

2008 Bibbulmun Track calendar

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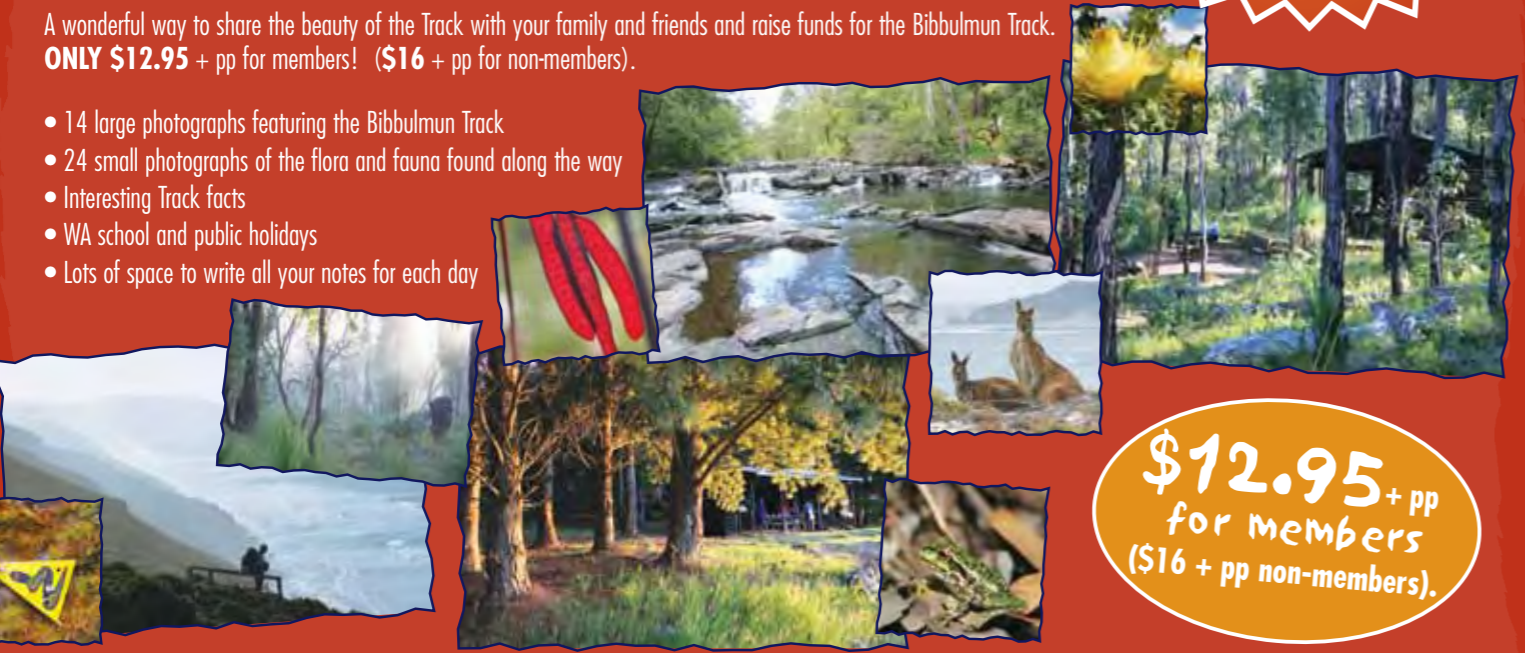
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Fantastic Christmas gift for family & friends - ideal gift for overseas!

Showcasing a selection of beautiful photographs taken by photographers Mike and Jane Pelusey on their Bibbulmun Track end-to-end walk.

A wonderful way to share the beauty of the Track with your family and friends and raise funds for the Bibbulmun Track. ONLY \$12.95 + pp for members! (\$16 + pp for non-members).

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- 24 small photographs of the flora and fauna found along the way
- Interesting Track facts
- WA school and public holidays
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Bibbulmun NEWS

WINTER 2007
ISSUE # 45
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Newsletter for the friends of the Bibbulmun Track

10th Anniversary - the journey of a decade



10th Anniversary 1998 - 2008
the journey of a decade

Saturday 13 September 2008 marks the 10th Anniversary of the opening of the Perth-to-Albany Track, affectionately known to us as the Bibbulmun Track. We will be commemorating this milestone in the tradition of previous celebrations by 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 other small groups of sectional walkers will join the end-to-enders for segments of three to eight days. The anniversary celebrations will culminate in a mammoth members' gathering in Mundaring.

There are a number of ways to celebrate this journey of a decade with us.

- Join in the send-off of walkers in Albany on July 16, 2008
- Join in the celebrations at Donnelly River Village on August 16, 2008
- Join in the celebrations at the end of the walk and for the 10th Anniversary on September 13, 2008
- Volunteer to assist with logistics, community event planning, etc

- Apply to be an end-to-end walker (applications close very soon!)
- Apply to be a sectional walker (registrations open in January 2008)

Members will be given more information about how to become involved nearer the time of the event.

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-End application form. Applications are now open and will close in September, 2007 (yes, this year!). Applicants will need to complete the form and submit it before then. Applicants will then enter a lottery for placement on the walk. The lottery will be drawn in September 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

STOP PRESS!
WELCOME TO
WESTERN POWER



As we go to press, we are very pleased to announce that Western Power has signed up as a Diamond Sponsor for an initial period of three years.

Western Power looks after the infrastructure for the State's electricity network. They support a range of community programmes and events throughout Western Australia and have a strong environmental focus. As I write this they are planting 93,000 seedlings in Toodyay and Quairading in support of their Carbon Neutral Programme and National Tree Day.

Western Power's sponsorship will enable us to update and improve the Foundation's volunteer and staff training programmes and we thank them for their support.

We look forward to bringing you more information about their environmental initiatives in the next edition of Bibbulmun News.

Order your 2008 Bibbulmun Track Calendar for Christmas! See back page...



Adventure Raffle the best yet!

THE RESULTS ARE IN - AND WITH OVER \$23,000 RAISED IT'S THE BEST YET!

The Adventure Raffle was a huge success thanks to the support of YOU, our members. The funds raised from the raffle have been earmarked specifically for Track improvements and repairs and we will report on these projects in future editions of Bibbulmun News.

As an added bonus the shopping centre displays not only resulted in raffle ticket sales but proved to be an excellent source of promotion, having a direct impact on the calendar of events bookings and resulting in many new memberships. Thank you to all those who gave up their valuable time to sell tickets and man the displays. (See list below)

A big "Congratulations" to our winners...

1st Prize winners **Bryce** and mum, **Lesley Walker** chose the World Expeditions Tasmanian six-day Cradle and Walls of Jerusalem Trek together with a \$1000.00 flight voucher (donated by the Foundation). They are thoroughly looking forward to their trip later this year!

2nd prize winner, **Caroline Smith**, has been a member since 2002. She chose the Paddy Pallin Ultralight Premium Gear for her prize. Having walked her end-to-end in 2005 she is looking forward to an easier time with her new lightweight gear.

3rd prize winner **Guy Spouge**, who is a Life Member and Maintenance volunteer, selected the Mountain Designs Outdoor Gear Package for two. With the help of Mike Wood, MD of Mountain Designs, Guy was delighted to update his hiking gear.

Our 4th prize went to **Christine Johnston** from Kardinya who, with a ten and thirteen year old, was thrilled with the Family Camping Package from Ranger Outdoors.

Finally, our special sellers draw went to **Heather Goodwin** who is very pleased to be going to Balingup in November for the Balingup Jalbrook Classic Concert. Her prize also includes accommodation for two and a gourmet hamper.

Thank you to the fantastic volunteers who manned our shopping centre displays:

Jim Baker	Alan Barker	Vere Berger
Janice Bertram	Wayne Bertram	Barbara Calcraft
Helen Clark	Linda Daniels	Carole Dean
Greg Drew	Malcolm Ferrier	Stuart Gray
Vince Harding	Jean Hicks	Hans Hoette
Lesley Kerr	Ken Lee	Angela Loucaides
Trudy McDermott	Lari McDonald	Owen McGrath
Graham Murdoch	Terry O'Hara	Kingsley Preston
Jo Roworth	Moyra Simpson	Mary Sprunt
Barry Treganza	Richard Whitfield	

Thanks again to our sponsors who very generously donated prizes.



TOP: Bryce Walker chose the World Expeditions trip and received his prize from Foundation marketing manager, Jean Byrne.

CENTRE: Life member and maintenance volunteer, Guy Spouge was well looked after by Mike Wood from Mountain Designs and was very happy with his prize.

BOTTOM: The Raffle Draw!



FROM MY Desk



Welcome to the winter edition of Bibbulmun News.

The Bibbulmun Track Foundation is ten years old! The Track itself will have its 10th anniversary in 2008, while the Foundation turned ten in July this year. Things have certainly changed a lot over the past decade, and the articles on pages 10 and 11 provide some interesting contrasts between then and now.

One of the constants has been the support of the community and we now have over 2400 members and 390 registered volunteers. This support, along with the financial and in-kind support of our sponsors, has ensured the stability of the organisation and the upkeep of the Track to a world-class standard.

I am very pleased to welcome Western Power as a new Diamond Sponsor — this will enable us to continue to improve our staff and volunteer training programmes.

A huge 'thank you' to everyone who bought tickets in our Adventure Raffle. Many people also sent in donations and all the money raised from this fundraiser has been earmarked specifically for improvements on the Track.

We have been very busy working on a number of projects, including the 4th edition of the Accommodation & Services guide and the 2008 wall calendar, both of which will be available around the end of August. We have also been applying for funding to conduct ten community events along the Track during the 10th Anniversary end-to-end walk, and are busily preparing for the upcoming Team Challenge and the Perth Royal Show.

On a broader level, we are involved in the process to create the Adventure Activity Standards for bushwalking and I have been working on a Trails website which will soon be launched as part of Tourism WA's 'emarketplace'. This website showcases all types of trails from walking and mountain biking to canoeing and diving. It will provide a gateway to trails information in WA.

This is the first step in a joint project with Tourism WA, the Department of Sport and Recreation and the Department of Environment and Conservation to promote WA's trails network. I look forward to updating you in future editions of Bibbulmun News.

Linda Daniels
Executive Director



Looking for Santa!

The Bibbulmun Track Foundation is looking for an outgoing vibrant person who is willing to be a volunteer Santa at our events during each July school holidays.

If you are great with kids and are articulate enough to tell bush stories (provided), and make them sound exciting, drop Steve a line on 9481 0551 to find out how to get involved. Santa costume and pillow provided and you don't have to be a guy!

Your Track Needs You!

Find out how many people are walking the Bibbulmun Track now!

Not only how many walkers but also where they are from, what motivates them to walk in the bush and various other details.

We need you, our members and supporters to help us from September 2007 to August 2008 to conduct a survey on the Track. We did it over a six month period in 2003—this time we intend to go one better and spend a whole year collecting data. Volunteers will be required to station themselves at assigned strategic locations along the Track to intercept walkers and assist them to fill in a questionnaire. The data obtained from this survey will give us the information we need to continue to manage the Track to ensure that it continues to be sustainable and superbly managed.

As a first step we need to know which would be the most convenient locations for you, the conductors of the survey, to be located, and also the days and times when you would be available.

Enclosed with this newsletter are a letter, and a form that we invite you to fill in and return to the Foundation if you are able to help out with the survey. For further information, please contact Gwen Plunket at the BTF office on 9481-0551 or email friends@bibbulmuntrack.org.au

Please help us out if you can, not only will you be providing a valuable service to the Foundation, think of it as an opportunity to spend time in the fresh air and tranquillity of the bush and get to meet interesting people at the same time!

Notice of AGM

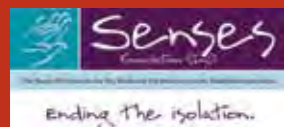
The Annual General Meeting of the Bibbulmun Track Foundation will be held at 5.30pm on Thursday October 25, at Level 1, Mountain Designs Building, 862 Hay St, Perth.

RSVP to Gwen 9481 0551
email: friends@bibbulmuntrack.org.au

Election of Board Members

In accordance with the requirements of the Constitution of the Bibbulmun Track Foundation, one member of the Board, Geoff Klem has completed his term as a member. However, he is eligible for re-election for a further term and offers himself accordingly, for re-election at the AGM on October 25, 2007.

Walking the Track with the vision and hearing impaired



We often take for granted the ease with which we are able to access the Bibbulmun Track. But imagine you were deafblind. The simple act of going for a walk if you suffered from limited sight and hearing would not only be difficult, but would also raise significant safety concerns.

The Senses Foundation is a charitable, not for profit organisation, which is the primary service provider and advocate for Western Australians who are deafblind, and for people with vision impairment and an additional disability. Several clients from the Senses Foundation have identified walking as an activity in which they would like to participate. Moreover, they have expressed the desire to improve their fitness through high level activities such as multi-day bushwalks.

A partnership between the Bibbulmun Track Foundation and the Senses Foundation has been established to provide these opportunities. Through a grant from the Disability Services Commission (DSC), a group of people who are deafblind or vision impaired with additional disabilities were able to head out in June for an overnight experience on the Track.

The walkers were assisted by Mike and Frances from the Senses Foundation with myself as the BTF guide. We began our walk at the Calamunda Camel Farm and proceeded toward Hewett's Hill campsite for the night. The next day we walked on to South Ledge. In all, we walked a total of 6.3km. This section of the track was chosen because of the suitability of the terrain and the distance needed to achieve our goals.

