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HEYSEN WALKS 2022

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Inspiration



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THRU HIKING ON THE HEYSEN TRAIL

MORE THAN A STROLL ON THE BEACH

TASTE OF THE AUSSIE CAMINO





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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: Second Valley Forest, the
 early morning dew is still on the
 branches, silence except for the
 pine needles crunching underfoot
 giving a sense of being all alone
 in the forest.*

Photo by Hazel Cochrane

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

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E2E14 Mark Fletcher
E2E15 Mark Curtis
E2E16 Peter Clark
E2E-2 Julian Monfries

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S2B John Newland
S3&4 Hermann Schmidt
 (Wandergruppe
 Bushwalkers)
S5 John Babister
S6 Robert Ruediger, Ken
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S7 Carl Greenstreet
S8 Ian Harding
 (WEA Ramblers)
S9 Jerry & Michelle Foster
S10 Wayne Turner,
 Peter Deacon
S11&12 Dom Henschke
S13 Hugh Greenhill
S14-18 Daniel Jardine
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S17B Simon Cameron
 *assisted by Retired Active
 SA Bushwalkers

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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 our respects to the cultural authority of Aboriginal peoples within the Country we walk.

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 (August 2022):

24 JUNE 2022

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

- April
- August
- 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 approx. 5 weeks 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)

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A commitment for 12 months advertising (three issues) will attract a 10% saving.

Advertising specifications and article submission guidelines are available upon request. Contact the Trailwalker Editor . trailwalker@heysentrail.asn.au

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The iconic view of the road winding through the valley towards the Heysen Ranges.

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PRESIDENT'S REPORT

MELANIE SJOBERG

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FRIENDS SEASON WALK PROGRAMME 2022

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NPWSSA'S PARK OF THE MONTH

Parks of Central Mount Lofty Ranges (Belair National Park, Cleland Conservation Park and Wildlife Park, Mt George Recreation Park, Mark Oliphant Conservation Park).

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HAZEL COCHRANE

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THRU HIKING ON THE HEYSEN TRAIL

ROSS YOUNG

Ever pondered what it would take to walk the Heysen Trail in 54 days? Ross Young has an interesting blog with all the details. Read a snippet here.

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MIKE JOYCE

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ERICA GUESS

Read about the first year of walking End-to-End on the 'Walk the Yorke' trail.

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TASTE OF THE AUSSIE CAMINO

JENNY BUBNER

A pilgrimage from Port MacDonnell to Penola. Jenny shares her experience of nature, culture and history on this guided tour.

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FAVOURITE SHORT WALK

CATHY WRIGHT

The Wine Shanty Loop

Hand in Glove - "working in close relationship"

MELANIE SJOBERG



A neat expression that symbolises 2 of the Friends' key objectives: maintaining/developing the trail and leading walks along the trail.

It is a stark reality that without trail development volunteers there would not be a trail for walkers to use. It is equally true to state that, in addition to membership fees, the End-to-End Walking program is our major source of revenue enabling the Friends to sustain, and improve the trail.

This "hand in glove" approach delivered a great year for the Friends in 2021. It's encouraging to use this report to share a few highlights from the many achievements our Committees outlined at the Friends recent annual planning afternoon.

Trail Development

- Instigated a major review of the Heysen in partnership with DEW, Forestry SA and SA Water.
- Achieved agreement with DEW for an annual maintenance grant.
- Union Bridge - commissioned an engineering report into safety options.
- Delivered over 3300 volunteer hours.
- 7 different trail reroutes marked and aligned with Heysen Trail mapping.
- Water tanks installed/replaced at Mayo, Beetaloo, Grandpas and Hallett.
- Shed volunteers built 14 new benches to be rolled onto the trail.

Walking

- 7 End-to-Ends, plus Willunga Basin Trail, Lavender Trail & Walk the Yorke.
- Extended Walk the Yorke highlights & Fleurieu to Mt Lofty.
- Over 200 walkers each weekend and 211 days of group walking.
- 74 End-to-End Certificates issued – 45 to independent hikers.

Finance

- Welcomed a new Treasurer to the finance team.
- Resolved a huge number of scam transactions with the bank.
- Simplified online shop payment system to ease volunteer load.

Office

- \$3000 sales of maps and books from 735 transactions.
- Upgraded the IT systems and simplifying processes.
- Enhanced website functions for users/members.

Membership & Marketing

- Recommended clarifying member definitions and removal of guest category.
- Implemented a social media strategy that has boosted outreach.
- Trailwalker & Heysen publicity distributed to 34 Tourist Information Centres.

Reconciliation

- Arranged for a Kaurna Elder to explain Acknowledgement of Country to our End-to-End Walk Leaders.
- Purchased Traditional Country maps as a reference for each of the End-to-End groups.
- Connected with Ngadjuri & Nukunu Elders to develop a language project on the Heysen.

So members and walkers, as we move into more balmy days it's time to extend those ambling walks into leg stretching fitness, ready for another great year of walking the Heysen or humping equipment along the trail for maintenance. I invite you to think about that "hand in glove" imagery as you plan your next hike or pull on the boots to get out in nature along the Heysen Trail.

COUNCIL 2022

Members may not always have front of mind how the Friends manages to function so well – dedicated volunteers of course – and specifically, members of the Friends Council are essential for keeping the organisational priorities, policies and finances on track. As we head into another exciting year I would especially like to convey thanks to our retiring Council Members whose dedication and enthusiasm help keep the Friends and Heysen Trail alive: Dom Henschke; John Wilson; Julian Monfries and Robert Alcock.



The perfect Heysen Trail Companion Guide

Heysen Highlights

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

Welcome New Members

The President and the Council would like to extend a warm welcome to the 77 members who have joined the Friends since the December edition of Trailwalker.

*Members and supporters are the life-blood of the Friends, so being a member helps to safeguard this precious community resource for future generations.
Thank you!*

The Friends Shine a Light on No.1 Black Spot on the Heysen Trail

As it winds through the Adelaide Hills, Gorge Rd crosses the River Torrens at Union Bridge on the outskirts of Cudlee Creek. This has long been considered the No. 1 Black Spot on the trail.

Walker safety is at risk from speeding cars on such a narrow bridge, although fortunately there have not been any fatalities. Although the bridge provides no separation between vehicles and pedestrians, it has formed part of the Heysen Trail for many years, simply because there has been no satisfactory alternative crossing over the River Torrens.

While the safety concerns have been raised with the Government's representatives over many years, there has been no substantial response.

In order to present the issue in a professional manner and thereby raise the profile of the risk, the Friends engaged WSP Engineering to investigate options that would create a safe way for walkers to cross the river. The Friends council considered an investment of \$10,000 in the consultancy was warranted as it is a key walking issue and provided the basis for a professional grant submission

or representation to government and department officials. It has the benefit of presenting potential solutions, rather than continuing to raise the problem.

WSP found that the Union Bridge and the approach from Cudlee Creek, has safety guardrails alongside the road shoulders on either side of the road making it extremely narrow for both vehicles and pedestrians. Further, the bridge and approach have a posted speed limit of 80kph, making it clearly dangerous for pedestrian use.

The following options to improve pedestrian safety were identified:

- Construct a separate low-level bridge.
- Install traffic management systems to invoke reduced speed limits or a single lane of traffic on the bridge when hikers are present.
- Other low-level crossing, e.g., stepping stones.

The separate low-level bridge is considered to be the most feasible option that gives the best outcome for pedestrians. This option is strongly supported by the local community, including the adjoining land owner and the Adelaide Hills Council. Cost estimates to undertake the work are around \$300,000. The Friends will continue to seek grant support to see this Black Spot removed from the Heysen Trail.

HIKING EXPO

Sun 3 April 2022

Belair National Park

walkingsa.org.au/expo

Presented by

WalkingSA

Principal Event Partner

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Community Partners

The Friends Volunteer & Member Covid-Safe Guideline 2022

2020 will be another season where Covid may pose challenges for the Friends' activities.

The Friends values the involvement of all members and volunteers. The organisation takes health and safety seriously, including support for members and volunteers to place personal health and wellbeing at the forefront of voluntary activity.

Members and Volunteers, who consider they are in vulnerable categories, are particularly encouraged to seek medical advice before participating in walks or volunteer activities.

The Friends notes SA Health recommendation that vaccination is a sound public health measure to mitigate the risk of covid spread or infection and up-to-date vaccination status means having a third or booster dose.

The Friends strongly encourages members and volunteers to be up to date with vaccination (currently 3 doses) to assist in reducing risk of transmission within our group activities.

SA Health Guidelines for Covid-safe activity, including masks, safe practices, accessing PCR or Rapid Antigen Testing where appropriate and isolation should be followed.

The Friends Council and Committees have considered key areas of Covid-risk:

- Office Volunteers – relatively low; it involves small numbers, windows able to be open for ventilation.
- Walks in general –very low risk as it is outdoor activity and providing existing protocols outlined in registration are maintained.
- Walks using buses – bus transport is a risk due to enclosed space although continued use of masks mitigate that to some extent.
- Maintenance Volunteers – considered very low risk as the shed is well ventilated and trail work is outside.
- Social activities must comply with any requirements at the venue.

