

FREE

TR↑ILWALKER



HEYSEN WALKS

2021 Walks Programme

SOUTH COAST WEEK 2020

REALITY OF SOLO HIKING A LONG-DISTANCE TRAIL

HILTABA RESERVE: WARREN BONYTHON WALK

WALK THE YORKE IN THE YEAR OF COVID





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TRAIL AND OTHER
WALKING TRAILS**

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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: Olga Volodicheva captured this iconic shot of walkers, participating in the South Coast Walk, heading over the hill toward Inman Valley.

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

About the Friends

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Garry Fieldhouse

COUNCIL MEETING DATES

Wednesday 17 March
Wednesday 22 April
Wednesday 19 May

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His Excellency the
Honourable Hieu Van Le AC

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Kath Palyga
Richard Schmitz
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(DECEASED)**

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Jim Crinion
Neville Southgate
Doug Leane
Fred Brooks
Jamie Shephard
Terry Gasson
Glen Dow

TRAILWALKER

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Margaret Fletcher

**END-TO-END WALK
COORDINATORS**

E2E10 Judy McAdam
E2E11 John Babister
E2E12 Adam Matthews
E2E13 Vicki Barrett
E2E14 Mark Fletcher
E2E15 Mark Curtis
E2E-2 Julian Monfries

**TRAIL DEVELOPMENT
SECTION LEADERS**

S1 Albert Schmidke
S2A Roger Dunn,
Richard Bourne
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,
Peter Deacon
S11&12 Dom Henschke,
Colin Rozman, Rick Price
S13 Hugh Greenhill
(Mid North Branch)
S14-18 Arrangements
currently under review

OFFICE VOLUNTEERS

MONDAYS

Graham Loveday
Neil Nosworthy
Elizabeth Rogers
Neil Page

TUESDAYS

Valerie Boundy
Judy McAdam
Chris Porter
David Rattray OAM
Barbara Sedgley

WEDNESDAYS

Elayne Sanders
Vicki Cahalan
Gilbert Downs
Jack Marcelis
Rosemary Hayward

THURSDAYS

Erica Gordon
Julian Monfries
Judy Szekeres
David Andrewartha
Trish Bowie

FRIDAYS

Cathy Bowditch
Erika Guess
Julia McLachlan
Peter Clark

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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MELANIE SJOBERG

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Join the Friends and National Parks and Wildlife Service South Australia as we celebrate our amazing parks.

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SIMON CAMERON

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A loop walk in Mt Crawford Forest.

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 2021):

30 APRIL 2021

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 typical 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 final 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

Re-energising for 2021 – help us grow and develop

MELANIE SJOBERG



I'm feeling energised and excited about walking and working on the Trail this year. As we launch into 2021, we notch up 35 years of dedicated volunteer work keeping the Heysen Trail physically alive; promoting its existence with signage, the *Trailwalker* magazine, website and brochures; and encouraging people to walk its 1,200km. The Friends continues to value and respect all our volunteers' commitment and energy no matter how big or small the contribution.

The Heysen Trail probably wouldn't exist except for the persistence and dedication of people like Warren Bonython, Friends of Heysen volunteers and staff in the old Trails Unit within Recreation and Sport.

In 1986, a gathering of bushwalkers led to the formation of the Friends of Heysen Trail with the aim of supporting a handful of staff employed in the, then, Trails Unit to identify and mark the proposed trail.

Thanks to enthusiasm, extraordinary time commitment and solid work from FoHT volunteers, the Heysen Trail was completed in 1992 – 4 years earlier than estimated.

According to trail negotiator and developer Terry Lavender "... *that should be the Friends of Heysen Trail memorial.*" (Last Post, Bookend Books 2001 p54). In his book Terry also describes building the remarkable sand ladder over the dunes at Waitpinga: "*(being)... completed in two days the cost-saving to the Department must have been huge.*"

In the early days, the Trail had very little infrastructure beyond marker posts and plates. Our Maintenance Section Leaders were, and still are, the primary carers for signage, stiles and ensuring the Trail is cleared.

By 1995 ten old huts had been restored for walker use thanks to volunteer efforts, Adelaide Central Mission and funding from SA Department of Health. Shelters at Eagle Waterhole (Deep Creek, National Parks) and Scotts (Mt Crawford, Forestry SA) were opened in 2002.

Since that time, the Friends of Heysen Trail has vigorously advocated for and contributed to the construction of additional campsites and facilities.

During the past ten years, our volunteers have built and installed major improvements including:

- > 25 Water tanks
- > 8 Pit toilets
- > 18 Platforms
- > 1 Cabin with bunks
- > 6 Refurbished huts

The End-to-End (E2E) Walking Programme is another significant achievement of the Friends over the past twenty years with End-to-End 10 due to finish in 2021. A southbound End-to-End -2 will also commence in 2021. We can now proudly say that our walking groups cover the whole 1200km every year. Among other things, this is a helpful audit for the Trail maintenance teams as our volunteer Walk Leaders report trail issues.

In its humble beginnings, the Friends received support with office space in Pitt Street generously provided by Uniting Communities. The past five years required a shift to a more self-sufficient operating model out of Pirie Street. Despite COVID restrictions, in 2020, our office volunteers sorted and relocated everything into a larger, brighter space next door. Beyond administration, our office team is central to promoting the Trail; being frontline for phone or email inquiries about walking, distances, water, transport, accommodation and services.

In 2021 the Friends Council and Committees will benefit from renewal – it is the lifeblood of an organisation to inject new blood, fresh ideas and energy. Please make this your year to give back to the Trail and the Friends.

ADVANCE NOTICE

Time for a review of FoHT Constitution: to amend out of date clauses and ensure it is fit for purpose for many more years.

A small group will develop recommendations to bring to Council and a Special General Meeting of members during 2021. If you are interested in contributing please contact the office.

End-to-End Awards

Congratulations to the following walkers who received End-to-End awards for completing the Trail up until the **end of November 2020**.

John Armeni	Alexander Gilbert
Rebecca Bazeley	Damien Liebelt
Marguerite Carson	Joshua Vidale
	Kerri Woodcock



Register for 2021

Photo: Mark Scicluna

Eagle Waterhole hike-in hut closed through May-June

The popular hut at the Eagle Waterhole will be closed throughout May-July in 2021. The hike-in only shelter in Deep Creek Conservation Park is closed for construction. All walkers following the Heysen's route through this area, please make alternate plans for accommodation and water during this period.

Friends COVID Safe 2021

SA Health COVID Safety requires the Friends of the Heysen Trail to:

- > keep a register of members at events;
- > comply with any attendance caps in place;
- > ensure trained COVID Marshalls are a part of walks and activities.

This means members/guests must register online in advance for ALL FoHT walks, activities and events. Our office volunteers will be able to assist if you have any difficulties. You also need to use QR Code check-in or sign-in when visiting and attending meetings in the office. Let's keep everyone safe through 2021.

The Friends 2021 walking season starts soon

Are you looking to start walking the Heysen Trail from end-to-end in 2021?

Every year, a group of walkers commence a six-year journey, which includes approximately 63 individual walk days, and covers the length of the Heysen Trail. We have a new adventure starting soon! See the End-to-End Walk Programme on page 8 for more details.

2021 will see the End-to-End 15 group commence their Trail journey from Cape Jervis on the Fleurieu Peninsula and finish at Parachilna Gorge in the Flinders Ranges in 2027. Join leaders Mark, Audrey, Maria, Andrea, Leanne, Philip and Mike; we look forward to seeing you.

There is a slight deviation from past End-to-Enders; Year 1, 2 and part 3 you will now be walking on **SATURDAYS**. So, you won't have to rush home after a long day's walk to prepare for the working week (that is for those of us not lucky enough to have retired).

The first two years include about seven walks per season (May to October) at

which point we'll have reached the Cudlee Creek area.

Year 3 transitions from walking on Saturdays into weekends away. This change begins at Kapunda on the last two trips of the walking season. These weekend trips continue throughout years 4 and 5 until we arrive in Quorn.

Due to the distances required to complete each section during the final year, two week-long excursions will see us to the finish line. Don't worry, you'll be fit by then.

An optional introductory walk through Cleland Conservation Park will be offered to those who register for End-to-End 15's 'Walk 1'. Come along and get to know your fellow walkers, get some fitness and test your legs on a walk similar in length and difficulty to Cape Jervis – Cobbler Hill.

.....
Check out www.heyseentrail.asn.au/walks for End-to-End 15 walk dates and to registration. Book early, numbers are limited.

If you have any questions, drop Mark an email via HeysenEE15@iinet.net.au



Notice of Friends AGM 2021

Join us for the 34th Annual General Meeting of the Friends of the Heysen Trail.

