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walking trail



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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: Jarvis Hill Lookout, near
Hawker.

Photo by Martin Chapman

Trailwalker welcomes photo
submissions suitable for the
magazine cover. Please email
your high-resolution images to
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About the Friends

AUGUST 2022 • 3

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E2E13 Vicki Barrett
E2E14 Mark Fletcher
E2E15 Mark Curtis
E2E16 Peter Clark
E2E-2 Julian Monfries

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S2A Jon Westover
S2B John Newland
S3&4 Hermann Schmidt
(Wandergruppe
Bushwalkers)
S5 John Babister
S6 Robert Ruediger, Ken
Smith
S7 Carl Greenstreet
S8 Ian Harding
(WEA Ramblers)
S9 Jerry & Michelle Foster
S10 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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Karen Baker

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.

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Wonoka Creek

Photo: Nina Wilkinson

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WENDY WHITE

Tread Lightly

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):

28 OCT 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)

1/8 PAGE \$60 per issue
1/4 PAGE \$90 per issue
1/3 PAGE \$105 per issue
1/2 PAGE \$150 per issue
FULL PAGE \$220 per issue
FLYER (supplied for insertion) \$265 per issue

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

"In nature nothing exists alone"

Rachel Carson *Author of Silent Spring 1962*

MELANIE SJOBERG



The Heysen Trail is truly an amazing experience however you explore its diverse landscape, terrain, and weather. I've recently had the pleasure and challenge of immersion for over 3 weeks hiking the Flinders Ranges sections, which, among other things, allowed time to reflect on our role as The Friends. Most often I found myself pondering connections and relationships that seem so simple yet fundamental to the ongoing existence of The Friends and the Heysen.

Through our Reconciliation Committee we're gradually developing a deeper understanding of the important connection that First Nations people have to country. Walking the Heysen in the Flinders traverses traditional country of Adnyamathanha and Nukunu: it's encouraging to find each group now engaged in co-management with Parks SA at Ikara-Flinders Ranges and Wapma-Thura Southern Flinders National Parks respectively. This enhances the opportunity to acknowledge Country, share in stories that are tens of thousands of years old and for Heysen walkers to acknowledge country contemplating the significance of connection to an ancient land.

Barely had we hopped into our transport to the trailhead and conversation with our driver turned to the ever-increasing number of hikers tackling the Heysen. Service providers and property owners we connected with generally offered enthusiastic

anecdotes about interest in the Heysen, although we noticed some bemusement about the occasional hiker that seems less prepared. These conversations with accommodation hosts, pubs, stores and visitor centres became a regular occurrence reinforcing how important it is that Friends of Heysen members and volunteers continue to engage and build relationships when we are out on the trail. It was certainly heartening to hear so much positive feedback about our Trailwalker magazine and huge respect for the efforts of our maintenance volunteers.

Given the perception that you often don't see others when through-hiking it was surprising to us that we commenced from the Parachilna Trailhead on the same day as 5 other hikers. From the start, our connections were built around exchange of stories and plans over camp dinner. Our experience also countered the myth that some people perceive that the Heysen Trail is only for "die-hard hikers" because of its 1200km/60 days. We certainly crossed paths with several E2E through-hikers but we met more who were ticking off sections as time and logistics allowed – one tenacious hiker had clicked nearly 1000kms over 10 years of weekends. Interestingly we also bumped into 2 separate charity groups of 15-20 each and 2 commercial tour groups of some 15 each taking day walks in the northern Flinders: we, of course, took advantage of the moment to share a little about the Trail and Friends volunteering.

Connecting with anyone we met was reaffirming for the overwhelmingly favourable comments about the state of the Trail as well as The Friends website and office team that assist with research and planning. These interactions left me contemplating the importance of every little exchange between members/volunteers and the walkers and communities we encounter. Word of mouth is recognised as a significant and trusted form of communication. Evidence suggests that The Friends has been assiduously putting this into practice in connecting and building relationships that benefit the Heysen Trail.

Next time you're on the trail or travelling in a region remember that each of us is an important advocate and ambassador for The Friends and Heysen.

Welcome New Members

The President and the Council would like to extend a warm welcome to the 136 members who have joined the Friends since the April 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!*

Constitution - Council - Committees

Perhaps it sounds a bit tedious: in reality, it underpins how we keep The Friends and The Heysen functioning.

Following a year of consultation among committees and members, participants at the Annual General Meeting in March 2022 approved amendments to the FOHT Constitution. It modernises the 35-year-old document, clarifies core objectives and changes management structures within the organisation. Specifically, term limits now apply to all elected positions with the aim of encouraging renewal across The Friends and it creates Standing Committees to better recognise the essential role of our key committees in coordinating our expanding growth, activity and finances.

The Friends continues to be successful because we are recruiting new members and volunteers who help sustain the organisation. We're able to offer more walks, improve the Trail, produce Trailwalker and expand our social media promotion because new members get involved. Importantly, our Finance and Office teams are the hidden gems who volunteer time to manage detailed administration that benefits us all.

Council and Standing Committees welcome new people with new energy and new ideas, so please talk with other volunteers about how you can assist and support the Friends.

Introducing the new Friends (FOHT) Council elected at the AGM March 2022

President – MELANIE SJOBERG

Joined FOHT in 2008 and completed the Heysen in 2014 with E2E4. Elected to Council in 2017, Melanie is also a member of the Trail Development Standing Committee; including representing FOHT on the Heysen "Partners" Group with DEW/ForestrySA/SA Water as well as the Wild South Coast Way Steering Committee. This is the final year of her term as President.

Vice President – PAUL BOND

Joined FOHT in 2016 and is currently walking with E2E12. Paul volunteered with the Trail Development Committee before being elected to Council in 2020 and accepted the TDC Coordinator role. He represents FOHT on the Heysen "Partners" Group with DEW/ForestrySA/SA Water and liaises with the State Trails Officer. Paul accepted the Vice President role to ensure a temporary vacancy was filled, however is not intending to nominate for a future President vacancy.

Treasurer – BASIA SAMCEWICZ

Joined FOHT in 2020. After completing much of the Heysen independently with a small group, Basia participated in E2E minus2 where she expressed interest in supporting the organisation and agreed to put her financial background to use in the Treasurer's role.

Honorary Secretary - VICKI STEWART

Joined FOHT in 2014. Completing the Heysen with E2E9, Vicki then joined E2E14 for a second walk and is a volunteer Walk Leader for Walk the Yorke. Since being elected as Secretary in 2022, she has become the initial point of contact for members interested in volunteer activity with FOHT.

Councillors

MARGARET FLETCHER: Joined FOHT in 2013. Completed the Heysen with E2E8 in 2018, before starting again as a Walk Leader with E2E14 and then in 2022 became Walk Leader for our Willunga Basin Trail walks. Margaret was appointed to Council in 2019, elected in 2020 and is a member of the Finance Team.

JOHN BABISTER: Joined FOHT in 2012. Completing the Heysen in 2015 with E2E5, a second time in 2018 with E2E8 and about to finish for a third time as Walk Coordinator of E2E11. John has been a member of the Walk Standing Committee since 2016, a trail maintenance Section Leader since 2017 and elected to Council since 2020.

JUDY McADAM: Joined FOHT in 2011. Starting the trail with E2E6, she walked with 2 groups in the first year and completed the trail with E2E5 in 2015. In the same year she recommenced the trail with E2E10 as part of the leadership team and took over the Coordinators role for the last two years completing the trail a second time in 2021. After seven years as an office volunteer, she is now Membership Secretary and was elected to Council in 2021. ➤

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ROSS McDOUGALL: Joined FOHT in 2019 and is currently walking the Heysen with E2E14. Ross was elected to Council in 2021 and is a member of the Trail Development Standing Committee.

BARBARA DEED: Joined FOHT in 2018 and is currently walking the Heysen with E2E12. After joining the Membership & Marketing Committee in 2021, Barbara was elected to Council in 2022 and is now Chair of our Promotion: Membership and Marketing Standing Committee.

