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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.

TRAILWALKER

EDITOR/SUB EDITOR

Tammy Main/Barbara Sedgley



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Section 30 (Dares Hill Road to
Hallet) Photo by Kylie Shield

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

About the Friends

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WHO ARE THE FRIENDS?

The Friends of the Heysen Trail is a voluntary organisation established in 1986, dedicated to the maintenance, development, and promotion of the Heysen Trail and other walking trails in South Australia.

The Heysen Trail is a long-distance walking trail in South Australia, running from Parachilna Gorge in the Flinders Ranges via the Adelaide Hills to Cape Jervis on the Fleurieu Peninsula, spanning approximately 1,200 kilometres in length.

The Trail is managed in partnership between the Friends, relevant Government Departments and through agreements with private landowners.

Members of The Friends can actively contribute to the development and maintenance of the Heysen Trail, participate in leadership roles in the regular walking program (catering to beginners and experienced walkers), provide a valuable information source for hikers and help promote the volunteer organisation and the benefits of walking.

New members are always welcome.

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Basia Samcewicz

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E2E13 Vicki Barrett
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E2E16 Kathy Wright
E2E17 Paul Frost
E2E18 Paul Delaine

TRAIL DEVELOPMENT SECTION LEADERS

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S2A Jon Westover
S2B John Newland
S3 Hermann Schmidt
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S4 Robert Smedley
S5 John Babister
S6 Robert Ruediger, Ken
Smith
S7 Carl Greenstreet
S8 Chris Finn
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

KEY DATES

April

14th - WalkFest 2024, Belair National Park
17th - The Friends Annual General Meeting 2024

May

15th - The Friends Council Meeting

June

19th - The Friends Council Meeting



Photo: Lance Perryman

Coastline, heading towards Cape du Couedic Lighthouse

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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 2024):

14 JUNE 2024

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

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- August
- December

The *Trailwalker* magazine has a minimum of 1500 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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Putting our best foot forward

NEIL HENDRY



I'm fortunate to have walking trails within 5 minutes of where I live that take me into the wooded slopes and gullies above the city. I walk there several times each week. Walking amongst the trees and butterflies is both invigorating and relaxing; it's a physical and a mental health thing But you all know that!

As we approach the start of the walking season, I hope that you too, have been out and about to maintain your fitness through the summer. It's a different kind of "beautiful" to walk through the drowsy heat amongst the dry grasses and along dusty tracks, from the damp coolness of a green winter's day. Think of the smell of the gum trees in the heat compared with the lush, earthy vitality of things growing after rain.

The Friends, too, have projects growing in the coming year. Many of you might already know that there are plans underway to redevelop the trailhead in Parachilna Gorge at the northern end of the Trail. The new trailhead will be a more impressive end/start to the whole trail adventure and has been designed to match the rugged landscape around it using local stone, new signage, parking, plantings, and a stone circle to gather around. Work should start within

the next few months. Stay tuned for updates and maybe some photos as well.

Another development, less spectacular but vitally important to the Friends and the Heysen Trail is a long overdue refresh of our website. After surveying members and other users, we will be developing the site to make it more user-friendly, visually appealing, and better suited to mobile phone use, less cluttered, and tidied of old information. We have already commissioned a scoping study and agreed to start on the first phase of redevelopment in the first half of the year. Don't worry, there won't be any disruption as the work is happening in the background, but you can expect to notice some differences before the end of the year.

Another long-awaited recommendation identified in The Heysen Trail 5 Year Management Plan (2022-2027) is the development of a Governance model for the Heysen Trail partnership. The Partnership comprises the Department of Environment & Water (DEW who are responsible for the overall management of the Heysen Trail), the Friends, ForestrySA, SA Water, and the extensive network of landowners, Local Councils, and 6 Traditional Owner Groups along the Heysen Trail.

This project is now underway. A consultant has been selected who will;

- Explore options for the future governance of the Heysen Trail, and
- Recommend a 'best practice' model for future governance of the Heysen Trail, with consideration of the unique factors impacting on this trail.

Meanwhile, the regular business of The Friends rolls on so I hope you have your boots, poles and packs ready to put your best foot forward on our favourite walking trail.

Welcome New Members

The President and the Council would like to extend a warm welcome to the 54 members who have joined the Friends since the December edition of Trailwalker.

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

The Friends of the Heysen Trail acknowledge and respect the Traditional Custodians of the ancestral lands we traverse along the Heysen Trail, embracing the Ngarrindjeri, Kurna, Peramangk, Ngadjuri, Nukunu and Adnyamathanha peoples.

Tunkalilla Beach – Walk ON the Beach

Who doesn't love walking this delightful section of Trail along the beach? We all need to pay attention and respect that the Heysen Trail is ON the Beach so please refrain from walking in the Dunes or near the fences and native vegetation areas behind the dunes.

It's important because endangered Hooded Plovers nest in the Dunes and the area behind the Dunes is private land planted for conservation. Please check tide times and stick to the shoreline. DEW/Parks is arranging for improved signage to remind walkers.

Photo: Glenn Chambers



*Photo: Carmel Kerwick
Hooded Plovers on Tunkalilla Beach*

Respect Private Property and Our Supportive Landholders

The 1200km Trail traverses private land, farming and pastoral properties. Most of the Trail is closed for safety reasons during CFS declared Fire Danger Season generally November to May.

Sadly, The Friends volunteers have heard from several landholders that walkers have attempted to cross private properties during the Fire Danger closure period.

Not only is this potentially unsafe but it puts the whole Trail at risk if a landholder withdraws the privilege for walkers. Please help the whole walking community to keep the Trail alive.

Walking Trails in National & Conservation Parks, Forestry SA Reserves and SA Water Reserves remain open and available for public access throughout the year.





A new National Park in the Mid-North & an Opportunity for the Heysen Trail

In late 2023, the Department for Environment & Water announced a plan to convert an environmentally significant 1000-hectare site near Burra into a national park after it signed an agreement to transfer the land to the State Government.

Renewable energy company Neoen has transferred the Worlds End Gorge site to the State Government free of charge as part of the process for gaining a Significant Environmental Benefit (SEB) offset for its nearby Goyder Wind Farm Stage 1 project.

DEW described this innovative approach as paving the way for the ecologically significant site to be permanently preserved for the public to enjoy at the Worlds End Gorge. The Gorge contains several large, permanent waterholes and Burra Creek runs the length of the scenic gorge, which is fed by underground springs. It also contains several important plant and animal species on

the land, which has been well cared for by its previous owners.

It is adjacent to the existing council-run Burra Creek Campground and DEW states that it will be combined with the neighbouring Hopkins Creek Conservation Park to form a new national park, totalling about 1,600ha in size.

The State Government will now work with Neoen and the local community on a detailed masterplan for the site. A community reference group is being formed and will include representatives from Ngadjuri Traditional Owners, Country Fire Service, Regional Council of Goyder and local volunteers, including the Friends of the Heysen Trail.

The Friends welcome this exciting opportunity to maintain natural landscape and has the potential to realign the Heysen Trail through a beautiful preservation area.



Trailthinker Quiz

1. Departing Cape Jervis, name the first hut on the Trail?
2. How long is the Bibbulman Track?
3. When was the KI Wilderness Trail re-opened?
4. Which South Australian won the Great Australian Exploration Race?
5. When in Telowie Gorge CP what Indigenous country are we walking on?
6. Which walking trail was recently impacted by the Bellfield and Stapylton bushfires?
7. How many public holidays are there in SA?
8. What is the new name of the season opening walk expo?
9. Where is the newest National Park in SA located?
10. Who declares when the Fire Danger season commences?

ANSWERS PAGE 30

ECO Conscious? Tech Savy? Trailblazer?

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Notice of 2024 AGM

The 37th Annual General Meeting of the Friends of the Heysen Trail will be held at 6.30pm on Wednesday, 17 April 2024 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 Treasurer, Secretary and Council Members is the 8 April, 2024.

Members must register to attend the AGM via our website.

heysentrail.asn.au/event/annual-general-meeting-2024/

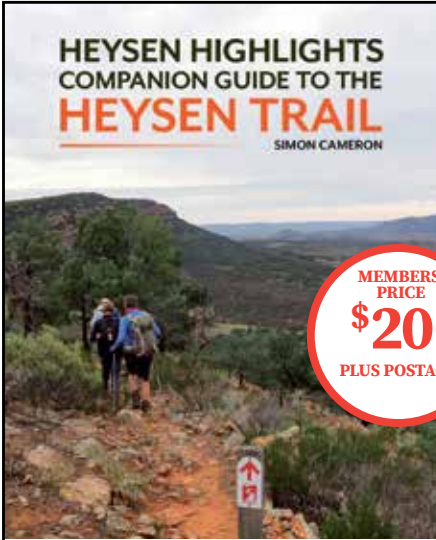
AGENDA

1. Apologies
2. Acceptance of the Minutes of Minutes of Annual General Meeting held on 5 April 2023
3. President's Report
4. Treasurer's Report
5. Motion: *To amend the wording in clause 11 of the current Constitution to provide clarification in relation to members positions and lengths of service before "standing down".*
6. Election of Returning Officer
7. Election of Councillors
 - 6.1 Treasurer
 - 6.2 Secretary
 - 6.3 Council Members
8. Appointment of Auditor
9. Report from Honorary Members Committee
10. Other Business
11. 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."

