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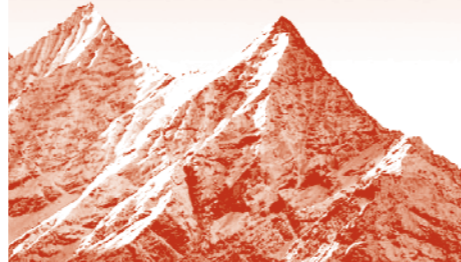
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Bibbulmun NEWS

JAN-APRIL 2009
ISSUE # 50
RRP \$6.00



Newsletter for the friends of the Bibbulmun Track

Giants campsite rebuilt

Many of you will be aware that the shelter at Giants campsite was flattened by a giant Tingle tree in July last year – about a week before the 10th Anniversary walkers passed through!

We're pleased to say that it has been returned to its former glory. Although quite a bit of the wood was salvaged, some new planks were needed along with a new water tank and, of course, a new roof! 🌿



Blown down by the winter storms, a giant Tingle tree caused major damage to Giants campsite.



Massive branches engulfed the water tank and shelter



The rebuilt shelter is now open to walkers

With grateful thanks to our sponsors:

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THE BIBBULMUN TRACK FOUNDATION

PO Box 7605, Cloisters Square
PERTH Western Australia 6850
Telephone: (08) 9481 0551 OR 9321 0649
Facsimile: (08) 9481 0546

Email: friends@bibbulmuntrack.org.au
Website: www.bibbulmuntrack.org.au

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OFFICE LOCATION:

1st Floor, Mountain Designs Adventure Building,
862 Hay Street Perth

OFFICE HOURS:

Monday to Friday 9am – 4pm

Editor: Linda Daniels
Sub Editor: Jim Baker

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

The Track Is Great. Let's Make It Even Better!

Both DEC and the Foundation are dedicated to maintaining the Bibbulmun Track as a world class walking trail. But maintenance is just one aspect - improvement is another.

DEC staff member Scott Hunter completed an end-to-end last year, during which he undertook an audit of the condition of the Track and its campsites. The Foundation's lead guide, Steve Sertis, also took detailed notes and photos during the 10th Anniversary end-to-end walk.

The data accumulated, combined with data from the 12-month user survey and feedback from Bibbulmun Track maintenance volunteers and walkers will be used to produce both short and long-term maintenance plans for improvements on the Track.

Thanks to the efforts of our volunteers, the Track has been maintained in excellent condition. The results of the 2007/08 survey* indicated that

87% of walkers were very/extremely pleased with their walk and 70% said that the Track far exceeded their expectations.

However, ten years and more since the opening of the Track, it has to be admitted that some campsites and sections of Track are showing signs of wear and tear, while others have been affected by property development. Although maintenance works are undertaken by DEC each year, there are major upgrades which need to be undertaken.

In May, the DEC and BTF will meet to discuss the work which needs to be done.

In the meantime, a number of projects are already being addressed, including:

- Weather shielding and repairs to Blackwood campsite

- Installation of boardwalk in an inundated area near Tinglewood Road
- Installation of steps on the Track from One Tree Bridge to Green Island
- Five small bridges/culverts to be installed in the Wellington district
- The installation of two walkways on the Mumballup rail formation

This year, the Foundation is contributing \$15,000 towards maintenance projects from donations, for which we sincerely thank those concerned, and \$80,000 is being funded through DEC.

For further information about current projects and future planning, see the article by Megan Graham, DEC's Trails Coordinator, on page 23. 🌿

*Results from 2007/08 Bibbulmun Track User Survey. More results will be published in the next edition of Bibbulmun News.



Bibbulmun
TRACK
FOUNDATION

Philip Makes It!

In the previous edition of Bibbulmun News we ran an article about Philip Clegg, who declared his intention to complete an end-to-end sectional walk before his 14th birthday and in addition to raise \$10,000 for the Breast Cancer Foundation of WA. We are delighted to report that he has completed his walk, and this was what he had to say afterwards:

The Bibbulmun Track had been an amazing experience for me and my family. As part of a personal project I found myself embarking on my very first section of the Track on a warm Sunday in August last year. I walked the seventeen kilometres as a trial, and then decided that I would try to walk the whole thing.

At the time I had no idea what I had got myself into. My auntie had passed away from breast cancer a few years earlier, so I chose to raise funds for the Breast Cancer Foundation in her memory.

The Track was not always easy but I knew deep down that I couldn't give up. Throughout the 47 days that I spent walking the 965kms, from the jarrah forests of the northern half through to the karri and the amazing Southern Ocean I learnt a huge amount about myself; for example the importance of endurance and perseverance.

The lessons I learned will be a great help for the rest of my life.

My most enjoyable moments were in seeing the Southern Ocean, an amazing sunset seen from the granite of Mount Chance and especially the wonderful finish. With just one kilometre to go I was greeted by a large number of breast cancer survivors, relay for life teams and their families. I was then piped in to the Southern Terminus. It is hard to put into words the wave of emotion that swept over me.

At a recent school assembly I presented a cheque to the Breast Cancer Foundation of WA for the \$9,160 which I raised through sponsorship for the walk. 🌸

Many congratulations, Philip! For anyone wishing to learn more or to assist Philip in reaching his goal of \$10,000, go to www.breastcancer.org.au/events/supporter-events.aspx



Philip Clegg above Mundaring Weir



FROM MY Desk



Welcome to the winter edition of Bibbulmun News.

After the excitement of last year's celebrations, where we looked back over the past ten years, we are now focused firmly on the present and future plans for the Track.

If you read the front cover story you'll be aware that DEC, with input from the Foundation, undertook an audit of the Track and will use this information to prioritise the work to be done in the short and long-term to ensure the Track remains a world-class facility.

Despite being the last to be built, the campsites on the south-coast in particular are beginning to show the signs of wear and tear due to the salt in the air and the exposed conditions.

The Foundation is working on a number of submissions for funding and we will keep you posted of our progress. One of our key advantages is our membership base, which shows that people care enough about the Track to support it through joining the Foundation. This membership not only provides essential financial support, but adds weight to any grant applications.

Over the past year many not-for-profit organisations have experienced a down-turn in donations and memberships and we are certainly not immune, but renewals are still strong and we thank you for continuing to support us.

I am pleased to say that Boddington Gold Mine (BGM) has agreed to continue as our Premier Sponsor for a further three years, supporting the 'Eyes on the Ground' maintenance programme. BGM has an active Environment and Social Responsibility team and a number of meetings have been held with DEC and the Foundation to ensure that the impact of operations on the Track and walkers is minimal. Mining is a fact of life in Western Australia and we will be working with BGM to provide some interpretation where the Track comes close to the mine, including information about rehabilitation with native vegetation.

I was hoping to publish some results for the 2007/2008 User Survey which was completed last year – but it has taken longer to compile and audit the results than anticipated. However, an interesting snippet I can reveal is that Track walkers appear to be getting more adventurous!

69% of people interviewed indicated that they were doing a day-walk (similar to 2003, when the total was 72%). There were also slightly fewer who were walking for 2-3 days (15%, down from 19%) – and this leaves an increase in the proportion walking for 4+ days from 8% to 16% in 2007-08.

In the next issue we will be able to provide some further insight into the use of the Track. In the meantime, if you're coming into the city, pop up and see us in our newly renovated office – it's a much more welcoming space and a credit to Jean Byrne, our marketing manager, who planned the new layout, and to the wonderful team of volunteers who helped with all the work. 🌸

Linda Daniels
Executive Director

The Bibbulmun News – A Measure of Progress

The first copy of the Bibbulmun News was produced almost fifteen years ago, in November 1993. Printed in black and white on a double sided sheet of matt A4 paper, its headline read "An update from the Building A Better Bibbulmun Track Project".

I don't think anyone would argue that the project of "Building A Better Bibbulmun Track" was anything less than a resounding success, through the hard work and dedication of countless individuals and organisations, which is ever on-going.

The introductory paragraph of the first Bibbulmun News included the following comments:

"Welcome to the first Bibbulmun News! I hope many more will follow, and that they will become bigger and better. In the longer term it may become a newsletter for wider circulation, informing the public of Track issues, events and activities".

Well, the Bibbulmun News is certainly bigger- edition number fifty has thirty-two pages, eight of which are in full colour. The circulation is most definitely wider; 2500 copies have been printed for distribution to our members and throughout the community.

But is it better? We strive to cover issues, events and activities related to the Track, provide a forum for walkers to describe their experiences and include informative articles relevant to bushwalking and trekking both in Australia and overseas.

We think we've done pretty well but, as someone once said, complacency is the enemy of study. If you think the Bibbulmun News could be improved, we would like to hear from you!

Contact us, by letter, email, or in person with your suggestions. We will respond to them all, with a prize given to the supplier of the "worthiest suggestion" which will be printed in the next edition. 🌸

ED: Many thanks to Jeannette O'Keefe who wrote to say how much she enjoyed reading Bibbulmun News – and to point out that the white/light coloured print is difficult to read on coloured backgrounds. We have reduced the use of this format in this edition and hope you will find it easier to read!

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A test of brawn and brains in the bush!

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- Walking 60km and camping out on the Bibbulmun Track
- 4 Heats to choose between October and November 2009

WHAT'S IT ALL ABOUT?

COME SEE AT THE CITY LAUNCH – Tuesday 23rd June – Central Park lawns (cnr Hay & William) 12pm – 2pm
See teams from last year's event battle it out!

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

CALL NOW for more info: 9481 0551 events@bibbulmuntrack.org.au www.bibbulmuntrack.org.au

Top Trails Update

The Top Trails marketing project is in the final stages, which involves uploading the profile, photos and online maps for over 50 trails into the website, producing a brochure and commencing the marketing.

It is anticipated that the project will be launched in late August 2009. Watch this space!

YOUR LETTERS

Dear Gwen,

I am writing on behalf of a group of 19 walkers from the ARPA Bushwalking Club based in Adelaide.

We have just returned to South Australia after walking 430 kilometres of the Bibbulmun Track, from Kalamunda to Pemberton, over a period of 27 walking days, between September 24th to October 28th. All walks were completed as day walks while based at Forrestfield, Dwellingup, Mananup Ford and Colliie.

You may recall that we consulted with you on a number of occasions about our walking program and access points on the Track. We wish to express our appreciation to you for the sound advice and help that you provided.

Although the organisation of this camp was complex, its success has enthused us to organise a second camp - to walk between Pemberton and Albany in 2009. When we have worked out a program we would like to consult with you again.

The group enjoyed the walk immensely and an added feature was finding so many wildflowers. In appreciation, they have decided to give a donation to the Foundation to assist with maintenance. Please find enclosed a cheque for \$161.

Yours sincerely,

Jan and Milton Turner (Camp Co-ordinators).

ARPA Bushwalking Club, SA

Linda,

A copy of the Bibbulmun News came across my pigeon hole today. Somehow the Shire got one in the mail and I was placed on the internal reading list. Anyway sat down with a cuppa today and had the best read I've had in a long time. Well done to the Editor a GREAT job well done. Really enjoyed it, especially the article about the Prison workforce and their assistance with maintaining the Track.

Shonagh Bradstock

Cr Shire of Murray,

Chairperson, Murray Trails Group

I would just like to say that the BTF has done a fantastic job of organising this amazing trek. The Guide Books, the Accommodation Guide, the advice provided to me by your office staff, and the shelters themselves were all excellent and you all deserve high praise for doing such a brilliant job. Going on a long hike like this was always a dream of mine that I would like to thank the BTF for helping to bring this wonderful dream to fruition.

Kind regards,

Jonathon Little

ED - Thanks Jonathon for the high praise, we like nothing more than helping people to realise their dream - and couldn't do it without the support of our volunteers and DEC

Hello to all in the office,

Thank you once again for a brilliant "Bibbulmun News"

The article about the Anniversary Walk was wonderful, seeing more photos just put it into a bigger picture. Congratulations to all involved. Reading "Yes, they did it" is warming to the heart and an inspiration to all. My dream is to do an end-to-end in one go.

Even though my time for volunteering is limited, a big thank you goes to all those who do. Without them we wouldn't have the office, the Track and all associated networks.

Cheers

Lionel Lovell

Gwen,

I am very proud to become a Life Member and pleased to have a chance in the prize draw. Hopefully I may win myself a new rucksack as the one I have now is around 11 years old; my first trip with it was on the Bibb Track when I started my stages end-to-end walk in 1997.

By the way, I came across a couple of fellow Bibb Track "fanatics" (Don Hill and Leo Muncaster) while I was walking part of the Australian Alpine Walking Track (AAWT) last October.

We all wished the AAWT was similar to the Bibbulmun. Unfortunately it was a lot harder!

Take care,

Paul McNamara

(now residing in Singapore after 3.5 years in Azerbaijan).

ED - Paul is our 100th Life Member! Read his story on page 20

Dear Bibbulmun Track People,

Please find enclosed my application for membership to the BTF.

FYI, I completed an end-to-end trek on 22nd November in Albany, leaving Kalamunda on 3rd September. I took two and half weeks off in the middle to attend a funeral and move house so my total number of days on the track was 57.

It was one of the most meaningful, fun, exuberant, enriching and memorable experiences of my life! I probably won't do the whole thing again but I will do smaller treks along the Track. The biggest problem for me was doing it as a solo woman, but I didn't feel unsafe, lonely or vulnerable, even spending 7 days/nights in the D'Entrecasteaux by myself (didn't see anyone - I loved it!)

No, I loved trekking alone, but I just couldn't get the weight ratio right! To be self-sufficient a solo walker requires a 16-20kg pack (pared down to bare essentials). I weigh 50kg (after losing 4kg during the first two weeks of the trek!) and carrying a 16-20kg pack was just not good physics. I got used to it, but it was heavy and my feet suffered for it. I finally ditched my tent in Pemberton (mailed it home), which brought the weight down to about 16kg, a noticeable (and appreciated) difference, though I still had close to 4 kg of food to get me to Walpole.

So a thousand thanks to you, the DEC and all the people who make the Track possible. It is a true treasure. I'm amazed that it remains so unspoiled: no vandalism at the huts, very little litter, everybody in such a spirited, good mood - it brings out the best in us!

Let me know if there is anything I can do to help around the Bunbury area. I'm happy to lend a hand if I'm free.

Best wishes

Joan Oakland

A Special Thanks to Syd Sepkus, DEC Ranger

Since the last Bibb News we have received two emails expressing sincere thanks to Syd Sepkus, who works in the Donnelly District.

Syd rescued two of our maintenance volunteers from a very sticky situation - and then put them up for the night (see 'A Muddy Story' on page 8).

More recently, a group of walkers was evacuated from Schafer campsite near Northcliffe due to a local resident's fire getting out of control. Again, Syd went above and beyond the call of duty and offered the walkers accommodation for the night.

We are very pleased to acknowledge Syd's warm hospitality and thank him for turning what could have been bad experiences into memorable ones!

Thanks Syd!

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

**email events@bibbulmuntrack.org.au
and ask to go on our mailing list.**

**Remember to let us know if your email or
postal address changes!**

Thank you!
Thank you!
Thank you!

