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THE BIBBULMUN TRACK FOUNDATION

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Bibbulmun NEWS

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Newsletter for the friends of the Bibbulmun Track

Maintenance Boost for the Bibbulmun Track

2008 saw many people complete end-to-end walks on the Bibbulmun Track. There was the 10th Anniversary end-to-end undertaken by the Bibbulmun Track Foundation, but just a day or two behind the group was Scott Hunter, a Department of Environment and Conservation (DEC) staff member.

Scott's walk was a little bit different to the average end-to-end walk, as he was working as he walked. Scott was stopping at every individual piece of trail infrastructure and photographing it, inspecting it and recording its condition.

From the information collected by Scott and the 10th Anniversary walkers, a very detailed picture of current trail conditions was developed. It was clear that the maintenance efforts of Foundation volunteers and the DEC District staff along the trail have seen it maintained to a very high standard, but its age is beginning to show in some areas.

DEC Director for Parks and Visitor Services, Mr Peter Sharp has stated that DEC is keen to ensure that the Bibbulmun Track remains a world class walking trail, and has allocated \$400,000 for major maintenance during the 2009/10 financial year, up from the previous \$80,000 in 2008/09.

The Recreation and Trails Unit staff are finalising the priorities in consultation with the DEC Districts and the Foundation, with planned works including new rainwater tanks, upgraded toilets, rebuilding bridges and boardwalks, replacing signs and erosion control to name a few, with construction beginning in the coming months.



The boardwalk traversing a swampy area between Woolbales campsite and Mandalay Beach has recently been replaced. Many thanks to the member (who wishes to remain anonymous) who donated \$5000 towards this project. We are sure people walking through this area in future will greatly appreciate it!

Bibbulmun In Bloom!!

8-DAY HIGHLIGHTS TOUR 14-21 SEPTEMBER 2009

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- Selected full & half day walks
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COST: \$2,450.00 Maximum 16 people



Spectacular wildflowers



Views over William Bay





Sea to Summit Photo Competition Winners

PROUD GAITERS

by Noelene Proud

"Using my favourite Sea to Summit gear, a pair of Gore-Tex gaiters. This photo was taken on a three-day walk in Tasman National Park, south-east of Hobart.

I have owned my Sea to Summit gore-tex gaiters for over eight years and they are still serving me well. They have seen me through a Bibbulmun Track end-to-end and have kept me dry, scratch-free and given some snakebite protection on many, many other walks.

On rainy days I take one gaiter off, lay it flat with the inside facing up and create a dry space to sit during breaks. When camping, I lay the gaiters flat and side by side and they provide a sand-free floor for the vestibule of my tiny tent."



Proud gaiters



Bath time!



Charlie's Botanators

SEA TO SUMMIT BATH TIME

by Shirley Howlett

"My little bit of luxury was buying a Sea to Summit kitchen sink and towel. After walking for 5 days it's the best thing, to be able to wash hair and have a warm wash. You think you are the only one around and then someone walks on by."

CHARLIE'S BOTANATORS

by Valerie Large

"As a group of flora surveyors for Pilbara Flora up in the Kimberleys we use our Sea to Summit gaiters every day to give us not only confidence when bashing about in the bush but to protect ourselves against spinifex, grasses, bugs and the occasional snake or crocodile. We haven't tried the gaiters out on the crocodiles yet....."

Congratulations to all the winners who each won a pack of Sea to Summit products.

Visit their website at www.seatosummit.com.au



FROM MY Desk



Thank you!
Thank you!

Welcome to the spring edition of Bibbulmun News.

A key goal of the Foundation is to 'encourage community participation, which contributes to physical and social well-being'. We achieve this in a number of ways including our Calendar of Events, walker services and in the provision of opportunities for people to become volunteers.

However, there are other aspects of the Foundation's role of which members may not be so aware. We have just updated our strategic plan for the next three years, and I thought members might be interested in knowing more about our goals.

The Foundation's mission is: 'To support the management of the Bibbulmun Track so that it remains a sustainable long distance walk trail of international significance and quality'.

This is achieved through:-

- 1) Community participation contributing to physical and social well-being.
- 2) Development of opportunities for tourism, employment and education.
- 3) Protection of the natural, cultural and heritage values of the Track.
- 4) Attraction of funds and other resources.
- 5) Being an advocate for the Track in relation to the formulation and implementation of relevant government economic, social and environmental policy.

Over the past decade the Track has become a popular recreational and tourism resource, bringing visitors and economic benefit to the South West. The Foundation's role has included the promotion of the Track and development of tourism products, such as Bibbulmun Walking Breaks, thus encouraging the towns along the Track to provide walker services and supplies and assisting tour operators in the creation of their own itineraries.

Educational resources, such as the 'Getting on Track' DVD and trip planning guidelines have been developed to assist teachers to plan their expeditions - and to educate students about Track etiquette and 'treading lightly'. The national Leave No Trace principles have been adopted by DEC and the Foundation and are included in all our promotional material to encourage walkers to protect the natural and cultural values of the Track. This is also a key role in the volunteer maintenance programme.

The Foundation attracts funds and resources through grant applications, sponsorships, fundraising activities and sales of merchandise and services such as the hiring out of gear. Lastly, Board members and staff participate in forums and respond to policy documents where possible to protect not only the Bibbulmun Track, but trails and recreational opportunities in general.

Above all, the key emphasis of our strategic plan is to balance capacity with quality to ensure the long term sustainability of the Bibbulmun Track- and to maintain the quality of the experience for walkers.

The \$400,000 allocated to the Track this year by DEC will certainly go a long way towards helping us achieve this goal and we thank them for the commitment. We also have some exciting developments in the pipeline to reduce the impact of groups on the Track and will outline those in the next newsletter.

In the meantime, I hope you enjoy the upcoming spring season and get out and about to see the wildflowers. 🌸

Linda Daniels
Executive Director

Election of Board Members

In accordance with the requirements of the Constitution of the Bibbulmun Track Foundation, one member of the Board, Patrick Tremlett, has completed his term. Patrick is eligible for re-election for a further two-year term and offers himself for re-election at the Board meeting on August 27th, 2009.

Mike Wood, Bruce Manning and Simon Holthouse will complete their terms in October.

Mike, Bruce and Simon are all eligible for re-election for a further two-year term and offer themselves for re-election at the Board meeting on October 29th, 2009.

Nominations are invited for any of the above positions. Nominations should be in writing and be received at the Foundation no less than two weeks prior to the meeting.

Notice of AGM

The Annual General Meeting of the Bibbulmun Track Foundation will be held at 5.00pm on Thursday October 29th, 2009, at Level 1, Mountain Designs building, 862 Hay St, Perth.

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

During the AGM we shall be adopting the updated constitution. Members are invited to view this document on our website.

2009 MOUNTAIN DESIGNS BIBBULMUN TEAM CHALLENGE

A test of brawn and brains in the bush!

- WANTED teams of four. Test your 'brawn and brains'
- Physical and mental challenges
 - Walking 60km and camping out on the Bibbulmun Track
 - 4 Heats to choose between October and November 2009

"The four days were the best organised activity-based event I have ever been on"

Rob, PBB Chartered Accountants

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Walker Story...

Teen Trek BY CHELSEA BADGER (13)



Chelsea ready for her three-day walk on the Track

Teen Trek was one of the most amazing and fun experiences that I have ever had. The memories created over those three days are enough to last forever. The friendships we created, the laughter we had together, the m&ms in the marshmallows and the fun we experienced as a group is everlasting.

We spent three days on the Bibbulmun Track with a group of girls and guys that were around the age of 12-18, although most of us were 13 or 14. The first couple of hours were kind of awkward with everyone not knowing if they should speak or make conversation. By the time we reached our first campsite things started to loosen up a lot more. My first memory of our group was when two of the year 9 boys were trying to cook 2 minute noodles and didn't exactly know how to cook them. We laughed it over and realized that even though most of us were younger or older, when we were by ourselves in the bush we all felt the same age.

After that first evening, walking the Track became heaps more enjoyable and amusing as we talked and talked about almost every topic in the world. Our guides had told us at the beginning that if we talked and chatted to each other the walk wouldn't feel so long and it would feel like we walked a metre even though we walked a lot more than that!

We didn't walk the Track alone; we were supervised by two volunteer guides (Wendy and Charmaine) who were our leaders for the trek. They didn't act like our mums and try to protect us from every single thing and tell us what to do. We cooked our own food, set up and packed up our own tents, packed our own packs and did all those little things ourselves. This gave us a feeling of independence. They were also perfectionists in keeping us happy while walking. They tested us with

brain-teasing that took us most of the trek to work out and even gave us information about certain trees, flowers and even rocks! We never got bored once during the trail with these amazing ladies.

"Why on earth am I doing this?" was the first thing I thought when we started walking, but now as I look back, I realize that the amount of fun we had during those three days and the friendships we made; well, that was the reason.

Thank you to Charmaine and Wendy for their time volunteered to take the Teen Trek. 🌿

ED - Teen Trek is just one of the guided events run by the Foundation. We are very grateful to all our experienced volunteer guides who share their passion and knowledge.



Chelsea and her fellow Teen Trekkers

How to find the perfect log to sit on...

Having a rest without having to remove your pack requires finding the perfect log to sit on. For some tips and a chuckle - search for 'Stevens walking tips for the Bibbulmun Track' on YouTube!



Changing of the Guard

After twenty years at the helm of Peregrine, Peter Lambert is retiring.

Peter has been at the forefront of the adventure travel industry in WA for two decades and instrumental in developing the Peregrine identity in the State. The Peregrine office has encouraged people from all walks of life to experience some awesome adventures. All the best for your new adventure Peter; we'll miss you.

The Peregrine Travel Centre in WA has been purchased by Mike Wood, managing director of Mountain Designs WA. In doing so, Mike is returning to his roots. Together with Mick Chapman, Peregrine's Himalayan Operations Manager, Mike was involved in the setting up of Peregrine's operations in Nepal. Mike is also, of course, chairman of the BTF.



YOUR LETTERS

Dear Linda,

Please find enclosed my membership renewal.

We walked N to S and absolutely loved the journey. The Track is such a credit to all who have involvement in its maintenance (and original building). Both Simon and I want to thank you all, from the bottom of our hearts, for providing such an amazing Track.

Personally we have found it to have changed our lives. We found it challenging in many ways, but we both "grew" as a result of it. The beauty of the land traversed was often breathtaking. My belief regarding the Track is that it connects many little pockets of paradise. We are both itching to get back out there again. There is a feeling or emotion that stirs deep within our being whenever we talk about the Track that cannot be put into words. It is simply amazing.

Thank you once again.

With best wishes,

Simon and Diane House

I must say it is such a pleasure to belong to such a wonderful organisation. I guess the shared love of walking and the bush does promote a desire to look after it, but I do believe the Track is so successful because the Foundation does such a committed, well-organised job and the DEC people in our area (Collie) are very helpful and approachable. Congratulations.

Regards,

Libby

(Maintenance Volunteer)

Two friends and I are weekend warriors on the Track. We are between 44 and 54, (I'm the middle one). We began on the day that the anniversary end-to-enders came in last year, and thought the band was for us! We are going north-south and currently we are at Donnelly River Village, but we want to rave about the Backpackers and the great pub at Balingup. Andrew at the Backpackers is great and helpful - even lending us a tarp when the weather was bad. He made us so welcome.

The pub is great and the curried pumpkin pasties and coffee at the Mushroom Café are brill.

It's a great track town. Tip:- you cannot always get gas bottles.

We shared our walk with Bryan from Moora (Track name Tigger) who began the Track in year 10 and finished his end-to-end in Donnelly River on Sunday.

He is currently 18 and in his gap year. Wow! Great effort and so motivated. How cool he was, happy to join us on the Track after his friends left in Balingup due to blisters. We met him at the Backpackers. Wish I had the picture of him having reached Donnelly River; standing under the arch of our pink walking poles. That is one cool, motivated 18 year old.

The walking poles are a new addition to our hikes, we are like reformed smokers and want to convert all non-pole users. Bryan was our first convert. Or so he told us! However they really stop you getting so sore and put us up to nearly five kilometers an hour in pants. Before poles we were passionate about jet boil stoves. Next passion may be Gortex jackets, but we're saving up for those.

The Track is brill, we love it and the people we meet.

Sarah Longland

Hi Jim

Well, only 5 more sleeps and I'm in Perth! Many thanks for your advice on the trip, it made planning it so much easier. Thanks for the specific bit about the Murray-Dookanelly-Possum Springs section, I've also heard the same thing from others.

The system the Foundation has for providing advice to those doing large sections of the Track is excellent, and on its own is worth the membership fee.

Cheers

Jason

Dear Jim,

I know it's been a long time since we completed the walk in early December, but better late than never! And we couldn't think of a better way to spend part of our Federal Government stimulus package...

First of all, thanks for all the advice before we set off. Everything went really well, even though we coincided with floods around Peaceful Bay and beyond, and then some rather unpredictable inlet crossings. Still, they were part of the adventure.

I'm attaching a cheque to the National Trust to help with work projects on the Bibbulmun Track. We were out for 52 nights, so at \$10 a night it was an amazingly good deal! We hope it can be used for work projects such as improving the Track through the swampy areas, so as to preserve both the flora and the morale of walkers!

Enjoyed the latest edition of the Bibbulmun News; great to see Giants is up again.

