

Trekking in Bhutan continued

the unexpected is what trekking, or any other "adventure holiday" is all about.

We descended through the river valley over the next two days. The weather became warmer as we reached lower altitude, but the going got tougher, as much of it was through the creek beds, which meant negotiating slippery boulders and a lot of liquid mud.

The final campsite was a one hour walk to the point where the bus would pick us to take us to the Kichu Resort for lunch, and then on to Thimbu.

We arrived in hot sunshine, which gave everyone a chance to wash in the river, air out damp clothes and generally relax. Our guide, Phurba, went into Paro and brought back some beer, which helped to make our last dinner under canvas a very cheerful affair!

The final day's walk was short and easy. We arrived back at our original assembly point and sat in the warm sunshine until the buses came to take us to Kichu.

The group spent four more days together, firstly exploring Thimbu, and then travelling back to Paro and on to Phuentsholing, on the Indian border. From there we drove through West Bengal into Nepal and took a local flight to Kathmandu, which provided magnificent views of Kanchenjunga, Makalu and the Everest range.

The highlights of the trip were many and varied; first and foremost for me was the cheerfulness and serenity of the Bhutanese people, coupled with the beauty of the countryside.

It was a great experience and enormous fun, made all the more enjoyable by the humour and camaraderie of our group, the hard working and ever willing guides, cook-boys and horsemen, and the professional and patient leadership of Mike Wood.

I hope to have the good fortune to visit Bhutan again, and I would urge anyone who has the opportunity to do so to seize it with both hands. It was a privilege to visit one of the truly magical and unique places remaining in the world. 🌿



Thimbu, the capital of Bhutan.



The entourage approaching the end of the trek.

With grateful thanks to our sponsors:



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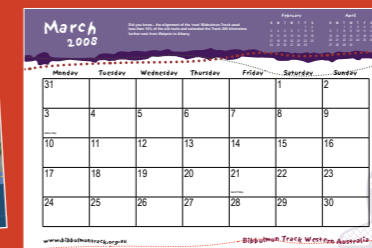
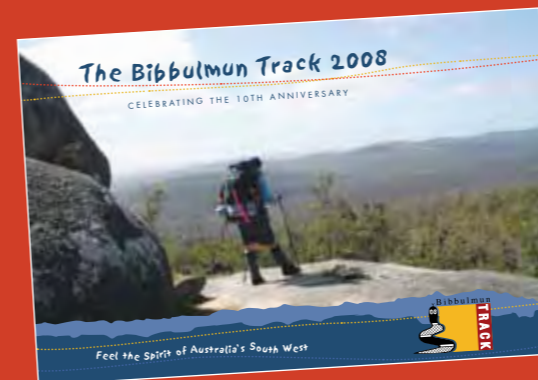
Newsletter for the friends of the Bibbulmun Track

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Seasons Greetings

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HELP US TO FIND WA'S TOP TRAILS!

We are looking for WA's Top Trails – and invite you to nominate the trails that you believe provide the best experiences across the State.

If you had a friend coming to stay – which trail would you recommend that showcases the unique qualities of Western Australia and provides an enjoyable day out?

We plan to promote the best walk, bike, horse, multi-use and canoe trails in each region of WA to potential visitors from around the world. Now is your chance to get your favourite trails into the limelight!

See page 18 for more information.

BIBBULMUN TRACK USER SURVEY IS UNDERWAY

The 12-month Bibbulmun Track User Survey has commenced and we are already receiving a steady flow of survey forms back from our wonderful volunteers.

This research is vitally important and the information will assist both the Foundation and DEC to make long-term sustainable decisions regarding the maintenance and management of the Track.

We still have a few time-slots to cover around Balingup, Manjimup, Pemberton and Denmark. If you can offer any time at all to assist, please contact Gwen on 9481 0551 or email friends@bibbulmuntrack.org.au for more information.

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- and lots more!



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Seasons Greetings

"We wish all our members a very happy
festive season and Best Wishes for 2008"

PLEASE NOTE that the Foundation **OFFICE WILL BE CLOSED** for
two weeks from Thursday 20 December until Monday 7 January.



FROM MY Desk



Welcome to the final edition of the Bibbulmun News for 2007.

It has been a great year at the Foundation and for the Bibbulmun Track with strong support from our sponsors, members and volunteers.

However, there have been challenges, and will continue to be, as various factors impact on the Track and surrounding areas, such as the increase in the number of trails bikes and the development of the south west which has already led to a section of Track being devastated by a neighbouring landowner.

We were a runner-up in the Tourism Attractions category at the 2007 WA Tourism Awards this year. We were hoping that a third win would put us into the Hall of Fame, but will have to try again next year!

Our events calendar proved to be very popular, with most events fully booked throughout the year and tailored events arranged for a number of schools and organisations including the vision and hearing impaired. Many of these events are designed to give people the skills and the confidence to go out on their own, or with family and friends, and it's encouraging to know that this is often the case.

A prime example is Charmaine Harris who, along with good friends Wendy and Allen Nelson, completed a double end-to-end this year (yes, they walked there and back!) Charmaine came along to a 'Get lost with Steve' event around four years ago. Since then she has become a member, a maintenance volunteer and one of the regular volunteer guides on our events.

Support from our all our volunteers has been outstanding, with over 13,000 volunteer hours contributed last year. The Foundation and the Track would not be able to maintain such high standards without its volunteers, who have been invited to attend a number of 'thank you' events throughout December.

2008 is shaping up to be a very busy year. We have a number of challenges ahead of us as we fight to retain the right to walk through water catchment areas, to lead a Sunday walk without having to have a TAFE qualification and to keep trail bikes and 4WDs out of disease risk areas. We are actively involved on committees and working groups to discuss these and other issues which effect all trails in WA and recreation in general.

On a more positive note we are very excited about our 10th Anniversary celebrations and accompanying events which will be held in each town as the end-to-end walkers pass through. We hope you will join in the fun - by walking a section, or coming along to one of the events - and help us to celebrate this milestone.

I wish you a very Happy Christmas and Best Wishes for 2008.

Linda Daniels
Executive Director

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Thank you...
Thank you

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

Thank you to...

Denise Sullivan

David Wrigley

Geelong Bushwalking Club

Jim Rathbone

Joyce Munro

Mike Bernoulli

Neil Douglas

Stuart and Mary Gray

Thomas Sounness

Tim Parker

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 donations are also welcome of course if you come into the office! 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 Bib Track.

Sincere thanks to Reg
Holmes for auditing our
accounts again this year.
His advice and attention
to detail are much
appreciated.

YOUR LETTERS

Dear Gwen and Friends,

Having just returned from the Track, it seems a waste to have these pictures (and many more believe me!) and not share them, so I thought I would send them to you all in the city!

We did eight days from the Harvey-Quindanning road to North Bannister during the first week of September - hit many rainy days but lots of sunshine too. Discovered that waterproof boots are not waterproof (not even shower proof) and ponchos are just brilliant!

We met a few hikers (including Mark S and Rooney) whom we have been in touch with since, via email. Rooney should be completing his end-to-end next week in Albany so maybe we will go down to welcome him in. He can go back to USA thinking that the Aussies are ok people! Must be an incredible experience to finish but would be so much nicer with someone at the other end!

Mark S was astounded by our dehydrating our own food for meals and snacks, so he is off to get a dehydrator - two minute noodles and pasta on alternate nights did not seem to have the same taste as chicken chow mein with coconut milk and couscous!! We also dehydrate our own fruit for snacks and I wonder why no one else we meet on the Track does this...is just incredible. We have so much fun preparing for a hike!

We are known as the Laughing Ladies on the track and we certainly do a lot of that. One of our ladies (Rosie) took a ukulele and she played it for us every night (does not weigh much!!)...and it was worth its weight in gold.

Middle way through the eight days, in Dwellingup, we dropped three ladies and gained one. Judy is 66 and had never done anything like this in her life before, she was remarkable. She needs a medal, what a trooper!

Deb Badger



The Laughing Ladies at Swamp Oak campsite.



Rosie playing the Ukelele

ED - The Laughing Ladies did indeed meet Rooney as he finished his end-to-end in Albany. (See his story on page 15.) Thanks Deb for being such a good ambassador for WA - no doubt it makes a huge difference to have someone meet you at the finish of an end-to-end!

Hi Steve

Many thanks for sending the CD - it was waiting for me when I arrived home - I continue to be impressed with the planning, organising and follow-through of the Bibbulmun Track Foundation.

Many thanks for a great Highlights Tour - and congratulations to both you and Noelene.

Alison

Dear Friends

I lost my camera at Noggerup and only realised it by the time we reached the Grimwade campsite. We left notes in the red Track register, hoping someone would find and send it on to Pemberton. Did the same at Balingup and told Andrew, the Manager of "Hikers Hideaway".

The following day, when we were lying back in our sleeping bags at Blackwood, we were awakened and were very surprised to see Andrew standing there with my camera.

A German hiker had found it, brought it into Balingup and Andrew had walked to the campsite to deliver it personally.

Great service - he is worthy of mention as Bibbulmun Track Service Person of the year!

Peter Van Der Zande

ED - Thanks for letting us know about this. We are lucky to have a lot of fantastic people who provide services along the Track and are ready to go the extra mile for walkers.

Letter to one of our volunteer Trip Planners:

Dear Jim,

What a great walking track you have in WA, we feel so privileged to have sampled a section of it. Thanks to good planning by the ladies and thanks to your advice, we achieved our objective without any problems.

We had stormy weather - usually in the afternoons, just prior to or just after reaching a shelter, and a challenge crossing Torbay Inlet where the water was still, but waist deep. We were also able to buy gas bottles at the Walpole hardware shop, much cheaper than from the sports store in Denmark.

We took lots of photos. We wonder if we will ever become end-to-enders like you. We may be back for more in April.

So thanks again, Jim, for your help and I wish you all the best for your walking later this year.

Sincerely Yours,

Joe Gilk

Hi Gwen

How right you were so many months ago. We had a fantastic walk from Peaceful Bay to Coalmine Beach (walked back from Walpole the next day to complete the stage). The flowers were amazing. In the gullies around Rame Head they were over my head and I'm 178cm. We actually had Rame Head and Giants campsites to ourselves. We loved walking through the forests and saw lots of orchids, but my favourite was the Southern Cross flower which is unlike anything I have ever seen. One day I hope to walk around Pemberton.

I can't thank you enough for your help. We all thought that the Track and the shelters were a credit to all concerned and my husband and I would like to send a donation.

Many thanks

Carole Dobson

ED - Thank you for your generous donation.

Dear Sirs,

First Night Nerves

I have just returned from my annual sojourn (6 days) along the Bibbulmun Track between sections 11 and 16. (Editor's Note: Mt Cooke to Dwellingup).

I arrived first day at Nerang campsite in mid-afternoon, got settled in and waited with keen anticipation for nighttime to fall to view the forthcoming moon eclipse. Regretably, along with the rest of Perth, I was disappointed that due to the cloud cover, I would not be able to view the one-off spectacle.

Dejectedly, I took to my bed early. As it was a full moon and I was the only occupant of the shelter, I decided to sleep in the top bunk. (I wasn't really scared!). As usual I left my 'Crocs' (Not the real ones but the cheap replicas from Big W) at the bottom of the bunk steps to enable me to make a quick exit to the loo in the morning.

I woke up at first light ready to make my way to the Nerang throne and found, to my astonishment, only one 'Croc' awaiting me at the bottom of the steps.

Something (God knows what) took the other blighter during the night! I searched the ground around the shelter for half an hour without success and spent the rest of the week with only one camp shoe.

Strange, or what??

Regards,

Brian Whiteside

Dear Fellow Walkers,

I recently became a "Friend of the Bibbulmun Track" and thought I would see some of the northern section first hand. Well, I loved it! I spent five days walking from Kalamunda to North Bannister.

30th Aug: Kalamunda to Mundaring. Wildflowers around Piesse Brook were magnificent!

31st Aug: Mundaring to Mount Dale. Can it get any better?! The flowers through this leg defy description!

1st Sept: Mt Dale to Brookton. Like a walk in the park with some unusual orchids to photograph.

2nd Sept: Brookton to Sullivan Rock. A little more challenging with spectacular views.

3rd Sept: Sullivan to North Bannister. Wow! Mount Cooke was awesome!