SUMMARY OF PROPOSED AMENDMENT TO CLAUSE 11

1. That section 11.2 be changed to clearly identify and distinguish between The Council, Office Bearers, and ordinary Council members, as follows: *"The Council shall consist of four (4) Office Bearers being the President of the Association, together with a Vice-President, a Secretary, and 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."*
2. That section 11.5 be moved to 11.3 as it covers all members of The Council and clarifies "standing down" as retiring from The Council, as follows: *"The maximum continuous period of service on The Council shall be twelve (12) years, inclusive of any time in Office Bearer and Ordinary Council member positions and, after 12 years, a member shall become eligible to nominate again to The Council after standing down (retiring) from The Council for at least two (2) years."*
3. That section 11.3 be moved to 11.4 and clarifies applying to Office Bearer positions, as follows: *"Office Bearers shall hold office positions for a period of two (2) years and shall be eligible to nominate for re-election to that office position after that period, providing that after three (3) consecutive terms in that office they shall stand down from that office position for at least two (2) years."*
4. That section 11.4 be moved to 11.5 and clarifies applying to Ordinary Council member positions,



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as follows: *"Ordinary Council members shall hold their position for a period of two (2) years and shall be eligible to nominate for re-election to that position after that period providing that, after three (3) consecutive terms as Ordinary Council member, they shall stand down as Ordinary Council member for at least two (2) years."*

The new paragraphs 4 and 5 allow for members to move between offices/positions after holding a particular office/position for a maximum of six years, providing this complies with paragraph 3.

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 as it is currently, 'see proposed changes in the 2024 AGM agenda'.

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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Big Bold Trailhead Gets Green Light

The Northern Trailhead Rejuvenation - Stepping into the Future!

To refresh and upgrade the Heysen Northern Trailhead in Parachilna Gorge, the Friends of the Heysen Trail (FoHT) engaged landscape architects 'Brave & Curious' (braveandcurious.com.au) to prepare a concept plan – as outlined in the December edition of Trailwalker.

The concept plan has been endorsed by FoHT Council and was warmly received during consultation with local landholders, community organisations, Outback Communities Authority, and local Adnyamathanha representatives.

We're excited to announce that the Department for Environment and Water (DEW) supports our proposal and the Department of Infrastructure and Transport (DIT), as landowner of the road reserve, has given approval for the project to proceed!

So, with the necessary approvals in place, we are now ready to 'hit the launch button' on a bigger, bolder feature that we aim to complete in 2024. This is an ambitious, timely,

project to enhance the Trail experience when we are seeing increasing numbers out on the Trail.

THE VISION

The Northern Trailhead is more than just a starting or finishing point; it's a gateway to the magnificent landscapes and the shared experiences that define a walk along the Heysen Trail.

Our vision for the Heysen Northern Trailhead goes beyond being solely a functional upgrade; it's about creating a welcoming location that mirrors the beauty and diversity of the Trail itself.

The design plan includes:

1. Enhanced Facilities: Upgrading parking, improved stile access with photo opportunities, and renewed information signage to facilitate the experience for Heysen Trail walkers and enhanced Trail promotion.

2. Sustainable Practices: Incorporating eco-friendly features

such as extensive landscaping and planting of native varieties to augment the natural environment surrounding the Trailhead. A solar-powered internet 'hot-spot' will also be provided by the Outback Communities Authority.

3. Fostering Interaction: Establishing before/after-hike gathering spaces, including a 'yarning circle', seating, benches, and informative signage.

We believe it's a comprehensive and exciting redevelopment that The Friends members, volunteers, and supporters will feel proud of and enjoy on future walks.

THE TOUGH REALITY

Undertaking construction and landscaping works in the remote Northern Flinders Ranges is, unsurprisingly, expensive. The total cost of the project is estimated at \$130,000.

Preliminary feedback from a suitable contractor with experience working

in the area indicates that this cost estimate is realistic.

The Friends has sought external funding for the project and are pleased with current funding commitments from:

- National Parks & Wildlife Services/ DEW that has committed \$30,000; and
- The Warren Bonython Heysen Trail Foundation that has committed approximately \$17,000 for landscaping.

The Friends' Council has endorsed a budget that allows the project to proceed. We will also continue to approach potential external funders and seek grant opportunities.

Alongside these funders, we encourage every Friends member and supporter, and anyone who has enjoyed hiking the Heysen, to consider a donation to assist in bringing this project to life.

PLEASE CONSIDER A DONATION TO HELP ACHIEVE THIS PROJECT

The Friends is extremely grateful to **Honorary Member, Jack Marcelis**, who has generously agreed to launch our fundraising campaign with his **donation of \$1200**. Jack has walked the Heysen many times and spent decades volunteering and promoting the Trail.

Donations of *any* amount will be gratefully received and acknowledged in the Trailwalker (unless anonymity is preferred).

Significant donations will be acknowledged with signage at the rejuvenated Trailhead.

- Donations of \$1,200 (\$1 per kilometre!) or more will be designated a **'Heysen Hero.'**
- Donations of \$2,400 (2 x Trail) or more will be deemed a **Silver Sponsor.**
- Donations of \$5,000 or more will be deemed a **Gold Sponsor.**



⤴ Above: Proposed New Heysen Trailhead Approach

⤴ Middle: Existing Heysen Trailhead Infrastructure

⤴ Bottom: Heysen Trailhead Landscape



Donations can be made: Via The Friends Website: heysentrail.asn.au/shop/donation/

Type 'Trailhead Donation' in the 'Notes about your Order' box at checkout.

OR Electronic Funds Transfer into the FOHT Bank Account. BSB 085005 Acc. 407921477.

Include your name and 'Trailhead Donation' in the description.

End-to-End Season Programme 2024

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
MAY	E2E 14 SAT TO SUN, 4-5 MAY Raeville - Locks Ruin - Bowman Park	E2E 17 SUN 12 MAY Myponga - Mt Compass	E2E 16 SUN 19 MAY Cudlee Creek - The Nugget Rd	E2E 15 SAT & SUN, 25-26 MAY Newikie Creek - Dares Hill Summit Rd & Burra Rd - Worlds End <hr/> E2E 18 SUN, 26 MAY Cape Jervis to Cobbler Hill	N/A
	E2E 14 SAT & SUN, 1-2 JUN Mt Zion - The Bluff Lookout & Bowman Park - Mt Zion	E2E 15 SAT & SUN, 8-9 JUN Worlds End - Burra & Dares Hill Summit Rd to Hallett	E2E 13 SAT TO SUN, 15-23 JUN (WEEK AWAY) Eyre Depot - Mt Little Station <hr/> E2E 14 SAT & SUN, 15-16 JUN The Bluff Lookout - White Park Road - Murraytown <hr/> E2E 16 SUN 16 JUN Montacute Heights - Cudlee Creek	E2E 15 SAT & SUN, 22-23 JUN Wandallah - Newikie Creek & Burra - Wandallah <hr/> E2E 18 SUN, 23 JUN Cobbler Hill - Tapanappa	E2E 16 SUN 30 JUN Mt Crawford Cemetery - Pewsey Vale
JUN	E2E 16 SUN 2 JUN The Nugget Rd - Mt Crawford Cemetery	E2E 17 SUN 9 JUN Mt Compass to Kyeema			
	E2E 14 SAT & SUN, 6-7 JUL Melrose - Alligator Gorge & Murraytown - Melrose	E2E 17 SUN 14 JUL Kyeema - Dashwood Gully Rd	E2E 16 SUN 21 JUL Pewsey Vale - Tanunda	E2E 15 SAT & SUN, 27-28 JUL Hallett - North Boorowie Rd - Spalding Rd <hr/> E2E 18 SUN, 28 JUL Tapanappa - Balquhidder	N/A
JUL	E2E 14 SAT & SUN, 3-4 AUG Horrocks Pass - Broadview & Alligator Gorge Rd - Horrocks Pass	E2E 15 SAT & SUN, 10-11 AUG Spalding Rd - Bundaleer Reservoir - Curnow's Hut <hr/> E2E 17 SUN 11 AUG Dashwood Gully Rd - Mylor	E2E 13 SAT TO SUN, 17-25 AUG (WEEK AWAY) Mt Little Station - Parachilna Gorge <hr/> E2E 16 SAT & SUN, 17-18 AUG Tanunda - Kapunda - Hamilton	E2E 15 SAT & SUN, 24-25 AUG Curnow's Hut - Raeville - Locks Ruin <hr/> E2E 18 SUN, 25 AUG Balquhidder - Waitpinga	E2E 14 SAT 31 AUG - SUN 1 SEP Broadview - Woolshed Flat - Quorn
	E2E 14 SAT 31 AUG - SUN 1 SEP Broadview - Woolshed Flat - Quorn	E2E 17 SUN 8 SEP Mylor - Cleland	E2E 15 SAT & SUN, 14-15 SEP Locks Ruin - Bowman Park - Mt Zion <hr/> E2E 18 SUN, 15 SEP Waitpinga - Tugwell Rd	E2E 16 SAT & SUN, 21-22 SEP Hamilton - Peter's Hill - Gerkie Gap	E2E 14 SAT & SUN, 28-29 SEP Dutchmans Stern - Eyre Depot & Quorn - Dutchmans Stern <hr/> E2E 17 SUN 29 SEP Cleland - Montacute Heights <hr/> E2E 18 SUN, 29 SEP Tugwell Rd - Inman Valley
SEP	E2E 16 SAT & SUN, 5-6 OCT Gerkie Gap - Web Gap - Burra Rd	E2E 17 SUN 13 OCT Montacute Heights - Cudlee Creek <hr/> E2E 18 SUN, 13 OCT Inman Valley - Myponga	N/A	N/A	N/A
OCT					

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.