Many thanks to all in the office and the other volunteers - you do a great job. I wish WA was not quite so far away.

Regards,

Helen McAuley (ACT)

Hi there,

I finished my walk in Nov 08 and all my paperwork is now in the mail. Although I had been excited as the end of the walk drew closer, I was totally unprepared for the amazing rush of emotions that occurred when I had the last six kilometers in my sights. My thoughts were going every which way and I wrote this as soon as possible after I finished, on my laptop in the motel room, as I wanted to capture the emotions that I had felt.

Thank you again for every bit of help that I received from you over both the sections of this unbelievable walk, I am still in wonderment. The thing that impacted me most, was that it is possible for very ordinary people to achieve their end-to-end, and I loved so much reading the "red" journals and following the travels of so many others like myself - to be happy for their successes and to cry when they were forced to stop for varying reasons.

I am returning to WA this week for another bike ride out of Margaret River and at its completion will return for a few days on the Track - it feels like an old friend now.

Thank you again and my best wishes for the future.

Lindy Lester

ED - see Lindy's story on page 18



Kerstin Stender, Acting Trails Coordinator

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

DEC Recreation and Trails Unit

Hi to all. My name is Kerstin Stender. I started as the acting Trails Coordinator with the Recreation and Trails Unit in June. I am acting in this position while Megan is on maternity leave. Megan's baby girl, Charlotte Abigail, arrived on Sunday 14th June.

In my short time as the A/ Trails Coordinator, I have been exposed to many facets of the Bibbulmun Track. In the time spent on the Track I have found the campsites and the Track to be well maintained and impeccably clean and tidy, thanks to the efforts of the Bibbulmun Track volunteers and DEC staff.

As the trail manager, our focus is on trail standards and maintenance. I am pleased to advise that our funding for this financial year has increased to \$400,000 (up from \$80,000 last year). This will allow us to undertake urgent maintenance, replacements and repairs.

As mentioned in the cover article of the last Bibbulmun News, an audit was conducted last year to record and grade all the facilities and the Track's condition. This process identified areas for urgent attention, including bridges, toilets, shelters, boardwalks etc. The Bibbulmun Track

has now been in operation for a number of years, and some of the wooden structures are reaching the end of their lifespan. It is exciting to know that we can make a much bigger difference this year to improve the facilities.

To reduce degradation of the Track and its facilities, work is currently underway to develop a group campsite near the existing Mount Cooke campsite. This will provide an alternative for schools and other groups and is the first step towards reducing over-crowding in the northern section of the Track. A new loop, possibly to the east of the current Bibbulmun Track alignment, will link this campsite to the Monadnocks campsite, hence taking some pressure off the existing Track.

The concept also involves the provision of additional group campsites in the Lane-Poole Reserve and the Walpole area. Our recent survey has identified these areas as high usage areas for groups on the Bibbulmun Track.

New maintenance guidelines, which will come in a handy pocket size, are currently in development for Bibbulmun Track volunteers. It is hoped that, not too far in the future, new

software developed for the Munda Biddi Trail's maintenance programme will be customised for the Bibbulmun Track. This will help streamline administration including the processing of reports.

Operational Guidelines are also being developed for use by DEC Districts to help ensure maintenance standards are consistent along the length of the Bibbulmun Track.

The Bibbulmun Track Foundation was successful with seeking funding for the long awaited re-alignment at Nullaki. DEC will engage a consultant in the near future to undertake community consultation in that area, as well as to identify a more suitable alignment. This will include addressing the difficulties presented by the crossing of the Wilson Inlet.

DEC districts have been busy undertaking ongoing general maintenance and clearing as well as improvements to several sections, including the path to the Mandalay lookout. Unfortunately the work on the Woolbales boardwalk was interrupted by rain and will be finished as soon as the ground dries out.

Other highlights include trail improvements around One Tree Bridge and a new bridge to replace the challenging crossing near the Pemberton Pool. Ongoing improvements include toilets and rain water tank replacements and erosion management.

As I write, the Wilson Inlet has been breached and there is a flood warning between Chesapeake Road and Lake Maringup. Please have a look at the information regarding water crossings on page 9. One of the points is to check the latest Track conditions.

The Track Conditions page on DEC's website is updated the same day reports come in – other than on the weekends. Updates are provided by our district offices, as well as other agencies and individuals. These Track Conditions do not reflect an hourly update, particularly in regards to water crossings and inlets, as these can change at any time and with short notice. It is always advisable to ring or call into the local DEC office to get the very latest report.

Finally I'd like to thank all BTF members for the contribution you make to the Bibbulmun Track. It is largely through your ongoing support that the Bibbulmun Track is recognised as one of Australia's great walking trails and receives the attention it deserves.

Special thanks, as always, to those who go the extra mile by volunteering their valuable time. 🌿

WALKER STORY:

WALKING THE BIBBULMUN

(End-to-end walk between 21st April and 14th June 2008)

by Robin King



If you've ever dreamed of one day doing some big adventure, but somehow never got around to it, then this may inspire you... or put you off! I dreamed of one day escaping the fast city life, donning a pack and walking boots and going for a long walk on the Bibbulmun Track.

I have been running marathons for years and I have a friend Bob, who had done all sorts of mountain trekking as well as walking the Bibbulmun Track. I flippantly asked him one day whether he would like to walk "The Bibb" again, with me. Without hesitation he said yes – and he meant it.

I'm not sure that he thought I would follow through, as many people have said they'd like to do it but never followed through. We planned to do the Cape to Cape Track as a seven-day test to see if it were possible for me. I set about collecting my gear for the trek. I already had my boots, which I had worn in during a few walks, including the Stirling Ridge Walk and a few sections of the Bibbulmun Track. We completed the Capes walk in December 2007 and vowed we would "do the Bibb" in autumn 2008.

So after much planning, a friend dropped us at the Kalamunda Terminus on April 21st and away we went. We completed the journey in 55 days, which included three rest days. During that time, we only got really rained on for three days, although on two of the rest days it rained all day. On many of the nights, however, it rained all night with thunder and lightning so we couldn't sleep.

I had to contend with an air mattress that developed a slow leak during the final ten days, and I had to blow it up a couple of times during the night. In the end I couldn't be bothered and I was basically sleeping on the bare boards.

(Editor's note to walkers: If you have an air mattress, carry a repair kit, available from any camping shop!)

I never felt hungry on the Track; however I lost 10kgs in weight over the course of the two walks. We ate very well in towns; eggs, chocolate, steak and cheese being common foods.

Fervent mice constantly tried to steal our food. I had to sew up a hole in my jacket pocket where a mouse chewed its way in to eat my trail mix. Some of the shelters have plastic boxes in which to store your food to protect it from mice, rats and possums.

We met many people along the way with whom we became trail mates. Most shelters were shared with others. On long weekends the campsites became very busy, and on one night we had to use our tent, as the shelter was full.

Each shelter has a green register book and a red book for "blurb". As you go along the Track you can follow the stories of walkers ahead of you. Sometimes these are people that you never get to meet but you can follow their journey in the red book. At other times you may catch up with them, which is a nice surprise, and sometimes you cross over with walkers going the opposite way and you can follow their journey in the red book.

We met people at the half-way mark (Donnelly Village South) who had started in Albany on the same day as us and had been walking exactly the same number of days as us – we crossed at the mid-point. We travelled with the Adams family for seven days between Dwellingup and Collie and with an American man for the second half of the Track from Donnelly River Village. We had been following the story of his weight loss since Mt Cooke and then met him at the school house in Donnelly. We caught up again in Albany for breakfast, and he had lost 14kgs.

Here is a list of what the Bibbulmun walk taught me:

1. You share your trail mix with the mice or else.
2. Always carry a needle and thread to stitch up things, including holes that mice chew in jackets!
3. There are always stumps and rocks on the Track that camouflage themselves.
4. Beware if someone trekking the opposite way tells you, that "you'll have a nice easy walk today" – the opposite will be true.
5. Every day is hard.
6. You have to eat enough to be able to haul the heavy pack that you've filled with food.

7. Thermarest air mattresses are fallible. (Ed: Repair kit!)
8. Hikers become competitive.
9. "Fixomull" is your friend.
10. You look totally different in a hiking outfit than in "real" life.
11. Mirrors are scary things.
12. Towns and "normal" people make me nervous (only when hiking!).
13. Bush toilets are better than "normal" toilets.
14. I have very strong knees now!
15. All hikers fall over – at least once. Always fall on your backside ... the sleeping bag is there!
16. Don't believe the temperature rating of sleeping bags.
17. I can't do without my "Wet Ones".
18. Laundry is not necessary, especially if it rains or you've just crossed an inlet.
19. Smoky clothes feel better than wet ones.
20. Supermarket shelves take on a whole new meaning – walking past "Continental" packets, fried peas, "Deb", salmon in sachets, trail mix and muesli bars will bring a half smile to my face.
21. "Croc" rock.
22. Likewise black garbage bags.

Autumn brings out the fungi. I have some beautiful photos of fungi in a variety of colours and textures. The fauna and the flora of the Track are sensational – the forest smells, the fallen bark, the green velour moss, the bird song, the frog choruses.

My favorite shelter was Torbay, for its view and friendly bandicoots, and my favorite section was Northcliffe to Walpole. The Pingerup Plains were memorable with some wildflowers still out and for the wading required to the Woolbales campsite. The first sighting of Mandalay Beach was also memorable after being in the forest for so long.

The day into Denmark from William Bay was the hardest, when we had to go over Mt Hallowell – nicknamed Mt Hell-owell! Another memorable day was when we were jet-propelled along Mazzelotti Beach by gale force winds. It looked like a Sahara Desert scene!

"The Bibb" is not an easy walk, especially if you are a light weight, but was a life time experience that I would like to repeat in springtime. (I'll work on getting my pack weight down).

I recommend the Bibbulmun Track to anyone, even if you only do day walks in small sections. 🌿

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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 Spring Burning Operations

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

These burns are carefully planned 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 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 to 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

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

Targa West Car Rally

The Targa West car rally will be held along Mundaring Weir Rd on Friday 21st August. Marshals will be on hand to assist walkers while the event is in progress. The Track will remain open.

Timber Harvesting near Track

Walkers are cautioned that between the White Horse Hills and Mt Wells campsites, timber harvesting operations will be occurring in State Forest to the east of the Bibbulmun Track. 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 from these harvesting operations. Grading will occur in late spring/early summer 2009. Logging traffic will start after grading is finished. Caution signs will be installed prior to the harvesting operations taking place, and walkers are requested to follow the signs and take extreme care when walking in this area.

Western Power work on powerlines south of Mount Wells campsite

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. Work practices in this area are controlled by the project environmental management plan.

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

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) - Ph (08) 9734 1988 or marie.houghton@dec.wa.gov.au

New Alignment - Glen Mervyn Dam

The Track will be realigned to follow the waters edge at Glen Mervyn Dam.

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

Mumballup Forest Tavern

Adjacent to the Track south of Collie, the Mumballup Tavern is popular with walkers. After having closed some time ago, it has re-opened and once again provides budget accommodation and counter meals. The new phone number is (08) 9732 2303.

New permanent alignment south of Mumballup

Work to realign the Track away from private property to the south of Donnybrook Boyup Brook Road at Mumballup has been completed. 1.7km of former Track running south from Mumballup to Greater Preston National Park is closed. From Mumballup the realignment runs 1.4km west along the former railway reserve to the south of Donnybrook Boyup Brook Road then turns south along Hearle Road, rejoining the former alignment at the boundary of Greater Preston National Park after 2.9km.

Upgrade works to Millstream Dam wall

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 traveling through this section and comply with warning signs and direction from Water Authority Staff.

General Track Conditions

As winter commences the loamy soils of the Blackwood Valley can become slippery. Walkers should take extra care when walking in these conditions.

Donnelly District (Manjimup and Pemberton)

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

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.

Track Diversion

The section of Track from Chesapeake road to Lake Maringup is flooded. An inspection has confirmed that the Gardner River is peaking at 3.5 metres at the Chesapeake crossing. This indicates that the section of Track adjacent to the Gardner River will be under water at a depth that may be hazardous to walkers.

For this reason DEC has closed the section to Lake Maringup from Chesapeake Road south and north and a temporary diversion will be put in place along Chesapeake Road. This section will be inspected on a regular basis and the diversion will be removed when possible. Please contact DEC Donnelly Office for further information.

Flooding

Walkers are reminded that in winter and early spring they should expect water up to waist deep anywhere south of Gardner River through to Long Point.

Walpole-Frankland District

Covers Pingerup Road to Denmark
Maps 6, 7, 8 or Sections 42 to 53 in the Southern Guidebook
Contact Mark Virgo or Allison Donovan (08) 9840 0400 or mark.virgo@dec.wa.gov.au or allison.donovan@dec.wa.gov.au

NO CAMP FIRES

WALKERS ARE REMINDED THAT ALL CAMPSITES FROM MT CHANCE TO ALBANY ARE 'NO CAMP FIRE' SITES - FUEL STOVES ONLY.

Tree Top Walk car park

If walkers leave their car at the Valley of the Giants Tree Top Walk, they should ensure that the staff at the ticket kiosk are informed, as the car park is locked overnight.

INLET WARNING

Inlet and beach conditions can change quickly and frequently – 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.

Parry Inlet

Walkers are reminded to always exercise caution and if you have any doubts about crossing use the alternate route (shown on map 7b or p. 237-8 of the Southern Guidebook).

