

Wish you were here!

The Foundation has produced a beautiful series of seven Bibbulmun Track postcards.

The photographs include several from our photo competitions. Selection of photographs is very subjective. In order to make the choice more objective we carried out a survey, using visitors to the office and office volunteers. We made the selection as varied as possible, with a mixture of coastal, forest and quirky generic shots.

We are very happy with the results and are sure the cards will be a huge success with visitors. They will be available from Visitor Information Centres and from the Foundation for 70 cents each for the standard size and \$1 for the larger, DL size.

\$5.00

for the complete set of Postcards



Have you got your Bibbulmun Track T-Shirt?

New colours – Titian Red, Bark, & Cornflower Blue
...one of these surely would look great on you!

Caption on the back says:

“1000km End to End (Well almost!)”
Only \$24.95!



Thanks to our models – Gwen Plunkett, Peter Whittle and Elsie Grygiel.

Bibbulmun NEWS

AUTUMN 2007
ISSUE # 44
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Newsletter for the friends of the Bibbulmun Track

Bibbulmun Track Pavement Art Competition

On Tuesday 3rd April, 18 students from the Gifted and Talented Arts Programme at Kalamunda Senior High School took part in the Bibbulmun Track Pavement Art Competition.

The students drew large murals of the Bibbulmun Track in selected locations around the city to promote the 2007 Mountain Designs Bibbulmun Team Challenge.

The students worked on their designs throughout term 1, using photographs and a visit to the Track for inspiration. The designs varied from scenes of jarrah forest and wildflowers to coastal views and a Bibbulmun Track campsite.

Natasha Hill, Education Officer at the WA Art Gallery judged the artwork “The pavement art competition is a wonderful initiative, serving to raise awareness of the Bibbulmun Track but also allowing these talented art students to gain

exposure in the wider community,” Natasha said. “It’s a win win situation for all involved, including those fortunate enough to witness the works in progress.”

As pavement art is not allowed directly onto the paving in the city, the artwork was produced using pastel chalks on canvas. The great thing about this is we now have a ‘gallery’ of artwork which we hope to display again in one city location.

Sincere thanks to Cass Manning, Coordinator of the arts programme, Crystal the arts tutor and all the students for their wonderful efforts. The results were outstanding! 🌸

INSIDE THIS EDITION:
VOLUNTEER OF THE YEAR
TRACK TOWN - MUNDARING
77 NEW END-TO-ENDERS!
ARE YOU FIT ENOUGH?
THE LOW-DOWN ON FLEECES
HIKING IN EUROPE
- AND LOTS, LOTS MORE!



With grateful thanks to our sponsors:



Natasha Hill, Art Gallery of WA Education Officer (right), with Amara Blackwell and Casey Thorne who drew the winning picture.

Students working on their mural in the Hay Street Mall.



The students and teachers from Kalamunda Senior High School's Gifted & Talented arts programme – with their Bibbulmun Track murals.

ADVENTURE RAFFLE –
Let's make it a winner!
WIN A TASMANIAN ADVENTURE HOLIDAY

Our Adventure Raffle is already well under way thanks to the enthusiastic response from members already contacted by email.

There are nearly \$10,000 worth of prizes, generously donated by our sponsors, World Expeditions, Mountain Designs, Paddy Pallin and Ranger Outdoors.

Plus, for each book sold, your name goes into a draw to win a Balingup Jalbrook Classic Concert package for two including accommodation, tickets to the concert and a gourmet picnic hamper –total value \$400.

SEE PAGE 2 FOR FULL PRIZE DETAILS – AND ORDER YOUR TICKETS TODAY!

THE BIBBULMUN TRACK FOUNDATION

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Printed on environmentally-friendly paper

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862 Hay Street Perth

OFFICE HOURS:

Monday to Friday 9am – 4.00pm

Editor: Linda Daniels

Sub Editor: Jim Baker

Design and artwork by Adcorp
Telephone: (08) 9210 9500



Adventure Raffle

A fantastic range of prizes to be won!

With the increasing profile of the Track the demand on our resources continues to grow. The funds raised from the raffle will support our free services to walkers from WA and around the world.

However, to make this a success we really do need your help. If you haven't received your raffle books, please phone us today on 9481 0551, or email friends@bibbulmuntrack.org.au. Tickets are only \$2.00 each and are very easy to sell— especially with these fantastic prizes...

Experience the majesty of the Tasmanian highlands on this wonderful all-inclusive guided **World Expeditions 6-day Cradle & the Walls of Jerusalem Trek**. Stay in cabins nestling in the enchanting cool temperate rainforest inside the Cradle Mountain Lake St Claire National Park. Discover the surrounding alpine plateaus and dramatic glacially carved lakes. On the third day, don backpacks, walk to base camp and spend the next few days discovering the magical tarns and peaks forming the Walls of Jerusalem. The Bibbulmun Track Foundation will donate \$1000 to cover the cost of the airfares for a total prize value of \$3,580.

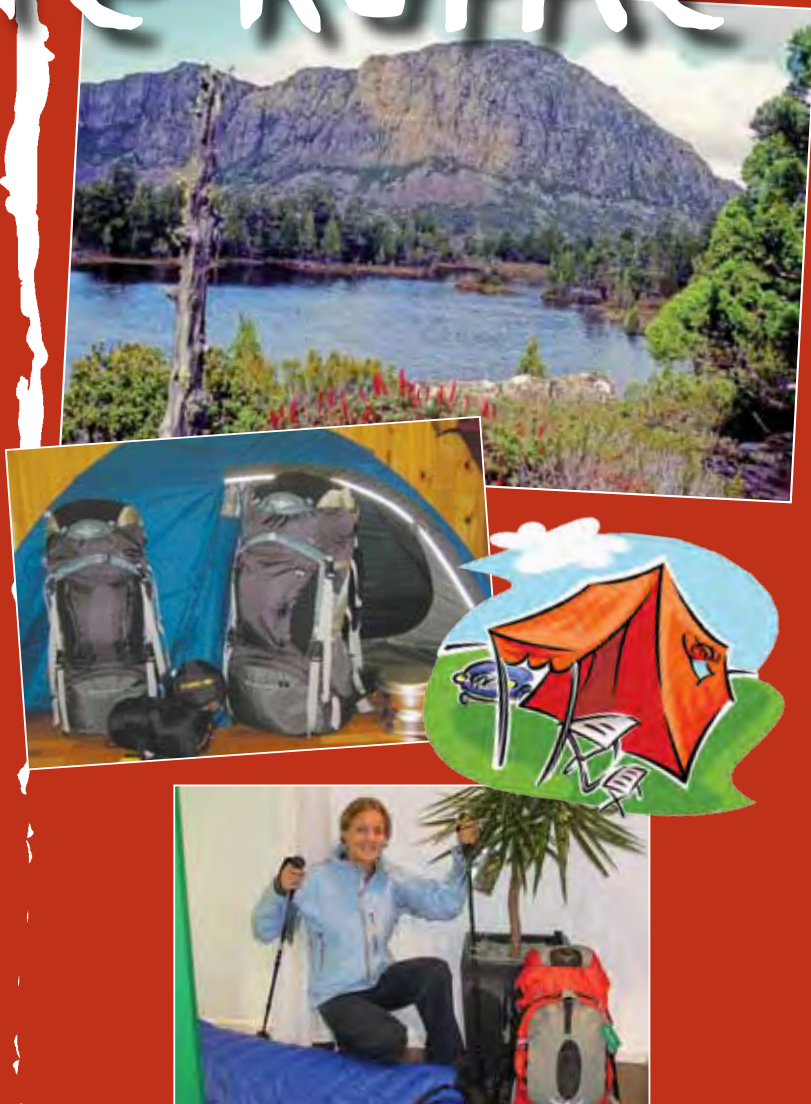
The **Mountain Designs Outdoor Equipment Package** for two people has the all the essentials needed for an overnight hike on the Bibbulmun Track, including a Plateau two-man tent, two backpacks, two sleeping bags, two self-inflating mats and a portable stove. Value \$2070.

Choose whatever you need from some of the finest brands on earth with the **Paddy Pallin Premium Ultralite Gear package**—brands include Western Mountaineering sleeping bags, Osprey backpacks, Exoficcio clothing, Pallin Gore-Tex, Pallin Bodywear, Cloudveil technical apparel, Komperdell trekking poles, and Watership hats to the value of \$2000.

Or take the family camping in style with the **Ranger Outdoors Family Camping Package**. A great range of gear including a four-person tent, gas stove, table and chairs and lots more. Valued at \$2,000.

The winner has the choice of any one of the prizes, the second prize winner may select from the remaining three prizes and so on.

We would like to thank the following organisations who very generously donated prizes:



Shopping Centre Promotion

Can you spare 3 hours?

There are seven shopping centre promotions taking place between March and June. In addition to promoting our raffle, the displays are great for general promotion of our events and other services.

We need more volunteers for the following shopping centres.

If you can help, please phone Jean on 9321 0649 or email marketing@bibbulmuntrack.org.au

Whitfords	Thurs 19th - Sat 21st April
Garden City	Thurs 26th - Sat 28th April
Karrinyup	Thurs 10 - Sat 12 May
Centro Galleria	Thurs 17 - Sat 19 May

Rosters of 3 x 3 hour day shifts with an additional evening shift on Thursday night will be made up.

A huge Thank You to those who have already volunteered:

Graham Murdoch, Carol Drew, Ross Leighton, Hans Hoette, Elsie Grygiel, Linda Daniels, Jim Baker, Mary Sprunt, Trudy McDermott, Lari MacDonald, Wayne and Janice Bertram, Moyra Simpson and Sandi Neilson.



FROM MY Desk



Welcome to our first Bibbulmun News for 2007.

It is fantastic to see that 77 walkers have completed their End-to-Ends since the last edition. It is especially pleasing to see that 27 of them travelled from outside WA, in fact seven from outside of Australia – to walk the Track. You can read all about them on pages 12 to 14.

The year got off to a flying start with the Calendar of Events released in January and many of the events filled up quickly. Our 8-day 'Highlights' tour, to be held in September, also proved to be popular with many people coming from interstate – and a couple from Switzerland!

We are very pleased to welcome Annie, DEC's Tracks and Trails coordinator, back from long service leave and thank Stuart Harrison for the excellent job he did while Annie was away. We liaise regularly with the Tracks and Trails unit, particularly regarding maintenance and other issues that impact on the Track. An important issue currently on the agenda is Track marking. If you want some input into how the Bibbulmun Track is marked in future – be sure to read Annie's column on page 8 and provide your feedback to the questions posed on page 9.

In February, the Bibbulmun Track achieved a Highly Commended award at the 2006 Qantas Australian Tourism Awards, which are the pinnacle of achievement for the tourism industry in Australia. Finalists are drawn from State and Territory Tourism Award winners. We are immensely proud to be recognised nationally and this achievement reflects the strong partnership between DEC and the Foundation, and the tremendous support of our members and volunteers. You'll find a double page spread outlining the huge contribution of our volunteers on pages 10 and 11.

Two key projects have been finalised since Christmas. Firstly, we now have a fabulous range of Bibbulmun Track postcards which we hope will soon be available from all the visitor information centres along the Track. And secondly, our new display stands are ready to go to all the visitor centres and equipment stores. The stands have been custom made to accommodate the maps and guidebooks and have an eye-catching poster featuring the Track. Our sincere thanks to Lotterywest for granting \$5000 towards this project.

The students from Kalamunda Senior High School produced some beautiful murals for the Bibbulmun Track Pavement Art Competition. The artwork brightened up the city for a day and attracted a lot of interest for the launch of this year's Mountain Designs Bibbulmun Team Challenge. A huge thank you to Cassie Manning, who coordinates the school's special arts programme.

Finally, thank you to our wonderful sponsors, World Expeditions, Mountain Designs, Paddy Pallin, Ranger Outdoors and Jalbrook cottages, for providing the fantastic prizes for our fundraising raffle. If you haven't already done so, please get behind this fundraising drive and order a book.

Thank you to all our members and volunteers for your ongoing support. I hope you all have time to get out and enjoy the Track over the coming months.

Linda Daniels
Executive Director

Bibbulmun Track recognised at National Tourism Awards



The Bibbulmun Track was recognised for its contribution to the tourism industry at the Qantas Australian Tourism Awards achieving a 'Highly Commended' in the Significant Tourist Attraction category.

About 200 of Australia's best hotels, attractions, festivals, major events and indigenous and eco-tourism facilities competed for the 27 awards which were in Sydney on February 23.

Congratulations to the winning WA finalists including Kooljaman at Cape Leveque for eco-tourism, North Star Cruises for adventure tourism and Seashells Resort in Broome for deluxe accommodation.

Thank you...
Thank you

A sincere thank you to the following walkers who have generously made donations to the Foundation. Some after completing an end-to-end, others after only a few days on the Track. Some inspired by the damage inflicted by bush fires, others by the wonderful work undertaken by our maintenance volunteers.

Thank you to...

- Tingle All Over
- Jane Scott
- Ryan Warden
- Jeremy Rigg
- Ray Banvill
- Jean Sayer
- Armin Hess
- Sue Colyer
- Klaus Groth
- Pauline Young
- John Chellev
- Rose-Marie McNamara
- Joanna Pascoe
- Bruce Brodie
- Bowe Wilson
- Jennie Lee
- Lita Liewszyc
- Deb Badger
- Rhonda Morgan
- Graeme Woodthorpe
- Patti Haak
- Adrienne Salvaros
- Maureen Kennedy
- Claire Kirby
- Geoff Donegan

And finally, thank you to the member who, having just completed his third end-to-end, donated \$1 for every kilometre of the walk – for the third time! Thank you.

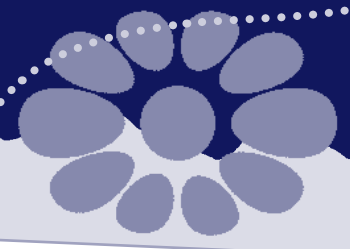
DONATIONS ARE TAX DEDUCTIBLE!

Through the National Trust, donations made to the Foundation are put into a special account and assigned specifically to projects which enhance the environmental sustainability of the Track.

To make a tax deductible donation cheques need to be made out to The National Trust and sent to the Bibbulmun Track Foundation with your name and address. Cash and credit card donations are also welcome of course! 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, large and small, are gratefully received and all help to preserve our beautiful Bibbulmun Track.

YOUR LETTERS



Bibbulmun Walk 2008

the journey of a decade

BE AN OFFICIAL 10TH ANNIVERSARY END-TO-ENDER

To be part of the small group of end-to-enders, members will need to contact the Foundation to obtain a 10th Anniversary End-to-Enders application form. Applications are now open and will close on August 31, 2007 (yes, this year!). Applicants will need to complete the form and submit it before the closing date. Applicants will be screened and will then be entered into a lottery for placement on the walk. The lottery will be drawn in November this year and all applicants will be advised. Places for sectional walkers will open early in 2008 and all members will be advised at the time.

We hope that you can all join us to celebrate this historic occasion.