Time & Date:

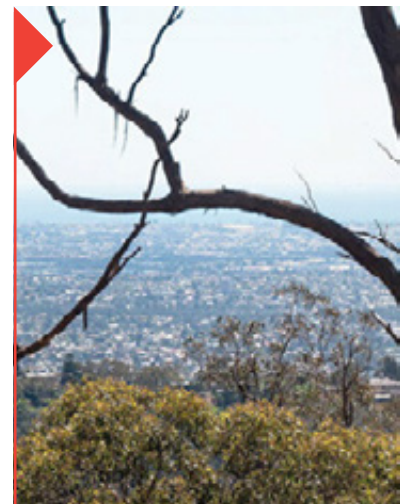
6.30pm, Friday, 19 March 2021

Location:

Woodville Bowls Club,
25 Oval Avenue
Woodville South 5011

To meet COVID safe requirements, members must register in advance on the Friends walk/event page:

www.heysentrail.asn.au/walks



Trailthinker Quiz

1. The founder of Adelaide's "Vili's", Vili Milisits, was born in which central-European country?
2. In which decade did Sir Hans Heysen die?
3. The Great South West Walk is located in which Australian state?
4. Which Australian walking trail culminates at Lake St. Clair?
5. Which South Australian coastal town hosts the Tunarama Festival?
6. The city of Adelaide is named after a queen consort to which monarch?
7. Which Heysen Trail town is sometimes called 'Little Scotland'?
8. The Tour du Mont Blanc passes through which three countries?
9. In 2015, Adelaide was recognised as a UNESCO City of what?
10. How many Conservation Parks can be found between the Scenic Hotel and the Mt Lofty Summit along the Heysen Trail?

ANSWERS PAGE 14

BLINMAN, SA

FLINDERS & BEYOND

CAMEL TREKS

Join us in 2021 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.

Walking treks fully catered. Swags and transfers included. No roads, no vehicles, no mobile reception; detach from hectic everyday life and enjoy an unforgettable experience that will create memories to last a life time.

FOR MORE INFORMATION
T: (08) 8648 3713
E: info@flindersandbeyondcamels.com.au

DEPARTING JUNE & JULY 2021 - CONTACT US FOR MORE INFORMATION

End-to-End Season Programme 2021

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
MAY	<p>E2E 14</p> <p>SUN 2 MAY Myponga - Mt Compass</p>	<p>E2E -2</p> <p>SAT TO SUN, 8-16 MAY (WEEK AWAY) Parachilna - Mount Little Station</p>	<p>E2E -2</p> <p>E2E 12</p> <p>SAT & SUN, 15-16 MAY Webb Gap - Burra Road - Worlds End</p>	<p>E2E 11</p> <p>SAT & SUN, 22-23 MAY Wirrabara Forest - Block 9 Rd - Murraytown</p> <p>E2E 15</p> <p>SAT 22 MAY Cape Jervis - Cobbler Hill</p> <p>E2E 13</p> <p>SUN 23 MAY Nuggett Rd - Mt Crawford</p>	<p>E2E 12</p> <p>SAT & SUN, 29-30 MAY Wandallah - Newwikie Creek - Dares Hill Rd</p>
JUN	<p>E2E 14</p> <p>SAT & SUN, 5-6 JUN Mt Compass - Kyeema - Dashwood Gully Rd</p>	<p>E2E 10</p> <p>FRI TO MON, 11-14 JUN (LONG WEEKEND) Buckaringa - Leigh Creek Rd</p> <p>E2E 13</p> <p>SUN 13 JUN Mt Crawford - Pewsey Vale</p>	<p>E2E -2</p> <p>SAT TO SUN, 19-27 JUN (WEEK AWAY) Mt Little - Eyre Depot</p> <p>E2E 12</p> <p>SAT & SUN, 19-20 JUN Worlds End - Wandallah</p>	<p>E2E -2</p> <p>E2E 11</p> <p>SAT & SUN, 26-27 JUN Murraytown - Melrose - Alligator Gorge Rd</p> <p>E2E 15</p> <p>SAT 27 JUN Cobbler Hill - Tapanappa</p>	N/A
JUL	<p>E2E 14</p> <p>SUN 4 JUL Dashwood Gully Rd - Mylor</p>	<p>E2E 10</p> <p>THU TO SAT, 8-17 JUL (WEEK AWAY) Leigh Creek Rd - Parachilna Gorge Trailhead</p> <p>E2E 15</p> <p>SAT 10 JUL Tapanappa - Balquhidder</p> <p>E2E 13</p> <p>SUN 11 JUL Pewsey Vale - Tanunda</p>	<p>E2E 10</p> <p>E2E 12</p> <p>SAT & SUN, 17-18 JUL Dares Hill Rd - Hallett - EE George Rd Quarry</p>	<p>E2E -2</p> <p>SAT TO SUN, 24 JUL - 1 AUG (WEEK AWAY) Eyre Depot - Melrose</p> <p>E2E 15</p> <p>SAT 24 JUL Balquhidder - Waitpinga</p> <p>E2E 11</p> <p>SAT & SUN, 24-25 JUL Alligator Gorge Road - Horrocks Pass - Broadview</p>	N/A
AUG	<p>E2E -2</p> <p>E2E 14</p> <p>SUN 1 AUG Mylor - Cleland</p>	<p>E2E 13</p> <p>SUN 8 AUG Tanunda - Kapunda</p>	<p>SUNDAY 15 AUGUST</p>	<p>E2E 12</p> <p>SAT & SUN, 21-22 AUG EE George Quarry - Spalding Rd - Chlorinator</p>	<p>E2E 11</p> <p>SAT & SUN, 28-29 AUG Broadview - Quorn</p> <p>E2E 15</p> <p>SAT 28 AUG Waitpinga - Tugwell Rd</p>
SEP	<p>E2E 14</p> <p>SUN 5 SEP Cleland - Montacute Heights</p>	<p>E2E 13</p> <p>SAT & SUN, 11-12 SEP Kapunda - Hamilton - Peters Hill</p>	<p>E2E 12</p> <p>SAT & SUN, 18-19 SEP Chlorinator - Raeville</p> <p>E2E 14</p> <p>SUN 19 SEP Montacute Hts - Cudlee Crk</p>	<p>E2E 11</p> <p>SAT & SUN, 25-26 SEP Quorn - Eyre Depot</p> <p>E2E 15</p> <p>SAT 25 SEP Tugwell Rd - Inman Valley</p>	N/A
OCT	<p>E2E 13</p> <p>SAT TO MON, 2-4 OCT (LONG WEEKEND) Peters Hill - Burra Road</p>	<p>E2E 15</p> <p>SAT 9 OCT Inman Valley - Myponga</p> <p>E2E 14</p> <p>SUN 10 OCT Cudlee Creek - The Nuggett Rd</p>	<p>E2E 12</p> <p>SAT & SUN, 16-17 OCT Raeville - Locks Ruin - Bowman Park</p>	<p>SUNDAY 24 OCTOBER</p>	N/A

Walking with the Friends

Check the online walk calendar for the latest updates to the 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 login to your account and withdraw from the walk.

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. Be aware that walks are automatically cancelled when the forecast weather on the day of the walk is for severe storms with damaging winds as per the 7pm ABC News on the day prior to the walk. Refer to abc.net.au/news/weather or bom.gov.au/sa. Your Walk Leader will send an email to all walkers to advise of the cancellation. We suggest you check your emails before leaving to join the walk.

Bushfire policy

If a Total Fire Ban is declared by the CFS in the Fire Ban District where the walk event is being held, the walk event will be cancelled. In such a case walk fees will be refunded.

