past president and author of Heysen Highlights. ➤

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From that point, we had a core group aiming to complete the End-to-End experience via the Millennium Walk (now somewhat redundant as it was 2002 and the millennium was long gone).

Our final year of walking loomed, and Easter was consumed with solving logistical problems; the Eyre Depot to Buckaringa stretch required much of the attention. At this stage, we had decided to hire buses and have non-walking volunteers drive the three buses to the start-stop points. On the first walk day, we gathered outside Quorn's Austral Inn; however, of our three busses, one had sustained a flat battery and remained at the caravan park. After several false starts (diesel engines require more oomph), we left a disappointing 30 minutes late with a big drive ahead to Eyre Depot.

In those days, walkers scaled the face of the waterfall just out of the Depot, which caused several anxious moments. Progress was slow, as one

of our walkers, Angie, struggled. Unbeknown to us, breast cancer had sadly returned, filling her lungs with malignant fluid, making breathing difficult. She struggled on, steadily summiting Mount Arden where our relief driver (used for the first time on our walks), Ben Wait, was waiting—naturally. The now obligatory treat, ice creams (though not Golden North), were handed out and, with Angie safely in the car, the group headed off.

Our final week (August 2005), based at Rawnsley Park, soon arrived. We again used volunteers to manage the three hire buses to get us bit by bit to the Parachilna Gorge Trailhead.

“
**At the finish line, Angie,
who was now undergoing
treatment, greeted us with
open arms.**
”

Her partner, Geoff Couch, who completed the walk, donated the iconic finishing banner, which has ushered End-to-Enders through the final stile ever since.

My ex-wife, and one of the volunteer bus-drivers, Sue, had thought of a fitting conclusion to our efforts. She put together a sheet with an outline of South Australia and the Trail, to which the End-to-End finishers applied painted and signed boot prints. Those who had walked with the group, but not completed, added handprints instead.

As is now tradition, we celebrated at the Woolshed Restaurant that night, and that was it — we had finally walked 1,200km, and completed the Heysen Trail!

.....
**Interested in joining a Friends of
the Heysen End-to-End Walk?**

Register either online at
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Volunteer Profile: Greg Martin

HOW LONG HAVE YOU BEEN INVOLVED WITH THE FRIENDS?

I started walking with the Friends in May 2011 when I joined End-to-End 6. Initially, I'd planned to walk only the South Coast, an aim I'd cherished for a few years. I resisted joining such a large group of walkers, but it proved the easiest option, particularly as I don't own a car and E2E6 offered car-pooling from Marion Shopping Centre. What I did discover was that public transport doesn't start early on Sundays and I needed to ride my bicycle to Marion to get there by 7am. The ride home in the dark, after a day's walk on the South Coast, was gruelling. However, I enjoyed the experience so much that I stayed with E2E6 and we completed the Trail in August 2016.

WHY DID YOU INITIALLY GET INVOLVED WITH THE FRIENDS?

I've always been impressed with how well the Friends of the Heysen Trail organise their walks. After my first Friends' walk – Cobbler Hill to Tapanappa – I went home and told Marjon my wife that despite being with such a large group, something I was sure I wouldn't enjoy, I came away impressed with how experienced the walk leaders were in guiding the group. Like so many Friends who complete the Trail, I was keen to give something back. What that might be wasn't all that clear. I don't see myself as an experienced bushwalker, and certainly not leadership material, nor the handyman skills needed for trail maintenance. At the time the Marketing & Membership Committee was looking for new members, so I put up my hand.

WHAT ARE SOME ACTIVITIES IN WHICH YOU'VE VOLUNTEERED WITH THE FRIENDS?

The Marketing & Membership Committee helps promote the Heysen Trail and encourage walkers to join the Friends. An important vehicle for that is *Trailwalker* magazine. As a former journalist and editor, I formed

an editorial sub-committee to help then *Trailwalker* editor Peter Wynen. It was evident that Peter was keen to pass on the editorship after six years. With Peter's help I took over in Autumn 2018, then held the position for two and a half years until Josh West offered to take over from the current issue.

WHAT'S YOUR FAVOURITE WALK ON THE HEYSEN?

