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HEYSEN WALKS 2023

End-to-End, Trail Walker &
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TACKLING THE WILD SOUTH COAST WAY

30TH ANNIVERSARY OF THE HEYSEN TRAIL OPENING





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Image: Maggie Moy

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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: Walkers in woodlands
- Section 17 (Mt Crawford to
Pewsey Vale)

Photo by David Roberts

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

About the Friends

APRIL 2023 • 3

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VICE PRESIDENT

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Barbara Deed

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TRAIL DEVELOPMENT

Paul Bond

WALKING

Adam Matthews

OFFICE & ADMINISTRATION

Dom Henschke

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Basia Samcewicz

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COUNCIL MEETINGS

Council meets on the third
Wednesday of each month.

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Richard Schmitz

Colin Edwards OAM

Hugh Greenhill

Barry Finn

Dean Killmier

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Julian Monfries

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David Rattray OAM

Hermann Schmidt

Robert Alcock

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John Potter

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E2E13 Vicki Barrett

E2E14 Mark Fletcher

E2E15 Mark Curtis

E2E16 Paul Gill/Kathy Wright

E2E17 Paul Frost

E2E-2 Julian Monfries

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S1 Albert Schmidke

S2A Jon Westover

S2B John Newland

S3 Hermann Schmidt

(Wandergruppe Bushwalkers)

S4 Robert Smedley

S5 John Babister

S6 Robert Ruediger, Ken
Smith

S7 Carl Greenstreet

S8 -VACANT-

S9 Jerry & Michelle Foster

S10 Peter Deacon

S11&12 Dom Henschke

S13 Hugh Greenhill

S14-18 Daniel Jardine
Coordinator*

S17B Simon Cameron

*assisted by Retired Active SA
Bushwalkers

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Graham Loveday

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Neil Page

Jeannie Sirona

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Judy McAdam

David Rattray OAM

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Gill Terry

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Trish Bowie

Elayne Sanders

Vicki Cahalan

Gilbert Downs

Jack Marcelis

THURSDAYS

David Andrewartha

Erica Gordon

Julian Monfries

FRIDAYS

Cathy Bowditch

Peter Clark

Adele Gatt

Julia McLachlan

RELIEF TEAM

Jan Ellis

Chris Porter

Jackie Westover

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.

EDITORIAL

Articles, reports and other submissions by members and interested parties are welcome. Article guidelines are available upon request. Contact the *Trailwalker* Editor at trailwalker@heysentrail.asn.au

Deadline for the next issue (August 2023):

16 JUNE 2023

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 minimum of 1800 copies printed for each edition. The estimated readership is in excess of 2500.

Contributors are urged to contact the Editor to discuss their article prior to submission. The submission deadline is approximately 6 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 are available from the Advertising Officer at: trailwalker.media@heysentrail.asn.au

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The first E2E group finishes walking the Yorke Peninsula



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SIMON CAMERON

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WALKED THE YORKE!

VICKI STEWART

Want to be tempted with a new walk? Does the sound of rugged clifftops and pristine beaches appeal to you? Take a peak at the first E2E groups experience on the Yorke Peninsula.

The Heysen Trail – official since April 1993 – still flourishing in 2023



Here we are in 2023, ready for another year of walking, maintaining, promoting and generally enjoying the Heysen Trail.

Did you know there is a rock on the Trail at Woodhouse marking the official opening of the Heysen Trail in April 1993? Of course, the Trail already existed in part, so it was gradually marked to link or insert new sections over many years prior to completing the 1200km.

Critical to building the Heysen Trail has been - and remains today - the Friends many roles as volunteers, members and supporters. It's certainly a pleasure to share the passion of so many dedicated people who want to give back to the Heysen Trail. Between us we have a variety of skills, expertise and time that allow the Friends and Heysen to flourish – there's that word again -

“flourish: grow or develop in a healthy or vigorous way, especially as the result of a particularly congenial environment”

Despite some challenges over the past couple of years, and some quite unusual weather in 2022, the Friends had a successful year. This springs from the culture of camaraderie and collaboration engendered through our walking program and volunteer activities.

2023 is already showing potential with our volunteer committees gaining new members, a diverse walk program available and ambitious plans for Trail maintenance & development.

This is my final column as I finish my term in the President's role at the Annual General Meeting. I'm a strong advocate of defined terms for office bearers, which we extended to councillors and committee chairs in the recent Constitution changes. In my experience it's good practice to encourage renewal across organisations as it brings fresh ideas and energy. Within the Friends, it's been clear that when a new committee member or volunteer asks questions about “what and why we do what we do” it inspires thoughtful discussion and helps remind us why we're involved.

During these 6 years it's been satisfying to help guide the organisation toward medium-term planning and deliver some policy improvements; especially gaining clarity and consistency in how we support our Volunteers. We've consolidated our partnership with the Department of Environment and Water (DEW), Forestry and SA Water; obtained more consistent funding support for trail maintenance; and instigated a review of the Heysen Trail. I've been particularly proud to represent the Friends on the DEW Wild South Coast Way Steering Committee, where we now have an excellent boost along that section of the Trail.

There's also been some tough times as we navigated Covid and made rapid adjustments in our planning. While members and volunteers were disappointed about activities that got cancelled, it taught us to be a bit more adaptable.

Serving as President has been a privilege: it's offered lots of fun, a steep learning curve and challenges. My early days were spent asking many questions and scratching below the surface, possibly to the frustration of colleagues at times. Sharing ideas and plans across Council, Committees and among our volunteers has been inspiring but also confirms how central the Friends is to the future of the Heysen Trail.

I'm confident the Friends is well-placed to continue to evolve, renew and change course when challenges are thrown up. I look forward to continuing our collective approach to walking and working on the Heysen Trail as it offers so much to each of us and the wider walking community.

Welcome New Members

The President and the Council would like to extend a warm welcome to the 57 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!*

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 2023**.

Joanne Armstrong
Daniel Barker
Kelly-Anne Burgess
James Davies
Elisha Donkin
Otis Filley
Amanda Graham
Joe Kronawitter
Kate Marner
Callam Niedorfer
David Sammut
Ute Schwarz
Margrit Warmer
Jonathan Williams

COVID-19 GUIDELINE CHANGES

The SA Health website now states that Covid-19 is being treated as a "community managed virus".

On that basis, the Friends will no longer apply specific Covid-19 requirements to its walks and activities.

The Friends expects Members and Volunteers to continue to follow the SA Health published guide to protection from Covid-19 and other respiratory diseases, including staying home if sick or having tested positive for Covid-19.

Notice of 2023 AGM

The 36th Annual General Meeting of the Friends of the Heysen Trail will be held at 6.30pm on Wednesday, 5 April 2023 at the Torrens Rowing Club Functions Centre, Victoria Drive, Adelaide.

Members are invited to attend the AGM. Please note that the deadline for nominations for the positions of President, Vice President or Councillor is the 27 March, 2023.

Members must register to attend the AGM via our website.

heysentrail.asn.au/event/annual-general-meeting-2023-2023/

AGENDA

1. Apologies
2. Acceptance of the Minutes of the previous Annual General Meeting held on 24 March 2022
3. President's Report
4. Treasurer's Report
5. Election of Returning Officer
6. Election of Councillors
 - 6.1 President
 - 6.2 Vice President
 - 6.3 Council Members
7. Appointment of Auditor
8. Report from Honorary Members Committee
9. Other Business
10. Close of Meeting

Note: Any member wishing to move a motion at the AGM should be aware of the Constitutional requirements as follows: "Notice of any motion proposed to be moved at a General Meeting by any member not being a member of the Council shall be signed by the proposer and seconder and shall be delivered to the Secretary at least seven days before the meeting. No motion moved by any member other than a member of the Council shall be entertained by the meeting unless notice thereof has been given as aforesaid."



Accommodation between Kapunda & Marrabel – ideal for Heysen Trail hikers



The **Olde Hamilton Shop** apartment is very modern and well appointed. It caters for up to 6 guests ~ bed 1 queen bed, bed 2 double bed, Sun room sofa bed. 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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Election of Council Members at AGM

The Section of the Friends Constitution relating to Management of the Association, and to the procedure for nomination and election of members of the Council is reproduced below.

11. MANAGEMENT

- 1) The affairs of the Association shall be managed and controlled by a Council which may exercise on behalf of the Association all the powers conferred on the Association by this Constitution or otherwise conferred by law and may do all things as are within the objects of the Association except those required to be done by the Association in General Meeting.
- 2) The Council shall consist of the President of the Association, together with a Vice-President, a Secretary, a Treasurer, and not less than four (4), nor more than eight (8) other ordinary Council members, all of whom shall be elected at an Annual General Meeting of the Association.
- 3) The President, Vice-President, Secretary and Treasurer shall hold office for a term of two (2) years and shall be eligible to nominate for re-election after that period, provided that after three (3) consecutive terms in office they shall stand down for at least two (2) years.
- 4) A Council member shall hold office for a period of two (2) years and shall be eligible to nominate for re-election after that period, provided that after three terms in office they shall stand down for at least two (2) years.
- 5) The maximum continuous period any individual shall be eligible to serve on Council shall be twelve (12) years, inclusive of time as an ordinary Council member and/or office bearer and shall become eligible to nominate again after standing down for two (2) years.
- 6) Nominations for the position of President, Vice-President, Secretary or Treasurer, or as a member of the Council shall be invited by notice via email to members or website news or in the Association's Newsletter not less than 21 days before the Annual General Meeting. Any person nominating for election must be a financial member of the Association.
- 7) Nominations must be in writing or email and must be signed or endorsed by two (2) financial members of the Association and by the nominee to signify their consent and willingness to stand for election. A nomination may include brief biographical details of the nominee for distribution to members at or before the Annual General Meeting. Any biographical details must reach the Secretary of the Association not less than seven days before the Annual General Meeting. In the event that an insufficient number of nominations has been received to fill all the vacancies, additional nominations may be accepted at the Annual General Meeting.
- 8) If the number of nominations received is greater than the number of vacancies an election to fill the vacancies shall be held by secret ballot at the Annual General Meeting.
- 9) The office of President, Vice-President, Secretary, Treasurer or Council member shall become vacant if such officer or member: (a) dies or resigns; (b) ceases to be a member of the Association; (c) becomes disqualified under the Act; (d) is suspended or expelled under clause 10 (3) of this Constitution; (e) becomes permanently incapacitated by reason of ill health or accident; or (f) is absent without apology from more than three consecutive meetings of the Council.
- 10) If a casual vacancy arises in the office of President, Vice President, Secretary or Treasurer, or in the membership of the Council, the Council may appoint any member of the Association to fill such vacancy, and such appointee shall hold office until the next Annual General Meeting of the Association, when the nominee shall be eligible to nominate for a position.
- 11) For the purposes of Clauses 11(3), 11(4) and 11(5) above a term of 2 years means the period between election to a position at an Annual General Meeting and the second subsequent Annual General Meeting.