Keeping track of the End-to-End Groups

E2E -2

Beginning at Parachilna Gorge in 2021

E2E 10

Dutchman's Stern Conservation Park

E2E 11

Wirrabara

E2E 12

Webb Gap

E2E 13

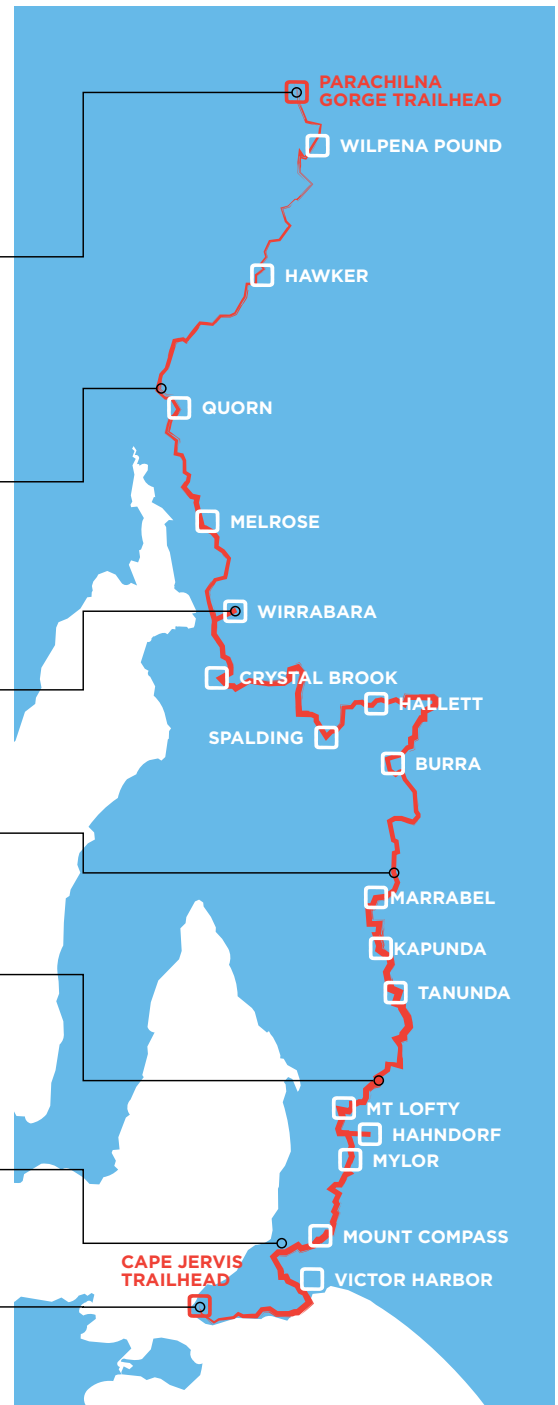
The Nuggett Road, beyond Cudlee Creek

E2E 14

Myponga

E2E 15

Beginning at Cape Jervis in 2021



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Friends Season Walk Programme 2021

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
APR	EASTER	SAT 10 APR Willunga Basin Trail Daniel Jardine	SUN 18 APR Mount Lofty Botanical Gardens Bill Van Riet	SAT 24 APR Warren Tower Hike Dom Henschke	MON 26 APRIL - SUN 2 MAY Walk the Best of the Yorke Simon Cameron
		SUN 11 APR Walk Season Opening Walking SA	SUN 18 APR Lavender Trail Greg Boundy	SAT 24 APR Willunga Basin Trail Daniel Jardine	
		SUN 11 APR Cleland - Wine Shanty Trail Dom & Marlene Henschke			
MAY	SAT 1 MAY Black Hill with 5 Peaks Mike Joyce	SAT 8 MAY Lavender Trail Greg Boundy	SUN 16 MAY Mount Misery Part 1 Peter Clark	SAT 22 MAY Parra Wirra Julie Testi	SAT 29 - SUN 30 MAY Walk the Yorke Peter Clark
	SUN 2 MAY Kuitpo Judith Ellis	SAT 8 MAY Willunga Basin Trail Daniel Jardine	SUN 16 MAY Mt Lofty/ Heysen Loop Dom & Marlene Henschke	SUN 23 MAY Onkaparinga Michael Middleton	SAT 29 MAY Willunga Basin Trail Daniel Jardine
	SUN 2 MAY Belair Loop Bill Van Riet	SUN 9 MAY Cobblers Creek Kevin Liddiard		SUN 23 MAY Lavender Trail Greg Boundy	SUN 30 MAY Mylor/Aldgate Circuit Rosemary Hayward
JUN	SAT 5 JUN Sea to Summit Paul Frost	SAT 12 - SUN 13 JUN Lavender Trail Greg Boundy	SUN 20 JUN Sturt Gorge Noeleen Smith	SAT 26 - SUN 27 JUN Walk the Yorke Peter Clark	N/A
	SAT 5 JUN Montacute CP Peter Deacon			SAT 26 JUN Pioneer Women's Trail Julie Testi	
	SUN 6 JUN Onkaparinga Judith Ellis	SAT 12 JUN Willunga Basin Trail Daniel Jardine		SUN 27 JUN Scott Creek/ Eastern Loop Rosemary Hayward	
	SUN 6 JUN Stirling/Mt Lofty Bill Van Riet				
JUL	SAT 3 JUL Willunga Basin Trail Daniel Jardine	WED 7 JUL O'Halloran Hill RP Peter Deacon	SUN 18 JUL Hardys Scrub Noeleen Smith	SAT 24 - SUN 25 JUL Walk the Yorke Peter Clark	N/A
	SUN 4 JUL Bridgewater/ Crafers Return Bill Van Riet	THU 8 JUL Onkaparinga Judith Ellis		SUN 25 JUL Mt Panorama Knotts Hill Rosemary Hayward	
	SUN 4 JUL Mt Crawford Peter Deacon	SAT 10 - SUN 11 JUL Lavender Trail Greg Boundy			

● TRAILWALKER WALKS
 ● TRAILSTARTER WALKS
 ● SPECIAL EVENTS
 ● LAVENDER TRAIL
 ● WALK THE YORKE

Version released 7 February 2021

heysentrail.asn.au/walks

Check the online Walk Programme for the latest updates and to register heysentrail.asn.au/walks

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	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
AUG	SUN 1 AUG Mack Creek Dom Henschke	SAT 7 AUG Beaumont/Cleland Mike Joyce	SAT 14 - SUN 15 AUG Lavender Trail Greg Boundy		SAT 28 AUG Cobblers to Tapanappa Mark Fletcher
		SUN 8 AUG Waitpinga Judith Ellis	SAT 14 - SUN 15 AUG Walk the Yorke Peter Clark	SUN 22 AUG South Para Peter Deacon	
		SUN 8 AUG Hahndorf Settlers Walk Bill Van Riet	SAT 14 AUG Cape Jervis to Cobblers Mark Fletcher		MON 30 AUG - THU 2 SEP Fleurieu to Mt Lofty John Babister
		SUN 15 AUG Mt Crawford Peter Deacon	SUN 15 AUG Warren Tower Loop Rosemary Hayward		
SEP	SUN 5 SEP Horsnell Gully Mike Joyce	SAT 11 - SUN 12 SEP Walk the Yorke Peter Clark	SUN 19 SEP Gandys Gully Simon Cameron	SUN 26 SEP Lobethal Bushland Park Dean and Mary Cartland	N/A
		SUN 12 SEP Anstey Hill East Kevin Liddiard			
		SUN 12 SEP Brownhill Creek Robin Sharland			
OCT	SUN 3 OCT Stirling/ Mt Lofty Bill Van Riet	SUN 10 OCT Highbury Aqueduct Kevin Liddiard	SAT 16 - SUN 17 OCT Walk the Yorke Peter Clark	SAT 23 OCT Trail Rambler Orchid Walk Phil Bell	SUNDAY 30 OCTOBER
		SUN 10 OCT Mt Hayfield Robin Sharland		SUN 24 OCT Sturt Gorge Noeleen Smith	
				SUN 10 OCT O'Halloran Hill Simon Cameron	

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For the months of April, May, June and August in 2021, walks from the Friends Walks Programme coincide with NPWSSA's Park of the Month Programme. Come for a stroll and help us celebrate these wonderful parklands.

Register for a walk either online at heysentrail.asn.au/walks or by phoning the office on 8212 6299.

Park of the Month is a great way to gain a deeper understanding of our special natural places and to find new ways to enjoy them. Each month NPWSSA provide a variety of events for everyone to enjoy.

MARCH ▼
Mt Lofty Precinct (Cleland CP/WP & Mt Lofty Gdns)
APRIL ▼
Fleurieu Peninsula Parks (Deep Creek, Onkaparinga River, Myponga Reservoir, plus others)
SAT 10 APR Willunga Basin Trail Daniel Jardine
SAT 24 APR Willunga Basin Trail Daniel Jardine
MAY ▼
Murraylands Parks (Ngarkat, Kinchina, Brookfield)
SAT 8 MAY Monarto-Bondleigh Rd Greg Boundy
JUNE ▼
Mt Remarkable/Southern Flinders Precinct
SA/SU, 26-27 JUN M'town - Alligator Gorge Rd E2E 11
JULY ▼
Northern Eyre Peninsula (Gawler Ranges, Nullarbor & Cuttlefish Coast Sanctuary Zone)
AUGUST ▼
Barossa Parks (Para Wirra, Warren, Hale, Kaiserstuhl, Sandy Creek & Sth Para Reservoir)
SUN 1 AUG Mack Creek Dom Henschke
SUN 8 AUG Tanunda - Kapunda E2E 13
SUN 15 AUG Warren Twr Loop Rosemary Hayward
SUN 22 AUG South Para Peter Deacon
SEPTEMBER ▼
Glenthorne Precinct (Glenthorne NP, O'Halloran Hill, Hallett Cove, Marino)
OCTOBER ▼
Ikara-Flinders Ranges NP
NOVEMBER ▼
Limestone Coast (Naracoorte Caves, Tantanoola Caves, Piccaninnie Ponds)
DECEMBER ▼
Eastern Kangaroo Island Parks (Lashmar, Baudin, Cape Willoughby)

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SIMON CAMERON

Cape Jervis Acknowledgement

Photo: Philip Bell

Simon Cameron from the Friends Reconciliation Committee acknowledges the traditional custodians of our land.