For the latest inlet crossing conditions please contact the DEC Walpole office on (08) 9840 0400.



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

NO CAMP FIRES

Fires are a great danger and the Albany District has experienced a large number of wildfires. We urge extreme caution from smokers and please abide by the rule – NO FIRES AT ANY TIME – Thank you

Nullaki Campsite

Machine clearing works, associated with adjacent private property along the Bibbulmun Track, has caused disruption to the Track north (from Eden Rd) and south of the Nullaki Campsite. Two sections of the Track in the above area are now along grader constructed tracks. Walkers are asked to please carefully follow Bibbulmun Track markers and watch for vehicle and machine traffic. We apologise for any inconvenience and visual impacts.

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.

Wilson Inlet

For six to eight months of the year, the 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 the Bibbulmun Track Foundation website – <http://www.bibbulmuntrack.org.au/trip-planner/Track-Towns/Denmark.aspx>

The section of the 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.

WATER CROSSINGS

Water crossings require careful assessment and analysis. Please remember that it is your responsibility to consider and assess all information, including a possible on-site assessment, and make a decision to ensure your safety. If you have any doubts at all use an alternative route, or wait for the water level to drop.

Here are some considerations for you to make prior to attempting a crossing. If you answer yes to any of the following considerations you are strongly advised to use an alternative route:

1. Track Conditions and Updates on the DEC website advise of Track closures and unsafe conditions. <http://www.dec.wa.gov.au/parks-and-recreation/tracks-and-trails/track-conditions-and-updates.html>
2. On your request at the local DEC office for most up-to-date information, you were advised that an inlet has breached, or an area is flooded, and to use the alternative route.
3. There is a current diversion in place as you approach the signage.
4. There has been high rainfall recently, especially if it is winter or spring.
5. There is a current which makes it difficult to take normal steps forward in the water.
6. The water is higher than thigh deep.
7. You have assessed that at least one of the members of your group may not have the physical ability to manage this crossing.
8. Ocean waves are breaking or rolling across the inlet crossing.



Steam train between Dwellingup and Etmilyn

TRACK TOWN Dwellingup

THE ULTIMATE DESTINATION FOR A "GETAWAY WEEKEND"

Dwellingup is a township within the shire of Murray, and is one of five towns that the Bibbulmun Track passes directly through. Only one and a half hours drive south of Perth, it's an ideal destination for day walks or a weekend break.

Nestled in the jarrah forest of the Darling Escarpment, Dwellingup is a popular camping destination and home to the Lane Poole Reserve on the Murray River. The Reserve occupies 55,000 hectares and offers a variety of adventure activities and tranquil settings.

Dwellingup was almost obliterated by the bushfires of 1961, but is now a year-round destination for many visitors. Those seeking an intimate experience with the natural environment or perhaps more interactive experiences will find that Dwellingup and its surrounds have plenty to offer.

Attractions and activities include a trip on the heritage steam train, white water rafting,

mountain biking on the Munda Biddi Trail and visiting the Forest Heritage Centre, home of the Australian School of Fine Wood.

A great day's walk can be had along the Bibbulmun Track by taking the steam train to Etmilyn and hiking the nine kilometres back to town. This walk features excellent examples of jarrah, red gum, grass trees and banksia, together with a variety of palms and ferns unique to this part of the forest. It is advisable to contact the Hotham Valley Railway for timetable information.

In spring there is an abundance of wildflowers, including hovea, kangaroo paw and cat's paw, together with spider, cowslip and purple enamel orchids. In addition, a vast array of brightly coloured fungi is on display, including the awesomely coloured coral fungi.

Long distance walkers are able to purchase supplies from the town's general store or from the newly opened camping store next to the post office. Additionally, Dwellingup is an excellent

spot to take a break and rest those weary feet for a time.

Accommodation options range from tent camping, a caravan park, self catering cottages and bed and breakfast to luxury chalets. Delicious meals can be enjoyed at the recently reopened Millhouse Café, the Community Hotel and the Dwellingup Café, which also offers take-away food.

The Dwellingup History and Visitor Information Centre is located on Marrinup Street. The building is constructed from local timber and houses a unique collection of historical items related to Dwellingup and other old mill towns in the region.

Open daily, the staff will be happy to offer assistance during your visit to Dwellingup, the ultimate destination for a "getaway weekend".

For more information, phone (08) 9538 1108 or email dhvic@murray.wa.gov.au



Dwellingup History and Visitor Information Centre



Day walkers on the Bibbulmun Track north of Dwellingup

ENJOY A BIBBULMUN BREAK IN DWELLINGUP

For a hassle-free, all-inclusive Bibbulmun Break in Dwellingup – just pick up the phone and call Millie at the Foundation on 9321 0649 – she'll arrange everything for you!

Your Break includes:

- Two nights double or twin self-contained accommodation
- Breakfast each morning
- Packed lunches for two days walking
- Vouchers for two dinners at local restaurants
- One-way tickets to Etmilyn on the historic Etmilyn Forest Train (only available Saturdays, Sundays, Monday public holidays and school holidays)
- Dwellingup day walk map pack, a forest discovery wheel interpretive guide, town notes, useful information and tips for walkers

From \$622 for two people.

Book before October 15, 2009 and receive a free copy of "Wildflowers of the Northern Bibbulmun Track & Jarrah Forests" (RRP \$24)

Gift vouchers available.

End-to-Enders 'Wall of Fame'

Have you completed a continuous end-to-end?

Whilst we acknowledge that all end-to-ends are a great achievement – we are creating a 'wall of fame' to acknowledge those hardy souls who have walked the entire length of the Track in one go.

The photo gallery will be put up in our front office – the ideal place to inspire our many visitors.

So dig out the photo album and please send us:

- a mid to close-up photo (so we can see who you are!) – ideally one taken whilst on your end-to-end journey. Size of the photo should be a standard 6" x 4"
- your name, your track name if you have one, dates of walk and where you are from.

We're looking forward to being inundated with photos!!

Email:

marketing@bibbulmuntrack.org.au
or post to Jean Byrne,
Bibbulmun Track Foundation,
PO Box 7605, Cloisters Square WA 6850.



Eyes on the Ground
MAINTENANCE PROGRAMME

In May I spent a very enjoyable ten days attending Field Days in the Albany, Frankland, Donnelly and Balingup districts.

Our focus this year was to look at facilities constructed along the Track – the various types, any possible problems that they might present and how volunteers should deal with those problems. Each district officer had a great selection of photos and we looked at examples wherever possible. Dave Lathwell in Blackwood put together an excellent program enabling us to visit a number of locations to look at bridges, stiles, log crossing, fences and water bars.

Sincere thanks to Dave, Luke Coney in Albany, Justin Ettridge in Frankland and John Hanel in Pemberton for their support and for the time and effort they put in to ensure the Field Days were successful. Thanks also to Tony Evans, who kindly provided a copy of the Albany to Mandalay Interactive CD to the volunteer teams who came along.

In between the Field Days I was able to check out some of the sections along the coast that will shortly be undergoing some remedial work, and areas in the Donnelly district where the Track

has been realigned slightly to protect some fragile granite outcrops. The amount of research that has to be conducted before this work can be carried out is really quite amazing. It is clear that every effort has been made to ensure the Track is sited so that damage to the environment is minimised, while at the time ensuring walkers' safety and providing them with the maximum opportunity to appreciate the scenic beauty of the area.

Work is continuing on the updates to the Maintenance Guidelines which will be vastly improved and set out in a more useable format, thanks to the help of BTF volunteer Charmaine Harris and Therese Jones from DEC. Although the work is taking longer than originally anticipated, it will be worth the wait.

If you would like to help care for the Bibbulmun Track by maintaining a section, please give me a ring or pop in to the office and I'll be happy to explain the Programme and find a section for you.

Thanks to all of our wonderful volunteers – you do a terrific job!!

Gwen Plunkett
Volunteer Coordinator

Entertainment™ Book! Hurry up, get yours from the BTF!

Many thanks to everyone who helped our fundraising this year! We've sold 157 books and raised \$2,041 to date. We still have a few books left if you haven't got around to getting one yet. The Entertainment Book is only printed once each year and is available for a short period of time. The Entertainment Book is an excellent way to make sure you keep doing the things you like to do, no matter what the economy does. It includes offers for Perth's best restaurants, cafes, take-away chains, attractions, activities... as well as special rates for over 700 hotels and resorts – there is something for the whole family!

Only \$65 collected from the BTF office. Add an extra \$7 for regular postage or \$9.50 for registered post. Call 9481 0551 now to order your copy.



entertainment™

Yes, THEY DID IT!

In this edition we recognise another 31 end-to-end walkers.

4 CAME FROM OVERSEAS, 6 FROM INTERSTATE AND 21 FROM WA.



WA's Indian summer has been a bonus for walkers on the Bibbulmun Track, providing some ideal hiking weather for many walkers who have either visited or contacted the Foundation to register their end-to-end journeys. They have included visitors from overseas and inter-state as well as many local WA walkers.

CONGRATULATIONS TO ALL OF THEM ON THEIR ACHIEVEMENTS!

Birgit Versuemer (25) from Germany (S-N, 28.03.09 to 26.05.09) found that her trek made her fitter and cleared her mind. She enjoyed meeting different people and seeing so many different Oz landscapes. She loved the rocks and lots of hills, steep climbs up and down, and the showers, hail and storms! She says walks in Germany have much higher hills! Favourite sections included DRV to Dwellingup and Brookton to Helena. She still finds it unbelievable to think that she walked the whole Track and says it was the best decision of her life! She'd like to walk it again in springtime. Birgit saw a lot of wildlife including different kinds of snakes and spiders "with lights on their backs!"

Paddy Freaney (70) and **Rochelle Rafferty** (38) came from New Zealand to walk the Track. (N-S, 19.04.09 to 08.06.09). They highly commend those responsible for the concept, implementation, and maintenance. Rochelle loved the variety – from weathered granite peaks, to lush forest and birdlife, to huge tangles and then the sudden roar of surf and wonderful beachscapes. Re-supplies were purchased as they went, buying whatever was available. Both found it too hard to pick a favourite section, loving

all of it! Highlights included the constantly changing sights, the inlet crossings and native animals. Paddy especially liked the diverse flora and fauna. Paddy tells walkers not to take the Track too lightly, and to be prepared for some early morning starts. Rochelle says simply to take each day as it comes, and ENJOY!

Heinz Karsten Hiekmann (25) from Germany (S-N, 07.05.09 to 20.06.09) says he underestimated the Track's impact upon peoples' mental, physical and general health as he found so many people were so much happier after a good, honest walk. His favourite part was Mt Chance and a highlight was being able to sleep on the outside tables to watch the stars. He was disappointed that neither Mundaring Weir nor North Bannister sold food supplies. His water bladder was his best equipment. In comparison with other walks he says the Bibbulmun is very well maintained with a fascinating sub-culture associated with the Track and the Foundation. He advises others not to carry more than 25% of their body weight. He also says that sandals can be used, like fire lighters, to start a fire! (There must be a story here!)

Cameron Ling (30) from Fairfield VIC found his solo walk (N-S, 15.03.09 to 07.05.09) to be a life changing experience. He described the Track and the culture/community that surrounds it as excellent and was greatly appreciative of volunteer contributions. It was difficult to find a favourite section as he enjoyed it all – views, Track towns, beaches, even the rain water! He saw a variety of wildlife including a wedge-tail eagle, quokkas, snakes, bats, woylies and a stingray. This was Cameron's first long-distance walk and his Scarpa boots and his "old sticks" walking poles were his best equipment. He didn't like his tent and sent it back at the first opportunity! He advises others to pack what you think you'll need, and then take some of it out!

Lindy Lester (54) returned from Connewarre in VIC to complete her sectional end-to-end (N-S, 08.10.07 to 16.11.08). She found constant wonderment on the Track and was thrilled that an end-to-end was achievable by an 'ordinary person'. Lindy kept her pack as light as possible, resupplying in the track towns. There were many highlights – mountain peaks, wildflowers, seeing the first karri trees, the 'red books' and shelter roofs at the end of each day. She enjoyed seeing the wildlife but feels she probably missed some due to her 'bashing and crashing' as she walked. Layered woollen clothing and footwear were

among her best equipment, and her 'Gore-Tex' would have been better than her rain-jacket! Lindy advises others to do their homework, and remember to keep it simple.

Ed: Read more about Lindy's end-to-end on page 18.

An end-to-end was 10 years in the making for **David Hodgman** (39) from Sandy Bay in TAS (1999 to 29.01.09) as he meandered his way along the Track savouring its beautiful scenery and enjoying the company of great mates and family members. He says there is no better way to see WA, but maintains that the wildlife is best seen in the bush and not trying to crawl into his sleeping bag! (Ed: Is there a story here?) David's walk was a lot drier than the ankle-deep mud found on his walks in Tasmania. His 20-yr old pack was both his best and worst equipment, and he wants to tell others to just get started, because once started, there is no stopping!

Margaret Rozea (60) from Miranda NSW also returned to complete her end-to-end (N-S, 17.09.06 to 16.04.09) after being disappointed when injury sent her home from Walpole in 2006. Highlights were hard to name as she thoroughly enjoyed the total experience of walking daily for several weeks through beautiful environments. Margaret says the Bibbulmun Track is unique in its set-up when compared with other walks.