My highlights are the Trail's bookends; the South Coast or the Flinders. I'd opt for the Flinders Ranges for its rugged beauty and colour.

“

The section I remember most vividly is Eyre Depot to Buckaringa Gorge over Mount Arden.

”

I think this walk says it all about walking in the Flinders: the deep gorge walls of Depot Creek and the 360-degree views atop Mount Arden. Not to mention the challenge of completing this 30km walk within daylight. I remember our pre-dawn start as we clambered onto the bus only to see our walk leaders coming aboard with climbing ropes. I thought, 'this is going to be a tough day's walk'.

IS THERE SOMETHING YOU'D NEVER BE WITHOUT WHEN YOU'RE WALKING?

Strangely, it would be walking poles, even though I resisted using them in the early days. I preferred to keep my walking equipment to a minimum and restrict my spending to a good pair of walking boots. Walking poles epitomised for me unnecessary consumerism. By the time we reached the southern Flinders, it was obvious the walking would be a whole lot easier and safer with them. So, I invested in a moderately-priced pair of poles; they ensured I had no mishaps through the gorges and creek beds of the Flinders.



WHAT'S A FAVOURITE WALK OTHER THAN ON THE HEYSEN TRAIL?

I'm an urban bushwalker! Most of my favourite short walks involve cities. I regularly circumnavigate Adelaide CBD around the Park Lands. My favourite city walk is in Sydney: a 7.5km Sydney Harbour walk from Mosman Bay to Balmoral Beach. You can catch the Mosman ferry from Circular Quay and disembark at South Mosman wharf. From there walk over the steep headland and down into Little Sirius Cove, named after HMS Sirius, the flagship of the First Fleet. The path leads around the headland to Taronga Park Zoo. Keep an eye out for a track leading down to Curlew Camp, once an artist colony for some of Australia's leading 19th-century artists including Tom Roberts and Charles Conder. Follow the path past the zoo wharf to Bradleys Head Lighthouse. Along the way, you pass Athol Hall, built in 1908 as a hotel with stunning views back over the Opera House and Sydney Cove. There is a lovely little café on Chowder Bay at Clifton Gardens with its sandy beach, baths and picnic grounds. Georges Heights offers 180-degree views across Sydney Harbour. If you continue on to Middle Head, you'll find fortifications dating back to 1801 and views out through Sydney Heads and north to Manly. Middle Head now has an artists' precinct in which the former wooden military houses have been converted to studios and galleries. From here you can walk down to Balmoral Beach for fish and chips. A steep climb up to Mosman Junction will burn off lunch, and buses back to the city.



The Parachilna Ochre Trail

Greg Martin reports how the Adnyamathanha of northern Flinders Ranges controlled possibly one of the oldest trade routes in the world.

Photo: Robert Alcock

The first mineral discovered and mined in the Flinders Ranges was not copper or gold, but the famous red ochre of Parachilna and the Aroona Hills.

Ochre is an iron oxide pigment naturally occurring in a range of red, brown, orange and yellow colours across Australia, and has featured in Indigenous art for thousands of years.

The Parachilna ochre was prized for its superior quality by Aboriginal tribes from central and eastern Australia, and as far north as southern Queensland. Tribal elders would send young men with a message-stick and gifts seeking permission from the local Adnyamathanha (meaning 'hills and rock people') to mine Parachilna ochre.

“

The miners devised an efficient way to carry the ochre back to their tribal lands.

”

They would mix ochre with water from the nearest waterhole or spring and shape it as a block with a slight hollow at the bottom. This would allow them to carry the ochre on their heads.

In 1863 the Chief Inspector of Police recorded meeting a party of 200 Aborigines on their way to Parachilna. These northern tribesmen took advantage of the ready supply of sheep and cattle on their journey south. The local whites generally viewed them as more aggressive and warlike than the Adnyamathanha.

The early history of white settlement in the northern Flinders Ranges is littered with reports of conflict between pastoralists and Aborigines.

White pastoralists started moving into the area in the 1850s, ten years after the explorer Edward Eyre passed through the northern Flinders in search of pastoral land.