As with anyone having their first introduction to hiking and camping on the Track, there was a huge learning curve involved - but the learning was not limited to the participants. As a walk leader, I learnt much about the issues surrounding people who are deafblind accessing the Track, and participating in recreational activities in general. Some issues related to safety while walking (e.g. negotiating erosion on the Track, stepping over rocks and crossing water bars) and navigation around the campsite after dark (e.g. using the toilet facilities). The walk again highlighted the fact that, with proper planning and support, the Bibbulmun Track can be accessible and beneficial to a wide range of people.

At the campsite, participants were given the opportunity to learn about making camp, cooking on a fuel stove, fire making using balga sticks, using resin to make glue and using box grass to make string. The participants enjoyed their time out on the Track so much that they were already talking about their next trip before the first was finished!

The grant also allows for future day walks and another overnight walk. Senses Foundation will produce a short promotional DVD to highlight the positive benefits of including people with disabilities in the recreational activities of community groups. A second DVD, produced as a training tool, will outline the skills and strategies for including people who are deafblind, or vision impaired with additional disabilities in community based walking groups. These DVDs will be available later in the year.

Our thanks go to the DSC for the grant and to Mike House at the Senses Foundation for organising this initiative, securing the funding and involving the Bibbulmun Track Foundation. 🌻

Steve Sertis

Events Manager and Lead Guide



A sense of achievement!



Cooking on a fuel stove



Explaining the walk



Round the campfire

YOUR LETTERS

Dear everyone at the Bib Track office,
When I see your email in my inbox I open it with delight knowing it will bring wonderful distraction from the stream of daily emails. Keep them coming.
Cheers

Mark Davidson

Dear Edith,
Thankyou for your assistance - much appreciated.
I would also like to say what a wonderful job you guys do in the Bibb Foundation and thank you for the help all of you have extended to me.

Roy Brown

Congratulations to the Foundation for switching to 'Greenpower' renewable energy. This gives you credentials second to none in your efforts to preserve the forest environment and the Bibbulmun Track. We now see the predictions, made in the 1970s that rainfall in the south west would decrease by 25%, unfolding before our eyes. Each day seems to bring new evidence of environmental risk and the urgency of reducing the production of carbon dioxide in the atmosphere.

Thanks for taking action on this. May your members be influenced to follow your example. When push comes to shove we must all take responsibility for our own actions, and not wait for someone else.

Peter Dear.

I recently received, and just finished, this edition of your Bibbulmun News. Attractively colored and designed, it was well presented as usual; I enjoyed reading it. I might even get back to Perth for an 'end to end'!

Re 'Hiking in Europe', pp 30-31: based on my own long ago experience I highly recommend Lake Bled and neighbouring L. Bohinj (Bledsko & Bohinjsko Jezeri) in Slovenia. I also recommend Triglav, 2863 m., the then province (and now republic)'s highest, which can be climbed from the town just N., Ljubljana or Jesenice I forget which, followed by a nice hut-to-hut tour down to the lake to the S., I forget which one. The huts were nice and the scenery of the Julitski Alpi spectacular. (Don't miss out on the Czech Republic's High Tatra, Corsica's Monte Cinto, 2710 m., or Greece's Olympus, ca. 2900 m., while you're at it!).

Roger Williams,
Boulder, Colorado USA

**Keep up-to-date
with the latest Track
News, Special Offers
and Events with our
email newsletter:**



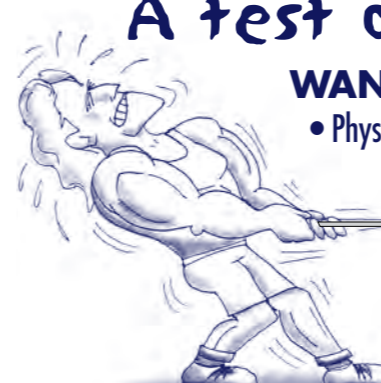
2007 MOUNTAIN DESIGNS BIBBULMUN TEAM CHALLENGE



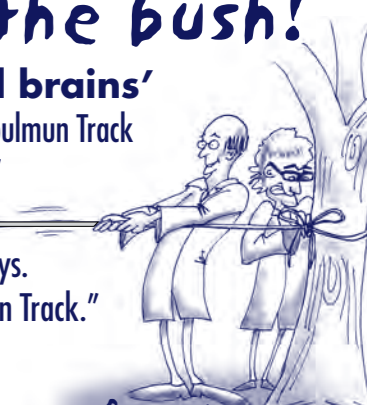
A test of brawn and brains in the bush!

WANTED teams of four. Test your 'brawn and brains'

- Physical and mental challenges
- Walking 60km and camping out on the Bibbulmun Track
- 4 Heats to choose between October 11th and November 4th 2007



"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.



Meet the Challenge and the experience will stay with you forever...

CALL NOW for more info: 9481 0551

events@bibbulmuntrack.org.au

www.bibbulmuntrack.org.au

Latest Track News AND CONDITIONS

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

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

The DEC Recreation 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 Recreation and Trails Unit on 9334 0265.

Just a Reminder

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

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) 9295 9100 or elisa.skillen@dec.wa.gov.au

DEC staff have realigned a small section (approximately 800m) of the Track between Etmilyn and Davis Brook. After the Track crosses the railway line it now remains on the southern side of the line.

A number of prescribed burns are scheduled for the spring, and walkers should check the Track Conditions on the website when planning their walk.

Although there has been some rain over the last few weeks, please use the tank water sparingly. The Perth Hills campsites are the most heavily used on the Track

Wellington District (Collie and Harvey)

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

Plans are being made for a number of prescribed burns in the spring. Walkers are advised to check the website or contact the district office for details before starting any walks at that time.

Work is continuing on the bridge at Trees Road.

With the onset of winter and recent heavy rains, some sections may be inundated with water, particularly Trees Flats between Possum Springs and Yourdamung Campsites. Recent upgrade works such as the completion of the boardwalk section at Harris flats to replace log ring steps and the new walk bridge south of Lyalls Log Rd have greatly improved all weather access.

Fallen trees and overhead hazards have been removed making the Track safer for walkers.

Over the next few months overhead hazards will be removed at some of the campsites. If you arrive at a site where this is occurring, please be patient and follow instructions by the supervisor on site.

Trees Flat crossings will be upgraded to all weather access with work commencing in Spring.

General maintenance including erosion drains, weed eradication, marker replacement and rubbish removal will also occur.

During the Spring burn program two burns will be adjacent to the Track in the area of Yourdamung and Harris Campsites, with smoke the only likely effect. Updated information will be available closer to the time of the burns.

Overall the Track is in good condition with excellent maintenance works completed by Foundation Maintenance Volunteers

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 dave.lathwell@dec.wa.gov.au

All is going well in the Blackwood-Balingup District with volunteers hard at work looking after their sections. Sporadic rains have not dampened spirits and a quite a few good days work have been contributed – thanks again!

DEC Blackwood District workers have recently completed some maintenance work to the track at Cardiac Hill and near Balingup Brook. The Cardiac Hill work involved the upgrading of a section of stone steps while the Balingup Brook work involved the installation of erosion barriers and rebuilding of some eroded areas. The section is now in good shape for the winter and spring rains.

A prescribed burn is planned for Spring 07 for part of the Preston National Park through which the track runs. The burn will take place in an area north of Grimwade Road and south of Noggerup campsite. Walkers will pass burn imminent signs in the lead-up to the burn, and on the day of the burn the track will be swept and closed until it has been confirmed safe to open again. For the time of closure a diversion will be in place, the exact route of which has yet to be confirmed, but do not fear—every endeavor will be made not to extend the walking distance of the section significantly!

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 john.hanel@dec.wa.gov.au

Storms in the area, with high winds and considerable rainfall, resulted in a number of trees falling on the Track, which are currently being removed. Walkers should also expect water on some stretches of the Track south of Chesapeake Road. The water is unlikely to be more than knee-deep.

Some erosion has occurred and walkers should take care on bridges and boardwalks, which may be slippery.

Prescribed burns are being planned for the spring. Up to five may take place, which should have minimal impact on the Track, which is generally in good condition.

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 0400 or Chris.stewart@dec.wa.gov.au

The following prescribed burns will be carried out in spring 2007 if the right conditions prevail:

Peaceful Bay (Peaceful Bay Rd to Quarram Beach); Coalmine Beach (Walpole to Coalmine Beach); Frankland River and Brainsy Cut Off Road;

Lights Beach.

Diversion maps will be available when the burn is imminent and when the burn is been carried out a diversion will be put in place. Walkers are reminded not to stray from the diversions.

Irwin Inlet to Parry Beach road is currently been slashed by Walpole Work Camp making this harder section easier to follow. The usual wet areas of Track between Mount Chance and Woolbales are beginning to develop.

Beware of beaches with large swells during the winter months. Work to move the Rame Head, William Bay and Boat Harbour campsite toilets will commence as soon as resources become available. General maintenance works to most of the huts in the district will be carried out during winter with some replacement of guttering and roofing.

Note that the telephone number of the Walpole office has changed to 9840 0400. Walkers are invited to contact Chris directly with any comments regarding the track in the Walpole area.

Albany

Covers Denmark to Albany
Map 8 or Sections 53 to 58 in the Southern Guidebook
Contact Luke Coney (08) 9842 4500 or Luke.coney@dec.wa.gov.au

Machine clearing works, associated with adjacent private property along the Bibbulmun Track, continue on the Track north and south of the Nullaki Campsite.

Walkers are asked to take particular care in following the Bibbulmun Track Waugal markers, and to be aware that there may still be heavy machinery in use in the area.

Torbay Inlet may be flowing. Please check the website. All walkers are asked to exercise caution when crossing. If in any doubt, please do not cross and follow the green diversion route, marked on Map 8 Dec 2003 (side B) and which goes around Torbay Inlet, following the Lower Denmark Rd.

The south coast has experienced heavy rain over the past two months, which may influence the situation regarding both the Torbay and Wilson Inlets. Walkers are advised to contact the Denmark Shire Ranger on (08) 9848 0300 for up-to-date information.

A very big thank you to all the Bibbulmun Track volunteers, DEC staff and the Bibbulmun Track Foundation for their on-going 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



Peter Evans (far right) and his team ready for action at Gregory Brook campsite.



Pruning near Karri Gully

Winter is a busy time for volunteers on the Track. The weeds grow madly with the combination of rain and sunny days. Plants along the side of the Track droop with the weight of the rain and need to be pruned to prevent walkers being soaked as they walk past. A major task in the winter is the clearing of water bars, which become ineffective if not kept clear of accumulated gravel and leaves. Another winter task, best done in the pouring rain, is the installation of new water bars. There's nothing quite like a heavy downpour to indicate where water bars are required!

Over the past few months we have welcomed a number of new volunteers who are now looking after their 'own' section of Track, and said goodbye to others who have retired, in particular Mavis Sowry. Mavis was one of the original volunteers in the Frankland District, looking after three different sections with her team. For some time Mavis was also the regional Coordinator for the District and was a great help in the setting up of the programme. Mavis is now enjoying her retirement, devoting her time as a volunteer with DEC Frankland office working on threatened flora, and out in the field checking on threatened species at least once a week.

There are still sections needing some love so let me know if you can help, especially around Pemberton and Walpole/Denmark.

Thanks to all volunteers for the great job they do – we now have around 300 volunteers working all along the Track. 🌻

Gwen Plunkett
Maintenance Volunteer Coordinator



DEC Recreation and Trails Unit

Stuart Harrison, A/ Recreation and Trails Unit Coordinator

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

It has been a busy time within our Unit over the last couple of months. We have had quite a few staff changes with people leaving for other jobs, others coming back from leave and new staff arriving, coupled with the end of financial year and a big change in the role of the Unit.

I am sorry to announce that the Tracks and Trails Unit within DEC is no more.

However, in reality the Unit has been given an expanded role and re-named. The new Recreation and Trails Unit has been created as part of the restructure that has taken place within the Parks and Visitor Services Division of the DEC, and came into being as of July 1st, 2007.

With regards to trail management, the role of the Unit remains the same— we are still coordinating the management of both the Bibbulmun Track and the Munda Biddi Trail, and also coordinating how DEC manages our extensive trail network throughout the state.

The major change within the Unit is our new role of coordinating recreational activity management on DEC's estate. Given the size of Western Australia and the various different environments spread between the Kimberley and the South Coast, there are quite a few different activities being undertaken. We are working closely with the Department of Sport and Recreation (DSR) and user groups on various projects. Some examples include working with Canoeing WA in developing new canoeing guides, and working with Motorcycling WA in developing a State Trail Bike Strategy.

It is hoped that one of the primary benefits of the new expanded Unit role will be the integration of the demands and our management of the different activities throughout the state. This will assist in reducing potential for conflict between different activities and user groups.

Some of you may be aware that the Department of Sport and Recreation has been funded to develop adventure activity standards for Western Australia. Outdoors WA will be coordinating the

development of the standards in 17 activities, including canyoning, abseiling, rock climbing, bushwalking, snorkeling, canoeing and mountain biking. The standards will set a baseline for the way in which each of the activities is undertaken, and as many of these activities are occurring on DEC estate, DEC is a key partner in their development.

There are numerous other projects, big and small, being undertaken by the Unit, far too many to list here. So it will be business as usual, although behind the scenes our new Unit will be working towards settling into our new, expanded role within the Department.

I hope that you have all been making use of the beautiful weather we have been experiencing over the last couple of months. Personally, it is only a couple of weeks ago that I spent a fantastic long weekend out with a few friends hiking near Walpole, including a bit of the Bibbulmun Track.