**A SINCERE THANK YOU TO THE
FOLLOWING WALKERS WHO HAVE
GENEROUSLY MADE DONATIONS TO
THE FOUNDATION.**

- Anthony Albrecht
- ARPA Bushwalking Club of South Australia
- Yvonne Baker
- Julie Bloor
- Maureen Bradley
- Rob Butler (2-man tent)
- Brigita Ferencak
- Brooke Fowles
- Jeffrey Gresham
- Melanie Hollis
- David Paynter
- Don & Diane Price
- Damian Stevens
- Margaret Toohey
- David Woodhouse

"I have made this donation as a gift for my grandmother, Thelma Edwards, who turns 80 on Sunday and grew up on the SW coast of WA. I have also walked and dearly love the Track myself. The donation amount is our combined ages!"

Thanks and regards,
Anthony Albrecht (BTF member)

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 Bibbulmun Track. The National Trust provides this service free of charge so you can be sure that 100% of your donation is used for Track projects.

To make a tax deductible donation cheques need to be made out to The National Trust and sent to the Bibbulmun Track Foundation with your name and address. Cash and credit card donations are also welcome of course! We will then provide you with a receipt from the National Trust receipt book which indicates the donation is specifically for the Bibbulmun Track.

All donations, large and small, are gratefully received and all help to preserve our beautiful Bibbulmun Track.

L a t e s t T r a c k N e w s AND CONDITIONS

The following Track news is accurate and up to date at time of printing. For more current updates, refer to the "Latest Track News" accessible from www.bibbulmuntrack.org.au

Before heading out on to the Bibbulmun Track it is important that you check the current conditions and are aware of any changes that may impact on your journey

There may be maintenance or construction projects near or on the track that result in temporary diversions or changes. These will not be marked on your maps. Temporary diversions are marked with white waugal trail markers (black serpent on a white background). If you encounter these when walking, follow the temporary markers, not your map. The waugals will revert to the normal black on yellow when the diversion rejoins the main Track again.

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

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

Groups on the Track

Non-commercial groups of walkers with eight or more members that are staying overnight on the Track are requested to fill out a Notification of Intent (NOI) form and submit it to the DEC Recreation and Trails unit. NOI forms can be obtained by phoning 08-9334 0265 or by emailing tracksandtrails@dec.wa.gov.au

Car access on to the Track

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

NEWS FROM THE DISTRICTS:

Perth Hills District.

Kalamunda to the Harvey-Quindanning Road.
Map 1& 2 or Sections 1 to 20 in the Northern Guidebook
Contact Elisa Skillen (08) 9538 1078 or elisa.skillen@dec.wa.gov.au

A FIRE BAN IS CURRENTLY IN FORCE
IN PERTH HILLS DISTRICT

The North Bannister Roadhouse is open for business again after major renovation. Its new name is 'Three Ways' (formerly 'Halfway House'). Meals and snacks are still available but no accommodation, no shower and no laundry facilities. Parcels can be held for walkers and walkers can arrange to leave their car there for the time of their walk.

A wildfire has occurred at the Canning Campsite. The shelter was not damaged, however the area around the campsite was burnt and a number of

trees have had to be removed. The campsite and Track are open but walkers are reminded to stay on the Track. The fire was started by someone having a campfire. Please help us to prevent wildfires by observing the total fire ban.

Timber harvesting operations will occur in State Forest to the east of the Track between the White Horse Hills and Mt Wells campsites. The Track will not be affected, except where it is aligned along the existing road crossing the South Dandalup River, for approximately 350m either side of the river. This section of road will be used by trucks removing timber. Caution signs will be installed and walkers are asked to follow the signs and take extreme care when in this area.

Western Power is continuing work on powerlines south of Mount Wells campsite. Signage on both the Bibbulmun Track and on Western Power's easement is in place. The Track crosses the work area three times between Mount Wells and Chadoora campsites - once across Wells Formation Road and twice across the power line corridors that are being upgraded. Walkers need to watch out for construction vehicles and to exercise caution when crossing power line corridors.

WATER: Campsites in the Perth Hills area are the most heavily used on the Track. PLEASE use tank water sparingly.

Wellington District (Collie and Harvey)

Covers Harvey -Quindanning Road to Mumballup
Map 3 or Section 20 to 25 in Northern Guidebook
Contact: Marie Houghton (Phoebe) (08) 9734 1988
or marie.houghton@dec.wa.gov.au

A FIRE BAN IS CURRENTLY IN FORCE
IN WELLINGTON DISTRICT

Overall the Track is in good condition with no obstacles. All diversions due to prescribed burns have been removed.

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

A FIRE BAN IS CURRENTLY IN FORCE
IN BLACKWOOD DISTRICT

Upgrade works will be occurring to the Millstream dam wall and surrounding area. The section of Track passing Millstream Dam may experience a higher than usual level of traffic. Walkers should apply caution when travelling through this section and comply with warning signs and direction from Water Authority Staff.

Manjimup and Pemberton - Donnelly District

Covers Willow Springs to Pingerup Road

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

Storm Damage. Walkers please be aware that some storm damage in the section Carey Road to Staircase Road has yet to be addressed.

Weed Management. Blackberry spraying will occur from February to May. The District is currently concentrating on the section south of Pemberton to Deeside Road. The work will involve the use of a quad bike with small spray unit attached.

Cascades Bridge. The walk bridge across Lefroy Brook linking the Track to Cascades recreation area has been declared unsafe and is no longer in use. Vehicle access for visitors to Cascades remains unchanged.

Maintenance work is being carried out at some of the shelters. Walkers may encounter conservation employees oiling and repairing structures.

Prescribed Burning

The autumn prescribed burning will begin soon. Those sections of the Track that will be affected are around Donnelly River Village, The Cascades access track and through Beedelup National Park.

A prescribed burn is also planned between the first intersection at Chesapeake Road heading south towards Lake Maringup Campsite, to second intersection of Chesapeake Road. This burn, when in place, will cause the temporary closure of Lake Maringup Campsite. Walkers will be diverted along Chesapeake Rd. A temporary campsite will be available approximately half way between Gardner and Dog Pool Campsites. There will be a clearing for camping and drinking water provided. There will be no toilet facilities, so please bury your waste appropriately. A notice will appear here when the burn is taking place. For further information please contact the office number above.

Prescribed Burn Completed. The section of Track between Palings Road and Lease Road Bridge has been re-opened and the diversion removed.

Water on the Track. Currently no sections of the Track are inundated - no wading is necessary.

Walpole-Frankland District

Covers Pingerup Road to Denmark
Maps 6, 7, 8 or Sections 42 to 53 in the Southern Guidebook
Contact Justin Ettridge (08) 9840 0400 or justin.ettridge@dec.wa.gov.au

Giants Campsite Repaired. The rebuild of the shelter was completed on March 26, 2009 and the campsite is now fully operational for walkers.

Diversion Removed. The diversion between Rest Point Rd and Mt Clare, west of Walpole, has been removed and the Track re-opened.

Prescribed Burns. These are planned in the vicinity of the Frankland shelter, John Rate look-out and the Coalmine-Hilltop area. Diversions and signage will be in place, but for further information please contact the number/email above.

Albany District

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

Albany Wind Farm. To facilitate a feasibility study for expansion of the Albany wind farm, Verve Energy has slashed a path that crosses the Track at five places between the wind farm and Mutton Bird Road. Work for the study has been completed. Walkers should exercise caution and follow signs on site.

INLET WARNING

Walkers, please be aware that although we update the Inlet and Beach Access news as accurately and often as possible, changes may still occur at short notice that have not yet reached the web update. Please always use your best judgment, and if in any doubt use the mapped diversion route and/or contact the local DEC district office before heading out.

Wilson Inlet

Wilson Inlet can be crossed at the sandbar. However if walkers are unsure they are advised to use the alternate route, (shown on map 8a or pg 256 of the Southern Guidebook) or arrange alternative transport; details can be found on www.bibbulmuntrack.org.au/trip-planner/Track-Towns/Denmark.aspx

The section of Track that runs along the southern side (Albany side) of Wilson Inlet from Pelican Point to the Nullaki Wilderness Gate is submerged. If walkers are not prepared to wade through this section, Nullaki Drive can be used as an alternative. This is a sealed public road, so please be cautious of vehicles.

Torbay Inlet

Conditions at Torbay Inlet are variable. If water is flowing or if you have any doubts about crossing, use the alternative route marked on pg 283 of the Southern Guidebook or Map 8b which goes around Torbay Inlet, following the Lower Denmark Rd.

Maintenance

Vegetation management along the Albany section is continuing.

Between Eden Road and Nullaki Campsite, two sections of the Track follow grader constructed tracks which are associated with subdivision works. A vermin proof electric fence has been constructed along one of these sections. Walkers are asked to strictly follow Bibbulmun Track markers and to use caution walking adjacent to the electric fence. The Bibbulmun Track section that runs adjacent to the electric fence is approximately 400 meters long.

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

Frankland wins vote for favourite Bibbulmun Track Campsite!

From January to April 2009 the Foundation ran an online competition to find out which campsite was the favourite.

138 people cast their vote resulting in Frankland campsite coming out tops with 17.4% of the vote. Second place was tied between Blackwood campsite and Dog Pool campsite with 13 votes each.

Congratulations to Julie Bessant of Shoalwater who won the prize draw of an X-bowl and cutlery set donated by Gold Sponsor Sea to Summit.

More results:

- Almost 90% of voters liked their campsite because of its location and surroundings. Other prominent factors included the view and the serenity.
- 45% of voters were end-to-enders. A further 20% had walked more than half of the Track.
- 80% of voters were members
- 17% were maintenance volunteers

For more detailed results on the votes for all campsites visit our Online Surveys webpage at www.bibbulmuntrack.org.au/News/Online-Surveys.aspx

Our next website survey is underway- Vote for your most challenging section of the Bibbulmun Track! - cast your vote and you could win a prize from Sea to Summit. I'm sure many people will want to have their say in this survey! 🌟



Frankland campsite



Maintenance vallye ingenuity:
The Helena backpack gutter cleaner' by Chris Piggford

Farewell and sincere thanks to our maintenance volunteers who have retired recently and a warm welcome to the many new maintenance volunteers who have joined the programme over the last few weeks. In some instances they have inherited a section which has been cared for diligently for years and only relinquished because of other commitments. For others there may well be some challenges as they take on a section which has not been maintained for some time.

Since January I have been busy with an overhaul of the Maintenance Programme. Thanks to sponsorship from Western Power, the information and training for maintenance volunteers is being updated and this will hopefully be completed by June. Part of this process has been to contact all volunteer teams to make sure there are no problems. This contact is really helpful as I generally only meet up with volunteers once or twice a year and has been made easier with the help of Peter Whittle in the office who has been busy in the background. Field Days are also being revamped with the help of suggestions from volunteers and we will be trying out some new ideas in May.

A new system of conveying the information contained in the reports sent to us by volunteers after they visit their sections to the various DEC districts has been implemented. Following discussions with the Recreation and Trails Unit and the District officers, we are experimenting with a system of electronic reports, which we hope will mean efficient and clearer communication.

We still need more volunteers in the Frankland (Walpole/Denmark) and Pemberton Districts. We have always hoped to have local volunteers looking after the Track in their area so if you live in these areas and can help, please let me know. On the other hand, many volunteers do travel from other areas including Perth. If you are looking for an excuse to get away for a few days every now and then, maybe maintenance is the answer.

The next few months will be busy as we continue working on the updates and I have a week away attending Field Days and checking various sections of the Track. In particular I am looking forward to seeing the rebuilt shelter at Giants Campsite. 🌸

Gwen Plunkett
Volunteer Coordinator

A muddy story

FROM A MAINTENANCE VOLUNTEER...

We had our end-of-the-year maintenance visit on the weekend, left home 9.00am Saturday and would have been back home by 3.00pm Sunday, but we got stuck in a mud hole and did not get home till 4.00pm Monday.

We got stuck in the mud hole before the exclusion gate on Dog Road. We got through it on the way in, but heavy overnight rain had made it much deeper on the way out. I picked out the ridges between two deep 4WD ruts, but the slimy mud made me slip off into the deep water and we were stuck fast on the ridge with our wheels just spinning and black muddy water seeping through the floor of the car. I waited out on Deeside Coast Road in the driving rain and cold wind hoping for some help from a passing motorist, but none came by. After two and a half hours I realised I would have to run/walk 26 kilometres to the nearest homestead. We usually appreciate the remoteness of our campsite, but this time it became our problem.

15 kilometres along the way later a young touring Dutch couple came along in a 4WD, and after much discussion to prove that I was not another Ivan Milat or Bradley Murdoch they agreed to give me a lift back into Northcliffe, where I was able to telephone a DEC officer who took me back in his 4WD to pull us out. This still proved quite difficult because of the deep muddy water and the wind and rain.

Unfortunately the car was badly damaged; six hours of wallowing in deep water had a bad impact on the electrics as well as the sump, differential and gearbox. We had to leave it on Deeside Coast Road and order a tow truck to come in the following morning to take it back to Manjimup for repair.

Thank God for car insurance! Our marriage has survived this incident, even though Heidi had to sit for six hours in ankle deep muddy water in the car while I went off to get help. Please don't tell me that I should not have gone through that mud hole, **because I know that now.** Anyway, I thought it was appropriate that you were made aware of this incident and maybe it will be a learning experience for others. In future years we will look back and laugh at my stupidity.

The good thing to come out of this was the exceptional assistance I got from the DEC officers, who said that they should support the volunteers who work on the Track. After getting himself covered in mud and finally getting us out, Syd Sepkus of DEC insisted on taking us back to his house, gave us dinner and overnight accommodation, arranged our towing and repair needs and gave us a lift to Manjimup next morning. That kind of exceptional friendship and support makes volunteering a real pleasure. I think that Syd's attitude and approach should be fully acknowledged.

All in all, it was a memorable weekend and future maintenance visits will seem quite mundane in comparison. 🌸

Regards
Kevin Martin

PS: I cannot understand why some women will pay \$100 or more to get black mud smeared all over their faces and bodies and then think that they look beautiful!



New maintenance volunteers on the Maringup section, Joan Oakland and Johan Vellekoop

Thank You to our Volunteers

Towards the end of 2008 a number of functions were held to thank our wonderful band of volunteers. Without this small army of around four hundred, we would be unable to provide all the help we do for the Track.

The annual lunch at Mundaring was well attended and proved to be a very relaxing day. After the presentation by Foundation Executive Director, Linda Daniels, of Volunteer Rewards kindly sponsored by Mountain Designs, the 10th Anniversary End-to-End walkers gave a brief outline of their experiences on the Track and what it meant to them to be part of the celebrations.

I joined Frankland District volunteers for a splendid afternoon tea at the home of Peter and Kathy Burgess. Frankland volunteers receiving rewards were Richard and Colleen Clayden and John Murphy. It was a very happy afternoon as we welcomed new volunteers as well as catching up with old friends.

In Albany a large group gathered at the home of Bev and Gerry Visser for a BBQ lunch. Once again we were joined by new volunteers who were warmly welcomed. A group photo was deemed necessary and this provided us with a lot of fun as a couple of keen photographers were anxious to try out new cameras.

A group of Foundation volunteers attended the annual Thank You Morning Tea hosted by DEC at Matilda Bay. We were thrilled when long time Foundation volunteer Lesley Kerr was announced as a recipient of an Outstanding Service Award. We managed to surprise Lesley by inviting the volunteers who have worked with Lesley in the office over the years so there was much chatter over the coffee and cakes!!

A sincere thank you to all of our volunteers, whether they give two hours or two hundred, it all helps and is greatly appreciated.