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Large group?
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ON THE MOVE? RING US FOR A REMOVAL QUOTE

Help the Friends in 2023 - Always Room for Fresh Faces, Fresh Ideas

More than 35 Years of Heysen Trail volunteer work has built the trail, developed the walking program, expanded our membership and kept the Heysen Trail sustainable and accessible for our community.

- If you are a member, a walker, someone who has enjoyed the Heysen Trail – we need your help to keep the Heysen alive.
- The Friends (FoHT) is successful because we continue to rejuvenate our volunteer base, Committees and Council Members– this is the hallmark of a healthy organisation.
- The Friends volunteers enjoy plenty of camaraderie but also support through guidance and training, Golden Boots to encourage walking, out-of-pocket expenses and an annual Thank You Event.

COUNCIL: Meets monthly to oversee the scope of the Friends work - trail development, walking, membership, promotion, reconciliation, advocacy, administration and finances.

STANDING COMMITTEES: Plan and implement FoHT core activities essential to a healthy organisation. Busy worker bees and fresh energy is always needed.

TRAIL DEVELOPMENT:
Coordinator: Paul Bond

The Heysen Trail is safe and walkable because of our volunteers. No one works alone; for safety and camaraderie.

- Committee meets monthly.
- Shed – construction of platforms, tanks, toilets and preparation for maintenance.
- Section maintenance – fix up marker plates/posts, stiles and clearing tracks, signage.

- Projects – refurbishing huts, installation of tanks and shelters – mix of skills needed.

FINANCE & AUDIT/BOOKKEEPING:

Chair: Basia Samcewicz

- Bookkeeping team works weekly.
- Committee meets as needed.

WALKING:

Chair: Adam Matthews

We stay connected and healthy by walking with like-minded people.

- New Walk Leaders always welcome.
- Training and mentoring provided.

PROMOTION - MEMBERSHIP & MARKETING:

Chair: Barbara Deed

- Committee generally meets as needed.
- SA would see much less promotion of the Heysen Trail without the Friends efforts via website, Trailwalker, social media, links to Regional Visitor Centres and word-of-mouth.

Trailwalker:

Editor: Tammy Main

- Write an article, submit photos or help with proof-reading.

OFFICE:

Chair: Dom Henschke

- Open Mon- Fri 10.30am-2.30pm for general administration and our public face.
- Email, phone and personal inquiries about walking the trail.
- Managing on-line shop orders.

WHAT SKILLS & IDEAS WOULD YOU BRING?

GET INVOLVED – speak directly to one of the Committee Chairs or Council Members or leave your details with the Office Volunteers for a follow up.

T (08) 8212 6299

E heysentrail@heysentrail.asn.au

Trailwalker Photo Competition

Gavin Rufus catches up on the Trail news with the Trailwalker. We'd like to claim that smile as a reaction to our magazine but honestly, it is his signature smile. He never leaves home without it.

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



Office Volunteers Information Day 'Recognition and Renewal'



Monday February 6th marked the official recommencement of activities at the Office for 2023. As has been the case (other than for interruptions due to Covid-19) our team of Volunteers gathered at the Pilgrim Centre in Flinders Street for our Office Volunteers Information Day. The Office Committee chose the theme for this year's welcome day as 'Recognition & Renewal'.

RECOGNITION

All of our 26 volunteers were recognised for the invaluable service they provided in 2022. Particular acknowledgement was given to four of our longstanding volunteers who resigned/retired to move onto other activities and family time. Honoured were: Erika Guess, Judy Szekeres, Liz Rogers and Rosemary Hayward.

In addition to her informative welcome to 2023 speech, our President, Melanie presented a

Certificate of Appreciation to Gilbert Downs. Gilbert has been an invaluable member of our Wednesday team for 17 years.

Liz Rogers also received a similar award last November to honour her 17 years of service as part of our Monday team.

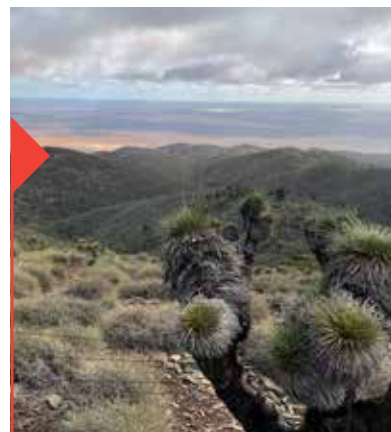
RENEWAL

In the December edition of the Trailwalker magazine we called for assistance. We were delighted by the response. Our immediate task is now to welcome and train five new recruits who joined us at the Information Day: Adele Gatt, Jackie Westover, Jan Ellis, Jeannie Sirona and Mary Welch.

We are fortunate to have an enthusiastic group of Friends at the Office, prepared to 'give some time back' in recognition of the enjoyment they have received from participating in our organisation. Our volunteers are available at the Office from 10.30am to 2.30pm each weekday to answer your questions about membership and walking the Trail. We can also help you if you need to learn how to book onto a walk or assist you with purchases of maps and books.

We look forward to being of assistance.

Dom Henschke
Office Manager



Trailthinker Quiz

1. Where is the Futura house?
2. Name the highest mountain in Mt Lofty Ranges?
3. Where is the new dry stone wall found on the Heysen Trail?
4. What town is 'Worlds End' close to?
5. Where are the Waitpinga Cliffs?
6. Who was responsible for progressing the Heysen Trail and seeing it through to completion?
7. What body of water can you see from Mt Brown?
8. Do walkers cross the Pichi Richi Railway?
9. Where do the Heysen Trail and Lavender Federation Trail cross?
10. Hiskey Hut accommodates 10 people. Where is it located?

ANSWERS PAGE 24

Southern Flinders Ranges

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The Daily Grind (and Cut, and Weld...) at Cobbler Creek

Mark Darter gives us a look at the inner workings of maintaining the Trail.

"Today's walk saw us follow frequent marker posts, cross 17 stiles, refill our empty water bottles at a welcome tank, lunch out of the weather at a hut with a handy bench and platform, with a much appreciated loo."

Sound familiar? Yes, perhaps another enjoyable day on the Heysen Trail but what's the common theme? Yes, all of this infrastructure came from the same place, the Friends of the Heysen Trail shed at Cobbler Creek.

Every Thursday, a shed at Cobbler Creek Recreation Park (Salisbury East) comes alive with cutting, sawing, grinding, welding – and a lot of problem solving! Yes, it's the birthplace of most of the infrastructure along the Heysen Trail, and on most days you'll find 6-10 keen volunteers there working to keep the Trail supplied with materials.

A typical day could see Tai, Rob, Harry and Robert welding stile frames and water tank stands; Colin R and Neil magically transforming the former (now dismantled) Eagle Waterhole shelter into the new Wandallah shelter; Herman and Arnoult's carpentry craftsmanship creating a bench or platform; Paul coordinating materials for maintenance section leaders, and loading another trailer of stiles headed for the galvanizers; and Rick and Mark precision cutting and drilling steel to keep the welding team supplied... all of us always under guidance from our master tradesman and foreman Colin Edwards.

Whatever we pre-fabricate is firstly pre-assembled on-site and then disassembled for easy transportation to the field. New toilets are loaded into the trailer like flat-packed Ikea

furniture. All that is needed is a cordless drill and metal-piercing tek-screws, not an Allen key, to assemble. Steel has recently become the preferred material for Trail structures because of its durability, but we still use timber for items such as benches, platforms, and the replacement Wandallah shelter.

It is not all work of course, as the morning tea break, and Tai's delicious home-made cake is always eagerly anticipated. There is always plenty of friendly team banter as we work together. So, (aside from cake), why do we volunteer here? Reasons vary from putting back into the Trail, to using and sharing trade skills, to companionship.

This year's plan will see us pre-fabricate more stiles, water tanks, toilets, benches and platforms – all to be installed at sites prioritised by the Trail Development Committee. The replacement Wandallah shelter will be installed too, as a much more sturdy replacement of one of our original shelters along the Trail.

By the numbers:

- 1,055 volunteer hours contributed in 2022, with additional time planning and acquiring material.
- 40 stiles, 2 toilets, a hardwood table and bench produced.
- Usually 6-10 of us there on any Thursday.

We also stock a large quantity of wooden posts, marker plates, arrows, signs, star droppers, etc., etc., to supply the Trail Maintenance Teams working in the field. Without their ongoing

dedication to keeping the Trail marked, cleared and safe, none of us could enjoy the unique experience that is our Heysen Trail.

Our working backgrounds and skills vary – our former builders, welders and painters have essential knowledge they apply and willingly share with those of us from non-trade careers as diverse as customs to taxation, and education to business.