Stuart Harrison
A/Recreation and Trails Unit Coordinator

WA STATE TRAIL BIKE STRATEGY

Trail bike riding is a recreational activity enjoyed by a growing number of Western Australians. This increase in participation is putting pressure on the availability of lawful places to ride.

Trail bike riding brings a sense of fun and freedom whilst providing the challenge of riding off road terrain. However, community has raised concerns around noise and damage to the environment as well as the conflict between all users of tracks and trails.

As residential areas are expanding there are fewer trails available whilst there has been a large increase in the number of off road vehicles that have been sold in the last five years.

A WA State Trail Bike strategy is currently being developed by the Department of Sport and Recreation and the Department of Environment and Conservation. Consultants have been engaged to address the myriad of issues and to propose recommendations for change that will address the needs of those involved in this issue.

We would like to hear your views if you are a walker, horse rider, mountain biker, resident, or trail bike rider. A website has been established for you to have your say. As part of the community consultation process we have developed two online surveys. Please take the time to complete the survey which best suits your circumstances

The Community Survey is to capture information about problem areas, attitudes towards trail bike riders and suggestions for change. It is targeted to non-riders.

The Riders' Survey is to capture information from the trail bike riders themselves about current riding patterns, attitudes towards the existing Off Road Vehicle areas and suggestions for change.

The surveys are available online at <http://www.naturebase.net/haveyoursay>

Contact for further information:
Steve Pretzel
Trail Bike Management Australia Pty Ltd
steve@tbmaust.com.au

Or write to:
State Trail Bike Strategy
PO Box 273 DARLINGTON WA 6070



Reflections from the Registers-

SCHAFFER CAMPSITE

This was my last night in the forest and I'm so sad about it! I heard emus playing in the water during the night. The bush is full of peaceful animals. Seeing no human for three days was good for me. Thank you again for all the work done on the Track.

Bertrand Landhauser (France),
Schaffer campsite, 23 Feb 2005

A moment ago I had a magical moment. Went down to look at the lake as the sun was setting and the clouds were turning orange (in between showers) and a beautiful rainbow appeared, reflected in the still lake. Unbelievably good.

Braveheart,
Schaffer campsite, 16 May 2004

Yep, us hot weather walkers aren't get used to this....rain you call it. Yeah this little goose is still to learn to relax and let go....no need to arrive by X or walk as fast as Y. Into my fifth week on the track and it's a long and slow wearing down of these driving thoughts. A gentle weathering of my black and white attitudes:

"This is not a black and white world
To be alive the colours must swirl
And I believe that maybe today
We will all get to appreciate the beauty of grey".

Wildrose (the greying gosling),
Schaffer campsite, 2 Dec 2006

'What is the date?' That is what it is all about - time/dates/work disappear! This is my virgin hat stay - my thanks to my groupies - to Wyn and Ray - to supporting me in this adventure - beautiful cold night - hard to play cards with gloves - and I thought the geese were music in the night.

Cathy (Geraldton),
Schaffer campsite, 5 Oct 2006

Such a beautiful camp site. I reckon that one of the great attributes to this track and experience is to learn to leave a small footprint. In society our footprints are so huge, but out here they're almost acceptable. Even learning how to use less water is a blessing. I just hope that I and every other track walker tries to carry on some of these good habits learnt out here.

Rone Man of Melbourne,
Schaffer campsite, 7 Sept 2006

I think it is time I had a track name. I've been walking the track for 17 days now and every one I've met seems to have their own quirky name! I've met 'The Mad Axeman' (the 70 year old machine who's done the track about 10 times! WOW!) - The 'P' Sycho Sisters - two very funny ladies fundraising for Cancer (good on ya girls) - Mountain Tim - (A relaxed sort of guy just taking his time and loving the bush!) Just to name a few.

So I got thinking about what a good name for me would be! And after a lot of deliberating I've settled on something I think suits me just fine! My Grandfather used to call me it and since we're in the bush I thought it would be very fittingfrom here on in I will be signing in as KANGA REUBEN! Yeah, Kanga Reuben I like it! It's got a bit of bounce to it don't you think? Get it ...kangaroo-ben!

Kanga Reuben,
Schaffer campsite, 22 Aug 2006

Paddy Pallin

LIGHTWEIGHT GEAR

Paddy Pallin was proud to supply the premium prize package in the latest Bibbulmun Track Raffle and we wish to extend our congratulations to the winner Caroline Smith.

Updating somebody's existing gear has once again highlighted to me the way lightweight gear can impact on your next hike. It may, for some people, mean the difference between going or not. Many people still come in having been carrying in excess of 20kg for a weeks hiking swearing they'll never go again! The trend towards lighter weight bushwalking is not new but doing it well takes some experience, some trial and indeed some error. So I thought I'd humbly put finger to keyboard as it were and maybe save some out there a few kilos.

The first thing to do is toss out anything that you didn't use last time (sometimes the only way to find out if you really need it is by leaving it behind). Then look at your sleeping bag/mat and tent (if indeed you need one), then look at your cooking system (stove and pots) and the type of food you carry. As an example, we kitted out a husband and wife who now carry 13kg and 11kg respectively including; 1ltr water and 5 days food in WINTER... They carry a full length 4 season mat, 4 season sleeping bags, a luxury pillow and even a tent so there's no need to compromise on comfort either. Below are some of the items they carry. The last things to lighten are your Footwear and Pack, these items need to be appropriate for the weight you are carrying. If you want to know more, just pop in, you'll find our experienced staff will be glad to have a chat and point you in the right direction. 🌿

Optimus Crux,
Tiny but Powerful!



Dehydrated food ?
Suprisingly good



Osprey Atmos 50ltr (1.35kg)



mmm... sleep



Western Mountaineering Ultralite -7degrees (735grams)

Bibbulmun Track Foundation

WE'RE 10 YEARS OLD!

Office Gossip

Gossip Gossip Gossip
Gossip Gossip Gossip
Gossip Gossip Gossip



Ten years ago Bibbulmun News #18, Spring 1997 recorded: 'At last— after years of talking about different ideas and options — your organisation, The Friends of the Bibbulmun Track, is up and running'.

Thanks to Diamond Sponsor Mountain Designs providing office space in the CBD, the fledgling organisation, led by former Bibbulmun Track Coordinator Jesse Brampton as the first Executive Officer, was readily accessible to members and walkers.

Setting up an office required enormous effort. Jesse's first call for volunteers to assist was successful, and in December 1997 Bibbulmun News #19 reported that: 'Already we have two office volunteers coming in around a day a week, to help out with the many tasks and projects at hand'.

From the outset volunteers have played a vital role in the organisation, a trend which has continued. In 2007 we now have 14 volunteers in the office each week, as well as 386 volunteers who assist with the Maintenance Programme, special events and guiding.

By 1999, when I made my first visit to the office, Jesse had moved on and Becky Shrimpton was the Executive Officer. I offered to help out for a few hours on a Tuesday and somehow I never left! Still here with me are Jean Byrne, who was here on my first day, and Steve Sertis, who arrived about the same time—although Steve and I didn't actually meet for months.

Becky's enthusiasm and foresight saw the Friends grow and services to walkers increase. She worked tirelessly to promote the Track as accessible to all, and her ideas to achieve this end seemed to flow endlessly until we became used to hearing her footsteps tearing along the corridor followed by the words —"I've had an idea!"— as she reached the door.

In July 2003, we welcomed Linda Daniels as our new EO. 'The Friends' had become the 'Bibbulmun Track Foundation', and gained more office space, which provided room for merchandise and for talking to walkers. Under Linda's guidance the Foundation continues to provide a focal point for walkers who are keen to experience our world-class walking track. The range of merchandise has widened to include fabulous new postcards and the wall calendar. The Bibbulmun Track has twice been Western Australia's Significant Tourist Attraction at the Tourism Awards and been Highly Commended at the Australian Tourism Awards.

Over the past 10 years, we have made up and posted around 7000 free information packs and answered thousands of phone calls and emails. Enquiries cover every imaginable topic and we are no longer surprised at the questions we are asked. From two computers in 1997, one of which was rarely used, our need has grown and we now have seven which are in constant use. The three days that we were open grew to five and we now have walkers coming in all day long— very different from the days when visitors were a rarity. Our one telephone line was overloaded, so we now have extra lines to enable us to answer all calls, and modern technology in the form of cordless phones has increased our efficiency.

Another huge change has been the facility to make event bookings, order merchandise or to join as a member on-line via our website. This has been a great success and has certainly speeded up transactions.

The one thing which has remained constant is the enthusiasm, dedication and professionalism of volunteers and staff. In 1997 I doubt anyone could have foreseen the way things would be ten years later.

Certainly my first day of no visitors and about four phone calls did not prepare me for the busy office of 2007. Working here over the last eight years has been a pleasure and a privilege. 🌟

Gwen Plunkett
Office Manager and Volunteer Coordinator

The Bibbulmun Track as we know it today was formally opened in September 1998. However, just over a year before the Track itself was opened, another very important, if less well publicised event occurred - the inaugural Board Meeting of the 'Friends of the Bibbulmun Track' (FOBT) on 6 August, 1997.

Of the nine Board members at the first meeting, it is interesting to note that six are still actively involved today: Mike Wood (Chair), Simon Holthouse (Dep. Chair), Bruce Manning, Leonie Kirk, Geoff Klem and Jim Sharp.

This organisation, which has since been renamed the 'Bibbulmun Track Foundation' was created in order to provide resource assistance, both financial and 'in kind' to support CALM (now DEC) in managing the Track. It had been realised early on that the physical construction of the Track and its associated infrastructure would be only the first stage. The on-going management and maintenance required to ensure the sustainability of the Track clearly had to involve the communities through which it passed.

The FOBT set three major goals in 1997:

- To establish a stable resource base to run the organisation.
- To work with CALM to ensure the Track remained of the highest quality.
- To encourage widespread community involvement and environmental awareness.

With those objectives in mind, the Board, along with Jesse Brampton, the Executive Officer at the time, drew up an action plan to raise funds from sponsorship, to derive a strong membership base (the 'Friends') and to set up a volunteer programme for Track management and maintenance. In addition, working together with CALM, the FOBT set about encouraging community access to the Track and developing tourism.

The first two years of operation saw all of these objectives become reality. Office facilities were obtained in the city, marketing was undertaken through radio, newspaper and magazine promotions and the first members of the Friends were welcomed on board.

In 'Office Gossip' on this page, our office manager, Gwen, makes some comparisons between 'then' and 'now' which emphasise how far the organisation has come since she joined as a volunteer in 1999. And so, on the 10th anniversary of the formation of the Bibbulmun Track Foundation, it is interesting to reflect on what has led to this success.

Key ingredients include:

- The passionate and committed staff members and volunteers.
- The on-going excellent working relationship with the DEC, which is critical to the smooth running of the Foundation.
- The generosity of our sponsors – who provide essential in-kind and financial support.
- The stability and commitment of the Board members – all of whom are hard working professionals who give their time freely.
- And, importantly, the overwhelming support of our members. Without you, the members, there would be no Foundation.

This is, however, not a time for basking in glory, but for looking forward at the next ten years and beyond. There is currently no reason to believe that the ever increasing interest and use of the Track will not continue, and the Foundation will continue to find the means to ensure that the international quality of the Bibbulmun Track is unsurpassed. 🌟

ED – Many thanks to Foundation volunteer, Jim Baker, for writing this article. Jim recently wrote a document outlining the history of the Foundation and the factors attributed to its current success. The document is available from our website under Support Us / About the Foundation.



Yes, THEY DID IT!

We recognise
another 41
end-to-end
walkers in
this edition.



4 walkers came from overseas, 6 from interstate and 31 from Western Australia. As usual ages where shown relate to the age when the walk was completed and unless otherwise stated given dates relate to 2007.

By way of a change we are listing our achievers in alphabetical order rather than according to whether they are international, interstate or local.

For **Patrick Barley** (63) and **Penny Springthorpe** (56), both of Subiaco, the adventure began in Kalamunda on 4 March and ended in Albany on 3 May. They both found it one of the most enjoyable and challenging experiences of their lives. In addition they both celebrated birthdays during the walk. Walking the Track was a great introduction to long distance walking as they were planning an immediate start on the Camino de Santiago Trail in Spain followed by two trails in Turkey.

Daphne (54) and **Barry** (56) **Bastow** of Bunbury walked from north to south in sections between April 2002 and May this year. Their comment on wildlife is that there were too many pigs, snakes, mice and rats, but it was great to see kangaroos, cockatoos and a potoroo. Their walking sticks were great but they didn't have too much success with their inflatable mattresses as both 'died' on the Track.

From Cottesloe came **Keith Besomo** (53) who walked solo arriving in Kalamunda on 13 April after a 43 day walk. Keith notes that he rolled his ankle a few times so his walking stick was handy.

Have you got your
End-to-End BADGE?

Only \$7.50 + pp



Overall the walk was a wonderful experience and personal achievement.

Kevin Buckingham (64) of Armadale was part of a group of six that completed a journey in April, spread over a period of 10 years. They walked mainly on Easter long weekends. Kevin notes that this was his second end-to-end, as he finished his first between September and November 2004. He recommends varying one's diet as much as possible. His fellow walkers were **Colin** and **Jan Read**, **Christine Kennea**, **John Rothery** and **Rod Taylor**, some of whom are mentioned elsewhere.