Want to volunteer with the Friends?

Have a skill to share or maybe you are up for learning a new one?

All enquiries are welcome. Reach out on heysentrail@heysentrail.asn.au

David Hammond, Jim's Test & Tag (Mile End), was recently awarded a certificate of appreciation by the Friends for his volunteering of professional time to Test & Tag all equipment in the Friend's Office on Pirie Street. Sometimes volunteering is a long term labour of love and other times a short term proposition. Either way, it is always greatly appreciated. Thank you, David!



Calling for Member Photo Submissions for the 2023 Heysen Trail Calendar

Submit your photos to the Heysen Trail 2023 Calendar for a chance to win a free calendar. If we use one of your photos, you'll receive a 2023 calendar.

Must feature the Heysen Trail.

Maximum of six photos can be submitted per person.

Photos need to be landscape and meet the minimum specifications: generally, a 7-mega pixel camera will suffice if on the highest image quality setting.

Email photos to trailwalker@heysentrail.asn.au by Monday 26th September.



Trailthinker Quiz

1. How many Huts are there on the Heysen Trail?
2. How long is an Olympic Pool?
3. What is "cynophobia"?
4. How many languages are written from right to left?
5. In 1903, who was the first woman to win a Nobel Prize?
6. Which is the only edible food that never goes bad?
7. Which country invented icecream?
8. Which 2 countries have not missed any of the modern-day Olympics?
9. In 1930, which country won the first ever Soccer World Cup?
10. Which is the earth's largest continent?

ANSWERS PAGE 24



David Hammond
Director at Davros Management
Services Pty Ltd trading as
Jim's Test & Tag (Mile End)

Swamp Works at Kuitpo

The Trail Maintenance volunteers have been busy maintaining and improving the trail and its facilities...

Walkers along Section 6 (Blackfellows Creek Road, Kuitpo to Glen Bold Road, Echunga) often face difficulties in crossing Meadows Creek at Wicks Road. Access to the wooden footbridge over the creek across the only private land section linking the Kuitpo Forest sections was often hampered in winter by swampy approaches to the east and west.

The Section 6 maintenance team (Richard Webb, Dick Triggs, Ken Smith and Rob Ruediger) identified this as a priority project for 2022 and negotiated with the landowner Travis Pix to undertake works to make this area an all-weather crossing. Travis was keen to better manage

walker access to his property and undertook to re-fence the road reserve and donated a large concrete culvert pipe to the project.

Over several working bees, the team undertook surveying, site works and, in a huge effort in early March, moved 11 tonnes of quarry rubble by hand to construct pathways across the swamp. Except for times of flooding, this crossing should now be accessible throughout the walking season.

This was a marvellous example of positive and cooperative relationships with Trail landowners. A big thank you should also go to ForestrySA who assisted in planning and providing access through Kuitpo Forest.



Infrastructure Inspection Maintenance and Installation

A larger than usual team of maintenance volunteers was involved in 2022's hut inspection trip. Inspection includes replacing fire extinguishers and checking smoke

alarms in huts, recording water levels in tanks, general cleaning and replacement of toilet paper, checking infrastructure for damage or wear and tear that may need attention. This is done annually as a precursor to determining work programs.

This year saw a number of other tasks completed:

Benches rolled out to

- Lights Hummock
- Huppatz Hut
- Worlds End
- Wandallah,

- Whistling Trig (well, part way up the hill)
- Beetaloo
- Eyre Depot
- Mt Arden South

Water Tank and bench installed at Hawks Nest (between Stony Creek and Catninga)

Bowman Park hut painting – exterior completed and about one third of the interior

Extinguishers updated

Smoke detectors tested and replaced as necessary (approx. 6)

General inspection of all infrastructure ➤

⤴ Building the culvert crossing. (L to R) Richard Webb, Rob Ruediger and Ken Smith.

⤵ The swamp in winter. Photo: Rob Ruediger

⤴ Painting Bowman Park hut Photo: Paul Bond



Mid North Maintenance

A group of volunteers from Retire Active SA Bushwalkers continue to provide tremendous assistance in maintaining some of the northern sections of the trail. This year, they have participated in a number of important activities, under guidance from the Friends' Northern Coordinator, Daniel Jardine.

Together with land holder Rob Hammat, the bridge across Bundaleer Creek was re-installed. The bridge sits on concrete footings and now has FRP mesh decking attached. The trail from the bridge to the campsite has been cleared and extra marker posts installed.

From Bundaleer Reservoir to the Jamestown-Spalding Road had recently been mechanically slashed. Some faded arrows along this section were replaced.

Additional marking was installed to better indicate the crossing point at the



Jamestown-Spalding Road.

Several stiles were repaired by replacing steps and a new metal stile was installed.

The local council had mown the road verge along Bowman Park Road, as they would said they would do, however they have not pruned any of the trees that hang over the road which in some cases would require walkers to go onto the bitumen in order to get around the vegetation.



White Park

The reroute North from Wirrabra through White Park has been completed with the addition of a rain water tank and a bench. Importantly, this provides an additional water source by filling the gap between Go Kart Track and Murraytown. All we need is some rain to fill the tank!

Are you interested in volunteering with the Maintenance team? Contact us at heysentrail@heysentrail.asn.au

⤴ Re-installed bridge at Bundaleer Weir. (L-R) Roger, Kevin, Rob Hammat, Chris and Don. Photo: Daniel Jardine

⤵ New tank shelter at Hawks Nest. Photo: Paul Bond

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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 32°C or higher. 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
Mt Little Station

E2E 12
Broadview

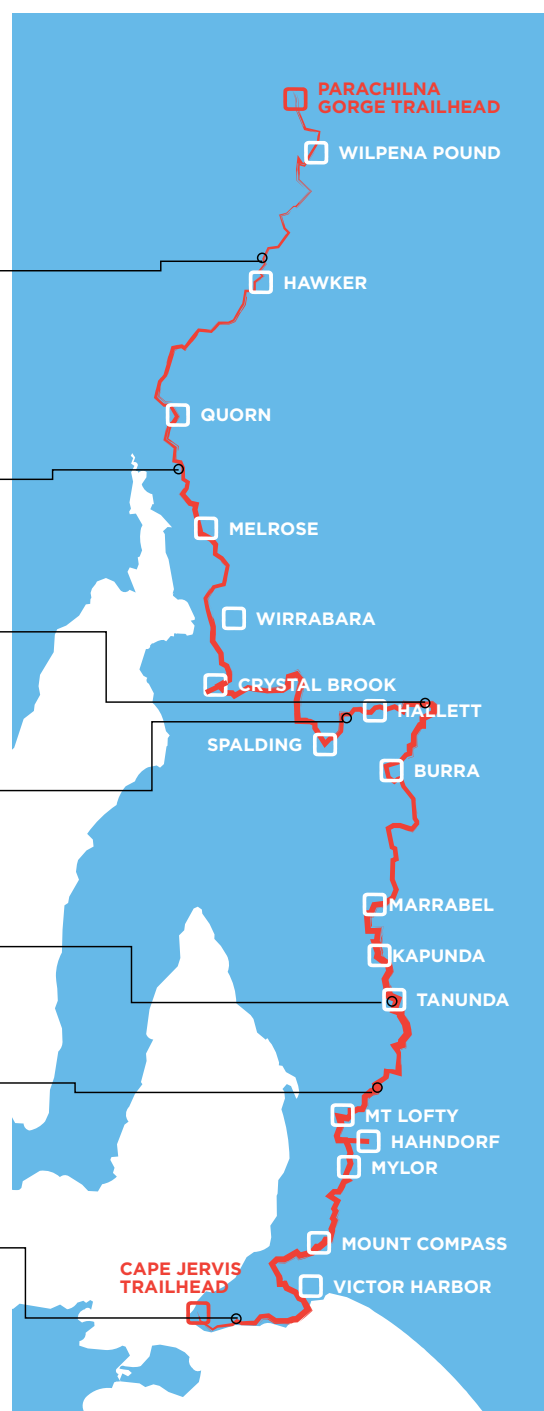
E2E -2
Raeville

E2E 13
Burra Road

E2E 14
Tanunda

E2E 15
Montacute

E2E 16
Tapanappa



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

End-to-End Season Programme 2022

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
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 Tapanappa - Balquhidder	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 Chlorinator - Curnows Hut - Raeville E2E 16 SUN 11 SEP Balquhidder - Waitpinga	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 Cleland - Montacute	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 Waitpinga Rd - Tugwell Rd	E2E 14 SAT & SUN, 15-16 OCT Peters Hill-Gerke Gap-Webb Gap	N/A	N/A

Version released 7th July 2022

heysentrail.asn.au/walks

Mt Lofty to Tanunda - Extended Walk

Monday 29 August to Sunday 4 September 2022 (seven days, including a rest day).