Specific Protocols will continue;

- stay home if you feel unwell,
- do not attend if you know you are a close contact,
- advise a walk leader or committee chair if you test positive or are a close contact,
- observe social distancing requirements ,
- wear a mask on transport and indoors as required, and
- do not share food or equipment.

Members and Volunteers must comply with any Covid-safe or vaccination requirements in place from a third-party venue, public sector agency or business being used for Friends activities.

The Friends will continue to monitor SA Health and other agency or community requirements to manage risk across our activities and will adjust at short notice where necessary.



Trailthinker Quiz

1. What is the name of the historic transport line which runs between Quorn and Port Augusta?
2. How long is the Riesling Trail?
3. How many runs are awarded in cricket when the ball hits a fielder's helmet when not being worn?
4. Which type of beans are used for baked beans?
5. What is the largest joint in the human body?
6. How long, and where is the beginning and the end, of the River Torrens Linear Trail?
7. In which decade was the Barossa Valley settled?
8. Point McLeay was the birthplace of which preacher and first Aboriginal author who features on the \$50 note?
9. The one and only Murray River Bunyip is located in which SA town?
10. Who was named as the 2022 Australian of the Year?

ANSWERS PAGE 30

Hiking the Heysen on Private Property - Biosecurity

Did you know the Heysen Trail crosses a significant amount of private property?

The Friends appreciates and works closely with landholders who provide consent for trail access (this may include privately owned conservation areas or farming properties and Parks are also conservation areas). We put that access at risk if walkers misuse or fail to show respect for property traversed by the trail.

Biosecurity is concerned with the transportation of weeds and other pests between areas of land. This should be a particular concern for hikers as we cross a diverse range of land types.

Walkers can reduce any biosecurity threat by following a few simple principles:

- **Stick to the trail**
- **Clean your boots**, hiking and camping gear at every opportunity.
- Wear gaiters as they help prevent seeds lodging in socks and being transported between sites. Don't pick seeds off your gear and leave them on the ground, collect them for rubbish disposal.
- **Be aware** of weeds and pests so that if you notice them along the trail they can be reported to the Department of Environment and Water or the local Landscape board. Information can be found on the PestSmart website (pestsmart.org.au).

- **Leave No Trace** principles, 'Carry it in-Carry it out'. This includes huts and shelters: do not leave food in them, it will attract vermin and our huts do not have any vermin proof storage. This can even be extended to leaving the trail in a better condition than you found it.
- **Camp only in designated sites**; this not only assists in Biosecurity but helps to keep landholders supportive of the trail.
- Talk to other hikers about the need to follow these principles.

Farm Animals: when walking through farmland it's also important to be aware of potential interaction with animals. Again there are a few simple principles to follow

- **Watch your step!** You may encounter manure along the way, and during the rainy winter months roads and trails can be muddy.
- **Don't startle the animals.** Keep your distance and allow plenty of space to walk around groups. When cattle feel pressured they may react aggressively; sheep may disperse chaotically.
- **Farm animals can be protective of their young.** Take care not to get between a young animal and its mother, and don't try to touch them. If you see a stray animal, leave it alone! Calves and lambs are often left by their mothers as they look for food or water, so they have not been abandoned and the

mother will return.

- **Never climb or cut a fence: use stiles.**
- **Keep gates closed in general.** Make sure you know how to properly close a gate before opening it, even take a photo before opening it to assist in ensuring it is shut securely. Otherwise leave gates as you find them – a farmer may have opened a gate for stock to pass.
- **Sick or injured animals should be left.** While it can be difficult to see an animal that may be in distress it can make things worse and have biosecurity implications if you attempt to assist. If possible, the animals location can be reported to the local farmer, NRM board or local council.

Other resources

<https://www.walkingsa.org.au/news/advice-bushwalkers-consider-biosecurity/>

<https://invasives.org.au/how-to-help/keep-gear-clean-wild/>

<https://bushwalkingmanual.org.au/>

.....

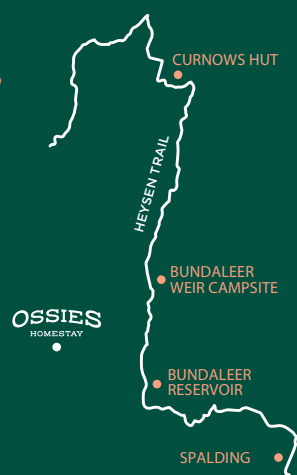
Thank you to *Daniel Jardine* for the tips and etiquette when walking on privately owned property. Some simple ideas that keep the trail open to us all. If you are a land owner and you would like to share some of your stories about the Heysen Trail, we'd love to hear from you. You can reach us at trailwalker@heysentrail.asn.au



Accommodation for the Heysen & Mawson Trails, Mid-North SA

~ 9 km from Bundaleer Reservoir
~ 17 km from Spalding

- Comfortable rooms available – Queen & Twin
- Continental Breakfast
- Evening Meals can be provided
- Trail Transfers



8 Gulnare-Spalding Rd,
Gulnare SA 5471

Your Hosts: Harry & Sandy Osborn

0417 813 095

Email: sandy@ossies.com.au

The Friends Win A Responsible Wood Grant

The Trail Development team have secured a grant to assist with expenses associated with renovating Rossiters Hut, Mount Crawford Forest. A 'walk-in' campsite reserved for hikers. Originally build as a shepherd's hut in the late 19th century, rebuilt in 1998 and again time for some significant maintenance. Renovations expected to be completed in 2022.

Reconciliation...one step at a time

The Friends were humbled to receive positive feedback on Simon Cameron's Indigenous Acknowledgment articles from the Laura Information Centre. Thank you Simon for taking the time to research with 'the appropriate people to get the most accurate information'.



Follow us
@heysentrail
friends

**Best of the
Heysen Trail
on Instagram**

**Need enticing to consider
thru hiking on the Heysen
Trail? Eyre Depot at sunset as
captured by @cinta_hikes**



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Image: Maggie Moy

End-to-End Season Programme 2022

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
MAY	E2E 14 SUN 1 MAY Nugget Rd - Mt Crawford E2E -2 SUN 24 APR - SUN 1 MAY Dutchmans Stern - Horrocks Pass/Murray Town - Mt Zion	E2E 16 SUN 8 MAY Cape Jervis - Cobbler Hill E2E 13 SAT & SUN, 7-8 MAY Wandallah - Newikie Creek - Dares Hill Summit Rd	N/A	E2E 12 SAT & SUN, 21-22 MAY Bowman Pk - Mt Zion - Wirrabara Forest	E2E 15 SAT 28 MAY Myponga - Mt Compass
JUN	E2E 16 SUN 5 JUN Cobbler Hill - Tapanappa E2E 14 SUN 5 JUN Mt Crawford - Pewsey Vale E2E 11 SAT TO SUN, 4-12 JUN Eyre Depot - Mt Little	E2E 13 SAT TO MON, 11-13 JUN Burra Rd - Worlds End - Burra - Wandallah	E2E 12 SAT & SUN, 18-19 JUN Wirrabara Forest - White Park Rd - Murraytown E2E -2 SAT TO WED, 18-22 JUN Mt Zion - Raeville	E2E 15 SAT 25 JUN Mt Compass - Kyeema	N/A
JUL	E2E 12 SAT 2 JUL Take 2 Dares Hill Rd - Hallett E2E 14 SUN 3 JUL Pewsey Vale - Tanunda	E2E 13 SAT & SUN, 9-10 JUL Dares Hill Summit Rd - Hallett - EE George Quarry E2E 16 SUN 10 JUL Tapanappa - Balquhidder	E2E 12 SAT & SUN, 16-17 JUL Murraytown - Melrose - Aligator Gorge Rd	E2E 15 SAT 23 JUL Kyeema - Dashwood Gully Rd	E2E 12 SAT & SUN, 30-31 JUL Ali Gorge Rd - Horrocks Memorial - Broadview
AUG	E2E 15 SAT 6 OCT Dashwood Gully Rd - Mylor E2E 14 SUN 7 AUG Tanunda-Kapunda	E2E 11 SAT TO SUN, 13-21 AUG Mt Little - Parachilna Gorge E2E 13 SAT TO SUN 13-14, AUG EE George Quarry - Spalding Rd - Chlorinator E2E 16 SUN 14 AUG Balquhidder - Waitpinga	E2E 15 SAT 20 AUG Mylor - Cleland E2E -2 SUN TO SUN, 21-28 AUG Raeville - Dare Hill Summit	E2E 12 SAT & SUN, 27-28 AUG Broadview - Woolshed Flat - Quorn	N/A
SEP	E2E 14 SAT & SUN, 3-4 SEP Kapunda-Hamilton-Peters Hill	E2E 13 SAT & SUN, 11-12 SEP Kapunda - Hamilton - Peters Hill E2E 16 SUN 11 SEP Waitpinga - Tugwell Rd	E2E 12 SAT & SUN, 17-18 SEP Quorn - Dutchmans Stern - Eyre Depot E2E -2 SAT TO SUN, 17-25 SEP Dare Hill Summit - Webb Gap	E2E 15 SAT 24 SEP Tugwell Rd - Inman Valley	N/A
OCT	E2E 13 SAT TO MON, 1-3 OCT (LONG WEEKEND) Raeville - Locks Ruin - Bowman Park - Mt Zion	E2E 15 SAT 8 OCT Montacute - Cudlee Creek E2E 16 SUN 9 OCT Tugwell Rd - Inman Valley	E2E 14 SAT & SUN, 15-16 OCT Peters Hill-Gerkie Gap-Webb Gap	N/A	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 11
Eyre Depot