J F Hayward, an overseer at Pekina station, east of Mt Remarkable, stocked Aroona run as early as 1851. The stock monopolised water supplies, eating native plants the Adnyamathanha had formerly harvested for seed and fruits. In his diary, Hayward recounts how he led a party of men after a group of blacks whom he believed had stolen some of his stock. He described the men as carrying children. Hayward assumed they were using them as cover in the belief the whites would not shoot at women and children. This account implies that the whites had no compunction about killing Aboriginal men.

John Bowyer Bull, in his reminiscences on a trip north to deliver sheep, recorded his surprise to find only black women. He asked the women where their men were, only to be told they were dead. 'White fellas shoot'em'.

Reports indicate that conflict between the pastoralists and Aboriginal miners visiting the Parachilna mines put a sudden stop to the ochre trade route.

In 1863 the manager of Beltana station shot three Aboriginal miners. Some reports state that many more could have been killed. Very few Aboriginal miners travelled south after this incident.

Another account in the Port Augusta Dispatch of June 1882, reported an incident 16 to 17 years earlier in which 11 Aborigines were killed outright after pillaging a shepherd's hut on Beltana station, and another 40-50 died of their wounds on their trip back north. An inquest was held with a verdict of justifiable homicide returned.

Both these reports are most likely relating to the same massacre.

The SA government tried to find solutions, including offering other sources of ochre. But these were always of an inferior quality. It demonstrated a lack of understanding of Aboriginal culture. It also failed to investigate other solutions such as insisting that pastoralists move their stock away from the ochre mines.

As Friends walk through Parachilna Gorge, we may want to pause and pay our respect to the rich history of Aboriginal ochre mining stretching back thousands of generations, and the resilience of the Adnyamathanha who, despite many pastoralists believing they would not survive, adapted to their changed environment with their traditional culture intact.

References:

1. *Yura and Udnyu: A History of the Adnyamathanha of the North Flinders Ranges* by Peggy Brock (1985) Wakefield Press, Adelaide
2. *The Flinders Ranges; An Aboriginal View compiled by Christine Davis, Clifford Coulthard and Desmond Coulthard* (1986) Aboriginal Heritage Branch, SA Dept Environment & Planning
3. *Flinders Ranges Research* <https://www.southaustralianhistory.com.au>

Want to see Parachilna first hand?

Join End-to-End -2 for a three year adventure.

Led by Dean Mortimer, Julian Monfries, Peter Solomon and Simon Cameron, the Parachilna Gorge to Cape Jervis journey begins May 2020. Registrations close 31 March. Sign up online at heysentrail.asn.au/walks and join the party.

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ASK A HIKER

Which essential hiking item would you recommend spending extra money on?



Every item on a trek should be valuable to you, but something that makes me happy on every single hike is my **hiking poles**. I specifically wanted foldable sticks with no rattles, solid suspension, cork handles and a broad top for palming on the downhills. My Leki Ti Micro Vario COR-TEC DSS poles (Australian model pictured) still work perfectly even after 2000+ km.

PLAN B

Through-hiker



If it's about comfort, it has to be your **sleeping bag**. The nights can become mighty frosty mighty quick when you're out on the trail. Either invest in a quality down bag or splash out on a silk liner. Your well-rested bones will thank me in the morning.

JOSH WEST

Ambassador



Whenever I'm out on a walk, I like to stay warm, dry and extra cozy. Items such as a **quality fleece jumper** or a **Goretex jacket** help me remain comfortable while I'm out in the elements.

COLIN EDWARDS

Trail Development



When it comes to walking, I tend to go overboard with my budget. I believe you need the best equipment to be comfortable; none more so than a sturdy pair of **hiking boots**. Currently, I have five different kinds of Scarpa boots (I have more walking boots than high heels in my wardrobe).

CAROL HOMEWOOD

Council Member



Quality sleep is necessary for recovery. After trying the supposedly comfortable lighter than light, smaller than small self-inflating style **sleeping mats**, I craved a night without tossing around with my hips crunching into the earth. Now I'm happy with my Exped Synmat bamboo hand-pump mat. Ok, it weighs 1kg and takes up a bit more space, but delivers superior insulation and padding for a much-improved sleep.