The Friends of the Heysen Trail are offering the opportunity to walk a further six fantastic sections of the Heysen Trail in one hit from where last year's walk finished, just below Mt Lofty through to Tanunda in the Barossa, with six guided walks and buses to help facilitate the week.

The week of walking is designed to enable those from beyond Adelaide – whether from intrastate or interstate – the opportunity to complete these fantastic sections along the Adelaide hills in a single block, rather than the normal schedule with an End-to-End group.

Over the week the walk will thread its way through numerous conservation parks, state forest areas, across farm

lands and down rural back roads with many ups and downs along the way to test your stamina.


Walkers who walked on one or both of the previous weeks in 2020 and 2021 will be offered an Early Link to Register for the walk on Wednesday 20 July, a fortnight prior to the opening of the walk for the general public on Wednesday 3 August 2022.

These walks are generally within an hours drive of Adelaide. For those wishing to book accommodation outside of Adelaide we suggest you visit (www.heysentrail.asn.au/heysentrail/accommodation) for accommodation ideas.

Please note this is an extended walk for people wanting to do the entire week of walking and not those only wishing to do selected walks.

All the walk leaders are currently leading End to End groups and have each completed the Trail at least twice.

Some of these walks are challenging so please ensure you come physically prepared for a memorable week on the Heysen Trail.

 Photo: Sarah Flynn

Do you have any questions?

Please contact John Babister on 0409 616 270 or at jpbabister@internode.on.net

Friends Season Walk Programme 2022

	1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK	5TH WEEK
AUG	FRI 5 AUG Mylor-Aldgate Loop Paul Gill	SAT 13 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		SAT 20 AUG Willunga Basin Trail Cathy Bowditch & Margaret Fletcher	SUN 28 AUG Adelaide 100 - Norton Summit Paul Frost	
	SUN 7 AUG Cleland Conservation Park Heather Jensen	SUN 14 AUG Waitpinga Judith Ellis	SUN 21 AUG Hardy's Scrub Noeleen Smith	SUN 28 AUG Lofty Gardens Bill Van Riet	
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	SUN 28 AUG Scott Creek CP Rosemary Hayward	N/A
	SAT 3 SEP Horsnell Gully / Giles CP Heather Jensen			SUN 25 SEP Lobethal Bushland Reserve Mary Cartland	
	SAT 3 SEP Morialta-Mt Lofty Loop Paul Gill			SUN 25 SEP Para Wirra Bill Van Riet	
OCT	SAT 1 OCT Glen Osmond-Mt Lofty Loop Paul Gill	TBA	SUN 16 OCT Sturt Gorge Paul Gill	SUN 25 SEP Cape Jervis to Cobbler Hill Paul Frost	SUN 23 - FRI 28 OCT Wild South Coast Way Melanie Sjobert & Daniel Jardine
				SAT 22 - SUN 23 OCT Walk the Yorke Peter Clark	
				SUN 30 OCT Morialta/Black Hill John Babister	

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

Version released 7th July 2022

Accommodation between Kapunda & Marrabel – ideal for Heyesen 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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Wild South Coast Way on The Heysen Trail – Extended Walk

Sunday 23rd to Friday 28th October 2022

The Friends of Heysen Trail were involved in developing a proposal and advocating for improvements to hiker amenity and trail interpretation that eventually received generous State Government funding to bring the Wild South Coast Way on the Heysen Trail (WSCW) between Cape Jervis and Victor Harbor to reality.

Now the Friends is offering an opportunity for members to explore the revamped WSCW in a small group, extended walk along this classic section of Heysen Trail; rich with rugged coastlines, dense native vegetation and expansive views.

An introduction on Sunday afternoon will include insight into Ngarrindjeri connection to Deep Creek and a short walk followed by sundowner drinks & nibbles. Then longer guided walks from Monday to Friday will follow the WSCW along this dynamic coastline. A celebratory dinner in Victor Harbor will conclude the event.

A solid level of fitness is necessary for walking over consecutive days on a Class 4/5 Trail. These are challenging walks between 5-6 hours with some steep climbs and descents through gullies, rough, narrow and uneven tracks, occasional rock scrambling, creek crossings and along cliff edges.

Participants must register for the full walk program \$320 – package includes walk fees, bus costs, sundowner drinks and final night dinner. Note that “Golden Boots” does not apply for this event. Participants will need to book personal accommodation.

Do you have any questions? Ready to register?

Call our office volunteers on 8212 6299 and/or visit heysentrail.asn.au/walks to register online.

Upcoming Walk Leader Training on Saturday 15th October, 2022

Spaces still available

If you’ve ever thought you might like to lead some walks for the Friends of the Heysen, then this is for you. Our experienced walk leaders will lead you through some of the basics in leading a Trailstarter, Trailwalker or an End-2-End group. There are some interactive sections, culminating with a break away into smaller groups and creating a walk plan.

Learn from the best with Adam Matthews, Julian Monfries, Simon Cameron and John Babister.

Registrations open on the 17 Sept. Book online at heysentrail.asn.au/walks If you have questions, contact the office at heysentrail@heysentrail.asn.au





Photo: Tammy Main

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.

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.

AUGUST ▼

Mallee Parks of the Riverland

SEPTEMBER ▼

Parks of Lower Eyre Peninsula

OCTOBER ▼

Parks of the Flinders Ranges

NOVEMBER ▼

Adelaide's Sanctuaries

DECEMBER ▼

Parks of Western Kangaroo Island

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The Friends Volunteer & Member Covid-Safe Guideline 2022

2022 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 the SA Health recommendation that vaccination is a sound public health measure to mitigate the risk of covid spread or infection and that up-to-date vaccination status means having booster doses.

The Friends strongly encourages members and volunteers to be up to date with vaccinations 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.

End-to-End Awards

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

Susan Beckett
Celine Bernard
Richard Duczamal
Phillip Freeman
Julia Johnston
Paul Johnston
Melissa Kubank
Geoffrey Luscombe
Bruce Nankivell
Isabel Nankivell
Marijke Schuur
Julia Thorn
Galileo West
Elizabeth Wilkinson
Nina Wilkinson



\$30

PLUS POSTAGE

The perfect Heyesen Trail Companion Guide

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



*Beautiful Flinders after the rain
Photos: Nina & Beth Wilkinson
Below: Kanyaka Creek*

Why rush a good thing?

Beth and Nina Wilkinson share their story of patience and success.

As with the best things in life, walking the Heysen Trail wasn't planned. What began as strolling through the Adelaide hills and coming across Heysen markers soon turned into an adventure.

An Odyssey that due to time, family constraints and only one vehicle would take 24 years. That must be a record, though we console ourselves with the fact that most of it was double walked.

We started in the middle working our way first south, then north. The entirety of the Trail is amazing and the hiker experiences the whole myriad of scenery, rolling hills, wild and savage coastlines, dusty roads, creek beds, gorges and the magnificence of the Flinders.

We had numerous fauna encounters, dolphins frolicking at Tapanappa and shy echidnas at Deep Creek. We saw snakes while we crossed farmers' properties, soaring eagles in the sky, a herd of cows that walked with us awhile and ants in our pants...but that's another story.