Steve Sertis

events@bibbulmuntrack.org.au
or 9481 0551.

Dear Friends

I walked the section of the Bibbulmun Track between the Brookton Highway and Dwellingup in two 4-day efforts during December 2006 on either side of the cricket test. I started both sections of my walk at North Bannister using public buses to get there. It was a totally pleasant and fulfilling experience despite the hot weather.

I found the Track and campsites in excellent condition and an absolute credit to your volunteers and the Track Foundation itself. I guess many, if not most, of the users of the Track take for granted all the work that goes into maintaining the facilities. As I live too far away from WA to be of volunteering assistance to you. I promised myself that on my return home I would join the Foundation.

I have printed the membership form from your website and have attached it to this letter. I have also enclosed my cheque of \$50 for your continued work. I believe that \$10 a day for the use of the walking track and campsites is a small price to pay for the recreational benefit of my holiday on the Bibbulmun.

Yours sincerely,

Ray Banvill

Dear Friends

I attended one of Steve's excellent "Food in a fuel stove" nights earlier this year.

In early November my 19 year old daughter and I did the Northcliffe to Walpole section of the Track requiring 6 nights, 7 days worth of food.

This was my daughter's first long walk. I wanted to make the experience as pleasant as possible for both of us and thus had to do a lot more planning than usual to ensure the weight of food was kept to a minimum.

I used several of Steve's recipes, using off the shelf dehydrated food available at most supermarkets, to carry just enough and have a different meal every night.

It was great all the recipes turned out well, we had more than enough and enjoyed the variety, making the extra planning and preparation well worth while.

Regards

Colin Pickles

Saturday 13 September marks the 10th Anniversary of the opening of the Perth-to-Albany Track, now known to us as the Bibbulmun Track. In preparation for the 10th anniversary event in issue 41 of this magazine we asked you, our members, to let us know how you would like to see us celebrate the event. As a result we will be commemorating this milestone in the tradition of previous celebrations.

We will be holding a members' only end-to-end walk: Bibbulmun Walk 2008 – the journey of a decade.

The event will begin with a special ceremony in Albany, on Wednesday 16 July 2008. A small group of end-to-end walkers will then make their way to Kalamunda and arrive on the date of the 10th Anniversary. Along the way small groups of sectional walkers will join the end-to-enders on segments of between three and eight days.

The anniversary celebrations culminate in a mammoth members' only gathering in Mundaring after the walkers finish in Kalamunda on Saturday 13 September 2008.

Only members, family and friends will be invited to celebrate this journey of a decade with us, and there are a number of ways to do this.

- Join in on the send off in Albany on July 16, 2008. All members, family and friends invited.
- Join in celebrations at Donnelly River Village on August 15 & 16, 2008. All members, family and friends invited.
- Join in the celebrations at the end of the walk and the 10th Anniversary on September 13, 2008. Members and immediate family only.
- Volunteer to assist with logistics, community event planning, etc
- Apply to be an end-to-end walker
- Apply to be a sectional walker

Members will be given more information about being involved as the event gets closer, but if you wish to volunteer please contact Steve now. 🌻

Dear Friends

Warm thanks for the E2E badge. They really are the perfect size to cover the holes in our packs courtesy of the possums at Frankland River Campsite. We hung our food from the roof but forgot our secret scroggin stash in the tops of our packs. Not a secret safe from possums as we discovered.

We originally heard about the Bibbulmun Track after we camped next to Mr and Mrs Plod in Port Samson WA. They had a sticker on their car saying "I would rather be on the Bibbulmun" (or words to that effect). We asked them about the Bibbulmun, and their stories of delight inspired us to take the plunge and do the walk.

We had the most amazing experience and despite finishing our walk over 9 months ago we still talk about the Bibbulmun with great fondness. The memories of aching feet, pack eating possums, finding weevils in our scroggin after eating it for a few days (and we are vegetarians), getting a little lost here and there have all but faded.

We love our wonderful post Bibbulmun levels of fitness and have continued to maintain it. And our love of bush walking has developed into an important part of our lives. We are now discovering many of the delightful walks here in Tassie (Overland Track, Walls of Jerusalem, Frenchman's Cap, Western Tiers and climbing Mt Rugby at Port Davey just to name a few).

So many thank again to everyone involved in the Bibbulmun.

Will we do it again?.... You bet!

Warm Thanks

Kristal Berry and Gerwyn Evans,

End-to-Enders



ENTER A TEAM IN THE ULTIMATE BUSH WALKING CHALLENGE!



TIME TO GET YOUR COLLEAGUES AND FRIENDS TOGETHER AND ENTER A TEAM IN THE 2007 MOUNTAIN DESIGNS BIBBULMUN TEAM CHALLENGE.

During October and November, 16 teams will compete in one of four heats incorporating bushwalking, team-building and mind-bending activities along the Bibbulmun Track.

Now in its sixth year, the event is a "must do" for some organisations who sign up each year, and is an amazing experience for the participants. This is what some of last year's challengers had to say....

"Congratulations on a fantastic event. I feel privileged to have been part of it. I was part of a great team and heat and I will remember it always. It was also a great introduction to bushwalking and the Bibbulmun Track." Tammi Atherton, AngloGold.

"This is a very unique event and the challenges made the event very interesting. They helped teams bond as well as highlight our own individual strengths and weaknesses. Thank you to everyone that made the Team Challenge such an amazing and memorable moment." Teagan Smith – Dept of Environment and Conservation.

"Thanks for the experience – it confirmed all the facets (and more) that I had been an advocate for to the people I have previously engaged to attend. Congratulations on what you have achieved and look forward to seeing more of our people enjoying the Challenge in 2007 and beyond." Andrew Tolj, BankWest.

"Back at work on Monday I felt invincible – strong, confident and able to tackle any challenge! I often let my husband do things and I know I can do it (my husband is awesome but I now know I don't need to rely on him all the time!). I learnt about my strengths and weaknesses and I think this

experience will continue to educate me for a long time. Carolyn Press, West One Services.

What more can we say? Email events@bibbulmuntrack.org.au or call Steve on 9481 0551 for more information.

All proceeds from the event go towards the on-going sustainability of the Bibbulmun Track so you're also raising money for a great cause! 🌻



Ed - Thank you for the wonderful feedback - and for your beautiful photos...

Latest Track News AND CONDITIONS

Compiled by Tracks & Trails Unit, DEC. The following Track news is accurate and up to date at time of printing. For the very latest updates it is important that you check the Latest Track News web page, which can be accessed via a link from the Foundation's home page at www.bibbulmuntrack.org.au or www.calm.wa.gov.au/tourism/bib_news

NOTICE

The Department of Conservation and Land Management (CALM) and the Department of Environment amalgamated on July 1st 2006 to become the new Department of Environment and Conservation (DEC).

Notification of Intent for Organised Non-commercial Groups to Conduct Overnight Expeditions on DEC Tracks and Trails

The DEC Tracks and Trails Unit requests that groups (with 8 or more members), planning to conduct an overnight expedition on a DEC track or trail, notify the Unit of their intentions prior to their planned activity. The notification process is used to help to manage and record group usage, and also to preserve the conservation values and the enjoyment level of all track/trail users. The information collected also assists DEC during emergency response situations such as a wildfire. We would also appreciate large groups (15 members or more) that are planning day walks to notify the Unit of their intentions. For a Notice of Intent form, contact the Tracks and Trails Unit on 9334 0265.

NEWS FROM THE DISTRICTS

Perth Hills District.

Covers Kalamunda to the Harvey-Quindanning Road.
Map 1& 2 or Sections 1 to 20 in the Northern Guidebook
Contact Elisa Skillen (08) 9538 0006 or elisa.skillen@dec.wa.gov.au

DEC and the Department of Corrective Services are planning to carry out some work on specified sections of the Bibbulmun Track, and also around the Helena campsite near Mundaring. These works will involve the use of machinery and there may be some minor inconvenience to walkers. Works include rebuilding the toilet structure over a sealed tank unit and dismantling the existing long drop. There will be erosion control on the Track and on the access track to the shelter, and removal of overhanging limbs from trees along the Track. The shelter and Track will remain open, however please observe and follow any signage.

The recent fires in the Dwellingup area fortunately did not have a direct impact on the Track, and no diversions are currently in place.

Wellington District (Collie)

Covers Harvey -Quindanning Road to Mumballup
Map 3 or Section 20 to 25 in Northern Guidebook
Contact: 08-9734-1988

So far this summer there have been no wildfires in the Wellington District that have impacted on the Bibbulmun Track, and there are no prescribed burns planned near the Track during autumn.

A small section of forest between the Possum Springs and Yourdamung campsites is currently being harvested, but this has no direct impact on the Track. There are also works under way at the Mungalup Dam to the south of Collie, but once again there is no impact on the Track.

Work on three sections of the Track will occur in the next few months. Work on a section of boardwalk to the south of Harris Dam was commenced last spring and should be finished shortly. There are two old bridges in need of

repair, one near Lyalls Log Rd and the other at Trees Road Flats, and these repairs will commence soon. Please be careful in these areas.

The water tank at Harris Dam shelter is having a spring clean and water containers have been provided until the work is completed and the tank is refilled by rainfall.

Blackwood-Balingup District

Covers Mumballup to Willow Springs
Map 4 or Sections 25 to 30 in the Northern Guidebook
Contact Dave Lathwell (08) 9731 6232 or davel@dec.wa.gov.au

Blackwood District's section of the Track is going well thanks to the support and activities of the track volunteers and DEC work crews keeping on top all those little things that crop up along the way. Work on a couple of sections of the Track is likely to occur in preparation for winter but this is not likely to affect walkers. Thanks again to Track volunteers for the work and feedback they have provided over the past few months.

Manjimup & Pemberton - Donnelly District

Covers Willow Springs to Pingerup Road
Maps 5 and 6, Section 30 in the Northern Guidebook and Sections 31 to 42 in the Southern Guidebook
Contact John Hanel (08) 9776 1207 or johnm@dec.wa.gov.au

Remedial work has been completed on the section from McAlpine Road to Porter Road and from Beavis Campsite to Beaver Road, and to the first creek crossing.

The section from Porter road to Wheatly Coast Road has had some clearing work done.

The Donnelly district crews are still on the Track, slashing the vegetation by hand and machine, and weed spraying. Please be on the look out for these teams of workmen. (Warning signs will be in place)

Works are being carried out to upgrade the car park site at Beedelup Falls. As a result this access point to the Bibbulmun Track will be closed for approximately three months - February to end of April 2007.

Walkers can use the alternative Bibbulmun Track drop off points on Beedelup Road and Channybearup Rd and we apologise for any inconvenience caused while these works are in progress. Please refer to Map 5 Pemberton (Brockman Hwy to Middleton Rd) or on Page 79 of the guidebook - 'A Guide to the Bibbulmun Track - Southern Half'.

Walpole-Frankland District

Covers Pingerup Road to Denmark
Maps 6, 7, 8 or Sections 42 to 53 in the Southern Guidebook
Contact Chris Stewart (08) 9840 1027 or Chris.stewart@dec.wa.gov.au

The section of Track through the Frankland District is currently in good condition thanks to all the Track volunteers, Walpole Work Camp and the DEC staff that continuously put in effort to keep the Track maintained.

There are a few small sections that need improvement through the Quarram area, which DEC staff will be looking into within the near future, with possible realignments to prevent further erosion.

A new lookout is under construction on the section of Bibbulmun Track near Mandalay Beach, which hopefully will be completed by April this year. The lookout will provide walkers with a wonderful view of the ocean and Broke Inlet.

Currently there is one prescribed burn planned for the autumn season that will affect the Bibbulmun Track. It will involve a section of the Track south of Mandalay Beach Road. Please follow all diversion signs (white waugals) when the prescribed burn is taking place.

Albany

Covers Denmark to Albany
Map 8 or Sections 53 to 58 in the Southern Guidebook
Contact Martin Lloyd (08) 9842 4500 or martin.llyod@dec.wa.gov.au

The continuing Nullaki Peninsular track/4WD access construction work has caused some alteration in the Bibbulmun Track alignment for a short distance. The Albany DEC crew are checking the waugal markers regularly so that walkers do not go astray. Walkers are requested to report any problems that may affect themselves or other walkers visiting this area. Please be reminded for your safety that vehicles and machinery may be used in the vicinity of the Track.

It has been an extremely busy fire season for DEC's South Coast Region staff, exacerbated by the floods of Esperance earlier in the year. Conditions are very dry throughout with little rain to dampen down the dust. Walkers are reminded that fires can start unexpectedly for many reasons. Precautions must be taken by all walkers. Plan your trip especially by checking the weather and make sure you are carrying the correct maps. Read all background information and instructions carefully.

The path between the Track Southern Terminus and the Albany Visitor Centre is undergoing a slight change in direction. As part of the City of Albany's Foreshore development an overhead walkway reaching across from Stirling Terrace to the waterfront is undergoing construction work. There will be a ramp coming from the walkway to the Visitor Centre touching down very close to the Terminus. This means the path leading from the Terminus will be changed slightly to accommodate the new ramp.

A very big Thank You to all the Bibbulmun Track Maintenance volunteers, DEC staff and the Bibbulmun Track Foundation for their ongoing support of the Bibbulmun Track. 🌻

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.



BODDINGTON GOLD MINE

BODDINGTON GOLD MINE Eyes on the Ground

MAINTENANCE PROGRAMME



In spite of the warmer weather, maintenance volunteers have still been out on the Track ensuring that those walkers who do venture out in the heat will find the Track in its usual good condition and, most importantly, water in the tanks. Many volunteers opted to spend Christmas or New Year in the campsites they maintain – a great idea!

Lots of maintenance trips mean lots of reports so the District officers have been busy catching up with the issues reported by volunteers. Sometimes these can be dealt with quickly – for example the removal of fallen trees which pose a danger – but other problems can take some time to address. Of course, there are some sections which are always problem free – a great relief to both volunteers and the District.

In March we said farewell and thanks to Kym Pearce from the Hills District and Bev Gardiner from the Wellington (Collie) District who have both gone to the USA on an exchange programme for six months. Elisa Skillen, from the Tracks and Trails unit will be taking Kym's place but as yet we don't know who will be replacing Bev.

We now need more volunteers for the Frankland and Donnelly districts. If you live in those areas, travel there often or simply need an excuse to get out on the Track four times a year, please let me know and I'm sure we can find a section for you.

Grateful thanks to all maintenance volunteers – your help makes walking the Track just that much better. Walkers, especially those from interstate and overseas, never cease to be amazed at the dedication of so many volunteers. 🌻

Gwen Plunkett

Maintenance Volunteer Coordinator



DEC Tracks and Trails Unit

Annie Keating, Tracks and Trails Coordinator

Locked Bag 104 Bentley Delivery Centre 6983 Tel: 9334 0265 Email: tracksandtrails@dec.wa.gov.au

A year away

I can't believe that I've been back at work for nearly three months now, after my year's break. After 12 months spent trying to simplify and slow things down as much as possible, the necessary frantic pace and complications of a big government department have been a bit of a shock to the system.