The Heysen Trail is a wonderful journey through South Australia's landscape. At Cape Jervis, the Friends of Heysen acknowledges the crossover of two Aboriginal language groups – the Ngarrindjeri and Kurna. Both cultures incorporate the Cape in their Dreaming stories.

The Ngarrindjeri tell a creation story of Ngarrindjeri's search for his two wives, carving the length of the Murray River in his search and finally catching them crossing the then broad valley of Backstairs Passage. It was Ngarrindjeri who was responsible for the inundation and stranding of the two women as islands, later named by Matthew Flinders as the Pages. The story traces the rising sea levels after the end of the last ice age 10,000 years ago.

The Kurna recount the epic tale of Tjilbruke, carrying the body of his dead nephew from Warriparinga (River Sturt at Bedford Park) to the Cape Jervis cliffs, creating freshwater

springs along the way, including Kingston, Myponga and Yankalilla. His journey mapped all of the important campsites along the peninsula.

In acknowledging both traditional custodians of the Cape, Heysen walkers should reflect on the historical record, as well as the dreaming tales.

“

The Ngarrindjeri Dreaming can be found on the storyboards stationed at the beginning of the Trail.

”

Both groups had already felt the arrival of white man long before 1836. Matthew Flinders' reports and maps were first made public in Sydney in 1802. They resulted in the opportunistic arrival of sealers and whalers soon after. No detailed accounts survived, but tales of abducted aboriginal women make it into early colonists' accounts.

The Ngarrindjeri suffered severely, judging by their reaction to Captain Collett Barker's unwelcome arrival at the Murray Mouth in 1822. *"The naked explorer, having swum the River, was unceremoniously dispatched, and his body thrown into the surf"*.

Indigenous custodians

The Heysen Trail passes through Country of seven traditional owners: the Ngarrindjeri, the Kurna, the Peramangk, the Ngadjuri, the Nukunu, the Banggarla and the Adnyamathana.

Excerpt taken from 'Heysen Highlights. Companion Guide to the Heysen Trail' by Simon Cameron.

Smallpox scars were reported in both Aboriginal groups by the earliest colonists to South Australia, presumably transmitted from the eastern colonies along the River Murray. Other contagious diseases are likely to have followed the same transmission route.

There is no way of counting the deaths, but given the high mortality rates of diseases like smallpox and measles in native communities, it begins to explain why the first colonists estimated that the Kurna only numbered three hundred individuals. Even assuming that many of the Kurna were wisely avoiding contact with the new arrivals, the population numbers are still low due to epidemics.

So, when the Friends head off westwards from the Cape Jervis Trailhead, we can reflect on the heavy toll of colonisation on the traditional custodians of the land.

What is your favourite international walking trail?

ASK A HIKER

Photo: Joe King



The **Maltese Cross Walk** in the Cederberg Wilderness Area, South Africa. This trail is dominated by many natural rock formations and sculptures through its hills and valleys. The Maltese Cross takes about 3 hours including a break at the rock formation. Allow 4 hours if you take it slowly (7km). A beautiful walk, but tiring on a hot day.

CHRISTINE PORTER

Office Volunteer



I thoroughly enjoyed the **Tour Mont Blanc highlights tour**, climbing up and over all the passes provided challenging climbs, with amazing vistas of the Alps and the deep settled valleys. Such different country than we can find in Australia.

ROBERT ALCOCK

Honorary Member



The **Wicklow Way**, Ireland (pictured). The local company that organised the walk for us were great. I loved the Irish accents, craic and September's blackberry season!

DOM HENSCHKE

Office Chair



Lycian Way in southern Turkey has 560km of mountains, coast, working villages and a rich history with centuries worth of resisting occupation from Romans, Persians and Greeks. We took in 110km over 6 days staying in pensiones. The trail featured Phaselis – remains of a city from 700BC; Tekirova, lined by grey pebbled beach and market gardens; and Olympos, a swampy nesting ground of loggerhead turtles.

MELANIE SJOBERG

President



In 2019, I walked the **Camino de Santiago** from Saint-Jean on the French border all the way to Finisterre on the coast. After 2 months of predominantly isolated walking on the Heysen (some 9 months earlier), the inviting nature of the pilgrims and the generosity of the Spanish townspeople added a communal perspective to my previous solo hiking experiences.

JOSH WEST

Trail Ambassador



The **Kokoda Track** has had the biggest impact on me. It was indeed challenging, but it was the region's history, and the appreciation of the hardships of our troops that left a profound and lasting impression.

JUDY MCADAM

Walk Leader



While the Coast to Coast is the iconic walk in the UK, I think the **Cotswold Way** would be my choice. A walk along the Cotswold Hills from Chipping Camden to Bath via Cheltenham. Continuous views over Gloucestershire to the Welsh border, with the finale in Bath, Somerset with its Roman baths and the fine Georgian architecture.

JULIAN MONFRIES

Secretary

Trailthinker Quiz Answers

1. Hungary
2. 1960's (2 July 1968)
3. Victoria
4. The Overland Track, Tasmania
5. Port Lincoln
6. King William IV
7. Greenock, Barossa Valley
8. Switzerland, Italy and France
9. Music
10. Three (Giles, Horsnell Gully and Cleland)

Volunteer Profile: Tai Lim



HOW LONG HAVE YOU BEEN INVOLVED WITH THE FRIENDS?

I've been a member of End-to-End 9 for six years, having also completed walks with End-to-End 10 and 11. Having worked hard all my life, joining a walking group with the Friends in my retirement seemed ideal.

WHY DID YOU INITIALLY GET INVOLVED WITH VOLUNTEERING AT THE FRIENDS?

I wanted to give back, but I wouldn't have made a reliable leader with my few map reading skills, so I thought helping out in the maintenance shed would be a great way to contribute.

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

I love learning new skills; not to mention working with the big saw and the welder. In fact, the whole shed celebrated my welding efforts. I would also be open to offering assistance on

field days; talking about the Heysen Trail and contributing in the kitchen if needed.

WHAT'S YOUR FONDEST MEMORY ON THE HEYSEN?

In 2019, walking with End-to-End 9, we came across Mayo Hut, near Black Gap. It was the perfect remote setting with rock formations and the only place in a long time that actually had water! A full Mernmerna Creek was thrilling to see together with the whole group.

WHAT IS YOUR FAVOURITE HEYSEN TRAIL TOWN/REGION?

The Melrose Caravan Park and the Quorn Eco Van were both beautiful and clean.

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

The most valuable equipment I've purchased are my top-quality hiking poles. Along with my glasses, these ensure I can chase the walk leader.

WHAT ARE SOME OF YOUR FAVOURITE WALKS ASIDE FROM THE HEYSEN TRAIL?

I have completed lots of walks around Australia, but the toughest was Travis Sabine in New Zealand's south island – on top of completing the Heaphy Track over 5-6 days. I have also walked in the Snowy Mountains many times, camping overnight for 5 days at a time. I have completed the Pioneer Women's Walk and several walks around Broken Hill. I loved Mt Bogong and Mt Feathertop in Victoria, having scaled both with friends.

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Photos: Olga Volodicheva

South Coast Week 2020

ADAM MATTHEWS

After two years of contemplation and preparation, Adam Matthews reports on the organised group walk along the Heysen Trail's south coast.

The idea of an organised week of walking along the coastal stretch of the Heysen Trail was first considered in 2018. Walkers who had joined End-to-Enders further north had mentioned this secluded section had been difficult to manage as individual one-off day walks. So, in October 2020, after more pondering, and then planning, the idea became a reality.

As the cars and bus appeared through the fog at Cobblers Hill, the forecasted gloomy weather was front of mind. Strong winds, rain and chilly temperatures were not what we had expected from spring-time October.

Walkers from across the state (and even a couple from over the border) joined us on the Fleurieu Peninsula; unfortunately, due to COVID-19 restrictions, several interested walkers were forced to withdraw.

The remaining numbers were made up by seasoned Heysen walkers who wanted to experience this magnificent coastline stretch again. Upon reboarding the bus, hand sanitiser was deployed, and face masks were fastened before we disappeared back through the mist.

Starting off in dry, but dismal, conditions, we endured just about every weather scenario over the seven days. The rain set in around lunchtime on Day 1 and continued into the night, making for a very damp start. While on Days 2, 3 and 4, the group encountered intermittent showers and strong winds; though the sun did make a welcome appearance every now and then.

“
**On adventures like these,
small moments create
an exceptional experience
for us all.**
”

The 48mm that fell on Day 1 halted proceedings on Day 2. The gushing Deep Creek Waterfall was deemed impassable, so our walk came to a temporary end at Trigg Campground. Fortunately, our back up driver was able to ferry us back to Tappanappa,

◀ Main: Adam Matthews helping walkers wade through a river crossing.

then return with more cars to complete the day's trek. Over the next 2 days, the creek crossings were tricky but do-able, and everyone in the group took them in their stride. However, a Scout we met at Coolawang Creek wasn't so lucky, having fallen in the swirl and soaking himself from head to toe. From the scattered debris washed up around the edge of the creek, it was clear that the water was at least 50cm higher a few days ago; luckily, it fell as quickly as it rose.

