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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: Heysen Trail Hut - Section
49 (Dutchmans Stern)

Photo by Lance Perryman

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

About the Friends

AUGUST 2023 • 3

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Council meets on the third
Wednesday of each month.

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E2E13 Vicki Barrett
E2E14 Mark Fletcher
E2E15 Mark Curtis
E2E16 Kathy Wright
E2E17 Paul Frost
E2E-2 Julian Monfries

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S5 John Babister
S6 Robert Ruediger, Ken
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S7 Carl Greenstreet
S8 -VACANT-
S9 Jerry & Michelle Foster
S10 Peter Deacon
S11&12 Dom Henschke
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S14-18 Daniel Jardine
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*assisted by Retired Active SA
Bushwalkers

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Jackie Westover



Photo: View southwest from the top of The Bluff.

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NEIL HENDRY

'Leave the road, take the trails'

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MARK CURTIS/TERI MCCOMB

E2E15 and E2E Minus Two pass each other on the Trail. Mayhem ensues...

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HEYSEN AND THE TRAIL

SIMON PIKUSA

Simon illuminates the connection between Sir Hans Heyesen and the Heyesen Trail.

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HE SAID/SHE SAID

We introduce you to two young thru-hikers, Elisha Donkin & Daniel Gensemer and ask them about their journeys on the Heyesen Trail.

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NOT JUST NOODLES AND PORRIDGE

KAYE & PAUL GILHOOLY

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BOB WAS RIGHT!

DEAN MORTIMER

With a rest day off the Heyesen Trail, Dean took a solo walk along the Wilkiwillina Gorge walk and shares story with a sprinkling of humour.

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 (December 2023):

18 SEPTEMBER 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 Heyesen 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.

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'Leave the road, take the trails'

NEIL HENDRY

Pythagoras



Hello everyone. Like many before me in similar roles, I have to first say what a privilege it is to be able to take on this role as President of the Friends of the Heysen Trail. I was introduced to “serious” walking in my 20s when I would go with groups to the Flinders Ranges National Park (now Ikara NP). I fell in love with the grandeur, the wide skies, and the mix of majestic and subtle beauties of that timeless landscape. Unknown to me, I was already walking the Trail even before it became an official “thing”.

My wife, Jill, and I both share a love of walking, so it was an easy decision to become members in 2016 and sign up for the End-to-End-11 group; one of our better decisions. We completed it in 2022.

Walking with, getting to know, and celebrating with such a wonderful group for 6 years gave us friendships, awe-inspiring scenery, and an awareness of just how important this Trail is to the wellbeing, environmental awareness, and respect for country that it instils in all who walk it.

I hope I can now give back to the Trail something of what it has given me. I have been involved in various volunteer capacities over many years, including as a country ambulance volunteer, a Trees For Life grower, local Rotary club president, and a driver for Meals On Wheels. My background in education, in the classroom then a leader, both in country and metropolitan high schools gives me a set of skills in negotiation, teamwork, and planning which, I hope, will be a benefit in the role of President.

There is a terrific team of volunteers who manage the show, and I am eager to spend time getting to know them better and the work that they do. I will support them in maintaining the Trail, the Friends organisation and improving access and enjoyment for walkers of all ages and abilities.

And, mentioning people doing a great job, I am fortunate to be taking over the role from Melanie who has done a fantastic job steering the FoHT during her 6 years as President. Constitutional reform, structural changes to the organization, and the major 5-year planning document are

just some of her many achievements. Certainly, the organisation is the better for her work, and I thank her for her continuing support and wealth of knowledge in her ongoing position as Vice President.

The Heysen Trail is an evolving, living thing as seen in the latest Wild South Coast Way development and it continues to be a world-class investment in the future. I have no doubt that it will continue to inspire and invigorate everyone drawn into its embrace.

Welcome New Members

The President and the Council would like to extend a warm welcome to the 99 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!*

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.

Neil Hendry welcomed as President at the Friends AGM

The Friends AGM on 5 April 2023 at the Torrens Rowing Club was well attended with an upbeat vibe and lots of chatting among members.

Please welcome the incoming Council Members listed below who will continue that commitment.

President – NEIL HENDRY

Joined FoHT in 2016 and completed the Heysen Trail in 2022 with E2E11. This is Neil's first year elected to Council and his first year as the Friends President.

Vice President – MELANIE SJOBERG

Joined FoHT in 2008 and completed the Trail in 2014 with E2E4. Elected to Council and the President's role in 2017. In addition, Melanie continues as a member of the Trail Development Standing Committee and a generous contributor to the Friends Trailwalker and social media.

Honorary Secretary - VICKI STEWART

Joined FoHT in 2014. Completing the

Trail with E2E9, Vicki then joined E2E14 for a second walk and was a coordinator of the recent Walk the Yorke trail. Since being elected as Secretary in 2022, she has become the initial point of contact for members interested in volunteer activity with FoHT.

Treasurer – BASIA SAMCEWICZ

Joined FoHT in 2020. After completing much of the Trail independently with a small group, Basia participated in E2E-2 where she expressed interest in supporting the organisation and agreed to put her financial background to use in the Treasurer's role.

Council Members - Continuing

JOHN BABISTER: Joined FoHT in 2012. He completed the Trail in 2015 with E2E5, a second time in 2018 with E2E8 and 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.

BARBARA DEED: Joined FoHT in 2018 and is currently walking the Trail 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.

MARGARET FLETCHER: Joined FoHT in 2013. Completed the Trail with E2E8



⤴ Above: Neil Hendry and Melanie Sjoberg, newly elected President and Vice President.

in 2018, before starting again as a Walk Coordinator with E2E14 and then in 2022 became Walk Coordinator for the Willunga Basin Trail walks. Margaret was appointed to Council in 2019, elected in 2020 and is a member of the Finance Team.

Council Members - Newly Elected

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.

MARK FLETCHER: Joined FoHT in 2013. Completed the Heysen with E2E8 in 2018, before volunteering as a

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.



Walk Coordinator with E2E14. He was elected to Council in 2023 and accepted the Chair of the Walk Committee at this AGM.

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 joined 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.

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.

KATHY WRIGHT: Joined FoHT in 2015. She completed the Trail in 2021 with E2E10. She is currently Coordinator for E2E16, a member of the Walking Committee and walking with E2E15 and E2E-2.

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 2023**.

Marilyn Fooks
Leonie Grimshaw
John Holland
Jenny McInerney
Rebecca Ray
Anthony Vogt

2024 Heysen Trail Calendar - Photo Submissions

Want to share that special moment you captured on the Trail? Submit your photos to the Heysen Trail 2024 Calendar for a chance to feature in our 2024 Heysen Trail calendar. If we include one of your photos, you'll receive a 2024 calendar free of charge.

Handy Hints:

Must feature the Heysen Trail. Trailmarkers are a great way to include the logo. Hikers in the shot are good for showing context, but probably not close ups. Landscape only shots are also valued. We like to show off the whole Trail and often get a lot of submissions from the two ends of the Trail. Maybe consider something from middle?

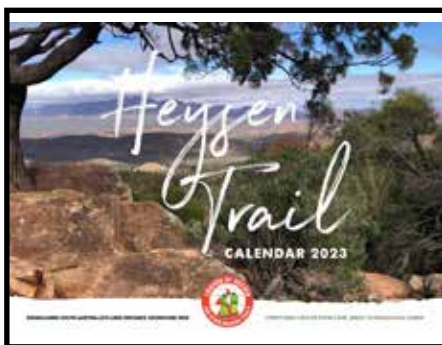
We are looking for a maximum of four photos to be submitted per person.

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 submissions NOW to:

trailwalker@heysentrail.asn.au

Last chance for submissions will be Monday 11th September.



Trailthinker Quiz

1. Where is Rossiters Hut?
2. How high is Mt Bryan?
3. What creek runs past the Bridgewater Mill?
4. What is the name of the channel system in the Mid North?
5. What range do you cross at Webb Gapp?
6. In which section are you if you walk upon Mt Cone, Mt Compass and Mt Magnificent?
7. Why is the Trail called the Heysen Trail?
8. Who is the current President of the Friends?
9. What is the name of the hill that the infamous End-to-End battle was fought upon?
10. Does the Heysen Trail or the Lavender pass through Tungkillo?

ANSWERS PAGE 24

ECO Conscious? Tech Savy? Trailblazer?

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Paul Bond gives us an overview of the locally-based Heysen Shed operations and we take a look at the recent Northern Sections work to get some insight to the Section Leader.