I can't believe how well I felt. Not an ache or twinge to complain about though I did feel tired after the last day from Sullivan Rock through to North Bannister.

Thank you for your regular contact through Bibbulmun Bytes.

Sincerely,

Maxine Holman

ED - We're very glad to hear that you enjoyed your first sojourn onto the Track - the wildflowers really were spectacular this year.

Bibbulmun Bytes is our monthly newsletter; if you'd like to receive it let us know your email address.

Office Gossip

Gossip Gossip Gossip
Gossip Gossip Gossip
Gossip Gossip Gossip

The last few months have traditionally been the busy time for us in the office as the walking season is at its peak. We all enjoy meeting end-to-enders as they come in to register their achievement and tell us the highs (and lows sometimes) of their walk.

The Team Challenge leads to a constant flow of participants as they collect and return their hire gear with stories of fun as they work through Steve's devious challenges.

With most of our wonderful volunteers being away walking in exciting places in the European summer, those of us left in the office looked forward to the postcards as we worked our way through the days.

A big undertaking has been allocating volunteers to the various sites for the walker survey which is now underway and will continue until October 2008. This was a huge undertaking which required lots of cross-checking to ensure we weren't expecting someone to be at two sites on the same day!!

Thanks to Annie Keating, Elsie Grygiel, Peter Whittle and Alan Barker who have all been involved in the allocation and the follow-up. Thanks also to the many volunteers who are conducting the surveys out on the Track. It's great to see so many completed survey forms coming in. We still have some sites and time slots to fill so if you would like to help us find out just how many walkers are out there, please give me a call or send an email.

Now we are in catch-up mode as we sort through our trays and look forward to our short summer break. We will close the office at the end of the day on Wednesday December 19 and we'll be back on Monday January 7.

All of us in the office wish you a very Happy Christmas and a New Year filled with many happy hours of walking.

Gwen Plunkett

Office Manager and Volunteer Coordinator

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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 organised non-commercial groups to conduct overnight expeditions on DEC Tracks and Trails.

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

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'.

Prescribed Spring Burning Operations.

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

These burns are carefully planned, however they may cause some disruption to Track users. Where prescribed burning operations impact on the Track, temporary diversions will be put in place. Prescribed burning operations are dependant on appropriate weather conditions and as such, dates for operations are not available in advance. For information regarding prescribed burns, contact the local DEC District office.

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 Clinton Hull (08) 9295 9100 or clinton.hull@dec.wa.gov.au

Wildlife

The possums are still in residence at the Gringer Creek campsite. Please do not touch, encourage, feed or harm the possums and please make sure that all your foodstuffs are securely 'locked away' for the night. At night walkers are advised to remove all food items from packs, and hang them in food bags from the centre of the roof poles on a piece of string. Smearing insect repellent on the tops of bags and poles may help to deter the possums.

Prescribed Burning

The following section of the Track may be affected by prescribed burning operations during spring 2007:

Powerline Rd to Brookton Hwy (Map 1A)

For your safety, follow onsite signage and directions from DEC staff.

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

Maintenance

Western Power has commenced work on powerlines south of Mt Wells campsite. The work will continue until late September 2008. Signs have been erected on the track to warn walkers when they are close to the work area.

Signs will also warn project vehicles of the proximity of the track.

The Bibbulmun Track crosses the work area three times between Mount Wells and Chadoora campsites – once across Wells Form Road and twice across the powerline corridors that are being upgraded. Walkers need to watch out for construction vehicles and to exercise caution when crossing powerline corridors.(Map 2a).

Track Realignment

Etmilyn to Davis Brook. (Map2a)

DEC staff have realigned a small section (approximately 800m) of the Bibbulmun Track between Etmilyn and Davis Brook. After the Track crosses over the railway at Etmilyn siding, it now stays on the same side of the railway (the southern side).

Water

Even though we have had rain over the last few weeks please use tank water sparingly. Campsites in the Perth Hills area are the most heavily used on the Track.

Prescribed Burning.

The following sections of Track may be affected by prescribed burning operations during spring 2007.(All on map 2A)

- i) **Davis Brook to Vandals Rd**
- ii) **500m south of Dwellingup DEC Office to River Rd**
- iii) **Starting 2kms north of Swamp Oak Campsite and continuing south to Yarragil Form.**
(Swamp Oak campsite will remain open during this burn.)

For your safety, follow onsite signage and directions from DEC staff.

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

Maintenance

Once again the volunteers have put in a good effort and the track is being maintained to a high standard.

DEC has recently installed tread mesh on the deck of slippery bridges to improve walking conditions and reduce the possibility of accidents occurring. A range of tread improvement options were considered with this mesh being considered the best with least maintenance requirements.

Prescribed Burning

A prescribed burn has been conducted in the Preston Forest Block, to the north of Grimwade camp site. However the burn is not yet complete. This burn has a diversion in place requiring walkers to skirt the burn area via Lowden Grimwade Road, Thane Road, Preston Road and Wild Dog Road (from north to south). The diversion will remain in place until the burn is completed and declared safe. Some smoke effects may be experienced and walkers should talk to staff on site if they have any concerns.

Manjimup and Pemberton – Donnelly District

Covers Willow Springs to Pingerup Road Manjimup & Pemberton – Donnelly District

Covers Willow Springs to Pingerup Rd
Maps 5 and 6, Section 30 in the Northern Guidebook and Sections 31 and 42 in the Southern Guidebook

Contact John Hanel (08) 9776 1207 or john.hanel@dec.wa.gov.au

Maintenance

We are about to start the annual maintenance upgrade, this will mean that walkers are more likely to come across conservation employees and vehicles on some sections of track.

The maintenance associated with the Visitor Risk management program has also commenced.

The section of track from Chesapeake road North of Maringup campsite through to Dog Road still has water in some areas; latest reports indicate that it is up to 30 cm deep

Prescribed Burning

We have commenced prescribed burning in the District and have completed burning on one section of Dog Road.

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

Maintenance

During the spring and early summer season the Frankland team, in conjunction with the Walpole Work Camp, will be carrying out Track maintenance in the Long Point area.

General maintenance of the shelters continues, with some toilets are being relocated. All water tanks are currently full.

Wildlife

Bush rats are currently causing a problem at the Frankland and Giants shelters. These animals are capable of chewing through backpack material to get at the food inside. The District is planning to install plastic containers in the shelters in which walkers can store their food overnight. Feedback will be much appreciated.

Prescribed Burning

The Frankland district has commenced its burning season with an area near Mandalay road. For information regarding further prescribed burns in the District, please contact the number/email above

Inlet

The Parry Inlet is currently negotiable on foot, with the water ankle deep

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

Maintenance

Machine clearing works, associated with adjacent private property along the Bibbulmun Track, have caused disruption to the Track from Eden Road to just south of Nullaki campsite. Two sections of the Track in the above area are now along grader constructed tracks. A vermin proof electric fence has been constructed along one of these.

Walkers are asked to please carefully follow Bibbulmun Track markers, to use caution walking adjacent to the electric fence and watch for vehicle and machine traffic. The Bibbulmun Track section adjacent to the electric fence is approximately 400 meters long.

The Albany wool stores section of the Track is still around the perimeter fence of the building site containing the remains of the wool store sheds, please follow the Track markers.

Inlets

The Wilson Inlet is closed to the sea; therefore walkers are able to cross at the sandbar. Walkers are reminded to always exercise caution and if you have any doubts about crossing use the alternate route or arrange alternative transport.

The Torbay Inlet has now closed to the sea and walkers are able to cross at the sandbar on Perkins Beach. Unless there is unprecedented rain it is likely that it will stay closed now until next winter.

If you have any doubts about crossing then follow the green diversion route marked on (pg 280 of the Southern Guidebook or map 8b) which goes around Torbay Inlet, following the Lower Denmark Rd.

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

STOP Phytophthora Dieback!



Boot cleaning stations along the Track help prevent the spread of dieback

Jarrah trees and many other plants in the forest are very sensitive to Phytophthora Dieback. This is an introduced water-mould that lives in soils and invades the roots of plants ultimately killing them. It is devastating the biological heritage of south west Western Australia.

Phytophthora Dieback can be transported in soil, mud and plant material. You can help prevent the further spread of dieback by taking these simple steps:

- Never access the Bibbulmun Track by vehicle, except at locations marked by a red car on the maps.
- Always use boot cleaning stations where provided.
- Carry a spray bottle containing 100% ethylated spirits to spray muddy boots.
- Stay on the Track.
- Never ride bikes or other vehicles on the 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.

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 FREDERICKSTOWN HOTEL and ON TRACK HIKING HIRE who have joined recently. Thanks to all our Affiliated Organisations for their support!

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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 VISITOR CENTRE	PEMBERTON	Tourist Bureau	1800 671 133 or (08) 9776 1133	
PUMP HILL FARM COTTAGES	PEMBERTON	Accommodation	(08) 9776 1379	
BIBBULMUN BREAK MOTEL	NORTHCLIFFE	Accommodation	(08) 9776 6060	No.
WATERMARK KIUNS	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/Café	(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).
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.
FREDERICKSTOWN MOTEL	ALBANY	Accommodation	(08) 9841 1600	
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



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

First and foremost, I would like to take this opportunity to acknowledge the Bibbulmun Track Foundation's hard work in assisting the Department of Environment and Conservation's (DEC) management of the Bibbulmun Track. Once again this combined effort has been recognised with the Track being awarded a Silver Medal in the Significant Tourism Attraction category in the recent state Tourism Awards.

Getting back to daily business - you may have noticed a few changes in format of the Current Track Conditions on Naturebase recently? These changes have been made to make it easier to find information relevant to particular sections of the Track without having to scroll through all the information. The development of the new format has been undertaken by Michelle Charles who is a recent addition to the Recreation and Trail Unit's staff having transferred from the environment section of our new Department.

We also have Hugh Maclean from the Department of Sport and Recreation working two days a week with DEC on an inter-agency exchange. Hugh is working with the Unit over the next few months and is gaining an insight into the intricacies of trail management from a land manager/DEC perspective.

In addition to Michelle and Hugh, DEC has recently advertised and interviewed for an Assistant Trail Coordinator to assist in the ongoing planning and development of the Munda Biddi Trail. This new position is a result of the recent expansion of the Unit's role into adventure activity management as well as our role in trail management. Interviews have been completed and we're hoping to have the position filled soon!

Still with the Munda Biddi Trail development DEC has developed a dual purpose (walking and cycling) rail trail through the St John Conservation Park between Nannup and Jarrahwood. The Sidings Rail Trail is 26km long and has been constructed along a section of the old Nannup to Wonnerup railway line, passing over several old timber railway trestle bridges along the way. It is hoped that the trail will be formally opened in the very near future!

Thank you to everyone who took the time to log into our website and complete the online trail bike survey mentioned in the last newsletter. There was a very wide range of constructive comments received both from the community and rider perspective. The information received is currently being reviewed and a draft strategy will be released shortly for public comment.

The notification process for groups using the Bibbulmun Track continues to develop, with more groups becoming aware of and using the Notification of Intent (NOI) form. The Unit has been analysing the information supplied in the NOI forms, and in conjunction with the Foundation, is looking at how we can potentially improve our management of the Track to ensure that it remains a long distance walk trail of international significance and quality.

Stuart Harrison
A/Recreation and Trails Unit Coordinator

Thank you from the Recreation and Trails Unit

The staff of the Recreation and Trails Unit at DEC Kensington would like to extend a special thanks to the following volunteers who have assisted us during the year with inputting data from the Bibbulmun Track log books.

Janice Bertram, Susie Ridderhof, Jeanette Colcough, Barbara King and Jan Auburn for her invaluable advice.

The information that is gathered assists us with reporting, planning and marketing and the enormous amount of time these volunteers have contributed is very much appreciated.

Robyn Weir

OUTDOORS WA PEAK BODY ACHIEVER AWARD



Mike Wood, Chair of the Bibbulmun Track Foundation, was the recent recipient of the Outdoors WA Peak Body Achiever Award presented at the Department of Sport & Recreation Industry Awards on October 19.

In addition to his roles as Chair of the Foundation and the Recreation Advisory Panel, Mike was recognised for his contribution to a range of industry initiatives. He has always

been a passionate supporter of the outdoor industry and his practical approach includes providing office accommodation for not only the Bibbulmun Track Foundation, but also the Munda Biddi Foundation, Duke of Edinburgh's Award and Outward Bound.