E2E -2
Dutchmans Stern

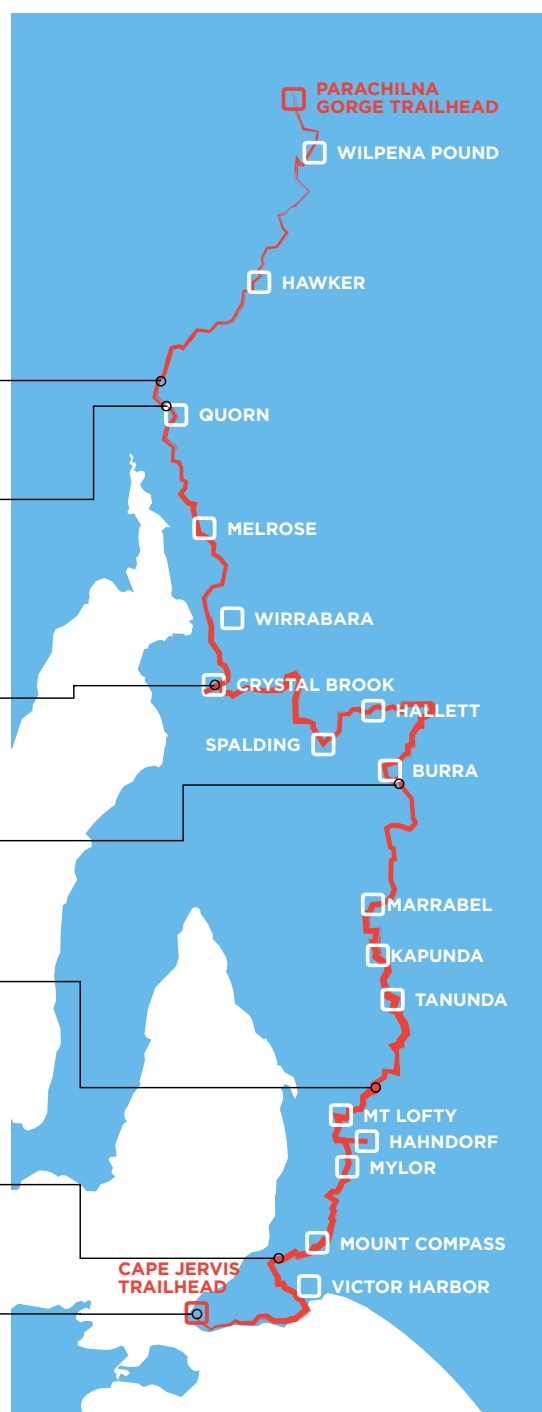
E2E 12
Bowman Park

E2E 13
Burra Road

E2E 14
The Nuggett Road, beyond Cudlee Creek

E2E 15
Myponga

E2E 16
Beginning at Cape Jervis in 2022



Mount Little Station provides the perfect resting place to break up the trek from Hawker to Wilpena – or for an extended stay to explore some of the walks on the station property.

Our 18 'off grid' rooms are great for individuals, couples, and groups, consisting of single, queen and bunk rooms, providing a comfortable bed with use of shared amenities and camp kitchen. Campsites are also available with access through Mayo Gorge to the station.

Sunset apartments are now available with power, own bathroom and amazing views of the Elder Range. 'Range Retreat' is perfect for couples – with an outdoor bath to soothe the body, mind and soul.

The Mt Little Homestead on the property, or the 'Townhouse' in Hawker, offer luxury & comfort for large groups. Catering and transfers can be arranged when booking.

www.mtlittlestation.com

Friends Season Walk Programme 2022

	1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK	5TH WEEK
APR	SUN 3 APR Walk Season Opening Walking SA	SAT 9 - SUN 10 APR Walk the Yorke Peter Clark <hr/> SAT 9 APR Yurrebilla Pt 1 Judy McAdam <hr/> SUN 10 APR Anstey Hill Toni Clarke	EASTER	WED 21 APR Onkaparinga - 3 River Crossings Melanie Sjobert & Daniel Jardine	SAT 30 APR Yurrebilla Pt 2 Judy McAdam
MAY	SUN 1 MAY Heysen Walk 3 - Tappanappa - Balquidder Mark Curtis	SAT 7 MAY Willunga Basin Trail Cathy Bowditch & Margaret Fletcher	SAT 14 MAY Heysen Walk 4 - Balquidder- Waitpinga Mark Curtis <hr/> SAT 14 - SUN 15 MAY Lavender Trail David Bowey & Greg Boundy <hr/> SUN 15 MAY Happy Valley Reservoir Noeleen Smith	WED 19 MAY Onkaparinga Judith Ellis <hr/> SAT 21 - SUN 22 MAY Walk the Yorke Peter Clark <hr/> SAT 21 MAY Yurrebilla Pt 3 Judy McAdam <hr/> SUN 22 MAY Kuitpo Judith Ellis <hr/> SAT 21 MAY Willunga Basin Trail Cathy Bowditch & Margaret Fletcher <hr/> SUN 22 MAY Stirling-Lofty Return Bill Van Riet	SAT 28 MAY Cleland-Tuscany Loop Paul Gill <hr/> SAT 28 MAY Montacute C/P Peter Deacon <hr/> SAT 28 MAY Adelaide 100 Seacliff-Belair Paul Frost <hr/> SUN 29 MAY Mylor/Aldgate Rosemary Hayward
JUN	SUN 5 JUN Black Hill Michael Joyce	WED 8 JUN Montacute Heights Peter Deacon <hr/> SAT 11 - SUN 12 Lavender Trail David Bowey & Greg Boundy <hr/> SUN 12 JUN Sturt Gorge Noeleen Smith	WED 16 JUN Cleland Judith Ellis <hr/> SAT 18 JUN Inman Valley-Myponga Mark Fletcher <hr/> SUN 19 JUN Onkaparinga Judith Ellis <hr/> SUN 19 JUN Sturt River Bill Van Riet	WED 23 JUN Brownhill Creek - Beliar Loop Melanie Sjobert & Daniel Jardine <hr/> SAT 25 - SUN 26 JUN Walk the Yorke Peter Clark <hr/> SAT 25 JUN Cleland-Crafers Loop Paul Gill <hr/> SAT 25 JUN Women's Pioneer Trail Julie Testi <hr/> SUN 26 JUN Adelaide 100 Belair-Stirling Paul Frost <hr/> SAT 25 JUN Willunga Basin Trail Cathy Bowditch & Margaret Fletcher <hr/> SUN 26 JUN Bridgewater/Mylor Rosemary Hayward	WED 29 JUN O'Halloran Hill Peter Deacon

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

	1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK	5TH WEEK
JUL	SAT 2 JUL Glen Osmond-Mt Lofty Loop Paul Gill	SAT 9 - SUN 10 JUL Lavender Trail Greg Boundy	SAT 16 JUL Mt Crawford/Warren CP Peter Deacon	WED 21 JUL Para Wirra Judith Ellis	SAT 30 - SUN 31 JUL Walk the Yorke Peter Clark
	SAT 2 JUL Mt Crawford Peter Deacon	SUN 10 JUL Beaumont-Lofty Michael Joyce	SUN 17 JUL Hahndorf Bill Van Riet	SUN 24 JUL Sea To Summit Paul Frost	SUN 31 JUL South Para Peter Deacon
		SAT 9 JUL Willunga Basin Trail Cathy Bowditch & Margaret Fletcher		SAT 23 JUL Willunga Basin Trail Cathy Bowditch & Margaret Fletcher	
				SUN 24 JUL Warren Tower Rosemary Hayward	
AUG	FRI 5 AUG Mylor-Aldgate Loop Paul Gill	SAT 13 - SUN 14 AUG Lavender Trail Greg Boundy	WED 18 AUG Morialta Judith Ellis	SAT 27- SUN 28 AUG Walk the Yorke Peter Clark	MON 29 AUG - SUN 4 SEP Mount Lofty To The Barossa Adam Matthews & John Babister
	SAT 6 AUG Mt Crawford Peter Deacon	SUN 14 AUG Waitpinga Judith Ellis	SAT 20 AUG Willunga Basin Trail Cathy Bowditch & Margaret Fletcher	SUN 28 AUG Adelaide 100 - Norton Summit Paul Frost	
			SUN 21 AUG Hardy's Scrub Noeleen Smith	SUN 28 AUG Lofty Gardens Bill Van Riet	
				SUN 28 AUG Scott Creek CP Rosemary Hayward	
SEP	MON 29 AUG - SUN 4 SEP Mount Lofty To The Barossa Adam Matthews & John Babister	SUN 11 SEP Willunga Noeleen Smith	SUN 18 SEP Kersbrook Rosemary Hayward	SAT 24 - SUN 25 SEP Walk the Yorke Peter Clark	N/A
	SAT 3 SEP Morialta-Mt Lofty Loop Paul Gill			SUN 25 SEP Lobethal Bushland Reserve Mary Cartland	
				SUN 25 SEP Para Wirra Bill Van Riet	
OCT	TBA	TBA	SUN 16 OCT Sturt Gorge Paul Gill	SAT 22 - SUN 23 OCT Walk the Yorke Peter Clark	MON 24 - FRI 28 OCT Wild South Coast Way Melanie Sjobert & Daniel Jardine
					SUN 30 OCT Morialta/Black Hill John Babister

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

Version released 5th March 2022

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

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.