The flora can only be appreciated by walkers and those that stop to admire

the beauty and complexity of their designs. Their delicacy is belied by the harsh land they have thrust themselves up from.

“

And what can be said of the magic of the Ikara. It is an ancient and sacred place that is felt rather than seen.

”

We've stayed at some lovely places and some not so lovely but all worthwhile experiences that add to the story.

We've experienced every season and type of weather. From cruel battering hail and drenching rain to the harsh, unrelenting pounding of the sun and every perfect day in between.

Along the 1200kms we rarely saw another walker - which was exactly as we liked it. The world was ours.

Logistically, north was harder than the south and here we met some

exceptionally nice people. Without these individuals providing pickups and drop offs, we would not have been able to complete the trail. Worthy of mention is Kevin, Spalding Hotel, Clint, Argadells station, who waited patiently while we were terribly lost. Let us not forget, the 'save the day' meeting with Andrew from Wilkatana Station. Most noteworthy was the great adventure we shared with Sally from Alpana station.

We finished, as we started, not at the beginning or the end but somewhere inbetween. We celebrated our last walk, spending the night in Mayo hut (and running back to the comfortable facilities at Wonoka station in the early hours of the morning).

Amazing experience.

Fantastic memories.

As Mum turns 80 this year, she's decided she wants something tamer next....so we'll be 'Walking the Yorke'.



Top of Mt Brown



From Mayo hut towards Red Range campsite



Not really finished. Still gaps to fill



Wonoka Creek

E2E 16 choose their award



The walk leadership role comes with plenty of responsibility, but there is a lighter side and it comes in the form of the walk award. Kathy Wright and Tracey Evans from E2E16 giveDo us the run down on their choice.

It was easy to come up with a theme for E2E16. 16 - 1 trail over 6 years. The Heysen trail logo is red and so is our 'idol' (yes, I'm a Survivor fan). Hopefully, it will help us all survive on the trail. A heart symbolises love, and we love this Heysen Trail. To be fair, we are going to need strong hearts to keep tramping along over the next 6 years.

The idol will be awarded to a walker who has done something notable. That might be a kind deed, a funny scenario or a blatant faux pas. We may not observe all antics or actions on the trail, so feel free to alert us to idol-worthy events.

Our first recipient was Peter, our big-hearted, hard working E2E16 Co-ordinator who had his finger-on-the-pulse to ensure that everything was ready for our first day on the trail.

Congratulations, Peter!

BLINMAN, SA

FLINDERS & BEYOND

CAMEL TREKS

Join us in 2023 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 last show with astronomer Ryan.

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CONTACT FOR 2023 WALKING TREK DETAILS

Renovation of Rossiter's Hut

PAUL BOND



Photos: Paul Bond



Photo: Ian Fry



The Friends' "working in close relationship" continues...

White ants had taken a considerable toll on the structural timbers supporting the roof and walls of Rossiter's Hut in Mt Crawford Forest at Pewsey Vale and the stone chimney had deteriorated significantly over time.

After lengthy consideration of parties responsibilities, The Friends Infrastructure Coordinator Peter Simons found a builder who was

willing to undertake the structural work. ForestrySA identified the potential for a Responsible Wood grant to fund the structural work. This led to a partnership approach that saw ForestrySA procuring a stonemason to upgrade the stone chimney, Peter Simons making a submission for the Responsible Wood grant based on the builder's quote and when that was approved, engaging I J Fry Nominees to complete that part of the task.

Covid related delays saw work pushed from March to June and those stages of the work have now been completed. Andrew Moylan of Forestry SA

was extremely helpful in sourcing hardwood that could be re-used in order to retain the hut's rustic charm.

The Friends will now complete works including painting, repairing a bunk, new and reconditioned outdoor furniture and replacing the roof and door of the toilet.

The combined outcome of the Responsible Wood grant, contribution by ForestrySA and work by the Friends volunteers mean that Rossiter's Hut will be a valuable asset for hikers to use well into the future.



Accommodation Nunn Road, Myponga along the Heysen Trail

2 self contained cabins with queen bed and single sofa ~ Reverse cycle air-conditioning
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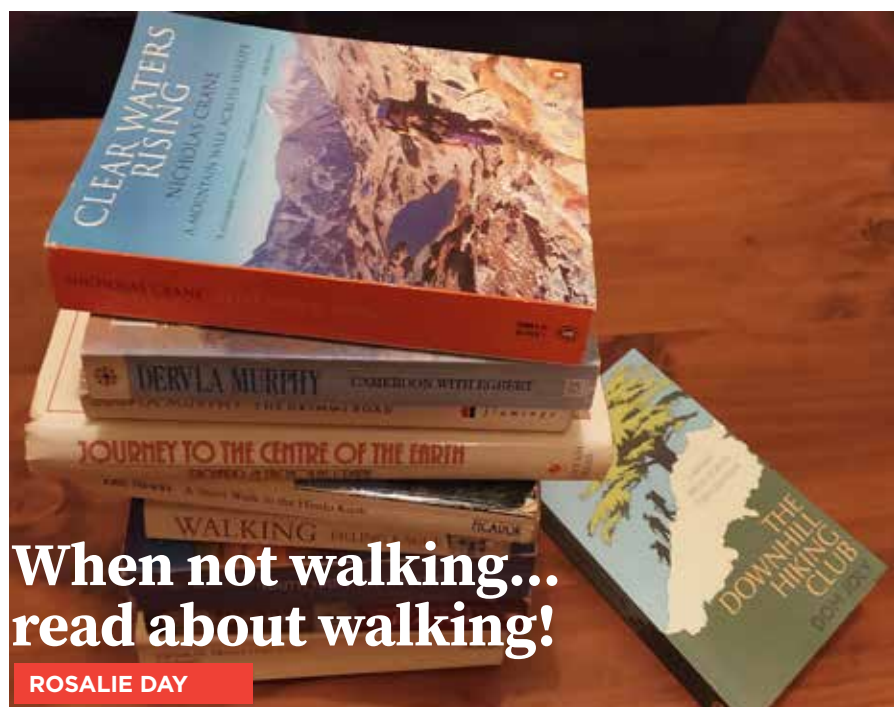
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When not walking... read about walking!

ROSALIE DAY

Books about walking - there are so many of them! More than we can read or even know about. That font of knowledge, Wikipedia, traces the history of travel literature back as far as the 2nd century AD, a time at which travel by foot or pack animal were pretty much the only options. Check out the entry on Travel literature for a broad ranging overview of travel writers through the ages.

Reading about the walking exploits of others from the near or distant past is informative and inspiring, offering vicarious pleasure that can be sufficiently satisfying to allow some of us to remain at home and the catalyst for others to take off on another actual adventure.

In the situation in which we find ourselves, that of an excess of written accounts of human-powered adventure, another's recommendation is often welcome, and so here I offer several of mine. I have chosen four writers whose work I have read and enjoyed - two Englishmen, an Irishwoman and a Norwegian.

ERIC NEWBY

Let's start with Eric Newby who was born in London in 1919. To say he led an adventurous life is an understatement. He set the pattern early by taking up an apprenticeship

at age 18 on a Finnish windjammer, one of the last sailing ships to make the voyage from the UK to Australia to load up with grain and return quickly enough to sell it for the best price. Before the ship had even left port, Eric dropped a hammer into the dock and later had his pay deducted accordingly. The destination was Port Victoria, South Australia, where the ship was loaded with 59,000 sacks of wheat. All this and more are detailed in *The Last Grain Race* (1956).

During WW2 Eric was commissioned in an infantry battalion, the Black Watch. His wartime experiences in Italy were gruelling and can be summarised as follows - submarine operation, rescue from the Mediterranean by fishermen, prisoner-of-war, escape causing broken ankle, 18 months in the Apennine region aided by local families, treacherous months of hiding-out and hiking through the mountains to evade the militia and eventual recapture. He describes a devastating ordeal as he travelled by foot, ill and emaciated, through the Apennines carrying a heavy burden of supplies:

That night something happened to me on the mountain. The weight of the rice coupled with the awful cough which I had to try and repress broke something in me. It was not physical; it was simply that part of my spirit went

out of me, and in the whole of my life since that night it has never been the same again.