Most of the first six months of 2006 were spent as a volunteer, coordinating a big international conference and then attending another one in Malaysia. In April I managed to squeeze in a walk on the Overland Track in Tassie with some friends and to get snowed on for most of the way. What a little gem that track is – challenging but quite achievable for most, magnificent wilderness that somehow seems so intimate and of course it is all so well managed.

In mid-June I met up with some of my family and we had a fantastic few weeks making our way towards, and then up and over, the north western part of the Indian Himalaya. They left me in Zaskar, Ladakh, where I stayed for another three months teaching English as a volunteer to little girls and Buddhist nuns in a little village monastery.

One and a half months followed, staying in Buddhist monasteries in Thailand and finally, for the last six weeks of the year, I actually spent time in Perth doing very overdue jobs around the house.

Back at the office

In the interim the trails world and CALM have been galloping forward. Ministers have come and gone and I have found myself in a new Department – Environment and Conservation – but luckily there haven't been any changes that are so radical as to disrupt work on the trails.

One thing is becoming very obvious over the years though – whenever I don't attend the Tourism Awards presentation night the Bibbulmun Track always wins and it happened again in 2006. Congratulations everyone on a fantastic effort and a special hurray for Linda who always works so incredibly hard to produce an outstanding award submission.

Despite losing some months at the beginning of the year due to illness, Stuart Harrison, my replacement last year, set the ball rolling on some important new initiatives. One of these, of most interest to Foundation members, is track marking standards. The Tracks and Trails Unit has responsibility for applying a range of trails standards across all DEC trails but the Track is the most important of these and thus it sets the

standard for walking tracks in the rest of the State.

Bibbulmun Track marking – Waugal track markers

For a number of years now DEC (formerly CALM) district Bibbulmun Track coordinators, the Tracks and Trails Unit, the Foundation and maintenance volunteers have had many informal discussions about the issue of trees versus marker posts for track marking. As DEC's priorities and objectives have shifted to a conservation focus, the concept of continuing to nail Waugal markers onto trees has become more of an issue.

The golden triangle marker with its unique black, Waugal graphic has now reached icon status and is instantly recognizable and identified with the Bibbulmun Track for many thousands of West Australians, whether or not they have ever actually stepped onto the Track itself. It is a highly valued and jealously guarded symbol that is an integral part of the branding and marketing of the Track.

Markers on trees – or not?

But how necessary is it to have these markers nailed to trees? Little kids love the joy of discovery – running ahead of Mum and Dad to find the next 'Waugal'. Will young and old alike get the same kick out of a marker on a post? Does it matter?

Most of us have seen the misshapen growth on young trees where their quickly growing bark twists and bulges around an old marker. This need not be so if the tree markers are maintained by regular replacement – a time consuming and potentially costly business.

In the forest areas there are plenty of trees on which to attach markers but posts are costly and heavy and would require additional transport and installation costs. On the other hand steel posts have been shown to be very fire resistant on the Munda Bididi trail, surviving some of the hottest burns we have had recently. Wooden marker posts that are mostly a distinctive russet colour, where they are used on the Track, will almost certainly be destroyed in a wildfire.

Is having russet coloured posts an unacceptable visual impact compared to the simple Waugal marker nailed to a tree? For some, the visual impact of marker posts is intrusive compared, arguably, to the more subtle impact of markers placed on trees. Would another colour be acceptable? Others also argue that the environmental impact of installing a marker post is far greater than having a well maintained marker on a tree.

Have your say

The Tracks and Trails Unit is starting to investigate all of these issues and weighing up the many and varied costs and benefits both economic, social (i.e. for walkers) and environmental of all of the different track marking solutions. What do you think? The heart of the Bibbulmun Track has always been its walkers and supporters represented by the Foundation members. No sustainable and acceptable track marking system can be found without considerable input from you, so please take the time to share your thoughts with us about these issues by filling in the form on page 9 and returning it to me at the Tracks and Trails Unit.

Track improvements

I have just completed a whirlwind trip around the south west to become familiar with all of the different projects currently underway in the districts. It's amazing how many projects are underway – all aimed at improving the Track so that it and its natural environment are sustained into the future.

We never lose sight of the guiding principle that the Bibbulmun Track is all about walking in natural, unspoiled forest and bushland areas and about the wonderful experiences these provide. Therefore in setting priorities for improvements and maintenance our first concern is the Track's sustainability and the biodiversity of its surroundings. Making things easy and comfortable for walkers is very low down the list of priorities because we understand that most walkers want as natural an experience as possible. This is why there are places where you are likely to get your feet wet and where you might come across some steep steps or uneven surfaces. Mostly if you see structures built out in a remote place they are there either for your safety, for example bridges, or to protect the environment and stop degradation, for example erosion bars, steps in all types of terrain and some boardwalks.

I hope the weather cools down soon and we have some rain to create some excellent conditions for getting out onto the Track this autumn.

Happy and safe walking to you all

Annie



BIBBULMUN TRACK TRAIL MARKING QUESTIONNAIRE

Please tick your preference

1. Do you believe Waugal trail markers should continue to be nailed to trees?

- Yes
- No
- Don't mind

2. Are you a maintenance volunteer?

- Yes
- No

3. The number of Waugal trail markers on the Track is: (please circle one of the following)

- very inadequate
- inadequate
- just right
- too many
- much too many

Marker posts can be designed to either stand out or visually blend into their surroundings.

4. Do you prefer russet red trail marker posts?

- Yes
- No
- Don't mind

5. Do you prefer colour trail marker posts that blend with surroundings?

- Yes
- No
- Don't mind

6. How much of the Bibbulmun track have you walked (Please circle closest answer.)

- None (0%)
- 1-10%
- 25%
- 50%
- 100%

Keep up-to-date with the latest Track News

Special offers and events with our email newsletter:

events@bibbulmuntrack.org.au

and ask to go on our mailing list. Remember to let us know if your email address has changed!

Worsley Alumina supports the Track



We are delighted to welcome Anna Farrell as a new volunteer maintenance team leader. Anna's team will consist of fellow Worsley Alumina employees and local community members. Worsley Alumina is also supporting the programme as a Bronze Sponsor.

With the mine site located near Boddington, and the refinery just 15km north west of Collie, the Bibbulmun Track is not far from Worsley's operations and staff members are ideally located to maintain the section from Mumballup to Noggerup campsite.

"Many Worsley employees are already keen volunteers in the local community, donating their personal time to Volunteer Bush Fire Brigades, SES, ambulance and various other community organisations" said Anna. "This track maintenance program is a great opportunity for team building and learning more about our environment whilst looking after a valuable resource for the community."

Campsite log books – volunteers needed to input data

The Tracks and Trails Unit, at Kensington, is calling for volunteers to assist with inputting information from the Bibbulmun Track green log books. A hardy band of volunteers assisted us last year with the log books from the Perth Hills District and now we are ready to continue with the books from the southern areas of the Track.

The data collected assists us with reporting, planning and marketing. The inputting (basic Excel skills an advantage) can be done over a number of weeks and at home.

Our sincere thanks go to last year's volunteers Jan Auburn, Vere Berger, Colleen Clayden, Barbara King, Sandi Nielson and Chris Piggford for all their great work.

If you are able to assist please contact the Tracks and Trails Unit – Robyn Weir on 9334 0265



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Thank you to our wonderful Bibbulmun Track Volunteers..

Volunteer "Thankyou" Day

About forty of the Bibbulmun Track Foundation volunteers gathered together for a picnic lunch on Sunday December 3rd at the Perth Hills National Parks Centre.

The occasion marked a "Thank You" Day for the volunteers in appreciation of the work they had done over the previous twelve months. The timing was especially appropriate, as the announcement that the Track had been singled out for the "Significant Tourist Attraction Award 2006" had been made at the WA Tourism Awards a few days earlier.

The judges stressed that they were particularly impressed by the amount of work done by our volunteers.

Linda Daniels, the Executive Director of the Bibbulmun Track Foundation, presented the volunteer rewards which were generously provided by Mountain Designs. The DEC Tracks and Trails Unit provided a delicious dessert for the lunch.

Following the rewards, an activity was organised by Nearer to Nature on the aptly named "Sensational Track". Blindfolded, we negotiated our way around a 200 metre trail, using only our senses of touch, hearing and smell. While being great fun, it was an enlightening experience.

We thank you all—without you, and each and every one of the volunteers who give their time to the Foundation, the Bibbulmun Track could never have achieved its iconic status in WA.

Rewards donated by Mountain Designs were received by the following people in recognition of the generous number of volunteer hours contributed to the Bibbulmun Track last financial year:

FOR 100+ HOURS:

Ian Bell: Office Volunteer

Trish Bird: Maintenance Volunteer and Volunteer Guide

Isabel Busch: Office Volunteer, Trip Planning Advice, Volunteer Guide, Team Challenge Volunteer, Community Promotions

Colleen Clayden: Maintenance Volunteer

Richard Clayden: Maintenance Volunteer

Linda Daniels: Volunteer Guide and Community Promotions

Peter Dear: Office Volunteer, Maintenance Volunteer

Dene Edmunds: Volunteer Guide, Team Challenge Volunteer

John Edwards: Maintenance Volunteer

Frances Edwards: Maintenance Volunteer

Mavis Freeman: Maintenance Volunteer, Volunteer Guide

John Hardman: Maintenance Volunteer, Volunteer Guide, Team Challenge Instructor and Volunteer

Charmaine Harris: Maintenance Volunteer, Volunteer Guide, Team Challenge Volunteer

Bonnie Hennessy: Maintenance Volunteer, Volunteer Guide, Community Promotions

Paul Henwood: Volunteer Guide

Hans Hoette: Maintenance Volunteer, Office Volunteer, Community Promotions

Tony Jennings: Maintenance Volunteer, Volunteer Guide, Team Challenge Volunteer

Lesley Kerr: Office Volunteer, Community Promotions

Peter Lake: Office Volunteer

Allen Nelson: Maintenance Volunteer, Volunteer Guide

Wendy Nelson: Maintenance Volunteer, Volunteer Guide, Team Challenge Volunteer

Andrew Newton: Volunteer Guide, Team Challenge Volunteer, Office Volunteer

Gwen Plunkett: Maintenance Volunteer, Office Volunteer, Community Promotions, Team Challenge Volunteer

Jennifer Robinson: Maintenance Volunteer, Office Volunteer, Community Promotions

300+ HOURS

Jim Baker: Office Volunteer, Bibbulmun News Sub-Editor

Chris Plunkett: Community Promotions, Team Challenge Volunteer, Maintenance Volunteer

Steve Sertis: Community Promotions, Maintenance Volunteer, Events

Guy Spouge: Community Promotions, Maintenance Volunteer

Peter Sweetman: Community Promotions, Maintenance Volunteer, Team Challenge Volunteer, Office Volunteer

500 + HOURS

Edith Thomas: Maintenance Volunteer, Office Volunteer, Community Promotions, Volunteer Guide

Jim Freeman: Maintenance Volunteer, Office Volunteer, Community Promotions, Volunteer Guide, Team Challenge Volunteer

International Volunteer Day

December 5th was declared as International Volunteer Day by the United Nations in 1985, and continues to be celebrated in many countries around the world

This year it was a busy day for many of the Foundation volunteers, ten of whom were amongst the many representatives from Sport and Recreation organisations who attended the 2006 Rio Tinto Volunteer Recognition Breakfast, organised by the Department of Sport and Recreation. The event was held at the WACA, in recognition of the valuable contribution made by volunteers to the sport and recreation industry in WA.

A prominent Western Australian sportsperson waited on each table, and the speakers paid tribute to the dedication and commitment of

all volunteers. The Minister for Seniors and Volunteering, David Templeman MLA, noted that Western Australia has the highest rate of volunteering of any state or territory throughout Australia.

In addition, all WA volunteers were invited to attend a picnic in Kings Park, hosted by the Volunteering Secretariat, where more than 30 Foundation volunteers enjoyed morning tea.

The Minister presented certificates of recognition to representatives of each organisation, in recognition of their outstanding volunteer service to the WA Community.

We are delighted to report that every one of our 355 volunteers has received this certificate.

A highlight of the morning was the Vista of Vs set out on the lawns—a large V formation made up of thousands of red v shaped flags, each bearing the name of a volunteer.

But there was even more in store that morning! The Department of Environment and Conservation hosted morning tea at the Matilda Bay Restaurant to present Volunteer of the Year and Outstanding Service Awards.

Foundation volunteer Edith Thomas was the proud recipient of one of the three 'Volunteer of the Year' awards for 2006. Ten of Edith's volunteer colleagues attended the function to witness her receiving the award.

Edith has been a volunteer since 2002. She works in the Foundation office two days a week; maintains a section of the Track near Dwellingup and she also assists at functions. In addition to this, Edith is a volunteer guide. We congratulate Edith and thank her sincerely for her dedication, enthusiasm and for her sense of humour. Every year, Edith unfailingly contributes over 500 hours of volunteer work to the Track, through the Foundation. 🌸

ODE to VOLUNTEERS

Many will be shocked to find
When the day of judgement nears
That there is a special place in Heaven
Set aside for volunteers

Furnished with recliners
Satin cushions and footstools
Where there is no committee Chairman
No group leader or car pool

No eager team that needs a coach
No bazaar and no cake sale
Nothing to staple, nothing to fold
Nothing to put in the mail

Telephone lists will be outlawed
But a finger snap will bring
Cool drinks and gourmet dinners
And rare treats for a king

You ask, who will serve this privileged few?
Who will work for all they're worth?
Why those who reaped the benefits
And not once volunteered on Earth



A 'Vista of Vs' recognised thousands of individual volunteers on the lawns in Kings Park.



Volunteer of the Year, Edith Thomas (centre), attended the DEC awards function with friends from the Western Walking Club Ann Sutton (left) and Jackie Furby, who is also a Track maintenance volunteer.



Over 350 volunteers assist the Foundation with a myriad of tasks such as maintaining the Track, trip planning advice, mailing out the newsletter, helping at community events, guiding walks, answering the phone – and even being Santa's helper! Thank you to each and every one of you – you are all FANTASTIC!

Yes, THEY DID IT!

We are pleased to recognise no less than 7 overseas, 20 interstate and 50 WA walkers in this edition.



Congratulations to the 77 end-to-enders who have registered their walk with us since the last edition.

By far the greater number headed south from Kalamunda and there were only 17 female walkers. Ages were shown relate to the age when the walk was completed and unless otherwise stated given dates relate to 2006.

We begin as usual with our international visitors.

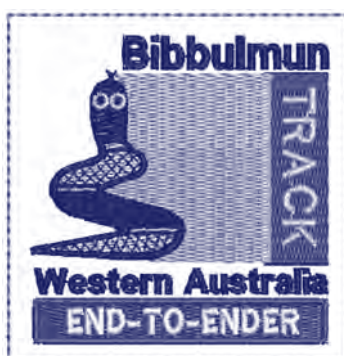
Peter May (60) from Alderney in the Channel Islands and his friend **Mike Bernoulli** (62) of Thornlie "The TOFS" left Kalamunda on 25 September and reached Albany on 8 November. Peter was impressed by the condition and number of shelters. He notes that the Track compares most favourably with trails he has walked in Britain, Spain, the United States and South Africa. Mike thought everything was fantastic.