The shed has evolved from its primary function as a store for materials used to maintain the Trail, to include prefabrication of stiles, tank shelters, toilets and various benches. As such, it requires a good deal of coordination and for many years we have been fortunate that Colin Edwards OAM has fulfilled that role with aplomb. The time has come for Colin to step back, so we need to find a way to carry on. The Friends need new Volunteers to help continue our valuable trail work by offering to join the Shed Team and pick up some of this work.

Here is an overview of the shed operations:

MATERIALS

Managing stock so there is sufficient for Trail maintenance tasks, including

1. Completed steel stiles (frames, braces, FRP treads, assist posts, FRP clips).
2. Marker posts – timber, steel.
3. Star droppers for assist posts and steel marker posts.
4. Marker plates and arrows.

PROCUREMENT

1. Steel for stiles, marker posts, assist posts, star droppers, FRP treads – coordinate with the Department of Environment and Water as they are responsible for providing these.
2. Other materials – screws, welding gas, rods etc, to be purchased from suppliers (pay and be reimbursed pending issue of FoHT debit card).

TOOLS

1. Monitor tools and related consumables, including return after field trips.
2. Purchase cutting discs and drill bits.

COORDINATION AND ASSEMBLY (of stile components etc)

Ensure that volunteers are available to do priority tasks:

1. Cutting steel tube for stiles.
2. Welding stile frames and braces.
3. Managing galvanizing of stile components.
4. Other work to complete projects.

FRIENDS PROJECTS

Toilets

1. Assemble remaining 3 toilets, to replace those on existing concrete slabs.
2. Purchase fittings as required – hinges, door latches, anchor screws, door closers, toilet roll holders.

Benches

1. Finalise design and document.
2. Purchase steel for frame and decking.
3. Construct ready for dispatch.

Platforms

1. Purchase timber.
2. Prefabricate ready for dispatch.

These tasks don't have to be done by one person; in fact, it would be ideal to share the workload between several volunteers.

Northern Sections Work Undertaken

New stiles between Huppatz Hut and Newicke Creek.

Further to Section Leader Hugh Greenhill's article in the April edition, he has installed a new stile to support the re-route above Huppatz Hut to facilitate new wind turbines and 3 new stiles in the bushfire affected area north of Wandallah.

SECTION 17A (Dutchman's Stern to Wilpena)

Hilltop Farm Pinkerton Rd near Quorn - 4 stiles erected and faded plates replaced. Alternate route from Dutchman's Stern to Quorn remarked.

Mt Elm campsite – old toilet demolished and replaced. 2 wooden stiles replaced and a third stile strengthened with addition of assist pole. Old plates replaced.

A new stile installed at The Oaks property to avoid using gate.

Old plates replaced between Mt Arden and Buckaringa Gorge. One new post inserted.

Retire Active SA activities

Maintenance undertaken in June 2023.

Markers installed in Melrose CP in place of a previously installed Heysen post and markers which disappeared.

New stile judged unnecessary, as there is a gap at the end of the fence. Extra signage added at Huddlestone Rd, Gladstone.

Post installed with markers on the Fairview property.

Loose pole on stile at end of Mills Road secured with extra screws in bracket.

Corner post on Go Kart Track replaced by taller post.

Stile replaced by metal 3-step stile on the Fairview property.

Metal 3-step stile installed next to Gate 66, Wirrabara Forest.

Dangerous 1-step stile (next to unlocked gate) removed. After discussion with landowner, metal 2-step stile installed.

Wobbly stile with cracked steps replaced by metal 2-step stile on the Rockville property.

Stile replaced by metal 2-step stile west of Hiskeys Hut.

Bracket secured to post with extra screws on the Rockville property.

Approx 300 m of track pruned between Go Kart Track and Sheep Yard Track, Wirrabara.

Wooden steps replaced on 2-step stile at end of Slaughterhouse Rd.

If you would like to help out, please register your interest with our Trail Development Coordinator Paul Bond on 0401 123 391 or paulb.heyse@gmail.com



After what seemed like a week, it was time to down tools and try some of this red medicine to dull the sore muscles, and watch the sunset. The next morning the eager bunch of labourers were up early, a couple walking up the Trail spur to the ridge line to check out the sunrise. Others were drawn back to the scene of the crime, with buckets of lime mortar set up around the site for the eager volunteers. Unfortunately, I had to leave early, but left strict instructions to finish off "the 2nd floor and get the pool sorted".

E2E11s Legacy Project

In gratitude to the E2E11 volunteer leaders, funds were donated by E2E11 participants towards a project to commemorate their guiding efforts over the 6 year walk. Marshall's Hut on the Heysen Trail was selected as the place to invest those funds and in the near future a plaque will be installed.

Glenn Chambers gives us quick summary of the first working bee below:

The finishing team did a sterling job on the weekend away, the 'task brief' was quick, the induction was quicker, and before long, buckets of lime mortar were disappearing into the cracks and crevice's and the life lines of the Hut were disappearing behind the trowel of expert tradie, Jill Rowe, showing us how it is done, while Neil Hendry, Peter Nation and myself looked on from multiple tea breaks ... while eating the yummy slice Jill had brought along. A special mention has to go out to Peter and Daniel Fosdike (FoHT maintenance volunteers & structural engineers) for their expert guidance and company. Thank you to Rosie and Catherine for the generous goodies.

The Marshall's Hut E2E 11 legacy and maintenance programme will be ongoing for a few more weekend trips. We will let the winter months move on and pick up with ongoing work in the spring and summer seasons.

Some tasks still needing to be completed are; replace verandah posts and gutter down pipe for storm water run off; internal platform support post to be replaced; general clean up; more plastering, but this item will be ongoing. This preventative maintenance helps to keep the structure in good condition for others to enjoy while on the Trail.

When the plaque has been completed, noting the contributions from the group and the efforts of the walk leaders over those years, we will put the call out for a reunion and unveiling at the site.

Lastly, a big thank you to Glenn Chambers for organising the Legacy project on behalf of the E2E11 participants.



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always exploring

End-to-End Season Program 2023

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
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 Cobbler - Tapanappa	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 -2 SAT 26 - MON 28 AUG Kyeema - Inman Valley E2E 16 SUN 27 AUG Dashwood Gully Rd - Mylor	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 Tapanappa - Balquhider	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 -2 SAT 14 - SUN 22 OCT Inman Valley - Cape Jervis E2E 15 SAT 14 OCT Pewsey Vale - Tanunda E2E 16 SUN 15 OCT Cleland - Montacute	E2E -2 SAT 14 - SUN 22 OCT Inman Valley - Cape Jervis	E2E 16 SUN 29 OCT Myponga - Mt Compass

Version released 12th July 2023

heysentrail.asn.au/walks

Immerse yourself in the Wild South Coast Way this Spring

The real beauty of the Wild South Coast Way is only accessible by foot.

Walk with The Friends in a small group taking in 6 walks along the new Wild South Coast Way on the Heysen Trail between Cape Jervis and Victor Harbor: 75km of rugged coastlines, 7 beaches, dense native vegetation and expansive views.

Sunday afternoon introduction will include an overview of Ngarrindjeri connection to Deep Creek and a 4km 'walk-to-a-view' followed by sundowner drinks & nibbles. Longer day walks Monday to Friday follow the WSCW along this dynamic coastal stretch of Heysen Trail. A celebratory dinner will be held in Victor Harbor to share tales from the Trail.

A solid level of fitness and experience walking over consecutive days are necessary: these are stunning but challenging walks between 5-6 hours with some steep climbs and descents through gullies with rough, narrow and uneven tracks, a bit of rock scrambling, creek crossings and along cliff edges.

Registration is for the full walk program \$320 – package includes walk fees, bus costs, sundowner drinks and final night dinner.

Participants will need to book personal accommodation. 22-29 October 2023. Registration opens 3 July 2023.

Please contact our office volunteers for more information on (08) 8212 6299 or email us at heysentrail.asn.au

Walk Leader Training (Day Walks) on Saturday 23rd September

If you've ever thought you might like to volunteer lead some day walks for the Friends of the Heysen Trail, then this is for you. Our experienced walk leaders will guide you through some of the basics in leading a Trail Starter or Trail Walker.

It will include interactive sessions, small group discussion and plenty of information.

Helpful tips will be offered by Julian Monfries, Simon Cameron, Kathy Wright and Melanie Sjoberg.