Gwen Plunkett
Volunteer Coordinator



Bev and Gerry Visser kindly hosted a BBQ lunch for our Albany volunteers.

REWARD RECIPIENTS

100 hours plus

Alan Barker
Trish Bird
Colleen Clayden
Richard Clayden
Malcolm Cooper
Marnie Dvorak
Paul Dvorak
Malcolm Ferrier
Mavis Freeman
John Handman
Charmaine Harris
Bonnie Hennessey
Hans Hoette
Tony Jennings
George Kamman
Ce Kealley
Gayle Kealley
Annie Keating
Lesley Kerr
Caro Knight
Alma Martin
Susan Marty-Robbins
Wendy Nelson
Chris Piggford
Susan Ridderhof
Guy Spouge
John Wynn

300 hours plus

Jim Baker
Isabel Busch
Peter Dear
Elsie Grygiel
John Murphy
Peter Sweetman
Peter Whittle

500 hours plus

Jim Freeman
Edith Thomas

Outstanding Service Award

The BTF is delighted to announce that Lesley Kerr received an Outstanding Service Award from the Department of Environment and Conservation for her work as a Bibbulmun Track Volunteer.

Lesley was presented with her certificate at a volunteers' morning tea function on December 5th 2008 by the Minister of the Environment, the Honourable Donna Faragher.

Lesley became a member of the Bibbulmun Track Foundation in August 1998 and a volunteer in 2000. She assists in the office one day a week and is a valued, reliable and very popular member of our team.

Lesley's key areas of responsibility include maintaining our membership files, which is a major task; keeping the first-aid kits up to date and assisting walkers with enquiries.

Her most important task, however, is to process the Track Maintenance Report Forms which arrive regularly from our maintenance volunteers. Lesley records each one, checks for major problems, contacts DEC immediately if urgent and then sends weekly reports to the DEC district offices detailing work that needs to be scheduled. The maintenance programme, which supports the work done by DEC staff, is vital to ensure that the Track is kept in world-class condition.

Lesley also assists in many of our promotional activities such as displays at community events, distributing events calendars and helping out at the Team Challenge awards night.

In addition to volunteering for the Foundation, Lesley has recently joined three DEC Landscape Expeditions as a volunteer, and thoroughly enjoyed the experience working in remote areas of Western Australia

Lesley has made a great contribution to the Bibbulmun Track during her many years of volunteering and richly deserves the Outstanding Service Award. 🌸



Lesley receives her award from Environment Minister Donna Faragher MLC

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TRACK TOWN
Balingup

“YOU’VE DONE IT HARD, NOW TAKE IT EASY”

Balingup is quite a discovery for Track walkers. If you are ready to rest, get ready to eat.

The food options in Balingup are more diverse than in many larger towns in the south west. Where else could you find authentic French cuisine, a 100% Gluten Free café, triple brie and lavender ice-cream in the same town?

It doesn't matter whether you come through Golden Valley Tree Park to the south, or along Balingup Brook from the north—you will feel more at home the closer you get to this quaint little town.

Many hikers treat Balingup as their half-way stop along the track. It's the perfect place for a few hours or a few days of rest, rejuvenation and preparation for the next leg of your walk. It's also a comfortable place to end popular shorter stints from Collie or from Donnelly River Village.

Fre-Jac Bakery is open for the early-morning risers. Breakfast options include a delicious range of croissants and other authentic French pastries, including pain au raisin (sultana and cream pastry scroll) and pain au chocolat (chocolate croissant). Enjoy a filled baguette or gourmet pie for lunch. Coffee, tea and cool drinks—including Orangina—are available all day. At dinner time, the Fre-Jac restaurant opens around the corner in Forrest Street, with French couple Jean-Marie and Roselyne continuing to bring a taste of France to Balingup and its visitors.

Balingup Bronze Gallery & Cafe is country WA's first 100 per cent Gluten-Free café. Its big brekkies keep you going all day and it has a range of light and hearty lunches, including curries

inspired from India and the Seychelles. It also makes an energy-packed Fruit N Seed Bread, heat-at-home snacks such as veggie pancakes and serves high quality, fair-trade organic coffee.

Taste of Balingup is a fine delicatessen that holds regular tastings, allowing customers to sample its gourmet range of olive oil, cheeses and small goods. Taste of Balingup is well known in town for its light, healthy meals at reasonable prices, with mouth-watering cakes made onsite. Order a gourmet hamper or platter and take a picnic to the Golden Valley Tree Park or to Balingup Brook.

Birdwood Park Fruit Winery has the perfect item for your backpack—dried fruit. Varieties include plums, nectarines and persimmons. They're lightweight, high in kilojoules and nutritious—perfect for the next leg of your trek.

The food delights don't end at the village green. Take a short walk out to the Balingup Lavender Farm (less than 2km from the town centre) for morning or afternoon tea with a twist. The lavender garden is in a stunning setting and is perfect for a picnic. All the products of Balingup Lavender Farm, from its lavender shortbread biscuits to lavender ice-cream, are produced on the farm.

For life's simple pleasures, the Blackwood River Tavern provides hearty pub grub, while The Mushroom Cafe's pies will satisfy those needing a home-cooked quick fix.

Balingup Visitor Information Centre (Brockman Street, a few doors past the Post Office) is open 11am-3pm daily and has information on the town's attractions and accommodation. It also sells postcards, Bibbulmun track maps and merchandise such as caps, shirts and water bottles. 🌿



BUT WAIT, THERE'S MORE!

Don't just think of Balingup as a food paradise—it's also a great stop for all your needs.

New Balingup General Store owners Peter Kirk and Doreen Shorter are in the process of converting a section of the store into a one-stop shop for Bibbulmun Track walkers, liaising with the Bibbulmun Track Foundation on exactly what walkers need and want.

Tinderbox, which has been healing humans with plants for 27 years, is also a regular stop for Track walkers. Hiker favourites are Personal Insect Repellent, natural anti-inflammatory and healing oil Plant Power, Special Healer's Ointment for blistered feet and abrasions, and Foot Massage Oil because, let's face it, your feet deserve it!

Speaking of feet, freshen them up with a new pair of pure alpaca hiking socks from Jalbrook Knitwear Gallery. The shopfront for the local alpaca farm also has a range of 100 per cent ecological cotton clothing.

Flutter-By also has a large range of eco-friendly clothing, with bamboo, hemp and organic cotton ranges for any season.

The Old Cheese Factory is great for a look—they have a myriad of antiques, craft and artwork that might not fit in your

backpack, but they do offer free delivery to Perth for larger items.

You won't find only food at Balingup Lavender Farm, but also a range of body care products from \$4.50 to \$15 and mini travel toiletry packs for less than \$17.

If you need some love and attention, try a healing crystal from Earth Treasures and Gemstones.

Alternatively, write your travel memories and creative inspirations in a little travellers note book from Fine Emporium.

Balingup Post Office retails stationery, books and cards and is an agent for TransWA services including booking and ticketing.

If you're in a large group, consider hiring a mini bus and driver from Royal Gala Tours (9764 1400). You can leave your cars in Balingup (your finish point) and get a lift with Royal Gala to your starting point on the Track.

Several accommodation providers in Balingup are positioned close by the Bibbulmun Track and many more will run Track/bus-stop pick-ups and drop-offs if booked in advance. Contact the Balingup Visitor Centre on balinguptourism@westnet.com.au or call 08 9764 1818 from 11am-3pm daily. The Visitor Centre is also an agent for South West Coachlines. 🌿

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Yes, THEY DID IT!

In this edition we recognise another 56 end-to-end walkers.

6 CAME FROM OVERSEAS, 8 FROM INTERSTATE AND 42 FROM WA.



The Track was alive with hikers during the spring wildflower season and over forty walkers have registered their end-to-end journeys since our last edition. We extend our congratulations to them all on their achievement! Here are some of their thoughts to share with you.

Simon Stopford (49) from New Zealand (N-S, 30.08.08 to 28.10.08) was impressed with the standard of the shelters and facilities. The Track was his longest walk so far, and he found it surprisingly hilly in places! He saw an abundance of wildlife including snakes, roos, lizards, birds and the quendas at Gringer Creek and Torbay. A highlight was reaching the south coast at Mandalay Beach. Simon's best equipment was his quick-dry clothing and his gas stove, but he thought his foam sleeping mat was way too thin! He advises everyone to spend plenty of time choosing the right gear.

Mathilde Huber (27) from Germany was one of the walkers who spent Christmas on the Track (N-S, 19.12.08 to 17.01.09). This was her first major walk and she was also impressed with the range of wildlife she saw – snakes, roos, emus, spiders and others that she'd never seen before!

Michael Kalt (41), also from Germany, found the Track much more challenging than expected. (N-S, 18.10.08 to 05.12.08) A highlight was wading between Mt Chance and Woolbales. He reports it was fun to just put on sandals and empty the puddles! The reliable water supply, well maintained shelters and accessibility of the Track all impressed him. But he advises everyone to make sure they know in which direction they

are heading when they leave camp each morning! (There must be another story here?)

Ed Note: Do we have a budding "wrong way Mike" on our hands?

Peter May (62) hails from the Channel Isles in the UK, and he walked with **Michael Bernoulli** (64) from Thornlie as the "TOF's" to complete their second and third end-to-end (S-N, 28.09.08 to 14.11.08). While the southern coast, particularly Mandalay Beach, was their favourite section, a highlight for Michael was the amazing sunset and full moon at Waalegh. They were both very pleased with their equipment and advise anyone contemplating a walk 'to just do it'!

Sue Desmond (49) from South Africa and **Pam Bradley** (58) from Kalamunda called themselves the "Drakensberg GT Vets" on their trek (N-S, 12.10.08 to 23.11.08). Their favourite section was Walpole to Albany, but Sue especially liked the variation found on the Track from forest to swamps to sea views. They did their own food drops but found they could also re-supply in towns. Spring flowers and a variety of wildlife were enjoyed, and Sue was surprised at the numbers of kangaroos on the coastal sections. Both advise "take your time, don't rush".

Tim Thistle (39) from Hong Kong (N-S, 31.07.08 to 28.08.08) described his awesome, near-solitary walk as "a bite-sized, easily accessible version of the Appalachian Trail". His favourite section was Walpole to Albany and he especially liked the abundant wildlife, including dolphins, whales and tiger snakes. He found it easy to resupply in towns, and his best equipment included his hammock and Texas. He advises others not to carry extra clothes, but to be sure and have a warm sleeping bag.

Meghan Sullivan (28) from Randwick NSW cites her walk (N-S, 26.10.07 to 18.12.07) as one of her absolute favourites with facilities, maintenance and guidebooks surpassing those of other walks in Europe, Africa and South America! It took her a couple of weeks to find her 'walking zone' and then she just loved the whole experience. She had no trouble re-supplying in towns along the way. The south coast and the amazing sunsets were highlights. Meghan loved her gear, especially 'Icebreaker' clothing, and advises everyone to get good advice regarding gear – it can make such a difference.

"Wandering the Waugal" were **Ian Smith** (57) and **Sandy Berry** (53) from Curtin in the ACT, describing the Bibbulmun as 'the best long-distance walk in Australia'. (N-S, 17.09.08 to

09.11.08). Their favourite section was Walpole to Albany. They liked the plethora of birdlife and wildflowers and particularly enjoyed the friendly quenda at Torbay. Food parcels and a food cache helped to supply them along the way. They advise others to take good sleeping bags, not to rush, and to enjoy what the Track has to offer.

Byron (68) and **Gail** (69) **Pershouse** from Bundaberg Qld, walking as "2BP's from Bundaberg", have completed their second end-to-end (N-S, 24.08.08 to 07.11.08) and found that meeting the daily challenges provided much satisfaction and pride. Peaceful Bay to Denmark was Byron's favourite section with the canoe crossing being a highlight. Gail liked the southern ocean section and meeting so many other walkers from all over the world. Red-tailed black cockatoos provided a delight! Byron's best gear was a fly-fishing vest with lots of knick-knack pockets, but lightweight ponchos were a disappointment for both. The great shelters set the Bibbulmun apart from other walks they have done.

Leena Lehtonen (26) from Bargara Qld (N-S, 02.09.08 to 06.11.08) says "taking the walk was the best thing I ever did" and "the walk changed my life". She had a very close encounter with the Track's wildlife when she came to the rescue of a bird with a broken wing, and carried it 20km into Dwellingup where it was taken to a vet. Well done Leena! [see article on page 21] Leena advises reading the registers in the shelters as they provide a wealth of information, as do the many people you meet on the Track.

Brian (69) and **Shirley** (67) **Gallagher**, from Kangaroo Point in Qld, returned to complete their sectional end-to-end (N-S, 25.08.05 to 20.10.08) after an injury forced a stop back in 2005. They liked the beach sections, along with the many wildflowers and orchids they saw. Meeting fellow walkers was a highlight, and even though parts were "hard yakka" they felt the Bibbulmun compared favourably with other walks they have done in Europe, NZ and South America. They advise having lots of food drops to lighten the pack!

Like many walkers who can't get enough of the Track, **Geoff Bell** (48) from Bibra Lake has been out again, completing another end-to-end (S-N, 24.11.08 to 05.01.09). The south coast, beaches and dunes remain his favourite sections, but he felt overwhelmed by the whole experience, loving the beautiful views, the fantastic people and the wonderful towns. While

home-made dehydrated meals were the norm, he enjoyed "fantastic Christmas fare" with his family at Harris Dam. His advice to others? Plan, plan, plan! Count the kilograms and always remain positive.

Carol (59) and **David** (60) **Bond** from Brookton describe their end-to-end (N-S, 05.09.08 to 03.11.08) as an amazing, incredible experience and enjoyed being so close to nature. For Carol it was a wonderful start to retirement and she particularly loved the wildflowers, and the bird chorus early in the mornings. David found it good to feel well and fit, and have time to reflect on life and get things into perspective. Meeting interesting walkers and seeing an amazing variety of wildlife added to their experience. They advise planning before walking, and talking to other walkers.

Stephanie Bowra (21) from Ocean Reef found her solo end-to-end (N-S, 15.10.08 to 11.12.08) to be an awesome challenge and has vowed to repeat it asap! She says all the simple things mean so much more on the Track, and all of the stressful things mean nothing. Her favourite section was Boat Harbour to William Bay. Highlights included meeting different people, including two wonderful ladies who fed and showered her near Chadoora! Steph maintains Milo was an absolute necessity, along with a kilo of powdered milk per five days. Her suggestions for others include dehydrating meals, and considering a full-length sleeping mat for cold nights.

Stephen Burger (43) from Warnbro (N-S, 11.10.08 to 24.11.08) achieved something very special as his first back-packing experience was his end-to-end! He loved the vast and different scenery along the way and saw plenty of wildlife. Seeing whales on the coast near Long Point was a highlight. He had no problems restocking in towns, and enjoyed meeting so many other walkers at shelters along the Track. The river and ocean sections were among his favourites, and he advises others to get out there, do it, see our great countryside and feel the sense of achievement.

Congratulations to **Philip Clegg** from Mosman Park (N-S sectional, 10.08.08 to 28.12.08) who completed a special end-to-end on his 14th birthday! On his trek, Philip raised over \$9000 for the Breast Cancer Foundation and was met at the southern terminus by bagpipes, journalist, photographers and 30 breast cancer survivors and their families. (See article on page 2). His favourite sections included Balingup to Blackwood, and a highlight was his first sight of the Southern

Ocean. His Mum and Dad were very helpful with food drops, and after seeing 34 snakes in 47 days, Philip says he's ok with snakes now! Walking poles and a 'Thermarest' were his best equipment, but he found his inflatable pillow was an unnecessary weight.