Margaret (59) and **Barry** (64) **Bryan** of Packington in Leicestershire, England "The Silvertops" took 2 months to reach Albany on 15 December. They urge walkers to support the general store in Balingup as the operators are putting in a big effort. Both had a great time on this, their second end-to-end, but found that some sections needed attention and the flies were bad.

From Wellington in New Zealand came **Susan Guscott** (58) and **David Castle**. After 64 days they arrived in Albany on 11 November. Susan notes that it was a great experience with the condition of the Track well beyond expectations, given the commitment required from all concerned. Highlights included seeing the Gloucester Tree, reaching the coast and passing through recently burnt forest areas.

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Also from New Zealand but Nelson this time was **Tom Heaney** (52) who took 61 days to reach Albany on 10 November. This included a fabulous 4-day rest at Watermark Kilns. It seemed to Tom that some sections were too long and that WA kilometres were longer than kilometres measured elsewhere! He prefers the more dramatic scenery and bush/ forests found in New Zealand backcountry to the Track equivalents.

Our final overseas visitor was **Bill van der Poel** (76) from Wageningen in Holland. Bill walked from south to north between December 2001

"This is a world class package which I would rate as the best in the world. We have walked extensively in Australia, New Zealand, Peru and Chile. The Great North Walk and Hume and Hovell tracks don't compare with the Bibbulmun."

Edith McNally

and January 2006. He chose to walk in the summer because the weather was dry, but in so doing he had to cope with a constant invasion of ticks. He liked being away from civilisation. Bill had amusing experiences with a friendly python at Frankland, honey bees at Murray River and wrens at White Horse Hills.

Next we cover our interstate visitors.

Brothers **Brian Appleby** (67) of Kimba in South Australia and **Fred Appleby** (68) of Hazelmere in WA reached Albany on 27 October, 53 days after leaving Kalamunda. It was the experience of a lifetime for Brian who enjoyed walking through swamps and in the "rain" forests. The highlight for Fred was trying to teach his backpack to swim! He says that walking the Track reveals the diversity of the State and enriches our knowledge of, and attitude towards, conservation. Their favourite section was the Pingerup Plains.

Jim Hughes (62) of Adelaide was another South Australian visitor. He reached Albany on 5 October after leaving Kalamunda on 5 September. Meeting a pack of about 16 wild pigs near Caversham Road was memorable. Jim has also walked the Heysen Trail, which he notes has more significant hills, views and challenges (but fewer snakes) than the Bibbulmun Track, but which itself is a fine purpose built and well marked off-road trail.

Several walkers came from Victoria.

Durante Renton (22) "Bushman" of Ocean Grove completed his walk sections between March 2005 and October 2006. He found it 10 times better than he had imagined. Highlights included the Tree Top Walk.

Emma (29) and **Ben** (27) **Birch** of Kangaroo Flat reached Albany on 5 December after a fabulous 57 day walk. It was breathtaking and inspiring and the best thing they have ever done. They recommend a diet that has both nutrition and variety and were especially impressed by the Co-op at Northcliffe and the general store at Donnelly River.

New South Wales was well represented.

Markus Boeckli (41) of Dee Why left Kalamunda on 16 October and arrived in Albany on 22 November. He is hiking around the world, having previously walked sections of the Track in 1999. Markus walked a section of the Appalachian Trail in July last year. Whilst he found the Track easier the changes of scenery were much preferred.

Greg Edwards (32) "The Contender" from Wyoming reached Albany on 18 November after leaving Kalamunda on 25 September. The collapse of a tree at night at Hewett's Hill was memorable. His diet comprised muesli, pasta, cooking chocolate and cheese. He is grateful for the opportunity to spend time on the Track.

The McNally/Grant x 4 group comprising **Pat** (55) and **Ron** (59) **Grant** of Engadine and **Ron** (59) and **Edith** (57) **Grant** of Stanwell Park had a fantastic adventure that began on 6 October and ended - in Albany - on 11 December. The beauty of nature and the gracious good natured friendship of other walkers was overwhelming. They did a 2-day food drop circuit before they started and found that dehydrating their own food was an amazing success. Edith spoke for them all when she classified Dwellingup and Balingup as amazing towns. With highlights that included swimming at every opportunity, seeing the wreck at Mandalay Beach, wildflowers galore, photographing a tiger snake on the last day and 'THE HUTS'! (the campsite shelters) they obviously enjoyed themselves. Plan, plan and plan is their advice.

Kevin Smith (62) of Mayfield bucked the trend and started from Albany. He left on 12 October and took 47 days. The highlight was his stay at Maringup.

Our final visitor from NSW was **Paul Washer** (55) from Clovelly. Paul reached Albany on 7 November after a two month walk. He enjoyed every aspect but especially the people he met on the Track and in the towns. Paul lists as highlights eating a steak at North Bannister and a dessert at Pemberton, the wildflowers, the shelter at Maringup and a boat cruise at Walpole.

And now to Queensland.

Neil Douglas (59) of Holland Park walked the Track between October 2000 and October 2006 and recommends doing it in sections if you can. He was impressed by the fact that many access points can be reached by public transport. Whilst the scenery wasn't as spectacular as in other areas, the Track is a unique long distance experience of the Australian bush.

Deborah Hancox (44), her son **Conor** (11) and husband **William Kendall** (54) "The Dyhards" of Dysart, reached Albany on 23 January after 53 days. Deborah writes that she never realised 2 minute noodles tasted so good whilst William says "Be Natural" bars were the best food! Conor comments that he carried mum's food the whole way. They thoroughly enjoyed getting out of their comfort zones, being challenged both mentally and physically and being able to build up family relationships. A final word of advice: carry loo paper, Vaseline for hot spots and blister packs and Elastoplast for blisters.

Ken Martin (45) of Townsville and **Jackie Wolstenholme** (42) from Mundingburra left Kalamunda on 1 September and reached Albany on 15 November. Ken found the section between Balingup and Northcliffe a bit boring but otherwise it was a great walk. For Jackie it was a fantastic holiday. She enjoyed being in the bush for so long and really getting to know the vegetation of the south west of WA. They both say travel light and take your time.

Anthony Woodgate (57) of Mansfield departed Kalamunda on 14 September and arrived in Albany on 30 October. Anthony collected a food parcel at North Bannister and then made purchases in the towns. His favourite section was Woolbales to Long Point.

And now to our WA walkers.

These walkers went from south to north.

Eija Fletcher (47) "Finnish" and **Steve Robb** (49) "Irish", both of Jarrahdale reached Kalamunda on 11 November after 43 days on the Track. Eija wonders whether going north is harder than the reverse, perhaps due to walking into the westerly breeze and uphill? Maybe! She says they could not have completed the walk without their friend Renate and their children who organised food drops. Steve loved the whole walk but Dog Pool and Tom Road were fantastic. They delighted in hearing musk ducks at Maringup. Eija says Steve is still sensitive to snakes and jumps when she throws a gum nut at his feet!

Mark Rowe (50) of Esperance found it a great way to spend a couple of months and is so glad he did the walk. He arrived in Kalamunda on 25 August. Mark urges walkers to make sure they take enough chocolate to last the distance between towns! Among his highlights was coming over the sand ridge that opens up to the 'Showgrounds' before Peaceful Bay and not suffering any blisters.

"Indescribable really...I feel that all the beauty somehow made its way inside me. It's there when I close my eyes."

Lucy Ridsdale

Next we have walkers who made it in one go heading north to south.

Richard Prince (62) of Guilderton arrived in Albany on 16 December after 68 days on the Track. He enjoyed the personal physical challenge, the scenery and the wildlife as well as the people he met. He was pleased his wife could join him for 400 kilometres.

Doug Buchanan (58) from Connolly left Kalamunda on 7 October. His walk took 41 days. It was a wonderful experience highlighted by crossing the Pingerup Plains. He rates the provision of shelters and track maintenance far

superior to other countries and advises walkers to set a weight limit - 15 kgs in his case - and keep to it.

Father and daughter team of **Graham** (44) of Subiaco and **Alice** (24) **Cargeeg** of Nedlands left Kalamunda on 2 September and reached Albany on 22 October.

Ben Connelly (24) of Wanneroo walked from 20 April to 15 June. He pushed himself to the limit and in the process overcame a personal problem and became a different, better person. Ben has never been fitter, healthier or happier in his life. He met many wonderful people from all walks of life including Father Stan who celebrated mass at Swamp Oak and Chadoora.

Andrew Coombes (28) from Craigie reached Albany on 24 October after leaving Kalamunda on 29 August. His favourite section was from Mt Cuthbert to Mt Cooke. Highlights were seeing the coast for the first time and each unique tingle tree. As regards food he notes that he got sick of eating porridge!

Trevor Curtis (41) of Safety Bay arrived in Albany on 5 December after a harder than expected 51 day walk. His best piece of equipment was his fringed hat. Trevor enjoyed the beach sections and meeting so many great people.

Another walker whose expectations were exceeded was **Kenneth Edmondson** "A/A" (47) of Wembley who set off on 29 September and arrived in Albany on 10 November. Time almost came to a standstill. It was very challenging physically and mentally. He only spent two nights on his own but he enjoyed sharing accommodation with like minded people.

Christina (53) and **Jeff** (55) **Graves** of East Perth "The Tortoises" walked from 17 September to 3 December. It was an amazing and relaxing holiday for them. They took their time staying in the various towns and just had fun as a couple. Drops were made in advance with emphasis on dehydrated foods. Christina says she went through three pairs of boots and still didn't get her footwear right. Jeff's advice is to take an MP3 player to listen to word books.



Diana Hertzler (49) from Mundaring started on 6 September and arrived in Albany on 24 October. She also relied on dehydrated meals – home grown and made. Highlights included crossing the Irwin Inlet, the climb from the sea at Long Point through the wilds of Pt Nuyts to the heights of Mt Clare and swimming at Blackberry Pool. Diana was grateful to have the opportunity to challenge herself.

Donald Hill (61) of Roleystone whose track name was mysteriously “Don & Kerry” walked between 19 August and 21 October. It was an educational experience in that he learnt much about his own personal abilities as well as the changes around him. Donald’s highlight was seeing the wreck of the SS Mandalay. He has walked the Overland (Tas), Larapinta (NT) and Inca (South America) trails but feels the Bibbulmun Track is still the best.

All that **George Kammann** (70) of Manjimup has to say is that his favourite section was Northcliffe to Pemberton and that he appreciated Steve’s “Food in a Fuel Stove” and the recipes! George reached Albany on 23 October after leaving Kalamunda on 28 August.

Tanya Laurenson (57) “Solo Tanya” from Capel started on 20 August last year and finished on 6 January this year. She rated Mts Cuthbert, Vincent and Cooke as her favourite section and slept atop Mt Chance to see the sunrise. Tanya felt very fit by the end to the extent that she managed 36 kms in a single day. She had a really good time and met some great people on the way.

The walk was a most satisfying and enjoyable experience for **John Loveridge** (66) of Mandurah, though it was hard work at times. He reached Albany on 23 October after starting on 21 August. He says the many people he met were terrific and he appreciated the wild flowers. John thinks he wins the prize for seeing the fewest number of snakes – just 6 – and the most kangaroos – at least 1 a day.

Michael Nunn (56) from Tuart Hill took 54 days to reach Albany on 30 October. It was an immensely enjoyable journey though he suffered sore feet and legs. His advice is to plan ahead and keep your pack as light as possible.

Peter O’Sullivan (48) “Blackbutt Pete” of Melville and Matthew Phipps (47) of Busselton left Kalamunda on 24 August and arrived in Albany on 21 October. Peter found the walk harder than anticipated and saw a lot of snakes. Matthew says it was fantastic. He urges walkers to expand their views on food as there is more to life than noodles. He too saw snakes plus kangaroos and then more snakes.

Jane (41) and **Michael** (51) **Pelusey** “Orchid Hunters” of Scarborough walked from 22 September to 27 November. They relied on food drops and purchases in towns. Both thought Denmark to Albany was the favourite section. For Jane it was an amazing achievement with which she is still coming to terms. Michael notes his highlight as the tingle forests and the first sighting of the coast.

Lucy Ridsdale (27) “Wildgoose” of Fremantle reached Albany on 22 December after 50 days of walking. Her reaction was “Indescribable really...I feel that all the beauty somehow made its way inside me. It’s there when I close my eyes.” She also loves Track food! Porridge and custard combo, salads of raw red cabbage, nectarines and spices and mountain bread dipped in nutella. She includes encountering Track Angels in all their guises among her highlights.

Dani Rob (27) “Dan-dan” of Exmouth left Kalamunda on 3 October and arrived in Albany on 28 November. She says she first came up with the idea of walking the Track when she was 10 years old so after waiting 17 years it really is a dream come true. Dani experienced a full range of emotions from loneliness to euphoria and tears of joy to tears of despair, but overall felt an overwhelming sense of achievement. By putting plenty of effort into planning and preparation she made her walk stress free – but she could have handled more chocolate!

Daniel Stuart (20) from Leeming had an awesome time and can’t wait to go again. He took 59 days and arrived in Albany on 28 November. The coastal sections and karri forests were memorable.

Our remaining walkers completed the Track in sections:

Pride of place goes to **12 Scotch College Keys House students** aged between 16 and 18 who completed the walk in sections between April 2003 and March 2007. What is remarkable is that all 12 of them were on hand to start each section on the due date! Equally remarkable is the dedication of the teaching staff who accompanied them. The students are **Royce Smith, Fraser Stewart, Chris Stretch, Hamish Thompson, Jordan Harris, Jonathon Laurence, Scott Moir, Matthew Rogers, Lachlan Chitwell, William Higham, Adam Smith and Ryan Ackroyd**. Comments ranged from fantastic and most enjoyable to sensational fun, great learning curve and great escape with great guys. Highlights included swimming and playing beach cricket.

Nina McLaren (53) of North Beach and **Ian Johnson** (62) of Trigg walked the Track in two stages between October 2005 and December 2006. Nina was fascinated by the unusual plants in the almost unearthly landscape of the Pingerup Plains, and she looks forward to re-visiting her favourite spots. She advises avoiding large school groups if possible because while generally polite, they take over and are hard to ignore. Ian found it tough going but in years to come will enjoy reading his diary and viewing his hundreds of photos.

Ray Martin (72) from Walliston finished in February 2007 the walk he started in March 2006. This was his third end-to-end. Clearly he is addicted to the Track. His best equipment was the guide books.

Chok Lui (35) of East Perth commenced his walk in 2003 and completed it in 2007. He has given us a comprehensive postscript that has been posted on our website. He is an experienced walker who has walked extensively in New

Zealand, and he took great pleasure in meeting fellow walkers.