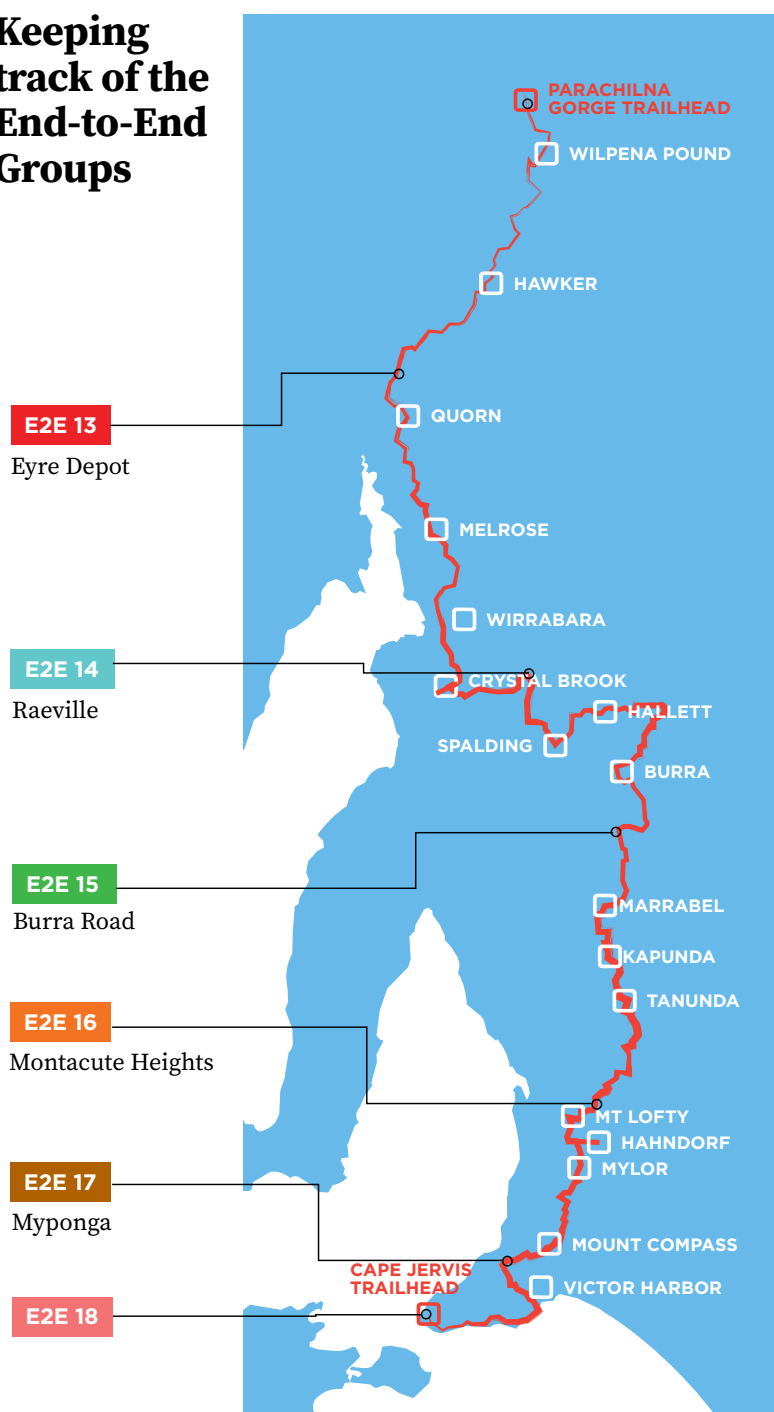
End-to-End walks are not subject to a weather forecast temperature limit, however the walk leader may decide to cancel or amend the event if a weather event is deemed to present a high risk.

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



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 Programme 2024

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
APR	SAT 6 APR Cobbler Creek Kylie Gibbons	WED 10 APR Woorabinda/ Sir Mark Oliphant Adam Matthews	SUN 21 APR Second Valley: A Tale of Two Trails Judy McAdam	WED 24 APR Autumn Colours Adam Matthews	N/A
		SAT 13 APR Chambers Gully Shaun Scheepers		SAT 27 APR Crafrers/Bridgewater Loop/Night Walk Bill van Riet	
	SAT 6 APR Mt Barker Rd to Belair Paul Gill	SUN 14 APR WalkFest		SAT 28 APR Mt Bold Reservoir Adam & Suzanne Matthews	
MAY	SAT 4 - SAT 10 MAY Lavender Trail E2E3 (Extended Walk) Kathy Wright	SAT 11 MAY Athelstone Paul Gill	SAT 18 MAY Lavender Trail E2E4 (Weekend Walks) Stephen Salib-Brown	WED 22 MAY Cedars Lisa Duffield	N/A
	SAT & SUN, 4-5 MAY Clare Valley Wine & Wilderness Trail Heather Jensen	SUN 12 MAY Mt Barker Wetlands Bill van Riet		SAT 25 MAY Cleland Adam & Suzanne Matthews	
	SAT 4 MAY Anstey Hill Julie Testi	SUN 12 MAY Onkaparinga Judith Ellis		SUN 26 MAY Willunga Basin Trail Cathy Bowditch	
JUN	SAT & SUN, 1-2 JUN Clare Valley Wine & Wilderness Trail Heather Jensen	SAT 8 JUN Mt Crawford Peter Deacon	SAT 15 JUN Warren CP Tower Julie Testi	SAT & SUN, 22-23 JUN Lavender Trail E2E4 (Weekend Walks) Stephen Salib-Brown	SAT & SUN, 29-30 JUN Clare Valley Wine & Wilderness Trail Heather Jensen
	SUN 2 JUN Para Wirra Dom Henschke	SUN 9 JUN Hardy's Scrub Noeleen Smith		SAT 22 JUN Cleland Olga Volodicheva	SAT 29 JUN Wine Shanty Dom Henschke
	SUN 2 JUN 3 Parks Panorama Dean Mortimer	SUN 9 JUN Belair Basin Bill van Riet		SUN 23 JUN Bridgewater to Lofty Paul Gill	SUN 30 JUN Willunga Basin Trail Cathy Bowditch
JUL	MON 1 - SAT 6 JUL Lavender Trail E2E3 (Extended Walk) Kathy Wright	THURS 11 JUL Cleland Judith Ellis	SAT & SUN, 20-21 JUL Lavender Trail E2E4 (Weekend Walks) Stephen Salib-Brown	SAT 27 JUL Cleland Paul Gill	N/A
	SAT 6 JUL Somewhere Julie Testi	SAT 13 JUL Onkaparinga Melanie Sjoberg		SUN 28 JUL Willunga Basin Trail Cathy Bowditch	
	SUN 7 JUL Blackwood Reserve Judith Ellis	SUN 14 JUL Lofty Dom Henschke		SUN 28 JUL Brownhill Creek Peter Clark	
		SUN 14 JUL Heysen Link Bill van Riet	SUN 21 JUL Scott Creek Noeleen Smith	SUN 28 JUL Mt Crawford Peter Deacon	