Our first international visitors are **Allan** (42) and **Leanne** (41) **Couchman** from Ngakura near Rotorua in New Zealand, who walked north to south to reach Albany on 18 May after 47 days on the Track. For both of them the highlights included reaching Mandalay Beach on the southern coast and seeing the huge turbines at the wind farm near Albany. Allan was impressed by the three-sided shelters. Leanne for her part says the heat rather than the terrain made the first half of the walk hard.

Ron Evans (68) the "Bush Poet" of Mayanup left Albany on 30 March and reached Kalamunda on 21 May. He was surprised how fit he felt each morning after the initial "breaking in" of the body. As to wildlife he enjoyed Gwenda the Quenda at Torbay and two wild ducks that came to be fed at Murray Campsite.

"Old Man Emu" or **Vince Harding** (58) of Ardross had a better journey than expected, enjoying great facilities on a great track and meeting great people. He achieved all his reasons for going and more. Vince also went south to north reaching Kalamunda on 16 June after 48 days on the Track.

ED: For more news of Vince see the Volunteer profile on page 15

Iain Hensby (52) of Australind first set out in July 1999. Many sections later he completed his adventure in Northcliffe on 11 October 2006. In his report he states that he will commence a second end-to-end starting in April 2007 heading south to north. His advice: keep your pack down to 17 kilograms, take a warm sleeping bag and walk with a couple of good mates.

It was a great feeling for **Bill Hewitt** (50) of High Wycombe to conquer the challenge

and join a "special group" of end-to-enders. He extends special thanks to not only DEC, volunteers and sponsors but also to Debbie for the many hours she spent preparing and then travelling to ensure his food and clothing needs were satisfied. Walking from Albany he reached Kalamunda on 14 April after just 28 days on the Track. At one point he caught up with the Mad Axeman.

Benn Hill (25) "Kayden" from Nedlands walked from Albany to Collie over 33 days in November and December 2001 returning in April 2007 for 19 days to finish on 9 May. Like Ron Evans he found the going became so much easier after a couple of weeks. Benn saw numerous snakes in summer on the southern section but not one in autumn on the second stage. It was so cold he had to borrow a space blanket to use between Albany and Denmark even in late November.

Husband and wife team **Bill** (73) and **Ruby** (66½) **Johnson** of Wembley heading south completed their journey in two sections between June 2006 and May 2007. They both found their walking sticks a great help. Bill remarks that the walk was challenging whilst Ruby observes that this is the best one they have done – and they have done a lot!

Charles and Lorna Johnson, both 49, of Claremont took 47 days to reach Kalamunda on 16 April and enjoyed the whole experience. They arranged for their daughter to post food parcels to tourist bureaux en route. Their aim was to get fit prior to a five month overseas/study tour. That, and so much more, was achieved. The highlight was meeting some very interesting characters and personalities along the way.

From Falcon came **Jan McKenzie** "G G Jan" (68) who left Albany on 24 March and reached Kalamunda on 13 May. The manner in which the Track followed the natural contours of the land made her think often of our pioneers and the hardships they endured, particularly when she enjoyed the luxury of a rain-water tank at each camp site. A highlight was meeting two delightful elderly ladies who invited her into their holiday home at Donnelly River Village for dinner of roast chicken and vegetables capped off with tinned peaches, custard and cream!

Christine Kennea (60) of Bicton walked with **Kevin Buckingham** and others over a 10 year period. She points out that in 1998 when she began the route followed the Old Track. Christine suggests that an additional campsite between

Peaceful Bay and Boat Harbour might be worth thinking about to help the inexperienced walker or to counter inclement weather.

Solo walker **Lionel Lovell** (57) of Beechboro found the company of others at night very interesting. He walked the Track in sections between 1999 and October 2006 during which time he noticed an increase in foot traffic to the extent that he is concerned we could in the future "love" our great Track to death. In his view this walk is different because of the community involvement, the easy access and the distance involved. Lionel recommends taking a good second pair of "old" shoes to wear around campsites.

John McBride (47) of Bronte in New South Wales walked out from Albany on 2 April and arrived in Kalamunda on 13 May. He loved every minute of his walk and found every section amazing. He expressed a concern with safety regarding the pig hunters around the Collie area.

The **Moore** clan comprising **Anika** (16) and **Peta** (16) who live in Dunsborough and **Richard** (55) and **Pippa** (54) who reside in Quedjinup enjoyed a wonderful family experience. They walked between July 1999 and April 2007. Richard and Pippa greatly appreciated the children's keenness to participate. For Richard the highlight was the fresh start to each day with everything on his back whilst Pippa delighted in having a drink of "Tang" at the end of a good day's work.

Jamie Morrison (35) from Secret Harbour was another to walk the Track in sections. Walking north to south he started in August 1998 and finished in Albany on 15 March 2007. The highlights for Jamie were reading Australian poetry around a campfire, walking three sections between Boat Harbour and Nullaki – over 50 kilometres – in 15 hours and enjoying drinks at the end of a walk. He recommends taking sunscreen, a mozzie net and gaiters for the south coast.

St James resident **John Mullen** (40) headed south on 10 October last year and arrived in Albany on 23 November. He writes that after waiting two years to put the trip together with friends he gave up on them and headed out. He found that walking solo was really good. His advice is:

Test-run all equipment (especially boots) with a full pack load, keep your pack as light as possible and take first aid equipment particularly for

blisters. Carry too much water – just in case. Make a detailed itinerary and leave it with a check-in contact.

Terry O'Hara (55) of East Fremantle loved walking the Track in sections. He did so between October 2002 and May 2007. Gearing up and looking forward to another trip was always a buzz, and after a week of walking it was beautiful to get home and then begin planning the logistics of his next section. He records that he spent an afternoon and evening in the company of the quendas at Torbay which was very, very special. Terry walked the old track on "The Great Walk" from Denmark to Perth in 1988 – the new Track leaves it for dead and is fantastic!

"Malibu Trace" or **Tracy Robb** (20) of Maddington left Kalamunda on 20 September last year and reached Albany 56 days later. Tracy had a fantastic and wonderful time and intends to walk the Track again. Highlights were meeting so many amazing people along the way and seeing the beautiful orchids. Tracy was in constant fear of a bladder-pack bursting – and eventually it did!

Colin and **Jan Read** (both 55) of Kelmscott who walked the Track with **Kevin Buckingham** and others over the 10 year period mentioned in Kevin's report, enjoyed a life changing experience which was great to share with friends. Highlights were seeing the southern ocean for the first time and reaching any campsite after a day's walk. Jan notes that their worst equipment was a tent peg hammer which Colin always carried but rarely used.

Helen Rowles (53) from Dunsborough left from Albany on 6 February and arrived in Kalamunda on 28 March. She says mid-summer is a great time to walk as there aren't many people on the Track. In 45 days she only shared a campsite on four occasions. Helen's comment on food is that two-minute noodles of varying flavours actually taste the same no matter what you do to them!

Brigid (56) and **Thor** (59) **Schjolden** "The Corkers" visited WA from Darwin in the Northern Territory and walked north to south to reach Albany on 27 February this year after

starting on Christmas Eve last year. They found the best source of energy was dried fruit and nuts. They advise walkers to keep their feet as clean and dry as possible, especially when walking on hot days. Highlights included seeing the spectacular southern ocean and being amazed by the incredible size of the coastal sand dunes.

It had to happen! **Steve Sertis** (36) "Pseudo Solo Steve" all the way from Palmyra had to complete the sectional walk he began in December 2004. He finished at Gringer Creek of all places on 3 June this year. Steve, who loves his food, says that lentil curry, couscous and dehydrated tofu are still on his menu. The highlight was meeting people both weird and 'normal'.

Annie Sharrock (50) came from Jerrabomberra in New South Wales to walk south from Kalamunda. She reached Albany on 17 May – 65 days after setting out. She says it was the most peaceful and uncluttered existence she has known since childhood and didn't want the journey to finish. Her personal reaction was the feeling that she had been the fortunate receiver of the best present. Bush birds (small and numerous) were a continual source of delight.

Another Eastern States walker was **Joan Stubbings** (73) from Raby Bay in South Australia who walked the Track in three stages between September 2006 and March this year – always north to south. She has walked in many other areas including South Australia, Victoria, Queensland and Hong Kong but our Track is the best marked and documented. The wildlife she saw included emus with chicks, kangaroos, many birds, snakes and bob tailed skinks.

New Zealander **David Tomlinson** (36) from Timaru comments that walking in summer was an opportunity to enjoy wonderful peace and tranquillity as he had 80% of the shelters to himself. However he never felt lonely at any time. He appreciated reading the log book entries and relating his experiences to those who had gone before him. David walked north to south in 50 days to reach Albany on 24 March. As regards food he learnt that it is preferable to have a little too much rather than not enough! By comparison with other walks he rates the



facilities as excellent, clean and well maintained with the Track itself being generally very well marked.

Kim Townsend (52) from Swanview elected to walk south to north and reached Kalamunda on 6 June. This was his 4th end-to-end but the first from the south and took 49 days. He took off only one day from walking and that was to re-visit a favourite place – the east end of Broke Inlet. It is evident from his remarks that Kim would like to see regional offices of DEC review their policy in relation to fire breaks and re-alignments but he keeps coming back for more.

Last but not least we congratulate **Euji Uedda** (38) “The Oyster” from Kumamoto in Japan. He walked the Track in 2 stages going from Kalamunda to Gringer Creek in December last year and then from Albany to North Bannister between 18 January and 5 March this year. In between he managed to complete the Cape to Cape walk! The Track section took 56 days. He experienced one magical moment after another for which he thanks God and the people who look after the Track. He also thanks Lee and Clare for telling him about Indian Haral “Ghee”! In the course of his walk he saw MacNaught’s Comet whilst at Rame Head campsite.

We leave you with these observations from two of our walkers:

I walked the Track after seeing all the smiley faces in the Bibbulmun News then I found out you need others to share the joy with – but I do love the solitude of a solo walk. – **Helen Rowles**

At the time of compiling his report some four months after he finished, **John Mullen** was still feeling the empowerment which walking the Track gave him.

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

THERE AND BACK

THE FIRST REGISTERED DOUBLE END-TO-END ON THE BIBBULMUN TRACK!

On Monday 16 July three intrepid walkers were in triumphant mood after completing a double ‘end-to-end’ walk on the Bibbulmun Track. **Wendy and Allen Nelson and Charmaine Harris** completed this remarkable feat, having walked almost 2,000km in just 103 days.

Walking the Track from Kalamunda to Albany in one go is an awesome challenge and generally takes between six to eight weeks to complete. Many people have walked its whole length to become ‘end-to-enders’ but up to now there has been no record of anyone ‘doing the double’.

The trio set off on 5 April and, having arrived in Albany on 25 May, turned around and began the long walk back to Kalamunda!

Wendy and Allen, of Mt Helena, have a long association with the Bibbulmun Track and the Foundation. They walked the entire Track from end to end in one go in 2001, and it was as they finished that first walk Wendy hatched her plan to ‘do the double’. “On our first end-to-end I just didn’t want to finish. I said there and then that the next time we did it we’d turn around and walk back.” And that’s just what they did!

Charmaine’s initiation to the Track was a seven-day walk with sixteen 13 year-olds! Charmaine of Maida Vale is the Deputy of Swan View High School. Wendy, the school Chaplain, persuaded her to join an expedition that was part of The Wilderness Intervention Program, a program run by State School Chaplains. Charmaine got the bug and couldn’t get enough of the Track. They walked a different section of Track together every weekend, until in January this year Charmaine had walked it all, to become an end-to-ender. She had found a walking partner and a soul-mate in Wendy and decided to join her on the double end-to-end trek.

Wendy walks hundreds of kilometres each year along the Bibbulmun Track with troubled teens from the Wilderness Intervention Program where she shares her love of nature and introduces the healing benefits of the Australian bush into many disturbed lives. The three invited people to sponsor their walk and all the funds raised will go towards the Swan View School Chaplaincy Fund.

The three have lost over 20kg between them during the course of the walk, due to the combination of simple food and constant exercise. Perhaps there is a market for the “Bibbulmun Track Weight Reduction Plan” out there somewhere!

As Wendy says: “We are so lucky to have this free resource right on our doorstep. Every day was fantastic, such a buzz”. 🌻

Wendy and Allen Nelson, with Charmaine Harris (right) take the last steps of their double end-to-end



VOLUNTEER PROFILE:

Vince Harding (Old Man Emu)



Vince Harding at the northern terminus at the end of his end-to-end in June.

Vince is a founding member of ‘The Friends of the Bibbulmun Track’ (now the BTF), a guide for the ‘Walks with Friends’ and a maintenance volunteer. He describes his early involvement with the Track and how he completed an end-to-end walk in 2007.

While president of the WA Rogaining Association in 1995, I had the pleasure to meet Jesse Brampton when he came to a ‘how to rogain’ seminar as a guest speaker. The moment I heard Jesse I was ‘hooked’ and from that moment on I have treated the Bibbulmun Track as my own.

I had a great bunch of volunteers in the Rogaining Association with a similar passion, and I became the self appointed co-ordinator for the Association. We built the Chadoora shelter, the

Nullaki shelter, and the bridge at Dog Pool. We cleared the Track between the Gardner shelter and Chesapeake Road, rebuilt the Lake Maringup shelter after a tree fell on it, relocated the Hidden Valley shelter and rebuilt the Mt Cooke shelter after it was destroyed by a bush fire.