Laurie Nicholson (63) of Baldivis and **Julian Miles** (56) of Collie – along with Iain Hensby for whom we have no details – began a journey in July 1999 that they completed in October 2006. Laurie, who has walked in the Americas, says the Bibbulmun Track is the best. He advises walkers not to carry one gram extra unless it is to be worn or eaten. Julian praises the great facilities and has memories of watching a musk duck imitating a sonar submarine on Lake Maringup and of feeding 28s, emus and kangaroos at Donnelly River Village. Haven’t we all!

Girrawheen resident **David Mullen** (53) started in September 2005, but was unable to complete the walk in one hit, due to an Achilles problem. He was left with Donnelly River to Denmark section to complete, which he duly did in November 2006. His wife Frances joined him on the Denmark – Albany leg whilst Doug Buchanan was his companion in 2006. It was a fantastic journey highlighted by the excellent campsites, the interesting and diverse people he met on the way and the help and support of his family.

Natasha Prosser (37) of Attadale had to wait from April 2000 to December 2006 for the opportunity to walk under the Albany wind turbines. Food was an important part of her experience with treats of German rye bread, vegemite, cucumber, cheese and tomato sandwiches on Mt Hallowell and apricots, nectarines and blueberries.

David Wrigley (69) from Gooseberry Hill first set out in March 2004 and finally crossed the line in October 2006. Highlights included meeting his son at Mt Clare with wine, steak, sausages and eggs and again at Rame Head with port! It all made for a terrific experience which he hopes to repeat one day – in one go.

Last but not least we acknowledge **Barry Tregenza** (70) of Karrinyup whose walk spanned May 1998 to September 2006. He says the Track is unique especially by comparison with the guided and costly Milford and Nepal treks and the facility-lacking Grand Canyon.

Compiled by Don Briers, Foundation volunteer and end-to-ender.



SCOTCH BOYS DO IT AGAIN!

On 3rd March, twelve boarding students from Scotch College completed their end-to-end walk on the Bibbulmun Track. This was the 3rd and largest contingent of boys to complete the Track, taking part in Scotch’s innovative programme for boarders.

The twelve boys have walked the Track together over five years, commencing in 2003, completing a different section each year. They started as wide-eyed boys in Year 8 and have now completed the journey as much wiser young men.

The Scotch boarders programme aims to build a sense of community and in year 8 all boarders must complete the Kalamunda to Dwellingup section of the Track. Students then have the opportunity to choose whether or not to continue to walk different sections of the Track from Years 9 – 12.

Head of Boarding, Greg Peck said “This is a very special feat for these young people and they have had to make numerous sacrifices on the way. It is made more special by the fact that they have done it together, during the hard times and the good times. A long, difficult and rewarding challenge has been met, and those involved have every right to be very proud of their efforts”.



Reflections from the Registers- Frankland River Campsite

...and there I am, home again for another night! Yes, that’s what these huts really do make me feel like. Lucky me that there’s another one waiting for me (on the track further north – if I make it...). Anyway, I think this track is an amazing project, thanks heaps and heaps to CALM and all the workers who invested time and energy to make this great experience possible!!!

Luzie Boltz
12th March 2004

A nice walk from Walpole. I met two snakes before the giant trees. Thanks to all the people who made this track and I hope that someone in Europe follows this beautiful example.

Andrea Italy
26th March 2004

James Lovelock was right about people. Being in mother nature is what truly makes us feel at home, it’s where we came from. AUSTRALIA PLEASE CONSERVE YOUR BEAUTIFUL DIVERSITY.

Crystal & Hersh
30th June 2004

Well the ‘Granny Power’ team are back on the track! Mum appears to be an inspiration to many ‘young’ walkers. 60 years + and that you can keep walking if you have a positive attitude. We will be back as we want to finish the walk to say we have done an ‘end to ender!’ PS Yoga helps.

Anon

New Display Stands



A huge thank you to Lotterywest for a \$5000 grant towards our fabulous Bibbulmun Track display stands.

The eye-catching stands have been custom made to accommodate our maps and guidebooks and will certainly help promote the Track at Visitor Information Centres and equipment stores throughout the South West.



Accommodation, Tours and Services

The following business have supported the Track by becoming an Affiliated member. Please take a look and remember them when you next book a tour or accommodation. The Foundation is happy to welcome ASPECTS HOLIDAY HOME, ALBANY BAYVIEW BACKPACKERS YHA, COALMINE BEACH HOLIDAY PARK, DENMARK ECO-ADVENTURE & WINERY TOURS, DENMARK VISITOR CENTRE, DENMARK WATERFRONT MOTEL, PEACEFUL BAY B&B, PUMP HILL FARM COTTAGES and THE LILY DUTCH WINDMILL who have joined recently. Thanks to all our Affiliated Organisations for their support!

BUSINESS NAME	TOWN	TYPE OF BUSINESS	PHONE NO.	DISCOUNT OFFERED TO MEMBERS
PEDAL OZ	PERTH	Transport prov.	1300 784 864	No.
MUNDARING WEIR HOTEL	MUNDARING	Accommodation/ Restaurant-Cafe	(08) 9295 1106	No.
BERRYVALE LODGE	DWELLINGUP	Accommodation/ Transport prov.	(08) 9538 1239	10% Sun-Thurs inclusive (excl public hols and long w/e).
DWELLINGUP ADVENTURES	DWELLINGUP	Tour	(08) 9538 1127	10% on self-guided tours.
DWELLINGUP CHALET & CARAVAN PARK	DWELLINGUP	Accommodation	(08) 9538 1157	No.
TREE CHANGE SHACK	DWELLINGUP	Accommodation	0412 722 823	No.
BLUE WREN B&B	COLLIE	Accommodation	(08) 9734 5088	
COLLIE RIVER VALLEY TOURIST PARK	COLLIE	Accommodation	(08) 9734 2051	10%
COLLIE VISITOR CENTRE	COLLIE	Tourist Bureau	(08) 9734 2051	10% on souvenirs. Excl. CALM books, maps and craft.
PREMIER HOTEL	COLLIE	Accommodation	(08) 9734 1899	\$15 sgl, \$10 dbl.
WHISPERING PINES B&B	COLLIE	Accommodation	(08) 9734 3883	10%.
GLEN MERVYN FARMSTAY	MUMBALLUP	Accommodation	(08) 9732 2208	To groups of ten or more.
WANJEDDA HILLTOP B&B	MUMBALLUP	Accommodation	(08) 9732 2004	10%.
BALINGUP BUDGET ACCOM. - 'THE HIKERS HIDEAWAY'	BALINGUP	Accommodation	(08) 9764 1049	10% for 2 or more nights.
BALINGUP LAVENDER FARM	BALINGUP	Attraction-Cafe	(08) 9764 1436	10% off essential oil of lavender
CHESTNUT BROOK COTTAGE	BALINGUP	Accommodation	(08) 9764 1606	10% (direct bookings only).
JALBROOK COTTAGES - ALPACAS & KNITWEAR GALLERY	BALINGUP	Accommodation - Attraction	(08) 9764 1616	10% with 'first dawn' breakfast basket inc. (excl. specials and long w/e). Direct bookings only.
TASTE OF BALINGUP	BALINGUP	Food	(08) 9764 1344	10%
CORD ON BLUE Pty Ltd	NANNUP	Food	(08) 9756 0616	10% off orders over \$150
DONNELLY RIVER HOLIDAY VILLAGE	DONNELLY RIVER	Accommodation	1800 819 650 or (08) 9772 1244	No.
SOUTHERN FORESTS WA	MANJIMUP	Information Provider	(08) 9771 7777	
BIG BROOK COTTAGES	PEMBERTON	Accommodation	(08) 9776 0279	10%. Conditions apply.
KARRI VALLEY RESORT	PEMBERTON	Accommodation	(08) 9776 2020	10%. Not available on public holidays.
KARRI GLADE CHALET	PEMBERTON	Accommodation	(08) 9776 1120	
PEMBERTON CAMP SCHOOL	PEMBERTON	Accommodation	(08) 9776 1277	No.
PEMBERTON DISCOVERY TOURS	PEMBERTON	Tour/Transport prov.	(08) 9776 0484	\$5 p.p. off tours (direct bookings only).
PEMBERTON FARM CHALET	PEMBERTON	Accommodation	(08) 9776 1290	10%.
PEMBERTON TOURIST CENTRE INC	PEMBERTON	Tourist Bureau	1800 671 133 or (08) 9776 1133	
PUMP HILL FARM COTTAGES	PEMBERTON	Accommodation	(08) 9776 1379	
WANDERING VINTAGE SCENIC BUS TOURS	PEMBERTON	Tour/Transport prov.	(08) 9776 1757 or 0429 776 175	No.
BIBBULMUN BREAK MOTEL	NORTHCLIFFE	Accommodation	(08) 9776 6060	No.
ROUND TURT ECO CARAVAN PARK & B&B	NORTHCLIFFE	Accommodation	(08) 9776 7276	No.
WATERMARK KILNS	NORTHCLIFFE	Accommodation	(08) 9776 7349	\$5 double kiln \$10 the single kilns.
COALMINE BEACH HOLIDAY PARK	WALPOLE	Accommodation	(08) 9840 1026	10%.
TINGLE ALL OVER' YHA/ WALPOLE TAXI	WALPOLE	Accommodation - Tour/ Transport prov.	(08) 9840 1041	
WOOZ & SUZ CAFÉ	WALPOLE	Restaurant/Café	(08) 9840 1214	
PEACEFUL BAY B&B	PEACEFUL BAY	Accommodation	(08) 9840 8353	No.
ASPECTS HOLIDAY HOME	DENMARK	Accommodation	0407 984 361	No.
BLUE WREN TRAVELLERS REST	DENMARK	Accommodation	(08) 9848 3300	5%.
DENMARK ECO-ADVENTURE & WINERY TOURS	DENMARK	Tour/Transport prov.	(08) 9848 2814 or 0427 234 388	10%.
DENMARK VISITOR CENTRE	DENMARK	Tourist Bureau	(08) 9848 2055	
DENMARK WATERFRONT HOTEL	DENMARK	Accommodation	(08) 9848 1147	
MOONWATERS HOLIDAY COTTAGE	DENMARK	Accommodation	(08) 9848 2055	10% (excl. public hols and specials).
SURFSIDE OCEAN BEACH	DENMARK	Accommodation	(08) 9848 2248	10%.
THE COVE	DENMARK	Accommodation	(08) 9848 1770	10%.
CAPE HOWE COTTAGES	LOWLANDS BEACH	Accommodation	(08) 9845 1295	10% off normal tariff.
ALBANY BAYVIEW BACKPACKERS YHA	ALBANY	Accommodation	(08) 9841 1088	Same as YHA-card holders: \$3
ALBANY VISITOR CENTRE	ALBANY	Tourist Bureau	1800 644 088 or (08) 9841 1088	No.
NORMAN HOUSE	ALBANY	Accommodation	(08) 9841 5995	5%.
ORANJE TRACTOR WINE	ALBANY	Winery	(08) 9842 5175	
THE LILY DUTCH WINDMILL	ALBANY	Restaurant, Wines, Accommodation	(08) 9827 9205	

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Denmark

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www.denmarkwaterfront.com.au



DENMARK VISITOR CENTRE

Friendly assistance along with district maps, brochures and more can be found at the Denmark Visitor Centre to help you plan a unique holiday to suit all your needs on where to stay and go

- Accommodation
- Attractions
- Activities

www.denmark.com.au
73 South Coast Hwy
Denmark

Walker Story -

SIMPLY MESSING by Keith Carmody

"...there is nothing - absolute nothing - half so much worth doing as simply messing about in boats ..."

(Kenneth Grahame - The Wind in the Willows)

It was late afternoon on day 25, and the storm that had grumbled periodically during the day since I'd left Rame Head that morning decided to get serious. It was just one of the several storms I'd experienced in the first 400 kms of my trip over the southern half of the Bibbulmun Track. I had elected to walk in August and September in the knowledge that I could expect a considerable amount of rain, as that corner of WA receives most of its rain in winter and early spring.

By the time I more or less blew into Peaceful Bay, I was glad to be able to rent the caravan park's old van, which is reserved for walkers on the Track. The next morning the rain had cleared, but the wind had abated only a little, as I set off to continue to follow the Track towards my eventual goal, the Southern Terminus in Albany.

Between Peaceful Bay and Albany there are four inlets to be crossed. Each of these consists of an expanse of water retained behind the coastal dunes, which drain through channels into the Southern Ocean. Depending on the time of year, the method of negotiating each of these inlets can vary between deviating inland around them, wading through them or walking across a sandbar at the point where the channel meets the ocean. Or in the case of the Irwin Inlet, crossing by canoe.

To the east of Peaceful Bay the Track runs parallel to the coast for a couple of kilometres, then follows the channel of the Irwin Inlet until it reaches the canoe shed on the western bank. At this point in my narrative it is worth quoting some of the advice from the guidebook:

The 120-metre wide Irwin Inlet channel needs to be crossed about two kilometres inland from the beach, using canoes stored there specifically for the purpose. In severe winter and spring weather the water could become choppy, and extreme caution should be applied to this crossing. While this is likely to be a challenging experience for most it will also bring its rewards.

Contrary to the advice of the book the channel did not need to be crossed. I'm quite sure the channel and its white capped waves would have been indifferent whether anyone crossed that day or not. Rather, I needed to cross it if I was to complete the remaining 17 km to the Boat Harbour campsite. When I arrived at the canoe shed, I paused to consider how urgently I needed to cross that day. The strong wind, as promised by the book, had caused the channel to become very choppy. That in itself was bad enough, but it would also be necessary to travel some distance upwind in traversing the channel from west to east, due to the location of the eastern shed. On top of this, when I checked the available equipment in the shed, I found that I had a choice of three flotation vests, one canoe and one paddle with about half of its blade missing.

There is a requirement that there must always be at least one canoe on each side of the crossing. This meant that I was compelled to cross to the other side to collect another canoe, tow it back and leave it for the next walker heading in the same direction as me. Then I had to recross the channel from west to east. The canoes are suitable for two people with very small packs or one person with a large pack. In the latter case, walkers are advised to sit in the rear of the canoe and place the pack in the front.

As it was necessary to ferry the pack across only once, I opted to leave it behind for the first trip, as I was unsure of the stability of the canoes. I



Margaret Bryan, track name The Silvertops, crossing Irwin Inlet. Photo by Barry Bryan

reasoned it might be wiser to try the canoe out first without the pack aboard, in case my lack of experience in canoes combined with the waves and wind caused me to capsize the craft.

As it turned out the possibility of capsizing should have been the least of my worries. The little vessel was abundantly stable, but immediately after it left the shore it headed downwind, and no amount of paddling would cause it to turn into the wind. As a result I eventually struck the eastern bank of the channel about 150 metres downwind of my objective, and the canoe refused to be paddled along the shore. Vegetation along the bank did not offer easy walking and the water was nearly waist deep, but there was no alternative but to wade along the shore towing the canoe behind. Eventually I reached the eastern shed, launched a second canoe and set off paddling with an intact paddle and ferrying a second decent paddle back for the benefit of the next crosser.