Congratulations Mike!



On Track Hiking Hire

On Track Hiking Hire offers budget-price hiking equipment for hire including - backpacks, mattresses, sleeping bags, stoves, tents and much more!

Our flexible hire periods & pick-up/drop-off times makes planning your trip that much easier. We also offer free trip planning and friendly advice on all matters of the Bibbulmun Track.

Visit:-

<http://ontrackhiking.spaces.live.com>
for more details or email us at
ontrackhiking@hotmail.com

Mountain Designs Bibbulmun Team Challenge 2007



AT THE AWARDS NIGHT ON WEDNESDAY 7 NOVEMBER, 'BLUE THUNDER', THE TEAM FROM ANGLOGOLD ASHANTI, WAS AWARDED THE TITLE OF CHALLENGE CHAMPIONS FOR THE MOUNTAIN DESIGNS BIBBULMUN TEAM CHALLENGE 2007

At the Awards Night on Wednesday 7 November, 'Blue Thunder', the team from Anglogold Ashanti, was awarded the title of Challenge Champions for the Mountain Designs Bibbulmun Team Challenge 2007.



'Blue Thunder' from Anglogold Ashanti take the title for 2007

During October and November 64 participants in 16 teams competed in this unique team-building event – and raised nearly \$18,000 for the Track.

With special emphasis on outdoor skills, problem solving, environmental awareness and mental and physical challenges, the participants also walked 15kms each day along the Bibbulmun Track between North Banister and Dwellingup. Each team also built an outrigger and raced on the Murray River as part of the adventure challenge.

Led by the Foundation's Events Manager Steve Sertis, the event involved 35 instructors and volunteers and we thank them for their time and enthusiasm.

FIRST HEAT

Newmont won the first heat. The team took the lead early on, but were faced with a fight from other teams with their 400 point lead decreasing

to less than 60 points by the second day. It was a close battle for a while and positions changed throughout the heat.



Newmont show their style and take the lead

SECOND HEAT

Whelans took the prize for the second heat. They and Henri's Angels (Aust. Red Cross) took charge of the score board early on but NAB (2) and WestOne (2) weren't going to leave it to them alone. The scores were much closer in this heat but Whelans hung on to the lead despite some hard won challenges from the other teams.



The Whelans team hung on to their lead in heat two

THIRD HEAT

'Blue Thunder' (Anglogold Ashanti) won the third heat. WestOne (3), who took second place, claimed the lead early on and held it for a while, albeit by a close margin. Australia Post (third place) crept close to second place but were kept at bay by 'One Tribe' (BankWest). Australia Post did very well, doing their utmost not to let being one team member down (one had to leave due to ill health) affect their performance—they had the other teams on the run! In the face of adversity they stuck together and did their best. The weather was not kind to us at all. Near 30 degree temperatures on the first day and freezing and wet conditions on Friday afternoon and Saturday made the challenges more difficult. Added to that we also lost an hour of sleep on Saturday night with the onset of daylight saving!



The team from DEC works on its strategy

FOURTH HEAT

The 'Dibblers of Darkness' from the Dept of Environment and Conservation (DEC) took first place on the last heat of the 2007 Challenge. Western Power and PSN Water jostled for the lead and The West Australian kept them on their toes the entire way. Warm weather took its toll on some going up the White Horse Hills but

everyone did very well and kept the momentum going despite the relentless challenges. Daylight saving meant that we had to get used to getting up in the dark and going to bed not long after sunset.

THE WRAP-UP

Decision making was obviously very important but making the right decisions was paramount, especially when it came to packing more port than food for one team! At least they could barter port for food from other teams when food supplies ran low. Nevertheless the sheer grit and determination shown by all participants to go for gold was impressive—everyone rallied together showing magnificent levels of support and camaraderie—some of best examples seen to date.



Participants wait eagerly for the announcement of the winner.

My thanks go to all the participants for the amazing spirit and effort shown during the Challenge. I know it was way out of the comfort zone for some, especially those who had never donned a backpack before and who managed to complete the four days and all the challenges as well! It was a fabulous effort and I hope to see teams from you all in 2008.

Finally, thank you to everyone who helped with the event in any way—especially the many volunteers. The event would not have been such a great success without your help. There are far too many of you to mention here.

Steve Sertis

Event Manager and Lead Guide



Anglogold Ashanti named Challenge Champions 2007.

THE 2007 CHALLENGE CHAMPIONS

'BLUE THUNDER'
(ANGLOGOLD ASHANTI)



The team's name will be inscribed on the perpetual Team Challenge Champions trophy which is kept on display in the Foundation's front office.

Additionally, each of the winners received a:

- Bibbulmun Trophy made and donated by Jim Freeman.
- Hand-crafted Bibbulmun walking stick from the Bibbulmun Track Foundation.
- 'Mountain Designs' Bibbulmun back pack donated by Mountain Designs.
- Two-day B&B accommodation package, each for two people, donated by Mt. Lindsay View in Denmark, Oakfield House B&B Balingup, Balingup Jalbrook Cottages, and (donated by BTF) Stargazers B&B in Walpole.

Runners-up - Whelans received the following:

- A 'Mountain Designs' day pack each from Mountain Designs.
- A three-day self-contained accommodation package at Donnelly River Holiday Village for eight people.

In 3rd place were the 'Dibblers of Darkness' (DEC) who each took home:

- A 'Dry' towel from Mountain Designs
- A Bibbulmun Track T-shirt.

In 4th place were Newmont who were each awarded:

- A Bibbulmun Track shirt.

In addition, ALL of the heat winners received a:

- \$100-voucher from Mountain Designs
- Bibbulmun Track cap donated by Best on Ground
- Bibbulmun Track water bottle, car sticker and Waugal magnet from the BTF.

The 2007 Challengers Thank you to all the teams that made this year's Challenge a success! With your support we raised nearly \$18,000,

which will assist the Foundation to continue to support the management of the Bibbulmun Track, ensuring that it remains a long distance walk trail of international significance and quality.

- Anglogold Ashanti • Australia Post • Australian Red Cross • Bankwest
- Dept of Environment and Conservation • National Australia Bank (2 teams)
- Newmont • PricewaterhouseCoopers • PSN Water • The West Australian
- Western Power • Whelans • WestOne (2 teams)

THE JIM FREEMAN AWARD - THE 'SPIRIT OF THE BIBBULMUN'

Each year, This award is given to the team that stands out in the areas of participation, environmental awareness, team spirit and consideration of others. During the course of the Challenge, all teams are watched very carefully and this award is given irrespective of scores and team performance in activities.

We are proud to announce that this year's
Spirit of the Bibbulmun Award was awarded to
PSN WATER - Well done!



Jim Freeman (centre) presents the Spirit of the Bibbulmun award to the team from PSN Water.)

Thank you to our sponsors

Thank you to Mountain Designs as the major sponsor of the event and for providing the venue for the Awards night and donating prizes. We also appreciate support from the following sponsors for donation of prizes, equipment or refreshments for the Awards night:



Mt Lindsay View, Denmark

Oakfield House B&B, Balingup

Jalbrook Cottages, Balingup

Treenridge Estate B&B, Pemberton

Donnelly River Holiday Village

BEST ON GROUND

Yes, THEY DID IT!

We recognise
another 21
end-to-end
walkers in
this edition.



One walker was from overseas, three came from interstate and the rest reside in this state. As usual ages where shown relate to the age when the walk was completed and unless otherwise stated given dates relate to 2007.

We have not listed our achievers in any particular order.

Pride of place goes to three walkers who set out from Kalamunda on 5 April, reached Albany on 25 May and then immediately headed back to Kalamunda where they arrived on 16 July! They are Maida Vale resident **Charmaine** (FOF#1) **Harris** (55) and Mt Helena residents **Wendy** (FOF#2) and **Allen** (FOF#3) **Nelson** aged 55 and 64 respectively.

Charmaine, who had previously walked the Track in sections, is so glad Wendy and Allen persuaded her to join them on their dream of a double. For the statistically minded they met 307 other walkers (30 being 'one go' end-to-enders and another ten walking in sections) and packed 21 food boxes that were posted ahead. She loved the Karri/Tingle forests and appreciated the sight of Albany in the distance, the awesome rough ocean, meeting other walkers and the welcome they received on arriving back at the northern terminus.

It was an awesome adventure for Wendy who was deeply affected by the amazing diversity and beauty of the Track and will be forever enriched by the experience. Her delight was the beautiful open jarrah forests. Apart from encountering a frog that wanted to share her

sleeping bag Wendy's walk was highlighted by her experiences along the southern ocean. She seems to have seen a wide spectrum of wildlife. Finally she urges readers to share their Track experience with someone they love and enjoy every moment—even the tough ones.

Allen notes that he met many great people along the way, the views were fantastic and the hospitality in the towns was great. He enjoyed the coastal sections with a highlight being able to climb every hill without stopping! It was a great walk and a very special spiritual journey.

Tina "Snoopy" Dawson (35) of Albany did it solo beginning at Giants in January 2004 and finishing at the same point in October this year. She had previously walked the Inca Trail and tramped in New Zealand, but had to learn afresh the joy of walking and being in the bush. The Track helped her to cleanse her mind, body and spirit and get through the pressures of being a mum and teacher. Tina relied mainly on

Walking between Nullaki and West Cape Howe I told myself to watch out for snakes but suddenly I looked down to find a tiger snake of reasonable thickness and at least four ft plus between my legs! I followed its length with my eyes starting at the tail on my right side and continuing to its head rising from the ground on my left side. On seeing its head I ran about five metres up the Track, turned and burst into tears! I was still shaking an hour later -

Tina Dawson.

dehydrated food packets but her best experience was using two pots to make an oven to prepare chocolate self saucing puddings. She hated the hard work along the South Coast but loved the views. Her advice is to always wear good socks and don't forget to top up the salts.

From Darlington came **Peter "Cans" Edwards** (58) who also walked solo in sections - between October 1998 and May 2004. He writes that having completed two-thirds of the original and later routes he was determined to finish before the Track was moved again! He found that although foxes don't drink port they consume all other things that are not hidden. He hopes to complete the Track in one go when he retires

and also to become a volunteer. Peter comments on the shelters by saying ours leave those on the Appalachian Trail cold, and he would choose them anytime. However in his opinion you can't beat Gite's of France and Corsica and he feels the shelters in Tasmania and NZ are probably better.

John Faris (58) from West Perth along with his friend Jane Greenwood (whose achievement we noted in the Autumn 2006 newsletter) walked the Track 'bit by bit' between February 2004 and October this year. Jane repeated some sections to help him, including a few she had vowed never to do again. By doing short sections they were able to indulge in lots of comforts especially as regards food. There were many highlights but John selected Torbay to Hidden Valley as his favourite section and includes the view of Mandalay Beach (from Walpole), the Donkey orchids near Maringup and Spider orchids near Mt Cooke, a diversion along Big Quarram Beach due to fire and finally the arrival at Swimming Pool Road in Pemberton to herald the completion of his walk. John ends by saying that although the terrain in NZ is more magnificent the flora and fauna of the Track are more interesting.

Not to be outdone by husband Jim, Mandurah's **Mavis Freeman** (73) completed her sectional walk between May 2003 and July 2007. She was glad to be able to come to the end as each year it gets harder. Mavis liked the Walpole to Peaceful Bay section best. Highlights were the shelters at the end of each day, the huge kangaroos in the south and the help she received from four young walkers at Torbay Inlet. While she has always appreciated Jim's company, it was a great and new experience to walk by herself from Collie to Balingup!

Bob Frost (68) of Claremont walked on his own from North to South between 28 July and 18 September. After ending the first day at the Hill's Forest Activity Centre he returned home to participate in a 'King of the Mountain' marathon the following day. That completed he returned to the activity centre! Bob thoroughly enjoyed walking in winter/autumn despite several detours and some very wet sections. He is lavish in his praise for DEC, the Track volunteers and the office staff as well as the Track markers, the shelters and the maps and books. If walking in wet conditions he recommends using white plastic bin liners to keep pack items dry.