John Colby (64) from Banworth Point NSW shared his second end-to-end experience (S-N, 19.04.09 to 15.06.09) with first timer **Darryl Colby** (41) from Dungay NSW. They both loved the Track and John expressed his thanks to those in WA who are responsible for making such a walk possible. They re-supplied along the way wherever they could and found this was generally OK, but Balingup and North Bannister were a bit light-on for supplies. The excellent shelters were a highlight, as were all the fine days for Darryl! Much wildlife was seen – during day and night. His walking poles were John's best equipment and Darryl liked his gas stove. They advise others to "do it – life's short!" Darryl says if you like walking, the Bibbulmun Track is for you!

Jim Freeman (72) from Mandurah, better known as "The Mad Axeman", has been at it again – completing another end-to-end, that is! (sectional, 29.09.06 to 09.05.09) His twelfth! There's no stopping him, although he admits it's getting harder each time! Jim walked over eight different months of the year and found the changes in season to be quite remarkable.

Highlights included meeting so many like-minded people over the years, and his favourite sections are the East Brook Form south of Pemberton and the Wirraway Form and bridge. He says the Bibbulmun Track has the best accommodation and is better marked than other trails he has walked. He advises others to train before they go, to take comfortable boots and sleeping gear, but not to take too much clothing or food as they become too heavy.

Jo Wilson (39) and **Clare Nash** (39), both from Augusta, walked together on their end-to-end (N-S, 01.03.09 to 17.04.09). Jo was "amazed, gobsmacked and blown away" with the natural beauty we have on our doorstep, while Clare was continually amazed at the variety of terrain and stunning scenery. Mt Wells to Chadoora and Mt Chance to Woolbales were favourite sections for Jo. Clare preferred the walk from Harris Dam into Collie and the hilly terrain between Balingup and DRV. Nuts must have played a large role in their diets as neither wants to ever see another one! But both enjoyed seeing the shelter at the end of the day! Meeting other people, hearing their stories and reading their anecdotes in the registers were highlights, as were the numerous varieties of wildlife they saw – snakes, roos, emus (and chicks), feral pigs, bandicoots, possums and many birds. Facilities on the Track surpass those of overseas walks that Jo has done, and Clare now has the urge to do more. Both described gaiters amongst their best equipment, but a "SteriPen" that died was their worst! They advise taking only what you really need – who cares if you wear the same clothes day after day? Plan your day's food needs and have rest days in the great towns – your feet will appreciate it!

Editor's Note

A "SteriPen" is a portable water purifier that uses UV light

Ruth Johnson (23) of Willetton called herself "Rujo" during her end-to-end (N-S, 02.11.08 to 21.01.09). We're not sure what happened, but Ruth found herself back at the northern terminus after walking for an hour! (Ed: A Wrong Way Rujo?) Shin splints later delayed her walk near Pemberton, but as she says, "I got there in the end!" Her favourite section was Blackwood, and her highlights included walking at night on the cliffs near William Bay, watching the rain come in at Blackwood campsite and walking near Torbay at sunrise. Ruth spent much of the walk by herself and enjoyed the perfect peace – "It's impossible to hate yourself when you're out on the Track". So many tiger snakes crossed her

path that she stopped jumping when she saw them. Ruth says her hiking pants fell apart at Mt Cooke, forcing her to hike to North Bannister in her underwear! She says everyone should sleep at least one night under the stars, and should experience walking at night and at dawn.

Jennie Cornish (56) from Stoneville took a leisurely six years to complete her end-to-end (Sectional, March 03 to 14.04.09) walking part of it with her daughter, part accompanied by friends and the rest solo. She found it was easy to resupply in the track towns. Like many, Jennie found it too hard to pick out a favourite section because she loved it all! Highlights were definitely the people she met on the Track and the way that everyone looks out for, helps and encourages other walkers. She was glad to have had the chance to walk such a great track, challenging sections and all. A variety of wildlife was seen, including whales near Long Point. In her words, "It's been a wonderful journey!"

'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



wild weather along the coast creating highlights for him. He saw a wide variety of wildlife including the sight of a dugite chasing a lizard up a tree and catching it at Schafer campsite! Rik's best equipment was his sleeping mattress and says he carried only essentials in order to minimise weight. He also advises sound preparation and training.

Wayne Bullard (59) of Wannanup found the sand dunes out of Albany tough going at first but then decided they were good training for the rest of his trek (S-N, 03.04.09 to 12.05.09). He got bored with pasta and muesli toward the end and would have liked a patisserie on the Track! A favourite section was the karri forests and he particularly enjoyed a very peaceful evening at Warren campsite. Other highlights included meeting his wife at Northcliffe with a carload of home-cooking, every shelter, day one leaving Albany and later being met by his whole family at Kalamunda – including his brand new granddaughter, born while he was on Track! He didn't see as much wildlife as expected, but learned to do 'the snake dance' along the south coast! The Bibbulmun Track was very different to other walks he'd done. He advises buying the best gear you can, packing as light as possible (by throwing out half the stuff you originally packed!), and training up and down steep hills.

Nikki Rehn (34) from Narrogin was a fast mover on her end-to-end (N-S, 05.04.09 to 24.04.09). She walked/ran solo and had to cover some extra distance when she backtracked at Giants shelter after discovering a lack of water there! Her favourite section was between Walpole and Albany and she loved the ocean. Compared with other walks, Nikki thinks the Bibbulmun Track is incredible and the best thing she has ever done. She saw more than her fair share of snakes, and named her 'Jetboil' stove as her best equipment.

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Henk Van Poppel (60) from Woodbridge (N-S, 21.10.08 to 16.12.08) loved the whole experience so much that he is already planning another end-to-end in 2010 – he can't wait to take off again! He says the Bibbulmun Track is right on our doorstep, so why wish for other walks? Highlights for him were Blackwood and the south coast. Henk had no problems with food supplies and his Trangia was his best piece of equipment – far better than his backpack. He advises others to start walking early in the morning, and to eat lots of garlic to keep the flies and mozzies away!

Mike Colgan (58) from Rossmoyne (N-S, 29.01.09 to 03.04.09) had a great experience with lots of challenges, loved the amazing locations of some shelters, enjoyed the solitude, the multitude of views to die for, and greatly appreciated the support of his wife as a 're-supplier'. His favourite section was Peaceful Bay to Boat Harbour, but highlights were more widespread – from Mts. Cuthbert and Vincent, to Blackwood campsite and to his first views of Albany. He's walked in Italy, France and Ireland and says "the Bibbulmun tops them all!" His Jetboil stove, boots, tent and frill-neck hat all worked well for him. He emphasizes the need to plan very carefully, seeking advice from the Foundation and previous end-to-enders.

Tony Raudino (31) from Bunbury was part of "Team BYT" during his walk (N-S, 22.02.09 to 10.04.09). He had a great experience and found it to be quite emotional as he neared the end. Highlights included seeing quokkas, sharing the experience with two great friends, the 'surf' n' turf' at Dwellingup and the sky filled with brightly burning stars seen from his tent. However, he never, EVER, wants to eat 'Surprise' peas or noodles again – until his next hike! A variety of wildlife was seen, including eight wedge-tailed eagles on Boonering Hill. Tony found the Bibbulmun Track easier than the Australian Alps, but so much more enjoyable. Hiking poles and tent were his best equipment and he would have loved a Sherpa. He urges everyone to pitch a tent, experience the stars and see some of the best of WA with your home on your back.

Adam Beeley (25) from Siesta Park had a fantastic trip (N-S, 28.09.08 to 14.11.08) trying

out all the ultra-light gear he'd collected. Adam re-supplied through food boxes sent ahead to post offices. Walking the beaches between Walpole and Albany was a great experience and other highlights included climbing Gloucester Tree, catching a fish in the Irwin Inlet, the red tangles, each of the snake sightings (all 29 of them!), seeing the ocean and reaching Albany. Least favourite was wading for four days! Best equipment included his tarp/bivybag/trekking pole combination as a tent, his Pepsi-can stove and his titanium mug. Worst equipment was the heavy satellite phone he carried as a last-minute addition. Advice for others is to avoid foot troubles – train, break in your shoes, use metho to toughen your feet and carry lots of Fixomul.

Kevin Hardiman (67) from Stirling and Malcolm McGuire (66) from Duncraig walked together (N-S, 15.04.09 to 09.06.09) and shared a fantastic, though sometimes tiring, experience. They found it hard to re-supply in some areas, notably North Bannister and Balingup. Kevin's favourite section was Northcliffe to Walpole but Malcolm preferred Walpole to Denmark. The sight of the coast at Mandalay beach and the ocean sea-scapes were common highlights and Kevin also loved the karri forest and the flowing waterfalls on the Gardner River. A half-size mattress was Kevin's worst equipment. Both advise others to ensure they have a good, comfortable pack.

Hilary Joyce (43) and **Richard Joyce** (45) of Wundowie formed a trio with Fran Harwood (50) from Gosnells to walk the Track (N-S, 19.04.09 to 08.06.09) and all felt very proud of their accomplishments. They prepared their own dehydrated meals and relied on good family support and posted packages for their re-supplies. Donnelly River to Pemberton was the favourite section and a major highlight was their first glimpse of the Southern Ocean. The wintry weather was so severe at Mt Hallowell that DEC personnel advised against climbing it! Walking poles and down sleeping bags were best equipment, but a self-inflating mattress was a let-down. They advise planning plenty of rest days, as they would have enjoyed taking more!

Sue Abbotts (57) from Mt Hawthorn called herself "the Birdo" on her trek which she walked

in two sections (S-N, 26.04.07 to 05.06.09), completing her second end-to-end.

The Pingerup Plains made up her favourite section, but she loved all the variation from the ocean to the karri forests to the jarrah and marri woodlands. She walked the northern half solo and found she really enjoyed it, highlights being improved fitness and a loss of weight! Sue is a keen birdwatcher and kept a daily record of birds seen – usually 20-30 species each day. She dehydrated her own food and enjoyed the diet. Best equipment included her radio. Sue's advice is to pack light, and never carry over 20kgs.

Tom Hilliar (61) from Cooloongup (sectional, 02.09.07 to 05.06.09) says the Bibbulmun Track, and its maintenance, is a magnificent achievement for those involved. However, he would have liked a couple more Waugals in a few places! He had no problems re-supplying, posting some supplies to post offices in track towns and delivering others to various venues. His favourite section was walking north, through the karris, along Tom Road after leaving the campsite early one morning. He was actually blown over twice in the driving wind and rain between West Cape Howe and Hidden Valley. A unique highlight was being able to make, and drink, a cup of coffee in the middle of the night without even having to get out of bed! Tom's only disappointment was that he didn't see an echidna. He urges everyone to "get out there!" 🌸

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

ENJOY A DAY AT THE ROYAL SHOW – FOR FREE!

The new permanent site for the Landcare Pavilion at the Royal Show was a great success last year and the Bibbulmun Track will once again be forming an integral part of the exhibit. This is the perfect place to showcase the Bibbulmun Track – the Landcare exhibit has always been an escape from the hustle and bustle of the Show, much like the Track is a complete escape from the hustle and bustle of our hectic lives!

As always we will need some help in manning the display between 26th September and 3rd October. This involves giving a few hours of your time to talk to people about the Track and your experiences. A free pass allows you to spend the rest of the day enjoying the Show.

If you are interested call Jean on 9321 0649 or email marketing@bibbulmuntrack.org.au

Gossip Office Gossip

It's hard to believe that about three months have passed since the office renovation was finished, now with the little extras such as an additional light in the new hire gear room, pictures and certificates on the walls and a coat rack. The latter was the cause of great amusement on its first day. After much measuring, drilling, screwing and taking advice from everyone about the placement, **Jim B finally had the coat rack in place** and the coats all hanging on the hooks – but guess whose jacket was still there at the end of the day when everyone had gone home? Jim's, of course!

With the new Calendar of Events just out and the walking season in full swing the office is buzzing with activity, but it's all so much easier in the new layout and we are no longer falling over each other as we move around.

This time last year half a bookshelf was taken up with files full of survey sheets returned by **volunteers involved in the Walker Survey**. Thanks to their commitment we were able to conduct observation sessions for a full twelve months thus providing more robust data than was possible in the 2003 survey. We are therefore eagerly awaiting the final report from the survey.

The usual winter exodus from the office has begun with people heading off in all directions – **Edith** to Russia, the Balkan States, Poland, the Czech Republic and the highlight of the trip – the Black Forest; **Peter W** to Canada and Alaska; **Peter D** and **Isabel** to Tasmania, **Jean** to Bali and **Jim Baker** to England.

Some of us remain to hold the fort and shiver through the winter and we look forward to welcoming you if you have time to call in. 🌸

Gwen Plunkett
Office Manager

WANDERING WEST ROGAINE



In June, the Wandering West Winter 24-hour Rogaine provided the perfect opportunity for a Bibbulmun Track staff 'team building' weekend – and fitted in perfectly with our guide training programme. I suppose that's how Steve managed to talk us into it, since Linda, Gwen, Jean and I are not hard-core hikers – let alone rogainers! However, the prospect of acquiring new skills while spending a couple of days with our workmates in a relaxed bush environment – far from our computers and ringing phones – sounded appealing.

For the uninitiated, Rogaining is navigating cross-country in a team of two to five people in order to find as many checkpoints as possible throughout the duration of the event (6, 12 or 24 hours). Participants travel on foot, using a compass and map to navigate between controls. Planning is a very important part of the exercise – each team plots their own course to suit their fitness and abilities.