Registrations open on the 19 Aug. Book online at heysentrail.asn.au/walks

If you have questions, contact the office at heysentrail@heysentrail.asn.au

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, 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 to or higher than 32°C. Be aware that walks are automatically cancelled when the forecast weather on the day of the walk is for severe storms with damaging winds as per the 7pm ABC News on the day prior to the walk. Refer to abc.net.au/news/weather or bom.gov.au/sa. Your Walk Leader will send an email to all walkers to advise of the cancellation. We suggest you check your emails before leaving to join the walk.

Bushfire policy

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

Keeping track of the End-to-End Groups

E2E 12
Mt Little Station

E2E 13
Broadview

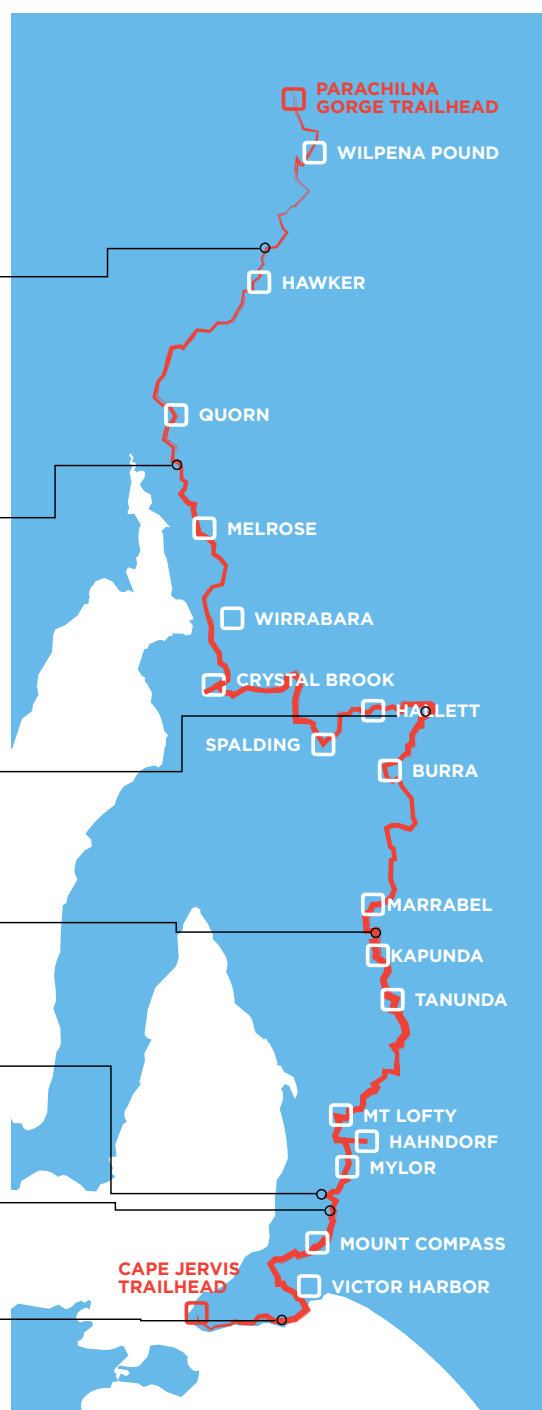
E2E 14
Newikie Creek

E2E 15
Hamilton

E2E 16
Dashwood Gully

E2E -2
Kyeema

E2E 17
Waitpinga



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
AUG	SUN 6 AUG Waitpinga Judith Ellis	TUES 8 AUG Summertown John Babister SUN 13 AUG Echunga Rosemary Hayward	SAT 19 AUG Black Hill Training Michael Joyce	THURS 24 AUG Black Hill John Babister	N/A
	SUN 6 AUG Crafrers - Brownhill Creek Peter Clark	SUN 13 AUG Willunga Basin Trail Cathy Bowditch SUN 13 AUG Beaumont/Lofty/Cleland Michael Joyce	SUN 20 AUG Crafrers/Mt Lofty Gardens/Stirling Bill Van Riet	SUN 27 AUG Sea to Summit Paul Frost	
SEP	N/A	TUES 5 SEP Measday John Babister SUN 10 SEP Sturt River Gorge Bill Van Riet	TBA	THURS 21 SEP Horsnell Gully John Babister	N/A
		SUN 10 SEP Willunga Basin Trail Cathy Bowditch		SUN 25 SEP Lobethal Bushland Park Dean Mortimer & Mary Cartland SUN 25 SEP Belair Judy McAdam SUN 24 SEP Summit to Sea Paul Frost	
OCT	SUN 1 OCT Mt Pleasant John Babister	SUN 8 OCT TBA Heather Jensen	SUN 15 OCT Scott Creek Noeleen Smith	SUN 22 - FRI 27 OCT Wild South Coast Way Melanie Sjobert & Danile Jardine SAT 21 OCT Onkaparinga Walk Michael Middleton	SUN 29 OCT Morialta/Black Hill John Babister

● TRAIL WALKER
 ● TRAIL STARTER
 ● SPECIAL EVENTS
 ● WILLUNGA BASIN TRAIL

Version released 12th July 2023

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



Accommodation Nunn Road, Myponga along the Heyesen 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 Heyesen's Rest 4 brand new single rooms on the Heyesen'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



The fun continues for E2E10...

In July 2021 we crossed the final stile at Parachilna, but the camaraderie continues with our annual reunion. Little did we realise how friendships would evolve over the 6 years and how bittersweet it was to finally arrive at the end of our 1200km journey. Definitely a huge sense of achievement, but also tinged with a sense of something very special coming to an end.

In 2022 we gathered at a small park in Glenelg East for a walk and picnic lunch. The walk took us past the Old Gum Tree, along the Patawalonga River and home via the Esplanade at Glenelg North with the treat of dolphins just off-shore. Not a hill, nor an undulation in sight, but we were breathless from walking and talking with friends we hadn't seen for many months.

This year was 'Hysteria & History' with a 6km ramble around the Mansions of Glenelg, including a surprise morning tea at Partridge House and culminating with a BYO lunch at the home of one of our walkers.

Perfect weather prevailed with blue sky and sunshine. The buzz of 23

Trailwalker Photo Competition



Julian Monfries made it to the top of Australia, looking to extend the Trail onto New Guinea? Maybe not. Looks like the Trail is never far from his mind. Good thing he took the Trailwalker.

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

walkers chatting and laughing made for a great vibe. The Glenelg Visitor Information Centre provided booklets detailing the historical background to the Mansions, and our leader added insights with a touch of local knowledge. We learned that one of the mansions, Stormont, on the South Esplanade was offered as collateral in a game of poker. The game was lost, and so too was his collateral.

Our walkers enjoyed sharing their love of the Trailwalker magazine with photo-shoots at scenic locations. The Trailwalker magazine had the title 'Reflecting' ... which seemed a very

apt word to describe our reunion. We reminisced about our shared journey; we reflected on how it impacted our lives; and we revelled in reuniting and continuing our friendship.

Many E2E10 walkers have continued walking on the Heysen Trail, and several have taken up volunteer roles with FoHT as a way to give back to the Trail & stay connected with the community. Many have ventured further afield with walks on Larapinta (NT), Cape to Cape (WA & TAS), Scenic Rim (Qld) and overseas to walk the Camino.

by Tracey Evans (E2E10 Hiker)

Southern Flinders Ranges

Wirrabara Forest Accommodation

Self-contained cottages for up to 8 people.

Welcoming Heysen Trail and Mawson Trail Adventurers.



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When End-to-Ends come Face-to-Face

MARK CURTIS & TERI McCOMB

It is a very rare event for two end-to-end groups to meet each other on the Heysen Trail. This historic occasion did occur on Saturday June 24, 2023, when the southbound E2E-2 group met the northbound E2E 15 group on the slopes of Tower Hill, between Pewsey Vale and Mt Crawford.

Each group knew they would be meeting the other, and each group had made preparations for this momentous event. So what happened? Sir Winston Churchill famously said that "History is written by the victors". But who were the victors? Read on for the tale of the Battle of Tower Hill and decide for yourself.....

E2E15'S MEMORIES...

The Fearless 15's were savagely attacked by 4 Scottish marauding clans from within the E2E-2 group.

With the E2E15 Bagpipes blaring "Amazing Grace" a fierce battle began.

Even with the element of surprise and a dominant high ground advantage,

the marauding clans squandered their advantage as a number of warriors had lost their weaponry on the climb up Tower Hill.

It was a brief fierce battle but in the end due to greater numbers the Fearless 15's prevailed.

The defeated clans offered a peace offering of a nip of very fine Scotch Whiskey, enjoyed by all.

The 15's celebrated with all, an assortment of fine chocolates followed by a fine dancing effort to the tune of "Boot Scootin' Boogie".