...but we are not the youngest members of the Friends. We are looking for new volunteers. Skilled or unskilled, we need enthusiastic team members who are willing to contribute existing skills or learn new ones. Training on all our machines and tools is provided, with professionals teaching us the finer points of MIG welding. Unlike many volunteer organisations, there is no expectation to attend every week - come along when you can. Oh, and we're not a "men's shed" either – women are welcome, and already contribute hands-on.

Anyway, I've gotta go – another delivery has just arrived and we need all hands to unload it.

See you at the shed!

If you would like to join us, or simply see what we are all about, Paul Bond would be pleased to talk with you.
bond.paulbond7@gmail.com



Maintenance Report

Section leader, *Hugh Greenhill* reports on the Trail maintenance in Section 13.



Photo: Hugh Greenhill
Aftermath on Baldina Station



Photo: Hugh Greenhill
Smoke damaged Trail marker



Photo: Mark Darter
Friends Volunteers at the Cobbler Creek shed.

Huppatz Hut to Spalding

On the 17th of January a lightning strike started a fire on Baldina Station. The fire headed in a northerly direction and in the process 1400 ha were burnt before it was stopped. Within the fire ground there is approximately 8 km of the Heysen Trail. Four stiles need to be replaced and the trail markers survived, just slightly smoky. The fire was very hot and with a southeast wind it was hard to contain, with the harshness of the country adding to the difficulty.

At this stage there is one critical stile that needs to be replaced before the walking season begins. The other stiles are next to boundary gates and they will be repaired later.

Location: Southern Guide, Map 6.2 GR 157-803 and Map 6.3 GR 184-843. Alternatively, use Map Sheet 4A.

Goyder South Wind and Solar Farm Project

The installation of wind towers saw progress towards the end of last year. The Heysen Trail is affected by the installation of two towers, one on each side of the Trail, plus an access track between them. Each wind tower location has a 200 m exclusion zone around it, so a re-route will need to be made. The plan is to have the changes completed before the 1st of May, 2023. More information will be forthcoming as progress is made.

Green Light is the construction company installing the wind towers. Their office is based on the southern end of Springbank Road, Burra. If travelling in that area please be aware of vehicles, big and small.

Location: Southern Guide, Map 5.9 or Map Sheet 3D - GR 091-515
Alternatively, use Map Sheet 3D.

Feral Animal Control

DEW is planning a goat muster at Caroon Creek and Mimbara Conservation Parks from the 8th to the 12th of May, 2023 and later an 'Aerial Shoot' is planned for the Mid North parks on the 25th and 26th of May, 2023.



WARREN
BONYTHON
HEYSEN TRAIL
FOUNDATION

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

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



**MAKE YOUR
TAX-DEDUCTIBLE
DONATION ONLINE**

wbheysentrailfoundation.org.au

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

End-to-End Season Program 2023

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
MAY	E2E 14 SAT & SUN 6-7 MAY Newikie Creek - Dares Hill Summit Rd & Wandallah - Newikie Creek E2E 15 SAT 6 MAY Cudlee Creek - Nugget Rd > E2E -2 SUN 30 APR - SUN 7 MAY Webb Gap - Pewsey Vale	E2E 13 SAT & SUN 13-14 MAY Murraytown - Melrose - Aligator Gorge Rd E2E 17 SUN 14 MAY Cape Jervis - Cobbler Hill	E2E 16 SUN 21 MAY Inman Valley - Myponga	E2E 15 SAT 27 MAY Nugget Rd - Mt Crawford	N/A
JUN	E2E 14 SAT & SUN 3-4 JUN Webb Gapp - Burra Rd - Worlds End	E2E 12 SAT 10 - SUN 18 JUN Dutchman's Stern - Mt Little Station E2E 13 SAT 10 - MON 12 JUN Mt Zion - Wirrabara Forest - White Park Rd - Murraytown E2E 17 SUN 11 JUN Cobbler Hill - Tappanappa	E2E 12 SAT 10 - SUN 18 JUN Dutchman's Stern - Mt Little Station	E2E 15 SAT 24 JUN Mt Crawford - Pewsey Vale E2E 16 SUN 25 JUN Myponga - Mt Compass E2E -2 SAT 24 JUN - SUN 2 JUL Pewsey Vale - Kyeema	N/A
JUL	E2E 14 SAT & SUN 1-2 JUL Worlds End - Burra - Wandallah	E2E 13 SAT & SUN 8-9 JUL Aligator Gorge Rd - Horrocks Pass - Broadview E2E 15 SAT 8 JUL Pewsey Vale - Tanunda E2E 17 SUN 9 JUL Tappanappa - Balquhidder	E2E 16 SAT & SUN 15-16 JUL Mt Compass - Kyeema - Dashwood Gully Rd	E2E 15 SAT & SUN 22-23 JUL Tanunda - Kapunda - Hamilton	E2E 17 SUN 30 JUL Balquhidder - Waitpinga
AUG	E2E 14 SAT & SUN 5-6 AUG Dares Hill Summit Rd - Hallett - EE George Quarry	E2E 12 SAT 12 - SUN 20 AUG Mt Little - Parachilna Gorge E2E 13 SAT TO SUN 12-13 AUG Broadview - Woolshed Flat - Quorn E2E 17 SUN 13 AUG Waitpinga - Tugwell Rd	E2E 12 SAT 12 - SUN 20 AUG Mt Little - Parachilna Gorge	E2E 15 SAT & SUN 26-27 AUG Hamilton - Peter's Hill - Gerkie Gap E2E 16 SUN 27 AUG Dashwood Gully Rd - Mylor E2E -2 SAT 26 - MON 28 AUG Kyeema - Inman Valley	N/A
SEP	E2E 14 SAT & SUN 2-3 SEP Spalding Rd - Chlorinator & EE George Quarry - Spalding Rd	E2E 13 SAT & SUN 9-10 SEP Quorn - Dutchman's Stern - Eyre Depot E2E 17 SUN 10 SEP Tugwell Rd - Inman Valley	E2E 16 SUN 17 SEP Mylor - Cleland	E2E 15 SAT & SUN 23-24 SEP Gerkie Gap - Webb Gap - Burra Rd	N/A
OCT	N/A	E2E 17 SUN 8 OCT Inman Valley - Myponga	E2E 14 SAT & SUN 14-15 OCT Curnows Hut - Raeville & Chlorinator - Curnows Hut E2E 16 SUN 15 OCT Cleland - Montacute E2E -2 SAT 14 - SUN 22 OCT Inman Valley - Cape Jervis	E2E 17 SUN 22 OCT Myponga - Mt Compass	E2E 16 SUN 29 OCT Montacute - Cudlee Creek

Walking with the Friends

Check the online walk calendar for the latest updates to the program. 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, accessed 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.

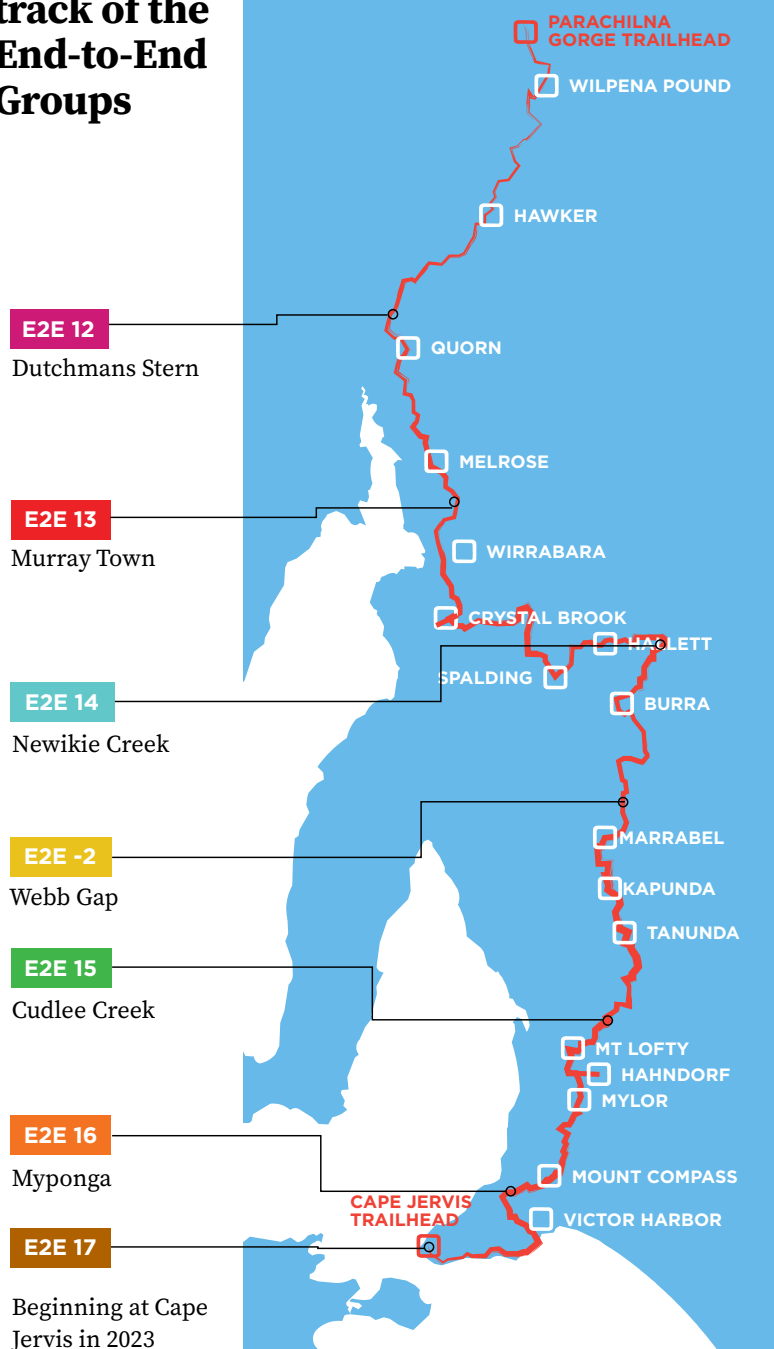
End-to-End walks are not subject to a weather forecast temperature limit, however the walk leader may decide to cancel or amend the event if a weather event is deemed to present a high risk.