Celebrate NPWSSA's Park of the Month

Join the Friends as we celebrate our amazing parks with the National Parks and Wildlife Service South Australia's Park of the Month.

For the months of April and May, walks from the Friends Walks Programme coincide with NPWSSA's Park of the Month Programme. Register for a walk either by phoning the office on 8212 6299 or online at heysentrail.asn.au/walks

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.

Congratulations to the Ukelele Death Squad winning a 2022 Adelaide Fringe Weekly Award for their "Live on the Heysen Trail" show.

Missed the show? Want to discover what all the hype was about, visit ukedeathssquad.com/

APRIL ▼

Parks of Central Mount Lofty Ranges (Belair National Park, Cleland Conservation Park and Wildlife Park, Mt George Recreation Park, Mark Oliphant Conservation Park)

SAT 9 APR Yurrebilla Pt 1 Judy McAdam

SAT 30 APR Yurrebilla Pt 2 Judy McAdam

MAY ▼

Parks of Northern Mount Lofty Ranges (Morialta Conservation Park, Black Hill Conservation Park, Anstey Hill Recreation Park, Para Wirra Conservation Park)

SAT 21 MAY Yurrebilla Pt 3 Judy McAdam

JUNE ▼

Parks of Genthorne National Park Precinct

JULY ▼

Marine Parks of South Australia

AUGUST ▼

Mallee Parks of the Riverland

SEPTEMBER ▼

Parks of Lower Eyre Peninsula

OCTOBER ▼

Parks of the Flinders Ranges

NOVEMBER ▼

Adelaide's Sanctuaries

Accommodation between Kapunda & Marrabel – ideal for Heysen Trail hikers



The **Olde Hamilton Shop** apartment is very modern and well appointed. It caters for 7 guests ~ double bed in main bedroom, double bunk sleeps three in bedroom two, and a sofa bed in lounge room. Wi-fi, TV, air-conditioning, plus Breakfast provisions provided. Located on the main road in a quiet rural setting. Relax out in the fenced backyard with gum tree views.



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Email: stellaweaver@hotmail.com
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The Song of the Heysen Trail

Ever had a moment on the trail when inspiration comes nipping at your consciousness? Barbara Christensen (ETE15) shares her moment.

I love to go a'wandering along the Heysen Trail.
And as I go there'll be some fear but this will not prevail.
We're in a group and so we're safe from finding ourselves lost.
We'll walk in sun, we'll walk in rain, in mist, in wind and frost.
Our troubles we will leave at home they cannot come along,
So pack them in your old kit bag then smile and sing this song.
From the Cape
To the hills
And beyond
Oh the Heysen Trail it stretches from the Cape
To beyond
The trail is very long.

We'll see some sights so rarely seen by all the average Joes,
We'd love to share them with the folks who laze and sit at home.
The rocky tracks will prove our strength and test our heads for heights,
But once we are atop the hill the views will give delight.
I'll overcome my fear of falls 'cos Pete* will hold my hand,
And if I should delay the crowd I'm sure you'll understand.

From the heights
To the depths
And between
Oh the Heysen Trail has sights unseen on high
Down low
We'll travel where it goes.

Some paths are clay and when they're wet we'll slip and slide and flail,
Our poles will help but each near miss may make us quake and pale.
If we should stumble, skid or trip we may let out a scream
And if we land upon our bums we'll take one for the team! (You're welcome!!)

We'll take our trowel and all the things we hope we'll never use,
We'll find a bush, we'll find a tree, but we won't find a loo.

From the south
To the north
Or reverse
It depends on where you start but from the go
To the whoa
The trail grows in our hearts.
There'll be some bits along the way that make us sweat and groan,
We'll tone right up, we'll slim right down, our fitness it will grow.
Our feet may ache, our hearts may pound, we'll have a scratch or two,
But joy will reign and so might clouds, we hope the skies stay blue.
As weekends pass then so will months and we'll keep wand'ring on
Our legs may tire but not our hearts, as we march to this song.....

From the Cape
To the hills
And beyond
Oh the Heysen Trail it stretches from the Cape
To beyond
The trail is very long.

Barbara Christensen

End-to-End Awards

Congratulations to the following walkers who received End-to-End awards for completing the trail up until the **end of February 2022**.

Karen Baker
Anthony Bath
Bernadette Burke
Mark Harris
Wendy Hosking
Peter Ilee
Natarsha Jazepczyk
William Kay-Jenkins
Sean Keen
Rachelle Lund
Leila McEgan
Katrina McPhail
Alex Nolan
Bronwyn Reynolds
Wendy Sinnott
Melinda Wilson

3RD TIME COMPLETED

Lyndon Grimmer

Trailwalker Photo Competition



Marguerite Carson reads the Trailwalker while sheltering from a storm at Melaleuca, South West Tasmanian wilderness area half way through the South Coast Track adventure.

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



Photos: Hazel Cochrane

Walking Trail or Muse?

HAZEL COCHRANE

A call out for our Instagram Highlights resulted in a smorgasboard of stunning choices that left me longing for the walking season. Curiously, I reached out to the sender, Hazel Cochrane to learn more about her and I hope you enjoy meeting her as much as I did.

I've been a photographer for most of my life, from the time I got my first camera, through the many, many images of my children as they grew, and for the past ten years, a travel and landscape photographer. Wherever I go, I love capturing the essence of the land, the colour of the changing seasons, and textural changes caused by light at different times of the day. As a landscape photographer, I often travel to remote places, to wait patiently for the best light before I finally hear the click of the shutter.

When I'm not behind the camera, I am an avid hiker, reader and basketball fanatic. On Saturday mornings, I run in the local Parkrun, where I might

not be the fastest but I'm up there on enthusiasm.

I started photography as a child after receiving a Kodak Instamatic film camera for Christmas. I took photos of everything and spent all my pocket money getting film developed at the chemist. I was so excited when my dad came home from work one day, with a developing kit and he proceeded to turn the laundry into a darkroom. My mum was not impressed but eventually got used to the idea. I've been a photographer ever since.

I didn't get into hiking until I was an adult, but I have discovered that I'm happiest when I'm walking on a dirt trail with a camera in my hand. The ➤

Heysen Trail was my first completed end to end hike. Since then I've completed the Lavender Trail, Walked the Yorke and the Yurrebilla Trail. Inspired by the enjoyment of the Heysen Trail, I have ventured through trails in the Blue Mountains, Northern Territory, Tasmania and, prior to COVID, through Utah, Kauai and California, with my camera in hand, capturing beautiful landscapes all the way.

“

From the seascapes of the Fleurieu Peninsula to the ruins and vines along the rural landscapes, and the magnificent red earth of the ranges in the Flinders, the possibilities are endless.

”

Hiking the Heysen Trail started accidentally with a walk at Bridgewater, which got derailed when we took a wrong turn and came across the Heysen Trail sign on a tree. Returning to the sign the next week, the first leg of a three-year treasure hunt for those small red and white instruction cards commenced. Each weekend we would plan a section of



Main: The iconic view of the road winding through the valley towards the Heysen Ranges, taken from the lookout at the northern end of Wilpena Pound.



Right: Hazel on the other side of the camera.



Below: Lunch on the Trail on the way to Spalding. A cold morning hiking over challenging hills builds up an appetite.



the trail, pack our back packs and drive to the trailhead, knowing that however far we walked that day, we would have to walk back to the car to move on to the next section or head home, so we've actually done most of the trail twice!

I hiked the trail with my husband, who is not interested in photography. He always packed a fold out stool and a flask of coffee in his back pack and

sat patiently sipping his coffee while I captured images from different angles and perspectives. On one occasion, I spent half an hour photographing a couple of wedge tailed eagles swirling above us on the top of a mountain, another time I was groveling on the ground taking images of the fairy like red and white toadstools in Kuitpo forest. I believe there was a lot of coffee consumed because of my love of photography.

One of my favourite aspects of hiking the Heysen Trail is the diversity of photo opportunities.

From the seascapes of the Fleurieu Peninsula to the ruins and vines along the rural landscapes, and the magnificent red earth of the ranges in the Flinders, the possibilities are endless. Rugged cliffs, ghostly gum trees, a lighthouse, flowing waterfalls, dry creek beds evidencing drought on the land and the blackened remains of a bushfire can be captured from the trail. A brand-new scene can be found by just returning in a different season.

In my images, I try to capture my feelings on the trail. The excitement of a new adventure, the lighthouse of Cape Jervis disappearing behind me as I started at the trailhead. The feeling I experienced as I walked along the ➤



towering cliff face, with crashing waves far below. The peaceful scene viewed during a stop for lunch near Spalding and wilderness of the Telowie Gorge or World's End.

