

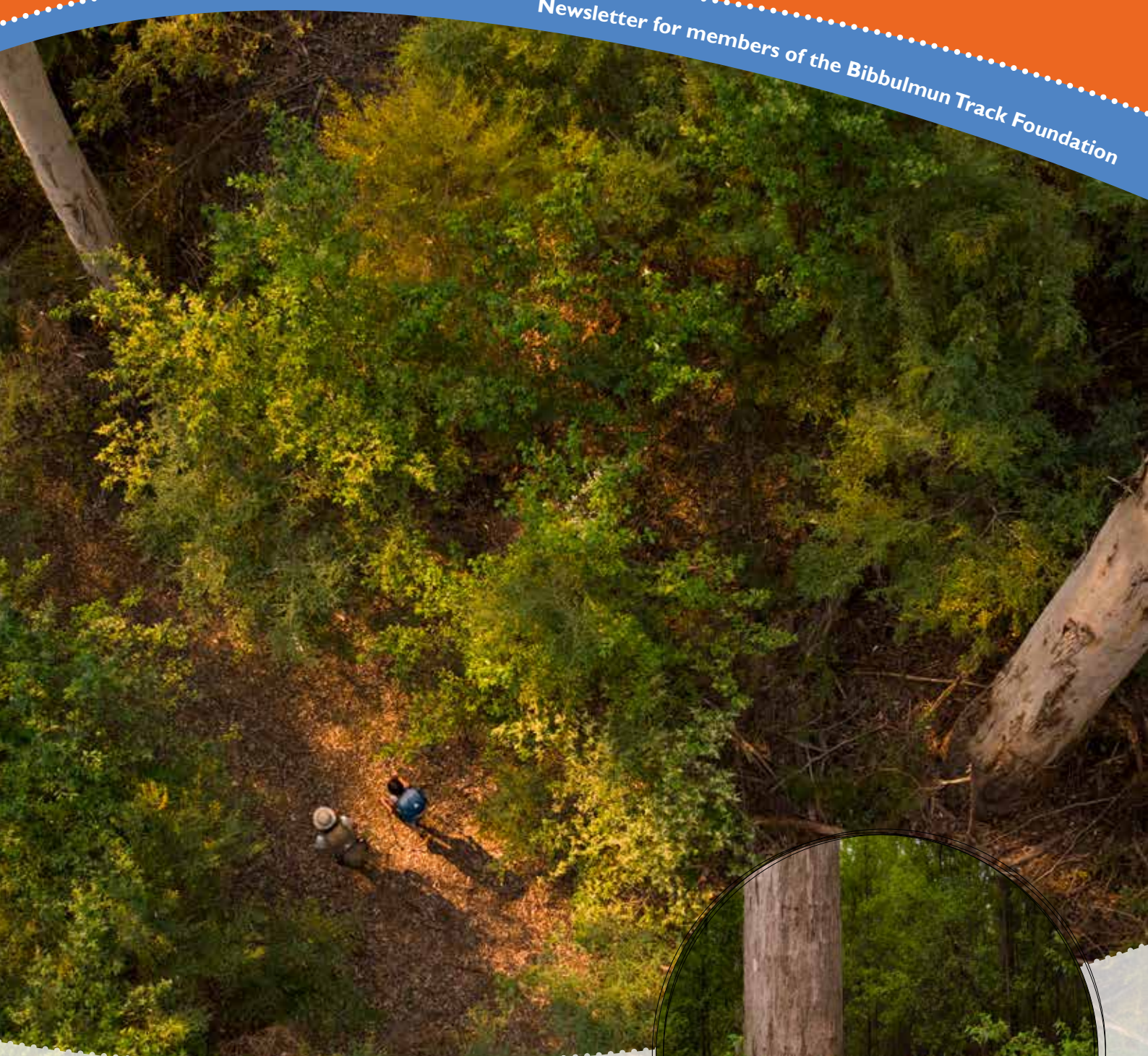
# Bibbulmun

## NEWS

MAY'21 - JULY'21  
ISSUE #86  
RRP \$8.00



Newsletter for members of the Bibbulmun Track Foundation



**Award winning photographer, Salty Davenport, is currently out walking the Track.**

We're looking forward to showcasing some of his amazing photographs in a future issue.

Credit: Salty Davenport



## New Gear for Hire

Hiring hiking gear is a good alternative to spending lots of money on gear, which isn't feasible for many people, especially if you're not sure whether hiking will continue to be your thing. It's also a great way to try equipment to see what you like or don't like before investing in anything for the long-term.

The Foundation has hired equipment for many years now and a generous donation from Ultra Series WA was used to update our packs and sleeping bags.

Our backpacks cater for all sizes including children and we also hire sleeping bags, methylated spirit cooking stoves, foam rubber sleeping mats, and tents. We have a small number of emergency Personal Locator Beacons (PLBs), essential equipment



Tents, sleeping bags and Trangia stoves are available.

for trekking (especially solo hikers) in more remote areas where mobile phone service is not always available. Two food dehydrators are available for members only.

The gear is available to any hiker whether on an event or hiking independently. For more information visit <https://www.bibbulmuntrack.org.au/trip-planner/equipment-hire/>.

The price list for hire is on page 24.

### New Homes for Old Gear

Our superseded gear found new homes with worthy recipients.

The sleeping bags were donated to an organisation that runs camps for Aboriginal youth in foster care, to reconnect them to country and culture.

The backpacks went to one of our Affiliated Organisation members, The Boys Brigade WA, that caters for children and young people during their school years. Part of their program is to develop knowledge and skills for trips into our great outdoors. They also work closely and share resources with The Girls Brigade.

It is very rewarding to see organisations encouraging outdoor activity and growing our future members and volunteers.



Andrew Bailey from the Boys Brigade with BTF Office Manager Ce Kealley and Executive Director Linda Daniels.



Sleeping Bags

## Volunteer Opportunities

If you have some time on your hands and are looking for ways to give back to the Track we would love to hear from you!

We are seeking volunteers to help us in the following ways:

### Training program development

Do you have a training background or good writing skills? We are looking for someone with the right skills to help develop our maintenance training program. This volunteer role will include the collation and editing of documents.

### Maintenance report processing

We are also looking for a special volunteer to help us process our Track and campsite maintenance reports. Ideally you would have some experience as a Bibbulmun Track maintenance volunteer, have a reasonable knowledge of the Track and be comfortable using Excel spreadsheets and email.

We're also seeking volunteers to assist in the office and with marketing (See ad on page 19).

If you'd like to find out more about any of these roles please contact Helen on [volunteer@bibbulmuntrack.org.au](mailto:volunteer@bibbulmuntrack.org.au) or 9481 0551 for more information.



## FROM MY Desk

### Welcome to the autumn edition of Bibbulmun News.

Over the past year West Australians have been getting adventurous and exploring their own back yard in droves and judging by the number of people who have registered end-to-ends recently it appears the Bibbulmun Track has been a popular choice.

We've also been hearing from lots of interstate hikers keen to come to WA to hike the Track when they can, and our trip planning volunteers have been kept busy. Assuming the borders remain open we anticipate a busy walking season ahead.

I've been at the Bibbulmun Track Foundation for over seventeen years and traditionally we have closed our doors for a full month every January to enjoy a break during the summer when it's really too hot to hike.

This year, the enquiries kept coming and no quiet time ensued. It appears that the events of the past year have motivated and inspired a whole new cohort of people to get into hiking and other outdoor recreation activities.

This has been one of the positive outcomes of Covid. It is interesting to see that, while visits to the Bibbulmun Track website are up 20% over the past 12 months, the biggest increase, of 88%, is between people aged between eighteen and twenty-four.

I would like to acknowledge the BTF staff who have risen to many challenges over the past year and kept all our communications, events, Track maintenance, tours, merchandise, memberships and administration running smoothly despite the up and downs of opening, closing and not all being in the office at the same time for more than one day in any given week.

The Foundation would not function without this dedicated team of predominately part-time staff members who collectively represent four full time employees. I am consistently impressed and grateful for their strong work ethic, good humour and genuine passion for the Bibbulmun Track and the Foundation.

I am proud to work alongside them and am sure that our Board, members and volunteers are also thankful for their dedication.

**Linda Daniels**  
Executive Director

Join us on



Thank you!  
THANK YOU!  
Thank you!

A sincere thank you to the following walkers who have generously made donations to the Foundation.

Angela Louciades  
Anita Hearne  
Bernard Glasson  
Bradley Wood  
Christina Prevost  
Christopher Woad  
Gwen McNaught  
Holly Sounness  
Jay Leighton -  
Sotica

Kat Kennewell  
Mark Gardener  
Matthew Hildebrant  
Michael Patterson  
Rachel Silver  
Sharon Chetwynd  
Wendy Payne  
YAHOO Over 55's  
Bushwalking Club

Donations are tax deductible!

Through the National Trust, donations to the Foundation are deposited in a special account and assigned specifically to projects that enhance the Bibbulmun Track's environmental sustainability. The National Trust provides this service for free so you can be sure that 100% of your donation will go to Track projects.

Tax deductible donations can be made online, in person by cash or credit card, or by cheque which can be made out to the Bibbulmun Track Foundation with your name and address. We will then provide you with a receipt from the National Trust receipt book which indicates the donation is specifically for the Bibbulmun Track.

All donations, regardless of the amount, are gratefully received and all help to preserve our beautiful Bibbulmun Track.



### Thank you for the new gear!

Many thanks to Ultra Series WA for the donations used to upgrade our hire equipment.

Ultra Series WA conduct a series of events on the Track and encourage people of all abilities to join in the fun. A total of \$12,655 from entry fees has been donated to the BTF.

Find out more at [ultraserieswa.com.au](http://ultraserieswa.com.au)



# YOUR Letters

Thank-you to all the hardworking admin staff and the Track volunteers, who do such a sterling job in keeping us safe on our treks. It is a privilege to be a member of such a wonderful organisation. All the best for 2021.  
Anna Miller

Jim Baker has agreed to help me plan my E2E walk in 2022. I've just come across his book on the website, which I read and found very useful and inspiring. The book was free to download but I want to make a contribution for the work he put into the book and for the knowledge I gained.

Thanks.  
Brad Wood

## Ode to a Wagul

Oh Wagul I feel so many emotions on seeing you,  
There's a calm "I'm ok", or arrogant "I knew I was right,"  
Or even a dismissive, "too many, don't waste 'em!"  
When I haven't seen you in what seems too long,  
I'm searching for you, pining to spot you in the distance nailed high on a jarrah.  
Then it's a relief, "oh there you are, where have you been?"  
But do we know the pain a Wagul endures, day and night, rain, shine and especially fire?  
Such a friend on the Track, always pointing true, constant and confident.  
Lately I say "thank you" when I pass and raise my pole.  
Really, I'm thanking all the vollies who guide our way,  
they are an invisible friend walking just ahead of me saying "come on, don't miss the turn, just a little further".

*Spotted on Facebook! Posted by Daniel Tannenbaum and printed here with his blessing.*



## PHOTO CAPTION COMPETITION

Send us a caption for this photo of volunteer Mark Davidson during a maintenance trip on the south coast.

The most popular caption will win a prize (judged by our office volunteers!)

Email to friends@bibbulmuntrack.org.au or by post.



Send us your caption!

# Walker Story

## Hobbits Hike for Hospice

BTF maintenance volunteer Brent Offer was one of the very first walkers to complete the whole Track and become an End-to-End. At the age of 17, along with three companions, Brent completed the walk over the summer of 1998/99 raising \$2600 for Princess Margaret Hospital and the Neonatal ward at Albany Regional Hospital. The latter was in memory of Brent's brother who died a few days after birth.

Jump forward to the present day. Brent now has four sons of his own and they have formulated a three-year plan to undertake a marathon walk, following the Bibbulmun Track in part, together with other walk trails, to raise funds for the Albany Community Hospice.

The intention is to walk over six lots of school holidays, wrapping up the adventure in the Porongurup Range.