Teams may return to the base camp set up around the 'hash house' at any time during the event to enjoy the plentiful hot food and beverages, some rest or sleep and to compare getting-lost stories around the huge log fire.

The good thing about car-camping is that you don't have to worry about the weight – so large tents, pillows, doonas, air mattresses, hot water bottles, folding chairs and picnic tables are okay... as long as they all fit in the car! Some teams bring 8-person tents for two people – others bring caravans or even buses.

Despite the event being the 2009 Australian Championships, the 500+ participants were of all sorts – from pre-walkers in baby carriers to ultra vets (over 65) and everyone in between, with a roughly equal number of men and women. Like bushwalking, rogaining is suitable for all ages and fitness levels, encouraging physical exercise,

well-being and an appreciation of nature, and in addition provides the navigational challenges and the opportunity to be competitive.

We spent Saturday morning learning how to use a compass and planning our courses. We decided to do three routes, two in daylight and one at night. The first route was very enjoyable. Despite being novices we found our way in the bush pretty well – under the comfortable supervision of our team leader Steve. The weather was great and the mix of wandoo country and farmland provided easy walking terrain. The night course proved far more challenging – walking in the bush wasn't as easy and, although the moon was full, it was hard to use the landscape features in the distance to navigate. Because our leg muscles were a bit sore, we did only a short course the next morning. Our team members complemented one another, with some better at reading a compass and others more skilled at interpreting the contour lines.

Well, we didn't win (ha ha). We scored 430 points and finished 186th out of 218 teams. The winning team's score was almost ten times that of ours! Obviously competition was not why we went, and the camaraderie around the fire and a glass of port held more appeal than running through the night. Despite the freezing cold nights, I had a great time. What I enjoyed the most was finding the checkpoints – the feeling was comparable to finding chocolate when egg hunting on Easter Sunday! I was very impressed with the fantastic work of the organisers and volunteers who made such a huge event a great success.

Also I found those families with young children really inspiring. Now I need to talk my partner into it. 🌸

For more information about rogaining and upcoming events, visit <http://wa.rogaine.asn.au>

Millie Bonnin
BTF Tourism Coordinator



Foundation staff members, Gwen, Linda, Millie and Steve, planning their routes for the Rogaine.

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 Riverway Chalets and Karma Chalets 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	
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% (direct bookings only).
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% off standard rates (direct bookings only).
ORIGINS CENTRE	BALINGUP	Accommodation	(08) 9764 1109	10%.
YOHO PIZZA	SOUTH WEST	Catering	(08) 9756 0616	10% off orders over \$150.
DONNELLY RIVER HOLIDAY VILLAGE	DONNELLY RIVER	Accommodation	(08) 9772 1244	From \$20 pp.
SOUTHERN FORESTS WA	MANJIMUP	Information Provider	(08) 9771 7777	
BIG BROOK RETREAT	PEMBERTON	Accommodation	(08) 9776 0279	
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 CHALET	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	
BIBULMUN BREAK MOTEL	NORTHCLIFFE	Accommodation	(08) 9776 6060	No.
RIVERWAY CHALET	NORTHCLIFFE	Accommodation	(08) 9776 7183	10%.
WATERMARK KILNS	NORTHCLIFFE	Accommodation	(08) 9776 7349	22%.
CHE SARA SARA CHALET	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 CHALET & 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%.
KARMA CHALET	DENMARK	Accommodation	(08) 9848 1568	
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 drop-off.
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	

Nannup

NANNUP VISITOR CENTRE AND CARAVAN PARKS



Visit historic Nannup, the 'Garden Village', situated in forest on the beautiful Blackwood River. Full range of accommodation from de luxe honeymoon suites to tent camping. Mini-golf, canoeing, cycling and walking for the active; fishing, wine tasting, cheese tasting and cappuccinos for those wanting to relax, and a mythic maze and gemstone museum for those craving something different.

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reservations@nannupwa.com

Phone (08) 9756 1211
www.nannupwa.com
for free bookings and information



Walpole

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Dine in or take away. Discount for Bibbulmun Track members on a meal.



Lot 13 Nockolds Street, Walpole
Ph: (08) 9840 1214
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Pemberton

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With options for either BRAND NEW luxury or affordable farm-style cottages and chalets 5 km from the town of Pemberton, Breakaway Cottages offers impeccable, stylish accommodation for couples through to families and groups. Indulge in our exceptional REGIONAL FOOD HAMPERS prepared by acclaimed chef/food-writer Sophie Zalokar. Positioned on the Karri Forest Explorer Drive, within easy walking distance to the Cascades / Bibbulmun Track and Gloucester National Park. See our website for further details and online booking facilities.



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info@pembreak.com.au
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Riverway Chalets are located seven kilometres from the centre of Northcliffe and is situated on 100 acres of pastures and natural old growth forest. A meandering trail leads to the Gardner River.



Newly refurbished self-contained rammed earth chalets with accommodation for 2 to 6 people. Each chalet is fully equipped inclusive of bed linen, towels, blankets and doonas.



Facilities include refrigerator, gas stove, microwave, wood heater, ceiling fans, radio, private barbecue and guest laundry.



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Telephone: (08) 9776 7183
Email: riverwayfarm@clearmail.com.au
Website: www.riverwaychalets.com.au

Pemberton

PEMBERTON OLD PICTURE THEATRE APARTMENTS



We are right on the Bibbulmun Track. Situated Cnr Ellis & Guppy Street in the centre of Pemberton, the Track passes our front door.

Stay over night and use our hot tub at our four and a half star fully self contained accommodation from \$132.00 for 2 people per night. Walk In Walk Out

Drop Offs - Pick ups can be arranged

info@oldpicturetheatre.com.au
www.oldpicturetheatre.com
(08) 9776 1513



Walker Story...

The Last Yellow Waugal - or finishing the Bibbulmun Track

BY LINDY LESTER



The emotions of the last six kilometres on the Bibbulmun Track, when I had the finish at Albany in my sights, were almost overwhelming. The following is a summary of those emotions and thoughts:

The feeling is surreal.

For the last three hours I have been winding my way along the high cliffs overlooking the Southern Ocean, with the most amazing views of rugged coastline in both directions. The vegetation about me still abounds with a massive array of late spring wildflowers bearing all the hues of an artist's palette.

For the first hour after leaving the Hidden Valley shelter, I have had the twelve huge wind turbines with their whirring blades as my companions. The one constant factor over the past few weeks along the coast has been the wind, often at gale force. For the last two days, since I crossed the massive ridge of West Cape Howe, the turbines have been visible, tiny at first in the distance, and gradually as each turn in track and tiny ridge brought them into view again, becoming larger until last night turbine number twelve loomed high above the Track. Its rhythmic beating was part of my night's sleeping.

Despite the easier walking of the last few days I decided not to "double-hut" through the Torbay campsite, in order to prolong the final moments and relish every last step and sight.

And here I am - Albany is six kilometres away.

The town is clearly visible across the bay, around which I will spend the next ninety minutes walking.

I scarcely believed that this moment would arrive. Since yesterday, Albany has been beckoning; a carrot in the distance, appearing and disappearing with each twist and turn of the Track. I see now that what appeared from kilometres back to be a blight in the forefront of the Albany landscape, when viewing the triangle of houses heading into the hill behind it, is in fact the silos and the port, an obvious and necessary part of a large city with a natural deep harbour.

I ponder the issue that if you do an "end-to-end", but your pack doesn't, does that disqualify you? The thought opens a can of worms. What if you were diverted because of a prescribed burn and you haven't walked all of the Track? How does that work? Such are the endless musings of a solo Bibbulmun Track walker. And here I am - I am alone and I reflect I am glad it is that way.

While others will be happy for me that I have achieved a personal goal, this is my moment. I don't want it spoilt. My emotions are close to the surface. I wonder if I will be a mess when I eventually reach the Southern Terminus of this near 1000 kilometre Track.

A fast forward of images flashes through my head; of the Track from the very start in totally random order. The shelters, the possum at Monadnocks, the quokka at Warren, the quenda at Torbay, Dog Pool with the Shannon River, the balcony and river at Frankland. The forests of the north, the many river systems, Mt. Cooke and the other hills, the wonderful variety and colours of the wildflowers, that elusive spider orchid, the magnificent karri trees (still my favourite), the isolation of the Pingerup Plains and wading through knee-deep mud. Then reaching the coast at Mandalay accompanied by gale force south-westerlies, the Giants (surely these Tingles are the trees from children's fairytales), the rugged south coast with its continuous ups and downs

(thankfully not as daunting as I was led to believe they would be) and the supporting towns along the way.

The people of the Track, not just those I met but also those I came to know through their entries in the "red book", the English tourist who took my photo at Peaceful Bay because she was so excited to actually meet someone walking the Track, the Waugal markers on posts and trees, fortunately not missing too many of them. The images pass so quickly that I can't catch any single one to focus on.

I send a prayer of thanks to God for providing me with the determination and fitness to complete the walk, and for His protection throughout. I praise that a combination of good luck and good management meant that I suffered no disabling injuries that might have prevented me from finishing.

My thoughts rush on to the Track itself - those who dared to dream of its possibilities, those responsible for its implementation, and those who are responsible for its upkeep. I met only one volunteer, Ron at West Cape Howe, but remain in awe of the great job that they all do. I marvel that this world-renowned track is free to walk and totally safe for a woman to walk solo.

I reflect on the help I received; from my sister and her husband in the northern section, delivering my drops along the track and in the towns, whose standard reply to my thanks would be, "you think you're having an adventure - we're having a ball", and my husband in the south, who hired a camper and drove over 10,000 kilometres seeing so much of the south-west and meeting up with me at each town with all my bits and pieces.

But even as I head to the finish, I reflect that it has been as much about the journey to get here as the actual walk itself. For me the dream began on a bicycle ride from Albany to Perth in 2006. The route crossed and recrossed the Bibbulmun Track many times, and by the end of my ride, to complete this amazing walk was a goal. I trained hard and pored over the Track books and the diaries on the Bibbulmun Track website, planning my itinerary.

Over two sections, the north in 2007, and now the south a year later, the goal, at one stage seemingly so unreachable, has almost been realized. It doesn't matter that thousands have already completed their end-to-ends, some several times; it doesn't matter that others did it easier or faster, with heavier packs or with more gourmet meals; it doesn't matter that others have done harder walks in this country or elsewhere in the world. What matters at the moment is that this moment is mine - a very ordinary person completing an extraordinary feat. 🌿

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

GET LOST WITH STEVE!

Do you have little or no direction in your life? Do you really know how to use a compass? Today we go through a series of practical and theoretical exercises on and near the Track in Mundaring. Get Lost with Steve and you will have fun learning and perfecting basic map reading and compass skills. Own navigation compass required. Involves approx 7km walking on and off tracks.

Date: Sunday 16th August, 9am - approx 5pm.

Cost: \$65 members, \$75 non-members.

Includes theoretical and practical activities, morning tea, map reading booklet and Track map.

FOOD IN A FUEL STOVE

Tired of eating the same old food when out on the Track? Join Lead Guide and End-to-End, Steve Sertis, for a fun and interactive evening learning exciting recipes and innovative ideas for preparing healthy food on a portable stove. City location.

Date: 6pm, Wednesday 19th August.

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

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

RAMBLE & PADDLE

A fantastic walking and paddling weekend escape in Dwellingup. Stay two nights in Dwellingup, walk 13km on the Bibbulmun Track carrying only a day pack, be fascinated by a tour of the historic Marrinup POW camp, perhaps visit some local attractions and then paddle down the tranquil Murray River. Be quick, this one fills up fast!

Date: Friday 21st (4.30pm) to Sunday 23rd August.

Cost: \$275 members, \$295 non-members.

Includes 2 nights quad share accommodation, return transport from Murdoch Train Station/Park'n'Ride, all transfers, two continental breakfasts (other meals not included, our Friday night briefing is at the local pub where we can have dinner), guided POW tour, experienced guides, canoe equipment and instruction.

DWELLINGUP DAMSELS

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

Planning night: Friday 21st August, 6.30pm.

Date: Saturday 29th and Sunday 30th August.

Cost: \$185 members, \$205 non-members.

Includes return transport from East Perth rail terminal, experienced guides, foot balm, comprehensive planning night, trip preparation manual, map and equipment hire. BYO food.



WALKING WITH MUM WEEKEND

Mum's (or Grandma's) chance to practise camping and bush skills along the Track with the kids (8 yrs +). Saturday we'll walk along the Bibbulmun Track to a campsite in the magnificent jarrah forest. Camp overnight and then on Sunday return to be collected by our bus. Book early - places fill quickly!

Planning night: Friday 14th August, 6.30pm.

Date: Saturday 22nd and Sunday 23rd August.

Check our website for other dates.

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

Includes return transport from Perth, trained guides, map, comprehensive planning night, trip preparation manual and equipment hire. BYO food. Max 2 kids per adult.

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 28th August, 6.30pm.

Date: Saturday 5th and Sunday 6th September.

Check our website for other dates.

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

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

WOMEN'S ONE NIGHT ESCAPE!

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

Planning night: Friday 11th September, 6.30pm.

Date: Saturday 19th and Sunday 20th September.

Cost: \$135 members, \$150 non-members.

Includes experienced guides, trip preparation manual, comprehensive planning night and equipment hire. BYO food. Own transport to Mundaring.