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

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

Version released 19 February 2024

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
AUG	SAT 3 AUG Sanderston Trail Adam & Suzanne Matthews	THURS 8 AUG Onkaparinga Judith Ellis	SAT & SUN, 17-18 AUG Lavender Trail E2E4 (Weekend Walks) Stephen Salib-Brown	SAT 24 AUG Morialta to Mt Lofty Paul Gill	SAT 31 AUG - SAT 7 SEP Clare Valley Wine & Wilderness Trail Judy McAdams
	SUN 4 - FRI 9 AUG Lavender Trail E2E3 (Extended Walk) Kathy Wright	SUN 11 AUG Mylor Loop Bill van Riet	SUN 18 AUG Pioneer Women's Trail Judy McAdam	SUN 25 AUG Willunga Basin Trail Cathy Bowditch	
	SUN 4 AUG Waitpinga Judith Ellis			SUN 25 AUG Horsnell Gully Julie Testi	
SEP	SUN 1 SEP Cleland Kathy Wright	SAT 7 SEP Jupiter Creek/Kuitpo Adam & Suzanne Matthews	SAT 14 SEP Lavender Trail E2E4 (Weekend Walks) Stephen Salib-Brown	SUN 22 SEP Scott Creek Adam & Suzanne Matthews	SUN 29 SEP Lobethal Bushland Dean Mortimer
	SUN 1 SEP Tungkillo Loop Adam & Suzanne Matthews	SUN 8 SEP O'Halloran Hill Simon Cameron	SAT 14 SEP Chambers Gully Dom Henschke		
		SUN 8 SEP Bridgewater to Mt Lofty Bill van Riet	SAT 14 SEP Cleland Paul Gill	SUN 22 SEP Gandy's Gully Simon Cameron	
OCT	N/A	MON 7 OCT Cox Scrub Melanie Sjöberg	SUN 20 OCT Sturt Gorge Bill van Riet	N/A	N/A
		SAT 12 OCT Lavender Trail E2E4 (Weekend Walks) Stephen Salib-Brown			
		SAT 12 OCT Belair Dom Henschke			
		SUN 13 OCT Sturt Gorge Simon Cameron			

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

Version released 19 February 2024

heysentrail.asn.au/walks

Need accommodation near Hawker?

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- * Spacious, great for groups
- * Ducted heating & cooling
- * Fully equipped for self catering

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www.sunsetridgeaccommodation.com.au

New property opening during 2024



Sunset Ridge
ACCOMMODATION

Hike the Lavender Trail with Friends in 2024

In 2024, the Friends of the Heysen (FoHT) will be coordinating two options for hikers to walk the Lavender Trail with leaders.

The Lavender Federation Trail (LFT) celebrates the 100 years since the 1901 Federation of Australia and the memory of Terry Lavender OAM, whose vision established this trail from Murray Bridge to Clare. The LFT's serpentine course takes it into the townships of Murray Bridge, Tungkillo, Dutton, Eudunda, Waterloo, Manoora, Mintaro, Watervale and Clare.

The main LFT trail is 325 kilometres with connecting sections providing an additional 96 km. It intersects with the Kidman, Mawson, Heysen and Riesling trails and links to the Kinchina Conservation Park at Monarto. The network was designed, constructed and is maintained entirely by volunteers.

The FoHT led hikes will not take in the connecting sections, however, as the hikes are on weekends why not take the opportunity to enjoy an overnight stay and explore the area and connecting trails on adjoining days.

HIKING OPTIONS 2024

LAVENDER TRAIL EXTENDED WALK

Kathy Wright joined the FoHT in 2015 and completed the Heysen Trail in 2021 with the End-to-End 10 (E2E-10) group. She is currently coordinator for E2E-16 and a member of the Heysen Walking Committee. During 2024, Kathy will be trail leader, along with three other qualified leaders, coordinating an extended version of the Lavender Trail.

The extended version will involve three weeks of hiking, covering the whole of the Lavender Trail, starting from Murray Bridge.

At this stage, holiday parks will prioritise some accommodation for anyone hiking the Lavender Trail with the FoHT on these dates:

- Saturday 4th - Friday 10th May
- Monday 1st - Saturday 6th July
- Sunday 4th - Friday 9th August



LAVENDER TRAIL DAY-HIKES

Stephen Salib-Brown will be the hike leader and coordinator for the day hikes. Stephen is an experienced trail leader who previously led a group of hikers along the Lavender Trail for the FoHT. He has completed the Heysen Trail twice, more recently in 2023 with the E2E-12s.

Stephen will be accompanied by five other qualified leaders on the day. The group will be able to enjoy the hike at a slower pace or choose to hike at a faster pace, due to the number of experienced leaders involved. Day hikes will complete the Lavender Trail over two years.

GENERAL BENEFITS OF HIKING WITH A GROUP THROUGH THE FRIENDS OF THE HEYSEN TRAIL

There are many advantages of hiking the Trail with an organised group. Along with the friendships that are built over the extended period, hikers share experiences and often find they



Above: Philip Bell, Lavender Federation Trail.



Far Right: Cathy Bowditch, Willunga Basin Trail.

are planning their next adventure with other hikers within the group. This can also include sharing knowledge and experience of where to go, what equipment to take and how best to train.

Further, the hike coordinator arranges logistic support such as transport on the day. It is also not uncommon for a social committee to arrange after hike drinks and snacks, with money raised going back into the maintenance of the Trail.

For more information and to register for FoHT guided walks see the walk program descriptions on the Friends website:

heysentrail.asn.au/walks

The Willunga Basin Trail

The Willunga Basin Trail is a 130km walking trail that was designed and established by volunteers and opened in 2022. The Friends of the Willunga Basin do an excellent job in maintaining the trail, the signposts and making ongoing improvements.

For ease of walking, the trail is divided into 11 sections of app. 12 kms. It offers a variety of scenery as it winds its way around the extended McLaren Vale Wine Region. Open for walking all year, it is almost totally on public land.

The FoHT have led guided walks on the trail over the last 4 years and will lead walks again this year. We divide the trail into 6 walks of approximately 20 kms each, providing our group with walks similar in length to our end-to-end walks and hence some good training walks for anyone walking the Heysen Trail.

In early Autumn we commence at Sellicks Beach with a coastal walk to Moana. We then walk past beautiful vineyards to McLaren Vale with the changing autumn colours and up to the Onkaparinga River National Park. From there we head to Kangarilla and into parts of Kuitpo Forrest. Last year we were very fortunate to have nice weather for all our walks except for our wet wander through the Kuitpo Forest where it seemed that there were rivers underfoot. A stray border collie took it upon himself to lead us all the way through the forest before we found him a way home.

We then traverse the hills of the Southern Mt Lofty Ranges and into the lovely town of Willunga. A good climb back into the ranges is well worth it as it provides magnificent views over the coastline and the Aldinga area. Ending at the Victory Hotel at Sellicks Hill is a nice way to complete the season.

We celebrated 2023 with 5 walkers completing the whole trail. Come and join us this year on a Sunday and walk just one of the sections or perhaps, the lot!

Trail Etiquette

- **Share the trail:** be aware of the people around you and above all, be courteous.
- **Be prepared:** water, food, first aid kit and maps. Hydrate the day before the walk.
- **Leave no trace:** take out what you brought in.
- **Stay on the trail:** respect the landscape and landowner's rights.

WHEN GROUP WALKING:

- Stay behind the 'leader'.
- Wait at stiles and junctions to allow people to regroup.
- Be aware of the wellbeing of the walkers around you.
- Walk ahead of the 'tail-enders'.



The Clare Wine And Wilderness Trail

The Clare Wine and Wilderness Trail was officially opened in May 2023 and is a 100km trail around the Clare Valley, travelling on a network of backroads, road reserves & private property.

The trail begins and ends at the Clare Valley Wine, Food & Tourism Centre. All other trail heads are at wineries.

In 2024 the Friends of the Heysen Trail will be offering the opportunity to walk the trail either over 3 weekends or in a weeklong block.

HIKING OPTIONS 2024

WEEKEND WALKS

The 3 weekend walks will be held on May 4 and 5, June 1 and 2 with the final walks on June 29 and 30. Bookings for the first walk opened on February 12.

EXTENDED WALK

The week-long option will commence with a welcome gathering on August 31, preceding the walks over the week.

Wednesday will be a rest day to allow participants to explore what the region has to offer on their own.

The final walk on Saturday September 7 will be followed by a celebratory dinner that evening. There will also be an optional structured wine tasting offered at an additional cost.

Bookings for this walk open on 7.00 am on Wednesday May 1.

Participants will need to book their own accommodation for both options.

Acknowledgement on the Heysen Trail

Heysen Trail
The South Coast to the Flinders Ranges

The Heysen Trail is Australia's 1200 kilometre adventure hike. From the South Coast to the Flinders Ranges it traverses many of South Australia's most spectacular landscapes, historic towns and rugged ranges. With its amazing diversity, the Trail is adventurous, dramatic, and at times breathtaking.

Short walks
Many opportunities exist for short walks, day hikes, and long distance multi-day treks.

Preparation
Parts of the Heysen Trail are remote and rugged. Planning ahead is vital for your enjoyment and safety. Make sure you have appropriate footwear, protection from the weather, and plenty of food and water.

Management of the trail
The Heysen Trail is managed by the Department for Environment and Water with the assistance of the Friends of the Heysen Trail – a non-profit, voluntary organisation that undertakes development & maintenance of the Trail, signage and other infrastructure. The Friends also conduct an extensive walking program and provide advice on the trail and bushwalking. The Heysen Trail was created from an idea proposed by Warren Banythyn OA (1916–2012), developed by Terry Lavender OAM (1941–2004), and named after famous South Australian artist Sir Hans Heysen (1877–1968).