We love it when overseas visitors walk the Track! **Thomas Macadam** (27), from Ballywalter, County Down in Northern Ireland set out from

Kalamunda on 13 May and reached Albany on 23 June. He made the decision to do the walk on a Tuesday and set off 5 days later! His favourite section was Giants to Rame Head with the highlights being the big trees, the coast and the people he met. It was an amazing experience and on looking back he isn't sure how he did it.

Basil McIlhagga (70) of Darlington completed his third 'sectional' end-to-end in August after first starting in May 2005. Because of recent rain the Donnelly River Valley was superb. He says he is still hooked on the Track!

Emma Montgomery (25) from East Fremantle set off from Albany on 15 July and reached Kalamunda on 30 August. She walked some of the way with **Debbie Kendrick**. She says it was one of the most challenging and amazing experiences of her life and one she will never forget. One consequence is that she never wants to eat another packet of two-minute noodles! The section between Beraking and Helena camp sites ranks as her favourite. Despite the time of the year she found her sleeping bag a little too warm. Her advice: spend plenty of time getting the best, lightweight equipment you can afford.

Gidgegannup residents **Rachel "Smurf"** (24) and **Terry** (60) **Ord** walked from North to South to reach Albany on 26 August after 57 days on the Track. Her walk was highlighted by her first experience of the tingle forests, the spectacular views from Blackwood campsite and her first sighting of the southern ocean. Like so many walkers she appreciated the birdlife of blue wrens, robins, wedge-tailed eagles, fire-tailed finches and golden whistlers. Dad Terry says neither words nor pictures do adequate justice to the journey. The many rewards made the physical and mental challenges all worthwhile. His personal reaction was a great sense of achievement on reaching the end but more importantly having a greater appreciation of the rich tapestry of the flora and fauna, the geological formations of the southwest and its eco systems and the work done by the Foundation in promoting and preserving this national heritage for future generations. One of his highlights was being able to finally make shore after being blown/swept back into open water four times while crossing the Irwin Inlet by canoe!

Tom (52) and **Lyn** (51) **Shackles** of Boya walked south to north. They left Albany on 18 April and arrived in Kalamunda on 17 June. They had a great time and loved the whole experience. Tom says he enjoyed the luxury of

60 days without having to make decisions. His advice to others is to think of the journey not the destination. Lyn says they had no problem with food but may have overeaten in the towns they went through as they made up for calories lost in between. She too enjoyed the slower pace and especially remembers the coastal walk after leaving Peaceful Bay en route to Rame Head, the views from Boonerring Hill, and Mounts Cooke, Vincent and Cuthbert.

Lesmurdie resident **Luke 'Legn'it Luke' Smith** (25) also walked from South to North. After 46 days he reached Kalamunda on 11 October. Luke, who was very impressed with the condition of the Track, chose to walk it after his brother **'Kanga-Reuben'** completed an end-to-end last year. He relied on food purchases in the towns. The highlights were seeing an eagle take a duck from the sky at breakfast time, going through the tingle forest, and all the wildlife.

One of just three interstate visitors was **Sean 'Smithy' Smith** (32) from Avoca in Victoria. Heading south he started on 20 June and reached Albany on 6 August. He writes that it was 'a fantastic experience in which he took a month and a half off from the madness of society' with his lovely wife joining him from Walpole to

'It was a truly wonderful experience! We are so lucky to be able to explore our beautiful southwest along such an excellently maintained track. Here's to fulfilling dreams and thanks to all the people that make it possible' -
Rachael Ord

Albany. The highlight was seeing that green roof appearing through the trees, having the sun on his back as he walked and stopping at West Cape Howe campsite. As one who has hiked around the world he found the Track as good a long distance trek as anywhere. Sean says the

extreme solitude took some getting used to so he welcomed meeting other walkers.

Our other interstate visitors came from New South Wales. **Bruce** (55) **Whitton** of Kiama Downs and his daughter **Julie** (25) of Hay set out from Kalamunda on 2 May and reached Albany on 26 June. It was a wonderful experience highlighted by fantastic weather and meeting others on the Track. The areas around Balingup, Pemberton and Giants were their favourites. Julie has a special memory of celebrating Bruce's birthday at Blackwood with 'Old Man Emu', Steve and Howard who were very enjoyable company and finally reaching the southern ocean after six weeks of bush. It was a great opportunity to spend so much time bonding with her dad. Her advice: watch your safety, support the towns, relax and don't rush!

Graeme Sparkes (25) of Kalamunda also headed south. After a walk that lasted 50 days he reached Albany on 6 August. He enjoyed especially walking/wading across the Pingerup Plains and like so many others seeing the ocean at Mandalay Beach after weeks of being inland. He learned the hard way that training with a back pack is essential to avoid knee troubles. He found that after the first two weeks nothing from the weather and blisters to bugs seemed to bother him.

Finally we come to **Peter Thornton** (58) of Scarborough who arrived at the southern terminus on 11 June having left Kalamunda on 16 April. Peter records that it was a really unique experience and a great way to see the forests, swamps and coastlines close up—the whole concept being fantastic. Apart from making food drops as far as Donnelly River Village he bought food as he went. Like many others before him Peter got no satisfaction from his wet weather gear—in his case a poncho. It was a great adventure which he enjoyed each day as he went along.

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



VOLUNTEER DAY - 5 DECEMBER

THANK YOU

we couldn't do it without you

The Foundation has over 420 volunteers who contributed in excess of 13,000 hours last year. Whether maintaining the Track, sitting on the Board, answering enquiries or guiding events, each volunteer makes an invaluable contribution to the Foundation and to the Track and we thank each and every one of them.

Our volunteers have been invited to various 'Thank you' events throughout December in the city, Perth Hills, Walpole and Albany. We look forward to giving you an update on these events in our next newsletter.



Trekking in Tasmania

Missed out on a place for the fantastic Bibbulmun Track Foundation Walking Tour in Tasmania in 2008? Why not try one of World Expeditions other terrific Australian trips.

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Just freecall 1800 267 999 and mention Bibbulmun Track when you enrol.

Dates:

Family Course - 15-23 April 2008.

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For more information visit: www.outwardbound.org.au

OUTWARD BOUND

Inspiring Australians

MY BIBBULMUN TREK

Blisters and bunion
The bane of my life
With some aches and pains
Have been causing me strife

"Walk it in stages
Don't walk end-to-end"
Advice from the sages
Disguised as a friend

"Think what you may
You need to be fitter
You'll break down part way
And go home a quitter"

But now looking back
The critics were wrong
I've finished the Track
Still feeling quite strong

I've been challenged and thought
Now what have I done?
But struggled through
And finally won

Each kilometre got easier
As I shed some weight
From backpack and belly
Wow! I'm feeling great

For fifty seven days
And fifty six nights
I've walked the byways
And seen many sights

I've met some nice folk
And some quite insane
Just like me on the Track
In the cold and the rain

But rewards, there are many
Exhilarating too
I can now recommend
The Bibbulmun to you.

Terry Ord 2007

Have you moved? (Online or off!)

Help us save time and postage and let us know if you have moved house – or changed your email address.

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or ring 9481 0551

Walker Story -

BY TIM HUMPHREY (AKA ROONEY TUNES)

A 24 YEAR OLD FROM BOYLSTON, MASSACHUSETTS, RECENTLY COMPLETED HIS END-TO-END.



Rooney, from Massachusetts in the US, completed his end-to-end on his birthday, October 4, 2007.

Tim caught the hiking bug after spending 6 months hiking the Appalachian Trail which runs 3,500km up the east coast of the US.

Some Australians at a ski mountain where he worked convinced him that Australia was the place to go and Tim found out about the Bibbulmun Track through the internet. Tim says "What attracted me to the Bib was the easy access to re-supply towns along the way, its free use, its well documented guidebooks, and its extensive hut system. It makes it ideal for a frugal international traveller who doesn't know the area or have the connections to plan food drops. It's safe to say that the track surpassed all expectations I had. From the quality of the huts, to the diversity of the landscapes, to the amazing work of the DEC and volunteers, I was genuinely impressed with the entire track.

"The thing that surprised me the most was how alone I was out there. I'm used to much more crowded tracks and it was a shock to learn how few people take advantage of the great walking in their backyard, especially from those of my age group. I like the solitude, but it's always great to meet other walkers, and those I did meet along the way were wonderful. You've got a real gem of a track."

An extract from Tim's online diary follows. You can read the full journal and see photos of his hike at www.trailjournals.com/rooneytunesbib

Mt Pingerup to Long Point Campsite. 31.30 kms.

Friday, 21 September 2007

"Wow. Just wow. What a fantastic day. First I got up at 3AM to star gaze after the moon set. I was treated with cloudless skies and my first 3 shooting stars of the southern hemi. So many constellations I wish I knew the names of. Two very red stars, two splotches of haze a good distance off the Milky Way, and I think 2 planets. Then hiking today was so varied from the top of a mountain, to swamp bogs knee deep, to huge Jarrah and Marri forests, to coastal heath, to sand dunes, and even to beach walking. All mixed with sun, rain, wind, mud, pricklers, cliffs, boulders, boardwalks, parking lots, it had everything.

I saw 3 tiger snakes, a flock of Cockatoos, 3 roos, 1 dumb emu, tadpoles, crayfish, swallows galore, grey fantails, and 2 new species of orchids! I tell ya, when I came over that last dune and looked down the path at the ocean. SMILE. I started bopping down the track humming some silly tune like I was in the bathroom shaving for a big date. Da da dee da dee da dum...ya da doo da da... As I came up to the wooden stairs down to the beach and looked out over those crashing curling waves and at the dramatic coastal cliffs I was filled with unbelievable elation. I yelled "It's the ocean!!!!" and screamed "ahoooo-hooooo!!!" Then did a victory dance with the hiking poles up over my head like it was Halloween at the Donoghue's! It was beautiful, everything about it.

Then it was a 1km beach walk down by the water where the sun came out and bathed everything in warmth as well as made the incoming storm clouds that much more dramatic. I moved on and up into the dunes where the soft sand makes me feel like I'm walking in slow motion. The clouds got darker and as it started to rain I started to walk harder and stress about getting to the hut. And then as it started to pour I started to think about Crompeco and all those 8,9,10, even 11 o'clock at night jobsites and having to "call Pat" or whoever to see if I could go home yet. And I thought about the smell of gasoline permeating my every pore. And all my cares started to slip away.

This was it, this killer steep sand dune, these pricklers scratching my legs, this drenching rain, this chilly ocean breeze; this was all I had hoped for. And as I climbed onward and came up to the edge of the coastal cliffs and looked down three hundred feet to the blue green water below, felt the sheets of rain blowing against my face, and smelled the wet earth and flowers, every sense of my body was full. I don't think I've ever felt more alive in my entire life." 🌸



Track walkers 'The Laughing Ladies', and their children, met Rooney at the end of his walk in Albany. (See letter from Deb Badger on page 4).

Bibbulmun Walk 2008

be a part of it!



- Volunteer to assist with logistics, community event planning, etc
- Apply to be an end-to-end walker (contact us to register)
- Apply to be a sectional walker (registrations open in January 2008)

If you wish to help as a volunteer, please either go to the 10th Anniversary page on our website (www.bibbulmuntrack.org.au) or contact us at the office.

Members will receive an invitation in the May edition of Bibbulmun News asking them if they would like to attend any of the community celebrations in the towns, the send off in Albany and/or the celebration at the end of the walk.

Be a Sectional Walker

You can register as a sectional walker from January. If you live in regional or rural WA, registration forms are available from Tuesday January 15 by calling us on 9481 0551. Otherwise, for all others, registration forms will be available from Friday January 18 on the website (www.bibbulmuntrack.org.au/Events/10th-Anniversary.aspx) or from the office. Registrations will open on Monday January 21 and will be accepted on a first come first served basis, subject to the applicant's experience and fitness.

There are 12 sections to choose from with varying degrees of difficulty, length of walk and nights spent on the Track. Only eight positions are available for each section and we expect that some sections will fill quickly.

The 12 sections and associated costs are shown in the table below.

The Benefits of Participation

- Opportunity to be part of an historic, prestigious event which will mark the 10th anniversary of the opening of one of the world's great long distance walking tracks.
- Discovery and enjoyment of some of the most beautiful and wild areas of the south-

west whilst having minimum impact on the environment.