Their walk started in October last year and in December this was Brent's news:—



From left to right Callum, Brent, Aiden, Michael, Jason

*"My sons and I have so far walked 211km in the October school holidays —across Rottnest Island, then from Fremantle to Kalamunda, following the river where possible. From Kalamunda we took the Bibbulmun Track down to Sullivan Rock and then the Balmoral Track to Jarrahdale. At Easter we will walk 250km from Jarrahdale to Collie. We have raised around \$5500 so far for the Albany Hospice."*

It will be a big effort for the eager pack of hikers, but eldest son Callum

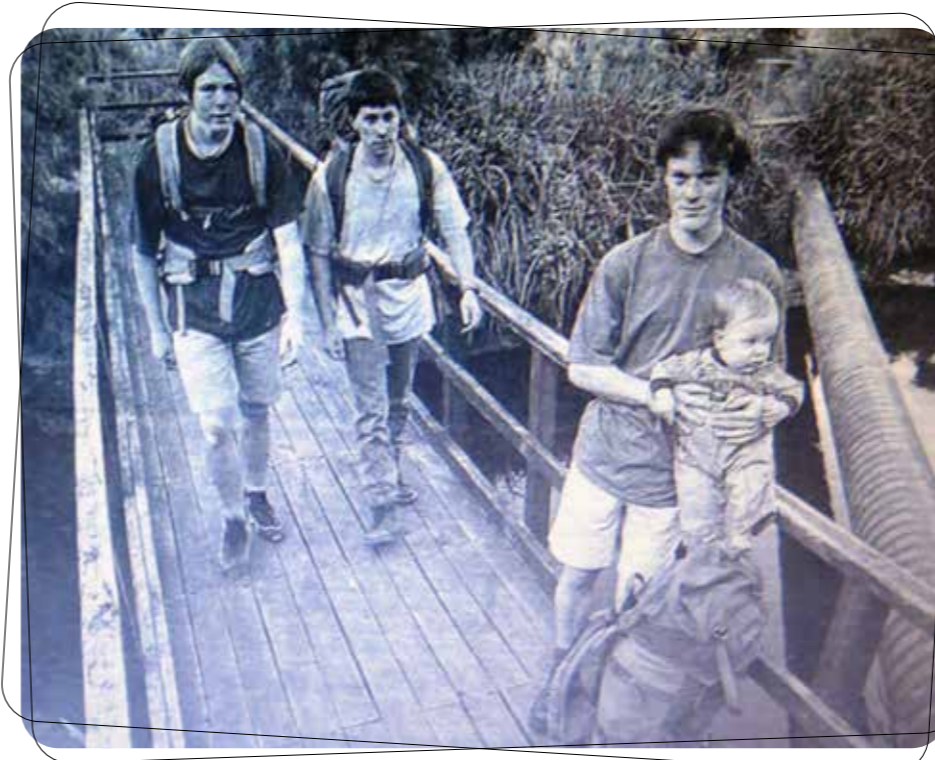
is confident and looking forward to pushing himself in doing his part for a worthy cause.

*"As long as I have my brothers and my Dad to do it with me it should be fun,"* he said.

Albany Community Hospice fundraising chair, Jeanann Barbour, welcomed the initiative. *"We have the only community-run hospice in Western Australia,"* she said. *"And it is the support of the community and people like Brent and his family that make it so special."*

The BTF will be following and reporting on their progress as their walk continues. In the meantime, we wish them every success. You can donate to their cause here Hobbits 1200 Hike for Hospice (<https://gf.me/u/yvn4u7>).

Brent and his friends ready to set off in 1998. Little brother James didn't go!





# Before you go...

## CHECK THE LATEST TRACK CONDITIONS

Before heading out on to the Bibbulmun Track it is important that you check the current Track conditions and are aware of any changes that may impact on your journey. Refer to the Section by Section guide on [www.bibbulmuntrack.org.au](http://www.bibbulmuntrack.org.au) or contact the appropriate Parks and Wildlife Services District (see contact details opposite).

There may be maintenance or construction projects near or on the Track that result in temporary diversions or changes. These will not be marked on your maps. Diversions are usually marked with Waugal trail markers attached to yellow metal posts. If you encounter these when walking, follow these temporary markers, not your map. The diversion will eventually return you to the main trail.

Please remember the Bibbulmun Track is a walking track only. No wheeled vehicles, including trolleys, wheelbarrows, prams or bikes should be on the Track. Please help to preserve the Track and the environment by keeping to *boots only*.

### Prescribed Burning Operations

Parks and Wildlife conducts a program of prescribed burning operations each year. Prescribed burning operations are undertaken for a variety of reasons, including property protection, fuel reduction and biodiversity management.

These burns are carefully planned but may cause some disruption to Track users. Where prescribed burning operations impact on the Track, temporary diversions will be put in place. Prescribed burning operations are dependent on appropriate weather conditions and for this reason dates of burns are not available in advance. For information regarding prescribed burns, please contact the District offices.

### Groups on the Track

Groups of walkers with eight or more members that are staying overnight on the Track are requested to complete a Group Notification online at [www.bibbulmuntrack.org.au/trip-planner/notice-of-intent-for-groups](http://www.bibbulmuntrack.org.au/trip-planner/notice-of-intent-for-groups).

### Car access to the Track

Walkers are reminded that vehicles can only access the Track at designated points. These are marked on the maps and guidebooks as red or green car symbols. Other roads that lead towards the Track might be restricted or have locked gates as they enter disease risk areas. Attempting to access the Track at non-designated points can spread disease or damage wildlife. Please use only the access points marked on the maps and guidebooks.

### LEAVE NO TRACE TIP:

#### BE CONSIDERATE OF OTHER WALKERS

- Remind any non-pedestrian traffic that the Track is for walkers only and report them to the nearest Departmental office.
- Treat the shelters as you would your home - use the brush and rake provided to keep them clean and tidy.
- Avoid blocking the track with tents or yourself during lunch stops or breaks.
- Keep noise levels down at campsites, only use radio with earphones.

### Parks and Wildlife Contacts:

#### Recreation and Trails Unit

[recreationandtrails@dbca.wa.gov.au](mailto:recreationandtrails@dbca.wa.gov.au)  
Ph: (08) 9219 8265

#### District Offices

##### Perth Hills District (Mundaring and Dwellingup)

*Perth Hills District (Mundaring and Dwellingup)  
Kalamunda to the Harvey-Quindanning Road  
Map 1 & 2 and Guidebooks 1 & 2  
Contact Rebecca Hamilton on (08) 9290 6100 or  
mundaring@dbca.wa.gov.au*

##### Wellington District (Collie)

*The Harvey-Quindanning Road to Mumballup  
(Donnybrook-Boyup Brook Rd)  
Map 3 and Guidebook 3  
Contact Nick Evans on (08) 9735 1988 or  
wellington@dbca.wa.gov.au*

##### Blackwood District (Balingup)

*Blackwood District (Balingup)  
Mumballup (Donnybrook-Boyup Brook Rd) to Willow Springs  
(Gold Gully Rd)  
Map 4 and Guidebook 4  
Contact Andrew Sandri on (08) 9731 6232 or  
blackwood@dbca.wa.gov.au*

##### Donnelly District (Pemberton and Northcliffe)

*Willow Springs (Gold Gully Rd) to Pingerup Rd  
Map 5 and Guidebook 5  
Contact John McKenzie on (08) 9776 1207 or  
donnelly.district@dbca.wa.gov.au*

##### Frankland District (Walpole)

*Pingerup Rd to Denmark River mouth  
Map 6, 7 and 8 and Guidebooks 6, 7 and 8  
Contact Julie Ewing on (08) 9840 0400 or  
frankland.district@dbca.wa.gov.au*

##### Albany District (Denmark and Albany)

*Denmark River mouth to Albany  
Map 8 and Guidebook 8  
Contact Luke Coney on (08) 9842 4500 or albany@dbca.wa.gov.au*



## Stephen King

TRAILS COORDINATOR, RECREATION AND TRAILS UNIT

LOCKED BAG 104, BENTLEY DELIVERY CENTRE 6983

TEL: (08) 9219 8265

EMAIL: RECREATIONANDTRAILS@DBCA.WA.GOV.AU



Department of Biodiversity,  
Conservation and Attractions



# Recreation & Trails UNIT

### Dear Readers,

The last few months have seen good progress made on several of the projects funded through the WA Recovery Plan.

The campsite upgrades project is proceeding nicely, with the shelter upgrade works completed at Gringer Creek Campsite, and underway at White Horse Hills. Key items and materials such as water tanks, tables and retaining timbers have been purchased and delivered, and plans have been prepared for works on the Yourdamung, Harris Dam, Gregory Brook, Grimwade, Yabberup and Boarding House Campsites. Shelters that require roof replacement will have a new look, with woodland grey Colorbond® selected as a better fit with the landscape compared to the existing pale eucalypt colour.

The project now has a new manager, with Paul Chauvel appointed to the role following Jayson Puls' move to a position in Geraldton. Sincere thanks again to BTF's Charlie Soord and Mark Davidson for their continued input to the project.

Following a second round of quote requests, Colab Construction has been engaged by City of Albany for the construction of the Southern Trail Terminus. Works are scheduled to commence in April and be completed by end of June. Although somewhat delayed, it is exciting to see this important project proceeding to this stage.

Planning and approvals for the proposed dual-use coastal trail in William Bay National Park are progressing well, with construction anticipated to commence in May. The dual-use trail will serve as the new Munda Biddi alignment, and will also provide a spectacular loop walk when combined with the existing Bibbulmun Track.

Planning and site assessments are progressing for nine realignment proposals within Perth Hills District. Aboriginal heritage surveys and desktop flora surveys have been completed for most of the proposals, with some cleared to proceed to the next stage and some not. Thanks again to BTF's Mark Davidson and Geoff Meates for their work in initiating these realignment proposals and assisting with the planning process.

We have been fortunate to get through summer with relatively few bushfire disruptions to the Track, however the autumn burning season is upon us. Our aim is always to minimise the extent of disruption. However, the safety of Track users will always remain the priority, and I would ask walkers to exercise patience and understanding with the process of safety checks of the Track post-burn, clearing and remarking as required, after which diversions will be removed.

Again, I would like to congratulate the volunteers on an extremely productive period through late spring and summer. Highlights include the



The new roof at Gringer Creek Campsite is in woodland grey.

completion of the Ficifolia Road realignment near Peaceful Bay, further planning for stabilisation work between Conspicuous Beach and Parry Beach, and the not so glamorous job of dressing and painting a truckload of jarrah totem posts. Keep up the good work, your dedication, skills and tenacity are invaluable!

**Stephen King**  
Trails Coordinator



The extended shelters include two water tanks and more seating.



- Be discrete about using mobile and satellite phones.
- Track shelters are available on a first-come, first-served basis. Large groups (8 or more) may only occupy shelters after 6pm.
- Don't light big, smoky fires.



# Eyes on the GROUND

What is your favourite stretch of the Track? Which bit do you look forward to returning to? Which section do you find the most challenging?

The walking experience can be so variable. Season, weather, terrain, aspect and vegetation type all affect the feeling of the day, as can whether or not you're walking solo or in company. It can make a difference if you've walked that part of the Track previously or are experiencing it for the first time. For each of our more than 300 maintenance volunteers, every metre of their allocated section is familiar ground. Someone looks after the section you love. Someone else cares for the bit you hate!

While the Class 4 designation of the Bibbulmun Track reflects the fact that some challenge is inevitable, the maintenance program aims to keep the trail safe, reasonably clear and conserve its basic condition over the years.

Each individual or team is the caretaker of one or more maintenance sections; some have been proudly looking after their section for over a decade. Visiting several times each year, the volunteers carry out all the basic Track and campsite maintenance tasks. They are responsible for pruning regrowth, keeping signage correct, managing erosion control structures, removing small fallen trees and branches and tidying campsites.

Anything beyond the volunteers' capability, such as fallen trees requiring a chainsaw, heavy and severe regrowth, or damaged structures is reported to the appropriate DBCA district office via the Foundation and taken care of by their works staff. In recent years the Support Volunteer team have been able to pick up some of these tasks of intermediate severity, depending on location.

We regularly get walker comments expressing sincere appreciation for the contribution of the maintenance volunteers. If you happen to come across them out on the Track, be sure to add your thanks!

A busy year is ahead for the maintenance program. Already, a short realignment has been constructed at Ficifolia Road near Peaceful Bay (see the article of 28 January on [www.bibbulmuntrack.org.au/news](http://www.bibbulmuntrack.org.au/news)). Planning is underway for the usual six district Field Days and a substantial list of further projects for the SVs. Behind the scenes, there are exciting changes afoot...watch this space!



Helen Grimm and Charmaine Harris review maintenance volunteer records.

## Newmont™

The Eyes on the Ground maintenance program is generously supported by our premier partner, Newmont Boddington Gold.

**JETBOIL**  
**Dream Big. Pack Small.**

**ALL-NEW STASH™**  
**Meet the lightest and most compact Jetboil ever.**

We know your dreams are big and ambitious. Which is why we designed the all-new Stash™ to be efficient and compact, maximizing your pack space without sacrificing that iconic Jetboil performance. At 200g, the 0.8L Stash is 40% lighter than the 0.8L Zip. Time to dream big, and pack small.

Available for purchase at [seatosummitdistribution.com.au](http://seatosummitdistribution.com.au)

**SEATO SUMMIT**  
Distributed Brands



Maintenance volunteers are involved in preparing campsites for the busy walking season.

**Track Transfer & Tour Packages**

We have the ability, knowledge & care to make your walking holiday comfortable, effortless and easy. Locally owned, servicing Northcliffe, Pemberton to Donnelly River Village by 4WD transport.