The Heysen Trail is not without photographic challenges. From a technical perspective, the light can change from the lowlight of a foggy morning to the bright, harsh light of the midday sun in a single day. Kangaroos move quickly, it can be fun trying to get the correct exposure to actually get a kangaroo and not a blur.

Carrying heavy camera gear across rocky terrain, muddy fields or across a creek can make the hike challenging, as can trying to hold the camera still after climbing one of the many hills on the trail.

For the most part, we hiked the trail alone, following along with the map in the Heysen Trail guidebook, although we did join a Heysen Trail End to End group for the week-long Hawker to Parachilna Gorge leg of the trail. It was very different for us, we were used to the peaceful nature of the trail, often hiking for several days without seeing another person. Suddenly, we had 60 new friends who chatted as they walked, eager to swap stories of their adventures on the trail. Now we were part of a new club, who ate lunch together on the trail, and looked after one another as we walked to the pick-up point for the day. Staying at Rawnsley Park Station, we spent the evenings talking and eating in the kitchen area and finished the week with a formal dinner at the restaurant. For some, that was the end of their journey of five years, for others, like us, we still had many more kilometres to go. ➤



Top: Cape Jervis.

View of the lighthouse and ferry terminal fade into the distance as the trail winds towards Lands End.



Right: Curnows Hut to Bundaleer Forest.

Leaving Curnows Hut on a rainy day. Getting to the bottom of the hill in this mud, could be interesting.



WHAT EQUIPMENT DO YOU USE?

I believe beautiful images can be taken by any camera, if you get the composition right.

I use a Nikon D780 and what I refer to as my hiking lens, a Nikon 28-300mm, which allows me to take wide angle shots or zoom in for the detail in the distance. These weigh in at 2 kg, quite heavy to carry for long treks, I can understand why mirrorless cameras are becoming so popular, maybe one day I'll convert.

Two of the most useful pieces of kit for hiking are the Peak Design Clip to holster the camera on my back-pack strap, this leaves my hands free for climbing over rocks and stiles. A newer acquisition is my Platypod mini tripod, a piece of metal with a ball head attached, allowing me to take those long exposure or time lapse shots in the evenings or early mornings without the weight of a standard tripod.

TIPS FOR TAKING A GOOD PHOTO?

To me, it's all about composition. I've been known to lie on the ground, climb up on a rock or move closer or further away from the subject to get the composition I want, no-one said I had to come home with clean clothes. I always look for an interesting foreground or frame to lead the viewers eye toward the hero of the image whether that is a mountain range, a ruin or just an interesting looking dead tree.

I have two photography rules when I'm hiking:

Rule 1: I never put my camera away in my backpack, although most of my photos are carefully composed, I like to be ready to take a photo at any moment when I see something unexpected.

Rule 2: I never pass on a photo opportunity assuming that I can take it on the way back, I got caught on that one early on, although I'll often retake

a shot later in the day when the light has changed. It's amazing how the time of day and the season can change the look of a landscape photo.

Although my favourite images are usually taken at sunrise or sunset, I love images on the trail with people, old ruins and the colourful landscape along the trail. I research each section of the trail, looking for potential images and by using an App to determine where the light will be and looking at the weather. This often determines where or which direction we walked on a particular day.

Although I have completed a Diploma in Photographic Imaging and attended many workshops and classes, there is nothing as good as practice. I continue to seek out every opportunity to take interesting images, sometimes using a film camera to sharpen my composition skills. I also like looking at other people's images and identifying why I am drawn to a particular photo. Is it the colour or the composition or the subject? ➤



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IS THERE A MARKET FOR LANDSCAPE PHOTOS?

I have sold many of my landscape and travel images to tourism and council for websites, publications and brochures. I also do photography shoots for musicians, including live shows, promotional material and on several occasions my images have appeared in biographical books.

Until recently, I wrote for Weekend Notes, specialising in articles and photographs about hikes in South Australia and ideas for outdoor activities for families.

My husband and I have a Facebook page called Great Aussie Walks to promote walks in South Australia.

I enjoy mentoring and teaching photography, an area I am preparing to increase in the near future.

I am a mentor for Nikon Australia and the Adelaide Photography Group.



Top: Cape Jervis.

On a foggy morning in winter, the climb begins soon after leaving the tailhead at Cape Jervis.

Did you enjoy meeting Hazel? Want to learn more -
 Instagram: [@hazelcochranephotography](#)
 Great Aussie Walks Facebook page: [@greataussiewalks](#)
 Email: hazelcochranephotography@outlook.com.au

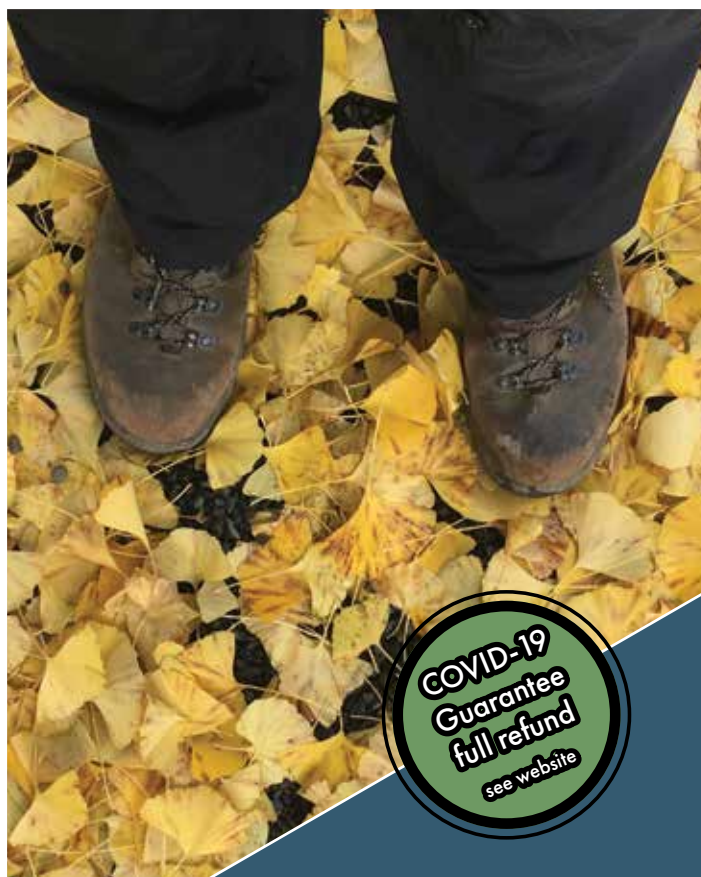


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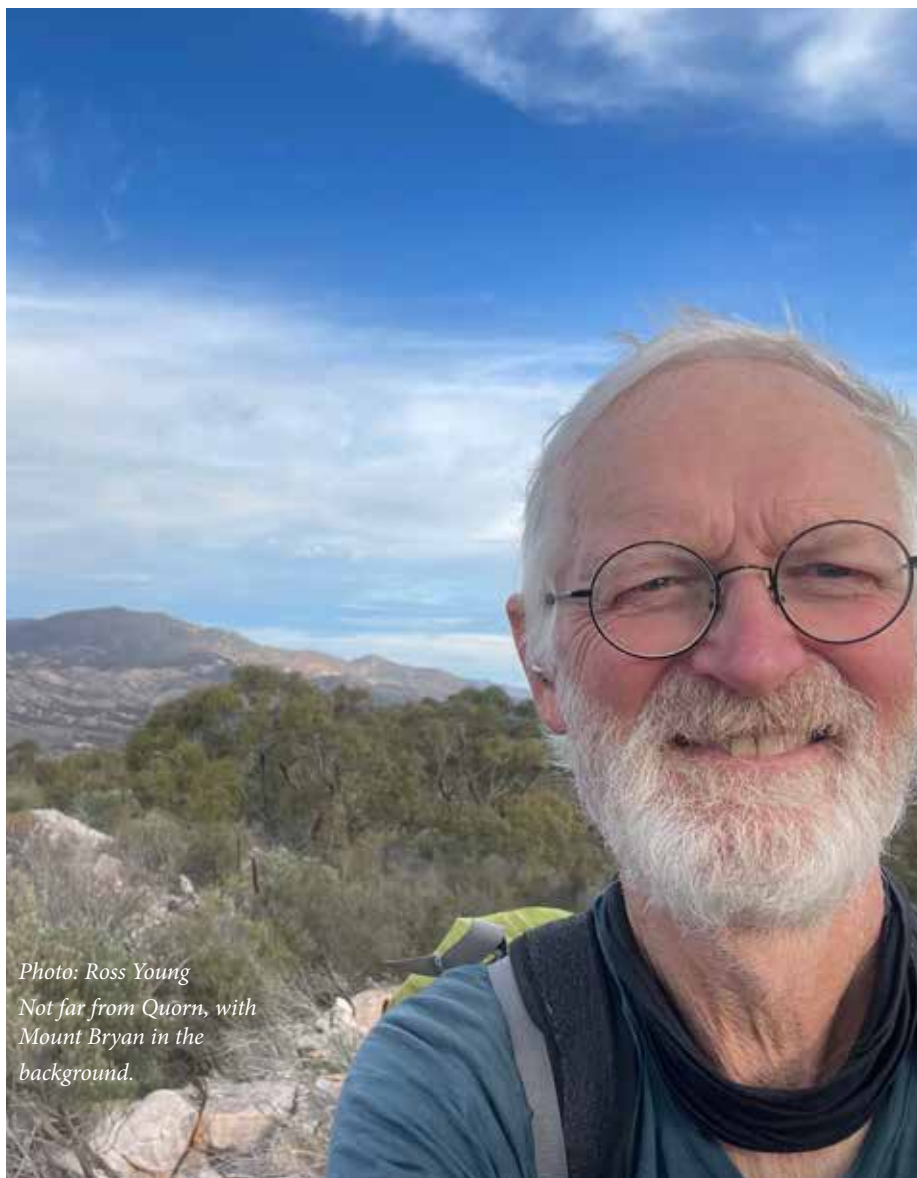


Thru Hiking on the Heysen Trail

I've often pondered what it takes to thru hike on the Heysen Trail? Ross Young shares exactly what it took...