Isabel, volunteer guide on the last Balingup Explorer event

In August 2004 after many months of planning, my husband Jack, two of our friends and I set out from Kalamunda to walk down the Bibbulmun Track to the Great Southern Wine Festival in Albany. We called ourselves the “Djilba Walkers” (Djilba are the Nyoongar months of August and September).

We were contacted by Albany ABC regional radio to be interviewed on the top of Mount Chance, as someone had mentioned these crazy people were walking to the wine festival! We had the best support team ever and received lots of expected and unexpected food drops en route. That August was the wettest for ten years, so our sense of humour was sorely tested, but with some fine weather and good campsite company we made it to the wine festival – and a great recovery weekend at the end of September.

The following year I started working as an office volunteer in the Bibbulmun Track Foundation office. This meant reconnecting with Gwen Plunkett, whom I had known years earlier when we were both involved in a different volunteer organisation.

My tasks include managing the membership database – yes I am the one who sends you those renewal, reminder and final notice emails and letters! I assist in events both on and off the Track and have lots of fun learning new skills both in the office and out on the Track.

Becoming a volunteer hasn't limited my adventurous spirit. The list of trips is long and still very much a work in progress – in 2006 we did a bike ride from Albany to Perth and an adventure trip in China. In 2007 we tackled the South Coast track in Tasmania, where Steve Sertis joined us, and later that year managed over 500 kilometres of the Camino de Compostela – the pilgrims' path across Spain.

2008 was intended to be a non-walking year until Mike Wood tempted me with a great trip to Nepal which included a ten day trek in the Annapurna region, and my husband took off on a Kokoda Trail challenge a month or so later. My walking partner is my husband Jack, and we are often joined by our end-to-end partners Kerry and her husband Jeff.

It might appear that all I do is travel and walk, but I also do a little hydrotherapy work and enjoy catching up with my daughters and grandchildren who live at opposite ends of the country – Tom Price and Hobart.

I'd like to thank all the Bibbulmun Track staff and volunteers for the fantastic work they do to maintain the quality of the Track. In particular thanks must go to the “Wednesday Team” of office volunteers who work hard and have lots of fun (we are all regular travellers) and to Steve, Jean and Gwen who manage to put up with us! 🌸

ED – Isabel also writes the Physical Facets articles for Bibbulmun News. See page 28

I guess my love of the outdoors started way back when I spent my summers in Albany, hanging out with my nephews and their friends in the bush around Mt Melville – their “backyard”.

When my own kids were young we had many a camping holiday in the bush down south, walking along tracks, camping in pretty “feral” places, and having a great time enjoying the opportunities that the bush offered.

Plotting to get our husbands away from their workaholic weeks saw my friend and I organising weekends away with friends, staying in various levels of accommodation from tents to five stars and doing day walks along the old Bibbulmun Track and any other tracks we could find. Highlights were a fantastic day walk through Warren National Park, finishing on the Yeagarup dunes as the moon rose; a fully supported Cape to Cape walk in 1997 and a ten day walk along the South West Coastal path in England in 1999.

Getting into Gear

Boots, Shoes and Socks



Any outdoor shop assistant will tell you that one of the funniest comments we hear from customers intending to buy new footwear is: “I'm only trekking for three weeks; I don't want to waste a lot of money on boots”. After we have rolled our eyes and fallen about laughing we remind them of the times in their lives when their boots or shoes had given them blisters, or when they had bought footwear that was too small. We also point out that even a few days in a pair of boots that don't fit properly can be a few days in hell.

Footwear is the single most important piece of gear that you can buy. You must spend time getting it right or you may pay a very painful price. Footwear will either enhance your walk or severely detract from it. Sometimes, although rarely, you may buy a reputable brand in the right size and the right shape for your foot and it will still cause you pain. Please don't march back to the store you bought it from demanding vengeance; these things simply sometimes happen. Work with the store to sort out the problem.

The first thing I do, when a footwear rep comes to me to try to sell me a new model or brand of boot, is to grasp it by the heel and the toe and try to twist it. If it twists easily, it's a bad boot. It is the torsional strength in the sole that gives 90% of ankle support, with the remainder coming from the upper fabric around the ankle.

Then I try to bend it under the arch or the instep and if it bends easily, it's a bad boot. Your foot doesn't bend there, so why should the boot? The small muscles in your feet that help keep the foot rigid get help from a supportive sole and so won't tire so easily. However, the sole should bend at the ball of your foot, just as your foot does.

In days gone by we often said that if the boot or shoe didn't have a Vibram sole then it was suspect. Vibram is an Italian company that makes soles for the majority of reputable footwear companies in the world. However, these days there are a number of companies that make good boots without Vibram soles. Salomon, Columbia and Keen are three brands that spring to mind in this category.

A good question is whether you should get leather or fabric uppers. It is generally accepted that leather lasts longer and that fabric boots are lighter, but that's not always the case. If I were intending to go for a long walk, where I was likely to be in cold and damp conditions for most of the time, I would choose leather uppers with minimal stitching. Stitching can leak and be a potential weak spot. However, if my walk was going to be in tropical conditions, where my feet might be wet all the time, I might consider fabric boots, as they tend to dry out quicker. In the end, however, the best boot or shoe is the one that best fits your foot.

Over the past few years I have tended towards shoes rather than boots. I have even gone one step further and tended to use shoes that are more breathable than waterproof. On the Bibbulmun Track especially, (where there is no snow!), my preference is for footwear that allows my feet to vent and hence not get too hot. I wore my Merrell Chameleon Ventilator shoes for a month

of my sixty-day end-to-end anniversary walk last year. The support of the Vibram sole was sufficient and the breathable venting meant my feet never got too warm. Shoes may not suit everyone however, especially if you've had ankle problems in the past or if you are unused to uneven terrain, so please consultate an outdoor shop footwear expert before making a decision.

A lot of people swear by Gore-Tex or other waterproof membranes in their footwear to keep their feet dry, but personally I prefer footwear that is more breathable than waterproof.

One other item that you should consider, before settling on your footwear, is socks. If you are going to spend \$300 on a decent pair of boots why then would you then buy cheap socks? I prefer my socks to be made mainly of wool. Don't buy socks that are of uniform thickness as the excess fabric inside the boot may bunch up to create crease lines and blisters. Rather buy socks that vary in thickness i.e. a thick toe, thin fabric across the foot, a thick heel and a thin upper, and with double loop stitching that allow some air movement and cushioning.

Some brands to consider are Wilderness Wear Kosciusko (a good Aussie-made sock), anything by Bridgedale (an Irish brand considered the best socks in the world) or Horizon.

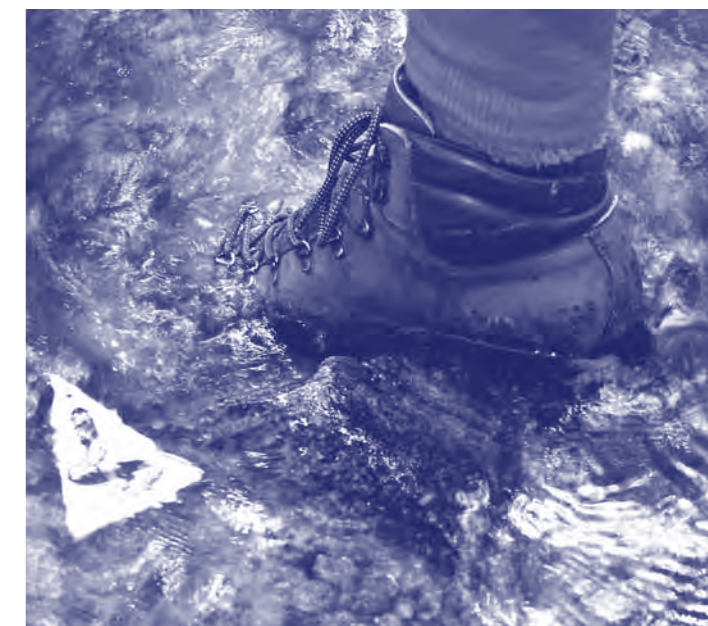
If you are developing sore knees there is the possibility that your arches are collapsing. As the collapsing arches roll in so do your ankles, which puts strain on your knees, your hips and finally your back. If you have pain in any of these areas when you walk, consultate a paediatrist as you may need orthotics to raise your arches and straighten your knees.

If your footwear shows signs of uneven wear, e.g. wear on one side of the sole, or on the outside of the heel, this is a sign that there is something wrong with your gait that needs correcting.

Finally, remember to ask the shop assistant about care products for your footwear. Leather needs nourishment to stay supple and waterproof and fabrics are easier to clean if they have a waterproof layer put on before usage.

Look after your boots and shoes and they won't let you down when you need them the most! 🌸

Mike Wood,
Mountain Designs WA



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Prize Winning Members

UWA Extension Bibbulmun information night

Lori Lillis of Alfred Cove won a Turnstyle Day Pack kindly donated by Mountain Designs in the prize draw for those who joined the Foundation on the night.

April membership prize draw:

1st prize of a Kitchen Bits Pack, kindly donated by our gold sponsor Sea to Summit, was won by Beryl Allen of Brentwood.

2nd prize of an Australian Geographic Compass with Magnifier was won by Wendy Garrity of Subiaco.

May membership prize draw:

1st prize of a poncho and a Nalgene drink bottle, kindly donated by our gold level sponsor Mountain Designs, was won by Kevin and Pam Adamson of Applecross.

2nd prize of a 10th Anniversary Bibbulmun Track hat, kindly donated by our gold level sponsor Mountain Designs, was won by Jennie Lees of Kalamunda.

June membership prize draw:

1st prize of a cotton sleeping bag liner, kindly donated by our gold sponsor Sea to Summit, went to Marion Robb of Bull Creek.

2nd prize of the book "Urbanantics - Tales of an Urban Naturalist" by John Hunter and kindly donated by WA Naturally, went to Wendy- Lee Pittick of Bunbury. 🌸



THE WILDERNESS MEDICINE INSTITUTE OF NOLS AUSTRALIA HAS A NEW TRADING NAME, EQUIP WILDERNESS FIRST AID INSTITUTE.

Ownership and core course content hasn't changed and the company remains proudly West Australian owned. However, all courses are currently being re-developed. Despite being the Australian benchmark for wilderness first aid training since 1989, over the past decade, industry evidence for the courses has predominately come from US based company NOLS or National Outdoor Leadership School.

Equip has recently set up a new Australian based medical advisory board, and is in the process of setting up a new Australian based industry advisory board. Given the company name is (and always has been) Equip Health Systems Pty Ltd, and this new AUSTRALIAN focussed methodology, it made sense to give the business a new trading name that links with the company name, hence the new trading name Equip Wilderness First Aid Institute!

Soon to be released are NEW on-line training modules which are designed to make participants better prepared for face-to-face tuition thereby providing better training outcomes.

Andrew Walsh
General Manager
Equip Wilderness First Aid Institute

WILDERNESS
FIRST AID TRAINING
TWO-DAY COURSE
IN CLAREMONT
19TH & 20TH AUGUST 2009

To book or for more
information please visit
www.equip.com.au

Looking for New Challenges in 2009?

Kimberley Odyssey Eco Treks

Adventure Out offers a range of camping treks in Western Australia's spectacular East Kimberley. Trek between 50 - 85km through the Osmand Ranges, Chamberlain Valley, Dunham River and the Carr-Boyd Ranges to Lake Argyle.

Kokoda Track

Join us and experience the challenge of completing the Kokoda Track, rated one of the world's great treks. This adventure encompasses a 96km trek across the Owen Stanley Ranges commencing from either Kokoda Village or Owers' Corner. (Buna Village stay available on both directions).

All our treks are well equipped, offer optimum safety and provide guides who have direct knowledge of the routes, natural history and cultural background.

Contact us today to secure your place on any of these great adventures...

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AUSTRALIA

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Satisfied Hiker AUSTRALIAN STYLE

serves one

This wonderful dish is probably recognized by most and can be made in many variations.

You will need:

- One oversized country
- Medium sized trail portion
- One medium fit hiker
- Various additives (see below)

Instructions

- Preheat Australia to 30 degrees Celsius
- Take pre-soaked trail portion (approximately 20 kms) and spread trail area with different soil types, jarrah hillocks and granite outcrops. Add birds and snakes according to taste.
- Cover approximately one quarter of the prepared trail in 10cm of fluid (recommend muddy water)
- Place trail portion in pre-heated Australia. Meanwhile prepare hiker: - stuff slightly with coffee and muesli bars, hydrate thoroughly.
- When the trail is warmed sufficiently, add the hiker to the trail and cover the whole lot with a mixture of flies (big and small—and mosquitoes).
- Leave to bake for 6 hours.
- Take out hiker (hiker should have slightly dumb half grin by now).
- Wash slightly and rub with tea tree oil.
- Stuff hiker with 2 minute noodles and chocolates.
- Finally place hiker in medium warm hut. Service hiker with favourite book (Bibbulmun Log Book) and of course fresh mosquitoes.

Leftovers from the trail can be turned into several surprising side dishes for example:

- Photo Opportunity
- Fly and Mosquito hatred
- Good memories
- Swamp-o-phobia

Note: Be sure your hiker is only medium fit, if hiker is very fit you will end up with a bored and unhappy hiker. In case hiker is too fit, add more muddy water (waist-deep) or preheat Australia to 45 degrees Celsius.