Trail Starter, Trail Walker and Trail Rambler 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



Thinking of adding the "Down the Aisle" walk to your walks calendar?

Let me be your guide. Your trailhead is at jwilsoncelebrant.com.au

I'm currently a Fearless Fiftener on E2E15 and can also help you with renewals of vows, funerals, and other of life's celebrations.

John Wilson, Civil Marriage Celebrant

0417 862 702



Friends Season Walk Program 2023

	1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK	5TH WEEK
APR	SAT 1 APR Crafers Sunset/Night Walk Bill Van Riet	EASTER	WED 13 APR Onkaparinga 3 Rivers Melanie Sjoberg & Daniel Jardine	WED 23 APR Head 4 The Hills - 3 Bill Van Riet	SUN 30 APR Warren Tower Rosemary Hayward
	SUN 2 APR Walk Season Opening Walking SA		SUN 16 APR Willunga Basin Trail Cathy Bowditch		SUN 30 APR Kuitpo Forest Judy McAdam
MAY	SUN 7 MAY Second Valley Judy McAdam	TUES 9 MAY Waite John Babister	SAT 20 MAY Montacute Peter Deacon	TUES 23 MAY Morialta CP Peter Deacon	N/A
	SUN 7 MAY Belair National Park Michael Joyce	SUN 14 MAY Kersbrook Rosemary Hayward		SAT 25 MAY Belair John Babister	
		SUN 14 MAY Belair Valley Bill Van Riet	SUN 21 MAY Glenthorne CP Judith Ellis	SUN 28 MAY Willunga Walk Noeleen Smith	
SUN 14 MAY Willunga Basin Trail Cathy Bowditch	SUN 28 MAY Cleland Meander Michael Joyce				
JUN	SUN 3 JUN Black Hill CP Peter Deacon	SUN 6 JUN Skye John Babister	THURS 15 JUN Onkaparinga CP Judith Ellis	WED 22 JUN Morialta John Babister	N/A
	SUN 4 JUN Belair National Park Rosemary Hayward	SUN 11 JUN Aldgate Valley Loop Bill Van Riet	SUN 18 JUN Blackwood Reserve Judith Ellis	SUN 25 JUN Hardy's Scrub Noeleen Smith	
	SUN 4 JUN Ashbourne 3 Parks Panorama Dean Mortimer	SUN 11 JUN Willunga Basin Trail Cathy Bowditch	SUN 18 JUN Mt Crawford Peter Deacon	SUN 25 JUN Scott Creek CP Peter Clark	
JUL	SAT 1 JUL Myponga Loop Heather Jensen	TUES 4 JUL Sir Mark Oliphant CP John Babister	THURS 13 JUL Cleland Judith Ellis	THURS 20 JUL Cleland John Babister	SUN 30 JUL Bridgewater/Mt Lofty Gardens Bill Van Riet
	SUN 2 JUL Echunga Rosemary Hayward	SUN 9 JUL Willunga Basin Trail Cathy Bowditch	SUN 16 JUL Kuitpo Judith Ellis	SUN 23 JUL Mt Crawford/Warren CP Peter Deacon	
	SUN 2 JUL Black Hill and Morialta Loop Michael Joyce		SUN 16 JUL Sturt Gorge Noeleen Smith		
AUG	SUN 6 AUG Waitpinga Judith Ellis	TUES 8 AUG Summertown John Babister	SAT 19 AUG South Para Peter Deacon	THURS 24 AUG Black Hill John Babister	N/A
		SUN 13 AUG Mt Pleasant Summit Rosemary Hayward			
	SUN 6 AUG Crafers - Brownhill Creek Peter Clark	SUN 13 AUG Willunga Basin Trail Cathy Bowditch	SUN 20 AUG Crafers/Mt Lofty Gardens/Stirling Bill Van Riet	SUN 27 AUG Sea to Summit Paul Frost	
		SUN 13 AUG Beaumont/Lofty/Cleland Michael Joyce			

	1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK	5TH WEEK
SEP	SUN 3 SEP Black Hill Michael Joyce	TUES 5 SEP Measday John Babister <hr/> SUN 10 SEP Sturt River Gorge Bill Van Riet <hr/> SUN 10 SEP Willunga Basin Trail Cathy Bowditch	SUN 17 SEP Mt Crawford/Warren CP Peter Deacon	THURS 21 SEP Horsnell Gully John Babister <hr/> SUN 24 SEP Lobethal Bushland Park Dean Mortimer & Mary Cartland <hr/> SUN 25 SEP Belair Judy McAdam <hr/> SUN 24 SEP Summit to Sea Paul Frost	N/A
OCT	SUN 1 OCT Mt Pleasant John Babister	TBA	SUN 15 OCT Scott Creek Noeleen Smith	SUN 22 - FRI 27 OCT Wild South Coast Way Melanie Sjobert & Danile Jardine	SUN 29 OCT Morialta/Black Hill John Babister

● TRAIL WALKER

● TRAIL STARTER

● SPECIAL EVENTS

● WILLUNGA BASIN TRAIL

Version released 28th February 2023

Check the online Walk Program 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 program. 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

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7975

FoHT volunteer
hours
throughout 2022

Friends of the Heysen 2022 in Review

MELANIE SJOBERG

Each year it is important to recognise the incredible value our volunteers contribute to the Friends of the Heysen Trail (FoHT) as well as specific developments that help improve access, amenity and awareness about the Trail.

This summary has been prepared with assistance from FoHT Council members and Standing Committee Chairs who put enormous effort into coordinating our volunteer activities.

The organisation can only estimate our volunteer hours and value. This is useful, but necessarily limited, as it is onerous for our “vollies” to record all the time they put into planning, coordinating and chasing up issues beyond the physical hours on the Trail or in the office.

VALUE

7975 hrs estimate** @\$46.62ph [ABS value November 2021] = \$371,794.50

***underestimate* not all volunteers record time on activities/meetings and many do not record hours on planning and organising.*

FoHT FUNDED HEYSEN TRAIL DEVELOPMENT

WATER TANK MONITORING

- During 2020/21 a skilled FoHT volunteer researched, designed and tested options to improve how we monitor tank levels across remote northern sections of the Heysen Trail.
- In 2022 a generous donation from a Heysen Hiker allowed FoHT to fund monitoring of 5 rainwater tanks. The immediate advantage to hikers is more accurate information about availability of water, hence safety.

HEYSEN HUT UPGRADES

- Rossiters Hut – FoHT partnered with ForestrySA to obtain a \$12,000
- Bowman Hut – FoHT funded a local contractor to repair the external veranda and internal walls of this hut near Crystal Brook on Pt Pirie Council land. FoHT volunteers then painted and cleaned the area to improve the overall amenity.
- Huppertz Hut – FoHT volunteers carried out painting, cleaning and minor repairs to this mid-north hut on private property.
- Black Jack Hut – FoHT designed a more solid toilet structure to

grant from “Responsible Wood”. Funding enabled a contractor to be engaged for a major renovation of the historic hut. Forestry funded a stonemason to rebuild a tank stand and FoHT Volunteers painted and cleaned the vicinity.

FoHT VOLUNTEER ACTIVITIES

TRAIL DEVELOPMENT & MAINTENANCE	3605 hrs (Shed 1175 + On Trail 2430)
OFFICE	2420 hrs (includes Trail inquiries, map sales, etc.)
PLANNING & COORDINATION	1000 + hrs
FINANCE & AUDIT	650 hrs
PROMOTION	300 hrs
WALK PROGRAM	Difficult to estimate the extensive hours put in by our dedicated walk coordinators with regards to their planning and leading activities.
TOTAL	In excess of 7325 hrs

mitigate damage from significant winds and storms. After approval by DEW in early 2022, volunteers installed the new structure at this mid-north site.

- FoHT funds and volunteer time ensure ongoing upkeep & improvements for 14 Huts and 22 small campsites along the Trail.

GENERAL TRAIL MAINTENANCE IS SUPPORTED BY AN ANNUAL GRANT FROM DEW

The FoHT Annual Heysen Trail Maintenance Works Program is an agreement with DEW. Work completed in 2022 included:

- Regular clearing of vegetation.
- Replaced plates and marker posts.
- Installed and repaired stiles.
- Researched and marked 3 reroutes along the trail.
- 2 new water tanks installed at small hike-in sites.
- 6 small campsites improved by installing new benches/platforms.
- Reinstalled washed out bridge near the Bundaleer Weir in the mid-north.
- Northern Trailhead stile, signage & platforms refreshed, oiled and weeded.

SIGNAGE ON THE TRAIL

FoHT volunteers have been progressively “geolocating” the

numbers and sites of Heysen Trail Safety & Directional Signage along its 1200km. Current estimates include:

- Around 350 stiles and some 8000 marker posts/plates along the 1200km.

FoHT shed volunteers have implemented a training and construction program to build metal/FRP stiles for longer term durability so that Section Maintenance volunteers can gradually replace deteriorating wooden infrastructure.

WALK PROGRAM

FoHT walk program offers various short and extended walks to encourage members to “get out in nature” and help those looking to achieve an End-to-End without the worry of planning. Walk leaders are volunteers so all proceeds go toward supporting the organisation and keeping the Trail alive.