I had hoped for a sunny walk from Waitpinga to Kings Beach, so walkers new to the Heysen Trail could experience the impressive landscape in all its glory. Fortunately, the ▶



⤴ Walkers enjoyed the few patches of sunny weather over the week.

weather obliged; a gentle breeze and blue skies complemented this final stretch of spectacular coastline before heading inland toward Inman Valley.

From the moment this group came together, strong bonds grew. By the end of the week, it was as we'd all been together for years. On our rest day, following our group dinner in Victor Harbor, I'm certain it would have been a late booz night if we didn't have to walk the next day.

“

As with all Friends trips, the journey was volunteer-led, and everyone received great enjoyment from helping out.

”

On adventures like these, small moments create an exceptional experience for us all. A number include: after being prompted by Russell, we sang Happy Birthday to Wanda – a beautiful sentiment, aside from the fact there wasn't a Wanda in the group. Two walkers also had their boots fall apart; only cable ties and gaffer tape held them together for the rest of that day's trek. Another group member became separated by a flock of sheep; luckily a brave Tailend Charlie came to their rescue. And last but not least, celebrating walkers who overcame health issues to be there with us on the Trail.

Judging by the group's enthusiasm and requests for more of these kinds of walks, this week proved to be a huge success. As with all Friends trips, the journey was volunteer-led, and everyone received great enjoyment from helping out. And, to all the walkers who joined us for the week, thank you for making it a memorable one. I look forward to (hopefully) seeing you for Stage 2 soon.

A big thank you to the coordinator John Babister, fellow leaders Robin Sharland and Peter Deacon, and back-up drivers Mark Curtis, and Danny and Karen Reynolds.

Welcome New Members

The President and the Council would like to extend a warm welcome to the following 84 members who have joined the Friends since the last edition of *Trailwalker*.

Sara Bayha	Douglas John	Jo Molsher	Peter Schwetlik
Kathryn	Francis	Melanie	Douglas Shaw
Bickerton	Peter Frankis	Montgomery	Jenefer Silcock
Douglas	Jessica Freund	David	John Skirrow
Bickerton	Cobie George	Montgomery	Tania Slack
Peter Boyle	Chris Green	Jo Morley	Johanna
Libby Brown	Nicole Green	Katie Morrison	Somfleth
Coral Campbell	Tonina Harrison	Perry Mowbray	Matthew Stobart
Cheryl Clonan	Sandra Hart	Sandi Mowbray	Tanya Stul
Zoe Clonan	Phillip Hill	Eric Moyle	John Taylor
Wayne Clonan	Leonie Hill	Tina Penna	Frances Tolhurst
Jarad Clonan	Trevor	Tracey Perkins	Bernard Victory
Cheryl Croll	Hoffmann	Sam Perkins	Manuela Vida
Louise Cryans	Alison James	Jack Perkins	Kerry Vines
Matthew Daniell	Ian James	Tom Perkins	Rosemary Wallis
Thomas Doman	Elise Kamleh	Emma Perkins	Mary Welch
Jan Ellis	Michael Lane	Donna Peters	Nadine White
Clare Ellis	Michele Lane	Jaime Pooley	Pamela Wicks
Luke Ellis	Michele Lucas	Cate Price	Roger Wicks
Grace Ellis	Paul Lucas	Victoria Riggs	Leonie Wood
Hope Ellis	Chris Mason	Basia Samcewicz	Teresa Yeing
Judith Fabry	Ray McKinnon	Madison	Jack Young
Kim Filipsons	Isabel Michell	Sandeman	Douglas Young

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Josh making his way through a windy channel in Caroona Creek Conservation Park.

Photos: Josh West

The Reality of Solo Hiking a Long-Distance Trail

JOSH WEST

Heysen Trail Ambassador Josh West explains that long-distance hiking will change you, whether you like it or not.

The date was October 10, 2018 and I had just completed my 58th day of hiking South Australia's long-distance Heysen Trail. With my tent frantically flapping around me from Cobbler Hill's fierce winds, I decided to spend my final night scribbling down my thoughts from the journey. My initial internal inquiry read: *'have I changed?'*

I pondered the gravity of the question. *Does anybody truly change? And if they do, how can you tell?* The sentiment seemed overly presumptuous; I ran a line through the text and moved on.

A month later, in desperate need of on-trail nostalgia, I relocated my

notepad and began flicking through its crumpled pages. Before long, that disregarded question reappeared. After weeks of contemplation and a mild bout of Post Trail Depression, I realised that I had indeed changed, and in ways I could have never imagined.

I only left civilisation for eight weeks, but that comparatively short period triggered the most profound transformation of my life. I developed more in those eight weeks than the previous 800.

LIFE ON A LONG-DISTANCE TRAIL IS A PARADOX

Walking 1,200 kilometres over 59 days was never meant to be easy, and the Heysen Trail certainly lived up to those expectations. While there were countless moments of heart-swelling inspiration, much of the journey required plonking one foot tiresomely in front of the other, stretching every aching muscle and eating mush. I learned very early on, a solo walker must be built for attrition.

The dynamic journey through South Australia's regional bushland, sweeping pastoral land, mountainous ranges and pristine coastline threw up challenge after challenge for a first-time long-distance hiker. However, the first week was by far the worst. Constant stress on my hips, legs, butt, back and neck, plus the sense I was 'venturing into the unknown', were all exacerbated by an acute sense of isolation. Every morning, loud groans and muffled expletives would come muttering from my tent as my body discovered new aches from the day before. But soon, this distress oddly shifted to a type of comfort.

I grew accustomed to the early mornings, the long distances, the heavy pack, the bland meals, the regular aches and the mindless solitude. Each difficulty was a part of my journey; I carried them as much as they carried me. They were no longer inconveniences; they were indispensable assets to help me achieve my goal. >

THE INEVITABLE POST-TRAIL STRUGGLE

As so often happens to hikers after completing a journey of this magnitude, I retreated into a post-trail-slump once I arrived back to ‘normality’. The ‘reverse culture shock’ I encountered following this perspective-shifting experience left me feeling oddly misplaced in my usual suburban surroundings.

The day after completing the Trail, I found myself idling at home, walking back and forth to the fridge, gazing mindlessly at the TV guide and foraging through emails, as if nothing had changed. But, so much had changed — most notably, my view of the world. A long-distance hike is so far removed from society’s norms, that processing the whole experience, comparative to ‘everyday life’, is almost impossible; it was as though I’d seen too much. Ignorance was indeed bliss — but now, the filter was gone.

After spending two months noticing the simplicity in nature — morning dew on spider webs, features in mountainsides, different bird calls — I recognised similar, albeit much gloomier, patterns when I returned to civilisation. As a result, I questioned humanity’s place in the natural world. Why are certain groceries in the supermarket wrapped in plastic? Why do people continuously buy bottled water? Why does everyone on commercial radio shout? How is ‘Love Island’ an actual TV show (that one still confuses me)? And when did we get to the point that society accepts or even applauds mundanity and waste? I felt helpless and overwhelmed. What was going on?



Another kangaroo encounter after leaving Inman Valley on Day 55.



THEN THERE WERE THE PHYSICAL ADJUSTMENTS

The lost sleep that I had yearned to recover, after stepping out the other side of Cape Jervis on Day 59, was not forthcoming. My body clock rang clamourously loud at six o’clock every morning, while my aching legs, which had grown accustomed to walking 20-odd kilometres each day, twitched restlessly without the regular extensive exercise.



It would be some weeks before my body and mind fully readjusted, and I could process the contrasting lifestyles.



Then, my immune system finally packed it in and brought on the worst head cold of my life. Two months of

snot had congealed in my sinuses, and a thumping congestion-induced headache became my new routine.

It would be some weeks before my body and mind fully readjusted, and I could process the contrasting lifestyles.

MANAGING POST TRAIL DEPRESSION

Be aware, if you’re planning to tackle a long-distance trail, you may feel out of place when you return. At first, everything might seem the same, but as you try to settle back into your place in the world, you may find that your position has shifted.

Gone are the days of eating guiltless calories, peaceful solitude and bountiful hours to just think. Instead, you’re faced with society’s sedentary lifestyle, countless responsibilities and constant noise. You may feel a loss of purpose or interest, a decrease in motivation or unyielding nostalgia for the Trail. >

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Whatever the case, know that you will come back changed, and it won't be easy for your loved ones to understand.

If you start to feel yourself slipping into a depressive state, seek guidance. It might not seem that anybody understands, but Post Trail Depression is common amongst long-distance hikers, and professional advice exists. If it's urgent, call Lifeline Australia on 13 11 14.