**Pemberton Discovery Tours**  
Contact Toni +61 427 133335  
**(08) 9776 0484**  
[info@pembertondiscoverytours.com.au](mailto:info@pembertondiscoverytours.com.au)  
[www.pembertondiscoverytours.com.au](http://www.pembertondiscoverytours.com.au)



## BLUE MOON FOREST LODGE

ENJOY SOME LUXURY ON YOUR BIBBULMUN JOURNEY

We will welcome you on arrival and ensure that you are comfortable and that every possible amenity is available to you. Come and have a wonderful holiday or if you are walking the Bibbulmun Track you will not find a better place to put your feet up and relax.

Ideal for families and groups | Full kitchen  
Internet access | Reverse Air Conditioner



**superhost** Consistently receiving 5 star ratings for the quality of our service and accommodation. We invite you to see for yourself why we have **airbnb superhost** status.

### BOOKINGS ESSENTIAL

[bluemoonforestlodge.com.au](http://bluemoonforestlodge.com.au) ☎ 0488 321 470  
1898 Graphite Road, Glenoran, Western Australia, 6258

[bluemoonforestlodge.com.au](http://bluemoonforestlodge.com.au)



**Give back. Get more.**  
Support us. Buy your Membership and receive a **BONUS eGift Card\***

**Entertainment**

#fundraisingwithentertainment

Purchase online  
[www.entertainment.com.au/#membership](http://www.entertainment.com.au/#membership)  
and select *Bibbulmun Track Foundation*

**KEEP YOUR CONTAINERS COMING!**

Every container counts towards our target.

C10279038

**CONTAINERS FOR CHANGE**

**Bibbulmun TRACK FOUNDATION**



# Getting into Gear - Tents

One of the questions we are often asked at the Foundation is “why should I take a tent if there are shelters at the campsites all the way down the Track?”

It is true that every campsite has a shelter designed to sleep between eight and 20 people, however, there is no booking system and no guarantee a spot will be available, so we highly recommend that everyone carry a tent.

There are many other reasons why taking a tent is a good idea:

- they provide privacy and a space to enjoy some solitude
- they are far warmer and protect you from flies and mozzies
- they enable you to distance yourself from any snorers, which can be the difference between a good night's sleep or a nightmare!

Furthermore, when a campsite is closed and a diversion in place, a temporary campsite will be located on the diversion. Temporary campsites only have a water tank and toilet but no shelter, so tents are essential.

When choosing a tent it is important to remember the climate that you are in. While it can get cold in WA it is not a 4 Season environment—i.e. it doesn't snow! In WA I prefer tents that have good breathability; structures that allow good airflow to reduce the build up of condensation inside the tent – which can drip on you all night.

However, the most important aspect of a tent is the weight. It must be as light as possible but still be able to perform in the weather encountered. So in the end it's all about compromise, weight against performance. It is fairly common to find a 3-season tent that weighs under 2.7kg in total. Most tents are made up of two skins, the outer waterproof flysheet and the breathable inner shell, which is attached to a waterproof floor. Single skin tents do exist but they are very specialized and generally used for mountaineering rather than bushwalking.

In choosing a tent you firstly have to ask yourself how you plan to use it. Do you want it to be self supporting? That is do you want the tent to stand up on

its own without the need for pegs in the ground to hold it up. This can be done by creating tension in the poles, a particularly useful feature if you plan to use just the inner erected as a mosquito net inside a shelter. Secondly do you need a one or two person tent and do you need vestibule space i.e. space under the flysheet, for packs and smelly boots? A vestibule space for storage is very handy, particularly for wet or damp gear.

There are three ways to pitch a tent: pitch the inner first, or pitch the flysheet first (often called multi pitch) or pitch flysheet and inner together (often called integral pitch). Most tents are inner pitch first and then the flysheet goes over the top. A lot of bushwalkers like the flysheet pitch first style, as this means you can put the flysheet up first when it's raining and then hang the inner up inside the flysheet, thereby keeping it dry.

Also, I use two separate waterproof dry bags, one for the flysheet and one for the inner, rather than the bag that the tent came in originally. That way you can keep the wet flysheet from dampening the inner and make the size of the tent smaller by compressing the bags to squeeze out the air. It also means the tent can be split up easily between walking companions.

Integral pitch, which often comes with multi pitch tents, is useful in very windy conditions. The inner stays attached to the flysheet and you simply push the poles through their sleeves and peg the tent down, very quick and simple. Sometimes people take only the flysheet from their multi pitch tent, leaving the inner behind to reduce weight. Sea to Summit make a tarp called the Overhang which is essentially a hoochy (like the Army uses) that can be hung between trees and under which you can lay out your sleeping mat and

bag.

Some other things to look for when choosing a tent include seam sealing on the flysheet and the floor, the water head\* on both the flysheet and the floor and the material that the poles are made from—metal alloy poles last at least five times longer than fibreglass poles. Check the type of mesh that is used on the inner, is it small enough to keep out midges and other small biting bugs? How good is the venting—is the tent constructed to allow air to move out and around the tent to reduce condensation and stuffiness? Don't forget tent pegs; it's no use getting a super light tent and then using steel pegs, so make sure that you have light weight alloy pegs that can also be used in sand.

Lastly, it's essential that you practise putting your tent up at home before you leave on your walk and you find yourself having to put up your tent for the first time in the rain and the dark!

## Mike Wood.

Ed note: \*Water head rating is a measure of the waterproof-ness of a fabric. It represents pressure and is the height in millimetres that is required of a column of water before it leaks through the material. Water head is a useful number in comparing two fabrics from two different tents for water resistance. Floors range from 4000-10000 of water head whereas flysheets range from about 1000-4000 of water head. For floors most trekking and hiking tents are 4000 and above. For Flysheets most trekking and hiking tents are 1500 and above.



## Health and Safety for Solo Walkers - Part 2

**BTF member, End-to-Ender and retired maintenance volunteer Stuart Gray is also a retired Olympic physiotherapist. In this second part of his article he discusses the effects that completing an end-to-end has had on some walkers and looks at some further aspects that walkers should bear in mind when attempting a solo end-to-end.**

A postal survey of ninety Bibbulmun Track End-to-Enders in 2003, sixty-three males and twenty-seven females, revealed that over fifty percent were slowed by illness or injury. The most common complaint was blisters, which in one case became infected and resulted in a general septicaemia. There is an important lesson here. Blisters will not get to the big bubble or loss of skin stage if, as soon as a hot spot is felt, the walker stops and applies Fixomull. Nine walkers suffered two or three separate injuries, twenty-three developed injuries to the lower limb, to the ankle, calf, knee, hip or thigh. One developed an infected head wound, one had a bladder infection and one suffered gout.

Similar results were evident during the 2008 BTF 10<sup>th</sup> Anniversary Walk: Nine of the ten of the end-to-end walkers suffered lower limb musculoskeletal pain at some time or another. One had to pull out at Schafer Campsite but was able to resume walking at Pemberton after treatment. There were sixteen falls but luckily no significant injury resulted. Eight walkers experienced tick bites but none were complicated.

So, walking the Track is not a stroll in the park, and injuries can occur. The Anniversary walkers were in a well supported group—the risk is compounded if you are on your own.

Keep in mind the fact that most musculoskeletal injuries are caused by doing too much too soon or for too long, therefore fewer injuries should occur when we are walking alone at our own pace. However, a competitive nature can sometimes overcome our appreciation of the environment.

On the first sign of a muscle or tendon injury ease off or stop immediately so as not to make matters worse or risk turning an acute injury into a chronic situation. The standard first aid treatment of RICE—Rest, Ice, Compression and Elevation should not be too difficult apart from the Ice. In most situations it should be possible to stop and apply a compression bandage and elevate the limb to limit swelling and inflammation. If you are in between shelters it might be wise to use your tent to make camp.

If you can, cool the injury in a water hole, river, lake or ocean. After resting you may feel you can carry on, but in most cases it would be wise to get some treatment until the limb is pain free and rehabilitated. Don't turn your walk into a survival course.

There are light plastic splint sets on the market but if you want to keep weight to a minimum work out what parts of your pack or its contents can make improvised splints. Then imagine types of fracture and practice using the splints to immobilise the joint above and below the fracture. In your first aid courses you will have been shown how to use several triangular bandages to support splints but again, to minimise weight, you might have to improvise with clothing such as sleeves and socks. If you injure your neck and feel that it needs support use a fleece or a thick shirt, laying it flat with the sleeves stretched out before folding the collar down and the bottom third upwards two or three times until the bulk is in line with the sleeves. Apply the folded part of the fleece under the chin before wrapping the sleeves around the neck and tucking the ends under the fleece to secure.

I am often surprised by the number of solo walkers that have predisposing conditions such as raised blood pressure, diabetes, asthma, gout, allergies, joint replacements and so on. However, if they have done the training and have discussed the venture with their GP to make sure they have necessary medication and know the risks then so be it. Of the people that I know to have conditions very few in fact have had a major incident. On the other hand, there are those that

have thought themselves fit and able, without an annual check-up, that have not been able to achieve their goal.

Treat all drinking water with either tablets, a UV light source or by filtering, use antiseptic hand gel and be careful about personal hygiene. I would also advise taking Imodium capsules in case of an attack of diarrhoea. If you do have diarrhoea rest up for the day and drink plenty of water; one or two Imodium capsules usually returns things to normal.

## The Good News—

The 2008 10-year Anniversary walkers were tested before and after the walk for changes to their basic fitness and health. They all increased their number of sit/stand exercises and their step-ups in one minute improved. All walkers lost weight ranging from 3 to 8 kilos, and waist measurements reduced between 2.5 to 10cm. Thigh muscle circumferential measurements increased between 1.5 and 4cm. All had a reduced resting heart rate and improved recovery rate following their step-ups and all but two had a significant reduction in blood pressure.

So, remember “luck favours the prepared” and walk at your own steady pace. Enjoy the experience, it is not meant to be a race nor an endurance test!

## Stuart Gray

(Ed: For part one of this article see *Bibbulmun News* issue #85)



Michael Brown - one of many solo hikers on the Track.

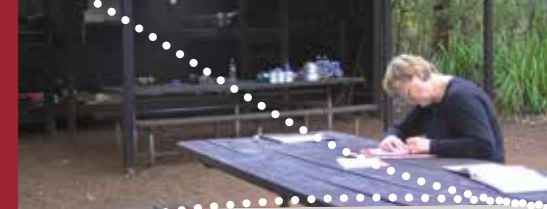


# Yes, they did it!

Our CONGRATULATIONS to the following

57 walkers on completing an end-to-end!

Two from overseas (completed 2012 & 2018) and 55 from WA.



**Safe inside our Western Australia bubble, hikers are taking to the Track! Of the registered end-to-ends, about 20% are Sectionals including several hikes started over a decade ago, proving it's never too late complete an end-to-end.**

Remember an end-to-end is for all who have the desire to walk, so while the average age is around 45, case in point is Hunter Giles-Shanley, 13, who has been on the Track since he was 4! Along with his mother Sophie, they completed their end-to-end over nine years.

## General

The Saying that the trail provides fit my trek to a 'T'. Whether it was spare gas, a dry shelter or just some companionship when burnt-out between towns, the Track provided. A shout out to the volunteers and workers who make this a truly world class Track. What a wonderful asset we have in our backyard.

*Dingo, Ardross*

This was an incredible way to spend my long service leave. It was a complete break from my normal too-busy life and provided a perfect opportunity for me to reassess what is important and what is merely habit. I went south to north as I liked the idea of 'walking home', and this was a good call.

*Phil, Daglish*

Have been walking the Track since 1996, and a few years later Albany to Balingup and many sectional walks in between and then with my son from when he was 6-months old, he has now completed his end-to-end, age 13.

*The False Summiteers, Subiaco*



Hunter Giles-Shanley of the False Summiteers

## Food/Supplies

Dehydrated my Mauritian cuisine, it was delicious, portions should have been bigger.

*Trekker SDF, Edgewater*

Never post washing powder in the same resupply box as instant cheesecake.

*The False Summiteers, Subiaco*

I always carry a block of Lindt chocolate for an after supper treat, and pop-top juice bottles are handy for a small quantity of red wine. It's amazing what food combinations can be quite delicious on the Track - like peanut paste, tuna and dehydrated tomato slices on crackers!

*Honour Mishen, Donnybrook*

## Favorite Section

The three B's-Boarding House, Beavis & Beedelup. Awesome scenery and the lack of reception was very nice. *The Mister Cat, Pinjarra*

Walking through any of the tranquil she-oak (Casuarina) areas - soft under foot, shady and sweet-smelling. *Honour Mishen, Donnybrook*

My favourite section is Balingup to Pemberton. I'm all about forest! Wildflowers and towering trees were magnificent.

*Claire, Sommerville*

## Highlights

Maybe a glutton for punishment but coming off the Pingerup Plains in hail and gale force winds and then getting blown around on Mandalay beach was a highlight... Nothing to do but kept going on and be in awe of the power of nature.

*Master Chafe, Claremont*



Steve Nota (left) and other hikers at the Southern Terminus in Albany.

Watching parasailers and raptors all soaring next to the wind generators on the south coast.

*Phil, Daglish*

Getting to much better understand the country we live in, meet many new like-minded travellers, and return home mentally and physically stronger.