The now highly intoxicated Minus 2's joined in for a dance to their favourite "Nutbush City Limits".

The groups parted ways and the Minus 2's were last seen running for the Hills and Mount Crawford to lick their wounds.

A true and factual account observed on the day of battle.

Mark Curtis 2023

E2E-2'S MEMORIES...

The Absolutely True Story of the Battle of Tower Hill.

The day was overcast, with occasional threatening rainclouds, but this did not daunt the spirit of the brave clan McMinus Two. They knew that this was the day their courage would be tested in meeting the northbound Fifteens in the wilds of the Heysen Trail. As they approached the summit of Tower Hill, they got word that the Fifteens were ahead. Despite being significantly outnumbered, the bravehearted and valiant McMinus Twos grasped their weapons in their hands. The canny clan used the vantage of high ground for their attack. Resplendent in tartan, with faces painted with woad, and defiantly giving voice to their war cry, they charged down the hill, weapons to the fore. Despite an attempt to shore up their nerve by playing uplifting tunes, the Fifteens were no match for the ferocity of the McMinus Twos. The terrified and fearful Fifteens offered no resistance, instead cowering next

to the fence, before being rounded up and marched to the top of the hill as captives. One of the clan leaders, McMortimer, proclaimed victory with a speech urging the Fifteens to hand over the lassies (and laddies) or they would be subject to grape and spillage. The triumphant McMinus Twos then toasted their victory by having a wee dram, which they generously shared with their captives, as the poor things were still trembling with fear. Provided with a bit of courage from the whiskey, the Fifteens attempted to appease their captors with an entertaining demonstration of a boot scootin' line dance, but the McMinus Twos retaliated with a spirited rendition of the Nutbush, complete with flashing weapons. The fearful Fifteens then tried to buy their freedom by offering chocolates. Taking pity on them, the kind McMinus Twos finally let them go and the fearful Fifteens were last seen slinking off down the Trail, to return to their lairs that night to lick their wounds and try to salvage their damaged pride. They have not yet been seen on the Heysen Trail again. The victorious clan McMinus Two however, continued on their journey to complete an awe-inspiring total of 178 km over the next 8 days.

This is the true and accurate account of the Battle of Tower Hill, provided by a participant in the battle (as opposed to a mere observer). Any differing account should be considered to be a sad attempt to rewrite history by providing false and misleading information.

Teri McComb 2023

- ⌚ Far Left: Fearsome McMinus Two Warriors.
- ⌚ Top left: McMinus Two Warriors holding captive the Double Agents.
- ⌚ Top right: Merging of the Clans into a rendition of the nutbush.
- ⌚ Bottom left: The Rival Chieftans meet Face to Face.
- ⌚ Bottom right: Two Joyous Clan Members post Battle.



@hazelcochranephoto

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Best of the Heysen Trail on Instagram

Silence and stillness.

**A lone tree survives the elements to thrive on Mt. Bryan.
Captured in B&W by SA photographer Hazel Cochrane
hazelcochranephoto@outlook.com.au**



Heysen and the Trail

SIMON PIKUSA

‘Give me Art that comes from the world that surrounds us, the beauty of which we can see and absorb – a clean beauty that makes us happier for our experience,’ Hans Heysen wrote in 1942.

For half a century, his skill in drawing and painting had been revealing his spiritual connection to the South Australian landscape. He brought an intensity and realism to his pictures, especially his depictions of the eucalypt and the Flinders Ranges. In Heysen's time, exhibitions of his works and their reproductions spread to a wide audience, many of whom would never travel far from coastal regions. Heysen's visions of this unique landscape are still popular today and can be an illuminating guide for walkers on the Heysen Trail.

In 1967-68, ninety years after Heysen's birth, Warren Bonython walked from Crystal Brook to Mount Hopeless. Bonython was an engineer, active conservationist and latter-day explorer. He was inspired, in part, by Conway's book, 'The Alps from End to End' describing a traverse of a range and the ascent of its principal summits. Bonython's Flinders walks and his vision of a long-distance walking trail in South Australia contributed to

the formation of the Long Distance Trail Committee around 1970. The committee deliberated on a name for their project, rejecting geographical labels or names of explorers and instead settled on Heysen, whose work reflected and linked the Mount Lofty and Flinders Ranges. In later years, the energy of Terry Lavender drove the practical development of the Heysen Trail to its completion in 1993, twenty-five years after Bonython's walk.

Bonython was an acquaintance and an admirer of Heysen. In his book, *Walking the Flinders Ranges*, he relates his beguilement by the stark pyramid of Mount Patawerta after seeing a copy of *The Land of the Oratunga*, his excited first glimpse of his 'mountain of inspiration' in 1945 and a traverse of the peak in a chilly wind in 1968. That climb coincided with Heysen's death and Bonython, even while out on this walk, reflected on his prescient sense of the end of a 'creative life' and expressed that, for him, the most fitting memorial to Heysen is not Oratunga but the 'image of which I carry in my mind's eye.' And, perhaps, in the naming of Heysen Trail.

Mt Patawerta is just north of the Parachilna Gorge trailhead, but Heysen also worked at Petrel Cove near the southern end of the Trail, over a thousand kilometres away. His friend and legal adviser Frederick Joyner photographed the artist in



Above: "detail:" F. A. Joyner
born Adelaide 1863
died Adelaide 1945

*Hans Heysen sketching in the open air,
looking south-west from the Bluff
(Rosetta Head) near Victor Harbor
c.1926, Victor Harbor, South Australia
18.0 x 22.7 cm (image)*

*Gift of Mr and Mrs T.H. Waterhouse 1978
782Ph5*

hat and tweed, on a campstool and working with an open sketch box on his knees. You could guess Heysen was considering the form and proportion of this landscape. There was probably a breeze, the cadence of the surf, the smell of soil and grass, a bright sky and water in shades of blue; all permeating his field studies to be slowly transformed, most likely at The Cedars, to the oils we see today.

A century later you see a similar coastline. You could drive, or cycle from busy Victor Harbor, or walk here on the Heysen Trail. Look for King's Beach near the centre of The South Coast, where the Trail turns north towards the Flinders. I was there last year on the third afternoon of a walk from Cape Jervis. In a pleasant fug of fatigue and relief, I photographed and shared an image of the view, in an instant. Mine is unbalanced by the granite foreground and West Island, but I had been using this offshore marker along with The Pages and Capes Willoughby and St Albans, to gauge my position along the coast, so I included it unconsciously.

Heysen and the Trail

Heysen's scene omits West Island but emphasises the dark Waitpinga Cliffs, which were fearsome to me as a child but exhilarating now having walked their length. The texture of his oils suggests the surface of the Trail and the feeling of walking on sand, rocks and soil.

While still a teenager, Heysen was exhibiting in Adelaide. One rather patronising review for a show in 1896 noted ‘“Gum Trees” – H HEYSON (sic). Not bad drawing.’ Perhaps this was a sign of his future exploration of the eucalypt in the first decades



Photo: Simon Pikusa, View southwest from the top of The Bluff, May 2022.

⤴ Above: "detail:" Hans Heysen, born St Pauli, Hamburg, Germany 8 October 1877 died Mt Barker, South Australia 2 July 1968
The Land of the Oratunga
1932, Hahndorf, South Australia
watercolour on paper
47.3 x 62.6 cm (sight)
South Australian Government Grant 1937
Art Gallery of South Australia, Adelaide
© Chris Heysen
0.925

⤵ Below: "detail:" Hans Heysen, born St Pauli, Hamburg, Germany 8 October 1877 died Mt Barker, South Australia 2 July 1968
The South Coast
1926, Hahndorf, South Australia
oil on canvas
69.7 x 90 cm
Private Collection
© Chris Heysen

of the new century. Heysen broke away from the early colonial artists by drawing Australian trees as they are rather than as trees remembered. He concentrated, repeatedly, on large writhing muscular trunks with shedding bark and knotty burls. His view tended to be low down and close, hiding the canopy, much like that seen by the approaching walker. The great sculptural form of the eucalyptus dominates his compositions such that horizons, sunlight, people and livestock seem secondary.

But Heysen's first success (1904 Wynne Prize) was for the painting of saplings near Meadows. The trees in Mystic Morn complement the earthy ➤





mist, dewy light and sleepy cattle. He completed this work in a fortnight, perhaps indicting a growing ease in his craft and subject. You see this country on the Adelaide Hills sections of the Trail and more so if you're walking well. Walkers know that point when it seems to take less effort to walk and you move easily and lightly across the landscape. In this area I walked up from Kuitpo, bivouacked in the bush on Mt George, woke to the 6am flights taking off from West Beach and continued, blurrily, on to the Mt Lofty summit where I breakfasted with a gaggle of joggers. And all the while through trees.