Acknowledgement The Friends of the Heysen Trail acknowledge and respect the Traditional Custodians of the ancestral lands we traverse along the Heysen Trail, embracing the Ngarrindjeri, Kaurna, Peramangk, Ngadjuri, Nukunu and Adnyamathanha peoples.

Trail Highlights

- The arid ranges, spectacular colours, native wildlife** and towering peaks of the Flinders Ranges - the Trail crosses Wilpena Pound with sites of Aboriginal cultural significance, and is world renowned for its unique geology.
- Ancient gorges, rocky outcrops and ruins** of early European settlement in the southern Flinders Ranges - the trail follows ridges, gullies and gum-lined creek beds, and passes through stands of native pines.
- The farmland and peaceful grazing country** of the northern Mount Lofty Ranges - secluded gullies, bushland and patches of shady forest. Historic towns such as Burra and Kapunda reveal the area's nineteenth century mining heritage.
- The rolling hills, orchards, pines and native bush** of the Mount Lofty Ranges - quaint towns, a variety of accommodation and the vineyards of the Adelaide Hills and Barossa Valley.
- Spectacular coastal views and towering cliffs** on the Fleurieu Peninsula - deep gullies, sand dunes and dense bushland provide the challenge, while abundant native wildlife and awe-inspiring coastal landscapes provide the reward.

For further information visit: www.heyseentrail.com.au

Friends of the Heysen Trail
Phone: 08 712 1200
Email: heyseentrail@adelaide.gov.au
Web: www.heyseentrail.com.au

Department for Environment and Water
Phone: 08 8226 1000
Web: www.environment.sa.gov.au

Healthy Parks
Healthy People

One of the Objects in the Constitution of the Friends of the Heysen Trail (the Friends) is to “promote ... First Nation reconciliation, through information, education and guided organised walks”.

This aligns superbly with the Friends’ support for the Heysen Trail 5 Year Management Plan 2022-2027 which includes as its vision: *“The Heysen Trail is internationally recognised as a premier long distance walking trail offering a diverse range of walking opportunities, experiences and welcoming pathways through Aboriginal Traditional Lands where Traditional owners share their living stories”*

In the beginnings of the Heysen Trail, Terry Lavender negotiated with the landowners along the Trail at a time when the consciousness of the need to negotiate with the Traditional Owners was not even thought about. Now, with a greater appreciation of reconciliation and insight, the Friends’ Reconciliation Committee continues to seek opportunities to pursue conversations with and recognise the Aboriginal

peoples who are the Traditional Custodians of the lands upon which we walk and to gain respect for, and greater understanding of, the land, language and culture associated with these peoples.

The Friends of the Heysen Trail acknowledge and respect the Traditional Custodians of the ancestral lands we traverse along the Heysen Trail, embracing the Ngarrindjeri, Kaurna, Peramangk, Ngadjuri, Nukunu and Adnyamathanha peoples.

To this end, as signs and maps are replaced along the Trail, the following wording will appear on signs.

“The Friends of the Heysen Trail acknowledge and respect the Traditional Custodians of the ancestral lands we traverse along the Heysen

Trail, embracing the Ngarrindjeri, Kaurna, Peramangk, Ngadjuri, Nukunu and Adnyamathanha peoples.”

By this acknowledgement of country, these signs are one more way of the Friends recognising and respecting the six nations and language groups that the Trail crosses.

One of the key strategies of the Heysen Trail Management Plan is to “engage with and seek to promote the traditional lands of Aboriginal groups and Traditional Owners across the 1200km Heysen Trail”. By meeting with Aboriginal people along the Trail and, where possible, getting an understanding of their connection to their lands, walkers may learn more about the land itself and its management and gain an appreciation for the generations of Aboriginal peoples walking these lands over 60,000 years.

It is by walking on country, hearing stories and engaging with current and emerging Aboriginal Elders that we can learn more about these lands on which we walk.

Albany 501km

Kalamunda 501km

KAYE GILHOOLY

Long Distance Hiking - How to prepare yourself mentally and physically

Photos: Kaye Gilhooly

Halfway on the Bibbulman Track WA 2023

Thinking of hiking the entire 1200km Heysen Trail in one go, or another long trail? It's an extremely exciting prospect. Kaye Gilhooly gives us an idea of where to start.

Our definition of a long-distance hike is 1,000 kms or more in one go. This generally equates to two or more months on the trail depending on terrain, country, resources etc. With 6,500 kms under our belts, across 4 major walks (including the Heysen) we feel we've got a few things right in the past 5 years...well, mostly! Here's our take on preparation.

Once the decision is made, the logistics and time frame of your big

adventure quickly come into view. There is so much to do. Preparing and planning is a lot of fun but can easily become overwhelming and that's before you even start the physical training!

And, what about mental training? This fundamental aspect is often overlooked. The success of your adventure relies not just on your physical effort but more importantly your mental preparation. Long distance walking is about scale.

A full day or two hiking can potentially be demanding. But hiking for a couple of months and the mental and physical challenges build. The timeline increases, the kilometres accumulate and a whole new set of challenges surface that need to be overcome and conquered.

Any number of issues like sore feet, the weight of your backpack, lack of food variety, nutrition, fatigue,

positivity (or negativity), sickness and loneliness can grind away at your resolve. You may hit a tipping point where you abort your adventure earlier than planned.



Three of our major walks

This can happen at any age (20 somethings are not immune to this). However, if you're over 60, as we are, you may understand the disconnect between your 20-year-old brain, which can do anything, and your over 60's body which can't. Things aren't always in sync!

Systematic planning involves addressing issues that may arise, examining worst case scenarios, studying your strengths and weaknesses, and being prepared and ready. This takes time and effort but is worth every minute.

Planning doesn't mean you're boring. Spontaneity can happen at any time. You may change your mind, the route, your gear or whatever you like but do it with confidence and freedom because you've covered all bases.

Inevitably you'll experience frustrations and things won't always go the way you expected, even with the best laid plans. In amongst the mayhem and confusion you'll find your 'metal' and discover what you're truly made of.

Whether hiking alone or with a friend, partner or group the good news is, with planning, commitment, the right attitude, and guts you too, can reap the many rewards waiting for you on a long hike.

YOUR PHYSICAL HEALTH

It's important to be healthy before you start, particularly if you're older. Address any health issues now! You'll get fitter and leaner on a long-distance hike but the daily stresses and strains on your body may exacerbate existing conditions or new ones develop. We suggest;

1. Three or four months before your departure have a full checkup at the Doctor and the Dentist. This gives time to correct any issue that may arise e.g. a filling or vitamin deficiency.
2. If you have arthritis or problems with your feet, legs, back etc visit a Physio, Podiatrist or Chiropractor and discuss the walk and how they can help get you ready.
3. If you take regular vitamins, hay fever tablets or recurring



*Celebrating
2000kms so far
on the Mont to
Monte in 2022*



prescriptions make sure you have supplies in your first aid kit and a refill prescription just in case.

KNOW WHO YOU'RE HIKING WITH

Different levels of communication, interaction and reaction may be required on the trail compared to how you relate in normal daily life. With this unique style of travel, one may discover very quickly that you don't really know your hiking buddy or even yourself! We've seen it happen. Two weeks into a long hike friends or partners argue resulting in mishaps and possibly the end of their journey, marriage, or friendship.

Hiking solo has its own distinct set of challenges. Understanding the conversation and interaction within your own head is critical. The "babble" can be hard to disengage from when there's no one else to help you decipher it's meaning.

KNOW YOUR STRENGTHS AND WEAKNESSES

Write a list and if you're hiking with someone, do it together. Be honest. Awareness of these is key to your survival, success, and enjoyment. Are your lists similar? If so, how will you manage if for example, you both want to be the leader, get angry very quickly or want to be right all the time? Make agreements as to how these will be resolved. Avoid blame and shame, always look for solutions.

YOUR MENTAL HEALTH

It's incredible what actually doesn't matter when you're on a long hike so;

1. Try not to sweat the small stuff. When times are tough, and you're tired it's easy to spiral down into negativity. Stay upbeat and positive with a "mantra" that will calm the chaos. Our daughter Bella unknowingly came up with ours.... 'at least we're not at work.' After saying this we'd laugh at ourselves and keep going!
2. Be pragmatic and flexible. Being a slave to the trail isn't much fun. Listen to each other and discuss options. Once a decision



This is the life...the French Alps



Our walk to Salamanca Place for pizza and beer

6. Do hill climbs with maximum weight backpacks, up and around Mt Wellington in Hobart to build up strength and fitness.
7. Ultimately you develop your real fitness when you start your hike. The first few days to a week will see your stamina and strength rapidly increase. Be easy on yourself and allow time for your body and mind to adjust.