- An excellent opportunity to meet many other walkers, and is ideal for those wanting to complete another section as part of their personal sectional end-to-end.
- Support and leadership from trained guides.
- Emergency backup from guides, the Foundation and DEC.
- 10th anniversary sectional completion certificate.
- Pre-walk briefing & Bibbulmun Track map
- Manual with notes on equipment, food, official walk protocols and guidelines, first aid, training information.
- Special discounts at Mountain Designs in the lead up to the event.
- Participation in community events in the towns applicable to your section.
- Invitation for you, your family and friends to celebrations in Albany and Donnelly River Village.
- Invitation for you and immediate family to the major celebration in Mundaring.

Full details, inclusions and exclusions are outlined on the registration form.

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

The BTF Team

Thank you to the following organisations for supporting this event:



8-DAY HIGHLIGHTS OF THE BIBBULMUN TRACK TOUR MAY 2008



This itinerary has been carefully compiled to enable you to experience a cross section of the Bibbulmun Track from the spectacular ocean views and coastal heathlands in the far south, through the magnificent karri and tingle forest and up to the rolling hills and jarrah forests in the northern section.

Enjoy a range of full- and half-day guided walks as we transport you to the Track each day. Experience a number of unique eco-tourism attractions and boutique wineries in the region. Each evening we will return to comfortable accommodation to relax and enjoy a delicious dinner.

On the walks, you need carry only a small daypack. From the rocky escarpments that provide exhilarating views to the tranquility of the tall forests, our itinerary caters for all levels of experience.

Date: Monday 5th – Monday 12th May (note this is our only tour for 2008)

Cost: \$2250 (twin share basis). Includes motel/chalet accommodation, all meals from lunch on day 1 to lunch on day 8, Bibbulmun Track day pack and water bottle, all transport, entrance fees and permits to national parks and attractions including Tree Top Walk and WOW Wilderness Cruise, Bibbulmun Track guide and driver/guide. Limited number of single supplements available upon application. Phone 9481 0551 or email events@bibbulmuntrack.org.au for a complete dossier. Maximum 15 people – hurry!!

Feedback from 2007 participants...

I can't remember the last time I had so many laughs and was relaxed and enjoyed myself for a WHOLE WEEK. It was the best fun and learning experience I have had for years!

A Lanigan, VIC

The guides provided an excellent balance, experience, enthusiasm, skill, organisation and leadership. I enjoyed the tour immensely.

C Grimshaw, Perth

We had a great time and would certainly consider doing the trip again!

I & V Rae, Mt Barker WA

There were so many highlights – I can't speak highly enough of the job the guides did, the places we went and the activities that were organised.

D Price, NSW

Excellent top class tour – do not change a thing!

B Frayne, Toodyay WA

Upcoming Events

'WALK WITH MUM'

Our next Calendar of Events will be posted out in January.



Seven mums and their children enjoyed the Walk with Mum event in September

Have you moved? (Online or off!)

Help us save time and postage and let us know if you have moved house – or changed your email address.

Email events@bibbulmuntrack.org.au or ring 9481 0551

Bibbulmun Walk 2008

Be a part of the 10th Anniversary celebrations by joining us on one of the sections. A great way to add to your sectional end-to-end See page 16 for details.



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

Saturday 13 September marks the 10th Anniversary of the opening of the Perth-to-Albany Track, affectionately known to us as the Bibbulmun Track. We are commemorating this milestone in the tradition of previous celebrations by holding an 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, led by experienced guides, Steve Sertis and Mike Wood, will then make their way to Kalamunda arriving on 13 September, the 10th Anniversary.

Along the way 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' only gathering in Mundaring.

We invite you to celebrate this journey of a decade with us. Opportunities include:

- Join us in Albany to give the walkers a great send-off on July 16, 2008
- Join in the weekend celebrations at Donnelly River Village on August 15, 16 & 17, 2008
- Come along to any of the Community celebrations in the towns along the Track.
- Come to the celebrations in the hills at the end of the walk on September 13, 2008

	SECTION	DATES	DAYS	RATING*	DISTANCE	COST
1	Albany to Denmark	16 July – 20 July	5	Intermediate	85km	\$250
2	Denmark to Peaceful Bay	22 July – 24 July	4	Experienced	65km	\$190
3	Peaceful Bay to Walpole	25 July – 28 July	4	Intermediate	63km	\$190
4	Walpole to Northcliffe	30 July – 5 August	7	Experienced	138km	\$290
5	Northcliffe to Pemberton	7 August – 9 August	3	Intermediate - Experienced	55km	\$130
6	Pemberton to Donnelly River Village	11 August – 15 August	5	Experienced	100km	\$250
7	Donnelly River Village to Balingup	17 Aug – 19 Aug	3	Intermediate	56km	\$130
8	Balingup to Collie	20 Aug – 23 Aug	4	Intermediate	82km	\$190
9	Collie to Dwellingup	25 Aug – 31 Aug	7	Experienced	122km	\$290
10	Dwellingup to North Bannister	2 Sept – 5 Sept	4	Intermediate	67km	\$190
11	North Bannister to Brookton Hwy	6 Sept – 9 Sept	4	Intermediate	66km	\$190
12	Brookton Hwy to Kalamunda	9 Sept – 13 Sept	5	Intermediate - Experienced	70km	\$290

*Ratings are only a guide. A good to excellent level of fitness is required for all sections.

New project to identify and promote WA's Top Trails



Group Resting at William Bay Campsite and Canoes at Irwin Inlet

As you may be aware, the Bibbulmun Track Foundation has been successful in an application to the Australian Tourism Development Program (ATDP), delivered by AusIndustry, for the Marketing of Trails in Western Australia. \$407,400 has been granted for the two-year project.

The aim of the project is to 'Identify, enhance and market a network of trails and associated trails product to attract people to WA and distribute visitors throughout the State.'

Tom Tuffin from the Cape to Cape group did a great job of completing the application with assistance from Hugh Maclean at the Department of Sport and Recreation (DSR) and Linda Daniels from the Foundation, who has been appointed executive officer for the project. The Foundation was the lead applicant on behalf of all Tracks and Trails in WA.

The project is supported by DSR, the Department of Environment and Conservation and Tourism WA, and is endorsed by the Trails WA Reference Panel which represents various government and community organisations.

The concept has been in development for over two years and has a number of key objectives including:

1. Raise the profile of WA's tracks & trails interstate and internationally – bringing more visitors to WA and dispersing them to regional areas.
2. Provide a single access point for information and services related to the top trails in the State – thereby making it much easier for existing and potential trail users to find relevant information.
3. Improve coordination between government departments, trails organisations, tour operators and service providers to improve services for trail users where required.
4. Establish income streams for the not-for-profit organisations maintaining the trails.

The project will be conducted in four phases.

This project is proudly supported by



If you have any feedback about the website, or have relevant skills and experience and would like to join one of the working groups, please contact Linda Daniels on (08) 9481 0551 or email linda@bibbulmuntrack.org.au.

NOMINATE YOUR TOP TRAIL

We are looking for WA's Top Trails – and invite you to nominate the trails that you believe provide the best experiences across the State.

If you had a friend coming to WA for a few days – which trail would you recommend that would provide them with a memorable experience and a fun day(s) out?

We plan to promote the best walk, bike, horse, multi-use and canoe trails in each region of WA to potential visitors from around the world. Now is your chance to get your favourite trails into the limelight!

To be included in the 'Top Trails' project the trails have to be of a high standard and provide a memorable or unique experience.

The nominations will be assessed taking the following factors into consideration. If a trail has the 'WOW' factor but falls short in one of these areas we will work with the trail manager to bring it up to standard.

Ideally, the trail will already have:

- appropriate signage – directional trail marking, distance and locational (finding the trail from nearby roads/towns);
- maps, guide books and track notes if required (a Trail head may suffice for short trails)
- interpretative material and information if appropriate
- management and maintenance plans
- community support (e.g. friends group or Shire involvement)
- a promotional brochure
- good information available on a website (e.g. the local VIC)

For a nomination form, visit www.trailswa.com.au or call Liz Stirton at the Department of Sport and Recreation on 9492 9814.



Getting into Gear -

TENTS ON THE BIBBULMUN TRACK

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

It is true that the shelters are designed to sleep between 8 and 12 people, and that there are water tanks, picnic tables, fireplaces (in the northern section) and toilets. However, there is no booking system and the Foundation recommends that tents be carried, as space cannot be guaranteed. Groups of more than eight people are not permitted to occupy a shelter until after 6pm, and priority should always be given to individual walkers, so groups should definitely always carry tents. Of course, you can still cook and socialise at the shelter along with everyone else!

There are many reasons why people prefer tents; sharing a shelter with a snorer has been a life changing experience for some! One restless night listening to someone else really enjoying their sleep while you suffer wide awake on your Thermarest is enough to make you go out the next day and buy a tent. Some people also prefer the privacy and the solitude of sleeping away from the rabble, perhaps with a spectacular view as well. Furthermore a tent protects you from the mosquitoes – particularly on the south coast. More importantly, if you get lost or injured and you don't reach the campsite, you always have protection from the elements.

Choosing a tent

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

However, the most important aspect of a tent is the weight. It must be as light as you can get it and still be able to perform in the weather that you may encounter. So in the end it's all about compromise, weight for performance. It is fairly common to find a '3 Season' tent that weighs under 2.7kg. Most tents are made up of two skins, the outer Fly sheet that is waterproof, and the breathable Inner which is attached to a waterproof floor. There are single skin tents but they are very specialised and generally used for mountaineering rather than bushwalking.

In choosing a tent you firstly have to ask yourself how do you plan to use it? Do you want it to be self supporting? That is, do you want the tent to stand up on its own without the need for pegs in the ground to hold it up? This can be done by creating tension in the poles. This is a particularly useful feature if you plan to use the Inner on its own erected as a mosquito net inside one of the shelters. Then do you need one person or two person, do you need Vestibule space (that is space under the fly sheet) for packs and smelly boots? A Vestibule space for storage is very handy, particularly for wet or damp gear.

There are also three ways to pitch a tent, pitch Inner first, or pitch Fly first (often called Multi Pitch) and pitch Fly & Inner together (often called Integral Pitch). Most tents are Inner pitch first and you then put the Fly on over the top. A lot of bushwalkers like the Fly pitch first style as this means you can put the Fly up first when it's raining and then hang the dry Inner up inside the fly and be dry in the tent. Conversely, in the morning when you're packing up to go, you pack your dry Inner away in a separate dry stuff sack, then get out and pack up the wet fly in another stuff sack. This way the Inner stays mostly dry.



Integral Pitch, which often comes with Multi Pitch tents, is useful in very windy conditions, the Inner stays attached to the Fly and you just push the poles through and then peg the tent down, very quick and simple. Sometimes people take their Fly only from their Multi Pitch tent, and leave the Inner behind to reduce weight. Sea to Summit actually make a tarp called the Overhang which is essentially a hoochy (like the army uses) that can be hung between trees and under which you can lay out your sleeping mat and bag.

Some other things to look for include seam sealing on the Fly and the Floor, the water head on both the Fly and the Floor, the material that the poles are made from – alloy poles last at least five times longer than fibreglass poles. The type of mesh that is used on the Inner, is it small enough to keep out midges and other small biting bugs. Does the venting allow air to move out and around the tent to reduce condensation and stuffiness. Don't forget tent pegs; it's no use getting a super light tent and then using steel pegs, make sure that you have light weight alloy pegs that can also be used in sand.

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

Mike Wood
Mountain Designs WA



Prize Winning Members

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

August

Roy Richards of Nedlands won a Sea to Summit nylon tarp poncho kindly donated by Sea To Summit.

William & Yolanda Pullman of Armadale won the 2nd prize and each received a water bottle.

September

Diane Stewart of Munster won an Ether Thermo 6 Sleeping mat for Women plus a Sea to Summit 'Little Sink', both kindly donated by Sea to Summit.

Margaret Logan of Greenwood won the 2nd prize of a water bottle.

October

David Wrigley of Gooseberry Hill won a Dry Compression Sac kindly donated by Sea to Summit.

Balingup Lavender Farm of Balingup won the 2nd prize of a water bottle.

Maintenance Volunteer draw

Congratulations to Mal Cooper from Busselton who looks after Boarding House Campsite and the section of Track nearby. Mal won a day pack donated by Mountain Designs.