Ed: written in one of the Track registers - thank you to the unknown author!

WALKER STORY:

Bayside Bushwalking Club

(MELBOURNE)

Bibbulmun Track Walk 2008

by Judy Hunter

Our two groups decided to walk the sections of the Bibbulmun Track between Walpole and Albany in October as a series of day walks, "car shuffling" to and from the Track each day from our bases in Walpole, Denmark and Albany.

The two groups walked two days apart as the Track is often single file and canoeing across Irwin Inlet was achieved more quickly in separate groups. We found the Track to be well maintained and well contoured, which we really appreciated. The signage was excellent – the Waugal (rainbow serpent) markers were never far away, pointing us in the right direction. Canoes, paddles and life vests were provided for the crossing of the Irwin Inlet and the other inlets conveniently were not flowing, so we did not even get our feet wet.

All participants made mention of the beautiful wildflowers encountered and the sense on some days of walking through a botanical wonderland. From the small but spectacular spider orchid, and the blue enamel flower to the vast expanse of the sticky tailflower on the granite outcrops, we were entranced. The series of conveniently sized small books "What Flower Is That?" became our reference guides for this walk, so we could delight in finding and naming the varieties as we went. At times the hills were covered in flowers—vast expanses of pink, blue and white, while above head-height "egg and bacon" trees and different species of banksia gave us some shade.

Locals did comment on the unseasonably warm, humid weather so we were pleased to walk along ocean cliffs with sensational coastal views and sea breezes. At the end of some days we had access to bays and pools for a swim and the calm azure waters of the spectacular Greens Pool were delightful. However, the warm weather also brought out the snakes and we averaged sightings of about three tiger snakes per day, but as we all wore long gaiters we were well prepared. We also encountered lizards, and on one day a flock of red-tailed black cockatoos flapped overhead, their tails a bright glowing crimson in the sun.

After 11 days and 224 kms of walking we felt a great sense of achievement upon our arrival at the Southern Terminus of the Track in Albany. There was a great sense of camaraderie in each group, which the walkers from the Perth club AOA enjoyed as part of group two. In addition, gourmet cooking each night provided excellent dinners and the chance to review the day's walk and plan any adjustments for the following day. We also managed to fit in some sightseeing on change-over days. Visits to the Treetop Walk, wineries and museums helped us to appreciate the southwest from a variety of local perspectives.

Our recommendation for a great local tourist attraction goes to WOW Wilderness Eco-cruises at Walpole, where visitors are taken on an interpretative cruise into the Walpole Nornalup Marine Park and the Walpole wilderness area. The information was excellent and also the stories about local events and characters were very funny. Overall it was a great walk and thanks are due to all who contributed to its success, including the Bibbulmun Track Foundation in Perth who answered many of our questions via email. 🌸



NOTICE BOARD

TENT WANTED!

Wanted: 1 person hiking tent in good condition.

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

END-TO-END WALKING COMPANION WANTED

Walking companion wanted for end-to-end starting around Sept 20 2009. Prefer lady 55 + age group, not fast walker.

Phone: 0409 062 036
Contact: Dawn

LADIES BOOTS FOR SALE

Ladies Merrell Boots. Merrell Mid Waterproof Ladies Boots. USA 9.5 UK 7 Worn once too small. Cost \$250 Sell \$100

Phone: 94477577 or 0419 223 966
Email: lorrainepea@optusnet.net.au
Contact: Kay

SEEKING END-TO-END COMPANION

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

WALKING COMPANION WANTED

Companion wanted for overnight walks on the Bibbulmun Track during July and August.

Phone: 0416 316 005
Email: p_milton66@hotmail.com

BOOTS FOR SALE

Scarpa Lady Trek. Brown leather boots size 37. Never worn - in original box. Bought \$280. Sell \$200.

Phone: 9299 6113
Contact: Sue

WEDDING RING LOST - HELP!

Recently I lost my wedding ring whilst doing a 7-day hike between Dwellingup and Collie, I suspect I dropped the ring whilst removing my gloves somewhere along the Track and most likely around one of the campsites. The ring is easily identifiable as it is engraved on the inside "Steve and Rosemary 29-12-2001 Love Forever". I am hoping that it may have been found.

Email: snrwilko@bigpond.net.au
Contact: Steve

TENT FOR SALE

2-person award-winning superlight 3-season MSR Hubba Hubba Tent. 2 large vestibules for gear storage & 2 separate entrances. Can be used as a double-wall tent for full protection or in 2 freestanding tarp-shelter modes: with optional footprint, or just the fly and poles only for weight savings. Unique pole configuration provides maximum interior space.

Brand new, never opened and with tags still attached! (our end-to-end attempt is postponed for 5 years due to a surprise pregnancy!!!).

\$600 ono for tent + footprint (RRP \$779)
Phone: 0402 472 844 or 08 9364 7330
Contact: Sue

Guides Needed for Group Activities

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

The Foundation is looking for people who have:

- the skills and experience to facilitate team building activities
- enthusiasm and an outgoing personality
- a sound knowledge of the Bibbulmun Track

If you think you fit this description and you are available to assist with programmes on weekdays, please contact Steve for application details on:

events@bibbulmuntrack.org.au
or 9481 0551

Want To Advertise on our Notice Board?

Free for members—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 three 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.

FREE ENTRY TO THE ROYAL SHOW

In return for a few hours of your time at our stand in the Landcare Pavilion. See details on page 14.



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



TRACK TRIVIA

IT'S ONLY WORDS....

I had a stroll between Walpole and Pemberton back in March, taking an easy ten days, unlike the frenzied effort of my first end-to-end, when I did the same stretch in six days - I was young and foolish then!

I had a lot of time on my own - only saw six other walkers and had six of the shelters to myself, sharing just three times. Plenty of time to contemplate, to correct the affairs of the world, and to mull.

The Track is a wonderful place for mulling over things, and I found myself mulling over the derivation of the word mull. Since then I've discovered that no-one seems to know where it came from, so that was a waste of time. So I started thinking about words that relate to the Track.

"Double-hutting". Now does this mean anything other than to a trekker? To "double-hut" of course means to leave a campsite and not stay at the next one; rather to walk on and stay at one further down the Track. But put yourself in the position of a Perth socialite sitting at a table in a pub next to a bunch of folk who have just finished a long trek. "I double-hutted five times", she hears. What can this mean? The mind boggles.

The word "hut" is of considerable importance. According to venerable authority, there is only one hut on the Bibbulmun Track, and that is at Mount Wells. All of the other wooden structures encountered at the campsites are "shelters". This is apparently because huts are four-sided and shelters are three-sided. I believe this has something to do with Euclidean geometry. However the phrase to "double-shelter" somehow doesn't carry the authority of to "double-hut". But in the BTF office, speak only of shelters, not of huts, at your peril.

"I've lost my spondonical!" Spondonical is a wonderful word, which to me invokes an immediate Scottish connection. What is a spondonical? It's the handle that allows you to grip the hot dishes from your metho stove! Also known as a billy-grip, it took the name spondonical from a Three Stooges TV skit many years ago, where a spondonical was portrayed as a surgical instrument. How it made its way from there to an Australian camping stove defies the imagination.

"Fixomul". This material has reached the same level of fame as that used by King Francis the First at the Field of the Cloth of Gold, where he tried to impress King Henry the Eighth.

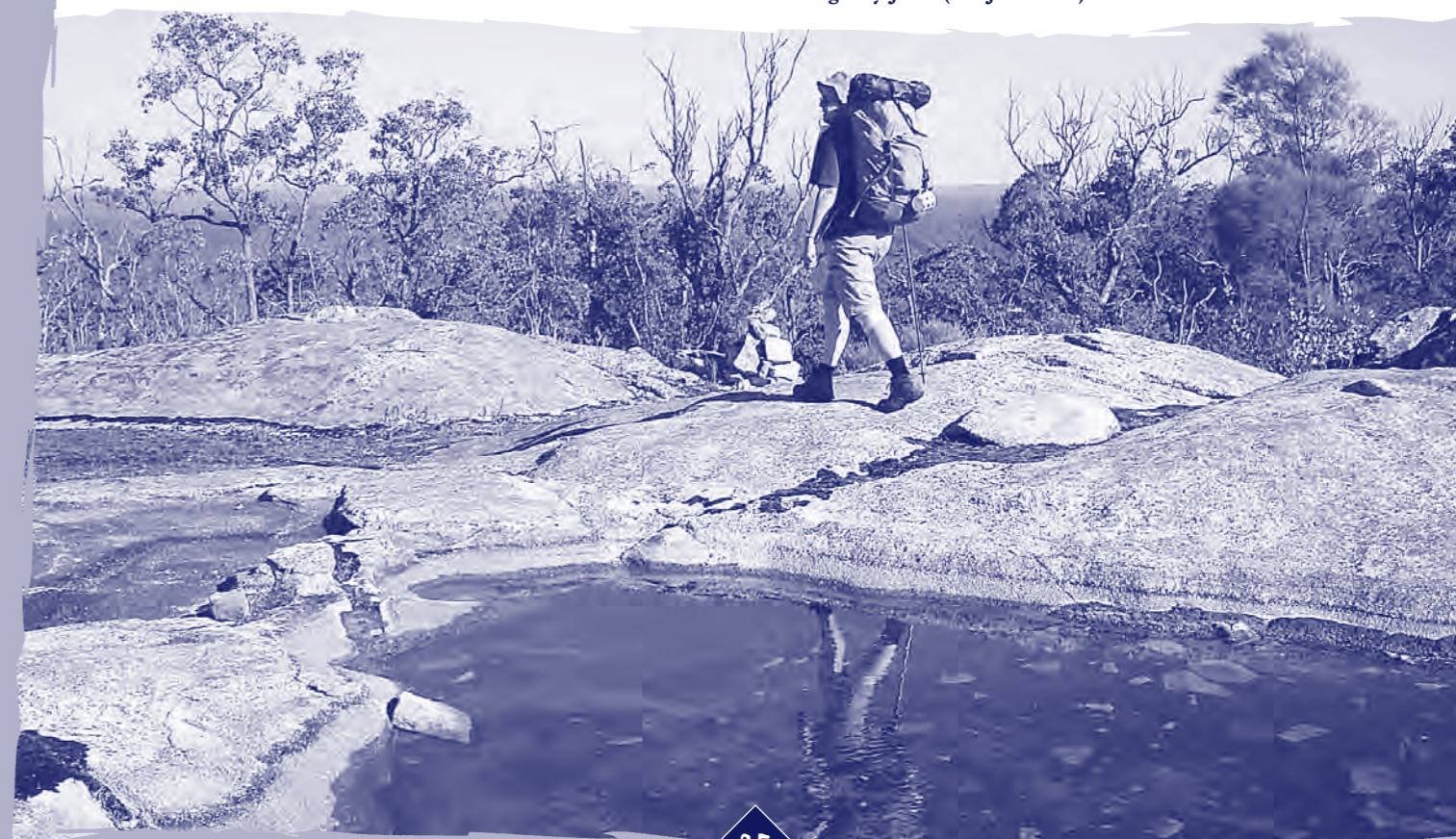
Fixomul is a gauze, mounted on an adhesive backing, which can be used for preventing/treating blisters, covering wounds, mending tent poles, patching sleeping bags and a myriad of other tasks. It has now become a verb, as in the sentence "just fixomul it!"

"Scroggin". This was a word that I had never heard until I came to Australia. As I'm sure you all know, it refers to a mix of dried fruit, chocolate and nuts that provides a high energy snack food for walkers. But why "scroggin"? In America it is apparently called "gorp", which provides yet another reason for steering clear of the USA, and in Canada they refer to it as "pink buggie". Their version apparently consists of pink Smarties only—further comment would be superfluous.

"Food-drop". Not to be confused with "long-drop", which refers to something entirely different—if in doubt call our office. A food-drop is a parcel or box of items to be left ahead on the Track, either at a place of accommodation set up in advance or possibly at an Information Centre or Post Office. If you do use this method, take care to ensure the point of contact is functioning when you arrive—I have seen bereft trekkers clawing at the window of a closed Post Office, desperate to get to their Tim-Tams and tawny port.

Enough of semantics. I hope many of you have had the chance to visit our refurbished office, where you will see that a new, clearly signed trail leads visitors to the front door, avoiding the chance of early geographical embarrassment to would-be walkers. If not, please come and see us soon! 🌲

Happy Walking!
Wrong Way Jim (aka Jim Baker)



Members SPRING SPECIALS!

- Maps & Guide Books •T-Shirts
- Caps & Hats •Water Bottles
- Badges & Magnets

Spring is just around the corner. It's the best time to get out onto the Track with the emerging new growth and the abundance of wildflowers, so take advantage of our spring specials including a walker's guide -

"Wildflowers of the Northern Bibbulmun Track & Jarrah Forests" for only **\$10.00** (rrp \$24.00)

And to ensure you look the part... **Green or white Polo shirt and cap** (perfect for Fathers Day) **\$30.00** (rrp \$40.90)

Ladies black T-shirt and cap **\$30.00** (rrp \$42.90)

Phone or in-person orders only. No further discount applies. Offer valid until 30th September 09

FATHER'S DAY GIFT IDEAS

Exclusive Bibbulmun Daypack with the Bibbulmun Track logo. Quality lightweight pack in pale blue or black only **\$49.95** (normally \$59.95).

Encourage dad or grandad to 'get out in the bush' with a **Bibbulmun Track Membership** **\$40**, Senior **\$30**.

