

FREE

TR↑ILWALKER

WATCHING OVER THE TRAIL

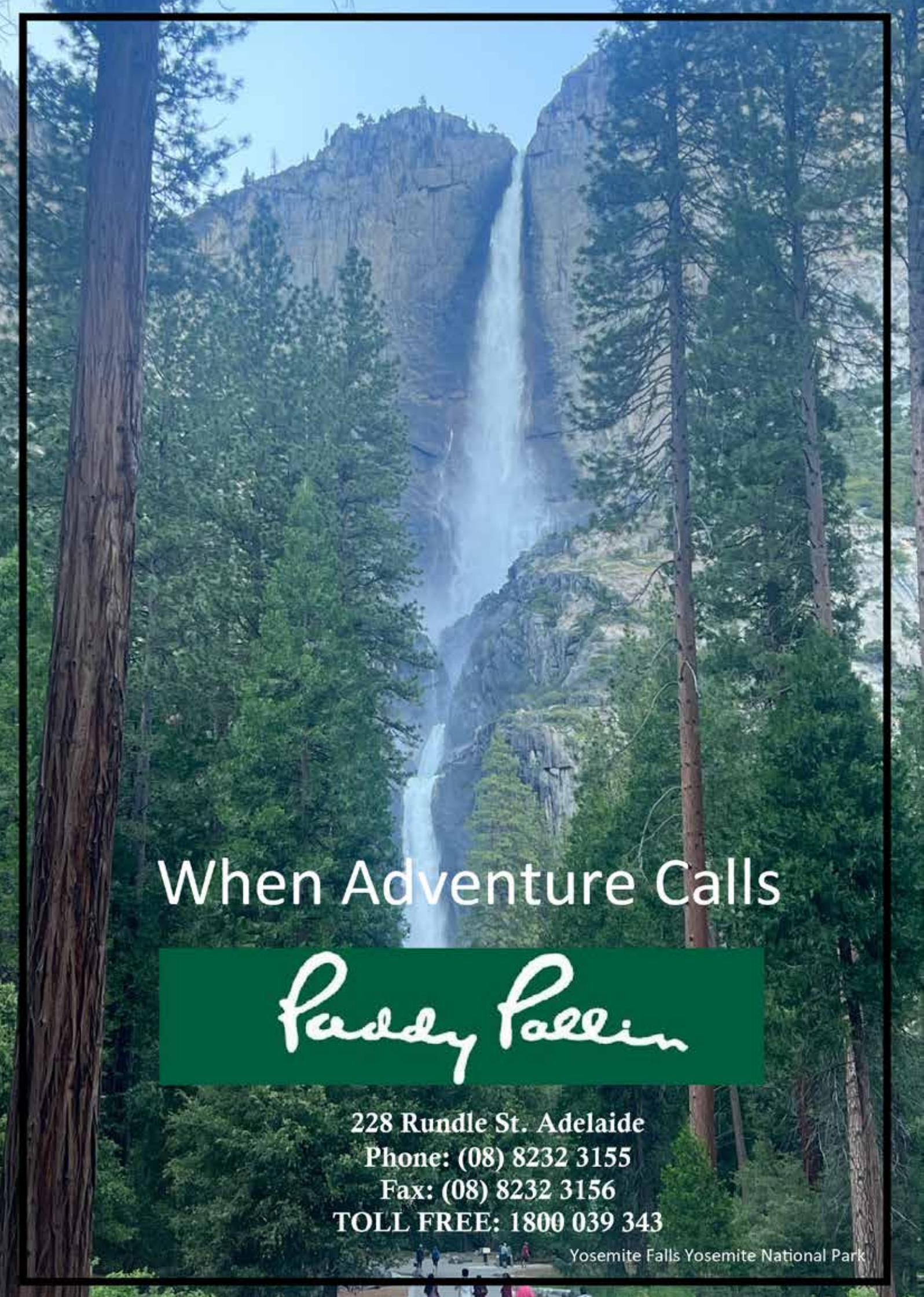


THE GREAT SOUTH WEST WALK

THE PERFECT HIKING COMPANION

NORTHERN TRAILHEAD REJUVENATION





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Paddy Fallin

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Yosemite Falls Yosemite National Park



PUBLISHED BY THE FRIENDS OF THE HEYSEN TRAIL AND OTHER WALKING TRAILS

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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



Cover: E2E 17 on Mt
Magnificent. Section 9 (Mt
Compass to Kyeema) Photo by
Connie Yeung.

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

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.

COUNCIL MEMBERS 2024

PRESIDENT
Neil Hendry

VICE PRESIDENT
Melanie Sjoberg

SECRETARY
Vicki Stewart

TREASURER
Basia Samcewicz

COUNCIL MEMBERS
John Babister
Paul Bond
Margaret Fletcher
Mark Fletcher
Judy McAdam
Ross McDougall
Kathy Wright

STANDING COMMITTEE CHAIRS

FINANCE & AUDIT
Basia Samcewicz

HONORARY MEMBERS
Julian Monfries

**OFFICE &
ADMINISTRATION**
Dom Henschke

**PROMOTION:
MEMBERSHIP &
MARKETING**
Chair Vacant

RECONCILIATION
Chair Vacant

TRAIL DEVELOPMENT
Paul Bond

WALKING
Mark Fletcher

**MEMBERSHIP
SECRETARY**
Judy McAdam

FOUNDING PATRON
C Warren Bonython AO*

END-TO-END WALK COORDINATORS

E2E13 Vicki Barrett
E2E14 Mark Fletcher
E2E15 Mark Curtis
E2E16 Kathy Wright
E2E17 Paul Frost
E2E18 Paul Delaine

TRAIL DEVELOPMENT SECTION LEADERS

S1 Glenn Chambers
S2A Jon Westover
S2B John Newland
S3 Hermann Schmidt
(Wandergruppe
Bushwalkers)
S4 Robert Smedley
S5 John Babister
S6 Robert Ruediger, Ken
Smith
S7 Carl Greenstreet
S8 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

August

21st - The Friends Council Meeting

September

2nd - Northern Trailhead Opening Event

14th - Day Walk Leaders Training

18th - The Friends Council Meeting

October

16th - The Friends Council Meeting

November

20th - The Friends Council Meeting



Photo: Joy McDonald

Whites Beach to Shelley Beach on the Great South West Walk

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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 (December 2024):

11 OCTOBER 2024

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 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)
1/8 PAGE \$180 per 3 issues
1/4 PAGE \$270 per 3 issues
1/3 PAGE \$315 per 3 issues
1/2 PAGE \$450 per 3 issues
FULL PAGE \$660 per 3 issues
FLYER (supplied for insertion) \$265 per issue

Advertising specifications are available from the Advertising Officer at: trailwalker.media@heysentrail.asn.au

An Exciting Time!

NEIL HENDRY



Hello everyone and “welcome” to the August edition of Trailwalker. I recently had the pleasure of welcoming a new group of walkers, E2E18, who set off on their great adventure from Cape Jervis on Sunday 26 May in glorious weather. Congratulations, also, to all the other E2E walkers continuing on the Trail, and those walking it for the pleasure of being out there. It has been very dry for this time of year, but fantastic walking weather for the start of the walking season. I hope you all have managed to get out and about to enjoy the beautiful Autumn sunshine and the colours through the Hills, as well as the clear, horizon views from further north. Let us hope winter will bring rain to those who need it, but not on Trail walking days!

The Northern Trailhead is well underway. A huge thankyou to the many donors who have raised thousands of dollars towards its completion. In addition to this, the funds provided from DEW (Department for Environment and Water), DIT (Department for Infrastructure and Transport) and the Outback Communities Authority, have significantly reduced the financial burden on the Friends for

this project. Our other project, the website redevelopment, is in the early stages so you will not have noticed any changes yet, but it is happening. Similarly with the DEW Heysen Trail Governance review, community consultation has taken place, and it is now moving to the next stage, which is direct input from the Friends and other Heysen Trail partners. We will keep you updated.

Each year, our Constitution requires a certain amount of turnover in the Council and Committees where leadership positions are set at two years, with the option of renomination and reselection for a maximum of 6 years in any one position. This is a good thing for the organisation, allowing new ideas and enthusiasm into the “business end” of the Friends. Further into the Trailwalker, you will see that several Council and Chairperson positions have become vacant. If you have a suitable skillset, and the time and desire to give back to the Friends, please consider these seriously and contact the relevant people to express your interest and to obtain further information.

As walkers, we respect the environment and landholders along the Trail. One recent example along the south coast is the new signage at Tunkalilla Beach directing walkers to

go along the beach and off the dunes to respect the private properties behind the beach and avoid the nesting areas for the hooded plovers. Also, the new chain to help get up the hill from the eastern end of the beach is certainly easier to grab onto than the barbed-wire fence!

These ongoing actions are just some examples of the work happening, both behind the scenes and on the Trail, that highlight the vibrant, ongoing, working organisation that is the Friends.

Make the most of the cooler weather to enjoy the Trail!

Welcome New Members

The President and the Council would like to extend a warm welcome to the 170 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!*

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.