A compensation for this great loss, perhaps, was that during his time in Italy he met and fell in love with Wanda who later became his wife. *Love and War in the Apennines* (1971) is his account of this time.

In the 1950s Eric took up an invitation from his friend, Hugh Carless, to travel to Nuristan, an eastern province of Afghanistan. His classic book *A short walk in the Hindu Kush* (1958) resulted from this trip in which the two men undertake an expedition involving serious mountaineering, an activity in which they are inexperienced. The reader is treated to humorous but unflinching descriptions of the rigours involved, including bad hiking boots, language barriers, continuously disturbed stomachs, the spectrum of dynamics between the two friends ranging from warm companionship to intense enmity and the elation of achieving glorious heights and vistas after perilous ascents on ice and snow. Incredibly, who should they meet on the trail as they ended their trip, but notable British explorer and writer, Wilfrid Thesiger, known for his excursions in the Arabian Peninsula and his chronicling of the Marsh Arabs of southern Iraq.

Among Eric Newby's many books is an anthology, *A book of travellers' tales* (1985). It was here that I came across Mary Kingsley, a self-educated Englishwoman of the Victorian era who, in her short life, explored the Congo and discovered 'the blessings of a good thick skirt' which is apparently advantageous if you fall into an elephant pit. I have promoted this item of apparel to my End-to-End Minus 2 companions, none of whom have so far adopted it.

DERVLA MURPHY

Dervla Murphy, who died recently (May 2022) at the age of 90, was born and lived her entire life, when not travelling, in Lismore, Ireland. She formed the intention to travel at an early age, but was obliged to delay this as she cared for her invalid parents until the age

of 30. Her first extended trip was by bicycle from Ireland to India in 1963 (Full Tilt 1965). With her daughter Rachel, she travelled in Baltistan, Peru, Madagascar and Cameroon, usually by foot with a pack animal. Prior to motherhood, she walked in Ethiopia with a mule.

Dervla was capable of enduring the most arduous of circumstances and had the capacity to interact with and observe the customs and practices of other cultures without judgement. She writes with acute observation and humour and with an admirable depth of understanding combined with a political perspective that many writers lack.

She had her own way of going about things as well. She did not conform to any standard of fashion and dressed in practical clothing that, in Cameroon, caused her to be mistaken on several occasions for her 18-year-old daughter's husband (Cameroon with Egbert, 1989). To convince her observers that this was not so, she lifted her shirt to display her breasts. In 1994, resuming a long trip in Africa and with a broken arm, she negotiated an 'informal' border crossing by foot via a smugglers track between Zimbabwe and Mozambique to shortcut bureaucratic inefficiency that had delayed the issuing of her visa. See South from the Limpopo (1997) for the full story.

NICHOLAS CRANE

Nicholas Crane is next in line. Born in 1954, he is an English geographer, explorer, writer and broadcaster. He and his cousin Richard Crane undertook a crazy cycling expedition

in 1986 to reach the point on earth that they had identified as the furthest from any ocean, described in their book Journey to the Centre of the Earth. Their destination was near Urumqi in north west China, 2400km from the sea in any direction. In order to travel light-weight, they drilled holes in their bicycle tools and cutlery, comprising one teaspoon each. This was in pre-internet days - they used 22 rolls of camera film and took school exercise books in which to write their journals.

In 1992-93, taking 18 months, Nicholas walked solo from Finisterre to Istanbul, following the mountain ranges of Europe - the Pyrenees, the Alps and the Carpathians (Clear waters rising: a mountain walk across Europe, 1996). He considered taking only 3 socks and adopting a rotation policy, but ultimately took 2 full pairs, along with an umbrella and not too much else.

In Two degrees west: an English journey (1999) he walked the 20W line of longitude that runs 577km from Berwick-upon-Tweed on the North Sea to the Isle of Purbeck on the English Channel. Allowing for the need to navigate through towns, villages and other physical features, he widened the allowable walking corridor to a width of 2km, but this did not overcome all difficulties. There were still motorways, firing ranges and rivers to be negotiated, the solution being 'tactical trespassing'. Plans to cross the Derwent Reservoir between County Durham and Northumberland, using a jerry-built raft supplemented by various floatation devices, were happily abandoned when it transpired

that there was a sailing club on its shore and a member willing to transport him by boat.

ERLING KAGGE

The books described above are on my bookshelf along with many more on the same and related themes. However I often browse my public library shelves to expand my reading horizons. In doing so recently I came across a small volume by Norwegian writer Erling Kagge - Walking: one step at a time (2018). I had not previously heard of the author but he has a most impressive reputation, being the first person to complete the Three Poles adventurer's challenge on foot, reaching the North Pole, the South Pole and the summit of Mount Everest. The book is not about his exploits. It is a reflection on the activity of walking and the benefits and enjoyment this brings. His most recent book is The Philosophy of an Explorer: 16 Life-lessons from Surviving the Extreme (2021). Must read it!



Thank You Quorn!

Nothing says "Welcome" more than setting up each morning to spoil E2E 11 walkers with a hot beverage before boarding the bus. A big thank you to Jim and Rubiann Meyers from Corral Coffee! E2E 12, we have their number for you...

Grampians Eco YHA

Escape to Halls Gap at this eco-certified property that has been architecturally designed with the environment in mind. Situated on the outskirts of Grampians National Park, it's the ideal base for your next hiking adventure - whether you're planning a day hike or hitting the Grampians Peaks Trail.

Book now at yha.com.au

Walking Poles 101: Part One

SIMON CAMERON

There is not much science when it comes to walking poles. Just opinion and plenty of it. I have seen biomechanical studies showing 20 to 30% reduction on your knees, but they have all been very small studies in laboratory settings. Alternatively, there are counter claims that they increase the work load on inefficient arm muscles. So, I do not invoke any evidence, simply relate opinion from two decades of use.

Why do I use them? In order of value;

1. Primarily as stabilisers so that I do not have to do much foot gazing. I prefer to gaze on the landscape and look to the horizon. Then if I trip or stumble on the unexpected, my arms stabilise and correct. This is particularly useful if you are navigating a trail or terrain, when your vision is determinedly distant. For this to work you have to be using them as stabilisers. This is a matter of technique, which we will come to. On broken ground, such as creek beds, scree and boulders, two stabilisers save time and energy. I was taught this lesson many years ago in New Zealand walking through scree covered by snow grass. I was only a solo pole user and would be left floundering way behind my more experienced double poling partner.
2. Downhill propping would be the second most common function, facilitating fluid, flowing descents which preserve both energy and your knees. Once again it depends upon technique.
3. Propulsion, in true Nordic style, but this only applies to a flat level track. It can be very useful on road sections and climbing slippery slopes when shortened poles can act like ice axes.
4. Stop my hands swelling in hot weather, and I love walking arid mountain terrain which can get quite warm.
5. Protection from dogs and mad cows, but I have never had to use them so in 20 years.

There are two principal reasons not to use poles:

You do not have the coordination to master them, but I think this is rare. Double poling feels awkward just like every new skill.

You do not have the upper body strength to use them to maximal advantage, in which case you can use them just as the occasional prop.

There is also an environmental consideration because they can increase the damage to fragile alpine terrain as well as inoculate fungal diseases. Both can be mitigated with good handling and knowing when to use rubber stoppers or when to put your poles away.

Before discussing technique, it is necessary to deal with safety. Being poked with a sharp stick is never fun, worse if it is tungsten tipped. Just covering the tips is not enough and the tips are too valuable to sheath permanently, as you will see when we discuss technique. The safety rules are very simple, but require constant vigilance. Never let your pole/s point backward. That means if you are not using them let them drag along, hanging from your wrist strap, or hold them with the tips forward. Too often I see someone swinging their arms with their poles scything the trail behind them! A very effective technique to become a solo walker.