E2E CERTIFICATES

FOHT issued E2E Certificate No. 1000 in December.

FoHT initiated E2E Certificates in 1999 for anyone who registers they have finished the Heysen Trail – whether through-hiking; section hiking or day walks. 101 were issued in 2022.

FoHT FUNDED PROMOTION IN 2022

- Trailwalker Magazine: A hard copy is distributed free to 260+ landholders, service providers and Regional Visitor Centres.

WALKS BY THE NUMBERS

Walk Type	Number of Walks	Average Walkers per Walk	Number of Days
End-to-End	7 groups	55	90
Extended	4 groups	40	31
Trail Walker	35	11	35
Trail Starter	28	15	28
Summer Walk	27	n/a	27
Total			211

- Heysen Trail Calendar: provided free to landholders in recognition of their ongoing support and generous access to the Heysen Trail.
- The Website has extensive reach: with some 80% arriving via a google search and interestingly approximately 47% are under 45 years.

Social media reach:

- Facebook over 15000 and Instagram 1800.

MEMBERSHIP 2022

- Memberships EOY December: 1291 memberships.
- About 3/4 of our members renew each year.

OFFICE & WEBSITE PRODUCT SALES

Heysen Map Sales	132
Sea to Summit Maps	270
Lavendar Trail Maps	91
Heysen Calendars (inc. gifts)	365
Heysen Highlights Book	167
Heysen Wall Map	63



Accommodation Nunn Road, Myponga along the Heysen Trail

2 self contained cabins with queen bed and single sofa ~ Reverse cycle air-conditioning
Complimentary beer and wine upon arrival ~ Provisions for a cooked breakfast
BBQ & outdoor setting ~ Mention this ad and get 10% discount

New to Heysen's Rest 4 brand new single rooms on the Heysen's Trail

Rooms include Ensuite, TV, fridge, king single bed, reverse cycle air conditioning and tea and coffee provided



Contact Jayne & Greg
08 8558 6397 or 0417 889 128

Email: info@heysensrest.com.au
www.heysensrest.com.au



Retire Active SA H16 Report

KAREN BAKER

*Photo: Karen Baker
2023 Calendar Selection
Wonoka Creek*

In March 2020, 10 walkers in the 60 to early 70 age bracket became the 16th group from RASA Retire Active SA (H16) to walk the Heysen Trail.

It was the start of a 2 ½ year journey to complete the 1200 kms of the Heysen Trail, from Cape Jervis on the Fleurieu Peninsula to Parachilna Gorge in the Flinders Ranges.

We began with day walks in and around the Adelaide Hills. We would car pool to the start and end point of a walk and walk the 14-25 kms between them. With the Covid-19 travel restrictions in 2020 we were delayed for 2 months but as soon as they eased we were off again. We did 22 walks in the first year, 23 the second year and 19 in our 3rd year. We did not walk the trail in geographical order, nor did we always walk south to north.

As we progressed further from Adelaide, we organised a series of 'camps', of 3-6 days where we would base ourselves in a central location. We held 10 camps in total and stayed at a range of accommodation including the fabulous Homestead at Deep Creek and the spacious Shearers Quarters at Willow Springs. Our favourite, was possibly the off grid dongas and hospitality at Mt Little Station. Every evening we would have happy hour

to discuss the day's walk and the plan for the next day. We used notes from previous ARPA Heysen groups and Richard Savage's 'Walkers Follow Fence' to guide and plan the next walk.

We shared the driving in a combination of 2 WD and AWD cars and used our 4 WD's where the access required it. The 2 main sections we found that required 4 WD were the Dust Hole Creek Road and Aroona Hut sections. If the driving distance was over 45 mins to the start or finish of a walk, where we could, we would divide into 2 groups, one group walking N to S and the other S to N. We would meet in the middle and swap car keys and compare sightings and views. For navigation we used the FoHT and Cartographic maps, apps such as Maps Me and Far Out and we, of course, followed the Heysen markers.

Occasionally, the Heysen markers were difficult to find due to vegetation growth, new fencing or wear and tear from the elements. We developed an enormous appreciation and respect for the work by FoHT volunteers required to maintain the trail. With all walkers following the trail and sign spotting we did not make any major navigational errors. Being a small group, we had the flexibility to drop into local bakeries, pubs, and wineries along the way. It also allowed us to have some wonderful conversations with other walkers, through hikers, farmers and locals. We made a conscious effort to support the local communities as we were passing through.

Challenges included the 2020 and 2021 Covid-19 lockdowns and restrictions, where we had to stop walks for a few months and reschedule a camp; bad weather, we had hail at Kapunda and horizontal rain at Hallett; road closures due to flooding at Hawker and short notice park closures for feral animal culling at Buckaringa but we were flexible and able to alter our walk schedule to work around these challenges.

For our efforts we were rewarded with breathtaking views including whales breaching off Waitpinga, stunning views to Spencer Gulf from the Wirrabara Lookout with sea colours to rival the Whitsundays, a patchwork of yellow canola fields in the agricultural lands between Kapunda and Melrose and the iconic outback red hues of the Red Range. We had many encounters with wildlife; kangaroos, wallabies, echidnas, emus, lizards and a few snakes. We walked past old stone walls, huts and ruins of pioneer life gone by.

Adding to our success, one of our group had a photo chosen for the 2023 Heysen Trail calendar and Margrit became the 1000th recipient of a Heysen Trail completion certificate - quite an honour.

Completing the Heysen Trail requires a level of fitness, determination and commitment but what an achievement and a fantastic way to see and experience some of the best South Australia has to offer.

PLANNING TO TACKLE THE HEYSEN in 2023? – HANDY HINTS FOR INDEPENDENT HIKERS

Fire Danger season ends late April/ May so now is the time to hatch that plan to Hike the 1200km Heyesen Trail. Whether you have the time to wander all the way or perhaps break it into sections, it is important to know before you go.

The Friends of Heyesen Trail is the source of all things Heyesen with the website covering details about hiking the Trail and link to our shop portal to buy maps: heysentrail.asn.au/heysen-trail/

How about distances between campsites and towns? heysentrail.asn.au/heysen-trail/trail-distances/

Logistics needed? See Transport services list: heysentrail.asn.au/heysen-trail/transport/

Our volunteer office team are also available to answer questions [Monday to Friday 10.30am-2.30pm] or email: heysentrail@heysentrail.asn.au

Farout App – Heyesen map and access to updates from hikers (water, issues): app.faroutguides.com/guides/Heyesen%20Trail

Those who have gone before are often the most valuable for inspiration and information.

Josh West – Friends of Heyesen Trail Ambassador – through-hiked in 2018

for Black Dog Institute. His Trekking West site includes a daily blog, images & details by day/distance/packing/food/camps/accommodation etc: trekkingwest.com/category/heysen/

Elisha Donkin hiker & blogger completed the Heyesen in 2022: beyondwildplaces.com/heysen-trail-itinerary/

Heyesen Trail E2E and Through Hiking Facebook page. Dedicated to sharing information about taking a pack to through/section-hike: facebook.com/groups/1284588645043255

heyHeyesen a small group hiked in 2022 to raise funds for Diabetes SA and awareness about The Friends of Heyesen: heyheysen.com/planning/

There's a wealth of inspiration around on social media and when you finish that great adventure please register with The Friends for an "End to End Certificate". It's a memento for you and a record about walker numbers to help the Friends seek future support. heysentrail@heysentrail.asn.au



Top: H16 on the start/finish stile at Parachilna Gorge



Below: FoHT President, Melanie Sjoberg presents H16 member, Magrit with the 1000th E2E certificate. Quite the milestone for all involved.



BLINMAN, SA

FLINDERS & BEYOND

CAMEL TREKS

Join us in 2023 on a trek that completes the Heyesen Trail's remote section 'Beyond Heyesen'.

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.

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

FOR MORE INFORMATION

T: (08) 8648 3713

E: info@flindersandbeyondcamels.com.au



CONTACT FOR 2023 WALKING TREK DETAILS



Photos: Sally Di Martino
Views from Newland Head
Conservation Park

Tackling the Wild South Coast Way

A simple internet search by Sally Di Martino led 3 friends from Victoria on an adventure to remember.

There was an incredibly beautiful program on iView called Back to Nature. It was filmed at the start of Covid-19 and a program that was a perfect, meditative tonic when the world outside seemed a little crazy. Series 1, Episode 3 (12:29) touched on the Mt Lofty Ranges and spoke about Hans Heysen and The Cedars. I was immediately drawn to the beauty and diversity of this area and wanted to know more. An internet search led me to The Friends of the Heysen Trail website. We signed up as members and searched for opportunities to walk a section. My partner and I were soaked and cold when we completed our first walk in

the rain at Mt Crawford, but it was truly a great experience where we got to talk with locals who knew of more guided walks coming up. The Wild South Coast Way was mentioned and once again I was hooked.

Matt and I registered straight away and asked our great friend Paul to join us on this 80km, 5-day walk. So, the adventure began...

DAY 1 CAPE JERVIS TO COBBLER HILL

It's a mixture of excitement and anxiousness as we commenced the walk at Cape Jervis. I had completed a few months of training and felt confident that I could undertake the distance, but you never know how you will go, until you do it.

A shuttle bus collected us from Cobbler Hill and drove us to the start at Cape Jervis.

Our FoHT guides Melanie and Daniel gave last minute instructions regarding the walk. Daniel would be leading the group that day and Melanie would take up the rear. I loved this idea. I felt so protected and that I would never be left behind. Melanie pointed to where Kangaroo Island sat, and I could see a kangaroo not far from me looking that way but also in confusion; we couldn't see anything, except rain!

“

**If you've got your health,
you've got the world.**

”

We walked along the clifftops in the wind and the rain. I was relieved to enter the Deep Creek National Park which gave us some respite from the wind at least. There were a lot of steep ascents and descents, so you really had to be careful as it was extremely slippery.