The Friends Need Help Behind The Scenes

Volunteer To Fill A Role Now

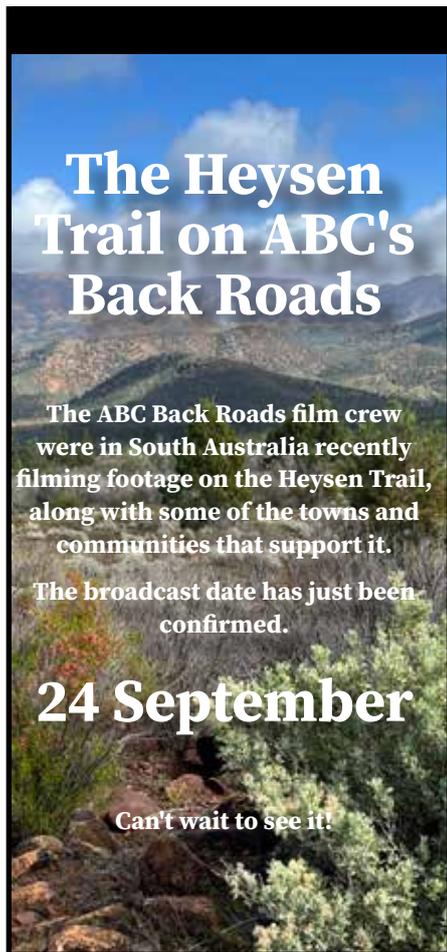
Did you know The Friends of the Heysen Trail has operated as a not-for-profit Association with volunteers since its inception in 1986? Many of our volunteers are visible leading walks or working on the Trail. In reality there are many other volunteer roles busy behind the scenes.

- › What happens to Walking or Maintenance Programs without our “hidden” volunteers?
- › Who coordinates administration or finance, pays the bills, assists members to register, updates the website, produces our Trailwalker, posts our social media?

It's essential that we fill several key roles to replace volunteers who are retiring or winding down after years of dedicated commitment to FoHT. We need newer members with spare time to give back to the Association. Please consider if you have the skills or enthusiasm to step into one of these roles to help keep The Friends and our wonderful Trail alive.

The Management Side

The Friends Council is responsible for strategic, financial and policy management of the Association. The roles that need to be filled include chairs of committees with teams who help deliver and coordinate key areas of The Friends activities. Below is a brief summary of responsibilities.



TREASURER

- Manage financial accounts & annual Audit Reviews
- Coordinate a bookkeeping team
- Liaise with office volunteers to improve systems
- Consult with Standing Committees about annual budgets
- Previous experience in financial management or accounting is preferred.

OFFICE & ADMINISTRATION

- Manage Office Committee & Communication with Office Volunteers
- Coordinate Office Administration & Review Procedures
- Liaise with Standing Committees to assist operational delivery of programs
- Oversee Website updates for action by Webmaster (current Website Review may influence future role).

PROMOTION MEMBERSHIP AND MARKETING

- Promote the FoHT & Heysen Trail
- Monitor membership and growth strategies
- Review the effectiveness of outreach and marketing tools
- Oversee Trailwalker Magazine & Social Media teams.

RECONCILIATION CHAIR

(sub-committee)

- Provide policy advice and resources to Council & Committees on approaches to Reconciliation
- Circulate information to members and community through Trailwalker, website and signage
- Liaise with Aboriginal Cultural Owners to develop projects connecting to the Heysen Trail.

COULD YOU BE INTERESTED?

Please email your details to FoHT President, Neil Hendry: neilhendry60@gmail.com & Secretary, Vicki Stewart: pvalstewart@bigpond.com.



Photo: Philip Bell

2024 Friends Honorary Membership Recipients

Awarded for 'distinguished service rendered to the Association' to Melanie Sjoberg & Richard Webb.

The Heysen Trail has a way of inspiring gratitude and it is often expressed as a willingness to give back. How much people are willing to give can be surprising.

Richard Webb began his involvement with the Friends 28 years ago when as a member of the Four Seasons Bushwalking Club, he and his fellow club members began maintaining Section 6, 41 km from Blackfellows Creek Rd, Kuitpo to Glen Bold Rd, Echunga (1 of 18 maintenance sections on the Trail).

As the Four Seasons' involvement declined, Richard remained devoted to his work on the Trail, piloting his old Commodore into the most unlikely of places in and around Kuitpo Forest. In 2009 he took over as leader and remained so until relinquishing the role in 2021. He has continued to work in the current team of 4. While he has no intention of retiring it is a good time to mentor new members. 28 years of knowledge of a place is a great asset to the Friends, not to mention all the hard work maintaining that section over that time. A deserving recipient.

Distinguished service is sometimes achieved quietly and diligently over a long period and sometimes it comes heralded in the form of a pocket rocket. Melanie Sjoberg has given 10+ years of

service to the Friends across a range of roles, including Trail Development, Walk Leading and holding Executive and Council positions.

Melanie held the position of President for 6 years from 2016/17 to 2022/23. During this time she was instrumental in driving changes to modernise our Constitution, managed our organisation through the challenges of COVID and established the Reconciliation Committee. She developed strong working relationships with the Department for Environment & Water, local landowners, communities and other service providers. This enabled our volunteer organisation to win funding and grants to continue our work.

Melanie represented The Friends from 2016-2022 on the steering committee that successfully developed the Wild South Coast Way. She has been involved in writing many of the policies and procedures for our organisation as well as drafting the Day Walk Leaders Guide.

Currently, Melanie is the Vice-president and is actively working with another Council member to secure funding and complete an upgrade of our northern trailhead. Along with mentoring the new E2E18 coordinator and walk leader, she has joined the group as a walk leader.

Melanie is an integral part of our Council and brings a wealth of knowledge, experience and understanding of the Heysen Trail. Another deserving recipient!



Trailthinker Quiz

1. On which section of the Trail was the picture above taken?
2. Heading SOBO on the Grampians Peaks Trail, name the last mountain?
3. Which Heysen Trail hut has a familial ring to its name?
4. Which end of the Trail is the new upgraded trailhead?
5. How many maintenance sections are there on the Heysen Trail?
6. In which town does the Great South West Walk begin and end?
7. Name the bridge that Heysen walkers use to cross the Karrawirra Parri?
8. When was the first Trailwalker Newsletter published?
9. Name the strait between the Fleurieu Peninsula and Dudley Peninsula?

ANSWERS PAGE 30

2025 Calendar

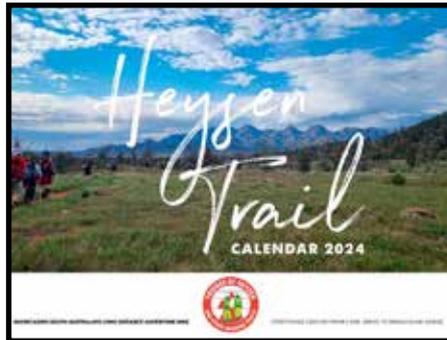


Photo Submissions

Want to share that special moment you captured on the Trail? Submit your photos to the Trailwalker editor for a chance to feature in our Heysen Trail 2025 calendar. If we include one of your photos, you'll receive one 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 **Friday 30th August.**



Accommodation Nunn Road, Myponga along the Heysen Trail

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



New to Heysen's Rest 4 brand new single rooms on the Heysen's Trail
Rooms include Ensuite, TV, fridge, king single bed, reverse cycle air conditioning and tea and coffee provided

Contact Jayne & Greg
08 8558 6397 or 0417 889 128

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

Friends Season Walk Programme 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 AUG Bridgewater to Mt Lofty Paul Gill			SUN 25 AUG Willunga Basin Trail Cathy Bowditch	
	SUN 4 - FRI 9 AUG Lavender Trail E2E3 (Extended Walk) Kathy Wright	SAT 10 AUG Jupiters Creek Rosemary Hayward		SAT 17 AUG Wine Shanty/Cleland Dom Henschke	
	SUN 4 AUG Waitpinga Judith Ellis	SUN 11 AUG Mylor Loop Bill van Riet	SUN 18 AUG Pioneer Women's Trail Judy McAdam		
SEP	SUN 1 SEP Mylor to Aldgate Loop 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 22 SEP Gandy's Gully Simon Cameron	
			SAT 14 SEP Cleland Paul Gill		
			SUN 15 SEP Kersbrook Rosemary Hayward		
OCT	SUN 6 OCT Hale CP Rosemary Hayward	MON 7 OCT Cox Scrub Melanie Sjoberg	SAT 19 OCT Cleland Paul Gill	N/A	N/A
		SAT 12 OCT Lavender Trail E2E4 (Weekend Walks) Stephen Salib-Brown			
		SAT 12 OCT Belair Dom Henschke	SUN 20 OCT Cleland CP Olga Volodicheva		
		SUN 13 OCT Sturt Gorge Simon Cameron			