“

Remember all of the positive aspects the trail taught you—trust me, there will be many

”

On top of seeking help, there are several ways to move past Post Trail Depression and begin integrating back into society; these include connecting with fellow hikers, staying active, continuing to experience the wild and giving back to the trail that changed your life. But, most of all, it's important

to remember all of the positive aspects the trail taught you—trust me, there will be many.

IF LONG-DISTANCE HIKING IS SUCH A PAIN, WHY DO IT?

Notwithstanding the on-trail and post-trail blues, hiking the Heysen Trail is the best thing I've ever done. Period.

I was asked several times immediately following the hike, whether I would 'do it' again? At the time, as I suffered through my slump, I dithered in response. *Would I put myself through the pain of a long-distance trail again?* Now, my answer is an unequivocal 'yes, when are we leaving?'

Every day I fought exhaustion, fatigue, hunger, isolation and monotony, and every day I won. Every day I was challenged in unforeseen ways, and every day I improved myself—that perpetual sense of accomplishment feels euphoric. The hardships of the journey are a vehicle to this elation.

And let's not underestimate the effects of 8-12 hours of daily exercise, unprecedented amounts of vitamin D and South Australia's spectacular natural backdrop have on your wellbeing. It's no surprise my endorphins were flowing, and my inspiration was constantly high.

EPIPHANIES AND LIFE-LESSONS WERE ENDLESS

Every single day on the Trail, I learned something new about myself and expanded my view of the world. After all, much of the time, I didn't have anything to do but think. I learned to take the positives out of everything, stay better in-tuned with my body, not sweat the small stuff and appreciate every little convenience (can I get an Amen for plumbing?). But, most of all, I exchanged my search for enjoyment for a desire for fulfilment.

For most of us, life is very accessible, and it's easy to bypass long-lasting fulfilment in the search for short-term ➤

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 This merry group of hikers joined Josh for a fundraising walk from the hills of Greenock to Tanunda.

satisfaction. This life-lesson was never more exposed than on Day 51 when I enjoyed a few quick slices of leftover trail angel-delivered pizza for breakfast, instead of diligently preparing my usual bland porridge. As a result, my body felt so depleted throughout the day that the seemingly short 15-kilometre stretch took a gruelling seven hours to complete; my concentration and momentum were drained. While I may have been sick to the gills of masticating mush each morning, the energy and nourishment it provided was the best thing for me. Lesson learned.

MY JOURNEY FELT FAR FROM A SOLO HIKE

I know my Heysen Trail adventure might have seemed like a 'solo hike', but this could not be further from the truth. Yes, days went by without seeing another soul, but I knew I had hundreds of supporters trumpeting my every step.

Throughout the trek, I savoured the encouragement of dear family, close mates and countless new friends who continually reinforced my mission by generously donating to Black Dog Institute. On top of this, there were my beautiful trail angels who contributed delicious meals, snug accommodation and sanity-saving conversations on the road. Each and every one of you has my eternal gratitude.

SO, WHAT DID I ACHIEVE?

Other than growing a horrifyingly ginger beard, what did I actually accomplish? Immediately following the hike, it seemed like nothing of any great consequence. I withered myself thin, drank contaminated water, lost my rain jacket, ruined a bunch of technology, mangled my ankle, had

my belongings stolen, carried an oafishly heavy bag for 1,200 kilometres and spent 59 days walking a trail that could have been driven in one.

And yet, as I looked deeper, my Heysen Trail experience was unquestionably the most rewarding of my life to date.

Over the two-month adventure, I'd strengthened my resilience, bolstered my physical conditioning, straightened my white-collar posture, captured South Australia's stunning natural beauty, reconnected with lost mates, organised a community event, created a strong relationship with the Friends of the Heysen Trail, opened lines of communication for people

suffering from mental health issues and, the piezoresistance, raised an expectation-shattering \$12,000 for the Black Dog Institute — an incredible achievement for everybody involved.

I achieved more for myself and others on this adventure than I ever dreamed possible. And while South Australia's astonishing landscapes provided an unforgettable backdrop, it was the community's incredible kindness and steadfast support that amplified this truly memorable experience.

.....
 View the original article online at www.trekkingwest.com



 @aaronharrisonimages

Want to become an Instagram curator?

Best of Heysen on Instagram

Mayo Hut under the Milk Way captured by [@aaronharrisonimages](https://www.instagram.com/aaronharrisonimages)

Are you a regular Instagram user? Ever thought about testing your eye as a curator? The Friends are calling for volunteers to help run our Instagram page [@heysentrailfriends](https://www.instagram.com/heysentrailfriends). Contact the *Trailwalker* Editor at trailwalker@heysentrail.asn.au



*Dorothea and Fran
enjoying being the sole
occupants at Berry Bay.*

Photos: Ruth Rice

Walk the Yorke in the Year of COVID

RUTH RICE

After a year of stifled plans, Ruth Rice and the rest of her 'three musketeers' tackle South Australia's Walk the Yorke trail.

With holiday plans in disarray, including our planned four-week adventure on the Bibbulmun Track, our eyes turned toward a local long-distance trail; Walk the Yorke on the Yorke Peninsula. We had known about the 'Yorke' since its inception but had never considered walking it.

We have trekked many such trails in the past, and thoroughly enjoy the zen nature of multi-day walking, but we had heard differing reports of an uninspired track around the peninsula. How incorrect they were!

We will be firmly setting any naysayers straight about the Walk; it is wonderful, varied, and so close to Adelaide. We have completed the entire Heysen Trail more than once, and, I'm confident in saying, this walk is right up there with it.

PREPARATION

Preparation for the trail was surprisingly easy to arrange. Into the cars went the tent and camping gear;

we then made a few caravan park bookings, reserved one lovely bed and breakfast apartment in Warooka, plus another booking in Dhilba Guuranda-Innes National Park, and we were set for three weeks. We drove over with two cars to shuttle at the start and end of each day's walk (carrying only a day pack was a nice change).

We downloaded the Guthook app (the Walk the Yorke trail can be purchased separately or included as a part of the Australia/NZ package). The app helped calculate our daily distances and showed us where to go whenever navigation became tricky (which wasn't often). We also downloaded paper maps from the Yorke Peninsula website www.visityorkepeninsula.com.au. >

THE WALK

Being familiar with the peninsula's east coast from numerous family holidays, we decided to explore the track from north to south, in an anticlockwise direction, starting in Moonta Bay. We set up our base at the recently upgraded Port Hughes Caravan Park and walked the first 4km that day, in what was a foretaste of the delights to come.

“

We spent hours bird-watching, taking photos, and examining bountiful wildflowers, shells and the occasional beached jellyfish.

”

The next day was projected to be 23km and began with a long car shuttle via Tiparra Springs Road, then a walk across sand dunes to access the trail on the beach. Beach walking was

lovely until one of us (too far in the lead to remonstrate with) decided to take a shortcut across Tiparra Bay at low tide. *"We'll save heaps of time.... it only looks like there's water out here"*; needless to say, we ended up wading through knee-high water. Then, the other of us became stuck in quicksand when they tried to make it back to dry land. There's always an adventure somewhere. As compensation though, we saw our first white-fronted chat soon after.

Access became easier after 'The Gap', and we averaged approximately 12km a day. Not long distances, but each day was full. Car shuttles took time (one disadvantage of not carrying full packs end-to-end), and we spent hours bird-watching, taking photos, and examining bountiful wildflowers, shells and the occasional beached jellyfish.

We were quickly entranced by the Walk (aside from a couple of days marred

by poor weather), but even those were of some interest. We swiftly learnt to check the wind direction, then decide whether we would walk south to north (later east to west) or vice versa. High winds saw us abandon our tent (which more closely resembled a hot air balloon at one stage) for a cabin at Port Rickaby. Our thanks go to the off-duty Park Managers – we're sorry for interrupting your evening off.

“

Corny Point Caravan Park was another excellent find, one we have already recommended to friends.