Never walk too close to the person ahead. Spiking the front walker is the commonest mistake. This rule is just as important to the non-pole user. A pole slipping during an ascent can catch the walker behind. I have seen this too often and one eye injury too many.

Do not walk too packed shoulder to shoulder. Your poles are tripping hazards to the parallel walkers. And now we come to the great strap debate, which can get very fervid. Many propose that if you put your hand through the strap, you can break your wrist. I am sure you can, but I do not think it makes it more or less likely mechanically. Gravity is doing the damage. The advantage of using the straps far out weighs the risks as you will see when we come to technique. I have heard of professional guides berating pole users as soon as they 'strap in,' citing the risk of tripping to your death on a defile because you could not let go of your pole. This may be so on a narrow ledge in which case your poles should always be in front of you anyway. However, be aware that in the absence of evidence, dogma takes over, so do not debate the issue.

Poles can collapse on you at critical stages, particularly downhill, so it is always safer to maintain them well, and check the locking mechanisms at the start of each walk.

So, how to be safe around them and with them may be all you need to know about walking poles. However, if you want to use them to their full bushwalking potential (and lift your eyes to the horizon) then it is all about technique.

Curious about technique?

Simon has promised a PART TWO. Stay tuned!



and pink clothing (courtesy of their wives' wardrobes) splashed around the dining room certainly made a colourful sight. Homemade sauce, relish and Melting Moments were awarded for creativity, originality and the greatest number of pink items.

During the evening people had the opportunity to donate to Cancer Awareness, raising a total of \$380.00. As lovers of the great outdoors it was decided to donate

the funds to The Australian Melanoma Research Foundation, who are committed to raising awareness and improving knowledge and providing opportunities for early detections and treatment of melanomas.

Think Pink!

CAROLYN WILSON

Photos: Philip Bell

FUN FOR A GOOD CAUSE...

The E2E12's walking season commenced on the 21st - 22nd May, with a challenging weekend walking Section 39 and 38 of the Heysen Trail (Mt Zion to Wirrabara - Bowmans Park to Mt Zion).

Now anyone who knows the E2E12's, will know that we are quite a social group with an active Social Committee. So rather than walking in regular hiking gear, walkers were encouraged to "Think Pink!" We wanted our walkers to wear as much pink as possible, with a dual purpose in mind – not only would everyone have a bit of fun, but by making a small donation we could raise funds for Cancer Awareness.....and what a display of pink we had!! Pink hats, pink gloves, pink shirts, pink socks, pink zinc, pink fingernailswe even had pink grass skirts! One leader stole the show dazzling the group with a hot pink ensemble consisting of tights, tutu and t-shirt topped off with a beautiful pink beanie, which was exchanged for a pink bucket hat when the sun came out!

We had a lot of fun catching up with each other after the summer break, exchanging stories of holidays, families, training walks and all things pink!

The conversation and spectacular views of Spencer Gulf to the east, were almost enough to distract us from the continuous undulations as we steadily climbed to the tower. Spirits remained high amongst the group and we finally reached the elusive tower and the newly opened Bluff Lookout. The view over the farming lands and Port Pirie through to the gulf was quite spectacular.

Following a quick 'knock-off' drink in the Wirrabara Forest, we prepared to paint the town pink at the North Laura Hotel.

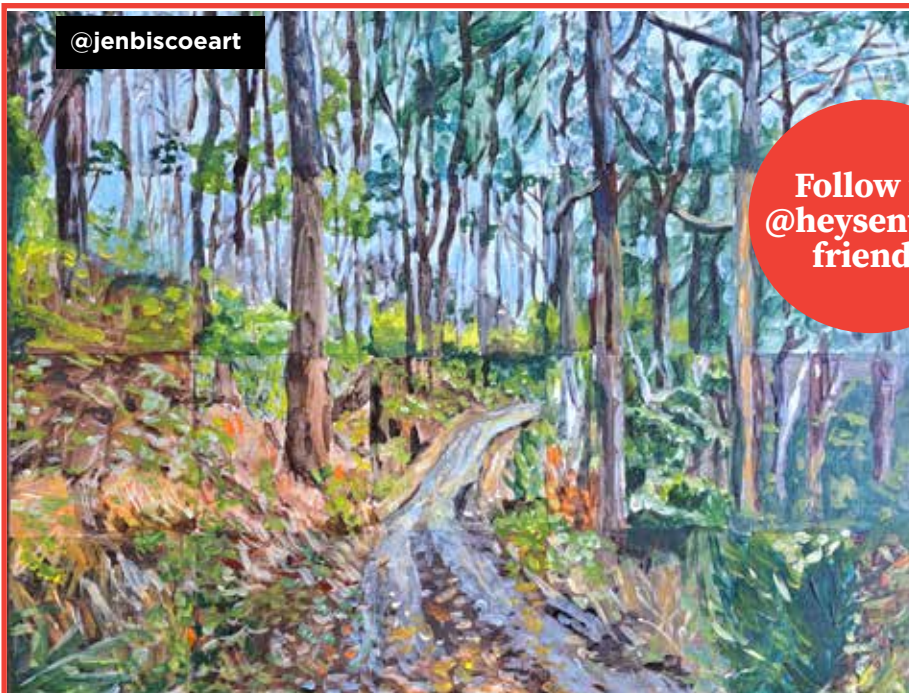
Everyone embraced the theme in some way or another – our group of "Whoopie Cushions" and their little 'fart' machine had us all belly laughing, whilst "The 4 Amigos" entertained us with the Amigo Salute! Pink bowties, pink scarves, pink hats, pink braces





Photo: Kylie Shield

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Best of the Heysen Trail on Instagram

SA artist @jenbiscoeart can be found walking the Heysen Trail for inspiration with friends. (jenbiscoeart.com)

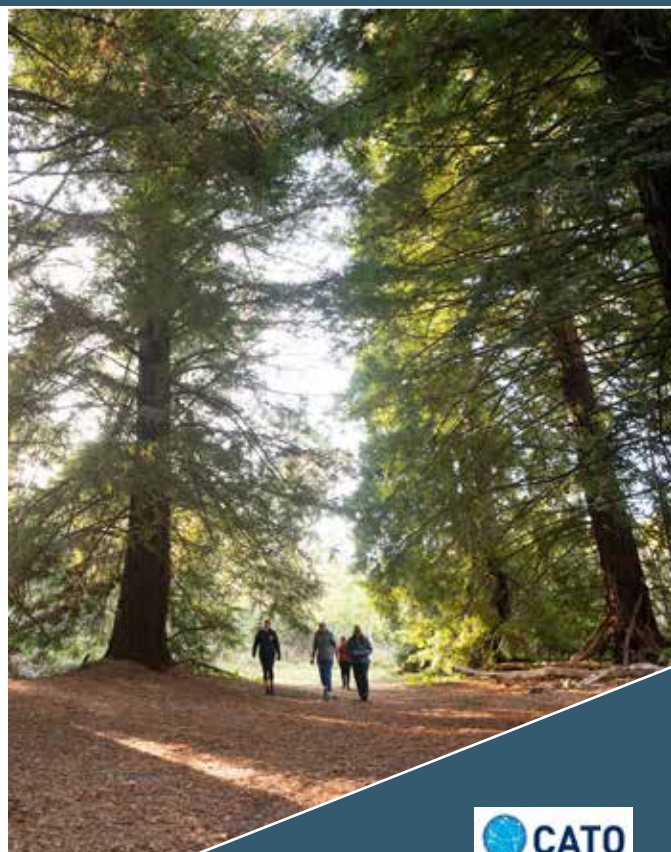


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- Fast-track completing the Heysen Trail end to end with a small group
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Trail Shoes or Hiking Boots?