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

Walking with the Friends

Version released 7 July 2024

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

End-to-End Season Programme 2024

	1ST WEEKEND	2ND WEEKEND	3RD WEEKEND	4TH WEEKEND	5TH WEEKEND
AUG	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	E2E 13 SAT TO SUN, 17-25 AUG (WEEK AWAY) Leigh Creek Rd (Old Wonoka) - Parachilna Gorge	E2E 15 SAT & SUN, 24-25 AUG Curnow's Hut - Raeville - Locks Ruin	E2E 14 SAT 31 AUG - SUN 1 SEP Broadview - Woolshed Flat - Quorn
		E2E 17 SUN 11 AUG Dashwood Gully Rd - Mylor	E2E 16 SAT & SUN, 17-18 AUG Tanunda - Kapunda - Hamilton	E2E 18 SUN, 25 AUG Balquhiddier - Waitpinga	
SEP	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	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
			E2E 18 SUN, 15 SEP Waitpinga - Tugwell Rd		E2E 17 SUN 29 SEP Cleland - Montacute Heights
					E2E 18 SUN, 29 SEP Tugwell Rd - Inman Valley
OCT	E2E 16 SAT & SUN, 5-6 OCT Gerkie Gap - Web Gap - Burra Rd	E2E 17 SUN 13 OCT Montacute Heights - Cudlee Creek	N/A	N/A	N/A
		E2E 18 SUN, 13 OCT Inman Valley - Myponga			

Version released 7 July 2024

heysentrail.asn.au/walks

Reconciliation News

Indigenous Place Names

Have you wondered how to pronounce the Aboriginal names you see along the Wild South Coast Way since the upgrade? Did you know there's an app to help?

The SA National Parks Tours App shares cultural stories of the area, information about things to see and helpful hints for those walking along the Wild South Coast Way. Hear from Ramindjeri elders and park rangers, identify plants and animals along the trail, and take part in guided meditations.



Photo: Paul Frost. Dragonfly on the beach, Wild South Coast Way.

Download SA National Parks Tours App: parks.sa.gov.au/experiences/wscw

The Wild South Coast Way on the Heysen Trail was supported by the South Australian Government through the National Parks and Wildlife Service and with project partners, Friends of the Heysen Trail, Yankalilla District Council and the City of Victor Harbor.

Promoting Reconciliation

The Friends of the Heysen Trail reconciliation goals include education and awareness-raising. Members may be interested in exploring a new website launched in May 2024 to help community understanding about early frontier conflict in SA's colonial past: spatialonline.com.au/reconcilingthefrontier

The introduction outlines that "The content draws upon digitised colonial collections held by these partner organisations and other national libraries. It also draws upon the contemporary accounts of Aboriginal people from different regions of what is now the state of South Australia.

We acknowledge that the material contained in this site only forms one part of the diversity of voices and perspectives on the histories and experiences of South Australia's colonial frontiers, and that other accounts are still to be shared.

The research in this website was supported by an Australian Research Council Linkage grant (LP190100561) undertaken in partnership between the University of Adelaide, State Library of South Australia, History Trust of South Australia, State Records of South Australia, Reconciliation South Australia, South Australian Museum."

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.

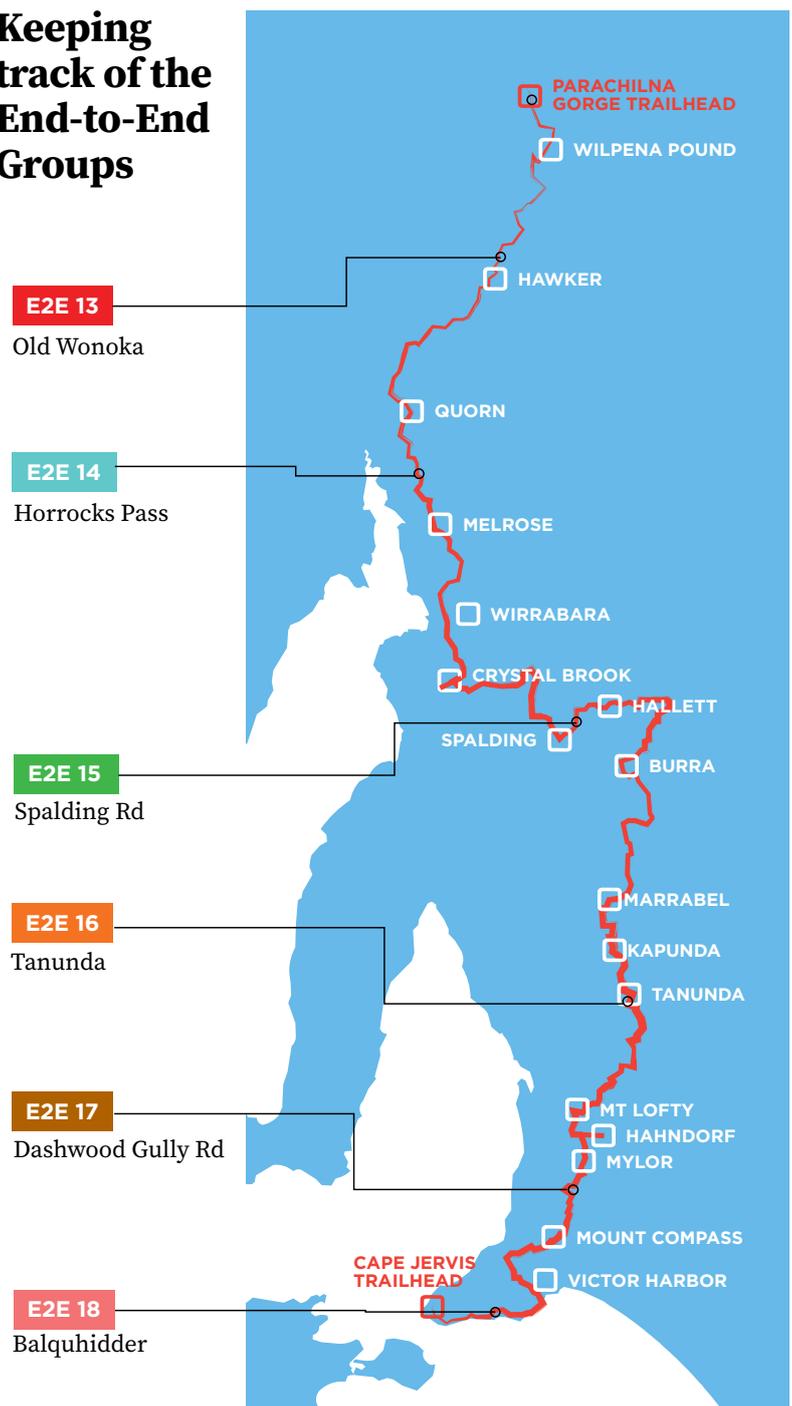
End-to-End walks are not subject to a weather forecast temperature limit, however the walk leader may decide to cancel or amend the event if a weather event is deemed to present a high risk.

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



Julian Monfries shares details on the maintenance work in the Flinders Ranges.

New South Wales has the Sydney Harbour Bridge and South Australia has the Heysen Trail.

Both are iconic to their state (the Heysen Trail being a Bank SA Icon), and both need ongoing maintenance.

With the bridge, they start at one end and go to the other, then turn around and do it all again. That is the urban myth and as impractical as this is for the bridge so too is it with the Heysen Trail. It's more of a dib here and a dab there. By its nature, if the Friends followed the Harbour Bridge myth, it would take 6 years to do one run and by the time the north had been reached, the south would be in dire straits.

Consequently, maintenance is undertaken in a piecemeal, albeit structured manner, with volunteer teams undertaking maintenance as required, throughout the Trail.

A team, lead by Simon Cameron, of Heysen Highlight fame, recently travelled to the Flinders to undertake urgent maintenance (replacement) of stiles south of Dutchman's Stern, track clearing and marking along Yourambulla Ridge (Jarvis Hill, Hawker), clearing of reed overgrowth, near Mayo Hut, on Wonoka Creek and remarking the creek itself.

The Friends are gradually replacing the old wooden stiles with new steel, galvanized stiles featuring non slip tread steps as part of a modernisation programme. As out lined below, once you get the hang of it and the ground is suitably forgiving, they can be easy to install.

All in all, a pretty big effort with some records being broken for the speediest new stile installation, 38 minutes. Some odd sleeping arrangements at Mount Little Station, with one volunteer being confined to a cellar, two blokes sharing a bed and some serious discussions about vaccinations, all washed down with a beer or two, wine and pizza at the end of a dusty

Vale Albert Schmidke,
who passed away peacefully
on 30th June 2024.
Albert had been the
maintenance Section Leader
for the Trail
between Cape Jervis
and Tapanappa for many
years.

days' work.

As with all our maintenance, it can't be done without volunteers and the Friends are always on the lookout for members willing to give their time to come away and help.

We have a blast (along with some hard work).

Rob Ruediger is the Maintenance Section 6 leader and shares insight on his patch of the Trail.