MELANIE SJOBERG

President



For overnight hikes, it is definitely a reliable **lightweight pack**. I had mine tailor-built to be 70-kilo capacity, weighing 980gms. You can't avoid carrying a bag, so you better keep it light.

SIMON CAMERON

Heysen Highlights Author



For comfort, I wear a **merino t-shirt** under my walking shirt. Quality merino lasts much longer than cheaper cotton and provides warmth in colder weather while remaining stable on warm days. On hot days, I dispense with the outer shirt and keep snug in my merino tee.

ROBERT ALCOCK

Honorary Member

Trailthinker Quiz Answers

1. St Mary Peak (Ngarri Mudlanha)
2. "Place of the Red Kangaroo"
3. 1993
4. Burra
5. Clare and Murray Bridge
6. Red, Blue, Brown and Purple
7. Tanunda Kegel Club (Tanunda Kegelbahn was established in 1858)
8. The Cedars
9. Hiking poles
10. "The Way"



A close-up photograph of a man with a dark beard and curly hair, wearing a red jacket, drinking from a clear plastic water bottle with a blue cap. The background is a bright blue sky with some clouds.

SIMON GOODWIN

Water Treatment on the Trail

Simon Goodwin from The Scouts Outdoor Centre discusses the various options for treating water in the bush.

Photo: Justin Vallario

DO I NEED TO TREAT MY WATER?

To be absolutely certain of on-trail water quality, the answer has to be 'yes'. Even in pristine landscapes, and from apparently reliable water sources, such as rainwater tanks, water-borne bacteria and parasites can enter the body and produce nasty illnesses.

While we're talking about reducing 'gastrointestinal distress', be sure to wash your hands thoroughly and often. Water treatment is often prioritised on walking adventures; however, maintaining good hand hygiene can be overlooked by thirsty bushwalkers.

FILTRATION

Filtration describes the removal of bacteria, protozoa and viruses through exclusion. The dirty water passes through barriers that remove the bad stuff (because it's too big to pass through) and only allow the cleaned water to pass. Bacteria and protozoa are eliminated by all commonly available water filters. Viruses are smaller, and therefore require a finer barrier to be effectively removed; though, they are only a risk, in the bushwalking context, where human waste is not effectively controlled.

TREATMENT

Treatment describes the process of inactivating bacteria, protozoa and viruses through the process of adding chemicals or treating the water with ultra-violet light. Both of which are used in the treatment of domestic water supply.

So let's look at the various devices and products that are available.

MICRO FILTERS

A water filtration system can remove dirt and sediment (a good thing!) as well as infection-causing bacteria and protozoa through exclusion-based processes (usually hollow fibre, ceramic, glass fibre and activated charcoal or a combination of these). Notably, most do not deal with viruses due to their small relative size.

Examples of effective, field maintainable, Micro-Filters are:

MSR Mini Works
MSR Hyperflow
MSR Trail shot
Sawyer Mini

These are a good choice for areas where there is a low risk of human waste contamination.

PURIFIERS

The key difference between a Micro Filter and a Purifier is the purifier's ability to remove viruses from the water without additional chemical treatment.

The **MSR Guardian** is an example of a purifier, which, although initially expensive, provides potentially years of worry-free water for the average bushwalker. It's self-cleaning, has a 10,000-litre element life and provides the highest quality of water, regardless of its origin.

CHEMICAL TREATMENT

Chemical treatment such as **Aquatabs** or **Micropur water purification tablets** are a convenient solution to deal with bacteria, protozoa and viruses, as a post-filtering solution for rendering viruses inactive and an easy addition if you run across an area where you suspect human contamination.

ULTRAVIOLET LIGHT TREATMENT

UV systems effectively render bacteria, protozoa and viruses inactive without adding chemicals or changing your water's taste or odour.

UV treatment is a good option for dealing with the risks that may be present in rainwater tanks for example, where the water is clear and otherwise good quality. Just remember the batteries and treatment duration!

Katadyn is a well-known and trusted manufacturer of UV Light Treatment Steripen devices.