This is a short summary of how we prepare ourselves. It's a magical world to enter once you get the hang of it. Time moves at a different pace, and you feel and smell the world around with heightened senses.

is made, determine the action, and get going.

3. Resilience and stamina. These traits are essential to a long-distance walker. One may have some to start with, but resilience is earned. It's the ability to withstand adversity and bounce back from difficult events. Being resilient doesn't mean you won't experience stress, emotional upheaval, and suffering. You simply know how to deal with it. We're capable of far more than we think!
4. Finally, admire yourself and each other for what you've achieved and will achieve and the pure fun of the adventure.

PHYSICAL TRAINING

How much and for how long is personal and depends on the difficulty and length of your hike and your current level of fitness. For us we;

1. Try and maintain as much general fitness as we can in normal life.
2. About four months out we get more serious and start doing 10 km walks around Hobart gradually increasing to about 20 kms to build up stamina.
3. Daily exercises (well, mostly) that increase core, leg, and back strength and balance. Squats, push ups, planks, bottom lifts and standing on one leg with eyes open and closed.
4. We try out all our gear, "walk in" our boots, make sure we have the right socks, get our packs comfortable with the expected maximum weight and cut out unnecessary items.
5. Keep increasing our walking intensity with longer more regular walks. Also, fun walks such as a 11 km walk to Salamanca Place on Wednesday evening for beer and ½ price pizza!



Airing our feet in Tuscany on the Via Francigena

Want to keep up with what these sprightly Gilhoolys are up to?

Instagram: @hikingwiththegilhoolys

Email: kaye61gilhooly@gmail.com

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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Volunteer Profile: Paul De Laine

HOW LONG HAVE YOU BEEN INVOLVED WITH THE FRIENDS?

I started my journey with The Friends with E2E16 in May 2022. My close friend, Tracey Evans, was walking with E2E10 & every time we met, I heard about how sore she was, and how wonderful the Heysen Trail was. It sparked my interest. When I heard that Tracey, Lisa Duffield, and Kathy Wright (who I also knew) were going to be leaders for E2E16, I jumped onboard.

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

When you do the Heysen Trail, you need to keep fit, so I joined up with some Trail Starter and Trail Walker guided walks led by Bill van Riet, and his brother Paul in June 2022. During a Crafers to Mt Lofty walk we needed a tail-end Charlie, so I volunteered. Well now, I have now been the tail-ender for many of Bill's walks over the past 2 years. Bill, Tracey, Lisa, and Kathy all influenced me in becoming a leader. However, I blame Kathy for talking me into being the coordinator for E2E18.

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

I still help Bill out with his guided walks. Through Peter Clark, I went on a week long canoe trip on the Glenelg River last year. Bill, Peter and I are coordinating the upcoming Heysen group walk in March on the Great

South Western Walk, in Portland Victoria. I am the coordinator for E2E18, so I'm busy setting up with the new leaders doing a map reading course, and remote First Aid training. Also, as a leader of a walking group, I contribute to the monthly Walk Committee meetings. I also enjoyed helping out with the Walking Expo held at Belair National Park to showcase the Friends of the Heysen group.

WHAT'S YOUR FONDEST MEMORY ON THE HEYSEN?

I cannot go past the first year of walking. Our stunning, pristine, beautiful South Australian coastline of blue water, white sand, and wildlife. We are so lucky to have this at our doorstep, and how better to start the 6-year journey than walking this section.

A great experience in 2023 was walking the Wild South Coast Way, when we just had to laugh as we pushed through some really challenging weather.

WHAT IS YOUR FAVOURITE HEYSEN TRAIL TOWN/REGION?

The Flinders Ranges has always been a favourite. Many high school camps were held at Mambray Creek. I didn't realise it at the time, but I walked some of the Heysen Trail before it was the Heysen Trail. I love the colours of the Flinders Ranges, the majestic gums, the dry creek beds, the people, and the history that goes back thousands of years.



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

A good pair of boots. The first walk I did on the Heysen I wore Merrell Vibram soft soled boots. My feet were very sore that night. I asked around and soon got told that hard soled boots are recommended for the Heysen Trail. So now I have Scarpa hard soles and can walk all day.

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

I really enjoy the Waite Conservation Reserve. It's close to home and there are so many variations of short, long, easy, or hard walks. Starting from different locations including Brown Hill Creek, Waite research carpark, or the Brown Hill carpark. I enjoy the stunning views of the city and we always get to meet some wildlife.

HEYSEN HEROES

NORTHERN TRAILHEAD FUNDRAISER

MAKE A LASTING, POSITIVE IMPACT ON THE HEYSEN TRAIL

The Northern Trailhead Rejuvenation Project will:

- 1 PRESERVE THE TRAIL'S BEAUTY**
by investing in sustainable building practices while conserving Parachilna Gorge's unique landscape.
- 2 ELEVATE THE HIKING EXPERIENCE**
by revitalising the trail's northern terminus, providing a memorable trailhead for HeySEN walkers.
- 3 FOSTER OUR HEYSEN COMMUNITY**
by creating a welcoming space for walkers to connect, share stories, and strengthen community bonds.

HOW CAN YOU CONTRIBUTE?

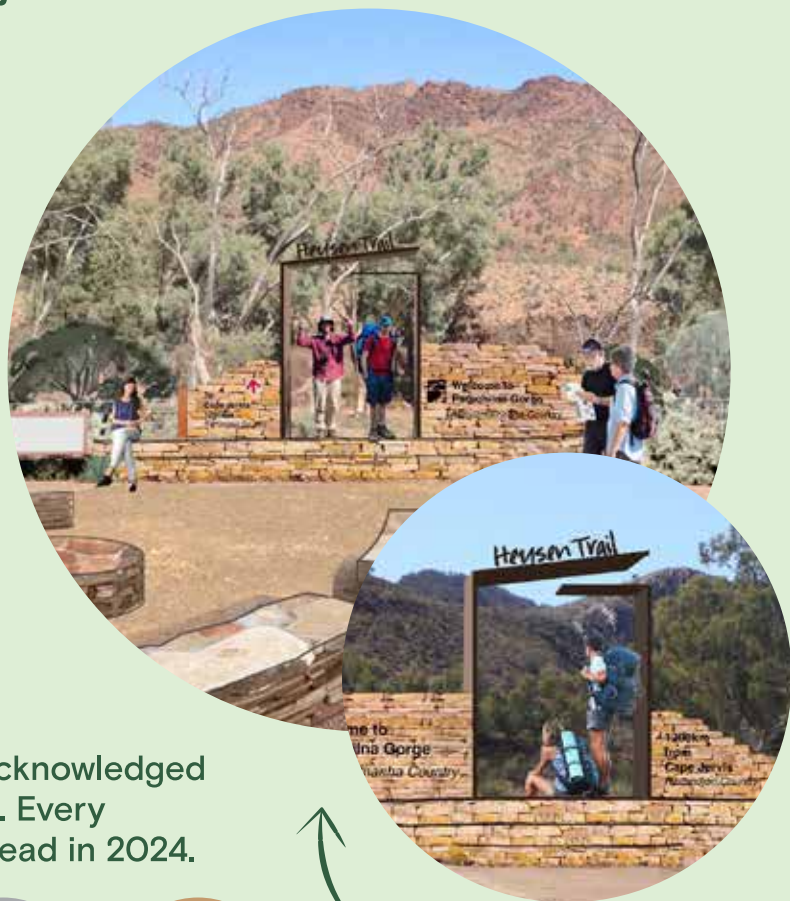
All donations, any amount, welcome and acknowledged in Trailwalker (unless anonymity preferred). Every contribution will help create our new trailhead in 2024.

Significant donations will be acknowledged with signage at the rejuvenated trailhead:

**HEYSEN
HERO
\$1,200+**

**SILVER
SPONSOR
\$2,400+**

**GOLD
SPONSOR
\$5,000+**



The proposed design for our new northern trailhead

HOW CAN YOU DONATE?

- 1** Via the Friends Website heysentrail.asn.au/shop/donation
Type 'Trailhead Donation' in the 'Notes about your Order' box at checkout.

- 2** Electronic Funds Transfer - FOHT
BSB 085005 Acc. 407921477
Include your name and 'Trailhead Donation' in the description.

**THANK YOU FOR
CONSIDERING
DONATING TO
HELP BRING THIS
PROJECT TO LIFE!**



JULIE MARSHALL

Bushfire Recovery Experience

*Photos: Lance Perryman
Cape du Couedic Lighthouse, Kangaroo Island*

The Kangaroo Island Wilderness Trail was temporarily closed due to the 2020 bushfires. Julie Marshall recounts their visit as limited numbers of walkers were allowed back on the trail.

The Kangaroo Island Bushfire Recovery Experience passes through God's own rock garden. Set on the south west corner of Kangaroo Island, exposed to the Southern Ocean, it winds along Rocky River through Flinders Chase National Park, along cliff edges, along once pristine white beaches, into the lagoon area of Cape Bouguer Wilderness Protection Area, until eventually crossing the tidal mouth of the South West River at Hanson Bay.