The first section of the Heysen Trail from Mt Lofty to Mt Magnificent was marked out by Terry Lavender OAM in the mid-1970s and opened to walkers in 1979. Maintenance Section 6 (Blackfellows Creek Rd to Glen Bold Rd) lies wholly within this first section of the Trail. Located within Kaurna and Peramangk country, The Trail winds its way for 41 km through ForestrySA plantations (within Kuitpo Forest), passes through two DEW conservation areas (Kyeema Conservation Park and Echunga Goldfields) and passes, albeit briefly, across SA Water catchments in the Jupiter Creek area. In addition, it also crosses several private landholdings and the unavoidable back road sections. Many of the place names on or near the Section 6 part of the Trail bear testament to the locality names from the first nations people, including Kyeema, Kuitpo, Onkararinga, Chookarloo and Echunga.

The Kuitpo Valley is a short drive from Southern Adelaide and walkers will get to experience mixed land uses and varied terrain. The landscape is gently rolling but can get very wet and boggy in winter. Walkers should take note of how much rain has recently fallen before committing to a winter walk in the area. Because much of the Kuitpo Valley is under public land management which is open to recreation during the Fire Danger Season, walkers can continue to enjoy the Trail within Kuitpo Forest and Kyeema Conservation Park. Please note that there are closures of all parks and forests on Total Fire Ban days and that walkers are not permitted to cross private land during the Fire Danger

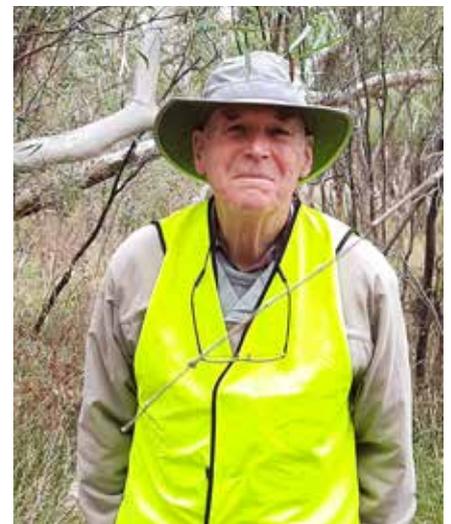
Season.

Trail Maintenance volunteers are constantly seeking ways to improve walker safety and enjoyment as well as to respond to Forestry operations. Kuitpo was extensively burnt in the Ash Wednesday Fires of 1983 and was re-planted in the succeeding years. This means that many of the plantations have now reached harvesting age, resulting in constant re-routes to be established. When planning a walk in the Kuitpo area, you should expect to come across closed sections of the forest. As always on the Trail, walkers should follow the plates and arrows, rather than sticking to the routes indicated on maps or navigation apps.

Future plans for Trail Development in Section 6 include improvement of the Trail surface to an all-weather condition in several swampy areas, building high-water crossings over several creeks, working alongside ForestrySA staff to construct a wheelchair friendly section from Forest Headquarters to the new Kuitpo Tree Climb at Chookarloo, as well as the usual upgrades of Trail infrastructure (posts, signs and stiles). ForestrySA have constructed superb toilet facilities and new walk-in camping sites at Chookarloo and have plans to re-develop the campsite at Rocky Creek for thru walkers.

There is plenty of accommodation in the area and within the Forest, including camp sites, Forestry cottages, farm stays and a wide range of options in the nearby Southern Vales Wine Region, so why not come down for a day-walk or thru walk. It is one of the jewels in South Australia's crown, only 30 minutes from the city. Keep an eye out for an upcoming ABCTV "Back Roads" episode which will highlight Section 6, the walkers who cross the country and the workers who keep it open and safe for all to enjoy.

.....
Maintenance Section 6 is cared for by the dedicated team of volunteer maintenance workers; Richard Webb, Dick Triggs, Ken Smith and Rob Ruediger.



⤴ Above Top: Section 6 Bush Track.

⤴ Above: Rob Ruediger in high vis safety workwear.

⤵ Bottom: Kuitpo Forrest Track.
Photos: Rob Ruediger





Northern Trailhead Rejuvenation The Friends Biggest Single Project

MELANIE SJOBERG

It is very exciting to see The Friends’ bold vision evolve into reality, especially as it is the biggest project our volunteers have ever initiated and funded.

Brave & Curious Landscape Architects have been integral to the design and coordination. A team from the Prestwood family of Wilmington (the construction contractors) commenced on 7th May, steadily transforming the site into a work zone.

The tired old stile and fencing are gone; the area leveled for stonework and landscaping. Timing seems fortuitous with the weather being kind for construction; if that continues, it will be completed by the time you read this.

There are many hikers out on the Trail this season too. It’s encouraging for The Friends volunteers to hear reports from these hikers expressing enthusiasm as they stumble across the construction site at the Northern Trailhead.

SAVE THE DATE: Monday 2 September 2024. Planning is underway for an opening ceremony at the Northern Trailhead - so get organising if you wish to help The Friends launch this fabulous new development on the Heysen Trail.

DONATIONS can still be made to help The Friends fund the project – any and every donation is welcome.

We specifically acknowledge and appreciate funding support toward the project from the following individuals and organisations: 30 June 2024

INDIVIDUALS	Jennifer McKay	Mary Lane	Rosemay Haywood
	Anne Kirk	Jillian Rowe	Robert Alcock
	Kathryn Lymn	Kathy Harbison	Felicity & Tom Gerschwitz
	Josephine Chesher	Tricia Curtis	Micheal & Moira Donald

HEYSEN HEROES (\$1,200)	Jack Marcelis	Melanie Sjoberg	Jennifer Dow
	Judith Ellis	Daniel Jardine	Jim & Remy Hughes
	Liz Hobart	Erica & Tom Gordon	David Beaton & Julian Monfries
	End to End - 2 group	End to End 16 group	Anonymous
	Karen Baker & Mark Harris & Wendy Hosking		

ORGANISATIONS	Department For Environment And Water SA
	Department For Infrastructure And Transport SA
	Warren Bonython Heysen Trail Foundation
	Outback Communities Authority
	Ultra Series S.A

The vision unfolds...

Photos supplied by Ross McDougall





13,900+

FoHT volunteer
hours
throughout 2023



Friends of the Heysen 2023 in Review

NEIL HENDRY

*Horrocks Pass to Broadview.
Photo: Peter Cranbrook*

The Friends of the Heysen Trail is a not-for-profit, volunteer organization with our primary purpose being the development, maintenance and promotion of the Trail, in partnership with DEW, ForestrySA and SA Water.

The whole business runs on the time donated by our volunteers. They are our most valuable asset, and we take time, here, to recognise and thank them for their tremendous, ongoing effort.

Just how big that effort is, can be shown by just a few numbers gathered from the year.

- › 13,700 hours of time provided at an estimated value of over \$662,000

Of course, this is an underestimate because many volunteers give their time without recording all the planning, coordinating and following up they do in the various committees, office and working groups.

To get a better appreciation of how much the Friends relies on these fabulous people, here are a few more numbers and other data, taken from our 2023 Annual Report.

FoHT VOLUNTEER ACTIVITIES

TRAIL DEVELOPMENT & MAINTENANCE	3800 hrs (In the Shed + On the Trail)
OFFICE	3050 hrs (includes Trail inquiries, map sales)
PLANNING & COORDINATION	1000 + hrs
FINANCE & AUDIT	650 hrs
PROMOTION	1400 hrs
WALK PROGRAM	4000 + hrs
TOTAL	In excess of 13,900 hrs

ON-TRAIL WORK BY OUR TRAIL DEVELOPMENT VOLUNTEERS

MARSCHALLS HUT

Repainting of internal stonework
Repair of verandah

CURNOWS HUT

Repainting of windows

WANDALLAH SHELTER

Removal and replacement

GRANDPAS CAMPSITE

Portaloo installed

MT ELM CAMPSITE

Toilet replaced

REMARKING OF TRAILS

Mt Arden to Buckaringa
Dutchman's Stern to Quorn Rd
Catninga Shed to Hawks Nest

WATER TANKS

Installed 11 tank telemetry units
Replaced batteries in others

INFRASTRUCTURE MAINTENANCE

Stiles, marker posts
Cutting back vegetation
Smoke detectors and fire extinguishers in huts
Wooden steps replaced

WORKSHED ACTIVITY

30 steel stiles fabricated
2 toilets fabricated
5 platforms fabricated

RE-ROUTES/REALIGNMNETS

Aroona; Bundaleer; Huppertz Hut;
Jupiter Creek; Bluff Lookout

WALKING PROGRAM RUN BY OUR VOLUNTEERS

Heysen E2E	Average Walkers per Walk	Number of Days	Other Walks	Average Walkers per Walk	Number of Days
E2E17	63	6	Summer Walk	14	17
E2E16	59	6	Trail Starter	14	33
E2E15	44	10	Trail Walker	12	20
E2E14	40	12	Willunga	18	6
E2E13	41	11			
E2E12	55	18			
E2E-2	32	31			

to our media presence. And that’s just from the Office! Then there are meetings with the Partnership group about the Trail, FoHT Council meetings, planning meetings, promotional appearances, the list goes on!