I have maintained the Chadoora shelter from the time of its construction until last year, and also maintained an 11 kilometre section of the Track to the west of the shelter. For two years I looked after Gringer Creek shelter and 10 kilometres of the Track on either side of it.

On the 30th of April 2007 I set out by myself from Albany to walk to Perth. The first five days or so were in a howling gale but otherwise it was very pleasant walking weather. The trip along the coast with all its variances was interesting, and then it was in and out of the giant tingle forest before taking a rest day at Walpole.

Then it was on to the coast, Mandalay beach and the Pingerup plains. I was blown away with the beauty and the deafening noise of the thousands of birds of all sizes. The amount of different sizes, colours and shapes of the fungi held my complete fascination. I had walked this section in 2000 with a mate, and all I remembered was the heat, flies, snakes, fallen logs and mosquitoes, so I had not really looked forward to it this time. What a pleasant surprise – none of the above; nothing but beautiful forest and all the creatures that it holds.

The walk all the way to Perth was full of pleasant surprises as the forest changed day after day. I met people on the track that were very interesting and I would love to catch up with these great folk again one day. I took a rest day at Pemberton, and five days in Collie with my son Dane. I had

to go in to Bunbury and get a new sleeping mat as the one I had delaminated. A bit like me – getting old and falling to pieces!

It is always disappointing to see the amount of damage done by bikes, trail bikes, horses and 4WDs, but the walk is still worthwhile. At the Blackwood campsite (where there is a total fire ban) I found a pine tree still burning away that had been lit by some of the young locals (they even wrote in the registers and put their names!).

It is always interesting to compare the hiking food and equipment that each of us take, and much discussion takes place in the shelters. Often what I thought important was not a priority for others.

I finished on Saturday 16th of June and was met by my wife and seven friends who had banners, streamers, silly hats, bubbly and nibbles to make a “fanfare” of my 48 days on this wonderful Track.

I would like to dedicate this walk to my wife Luci who said, “just go and do it”, to Geoff Schafer who came up with the original idea, to Jesse Brampton who visualised the new Track that we walk today, to the many people at CALM (now DEC) who made it happen, to the many volunteers that helped to make it happen and to the hundreds of volunteers that keep it happening. When people from overseas and interstate spoke to me of the Bibbulmun Track, and compared it with their trails and tracks, I had the greatest pride in knowing that I helped to build this wonderful asset and that I will always help to maintain it. 🌻

Happy Trekking

Vince (Old Man Emu) Harding

MANDALAY BEACH LOOKOUT



necessary to find a new realignment quickly to avoid further erosion damage to the ridges. This new route did not provide walkers the impressive scenery and ‘sense of arrival’ of the old route.

However, the project has now provided a sustainable trail alignment including new steps and a lookout that allows walkers to experience the magnificent coastal scenery, and still gives north to south end-to-enders a sense of completion of the inland based section of their walk.

The lookout, which was designed by a landscape architect from the Department of Environment and Conservation, consists of two limestone walls, constructed as two low, curved retaining walls, coming together to form a multilayered seat. The walls have been built by stone masons from yellow limestone rubble, with the platform infilled with sand and topped with crushed blue metal to prevent erosion. The seat is fashioned from two curved sections of laminated timber marine ply.

The structure provides a perfect place for walkers to safely remove their backpacks and sit in comfort to enjoy the view with minimal impact on the landscape and surrounding environment.

The next stage of the project will be to construct appropriately located erosion control structures and stairs that will ensure that this important section of the Track and its immediate environment are sustainable into the future. The Frankland District of the DEC and the Recreation and Trails Unit are currently working towards this goal.

Many thanks to Lotterywest for a grant of \$5000, and to those individuals whose donations have gone towards funding this project.



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 52BSU, CHE SARA SRA CHALETs, PEACEFUL BAY CHALETs & BACKPACKERS, PEMBERTON BREAKAWAY COTTAGES, STARGAZERS B&B, WINDROSE B&B, BANKSIA MOTEL, and VANCOUVER GUESTHOUSE 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	On request.
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.
BANKSIA MOTEL	COLLIE	Accommodation	(08) 9734 5655	
52BSU	COLLIE	Internet Cafe	1300 788 388	
BLUE WREN B&B	COLLIE	Accommodation	(08) 9734 7939	On application.
COLLIE RIVER VALLEY TOURIST PARK	COLLIE	Accommodation	(08) 9734 5088	10%
COLLIE VISITOR CENTRE	COLLIE	Tourist Bureau	(08) 9734 2051	10% on souvenirs.
PREMIER HOTEL	COLLIE	Accommodation	(08) 9734 1899	
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% on accommodation.
BALINGUP BUDGET ACCOM. - 'THE HIKERS HIDEAWAY'	BALINGUP	Accommodation	(08) 9764 1049	Special rate of \$24.
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	Sun-Thu only, outside school holidays.
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 RETREAT	PEMBERTON	Accommodation	(08) 9776 0279	10%. Conditions apply.
KARRI VALLEY RESORT	PEMBERTON	Accommodation	(08) 9776 2020	10% on rack rate. Conditions apply.
KARRI GLADE CHALETs	PEMBERTON	Accommodation	(08) 9776 1120	
PEMBERTON BREAK-AWAY COTTAGES	PEMBERTON	Accommodation		
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 CHALETs	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 TUIT ECO CARAVAN PARK & B&B	NORTHCLIFFE	Accommodation	(08) 9776 7276	No.
WATERMARK KIILNS	NORTHCLIFFE	Accommodation	(08) 9776 7349	
CHE SARA SARA CHALETs	WALPOLE	Accommodation	(08) 9840 8004	
COALMINE BEACH HOLIDAY PARK	WALPOLE	Accommodation	(08) 9840 1026	10%.
STARGAZERS B&B	WALPOLE	Accommodation	(08) 9840 1553	\$5 on accommodation.
TINGLE ALL OVER' YHA/ WALPOLE TAXI	WALPOLE	Accommodation - Tour/Transport prov.	(08) 9840 1041	No.
WOOZ & SUZ CAFÉ	WALPOLE	Restaurant/Cafe	(08) 9840 1214	No.
PEACEFUL BAY B&B	PEACEFUL BAY	Accommodation	(08) 9840 8353	Afternoon tea on arrival.
PEACEFUL BAY CHALETs & BACKPACKERS	PEACEFUL BAY	Accommodation	(08) 9840 8169	Accommodation at \$20pp.
ASPECTS HOLIDAY HOME	DENMARK	Accommodation	0407 984 361	10%.
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	5%.
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%.
WINDROSE B&B	DENMARK	Accommodation/ Transport prov.	(08) 9848 3502	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.
FORESHORE APARTMENTS & THE LILY DUTCH WINDMILL	ALBANY	Restaurant, Wines, Accommodation	(08) 9827 9205	10% on confirmation of booking.
NORMAN HOUSE	ALBANY	Accommodation	(08) 9841 5995	5%.
ORANJE TRACTOR WINE	ALBANY	Winery	(08) 9842 5175	
VANCOUVER GUESTHOUSE	ALBANY	Accommodation	9842 1071	\$5 per night

Pemberton

PUMP HILL FARM COTTAGES



Come and stay with us on our family owned and run 40 acre farm on the edge of the karri forest. Beautifully cosy fully self contained one, two or three bedroom rammed-earth and mudbrick cottages located just one kilometre from Pemberton and 500m from the Bibbulmun Track. Fabulous valley or forest views with abundant birdlife. Enjoy continental breakfast baskets and gourmet dinner platters. Complimentary Track drop offs by prior arrangement.

Ph: +61 8 9776 1379
www.pumphill.com.au



Pemberton

Pemberton Farm Chalets



Pemberton Farm Chalets is a holiday for everyone. Just picture this. Magnificent views, relaxed atmosphere, cosy chalets, swimming in the pool, game of tennis, kids occupied with farm feeding and all you have to worry about is doing nothing.

We are only a short walking distance through the National Park to the famous Gloucester Tree, Bibbulmun Track and then even a shorter amble to the Gloucester Ridge Winery.

Pemberton Farm Chalets
Lot 7486 Vasse Hwy
Ph: 08 9776 1290
pemfarmchalets@westnet.com.au
www.pembertonfarmchalets.com.au



Walpole

StarGazers Bed & Breakfast



StarGazers Bed & Breakfast in Walpole is beautifully located overlooking a man made lake in the Tingleview estate just 5 km from town.

The warm and friendly welcome from Nola and Frank Fleay compliments the warmth and relaxation of this venue. The visitors book says it all... "Peaceful, hospitable, comfortable, relaxing, home from home" are regular comments throughout.

Nola and Frank enjoy Bibbulmun Track visitors so much they have not increased their rates for 3 years. Double Bibbulmun Track visitors enjoy a \$15.00 night saving and single \$5.00 off regular rates.

Check out our website:
www.walpole.org.au/stargazers
Email: stargazers@wn.com.au
Phone: (08) 98401553



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collie

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52BSU



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Fax: (08) 9734 7389

Email: info@niid.net

116-118 Forrest st
Collie 6225



Walker Story -

Reflections on the Bibbulmun Track



From the very first moment we learnt of the Bibbulmun Track we were hooked and set ourselves the task of walking the entire journey in one hit.

Although our research on 'The Bibbulmun' was sufficient we never expected each day to be filled with such adventure, wonder, beauty and spiritual enlightenment. Life as we knew it was thousands of kilometers away from the simplistic existence we lived on the Track.

We were amazed that a thin, self-inflating mattress could offer so much comfort at the end of a long day's walk. Amazed that the water in a rain water tank could taste like nectar from the gods. Sighting the green roof of the little hut at the completion of each day was like a sweet homecoming. Looking back from a high vantage point and just marvelling at the distance we had covered and the country we would embrace. The sheer beauty of the landscape was breathtaking and at times would bring tears to the eyes. We were warmed by the friendliness, encouragement and genuine interest of people we met in the towns along the way. At times we were literally 'blown away' by the forceful, coastal winds amidst the magnificent coastal scenery.

The following extract was taken from Brigid's journal after reaching the coast at Mandalay Beach.

"The coastline along this part of Western Australia is simply awesome if one could describe it that way. At each turn, at the crest of a hill, climbing through a sand blow or struggling over a sand dune, the sight can take one's breath away. We have had such a safe, embracing feeling hiking through forests of tall trees and the partnering understorey. But when one encounters the coast with its fury of waves as they approach the shore, and the continuous thundering of the surf washing onto the beach, wariness and an almost frightening feeling emerges. The forest has its dangers of course with the risk of bush fires, and the karris (or

widow makers as they are called) dropping their enormous branches, but the ocean is there to admire and observe, without one's complete absorption."

We called ourselves the Corkers because of a nonsense song we always sing on our bush walks. The song is sung to the tune of 'My Gal's a Corker, She's a New Yorker'. It was fun to create new verses to suite our mood and surroundings. Some of them are as follows:

*My guy's a corker, he's a bush walker
I buy him everything to keep him in style
He's got such deep blue eyes,
just like the western skies
Eye drops, that's where my money goes*

*My girl's a corker, she's a bush walker
I buy her everything to keep her in style
She's got such lovely hips,
just like two battle ships
Cream buns, that's where my money goes*

*My guy's a corker, he's a bush walker
I buy him everything to keep him in style
He's got such frizzy hair,
just like a big brown bear
Shampoo, that's where my money goes*

*My girl's a corker, she's a bush walker
I buy her everything to keep her in style
She's got such skinny legs,
just like two clothes pegs
Waxing, that's where my money goes*

And always the chorus:

*Oompah, oompah, oompah pah!
Oompah, oompah, oompah pah!*

Every experience we encountered walking the Bibbulmun Track end-to-end culminated in making the walk the most exhilarating, illuminating and rewarding holiday we have experienced.

**The Corkers -
Brigid & Thor Schjolden,
Darwin**

Prize Winners!

CONGRATULATIONS TO THE WINNERS OF THE MONTHLY MEMBERSHIP RENEWAL PRIZES...

April

Fred Smart won a bottle of Thompson Block Shiraz, kindly donated by Moojelup Farm Pty Ltd at Cookernup in WA.

Lynton Piggott won the 2nd prize of a cap and water bottle.

May

The **Moran Family** of Rolystone won a Polar Fleece Beanie, donated by Mountain Designs.

Helen Alexander of Port Melbourne won the 2nd prize of a cap and water bottle.

June

Bernard and Anita Boycott of Bateman won a Gabel walking pole kindly donated by one of our members, Chris O'Connor.

Wendy Lee of Osborne Park won the 2nd prize of a cap and water bottle.

July

John Gailans won a set of Bush Books kindly donated by WA Naturally.

Jennifer Robinson won the 2nd prize of a cap and water bottle.

Life Members Prize Draw

Congratulations to **Paul Harrison** who received a Bibbulmun rucksack donated by our Diamond Sponsor, Mountain Designs.

New Members draw

Congratulations to **Janet Brown** of Spearwood who joined at the UWA extension night in May. Janet won a day pack, kindly donated by Mountain Designs.

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!)"



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



Getting into Gear - HEAD LAMPS

Every time a customer in my shop asks me the question, "what else do I need?" when they're about to embark on an epic trip somewhere, I always respond, "have you got a headlamp?" The normal response is to laugh at me and say, "but they look so daggy!" "But," I counter, "they are just so damn useful!"

If you think a head lamp looks daggy, think how bad it looks when you are burrowing down into your pack on a dark night, searching for your waterproof jacket as it starts to rain, with your torch held in your mouth. Even forgetting the hygiene aspects of that little scene, think about the taste of a torch that has been left in the crumb-infested pocket of your scungy old pack for decades.