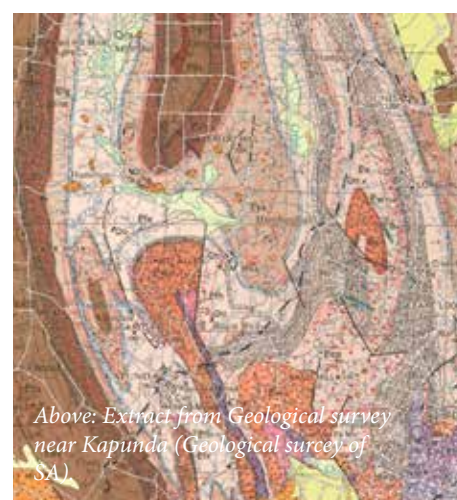
North of the Adelaide Hills, the Trail takes you into the rolling, creased and folded landscape of the Mid-North. Pewsey Vale is near the Trail, north of Mt Crawford, before the descent to the Barossa Valley. Other works like Folding Hills are representative

of the long open back roads and the seemingly unending undulations of the Trail along fence lines. The multicoloured geological map around Kapunda reveals the tangled layers of rocks beneath your shoes that continue through to Burra, Hallett and Spalding. It is a windy country of dry-stone walls and I remember walking for days wearing a shell jacket. I wonder also what Heysen would have thought of the many white turbine towers that now mark the ridgelines that lead towards the foot of the Flinders Ranges.

North across Mount Brown, you start walking away from the sea. The air becomes drier, and you notice a greater depth of field in your vision. Heysen did too. His first trip to Quorn, Hawker and Wilpena was a disappointment, but the following year, 1927, he went with Joyner to the Orparinna Station. This was his 'revelation' that produced The Three Sisters of Aroona and



Photo: Simon Pikusa, Near Mt Lofty, May 2013.



Above: Extract from Geological survey near Kapunda (Geological survey of SA)



⌚ Above: "detail:" Hans Heysen, born St Pauli, Hamburg, Germany 8 October 1877 died Mt Barker, South Australia 2 July 1968
Mystic Morn
1904, Adelaide
oil on canvas
122.8 x 184.3 cm
153.0 x 215.0 x 17.0 cm (frame)
Elder Bequest Fund 1904
© Chris Heysen
0.335

⌚ Left: "detail:" Hans Heysen, born St Pauli, Hamburg, Germany 8 October 1877 died Mt Barker, South Australia 2 July 1968
Pewsey Vale
1947, Pewsey Vale and Hahndorf, South Australia
watercolour on paper
42.5 x 54.3 cm
Gift of Miss Eva Waite 1954
© Chris Heysen
0.1578



Photo: Taken by Richard Drew, Simon Pikusa near Worlds End, May 2014.

introduced Heysen to the Brachina Gorge. 'Heysen Hill' now marks its eastern entrance. Nine further trips back to Brachina and from Arkaba to Oratunga produced his body of work that tackled 'the infinity of landscape here caused by the purity of the atmosphere' and overcame 'the technical difficulties due to the very dry air, [and] flies, ants, wind and dust, as well as the ever-changing light.' Heysen found his best response to the Flinders was in watercolour, where part of the paint seeps into the paper to soften, blend and mute the



Right: "detail:" Hans Heysen, born St Pauli, Hamburg, Germany 8 October 1877 died Mt Barker, South Australia 2 July 1968 The Three Sisters of Aroona 1927, Hahndorf, South Australia watercolour on paper 40.6 x 54.0 Morgan Thomas Bequest Fund 1930 © Chris Heysen 0.1578



Photo: Robert Alcock, the Three Sisters, August 2012.

colours. In contrast, oil colours stay vibrant and pure and allow a play with texture and brushstrokes, like in The South Coast. He was enraptured by the bones of the country and considered this a region of 'drought and desolation, of arid reds, blues and ochres.' He did not work here after rain - indeed, as Colin Thiele also notes, 'a verdant Flinders he refused to accept.'

Walking the Flinders sections of the Trail often involves a longer trip out because of the distance from Adelaide. It's quieter here. You can sleep out under a tarp and there is a rhythm to the walking day of light and dark, warm and cold. There is time for dreaming during the day. ➤



Above: "detail:" Hans Heysen,
born St Pauli, Hamburg, Germany 8 October 1877
died Mt Barker, South Australia 2 July 1968
The Land of the Oratunga
1932, Hahndorf, South Australia
watercolour on paper
47.3 x 62.6 cm (sight)
South Australian Government Grant 1937
Art Gallery of South Australia, Adelaide
© Chris Heysen
0.925

And Heysen is all around you; from the Wonoka Creek, past the Elder Range, across the walls of Wilpena and north along and about the Aroona Valley. You might find a view that matches one of his pictures, but more likely you explore a sequence of similar aspects on your walk in these extraordinary ranges.

No matter your opinion of his work, Hans Heysen is an important South Australian artist. His focus was the depiction of gum trees and the Flinders Ranges, both treasured by walkers on the Heysen Trail. His pictures remind walkers of their visions, emotions and experiences in these places and, perhaps, hold clues to whatever walkers are looking for in themselves.

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A special thank you to Chris Heysen for allowing us to reproduce the works of his Grandfather, Sir Hans Heysen. Also, to the Art Gallery of South Australia (Laura Masters) for their assistance. visit: www.agsa.sa.gov.au

If you find yourself yearning for the landscapes of the Heysen Trail but unable to make the trek perhaps consider a visit to the Art Gallery of South Australia to view the Sir Hans Heysen landscapes. Alternatively, take the Hahndorf spur track on the Heysen Trail from Bridgewater and along the way you will find The Cedars, Hahndorf, the home of Sir Hans Heysen. Beautifully preserved and open for tours. www.hansheysen.com.au



He Said/ She Said



Elisha Donkin and Daniel Gensemer caught our attention with their documentation of their time on the Heysen Trail. I thought I'd get to know them a little better and I can't wait to watch what they get up to next in the hiking world.

Hike Details

Elisha: I hiked the Trail southbound (SOBO) and started on the 1st August 2022. I completed the Trail on 24th September, 55 days later. I had 4 rest days in total and had 9 food boxes that I dropped along the way at different towns so I could pick them up as I hiked through. I started the Trail solo but met two other SOBO hikers along the way and we ended up finishing the Trail together!

Daniel: I travelled southbound starting on the 4th of June 2022, finishing at Cape Jervis on the 19th of July with 46 days on the trail (inclusive of 2 rest days).

What brought you to the Heysen Trail?

Elisha: I'd heard of the Heysen Trail before but didn't know very much about it coming from Victoria. However, I travelled through South Australia in my van in 2021 and covered many of the parts that the Heysen Trail passed through. I did several day hikes on the Trail, and the more I saw the red arrows and

signposts the more intrigued I got. By the end of my few months in South Australia, I knew I wanted to come back to hike the whole Trail, so that's what I did the following year.

Daniel: The outdoors has always been a big part of my life – I was an active Scout and then competitive rock climber growing up. As soon as I moved to South Australia five years ago, I dedicated a lot of time to exploring the State and found Heysen Trail signposts just about everywhere I hiked or climbed. I wanted to connect the dots between the places I had been, to revisit them and see what was in between. I found a like-minded friend through my climbing club and we teamed up to make it happen.

Tell us about how and why you chose to document your journey?

Elisha: I've always enjoyed documenting and capturing my travels and hiking adventures. It's also part of my job as a freelance writer and blogger. I already knew that I wanted to do the same for the Heysen, especially because it was one of the biggest adventures I'd undertaken so far. I love inspiring others to get outdoors more, and sharing my experience was a way I could spread the word about the incredible Trail and encourage others to start their own hiking journey.

I carried a notebook for recording my daily thoughts, a mirrorless camera with an external mic and 12-40mm f2.8 lens, and a GoPro Hero 10. Along the way I shared updates at each town on my Instagram Stories. Then, post-hike I've put together various blog posts on my own site, Beyond Wild Places, and written for other publications about

the Trail, including We Are Explorers and Great Walks magazine. I've also been slowly putting together YouTube videos as well, although they're not all live yet!