*Craig, Mandurah*

Early morning walking was the best - cool, clean and fresh, in the company of birdsong and with the excitement of the day to come. The first few hours of every day were our faves.

*Bob's Brains Trust, Hamilton Hill*



**Do you have your End-to-Ender BADGE?**  
FREE when you register your first end-to-end!

Name	Track Name	Age	Date Started	Date Ended	Days on Track	Direction	From
Andrew Davoll	Andrew D	61	17/09/20	22/10/20	36	S-N	Dianella
Stephen Nota	Dingo	62	23/05/20	21/10/20	49	N-S Sectional	Ardross
Garry Connell	STOICK	64	14/09/20	27/10/20	64	N-S	Mount Lawley
Christopher Woad	Chris	59	17/06/14	27/10/20	49	N-S Sectional	Claremont
Neil Fox		63	15/10/11	18/10/20	49	Flip flop Sectional	Winthrop
Rob Allen		75	29/07/16	10/10/20	51	N-S Sectional	Churchlands
Peter Mann		71	15/07/11	8/11/20	55	Flip flop Sectional	Thornlie
Patrick Scallan		61	25/08/20	7/11/20	57	N-S	Stratham
Brigitte Julien	Trekker SDF	66	3/09/20	6/10/20	65	N-S	Edgewater
Bob Bode	Bob Bode	60	16/09/20	2/11/20	48	N-S	Dawesville
Chris Fuller	Chris	44	30/08/20	11/10/20	43	N-S	Duncraig
Phil Sutherland	Phil	58	12/09/20	13/11/20	63	S-N	Daglish
Graham Gladman	Clapmack1	61	7/09/20	14/11/20	59	S-N	Highgate
Dominique Fischer		77	28/09/20	13/11/20	47	N-S	East Victoria Park
Rachel Lagdon	Butterfly Wizard	20	28/09/20	7/11/20	41	N-S	Fremantle
Julian Vitalich	Jules	28	23/08/20	16/10/20	55	N-S	Glen Forest
Merel Dalebout		47	12/10/20	24/11/20	44	N-S	Wembley Downs
Sally Milton	Miltos	29	22/07/20	14/09/20	50	N-S	Rossmoyne
Geoff Meates	Geoff & Dolly	70	17/07/20	12/09/20	58	N-S	Lesmurdie
Pauline Shanley	The Queen (aka) Pauline	58	9/09/20	5/11/20	58	N-S	Leederville
Dolly Meates	Dolly & Geoff	52	6/08/05	3/10/05	59	N-S	Lesmurdie
Dolly Meates	Dolly & Geoff	66	17/07/20	12/09/20	58	N-S	Lesmurdie
Guy Millman	Guybees	59	19/04/18	20/11/20	37	N-S	North Fremantle
Craig Salt		57	13/03/20	8/11/20	57	N-S	Mandurah
Selene Moonbeams	Moonbeams	63	6/09/20	13/11/20	69	N-S	Bellevue
Irene Brown		65	22/09/20	28/11/20	68	N-S	Belmont
Rod Brown		65	22/09/20	28/11/20	68	N-S	Belmont
Gary Gibbon	Gary G	66	10/10/20	7/12/20	50	N-S	Margaret River
John McConnell	Mac and DJ	62	4/09/20	19/10/20	46	N-S	South Perth
Tom Clippingdale		57	23/03/19	30/11/20	43	S-N Sectional	East Perth
Tanya Gawthorne		50	13/09/20	8/11/20	47	N-S	Subiaco
Nick McCaffrey	Nicindie	57	29/09/18	14/11/20	52	N-S Sectional	Byford
Jonty Clarke	Jungle Joz	19	13/09/20	10/11/20	59	N-S	Mt Clarence
Cameron Davis	The Mister Cat	32	2/11/20	20/12/20	49	N-S	Pinjarra
David Broughton		75	30/04/19	9/12/20	40	N-S Sectional	Kalamunda
Kath Norcross	Bob's Brains Trust	52	9/10/20	6/12/20	59	N-S	Hamilton Hill
Howie Gaskin	Bob's Brains Trust	46	9/10/20	6/12/20	59	N-S	Hamilton Hill
Steve Biggs	Steve b	57	2/04/09	2/01/21	N/A	Flip Flop Sectional	Dudley Park
Saxony McArthur	Sax	38	8/06/18	7/08/18	57	N-S	Christchurch
Raul Raiter	Raul/Paul	72	17/03/15	30/10/20	N/A	N-S	Dianella
Matt Higgs		36	31/08/20	5/11/20	54	S-N	Forrestfield
Jo Clippingdale		55	23/03/19	30/11/20	43	S-N Sectional	East Perth



# Yes, they did it! (cont'd)

Name	Track Name	Age	Date Started	Date Ended	Days on Track	Direction	From
Sophie Giles	The False Summiteers	47	20/12/96	10/10/20	57	Flip flop Sectional	Subiaco
Hunter Giles-Shanley	The False Summiteers	13	18/12/11	7/10/20	57	Flip flop Sectional	Subiaco
Christopher Burke	Burkey	42	30/10/11	16/12/12	48	N-S	Pontwalby
Richard Lyons		66	30/08/18	22/11/20	68	N-S Sectional	Wembley Downs
Ben Nixon		17	21/11/16	27/02/21	57	N-S Sectional	Plantations North
Matt Hildebrandt		46	21/11/16	27/02/21	57	N-S Sectional	Innaloo
George Purser		17	21/11/16	27/02/21	57	N-S Sectional	Wongan
Shendelle Mullane	Honour Mishen	53	26/09/09	24/01/21	57	Flip Flop Sectional	Donnybrook
Claire Petit	Claire	31	15/09/20	31/10/20	47	N-S	Sommerville
Frank Trybulec	Frank.T	57	19/05/20	21/10/20	50	Flip Flop Sectional	Rockingham
Gary Dennis	Phatmandu	65	24/04/16	12/02/20	50	Flip Flop Sectional	Hillarys
Gary Dennis	Phatmandu	65	13/02/20	30/10/20	30	N-S	Hillarys
Graeme Cotterill		59	20/08/29	20/11/06	47	N-S sectional	Busseton
Peter Shooter	Shoots	61	20/07/02	20/09/04	65	N-S	Fremantle

Day one at the northern terminus in Kalamunda felt like a first day of primary school. Another memorable moment is when I reached the ocean after a few weeks on the Track. I spent two hours contemplating the shore while having peanut butter and chocolate. Yes, the whole jar.  
*Claire, Sommerville*

Lying on logs watching the red-tailed cockatoos, seeing the ocean for the first time. Seeing the helmet and mosquito orchids and the abundant wildflowers in some sections. The regrowth after fires was something special to witness.  
*Shoots, Fremantle*

## Personal Reactions

Being one with nature... what a wonderful creation we are fortunate to enjoy! Lost track of time and things that I needed to do (our busy lives) and just enjoyed each day at a time!  
*Patrick, Stratham*

I loved being part of the land for so long. We didn't live off it but it's contours and weather impacted us every minute. Although I was born in Australia, now I feel like I truly belong, I have lived and

loved the land and been accepted by it in return.  
*Tanya, Subicoo*

Didn't realise that there would be so much bliss to be found in reducing the number of choices we needed to make on a daily basis. It really gives you the freedom to be in the moment with your surroundings, but also a rude shock on return to the real world! Simplicity rules.  
*Bob's Brain Trust, Hamilton Hill*

Glad to be done, it was such a journey, thanks to my mother. Sophie. for taking me on it and fostering a love for the bush.  
*The False Summiteers, Subiaco*

## Wildlife

The bird life, particularly the red and white-tailed cockatoos, blue wrens, as well as the surprises of snakes towards the end were highlights. I loved the quiet of the early morning and listening to the calls of the birds.  
*Master Chafe, Claremont*

Much is spoken about snakes on the Track. Seeing 14 snakes between Lowlands Beach and Albany is an experience not to be easily forgotten,

but what will certainly remain etched in my memory forever was visiting the dunny at Muttonbird campsite and finding a large tiger snake coiled around the pedestal with its head in the bowl of disinfectant. As can be expected, my turnaround time in the dunny broke all records!  
*Neil, Winthrop*

## Comparisons with other Walks/Countries

The Bibbulmun feels more remote at times than say the Cape-to-Cape or Hadrian's Wall. Not seeing someone for three days doesn't normally happen on hikes I have been on in the UK, Switzerland, or even Kilimanjaro.  
*Chris, Claremont*

Different, but as good as Camino, Coast to Coast, Larapinta, Great South-West Walk.  
*Geoff & Dolly, Lesmurdie*

## Your Best Equipment

My Garmin InReach Mini worked brilliantly as tracker and messaging terminal (with SOS capability). I was never out of touch with family and friends, and they could follow along at home as I walked.  
*Phil, Daglish*

My best equipment was my walking poles. Kept me upright most of the time.  
*Nicindie, Byford*

The Guidebooks.  
*Steve B, Dudley Park*

## Worst Equipment

My stomach - no matter how much dehydrated food and trail snacks I pumped into it, it simply wasn't enough to satisfy its selfish needs!  
*Clapmack1, Highgate*

Phone charger, it was heavy.  
*Sax, Christchurch*

## Advice for Others

Hike the track when you can and know that after the pain and fatigue you will be glad that you achieved something good; and why not do it again, and...  
*Rob, Churchlands*

Expect a Bibbulmun challenge every day.  
*Irene, Belmont*

If you feel the itch, then give it a good scratch by getting out there.  
*Gary G, Margaret River*

Do it. Grab a hold of life and give it a shaking and scream "give me all you got".  
*Jungle Joz, Mt Clarence*



Bob Lyons rings in his end-to-end at the Albany visitor centre.

# The Perfect Mother's Day Gifts

## Some great ideas for that special mum!

Buy Mum a Bibbulmun Track Foundation membership this Mother's Day. With heaps of benefits including a membership pack, free and discounted events, discounts on Bibbulmun Track merchandise, equipment hire, Track service providers, and more—this is the perfect gift that keeps on giving!

We have a huge range of Bibbulmun Track merchandise from our online store—you will be spoilt for choice. Includes tote bags, T-shirts, phone covers and other great gifts from Redbubble!

Check out our full range online at [www.bibbulmuntrack.org.au/shop/](http://www.bibbulmuntrack.org.au/shop/)

## Bibbulmun Track Headsox

Uniquely designed Bibbulmun Track Headsox. With 12 versatile ways to get your head around Headsox, they are perfect for any activity.

RRP \$25.00  
Only \$21.50 for members

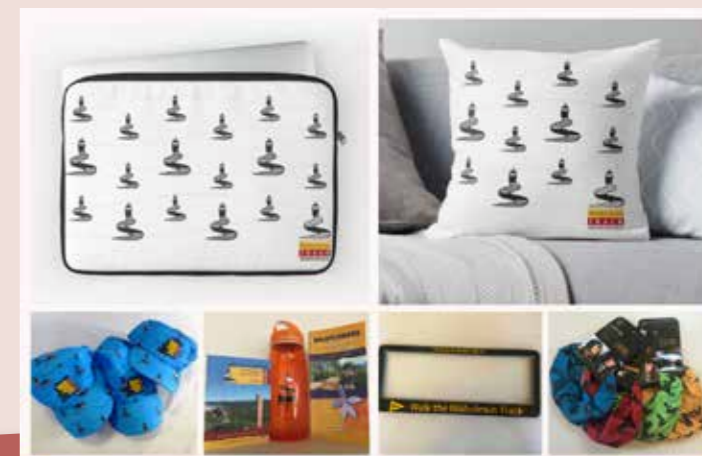
## Bibbulmun Track Number Plate

Let Mum show off her love for the Bibbulmun Track with this exclusive set of number plate frames!

RRP \$22.00  
Only \$20 for members

If it is just too hard to decide then let Mum choose for herself, with our Gift Voucher. She can book into an event on her own, or take you along and you get to spend a day hanging out with Mum! All our events can be found at:

[www.bibbulmuntrack.org.au/walk-the-track/events-calendar/](http://www.bibbulmuntrack.org.au/walk-the-track/events-calendar/)



Gifts Any Mum Would Love on Mother's Day

[WWW.BIBBULMUNTRACK.ORG.AU](http://WWW.BIBBULMUNTRACK.ORG.AU)



# Accommodation, Tours and Services

Please support the Walker Friendly Businesses that support the Track.