Head lamps underwent a radical technological change a few years ago when Petzl introduced the 'Tikka'. The Tikka revolutionised head lamps in that it used LED (light emitting diode) technology to increase the burn-time of the lamp, as well as the life time of the bulbs. Now the bulbs last 10,000 hours and the battery up to 120 hours. A huge increase on the time honoured Petzl 'Zoom' that everyone used previously. Just as importantly, it now only weighs 75 grams.

There has now been an explosion in head lamp technology with Black Diamond, Princeton Tec and Led Lenser all fighting for market share. And, as usually happens, along came all the 'me-too' brands, a lot cheaper and of much poorer quality.

There are several things that I look for in a head lamp:

1) Weight is the obvious one, everything must be light.

2) Availability of the battery. I don't want to have to find some exotic type of battery when the power runs out.

3) I want the battery to last for a long time.

4) I like the battery pack on the front of the torch so that when I'm reading at night it doesn't stick in the back of my head!

5) I want the choice of a diffuse beam that gives a general illumination on a low power usage — but I also want to have the option of a powerful spot beam in case I have to travel or walk at night over rough ground.

6) I don't want to have to replace bulbs, particularly at exactly the wrong moment!

7) The lamp must be able to resist moisture from a light shower, or snow. I don't expect to be able to dive with it though!

So just a few points to get you thinking, and remember, you won't worry about looking like a dag when you can't find your way to the toilet one dark, cold night!

Mike Wood

Mountain Designs WA



"Try bushwalking, Australia!"

Sunday 9 September 2007

JOIN ONE OF 120 FREE GUIDED BUSHWALKS IN SPECTACULAR LOCATIONS ACROSS AUSTRALIA.

This national celebration gives you the opportunity to try a walk with Australia's leading community bushwalking groups and discover the many benefits of bushwalking!

- Walks in every State and Territory - both city and regional areas
- For everyone - from kids to seniors
- Led by experienced guides
- No special equipment or experience needed
- Find fun, fitness and new friends

Walk information and easy on-line registration is available at www.greataustralianbushwalk.org.au

Presented in WA by the Bibbulmun Track Foundation and supported by national sponsors Anaconda and Sea to Summit.

National membership competition - join and win!

Join as a new member of the Bibbulmun Track Foundation between August 1 and 31 October 2007 for your chance to WIN an amazing World Expeditions 7-Day Bibbulmun Track Trek or other great bushwalking prizes from Sea to Summit and Leki.

Up to \$4,000 worth of prizes to be won in each State/Territory

ANACONDA
the adventure starts here



WORLD
expeditions
small group journeys, adventures & expeditions

Perth Royal Show

LANDCARE PAVILION LEADING THE WAY WITH ENERGY EFFICIENT EXHIBIT

The Bibbulmun Track has now become a permanent fixture of the Perth Royal Show Landcare Pavilion. This year's exhibit, which runs from Saturday 29 September to Saturday 6 October, fits in very well with the Bibbulmun Track ethos of sustainability of our natural resources.

A sustainability house will be demonstrating ways in which we can all be more energy efficient in our homes. Throughout the exhibit, displays will highlight ways in which exhibitors are already showing responsibility through tree planting, better agricultural practices, green power and solar power. A full resource assessment of the exhibit will be conducted, including the metering of energy and water and the control of waste management.

Do You Want To Become Involved?

As always we will need some help in manning the display. This will involve giving a few hours of your time to spend talking to people about the Track and your experiences. If you are interested call Jean on 9321 0649 or email: marketing@bibbulmuntrack.org.au

DEC also needs volunteers to help to put the whole exhibit together. This would involve many different tasks, from painting murals (if you're artistically inclined!), carpentry, painting, landscaping, putting up hessian - the list goes on. Help is required from 30 August right up to the opening on 29 September. If you can spare some time and would like to get involved please contact Jean on the details above.

Thank you...
Thank you

A sincere thank you to the following walkers who have generously made donations to the Foundation. Many members made donations in addition to buying raffle tickets and we are overwhelmed by your generosity.

Over \$11,000 in donations has been deposited in our National Trust account since it was set up last year. This money, along with the \$23,000 raised from the raffle, will be used exclusively on Track

Thank you to...

Jane Scott
Ryan Warden
Jeremy Rigg
Warren Murphy
Jonathon Tunnel
Ann Allpike
Margot Wainwright
Uwe Thiel
Vere Berger
Bev Jones
Margaret Clark
Kerri Pedrotti
Jennie Lees
Nola Chamberlain
Lorrae Wright

Neville Brown
Bill Maunder
Simone Krynski
Jo Blacker
Tingle All Over
Diana McCormack
Phillipa Hamilton
Eric Wheatley
Greg Christian
Annette Prioriello
Christine Kennea
Robin Campbell
Nigel Fry
Richard Pen-Dennis
Wendy Abraham
Barry Bastow

improvements. Some funds have already been used on the Mandalay Beach lookout, canoes, gates and bridges. Many other projects are in the pipeline.

Many thanks too, to Chris O'Connor who noted we were lacking some 'creature comforts' so kindly donated a variety of items for our use.

Dee Powell
David Green
John Wynn
Libby Pardoe
Terry Moore
Rodney Batkin
Diane Jeffrey
Marcus Harris
Ross Leighton
Helen Tognolini
Caroline Smith
Janice Paton
Daniel Stuart
Ray Richards
Graham Zemunik
John Hardman

Rodger Crossman
Ray Banvill
Cheryl Campbell
Elizabeth Atahan
Jenny Nichol
Bruno Jadras
Peter Whitehead
Hans Mihkelson
Rosslyn Pavy
Kathy Bathgate

Special Thanks to Lincoln Hall who donated \$400 from his book launch at UWA.

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.

NOTICE BOARD

WALKING POLE/S WANTED

Wanted height adjustable light-weight walking pole/s in good condition.

Email: jennicornish@iinet.net.au

Contact: Jennie

WALKING COMPANION WANTED

Anyone keen on sectional walks of 3 to 4 days (but flexible on duration?) Any location. Share travel arrangements. Contact 9381 6383 or:

Phone: 0408 952 027

Email: abstract@iinet.net.au

Contact: Alan

ASSORTED GEAR FOR SALE

Pack cover. Sn240 siliconised rip-stop nylon pack cover. Ultra-light, waterproof. Blue. Suits a 50-70 litre pack. \$40.

Icebreaker (pure merino) long-sleeved top. Superfine 190. XL men's. Two-toned blue, new price \$160, sell for \$80. Never been worn.

Kathmandu walking shorts. (2) Dark blue, XXL, sturdy, side pockets. Good condition new price \$89, sell for \$35 each.

Columbia walking shoes. Trail-Grinder (low). Size 39 (Eur) or UK 8 (Women's). Uppers a combination of leather, rubber and mesh. Columbia soles, colour camel. Never been worn outdoors. \$250 new, selling for \$120 ono.

Kathmandu walking shirt. Coolmax Polyester Fabric. Short-sleeved, dark blue. XXXL Never worn. Cost \$70 new, sell for \$35.

Walking boots. Han-Wag (German). Size 10.5 (men's). Leather with Vibram soles. Worn in but in good condition. Bought in Europe for approximately \$350. Sell for \$75 ono.

Phone: (08) 9227 0609

Email: vanzum01@student.uwa.edu.au

Contact: Martien

GEAR FOR SALE

Colorado walking boots: Copper colour ladies. Size 9. \$35.00

DHW Australia sleeping bag. 85x65x195 + hood. Minus 5 degrees. Thermolite extreme insulation. Black exterior, green and pink lining. \$50.00

Phone: 0422 153 838

Email: natalie_both@yahoo.com.sg

Contact: Natalie

FREE ENTRY TO THE ROYAL SHOW!

In return for a few hours of your time at our stand in the Landcare Pavillion.

See full details in the article on page 20.

Want To Advertise on our Notice Board?

If you are a member just send us an email with your details, membership number and your text. If you are not a member please phone or email us to arrange your advert. Cost is \$5 per 3 months. All items will be deleted after 3 months if not renewed.

Phone: 9481 0551

Email: friends@bibbulmuntrack.org.au

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.

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

The postcards include images from our photo competitions and are a mixture of coastal, forest and quirky generic shots.

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.



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

Entertainment Books - A very handy fundraiser

The Entertainment Books have proved very popular with over 200 sold raising \$2,400 for the Track. You only have to use it a couple of times and it's paid for itself!

The 2007/08 book is bigger than ever with 25% to 50% off and 2-for-1 offers from the best restaurants, cafés, family dining, accommodation, theatre, sports and much more.

The cost is only \$60.00, and can be collected from the Bibbulmun Track Foundation Office (optional: +\$7 for regular postage or \$9.50 for registered post).

Order from our website, call 9321 0649 or email events@bibbulmuntrack.org.au to order your copy now!

entertainment™

A welcome sight for walkers!



TRACK TOWN

COLLIE

Collie was declared a townsite in 1896 and named after Dr Alexander Collie RN, who discovered and named the Collie River in 1829.

The town of Collie is a very welcome sight for walkers – large enough to be an excellent resupply point but still retaining good old fashioned country hospitality. The large variety of shops and services means that many walkers choose to spend a day or two exploring the township before shouldering their packs again. The track south of the town takes walkers past the Collie River, with some inviting spots for a rest on the riverbank.

Located only 200km south of Perth, Collie is an ideal base for a holiday within the south-west region.

The countryside surrounding Collie is a water lover's paradise, with many lovely picnic sites along the Collie River and the nearby dams. Minnipup Pool, a wide natural pool on the Collie River just two kilometers south of the town, is ideal for a swim or leisurely canoe ride, while Stockton Lake and Glen Mervyn Dam are popular with water-skiers. Fishing is a popular pastime, with redfin perch, freshwater cobbler and trout found in the rivers and dams. The beginning of summer

heralds the ever popular but short marron season, with people returning year after year to their favourite section of riverbank to try their luck in catching these elusive crustaceans.

While coal mining put Collie on the map, the area has much to offer visitors, with many new attractions. These include a boutique brewery, winery, blueberry farm and lavender farm, all complementing the abundance of natural attractions and drives through the jarrah and marri forests of the picturesque Collie River Valley. The surrounding bushland has a wide variety of short and long walks which in springtime are ablaze with wildflowers. In town, the Central Precinct Walk and Riverwalk take visitors past many local attractions.

The Coalfields Museum, Tourist Coal Mine, Old Collie Goods Sheds and Railway Station celebrate Collie's fascinating history of timber milling, rail and coal mining, while a visit to the beautiful All Saints Anglican Church will leave you in awe of the Church's magnificent interior with its life-size

mural painted by Philip Goatcher, together with the extensive use of stained glass and jarrah.

Collie offers a wide variety of accommodation, with several B&B's, country pubs, modern motels and a caravan park catering to all tastes and budgets. A Bibbulmun Walking Break is a great way to enjoy the autumn and winter seasons in Collie, with cool nights inviting you to settle back in front of a log fire after a day exploring the track and the beautiful town of Collie.

For more information contact the

Collie Visitor Centre, "Old Collie Post Office"
63 Throssell Street, Collie 6225
Ph: (08) 97342 051
info@collierivervalley.org.au
www.collierivervalley.org.au

Call in for information on places to stay, attractions, and activities in Collie. Agents for Transva and South West Coachlines. Pack storage available.

Open 7 days a week. 🌻

Wanjedda Hilltop Bed & Breakfast

Only 800m from the Bibbulmun Track, Wanjedda offers comfortable, quality accommodation with spectacular views at a reasonable price. Drop-off to track can be arranged.

Bruce & Leonie Marshall
166 Hearle Road, Mumballup, 6225
Phone: (08) 9732 2004

Email: wanjedda@bordernet.com.au
Web: http://members.bordernet.com.au/~wanjedda

Blue Wren Bed & Breakfast

Double and twin share accommodation. Reverse A/C, tea/coffee and fridge facilities, complimentary chocolates and port. Large lounge area with TV/video and private dining area. From \$95 dbl, \$85 twin.

Karena and Ray Rankin
Lot 1129 Booth St. Collie
Phone: (08) 9734 7939

Fax: (08) 9734 7939
Email: motherslove@westnet.com.au

Glen Mervyn Farmstay

Glen Mervyn Farmstay is situated on 50 acres, next to the Glen Mervyn Dam. The Bibbulmun track meanders through the natural bushland at the rear of the property, The Forrest Tavern is 3kms down the road.

Large spacious house, sleeps 12.
Vicki Spencer-Clarke
0428395328
08 97322208

www.glenmervynfarmstay.com.au



BGM AND REGIONAL SCHOOLS CELEBRATE WORLD ENVIRONMENT DAY

Boddington Gold Mine (BGM) and schools from Boddington, Dwellingup and Wandering joined international celebrations on Tuesday, June 5 to mark World Environment Day.

The celebration was coordinated by the BGM Community Environment Committee with the theme, "Melting Ice – A Hot Topic".

Staff from BGM's Environmental Department visited each of the schools in the morning to conduct interactive presentations and lead discussions on various aspects of the environment, ranging from mine rehabilitation, native fauna and flora, ecosystem regeneration after bush fires and global climate change.

At Dwellingup and Wandering native trees and shrubs were planted in the school grounds by students, parents and community members. In Dwellingup, seedlings were planted on local properties that had been hit by severe bushfires earlier in the year. Tree plantings at Boddington school were conducted around an existing Frog Pond and Memorial Garden by vocational education students who are studying horticulture.