Daniel: I took two quick videos (one landscape and one portrait) on every day of my hike, posting the videos to my Instagram story every day to keep my friends updated and putting the landscape videos into a 'ten seconds every day' video for YouTube. That was exciting for me since I always wanted to see more of those videos online. It forced me to get creative and make/select clips each day that would tell the overarching story of the entire Trail, not just the highlights. It was pretty easy to make those videos, so I'm doing some more ambitious vlogging for later hikes.

What did you learn about yourself in this experience?

Elisha: The biggest takeaway was that I could get through anything. There were the unavoidable nerves at the beginning, and there were moments that tested me, both physically and mentally, but I always found a way to push through. Some things are simply out of my control, but there's always a way to get through it.

Daniel: A fair bit. From hiking with a friend, I learned that I was more capable of empathy than I thought I was, or maybe that just grew in me. More broadly, I feel like I learned the most about myself when I was around other people, and the most about the wider world when I was all by myself.

Not Just Noodles and Porridge

KAYE & PAUL GILHOOLY



The Gilhoolys completed their thru hike on the Heysen Trail in 2021. Kaye & Paul have kindly agreed to share some of their preparation secrets, starting with some tasty, healthy food ideas.

After deciding to walk the Heysen Trail from end to end, one of the first challenges we confronted as interstaters was food. How do we carry enough for 66 days of walking and how do we do this from Tasmania? What stove would we take and with our plant-based diet (Vegan) would we get enough protein?

While there are towns of varying size along the Trail with a mixture of facilities, we couldn't rely on them to stock and replenish our daily needs. Living on 2-minute noodles and porridge, wasn't appealing or advisable and as we had no-one on the ground in South Australia to help, we had to come up with a plan.

Food consists of protein, fat, carbohydrates and other nutrients essential for the growth, repair, and maintenance of our body's tissues and for the regulation of vital processes. It provides the energy our bodies need to function. As long-distance walkers covering 20-30kms a day burning up stacks of energy, eating good food was critical to our health, enjoyment, and success on the Trail.

After trying some commercial "Trail" foods which were very disappointing with limited options, we decided to cook, dehydrate, vacuum pack, box and post all our food, 3 meals a day plus fruit and snacks.

The world of hiking food is like delving into a brave new world. Choices are vast and wide, no matter what you eat. It's exciting and enlightening seeing what can be dehydrated, how it keeps, rehydrates and how good it tastes.

We aimed to create food that was light weight, tasty, easy, quick to rehydrate and/or cook, had little packaging, providing enough energy and comfort to sustain the whole walk.



All meals were tested to make sure they would dehydrate and vacuum pack. A week later we would open them, rehydrate, cook on our camp stove, and eat to make sure they were delicious

and hearty, and the quantities correct. We used lots of produce from our prolific fruit and veggie garden and scoured the supermarket for snacks and other items to lighten the load of cooking. Some dishes could be assembled with existing ingredients which saved time.

The result was 4 breakfasts, 5 lunches, 7 dinners, snacks, dried fruits and leathers which we rotated to provide variety. Mexican Beans and Couscous, Eggplant Curry & Rice, Raw Buckwheat Porridge, Houmous with crackers and Peanut Butter with dried apples on flat bread to name a few. This journey took

about 3 months, reducing a mountain of wet food into a mole hill of dehydrated food which totalled 75 kilos!

The next challenge was sending all the food to South Australia as resupply boxes

to pick up along the Trail. Contacting Australia Post we found they would hold our boxes for two weeks. Standard postage time to anywhere in South Australia from Tasmania was about 10 days. We decided to use Express Post and still allow 10 days just to be sure. Each box was marked with our phone number, estimated date of arrival and that we were walking the Heysen Trail.

The end result was 13 resupply boxes prepacked, prepaid, and addressed to Post Offices plus a few places we could stay. With accommodation, we pre-arranged with the owners, who were very happy to oblige. We planned our resupply boxes so the most we had to carry was 8 day's food with the average being 3-5 days. One days dehydrated food was about 900gms for two of us.

We designed a Posting Schedule as they needed to be sent progressively. On a designated date, a good friend posted a specific box to arrive in plenty

of time for us to pick up on our way through.

The system worked extremely well, a reward for all our planning and preparation. None of the food spoiled



or got damaged and all the boxes arrived before us. At times we were welcomed by name on entering the Post Office, with staff eager to see if we arrived in time and who we were. One time, staff even knew we were on our way from the previous Post Office, the Bush Telegraph in action! And, in Crystal Brook when we forgot a Monday public holiday and closed Post Office, a complete stranger came to our aid, picking up our box on the Friday delivering to the caravan park the same day!

As we couldn't post gas cannisters from Tasmania and not being sure we could



find them along the way, we chose to cook on our little petrol stove, a Soto Muta which runs on unleaded petrol. We carried a 1 litre fuel bottle, enough for about 7 days which we filled up along the trail proving to be very efficient and cost us \$5.48 in fuel for 66 days!

A real gem in our cooking ensemble is our light weight, padded, pot cossies that Kaye made for our 2 Trangier pots. These work brilliantly reducing cooking time and keeping food and water warm.

The prepared food for the Heysen was sufficient to keep us going but, overtime we lost weight as our bodies burned more calories than we could eat. We were never hungry and took advantage of extra food whenever we could in towns on rest days, or when passing through.

We're now amidst this food journey once again. On September 1st we leave to hike the Bibbulmun Track and the Cape to Cape in Western Australia which means food for 60 days. Since the Heysen, and thousands of kilometres walked in Australia and Europe, many food lessons have been learnt.

This time, although the system is fundamentally the same, we've changed some dishes and created others to be more protein rich. This is achieved with other ingredients and adding protein powder and seeds, particularly to breakfasts to give us a great boost of energy first thing in the morning. So far, it looks like we've reduced the overall weight of our daily needs which is very exciting.

To be honest, it's daunting and overwhelming preparing all your food for a long hike. Breaking it down into manageable lots and starting early helps reduce these feelings. The

process is extremely rewarding and remember this food is going to feed your body and soul.

The added bonus; while on the Trail there's no cooking or washing up!

You can read about the Gilhoolys' Heysen adventure with a web search on 'Gilhoolys' and 'Heysen', check out the abc.net.au online article or keep up with their current adventures with the contact details below:

Instagram: [@hikingwiththegilhoolys](https://www.instagram.com/hikingwiththegilhoolys)

Email: kaye61gilhooly@gmail.com





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What do you drink while out hiking?

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Apart from water in a 3 litre water bladder, we sometimes dissolved hydralyte tablets at lunch times on warmer or longer hiking days. COFFEE at end of the days walk, as well as the obligatory beer or wine or bubbles!

JILL ROWE AND NEIL HENDRY

E2E11 Hikers/President



A big spoonful each of 'Gatorade' and protein powder in a litre of water within half an hour of stopping for the day. Marvellous for recovery.

SIMON PIKUSA

Thru Hiker/Author



Coffee for morning tea and lunch, Staminade (if warm / long distance) and water.

KATHY WRIGHT

E2E16 Leader



I start thinking about hydration the day before by drinking plenty of water. On the day I carry 2.5 litres of water and a thermos of hot tea, refreshing, but comforting on a cold day. I'm actually a coffee lover, but don't like the thermos flavour so indulge in chocolate covered coffee beans.

TAMMY MAIN

E2E11 Hiker



Mainly water but I bring a sports drink to consume during morning break and lunchtime. Something different to taste but more importantly to replace electrolytes lost on those "undulations".

PETER NATION

E2E17 Leader



Staminade. Electrolytes are super important as I am prone to cramping.

KARA TURNER

E2E12 Leader

Trailthinker Quiz Answers

1. Mt Crawford
2. 929m
3. Cox Creek
4. Bundaleer
5. Tothill Range
6. Section 9
7. Named after Sir Hans Heysen whose artworks capture the diversity of the landscapes the Trail covers.
8. Neil Hendry
9. Tower Hill
10. Lavender Trail

Volunteer Profile: Philip Bell

HOW LONG HAVE YOU BEEN INVOLVED WITH THE FRIENDS?

My wife Leanne and I joined the Friends in 2011 after hearing friends talk about walking the Heysen Trail. We then found the website and registered as members of E2E6. We were aware of the Trail and remembered seeing Heysen Trail markers in the Flinders Ranges.

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

In the final years with E2E6 I was interested in being involved with the Trailwalker magazine due to my photography interests and decided to attend the training session for walk leaders.