🏠 ACCOMMODATION 🍷 CATERING 🚗 TRACK TRANSFERS 🛠 EQUIPMENT SUPPLIER



BUSINESS NAME	TOWN	TYPE	PHONE NUMBER	WEBSITE
Albany Bayview Backpackers YHA	ALBANY	🏠	(08) 9841 8848	albanybackpackers.com.au
Albany Harbourside Apartments	ALBANY	🏠	(08) 9842 1769	albanyharbourside.com.au
Dunmoylen House B&B	ALBANY	🏠	(08) 9842 5235	dunmoylen.com.au
Rainbow Coast Taxis	ALBANY	🚗	(08) 9844 1115	rainbowcoasttaxis.business.site
Lewana Cottages	BALINGUP	🏠	(08) 9764 1016	lewanacottages.com
Southampton Homestead	BALINGUP	🏠	0412 229 564	southamptonhomestead.com
Woodlands of Balingup	BALINGUP	🏠	(08) 9764 1272	balinuptourism.com.au
Time Travel Tours & Transport	BALINGUP/DONNELLY RIVER	🚗	0417 099 268	facebook.com/TimeTravelToursandTransport/
Mandia B&B	COLLIE	🏠	0417 179 260	mandia.com.au
The Colliefields	COLLIE	🏠	(08) 9734 2052	colliefields.com
TraaVerse	COLLIE	🚗	0417 654 426	traaverse.com.au
Whispering Pines B & B	COLLIE	🏠	(08) 9734 3883	whisperingpinesbandb.com.au
Boddington Retreat	BODDINGTON	🏠	0422 441 973	boddingtonretreat.com.au
Blue Wren Travellers' Rest	DENMARK	🏠	(08) 9848 3300	denmarkbluewren.com.au
Cape Howe Cottages	DENMARK	🏠	(08) 9845 1295	capehowe.com.au
Denmark Co-Operative	DENMARK	🚗	(08) 9848 1200	denmark-coop.com.au
Denmark Forest Retreat	DENMARK	🏠	0438 938 798	denmarkforestretreat.com.au
Nutkin Lodge	DENMARK	🏠	0419 953 780	nutkinlodge.com.au
The Cove	DENMARK	🏠	(08) 9848 1770	thecovechalets.com
Windrose B & B	DENMARK	🏠	(08) 9848 3502	windrose.com.au
Donnelly River Holiday Village	DONNELLY RIVER	🏠	(08) 9772 1244	donnellyriver.com.au
Blue Moon Forest Lodge	GLENORAN (DONNELLY)	🏠	0488 321 470	bluemoonforestlodge.com.au
Banksia Springs Cottages	DWELLINGUP	🏠	(08) 9538 1880	banksiasprings.com
Dwellingup Adventures	DWELLINGUP	🚗	(08) 9538 1127	dwellingupadventures.com.au
Dwellingup Retreat	DWELLINGUP	🏠	0422 441 973	dwellingupretreat.com.au
Dwellingup Transfers	DWELLINGUP	🚗	0473 924 680	facebook.com/dwellingup
Jarra Forest Lodge	DWELLINGUP	🏠	0402 615 235	forestdiscoverycentre.com.au
Mundaring Weir Hotel	MUNDARING	🏠🍷	(08) 9295 1106	mundaringweirhotel.com.au
Karri Country Good Food	NORTHCLIFFE	🏠	0455 628 097	karricountrygoodfood.com.au
Karri Hill Cottages	NORTHCLIFFE	🏠	(08) 9776 7349	karrihillcottages.com
Forest Lodge Resort	PEMBERTON	🏠	(08) 9776 1113	forestloderesort.com.au
Marri House	PEMBERTON	🏠	0438 447 795	marrihouse.com.au
Pemberton Discovery Tours	PEMBERTON	🚗	(08) 9776 0484	pembertondiscoverytours.com.au
People & Parcel Movers	PEMBERTON	🚗	0448 544 784	peopleparcelmovers.com.au
RAC Karri Valley Resort	PEMBERTON	🏠	1800 871 570	parksandresorts.rac.com.au/karri-valley
ManjiShuttle	PEMBERTON/DONNELLY RIVER	🚗	0457 356 177	facebook.com/manjimup.omnibus.service
Compleat Angler & Camping World Rockingham	PERTH (ROCKINGHAM)	🏠	(08) 9528 5255	facebook.com/compleatanglerandcampingworld
Perth City YHA	PERTH	🏠	(08) 9287 3333	yha.com.au
Che Sara Sara Chalets	WALPOLE	🏠	(08) 9840 8004	chesarasara chalets.com.au
Coalmine Beach Holiday Park	WALPOLE	🏠	(08) 9840 1026	coalminebeach.com.au
Walpole Track & Trail Transfers	WALPOLE	🚗	0429 784 924	facebook.com/Naturallywalpole

GUIDED TOURS & EVENTS		
Adventurous Women	1300 388 419	adventurouswomen.com.au
Didier Walks	0410 756 065	didierwalks.com.au
Dirty Feet Tours	0401 578 002	dirtyfeettours.com.au
The Eco Therapist	0428 920 656	facebook.com/theecotherapist
Inspiration Outdoors	(08) 6219 5164	inspirationoutdoors.com.au

GUIDED TOURS & EVENTS		
Off The Beaten Track	0417 128 896	offthebeatentrackwa.com.au
Simply Trekking	0427 058 866	simplytrekking.com.au
The Hike Collective	0413 173 794	thehikecollective.com.au
Walk into Luxury	1300 662 452	walkintoluxury.com.au

# Walker Story The Moore Family

Long-time members of the BTF, End-to-Enders and maintenance volunteers Richard and Pippa Moore recently received their 20-year long service awards for their services to the Track. This is the story of their association with the Bibbulmun Track over those years.

Camping has been a long-time tradition for the Moore family. As far back as 1987, well before the current Bibbulmun Track was constructed, they camped in the Donnelley Valley. This became a tradition and as the family grew they would spend most Easters camped by the rapids seven kilometres south of One Tree Bridge. In 1998 they noticed people walking past their campsite on the then brand new Bibbulmun Track and their interest was aroused. The following year they set off with their three children to walk from Karri Valley to the Boarding Hose Campsite.



The Moores with their three children, Peta, Tash and Anika 1999

From then on they developed the addiction disease that affects so many of us that love the Track! From the year 2000 they took regular walks on the Track during the school holidays and became maintenance volunteers, responsible for looking after the section of the Track between Old Gordon Rd and Graphite Rd (One Tree Bridge). Once they had adopted their section officially, Pippa and Richard took the children on many working trips on the Track.

Calling themselves "The Moore Clan", by 2007 the family had all completed a sectional end-to-end walk of the Track.

Daughter Tash is the family artist, and many regular walkers will be familiar with her depictions of the family in the red registers.



Tasha's artwork July 2004



Group of year 9 students at One Tree Bridge in 2005

In 2010 Richard and Pippa set out on their own end-to-end walk, which they completed in 60 days.

Their dedication to the Track has been amazing and the Foundation salutes their efforts and thanks them, and all the other volunteers who give their time and effort to the Track.

**The world needs more people like you!**

End-to-end 2010 completed





# Vollie Corner - SV team



Helen Grimm

The Foundation's Support Volunteer or SV team was formed in 2014 to supplement the sectional maintenance program.

Volunteers joining this team may come with skills such as carpentry and building, experience with chainsaws and brush cutters, engineering or planning; or they may simply be happy to chip in wherever required. SVs are available to help the Maintenance Volunteers with tasks on their sections, assist at Field Days, construct realignments and have been involved in some impressive repair and upgrade projects.

There are currently 42 volunteers on the team (most are also sectional Maintenance Volunteers). Coordinators Mark and Charlie put a significant amount of time into planning, scheduling, sourcing materials, safety considerations and on-the-ground organisation. Others such as Ross, Geoff and Alex contribute to the engineering and coordination of particular projects.

While most SVs are based in Perth, those living in the regions provide really valuable local support for both the sectional maintenance and SV programs—these include Nigel, Alex, John, Ian, and Wes. They even have their own catering specialists in Captain Paul and Jing. Special mention must also go to one of the more recent recruits, Isadora, the battery-powered wheelbarrow!

**Helen Grimm**  
Volunteer Manager



Bill packs the trailer at Beavis Campsite.



Nigel working at River Road Bridge.

SVs help sectional volunteers with erosion control.



Some of the participants on the Conspicuous Cliffs project.



Charlie and Ross take a break at River Road Bridge.



Lari works on River Road Bridge.



Construction starts on box steps in the Quarram Dunes.



Upgrading erosion control near Kalamunda.



Geoff and Mark shooting the breeze.



Ian enjoys some down time.



Isadora (the electric wheelbarrow) leads the way.





## FOR SALE

### TYVEK TENT GROUND SHEET

Tyvek is widely used as a groundsheet for protecting the bottom of your tent. It is breathable, waterproof but very tough.

It is made from high density polyethylene fibres and has a similar feel to paper with a high strength to weight ratio. See [www.bushwalk.com/forum/viewtopic.php?f=53&t=23794&mobile=on](http://www.bushwalk.com/forum/viewtopic.php?f=53&t=23794&mobile=on) for a discussion on the difference. Sold per metre off a 3m wide roll. 61g per square metre, white. \$20 per metre for BTF members. \$25 per metre for non-members. Technical data sheet available at <https://insulation.com.au/data-sheet-download?pid=4459>. This style (homewrap) is more waterproof, more durable and therefore longer lasting than the 1443r style of Tyvek (which is more suited to waterproof stuff sacks).

**Contact: Steve**  
**Email: [events@bibbulmuntrack.org.au](mailto:events@bibbulmuntrack.org.au)**

## FOUND

### HEADLIGHT

At Helena Campsite on 02/09/2020

**Contact: Michael**  
**0427 850 883**

## Want to advertise on our notice board?

Free for members – just log into your profile on the Bibbulmun Track website. Click the Notice Board & Classified tab under the News tab.

Non-members, please phone or email us to arrange your adverts.

**Cost is \$5 for 3 months.**

All items will be deleted from the website after three months if not renewed.

**Phone (08) 9481 0551 or**  
**email [friends@bibbulmuntrack.org.au](mailto:friends@bibbulmuntrack.org.au)**

### SUNDRY ITEMS

Two (2) Macpac Small Daypacks (1 purple; 1 blue)  
One (1) Macpac Cycling Backpack (Green)  
One (1) 70L Pack Raincover  
One (1) Women's Macpac Black Waterproof Jacket Size 10  
One (1) Women's Kathmandu Leather Hiking Boots Size 41 (European)

All items in good condition, mostly as new – Boots are older but have plenty of life left in them.

**Contact: Yolande**  
**0427 303 130**  
**Email: [perthwinter@gmail.com](mailto:perthwinter@gmail.com)**

## LOST

### JETBOIL MINIMO SKIRT COVER

Skirt cover / Measuring cup / Bottom cover - Lost early October 2020 between Hewett's and Mt Dale campsites.

**Contact: Deb**  
**0438 973 698**  
**E: [deborahdeb88@gmail.com](mailto:deborahdeb88@gmail.com)**

# Prize WINNERS!

## CONGRATULATIONS TO THE WINNERS OF OUR MONTHLY MEMBERSHIP PRIZE DRAW

### September

**Nick Brownjohn** received a Travel Clothesline.

### October

**Richard Curtis** received an Accessory Case.

### November

**Mark Foley** received a Nano HeadNet.

### December

**Ross James** received an Accessory Case.

### January

**Michael Marsh.**

### February

**Lizzy Anderson.**

*Unless otherwise stated all the prizes were donated by Sea to Summit and we thank them for their generous support.*



# TRACK TOWN - NORTHCLIFFE

The quiet little towns of Northcliffe & Windy Harbour are the hidden gems of the Southern Forests & Valleys region, located 298km from Perth by road, or 653km from Kalamunda, 351km from Albany on the Bibbulmun Track. Northcliffe is a great base for a short 3-day, 2-night walk from Pemberton, or for those after a genuine wilderness experience enjoy a week's hike following the track to Walpole.

In July 1924, James Daubney arrived in Albany by ship from England to take up a block at Northcliffe under the Group Settlement Scheme. The "land of milk and honey" he was told. The settlers arrived to a long, rough overland journey through the towering karri forests they would be required to clear to make their new homes and farms. Some flourished, many left due to the hardships.

The Daubney family stayed and prospered, becoming global leaders in ethical dairy production with their renowned Bannister Downs Dairy Farm milk being packaged just ten metres from where their happy and contented cows are milked. Discover the history of the Group Settlement of this region daily from 10am to 3pm at Northcliffe's Pioneer Museum. For those interested in geology or fossicking, the Museum is also home to the George Gardner Collection, a wonderful display of rocks and fossils from throughout the state.

The towering forests of the region can be explored on foot or mountain bike on the Bibbulmun Track, the Munda Biddi Trail or in the Northcliffe Forest Park, a 240ha nature reserve on the doorstep of town. You can also follow

the 5km return trail from the historic Boorara Tree to Lane Poole Falls where the Canterbury River cascades over granite during the wet season. The new Warren Blackwood Stock Route offers an opportunity for visitors to explore Shannon NP by horseback.

Over time Northcliffe has transitioned from a booming timber town to a vibrant nature-based and cultural tourism destination. Understory Art in Nature, open daily, is a unique 1.2 kilometre ephemeral sculpture walk trail established in 2006. Understory continually evolves and provides a connection with the spirit of place, providing visitors with an immersive experience in Northcliffe's majestic forests. The Painted Tree Gallery is open daily at the entry to Understory showcasing a series of exhibitions by talented local artists.