Rob Kornweibel (69) and his wife **Loraine Corrie** (63) of Cottesloe walked as "Rob and Loz" (N-S, 07.09.08 to 02.11.08). Being an experienced walker, Rob rated the Bibbulmun as amongst the world's best, and Loraine described it as a good challenge and an enriching experience. Sending food parcels ahead worked well for them. Highlights included the mist rising from the Blackwood valley, tingle trees, spider webs lining the Track in the mornings, swimming in the rivers, meeting other hikers and seeing the shelter at the end of the day. They advise other walkers to be light in weight and spirit.

Brigita Ferencak (30) from East Vic Park (N-S, 22.10.08 to 13.12.08) enjoyed being able to focus on herself and 'melt in' to nature. Her favourite section was DRV to Northcliffe, and she loved

'All the towns were welcoming to get another Bibb walker. It was an experience of wellbeing and wonderment and I feel fortunate to have the Track on my doorstep for future use.'

- Vince Marchetti

the ferns and different shades of green along the rivers. Brigita found some of her close encounters with snakes to be both amazing and scary! Duct tape was her best equipment, far better than her cutlery! She urges other walkers to be creative with food, not to underestimate your food needs, and to be strong if loneliness knocks on your door.

(Ed - see Steve's recipes on page 15 for inspiration.)

Ian Garthwaite (62) from Duncraig (N-S sectional, 13.08.07 to 10.12.07) loved walking through the jarrah forests early in the mornings, although his favourite section was Walpole to Denmark. He enjoyed the wildflowers and orchids and liked the time to think and write in his diary. His advice is to take your time and cover the distance in sections.

Barbara (53) and **Tim** (53) **Glenister** (N-S, 21.10.08 to 11.12.08) from Geraldton were "Tim and Barb" on the Track and loved being able to spend quality time together as they met the daily physical challenges and took in the diversity of the landscapes. They report lots of fun and laughter along the way. Dehydrated meals were the go, along with the essential chocolate at the end of the day. Barb now hates tuna! Tim particularly enjoyed the south coast whereas Barb liked the high viewpoints in the northern section. They recommend lots of planning, quality well-fitted boots and taking lots of Fixomul!

Jonathon Little (35) from Mount Lawley (sectional, 07.04.08 to 30.01.09) praises the BTF and DEC for providing the opportunity of such an amazing experience. His favourite section was

DRV to Pemberton, but he also liked the Pingerup Plains, meeting the ocean and walking Mazzeletti Beach. Not so good was the broken arm after a bad fall between Dookanelly and Possum Springs. But this setback made him even more determined to complete the Track.

For **Darren** (38) and **Christine** (38) **Harvey** of North Beach (N-S, 09.09.08 to 07.11.08) returning to WA after three years travelling the world, to walk the Bibbulmun was a wonderful and special experience, allowing time for reflection. As well as meeting people from around the world, they met Scouts, Adventurers and school groups. Their favourite section was Northcliffe to Walpole and they found most of the towns provided ample opportunity to restock. Backpacks and Crocs were their best equipment, but they would have liked warmer sleeping bags. Christine is not discounting another end-to-end on what they describe as 'a truly world class walk'. Their advice to anyone is "just do it"!

Marilyn (56) and **Phil** (58) **Heyhoe** from Geraldton (N-S, 31.07.08 to 26.09.08) celebrated their 35th Anniversary on Track. They both enjoyed living simply without having to clock-watch, but the time still disappeared too quickly. Marilyn prepared day-packs of food for the journey, and this was supplemented with supplies from family and friends who joined them from time to time. Balingup to Blackwood was a favourite section. Kangaroos, emus, echidnas, feral cats and evidence of wild pigs were seen, along with a variety of birdlife. They advise walkers to relax on their days off, and to ensure their Camelpaks don't leak!

Jeevan Lim-Nunez from Joondalup (N-S, 06.10.08 to 28.11.08) organised food drops along the way and also bought fresh food in the towns. Jeevan's favourite section was between Long Point and Giants with highlights being the sight of the ocean, wading through water and crossing the inlets. Many snakes were seen and Jeevan was most impressed with the amazing variation of terrain and foliage. Advice for others is to pack a mozzie net!

Simon Olai Markossen (21) from Rossmoyne (N-S, 17.12.08 to 31.01.09) described his journey as an amazing experience and wishes he'd had the time to make it a 'double'. His diet consisted of porridge for brekkie, sardines for lunch and noodles with soup, peas and tuna for dinner. Highlights included the mountains in the northern half and the campsites through the karri forests and along the south coast. He saw plenty of snakes and kangaroos, and his best equipment was his mozzie net. He had trouble with his trainers, so advises others not to try and walk an end-to-end in them.

Malcolm Rowcliffe (63) of Mundaring walked with **Kim Rowcliffe** (29) of Swan View (N-S, 01.09.08 to 07.11.08). Kim found the walk to be a bit harder than first thought and Malcolm liked the variation along the Track and couldn't get enough of the scenic river and ocean views. Both preferred the southern sections of the track with Malcolm liking Walpole to Denmark, and Kim Northcliffe to Albany. They saw a multitude of wildlife including a death adder, tiger snakes, dugites, roos, bandicoots, feral cats, bush rat, lizards, eagles, quokkas and even whales! They advise

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Laura Rice (19) comes from Denmark, WA, and was a “Curly Cruncher” on her walk (N-S, 07.12.07 to 08.02.08). She says it was a memorable and life-changing experience and she is now addicted to the Track! Her favourite section was DRV to Northcliffe, and she particularly enjoyed meeting inspiring people and listening to the numerous, imaginative stories that came out at the campsites! Laura carried a hammock and reported the extra weight was well worth it. Her self-confidence strengthened over her walk and she was amazed at the diversity of flora and fauna when you can take the time to stop, listen and observe.

Rik Sloan (53) from Geraldton walked as “wild five” (N-S, 10.10.08 to 22.11.08) and wants to do it all over again. He had too many favourite sections to try and name just one, and enjoyed everything – including the views from Blackwood, seeing Mandalay Beach from the dunes, the canoe crossing, wading the inlets and finally seeing Albany. Lots of wildlife was around including feral pigs (and 13 motor-bike riders!) at Dog Pool. Rik found it easy to buy food as he went. He advises others to enjoy the Track, take your time, talk to other end-to-enders and ‘keep it simple’.

Sally Wise (51) from South Yunderup was “Etebat” (N-S sectional, 11.04.04 to 29.11.08) and found that walking the Track was like meditating – it was a total escape for her. A real passion for the bush was discovered and walking in the karri forest became very special. There were so many highlights for Sally – dolphins surfing, birds calling, kangaroos, wildflowers, other walkers and best of all, the sight of the shelter at the end of each day! Sally’s best equipment was her sleeping mat; and a borrowed backpack her worst. She says sectional walking spreads the pleasure over a longer period, but means you have to get ‘track-fit’ more often! She advises keeping your food varied, and carrying plenty of anti-inflammatories!

John Hutton (45) from Perth (N-S, 09.11.08 to 20.01.09) survived a major storm after leaving Beavis. Karri trees were blown down around him and 265mm rain fell in six hours! Despite this, he describes his trek as one of the most amazing things he has done in his life. His favourite section was Boat Harbour to William Bay, but says the last 2kms into a campsite are always the longest of the day. His fly net and grass-tree walking stick were his best equipment. He urges walkers to write in the journals as other walkers are interested to read about those ahead of them.

Alex Shaw (77) from Menora would love to have completed his journey (Sectional, 24.09.00 to 04.03.09) without a break, but this doesn’t diminish his achievement! His favourite section was the south coast and highlights included the company of friends on many sections, and the support from his wife. He rates the Bibbulmun as better than many other walks he’s done. His old, Paddy Pallin steel-framed pack was his best gear, and good planning and preparation his best advice. Alex passes on his grateful thanks to all who’ve made the Track possible.

As in past years, another group of **Scotch College** students has joined the end-to-end ranks with ten more students successfully completing the journey they started four years ago (N-S

sectional, 28.03.05 to 28.02.09). They are **Hamish Campbell** (16), **Geoffrey Dwyer** (17), **William Gardner** (16), **Matt Green** (16), **James Higham** (16), **Marcus Hunt** (17), **Mats James** (17), **Tom Lamond** (16), **Mitchell Lang** (17) and **Curtis Liebeck** (16). Matt and Mitchell both say it was one of the best experiences of their lives, and others remark it was fantastic, memorable and fun. Hamish liked the mateship it created amongst the group. Favourite sections for most included the south coastal beaches and views, although Geoffrey preferred the forest in the Pemberton sections. Beach-walking, running up Mt Wells, swimming in the many water-holes, and reaching the shelter at the end of each day were common highlights. Curtis enjoyed spending time with mates around the campfire. Hootchies seemed to be the least favoured equipment carried by the group! Several, including Matt, advise anyone not to miss the opportunity to walk the Track. It could well be a once in a lifetime achievement, and is worth every step! 🌿

Compiled by **Charmaine Harris**,
Foundation volunteer and end-to-end.



JUNE 6TH/7TH

The 2009 Australian Rogaining Championships will be hosted by the Western Australian Rogaining Association (WARA).

WARA has been organising rogaines for nearly 30 years and has designed a course that will offer an appropriate challenge to everyone; the young, the young-at-heart, social rogainers through to those intending to push hard and claim the national title.

Competition will be held in the standard Australian Rogaine Championship categories, as well as a few WARA-specific categories such as family, novice, junior (under 18) and ultra-vets.

Entries details and further information are available at www.wa.rogaine.asn.au/ozchamps

Registration closes on 27th May.



Steve's

END-TO-END CUISINE

One of the most important considerations of anyone intending to do an end-to-end walk of the Track in a single effort is food -what to take, how much to take and where and when to restock.

During the recent 10th anniversary walk the end-to-enders needed sufficient food for 42 nights on the Track itself, in addition to the meals they enjoyed in the Track towns. The following is a list of ingredients that walk leader Steve Sertis took with him, followed by the various menus that he concocted from them.

We hope that any would be long distance walkers on the Track may get some ideas from them. Steve is, you may notice, a vegetarian; there are, of course, meat and fish ingredients that non-vegetarians can add to the list. Fish in sachets (tuna or salmon), and dried or cured meat (e.g. salami or coppa) are popular options.

Remember, we are looking at preparing 43 breakfasts, 52 lunches and 42 dinners!

Ingredients

All fresh ingredients and sauces for dinners/dessert/snacks were dehydrated by Steve.

43 sachets porridge/85g instant oats/430g dried fruit

26 tortillas/52 cherry tomatoes/7 Lebanese cucumbers/2.6kg cheese/tahini paste/tube of Vegemite/260 vitaweets.

4¼ cups couscous/9 serves special tomato sauce*/400g tomato pesto/25 Massell stock cubes.

850g each of dehydrated zucchini, tomato, mushroom/800g each of dehydrated broccoli, snow peas, peas, carrots/800g dried peas.

9 sticks Udon noodles (3 packets)/70 sachets miso soup/2 cups spiral pasta/250g TVP (textured vegetable protein)/2 cups white rice.

8 sachets veggie stir fry/8 tbs cashews/2 cups red lentils/8 x spice mix*/24 tsp oil/

12 sachets instant custard/1.5kg dehydrated pear, mango, peach, pineapple/52 plain tea bags

52 pkts cuppa-soup – dried tomato or minestrone dried tofu/ dried apples

Steve’s home made tomato minestrone*

In the towns, add fresh veg, eggs and more cheese.

Note: Items marked * are Steve’s secret recipes!

The following were the meals that Steve prepared from the above list:

43 x Breakfast:

1 porridge sachet per serve
Or 80g oats + 10g dried fruit
Sachet miso soup

26 x Lunch A

1 tortilla
Herb/garlic salt
2 x cherry tomatoes
¼ Lebanese cucumber
50g cheese
Tahini paste

26 x Lunch B

50g cheese
10x vitaweets
Vegemite

42 x Dinner

9 serves:

¼ cup couscous
50g special tomato paste (Steve’s secret sauce)
1 Massell vegetable stock cube
50g dehydrated veg (zucchini, tomato, mushroom)

9 serves:

1 stick Udon noodles
1 sachet miso soup
50g dried peas

8 serves:

¼ cup spiral pasta
30g tvp
50g tomato paste pesto
1 Massell vegetable stock cube
50g dehydrated veg (zucchini, tomato, mushroom)

8 serves:

¼ cup rice
1 sachet dehydrated stir fry sauce
100g dehydrated veggie (broccoli, snow peas, carrot, peas)
Tbs cashews

8 serves:

1/4 cup of red lentils
Spice mix fried (Steve’s secret Indian spice mix)
1 tsp oil
2 tsp Coconut powder
20g dehydrated peas
¼ cup couscous
1 Massell vegetable stock cube

21 x desserts:

½ sachet instant custard
50g dried fruit



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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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 the ORIGINS CENTRE, OAKFIELD COUNTRY HOUSE B&B and PENSIONE VERDE who have joined recently. Thanks to all our Affiliated Organisations for their support!