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

I started with the Trailwalker magazine and the annual Heysen Trail Calendar, then social media promotion, in particular The Heysen Trail Facebook page, which I continue to do. I also volunteered to support E2E12 on their journey north. I've been involved with other members in the formation of the Reconciliation Committee, initially

regarding acknowledging First Nations countries on which we walk and now other projects. Leanne and I lead Trail Starters/Trail Walkers and participated in a walk leaders training program organised by Walking SA. We were both approached and accepted becoming leaders with E2E15.

WHAT IS YOUR FONDEST MEMORY ON THE HEYSEN?

I cannot pinpoint one memory but I can say that it is the relationships and friendships that have begun, grown and continue over the years. As we share our interests and knowledge with each other along the Trail we are all enriched, learn and laugh on the journey together.

WHAT IS YOUR FAVOURITE HEYSEN TRAIL TOWN/REGION?

One favourite town that stands out is Quorn, in the Flinders Ranges. It is a base for End-to-End groups from which some of the most spectacular sections of the Heysen Trail can be accessed; creeks, gorges & breathtaking vistas. I have memories of exploring Quorn's history and its connection to the Pichi Richi Railway. Also the many social occasions with Heysen Friends, especially at Emily's Bistro.



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

I never leave home without packing my camera. As Friends members know, it is a very important extension of who I am and I enjoy capturing and sharing images of life and nature on the Trail.

WHAT IS YOUR FAVOURITE WALK ASIDE FROM THE HEYSEN TRAIL?

There have been many walks around Australia over the years, especially in NSW and WA. Walking in Tasmania is always memorable. Trails in Mt Field National Park with their photographic landscapes and completing the Three Capes Trail with members of E2E6 was a lot of fun, even though the weather conditions weren't ideal. I am looking forward to exploring and walking more broadly overseas in the near future.

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Bob Was Right!

DEAN MORTIMER

Photos: Dean Mortimer

My mate Bob raved about the Wilkiwillina Gorge walk, but he is known to exaggerate. While staying at Willow Springs, the Wilkawillina Gorge in the Bunkers Range was just around the corner, I set out to discover the truth for myself.

It was a cracker of a day for a walk when Julian Monfries, our E2E -2 coordinator dropped me at the western trailhead after leaving my ute at the eastern end of the trail¹. I grabbed a pamphlet and headed off just after 9am telling Julian to send out the search party if I wasn't back by 3pm².

The trail is well marked with marker posts every 200m which count down towards the Little Bunkers Trailhead ("loogsurey, sheer loogsurey"). There are also many informative Geosite posts along the way to really add to the experience. What I thought would be a walk of some interest ended up being homework from Simon's geology lessons³.

I wondered why the trail started off zig-zagging over some soft-soiled, eroded

mounds but all was revealed when I read the first of the information posts. That set the trend for the rest of the walk, because I stopped to read every one of them. Pretty soon I was travelling along the side of Ten Mile Creek which winds its way through the range. Wow, here were all the colours and patterns that I had been seeing on the other side of the Flinders where the Heysen Trail runs, but now pointing up to the west.

Pretty soon I was an expert on red Bonney Sandstone and grey Wonoka Formation limestone with some Wilkawillina limestone thrown in for good measure. Then there were the different trees; the mulga, the red mallee, the tea-tree and the bullock bush. Was it too much information or too much sun for I swear I could see the image of a grumpy orangutan in the folds of the distant hills! And then, Oh No – stromatolites! Not more stromatolites⁴!

Ten Mile Creek is a proper big fella creek so the trail crosses it several times. About 5km in, I came across a patch of grass trees and thought this'll do for morning tea. It was shortly after the only place where I found water and it was also the start of Wilkiwillina Gorge proper, a good choice to pause and really soak up the character of the Flinders Ranges. The creek narrows a little through the gorge and the water

level gets higher when it runs, so it wasn't really a surprise to find some of the crossing markers lying flat and almost buried. No matter, you can't get lost here..... but later?

In the gorge proper there are plenty of boulders, which the pamphlet says 'may well display fossils of the sponge-like Archaeocyatha'⁵. Nope, didn't see any, despite my rock-hopping and boulder-clambering; not even a stromatolite!

Following the creek bed further will get you to the 4.4km marker up on the bank to the right where a small creek joins the Ten Mile. The trail leaves the main creek here and heads south into the hills. However, the blurb says 200m further downstream should be a large angular boulder displaying many Archaeocyatha. Yep, I reckon I can see it. Nope, can't find any fossils, so I look further. Whiskey Tango Foxtrot! ALL the boulders are large and angular! Oh well, one for next time.

Back to the marker and into the hills. Yay, I was looking forward to some ascending and getting to the hilltop at Checkpoint 4 and having a good look around. Maybe I was just too keen or maybe I was fooled by a well-worn Skippy pad but realised I was a little 'off piste' when I found myself climbing a narrow, stony gully towards a saddle.

◀ Left: Dean Ten Mile Creek.

➤ Top Right: Colours and Patterns

⌋ Bottom Right: Mr Grumpy

Anyway, I pushed on and up to the saddle⁶. This led to a small peak from where I had my first glimpse of the plains out to the east and, looking in the other direction, I could see where Ten Mile Creek had impressively cut the Gorge through the range. Time to get back on track, so I stuck a wet finger to the wind⁷ and headed over to a slightly higher peak on the southern side of the saddle. Yep, there's the trail down below. Should I go left, or right, or straight over the edge of the rocky ledge I was standing on? One wrong turn deserves another, so I chose the 'unnecessary risk' option.

Quickly resuming the trail, I headed for the next high point – Checkpoint 4. Oh My God, I am not religious but, Oh My God. Wow, the person who decided to include this lookout on a walking trail is worth breeding from. It even has a topogram up there to help you identify features. Is that Mount Chambers way way off in the distance? Yes it is, it looks like a silhouette of a submarine! Not a bad spot for lunch.

Oh well, 2.5km from the car and downhill all the way so the walk is almost done and dusted.

Holy Guacamole, Batman! Just down from the lookout and around the corner the walk entered a new dimension. The trail is clearly visible ahead of you as a long, narrow, gently sloping track ... cut into the face of a freaking cliff⁸. The views are still pretty good.

No more surprises and my ute was there where I had left it. With all the lessons and excursions along the way my walk clocked in at 4 hours 45 minutes and 13.4km. ➤



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So back to Willow Springs, arriving at 2:50pm. And was anyone getting concerned? Nah, they had all buggered off to Blinman for lunch at the pub.

I was disappointed. There was no one there to hear me brag about the fantastic walk I had: "The best walk I've ever had in the Flinders". Well, I guess it will remain our little secret!

Footnotes:

1. The western 'Mt. Billy Creek trailhead' is well signposted and is 7km in from the Wirrealpa/Arkaroola road. A normal sedan might not be suitable to reach this trailhead because a couple of creek crossings can be a bit lumpy. However, the eastern 'Little Bunkers trailhead' is not signposted but is on the roadside about 6km further along the Wirrealpa/Arkaroola road – keep a keen eye out for it.

2. The pamphlet lists the walk as 11.6km one way; allow 5½ hours. So; my walk time + travel back to Willow

Springs = much less than 6 hours, and 3pm would give them time to get a rescue posse out searching before it got dark.

3. Simon Cameron would give a walk briefing each morning as E2E-2 headed out and this always included highlights of the geology of the section we were about to walk. I plug Simon's book here, 'Heysen Highlights, Companion Guide to the Heysen Trail' as a tip for a Christmas present for family or loved ones.

4. A favourite feature Simon would point out on the Heysen Trail are stromatolites, closely followed by ripple rocks. There are even stromatolites in the tank base at Gray's Hut, Mount Remarkable National Park – fair dinkum!

5. Archaeocyatha, an early sponge or coral like animal about 520 million years old – the first animals with 'skeletons'.

6. DEFINITELY NOT RECOMMENDED WALKING PRACTICE! One should return to where one last saw a trail marker, particularly when walking in remote areas, particularly when out of communication range, particularly when walking alone. MY BAD!

7. Actually, in the other hand I had a GPS and an Emergency Services map of the area so a quick look at my Eastings and Northings gave me a beeline back to the trail.

8. I exaggerate (must get it from my mate Bob), but my first thought was "Wow, this is challenging". My second thought was "S#!T, I'm glad none of the other walkers took me up on the offer of doing this with me", because someone uncomfortable with heights and not sure-footed would have probably backed out. The pamphlet calls this a sidling track.



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Photo: Dean Mortimer, Eastern Plains.