In the early 1790's, French explorer Admiral Bruni D'Entrecasteaux sailed past this Noongar country in his search for La Perouse. After circumnavigating Australia, D'Entrecasteaux sighted the high limestone cliffs and named them Point D'Entrecasteaux.

Today, Pt D'Entrecasteaux is one of several popular destinations in D'Entrecasteaux National Park spanning 130km of spectacular coastline, much accessible only by 4WD. Several 2WD access points and viewing platforms can be found at Windy Harbour, Cathedral Beach, Pt D'Entrecasteaux, Tookalup and Salmon Beach. All of these locations also happen to be perfect places to relax with a fishing rod and a bottle of local 10 Chains Estate or Hillbrook wine while the sun sets over the Southern Ocean.



Northcliffe Understory. Credit: Francis Andrijich

Windy Harbour is a settlement of 219 holiday cottages and a nature-based campground, a great base for a relaxed, peaceful coastal getaway.

Just 15km south of Northcliffe, Mt Chudalup is an ancient block of granite 187 metres high which provides fantastic 360° views over the surrounding national park to the ocean. This monadnock is home to a range of flora including some that are only found here.

The Northcliffe Visitor Centre is open daily 9am-4pm and stocks Bibbulmun Track walker supplies, maps, reference and local history books and gifts. The Visitor Centre also offers a second-hand book swap station, and vehicles can be left in our carpark for the duration of your walk. Drop in to sign the Bibbulmun Track logbook, book at TransWA ticket, pick up your supply parcel or ask our staff (all local residents!) anything you need to know about the region.



Windy Harbour & Salmon Beach. Credit: Francis Andrijich

**Would you like to join our team?**

Love the Bibbulmun Track?  
Do you have general office admin, marketing or communications skills?  
Enjoy interacting with People?  
Available at least one day per week?

If you have a reasonable knowledge of the Track, any of the skills mentioned above and would like to join our amazing team contact Ce on [admin@bibbulmuntrack.org.au](mailto:admin@bibbulmuntrack.org.au) or 9481 0551 for more information.

## Please support our Walker Friendly Businesses in Northcliffe

Karri Country Good Food  
(08) 9776 6707

Karri Hill Cottages  
(08) 9776 7349





# Thank you to all of our 434 volunteers!

The combined contribution of all our volunteers keeps the Track clear and safe, the office humming, our events superbly organized and led, the records from campsite logbooks transferred to a database, brochures distributed through locations around the state, the Track user counters checked regularly...and more! Huge thanks to all of you for being part of the team.

The annual volunteer recognition functions were held in Perth, Albany and Peaceful Bay in November. At these events, special presentations were made of Long Service Awards and annual rewards.

## Long Service Awards

These recognize the commitment and loyalty of our long serving volunteers. Volunteers making a contribution to the Foundation for 5, 10, 15 and 20 years were recognized.

### 20 YEARS

Tony Jennings  
Pippa Moore  
Richard Moore  
Sylvia Mutch  
Robert Mutch

Peta Maiklem  
Patrick McManus  
Libby Pardoe

### 10 YEARS

Merryl Alexander  
Greg Arnold  
Jenny Arnold  
Ben Blomfield  
Ken Brownlie  
Carol Brownlie  
Jack Busch  
Ashley Carruthers  
Michael Carter

### NOLA CHAMBERLAIN

Margaret Clark  
Anthony Cole  
John Fathers  
Susan Hansen  
Beth Hutchison  
Rose-Marie McNamara  
John McNamara  
Dianne Moody  
Kerry Ovens  
Jeff Ovens  
Beth Sawers  
Ross Simpson  
Jessica Wolff



Tony Jennings was recognized for 20 years of volunteering at the annual DBCA awards



Pippa and Richard Moore have been volunteering for 20 years



Peaceful Bay morning tea for Frankland district volunteers

## Annual Volunteer Rewards

Recognizing individuals who record 100+, 300+ or 500+ volunteer hours in the financial year. Over the 2019-20 financial year a total of 30,921 hours were contributed.

### 500+ HOURS

Mark Davidson  
Geoff Meates  
Charles Soord  
Ross Simpson  
Charmaine Harris  
Christian Mau  
Hedley Amos  
Graham Murdoch  
Gary Ceriani  
Gordon Roberts  
Sue Lee  
Lari McDonald

Paul Harris  
Susan Soord  
Colin Gee

### 100+ HOURS

Elsie Grygiel  
Helen Grimm  
Susan Freeman  
Maryanne Addenbrooke  
Anthony Schlink  
Sandra Ceriani  
Donald Hill  
Jim Baker  
Richard Clayden  
Trish Bird  
Stephen Smythe  
Bill Shaw  
Gerry Killian  
Bill Hewitt  
Colleen Clayden  
Ce Kealley  
David Scott  
Richard Clare  
Jack Busch  
Mike Cosson  
Evelyn Patman  
Judi Smith

### 300+ HOURS

James Freeman  
Ian Rae  
Nigel Pilgrim  
Tim McGrath  
Isabel Busch  
James Young  
Chris Lee  
Jing Xie  
Alex Williams  
Anthony Cole  
Robert Allen  
Peter Addenbrooke

Wes Fokkema  
Marita Johnson  
Daniel Tannenbaum  
Peter Whittle  
David Bridger  
Michael Marsh  
Phil Lehmann  
Beth Hutchison  
Patrick Tremlett  
Greg Arnold  
Jenny Arnold  
Garry Connell  
David Broughton  
Mar Knox  
Michelle Ryan  
Derek Callow  
Sylvia Cheung  
Michael Carter  
Ron Greenhalgh  
Dave Currell  
Jan Howie  
Guy Spouge  
Teresa Eldridge  
Margot Lowe  
Denise Hilsz  
Sue Verran  
Daphne Bastow  
Beryl Allen



Volunteers gathered at the morning tea in Perth



Volunteers at the Perth event recognized for their contribution

Volunteer morning tea in Perth





# PHOTO COMPETITION WINNER

**Parks & Wildlife Services sent us this photo of Helena Joey in her new temporary enclosure.**

“I’m a celebrity get me outa here!” - Pam Chitty

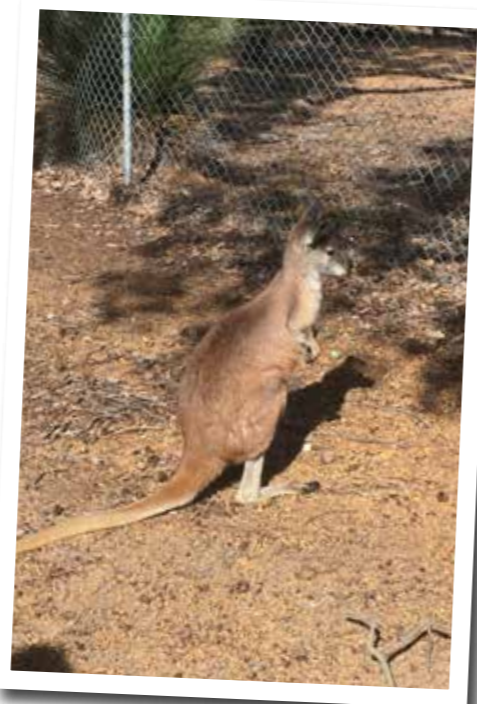
“Mark, can you approve my ‘Go 2Pass’”

“I’ve done my ISO in temporary accommodation, had no visitors and I am really looking forward to wandering out yonder now, although I will miss Helena, and the hiker company and chats.” - Deb Mickle (who had a few close encounters with Miss Joey at Helena Campsite!)

**And the Winner Caption is...**

“Quarantine doesn’t suit me! I’ll bounce back to the Bibb in 2021...”  
- Clinton Ten Vaanholt

**A prize is in the post Clinton!**



# Favourite Short Walk ETMILYN SIDING TO DWELLINGUP

**Map 2 - Difficulty: Grade 3**

**Distance: 9.9km one way | Time: half day or more**

**Starting point:** Etmilyn Siding station. Today’s walk includes a train ride through forest and farmland on the Hotham Valley Tourist Train.

The train departs twice daily from Dwellingup Station on Saturdays, Sundays and public holidays, so be sure to check online when planning your trip. Take the Forest Train from Dwellingup Station and hop off at the Etmilyn Siding to begin the walk

This 9.9km one-way walk starts at Etmilyn Siding station and weaves in and out of beautiful jarrah forest to reach Dwellingup town centre.

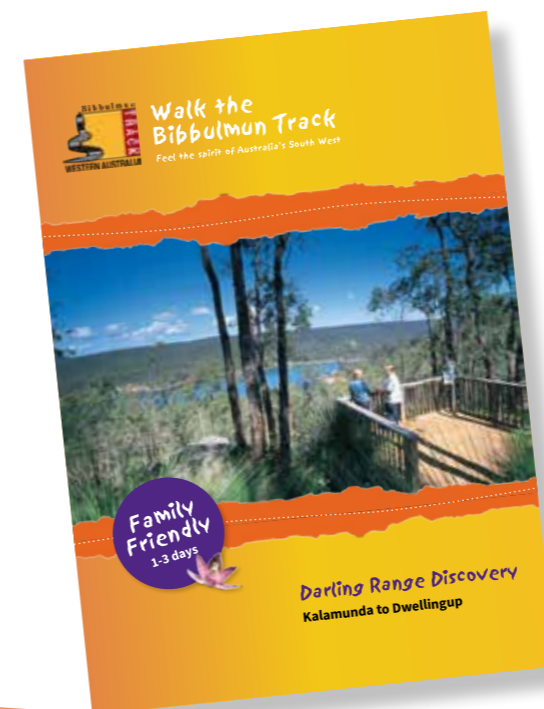
This section of the Track closely follows the railway, giving you a glimpse into the region’s timber milling past. You are walking through the area that was devastated by the

bushfires of 1961 and a memorial on the side of the Track to the townsite of Holyoake, a settlement that was never rebuilt, is a reminder of the dangers of fire in the bush.

After your walk, reward yourself with a tasty lunch at one of the town’s cafes before heading to the Forest Discovery Centre. Here you can learn about local native plants and wildlife or wander through the forest canopy on the 11m high treetop walkway.

## Day Walk Itineraries

This is one of the family friendly walks in the Darling Range Discovery itinerary which covers Kalamunda to Dwellingup. You can find this and other itineraries on our website.



## Track Tucker - Bacon, Baked Beans & Hash Browns

I usually work out how many meals I want of this and adjust ingredients to fit.

### Ingredients (for one serve):

- 2-3 rashers of bacon (minimal fat)
- 1-2 hash browns
- ½ cup baked beans
- 1-2 slices of bread – toasted and cubed

### Method:

1. Finely chop the bacon and fry until crisp.
2. Add the hash browns and cook until lightly browned.
3. Add the baked beans and cubed toast and mix together in a casserole dish.
4. Bake for 30-minutes in a moderate oven at approximately 180-190°C.
5. Cool slightly, crumble and dehydrate until dry to the touch.

To rehydrate, cover with hot water and leave for 1-2 hours (or overnight), reheat before eating.  
Enjoy!



## WEEKLY EQUIPMENT HIRE PRICES

ITEMS	MEMBERS	NON-MEMBERS	BOND
BACKPACK (ADULT)	\$35.00	\$40.00	\$300
BACKPACK (CHILD)	\$35.00	\$40.00	\$150
SLEEPING BAG & LINER	\$25.00	\$30.00	\$170
SLEEPING MAT	\$5.00	\$8.00	\$30
TRANGIA METHO STOVE	\$25.00	\$30.00	\$120
JET BOIL ZIP GAS STOVE	\$40.00	\$45.00	\$150
DEHYDRATOR	\$40.00	N/A	\$280
TENT	\$45.00	\$50.00	\$150
PLB	\$40.00	\$50.00	\$300
PLB (E2E 2 MONTHS)	\$200.00	\$250.00	\$300

**All prices include GST and are for one to seven days.  
A bond is required prior to hiring equipment**

**Payment may be made by cash, cheque or credit card.  
For all enquiries contact the Foundation: Tel: 9481 0551**

**Email: friends@bibbulmuntrack.org.au  
or download the booking form on our website under  
Trip Planner / Equipment & Hire**

## FREE Trip PLANNING ADVICE

Going on an extended walk or end-to-end?

Our free trip planning advice service is just one of the many benefits of being a member.

Experienced walkers will help you to plan your journey. If you can't make it into the office, then this service is also available via email. This is particularly popular with our interstate and international visitors.

## HAVE YOU CHANGED ADDRESS?

Help us save time and postage and update your details. Hop onto our website, log in and update your details under My Account. You can also upload a pic of yourself!

Not sure how?  
Visit our Website Help page under Contact Us at  
[www.bibbulmuntrack.org.au](http://www.bibbulmuntrack.org.au)

Otherwise call us and we will update your profile for you.