After the morning's activities, about 350 students from all three schools met at Boddington school to enjoy an environmentally friendly packaged lunch courtesy of Universal Sodhexo, BGM's Accommodation Village facility contractor.

Boddington Deputy Principal Ashley Mottershead welcomed everyone and thanked the sponsors for their time and commitment. In the afternoon the students, teachers, Community Environment Committee members and BGM staff participated in activities including creating animals from recycled materials, repairing the school's frog pond and a cleaning up around the school.

Each of the schools presented displays focusing on environmental activities included in their school curriculum. The students and participants were given a World Environmental Day T-Shirt, courtesy of BGM, to commemorate the day.

The day finished with a talk from Hotham Catchment Landcare representative, Darralyn Ebsary, who explained the importance of World Environment Day and the effect climate change is having on polar ecosystems and communities and the flow-on effect worldwide. She explained what students could do at home and schools to make a difference.

Darralyn presented bird baths created by the Boddington students to each of the three schools for display in their school grounds to complement the native vegetation plantings.

BGM's General Manager Operations Jim Beyer and Environmental Manager Tom Muth thanked and congratulated all the students for their efforts on the day and commitment to the environment.

The day was sponsored by the BGM Management Company, Newmont Asia Pacific, AngloGold Ashanti Australia, Universal Sodhexo and the Hotham Catchment Landcare. 🌻

Cleaning up at the Boddington frog pond



Bird baths donated to each school



Tree planting at Dwellingup school



Making animals from recycled items



BGM addresses the three schools



The array of seedlings planted at each school



PHYSICAL FACETS

Stable ankles – the foundations of a trouble free walk

by Isabel Busch

Before you step out on the first day of your trek your thoughts should go to the machine that will get you there – your body. Will it hold up to the rigours of the journey, will all those moving parts keep moving appropriately and still do so as your trek is reaching its end?

The body has many parts that can be affected by a walk, and over various issues we will look at how to service some of these both before and during your trek. Let's start from the feet up, and more precisely the ankles.

Most of us have two legs with two ankle joints at the lower end. These joints are made up of various parts – the lower ends of the long bones of your lower leg (tibia and fibula), heel bones (talus), ligaments, blood vessels, nerves and all these are enclosed by a layer of skin. Many areas for potential wear and tear, injury or damage. This article will confine discussion to prevention – what you can do before you take the first adventurous step.

POSTURE: The way you hold yourself when you're standing and particularly when you're walking affects the way your body weight goes through your lower limb joints. Biomechanically your joints were constructed to take weight in a particular way and if your posture is poor the affect on your back, hips, knees, ankles and feet can cause inappropriate wear and tear. Add a back pack to this mix and you are setting yourself up for muscle strains, uneven joint wear, pain and swelling – leading to an early end to your great adventure.

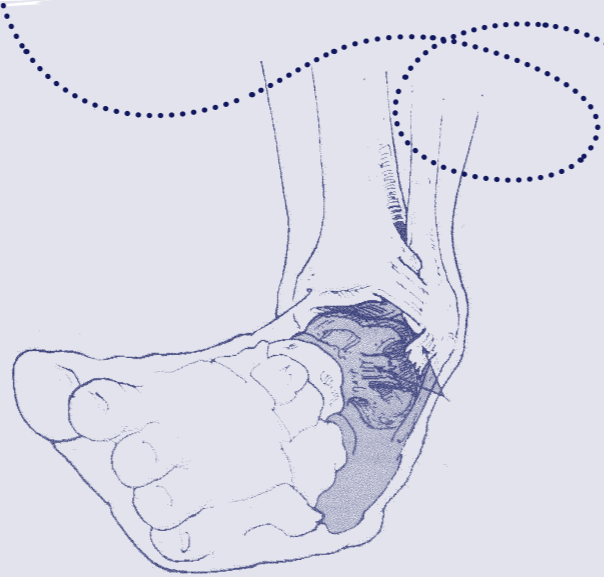
An appointment with someone skilled in the body's biomechanics, like a physiotherapist or a podiatrist, can help you right any 'wrongs' as they can do a full postural assessment and ensure you are standing and then walking in the best possible way. This may entail improving your foot posture with insoles and these will need to be 'worn in' as you wear in your walking shoes.

FOOTWEAR: It's important to wear shoes appropriate to the activity you plan and seeing a supplier skilled in the knowledge and fitting of these types of shoes will give you the best possible result. They will need to be a little more rigid than shoes you wear for a fitness walk as they need to provide support for your feet with the extra load of a pack. If you have insoles make sure you take them with you when you try on new walking shoes.

ANKLE STRENGTHENING: It's important to start with ankles that are stable and strong. Generally your walk will take you through a variety of terrains – uneven ground, rocks, sand, mud, and more – any slight slip or trip has the potential to cause a strain or sprain and end your journey. Also remember you have loaded yourself up with an extra 15 to 25kgs which will challenge your balance and ability to right yourself without damage.

Ankle tweaks and sprains account for many of the injuries occurring along a walking trail. The good news is you can check your risk and improve your chances of an injury free walk. The most common reasons for ankle sprains and pains are

- 1) Abnormally loose ankle ligaments: ligaments help support and stabilize our joints. We are genetically predisposed to a certain amount of tightness of ligaments and some of us just have less than others thus giving insufficient support and reducing that stability.
- 2) Previous and recurring strains or sprain: as well as being born with loose ankles you can develop them if you have ankle sprains that don't heal properly. When this happens the ankle loses some of its original stability and soundness so the next time you land the wrong way you are more prone to cause damage even with a simple twist. The healing process is affected and if this cycle is not properly managed you will have ongoing problems which may result in surgery.



- 3) Poor coordination: many of us just seem to be always stumbling and tripping or stumbling around. Some are just plain clumsy. Our joints are wired with receptors that help sense our ankles position and recruit the muscles that control the joint to hold it in place. If you don't use this system on a regular basis though regular activities like walking on different terrain or playing ball games like soccer etc, the systems grow weak and unstable.

You can reduce the chances of injury by putting in some time to improve these areas before you start out. These are a few simple ideas to work on. Repeat them 2 to 3 times a week starting around 3 months before your departure date.

1. Single leg balance: start this in an area where you can support yourself if you feel unsteady – like in front of the kitchen bench. Stand on one leg and keep yourself still and balanced for 10 seconds and build up to being able to hold this for 30 seconds. Repeat this exercise 6 times for each leg. Begin with your eyes open and progress to being able to stand very stable without holding onto anything for 30 seconds with your eyes closed. To make your leg work harder, progress even further by doing the exercise with a slightly bent knee.
2. Toe – Heel: Sit on a high chair so your foot comfortably hangs about 5cms off the ground. Rhythmically tap your toe and then your heel on the ground, trying to isolate all movement in the ankle. Start slow and build up speed to produce a fast but rhythmical tapping. Do 3 sets of 50 reps.
3. Side to Side: In the same sitting position and rhythm as 2, touch the outside edge of your foot on the ground and then your foot's inside edge for one rep. Again, start slowly and isolate the movement in the ankle as best you can. Speed up the rhythm as your coordination improves. Do 3 sets of 50 reps.
4. Wobble Board: Sit on a chair and place one foot in the centre of a wobble board with 360 degrees of rotation. Rotate the foot in a circle so the edge of the board comes close to the floor but doesn't touch. As your balance and coordination improves try standing on the wobble board with first two legs and then progress to one leg. Do 2 sets of 10 of the following: 1) forward – backward 2) Side to Side 3) clockwise – counter clockwise.
5. You can also try hopping or skipping as part of your fitness regime.

A final tip – walking poles can also assist to reduce the stress and strain on your ankle joints.

In conclusion, if injury does occur it is important to provide appropriate first aid treatment and seek appropriate medical advice as soon as you can.

This link <http://www.timberlanep.com/resources/hiking.shtml> takes you to a very good article called "As the Ankle Rolls" which has some very good advice to add to the above information. ❁

Can drinking too much water kill you?

by Emil Mandyczewsky

WMI of NOLS Australia www.wmi.net.au



We are constantly reminded to hydrate, especially when we are outdoors doing the things that we enjoy. But can we have too much of a good thing? Could the drinking of water kill us?

The answer is, given the right conditions, it certainly could. There have been more than a few documented cases of severe illness and even fatalities from what is called hyponatremia (hypo – low, natrium – sodium, emia – in the blood = low blood sodium). In a study of runners from the Boston Marathon it was found that at least 13% were suffering from hyponatremia to some degree.

In the outdoor setting, the classic circumstances for hyponatremia include vigorous exercise resulting in excessive sweating over a long period of time, warm to hot conditions, a large volume

of water intake (more than five litres) and little or no food intake.

These conditions effectively flush sodium from the blood, shifting the electrolyte balance to dangerous levels. Symptoms of hyponatremia include excessive cramping, dizziness, fatigue and level of consciousness changes. Superficially, this could be mistaken for heat exhaustion, although the crucial differences would be in the patient's vital signs and medical history.

Don't be dismayed, the answer lies in the old adage; "Everything in moderation". If you engage in prolonged exercise, make sure you hydrate appropriately, but don't forget to snack as well. Stop for planned rest breaks, break out the water bottle and the scroggin bag, and you can't go wrong. ❁

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 November 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 November 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
_____ . _____ . _____ . _____ 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
16 September 9am	11 November 9am
15km return walk from Brookton Hwy to Plunket Rd	15km Mt Cooke circuit walk via Mt Cooke Campsite
23 September 9am	25 November 4pm
19.2km return walk from Dale Rd crossing to Beraking Campsite	8km return sunset walk from Mundaring Weir Hotel to South Ledge
7 October 8.30am	
22km return walk from Hills Forest Centre to Helena Campsite	
21 October 9am	
15km return walk from Sullivan Rock to Monadnocks 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.

For a full list of inclusions and planning night dates etc. see your Events Calendar or check out the website.

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

The current Calendar of Events (July to December 2007) is kindly sponsored by the **Department of Sport and Recreation**. Due to their support we have been able to offer holders of government Health Care Cards or Pension Cards significant discounts on selected events (those marked with *).

Concession prices do not appear on the website and bookings cannot be made online. A signed booking form accompanied with a copy of the appropriate concession card must be posted or brought in to the Foundation to qualify for the discounted price. Spaces at the concession prices on selected events are very limited.

Day Walks

BLACKWOOD DAY WALK

If you live in our south west and have always wanted to have a taste of walking the Bibbulmun Track but never managed to get out there and do it, this is for you. Your guide on this 13km walk to a Bibbulmun Track campsite near Balingup will answer any questions you have about getting out on the Track and walking any sections of it.

Date: Saturday 15th September, 10am - approx 4pm.

Cost: \$25 members, \$35 non-members, \$10 concession*.

Overnight & Extended Walks

BIBBULMUN TREK FOR BEGINNERS

Never done any overnight bushwalking before? If you don't want to walk all day or tackle any unexpected 'cardiac hills' with an overnight pack, this weekend is for you. We walk around 8km each day traversing only minor hills and camp at a Bibbulmun Track campsite. Gain confidence and learn all the tricks of the trade from guides who are experienced End-to-Enders. 1½hr from Perth.

Date: Saturday 18th to Sunday 19th August.

Cost: \$135 members, \$155 non-members, \$50 concession*.

BALINGUP WEEKEND EXPLORER

One of our popular events – this is the next level up from our 'Bibbulmun for Beginners' walk. It is set in the beautiful yet challenging Blackwood area. Experienced guides will instruct you and offer support in overnight trekking. Spend Friday night in Balingup before being transported 40kms south for two full days of walking with packs back to town, camping out on Saturday night. Freshen up on Sunday afternoon with a hot shower before being transported home.

Date: Friday 14th (4.30pm) to Sunday 16th September.

Cost: \$235 members, \$255 non-members, \$120 concession*.

WILDFLOWER WANDER

Enjoy the beauty of the spring flowers as you spend four days hiking almost 70km along one of the most scenic sections of the Bibbulmun Track. Starting from Kalamunda (option 1), you will be amazed at the scenery each day has to offer – the mysterious boulders, the expansive views and the misty mornings. You can start from Mundaring (option 2) on the Saturday if you prefer. Great for sectional End-to-Enders or those yet to explore the Track beyond Mundaring in the Perth Hills.

Dates: Friday 28th Sept to Monday 1st October (long weekend).

Cost option 1: (4 days): \$230 members, \$250 non-members, \$110 concession*.

Cost option 2: (3 days): \$190 members, \$210 non-members, \$80 concession* (own transport to Mundaring).

Women-Only Walks

DANDY DWELLINGUP DAMES

This ladies-only weekend is a variation of the popular 'Blissful Balingup Belles'. We depart Perth at 8am to arrive in Dwellingup and spend the day walking (7km), visiting the Touch of Aroma art and craft centre (\$10 gift voucher included) and having a neck and shoulder massage. Relax in the afternoon at the gardens of Banksia Springs – our accommodation for the night – before heading off for a meal in town. The next day, after a continental breakfast, we walk a different section of the Track (9km). After freshening up, we pack our bags and return to Perth on our bus, but not before enjoying a cuppa in Dwellingup.

Date: Thursday 4th and Friday 5th October (school holidays).

Cost: \$300 members, \$320 non-members. Includes accommodation, meals, massage, foot balm, \$10 gift voucher and transport – see Events Calendar or website for full list.