CONCLUSION

If you intend on hiking where there is a chance of coming into contact with other humans and sanitation standards are unknown, then tablets, UV treatment or high-grade purification (as opposed to simple filtering) is a must-do option for water treatment. If you're in a pristine environment, which, let's face it, are becoming increasingly hard to find these days, then it's a matter of personal choice as to what level of risk you're willing to accept.



Eliza's 4,270km Walk for Diabetes

JOSH WEST

Photos: Eliza Bartlett



Great St Bernard Pass, Switzerland

Josh West caught up with Adelaide's Eliza Bartlett who recently completed an epic 177-day, 4,270-kilometre, 5-nation hike through Europe to raise money for Juvenile Diabetes Research Foundation.

Seven years ago, South Australia's Eliza Bartlett completed her first long-distance hike from Adelaide to Melbourne with an aim to raise money and awareness for the Juvenile Diabetes Research Foundation. Despite fracturing her feet, tearing her tendons and being hospitalised with agonising blisters, the then 21-year-old Type 1 Diabetic sensationally eclipsed her goals,

before being confined to a moon boot for the following six months.

While this prolonged torture would be enough to discourage even the hardest hiker, Eliza always harboured plans for a follow-up long-distance fundraiser for JDRF — some five times longer than her original interstate expedition.

After years of plotting a route across the USA, from Los Angeles to New York, a combination of visa restrictions, bleak weather, safety concerns and her eternal love for the game of cricket turned her attention toward Europe, and the Via Francigena Trail.

This epic pilgrimage covers over 2,000 kilometres and connects Canterbury in south-east UK, to Rome in Italy. The trail transverses iconic countryside through the Swiss Alps, Tuscany and the Champagne region, as well as historic battlefields

in Northern France. Though, most importantly, the reverse route would deliver Eliza into England in time for Australia's Ashes onslaught. From here, she 'made it up as she went along' on her way north to Royal Aberdeen Golf Club in Scotland to complete her walk.

"From Canterbury, I used a lot of Google Maps and often changed my mind to where I was going," she mused. "There aren't many trails through the UK to where I wanted to go."

“

I was just happy to go with the flow and hope everything went well. Luckily, it did.

”

The laid back Adelaide native squeezed practice walks and pilates sessions between her busy sport and work schedule, before flying into Brindisi, >

on Italy's southern extension of the pilgrimage.

"I knew that Brindisi had an airport and that it was about as far south as I could go with somewhere to fly into. I flew into the city and started walking at 8 am the next day."

Eliza's first two days trekking through Southern Italy proved to be her most difficult of the entire trail.

"I'd have cars pulling over trying to get me to jump in, or wild dogs chasing me. I changed my route completely in Southern Italy, just to make sure people were around me if anything happened. I had to make do with highways. They're pretty crazy places."

On top of these unforeseen events, a lack of available supplies in the region left her with only a pack of muesli bars to fuel her first 36 hours.

“

**For the first two days,
I couldn't find food. No
supermarkets were open.
I thought once I started
walking on the highway, I'd
at least find a petrol station.**

”

"I stayed at an Airbnb that included breakfast, but the owners had disappeared by morning, and I couldn't find any food. I knocked on doors and windows, but there was no one around."

Adding to these early problems was Eliza's hefty 22-kilogram backpack, half of which contained essential diabetic supplies including insulin, which had to be kept chilled in cooling packs; proving to be a tricky operation.

Accommodation on the Via Francigena too caused issues.

"Sometimes I would get into a town, and the place I was staying was shut, or they'd booked my room out to someone else. The next village might be 5-10 km away, and it was already 8 pm. That happened four or five times." >



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*Enjoying a break in
Italy's Aosta Valley*

On top of all of this, the inherently outgoing Eliza found that the constant isolation was the most jarring part of her journey.

"I love playing team sports, love being competitive. So, being on my own all day without the 'I need to win, I'm going to win' mentality was tough. Doing that day in, day out, for 10 hours a day for 6 months, wasn't that enjoyable for me."

Despite the ongoing challenges, she knew she would finish. While she often asked herself 'why' she was walking, there was never a doubt that she would push through the pain.

“

I've survived walking from Adelaide to Melbourne on broken bones. No matter what injury I get, I'll be fine.