It's now been nine months since I completed the Heysen Trail. I finished near the end of July 2021 on the day that SA went into a Covid lockdown. I needed a quick exit from Parachilna and a flight home to Sydney two days later, so I missed out on the slow withdrawal and processing time at the end. However, I felt lucky to have completed what I set out to do.

Firstly, I found it a fantastic walking trail. I wasn't expecting to enjoy it as much as I did because I'd read beforehand how it went through many agricultural areas and not through as many national parks and wilderness areas as other walks. However, I really enjoyed the farmland. It's not often in Australia that we get to walk across large fields of cropped land, or through farms with large flocks of sheep. Views of the vineyards were from afar as walking through them was restricted due to biosecurity concerns. I would have enjoyed walking through them. It's also important to say that everyone's experience of the Heysen Trail will be different. Mine was guided by the fact that I'm a late 60's bloke who mostly walks solo. I enjoyed the isolation of camping where I found myself at the end of the day, but also loved the many country pubs and other places I stayed in along the way. If I had to choose between staying in a nice cabin in a town or staying in my tent and going to the pub for a big meal and a pint, I'd choose the latter at a similar cost. I found I would get into many conversations when camping, and country pubs friendly places.



*Photo: Ross Young
Not far from Quorn, with
Mount Bryan in the
background.*

ROSS' HEYSEN SUMMARY

Direction travelled: Cape Jervis to Parachilna (NoBo)

Dates: 4th June 2021 to 19th July 2021

Total days on the trail: 54 days, including 2 full rest days

Total distance walked: About 1130km

Average distance walked/day: 21km

I found the initial sections along the coast and through the Mt Lofty Ranges were slower because of the hilly terrain and my lower fitness at the start. Once past Tanunda it was flatter and 30+km days were possible, but not always practical because of the spacing of huts and campsites. On most days I would wake before 6am and be walking by first light at around 7am. I'd stop

for an hour or more for lunch and also have other small stops during the day. I'd try to find a campsite before 5pm because it was dark by 5:45pm at that time of year. I was glad to stop each day, but I don't think I was ever "pushing it".

GEAR CARRIED

My gear is listed on LighterPack at lighterpack.com/r/p3h9ur

During the walk I had to make some gear changes to cope with colder and wetter conditions. I somehow overlooked that it would be winter and that much of the walk would be in exposed country, often above 500m duhh! I changed my sleeping bag to a warmer one, swapped my silk sleeping bag liner for an extender liner, and changed from a down vest to a light down jacket. ➤

I carried a few items the whole way and never used them. These included a compass, a Sawyer water filter and a snake bandage (which could also be used for a sprained ankle if needed). I didn't regret carrying these because they were safety items, thankfully not needed.

CLOTHES

Clothes can quickly add up in bulk and weight, and it's very tempting to carry too many. In the end I was happy with my selections.

I had DAY CLOTHES (clothes worn when walking, the same ones every day, usually not washed until I got to a town with a laundromat), NIGHT CLOTHES (a set of warm, dry and relatively clean clothes I could change into when I camped for the evening), WET WEATHER GEAR (raincoat, rain pants), and a few MISCELLANEOUS ITEMS (beanie, sunhat, "buff" neck warmer, spare underpants, etc).

When I arrived at a caravan park or town with a laundromat I would check in, shower and change into my light down jacket, spare underpants, rain pants and camp sandals. If it was cold or wet I would also wear my raincoat. Everything else then went into the washing machine and dryer while I tried to keep out of sight. Within an hour I could change into clean dry clothes and head to the shops and the pub.

SLEEPING BAG

I started off with a Sierra Designs "Cloud 20" down bag, (-3° Comfort). I seriously doubted this EN rating because I was cold in it when it was above zero outside. Also I didn't like the style of the bag, which is halfway between a bag and a quilt. There's no zipper, just overlapping flaps, and not much insulation at the bottom where it sits on the mat because the bag relies on the sleep mat for base insulation. I found the "no zipper" arrangement didn't work for me.

Anyway, it wasn't warm enough as I travelled north and deeper into winter, so I finally purchased a Western Mountaineering "Alpinlite" sleeping bag from Paddys (-7° Comfort) and had it posted to the Hawker Post

Office. WM bags are expensive but high quality 850+ goose-down mummy bags and they are beautifully made. I already own a WM "Summerlite" bag so I knew what I was getting into (boom boom). It was a real joy to be warm at night from then on.

FOOD SUPPLIES

I think that posting food or food drops aren't really needed on the Heysen unless you have special dietary

needs or are really getting sick of cous cous.... it happens! There are ample opportunities to resupply along the way because the towns are usually less than 5 or 6 days apart. Some sections are tricky because the shops are small and the choice of camping food is limited. I started with some home-made dehydrated meals, and my partner Kim made some more for me and posted them to Quorn, for which I was very grateful because I could feel I was getting depleted by that stage.

MEALS

Breakfast is always the same. I boil water and make a big plunger pot of coffee in a Jetboil MiniMo cooker with a plunger attachment, decant the coffee into my cup, clean the pot, put muesli, water and powdered milk in the pot and heat it up a bit. Any fresh or dried fruit or dates I have get added. It ends up a bit like porridge. Muesli and coffee is quick, filling and fuelling.

Lunch varies but usually I'll have a soup (one of those powdered Asian

ones, or a powdered miso soup, which is delicious and salty), then a slice or two of flat bread with salami, peanut butter and cheese. (I found that tasty or vintage cheese lasts for up to 10 days without refrigeration). Some days I'd have a second coffee.

Dinner would be a homemade rehydrated meal with a sachet of tuna or sliced cheese for extra protein. If I had no dehydrated meals left I would just have couscous with dried vegetables in it and a fish sachet on top. Dried vegetables were limited to peas and deb potato in most supermarkets, but occasionally I could buy dried shallots. This got boring. Dessert would be a cup of hot chocolate (made from powdered milk with a couple of pieces of dark 80% chocolate dissolved in it).

I would also have 2 or 3 muesli snack bars between meals while walking, and a few handfuls of "trail mix".

Once in town I'd eat as much as I could! Most cafés have something like "The

Big Aussie Breakfast" on their menu, and pub meals in the evening were invariably great. I can recommend the lamb shanks anywhere in South Australia.

WATER

The track is well served with water points, the result of hard work and money from dedicated volunteers of the "Friends of the Heysen Trail". The tanks can't be totally relied upon to have water in them, but

I walked in a fairly wet season so they were all full. I carried a filter (a Sawyer Squeeze) but never used it because I drank the water straight from the tanks and didn't need other water sources like streams. I never had any stomach trouble. ➤



Top: Sunrise near Parsons Beach.



Right: Sleeping quarters under the Calabrinda Creek Shelter, waiting for a big storm.



I could carry up to 4.5L of water, but generally carried only one or two litres during the day. I had 2 x 750mm Pump water bottles in the front pouches of my Aarn pack and had an extra 1L Pump bottle and a 2L plastic flexible bladder that I could fill for dry camps when needed.

EMERGENCY DEVICE

I carried a Garmin Mini with a “Safety Plan” subscription, which is the most basic subscription. The cost of the device is high (about \$500) and there is an ongoing yearly registration charge of about \$50. Then you pay \$25 per month for those months when you activate and use the device. This activation can be turned on or off monthly, which is useful if you don’t use the device for parts of the year. The device is small, light and easy to use, but it does take some studying to get the best out of it. There are plenty of YouTube videos for this. With the Safety Plan I could send unlimited pre-set “I’m OK and this is where I’m staying” messages to family and friends each evening. They would get a text message or email or both, depending on how I’d set it up. The message would have a link to a Google Earth map that pinpointed exactly where I was. I also had 10 free texts per month on this plan so I could use the Garmin’s satellite connection to send and receive short (max. 160 character) personalised texts with the Garmin linked via Bluetooth to my iPhone to make it easier for me to type and read text messages. For example, when my headtorch broke and I was well out of mobile phone range I was able to contact Kim via text and ask her to post a replacement to the next town. She was also able to let me know via text

about the SA Covid lockdown at the end of the walk.