# Upcoming Events

## Marching Maidens

Enjoy the beauty of the jarrah forest as you spend three days hiking in one of the most scenic sections of the Bibbulmun Track. This ladies only event is great for those completing a sectional end-to-ender or those yet to explore the Track beyond Mundaring in the Perth Hills. Transport included.

**Date:** Sat 24th to Mon 26th April  
**Where:** Murdoch Park'n'Ride  
**Rating:** Experienced  
**Cost:** Members early bird \$195;  
 Members 205;  
 Non-Members \$230

## Over the Hill (1)

An introductory level 10km return walk for the over-60s to a typical Bibbulmun Track campsite with an experienced guide. BYO lunch.

**Date:** Wednesday 28th April  
**Where:** Near Kalamunda  
**Rating:** Beginners  
**Cost:** Members free;  
 Non-Members \$20

## Bibbulmun For Beginners

The perfect introduction to overnight bushwalking, discover the tranquillity of the bush as you explore a relatively easy section of the Bibbulmun Track. We walk approximately 8km each day and camp out under canvas at a typical Bibbulmun Track campsite. Our experienced and friendly guides will teach you all you need to know about walking and camping and give you the confidence you need to venture out on your own. Hire gear available at no extra cost on this overnight Trek.

**Date:** Sat 8th and Sun 9th May  
**Where:** East of Armadale  
**Rating:** Beginners  
**Cost:** Members \$155;  
 Non-Members \$175

## Women's One Night Escape

Time for a fun weekend on the Bibbulmun Track. Gain confidence, outdoor skills and new walking friends as you don a backpack for a weekend escape on the Track. We walk 11km on both days, spending Saturday night at the newly rebuilt Helena campsite

perched over the stunning Helena valley. Finish the next day with a chance to have a relaxing afternoon at the local pub. Includes experienced guides, comprehensive planning night, trip preparation manual, map and equipment hire. BYO food. Own transport to Mundaring.

**Date:** Sat 15th to Sun 16th May  
**Where:** Near Mundaring Weir  
**Rating:** Intermediate to experienced  
**Cost:** Members \$150;  
 Non-Members \$170

## Walking with Dad Weekend

Kids grow up so quickly and before you know it, they have flown the nest! Savour this time by creating as many wonderful memories together as possible. Our Walking with Dad and Walking with Mum weekends have been thoughtfully considered so they are enjoyed by parents and kids (8-13yrs) alike. Together you will enjoy two walks through the magnificent jarrah forest and camp overnight at a Bibbulmun Track campsite. Here you will learn bush and camping skills from our experienced guides and perhaps enjoy some marshmallows roasted over the fire. These events are guaranteed to be fun, fun, fun with long lasting memories for you all. The perfect opportunity to get outdoors with your kids.

Includes trained guides, map, comprehensive planning night, trip preparation manual and equipment hire. BYO food. We have organised return transport for from Murdoch Park'n'Ride rail terminal.

**Date:** Sat 15th to Sun 16th May  
**Where:** Murdoch Park'n'Ride  
**Rating:** Beginners  
**Cost:** \$205 members (1 adult & 1 child); Non-Members \$240



Walking with Dad Weekend



Ramble & Paddle

## Ramble and Paddle

A fantastic walking and paddling weekend escape in Dwellingup.

Two adventures wrapped up in one weekend! This is one of our favourite events. Forget the heavy packs; enjoy a rewarding 14km walk on our Track with only a day pack. You will have time to enjoy some of the local attractions and a fascinating tour of the historic Marrinup POW camp before a tranquil paddle down the Murray River. Includes accommodation, breakfasts (other meals not included), guided POW tour, experienced guides, canoe equipment and instruction, return transport from Murdoch Park'n'Ride rail terminal, as well as all transfers over the weekend.

**Date:** Fri 28th to Sun 30th May  
**Where:** Dwellingup  
**Rating:** Beginners  
**Cost:** Members \$295 (early bird);  
 Non-Members \$340

## Wandoo Flats and Rocky Faces

A three-day walk through fabulous wandoo and jarrah forest with outstanding views from the top of Mt Cooke. This 3-day trek is an excellent way to spend the long-weekend. A great event for sectional End-to-Enders trying to fill in the blanks. Food not included. We have organised return transport from Murdoch Park'n'Ride rail terminal.

**Planning night:** Thur 17 Sept at 6:30pm  
**Date:** Sat 5th to Mon 7th June (long-weekend)  
**Where:** Murdoch Park'n'Ride  
**Rating:** Intermediate  
**Cost:** Members \$230;  
 Non-Members \$260

More events and all bookings are available online at:  
[www.bibbulmuntrack.org.au](http://www.bibbulmuntrack.org.au)

# The Nyoongar Seasons

There are six seasons in the Noongar annual cycle each corresponding to changes in the landscape and while not tied to fixed dates on the calendar are loosely tied to two-monthly periods.

## Djeran Season of adulthood

**Autumn: April-May, Ant season. Time to repair housing and shelter.**

In April we move into the season of Djeran when the hot weather comes to an end, the nights become cooler and winds are lighter. Djeran is a time of red flowers especially from the Red flowering gum (*Corimbia ficifolia*), as well as the smaller and more petite flowers of the Summer Flame (*Beaufortia aestiva*).

As you travel around the Perth area, you may also notice the red rust and seed cones forming on the male and female Sheoaks (*Allocasuarina fraseriana*). Banksias start to display their flowers, ensuring that there are nectar food sources for the many small mammals and birds that rely upon them.

Traditionally it was the time to repair *mia mias* (shelters) before the rains arrive. Traditional foods included seeds from the Zamia palm, root bulbs of the Yanget (*Bullrushes*), freshwater fish, frogs and turtles.

## Makuru Season of fertility

**Winter: June-July. Time to move inland. More food available.**

In June we move into the season of Makuru, the coldest and wettest time of the year. As the waterways filled people were able to move about more easily and thus their food sources changed from sea and estuarine foods to those of the lands in particular the grazing animals such as the kangaroo (*Yongar*).

*Yongar* also provided *bookas* (animal skin cloaks that were used as the nights became much cooler).

Nothing was left; even the bones and sinews were used in the manufacturing of *bookas* and for hunting tools such as spears.

Flowers that will start to emerge include the blues and purples of the Blueberry Lilly (*Dianella revoluta*) and the Purple Flags (*Patersonia occidentalis*).

Source: <http://www.bom.gov.au/iwk/calendars/nyoongar.shtml>



# Social Sunday walks

Free for members. See booking conditions online.

WALK RATINGS:  BEGINNERS  INTERMEDIATE  EXPERIENCED		
DATE	DETAILS	RATING
6 June 2021 @ 9:00am	16km return walk from Cosy Corner (Torbay) to Shelley Beach Lookout	
13 June 2021 @ 10:30am	11km return walk from Mundaring Weir to Ball Creek Campsite	
27 June 2021 @ 9:00am	17km return walk from Brookton Hwy to Canning Campsite	
4 July 2021 @ 9:00am	15km return from Mt Cooke Pines to Nerang Campsite	
18 July 2021 @ 8:30am	23.5km return walk from Perth Hills Discovery Centre to Helena Campsite (Fit and experienced walkers only!)	
1 August 2021 @ 8:30am	20km walk from Kalamunda to Hewett's Hill Campsite (Fit and experienced walkers only!)	
15 August 2021 @ 8:30am	21km return walk from Brookton Hwy to Mt Dale Campsite	

**Bookings for each walk will open one month prior to each walk.**

Book online, or contact the BTF office for a booking form. Bookings cannot be made over the phone.





# Track Trivia

## Hello Fellow Bibbulmun Tragic!

As I don't do a lot of bush walking these days, I get my vicarious pleasure listening to the stories of those that do—and of course it's always the trials and tribulations of walkers that make the most entertaining tales. This is a brief account of the first three days of a (then) inexperienced trekker called Bob, setting out on an end-to-end from Albany. It is a good illustration of the saying "if it can go wrong, it probably will!"

### Day 1.

"I started out late, having left my fleece and gaiters in Perth and had to replace them. Then an uneventful walk to Sandpatch."

### Day 2

"Decided to double-hut to Torbay and met a walker on the Track who asked if I thought I could do it before the storm hit. Storm—what storm? All went well until I reached Torbay Inlet—which had been breached the day before! I crossed at the third attempt and despite a close encounter with a tiger snake made it to the campsite just before the storm, which shook the shelter with giant hands."

### Day 3

"Couldn't get to sleep because of the storm, then dropped off and overslept, so missed out on my planned early start. Got away and on emerging on to Shelley Beach Road felt an urgent desire to relieve myself. I turned along the road, found a convenient spot and immediately a DEC ute appeared."

"Track's down there, mate," said the helpful driver, and watched as I made my way back, in considerable discomfort, to the point where I could slip into the bush and complete my ablutions."

I was now doubting whether I could make Nullaki before dark. I plodded slowly along and arrived at West Cape Howe, where I sat and considered my options. After much careful thought I then committed myself to one of the most misguided things I have ever done—to press on to Nullaki. The terrain was tougher than expected, storm clouds built up, the wind became a gale and the rain started to lash down. Wet foliage was tangling around my feet, fatigue set in and I was moving at a snail's pace. As if that wasn't enough, the Track became alive with tiger snakes. I kept urging myself to hurry but be very careful not to fall—and suddenly found myself lying flat on my face, my nose an inch from the soil with a 26kg pack holding me down fast. A headline flashed through my mind, "Hiker found dead on the Bibb Track, snake attached to his nose". I struggled up and pressed on, the Track cleared a bit and I found a bench to sit on, pulled out my map and tried to figure out how far I still had to walk. My head torch splashed a circle of light on its surface, and once I got my glasses perched on my nose, I was able to make out the line of the Track. A strong gust of wind wrapped the map around my head and for an instant, with its edges flapping furiously behind me—in a gale, in a rainstorm with lightning nearby—the thought struck me that maybe this was not the best way to hike the Bibbulmun Track. I proceeded with caution, not willing to take another fall, lose the path or tread on a snake. The wind had eased, but the rain persisted in intermittent showers. I willed myself along, regretting missing the fantastic views along the way, but in all honesty all I cared about was getting to the shelter. I was sopping wet and shaken by my folly of walking at night, in a gale, in the pouring rain.

Suddenly, I was there. A sign at the side of the Track indicated the spur to the campsite and I walked a hundred metres or so to the shelter. I have never been so relieved to arrive anywhere, and I was pleased to find it empty. The thought of arriving late and disturbing slumbering hikers had worried me, but as it was so late in the season, I was pretty confident I would be alone.

I stripped off my sodden clothes, donned my thermals, my fleece and my beanie, heated up some water and cooked up a dehydrated meal. Then I erected my tent on the sleeping platform, laid out my mattress and sleeping bag. I crawled inside and was asleep in minutes.

All credit to Bob, even after that traumatic start he finished his end-to-end and has since become an experienced walker who has completed many trails. For beginners at the game of bush walking the tale does have a few pointers about what to do—or not—when preparing to take on the Bibbulmun Track. Check you've got all your gear before you start, check the weather and the Track conditions, don't overestimate your capabilities and don't weigh yourself down with too much in your backpack!

The incident with the DEC ute does remind me of an old adage about the Track that applies particularly to men who find solitude difficult to handle—after all you can spend a number of days and nights out there and see no other humans at all. For some of us, me included, this is one of the attractions of the bush, but if you get lonely, try these two solutions.

1. On the Track, prepare to relieve yourself against a convenient trailside tree. At the first sound of your zipper at least three people will appear on the Track, two of whom will be female.
2. In a shelter, take everything from your pack and distribute it at random on all available flat surfaces, taking up as much space as possible. This will guarantee the almost immediate arrival of six members of a walking club who are intending to overnight.

Meanwhile stay well and stay safe!

Happy Walking,  
WWJ



# REFLECTIONS FROM THE REGISTERS

## FRANKLAND ARTWORK: SWAMP OAK:



Andicoot 12/09/2017  
(Ed: Something many walkers can sympathise with!)



Jo 19/10/2020

### Guide to Snoring:

Rating:

0—The Imperceptible Breather: The only minor inconvenience of this species condoning a mention is determining if they are actually alive. Generally welcomed in all shelters.

1-3—The Delicate Snuffler: Shy and reclusive, the snuffler is noted for nocturnal emissions akin to the sound of a quokka being tickled by a feather. More human sounds may include "oohs", "aahs" and the like.

4-6—The Conspicuous Rumbler: A more complex specimen. While still able to be accepted for cohabitation in a shelter, its snoring sometimes peaks above normal volume of speech. If this occurs, wear ear plugs or force the Rumbler into a tent.

7-9—The Jackhammer: At this level ear plugs become useless, as the volume becomes too high for mere mortals to sleep. If coercion fails, retreat to your own tent, at least 30 metres distant.

10+—The Colossus: Very rare but undeniably real, the Colossus can cause a shelter to shake and the surrounding trees to tremble. Walkers should not approach such a sleeping specimen as their hearing could be permanently damaged.