”

Fortunately, the generous townspeople she encountered along the way equipped her with humbling reinforcement.

"The scenery was pretty amazing, but I probably appreciated the people the most. The support was overwhelming. People with a connection with diabetes; they kept me going. I knew I was doing it for the right reasons."

"Even in this little town in Italy. The owners of the Airbnb I'd booked obviously Googled their guests. So, when I arrived, they said they'd live-tracked me from my website and



Enjoying London's Tower Bridge

organised the mayor from the village to present me with a certificate."

"For my last night in Switzerland, I stayed at a little hostel — they were charging \$150 a night for this tiny room with three bunks. They asked if I wanted to stay for dinner. There wasn't anywhere else open in town, so I said that'd be great, but I knew it was going to be at least 50 or 60 Australian dollars. I was soon on the phone to Mum saying I can't afford

this — I think I was waiting for my tax return to come back, but it wasn't going to arrive for another week. So, I was waiting for a massive bill the next morning, and, when it arrived, it just said \$0. \$0 for courage. I met a lot of people like that."

Eliza's jaunt through western Europe included a longest day of 46 kilometres spread over 14 hours, 2 rest days from her first 100 walking days (one of which incorporated >



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Type 1 diabetes is an auto-immune condition in which the immune system is activated to destroy the cells in the pancreas which produce insulin



Eliza taking her final steps into Scotland's Royal Aberdeen Golf Club

40,000 steps visiting Rome) and a rapidly expiring holiday visa.

Since arriving back in Adelaide in October last year, Eliza has continued her fundraising and awareness work for Juvenile Diabetes Research Foundation (so far reaching \$77,596 of her \$100,000 target).

"I have first-hand experience knowing the work that JDRF does is worth every cent. In almost 18 years, I have seen the improvements in available

technology, which are making this exhausting disease that little bit easier to manage on a day-to-day basis."

For now, Eliza is content to be back in South Australia captaining the Sturt Cricket Club and playing rounds of golf at her local course, with little thought of her next fundraising adventure.

"I'll probably do something, but I don't know what that is yet. I probably won't think about it for another couple of years."

In 2019, Eliza Bartlett received a Pride of Australia Medal for her incredible walking efforts and ongoing fundraising for JDRF.

To learn more about Eliza's story, and to donate to Juvenile Diabetes Research Foundation, visit elizabartlettjdrfwalk.com

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Willunga Basin Trail – Adelaide's newest walking trail

BILL VINE

Photos: Philip Bell



Heading down a rocky ridge with panoramic views to the coast

Bill Vine describes how walking the Willunga Basin Trail provides a unique view of coast, vineyards, farmland and natural bush.

Adelaide has a new walking trail and even before its official opening on September last year, the Friends of the Heysen Trail had already walked two thirds of it!

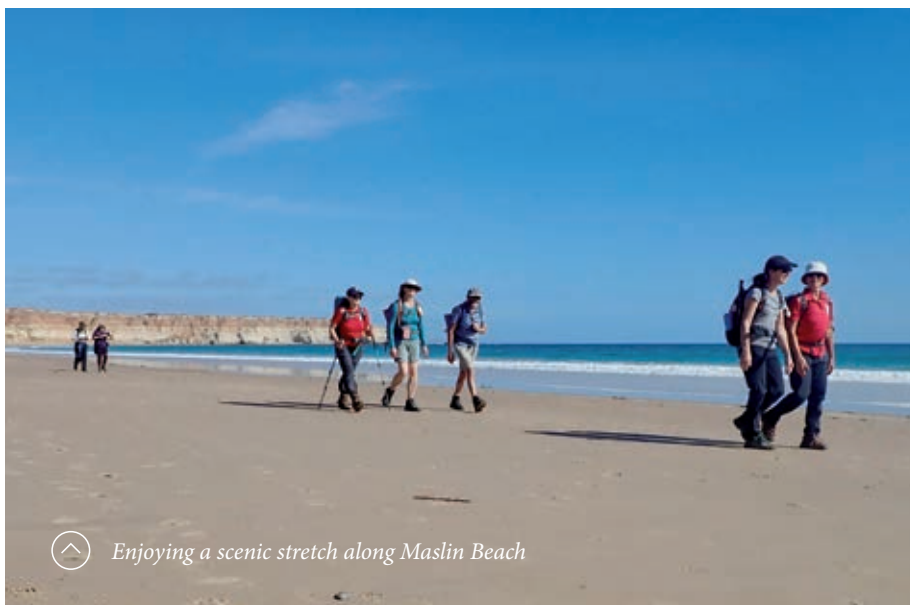
The Willunga Basin Trail consists of an inner loop of 80km, running up the coast from Sellicks to Moana, inland to McLaren Vale, up to the Onkaparinga National Park, across to McLaren Flat and Willunga and return to Sellicks via the ridge top. An outer loop from the Onkaparinga National Park to Kangarilla and onto McLaren Flat extends the total length of the trail to 130km.