BUSINESS NAME	TOWN	TYPE OF BUSINESS	PHONE NO.	DISCOUNT OFFERED TO MEMBERS
ADVENTURE WILD	PERTH	Tour operator	www.adventurewild.com.au	
ADVENTUROUS WOMEN	PERTH	Tour operator	(08) 9467 7304	
ESCAPE DAY SPAS	PERTH	Health	(08) 9383 4328	
ON TRACK HIKING HIRE	PERTH	Equipment	0401 625 668	10%.
MUNDARING WEIR HOTEL	MUNDARING	Accommodation/ Restaurant/café	(08) 9295 1106	No.
DWELLINGUP ADVENTURES	DWELLINGUP	Tour	(08) 9538 1127	10% on self-guided walk & canoe tour.
DWELLINGUP CHALET & CARAVAN PARK	DWELLINGUP	Accommodation	(08) 9538 1157	No.
TADDY CREEK	DWELLINGUP	Accommodation	(08) 9285 1727	On application.
BANKSIA MOTEL	COLLIE	Accommodation	(08) 9734 5655	
BLUE WREN B&B	COLLIE	Accommodation	(08) 9734 7939	On application.
COLLIE RIVER VALLEY TOURIST PARK	COLLIE	Accommodation	(08) 9734 5088	10%.
COLLIE VISITOR CENTRE	COLLIE	Tourist Bureau	(08) 9734 2051	10% on souvenirs.
WHISPERING PINES B&B	COLLIE	Accommodation	(08) 9734 3883	10%.
GLEN MERVYN FARMSTAY	MUMBALLUP	Accommodation	(08) 9732 2208	To groups of ten or more.
BALINGUP BUDGET ACCOM. - 'THE HIKERS HIDEAWAY'	BALINGUP	Accommodation	(08) 9764 1049	Special rate of \$24.
BALINGUP LAVENDER FARM	BALINGUP	Attraction/Café	(08) 9764 1436	10% off essential oil of lavender.
BALINGUP ROSE B&B	BALINGUP	Accommodation	(08) 9764 1205	10%.
CHESTNUT BROOK COTTAGE	BALINGUP	Accommodation	(08) 9764 1606	10% (direct bookings only).
JALBROOK COTTAGES - KNITWEAR GALLERY	BALINGUP	Accommodation - Attraction	(08) 9764 1616	Sun-Thu only, outside school holidays.
OAKFIELD COUNTRY HOUSE B&B	BALINGUP	Accommodation	(08) 9764 1641	10%.
ORIGINS CENTRE	BALINGUP	Accommodation	(08) 9764 1109	10%.
CORD ON BLUE Pty Ltd	NANNUP	Food	(08) 9756 0616	10% off orders over \$150.
DONNELLY RIVER HOLIDAY VILLAGE	DONNELLY RIVER	Accommodation	(08) 9772 1244	No.
SOUTHERN FORESTS WA	MANJIMUP	Information Provider	(08) 9771 7777	
BIG BROOK RETREAT	PEMBERTON	Accommodation	(08) 9776 0279	
COMFORT ININ KARRI FOREST MOTEL	PEMBERTON	Accommodation	(08) 9776 1019	
KARRI VALLEY RESORT	PEMBERTON	Accommodation	(08) 9776 2020	10% on rack rate. Conditions apply.
OLD PICTURE THEATRE HOLIDAY APARTMENTS	PEMBERTON	Accommodation	(08) 9776 1513	Sun-Thu (direct bookings only).
PEMBERTON BREAK-AWAY COTTAGES	PEMBERTON	Accommodation	(08) 9776 1580	10%. More for stays of four days or more.
PEMBERTON CAMP SCHOOL	PEMBERTON	Accommodation	(08) 9776 1277	No.
PEMBERTON DISCOVERY TOURS & CAR HIRE	PEMBERTON	Tour/Transport prov.	(08) 9776 0484	10% off tours, Track transfers and car hire
PEMBERTON FARM CHALETs	PEMBERTON	Accommodation	(08) 9776 1290	10%.
PEMBERTON VISITOR CENTRE INC	PEMBERTON	Tourist Bureau	(08) 9776 1133	
PUMP HILL FARM COTTAGES	PEMBERTON	Accommodation	(08) 9776 1379	
BIBBULMUN BREAK MOTEL	NORTHCLIFFE	Accommodation	(08) 9776 6060	No.
WATERMARK KIILNS	NORTHCLIFFE	Accommodation	(08) 9776 7349	
CHE SARA SARA CHALETs	WALPOLE	Accommodation	(08) 9840 8004	
COALMINE BEACH HOLIDAY PARK	WALPOLE	Accommodation	(08) 9840 1026	10%.
STARGAZERS B&B	WALPOLE	Accommodation	(08) 9840 1553	\$5 on accommodation.
WOOZ & SUZ CAFÉ	WALPOLE	Restaurant/Café	(08) 9840 1214	No.
NUTKIN LODGE	PEACEFUL BAY	Accommodation	(08) 9840 8650	
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.
BLUE WREN TRAVELLERS REST	DENMARK	Accommodation	(08) 9848 3300	5%.
OUT OF SIGHT! TOURS	DENMARK	Tour/Transport prov.	(08) 9848 2814	10%.
DENMARK VISITOR CENTRE	DENMARK	Tourist Bureau	(08) 9848 2055	
DENMARK WATERFRONT MOTEL	DENMARK	Accommodation	(08) 9848 1147	5%.
PENSIONE VERDE	DENMARK	Accommodation	(08) 9848 1700	
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 standard rates. Free Track dropoff.
BAYVIEW BACKPACKERS YHA	ALBANY	Accommodation	(08) 9842 3388	10% off full pricing. Plus free 30min Internet.
ALBANY VISITOR CENTRE	ALBANY	Tourist Bureau	(08) 9841 1088	No.
FREDERICKSTOWN MOTEL	ALBANY	Accommodation	(08) 9841 1600	
NORMAN HOUSE	ALBANY	Accommodation	(08) 9841 5995	5%.
ORANJE TRACTOR WINE	ALBANY	Winery	(08) 9842 5175	

Getting into Gear - Self Inflating Sleeping Mats



Photo by Hanspeter Kaempf

I can remember very clearly the day I met my first self inflating sleeping mat. I was leading groups for Peregrine Adventures in the Everest region of Nepal. I was resting in Lukla, between Everest base camp treks. Lukla is the town containing the airstrip built by Sir Edmund Hillary, from which all the trekking groups fly in and out. I had three days off in between groups and had my tent set up in the grounds of the house owned by the Sherpa who was running Peregrine's treks at the time. It was the start of spring, not too cold, and I was enjoying watching the planes while drinking hot tea and relaxing in the weak sunshine. I had acclimatised well over the previous treks, reaching heights of over 5500 meters, so the altitude of only 2800 metres felt quite luxurious.

I noticed my Sherpa, Pasang Galgen, walking towards me from his substantial, traditionally built home carrying a package in his hand. "Namaste Mike," he greeted me. "Namaste Pasang," I replied.

Namaste is the traditional Nepali greeting that translates roughly as "I salute the divine God within you."

"Mike, my people in the village are worried about you sleeping on the hard ground all the time, we believe that you will get sick".

"I'm fine Pasang," I replied, in a conspiratorial manner. "I've cheated, I actually have two sleeping mats, one on top of the other."

"Well, we have decided that you should have one of these new mats from America, they are called Thermarest".

I was astounded how the mat inflated by itself and we investigated how comfortable it was, lying down on it in front of my tent. Pasang demonstrated how small it became when rolled up, how you could lie on your side and not feel the hard ground beneath, how warm the mat was and how it insulated you from the cold ground. My life in the outdoors changed forever.

These days I reflect on the irony of a hardcore Australian guide being introduced to the wonders of modern science and technology by a member of the third world, whose isolated country only recently had been opened to foreign influences. The ability of the Nepalese people to maintain their traditions, while utilising the best of the West and enthusiastically embracing technologies, never ceases to amaze me.

I strongly urge anyone sleeping in the outdoors to also enthusiastically embrace the self inflating sleeping mat technology; it will change your life. Thermarest are considered the market leaders and the name has become a generic term to describe all self inflating mats, but there are competitor brands. Pacific Outdoors manufactures good mats and we've also had great success recently with our new Mountain Designs branded mats.

When looking for a mat the first consideration is weight. Ask yourself whether you need a full length six foot mat or can you get away with a shorter four foot length, called a three quarter? Do you need extra thickness for the extra comfort? Will the thicker 3.8cm mats give you better insulation from the ground than the thinner 2.5cm mats, which pack up smaller?

Many mats are made these days with some of the foam inside the mat being 'cored' out to further reduce the weight; the manufacturers maintain that this does not reduce the insulation capacity. However essentially more comfort means more weight.

The key to a well made mat is the welding of the seams and bonding of the foam inside to the outer cloth. Delamination is a real issue with cheaper brands where the glue holding the cloth to the foam fails and causes the mat to 'bubble' and become impossible to sleep on. Mats can also be holed and then will deflate over night, sometimes so slowly you're not even aware until you wake in the morning with a sore hip. Always take a repair kit in the field and remember that no mat is guaranteed against thorns and cuts. Thermarest have developed a mat with a thin closed cell foam mat inside to reduce punctures but they can still occur.

Never leave your mat inflated with the valve closed in hot place like a car, as the hot air expands, and if it can't escape, it can cause delamination. Store your mat inflated, with the valve open, in cool place like a cupboard. That way it will self inflate quickly in the field as the foam cells won't be stuck together.

Thermarest have bought out their newest, lightest, smallest mat this month called the NeoAir, which packs up to size of a water bottle, weighs only 410gm for the regular size and is 5cm thick. But be warned, it has a price to match!

Any bushwalker or trekker who has used a self inflating mat will tell you that they are God's gift to getting a good night's sleep in the wilderness. If you are worried that sleeping on one might make you less hardcore, read the last page of "A Short Walk in the Hindu Kush" by Eric Newby. After unbelievable hardships on a climbing expedition into the Hindu Kush in Afghanistan, the two bumbling explorers, Eric and his friend Hugh Carless, are out of danger and making camp when they are joined, unexpectedly by the legendary hard man explorer, Wilfred Thesiger. After much conversation they make ready for bed and Newby describes pulling out their airbeds and beginning to inflate them. Thesiger looks down his nose at them in disgust and exclaims, "Airbeds, what a bunch of pansies!"

For a good night's sleep I'm okay with being called a pansy! 🌸

Mike Wood
Mountain Designs WA



'Best of the Bibbulmun' - 14 - 21 September 2009

Experience the Bibbulmun Track in the magnificent wildflower season on this fully guided 8-Day Highlights Tour

- Selected full and ½ day walks
- Motel & chalet accommodation
- All meals & transfers included
- Side trips to eco-tourism attractions
- Spectacular coastal, forest & wilderness areas

Maximum 16 people Cost: \$2,450.00



Walker Story...

A Bibbulmun Experience...with a Slice of Comfort

BY RICHARD KEMP



Boardwalk brings walkers close to the cliffs

As long time bushwalkers, we have lugged our packs, dehydrated food, tents, Trangias and the rest over many parts of the country, and had some wonderful experiences. More recently, we have embraced the option of doing the walk with less of the pain. An example is the recent great walk we had on the Queen Charlotte Sound Track at the tip of the south island of New Zealand, staying each night in comfortable accommodation and carrying just lunch, camera and rain gear each day.

When we and our friends decided to undertake a foray on the Bibbulmun Track, a search on the Internet introduced us to "Bibbulmun Walking Breaks" and after swapping a few emails, we had the combination we were looking for - a four-day walk on the Track between Albany and Denmark, accommodation at Cape Howe Cottages located at about the halfway point and transport to the start of our walk each day. We could have the experience with less of the pain and more of the comfort that our maturity deserves!

After overnighing in Albany we drove for twenty minutes to the Sandpatch car park and commenced our walk to the insistent whirr of the wind farm turbines. What a launching pad for our walk! The boardwalk track is just a stone's throw from the cliff edge, about 150 metres above the sea. Walkers have a 180 degree ocean panorama extending from Torbay Head, across the vastness of the Southern Ocean to the west with the stark cliffs of the Torndirrup National Park to the east.

The great advantage of this part of the Track is that it hugs the coast at similar elevation for much of the way to the Mutton Bird car park, which was the destination for our first day. The result is a continuing seascape and frequent opportunity to enjoy the waves humping and then crashing onto sandy beaches or craggy coastline along the way.

After a few kilometres, the Track moves from the coastal heath towards the Hidden Valley campsite, through small acacias and eucalypts. A lookout allows a view to the east over the wind farm and the township below. It was here we met a couple walking east, having commenced their walk at Peaceful Bay nine days before. They were the only walkers we encountered in four days.

Before we set out, the forecast for the next few days offered unsettled weather. On our first day, after a couple of hours, we had drizzle. By the time we had negotiated the melaleuca, jarrah and banksia forest and reached the attractive beach below Mutton Bird car park, the skies had opened, and we were happy to see our transport there to collect us. Within a short time we were back in our cosy cottage at Cape Howe.

That night it teemed with rain and blew with winds up to 100 kilometres per hour...a good night to be indoors. The weather continued into the next day but by lunchtime had improved to showers. Although we were sure to get wet, we opted to do an abbreviated walk from Cosy Corner to Shelley Beach. Fortunately the rain held off and that section of our whole walk proved to be our favourite.

After climbing the wooden steps from Cosy Corner, we had a view back to Albany before climbing a ridge with a superb view down to the narrow Dingo Beach, under assault from the crashing breakers. The Track negotiates giant melaleucas before winding between rounded exposed granite and arriving at Shelley Beach.

Our next day's walk from Shelley Beach through the West Cape Howe National Park to Lowlands Beach was to be our longest, about 17 kilometres. The weather was cool and cloudy although promising to improve so we set out wearing our rain gear. Again the rain held off and after a few kilometres of coastal heath we crossed a sandy ridge with good views of the cliffs of the cape. A little further on, we could make out Lowlands Beach and Knapp Head beyond.

After a steep climb up a limestone ridge we passed the West Cape Howe campsite and finished the day walking through an extended and most attractive avenue of varied coastal shrubbery curiously arranged at eye level for the enjoyment of walkers.

On our final day we walked east to west for the first time, finishing at Lowlands Beach, as we had done the previous day. We were dropped by our hosts at Eden Road on the edge of the vast Wilson Inlet. For most of the day, although we remained fairly close to the coast, we looked inland over farmlands to the Porongurup Ranges and the Stirling Ranges beyond. Only later did we have views of the ocean and Knapp Head, and were lucky enough to see whales breaching offshore.

The sections we chose to walk traverse a large part of the coastal section of the Bibbulmun Track and offer some of its most spectacular ocean scenery. A feature, even in winter, is the variety of wild flowers and flowering shrubs, adding to the enjoyment of an exceptional walk.

Travel Arrangements

To arrange a Bibbulmun Walking Break contact Millie at the Foundation on (08) 9321 0649.



Lowlands Beach



Wind turbines are visible for days



Basket Flower

Upcoming Events

THE EVENTS CALENDAR HAS BEEN AS POPULAR AS EVER, BUT THERE ARE STILL A FEW PLACES LEFT ON THE FOLLOWING EVENTS.

BOOKINGS ARE ESSENTIAL ON ALL OUR EVENTS

Book online at www.bibbulmuntrack.org.au

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

👤 beginners 👥 intermediate 🏆🏆🏆 experienced

P-PLATES DAY WALK 👥🏆

Feeling fit, done a few day walks and want to get into overnight trekking? This innovative and challenging 15km circuit walk will teach you all you need to know for overnight bushwalking. Experience breathtaking views while walking to a Bibbulmun Track campsite. Experienced guides will introduce you to the equipment they use for overnight trekking and answer all your queries. Own transport required (1½hrs from Perth). A reasonable level of fitness is required.

Dates: Sunday 10th May, 9am - approx 4pm.

Cost: \$30 members, \$40 non-members.

OVER THE HILL! 🏆🏆🏆

Cost: Free for members, \$15 non-members.

Walk 2 : A challenging 18km return walk for the fit over-55s with a trained volunteer guide near the Dale Conservation Park. Experienced walkers only!

Date: Wednesday 27th May, 9am - approx 4.30pm.

WALKING WITH DAD WEEKEND 👤👤🏆

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

Planning night: Friday 12th June, 6.30pm.

Date: Saturday 20th and Sunday 21st June.

Cost: \$170 (1 adult and 1 child), extra child \$45.

Includes return transport from Perth city, guided walk, map, comprehensive planning night, trip preparation manual and equipment hire. BYO food.

TEEN TREK 👤👤🏆🏆

A three day expedition for teenagers, camping out and experiencing the fun and camaraderie of being in the bush with others their age. Along the way they will be given some mental and physical challenges. Stimulate their minds and bodies and get them away from the X-Box and Playstation! Participants have the opportunity to join the Duke of Edinburgh programme as part of this event.

Planning night: Friday 3rd July, 6.30pm.

Date: Monday 13th July to Wednesday 15th July (school holidays).

Cost: \$140.

Includes return transport ex Perth, Track map, comprehensive planning night, trip preparation manual, equipment hire and experienced guides. BYO food (advice given).

FOOD IN A FUEL STOVE

Tired of eating the same old food when out on the Track? Join Lead Guide and End-to-Ender, Steve Sertis, for a fun and interactive evening learning exciting recipes and innovative ideas for preparing healthy food on a portable stove. Bring your own fuel stove to try out if you like! City location.

Date: 6pm, Wednesday 22 July.