”

Walking in October/November allowed us to observe a variety of migratory birds, and a few lovely bush tracks varied our walk allowing us to recognise flowers, and, further south, orchids. >

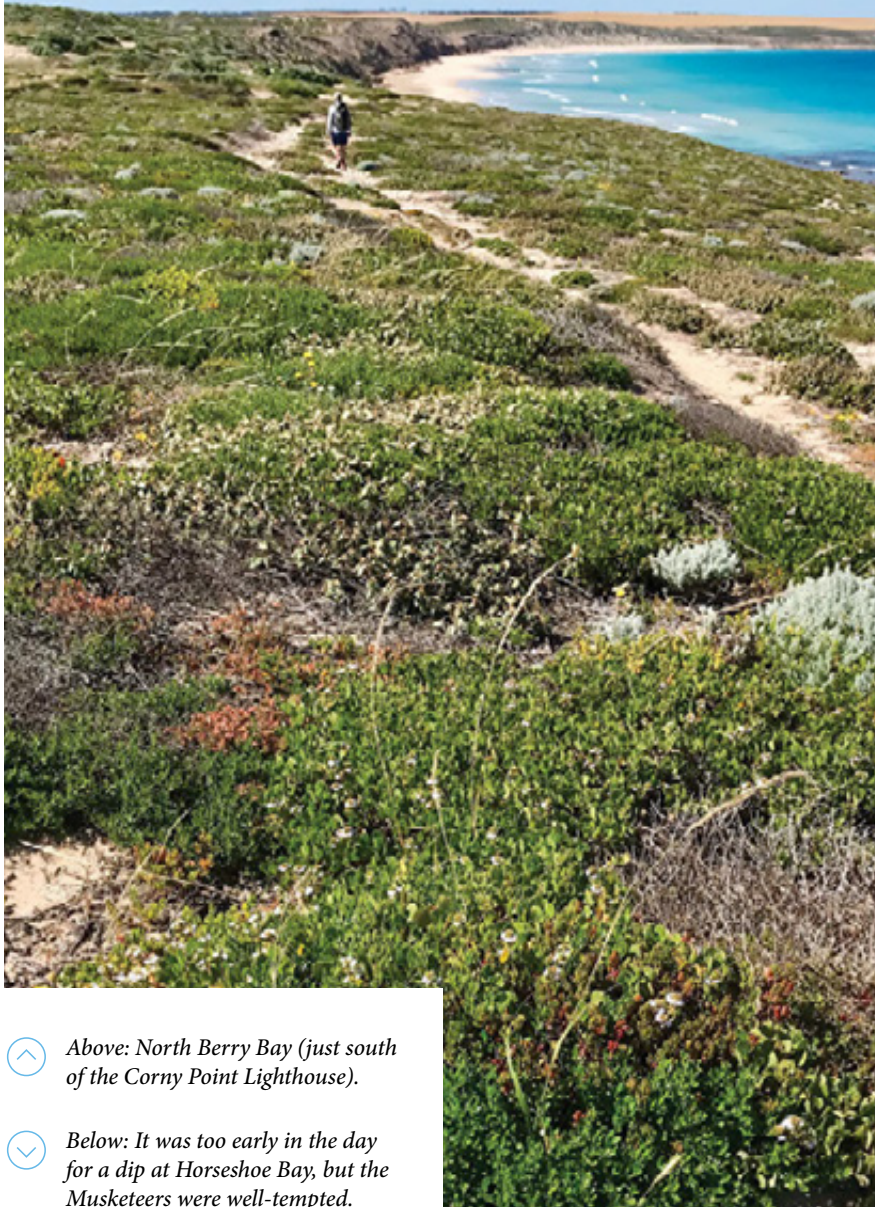


I suggest walking the section north of Port Victoria (from Wardang Rd to Chinamen Wells Rd) at dawn or dusk to see southern hairy-nosed wombats. Their burrows were a highlight in this section.

Watch for ticks along the south of Yorke Peninsula; I wasn't careful enough and copped three – starting north of Corny Point, and then again through Innes National Park. Be careful.

We documented the best campsites to revisit (or tell family and friends about), the beaches that looked suitable for the grandkids, and our favourite sections of the trail.

Purchase an official set of maps to help work out trail access, particularly helpful in the somewhat inaccessible Port Hughes to Balgowan section.



⤴ Above: North Berry Bay (just south of the Corny Point Lighthouse).

⤵ Below: It was too early in the day for a dip at Horseshoe Bay, but the Musketeers were well-tempted.



Our friend Fran joined us at Warooka (thanks Lynn for allowing us the extra night when the weather turned foul again). Our 'Three Musketeers' group was complete. We loved dipping into the local history at Warooka and enjoyed a delicious meal in the local hotel.

Corny Point Caravan Park was another excellent find, one we have already recommended to friends. The grounds had a great selection of unpowered sites and a stellar camp kitchen for quite a small park. We will be back when we complete the 30km we missed after Point Annie.

Walking over the next few days was increasingly spectacular; though, we did mourn the contemplative nature from our first 12 days. Travelling east to west toward the lighthouse, the signage from Lighthouse Bay Road pointed up over sand dunes, until the track disappeared. We made our way down to the beach but felt that the dunes should not be receiving traffic here (mind you I'm not sure that much traffic has been through that way for a while). Again, the signage immediately south of the lighthouse disappeared (Guthook showed the trail following the dunes, but I think this may have been altered). We then made our way down to the beach (Berry Bay on this occasion).

“

It's a shame the route doesn't incorporate the Royston Head walk (where we spotted a Mallee Fowl) or the other Capes. Perhaps it will one day?

”

We finished this leg of our Walk trekking through Dhillba Guuranda-Innes National Park toward Marion Bay. I am very familiar with Innes and have spent many a sojourn there, so most, though not all, of our walking was a repeat. But, who can be upset with a rerun that involves families of emus with chicks?

It's a shame the route doesn't incorporate the Royston Head walk (where we spotted a Mallee Fowl) or the other Capes. Perhaps it will one day? We camped at Gym Beach >

Walk the Yorke in the Year of COVID

(thankfully for only one night as the place swarmed with bees), slept in the delightful Shepherds Hut, and enjoyed a nostalgic stay at Managers Lodge.

SUMMARY

We were thoroughly impressed with the Walk the Yorke trail. There was little road walking, varied beaches, and the sand was mostly hard-packed.

“

The signage and infrastructure were, in the main, excellent (our thanks go to the councils who installed the wayside benches).

”

Occasional masses of seaweed meant detouring or trudging, but it also made for a soft morning tea or lunch seat. We never knew whether our day would bring gorgeous flat expanses of beach, rocky moonscapes, beach garden Feng Shui, or rugged cliffs.

Beach sections were often dotted with shorebirds, although less so from Corny Point on. We were pleased to see hooded plovers on most beaches – typically a pair at each end (one long section boasted six couples). However, we were distressed to see numerous cars and car tracks above the high tide line, despite extensive signage to the contrary. We did send an email to the council concerning the same, but we haven't received a reply.

The signage and infrastructure were, in the main, excellent (our thanks go to the councils who installed the wayside benches). We used most shelters along the way for refilling water or having breaks while examining the signage, which explained First Nation storytelling and details of historical, botanical and marine information.

To this point, we've completed a little over 200km. We will be back to walk the rest of the Yorke as soon as possible, preferably recommencing our journey during migratory shorebird seasons (approximately September to March each year).



The secluded beaches between Gravel Bay and Point Annie were a great spot for lunch and a discreet dip.



WARREN
BONYTHON
HEYSEN TRAIL
FOUNDATION

THE WARREN BONYTHON HEYSEN TRAIL FOUNDATION was established as the fundraising arm of the Friends of the Heysen Trail in order to assist with the development of the Heysen Trail and other walking trails in South Australia.

The Foundation is a registered charity with tax deductible donations being directed towards improving the environment along the Trail.



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In addition, lifetime membership of the Foundation can also be obtained by payment of \$25 through the website.

Photos: Melanie Sjoberg & Daniel Jardine

MELANIE SJOBERG & DANIEL JARDINE

Hiltaba Reserve: Warren Bonython Walk and more

As COVID's regional restrictions eased in July last year, Melanie Sjoberg and Daniel Jardine travelled more than 650km north-west of Adelaide to the Nature Foundation property at Hiltaba.

On the final stretch of unsealed road behind the Gawler Ranges, the noticeable increase in vegetation alerted us to the Hiltaba boundary. We had booked accommodation in one of the Jackaroo Cottages, with shared kitchen facilities and the use of a shower block. The Shearers' Quarters is an option for larger groups, while camping facilities are also available.


Hiltaba Nature Reserve is a former pastoral property of some 78,000 hectares that has been operated by the Nature Foundation since 2012 and uses revegetation management methods to restore its ecosystem. The Foundation outlines various habitat located on the property from Acacia shrub, Casuarina woodland, Mallee forest and grasslands. The organisation describes Hiltaba as "...home to numerous species of conservation significance such as the yellow-footed rock wallaby, the slender-billed thornbill and desert greenhood orchid".

Walking trails have been established at Hiltaba that recognise contributions from early initiators of the Nature Foundation: Warren Bonython AO, Mark Bonnin AM, David Cleland, Barbara Hardy AO, and supporters Bob and Betty Lewis. Representatives from the Friends

of Heysen Trail attended the official opening of these walks in 2015.

In addition to his record as an environmentalist, Warren Bonython is known to Friends of Heysen Trail >



 Melanie getting up close with the cairn marker at the top of Mt Hiltaba.

members and supporters as a key proponent to establish a long-distance walking trail in South Australia way back in the 1960s. Fortunately for bushwalkers, his continuous push for State Governments toward that vision now allows us the privilege of hiking the Heysen.

While we were interested in learning the history behind the trails, we were eager to head out and explore the arid landscape.