ASK A HIKER



Tricky question if you walk all year round. I can't wean myself off **Hiking Boots** for ankle support and general all round stability. On long walks, they seem to offer better protection for the soles of the feet (ie blisters!). However, light weight **Trail Shoes** are great for the Heysen off season, when there is less water and mud around. If you are able to indulge in two pairs, watch out for sales and treat yourself to the best of both worlds.

BARABARA DEED

Hiker/Marketing Committee



Trail Shoes. Light weight, softer under foot and they absorb the impact. I like that I can throw them in the washing machine at the end of the hike.

MELANIE HAND

Hiker



My preference is **Trail Shoes** with non-slip soles, long football socks and no gaiters. Shoes and swinging arms (without sticks) allow good forward movement and encourage you to keep your pack as light as possible. And it's quick dry.

SIMON PIKUSA

Hiker/Hiking Writer



In my opinion **Hiking Boots** are the best option for long distance hiking if only for the fact they support your ankles on uneven ground and limit rolled ankles out on the trail.

KARA TURNER

Walk Leader/Instagram Curator



Personally, I prefer wearing my **Hiking Boots** while out hiking. They provide me a level of comfort, protection and support that I have not found with trail shoes. With a pair of gaiters, they further help with protection and the restriction of debris from entering internally, that could result in hot-spots & blisters

PAUL FROST

Walk Leader



I use **Hiking Boots**. My latest pair are One Planet. I prefer the ankle support of a boot and a firm but comfortable sole. Great for keeping my feet dry and walking rocky creeks and ridges of the Flinders.

DOM HENSCHKE

Walk Leader/Office Manager



Big convert to light weight **Trail Shoes**. Just bought a pair from Snowys this week (there's a sale on too!). They gave great advice, technology has changed and improved over the years. Mine are light, waterproof and great on grip and support.

JULIE SIGNORIELLO

Hiker

Trailthinker Quiz Answers

1. 19
2. 50 metres
3. Fear of dogs
4. 12
5. Marie Curie
6. Honey
7. China
8. Greece and Australia
9. Uruguay
10. Asia

Volunteer Profile: Anne Kirk

HOW LONG HAVE YOU BEEN INVOLVED WITH THE FRIENDS?

My first walk with FOHT was in October 2013 when the Warren Bonython Memorial Walk was held. On that day, there were walkers on each section of the 1200km trail. I'd seen the advertising for the day, thought it sounded fun, and naively chose the section from Dashwood Gully to Mylor because I thought I could drive to Mylor without getting lost. I was an inexperienced bushwalker but have always kept fit, so I survived the 22km walk and enjoyed the friendly banter between walkers. I learnt about the End-to-End groups and when I told one of my workmates what I'd done on the weekend she was very excited. It was her dream to walk the Heysen Trail and she encouraged me to join her. With ETE8, Lesley and I walked over the last stile in Parachilna together in August 2018.

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

As I walked the trail I would think about the original inhabitants of Australia who had been walking over this country for 60,000 years. I realised how little I knew about our history and I didn't know the names of the different Aboriginal Nations and where they were located. One day I was talking with one of my fellow walkers on E2E8 who worked with Reconciliation SA and he told me that there was a map available showing the different Aboriginal Nations in South Australia. I suggested that we should give an Acknowledgement before we walked one morning, thinking that he would do it, but he said to me "Why don't you?" I very nervously gave my first Acknowledgement of Country at Buckaringa. Mark had a discussion with the FOHT and a Reconciliation Committee was formed with six members - Maria, Mark, Melanie, Phil, Simon & myself.

TELL US ABOUT THE RECONCILIATION COMMITTEE?

We work as a team and are mindful that we respect the wishes of the different groups whose country the trail crosses. We are only at the start of our journey but an Acknowledgement is now given before each walk and the E2E Leaders have the maps showing the names of the different groups.

WHAT'S YOUR FONDEST MEMORY ON THE HEYSEN?

Each day walking on the Heysen Trail has brought small achievements. I'm rather surprised that I can say that I've walked the whole trail. I found the last day walking from Aroona to Parachilna very emotional. I cried before boarding the bus in the morning as it was the end of a wonderful journey where I'd made new friends and enjoyed learning so much more about South Australia. I couldn't stop smiling as I stepped across the last stile as I reflected on what an amazing achievement it is to walk 1200 km from Cape Jervis to Parachilna.

WHAT IS YOUR FAVOURITE HEYSEN TRAIL TOWN/REGION?

I love the colours and amazing rock formations of the Flinders Ranges and hope one day the Flinders Ranges are World Heritage Listed. The Heysen Trail takes walkers past the Golden Spike which recognises the Ediacaran Geological Time Period. It doesn't look very significant but it is very special that a Geological Time Period is named after a place in South Australia. The Ediacaran Hills are to the west of the Flinders Ranges. I often stay at Quorn when visiting the Flinders Ranges & can recommend Endiloe Lodge, Great Northern Lodge and Elizabeth House for accommodation and the Quandong Cafe for breakfast. Seeing the Yellow-Footed Rock Wallabies at Warren Gorge, the Quorn Silo light show at night and being able stock up on Quandong jam are my highlights of Quorn.



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

Walking poles give me confidence to go bushwalking. I used to think I was afraid of heights, but I think its more a fear of falling. Some people would say they never see me without my camera, using walking poles helps me to catch up if I've stopped to take photos.

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

When I finished the Heysen Trail I was curious about the country further north and I've now done three trips, exploring this area with Flinders & Beyond Camel Treks. They have a Camel Farm at Blinman providing multi day guided walks with knowledgeable staff who cook great meals. The Camels carry your gear, so all you have to carry is your day pack. And no, you don't ride the Camels as the Camels have enough to carry! Camels don't like steep hills, which suits me. The first trek I did was from Blinman to Yankanina during the drought and we didn't see any wildlife. Last year we walked from Lake Frome to Blinman through Chambers Gorge, saw Sturt Peas flowering and wildlife. In May, I joined their loop walk to the Grindstones, saw lots of wildlife, stunning sunrises/sunsets and water in the creek beds. Can't believe I've done 3 Camel Treks, but there is so much to explore in the Flinders Ranges.

SIMON PIKUSA

Christmas Creek Lamington NP Queensland

‘What music do you listen to when you’re walking along?’ asked a friend after I had completed the last of seven stages, from Queensland, of the Heysen Trail in 2018. ‘Well, nothing,’ I replied, ‘because you need your ears to help you navigate.’

Photos: Simon Pikusa

On the ridgeline above Port Pirie, my brother and I gauged our position from The Bluff by the buzzing of the transmission tower.

You can hear a highway from about two kilometres away and when I was camped at Smith Hill in the Mid-North, I wondered why I kept thinking I was hearing the quiet pulsing of a dishwasher, until I worked out it was most likely from turbines of the wind farm five or so kilometres away, and upwind, on the Waterloo Range.

You need your ears when walking along Christmas Creek. This creek has sliced a narrow, steep valley with high rocky escarpments into the western Lamington Plateau and is filled with thick subtropical rainforest; you pass enormous Black Booyongs with dark rough bark and buttressed roots that curve and wiggle down to the ground, mighty Brush Boxes, groves of palms and grey striped Coachwood. In between are vines and ferns and moss and lichen and fungus of all shapes and colours. The sunlight is dappled and filtered, and the ground is damp with humus and mud and strewn with dark pock marked basalt rocks from an ancient volcano. In here, your sight is limited, but your hearing extends further. The faint rustling breeze in the canopy way above is punctuated by the trumpet like screeching of black cockatoos. The route guidance from the roadhead to the south branch of Christmas Creek is to ‘keep the creek on your left,’ which you do by listening, leaving your eyes to find tape blazes, the occasional arrow nailed to a log, and to watch the compass. Your ears detect the falls marked on the map well before you see them.