I was quickly disabused of any notion that the extra propulsion of a full paddle would help me to hold course. Initially it looked as though I might end up being driven right out of the channel, but I was propelled into a position where I was somewhat sheltered from the wind, and I reached the eastern shore closer to the shed than I had managed with the first crossing. Just the same I had another chilly wade before I could put the extra canoe and paddle into the shed, pick up my pack and complete my "messing about" by making the third crossing.

I pushed off from the shore, resigned to the inevitability that I would go off-course, and be forced to spend more time wading. I was therefore pleasantly surprised when the canoe tracked dead ahead and, with a minimum of course correction, headed more or less directly to the goal. When I considered it later I reached the conclusion that the lack of weight in the front of the canoe allowed the bows to ride so high that the wind caught them. The presence of the pack settled the bows into the water and reduced the area presented to the breeze.

Walkers crossing the Irwin Inlet by canoe should learn from Keith's experience. If it's windy, keep the bow of the canoe low (not too low!) in the water - Ed.

Getting into Gear -

FLEECE

I know it's not very obvious at the moment, but winter is on its way! Soon the walking season will be upon us and, hopefully, we'll start to get some cold weather. So which warm jacket will you be using on the Bibbulmun Track this year, if the trusty old fleece is starting to get a bit thin and losing its lofty pile?

The original fleece fabric that everyone copied was Polar Tec, made by Malden Mills in the USA. It is still considered one of the best fleeces available today. It has a luxurious thickness that you can snuggle into on cold days and the face of the fabric never pills or becomes balled up (which is a sure sign that its warmth catching capabilities are going). The weight to warmth ratio is excellent.

Another great thing about fleece is that when it gets wet, it is still warm—that is to say it still traps body heat—and it dries quickly. There are many weights of fleece available, from the light Polar Tec 100 Series which are generally in half zip styles, through to the bulky but always reliable Polar Tec 200, and on to the high-tech Thermal Pro fabrics.

However, one of the issues I find when I'm on a bushwalk and carrying a pack, is that I can get too hot, even in winter. So I quite often find that I end up in a light-weight top over which I can put a waterproof jacket if it starts to rain. If I need to add a warmer jacket, I tend to use either the Soft Shell or Windstopper variety.

One of the big disadvantages of fleece has always been that when the wind gets up it cuts straight through the jacket. However companies like Gore, makers of Gore-Tex, have designed fleece fabrics to which a membrane can be bonded that makes the garment completely windproof and more water resistant than a normal fleece. They are still highly breathable but keep the wind out. This also means that they reduce the bulk of the fabric because they don't need density to keep the wind out, as the membrane does that job.

Lately they've gone one step further and come up with Soft Shell, a range of fabrics with a highly water resistant outer face cloth that sheds water and snow easily - as well as being windproof. The idea is that if you can wait before having to put your waterproof shell jacket on, then you won't have too many layers on while walking, which can often be too hot and uncomfortable.

They can also look quite stylish, I've worn the same Soft Shell travelling in Europe, in Tibet trekking, on the Bibbulmun Track in Pemberton and on my way to work in the mornings in Perth—I like to get my money's worth!

Another very useful type of jacket to consider is one made from down. These are fantastic when you get into a shelter on a cold night, as they have the best warmth to weight ratio of any fill. But most importantly, they pack up to half the size of a loaf of bread and take up very little space in your pack.

You will need one with a low level of fill, otherwise you'll over-cook. The main drawback with this type of jacket, however, is that when it gets wet it doesn't keep you very warm, and takes a while to dry out. I only use mine when I get into camp. A down jacket is also great as an added bit to the foot of your sleeping bag if the nights get a bit cold!

Mike Wood
Mountain Designs WA



In the Community

Volunteers have been busy talking to visitors at the recent Caravan & Camping Show, held over five days at Belmont Park Racecourse. This is a huge event and we were lucky to be able to join our Silver Sponsor Ranger Outdoors on their stand. We had the added bonus of being able to sell raffle tickets and although it was a mixed crowd there was lots of interest in the Track.

Thank you to all of those who helped out on the weekend.

- Barbara Wright
- John Murphy
- Richard Whitfield
- Jim Baker
- Mary Sprunt
- Vere Berger
- Hans Hoette
- Ross Leighton
- Bernie & Julie Renwick
- Rosalind Miles
- Richard Whitfield
- Wendy Pittick
- Ralph Ditton
- Graham Murdoch
- Vince Harding
- Jean Byrne
- Carole Dean
- Greg Drew

We also attended Envirofest 2007 at the Piney Lakes Environmental Education Centre, a City of Melville event to promote environmental awareness, sustainable living and healthy lifestyles. The event was combined with the Little Hands Children's Festival so there were lots of families there for an enjoyable environmentally friendly day out. Many thanks to Jim Baker, Leonie Kirke and Malcolm Ferrier for their help on the day.

Office Gossip

Gossip Gossip Gossip
Gossip Gossip Gossip

January and February are normally a quiet period when we take the chance to catch up on anything that has been filed in the 'it can wait' file. This year so far has proved to be anything but quiet, especially with event bookings.

In this issue of Bibbulmun News we salute our volunteers and the work they do to help members and walkers in so many different ways. On International Volunteer Day in December volunteers attended a number of events and we were thrilled when Edith Thomas was awarded one of three DEC Volunteer of the Year Awards.

New members often contact us to ask for directions to the Foundation Office. One of our recent new members, Tony, thought the minute detail we gave him to find us from half a block down the street was hilarious and was still laughing when he came in to see us about his planned end-to-end. We in turn couldn't stop laughing when he told us that he'd just made out his will! – It seems we need more confidence in the navigational skills of walkers – and they in their ability to complete the Track unscathed!

Gwen Plunkett
Office Manager
and Volunteer Coordinator

TOURISM AWARD WINNERS AT PARLIAMENT HOUSE



As winner of the Significant Tourist Attraction category at the 2006 WA Tourism Awards, representatives from the Bibbulmun Track were invited to attend a special function at Parliament House on 20th March.

The Hon Sheila McHale MLA, Minister for Tourism, (left) is seen here with Linda Daniels, executive director of the Bibbulmun Track Foundation (far right) and Jean Byrne, the Foundation's marketing manager, with Peter from Donnelly River Cruises in his striking Captains uniform!

NOTICE BOARD

HIKING PACK FOR SALE

Mountain Designs Columbus Hybrid 65L. Near new exc condition. Detachable day pack, waterproof cover, bar harness & more. \$250

Phone: 9725 7779
Email: iwptittick@wn.com.au
Contact: Wendy

WALKING COMPANIONS WANTED

Fellow hikers, young or old, to join enthusiastic lady hiker based in Perth on easy to moderate walks overnighting at any Bibbulmun Track campsite in the northern section.

Phone: 9271 9248 after hours
Contact: Rosalind

WANTED: WALKING POLES

Seeking height adjustable, light weight walking poles in good condition.

Phone: 0427 324 766
Email: sabena_lund@yahoo.com.au
Contact: Sabena

BACKPACK FOR SALE

Brand New 50 + 10 ltr backpack \$350.00. Deuter is the brand. A German make excellent pack with water bladder.

Phone: 08 9773 1225
Email: diana.krakouer@wn.com.au
Contact: Diana

WALKING COMPANION WANTED

Lady 40's seeks walkers any age, gender or fitness for day walks or overnighters. Prefer South section.

Phone: 08 9761 4460
Email: jpbess@bigpond.net.au

WALKING BOOTS WANTED

I am looking for a pair of walking boots for a seven year old girl. Her feet are about size 1. We intend to walk in New Zealand so I need something sturdy and have had no luck in any of the shops I have looked in. Can anyone help???

Phone: 0410 884 767
Email: serenadavie@hotmail.com
Contact: Serena

Guides Needed for Group Activities

Do you have the skills and experience to be a guide for corporate groups on the Bibbulmun Track?

The Foundation is looking for people who have:

the skills and experience to facilitate team building activities

enthusiasm and an outgoing personality

a sound knowledge of the Bibbulmun Track

If you think you fit this description and you are available to assist with programmes on weekdays, please contact Steve for application details on events@bibbulmuntrack.org.au or 9481 0551.

WALKING PARTNER WANTED

I'm a women in her 50's looking for a similar friend for overnight walks.

Email: combe@networx.net.au
Contact: Mary

SLEEPING BAGS FOR SALE

Sherpa Sleeping bag: weighs under 2kgs, black, synthetic fill, tapered at the feet. Mountain Design sleeping bag: black, weighs under 2kg, down fill. Both bags are in good condition and both compress down quite small. Please phone 0429 114 058 anytime or 9927 1940 between 5pm and 8pm.

Phone: 0429 114 058
Contact: Ron Casey

entertainment™

The Entertainment Book is back!



Save big money and support the Bibbulmun Track at the same time!

The Entertainment™ Book 2007/08 is filled with valuable 25% to 50% off and 2-for-1 offers from the best restaurants, cafés, family dining, accommodation, theatre, sports, and much more.

The books will be available mid-May for a limited time only and they are sure to sell out quickly... So reserve your copy online, by post, call 9481 0551 or email friends@bibbulmuntrack.org.au now!

Only \$60 collected from the office, plus \$7 for regular postage or \$9.50 for registered post (as we cannot replace books lost in the mail, we strongly recommend choosing registered post).

Remember, you only have to use the Book a couple of times and it's paid for itself!!



The 7 principles

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimise campfire impacts
- Respect wildlife
- Be considerate of visitors

VISITOR CENTRE IN THE PERTH HILLS NOW OPEN!



The visitor building located within the Perth Hills National Parks Centre (Allen Road, off Mundaring Weir Road) in Mundaring is a great place to begin your Perth Hills adventure. Open every day from 10 am, the centre is a great source of information, and the friendly staff can advise you on some of the fascinating ways you can hike, ride, walk or just sit and enjoy the area.

The centre stocks a range of maps and guides, gift ideas, local art and souvenirs as well as drinks and snacks to quench the appetite. A strong hills focus exists for the centre, no toy koalas are to be found, but you will come across chudich, echidna and other local inhabitants.

A stunning mural of the local plants and animals surrounds the inside of the centre, which is dominated by a large mock jarrah tree and a silk parachute canopy painted with muted green leaves. It truly sets the mood for a unique experience in Perth's outdoors as you get nearer to nature.

Outside the setting is just as serene, with a deck for you to enjoy your cappuccino in the shade of café umbrellas whilst listening to the local birdsong.

For those who just can't tear themselves away, don't forget that the centre features camping facilities, complete with camp kitchen and hot showers. So what is your excuse not to head for the hills?

Heart of the Perth Hills – The Natural Place to be!



The Bibbulmun Track follows the walkway across the Mundaring Weir.

TRACK TOWN Mundaring

Nestled in the heart of the Perth Hills, approximately 38km east of Perth, lies the town of Mundaring, recognised as a place of great historical significance

It is home to the Mundaring Weir and is the start point of the famous 'Golden Pipeline', the amazing engineering feat of C.Y. O'Connor. Although the project was completed over a hundred years ago it remains the longest freshwater pipeline in the world today. It carries its precious cargo a staggering 560km across country, to its destination in the eastern Goldfields.

Mundaring is a vibrant and thriving community. This delightful township has everything you would expect from one of Perth's 'outer' suburbs—top class restaurants, a world-renowned pizzeria, cafés, shops, wineries, spectacular gardens and art galleries. Yet Mundaring still successfully retains the atmosphere and charm of a small town. With one third of the Shire classified as State Forest, it is an absolute haven for walkers, with a bountiful selection of walk trails to enjoy, in and around the area.

The weir itself continues to be popular with visitors and locals alike, with plenty to see and do. No 1 Pump Station Museum pays tribute

to the brilliant 'scheme of madness' as the pipeline project was originally dubbed. Inside the museum visitors can learn of the vision of the individuals who conceived the pipeline and hear stories told by the people who built it.

A short walk from the dam wall brings you to the Mundaring Weir Hotel. The hotel, established in 1898, was built to meet the demands of the pipeline construction workers and has remained remarkably unchanged since those pioneering times. From January to March each year visitors are treated to an impressive musical programme. High profile performers such as Kate Cerberano, David Helfgott and James Morrison entertain audiences in a spectacular outdoor setting overlooked by the tall timber, sometimes being joined by one or two inquisitive kangaroos.

Close by is the Perth Hills National Parks Centre. The centre offers an opportunity to get 'nearer to nature' with a range of nature-based activities catering for all ages. It is from here one can access many forest walk trails, including

the Bibbulmun Track, which pass through the area. On-site camping facilities are available and there is an excellent youth hostel nearby. Alternatively, a delightful B & B perched high in the forest caters for those wishing to indulge in a little luxury;

Just across the road from the Centre is the Kookaburra Outdoor Cinema. On summer evenings patrons can relax beneath the stars, with the surrounding bush providing a dramatic backdrop to the large screen entertainment.

In August 2007 Mundaring will host the inaugural 'Mundaring Truffle Festival'. Chefs of international acclaim will converge on the town for a feast of fine food, wine and festivities. Plenty to indulge and delight the senses!

Trek the Trail 2006 followed the Railway Heritage Trail from Mundaring to Darlington.



This year's 'Trek the Trail' event will be held on Sunday 19 August. Each year walkers and cyclist are invited to join in the fun whilst traversing a section of the 70km long Railway Heritage Trail, learning of local history and heritage from art displays along the way. A different part of the Trail is featured each year, and this year the event will cover the section from Chidlow to Mundaring (approx. 12km) and will culminate with festivities in the town. This is a free event and everyone is welcome.

For further information on forthcoming events, please contact Mundaring Visitor Centre. Tel: 08 9295 0202. info@mundaringtourism.com.au www.mundaringtourism.com.au

MUNDARING WEIR HOTEL



Our accommodation features open fires in winter and we have a pool for those warm summer days.

Join us for our annual 'In the Forest' concert season festival (January to March) with some of Australia's best know and loved performers.

Located in the State Jarrah Forest along the Bibbulmun Track.

Open 7 days for lunch, dinner Friday & Saturday nights and breakfast on weekends.

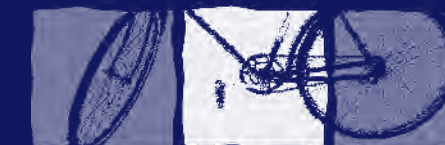
Try our famous Lamb Spit on a Sunday together with fantastic wood fired pizzas and counter meals whilst enjoying our bush band.

Mundaring Weir Hotel

Mundaring Weir Road, Mundaring

Phone: 08 9295 1106

www.mundaringweirhotel.com.au



PEDAL OZ

Bibbulmun Track Transfer Service

Pedal OZ offers a support service for people wishing to hike the northern sections of the Bibbulmun Track.

Our bus service departs daily from Perth. We can drop you off at the Track and pick you up again up to 7 days later. The drop off and pick up points are available where vehicle access is allowed. We also offer a large range of backpacks and camping gear which is included in the price.

Cost is Adult \$149pp Child \$49 min 2 people. \$100 dollar surcharge applies if you hike beyond Dwellingup. Advance bookings are essential.