PROMOTION, MEMBERSHIP AND MARKETING VOLUNTEERS

Walk Expo participation
 A new Social Media policy developed
 3 Trailwalker issues published
 Heysen Trail calendar designed and published
 Website review commenced
 Social events planned
 New signage for towns

OFFICE VOLUNTEERS AND ADMINISTRATION

Everything from answering calls, walk registrations, enquiries about the Trail and Friends, selling Trail maps and books from the shop, managing the online shop, providing information

Heysen Map Sales	1045
Walk the Yorke	214
Lavendar Trail Maps	102
Heysen Calendars (inc. gifts)	400
Heysen Highlights Book	197
Heysen Wall Map	35

FINANCE VOLUNTEERS

And we don’t forget the hardworking team that looks after our budget, insurance, purchasing, audit and all things financial.

So, on behalf of The Friends, I want to express our admiration and gratitude to our volunteers. Whether in the Office or out along the Trail, whether it’s a few hours or 100s of km, your help is not unnoticed. Every hour you give makes a difference.

What you do enhances the life of the thousands of people who walk the Trail every year. Your contribution and dedication continue to make the Heysen Trail one of the best walking experiences in Australia and the world.

End-to-End Awards

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

- Sally Birch
- Rene Elmendorp
- Paul Garner
- Kathy Harbison
- Rick Jenker
- Nicola Jennings
- Liz Lahiff
- Lupi Lupo
- Robyn Phillips
- Trevor Pratt
- Garry Thompson
- Roger Tinning
- Ben Willis

E2E Minus 2

- Peter Solomon

4th Time!!

- Carl Greenstreet

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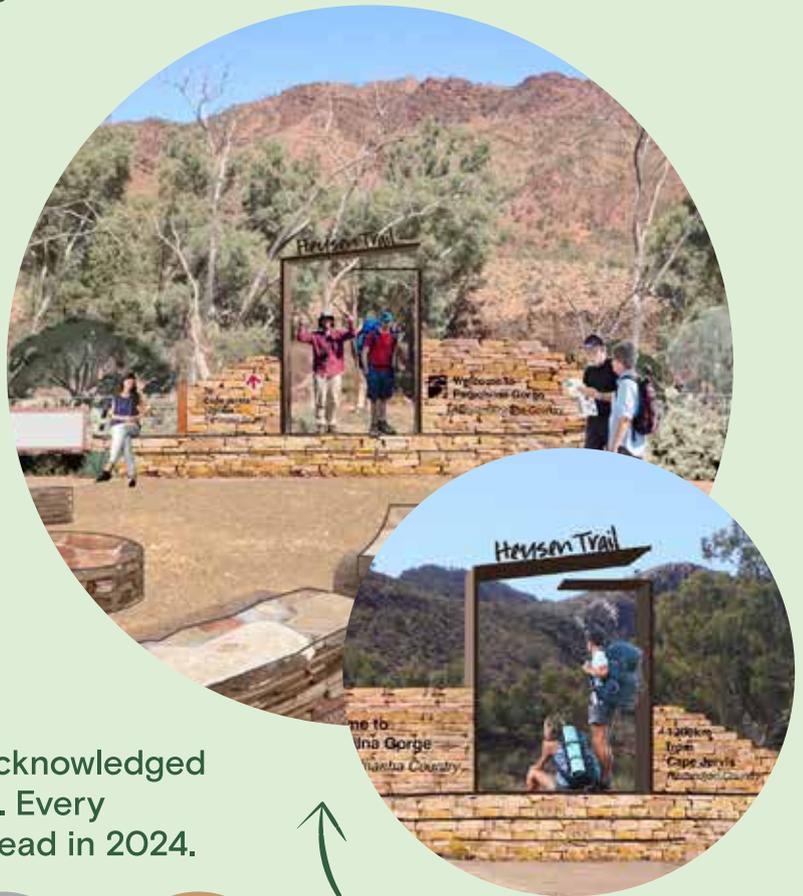
HEYSEN HEROES

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 Heyesen 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!

Recounting Trail Development Memories 1985 - 1987

ANDREW MOYLAN



⊙ The ORU crew 1986, Terry Lavender, Andrew Moylan and Martin Foster.

I was recently asked to recall my work with Terry Lavender and the small team in the planning and establishment of the Heysen Trail. The details below are from my memories, some from my diaries, and some dates were checked against early editions of the FoHT Trailwalker magazine. This first instalment covers the years 1985 – 1987.

I was a member of the Outdoor Recreation Unit (ORU), Department of Recreation & Sport, (and subsequent names), for about 10 years from August 1985 – 1995. I commenced as a Maintenance and Construction Worker and finished as an Acting Senior Project Officer. Terry Lavender was the unit manager and Martin Foster was the works supervisor.

It should be noted that besides establishing the Heysen Trail, this core team were also involved in establishing seven Heysen Trail huts and the original sections of the Mawson Trail, Riesling Trail, Investigator Trail, and Tom Roberts Trail. Plus re-marking sections of the Mount Lofty Network Trails, the Women's Pioneer Trail and preparing a number of the Jubilee Walks brochures as well as many other trail projects.

My initial role was in the workshop preparing Heysen Trail marker posts,

wooden signs and timber for stiles etc. I also accompanied Terry & Martin on field trips to survey and mark new sections of trail.

At this stage, the Heysen Trail original Strip Maps 1 to 6 had been completed, covering sections of trail from Mount Magnificent to the Barossa Valley, Hughes Gap to Mount Remarkable and Hawker to Parachilna Gorge. Work on Strip Map 7, Quorn to Mt Remarkable was underway. Note that the original maps are not in sequence, they were numbered in order of when sections were completed.

The first new section I worked on was Strip Map 8, Cape Jervis to Newland Head. I accompanied Terry & Martin on field trips to survey the route of the Trail and meet with National Parks & Wildlife Service Assistant District Ranger Volker Shultz at the Deep Creek Conservation Park. We also met with a number of landowners, including the Lush brothers who were very helpful in allowing access over their property between Tunk Head and Parsons Beach.

Negotiations for Trail access went well, except getting access to the Balquhider property coastline either side of Tunk Head. However, a route for the Trail was negotiated inland through this area using various road reserves and on back roads. That route is still followed today.

Once negotiations were completed, constructing and marking the Trail was quite challenging through Deep Creek Conservation Park, due to steep gradients and dense sections of

Kangaroo Thorn (*Acacia paradoxa*). We also prepared the strip map, which involved cutting the relevant 1:50,000 topographic maps into a strip map. Terry prepared trail notes and information and worked with Doug Paice at the Government Printer and cartographers from the Lands Department Mapping Section to get the final version printed. This was well before digital mapping and GIS. The map 8 section of the Trail was opened in early 1987. Doug Paice was also a member of the Noarlunga Bushwalking Club and one of the early Friends of the Heysen Trail volunteers who helped with trail marking. He was also an early editor of the Trailwalker newsletter.



Above: Index of original strip maps.

Strip Map 8 was completed before Strip Map 7, Mount Remarkable to Quorn, due to local resistance to the Trail being established in that area, even though it was all to be located on National Park Reserve, road reserves and travelling stock routes. We were with Terry when he met with various landowners to negotiate access for this section of trail. Martin Foster and I marked the section that linked a travelling stock route that ran north from Horrocks Pass to the summit of Mt Brown. The Trail followed a series of road reserve fence lines and farm tracks, mainly through the Gunyah property, for about 11 kilometres. It wasn't possible to get vehicle access and we marked this section of the Trail on foot in very wet weather over five days. This was hard work but very rewarding. However, within a few weeks all the new markers were removed (someone was resisting the Trail), and we had to go back and mark it again. The three of us then marked sections of new trail near Wilmington and, with assistance from outdoor education teacher Bob West and students from the Quorn High School, from Mt Brown to Woolshed Flat. This was a great experience and was opened in August 1987.

As well as working on new sections of the Trail we were also maintaining completed sections of the Heysen Trail, plus the Mount Lofty Network Trails. In the first five months of working in the ORU I went with Terry and Martin on field trips to the Flinders Ranges, Kangaroo Island, and the Strip Map 8 section of the Trail. I knew I had been given the opportunity to be involved in a very rewarding job developing some of South Australia's significant recreational trails. At this time there was no official volunteer group but some individuals were involved including Dick Sampson and Peter Beer.

Terry was a very good mentor and was happy to share knowledge and experience which helped me develop my skills in trail development. An important lesson he taught me was about the Torrens Title system and how to interpret land tenure detail on 1:50.000 topographic/cadastral

maps. Also, how road reserves, water reserves, travelling stock routes or other crown land could be used to gain access for the Trail or used to negotiate access to other sections of private land. Once understood, access to the landscape opened and you could see how establishing the 1200 km Heysen Trail, or other trails, was very achievable.



Negotiations for Heysen Trail Strip Map 9 – Peters Hill to Barossa Range, had been completed. Working with Fred Brooks from the FoHT, the first 20 km of trail was

The hardest part of negotiating trails was convincing some district councils and landowners that this crown land wasn't part of their property and was available for public access. We spent a lot of time together bouncing round in a Toyota Landcruiser checking road reserves, park, forest and farm tracks plus dirt roads. We walked fence lines and ridges on unmade road reserves or on private land to find the best route for the Trail. It was a bit like a treasure hunt or solving a puzzle. Fortunately we all shared a similar sense of humour and enjoyed comedies such as *The Goons*, *Monty Python and Black Adder*; Terry was good at reciting lines from these shows. Working closely together in a small team we developed our own one liner's, in-jokes and catch phrases which kept us amused and helped when dealing with some tricky situations, a very small number of difficult landowners, and generally helped our sanity while getting the job done.