WARREN BONYTHON WALKING TRAIL

10KM LOOP (5 HOURS)

After relishing the red and yellow hues of a beautiful sunrise, we set off early to explore the Warren Bonython loop in what promised to be enjoyable walking weather with clear skies.

“

...as we sauntered across the flat plain toward the homestead, we spotted a wombat sunbathing atop its mound.

”

Leaving the homestead, past the base of a waterfall and an old dam, the climb takes walkers over rocky areas, carefully stepping among scree and spinifex along a creek line. While the day was warm, our early start meant we heard plenty of bird activity. Although most were hiding, we managed to catch sight of a couple of grass wrens and the ever-present cheeky wagtail. The walk notes help to identify Black



A large Western Myall tree to the south of the Mark Bonnin Trail. Myall are extremely long-lived trees and it is likely that this one is many hundreds of years old, but still in the prime of its life.



Oak (*Casuarina pauper*) and later Tea Tree (*Melaleuca glomerata*) and Red Mallee (*Eucalyptus gracilias* or *socialis*) varieties along another creek. As we passed along a ridge, we spotted the marker cairn at the top of Mt Hiltaba. We paused to appreciate its isolation, admiring the depth of colour overlaying such arid country.

The walk ascends 450m in elevation to the Mt Hiltaba summit, delivering breathtaking 360-degree views across the ranges and providing our highlight of this trail. Having spotted the cairn stack from a distance, it was still surprising to see its enormity up close. We wondered who carted so many heavy rocks to this altitude. Here, we were fortunate to find plenty of flowering Gawler Ranges Grevillea (*Grevillea parrallelinervis*) on display.

The descent down the ridge looks towards exposed Tors – Gawler Ranges Volcanics around 1500 million years old. Following another creek line and

wooded region, we eventually reach a wide-open space scattered with burrows. In the final stretch, as we sauntered across the flat plain toward the homestead, we spotted a wombat sunbathing atop its mound.

MARK BONNIN WALKING TRAIL

3 LOOPS 2.7KM, 9.2KM ,9.7KM

A 17km drive from the homestead, passing plenty of wombat mounds, finds a clearly marked car park for this loop. A gentle path through Black Oak transforms into a rocky trail until walkers reach a waterfall composed of a lava formation. While the waterfall was dry, it apparently flows after rain. Crossing the creek, we clamber along smooth rock surfaces and eventually unstable scree, where we decide to slow our speed.

Opening up into an expansive plain, salt lakes and distant views ➤



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of the Gawler Ranges come into view. The track notes tell us to watch out for an ancient Western Myall (*Acacia papryocarpa*) that stands boldly overlooking the saltbush. After meandering along a track scattered with Native Apricot (*Pittosporum angustifolium*), the trail rises slightly then ducks into a deep orange-coloured rocky gorge dotted with goat skeletons.

“

Fortunately, we also took the opportunity to peer down at our feet to see tiny Greenhoods hiding near rocks.

”

The gorge's bare rocks give way to a pleasant contrast through plentiful vegetation – Spinifex, Mallee, Dodonea, Eremophila, Chenopods. The trail next veers off for a 2km climb amidst scrubby plants toward the lookout, where your gaze is drawn across an unending expanse of land. Fortunately, we also took the opportunity to peer down at our feet to see tiny Greenhoods hiding amongst the rocks.

BOB AND BETTY LEWIS TRAIL

1.8KM LOOP (45 MINS)

This short walk is accessed directly from the Pretty Point campground. It provides an easy introduction to Hiltaba and Gawler Craton's geology, with an array of fascinating rock formations and, yet again, wonderful views.

Detailed trail notes are provided for each walk, but routes are also exceptionally well marked. Nonetheless, there are some challenging climbs and tricky spots, so estimated times are realistic; especially when you take the time to absorb the magnificent surrounding landscape.

.....
[Check out the Walking SA website to view all walk options available at Hiltaba Nature Reserve: www.walkingsa.org.au/walk/find-a-place-to-walk/park/hiltaba-nature-reserve](http://www.walkingsa.org.au/walk/find-a-place-to-walk/park/hiltaba-nature-reserve)



Josh West introduces Trailwalker magazine to Borobi (the 2018 Commonwealth Games mascot) on the Gold Coast.

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

A Great Ocean Walk

JULIE SIGNORIELLO

Photos: Julie Signoriello

After a year of cautious planning and limited movement, I was eager to join up with a small group of Adelaide walkers who were preparing for an adventure over the border. As a mother to teenagers, and a healthcare worker in a year of COVID, it would be my chance to recharge. Thankfully, all the stars aligned; the borders remained open, and another walker pulled out – gifting me with the opportunity to experience Victoria's Great Ocean Walk.

THE GREAT OCEAN WALK

The Great Ocean Walk hugs south-west Victoria's dramatic coastline for approximately 100km while passing through the Great Otway and Port Campbell National Parks.

“

Ngatanwarr are the Traditional Owners of the Great Otway National Park and surrounding nation.

”

For the intrepid, this trail can be completed over 6-8 days as a hike-in,

hike-out, with campsites along the track, complete with long-drop toilet facilities – carry out what you carry in! Alternatively, day hiking while staying in private accommodation is also an option; an option we couldn't pass up.

The trail moves in an east-west direction, which maximises views and generally provides the best gradient to reduce impacts and congestion on the walk and its facilities.

OUR JOURNEY

Our hike got underway at Apollo Bay, which took us a day to travel there by car, and was completed at the Twelve Apostles, which left us a shorter drive home at the end.

We wove our way through tall rainforests, clamoured over huge rocks, brushed through coastal heathlands, and halted along cliff tops to capture the incredible ocean views. We enjoyed the wonders of the majestic landscape but equally revelled in warm showers and creature comforts at the end of each day. We managed happily with two cars and a good bit of logistical forethought. After a year's hiatus from end-to-end walking on the Heysen Trail, but with plenty of practice through the local

trails in the Adelaide Hills, we found the terrain within our range of capabilities.

The signage and tracks were well appointed; we left with six walkers and came back with six – a feat never to be underestimated! The diverse variety of coastal and bushland landscapes, endemic plant life and native wildlife were my highlights.

Lastly, joining with avid hikers is an excellent opportunity to make new friends. I arrived knowing one walker, but left with four new friends after sharing their sense of fun and adventure.

TIP

As always in Victoria, particularly in coastal areas, be prepared for hot, cold and rainy weather. The state's reputation for having four seasons in one day is not without merit.

Check www.greatoceanwalk.com.au for more information or to access historical audio stories to enhance the adventure.

Be sure you grab an up-to-date copy of the Great Ocean Walk Information Guide/official Map or the Walker's Maps Booklet. These can be purchased at the Lorne, Apollo Bay or Port Campbell Visitor Information Centres or ordered online.



⤴ The Great Ocean Walk culminates at the popular Glenample Homestead, located near The Twelve Apostles.

Submit your favourite short walks to the Editor

I'd recommend the Heysen Trail Loop through Mt Crawford (available on the Walking SA website) as an introduction to Mt Crawford Forest. This 13km loop starts at the Information Centre and travels in an anti-clockwise direction. It covers parts of the Heysen and Kidman Trails and goes over Little Mt Crawford. Once you get familiar with the area, extending the walk over Mt Crawford is a matter of exploration.

The weather in Mt Crawford can be changeable; we often get damp when we go, but the weather tends to fine up before time. There's no shortage of kangaroos, and other native species can make an appearance.

“

Once you get familiar with the area, extending the walk over Mt Crawford is a matter of exploration.

”

If you've never been to Mt Crawford, do yourself a favour. Get out, explore and have some fun.

JON HOLBROOK

Favourite Short Walk

A loop walk in Mt Crawford Forest.

Photos: Jon Holbrook

Within an hour's drive of the CBD, Adelaide has two excellent public assets – Kuitpo and Mt Crawford forests. Both allow room for great walks or bike rides with the option to take the dogs. I struggle to pick a favourite between the two, but will focus on Mt Crawford for this walk.

“

Be sure to check out upcoming logging operations on the Forestry SA website before you go.

”

Mt Crawford to the northeast of Adelaide requires a car to travel there. Head up North East Road from the CBD and turn left at Gumeracha towards Forrester. The Mt Crawford Forest

Information Centre on Warren Road, which provides toilets and a car park, is a good starting point for walkers. Though, plenty of spots are available at nearby gates and campsites.

The forest is accessible 24 hours, but the Information Centre is only open from 10am to 12pm Fridays, Saturdays and Sundays. Be sure to check out upcoming logging operations on the Forestry SA website before you go, while suggested walks can be found online at www.walkingsa.org.au.

My favourite walk is the loop covering both Mt Crawford and Little Mt Crawford. This can be anywhere from about 13km to 21km – if you include Tower Hill circuit. It covers both native and pine forests and will get the heart rate going on the climb up the tree-lined Mt Crawford. The steps on the northern side of Mt Crawford have recently been repaired, but I haven't been back to test them out yet.

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



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