Of course, the main benefit is being able to send a distress message in a serious emergency. Again, the ability to text could be very useful if I was able to do so because emergency services could then be informed exactly what the problem was before responding.

MOBILE PHONE

I was surprised at how much coverage I had during the walk, especially with an Optus plan which I’ve found is generally not as good as Telstra in remote areas. I had good coverage from the start of the walk until I was well past Adelaide. After the Barossa Valley it got patchier, but I could often get a signal from high points. Having said that, I wouldn’t rely on a mobile phone because there are long stretches where there was no signal, often for days. (For example, from Hawker to Wilpena). The phone also uses more battery when trying to find a tower so I would keep it on “airplane mode” unless I thought a signal was possible.

MAPS AND APPS

I use the AVENZA app because I’m familiar with it. I downloaded a “bundle” of 1:25,000 and 1:50,000 topographical maps that I purchased for about \$50 from the iTunes store. These covered the whole walk. Then I overlaid a KMZ track from the Heysen Trail website onto the maps. It takes some time to learn if you are starting from scratch with apps and maps but it’s well worth it, and very reassuring to see that blue dot showing exactly where you are.

I did carry paper maps for some of the more remote sections. The track is

generally well marked but it’s possible to go “off track”, which happened to me a few times. Then it’s good to see exactly where you are and how to get back to the trail, which is possible using phone-based satellite apps like AVENZA.

One thing to note about mobile phones is that they are hard to use in rain because when the touch screen gets water on it, it doesn’t work very well. A phone can be basically useless in rain and you may have to navigate in other ways.

INJURIES AND FALLS

I had one deep slash to my cheek when I ducked under a fallen dead tree and came up too quickly. Apart from that I was injury-free. In part, I thank trekking poles for this. They take some load off your legs and averted several stumbles that may have resulted in injury. If you are tossing up about trekking poles, my advice is to take them. They were also my tent poles for my ZPacks Plexamid.

Electric fences are a special hazard to watch out for on the Heysen. There are usually warning signs and wooden stiles to allow you to get over them safely, and they are often not actually electrified despite the warning signage, but I still got zapped twice. The first time was when I was crossing a stile and I think one of my trekking poles must have touched the top strand of live wire. My first thought when the shock hit me was that I’d been shot, and I found myself falling to soft ground next to the stile, shaken but uninjured. The second time I was trying to crawl under an electric fence to camp in a forest and didn’t get low enough.

I fell two or three times, which is ➤

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almost inevitable on a long walk on uneven ground with a pack on your back, but I was lucky not to be injured from any of these. Stumbles and falls seem to happen in the late afternoon or at other times when fatigued.

BEST AND WORST PARTS OF THE HEYSEN TRAIL

I didn't enjoy the long, undulating and boring walk along the fire trail from just past Beetaloo Creek Campsite to The Bluff. It didn't help that it was raining, windy and cold, but I just never seemed to get any closer to that big tower! My most enjoyable days were on the isolated sections, and the walk just got better as I travelled north. I loved the area around Eyre Depot and Mt Arden.

WHERE TO CAMP ON THE HEYSEN TRAIL

I spent more nights in my tent than not. Finding a campsite each night was usually easy, but you do need to obey signage indicating if camping is prohibited or allowed only at designated campsites. This is often the case on private land, in Conservation Parks or near towns. I would try to find a campsite that was completely out of sight of houses and roads. I tried to leave campsites in a better state than when I got there by carrying out rubbish left by others. I also didn't light campfires. By the time I'd stopped, put the tent up and had dinner it would be dark and usually it was cold. It was preferable to get into the tent and inside a warm sleeping bag.

LAST THOUGHTS

While I was waiting in Parachilna to

hitch my way back to Port Augusta and then further on home to Sydney I was thinking about the walk and trying to process it. The whole time I'd been walking the Heysen Trail I'd been aware that I'd been walking through someone else's country. This is partly due to being in South Australia and walking through farms and towns, but I know it's something older than that. Like other long walks, the Heysen Trail often follows ancient Indigenous pathways and trade routes. I'm aware of this because I try to make sense of the landscape and I see features that make me wonder what others before me would have thought when seeing them. Each morning I've asked for permission for safe passage through the country, and at the end of each day I've said my thanks for guidance and protection. It's really what anyone should do when passing through other peoples' country. It's been like a small prayer or mantra each day and night and gives me some connection to the land I'm passing through. A prayer doesn't have to be made in a church, buildings like the abandoned churches in many towns I've walked through, on their way to being ruins like the countless abandoned houses and shepherd's huts I've also passed by, relics of misconceptions about this land. Sometimes I forgot to do this, and on one of those nights a dingo reminded me.

After many cars had passed me on the road someone stopped to offer a ride. The man who picks me up is Indigenous, and I can't help feeling it's no coincidence. Two hours later I was dropped off on the outskirts of Port Augusta with much relief and many thanks.

There were many thanks in order from this trip. Thanks to Mark for his company and humour, to Sue in Bridgewater who sheltered me when I needed it, to the many people I met on the Trail and in the towns, a special thanks to Kim who made food and arranged so much from home so I could keep going, and lastly to the Spirits of this land. It's been a great experience and a marvellous journey. Thank you, all.

.....
This is but a snippet of Ross' shared words. Delve further into the daily detail of his Heysen Thru hike at saunter101.wordpress.com/

This was an excellent example of what preparation is needed for a Thru Hike on the Heysen Trail, but remember everyone is different and abilities vary. Preparation is essential and the Friends are here to answer your questions.

heysentrail.asn.au

The website is full of useful information and if you can't find it there, phone the office and our friendly office volunteers are eager to help. However, if that all seems a little too daunting, come join The Friends on a guided walk, be it a short Trailstarter, a more challenging Trailwalker or an End-to-End hike. An excellent way to start your journey on the Heysen Trail.

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Volunteer Profile: Mike Joyce

HOW LONG HAVE YOU BEEN INVOLVED WITH THE FRIENDS?

Cathy and I joined FOHT in 2012. Prior to that we had been walking sections of the trail from Mylor to Bethany independently by parking and walking in and out - so we effectively covered each area twice.

We made the decision to do the trail End-to-End and in 2013 we joined ETE8 starting at Cape Jervis and ETE6 starting at Cudlee Creek. This meant that we could complete the trail in 4 years. But we did catch-ups with other groups and independently for Cape Jervis to Cudlee Creek meaning that when we finished with EE8 we had completed the whole trail twice.

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

I got involved in leading some training walks with our End-to-End groups and this led to leading some Trail Walkers and then later to becoming a walk leader on ETE15.

On the maintenance side I have participated in a couple of work groups with encouragement from Adam Matthews. It is fun working in small groups and developing skills - and the trail needs to be maintained.

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

Restoration of the sand bridge to Waitpinga Campground, track realignment up the hill after Inman Valley and track realignment from Block 9 to White Park Road.

WHAT'S YOUR FONDEST MEMORY ON THE HEYSEN?

There are so many good memories. The mock wedding of the ETE8 leaders in the Burra Hotel was a hoot and sitting around the campfire sharing stories in upper Rawnsley with ETE6 was very enjoyable. But I really enjoy the times when I walk sections with 3 or 4 friends independently, getting to know each other or just absorbing the peace in nature.

WHAT IS YOUR FAVOURITE HEYSEN TRAIL TOWN/REGION?

That's a hard one. There is so much variety from coast to the hills. I generally prefer the more challenging walks and these come up north in the sections out from Quorn. The walk from Eyre Depot to Buckaringa Gorge is quite demanding along some rocky creek beds. Great scenery and satisfying to complete - a long day.

IS THERE SOMETHING YOU'D NEVER BE WITHOUT ON THE TRAIL?

A companion



WHAT'S YOUR FAVOURITE WALK ASIDE FROM THE HEYSEN TRAIL?

Overseas walks come to mind because of their novelty. Really enjoyed the Great North Walk from Sydney to Newcastle - it included great scenery, challenging walks and enjoyable company.

Our favourite has to be Wainwright's Coast to Coast which we have walked twice. Walking from St. Bees to Robin Hoods Bay staying in B&Bs and pubs on the way. A great way to see the country up close and meet people on the way. It is not always well marked so you have to keep your mind on the job.

Tour Mont Blanc was also wonderful. We returned from that fitter than ever after 12 days ascending and descending 1000 metres each day.

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Photos: Mark Scicluna

More Than A Stroll On The Beach

ERIKA GUESS

A first for the Friends, an End-to-End on the Yorke Peninsula. Erika Guess recounts the first year on the trail.

Walk the Yorke (WTY) is a 500km + walk along the coastline of the Yorke Peninsula. Last year was the first year that there was an organised walk by the Friends of the Heysen Trail. Walking one weekend a month we have now almost

reached halfway, a Covid-19 lockdown cancelling one of our walks. We are now just one weekend's walk away from Marion Bay, having started at Moonta Bay.