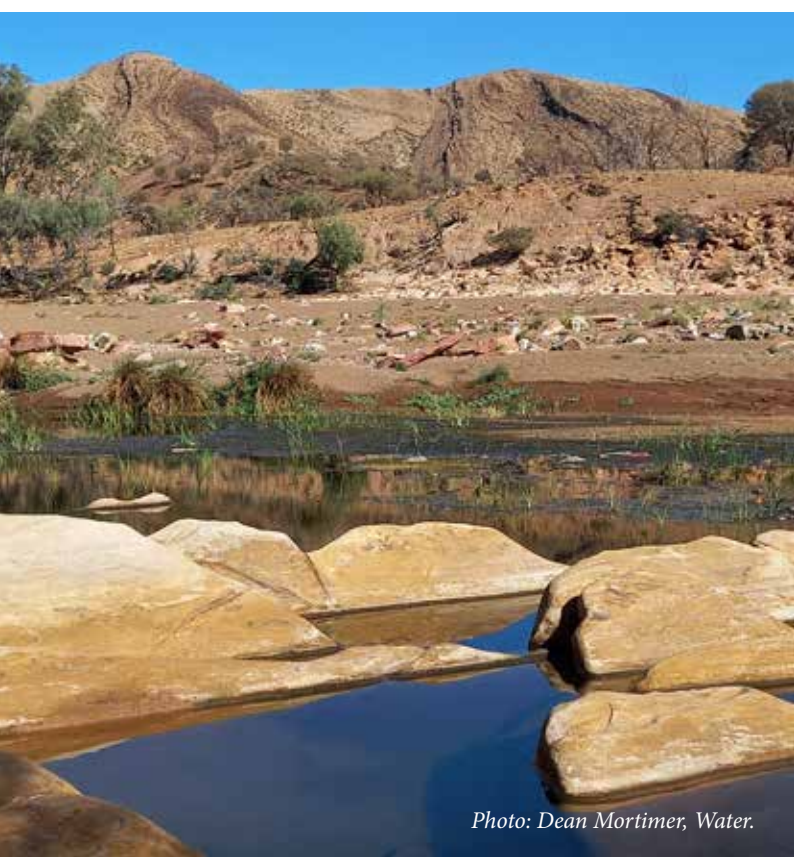


Photo: Dean Mortimer, Water.

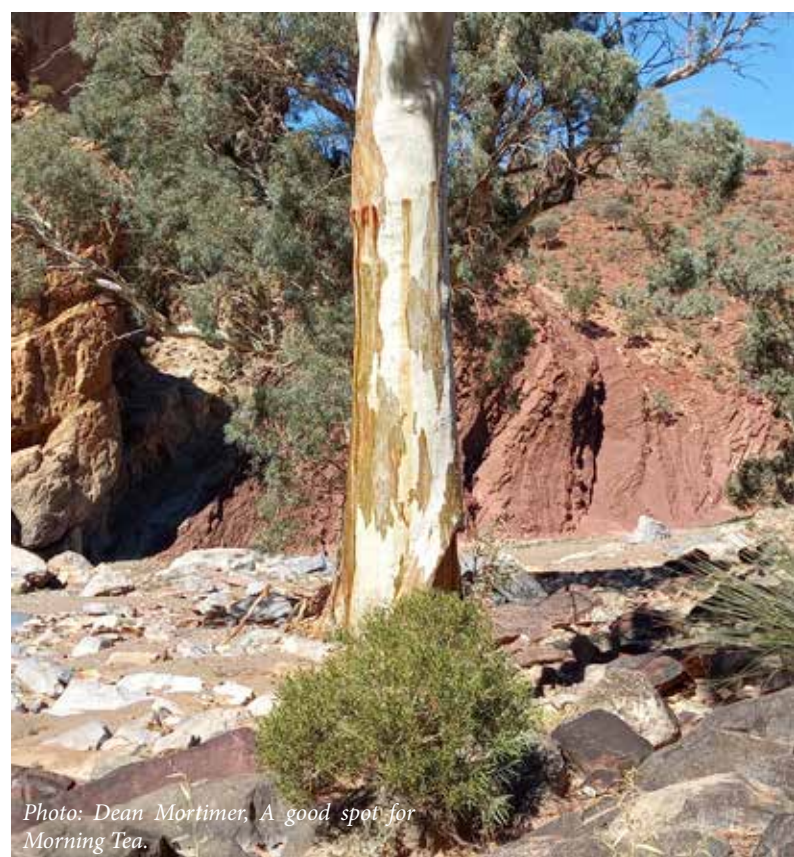


Photo: Dean Mortimer, A good spot for Morning Tea.



Photo: Dean Mortimer, Off Piste.



Photo: Elisha Donkin, Leaving Yanyanna Hut

cont. from page 21.

What is your favourite story to tell people when sharing your experience?

Elisha: There are way too many stories from the Heysen Trail that I'll remember for a long time. I think the two things that I always tell people from my experience are: the weather and the people I met. I had a particularly rough time with very few days of no rain during my 55 days on Trail, and that definitely made it more challenging than expected. But I also met two other SOBO hikers, Jonathan and Daniel, who unexpectedly made my Trail experience better and have become really good friends since.

Daniel: I found an amazing hiking stick in the Gammons once and brought it to Parachilna as kind of a joke. Walked with it for 4 days to Mayo Hut, started to carve a notch on it every afternoon. Woke up to complete cold and darkness in Mayo so I just packed up and left at 4AM. 2km down the creek, I realized I forgot my hiking stick, really wanted that thing with me, and turned back. Fell in a waterhole thinking it was a patch of sand to jump onto. Walked back to the hut, shivering, lay down and all but cried. I never let that stick out of my sight again. It survived the full hike and has 46 notches.

What was your experience of community during your time on the Trail?

Elisha: Community was a huge part

of the Trail for me, and I think without it wouldn't even be close to the same experience as it was. I left food boxes at nine different accommodation places along the Trail, and everyone was so keen to help in any way possible. There were just simply some amazing accommodation along the way too,

including ElizabethHouse, Heysen's Rest B&B and Spalding Hotel, that made the town experience much more welcoming and fun. Also, I was lucky enough to meet some incredible fellow thru-hikers, who definitely became the highlight of the Trail for me.

Daniel: A great one. Every time I passed a northbound hiker, I'd talk a lot with them, remember their name, and read their story in reverse in guidebooks while hiking south. I saw their posts on the Facebook group and cheered them on. I had the privilege of meeting 'Trail celebrity' Richard Savage in Bundaleer and took advice from third-time hiker Carl Greenstreet in Quorn, among many other encounters. I stayed in Elizabeth House, was handed hot pastries from four-wheel-drivers on top of Mount Arden, was treated to a free barbecue in Spalding. It really felt like there was a sort of mythology around the Heysen Trail.

Is there something you'd never be without when you're walking?

Elisha: My JetBoil was one of my favourite items. Having a cup of tea and hot rehydrated meal on the Trail became so important, especially with the horrendous weather we had. I don't think I could ever be swayed to try cold soaking! The other item that is more of a luxury is earphones/headphones. While I didn't always use them while walking, being able to listen to podcasts or music on long road walking sections or in my tent at night was really important for me to keep my spirits high.

Daniel: My S2S Spark sleeping bag! Pricey but it made seriously cold nights very comfy.

What would you do differently if you walked the Heysen again?

Elisha: Honestly, nothing. I'm happy with how my experience turned out, and don't regret anything.

Daniel: Pack bigger dinners on the northern sections. I was practically starving as I pulled into Melrose.

One piece of advice for those who are thinking about a Thru hike on the Heysen Trail?

Elisha: I'll have to pass on the piece of advice that a previous thru-hiker had told me before I started: bad times will pass. I recalled this many times when things seemed to be going awry, particularly with the weather, and it was very true. While in the moment, things might seem a lot worse, it will definitely be in the past sooner than you think, and you'll likely be laughing about it, believe it or not.

Daniel: Don't skip the Yourambulla Range.

What's next for you?

Elisha: I am currently spending the next few months in the Himalayas until November, with a combination of travel and trekking. But my next big hiking adventure on home soil will be the Australian Alps Walking Track which I've been planning for a potential 2024 thru-hike.

Daniel: Starting in October, I'm attempting to walk ten thousand kilometres in a year to fundraise for mental health and promote outdoor activities to young people. This involves walking across North America on the Eastern Continental Trail.

.....
Check out Daniel Gensemer's The Heysen Trail: 10 Seconds Every Day at youtu.be/beHcipyqSDX0

To see what Elisha is up to head over to her Instagram: [@elishadonkin](https://www.instagram.com/elishadonkin) or visit beyondwildplaces.com

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