New Members Draw

Congratulations to Margaret Magini of Henley Brook who won the prize draw at the UWA Extension night – she received a day pack kindly donated by Mountain Designs.

'Leave No Trace' quiz at the Royal Show

Joseph Lian from Yokine answered all the questions correctly and won the draw for a Mountain Designs day pack. Well done!

In the Community

The Bibbulmun Track has now become a permanent feature of the Perth Royal Show Landcare Pavilion which attracts over 150,000 visitors each year.

Sustainability of our environment was the main focus of this year's exhibit, one which sits well with the Bibbulmun Track ethos. A sustainability house demonstrated ways in which we can all be more energy efficient in our homes and throughout the exhibit, displays highlighted ways in which exhibitors are already showing responsibility through tree planting, better agricultural practices, green power and solar power.

In our 'mock' shelter we reinforced the environmental message, with information about the 'Eyes on the Ground' maintenance programme, sponsored by the Boddington Gold Mine and the Leave No Trace principles, which provide a great opportunity for a kid's activity. Children were directed onto the mini 'Track' where they completed a quiz on the 7 Leave No Trace principles – they received a Bibbulmun Track sticker, LNT swing tag and went into a draw to win a Mountain Designs day pack.

A huge "THANK YOU" to Vince Harding for erecting the mock Shelter and to DEC for inviting us to join their exhibit.

And while everyone was busy at the Royal Show, Charmaine Harris was extremely busy giving out information at the Walk the Zig Zag event in Kalamunda.

We were also involved in two senior's events including the annual Have a Go Day which grows in popularity each year and was very well promoted, attracting lots of interested seniors. The Bibbulmun Track Foundation has formed strong links with the Stay on your Feet programme, offering walks to Over 65's in the last few Calendar of Events, so it seemed appropriate to support their Launch of Stay on your Feet week. Both displays provided a great opportunity for our volunteers to use their knowledge and experience to let seniors know about the Bibbulmun Track and the benefits of bushwalking as a safe and healthy exercise.



People discover the Bibbulmun Track at our display at the 'Walk the Zig-Zag' Event this year.

Our thanks go to the following people who volunteered their time at the above events:

Geoff & Susan Bell
Wayne & Janice Bertram
Julie Bessant
Percy Boyes
Stuart Breden
Elliot Brill
Barbara Calcraft
Helga Carton
Jenny & Jaime Cornish
Rae Dean
Colleen Farrell
Malcolm Ferrier
Karl Fudderer
Wendy Garrity
Majolijn Godrich
Elsie Grygiel
Charmaine Harris
Hans Hoette
Jennifer Holycross
Eddie Jagger
George Kamman
Gayle Kealley
Ross Leighton
Nick Letheridge
Angela Loucaides
Shannan Maisey
Terry Manford
David McAtinney
Joy & Malcolm McGilvray
Merle Milentis
John Murphy
Sandi Nielson
Gwen & Chris Plunkett
Bernie Renwick
Karen Rotheram
Graeme Russell
Maureen Russell
Mary Ann Sathiagnanan
Wolfgang Schlieben
Mary Sprunt
Peter Sweetman
Bev Thornton
Richard Whitfield
Mark Whittolm

A big 'THANK YOU' to all who helped with the Community Info Programme in 2007 we couldn't have done it without you.

NOTICE BOARD

BIBBULMUN TRACK FOUNDATION

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: 0408952027
Email: abstract@iinet.net.au
Contact: Alan

TENT FOR SALE

New Seedhouse Superlight (SL1) freestanding, one person tent. Weight 1.35kg. Sell for \$350 which includes \$50 donation to the BTF

Phone: 02 9484 2668
Contact: Bernice

WALK CANTERBURY TO ROME

Wanting information, books, maps etc on the walk from Canterbury in the UK to Rome via Francigena. Alternatively information as to where information could be obtained.

Ron 0415 742 667

BECOME A 10TH ANNIVERSARY SECTIONAL WALKER



Saturday 13 September marks the 10th Anniversary of the opening of the Perth-to-Albany Track, affectionately known to us as the Bibbulmun Track. Why not celebrate with us and register as a sectional walker?

There will be 12 sections to choose from with varying degrees of difficulty, length of walk and nights spent on the track. There will be eight positions only available for each section and we expect that some sections will be filled very rapidly.

The sections available and associated costs are shown in the table on page 16.

TENT FOR SALE

Bibler Pinon two person tent complete. Room for two with gear. Cost \$950. Sell \$650.

Phone: 9527 9817
Contact: Tom

WALKING COMPANION WANTED

Walking companion wanted for day walks on the Track with 75 year-old from Rockingham area.

Phone: 9439 1877
Contact: Betty

IS ANYONE TRAVELLING TO NEPAL?

If you're a Bibbulmun Track walker, you might be planning a trip at higher altitude! We are a group of people helping to develop a self-sustaining orphanage in Kathmandu, which is in need of materials, especially clothes and books. We need travellers to Kathmandu to help us by carrying in a few such items in their luggage, which we can arrange to have collected. In addition, we would like to hear from anyone who is interested in giving some time to doing voluntary work at the orphanage, perhaps for a few days before or after a trek? If you can help, please contact Chris.

Email: chrisjamescyl@bigpond.com.au
Contact: Chris

FEMALE WALKING COMPANIONS WANTED.

Two guys (New Zealander 52 and Frenchman 59) looking for fit female companions to go hiking in the French Pyrenees in August 2008. We would be starting from the Atlantic coast near Hendaye and following a well established trail called the GR10 (Chemin de Grande Randonnee) and finishing in the High Pyrenees, roughly halfway to the Mediterranean.

Phone: 04-1011-2022
Email: jlcavignac@orange.fr
Contact: Jean-Louis Cavignac

BACKPACK FOR SALE

Black Wolf McKinley 55l. Used only four days. Sell \$80

Phone: 9398 6804
Contact: Kaye

WALKING COMPANION WANTED

Teacher needs walking companion (preferably female). Husband and friend not interested in joining me on hikes. I am keen, have my own gear and have done numerous hikes.

Email: arf59@iinet.net.au
Contact: Anita

HAS ANYONE DONE AN END-TO-END WITH YOUNG KIDS?

My husband Gavin and I plan to walk the Track end-to-end over two years. Our children will be four and seven, turning five and eight during the walk. We would love to talk to any families who have completed or attempted an end-to-end with similarly aged children, especially anyone living locally.

Email: gov_sue@aapt.net.au
Contact: Sue

TENTS FOR SALE

Two hiker tents. One two-person Macpac (#300) and one single person Macpac Microlight (\$200). Hardly used.

Phone: 9344 2174
Contact: Mark

SHOES FOR SALE

Scarpa Echo XRC leather with Gore-tex lining. Men's size Eu42/UK8 cost new in August 2007 \$299. Hardly worn, sell #150

Phone: 9851 1558
Email: ingoldby@westnet.com.au
Contact: Ian

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 (from the website) after 3 months if not renewed.

A user of our notice board says "I have successfully sold 2 backpacks and 2 tents via the Bibbulmun web site in the past 18 months, to people in Darwin, Sydney, Cairns and Perth. The site definitely gets viewed by people Australia-wide."

Phone: 9481 0551
Email: friends@bibbulmuntrack.org.au

OUR VOLUNTEER OF THE YEAR:

Jim Baker aka Wrong Way Jim



Jim Baker

to the office one day a week. Over time Jim has taken on the responsibility for the bushwalking equipment hire which at times can be a very big job, as the Foundation conducts many overnight events and the equipment is hired out to participants. Additionally, Jim repairs and maintains the equipment, ensuring it is kept clean and in good condition at all times.

Jim also assists walkers coming into the office, answering queries and assisting them with the purchase of maps and guidebooks.

He is also one of our team of volunteers who provides trip planning advice for our members. Sometimes this is in person in the office, but at other times Jim assists by email from home for those who live in the country, interstate or overseas. An indication of his commitment is that he continued with the trip planning advice by email even while on his annual two month holiday in the UK.

Another of Jim's very important roles is Assistant Editor of Bibbulmun News. He proofreads every article as well as providing some amusing anecdotes for inclusion.

Addressing community groups is another of Jim's activities. As an end-to-ender he is very

familiar with the Track and with his contact with walkers from all over the world, he has a vast range of stories to tell – the funny, the touching, the amazing and the downright silly things that happen on the Track.

Earlier this year Jim completed the long-awaited history of the Foundation. This was an important project as we wanted to be sure that those involved in the setting up of the organisation were still around to tell their story. It required the appropriate skills to interview a number of people and to write an account that was both balanced and accurate. He did an outstanding job.

Jim is always ready to assist in any way, and is happy to help out at the office any time we are short-staffed. He also gives his time freely to man information displays at a variety of community events.

A popular member of our team, Jim is well-liked and respected by all. He consistently contributes many hundreds of volunteer hours to the Bibbulmun Track each year.

The Outstanding Service Award is great recognition of his professionalism, enthusiasm and commitment to the Bibbulmun Track. 🌟

Track Trivia

Hi, fellow walkers. I managed a bit of a wander out on the Track earlier this year, from Balingup as far as Walpole in January/February. It was pretty hot at times, but as long as you pick the right time of day to walk, it's okay.

The idea was to get to Albany to complete my third end-to-end, but the body took revenge in the form of strained ligaments (known as age, the wife says) on the sand dunes coming off Mandalay Beach, so I ended up limping sorrowfully into Walpole.

Plans are being laid to complete Walpole to Albany sometime this year, but if Gwen finds out I doubt I'll be able to get out of the office. I can but hope.

The letter from Brian Whitesides (see page xx) has done much to convince me that there is more to the Bibbulmun Track than meets the eye. What manner of creature steals one campsite shoe in the dead of night? Did Brian's taste in shoes run to lurid reflective colours that may have attracted giant moths? Is there a one-legged walker out there ready to pounce on unguarded footwear? All I can say is watch out for your socks around the Nerang campsite.

Further to the question of odd creatures, I recently caught sight of a Track related document

from a certain local government department which contained the headline— "Spotted Cat?"

Not being a nosey sort of a person I didn't read any more, but the words hung around in my mind. Have we got a leopard out there? Seems unlikely, given they're native to Africa. ("Check your bloody map, Caruthers; we're on the wrong continent again").

Is it a competition for who can count the most feral cats in a day...? the mind boggles.

Back to my wandering.

As one always does, I met some interesting folk. In the middle of nowhere in the Pingerup I encountered a huge man (and I mean huge!) coming towards me with a big sack on his back. A real, old fashioned sack, tied with a thick rope.

His greeting didn't fill me with confidence:

"Are you on your own?"

"No, my friends are right behind me." (I'm a tough cookie, me)

He grunted, and ploughed on past.

Work it out. I haven't.

Then I met the student group at Woolbales. This

was a fascinating insight into the eating habits of the young. There were five of them, and they had tea, dried peas and dehydrated potatoes.

Nothing else, just tea, dried peas and dehydrated potatoes, which they ate for breakfast, lunch and dinner. They asked me a lot of questions about doing an end-to-end—imagine living on that diet for six or seven weeks!

I felt guilty tucking into my tuna, spag bog (dehydrated by my own fair hand), cheese, crackers and vegemite. Not guilty enough to offer them any, though.

So I still haven't completed my third end-to-end, although I hope I can get out walking in

November. The Track is more popular than ever, and we have a constant stream of visitors through the BTF office, as well as countless emails and telephone calls from walkers of all kinds. Happy trekking to you all and I hope to see some of you out on the Track.

I'll be the bloke in the floppy hat holding a map upside down and trying to work out which way to walk out of the campsite in the morning...

Wrong Way Jim

PHYSICAL FACETS

Why are your shins hurting??

by Isabel Busch

Shin pain is a problem for many walkers that can be avoided or at least reduced with a little understanding of the causes.

On a recent walk on the Camino de Santiago in Spain I experienced shin pain for the first time and now understand the frustrations and limitations that it can cause. This article will give an overview of the problem and offer some web sites for more research.

"Shin Splints" is not a medical term or a diagnosis but a common name given to describe a list of symptoms occurring around the front of the lower leg. These symptoms can be the result of problems in the area where muscle attaches to bone, in the bone itself (the main lower limb bone – the tibia) or in any of the muscle compartments of the lower limb and may arise due to a combination of problems in two or more of these areas.