Each day, the path reveals a new chapter in the story of rejuvenation

– a display of survival techniques of our native flora. Walkers' progress is hampered not only by the challenging terrain of coagulated magma along clifftops or fallen timber (the result of the burnt tree trunks rotting) across the track, but mainly because there is so much to look at (and photograph...).

Each day's walk began with us being in awe of nature's ability to bounce back after the decimation of the 2019-2020 bushfires which were ignited by lightning strikes just before Christmas. Today, regeneration abounds, from fire-colonisers to the epicormic growth of some eucalypts to the resprouting from mallee lignotubers. The diversity and density of the native flora astounded us and our camera SD cards are testimony to this.

So, take the time you must...peer into burnt tree trunks to spy intricate white edged fungi; compare the regrowth – how many shades of green; remark on the red stems against the grey green leaves; wonder at the length and

girth of the yacca flower spikes, now mostly fallen from the weight of their seed load; test out new knowledge of plant species (gleaned from the book "Discover Kangaroo Island's Native Plants" by Beverley and Dean Overt)– Cup gums, Wallaby bush, Coral correas, Sundews, Kennedia prostrata; spy the sunbaking kangaroos amongst the sand dunes; observe the pardalotes and admire the Scarlet robin with its red breast plumage; hear the call of the Sooty oystercatcher as it comes in over the waves to roost on the rocks. And yes, even to observe (from a distance) the shining beauty of the Black Tiger snake.

This walk was established in 2016 as a through walk; however, after the devastating bushfires that burnt almost half of the island and 96% of the Flinders Chase National Park, the five day, 70km KIWT (Kangaroo Island Wilderness Trail) was for a period operating as the Kangaroo Island Bushfire Recovery Experience. Staying in the Western Kangaroo

Bushfire Recovery Experience

Island Caravan Park made each day's trail head very accessible. Our hosts, Mark and Fiona, after first building the Caravan Park up, found themselves rebuilding 3 years ago. We were grateful for Mark's morning coffees and local knowledge; tips, tricks and sips to start the day!

One of our intentions for walking the KIWT was to maintain our fitness between our final two, week-long walks of the Heysen Trail. We were totally looking forward to walk where the ascents and descents were indeed minor undulations or where there were no signs to stir fear in the walker's heart (Walkers Follow Fence!). What we ended up experiencing was eye-opening and humbling. Some of the highlights were: Being the first walkers to use the track after extensive, intensive rainfall in May/June. In fact, we were the only walkers on the track for the entire five days.



*Photo: Lance Perryman
Admirals Arch, Kangaroo Island*

DAY ONE

The 17.2km Rocky River section of day one, from Flinders Chase National Park entrance (due to roads being washed out) to Snake Lagoon was very wet under foot and lightly wet overhead, with much of the trail underwater, the Rocky River flowed rapidly and there was much regrowth.

Pole attack. After helping all walkers safely cross the small waterfall, one walker turned around, to see his poles fall off his pack... and into the creek. After successfully maintaining the relatively dry boots of his fellow walkers, he now found himself scampering over a ledge to retrieve his wayward poles, into the very water that he had gone to pains to avoid!

DAY TWO

The 17.5km Maupertuis Section of day two, from Cup Gum campsite to Admiral's Arch was through spectacular mallee regrowth and the burnt remains of tall sugar gums. The day's highlights included crossing the Rocky River on the four-piece metal bridge, each piece separate, covered with a carpet of flood debris and attached to boulders protruding from the river bed; large slabs of eroded sandstone with curved pockets housing little rock gardens. The white sand dunes of Maupertuis Beach, with its colony of Hooded plovers. We were dumbfounded by the amount of plastic marine litter they shared their once pristine beach with. The view of the coastline with the Southern Ocean

rolling in, its raw energy mellowed by the haze of the sea spray mist. Arriving at Admiral's Arch at the same time as the Sealink bus dispatched its load of tourists surrounded by their perfume cloud. We left that viewing for another day. This was obviously meant to be, because when we returned after we had completed the walk, we watched the manoeuvres of a Southern Right Whale, feeding.

At Cape de Couedic, we found ourselves walking in the footsteps of history with the lighthouse, cottages and the builders' cottage (and its flying fox) at Weirs Cove. All these were miraculously spared/left untouched by the raging wildfires, that elsewhere burnt right to the clifftops.



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DAY THREE

On day three, the 17km Sanderson Section from Weir's Cove to Banksia Campsite. After being immersed in the history of Weir's Cove, we wandered inland along sheltered track, surrounded by burnt coastal mallee, which is bouncing back robustly. Lots of correa in flower, Sundews, huge grass-tree flower spikes and Wallaby bush. Birds loving the lookout perches provided by the burnt tree trunks. Our lead walker stopped to comment on a "snakey looking stick"... which was indeed a young Black Tiger Snake. The trail took us back along the cliff, the ocean rolling in and crashing below and Remarkable Rocks ever diminishing behind us. Eventually, we came to the pale aqua water of Sanderson Beach (at least 5 headlands ahead...) against its pale apricot sands.



DAY FOUR

The 10.2km Grassdale Section of day four, took us through scrub with huge fire breaks that have been bulldozed, but which the bush is now trying to take back. The challenge of navigating the track marked by 30 cm pegs of reo with faded orange tape flapping on it, plus the occasional post with the green track sign on top made us long for the red and white 'obvious to see' Heysen Trail markers. It was a pleasure to have to watch your footing over rocks with little eroded basins housing a stunted garden or sections of native grass. The rock-hopping was hard going. And yes, the image of the Remarkable Rocks was still with us, growing distant. The trail left the coastline, heading inland through tall, dense mallee and baby Ti-tree (which were about 1 metre tall and doing well); the burnt-out skeletons of parent trees stark against the vibrant greens

of new growth. Birds everywhere. In some sections here, the fire had been extremely fierce, with burn scars on rocks and patches where the trees are not regrowing. Shy echidnas slinking off the track. Negotiating fallen dead trunks across the track. Inland over sandy tracks brought welcome relief from rock hopping.

DAY FIVE

Beginning the 10.9 km final day Kelly Hill Caves to Hanson Bay were the sinkholes of the "Karst" cave systems of Cape Bouguer Wilderness Protection Area. Marking the actual end point of the KIWT through walk, is the metal stand for the visitors' book, still there, now supporting its metal box containing only the melted spine of the book. A stark reminder.

The final day had its challenges of climbing over and under fallen limbs and trunks of the recovering Sugar Gum woodlands. The fallen timber probably explains why we were accompanied by the intrusive sound of chainsaws nearby. On through patches of scrappy, yet essential, fire-coloniser plants. The sandy trail today was much hillier...all 13 floors!! The lead walker today endured cobwebs on eyelashes. Everywhere were fungi, moss underfoot, scrub forming an overhead canopy. The Grassdale Lagoon glinted at us through the sugar gums, providing habitat for Black swans, Musk duck, Grebes, coots and a Giant egret.

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Rounding a corner to catch a glimpse of a very large, Black Tiger snake basking in the sun. Snake know-how gone-to-the-wind, this walker moved on FAST and yelled back "Snake!" (but... not as blood curdling as some

Bushfire Recovery Experience

- *Top Right: Coastline, heading towards Cape du Couedic Lighthouse.*
- ↻ *Top Middle: Weirs Cove Ruin.*
- ↻ *Bottom Middle: Regrowth along the coast.*
- ✓ *Bottom: Remarkable Rocks*

snake screams heard on Heysen trails!). Before proceeding, the photographers in the group, made sure they had adequately “captured” it. The snake was true to his species and slithered away to safety far from the paparazzi. Later research revealed that their fangs are 3.5-5mm in length!!

From then on of course, all sticks and bark looked like snakes.

Following the wide brown tidal South West River and into sand hills. We paused to look at the new punt to pull walkers across the river. Perhaps we should have taken up its silent offer. The tide was coming in and the river was wider than anticipated. Some of us were questioning our underwear choices that morning, as it was off with boots, socks and trousers. The water was very chilly but therapeutic, wading waist high (exaggerating – only for the shorter walkers) through the water. A fitting way to end our walk. We dried off and into the bus to share our highlights with Mark.

To sum up our KIWT experience...each day was different, both in terrain and the way the diverse flora rallies. And of course, the surprising and surprised fauna along the way. We marvel at the determined capability for renewal of this self-willed island.

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The Kangaroo Island Wilderness Trail reopened to independant hikers on the 16th of December, 2023.

For more information visit:
parks.sa.gov.au/experiences/kiwt



The Mallee Girls

One last word from Deb Lock, on behalf of the Mallee Girls who completed the Heysen Trail with End-to-End12.