WOMEN'S ONE NIGHT ESCAPE

Time for a fun and challenging weekend on the Bibbulmun Track. Gain confidence, outdoor skills and new walking friends as you don a backpack for a more challenging walk (11km each day), spending Saturday night at a Bibbulmun Track campsite perched over a delightful scenic valley. Finish the next day with a chance to have a relaxing afternoon at the local pub. Good level of fitness required.

Date: Saturday 6th and Sunday 7th October.

Cost: \$135 members, \$155 non-members, \$60 concession*.

DWELLINGUP DAMSELS

Two days of bush rejuvenation for ladies with little or no previous overnight trekking experience. Join our experienced guides walking 17km over 2 days in the Dwellingup area.

Date: Saturday 1st and Sunday 2nd September.

Cost: \$180 members, \$200 non-members, \$80 concession*.

BLISSFUL BALINGUP BELLES

Ladies! It's all laid on for you this weekend! Leave the men behind and spoil yourself for two glorious days and nights in the magnificent Blackwood area. Begin on Friday night with a three course dinner at the Mullalyup Farm Lodge. After a cooked breakfast walk along the Blackwood River to Blackwood campsite perched high above the rolling hills of Balingup (8km – challenging). End the day with a relaxing massage and dinner. On Sunday walk 5km (easy to moderate) for a picnic lunch at the Golden Valley Tree Park and finish the walk at the Tinderbox with a \$15 voucher. Return home in the afternoon totally rejuvenated and ready to face the world once more!

Date: Friday 7th (5pm) to Sunday 9th September.

Cost: \$325 members, \$345 non-members, \$170 concession*. Includes accommodation, meals, massage, foot balm, \$15 Tinderbox voucher, and transfers from lodge to walks – see Events Calendar or website for full list. Hurry, this one fills quickly!



Kids' Events

WALKING WITH DAD WEEKEND

A rite of passage for the kids! OK Dad (or Grandpa), it's time to get the kids out into the bush, camping like you used to do with your dad! Give mum a break and give yourselves the chance to spend 2 days with the kids (8yrs +) to rediscover each other and the bush by walking around 10km each day. Learn to set up camp and try out some of your own camp cooking. Max 2 kids per adult.

Date: Saturday 22nd and Sunday 23rd September.

Cost: \$165, \$60 concession* (1 adult and 1 child), extra child \$45.



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.

WALK WEEK - WALK THERE TODAY



5-11 NOVEMBER 2007

Walk Week is an annual event coordinated by the Heart Foundation to encourage Western Australians of all ages to become more physically active by walking for transport, health and recreation.

Why not organise a local walking event for your school, community or workplace and register on-line at www.dpi.wa.gov.au/walking by Friday 28 September 2007 to receive a FREE event kit including 'Walk There Today' giveaways.

Great Gifts for FATHER'S DAY

SUNDAY 2 SEPTEMBER

'SPRING INTO ACTION PACK' – NO MORE EXCUSES DAD!

- 'Getting on Track' DVD
- Day Walk Map Pack (includes map and walk notes)
- Bibbulmun Track Water Bottle

Father's Day Special only
\$45 + \$5.00 postage (RRP \$54.05)



For that extra special gift

AN EXQUISITE HANDCRAFTED WALKING STICK.

See the great range we have on display.

Members Special price \$65 + post (RRP \$75)

Non-members Special price \$88 + post (RRP \$98)



FATHERS DAY GIFT VOUCHERS (ANY AMOUNT)

– can be used for merchandise, membership or an event from the Calendar of Events.

GREAT GIFT FOR DAD OR GRANDAD

– Bibbulmun Track Membership – \$40.00 Senior \$30.00

To order phone: 9481 0551

or email: friends@bibbulmuntrack.org.au

Our GREAT RANGE OF MERCHANDISE can be viewed and ordered online at www.bibbulmuntrack.org.au or pop into the office, above Mountain Designs, Hay Street, Perth.

- MAPS & GUIDE BOOKS • T-SHIRTS • CAPS & HATS
- WATER BOTTLES • BADGES & MAGNETS

KINGS PARK FATHERS DAY FESTIVAL

Sunday 2 September from 10am to 4pm

The Bibbulmun Track Foundation is joining DEC in their display marquee at the inaugural Father's Day Festival in the Synergy Parkland on May Drive in Kings Park.

There's something for everyone... active families who enjoy the outdoors can go on guided bushwalks and orienteering tasks, learn circus tricks, kite making or climb the giant rockwall. Enjoy a photo exhibition or paint on a giant Fatherhood mural.

Loads of interactive displays and demonstrations, music and entertainment. Discover a world of Dads in the Men's shed and there's even a special 'Pamper Lane' to keep Mum happy.

Entry by gold coin donation

Volunteers needed! If you can spare a couple of hours - perhaps Mum can leave the kids to do some bonding with Dad and help out on the Stand!

Call Jean on 9321 0649 or email: marketing@bibbulmuntrack.org.au

Walking in the Cotswolds

by Peter Dear



English pubs are famed for their cosy ambience

The Cotswold Hills lie between Bath and Stratford-upon-Avon in an English countryside of beautiful fields, woods, ancient villages and stone cottages. It is steeped in history and tradition and is easily accessible to the walker.

There is a confusing maze of paths and rights of way, which, although well marked, are inconsistent in type and placement and initially difficult to interpret. Those paths which pass through private land are preserved by legislation for public use, almost entirely due to the struggle of the Ramblers Association over more than 50 years. To an Australian, this right to walk through private property is a revelation.

The Cotswold Way winds along pathways established before the days of rail and motor transport, between the towns of Bath and Chipping-Campden. There are many guidebooks and maps available to assist walkers. Traditionally, walkers start at Chipping-Campden and walk south towards Bath, and this is reflected in most of the guidebooks. However, the Lonely Planet walking guide recommends walking north from Bath, with the sun at one's back. (At a latitude of 55 degrees north, the sun is in the southern sky and much lower on the horizon than in Perth). We followed this excellent advice.

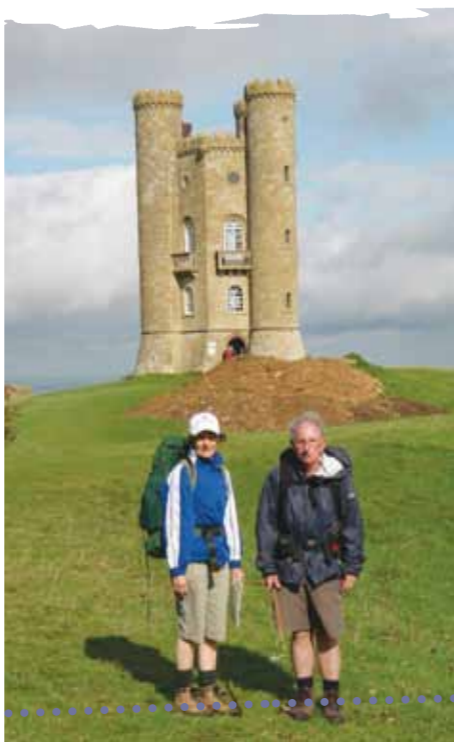
Even in late September, after the main tourist period, it was necessary to make B&B bookings up to three days ahead as we walked. We used the Ramblers and Lonely Planet recommendations. (There are no youth hostels along the Way). Our regular backpacks were only partially filled, to suit day walking. Baggage transfer operators carried our suitcases on to the next B&B. To get to the start and finish of the Way we used National Express and local buses (discounted fares of course!). There was a major road to cross on most days, and when we came to one we felt sorry for the drivers, as we felt so superior.

There is 'bush tucker' aplenty along the Way. Blackberries, hazelnuts, elderberries, wild plums, apples, mushrooms and sweet corn are abundant. Few people pick these delicacies nowadays.

I found my most useful piece of equipment was an extra long walking stick, which provided stability over rough, descending ground, while the most unnecessary item was my stove. A small Thermos flask would have been far more useful in wet, exposed and cold conditions, avoiding the need to stop and boil water. The nine days we allowed were insufficient to explore any areas other than those directly on the Way itself, as we had to average 20km a day. More time should be allowed by those who want to look further afield.

Walking is a slow mode of travel and slow travel provides many 'Bill Bryson' moments. Of the dozens of 'Little episodes' that we experienced along the Way, here are three:

Peter and Maureen at Broadway Tower



Tuesday 26 September

Two friends had joined on this section, evening was approaching, and we were running late on a frustrating and tiring day. Our destination lay past Cam Long Down, and we still had the ridge to negotiate. The climb to the top of the ridge was long and slow. However, when we reached the top, the glow of the approaching sunset and the uninterrupted, 360 degree view was exquisite. Away to the east a hot air balloon floated, almost motionless, over the distant fields,

We continued slowly along the ridge and by late evening had descended to Cam Long Down. We could see a large modern manor house across the valley, just where we expected Hodgecombe Farm B&B to be. With high expectations, we crossed the fields toward this recently built home, when suddenly the Way signs directed us left along a lane to the entrance of a smaller, more modest building. The Cotswold Way ran up its driveway and the hill beyond. This was Hodgecombe Farm.

Later that evening, we discovered a framed quotation on the sideboard of the guests' lounge, taken from Shakespeare's King Richard the Second. It seemed to summarise our days walk:-

Bolingbroke: "...how far is it, my lord, to Berkley now?"

The Earl of Northumberland: "Believe me, noble lord, I am a stranger here in Gloucestershire. These high wild hills and rough uneven ways draw out our miles and make them wearisome....."

Thursday 28 September

At mid-afternoon, on the way to Little Shirvington, we came to a major traffic roundabout on the A346, near the Air Balloon Inn. We needed to cross a couple of converging roads to continue. The situation was worse than tiresome, as the weather was showery and we were wet and a little nervous of the fast and continuous lanes of vehicles.

At last we saw a huge semi-trailer coming around, holding up both lanes. One does not like to cross in front of such a vehicle. I saw a possible opportunity to duck behind it as it passed, and cross through the slow moving, following traffic. So I waited.....

Then, without warning, the semi came to a halt right in front of me, in the middle of the roundabout, and stopped all the traffic. An amazing sight! Maureen, who was a little downstream and had a better line of vision, yelled, "He wants you to cross!" And so we did.

Was it courtesy or did he wish to demonstrate his power to control the whole roadway? Or both? Either way, we were very grateful.

Sunday 1 October

The early morning was showery as we left beautiful Winchcombe, our favourite Cotswold town. Our B&B hosts forecast clearing weather. Even so, I wore my rain jacket and Maureen wore her jacket and her waterproof over-pants. The Way took us across fields and through woods

and lanes, and all the time the cloud cover and drizzle continued. By mid-morning the wind began to blow and a large, expanding grey mass of cloud was developing the "anvil" top, which indicates a thunderstorm.

As the wind was blowing away from us and toward this cloud, I mistakenly thought that the cloud mass would also be blown away from us. It wasn't until the wind increased and heavy rain started, followed by thunder and lightning, that I realised the wind, now racing towards this darkening cloud, was being sucked up and was feeding the approaching storm. Huge drops of rain poured down, accompanied by intimidating lightning and thunder, and high winds. Then heavy hail began falling.

Exposed in the valley of a large paddock, we crouched with the sheep in the mud and stinging hail, gradually becoming immobilised by the conditions. The hail washed into the low areas and solidified, looking like snow on the ground. After the worst of it had passed we continued, wet and cold, and in my case, completely saturated from the waist down. Water sloshed around inside our muddied boots.

After an hour, wet and sorry, we arrived at the coffee shop of Haile's Fruit Farm, where we were able to remove our boots and wring out our socks. We were permitted to remain in the warmth of the foyer, but no further, while the sympathetic staff brought us hot cups of coffee, to ensure our complete recovery.

This was a gentle walk through the rural heart of England, full of new experiences quite unlike those of the bushland serenity, regular campsites and occasional settlements that make up the character of the Bibbulmun Track. It was in one sense, quite exotic to me, and yet I felt at home. In retrospect, we became immersed in the countryside, the villages and the people of this picturesque part of England.

If this is the experience you seek, and you can make the arrangements, do go. After all, everything lies in the experience. 🌿



Join our walking tour in Tasmania next year!

Join Gwen Plunkett, the Foundation's office manager & volunteer coordinator, on a fabulous 8-day trip to Tasmania departing 8 March 2008.

The tour encompasses a variety of walks through the rugged Maria Island and Freycinet National Parks on the East Coast of Tasmania and the Douglas Apsley National Park nearby. The Douglas Apsley National Park is the largest area of undisturbed dry sclerophyll forest remaining in Tasmania and the Freycinet National Park gives the group an opportunity to see sandy white beaches and sheer granite cliffs.

Places are limited so book early to avoid disappointment. For every booking made, World Expeditions will donate \$100 to the Bibbulmun Track Foundation.

The cost is \$1800 joining in Launceston, which includes:

- 2 nights cabin accommodation Freycinet, 3 nights camping on Maria Island, 2 nights hotel
- Group camping equipment
- Experienced guide/s plus an escort from the Bibbulmun Track Foundation
- All meals, snacks and refreshments from lunch on day 2 to lunch on day 7
- National Park fees
- Arrival transfer in Launceston
- Wet weather gear hire – Goretex Jacket and Overpants
- Sleeping bag with inner sheet
- Pre-departure meeting in Perth to collect documents and meet fellow group members

Flights from Perth to Launceston are not included. The current airfare is \$680 with VirginBlue.

For full information, including trip notes, please contact Nerida at World Expeditions on 9486 9899 or email: nerida@worldexpeditions.com.au