Cooee Katie 27/05/2017

Love the improvements made at this campsite. Well done!

Ross L 24/10/2019

Fantastic work on the extensions. Now a great hut—many thanks for all the work on the upgrade.

Anon 01/06/2019

Day one on my first solo hike on the Track, stopped here for breakfast and to enjoy the serenity. This hut is impeccably maintained and a gorgeous place to rest and take stock. Thank you!

Safari 27/09/2020

To all those people who walked behind us this morning and didn't get covered with spiders' webs—you're welcome! Beautiful hike and great campsite.

Cai & Angus 19/10/2020

## MURRAY:

When a black cat crosses your path, you can be sure it's going somewhere.

The Mad Axeman 20/05/2020

A real concern in this part of the world are hoop snakes, which dwell in the hilly areas around Dwellingup. Lying in wait on the top of a hill, these reptiles, on spying a tasty morsel below, bite their own tails and roll down the slope. At the last moment they release their tails and strangle the victim to death. These snakes are rarely seen but must be treated with great caution. Anyway, you all have a good day.

Ethan 25/05/2018

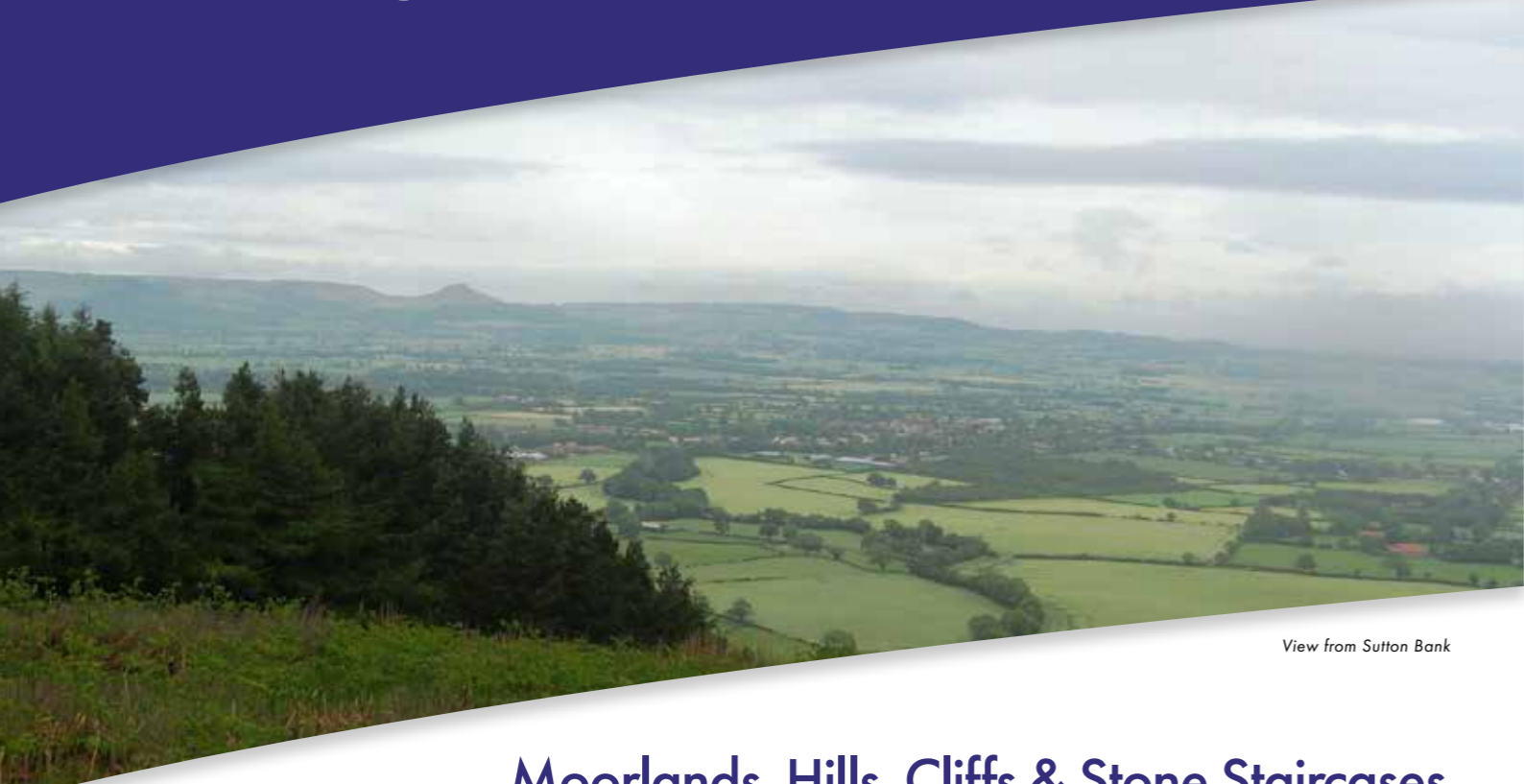


## LEAVE A LASTING LEGACY...

Include a gift for the Bibbulmun Track Foundation in your will and help ensure the Bibbulmun Track is maintained for generations to come.



# Trailing around the world



View from Sutton Bank

## Moorlands, Hills, Cliffs & Stone Staircases - The Cleveland Way

by Jim Baker

*A few years back BTF volunteer Jim Baker and three friends set out to walk the 177km Cleveland Way, having their luggage moved on ahead of them, carrying day-packs and staying in comfortable accommodation each night.*

The Cleveland Hills rise sharply from the moors of the North York Moors National Park, in northeast England. The Cleveland Way stretches from the town of Helmsley northwards to the coast, and then swings southeast to follow the coastline to the seaside town of Filey. It was opened in 1969 and is the second oldest national trail in Britain.

The first few days involve walking through beautiful pastureland and bleak moorland, with some tough hills to climb. The coastal section has narrow paths close to edge of cliffs nearly 100m above the North Sea, and climbing countless stone steps to negotiate the valleys that intersect the high cliffs. The walking can be demanding, but one amazing view after another makes the effort worthwhile.

Day one dawned cold and windy with a suggestion of rain in the air. It was a sharp start, a 35km walk to the village of Osmotherley. The track passes through fields and woodlands, before rising steadily to Sutton Bank and Boltby Scar, with wonderful views westward across the plains to the distant Pennine Hills.

Then comes open windy moorland, before a long, arduous descent into

Osmotherley to the Queen Catherine pub, our home for the night. The pub is named after Catherine of Aragon, who founded a chapel near the town.

Next morning, after enjoying the famous Full English Breakfast, we set off to Clay Bank Top, on a track described in the guidebook—accurately—as a “monstrous roller coaster”. It is here that the Cleveland Way shares the trail for a short distance with the Coast to Coast Walk.

The rain started, and a series of steep ascents and descents on uneven stone steps had to be negotiated with care, but hot coffee at the Lord Stones Café provided a welcome respite. Then over Cringle Moor at 420m and on to the Wainstones, a jagged set of block-like rocks totally out of character with the surrounding countryside. Sadly the rain and heavy mist prevented us from taking any photographs as we scrambled through them.

The day's walk ended with a steep descent to the road below Hasty Bank, where transport awaited to take us to the village of Great Broughton and the comfort of the excellent Wainstones Hotel.

The sun was shining on the third day as we set off to walk the 23km to Newton-under-Roseberry, where we intended to climb the deliciously named Roseberry Topping. No, it's not ice-cream, it's a hill clad in history and its name is believed to be derived from the times of the Vikings.



Roseberry Topping

The day began with a sharp climb up to Carr Ridge and an easy walk across Ingleby Moor, followed by a long descent along the road into the village of Kildale. The weather was cold and windy on the bleak moorland, but the sun came out as we left the village and climbed up a paved path to reach Captain Cook's Monument, a 15m high stone obelisk that overlooks Marton, where James Cook was born in 1728. From the monument the distinctive shape of Roseberry Topping dominates the moorland scene. It was a steady climb



James Cook monument

to the trig point on the summit at 320m, from where the views were magnificent.

After a comfortable night at the Kings Head at Newton-under-Topping we set off to the coast—a 32km walk to the quaint town of Staithes, a haven for fishermen, traders and smugglers over the centuries. The first half of the walk was easy along the ridge above the

town of Guisborough. The weather was kind and spirits were high—but there were ominous black clouds not far out to sea. The first squall hit us just as we reached the Green Inn in the village of Skelton Green.

There was no discussion necessary—we took refuge. The locals clearly thought we were mad when we told them that we had another 16km to walk, as the forecast was for very high winds and rain.

A long, hard climb took us to the top of the 100m cliffs, at the mercy of the powerful, blustery wind coming off the sea, bringing squalls of cold rain. The rest of the day we walked in what Brian described as “survival mode”, the objective being to get to Staithes without being blown into the sea. It was tough, but the cliffs themselves, the huge numbers of seabirds and the crashing waves far below were a wonderful sight. So was the Cod and Lobster pub in Staithes, where after hot showers we had an excellent dinner.

For the last three days of the walk the weather turned fine. On day five we trekked 29km from Staithes to Robin Hoods Bay, passing through the town of Whitby. Whitby is awash with history and probably best known for the ruins of its Benedictine abbey, which was laid waste in 1540 during the dissolution of the monasteries. The Cleveland Way passes directly through the town, through a magnificent whalebone arch and up the 199 stone steps to the abbey. From Whitby there remained only a fairly gentle cliff top stroll to Robin Hoods Bay, a delightful old village with a history of smuggling. The terminus of the Coast to Coast walk is marked here by a plaque in the Bay Hotel.

Two days to go! Kippers for breakfast before starting on the 24km walk to Scarborough. A sharp climb to the cliff top was followed by an up and down walk, involving lots of wooden and stone steps, to the small town of Ravenscar, where a teahouse provided welcome cups of coffee. Then on along cliffs 150m above the sea, interspersed by many steep climbs in and out of wooded valleys. It was a surreal experience descending into the valleys, as the roar of ocean and the wind slowly subsided to almost complete silence in the dark woodland of the valley floor.



Cliffs near Scarborough

National Trail signpost

The cliffs dropped away steadily until we reached the South Bay of Scarborough and our accommodation at the Ryndle Court Hotel. Scarborough is a premier holiday resort with all the facilities needed for tourists. The ruins of the 12th century castle stand high on a rocky promontory between the South and North Bays.

After the indulgence of an Indian meal, a good night's sleep and smoked salmon for breakfast we set off on the final 18km of the walk to the small fishing town of Filey. It was a beautiful sunny day and by far the easiest of the trek. A long trek around the sea-front and a longish climb up a grassy slope brought us back to the cliff top. From there the path was relatively gentle, with excellent views across a calm, blue sea back across the cliffs to Scarborough.

We reached the stone monument on the cliff top above Filey well before lunchtime and after taking photographs descended into the town to drink a toast in the Star Inn to a successfully completed walk.

This was a very enjoyable walk with varied terrain and scenery, good food and drink and excellent company. Quite strenuous in parts, and the weather could have been kinder, but that's the UK!

Jim Baker





IMMERSE INTO NATURE'S PLAYGROUND IN DWELLINGUP

# WILD@HEART

ONLY 60 MINUTES FROM PERTH

The new Dwellingup Trails & Visitor Centre offers an immersive experience for visitors, featuring state of the art technology, virtual reality experiences, interactive touch maps, information screens and a team of friendly, welcoming staff to help direct you on your next adventure.

### DWELLINGUP TRAILS AND VISITOR CENTRE SERVICES

- Bibbulmun Track register | Replenish Trail Supplies | Modern Toilet & Hot Shower Facilities
- Recharge Devices & Free WiFi | Close to Town | Daily Trail & Weather Updates | Laundromat | Lockers
- Trail Shop & Café | Complimentary Storage of Packs & Parcels
- Post trail packs and parcels to, PO Box 21, Dwellingup WA 6213
- OPEN 7 DAYS 9AM - 4PM

[WWW.VISITDWELLINGUP.COM.AU](http://WWW.VISITDWELLINGUP.COM.AU) | (08) 9538 1108

With grateful thanks to our sponsors:

Premier



Gold



Silver



Bronze



Key Partners



Department of Biodiversity, Conservation and Attractions



*Feel the Spirit of Australia's South West*

**BIBBULMUN TRACK FOUNDATION**  
 Perth YHA Building  
 300 Wellington Street,  
 Perth, WA 6000  
 T: (08) 9481 0551  
 E: friends@bibbulmuntrack.org.au  
[www.bibbulmuntrack.org.au](http://www.bibbulmuntrack.org.au)

Executive Director  
 Office Manager  
 Volunteer Manager  
 Marketing Manager  
 Events Manager  
 Tourism Assistant  
 Bibbulmun News Editors

Linda Daniels  
 Ce Keadley  
 Helen Grimm  
 Ashley Gibson  
 Steve Sertis  
 Katie Stevens  
 Linda Daniels & Jim Baker



**Bibbulmun  
 TRACK  
 FOUNDATION**