Ph: 1300 784 864

www.pedaloz.com.au

PHYSICAL FACETS

Are you fit enough?

By Isabel Busch

What defines a hard walk—how hard is the walk that you are planning?

In January I walked the South Coast Track in the wilderness of Tasmania, which led me to the topic for this article.

Our party of four had a lot of experience between them. Everyone of them is a Bibbulmun Track end-to-ender, three have walked the Cape to Cape Track (one twice) and one has experience on the Larapinta Trail and has trekked in Nepal. Plus we have all spent a lot of time trekking in varied terrain on day walks, and on top of that three of the party completed the inaugural Albany to Perth bike ride last year.

So we knew what was needed to prepare for yet another challenge. We knew what our bodies were capable of, and we thought we knew what a hard walk would entail.

During 2006 we researched the South Coast Track, speaking to friends and fellow walkers who had walked it in the past. We read all we could from books, searched web sites and checked out all the possible ways of reducing the weight of our packs. We felt really well prepared.

Everyone we spoke to, and every description of the track that we read, advised us the South Coast Track is a wilderness walk —one not to be attempted by novices.

But after all our research, our reaction was, “come on, we are Bibbulmun Track end-to- enders. That’s no stroll in the park; we must be capable of anything the South Coast Track can throw at us!”

However, we have since realized that those who had walked this route before had erased from their memories those sections that caused them to ache from head to toe, become covered in mud and leeches and question their sanity for even beginning such an adventure.

Girls, it’s a bit like childbirth stories — the bad experiences seem to fade with the telling! What we very quickly came to understand is that everyone has their own perception of hard, which often is only as hard as their last experience. From our last experience we now truly know what hard is all about!

Hard meant endless concentration, forever stepping up or down on to tree roots, logs, rocks, moss and mud that might or might not hold you as you tried to balance. Sometimes the steps up and down were more than a metre high. Hard meant walking in mud up to your thighs, walking along a track that was also a water course, and crossing streams and rivulets of varying depths and currents.

As if that weren’t enough, there were cliffs of five metres to climb up or down, sometimes with, but often without, a rope to assist. And remember all this is happening with a pack of around 17kgs to 25kgs on your back! At least we were lucky to have reasonably good weather conditions.

Walking poles were our saviour many times in assisting to stabilize us, but we were left with aching arms at the end of every day. We also experienced much warmer weather than we expected, which added to the pressure on our bodies and minds – on one day we each consumed about six litres of water as we walked.

From all you’ve read you might wonder whether or not we enjoyed this wilderness experience. The answer is a resounding yes! There were spectacular coastline and beaches, wonderful views from the top of the Ironbound Ranges, amazing rainforests, and some beautiful campsites—and I haven’t even mentioned the local, sometimes curious, sometimes hungry fauna. It was certainly a walk well worth the effort, in yet another corner of the amazing wilderness of Tasmania.

So how do you prepare for this kind of walk or, for that matter, any walking challenge? I think it is very difficult to be fully prepared for something

like this unless you are a ‘gym-junkie’ and spend hours doing leg presses and other weight work to get your thigh muscles bulging. Alternatively a personal trainer might be the answer, and walking daily with a loaded pack over very undulating terrain could make a difference. Using Jacob’s Ladder* as part of your weekly training walk, especially with a weighted pack on your back, should assist in improving your walking fitness.

Realistically however, until you’re out there and experiencing the conditions, you can’t really tell if you have prepared yourself well enough or not. This walk left us feeling mentally and physically exhausted at the end of most days. The level of concentration required with each step was enormous (even our brains ached at the end of the day!). Any missed step or a slip could have resulted in a sprained ankle, at best, or a fractured leg and a flight in a helicopter, at worst.

If you are planning a walk of any description, check as much as you can beforehand about the track conditions and the weather that you are likely to encounter. Question those who have walked the route before, read information put out by any relevant agencies, train as much as you can, and be realistic about the physical capability of your body.

Make sure you are not taking on more than you should. Have a check up with your doctor and health practitioner. If you are planning a walk on the Bibbulmun Track, book a trip planning advice session from our office.

Finally, remember everyone has their own perception of degree of difficulty. Until you have walked with someone, and are aware of their ability and capacity under varying conditions, you won’t know if what is hard for them may be easy for you, or vice-versa.

So, do your research, prepare yourself, go out there and enjoy the journey.

Funny how those memories of mud, leeches and endless ups and downs are starting to fade...a little longer and we will be telling you what a wonderful walk the South Coast Trek really is!

Some of us have thoughts of doing the Kokoda Trail — everyone says it’s not too bad, just a bit of mud! 🌿

*** Jacob’s Ladder is a concrete stairway which connects the foreshore with the edge of King’s Park in Perth. It consists of 242 steps and rises 43 meters. It is used extensively as a training ground for athletes of all kinds.**



Heat Related Illnesses

Part 1 by Emil Mandyczewsky

WMI of NOLS Australia www.wmi.net.au



In hot environments, especially while we are exercising, our body needs to shed excess heat generated by metabolism, as well as to prevent influence from environmental heat. Our body does this in a clever fashion, utilising evaporative cooling by generating sweat.

If we’re exercising, our body fluids are at a premium. If we are too vigorous, if we’re not acclimatised to the heat or if our water intake is insufficient we may become thirsty, nauseous, dizzy, have a rapid heart rate and maybe even pass out. While it might feel like you’re dying, this is merely Heat Exhaustion, a mild form of low blood-volume shock.

Heat Exhaustion is not really a body core temperature problem nor is it life threatening at this stage, it is mainly a fluid volume problem. It is best treated by removal from the hot environment, rest, laying in the “shock position”, and hydration.

Heat Stroke however is a truly life threatening condition caused by an increase in the body’s core temperature. This can happen via a number of situations, but universally occurs because cooling mechanisms like evaporation are not working because of humidity, low fluid volume or sickness. A Heat Stroke patient will be behaving irrationally, stumbling, have skin that is hot to the touch and may even have seizures or lose consciousness.

This person’s vital organs are cooking, quickly leading to death. The patient should have their ABC’s monitored, be moved out of the hot environment and then rapidly cooled by repeated dousing with water while being fanned. Massage of the large muscle groups like arms and legs at the same time as cooling may be beneficial. Monitoring and urgent evacuation are essential even if they seem to make a full recovery.

Next issue – Can you die from drinking too much water?

Booking your ‘Walk With the Friends’

Walk With the Friends (WWF) is a series of social Sunday walks led by trained volunteers. The walks are free for members using vouchers.

Each edition of Bibbulmun News contains a list of WWF dates and two printed WWF vouchers. Adult members are entitled to two vouchers per newsletter, so if you have a family membership and only receive one newsletter you can request two extra vouchers.

When you book your first one or two WWF, enclose the voucher/s with the booking form found in Bibbulmun News.

When you go on the walk you will receive the voucher back to book another WWF from the programme of walks found in the same newsletter. This way you can go on as many walks as you like but you can only book a maximum of two walks at any one time.

If you don’t turn up, or you cancel your booking, you forfeit your voucher.

Each edition of Bibbulmun News (issued every four months) contains new vouchers and a new WWF programme.

Why the voucher system?

Many walks were being booked out far in advance precluding others from attending. Many of those that booked simply didn’t show up, without any notification, which meant that we had no opportunity to contact those on the waiting list.

The voucher system prevents the walks being booked out in the first week of the schedule being released - and helps to ensure that people attend the walks they book.

walk with
the friends
(value \$12)

Please send this voucher with your booking.
You’ll be given a replacement when
you attend the walk.

Expires 26 August 2007

v o u c h e r

walk with
the friends
(value \$12)

Please send this voucher with your booking.
You’ll be given a replacement when
you attend the walk.

Expires 26 August 2007

v o u c h e r

	QUANTITY	TOTAL COST
Individual Maps		
Map 1 Darling Range		\$11.50 per map
Map 2 Dwellingup		
Map 3 Collie		
Map 4 Blackwood		
Map 5 Pemberton		
Map 6 Northcliffe		
Map 7 Walpole		
Map 8 Denmark/Albany		
Map Packs		
Northern Map Pack (Maps 1-4)		\$42.00
Southern Map Pack (Maps 5-8)		\$42.00
Northern Guide Book 2nd ed. (Pocket size with maps and track notes)		\$35.00
Southern Guide Book 2nd ed. (Pocket size with maps and track notes)		\$35.00
Northern & Southern Guide Book combo		\$66.00
'Getting on Track' video or DVD (packed with useful information)		\$27.45
Bibbulmun Track Accommodation & Services Guide Places to stay, attractions, transport and tour ideas!		\$12.00
Bibbulmun Track Poster (Full colour 594 x 825mm) Features Shelters, National Parks & Track Photos ADD \$7pp within Australia		\$12.00
Polo shirt bottle green (with logo and 'Western Australia' on front) No. of shirts per size: S M L XL XXL		\$27.95
Polo shirt white (with logo and 'Western Australia' on front) No. of shirts per size: S M L XL XXL		\$27.95
T-shirt Logo plus 'Western Australia' on front, '1000km end to end' on back TITIAN (RED) No. of shirts per size: S M L XL XXL		
BARK (BROWN) No. of shirts per size: S M L XL XXL		
CORNFLOWER (BLUE) No. of shirts per size: S M L XL XXL		\$27.50
Brushed cotton cap with suede peak & logo with 'Western Australia' (cream & camel)		\$12.95
Cotton Bushwalker's Hat (cream with logo) S M L		\$14.95
Car Window Sticker		\$2.00
'Waugal' pendant (handcrafted in silver with an adjustable black cord)		\$16.00
Souvenir 'Waugal' trail marker (plastic, real size with nail hole)		\$3.00
Souvenir 'Waugal' fridge magnet		\$2.20
Latest Bibbulmun News Magazine		\$6.00
Hand-made, Personalised Bibbulmun Walking Sticks		\$98.00
Special for members \$75.00 (No additional discount applies)		\$75.00
'Bibbulmun Track on the South Coast' - interactive CD		\$37.00
Wildflowers of the Northern Bibbulmun Track & Jarrah Forrests Field Guide, over 300 plants, glossy full colour (\$2.50 postage) Special for members \$20 (no additional discount applies)		\$24.00
The Cape to Cape Track Guidebook. Includes maps and description		\$21.95
Water Bottle (white with logo)		\$6.60
Exclusive Bibbulmun daypack (Navy) & water bottle		\$39.95
Forest Discovery Wheel. An easy guide to 18 of Western Australia's best known southern forest trees & plants.		\$6.60
Ocean Giants Look-out Kit (Albany)		\$3.95
On the Trail of the Red-Tail - Day Walk Map Packs includes map carrier, map, new walk notes, bird info & postcard plus prepaid sighting record card: choice of 6 locations COST: \$20 ea (includes donation to Cockatoo Care)	Darling Range Dwellingup Balingup Pemberton Walpole Denmark	
BUSH BOOKS (POCKET SIZED, PRACTICAL FIELD GUIDES BY CALM)		
Wildflowers of the Sth-W	Fungi of the South-West	\$6.50 each
Beachcomber's Guide to the Sth-W	Mammals of the South-West	
Common Trees of the Sth-W Forests	Bush Tucker Plants of the Sth-W	
Common Birds of the Sth-W Forests	Common Wildflowers of the Sth-W Forests	
Orchids of the Sth-W	Frogs of Western Australia	
Snakes of Western Australia		
SUB TOTAL		
Friends' Member discount (minus)	10%	
Postage and packing Australia (if not collected) (plus)	10%	
TOTAL		

PLEASE PAY BY

Cheque, payable to 'Bibbulmun Track Foundation'
or
Credit Card & post to:
Box 7605, Cloisters Square Perth WA 6850
or
Fax to 9481 0546
Telephone: 9481 0551 or 9321 0649

Name: _____
Address: _____
Postcode: _____
Tel: _____
 I have enclosed a cheque (tick)
 I would like to pay by credit card. (tick)
Cardholder Name: _____
 VISA MASTERCARD
Card Number: _____
Expiry Date: ____/____/____
Signature: _____

HIRE EQUIPMENT prices

ITEMS	MEMBERS	NON-MEMBERS
Backpack	\$27.00	\$33.00
Sleeping Bag/Liner	\$20.00	\$25.00
Sleeping Mat	\$ 3.00	\$ 5.00
Stove	\$22.00	\$27.00
Tent	\$37.00	\$42.00
EPIRB	\$20.00	\$30.00
EPIRB end to end hire	\$135.00	\$150.00
All prices include GST and are for one to seven days		
PACKAGE A	\$60.00	\$80.00
INCLUDES: Backpack, sleeping bag/liner, sleeping mat, stove		
PACKAGE B	\$90.00	\$115.00
INCLUDES: Backpack, sleeping bag/liner, sleeping mat, stove, tent		

WALK with the friends



A PHOTOCOPY OF THIS FORM IS ACCEPTABLE

A series of social walks with Foundation volunteers. BOOKINGS WITH THIS FORM ESSENTIAL

BOOKING FORM
(PLEASE ALSO SIGN AND DATE CONDITIONS BELOW)

PERSONAL DETAILS

Name: _____
Address: _____ Postcode: _____
Home Phone: _____ Work Phone: _____
Email for confirmation to be sent: _____
Friends membership No: _____

Tick here if you wish to car pool. Your first name, phone & suburb will be given out to others wishing to car pool.
Cost \$12 for non-members. Free for members (vouchers required). All proceeds support the 'Eyes on the Ground Maintenance Programme'.

PAYMENT DETAILS: Please make cheques payable to the BIBBULMUN TRACK FOUNDATION

Please also join me as a member, I have included \$30 concession, \$60 Senior plus (couple)
 \$40 individual or \$65 family for membership \$600 Life Member

Cheque enclosed to the value of \$ _____ or debit my Visa Mastercard Bankcard
Expiry Date: ____/____/____
Card name: _____ Signature: _____

CONDITIONS

I acknowledge & assume all risks associated with participation in any events being conducted by the Bibbulmun Track Foundation & will hold the Board, Executive Director, employees, servants & agents free from all liability, caused of action, debt claims, & demands of every kind & nature whatsoever which may arise out of, or in connection with the use of facilities, equipment, &/or participation in the events I have chosen.

Walks are based on conditions at time of printing & may be subject to change. Event details will follow via email or post.

The Bibbulmun Track Foundation reserves the right to cancel a tour with a minimum of 24hrs notice.

NO REFUNDS OR EXCHANGES
(Except where an event has been altered or cancelled.)

Signature: _____
 In making a booking I acknowledge that I, and any other persons that I am booking for, understand and agree to the above conditions & I have included full payment/vouchers for the event/s in which I wish to take part. I understand that many events have limited places & that if my application is not accepted, my moneys/voucher will be refunded in full.