Thankfully the walk ended with a steep 2km uphill climb. It's the first time I felt warm all day.

We were all really pleased with the first day. Although soaked and cold, we smashed a difficult walk. Now our challenge was to get everything dry and ready for the next day.

DAY 2 COBBLER HILL TO TAPANAPPA



Oh dear, it rained all night, but we did manage to get our coats and shoes dry by the campfire. Matt pulled up sore, he twisted his knee early yesterday and it worsened overnight. He gave it a rub with

tiger balm, and we crossed our fingers that he would be ok.

There is supposed to be a beautiful view from our collection point at Tapanappa Lookout. So excited to see that, but Kangaroo Island eluded us once again – this time it was covered in mist. ➤

The weather conditions were slightly better than day 1, but once again extremely slippery in the National Park. We had a couple of breaks in the rain and eventually we were walking in a misty cloud. We enjoyed lunch by a beautiful waterfall. Seasoned walkers of this region were astounded as to how much water was flowing over the falls. We saw glimpses of the beach which was a taster for tomorrow's walk. Back at camp, we were eager for a wholesome dinner and a warm fire to dry our clothes once again. The bonus of wet nights is that we went to bed early and we all agreed that this helped us with our physical recovery.

DAY 3 TAPANAPPA TO BALLAPARUDDA

At last luck was on our side – one or two showers started the day, then the remainder was walked under clear skies.



The walk commenced across open farmland. The beauty of the wind moving the grass over the hills was just breathtaking. We walked 5kms along Tunkalilla Beach which was a chance for the 16 of us to walk together as a group for a while until we saw the dreaded hill we have been warned about – Tunkalilla Hill – it's vertical, literally. It was made a lot easier with a fence we could grab hold of to launch ourselves up. And of course, Melanie had jellybeans for the group to gorge on once we reached the top. The afternoon was so lovely, that the group gathered at a rotunda in Kurri Ngawanthi campground (formerly Balquhider) and enjoyed afternoon celebration drinks and cheese before heading back to our cars.

DAY 4 BALLAPARUDDA TO WAITPINGA

Shortest distance on this trek. It is a

@elishadonkin



Best of the Heysen Trail on Instagram

Elisha Donkin is a travel writer/blogger who can usually be found out on a trail somewhere with a camera in hand. Thru-hiking the Heysen Trail in 2022 has been one of her favourite adventures to date, starting off solo from Parachilna and finishing at Cape Jervis with two trail buddies she met along the way.

Follow us
@heysentrail
friends

mixture of private farmland, clifftops and short beach walks.

It was a peaceful day. Some days are chatty and then others are walked in peace. Melanie reminded us of the joy of listening to nature.

We finished the walk so quickly that we were able to enjoy our lunch at the end of the walk in a shelter at Waitpinga Campground.

DAY 5 WAITPINGA TO VICTOR HARBOR

Our last walking day was spectacular along the Waitpinga Cliffs and under sunny skies.

The official Heysen Trail veers off at Kings Beach and heads north, but for us, we continued along the coastal walk and headed towards Victor Harbor.

I was tired and my feet felt heavy. I couldn't help but look ahead for Matt as his knee had become a little worse every day and he was walking with a very bad limp now. I kept clipping the top of rocks and nearly tripped on a

few occasions. In the end, I decided to pass Matt and concentrate on getting through the walk uninjured.

My aim on the final day was to soak up this one day and everything that this walk had to offer, the scenery, native plants and birds, the people we'd met and to be thankful and grateful that I had been able to participate in such an amazing walk.

In the evening, the group gathered at a pub in Victor Harbor and shared our reflections on an incredible 5 days.

My Grandfather's favourite mantra was "if you've got your health, you've got the world" and I feel very fortunate that I am healthy enough to walk these distances and see this beautiful part of the world.





ROBERT ALCOCK

30th Anniversary of the Heysen Trail Opening

April 2023 marks 30 years since the Heysen Trail was officially opened on 4 April 1993.

The SA Premier, Hon. Lynn Arnold, opened the Trail with an official party including Warren Bonython, Terry Lavender, Fiona Heysen (Sir Hans Heysen's niece), department officials and a large crowd at the Woodhouse Activity Centre. The plaque remains in place at the site.

That's interesting, but how did the Trail come into existence?

Q. WHO CONCEIVED THIS LONG TRAIL?

Warren C. Bonython AO spoke at a National Trust symposium in July 1969. Warren was mindful of the long-distance walking trails then coming into vogue overseas: in America the 3,200 km Appalachian Trail and the 4,000 km Pacific Crest Trail, and in Britain the 400 km Pennine Way. He also carried the memory of his trek, completed the year before, along the full length of the Flinders Ranges. See his book "Walking the Flinders Ranges" (1971).

Q. WHO ACTED?

Then government minister, the Hon. Murray Hill, MLC was at the meeting and supported formation of the Long Distance Trail Committee in early 1970. At the beginning, full of fervour and hope, that group settled down to planning and establishing the Trail under the legislative umbrella of the Planning and Development Act. It was decided to concentrate initially on a route for walking only.

Q. WHY THE "HEYSEN" TRAIL?

After consideration, they thought of Sir Hans Heysen, the great artist, who had perfected the artistic rendering of the gumtree in the Mount Lofty Ranges and had then brought the glories of the Flinders Ranges to the world's notice. Not a formal bushwalker, Heysen could be a most energetic walker in pursuit of his work.

Q. WHAT CAUSED DELAYS IN GETTING STARTED?

The first obstacle was a general resistance to the innovative Heysen Trail idea and the open hostility of certain councils to it. Objections included the walkers being likely to start bushfires, to perpetrate vandalism, and the safety of the property and stock of landholders. However, not every council was opposed to the trail; the District Council of Crystal

Brook was keen for the Heysen Trail to pass through its area.

In 1976 the State Planning Authority were advised not to expend its funds on the Trail. Staff were withdrawn from the planning group. The committee made a desperate effort to get the Trail started by constructing and opening a 9 km section within the Cleland Conservation Park. The Governor, Sir Mark Oliphant, opened it on 1 May 1976.

Then proposed legislation lapsed, so there was a stalemate until 1978. Warren chaired the final meeting of the Long Distance Trail committee in April 1978, once it was disbanded he felt dispirited by all the past frustrations, so he went off on a trek in the Himalayas to forget about them.

Q. SO THOSE YEARS OF GOVERNMENT DELAY WERE A WASTE OF TIME?

There was only 9 kms of Trail, but some of the spade-work was done. The Committee had made a comprehensive survey of potential Trail users, had prepared a manual for SA conditions, and had devised a system for sign-posting trails.



Q. WHAT HAPPENED NEXT?

On 14 November 1977, State Cabinet accepted recommendations on the "Development and Management of Conservation, Recreation and

other Reserves" and gave responsibility for all walking trails to the then Department of Tourism, Recreation and Sport. The Heysen Trail was to keep its special identity. After submissions to the Minister in 1978, Terry Lavender was appointed to plan and develop it. Terry continued with a skeleton staff, until the Trail was completed in 1992. Terry is remembered as the 'architect' of the Heysen Trail.

Q. SO WHEN DID FURTHER CONSTRUCTION BEGIN?

Terry's skill, enthusiasm and energy began making their mark in 1978 when a 50 km pilot section was developed between Mount Lofty and Mount Magnificent. Warren Bonython opened this section at Arbury Park in November 1978. This test section caught the public's imagination, and all Government departments supported the proposal. The future of the Trail was assured. On 22 July 1979, the Hon. John Bannon opened the section from Mount Lofty to the Barossa Valley. On 18 October 1981, Warren was again asked to open a new section from Mount Magnificent to Newland Hill.

Q. OK, THAT WAS A START, - A LONG WAY FROM THE 1,200KM TRAIL OF TODAY?

Further sections were commissioned. Terry, with a small staff, overcame seemingly insurmountable obstacles associated with access, district councils and landowners by patient, sensitive and successful negotiation, at the same time earning the lasting respect and friendship of many farmers along the way. Parachilna Gorge to Wilpena, Wilpena to Hawker, Wilmington to Crystal Brook and Cape Jervis to Newland Head - so that by 1987, 780 kms of made trail existed.

Q. WHAT WAS TERRY LAVENDER'S BACKGROUND?

Born in England Terry Lavender OAM (1941 – 2004) became more Australian than most of us who claim Australia as our birthplace. His knowledge of South Australian history was quite astounding. With a background of working in the outdoors and working for the National Fitness Council in Adelaide, he then joined the Department of Tourism, Recreation and Sport when they took on responsibility for walking trails. In 1994 Terry was awarded the Medal of the Order of Australia for his achievements. The Lavender Federation Trail is named after him.

Q. WHY DID IT TAKE SO LONG TO COMPLETE THE TRAIL?

The length of the Trail and complexity of the areas through which it passed

made planning an enormous job. Negotiations with heads of government departments, local council districts and private landowners all had to be carried out. If one link in the chain did not hold, there would be a gap, then to determine an alternative route would involve another round of consultation with new people. Those who have been involved in any negotiations know how intense such a process must have been.

Then, when approval was gained, the physical marking and construction of the Trail was done.

This was also to be undertaken by Terry Lavender's small team, but by 1985 a good number of volunteers had become interested and wished to be involved.

Q. HOW DID WE GET THE FRIENDS OF THE HEYSEN TRAIL (THE FRIENDS)?

Terry resolved the inadequacy of sufficient staff to complete the Trail by calling a meeting to form a volunteer group to assist with the task. At the meeting in June 1986 the Friends of the Heysen Trail and Other Walking Trails was formed. With the enthusiastic support of the volunteers and under the capable supervision of Terry and his staff, the Heysen Trail was completed in 1992.