With only three permanent staff in the ORU, and over 500km of the Heysen Trail still to be negotiated and established, Terry instigated the establishment of an official volunteer organisation. A very successful public meeting was held on 1 June 1986 at the Dom Polski Centre. There was a lot of interest and enthusiasm to assist with completing the Heysen Trail, and from this the Friends of the Heysen and Other Walking Trails (FoHT) was formed.

Following the establishment, workshops on trail construction for volunteers were held at the Mylor Recreation Park, (managed then by the Department of Recreation and Sport).

marked by 20 FoHT volunteers. The ORU provided markers, star droppers, signs and 15 stiles for the project and it was very successful. Sometime in 1987 Colin Malcolm was appointed as the first Maintenance Coordinator. He was very organised and good to work with, organising small groups of volunteers



who, with teachers and students from the Gawler High School, assisted us to complete Strip Map 9.

In 1987, FoHT volunteer Norm Taylor, then Doug Leane, started work in the trail workshop to help produce posts and other trail furniture. They were both retired tradesmen and put in many hours in the workshop as well as field based trail construction.

Terry continued as Manager, Outdoor Recreation Unit, and with his support, around the end of 1987,



- ⤴ *Norm Taylor and Tom Tomasson.*
- ⤵ *Fred Brooks, Dec 1990.*
- ⤶ *Colin Malcolm, June 1989.*
- ⤷ *Waitpinga Sand Ladder, August 1987.*
- ⤸ *Glen Bold Boardwalk, November 1987.*

Apologies for low quality photos - they were sourced from early editions.

both Martin and I became District Managers. We took on higher level work to assist with the Trail negotiations and coordinate volunteer activities. Martin was appointed the Southern District Manager - Cape Jervis to Burra, and I, the Northern District Manager - Burra to Blinman.

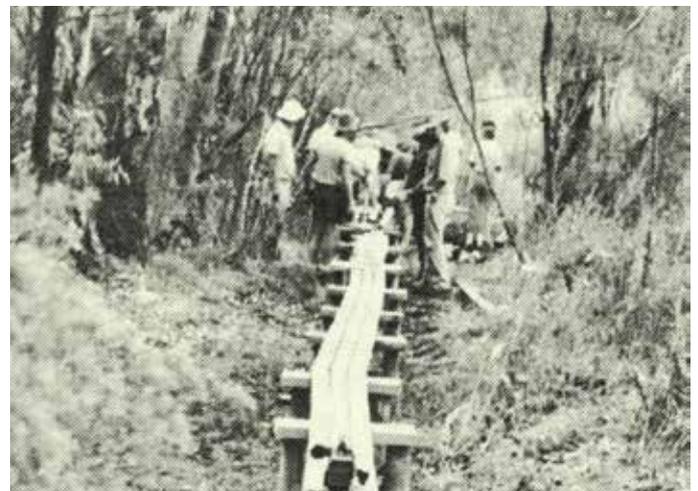
Also undertaken by FoHT volunteers in 1987 was the construction of 180 metres of Dutch Sand Ladder to protect fragile sand dunes at Waitpinga Beach (21 volunteers), and the construction of the first section of the Irish Bog Ladder through a boggy section of the Trail near the Glen Bold property south of Mylor. The Irish Bog Ladder was actually a narrow timber boardwalk and I am fairly sure the name used was an invention of Terry's creative and colourful imagination. Catering for lunch for these projects was provided by Terry's wife, Ann, who would turn up with large pots of hot food for the

people involved. This was a feature of other large volunteer projects and her contribution certainly helped in keeping volunteers happy and getting the job done.

Both projects, and marking of Strip Map 9, demonstrated that with good preparation and supervision, large numbers of volunteers could be mobilised to establish long sections of trail or build structures in a reasonably efficient and cost-effective way. This gave us the confidence to start planning multi-day trail marking trips to establish the Heysen Trail Strip Maps 10 - 15, and other trails.

The result of all this coordinated effort was the completion of the Heysen Trail construction in late 1992, and the Trail's official opening in March 1993.

Special thanks to Robert Alcock for collaborating on this piece.



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Volunteer Profile: Trish Bowie

HOW LONG HAVE YOU BEEN INVOLVED WITH THE FRIENDS?

It began with a secret dream to walk in the Flinders Ranges. Armed with some bush walking experience and buoyed by a couple of friends, the journey to walk the Heysen Trail commenced in May 2009 with the E2E4 group. I guess that makes it 15 years.

HAVE YOU WALKED THE FULL LENGTH OF THE HEYSEN TRAIL?

Initially, the 1200 km walk seemed so far away and inwardly I didn't feel fully confident about achieving my goal. Employed full time in a demanding job, I did wonder if the future weekends away would be unmanageable for me. But on I marched. Wisely my friends and I chose to walk in the 'Roses' group initially, i.e. the slowest group. Over time my stamina and enjoyment of the walks grew and by the time I had reached the third year when weekends away began, I was completely addicted; addicted to the experience; addicted to completing my quest (spoiler alert)... which I did.

WHAT IS YOUR REFLECTION ON THE TRAIL EXPERIENCE?

I soon found there was a lot more to it than just walking. Out in nature away from the desk, the computer,

the responsibilities of my working life and enjoying the scenery with like-minded fellow-walkers was an obvious benefit. Perched on a grassy hill, a rocky ledge or a log, with a good cuppa never lost its appeal. Discovering what existed beyond the bitumen highways and learning about the history and the pioneers who settled the land was inspirational.

WHAT IS YOUR FAVOURITE HEYSEN TRAIL TOWN/REGION?

Visiting the small towns along the way was delightful with Quorn in particular becoming a favourite place. The Trail offers such varied landscapes starting with the Southern Ocean, to rolling hills, to expansive vineyards, to flat dry plains and finally the unique Flinders Ranges. Hills and mountains, long arduous distances, sore feet, aching hips or knees, challenging weather were always quickly forgotten and were utilised as bragging points with family and friends at home.

WHAT WAS YOUR FONDEST MEMORY ON THE HEYSEN?

As we journeyed, the group began to bond and acquaintances became friends. Some friendships have become life-long. As the final stile was mounted, it was with mixed feelings I triumphantly posed for photos. Thrilled to have completed the 1200



kms, I was also saddened that the Heysen Trail, the walk, had ended.

WHY DO YOU VOLUNTEER WITH THE FRIENDS?

Walking the Trail had given me so much and I felt the need to 'give back', and in some small way contribute to ensuring that it continues to be a safe, navigable track to be enjoyed by people of all ages for many more years. I am in awe of the large number of dedicated and committed volunteers who work in various roles to achieve that vision.

May the organisation, the 'Friends of the Heysen Trail' continue for many years to come.

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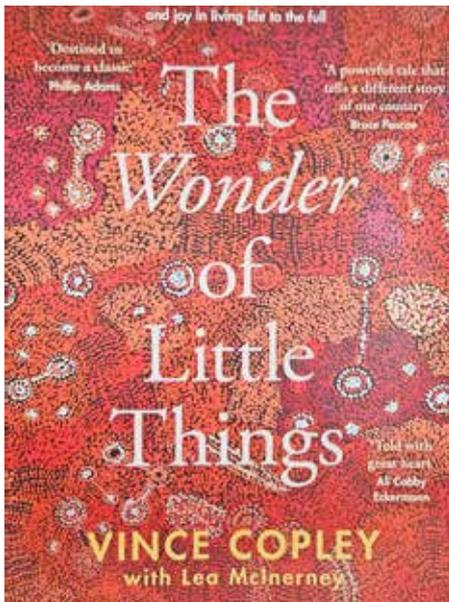
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Elders Past

SIMON CAMERON

Elders past are often acknowledged in welcome to country, but it is not often that you have the privilege to meet with them. As a member of the reconciliation committee, I met Vince Copley AM, senior Ngadjuri Elder in his last year of life. Vince, aged 86, died in January 2022. Just months later his autobiography, 'The Wonder of Little Things,' written with Lea McInerney, was published. Written as a series of stories, reminiscent of my afternoon spent with him where he sat in his favourite armchair, swaddled in rugs, drinking cups of tea.

Vincent believed that all business began with a conversation. The reconciliation committee was asking his permission to employ a linguist to document Ngadjuri name places on the Trail. He was gracious and interested, but I realise now, having read his story, that we should have spent more time telling him about the Trail and let him suggest what would help acknowledge Ngadjuri country. I have learnt much on this reconciliation journey and Vincent Copley helped me understand that the Ngadjuri Culture was rent so far adrift by colonisation, that it will take generations to repair even a small part. He told me he did not know he was a Ngadjuri man until the 1980s.