BOOKINGS CLOSE AT 12 NOON ON EACH THURSDAY PRIOR TO AN EVENT

WALK RATINGS: BEGINNERS INTERMEDIATE EXPERIENCED

WALK BOOKINGS	No of Adults	
10 June 10.30am - 1.30pm		12 August 9am - 2.30pm
7.4km, Mundaring Weir to Ball Creek Campsite		16km, North Bannister to Serpentine River
24 June 9am - 3pm		26 August 9am - 3pm
17km, Brookton Hwy to Canning Campsite		16km, Sullivan Rock to Mt Cooke
1 July 8.30am - 4.00pm		
20.4km, Kalamunda to Hewett's Hill Campsite		
29 July 9.30am - 3.30pm		
16km, Dwellingup District: Inglehope Crossing to Chadoora Campsite		

Send this back to the Bibbulmun Track Foundation, PO Box 7605, Cloisters Square, 6850 with vouchers or cheque OR fax to 9481 0546 with credit card details. Bookings cannot be made over the phone or by email.

BIBBULMUN TRACK FOUNDATION

Upcoming Events

Joining one of our events is a great way to experience the Track and meet other like-minded people at the same time!

BOOKINGS ARE ESSENTIAL ON ALL EVENTS

Book online at www.bibbulmuntrack.org.au
 Email: events@bibbulmuntrack.org.au
 for a booking form or fax/post the booking form from the events calendar.

GOT A GROUP? WE'VE GOT THE GUIDE!

If you see an event that you like and you have a group, call us to schedule your own private event on a date that suits you! Just contact us with your details and we'll do the rest! Minimum numbers required, prices and dates subject to resource availability. Private groups only – organisations, schools or clubs may contact us for our corporate or tourism packages.

GET LOST WITH STEVE!

Do you have little or no direction in your life? Do you really know how to use a compass? Today we go through a series of practical and theoretical exercises on and near the Track in Mundaring. Get Lost with Steve and you will have fun learning and perfecting basic map reading and compass skills. Own navigation compass required.

Date: Sunday 22nd April, 9.30am – approx 5pm.

Cost: \$60 members, \$70 non-members.
 Includes theoretical and practical activities, morning tea, map reading booklet and Track map.

BEGINNER'S GUIDE TO THE BIBBULMUN

Regardless of age or fitness the Bibbulmun Track has something to offer everyone. Join the Foundation for an introduction seminar to walking the Track. Experts will help you learn all aspects of bushwalking from planning your walk to food, equipment and minimal impact. Just the encouragement you need to stop dreaming and get going! Ring UWA Extension for bookings on 6488 2433 or book at www.extension.uwa.edu.au

Date: Tuesday 8th May, 6pm – 9pm.

Cost: \$49 or \$44 online. Part proceeds go to the Foundation.

CHILDREN'S CAMP KITCHEN

School holiday fun! In a beautiful bush setting children will learn camp cooking through hands-on experience! Just bring refreshments and snacks and enjoy this 4km return walk to a Track campsite. Max two kids per adult. 1hr from Perth. Choose from four sessions.

Sessions: Wednesday 18th April, (a) 9.30am – 12.30pm OR (b) 12.30pm – 3.30pm.

Wednesday 18th July, (c) 9.30am – 12.30pm OR (d) 12.30pm – 3.30pm.

Cost: Kids: \$28 family members, \$33 non-members. Ages 6 and up.

Adults Free. Includes ingredients for cooking and experienced guides. Max 2 adults per child.

DR DOLITTLE GOES BUSH

A 4km return stroll for children (6yrs to 12yrs) to a typical campsite to see and learn about our native animals from the Kanyana Wildlife Rehabilitation Centre. Return by torch light at dusk following the reflective Waugal trail markers. Bring a picnic supper. Max 2 kids per adult. Not suitable for pushchairs, 1hr from Perth. Location given after booking.

Date: Saturday 21st April, 3pm to approx 6.30pm.

Cost: Family member kids: first child \$23, \$18 thereafter.

Non-member kids: first child \$28, \$23 thereafter.

Adults: members free, \$5 non-members (max 2 adults per child).

SANTA'S BIBBULMUN VACATION

For the young and young at heart! An easy 5km return stroll to meet Santa and friends on holiday from the North Pole at a Bibbulmun Track campsite! Enjoy a BYO picnic while listening to Santa's stories. Then experience a magical return by torch light following the reflective Waugal trail markers. Location advised after booking. 1¼hr from Perth. Ages 3yrs and up. Max 2 kids per adult.

Date: Saturday 21st July, 3pm to approx 7pm.

Cost: Family member kids: \$15 for first child, \$10 thereafter.

Non-member kids: \$18 for first child, \$15 thereafter.

Adults: members free, \$5 non-members. Max 2 adults per child. Includes small gift for children. Suitable for robust pushchairs.

MARCHING MAIDENS

For those with previous overnight trekking experience, join trained guides walking 41km over 3 days from the Dale Conservation Park to Mundaring Weir. Wander through a section of bush undergoing nature's amazing process of regeneration after wild fire and experience some stunning views from campsites located on our 'scenic rim' above the Helena and Darkin River valleys. At the end of our walk on Monday afternoon we have the opportunity for lunch and drinks at the Mundaring Weir Hotel before our bus returns us to Perth. Experienced walkers only!

Planning night: Friday 25th May, 6.30pm.

Dates: Saturday 2nd to Monday 4th June (long weekend).

Cost: \$230 members, \$250 non-members.

Includes return transport from Perth, experienced guides, comprehensive planning night, trip preparation manual, foot balm, map and equipment hire. Refreshments at hotel and meals not included.

8-DAY HIGHLIGHTS – 2nd tour – Only 3 places left!

Due to popular demand we have scheduled a second 8-Day Highlights tour.

As well as being popular with West Australians, the tour has attracted people from around Australia with participants travelling from New South Wales, South Australia, the ACT and Victoria – and two from Switzerland!

The tours are being conducted during the WA Wildflower season and combine a variety of selected full and half-day walks which enable participants to experience the varied landscapes of the Bibbulmun Track.

Staying in off-track accommodation, participants are transported by private bus to and from the Track each day. Participants also enjoy a number of unique eco-tourism attractions in the region and the occasional visit to a boutique winery or arts and crafts centre. Each evening the group returns to their comfortable accommodation in the towns along the Track, to relax and enjoy a delicious dinner.

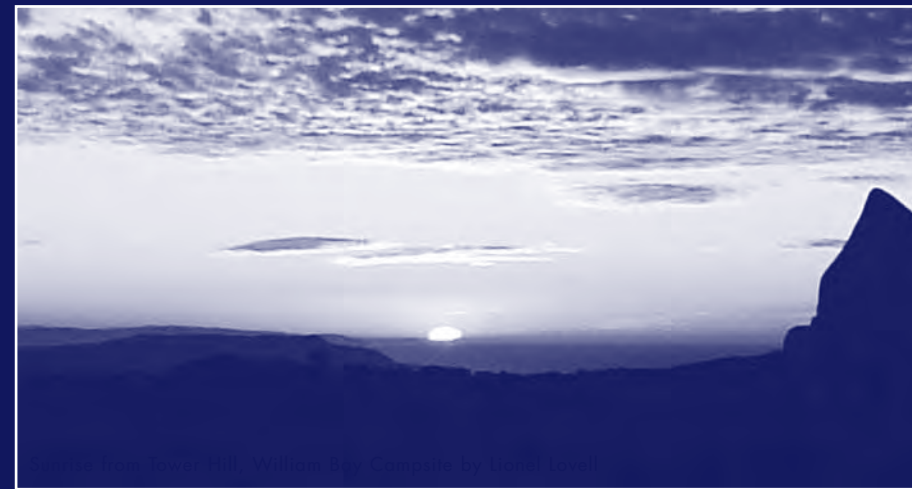
Participants need only carry a small daypack containing a lunch pack, camera, and water bottle. The flexible itinerary caters for all levels of experience.

Date: 17th to 24th September 2007.

For more information contact events@bibbulmuntrack.org.au or call 9481 0551.

Reflections of the Bibbulmun Track

By Lionel Lovell



*It started with a weekend walk, almost 7yrs ago
 But little did I know... 1000kms
 A midlife challenge, was the way to go*

*I stretched my body in the mornings
 At times the legs and back were sore
 I willingly pushed myself for more and more*

*I plunged in the cool waters of a river
 On a hot summer's day.
 And I've felt the inner warmth of a sleeping bag
 On a cold winter's night.*

*I've paddled my feet in puddles
 Walked through a flooded area waist deep
 I've paddled a canoe across a creek*

*I've shared the shelter with one
 I've shared the shelter with many
 27 nights solo,
 Well, that was just uncanny*

*I've walked along the rocky ridges
 Traversed the sandy beaches
 I've walked through ashes of past bush fires
 I've coo-eed on hilltops to my hearts desire*

*I'd heard noises in the bush I've never heard before
 I've wakened to the noise of rowdy cockatoos,
 For early morning starts with a few kangaroos*

*I've sat on a \$10 seat with a million dollar view
 I've sat on a \$100 seat in the composting loo
 I've sat at a picnic table to read fellow walkers reviews*

*I've cooked countless three course dehydrated meals
 And I've eaten at town cafes
 Now, they had better deals*

*I've shared port and wine with track volunteers
 With a teacher, I shared a few beers
 Seen notches in trees of past woodchop pioneers*

*To see a single dainty orchid I've crouched on my knees,
 I've crossed through gullies of wildflowers
 And been overawed by marri, karri, and tingle trees*

*I've seen hundreds of waugal serpents
 Spotted about ten snakes
 And was geographically embarrassed once
 14kms, what a mistake!*

*I've seen the bluest of blue skies
 A million stars at night
 I've seen the blackest of black storms roll in,
 In the morning light*

*I've seen fellow walkers who may have carried too little
 And those that may have carried too much
 I was passed by bush walkers in a hurry
 I say, "What's the rush?"*

**TOUCH THE EARTH
 SMELL THE RAIN
 LOOK AT THE NIGHT SKY
 CATCH A SUNRISE
 ADMIRE THE TREES**

SMILE AND BE HAPPY

*Thanks for the lasting memories...
 Geoff Schafer
 Bibbulmun Track Foundation
 DEC
 Track Maintenance Volunteers
 Fellow Bushwalkers*

Prize Winners!

Congratulations to the winners of the monthly membership renewal prizes...

December 2006

The winner of a \$100 voucher, kindly donated by our Silver Level Sponsor Ranger Outdoors, was Ron Beurteaux of Rockingham. 2nd Prize of a water bottle went to the Graves Family of East Perth.

January 2007

The winner of an 'Oz Trail' sleeping bag, donated by our Bronze Level Sponsor Paddy Pallin, was Robert Brandli of Bicton. 2nd prize of a Nalgene "go cup", also donated by Paddy Pallin, went to Colin Holt of Forrestfield.

February 2007

The winner of a package of "Bush Books", kindly donated by the Department of Environment and Conservation was Chris Piggford of Mosman Park. The 2nd prize of a cap and water bottle went to Kate Cornes of West Leederville.

March 2007

The winner of a "Beach and Forest Off-road Adventure", kindly donated by Pemberton Discovery Tours, was Vanya Radovcich of Balcatta. 2nd prize of a cap and water bottle went to Robin Waller of Lesmurdie.





Hiking in Europe —

by Edith Thomas



Two of the 16 lakes in the Plitvice National Park, Croatia.

Lienz is a small town in East Tyrol, Austria. I love the jagged mountain ranges of the Dolomites that surround this lovely town. I had a short stay there on a trip with my son in 2005 and had not expected to return so soon. But sitting around, recalling old times was not for me. The idea of exploring the numerous trails in and around the town seemed much more exciting.

Hiking around Lienz can be quite leisurely, on paved paths that lead to cute little villages. The forest is very different to the Australian bush, so I had a lot of stops to admire the flowers and bushes, overdosing on wild raspberries along the way.

For the Alps, these tracks are surprisingly flat, yet very pleasant, not to mention the cafes that seem to appear at the right time to offer refreshments.

If you hike further than you mean to, which is easy to do, because every little village in the

distance looks so pretty you want to have a closer look, you can always catch the bus or the train that passes through Switzerland, Austria and Slovenia.

The trails that follow the fast flowing Drau and Isel rivers are favorites with cyclists as well as walkers. Cyclists, mainly Italians, cycle into Lienz for lunch, and then return home on the train in the evening. The trains have three or four carriages just for bicycles.

More my liking were the tracks that zigzag up the mountains, past old castles, through orchards, wildflower covered fields and farms. Occasionally they pass right through farmers' barns, and at times I had to retrace my steps to make sure that I really was on the right track. I was spoiled along the way with numerous icy cold water fountains bubbling from the ground. (Could do with them on the Bibbl!).

More hardy walks are to be had by climbing the rugged mountains. I don't know if I agree totally with the way people hike over there. In the morning the cable cars are full of hikers; young and old alike getting to the top of the mountain, then taking off on the trails cut into the mountain side. No climbing up hills around here, apart from one or two hardy souls.

A long steep climb rewards walkers with fabulous views over Bled in Slovenia.



A typical Italian fishing village along the Cinque Terre.



The main street into Heilbron, the highest alpine road in Austria.

The views are incredible, as long as you don't suffer from vertigo. Unfortunately my hikes up in the mountains were very short. Serves me right not packing the right gear - it is definitely hiking boots and poles terrain. I met a few odd spotted sheep up on the mountain, and the marmots, a kind of squirrel, keep the hikers amused. Even though one is a thousand or two meters up on the mountain, a plate of schnitzel or a glass of beer is never too far away. Hikers are very spoiled!

Later in my trip I was fortunate enough to revisit the World Heritage listed Plitvice Lakes National Park, in Croatia. The day long hike takes walkers up to the forest covered hills, and then the bush trail winds down beside sixteen lakes, each on a different level. The crystal clear water tumbles down the mountain side, each of the lakes running into the next. At times you are surrounded by waterfalls, and the sound of the rushing water fills the air.

Sometimes it can be disappointing to return to a spot you loved before, but the beauty of this place

Carrying several litres of water is not an issue with these springs along the trail near Innsbruck, Austria.



still took my breath away. There are other tracks in the area, but time was far too short for me to explore them.

A new experience for me was to visit Bled in Slovenia, home to a picturesque little lake surrounded by mountains, with a number of great hikes to enjoy. Here at least you have to make your own way up the hills. And hills there are! I will never complain about the hills on the Bibbulmun Track again. But of course the views are well worth every step.

Via dell'Amore, a relatively short walk along the Cinque Terre in Italy is a must for visitors, so the guide book says. I loved the little fishing villages hugging the rocky shoreline, but I feel our southern coastline on the Bibbulmun Track is much prettier. Perhaps I'm a bit biased?

The grass was so green, the mountains were so high and the villages were quaint, but it ain't home. See you on the Bibbulmun Track! 🌻



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Brief Itinerary

- Day 1 Join Perth, drive to Shannon National Park, commence walk
- Day 2 Karri and Jarrah forest walk
- Day 3 Tingle forest walk
- Day 4 Valley of the Giants and Tree Tops walk
- Day 5 Conspicuous Cliffs
- Day 6 Mt Hallowell and Stirling Ranges
- Day 7 Climb Bluff Knoll (1075m) drive to Perth where the trip concludes.



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