Lead by Daniel Jardine and Melanie Sjoberg, about 16 walkers attempted to complete the entire trail across six Saturdays over the 2019 walking season. Unseasonably warm weather at the beginning of October caused the cancellation of the fifth planned walk leaving us something new to look forward to this year.

On our first walk last year we stepped off in beautiful April sunshine from the base of Sellicks Hill. Making our way to the sea we followed the coast path to Maslin Beach, detouring into the Aldinga Scrub for morning tea and lunch on the Port Willunga cliff top behind the Star of Greece. Along the way we enjoyed clear skies and the blue waters of the gulf along with the myriad of colours in the cliff faces. On Maslin Beach we even had a solitary nudist provide us with a friendly wave. In Aldinga Scrub we saw our first kangaroos, a portent of what was to come throughout all the walks.

The May walk started under leaden skies that soon turned to rain. Leaving Maslin Beach we walked along the cliffs and beach to Moana where we turned inland, following Pedler Creek until we joined up with the Sea to Vines Rail Trail. Once on the trail we followed that all the way into McLaren Vale before turning north again. The rain finally stopped, and the sun broke through, so we paused at Alpha Box & Dice winery for lunch. The walk after lunch along Chalk Hill Road was at times hairy but rest assured next time will be easier as members of the Willunga Basin Trail have worked hard to cut a path along the verge avoiding the worst sections.

Leaving the main road we followed back roads and lanes, wending our way north until we reached the real challenge of the day: the climb up to Chapel Hill Road. After the rain and the unwanted attention of four-wheel drivers, the track resembled a slippery slide ➤



Enjoying a scenic stretch along Maslin Beach

with two steps forward and one slide back. At the top we stopped for a much-needed rest and a chance to scrape the mud off our boots. Crossing Chapel Hill Road we entered the Onkaparinga National Park and an easy walk back to our cars.

June produced more beautiful weather and a delightful walk back down the northern face of the basin along Wine Hardy's Scrub with views across the vale. A detour into the Manning Flora and Fauna Reserve provided us with an interesting insight into the natural bushland of the region. The majority of this walk was along dirt roads and road reserves tracking around to the east of McLaren Flat, passing many wineries along the way and crossing the sinisterly named Breakneck Creek, another challenge for walkers. As the afternoon passed we gradually climbed from the floor of the basin up to the

township of Willunga, finishing at the bell-in-the-tree, followed by a well-deserved drink at the Willunga Top Pub.

Leaving Willunga in July we started the steep climb up the southern side of the basin pausing at the Delabole slate quarry and admiring the ruins of the mud brick houses, all that is left of the small community that once worked the quarry; a rare gem that we would never have known about had we not walked the trail. Climbing to Range Road we then followed the ridge line until just before Mount Terrible where we again turned south, descending the face of the basin along road reserves, through a forest and along back roads before finally reaching the aptly named Victory Hotel where we celebrated completing the inner loop of the Willunga Basin Trail.

With the first walk in October cancelled we started our last walk

at the half way point on the outer loop at the Ironbarks picnic ground in much cooler weather. Here we were on familiar ground following the Kidman and Heysen Trails 'backwards' through the Kuitpo Forest. Leaving the Heysen at Knotts Hill Road we followed back roads westerly until we reached Range Road. We then started a lengthy road walk, rewarded with views to the gulf across the vale and close sightings of koalas. Leaving Range Road we looped around to the south before rejoining the Kidman Trail through the Adams Gully Reserve, descending the ridge across farmland and rejoining the inner loop south of McLaren Flat.