One of the great wild areas of Southeast Queensland, this is also the site of the Stinson aircraft wreck and the scene of the dramatic rescue of the survivors. The plane departed from Archerfield in Brisbane for Sydney in February 1937 and never arrived. Extensive and fruitless searching continued along its route in New South Wales for a week however, in Queensland, Lamington farmer, Bernard O’Reilly, speculated the plane did not cross the border and instead perished in a cyclonic cloud bank over the ranges. He did not dismiss >

divine inspiration in his hunch, and through exceptional bushcraft found the wreckage, and two survivors, on a ridge about five hundred metres above Christmas Creek.

In his book, 'Green Mountains', O'Reilly recounts this tale and through his narrative includes descriptions of the directional form of the land and navigational interpretation of the forest and of animals, '... the southern side of a tree is covered with lichen and moss, while the northern side shows a smooth bole' and how the same species of tree will be in early bud, blooming or going to seed at different altitudes at the same time. His simple preparations for a journey of an unknown time out in the bush were '... a wire handle was put in a two-pound jam tin, so it would serve the double purpose of a billy can and drinking cup, two loaves of bread, a pound of butter and half a dozen onions, and finally tea and sugar, went into the little tucker bag.' 'Green Mountains' is one portrait of an Australian Irish view of life and conditions in the inter war years and tells of people who, perhaps pragmatically, see obstacles that are able to be overcome. There was a third survivor, the young and burned Jim Westray, who attempted to find help by descending a ridge to Christmas Creek, but fell. O'Reilly found his injured corpse on the south branch of Christmas Creek and his grave was the destination of our walk.

The valley would not have changed much since the publication of 'Green Mountains'. Just before reaching Westray's Grave, a blue arrow marks the steep track to the aircraft wreck hundreds of metres above, but this was not a walk for us today due to our late start. However, if you ascend to the Stinson remains, you are not far from the escarpment of the Border Ranges and from there are walking routes north across the plateau to Green Mountains (the site of O'Reilly's

farm and now a centre for the National Park) or to the west back down to the valley on the 'Stretcher Track.' From the junction, we walked the short

distance to the quiet rainforest grove containing Westray and his headstone with weathered and indistinct script. Some walkers continue to the Larapinta Falls, but we just stayed and listened to the creek and the quiet noise of the forest and thought of O'Reilly passing here, with Westray's wallet 'burning' in his pocket, to raise the alarm and seek help in the valley below.

On the return walk, my companion took the concept of 'forest bathing' literally and plunged into a pool at the second falls below Jim Westray. Forest bathing is practiced in many countries like Japan and Germany, 'shinrin-yoku' or 'Waldeinsamkeit' (literally 'forest solitude'), where the bathing is an immersion by slow walking alone amongst the trees rather than swimming. In Germany, there is even a movement of naked walking in the woods. No one is alone in seeking tranquillity and restoration through a spiritual or psychic connection with nature. Certainly, that afternoon I have rarely heard such exclamations and exhortation of how a dip in the chilly water 'really cleared my head.'

We stayed on a property with three well-spaced cottages in the valley just outside the National Park beneath rocky cliffs known as 'Buchanan's Fort.' Names from Green Mountains have become features on topographic maps.

Our evening was spent in the company of a resident pair of Australian King Parrots, rainbow and scaly-breasted lorikeets and galahs and cockatoos. There's no mobile coverage so you rest and reflect and play scrabble and listen to the sounds of the dark valley and to the cottage's eclectic collection of CDs from the baroque to Hank Williams to the soundtrack from The Full Monty.

The Christmas Creek Valley is about a half hour drive south of Beaudesert or an hour and a half from Brisbane. Here, there are many walking options from the excellent graded track system on the high and cool plateau around Green Mountains and Binna Burra (including the Gold Coast Hinterland 'Great Walk') to numerous extended, rougher and varied routes. And not far west from Christmas Creek is the mighty Mt Barney with its range of magnificent, scrambly walks and climbs of nearly a kilometre in height.



Left Top: Track up to the wreck



Above: Creek near Westray's grave

Topographic maps of Queensland are available at <https://qtopo.information.qld.gov.au/>

There are many guides available online. Some print guides are Daly, John and Lyn – Various guides
Hutley, L. (Ed) (2006) A Guide to Lamington National Park, Envirobooks.

O'Reilly, B (1947), Green Mountains and Cullenbenbong, Smith and Paterson, Brisbane.



The Victor Harbor Regional Gallery is holding a SALA exhibition, titled '*The Heysen Trail*'. The exhibition will include a vibrant mix of artistic responses to the Heysen Trail and will feature a variety of mediums. Running from 1-31st August, 11am-3pm at the Victor Harbor Regional Gallery, 7a Railway Terrace, Victor Harbor. Entry is free.



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Featured paintings by Lyle Bartel



**Trailwalker
Photo
Competition**



Robert Alcock relaxes while reading the Trailwalker in Tarbert on the Isle of Harris, Outer Hebrides Scotland.

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

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WENDY WHITE

The Hooded Plover

Tread Lightly

Photo: Martin Chapman

Hooded Plovers are small-to medium-sized coastal beach nesting birds with a distinctive black hood and throat. Listed as vulnerable nationally, there are less than 800 of these birds in South Australia and only 5000 in Australia.

The Hooded Plover, or hoodie as it is affectionately known, lives its entire life on the beach where it breeds between August and March by laying eggs on the sand just above the high tide mark. The number of hoodies have been declining across southern Australia as they have one of the lowest breeding success rates in the world. It is very hard for this species to find a spot on the beach which is not disturbed by visitors, vehicles or dogs. Every time they are disturbed and leave their nests, the eggs and chicks are vulnerable to predators and extreme temperatures.

With less than 70 Hooded Plovers in the whole Fleurieu and Adelaide metro region nesting on our local beaches, they are very vulnerable not only to natural threats, such as storm surges, high tides and native predators, but also to introduced pests such as foxes.

A dedicated group of volunteers, established and supported by BirdLife

Australia, help monitor this protected species each breeding season, raise awareness and protect nests. These dedicated monitors have the best working environment, walking their local beaches on a regular basis. They help by putting up signs and fences around the nests and talking to beachgoers and seeking their assistance to ensure the chicks survive the 35 days from hatching to fledging. The volunteers ask all beach users to help chick survival by following the signs, keeping dogs on a lead in the vicinity of signed areas and keeping their distance when they are feeding at the water's edge.

It has been a very busy breeding season for the Hooded Plovers with over 85 nests and 59 chicks hatched and a particularly successful season on the South Coast where 16 Hoodies have fledged.

The plovers had considerable success along the Heysen Trail on the south coast which provides good feeding areas with lower human impact. Tunkalilla Beach

had 5 pairs of hoodies nesting on this long stretch a few years ago, this year there were 3 pairs with 11 nests, 30 eggs and 4 chicks fledged. Callawonga and Sheepies Beaches also fledged one chick at each location.

Parsons and Waitpinga beaches are part of Newland Head Conservation Park and up until 2016 had some success, but since then although there have been many nests, they have failed to produce any fledglings, due in part to suspected fox predation. Park Rangers are helping to manage this fox impact.

Most of the nests on these remote beaches are not fenced, but if you see a permanent sign at the start of the beach about the Hoodies, there is a high likelihood that there will be nesting pairs. So to help these small beach nesting birds we ask that when walking the Heysen Trail, please walk along the waters edge and if you see the birds, give them plenty of room.

The Hooded Plover project on the Adelaide Metro coast and Fleurieu Peninsula is jointly coordinated by Green Adelaide and BirdLife Australia, with support from local councils, and is funded by Green Adelaide and the Hills and Fleurieu Landscape Board, through funding from the Australian Government's National Landcare Program.

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[Visit \[beachvol.birdlife.org.au/\]\(https://beachvol.birdlife.org.au/\)](https://beachvol.birdlife.org.au/) if you would like to know more about this valuable project or contact Wendy White, Coordinator, Friends of Hooded Plover on 0413 918 085.

We know that people have other commitments, so we don't ask volunteers to do a 'minimum' number of hours or anything, it's totally up to the individual how much time they want to volunteer for - it is all extremely helpful and appreciated.





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Image: Maggie Moy

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