It was a new way of talking for we serial talkers from the Southern Mallee in South Australia. Talking AND Walking. We were looking for something new after the Jodi Lee Bowel Cancer Awareness Challenge on part of the Heysen Trail. We had met a few Friends of The Heysen Trail (FoHT) members out and about with their... 'do you really need those poles' and friendly welcoming conversation. So, Jayne found out about the annual End-to-End groups and we got some fancy hiking poles and we stayed up 'til midnight to sign on to the 12's!

Where do you come from is a common first question that is asked when walking with 70+ other people. I think they thought there must have been an echo down there along that Wild South Coast Way... 'Oh, I'm from the Mallee', one of us would say, but then so would another and another. There were 7 in our group at the beginning but life, family, health did get in the way and we four are the lucky ones that have been able to get to the end! So it's no wonder we started to get the response, 'Oh, you're one of the Mallee Girls!'

It was a challenge to get used to walking with such a large group, moving slowly as one, but we persevered and enjoyed the slower pace and the different feel that is walking as a large group. The weekend two day walks, beginning in year 3, was when we really began to get to know the others in E2E12. It's a real team experience and we will certainly feel the loss now that we've reached Parachilna and our 1200km journey has come to an end.

So, the Mallee Girls....

Carolyn (Polly) - the original Mallee farmer, born and bred at Geranium, but now owns a motel at Tailem Bend. If only the people on the other end of the phone could see where she was

when answering. Often in the back seat of the car while we were whizzing our way north for a weekend walk. Three quarters of the way up the eastern side of Mount Bryan she paused briefly to take a booking. Always smiling, always happy, always late! Often we would quickly finish folding sheets and say, 'you got your pack, got your boots, let's go!'

Jayne - a Parrakie farmer. She looks after the sheep program on their mixed farming enterprise and is a wealth of knowledge on all things sheep and cropping. Jayne has an amazing infectious laugh and was a big part of being able to motivate a huge group to participate in our social activities.

Michelle - a ring in farmer, moving from Quorn to Parrakie 35 years ago. She has been involved in every local sport and committee over the years and has so much energy. Great costumes were organised and produced when we had our themed Saturday night meals. She is the friendliest person on the Trail and will listen and talk with anyone.

Deb (the short one, the one at the back, the last one up the hills) - also a ring in farmer to Geranium 35 years ago, farming cattle. I think Michelle and Deb feel fairly local now....it is actually a thing! Being a farmer, she was able to come to the rescue one day, when unusually she found herself near the front of a walk. There was no stile, a new fence which was way too high for short Deb to straddle and a 'cocky gate' that was perceived to be wired shut. She opened it and then had to stay there to close it, thus finding herself in her usual spot, talking to Tail End Charlie! Deb also seemed to be able to keep her eyes and ears open to the occasional mishaps on the Trail and gently lend her health advice and abilities with strapping tape and blister management.



Michelle Carling, Carolyn Wilson, Deb Lock & Jayne Gregurke

OUR BEST MEMORIES

Bogan Bingo at the Burra Bowling Club. Okay, well going to any of the front bars of the local towns for post walk/pre-dinner drinks in our 12's weekend theme getup. Boy did we turn some heads. Such a laugh. We created many conversations and even donations when we decided to support a town charity. Christmas in July in the Georgetown Pub was a hoot. We had two Santas! Cowboy Night at Rawnsley saw quite a few E2E12er's learning whip cracking! It was hilarious.

We were dressed for a Pink Fundraiser on the Trail one time and one of our walkers was having a few ticker problems going up the 'undulations' that is E2E speak for a steep hill. I just couldn't get over how bizarre a picture it was to see someone having his pulse taken by a man (medico) in pink tights and a tutu and a pink beanie! Fortunately, the story ended happily so it was able to remain one of my favourite memories.

And of course there are all the bakeries, the views, the ocean, the gorges and the mountains. Jarvis Hill Ridge for morning tea is our favourite.

OUR FUNNIEST MEMORY

Getting to be really comfortable living with your girlfriends in all sorts of accommodation. Hotels, motels, bnb's, friend's houses. We had the best time and so many belly laughs we needed the Voltaren Gel for our jaws not our joints!

OUR WORST MEMORIES

The last km of every walk, no matter how long or short the walk.

Turning up to an accommodation in the pouring rain, to try and light a fire with no kindling. Sourcing some wet green woody weeds from the overgrown garden, splitting some wood with a blunt tomahawk and some perseverance, we very capable Mallee girls got a great fire going.

Too hot, too cold, too windy, too hard underfoot, too soft underfoot, too hilly, too flat, too many views, too many paddocks, too many farmers back yards, too many cowpats, too many orchids, too many rock formations, too.....hang on, that is why the Trail is amazing.... It keeps changing and just when you have had enough, it changes!

Mostly, the Trail is about spending time with friends and contributing to the small towns and businesses along the way. The driving, the food and wine, sharing rooms, taking turns to organise accommodation, the dress ups, and organising our snacks, lunches and thermoses. Four women working like well-oiled machines. And TALK. Can 4 women talk continuously for days in a row? Yes, they can!

Making friendships within the E2E groups is inevitable and the kindness and care shown to those who have gone through some extremely tough times is heart-warming. After so many years on the Trail, very special bonds are formed. We feel privileged to have been a part of this wonderful group and organisation.

Thank you to our amazing volunteer leaders. A huge commitment and responsibility with logistics, health calls and weather curveballs. With health, bus and email challenges, Covid, animal Foot and Mouth Disease and people challenges AND organising catch up walks, our leaders and support crew got us right to the end. Thanks must also go to the property owners and First Nations People who allow us to walk their land and to the people who work behind the scenes to keep this Trail active.

And finally, from The Mallee Girls, 'Thanks E2E12s', we loved getting to know you all, come visit sometime.

End-to-End Awards

Congratulations to the walkers who received End-to-End awards for completing the Trail up until the **end of February 2024.**

Liza Badman
Stacey Cooper
Carin Jusner-Felchin
Georg Husner
Jackie Nelson
Kevin Nelson

E2E Minus 2

Anne Crouch
Krystina Durdin
Teri McComb

2nd Time

Rodney Dodd

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TAMMY MAIN

Favourite Short Walk

Choose your own adventure
Brown Hill Loop

Photo: Tammy Main

Submit your
favourite
short walks to
the Editor

Unless you are vertically challenged and looking to add inches to the bottom of your shoes, watch out for rain in the lead up as the trail down the S.E. side of Brown Hill can be covered in caking mud. Best to take poles as even in the dry, the dust can be slippery at the steep parts.

When you reach the bottom pause a moment and enjoy the sound of the running creek. Once through the property gates, follow the dirt road back to Brown Hill Creek Rd. Turn right and follow the main road or look for the little side trail, Wirraparinga, that meanders under shade alongside and across the creek. A pretty little way back to the caravan park's flash coffee van which is open (subject to change) Mon-Fri 9-3pm, Sat & Sun 8.30-2pm and Fri & Sat nights 6-7pm.

This walk is roughly 8km. We wander along, stopping to enjoy the view, for just over 2 hours with a rough elevation gain of 290m. Highly recommend early in the morning to enjoy the light and shadow of the rising sun. We have spotted kangaroos, deer, koalas, echidnas and listened to a myriad of birds on this walk. A wonderful place to step outside your daily grind for a couple of hours and gain a new perspective on your day.

You can reach the start of this walk by making your way to Mitcham's Brown Hill Creek Recreation Park entrance and take a spot in the first carpark on the left. On foot, continue along the road and not far along you will find a sharp left turn onto the Yurrebilla Trail. Follow the winding trail through a second upper carpark (yes, you could park here). Across from the entrance of this carpark is what looks like a substantial driveway and the trail continues up that driveway. When you first see the steep, bare hill... relax, go through the little gate (Gate 4) to the left along the side of the hill, facing the city.

After some distance, you will enter the Waite Conservation Reserve (no dogs). Follow the Yurrebilla signs, there are plenty of tracks that cross, all options for future walks. When the Yurrebilla track reaches the top gate (Gate 88) and leaves Waite CR we say goodbye to the Yurrebilla and turn right onto the Springwood trail.

At this point you may come across some cows. They are used to seeing walkers and for the most part have always watched us with amusement as we tip-toed around them.

A little further along, you will pass through a small gate alongside a larger vehicle gate and here you have to decide, do you feel like an expansive view of Adelaide, maybe the sound and feel of the wind swirling past you? If yes, stick to the main path and you will walk past Brown Hill Trig (312m). Stop and admire the view. Then continue down to where you originally turned left towards the Waite CR. From here you can retrace your early steps back to your car.

If you want a quiet country stroll, with views across rolling hills, follow the narrower trail to the left and look for the Brown Hill creek sign, turning down the hill. After this sign, continue to follow the Springwood trail signs.

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

Trailthinker Quiz Answers

1. Waitpinga Hut
2. 1000km
3. 16 December 2023
4. John McDouall Stuart
5. Nukunu
6. Grampians Peaks Trail
7. 13 including part-day holidays
8. WalkFest
9. Worlds End Gorge, Mid-North
10. SA Country Fire Service



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Image: Maggie Moy

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