Cost: \$50 members, \$60 non-members.

Includes ingredients, info pack, use of fuel stove and recipes. You will be cooking and tasting!



Teen Trek

NEW

Karri Forest

Bibbulmun Walking Break ...

- complete a whole section of Track without camping out!

This 4-night Bibbulmun Walking Break package enables you to walk the 3-day section of Track between Pemberton and Northcliffe carrying only a day pack. Enjoy some challenging day walks, but return to the comfort of your accommodation, a hot shower and a hearty meal. Drop-offs to the Track are included along with all meals and a Southern Guide Book. Optional tours available.

Price: \$1,074 for 2 people -

Call Millie on 9321 0649

or email: tourism@bibbulmuntrack.org.au

MEMBER PROFILE

Paul McNamara—the 100th Life Member of the BTF!



Paul McNamara

I became a Life Member of the Bibbulmun Track Foundation simply because, after 10 years of being a member of BTF, I realised that I was always going to be a member of BTF. Life Membership offered me a simple yet very effective way of demonstrating my commitment to the BTF and of showing my appreciation to all those who have made, and continue to make, the Bibbulmun Track experience possible.

As a kid I never had much experience of being out in the bush, however it seems that the “love affair” blossomed as I grew older. Fortunately my wonderful wife was “OK with it”. I have never felt lonely when walking alone in the bush. For me, bushwalking is very relaxing and meditative, especially when the route is well marked and when there is a good chance of shelter and water being available at the start and end of a day’s walk. In all it has been a very rewarding relationship for me.

I first came across the Bibbulmun Track in 1997, when I went to the WA Tourist Office to ask if they had any information on short bushwalks that I would be able to do with the family, in and around Perth. They had run out of the “Short Walks” books and asked if I’d like the maps of the Bibbulmun Track instead. I’d never heard of the Bibbulmun Track, but I paid my money and then looked through the material when I got home that evening. I stayed up until well after midnight. I was hooked!

I ended up spending far more than I could afford in buying two sets of good hiking gear – one for myself and the other for any one of the three ladies in my life, my wife and two daughters, who would be willing to join me during my walks on the Track.

My first walk on the Track was with my youngest daughter Tara in late September, 1997. We walked from the Brookton Highway to Mundaring. Our first lesson was to not over estimate how far we could walk in one hour or in one day. We were far too optimistic!

Over the following few years I walked different sections of the Track and I finally completed my end-to-end odyssey when I walked into Albany on New Year’s Eve 2000. In all I walked about two-thirds of the Track alone, and the balance in the company of Tara, my friend Richard Clarke, or both. My favourite section has always been Walpole to Northcliffe.

In 2002 I transferred to Jakarta, but because of withdrawal symptoms and the need to occasionally get away from it all, I ended up joining a hiking

group called Java Lava. Every month or so we would go on three- or four-day hikes to the peaks of 3000-metre high volcanoes. It was an awesome experience finding wilderness areas in Java. I had great fun and built on the experiences that I had gained walking on the Bibbulmun Track.

In 2005 I transferred to Baku, Azerbaijan, and over a three-and-a-half year period spent quite a bit of time walking in the Caucasus Mountains. Short overnight hikes in Lahic followed by several four-day hikes up to the top of Mount Shahdagh (4243m) helped to keep me sane.

While I was in Azerbaijan I spent a lot of my free time planning a long distance walk along the Australian Alpine Walking Trail (AAWT). I bought all the maps and a GPS while visiting Perth.

Last October I finally attempted the walk along the AAWT, which is much harder than the Bibbulmun Track. The terrain is very tough, the bush very thick in parts, navigation difficult, and the climate a real challenge. I experienced camping on snow for the first time. Unlike the Bibbulmun there was a need to pre-position food drops every 100km or so along the way, because there are no towns of any significance along the route.

I’d planned on completing an end-to-end walk of 670 kilometres, but I ended up walking only 250 kilometres of the Victorian section, between Walhalla and Omeo Highway. I averaged only 10 kilometres per day and after 25 days on the AAWT I had lost 15 kilos. After all this I can still say that I am looking forward to having another go at the AAWT later this year when I attempt the 250 kilometre section from Tharwa to Thredbo.

I guess I have come a long way since first trying my hand at long distance bushwalking on the Bibbulmun Track back in 1997. I am not an expert by any means – I can get lost as quickly as the next bloke – but the one thing that has helped me stay out of trouble is the ability to know when I am in trouble and when I need to stop or turn back.

I know that without the experience of walking on the Bibbulmun Track over the years, and hence gaining confidence in being out in the bush by myself, there would be many things I have done since then that I would never have even attempted to do.

The Bibbulmun Track is a fantastic resource for WA, all of Australia, and the World. I hope it stays much as it is now for generations to come and that they get a chance to enjoy the experience as much as I have. 🌿

WALKER STORY:

An end-to-ender tells of a strange encounter on the Track...



Leena at Dwellingup

“I happened upon a wedge-tailed eagle with a broken wing...” These were the matter-of-fact words that Leena Lehtonen used to describe one of the highlights of her end-to-end walk, which she undertook in the spring of 2008. We had to find out more!

This is how Leena described what happened:

“In September 2008 I started my solo trip end-to-end on the Bibbulmun Track. I had just quit my job in the Navy, and was looking for something that would inspire me. Never could I have imagined the great adventure that travelling the Bibbulmun Track would give me. One of my greatest memories was that of a majestic wedge-tail eagle.

It was a beautiful sunny day. From Mt Wells to the Chadoora shelter the bush seemed alive with movement and sounds, and as there had been a few days of rain the warm sun was most welcome. My mind was lost in thought of the great adventure I’d had so far, and of how much was yet to come, when suddenly I heard a terrible screech and there was a flurry of wings right in my face. I let out a yelp and ran behind a tree, then headed back to the Track, where I saw an eagle on the ground. As I approached I realised that one of its wings was disfigured. It sat there, motionless, looking at me. I pulled my pack off and took out my jumper. “I’m going to catch it”

Although it was injured, it still had a lot of spirit, and it ran very fast! I took a major leap at it, wrapped my jumper over its head and then around its whole body. I put my pack back on, and continued the four kilometres to the Chadoora shelter. When I arrived, I weighed up my options. It was mid-afternoon, and twenty kilometres to Dwellingup.

I’m not a fast walker, and if I’d left straightaway I would have had to find accommodation in town with an eagle under my arm. I wasn’t sure what services were available in Dwellingup, or if there was going to be anyone able to help me. My

biggest concern was how long the eagle could survive without help.

So I packed up at two o’clock in the morning and started my first night walk. There was a full moon and the Track was wide and flat. Headlamp blazing and with the eagle under my arm, I headed off.

It started off as a pleasant walk, but then the rain started and there was a chill in the air. The eagle was a model of good behaviour, but weighed terribly. I often took breaks just to rest my arms.

After what seems like the longest walk of my life, I was relieved by the sound of birds greeting the morning light. I had never been so happy to see the day! As I wandered into town the rain pelted down on me. I found shelter at Dwellingup Information Centre, wet, cold and hungry.

Sheffone, the duty officer, arrived 10 minutes later to open up the centre. She was a blessing. She drove me around town until she found a wildlife carer to take the eagle. As I handed the eagle over I was so relieved, and that was the last time I saw it, but when I arrived in Collie there was an email from Sheffone to say that it was doing well”.

This was too good a story not to follow up. A phone call to Sheffone in Dwellingup revealed that she had found Leena, freezing cold and wet, with the eagle wrapped in her jumper, on the steps of the Information Centre when she arrived for work. Sheffone has a neighbour who is a wildlife carer and through her the eagle found its way to John Frings, of “Fur and Feathers Wildlife Rescue and Release Inc” in Mandurah, and John told us the rest of the story.

It turned out that the bird was not a wedge-tailed eagle but one of the smaller species, an Australian little eagle. The two birds are often confused as they are the only two Australian raptors with heavily feathered legs (see the picture below).

Fortunately the eagle’s wing was not broken and after about a month of special care John was able to release the bird in the area where it was found. His guess is that it injured itself while attempting to attack its prey, and compared the injury to a person having a very badly sprained ankle.

So through the efforts of a number of caring people a beautiful example of our native wildlife was rescued and freed again into its natural environment. The BTF would like to thank and congratulate Leena for her magnificent effort in getting the eagle into the right hands. Walking through the night in the rain with a heavy backpack is tough enough, to say nothing of having an eagle under your arm! Thanks too to Sheffone and her friend and to John Frings, who dedicates much of his time to caring for and preserving our wildlife. 🌿

Editor’s Note: One of the joys of walking the Bibbulmun Track is in observing the myriad of wild creatures that live in the bush. Our policy towards wildlife is clearly stated in point six of the seven “Leave No Trace” principles for walkers: Observe from a distance, do not feed, store rations and rubbish securely and control your pets at all times. However in the case of contact with an injured animal, be aware that wild life carers are there to assist. It is not always wise to approach or touch an injured animal, but please report any instance of seeing one either to the nearest DEC office or to the BTF.



An injured Little Eagle was rescued by Leena Lehtonen who carried it 21 kilometres from Chadoora campsite to Dwellingup - in the dark!

Honorary CALM Officers

Question: What could a 4WD instructor/enthusiast, a camp-ground host, an outback tour operator and a Bibbulmun Track Foundation volunteer all have in common?

Answer: They could all be selected to become Honorary CALM* Officers!



Congratulations to the following Bibbulmun Track staff and volunteers who are Honorary CALM Officers:

Back, L to R: Tony Jennings, John Hardman, Isabel Busch, Jim Freeman and Elsie Grygiel
Front, L to R: Trish Bird, Wendy Nelson, Steve Sertis behind Allen Nelson, and Charmaine Harris

And that is just what happened recently when ten BTF volunteers were among those who met the selection criteria for the latest Honorary CALM Officer (HCO) course, which was held over two weekends at the Department of Environment and Conservation (DEC).

An HCO monitors human activities in and around reserves and parks, reports concerns and assists DEC in the management of land that it controls.

The course covers a wide variety of topics including biodiversity, die-back, nature-based recreation and tourism, National Parks and visitor management, the HCO Code of Conduct, the legal basis for the protection and preservation of flora and fauna on CALM-managed lands and effective communication with the public.

Several short presentations given by experienced HCOs (including the BTF's own Tony Jennings!) were interesting and provided an insight into typical and sometimes difficult situations that an HCO might face, and have to deal with, out in the field.

A lengthy session on dealing with illegal activities on CALM managed land gave information on the many regulations which comply with the CALM Act. HCOs play a role in the enforcement of the

regulations by their vested authority enabling them to request details from people found to be 'doing the wrong thing'. Some of the more specific regulations brought home to us just how easy it could be to fall foul of the many rules and regulations!

An enjoyable, interactive session on 'communicating with the public' rounded off the course and used several scenarios to illustrate the most effective methods of dealing with the types of people HCOs might encounter on a daily basis.

Full participation in the course and successful completion of the course workbook enabled appointment as Honorary CALM Officers. 🌿

*** Special note: Are you confused? Is it "CALM" or is it "DEC"??**

The Department of Environment and Conservation (DEC) was created in 2006 by merging the Department of Environment (DoE) and the Department of Conservation and Land Management (CALM). However, all relevant legislation is contained within the CALM Act (1984) and this Act controls all activities carried out by DEC. Hence the name "Honorary CALM Officer" rather than "Honorary DEC Officer"! Only an act of parliament can change this!



DEC Recreation and Trails Unit

Megan Graham, Trails Coordinator

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

Hi to all. As this is my first article for the Bibbulmun News, I should introduce myself for those members I have not yet met. My name is Megan Graham, and I started as the Trails Coordinator with the Department of Environment and Conservation (DEC) Recreation and Trails Unit around the middle of last year. The core of my role is the ongoing coordination with the Bibbulmun Track and Munda Biddi Trail, in addition to working with DEC's wider trails' network around the State.

Since starting as Trails Coordinator, I have had the opportunity to become well and truly immersed in the operations of the Bibbulmun Track. Given that the Track stretches close to 1000 kilometres, crosses six DEC districts and involves the contribution of a veritable army of volunteers, I came on board pretty much expecting to deal with a myriad of issues—and I haven't been disappointed. However, I have also been very pleasantly surprised by the enormous dedication and time offered by the Foundation staff and volunteers, and the DEC districts, in helping me manage these issues proactively.

A large focus of my work with the districts and the Foundation has been to look at improving the ongoing maintenance of the Track. In part, we are focussed on the future, looking towards the development of maintenance guidelines tied to a more structured system. In tandem with this, we are investigating possibilities for mitigating some of the larger ongoing Track issues, including overcrowding at some of the northern and southern campsites, ongoing erosion, corrosion and inundation on some sections of the Track, inlet crossings (particularly at the Nullaki peninsula) and the perennial problem of toilets overflowing.

However, the focus on the future does not mean that DEC districts have not also been well and truly focussed on their 2008/2009 maintenance works. Some of the highlights (either achieved or imminent) you may enjoy if you hit the Track in the next few months include an overhaul of toilet facilities from Mundaring through to Dwellingup, less illegal vehicle access around the Possum Springs, Harris Dam and Yourdamung campsites through the installation of new gates, major repairs to the Blackwood campsite, improved Track clearing works around the Donnelly district, installation of access to the

Mandalay Bay lookout, repair and reopening of Giants campsite and general improvements in and around the Albany district campsites.

It is also worth mentioning that we came close to losing the Canning shelter to wildfire this summer. The villains of this story are the walkers who lit a fire at the campsite despite a total fire ban being in place. The heroes however, are not limited to the fire crews who fought the blaze. Grateful acknowledgement must be given to the volunteers and the DEC maintenance crew who ensured that a good fire-break was maintained around the shelter and toilet, thus saving both structures from damage while all around them burned. I think this story is worth sharing for three reasons –

1. To remind walkers that a total fire ban remains in place along the Track until the end of March. After March, walkers should check the DEC website under Current Trail Conditions for information on bans in specific areas. It should be noted that fuel stoves can be used even when a complete fire ban is in place.
2. To inform walkers that the districts will soon be starting their autumn prescribed burning program. Prescribed burning is an important part of DEC's fire management strategy. Districts do try to minimise the impact of the program on walkers, but this is not always possible. Again, walkers should check the DEC website under Current Trail Conditions for details of impending burns and follow diversions and staff directions should you encounter a prescribed burn on the Track.
3. To remind everybody of the importance and high value of ongoing maintenance around the campsites and on the Track.

Finally, I'd like to finish my first article by thanking all members for the contribution you make to the Bibbulmun Track. Special thanks, as always, goes to those who go the extra mile by volunteering their valuable time to the Track. I would also like to acknowledge the huge importance of our general members. It is only through your ongoing support that the Bibbulmun Track has become recognised as one of Australia's great walking trails and continues to be so well-used and well-loved. 🌿

Prize Winning Members

Annual Life Members prize draw

Drawn in December 2008. Prizes included a block mounted Bibbulmun track poster and a number of 10th Anniversary shirts and badges. 29 of our Life members were selected at random to each receive a prize.

Life Member end-of-year prize draw

Marcus Harris of Shenton Park received a voucher for \$299 kindly donated by Mountain Designs.

Membership drive prize draw at Mountain Designs Bunbury

Wally Anderson of Brunswick was the recipient of a Mountain Designs day pack, together with Balingup day-walk map-pack and a water bottle.