What are the symptoms? Tenderness in the "shin" area. Pain in the area of the lower leg. Swelling may be present. Lumps and bumps of tight soft tissue may be felt in the shin muscles. Pain may be more evident when the toes or foot are either bent down or pulled up (this depends on the muscles involved). There may also be redness over the area of the skin where pain is felt.

These symptoms may occur on the inside of the lower leg (medial), or on the outside (lateral). It is often hard to pinpoint exactly what is causing the problem as there may be many factors in combination and it may take a thorough assessment by a health professional, experienced in the area, to gain a pain free walk.

If you are experiencing problems on the medial side of your lower limb the cause may be associated with biomechanical factors such as excessive pronation or the rolling in of your foot as you walk. When your foot contacts the ground and takes all your weight it begins to flatten (pronate) to absorb the shock of your body weight (including your pack). One of the important muscle groups helping to control this motion are the muscles of the shins. When the foot flattens too much these muscles work too hard and become tired and painful. This continual contraction of the muscles will eventually cause irritation, inflammation and result in pain.

One way to solve this may be to have an assessment of the way you walk and you may be advised to wear an insole to correct the over-pronation action.

When the lateral area is involved it is more likely to be more an overuse of the tibialis anterior muscle and tendon. Inflammation of the compartment that contains this muscle can occur and this also leads to pain, swelling and redness. Part of the action of the muscle is to flex your foot upward and also to slow the foot when you first put your heel on the ground (heel strike) during the walking (gait) cycle.

Some of these symptoms often disappear with rest or as the muscles warm up. If bone pain is involved the symptoms may be constant or increase as you exercise and this may be a sign of a more serious problem – a stress fracture – and require immediate medical review.

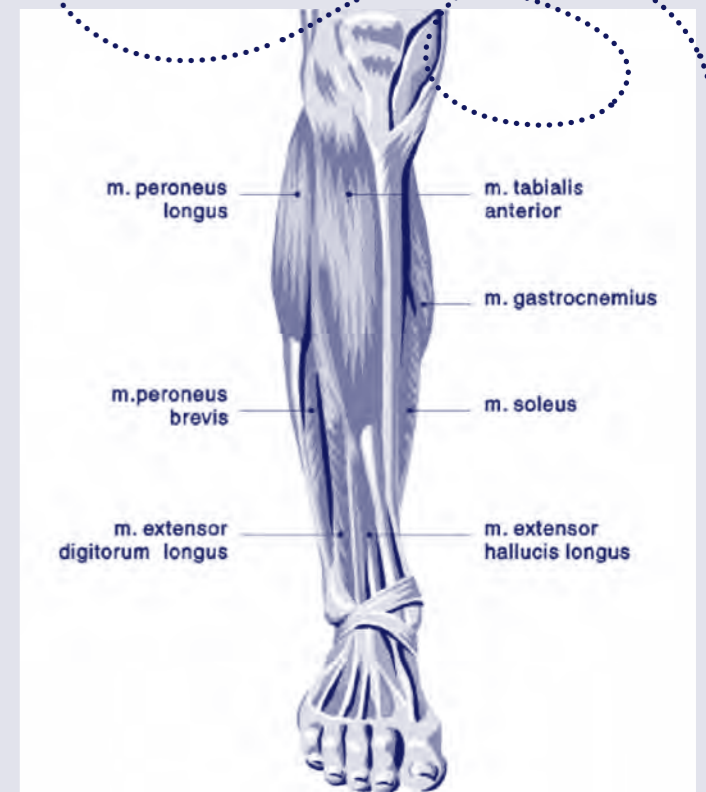
But does this tell you why you have this shin pain when you've not had this pain on other walks. This time your pack is lighter. You are wearing the shoes you always wear with the same insoles. What is different?

Again, it is likely to be a combination of factors and here are some to consider:–

You decide that you will walk faster than usual and set off full of determination – then you lengthen your stride, pushing off more strongly than usual. This makes your calf muscles push down more powerfully and as a result you hit the ground harder with your feet. Your shin muscles have to work harder to lift your feet up again. This results in aching or painful shins and slows your walking.

Shoes that have done too many "miles" no longer provide the same support that they did when they were new.

Training that was right for previous walks may not be appropriate now. Your planned walk may be easier and therefore faster than previous walks and this will work your lower limb muscles much harder than before. Also your pattern of walking may change when you use a lighter pack.



The distance you are walking each day may be too great too soon into your planned trek. Steep down hills sections can cause lower limb muscles too work very hard as they try to slow you down. There may be an imbalance between the muscles that lift the foot and those that put it down – tight calf muscles and weak anterior muscles. The surface you are walking on may be much harder than you have previously experienced.

Arthritis or just the aging process may be a factor

The items listed above can be managed by firstly doing appropriate training before hand.

Gradually build up your walking pace – don't rush— remember to take it easy and give your body time to respond. Don't walk too far too early in your walk; again build up gradually, especially if the walk takes you over a number of hills.

Have a biomechanical assessment of your posture and walking pattern from a health professional to see if either needs adjusting. You may need insoles, or stretches and exercises to correct the imbalance of your lower limb muscles.

If pain and swelling does occur, ice the area two to three times a day for ten to fifteen minutes and stretch your calf muscles regularly.

Lean against a wall with one leg forward and the knee bent. Keep the rear leg straight, heel on the floor. Keep your back straight and lean your hips forward until you feel a stretch in your calf.

To stretch the soleus muscle and Achilles tendon (very important for shin splints), do the same calf stretch but bend the back knee slightly and you will feel the pull on your Achilles tendon.

Hold the stretch for twenty to thirty 30 seconds and repeat three times.

www.nismat.org/ptcor/shin_splints has more information on stretches.

Wearing a crepe or slightly elasticized bandage from foot to mid shin each day may reduce the symptoms.

Taping the shin may also have an effect and the following web page gives a very good description of this.

www.sportsinjuryclinic.net/cybertherapist/front/lowerleg/shinsplints/taping.php

Performing deep soft tissue massage to the affected area can also prove beneficial.

It may be necessary to take anti-inflammatory medication if the symptoms continue.

If you have ongoing shin pain it is important to see an appropriate Health Professional for assessment and correct management. 🌟

I'm Lost Please Find Me

These are familiar words to Derek (Barney) Hutchinson of the Emergency Management Coordination Unit.

Derek (as we know him at the BTF) is a police officer, but his association with us is as a long time member of the BTF and as a maintenance volunteer.

He attends volunteer field days in his official capacity, to talk to our volunteers about the role of the police in dealing with missing, lost or overdue people, and especially to give advice to individuals about what to do should they become lost. (Or, as we prefer to say in the BTF "become geographically embarrassed".)

These are his words:

I have been a maintenance volunteer and member of the Bibbulmun Track Foundation for many years now; however it is in my role as a WA police officer that I attend field days.

I am stationed at the Emergency Management Coordination Unit, where one of my roles is to oversee and assist with the management of any land search operation (LSO) within the State.

The purpose of this article is to let you know how the police respond to lost persons, and how you may assist us if you get lost.

Police are notified of missing, lost or overdue people either by personal reports, EPIRB activations or reports of abandoned vehicles/equipment.

Once the police receive such a report, they begin by gathering as much information as possible about the missing person/people. This includes their medical/physical condition, outdoor experience, equipment carried, their planned activity and, of course, their last known position.

This information is assessed and a suitable response is activated, depending upon the urgency. The response can be anything from conducting further investigation to an immediate all-out search. This may involve deploying an aircraft and /or sending ground crews to the last known position or probable areas where the lost people might be located.

Trained search personnel are called upon to assist in a LSO to conduct foot or vehicle searches within an area defined by the Search and Rescue Mission Controller (SMC) (the police officer in charge of the overall LSO). LSOs have been known to extend over several days; however the majority last less than 24 hours.

Below are listed some of the actions that you can undertake in order to reduce the search time, should you be reported as lost.

1

Leave details of your itinerary with a reliable person. Have a plan in place if an emergency occurs. For example, what you would do if faced with a wild fire, where would you go? Know where you are in relation to your vehicle, and where the nearest safe line of escape is.

2

Leave a contact name and phone number, both yours and the previously mentioned reliable person, on the dashboard when you leave your vehicle. This assists in reports of abandoned vehicles and may include messages such "working to the east", "heading south" etc. Do not include times as we do not want to advise thieves about how long you will be away from your vehicle.

3

Always carry map and a compass and learn how to use it. Do not rely on GPS. I recently had my GPS replaced because it decided not to work.

4

Carry something highly visual. An aircraft travels at high speed so making yourself more visible increases your chance of being identified. (Ed - yellow, red or orange rain jackets, beanies or pack covers are ideal.)

5

Carry proper equipment for your activity.

A good resource that you may wish to read is the WA Police "Aids to Survival" guide which can be downloaded free from the WA Police website at www.police.wa.gov.au under the heading "Your Safety Aids to Survival".

Western Walking Club celebrates its 70th

82 WWC club members enjoyed a lovely lunch at the Leonda Function Centre at Tumblegum Farm. Many a story was told as we reminisced about the great experiences we have had over the years walking in the bush.

WWC, we believe, is the oldest 'continuously' active walking club in Australia. Its origins can be traced back to August 12th 1937 when a meeting was held to discuss the possibilities of forming a bushwalking club. On the 23rd of September the Western Walking Club was established. Annual subscription was set at 5 shillings. In the early years membership was mainly female and ladies held most of the executive positions.

During the war, fees were reduced to 2 shillings and 6 pence and members who engaged in any war service were exempt from fees. It was not uncommon for 8-year olds to accompany parents and even have the family dog along. Public transport was used to reach the start of the walks right up to 1978. This meant a hectic pace over the last stretch to catch the bus.

The club was involved with the "Life - Be in it" campaign of the late 70's. The number of walkers increased dramatically and at times up to 100 walkers were on the walks. It was then decided to schedule two walks each Sunday.

Members of the WWC spent a lot of time putting up trail markers on the Bibbulmun Track (and removing the old ones where the track had been realigned). Members of the club are still involved with the Bibbulmun Track in a volunteer capacity.

Our members are a bit more mature now, dogs are no longer able to accompany us and ladies still outnumber men.

It is a credit to all the volunteers over the past 70 years to give so much pleasure to the nature loving people of Perth. They are an important part of the success of our Club. May it continue for the next 70+ years.

Submitted by Edith Thomas (excerpts from article by Pam & Gerald Ranzetta)



The Western Walking Club has been active for over 70 years.

WHEN THIS IS YOUR
DINING ROOM,
ALL YOU NEED IN
YOUR KITCHEN IS



Just because you're a couple of hundred kilometres from the nearest store doesn't mean you can't get a good feed.

Back Country Cuisine makes tasty, nutritious and easy to prepare meals in light-weight packets.

Just follow the instructions on the back (add boiling water and wait for ten minutes) and your meal is ready. With real chunks of meat and tasty vegetables, all the flavour of a home-cooked meal is released from the specially freeze-dried ingredients.

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WALK ON...

for the ENCORE after breast cancer gentle exercise programme

This could be for you...

Are you thinking of walking part or all of the Bibbulmun Track between April and October 2008?

Could you find at least person/organisation to sponsor your walk in aid of the ENCORE After Breast Cancer gentle exercise programme?

Help the YWCA of Perth promote the ENCORE programme so that it can be made more accessible to women in country areas of WA.

To register your interest contact
YWCA of Perth (08) 9440 3501
email: waywca@myoffice.net.au

Participating walkers will receive an information pack for the sponsored walk. Presentations to groups can be arranged.

The ENCORE programme is managed by the YWCA and offered FREE to women who have experienced breast cancer.