“
The inaugural Friends' walks of the Willunga Basin Trail proved very popular with every walk booked out.
 ”

Due to the nature of sections of the walk the group sizes need to be limited so in 2020 we intend trying something novel: running parallel walks on the same day on different sections of the trail. We also are looking at using a minibus to shuttle both groups to the start of their walks, avoiding the car shuffle and doubling the number of walkers. And as an added bonus, we can pioneer the 'missing piece' of the walk that we missed the first time around. We look forward to enjoying the Willunga Basin Walk with you in 2020.



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GAVIN CAMPBELL

Favourite Short Walks

A Loop Walk in O'Halloran Hill Recreation Park.

Photo: Gavin Campbell

Submit your favourite short walks to the Editor

From here any number of tracks, including fire tracks, can be followed back to the entrance at Gilbertson Gully and so ends this short walk.

When we first planted the trees in O'Halloran Recreation Park, I wondered if anyone would ever see them; now with these bike/walking tracks, they can be seen by all. The birdlife also has become quite extensive. When I first used the Park, as one of my running tracks more than 20 years ago, there were hardly any birds, but now there are scores of species. It was because of these runs that I became involved in the Park. One day I took Marie for a walk, and her remark was 'it needs more trees', and so the programme began. She gets me into all sorts of experiences with her comments. One notable example was when Marie suggested I join the Millennium Heysen Trail Walk, later to be named End-to-End 1!

A word of caution as there can be snakes in the Park in warmer weather and the tracks get a bit muddy after rain.

“

Your walking is best done in the cooler months after a dry spell. The Park is exceptionally beautiful at dawn and dusk.

”

This walk is very walker-friendly, featuring plenty of signposts to tell you what track you are on, as well as maps of all the routes.

As a final comment, while walking, you might encounter a track 'Peter Haarsma's Vision'. The late Peter Haarsma was a member of our Friends' group and used to mow the bike/walking tracks with his mower, an almost unbelievable feat that deserves recognition.

My wife Marie and I go for a short walk pretty much every morning. In the summer months, this is usually a walk to the beach, as we live only a kilometre from the ocean. Occasionally, I will enjoy a leisurely coffee at either Seacliff Hotel or Jetty Road, Brighton.

However, in the cooler weather, our walks take us in and around Stirling and Aldgate, along the Torrens, Belair National Park, or any other location that takes our interest. One of these is a new Loop Walk in O'Halloran Hill Recreation Park.

Along with a few others, I have been killing weeds and planting trees for the past 20 years as part of a Friends of O'Halloran Hill programme. We have turned what was once a weed bed into a lovely little park. When we took it on, it was at the bottom of the State Government's park keep list, but recently, as a part of the new Glenthorne Park precinct, it has reached National Park status, which is a great tribute to the handful of volunteers who have worked there.

In recent years, it has become a mountain bike park with many bike/walking tracks. Thanks to the time spent tending these paths, this loop has become one of my favourite short walks.

Marie and I start this walk from home by walking up Gilbertson Gully Reserve and into the Park. For others, it's advisable to park your car anywhere along Gilbertson Gully Road. You can also catch a bus to the terminus at the top of Davenport Terrace. From here, you can enter the gate and immediately start walking along the Victor's Golf track. I queried the name – as there has never been a Victor working in the Park – and was informed it's a mountain bike rider's term, possibly meaning 'very good'.

The track is an intermediate standard bike/walking track, so it is quite a gentle incline that winds its way to the top of the hill and past the Friends' container. This leads, after a short walk on a fire track, to '50 Shades of Clay Track'. From here you can follow 'Froggo Track', which goes up the hill and past a rock that was painted green to resemble a frog. This was done soon after the Southern Expressway was opened and can be seen from that road.

.....
Do you have a favourite short walk you'd like to share? Please send your article to The Editor at trailwalker@heysentrail.asn.au



Image: Maggie Moy



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