Online Survey Prize Draw

Julie Bessant of Shoalwater received an X-bowl and cutlery set donated by Sea to Summit after casting her vote in the "Vote for your favourite campsite" competition.

Membership Prize Draw at UWA Extension

Lori Lillis of Alfred Cove received a Mountain Designs Turnstyle Day Pack donated by Mountain Designs.

And congratulations to the winners of our monthly membership renewal prizes:

December 2008

Kim and Lyn Woods of North Fremantle won an Icebreaker Ultralite Camisole donated by Mountain Designs.

Ron Beurteaux of Rockingham won the 2nd prize of a Travel Clothesline donated by Sea to Summit.

January 2009

Maria Rico of East Fremantle won the first prize of a daypack, drink bottle and cap donated by our Premier sponsor Boddington Gold Mine.

Eric Capes of Coolbellup won the 2nd prize of a travel mug and a beanie

February 2009

Shannon Maisey of Claremont won a copy of Microsoft Office Ultimate 2007 kindly donated by BTF members Barry and Margaret Bryan ("The Silvertops") from England.

Hilta Billstein of Albany received the 2nd prize of a titanium long handled spoon donated by Sea to Summit.

March 2009

Sydney Tong of Salter Point won a Pacific Outdoor Equipment Comfort Chair donated by Sea to Summit.

Kim Kubicek of Bateman won the 2nd prize of a See Pouch also donated by Sea to Summit

We came back from our Christmas break expecting to have a quieter time after the excitement of the 10th Anniversary, but this was not to be as the builders moved in on January 5th to renovate the top floor of the building. It's been great fun watching the transformation.

We spent weeks going through files and boxes and having a huge tidy-up while we waited for our turn. Over the last three weeks we have moved everything out, painted, fitted a new carpet, moved everything back in again, created a new room to house the hire equipment and replaced the very ancient desks that we inherited secondhand eleven years ago. Thanks to everyone who waited patiently while we searched for the phone when it rang!

We think it's all been worthwhile and we are thrilled with the final result. We hope that when we are finally finished it will be a much more welcoming space for members and visitors to come and see us. If you are in the city, please pop in to admire the new look!

Everyone has been involved with the work, but special thanks must go to Jean who masterminded it all, Peter W and Jim B who did the bulk of the furniture removal and painting and Steve who somehow managed to keep us online for most of the time.

Special thanks also to member Wayne Bertram for his advice and painting equipment and assistance purchasing the paint. 🌿

**Gwen Plunkett
Office Manager**



A well deserved break for the volllies... Clockwise from left: Malcolm, Charmaine, Jim B, Peter W, Alan and Edith.



Our newly renovated office is more welcoming

NOTICE BOARD

GAITERS FOR SALE

Gaiters (Sea to Summit Spinifex Ankle). Brand new, never used. Purchased for \$39.95, sell for \$19.95.

Phone: 9271 8625

Contact: Jonathon

SHOES FOR SALE

Raichle "MT. Guide" Size: UK 10 / EURO 44. New price: \$ 330.00. Asking price: \$195.00 Near new.

Phone: 0418 695 235 Email: livopro@bigpond.com

Contact: Ron

BOOTS FOR SALE

Ladies Trekking Boots. Scarpa Kailash Lady GTX, Size 41, Colour silver/smoke. New. Cost \$300.00+. Sell for \$200.00.

Phone: 0403 733 201

Contact: Merryll

END-TO-END COMPANION WANTED

Fit 48 yo female wanting to do 2nd end-to-end, seeking friendly, outgoing person to walk Albany to Kal. Leaving early August. Sectional walkers considered.

Phone: 9592 4243 Email: jpbess@bigpond.net.au

Contact: Julie

FEMALE WALKING COMPANIONS WANTED

Looking for 50 y/o female companions to walk Track, during week or weekends. I am not experienced but have done several day walks and one overnighter. I live in Mandurah. I would love to do Kalamunda to Dwellingup, maybe something to plan for at a later date if interested.

Email: crakar@inet.net.au

Contact: Karen

FUEL BOTTLE FOR SALE

MSR Fuel Bottle (650ml). As new \$20.

Email: chr1603@hotmail.com

Contact: Chris

TRAVELLING COMPANIONS WANTED

Co-driving, petrol-sharing Bibbulmun enthusiasts (maximum 3) sought to travel ACT to PERTH mid-July '09, returning PERTH to ACT end Sept/beginning Oct '09.

Phone: 02 6282 4943

Contact: Annie

SEEKING WALKING COMPANIONS FOR END-TO-END

29 yr-old male looking for other walkers interested in end-to-end walk from Kalamunda to Albany starting early April 2010.

phone: 0422 084 124

email: davidchung1980@hotmail.com

contact: David



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

Want To Advertise on our Notice Board?

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

Phone: 9481 0551

Email: friends@bibbulmuntrack.org.au

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.



KALAMUNDA FARMERS MARKET

Weekly Sunday Market
Commencing Sunday 3 May 2009 8am to 1pm.
Central Court Kalamunda

Meet the farmer, and learn from the experts how to prepare nutritious meals, easily with quality fresh produce.

Garden Guru Trevor Cochrane and
Celebrity Chef Russell Blaikie
will officially open the market.

- Fresh, local and quality produce
- Organic produce
- Chef demonstrations
- Tastings and sampling from farmers stalls
- Healthy recipes
- Farm based entertainment for children

Come along and enjoy the fun.

The market is brought to you by the Kalamunda Chamber of Commerce.
Contact Steve Harrap Market Manager 0425 890 146 or
farmersmarket@kalamundachamber.com for further information

TRACK TRIVIA

EMERGENCIES AND COMMUNICATIONS

One of the questions that I am frequently asked, especially by those who are planning extended walks on the Track, relates to what they should do in an emergency situation, and what levels of communication exist once they are deep in the bush.



So first of all, in the unlikely event of an emergency arising, what might it be? Injury or illness are the most probable; getting lost is a remote possibility on the Bibbulmun Track – take my word for it, I've never actually got lost out there and I can get lost in a broom cupboard. Actually we don't like the term "lost", we prefer to refer to it as being "geographically embarrassed". Encountering a wildfire is also a real, if unlikely hazard.

To lessen your risk, prepare yourself properly before you set foot on the Track. Make sure someone, a responsible relative or a friend, knows your itinerary and make regular contact with that person during your trip. I'll deal with means of communication shortly, but at the very least you can make contact from the towns on route by public telephone (take a phone card with you).

Obtain the guidebook(s) and/or map(s) relevant to the section(s) that you are intending to walk.

Make yourself aware of at least the basic principles of first-aid or better still, attend a first aid course. The Wilderness Medicine Institute provides scenario based training specifically for wilderness issues.

Obtain suitable clothing, footwear and equipment, including a properly stocked first-aid kit. We are very willing to help with suggestions and advice over what you need in this respect, as well as to give advice about food. For members of the Foundation we offer free trip planning advice, either in person or by email.

Just before leaving, check the Track conditions on our website and the DEC website.

So you're off, with your maps and/or guide books, and if you follow a few simple rules you'll increase your level of safety.

Firstly, we advise you to consider wearing gaiters, especially in the warmer months and strongly suggest that you wear them in the southern sections, as a protection against snakes. Treat snakes with respect. They will normally flee before you see them, but if you encounter one give it as wide a berth as possible and do not antagonise it in any way.

Stay hydrated! Many walkers don't realise how easy it is to become dehydrated or how debilitating dehydration can be, so drink plenty of water.

Enter your details in the green log-book at each of the campsites, whether you are staying overnight or not.

Walk on the marked Track. In the case of an emergency, stay on the Track, preferably at a shelter. Carry a tent.

Now, if you have a problem, how do you communicate to the outside world?

Mobile telephones are of limited value. You cannot rely on a signal being available, hence a mobile should never be looked upon as a primary means for emergency contact. Currently the best choice is the Telstra 3G system, but even with this network the type of handset you use will impact on the strength of signal you receive.

A satellite phone will provide the most reliable means of contact but is an expensive option. They can be hired (not from us) and a number of hire companies are listed on the Internet.

The optional means of communicating is by the deployment of a locator beacon. It must be stressed that this is not a communication device that enables you to hold a conversation; it is a device that sends a distress signal to a rescue centre, which in turn will direct local emergency services to come to your assistance. We recommend that walkers who undergo long walks, especially on their own, should consider carrying such a device.

These beacons are known by various acronyms:

EPIRB (Emergency Position Indicating Radio Beacon)

ELT (Emergency Locator Transmitter)

PLB (Personal Locator Beacon)

The EPIRB is designed for marine use, it floats and operates for 48 hours. The ELT is designed for aircraft and activates on impact, the PLB is designed for personal use and is the system best suited for wilderness activities. The latter two operate for 24 hours.

A PLB is about two to three times the size of a modern mobile phone. A detailed description of how the units work and the instructions for their use can be found on our website www.bibbulmuntrack.org.au by selecting "Trip Planner" from the main menu, clicking on "Equipment & Hire" and finally by clicking on the link "PLB Instructions for Use". We have a number of units available for hire, and the hire prices are shown also on this web page.

The PLB units are in heavy demand, so booking as far ahead as possible is advisable. It must be stressed that an emergency beacon must only be activated in a situation of grave and imminent danger and where no other means of communication is available.

The Bibbulmun Track is not a dangerous place, but any venture into the wilderness should be made with the proper equipment, the knowledge of what might go wrong and how to deal with unexpected or hazardous situations. ⚙️

Good Walking!
Wrong Way Jim (aka Jim Baker)

Members Merchandise Madness! May Only!

Buy a Bibbulmun Daypack for only \$49.95 (rrp \$59.95) and get a Bibbulmun Track water bottle for free! Top quality lightweight pack with Track logo, padded adjustable harness and internal pocket. Available in pale blue or black.



Mothers Day Special — Book Sale —

Purchase "Wildflowers of the Northern Bibbulmun Track & Jarrah Forests" for just half of the members' price

Only \$10.00!

Come in and visit our newly re-furbished offices and get an extra 10% off the retail price on our range of Bibbulmun Track merchandise (maps & guidebooks excluded).

We have a great range of merchandise available from waugal magnets to walking sticks – see our whole range on

www.bibbulmuntrack.org.au



It's never been a better time to save money with the Entertainment™ Book!

Get your 2009/10 Entertainment™ Book through the Bibbulmun Track Foundation and support the Track!

Packed with hundreds of valuable offers from restaurants, cafés, takeaway chains, activities and accommodation. Each Book also comes with the Entertainment™ Gold Card, for more special 25% to 50% off and 2-for-1 offers from many of the best businesses in your area.

Only \$65 collected from the BTF office, plus \$7 for regular postage or \$9.50 for registered post*, you only have to use the Book a couple of times and it's paid for itself.

Order your copy now as they are sure to sell out quickly!
Call 9481 0551, email friends@bibbulmuntrack.org.au or visit our website, and start using your Gold Card and your vouchers mid-May when the books arrive.

* as we cannot replace books lot in the mail, we strongly recommend choosing registered post



EQUIP SLEEPING BAG FENDS OFF THE MOZZIES!

TO THE MAKERS OF THE EQUIP RANGE.

I'd like to thank the makers of the Equip sleeping bag for making such an effective bug resistant product.

We used the Equip sleeping bag over a period of three months whilst completing the Bibbulmun Track end-to-end, north to south. We started in spring and finished in summer.

Through the last weeks of the walk we found ourselves overnighing in the open shelters with mosquitoes, promoted by the late rains. I had no net and I slept in the treated sleeping bag, while the others slept under nets. Most nights the bag was zipped up, but sometimes it was too hot so I had it open. Occasionally the buzz of the bugs woke me up, (and filled me with unease), but I was never bitten. I was told the bag was impregnated with a 'synthetic pyrethroid' which certainly seems to work.

Duncan Clegg

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
*PLB	\$35.00	\$45.00
*PLB end to end hire	\$170.00	\$200.00

*PLB = Personal Locator Beacon

All prices include GST and are for one to seven days

PACKAGE A	\$60.00	\$80.00
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INCLUDES: Backpack, sleeping bag/liner, sleeping mat, stove

PACKAGE B	\$90.00	\$115.00
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INCLUDES: Backpack, sleeping bag/liner, sleeping mat, stove, tent

WALK with the friends

A SERIES OF SOCIAL WALKS WITH FOUNDATION VOLUNTEERS.



A PHOTOCOPY
OF THIS FORM IS
ACCEPTABLE

BOOKINGS WITH THIS FORM ESSENTIAL (PLEASE MAKE SURE YOU SIGN THE EVENT CONDITIONS BELOW)

PERSONAL DETAILS

Name: Membership No:
Address: Postcode:
Home Phone: Work Phone: Mobile:
Email for confirmation to be sent:

Tick here if you wish to car pool. Your first name, phone & suburb will be given out to others wishing to car pool.

FREE for members – conditions apply*
\$15 for non-members.

*A \$15 bond is required for each WWF booking. This is fully refundable if you attend the walk. Members who do not show on the day, or cancel after the Tuesday immediately prior to the walk, will be charged the \$15. This is to reduce the incidence of members not turning up simply because the event is free, whilst others miss out on the opportunity. Up to two walks can be booked at a time.

Please complete and sign payment details below and sign the Event Conditions.

PAYMENT DETAILS:

(\$15 payment or bond pp/per walk)

Please also join me as a member, I have included

- \$30 concession \$30 Senior
 \$40 individual \$60 Senior plus (couple)
 \$65 family \$600 Life Member

Cheque enclosed to the value of \$

(Please make cheques payable to the Bibbulmun Track Foundation.)

or debit my Visa Mastercard

. . . . Expiry Date: /

Card name: Signature:

EVENT 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

14th June 10.30am	23rd August 8.30am
7.5km return walk from Mundaring Weir to Ball Creek Campsite	20km return walk from Dale Rd to Brookton Campsite
21st June 9am	
17km return walk from Brookton Hwy to Canning Campsite	
5th July 8.30am	
22km return walk from Hills Forest Centre to Helena Campsite	
2nd August 9am	
15km return from Mt Cooke Pines to Nerang Campsite	

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

PHYSICAL FACETS - Packing "Lite"

by Isabel Busch

The Bibbulmun Track Foundation holds events that offer 'new' walkers the experience of a night, or nights, out on the Track. You will stay at one or more of the campsites on the Track and walk with a full pack, carrying items such as a tent, stove, sleeping bag and food. This may be the first time you have been out on the Track overnight and it is a far cry from carrying just a day pack with little more than water, lunch and a jacket. Don't worry if you don't have all the camping gear—the cost of the hire of backpacks, tents, stoves, sleeping bags and sleeping mats is included in the overall cost of the event.

A number of the events run by the Foundation include a trip planning night. These nights are full of information about the event and include advice on what to take to help you be prepared to make the experience more fun

How can you pack and walk "Lite and Easy"?

1). WALK "LITE"

Wear quick-drying shirts and pants, or quick-drying shorts that have less fabric to get wet and are cooler to wear. Zip-off pants work also; you can start on a cold morning in long pants and then zip off when it warms up. Stay away from track-pants or jeans. They absorb sweat, become heavy and hot and take too long to dry.

Tops that can wick the moisture away from your skin help keep your body at a comfortable temperature while you are walking.

Always take a warm outer garment such as a lightweight fleece to wear before you set out at the start of the day and at the campsite in the evening.