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 25 May 2008

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 25 May 2008

v o u c h e r

	QUANTITY	TOTAL COST
Individual Maps	Map 1 Darling Range	Map 2 Dwellingup \$11.50 per map
	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
NEW	Bibbulmun Track Accommodation & Services Guide Places to stay, attractions, transport and tour ideas!	EDITION 4 \$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
	Bibbulmun News Magazine (latest edition or back issues)	\$6.00
	Hand-made, Personalised Bibbulmun Walking Sticks	\$88.00
	Walking Sticks Special for members (No additional discount applies)	\$65.00
	'Bibbulmun Track on the South Coast' – interactive CD	\$25.00
	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
	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
30 March 3.30pm	18 May 9.00am
8km return sunset walk from Mundaring Weir Hotel to South Ledge	12km return walk from Kinsella Rd to Canning Campsite
13 April 9.00am	25 May 8.30am
14km return walk from Albany Hwy to Boonering Hill	20.4km return walk from Kalamunda to Hewett's Hill Campsite
20 April 8.30am	
20km return walk from Dale Road to Brookton Campsite	
27 April 9.30am	
7km return from Driver Rd to Dookanelly Campsite (Dwellingup sth)	

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

Reflections from the Registers-

Oh my God! This is our last night on the Bib Tack from Albany. It has truly been an eye-opening experience. To not worry about the stresses of the normal day, bills, times, money, fuel. The time out here really slows down. To allow yourself to think, to motivate yourself for the tasks in the future. To set goals. I will miss it!

Kylie, Ball Creek Campsite, 8 June 2004

The section from Boarding House to Beavis may prove to you that it is indeed possible to sweat from your eyeballs. And I never knew it was possible to fit five blisters on one little toe.

Til Beedelup

Bitchiker Jodes, Beavis Campsite, 24 November 2005

Another gem. Just sit out the front and watch the bird display and to top it off - only 29 meters from the water. I've heard a lot about this campsite and I'm not disappointed. Considering this is free, I'm certainly getting my moneys worth. How peaceful is this spot? P.S. Monday is no longer the worst day of the week. Every day is a good day.

Wez, Murray campsite, 29 Oct 2003

Tips

- Things to 'UNDO' when back in civilisation after 63 days in the bush.
- Don't yell out SNAKE if you see a stick on the ground.
- Don't talk about the condition of your feet when socialising (+blisters).
- Don't think that the same outfit for 4 days is ok.
- Don't think that 'few' showers will keep you smelling nice.

It's going to be hard going back to work when I get back.

Prue and Bernice 'Great Grannies' stomping the Bibb!, William Bay campsite, 20 Sept 2006

Senses of the Bibbulmun

I acknowledge the traditional owners of this land, the Noongar people.

See dolphins surfing waves
Distant ships on white capped southern ocean
Dunes with crew cut tops of burnt peppermint
Balga forests, flower spikes striking skywards
Snake track slithered in soft sand
Vibrant orange butterflies
Twisted karri stunted by coastal gales
Endless beauty across the heath lands
Tiny frogs jumping on wet swampland paths
Warm evening mist fluid over Schafer dam
Iridescent spiders glowing in torchlight at Woolbales.

Hear howling gales, thunder, lightning from the south Kangaroos
thudding through the bush
Honeyeaters incessantly chattering
A golden whistler calling
Endlessly buzzing blowflies
The laughter of happy campers
A chorus of motorbike frogs
Snoring
The night ocean calling over Lake Maringup
Silence.

Smell fresh rain on the breeze
Damp karri undergrowth at Warren
A grove of casuarina trees
From Mt Chance a bush fire in the distance
Animal presence on the track
Gardner's campfire smoke rising on night air
Hiker's dinner delights.

Taste tank water just drawn
Peppermint leaves in billy tea
Chocolate at Northcliffe
Salt of a long day's walk to Dog Pool
Spicy food to warm the heart.

Feel the touch of sunshine penetrating forest
Soft swamp path underfoot
The delight of a cold swim at Schafer
Long Point's giant mozzies biting through thermals
Evening cold seeping in
Cosy down sleeping bag
Mt Clare's night darkness drifting into sleep
Friends' warm hugs in celebrating an achievement.

Intuition a constant companion
Sharing treasures from this ancient land.

7 - 17 April, 2007
Pemberton to Walpole
Jean FitzGerald Manjimup

BODDINGTON GOLD MINE Eyes on the Ground MAINTENANCE PROGRAMME



Since late July I have attended the regional Field Days and had the pleasure of meeting up with maintenance volunteers all along the Track.

The Field Days provide on-the-spot training for the volunteers and give everyone involved the chance to meet face to face to talk about any maintenance issues - and to share a few stories!

Our guest speaker this year was Derek Hutchison, a police officer from the Emergency Management Coordination Unit. (See article 'I'm lost, please find me' on page 24)

The Albany Field Day was well attended and we enjoyed a great walk to Hidden Valley in good weather - ignoring the light sprinkle of rain. After carrying in a wonderful morning tea, we were all set to tuck in when it was discovered that the milk was back at the car - my apologies once again!!

From Albany it was on to Denmark where we met at William Bay Campsite - just making it back to the car before the rain came tumbling down.

In Pemberton we had a great turnout which was a real bonus as most volunteers were finally able to meet those who look after the section adjacent to them and to compare notes. We walked up to Warren Campsite after enjoying morning tea at River Rd Bridge. I walked with Jacqui Mead, one of a team of very enthusiastic ladies who look after a couple of sections near Donnelly River Village and she was telling me how much fun they have. I was very sad to hear that Jacqui passed away suddenly just recently and we extend our sympathy to the team who have lost a dear friend as well as a great walking companion.

From Pemberton we moved on to Balingup and Blackwood Campsite where we suffered a very cold wind but the view made up for that!

Next was Collie where it was about 10 degrees all day. We visited Yabberup Campsite after sharing our morning tea at the DEC office with Drew Griffith and Tom Kenneally, both of whom have a long association with the Bibbulmun Track. It was interesting to hear their memories of the planning and building of the 'new' Track.

With us on the day were Bev Gardiner, just back from her exchange stint in the USA and Ryan, her American counterpart. It was interesting to hear their experiences.

The final Field Day for 2007 was for the Hills District. After a chilly early morning tea at Sullivan Rock we made our way to Nerang Campsite before the worst of the heat arrived. Luckily the easterly breeze kept up all day and we didn't really feel the 37 degree heat till we were walking back.

Sincere thanks to the district officers who gave up a day of their weekend to join us and to our guest speaker Derek Hutchison,

A very big thank you to all the volunteers who were able to attend the Field Days and to all for their dedication to the Track.

**Gwen Plunkett
Maintenance Volunteer Coordinator**



Maintenance volunteers Sophia (left) & Murray Gatti (right) with friends John and Shirley, brave the winter chill on their section in Albany.



Derek Hutchison, from the Police Emergency Management Coordination Unit, had some great advice for volunteers at the Field Days



Albany Regional Coordinator, Bev Visser, enjoying herself at the Albany Field Day in August.



Maintenance Volunteer, Richard Clayden, gets down on his knees to tackle the undergrowth on his section, near Nut Road lookout.

Trekking in Bhutan

by Jim Baker



The unbelievable "Tiger's Nest".

Bhutan is the most mysterious country in South Asia, as well as being one of the most beautiful. It sits on the roof of the world, bordered to the south by India and to the north by Tibet.

The local name for Bhutan is Druk Yul, which translates as the "Land of the Dragon". Local superstition says that the thunder echoing around the Himalayas comes from the roar of dragons, hence Bhutan has become known as "The Land of the Thunder Dragon".

Bhutan has been deliberately isolated from the rest of the world. Tourism is restricted to some 20,000 visitors a year, and is closely controlled.

Our all-Australian group consisted of nine males and three females, with an age span of some forty years. The trip was organised and led by Mike Wood of Mountain Designs, Perth.

Our itinerary was to take the Jomolhari trail, up the valley of the Pachu River, across the Nyele La Pass (4700m), the Yale La Pass (4950m) and from there down into the Bhutanese capital, Thimbu.

Ah, the best laid plans of mice and men...

We left Perth on a drizzly October morning, overnights at the new airport hotel in Bangkok, then travelled on the following day to Kathmandu, where we stayed in the Kathmandu Guest House.

Two days and nights sped by as we explored the town. Mike introduced us to a number of the local hostels and we all ate and drank well—very well at times, I seem to remember.

The drive to Kathmandu airport was tortuous, and the airport security checks even more so, as we were relieved of potentially lethal items such as toothpaste, sun-cream and safety-pins by the uniformed guards. It was a relief to feel the aircraft lift off for the one hour flight to Paro, highlighted by the sight of Mt. Everest rising

majestically through the thick cloud cover.

The contrast between Paro airport and the noisy chaos of Kathmandu could not have been greater. Paro was an oasis of calm, and the welcoming attitude of the local staff, dressed in national costume, made a positive and lasting impression.

We were greeted by our local guide, Phurba, who remained with us for the whole trip. Our first stop was the Kichu Resort, where we found beautiful surroundings and a very friendly staff.



The group at Kichu.

The following day we embarked on a day walk to the Taktshang Monastery and back.

The Taktshang Monastery or "Tiger's Nest" clings to a granite cliff 800m above the Paro valley, at an altitude of 3100m above sea-level. Legend has it that Guru Padmasambhava flew to the location on the back of a tiger in the 7th century, and meditated in a cave on the cliff for three months in order to subdue the demons that were trying to prevent the spread of Buddhism. The monastery was built in the 17th century, and it remains a breathtakingly beautiful structure. The walk was a steady uphill climb along a well used path, and the views of the building as we gradually neared it, and the wonderful artefacts inside, made it well worth the effort.

As well as giving us the chance to enjoy the beauty of the Tiger's Nest, this walk had practical applications. Altitude sickness is a real danger above 3000m, and acclimatisation is important. We were intending to climb to almost 5000m on the trek, where altitude sickness can be a common problem. There are two ways of minimising the risk; firstly to ascend slowly, and secondly when possible to ascend to a high point and then descend again, preferably to sleep for the night, as we had just done.

The trek proper began the next day. On the way to the assembly point we had our first glimpse of the snow-covered peak of Jomolhari, the sacred mountain. Jomolhari, at 7300m, straddles the Bhutan-Tibet border, and is believed by Buddhists to be the home of a sacred goddess.

I had been surprised to learn that our gear would be carried by horses—I had assumed it would be yaks—but I discovered that yaks cannot operate below an altitude of about 4000m.

The first day set the routine for the whole trek. We moved out first, and the horses carrying our gear passed through our ranks later in the day. I was fascinated to see that the horses weren't led by human hand. Instead there was a lead horse, decorated with a red plume, at the front of the column, who clearly knew the route just as well as our guides!

The weather stayed fine and the first's day's walk was over relatively easy terrain. We had a break for lunch and by the time we reached the campsite in the afternoon, at 2800m, our tents were set up and water was boiling for tea. There was time for a rest, after which we assembled in the mess tent for dinner. The food was excellent, and typical of the fare we enjoyed throughout the trek—hot soups, meat and vegetable stews, rice and fruit, and plenty of tea and coffee.

The next day was cool, clear—and tough! Walking in the river valley meant that there were many wet areas to negotiate, a lot of mud and some steep climbs. Our campsite at Thangthangka was at 3800m, with a spectacular view of Jomolhari.

The group was very relaxed. Jokes, limericks and songs accompanied dinner.

Day three took us to 4050m. The weather grew colder and windy and flurries of snow meant thermal tops and waterproof jackets became the order of the day. We reached camp in the



Jomolhari—the view from my tent.



The descent through the beautiful countryside.

early afternoon, where we encountered other trekkers. Light snow continued to fall through the afternoon and evening, and down jackets made their first appearance at dinner that night.

The following day had been designated as a rest day, with a day walk up a side trail to Tshopu Lake (4500m) and back down to camp, for further acclimatisation.

We awoke to find the snow was still falling, although not heavily. The weather became no worse, so we spent the afternoon walking to the lake, a steady climb of about 500m, and returned to the campsite for dinner.

Our horsemen were concerned that heavy snow in the high passes would make it impossible for the horses to get through. Whether we continued would depend on the conditions in the morning.

The weather made the decision for us. The next

morning the tents were snow-covered and thick snow was falling. After further consultation with the guides and horsemen Mike told us that we would stay where we were for one more day, and then return the way we had come up.

The next day the gods gave us a display of Himalayan weather. By lunch time the sun was out. The snow melted, and we could hear the rumblings of avalanches on the high peaks. Then the sun set, the temperature plummeted violently, and after a quick dinner everyone was glad to get into the warmth of their sleeping bags.

The cold was still intense in the morning, and fingers and toes remained numb for the first hour or so of walking. The going was quite easy as we were heading slowly downhill on the high plateau. Snow started again as we approached the campsite, but the mood of the group remained upbeat, despite the disappointment of not being able to press on over the high passes. However,