Some people have said to me, "Isn't it boring just walking along the beach?" The short answer is a resounding "No!" The trail snakes through coastal dunes and scrub, returning to follow the shore of pristine beaches that look as if no-one has walked on them in ages. Flaherty's Beach, which we walked last year, has just been named as the #4 Best Beach in Australia by Tourism

Australia. Whilst not providing the challenging hills of the Heysen, the WTY trail has its own challenges, including clambering over sand dunes, soft sinking sand and rock hopping. However, don't let that put you off as much of the walk down the west coast to Gym Beach has been on beautiful beaches, with masses of birds for the bird watchers amongst us. The coastal views are forever changing and provide an amazing diversity of beautiful scenery. Sun bouncing off rocky cliffs, waves crashing against shimmering rocks and endless fields of grain stretching up to the dunes.

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“

The trail snakes through coastal dunes and scrub, returning to follow the shore of pristine beaches that look as if no-one has walked on them in ages.

”

On our approach to Port Rickaby, we were lucky to have a local point out a well which was used by the Indigenous population, the Narrunga people. The well is still filled with clear drinkable water and was so expertly camouflaged amongst the rocks that we would have walked past it without noticing it if it wasn't pointed out. In the past the Narrunga population depended on such wells for their water supply as there are no permanent rivers on the Yorke Peninsula.

We saw many birds in our first year including Pied and Sooty Oyster Catchers, Singing Honeyeaters, New Holland Honeyeaters, Pacific Gulls, Pelicans and Red Capped Plovers. We were very lucky to see the threatened Hooded Plover. We were visited by a member of the local group, 'Friends of the Hooded Plover' and given information on where to walk so we didn't disturb any nests of these vulnerable, endangered birds.

As always, the other great benefits of the walk are making new friends, discovering all the little towns that I had never heard of scattered along the trail and of course the local pubs. Not to mention our discovery of the local brewery, Watsacowie. What a great venue for drinks, food and live music on a Sunday afternoon.

There is still more to look forward to this year as we venture down the eastern coast starting at Port Wakefield, calling into lots of picturesque coastal towns along the way and heading for the fabulous wild ocean scenery down south.

Lastly, a big thank you to Peter Clark and all the other people who have helped with planning and guiding our walks.

Inspired to Walk The Yorke?

The 2022 End-to End walk programme gets underway with the opening of the walking season in April.

Check out the Friends programme online at heysentrail.asn.au



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Taste of the Aussie Camino

Jenny Bubner shares her recent adventure that not only had her out walking in nature, but also on a pilgrimage through history.

We excitedly journeyed toward Penola and our first pilgrimage, a five day Taste of the Aussie Camino. We joined our tour guide, Natasha, and other walkers before travelling by bus to Port MacDonnell for our first night's accommodation.

Our purpose was to traverse the South Australian path taken in the latter part of the 1800s by Australia's only Saint, Saint Mary of the Cross MacKillop, from Port MacDonnell to Penola. The pilgrimage commenced in Portland, Victoria where Mary gained teaching experience, and ended in Penola where she established the Sisters of St Joseph and began teaching local children.

Our tour group consisted of seven in total; four Heysen walkers, Natasha, Peter, Mark (my husband) and myself, and three local walkers. Our tour briefing was clear. We had to have the mindset of a pilgrim. As we walked we were to focus on Mary's work and her many crosses, her journey and her courage. As well, we had the beautiful natural environment of the Limestone Coast to enjoy along with the marvellous company.

“

We had to have the mindset of a pilgrim. As we walked we were to focus on Mary's work and her many crosses, her journey and her courage.

”

Port MacDonnell was established in the 1860s and is both a port and holiday resort. A grand Custom House circa 1863, now accommodation, dominated the foreshore. It was once the busiest seaport in South Australia with crayfish harvesting now the dominant industry.

After settling into to our room in the historic Victoria Hotel we shared a



meal and began to get to know our fellow pilgrims. In the tradition of the Spanish Camino we commenced each day with a reflection and considered how our life journey could be similar to the travails we would face as we walked towards Penola. We were to carry a shell to reflect those traditions. The tinkling of it against our backpacks as we walked was a constant reminder that we were doing something extraordinary. Another tradition, the stamping of our Pilgrim Passport by our overnight hosts, was also adopted.

DAY ONE

Before we commenced our walk, Auntie Michelle, a local First Nations elder from the Boandik people welcomed us to country. She had a great interest in Mary MacKillop as her Great-Grandmother Annie (also known as Nancy Bruce) was educated by Mary, highly unusual for an Indigenous person at the time. We met Auntie Michelle again in the Mount Gambier cemetery where we viewed Annie's grave. Although exhausted from 33 kilometres of walking, it linked the pilgrimage to our Indigenous history.

The walk from Port MacDonnell to Mount Gambier was relatively flat and mostly on back public roads. We sidestepped some “roads” as the grass was chest height and it seemed safer to ➤

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walk in the paddocks.

Sixteen kilometres north of Port MacDonnell was Mount Schank, a remnant cone shaped volcano rising 100m above the surrounding country. We learnt of its significance to the Boandik people and walked up a short steep ascent to the rim of the crater for views inside the dormant volcano and back to the coast from where we had come. Our final stop of the day, before the cemetery, was a brief stopover at the Blue Lake.

DAY TWO

Day two was an eighteen kilometre walk to Bush Haven Cottages at Dismal Swamp. We walked along bike paths, through stunning cattle country and forest plantations where we got a soaking by a sudden thunderstorm. The final part of the

day was through natural Stringybark forest with ferns up to our chests. Mindful of snakes, we quickly walked to our clean, comfortable but quirky accommodation.

DAY THREE

We walked twenty kilometres through red gum country on flat limestone lanes past apple orchards, cattle, potato farms, timber forests and lakes. Our final part of the walk was through a beautiful avenue of eucalypts. The evening saw us bed down in the Kalangadoo Hotel. We were fascinated by the hotel. We, as pilgrims, were welcomed. The accommodation and meals we purchased would be vital to their success.

DAY FOUR

Our final walking day saw us arrive in Penola. Again, we walked on quiet, public back-roads but also we spent a little time on the disused railway lines. We walked through what the local's termed "God's country" where huge beautiful old gum trees dotted vast flat paddocks. We could see the wealth in the land and imagined the early European settlers' thoughts as they would have first observed the landscape.

We had arrived back where we started. We celebrated with some stunning local sparkling wine and settled into the Royal Oak Hotel (est. 1872) for our final two nights.



DAY FIVE

On our last day we visited the Mary Mackillop Interpretive Centre. Among the many exhibits was a class photo of Annie, the student, and Mary, the teacher. We also met with a current member of the Sisters of St Joseph. We took a short trip, hosted by Coonawarra Experiences, to the famous Coonawarra railway siding before touring the World Heritage listed Naracoorte Caves. On our return we had a short stopover at Father Woods Park and spent the evening at a local winery enjoying a degustation.

We achieved the goals of a pilgrimage; more than a bushwalk, we connected with ourselves, reflected on matters, experienced the beauty and wonder of the environment, its past history and built connections with our fellow travellers.

For more information on the Taste of the Aussie Camino pilgrimage visit walkthelimestonecoast.com.au



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Photo: Ockert Le Roux

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KATHY WRIGHT

Favourite Short Walk

Wine Shanty Loop

Photos: Julie Stapleton

WINE SHANTY LOOP, CLELAND CONSERVATION PARK, 13KMS

The Wine Shanty is named after the Halfway House where bullockies stopped for refreshments and it is rumoured, convicts and others stopped off for sly grog.

Motor up Greenhill Road, turn right on Summit Road towards Mt Lofty and park on the outside carpark of Cleland National Park, whose gates only open at 10am. Bus number 823 will also get you there. The Wine Shanty Loop is just down the hill, so follow the purple signs, it is well sign posted.

Cleland is well known amongst all of you Heysen Trail walkers, with towering gums and gorgeous shrubs as well as crops of delicious

blackberries along the way. While it was an overcast day, Adelaide was still visible and further off into the distance you could spot Port Adelaide.

We saw a couple of koalas but a huge shrub, covered in spider webs, was quite the highlight. It was just so transparent in places and very thick in others, a real masterpiece.

Our group passed ETE -2 doing a practice walk just before we stopped at Keirs ruin – a shepherd's house from the 1800's.

A few hills, poles needed in parts, but not that hard

and the track was quite wide in most places, social distancing...no problems. All in all, a lovely short walk. Wonderful surroundings in absolute peace and quiet.



The Barking Gecko café at Cleland was superb, lots of great presents in there! We shared it with other families and some curious bettongs. Options for refreshments post walk are plentiful in the nearby Stirling and Crafers, but of course the fabulous pub at Uraidla deserves a look.



You'll not get bored of the Wine Shanty Loop with its connecting trails allowing you to customise your hike for what you want on the day. Chambers Hike and Sugarloaf Circuit make for additional kms with some good climbing for pre season training.

Do you have a favourite short walk you'd like to share? We are keen to hear about the new Reservoir trails. Please send your article to The Editor at trailwalker@heysentrail.asn.au

Trailthinker Quiz Answers

1. Pichi Richi Railway
2. 35km
3. 5 runs
4. Harricott
5. Knee
6. 35km, Athelstone/West Beach
7. 1870s
8. David Unaipon
9. Murray Bridge
10. Dylan Alcott



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