Proper trekking socks, with padding around the heel and toes and thinner elsewhere, are comfortable, cool and dry quickly. Wear walking shoes or boots — appropriate walking shoes work well on the Bibbulmun Track. They are lighter than boots, allow your feet to "breathe" and dry quickly. Sneakers and other casual shoes do not offer the correct support for your feet when you are carrying the weight of an overnight pack.

Short gaiters will protect your ankles from scrapes and from snakes.

Carry a rain jacket. Select a light weight jacket that has some breathing qualities so that your body does not heat up too quickly when you walk in the rain. Wet weather pants are not essential, but if they are light weight they will help to reduce the chill factor in a cold wind. (NB - pack your wet weather gear at the top of your pack so you can retrieve it quickly if you have to!)

Always have a hat to reduce the effects of the sun or wind on your head. Walking poles are a personal choice, but research does indicate that they reduce the wear and tear on the body by 10-20%.

Do you need a change of clothes to walk in the next day? - afraid not! If your walking clothes are wet, they will weigh down your pack. If it's still raining, they will only get wet again. If it's a sunny day, your body heat will dry your quick-dry wet clothes as you walk. However it is worth taking a change of underwear and socks- these can also be used as night wear.

2). PACK "LITE" WHAT GOES IN THAT PACK AND HOW BIG SHOULD IT BE?

Empty packs can weigh a few kilos. Your pack will need to be around 65 to 75 litres depending on your size and the length of walk you are planning. Remember, the bigger the pack the more gear you will be tempted to put in it!

On the planning night you will be paired up with a "tent buddy" to share a two-person tent, thus reducing the weight of carrying a tent just for yourself. You will need a fuel stove to cook your evening meal and this can also be shared between two. There are numerous types available from stores, with the Trangia being the type on hire from the Foundation. This uses methylated spirits, of which you would need to carry perhaps 200ml. In addition you will require sleeping bag with a silk or cotton liner to protect the inside of the bag and keep you that bit warmer, plus a sleeping mat. The bag can be as light as 500 grams for a top class down filled type or heavier for a synthetic type. A good sleeping mat can make the difference to warmth and comfort. A self inflating one is the answer and worth the little extra weight - throw out that extra Mars Bar!

What other items do I pack? - Dry, lightweight, warm gear to change into once you are settled into the campsite. A light pair of track pants, with your fleece over the top of a polypropylene or wool thermal top is a good option. Long johns under the pants if it's really chilly. Top these off with a beanie. The under layer can be your sleep wear, and keep the beanie on while you sleep if you feel cold—a high percentage of heat escapes the body through the top of the head. Think light, warm and layers of clothes, not bulky, heavy garments. Finally, light weight camp shoes such as Crocs.

Then you'll need a torch - a LED headlight is a good choice - toilet paper, a small first aid kit, matches/lighter,

a washing kit and a micro-lightweight towel. And your camera if you wish.

3). FOOD AND DRINK.

There are no cafés on the Track, so you will need to carry your own means of sustenance. Pre-packaged food can be nutritious and tasty but some research is needed. Check out what's on the supermarket shelves and in outdoor stores. Try it before you go to make sure the

quantity is enough to satisfy your hunger and that you like the taste. Reduce the packaging to a minimum—any rubbish must be carried off the Track, so the less you carry in, the better. Don't take cans or glass bottles.

Instant porridge is a good option for breakfast, using powdered milk. Experiment with dehydrating your own meals—then you know what's in the meal and it will be light to carry. Package items in zip lock bags in meal portions. Mountain bread can be a useful lunch option, as is tuna in sachets. Couscous requires minimal cooking time. Use the bowls from the fuel stove as your food dishes and other than that you need only a spork (fork/spoon combination) and a plastic mug. Green tea is refreshing to drink, but remember not to throw the leaves out into the bush. Tea or coffee bags are another option.

Carry at least two litres of water with you on the Track, in bottles or in a water "bladder".

Keep snacks light, don't over cater - you won't starve! Call the Foundation office for advice if you wish, we are always happy to help.

4). HOW DO I KEEP ALL THIS GEAR DRY?

Put a large, tough plastic garbage bag or a pack liner from a camp store inside the backpack to provide an extra layer of protection from the rain. Some packs have an external waterproof pack cover—check yours before you go out so you know how to put it on quickly, if the rain comes suddenly. Use waterproof stuff sacks for your dry clothes and food. Put more delicate items such as your camera, guide books or maps into plastic bags. In particular, make sure your sleeping bag is well waterproofed.

5). WHAT'S THE SECRET?

The secret is in thinking "lite" and thinking smart. Lay out the items you intend to take, look at each one and really justify its purpose on the walk. Remember you will be carrying your pack for a whole day (or more) and by the end, no matter how smart you have been, it will feel heavy!

Work on the adage "take what you need, not what it would be nice to have". And if you're not sure about whether to take something or not, leave it behind.

I have heard of people out on the Track carrying all sorts of items from cans of food, containers of liquid such as custard, large books, bags of rice and potatoes, a hammock, many changes of clothes and even bottles of wine. A colleague tells me he met a guy who had a didgeridoo, and we know of one other fellow who carried a surfboard from Walpole to Albany (don't ask!).

Honestly, you are out there for pleasure. Make it as easy as you can! 🌿

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The winners will announced on Sea to Summit's web page (www.seatosummit.com.au) on Friday 3rd July. Prizes will be available for collection from the Bibbulmun Track office.

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Three Generations on the Track!



Three generations of the Orme family from NSW
L to R: Ned, John, Kate, Alison, Ben and Grandad Bill.

Avid walker and grandfather Bill Orme (73) had already walked part of the Track with his son John, so he decided it was time his daughters and grand-children were introduced to the Bibbulmun experience. Here is his story:

John and I first walked on the Bibbulmun Track from Albany to Pemberton in the spring. Since that time I walked on to just east of Dwellingup, before being stopped by bushfires.

Now, with eight grand-children showing signs of being keen walkers, we decided to "blood" two of them, Ben(12) and Ned(10), on the section of the Track from the Brookton Highway to Kalamunda, during the school holidays.

The family flew from Sydney and on the first evening walked into the Brookton campsite under a brilliant starry sky. Ben's description of the shelter in the register was "fully sick". My initial concern at this phrase was allayed when I learnt that it is high praise in teenage language. Now I can high five "fully sick, bro" with the best of them.

We went on through brilliant flowers, towering forests, rocky gorges and sweeping views. It is a tribute to the walkers that each shelter was spotless and we saw virtually no rubbish along the Track - unlike my experience of walking from Land's End to John O'Groats in Britain, where the rule is "follow the Mars Bar wrappings".

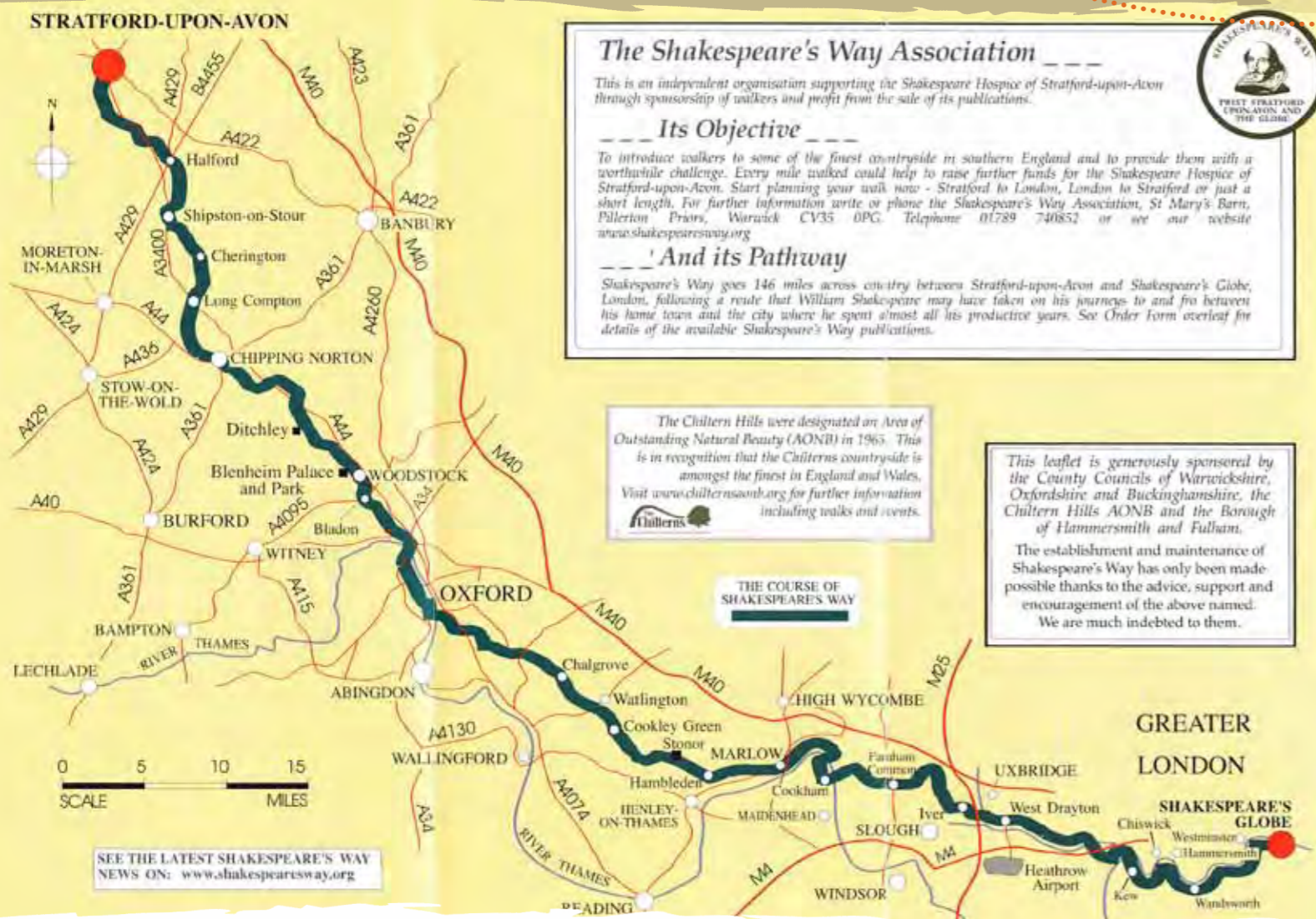
Ben and Ned fell in love with "Deb" dehydrated potato and with powdered milk. The end result from Ben and Ned was "fully sick, when can we do more?" Ned has decided that he will end-to-end when he is fifteen and my daughters Kate and Alison both want to do it with him. I'm sure they will!

ED - Sounds like Bill has started a wonderful family tradition! Read more about Bill's adventures on page 30 where he recounts his walk along England's Shakespeare's Way.

TRAILING AROUND THE WORLD

SHAKESPEARE'S WAY, ENGLAND

by Bill Orme



Walking the Shakespeare Way

walking, stating that he would have walked to London, 100 miles away, in four days.

The route set by Peter was nearly 150 miles, and since our intention was to take time to smell the flowers along the way, we decided on a leisurely twelve days.

The first part of the walk down to Oxford took us through a string of villages and small towns that all had their notable features identified in the carefully written instructions of the guidebook, such as a fine bell tower, an outstanding tomb, an impressive mansion or a mature beech forest. These highlights were matched by notes of such practical items as "welcome bench", "useful shop" and "hospitable inn" along the way. We used them all!

The guidebook follows the format of each self-contained double page showing a sketch map with a detailed description of the route. There are also abundant excellent photographs. Good use is made of established paths such as the Chiltern Way, the Beeches Way and the Thames Path and on lesser known routes, walkers are taken from stile to stile in fields, along rights of way and bridle paths as well as occasional sections of minor roads.

It is important to pay attention to the directions. The identifying roundel Waymark depicting Shakespeare's head is discretely added to existing Waymarks in many cases, and efforts have been taken to keep the marking low-key.

Four days of walking brought us to Woodstock, where we were lucky enough to have a friend who showed us around Blenheim Palace.

After following the valley of the Stour, we entered the Cotswold country near Oxford, and the walk along the Oxford Canal led us to our first encounter with the Thames.

Some of the best walking came when we crossed the hills and valleys of the Chiltern Hills

In a country with hundreds of named walking paths, it is surprising that it has taken so long for someone to design a path named after one of Britain's most famous sons - William Shakespeare. Shakespeare's Way, a walk of 146 miles, opened in April 2008. It runs from Stratford-upon-Avon, Shakespeare's birthplace, to the Globe Theatre in London, where he worked, and where many of his plays were performed.

The original Globe Theatre, which was owned by Shakespeare and his friends, burned to the ground in 1613, when a cannon shot during a performance of Henry VIII ignited the thatched roof of the gallery. The foundations of the Globe were rediscovered in 1989, and led by the vision of the late Sam Wanamaker, a new Globe Theatre was completed in 1996.

Shakespeare worked in London while his wife Ann Hathaway and his children lived in Stratford, and it is reasonable to suppose that he journeyed between the towns many times, probably covering much of the distance on foot. Sadly, there is little to indicate the routes that he took, although it is thought he did stay in the Crown Inn in Oxford, owned by his friend John Davenant.

We may ask ourselves, however, if the stone circle of the Rollright Stones in the Cotswolds was in his mind as the backdrop for Macbeth, and was the beech wood that inspired the setting for A Midsummer Night's Dream somewhere on the route?

Shakespeare's Way was devised and first walked by Peter Titchmarsh, a well known British author, who has written many books about the

British countryside. His full colour guide book to the route is entitled "Shakespeare's Way: a journey of imagination".

Given no specific historical route to follow, Peter Titchmarsh has chosen to take the walker through some of the most beautiful countryside and villages of England. We followed close in his inaugural footsteps, (literally at times, where he had trodden out the way across newly planted crops), with the countryside blossoming at the height of spring.

We were considerably impressed by the Way. At Stratford we visited the Bard's tomb in Holy Trinity Church to find it swamped with hundreds of bunches of flowers, as the date of his birthday had just passed. We visited the Shakespeare Centre, the exhibition at his birthplace, where there was just one bold statement about his

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with their marvellous beech woods of budding lettuce-green leaves, such a treat for those used to the grey-greens of the Australian bush. In Marlow we enjoyed another stretch along the Thames before going back into beech woods and the heath land of Stoke Common.

Eventually we hit the Grand Union Canal at Iver and the final stretch into London along the Thames. We were treated to the sight of coots, moorhens and swans busy with their spring nesting and we were specially impressed by the ability of the coots to recycle plastic and foam for nests. An example to us all!

Finally, from Kew to the Globe itself, we can only extol the unfolding, bridge by bridge, of London's history and architectural heritage. We book-ended our journey with performances of Hamlet in Stratford-upon-Avon, and Coriolanus at the Globe.

So what does this path offer that makes it special?

We were conscious that by walking we were joining not only Shakespeare, but all the people over time who have used walking as a way of travelling - before the advent of train, car and plane.

It gave us the opportunity to experience the character of the English countryside, villages and towns as well as a chance to encounter people along the way in a fashion not possible using fast modes of transport.

We used the "Shakespeare's Way Planner", a listing of accommodation and meal facilities along the path to good effect. Huge thanks go to Peter Titchmarsh and his many helpers who designed and checked the route.

Meander it as we did, or walk it at 25 miles a day, we are sure this is a path that will give great enjoyment to many walkers. 🌿