Q. WAS THERE ANY OPPOSITION TO THE TRAIL CREATION?

As reported in the planning stage above, many in rural areas were against "strangers" walking through their lands. All sorts of problems were imagined. In fact, following one very heated public meeting at Melrose, Terry Lavender left the town, feeling it was not safe to stay overnight. For many years the Trail by-passed Melrose, and some other towns. Times change, as now the

regional communities are wanting and promoting hikers and bike riders to visit.

Q. HAS THE INTEREST IN THE TRAIL GROWN OVER THE YEARS?

A list in the 1987 August Trailwalker has 106 Friends memberships. It included 17 families, 10 schools and 3 walking clubs. A report in 2004 records approximately 400 Friends members. Today the Friends have around 1300 memberships, including 330 families, numbering approx 1800 individuals. In late 2022 the Friends presented the 1000th End to End certificate. (Note that these certificates only record the hikers who apply for the certificate. It does not count the large number of Trail finishers who have not applied, nor those who have completed multiple End to Ends).

Q. SO THE FRIENDS GREW FROM A WORKING GROUP TO A WALKING GROUP?

To new members, this is often the perception. However, the primary function of the Friends remains the development, maintenance, and promotion of the Trail. The extensive walk program serves to promote the Trail, and provides the resources (financial and people) for the Friends to continue working on the Trail and it's infrastructure.

References:

Bonython W AO (1987) *History of the Heysen Trail - the early years.*

Terry Lavender, Trailwalker August 1999 - Thelma Anderson

- ⤴ Above: Official Opening of the Heysen Trail plaque on the grounds of the Woodhouse Activity Centre
- ⤴ Top Left: Terry Lavender, Premier Lynn Arnold, Fiona Heysen & Warren Bonython at the unveiling of the plaque
- ⤴ Bottom Left: Warren Bonython, Premier Lynn Arnold & Fiona Heysen



Do you use Gaiters and if so, when?



ASK A HIKER



We had **knee high gaiters** and wore them periodically along the trail. More so up north on walks with dry prickly grass and risk of snakes. Also good for keeping trousers cleaner in muddy sections.

JILL AND NEIL HENDRY

E2E11 Hikers



I've never worn gaiters on the Heysen Trail, preferring **long football socks** and hiking shoes. And I don't recall having any issues with foreign objects or abrasion for the entire length. I have used gaiters in Tasmania (mud), New Zealand (rocks/snow) and in the Australian Alps.

SIMON PIKUSA

Hiker/Author



I use them all the time now that I have got a pair unless I know I'm hiking on wide tracks.

PETER NATION

E2E17 Leader



All the time! I have all the lengths - short ones keep out the rocks, medium ones for protection against spiky grasses and slithery friends and long ones for the rain and mud.

KARA TURNER

E2E12 Leader



I usually wear short ones when I go for a decent hike usually through grassy areas to avoid picking up seeds and other plant material on socks and boots. I would wear **longer gaiters** for taller grasses or prickly plants, especially when wearing shorts.

PHILIP BELL

E2E15 Leader



I wear **various gaiters**. In summer I wear short ones to manage seeds and in winter I wear long ones for the wet conditions.

KATHY WRIGHT

E2E16 Leader



"Princess and the Pea" - I hate the feeling of even the smallest creatures in my shoe. **Gaiters** are perfect for keeping them out. I also love that they come in all shapes, sizes and patterns and I take the opportunity to express my personality and jazz up my hiking outfit.

MELANIE HAND

Hiker

Trailthinker Quiz Answers

1. Section 1 of the Heysen 2. Mt Bryan
3. Campbell Hill
4. Burra 5. Newland Head Conservation Park 6. OAM Churchill Fellow, Terry Lavender
7. Spencer Gulf 8. Yes 9. Webb Gap in the Tothill Range 10. Just north west of Georgetown

Volunteer Profile: Heather Thompson

HOW LONG HAVE YOU BEEN INVOLVED WITH THE FRIENDS?

I first joined FoHT in 2016, beginning with some summer twilight walks. It was a great opportunity to glean information from others and learn about the End-to-End groups. I was advised that it would be good to get my fitness up and undertake Trail Walker day hikes before I signed up. Well, I thought if I don't do it now, it may never happen. Seize the day! So I sat up to 12 midnight and clicked 'join'.

Certainly those first few walks (and many along the trail) reminded me of those wise words. I huffed and puffed and once the soreness abated, by about Wednesday, I felt energized from spending a day on the trails and making it back to the cars. Thanks must go to Marlene for the bubbly welcomes!

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

I have a great admiration for all involved in FoHT, an entirely volunteer driven organisation. I wanted to give back, and help . . . and tick the volunteering box on the Census! Through FoHT I have had the opportunity to learn skills and complete a Day Walk Leader Certificate through Bushwalking SA.

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

My role with FoHT has been involved leading summer walks, and I have volunteered to be part of the leadership team for the E2E17 group. I hope to have more time to volunteer and be involved in other activities in future years.

WHAT'S YOUR FONDEST MEMORY ON THE HEYSEN?

Gee Whizz!! That's tough, I have so many fond memories and happy moments. I think I will need to say that rest stops are my fondest! I love the simplicity of taking a moment to stop, sit and picnic enjoying the beauty of the landscape and environment.

So . . . fondest memories – morning tea and lunch!

WHAT IS YOUR FAVOURITE HEYSEN TRAIL TOWN/REGION?

I just love the multi day walks, based in Quorn, Hawker and Rawnsley Park. Also, the vastness of the Ikara Flinders Ranges region.

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

Probably my "situpon" so that I can enjoy rest stops. I have a small piece of bubble wrap, but perhaps I may treat myself to an upgrade for the E2E17s.



I also like to have some electrolytes to drink, so I have options besides just plain water.

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

I would have to say the Brownhill Creek and Waite areas. Having lived in the Mitcham area for 24 years, the ease of a five minute drive from home and then to be immersed in the bush... a wonderful escape. I loved the options of meandering along the creek, spotting koalas or hiking the hills for spectacular views over Adelaide and the hills. We have recently moved to the beautiful Fleurieu region so I am on the hunt for a new favourite walk.

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Walking Poles 101: Part Two - *Technique*

SIMON CAMERON

Norwegian technique, akin to cross country skiing is well covered on YouTube. It is useful for walking fast on flat smooth tracks and I often use it on the Heysen Trail if I wish to cover ground quickly. Your poles are pushing behind you to propel yourself forward. It is an energy intensive process and overkill for most group walks. On the generally rougher, more challenging Heysen Trail the biggest advantage poles offer is stability, increasing safety and saving energy.

As mentioned in Part 1, this exposition is very much a personal opinion, based on my experience, over twenty years, in all sorts of terrain.

Height of poles: When your poles are planted your elbows should be bent at 90 degrees. Obviously, the height of the pole will vary depending on the slope ie longer downhill, shorter up. In practice most people do not continually adjust



for the terrain but start with a slightly longer pole to accommodate the more difficult / treacherous situation of downhill. However, if on a steep or slippery down, I always lengthen my poles. The longer the better. On steep ups you can use shortened poles like an ice axe to dig in and pull yourself. This is very useful in mud or scree, but requires upper body strength.

Gripping the poles in the most efficient manner is very important to avoid hand fatigue and help with the best walk rhythm. Slip your hand into the loop from below, reaching for the sky, then grab the straps and the poles together. The loop should be long enough for the strap to fall across the back of your hand lightly. If you can feel pressure the loop is too tight. If the loop is flopping around, it is too long. The pole and the straps should fit comfortably in the webbing between thumb and first finger. Be aware that this webbing can be quite soft and a potential blister area when you begin



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Paddy Fallon

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using poles in this manner, easily overcome by wearing sun gloves. The advantage of this grip is the control it offers over the pole. You do not have to clasp the handle tightly, indeed, only first finger and thumb is sufficient. No need for hand fatigue at the end of long day. Going downhill, the weight is taken by the back of the wrist, controlling the pole easily.

However, the biggest advantage of this grip is the ability to move the pole forward with a small flick of the wrist. No need to laboriously pick up and place your poles when you are moving on the flat. Your elbows will hardly move when you are using the poles for stability rather than propulsion. This saves energy over the course of a long walk.

The flick is also quicker than lifting and placing your poles. This becomes very important if you are on a steep down where it makes for a smooth efficient descent, but like anything it takes practice. Eventually you won't have to think about it, and on flat tracks it increases the time spent enjoying the scenery rather than looking at your feet.

Having mastered the grip and flick you are ready for two challenges:

STABILITY TECHNIQUE:

Used for rough terrain e.g. broken ground, creek beds, and when gazing to the horizon or navigating.

Just as the name implies your poles remain in front or level with your feet. The left pole moves forward with the right foot and vice versa. The flick makes this effortless.

If your footing is insecure, the pole in your opposite hand becomes your stabiliser. Once your ankles are conditioned and strong you can move just as quickly on broken ground as flat, which is a huge advantage in bushwalking.

DOWNHILL TECHNIQUE:

Used on any slope.

The safest descent (this is an example of do as I say, not as I do) also requires that you keep your poles in front of you. The steeper the descent the further in front, therefore you definitely need to lengthen your poles. Dig them in 60 - 90 cms in front of you. This is why I prefer tungsten tips to rubber stoppers. Leaning forward with bent knees, keep your centre of gravity just forward of your waist, making it very difficult for your feet to slip from under you. Again, use your poles with alternate feet to hands. You will always maintain at least two points of contact while all the time leaning forward. On very slippery ground you keep three points of contact and take very small steps, bending as low as you can go. If you go slowly, you will have three points of contact for much of the time. Moving smoothly down the slope avoids the temptation to stop, prop and lean backward, but requires smooth flicking to keep your poles in front of you. Best to start slowly even if the slope is not slippery (again do as I say rather than as I do).