I realised then that the culture had been on the point of extinction. Vincent was the only surviving grandson of the last initiated Ngadjuri man, Barney Warrior. It was a further shock to read that Barney, born at Orrorroo in 1879, had been initiated by Adnyamathanha elders, in the early 1890s, because there were no Ngadjuri elders left alive.

Conflict, murder, starvation and disease had cut a swathe in just fifty years after colonial settlement. I had already read of indigenous Tuberculosis (TB) epidemics in the 1870s and 1890s. The elderly are the most vulnerable. Vincent's own father died of the disease, as did his sister. TB is still more prevalent in Aboriginal and Torres Strait Islanders.

The Adnyamathanha Elders must have been desperate to help, because Vince was aware that they kept making journeys down to Point Pearce on Yorke Peninsula when he was a child. Vincent vaguely remembered his grandfather, sitting in Light Square, where the Pt Pearce and Pt McLeay mobs would gather in the 1940s, but he was too young to hear his stories. He recalls a white man often sitting with his grandfather – one of three anthropologists who recorded the little that remains of the ancient Ngadjuri traditions and language.

Vincent's story also explains how the health, education and opportunity gap arose in South Australia. He spent most of his life under State Aboriginal Protection Acts that controlled his movements and who he could associate with. Council by-laws added to the restrictions, and then there were the unwritten rules: no loans, no rentals, no school attendance, no hospital admission. Vincent's education was serendipitous.

In 1948 he was in Alice Springs, his multicultural family following work. He was eligible to relocate for a church social program at St Francis House, Semaphore South. Here he joined boys like Charlie Perkins, John Moriarty, Sonny Morey and Brian Butler who all went on to be leaders in the community. He was 12, able to read, and had had a strict education in

doing what was right, but high school gave him only one thing – a love of football. His speed and agility gave him a key to some of the doors that would otherwise have remained closed. Some country towns would welcome a football star, and he found enough farm work and grain lumping to always be independent of Missions.

The 1967 Referendum that recognised Aboriginals and Torres Strait Islanders in the Census, marked a mood for change, which was even more pronounced in South Australia under the Dunstan administrations. Vincent, football coach and captain, used his leadership skills to become an elder for all mobs in Adelaide, establishing social services, cultural committees and working with all manner of politicians and celebrities. All the work was done over a cup of tea I suspect, supported by family and a team of St Francis alumni who never forgot each other.

Vincent's life has opened a window on the Ngadjuri story for me.

When I stand on their country and acknowledge Elders Past, I will be paying my respects to Vincent Copley, and Barney Warrior.

Inspired

Artistic Wandering

MOROCCO

with Niccy & Ayoub

Email us to find out more about our unique 14 days wander April 2025.



niccypallant@gmail.com

The Great South West Walk is a 250km loop out of Portland, Victoria. Joy McDonald shares the Friends' recent highlights tour.

As is a common theme with the Friends of the Heysen Trail, one of the highlights of this walking trip was the friendship & camaraderie of the group.

The tone was set by our valiant leader, Bill van Riet, always warm, welcoming and endlessly enthusiastic! He was ably assisted by Peter Clarke, Paul De Laine and a number of others amongst the group who are experienced FoHT leaders in their own right.

Another feature was a very well-planned week of the 'best bits' of the Great South West Walk (GSWW), as Bill put it, but with the flexibility to change tack to accommodate unsuitable weather conditions or the need for some walkers to choose a shorter option.

DAY 1 - ARRIVAL

The first evening saw some 27 walkers arrive in Portland and gather for a welcome barbecue at the Portland Bay Holiday Park, where most of us were staying. This set the pattern for each evening thereafter, with a post-walk "happy hour" at the barbecue area.

DAY 2 - WALK ONE

Whites Beach to Shelly Beach (17.5km).

Our trusty bus driver for the week was Stuart, who picked us up at 7.30 am and delivered us to the start of each day's walk.

This was a beautiful coastal walk along the cliff tops: spectacular coastal scenery, reminiscent of the Southern Ocean coast of the Fleurieu, Kangaroo Island and Victoria's Great Ocean Walk.

A glorious warm day, blue sky, turquoise water, white breakers and sea spray, with giant wind turbines prominent along the coast. Highlights of the first walk, apart from the

JOY MCDONALD

The Great South West Walk

*Whites Beach to Shelly Beach
Photos: Joy McDonald*

spectacular scenery, included the 'petrified forest' - actually made up of limestone tubes not trees, and the seal colony. Australian fur seals and New Zealand fur seals stayed separate in their distinct groups but close by in the same bay. There were more stunning views as we looked down over the cliffs and beaches of Cape Bridgewater and Bridgewater Bay.



The hike took us down onto Shelly Beach for a refreshing café stop, before the walk along the beach, up through the sand dunes and scrub to the welcome sight of Stuart and our bus.

DAY 3 - WALK TWO

Shelly Beach to Cape Nelson Lighthouse (16.5km).

This walk started at Shelly beach with a forecast maximum of 30°C.

We began with a 2km walk through sand dunes and scrub to be rewarded with the view of a beautiful stretch of beach, Bridgewater Bay! There followed a walk of 4.7km along the beach, fortunately the sand was firm, there was a nice breeze and it wasn't too hot ...yet!

Our morning tea break at the end of the beach was followed by a steep scramble up from the beach into the

sandhills. The rest of the walk was hot, exposed and quite difficult but provided magnificent views of the rugged coastline, beach and the blue, blue sea! Some arches of soap mallee trees were the only shade.

The last stretch was across open ground of rough limestone rock to the historic Cape Nelson Lighthouse, where we called it quits for the day.

DAY 4 - REST DAY

Canoeing.

A change in the weather brought a cool and drizzly day for this lovely

adventure on the Glenelg River at Donovan's Landing.

After a safety briefing we were all kitted out with life jackets and set off on a gentle paddle up the river. On our return to the landing, Paul, Peter and Bill had a delicious barbecue lunch going in no time. These guys are masters of the sausage sizzle!

DAY 5 - WALK THREE

Cobboboonee Forest Park Walk (19.5km)

What a contrast! This was a long, beautiful, peaceful walk amongst the trees and scrub, on wide paths, soft underfoot and lined with beautiful yellow banksias in flower. A kangaroo, some black cockatoos and a leech - sadly, no other wildlife spotted.

That evening the whole group gathered at the local Royal Oak Hotel in Portland, for drinks, dinner and some more socialising!

DAY 6 - WALK FOUR

Nelson Bay to Portland Botanic Gardens (20+km).

Perfect walking weather for this one: cool and sunny.

We started early, just after sunrise, rewarded with beautiful misty views from the Volcanic Islands lookout. More stunning cliff and beach scenery

as we walked along the cliff top path, with lots of steps up and down and many beautiful viewing points. Highlights were Nelson Bay itself, the Enchanted Forest which was very pretty with sunlight filtering through the trees, Point Danger and its growing Gannet colony and some intrepid surfers spotted off the Surf Beach.

The destination, the Botanic Gardens, was a feast of colour with its beautiful dahlia display in full flower.

However there were still a few more kms to walk before we were finally back at the campground. The local Fish'n'Chip van came in that evening so we gathered again in the barbecue area for another lovely casual meal together.



⌚ Above, left: View across Cape Bridgewater.

⤴ Above: The start of the Cobboboonee Forest Park walk.

⌚ Left: The group before setting out on walk.

DAY 7 - BILL'S MYSTERY BUS TOUR

And what an amazing tour it was! Nine stops in all, I think.

1. TARRAGAL CAVES

An interesting network of caves, shelter rocks and sink holes. Of course we only climbed up the steep track to the entrance and didn't go exploring. We were rewarded with great views across to Bridgewater Bay.

2. NELSON

A pretty town at the mouth of the Glenelg River. Apart from the pretty landing with its boatsheds, boats and birdlife, the go-to destination here was the Nelson kiosk-bakery for its signature pies!

3. HELLS HOLE

A short walk in this Native Forest Reserve took us to an impressive sinkhole. Some 45 metres in diameter and 25 metres deep. Apparently it's popular with cave divers!

4. MOUNT SCHANK

A bit more of a walk here: a steep trail up to the rim of this volcanic crater where there were 360° views of the surrounding countryside.

5. CAPE NORTHUMBERLAND

Breathtaking! South Australia's Southernmost point. A windswept rugged coastline with a serious history of shipwrecks.

6. PORT MACDONNELL

We called in at this fishing/holiday town for a café lunch and ice cream and a visit to the local library and its interesting shipwreck museum.

7. "DONALD AND SHEILA'S PRIVATE CLASSIC CARS COLLECTION AND MEMORABILIA"

Words can't describe this crazy eclectic (and eccentric) collection of everything you can think of to collect. Seriously, everything collectable is here. Also an impressive collection of valuable classic cars. Interesting.

8. GLENELG RIVER.

A brief stop for a beautiful view down into the river from above.

9. DARTMOOR

Stopped in the town of Dartmoor for an interesting talk by a local historian and a tour of the War Memorial chain-saw carved trees that line the main road. The townspeople repurposed the World War 1 memorial avenue of trees that were dying and created an avenue of sculptures instead. Very clever, very moving.