Hopefully you will have years of fun downhills ahead of you. If you would rather watch than read, just ask.

See you on the Trail.



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Walked the Yorke!

VICKI STEWART

Photos: Vicki Stewart

Pondalowie Beach



Walk the Yorke (WTY) is a long-distance trail along the coastline of the Yorke Peninsula. The trail passes through samphire flats, mangroves and bushland scrub. It runs along rugged clifftops and onto pristine beaches. You clamber over wave-washed rocks and meander down windswept sand dunes. The endless ocean vistas are a photographer's paradise.

This was the first time that end-to-end walking on this 500 km trail has been organised through the Friends of the Heysen Trail. On behalf of the group of walkers, I sincerely thank Peter Clark for the work he has undertaken in co-ordinating and leading our monthly walks. Peter's efforts ensured that all walkers had a safe and enjoyable experience, which is a great achievement when you think of the kilometres we have covered.

Our sincere thanks also to Julie Tonkin and Pam Bennett for sharing their

local knowledge. They shaved off many kilometres of road walking and replaced it with picturesque landscapes and memorable highlights.

It has been an amazing journey over the last two years, covering the west coast in 2021 and the east coast in 2022, with an epic finish in Marion Bay. It was a spectacular endurance walk that has been so much more than soft sand and seaweed...

We began on the west coast in May 2021, trekking from Moonta Bay all the way down to Gym Beach during our first year. The trail from Moonta Bay to Balgowan gave us sand dunes, clifftops and long stretches of beach walking. This was a great opportunity to chat with old friends and meet new members of the group.

The trail meandered inland for much of the section from Balgowan to Port Victoria, passing through Nharangga Aboriginal lands. Heavy rainfalls from the previous day resulted in muddy terrain, which tested our ability to stride while sliding. Mother nature brightened the day with beautiful rainbows. Walking from Port Victoria to Port Rickaby was on deserted beaches with crystal clear waters. There is something special about walking from one jetty to another and the 500 km trail gave us many opportunities to indulge.

Our walk from Port Rickaby to Port Minlacowie comprised of scrubland and beach walking alongside azure blue waters. The day was abundant in birdlife and it was impossible to put the camera away. As we journeyed on to Point Turton, our footsteps crunched on myriads of small shells and periwinkles. Meandering onto the beach at Hardwicke Bay, we passed old beach shacks that are probably deemed 'vintage' in comparison to the luxury new beach homes dotting the foreshores.

Following the yellow WTY trail markers out of Point Turton, it became a remote hike through the bottom end of the Peninsula. The lack of WTY signposts through this section added to our adventure. We followed the beach trail for most of the way from Point Souttar to Corny Point, crunching on shell grit and stepping around little crescent shaped wobbly jellyfish. We weathered wintry conditions of head winds, rain and small hail. The seaweed stacks on the beach were our only shelter from the hail! Our day finished through knee high seaweed to Corny Point, with a few of us getting wet feet for miss-timing the waves as we hurried to beat the incoming tide.

The walk from Corny Point to Gleasons Landing and Gym Beach was physically challenging. The majestic surf beach ➤

at Formby Bay gave us a long stretch of gruelling soft sand. Walking turned into strategizing to see who could find the firmest sand. Dolphins, pelicans and one lonely kangaroo bouncing on the beach gave us encouragement to keep going. Highlights were the Corny Point Lighthouse, beautiful bays, hidden coves and a bob of seals sunning themselves on the rocks.

We kicked off year two walking from Port Wakefield to Price. I hear you groan at the mention of Port Wakefield, but the first 10 kms along the disused railway line amongst the samphire flats was actually quite beautiful. As the trail moved closer to the highway, I can't say the trucks enhanced our hiking experience in any way. Temperatures reached 30 degrees which made the ascent up to Port Arthur's Shelter quite a challenge.

Walking into Price was a day of hot dusty roads, through coastal farmlands with glimpses of views over the Gulf of St Vincent. From the highway, the trail dipped down into the township of Port Clinton and led us on a clifftop walk overlooking tidal wetlands filled with mangrove forests towards Price.

On the outskirts of Price we walked alongside salt pans that shimmered pink and blue in the sunlight. We then deviated from the trail to beach walk into the quirkily named town of Tiddy Widdy. This was followed by a spectacular coastal track to Ardrossan Jetty. Leaving Ardrossan, the striking white grain silos came into view in the distance. The route took us past the very poignant Sperm Whale Memorial, marking the site where seven whales beached themselves in 2014. The trail towards Pine Point challenged us with the need to traverse a few steep gullies. Passing through the town of Pine Point, we didn't have to ask the group twice if they wanted a quick stop at the General Store for ice-creams.

We started early to beat the high tides for the beach walking section from Black Point to Port Julia. It was certainly exhilarating to be rock hopping with waves lapping at your feet. As we headed towards Port Vincent, we walked on clifftops and along fence-lines of farming properties. The coastal

route followed the inside perimeter of Port Vincent Golf Course. How lucky are those golfers to have such spectacular oceanic views.

Port Vincent to Stansbury was a combination of bush, clifftop and road walking. For one section where the tides were high, we had to take the less favourable option of adding an extra couple of kilometres of road walking alongside the highway into Stansbury. The motorists gave us a few toots of encouragement along the way.

From Stansbury we followed a coastal trail with birds chirping and waves gently rolling in. It was a little disappointing that we departed from the beautiful coastline to avoid a limestone mine. This meant another long stretch of road walking inland. However, the views from Wool Bay Jetty made up for it with the remains of a 100 year old big lime kiln tucked into the rugged cliff face.

The section from Giles Point through Coobowie and Edithburgh and onto Wattle Point was diverse in both sights and terrain. Coastal tracks with birds chirping loudly followed by inland stretches of road walking. Our group enjoyed morning tea at the amazing tidal pools of Edithburgh. It is hard to believe that the history of these tidal pools date back to the 1880s. As we headed towards Sultana Point, the art lovers amongst us enjoyed the nautical themed mosaic rocks that were embedded along the way.

Reaching Sultana Point was a significant

geographical highlight for the group. We were now at the foot of the Peninsula. We took the opportunity to walk along the beach to mark the turning point of the 'heel of the foot'. Our lunch at Sultana Point ended abruptly as the heavens opened up, making for a very wet and fast finish on a bush track adjacent to the magical wind turbines of Wattle Point.

Departing Wattle Point, we enjoyed a few kilometres of beach walking against a backdrop of giant wind turbines. Heading up to the clifftop, our route followed the rugged coastline, passing Troubridge Hill Lighthouse and two



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*Photo: Vicki Stewart
Butlers Beach*

Photo: Vicki Stewart
Clifftop trail towards Pondalowie



colonies of sea lions frolicking in the waters below. Leaving the coast, we walked inland to follow fence lines between native vegetation and cropping lands to the outskirts of Port Moorowie.

The next section from Port Moorowie to Point Davenport was an endurance experience with a whopping 17 kms along the beach. Sightings of hooded plovers absolutely delighted the group. Upon reflection, perhaps it was just those who had the energy to be delighted. I think I was conservative in my delight because I knew how much more beach walking we still had to do that day.

A favourite walk of mine was from Point Davenport to Foul Bay. Instead of following the inland trail, we headed to the beach and immediately felt like we never wanted to leave. It was one of those days where the ocean was calm and the glass-like waters set an ambience of serenity and mystery. Adding to the magic of the beach were groups of large pelicans and sooty oystercatcher birds.

Our group agreed that the most challenging walk on the trail was the section from Foul Bay to Marion Bay. To beat the incoming tides, we reversed the walk and started from Marion Bay jetty with 9 kms of soft sand walking to Meehan Hill Lookout. Dunes on one side and crashing waves on the other. From Meehan Hill Lookout to KI Lookout was a photographer's paradise with brilliant white beaches

and vibrant rugged cliffs. We were very blessed to have our local friend Pam with us to take us through the Hillocks Drive section. A very memorable walk clambering over smooth wave-washed boulders to the tidal rock pools at Butlers Beach. And when the group were flagging, Pam smiled and assured us that we really didn't want to bail yet as there were still more adventures to be had with more rock hopping.

In October 2022 we completed our last sections of Walk the Yorke – Gym Beach to Pondalowie and through to Marion Bay. From the Gym Beach scrubland trail we were walking in the Dhillba Guuranda-Innes National Park. The wildflowers and shrubs were abundant in the colours of spring. Rather than 6 kms of road walking, we

deviated from the trail and headed to the cliffs at Royston Head. This was a most picturesque spot for lunch. Our next adventure was gliding down mammoth sand dunes onto the surf beach of Pondalowie. Before reaching the headlands, we strode past the little rusted boat wreck that has been nestled on the beach for many years. Our walk was complete with sightings of emus, kangaroos, hooded plover birds and dolphins.

Our last day on the trail gave us an epic journey through the spectacular National Park to finish at the jetty in Marion Bay. At the group briefing to start the day, it was timely to remind everyone that brown snakes were native to the area and very active at this time of year. Having seen a couple of snakes myself in the previous few days, I was very happy to lead from the back for this walk. The trail wandered inland through bush to the heritage township of Innes. The setting was perfect to enjoy lunch from the old Manager's Cottage veranda overlooking the lake. Leaving Innes, we followed the former railway line, the Thomson-Pfizer trail into Stenhouse Bay. Quick photo stop at Rhino Head before our last leg of road walking to finish our walk at the jetty in Marion Bay. And that completes our Walk the Yorke Trail.

It has been a wonderful 500 km journey over the last two years with the Friends of the Heysen Trail. Walk the Yorke truly is so much more than soft sand and seaweed...

Photo: Vicki Stewart
Tiparra Bay





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