What a day! Thanks to Bill for his well thought out mystery tour and to Stuart who drove us all over the place under Bill's direction.

A wonderful day (and week) was capped off with pizzas and a glass of wine around the open fire back at the camp ground.

DAY 8 - FAREWELL

We said our goodbyes and headed for home. Some of us stopped off in Mount Gambier for a look at the sights there.

This was a most enjoyable extended walk/walking holiday with a good mix of serious hiking, some fun sight-seeing and the wonderful friendship of the walkers, all members of the Friends. Huge thanks to Bill (and Peter and Paul) for all the planning and the caring leadership. Well done!



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CONTACT FOR 2025 WALKING TREK DETAILS



⌚ Above, left: Chainsaw-carved War Memorial trees at Dartmoor.
⌚ Above: Walkers in the early morning mist above Shelly Beach.



'Ah well, we'll see how it goes.'

Kevin Moss is over from Victoria to walk our beautiful Trail. He started at the end of May and is expected to be finished by the time this Trailwalker is published. Don't be fooled by Kevin's cool as a cucumber, dulcet tones as he takes us on a 10 - 15 minute vlog of each day on the Heysen Trail. This man makes the grandiose adventure look easy, with a serving of Aussie humour on the side. Great commentary on details that are important to those planning a thru hike and good footage for those who are reminiscing or simply, along for the entertainment.

Recently retired, with some time on his hands he decided to walk the Australian Alps Walking Trail (AAWT), the Heysen Trail and the Bibbulmun Trail...in the one year. With the AAWT and the Heysen Trail under his belt, he's off to do the Bibbulmun before the end of the year. Will he do it? 'Ah well, we'll see how it goes'.

Kevin exudes that sense of joy at being out on the trail, in nature. It's infectious and I couldn't help but smile. If you find yourself enjoying it but coming to the end, fear not! He also has vlogs for the AAWT, the Larapinta, the Grampians Peak Walk and others to keep you entertained.

Check it out:
[youtube.com/@goinferal5815](https://www.youtube.com/@goinferal5815)

Garry Thompson completed the Heysen Trail SOBO on the 29th June, 2024.

The hike was to create awareness for the White Bear Foundation, a registered not for profit organisation established in 2014. Celebrating their ten year anniversary in 2024!



Adam Matthews with the Trailwalker at Kidsty Pike, a fell in the English Lake District, the highest point on the Coast to Coast Path, UK.

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

The foundation conducts leadership weekend workshops for children aged 7 to 12 years and focuses on building resilience and more effective social and communication skills.

The children learn how to become more resilient, deal with bullying which is all carried out under the umbrella of leadership.

Children who attend the workshop may come from diverse backgrounds such as being indigenous, refugee or foster children.

For as little as \$30 a child may be sponsored to attend a workshop, the lessons learnt will support the children now through school and the years beyond.

Learn more:
whitebearfoundation.com.au/



Kate Lives for Adventure

Kate Donald hails from Jindabyne and spends her spare time adventuring in the Kosciuszko National Park and surrounds. She recently thru hiked the Heysen Trail over 33 days and posted upbeat, snapshot vlogs of each day on her instagram account: [@katealice](https://www.instagram.com/katealice).

Kate has authored numerous articles on thru hiking subjects for the WE ARE EXPLORERS website, including advice on snow camping, thru hiking, dog friendly walks (eastern states), gear reviews and specific trail walks.

She is a bundle of enthusiasm!

To read more: weareexplorers.co/author/kate-donald/





JOAN DAVEY

The Perfect Hiking Companion

Photos: Joan Davey

Hiking, running and yoga... worlds that intertwine beautifully. Yoga Director, Joan Davey explains the benefits of Bikram yoga in a hikers world.

I have always loved being in the outdoors and experiencing the meditative effect walking has on me. What I didn't realize was how complementary and beneficial yoga was to hiking and running.

I took up practicing yoga on the advice of someone much younger than me when I was training for a charity run from Melbourne to Adelaide. I was running a youth group, and we were raising money for St. Vincent de Paul. This young man suggested I take up Bikram yoga as it would really help my body cope with long runs (80k a day). Our run was 950 kilometres in 12 days.

Following the run, I started joining in longer walks and found that practicing Bikram really helped my recovery. The postures, and

the sequence of the postures, strengthened my knees and helped loosen tight muscles that followed a hike.

I also noticed that I was learning to tune into my body more. Practicing breathing at the beginning and end of each class became techniques that naturally flowed into my hiking. I noticed I was able to centre myself and bring myself into the present moment. The practice increases your endurance. It taught me to keep going even when part of me thought I couldn't. I noticed I was able to walk longer and further.

Bikram Yoga is particularly effective because it is a disciplined practice that is the same every time you do it. The repetition is a tool that means you are able to get better with each practice.

A yoga practice is really good for hikers because it improves balance, strengthens core muscles (so important for endurance), promotes strength and mobility, reduces tightness in areas affected by long hiking, and improves range of motion and flexibility. Practicing yoga helps you feel more mentally balanced. It helps you relax more.

I started up a walking group with my brother with the aim of completing the Heysen Trail by walking on weekends over several years. We called our group 'Team Martin'. We generally walked about 30 to 40 kilometres a day, usually on a Sunday. Towards the end, we would walk for weekends, and finally, we took a couple of one-week blocks. We were fast walkers. I always started my day with a mini yoga sequence that mimicked Bikram's 26 postures.



Team Martin celebrating at their completion of the Trail, Parachilna.

I finished the day with some stretching, holding the poses for longer though. I am certain doing this kept me injury-free. It also helped me continue the walk even though I have severe arthritis in my feet, and knee problems. I noticed if I missed doing the sequence, I would struggle with knee pain!

Some of my fellow walking buddies took up yoga as well. A few of them have become addicts like me!

I remember many occasions doing mini yoga sequences at different stops on a walk. We even practiced in a pub after a very gruelling day. The owner of the pub still remembers the night we did that – the first time yoga had been practiced in his pub!

.....
Joan is the Director of the Adelaide Hills Bikram Yoga studio in Stirling. 'Team Martin' completed the Heysen Trail in Sept 2018.

For more information on Bikram Yoga: adelaidehillsbikram.com.au


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Best of Heysen on Instagram

Fiona Jayne and friends walking into the mist on top of Mt Bryan.

Submit your photos for the Friends 2025 Calendar for a chance to win a free calendar and bragging rights. Deadline is **Friday 30th August** for submissions. Contact the *Trailwalker* Editor at trailwalker@heysentrail.asn.au

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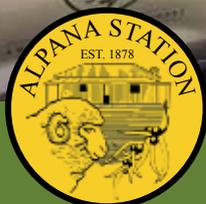
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Crossing paths with the busy and popular Waterfall Gully to Mt Lofty Summit hike, the walk explores some of the less travelled trails, offering the walkers some of the most stunning views of Adelaide and an opportunity to observe the wildlife and enjoy the ever-changing park.

Cleland National Park is open daily.

Free parking at the Cleland Wildlife Park is available.

Submit your favourite short walks to the Editor



OLGA VOLODICHEVA

Favourite Short Walk

Seventh Falls via Chinamans Track and Nangare Track

Photo: Tammy Main

A recent walk I led as a part of the Friends' Trail Starter program is one of my favourites. While relatively short (14.3 km) it is a moderately difficult, undulating loop walk in Cleland National Park. It mostly traverses through the stringybark forest with small trees and shrubs in the understorey. The walk offers plenty of opportunities to spot native flora and fauna, so keep your eyes open for kangaroos, koalas, superb blue wrens, grey fantails, white throated tree creepers and a variety of parrots.

Cleland National Park is an important conservation site in the Adelaide Hills.

Starting from the Cleland Wildlife Park carpark, the walk meanders

through Cleland National Park, joining some of the most popular trails. The trails are shared with trail runners and mountain bikes.

The walk is gently undulating with approximately 488m elevation gain. Walking the Steub Trail for



approximately 2 km in the beginning, the walk joins the Nangare Track, following it almost to Mt Lofty Summit Road, where it makes a turn to Reynolds Drive. The walk follows the Carro, Birrie, SPA and Seventh Falls Tracks, then ascends the Chinamans Hut Track, and follows the Hartford Trail to the Perimeter

Track around the Cleland Wildlife Park, finishing at Cleland Wildlife carpark. Having a map or hiking app or both will help navigate the walk and avoid unexpected walk extensions.

The park is accessible by public transport, Bus Stop 27 Cleland Wildlife Park or stop at Crafers interchange and start/finish the loop on the SPA track, just off Shurdington Road, Crafers.

Nothing beats catching up with fellow walkers at the end of the trail at Cleland Wildlife Park café or in Crafers for a coffee or a meal and/or beverage.

For a printable map go to: parks.sa.gov.au/parks/cleland-national-park#maps

Trailthinker Quiz Answers

1. #3 - Tapanappa to Balquhiddy
2. Mt Sturgeon
3. Grandpa's Camp
4. Northern Trailhead, Parachilna
5. Twenty
6. Portland, Victoria
7. Union Bridge
8. July, 1986
9. Backstairs Passage



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Image: Maggie Moy

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