Father's Day Gift Vouchers (any amount) can be used for merchandise, membership or an event from the Calendar.

Come and see our great range of merchandise at our new refurbished offices above Mountain Designs, Hay Street, Perth or order online at www.bibbulmuntrack.org.au

New dedicated room for BTF hire equipment



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

EVENTS RATING KEY

To help you decide if an event is suitable for you, each event has a rating.

Please note that the ratings can be very subjective and are to be used as a guide only. They try to take into account the terrain and distance in relation to other parts of the Track, not in relation to your walking experience and fitness level.

We ask you to think about your own level of fitness and previous walking experience, particularly for overnight events where you are expected to carry an overnight pack.

FOR DAY WALKS

Beginners: for those that have not bushwalked before and would like an introduction to the Track. Walks typically have gentler grades and/or short distances. No walk is entirely flat and beginners still need to have a reasonable level of fitness. For example the circuit walk around the city bridges (Narrows Bridge to Causeway around the Swan River) would be classed a beginner's walk as it is mostly flat and 10km in length.

Intermediate: for those that have done up to 10km on a single day bushwalk with some hills. These walks are typically undulating with a few steep hills. Walkers should have a fairly good level of fitness.

Experienced: walkers who have bushwalked 15km or more on a single day with challenging terrain. These are usually long day-walks of up to 9 hours with a steady pace and/or several steep hills. Walkers must be fit.

FOR OVERNIGHT WALKS

Beginners: for those that have not bushwalked before, carrying an overnight pack with camping gear*. These walks require a good level of fitness.

Intermediate: for those that have done up to 10km on an overnight bushwalk with a few hills, carrying an overnight pack with camping gear*. Again a good level of fitness is needed.

Experienced: walkers who have bushwalked 15km or more on consecutive days in the bush with challenging terrain, carrying an overnight pack with camping gear*. A very good level of fitness is required and walkers may be screened when booking on these events.

* camping gear refers to sleeping bag, sleeping gear, tent, fuel stove, food for two days or more and clothing.

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

30 August 9am	<input type="checkbox"/>	25 October 9am	<input type="checkbox"/>
15km return walk from Brookton Hwy to Plunket Rd		15km Mt Cooke circuit walk via Mt Cooke Campsite	
13 September 9am	<input type="checkbox"/>	15 November 4pm	<input type="checkbox"/>
19.2km return walk from Dale Rd crossing to Beraking Campsite		8km return sunset walk from Mundaring Weir Hotel to South Ledge	
20 September 8.30am	<input type="checkbox"/>	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.	
22km return walk from Hills Forest Centre to Helena Campsite			
11 October 9am	<input type="checkbox"/>		
15km return walk from Sullivan Rock to Monadnocks Campsite			

PHYSICAL FACETS - Why is my hip hurting?

by Isabel Busch



Recently, when I was walking along at the tail end of a group on a Bibbulmun Track event, I noticed one of the party was limping. The walker reported she was experiencing hip pain. I am the first to admit to being a bit rusty when it comes to a quick diagnosis but on this occasion I decided the problem was hip bursitis. I was reassured when, after the walker visited a physiotherapist in Perth, the diagnosis was confirmed. I decided to do some more research on this injury and to produce this article in order to enable readers to recognise hip bursitis and more importantly to provide some knowledge and tips that would assist in managing the injury.

A bursa is a fluid filled sac that acts as a cushion or shock absorber between a tendon and a bone. (Tendons are cords of tough tissue that connect muscles to bones.) Normally a bursa contains a small amount of fluid; however when an injury occurs it may become inflamed, resulting in pain and an increase in fluid level, i.e. bursitis.

Bursae are found in various areas of the body – hips, shoulders, knees, at the base of the thumb, in the Achilles area, heel and elbows – all there to reduce friction between the bones and gliding muscles.

The main bursa around the hip is the Trochanteric bursa which, if inflamed, results in pain on the side of the hip.

Another bursa in the area is the Ischial bursa which gives pain at the base of the hip – the part you sit down on.

The pain can last for six or more weeks if you seek treatment from a health professional such as a physiotherapist, or longer if not treated. It is important to address the cause of the problem as this will generally assist in a faster recovery and avoid the problem returning when you return to walking.

The main cause of hip bursitis is a biomechanical abnormality of the hip and pelvis – in other words, poor body alignment and/or posture. Below is a list of possible causes:

- Poor foot posture: the way your foot impacts the ground can change the way muscles and tendons move over the various structures of your hip and knee.
- Weakness or tightness in the structures around the hip.

- Constant pressure, for example standing or sitting on hard surfaces for long periods of time.
- Leg length difference: one leg slightly longer than the other may change the way you walk.
- Over use: activities or sports that use the same movements over and over again, for example running, climbing stairs and hills or pedalling a bicycle.
- A direct hard hit: for example a fall on the hip.
- Medical conditions such as arthritis or related conditions.
- Infection.
- Previous surgery, for example joint replacement.
- Scoliosis: this is an abnormality in the spine that may result in changes of posture and gait (your walking pattern).

Hip bursitis may result in any of the following:

- Pain either on the outside of the hip and thigh, in the buttock and moving into the hip, or in the groin.
- Pain that becomes worse when lying on the affected side or rolling on to that side.
- Pain that occurs when pressure on the hip is caused by turning the leg inwards as you bend your hip.
- Pain when rising from a chair or getting out of a car.
- Pain that worsens at night.
- Stiffness in the hip and reduced movement.
- You may feel a “pop” or “snap” as you pull your leg up.
- Walking up stairs may be harder to do.

HOW CAN YOU BEST MANAGE THE PROBLEM DURING A WALK?

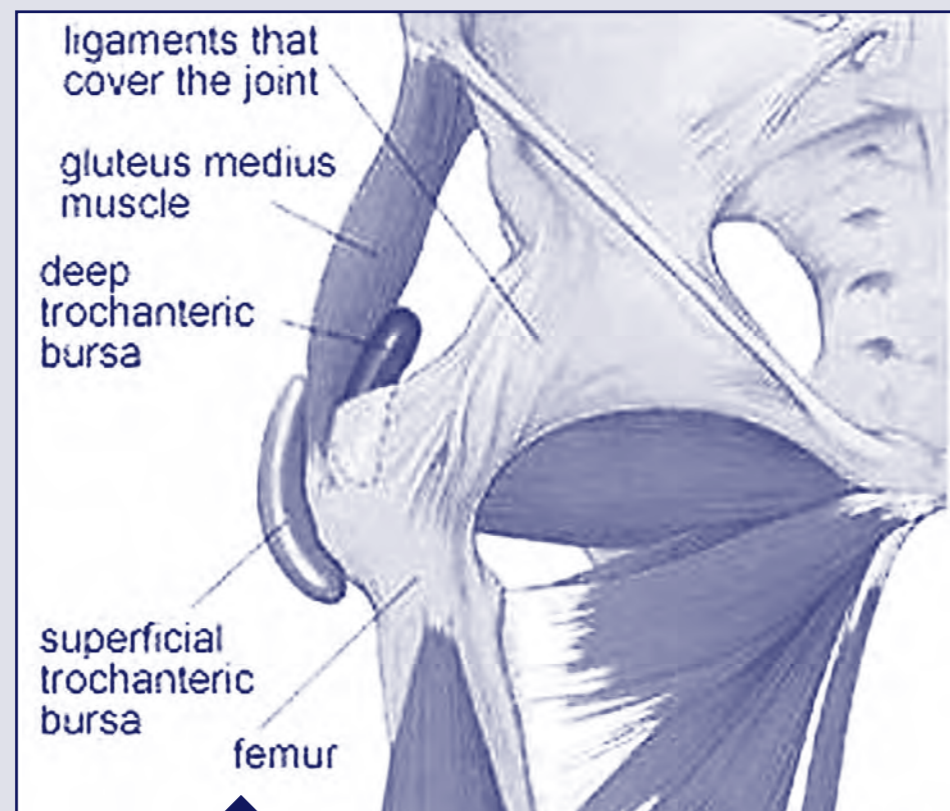
Ideally you should stop walking, rest and apply ice to the area of pain or discomfort. This may not be possible depending on how far you are from the nearest town, or place to be rescued. Pain relief or anti-inflammatory medication taken with care and as per product information may relieve the pain and allow you to reach help. It is important to consult a health professional as soon as possible, who will assess and confirm the reason for the pain. Further investigations such as an x-ray or scan may be needed.

Treatment will be aimed at reducing the pain and inflammation. Medication may be required to assist with this. A steroid injection may be needed into the hip to help reduce the inflammation.

Once pain is no longer an issue it is important to continue to consult with your health professional for reassessment and correction of the postural and biomechanical imbalances that may have caused the initial pain, to help prevent the problem recurring. A strengthening and stretching regime for the structures in the hip area may assist in your recovery. You may need to see a podiatrist (a health professional who specializes in managing conditions of the foot and lower limb) to improve your foot posture.

Once you are given the okay to return to walking again, take it slowly and continue with your stretching and strengthening until you are pain free. 🌱

Various web sites were used to gain information for this article, including <http://www.arthritis-treatment-and-relief.com/exercises-for-hip-bursitis.html> and http://www.orthowestfl.com/hip.shtml#hip_bursitis



Reflections from the Registers

CHADOORA

Spent an horrendous haunted night in the Mt Wells campsite. The windows were shaking, there was banging on the walls and the wailing kept us awake all night! It was either the ghost or the worst storm to hit the mountain since Noah sailed past! Actually the thought that the whole shelter might be carried away scared the hell out of me, but then again, if it landed in Dwellingup, what bliss!

Brett (Kanga) 13/07/02

Another freezing night has proved that I was a moron for buying the lighter sleeping bag rather than the warmer one. If there was a measure of idiocy the word employed would be 'Lucy'. Eg "Hmmm, this is a serious case, the moronometer shows this person has an idiot level of 10 Lucys." I had to sleep in my thermal accident blanket. Toasty warm! Dwellingup here I come, in a slow and haggard fashion.

Lucy 07/09/03

LAKE MARINGUP

Nice to see kangaroos and emus with me on the way from Gardener to this lovely place on the Lake Maringup. This hedge trees seems to be a favourite place for the kokkobarra. Sunset is amazing over Lake Maringup. I feel so comfortable here it gets hard to start my walk to Dog Pool.

Christine (from Switzerland) 13/08/01

HELENA

This campsite is simply magic! I'm a French girl used to walking through the French mountains but I've never seen such a good set up as this one. I love the breeze sliding through the trees. I love the pink sky just before the sun comes up. And I love the moonlight that puts a gentle light on my dreams...

I will come back for sure.

Tania 07/02/98

My dad dragged me out here. I didn't want to come but he said I should see all the wild life. I didn't see one thing until we were almost at the hut and then boing! boing! a kangaroo came flying out of the bush. It scared the *%\$@ out of me and that was the highlight of the day!

David 25/09/99

P.S. It rained all night.

WOOLBALES

A day when I experienced everything that the weather and the Track could throw at me! I left Long Point in the early morning sunshine, negotiated the dunes and stood in awe of the fabulous views. By Mandalay Beach the wind was at gale force and the sea magnificently rough. Driving rain followed me into the forest which at least provided some respite from the wind. Lots of mud and puddles ensured that I arrived here with wet feet and a dripping poncho. The flowers were sensational and the wild life abundant—a great day!

Trish 29/10/00

Well, been down in Walpole for two weeks with the wife, four kids, the dog and the parents—now I'm here overnight on my own—all on my own!! It's bloody brilliant; the bush never ceases to amaze me. To all the whingers: "The only trips I regret are the ones I never did...happy walking!"

Mark Stafford (Kalamunda) 25/01/01

Great walk and beautiful scenery from Mt Chance yesterday. We were surprised not to find Sue here, she left before us. We assumed she had decided to 'double' to Long Point and then at 7.30pm, in the pitch black, who should come trundling in but Sue. She had walked north from Mt Chance instead of south for 11 kilometres before realizing her mistake!

Steve 01/10/99

Editor's note: This proves two points. One, the Track looks completely different depending on the direction in which you walk and two, Wrong Way Jim is not alone out there!

HIDDEN VALLEY

Will complete the second and final stage of my end-to-end today, it's been a fantastic experience. Here on my own last night which was lovely. I've only shared eight campsites since Dwellingup. The Bibbulmun Track will always be special for me. I met my wonderful partner on the Track last year. Have there been other romances on the Track? Anyway, a very big thank you to all involved in the maintenance of the shelters and the Track. The Bibbulmun Track really is a national treasure.

Sue 14/04/02



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TRAILING AROUND THE WORLD

ACROSS THE PYRENEES – HIKING THE GR10 IN FRANCE

by Barry Bryan



The Pyrenees are a mountain range, some 450 kms in length, which form a natural border between France and Spain. There are several summits in the range that are over 3000m high, including Vignemale, at 3289 metres. Weather systems, sweeping in from the Atlantic, keep the west and north facing slopes of the mountains well supplied with rain. The southern and eastern slopes are much drier due to the influence of the hot, dry weather over Spain and the Mediterranean.

The GR10 is one of a number of long-distance footpaths that originally criss-crossed France but now extend across much of Europe.

There are three major hiking trails across the Pyrenees, the GR10, which keeps to the northern, French side of the mountains, the GR11, which keeps to the southern, Spanish side of the mountains, and the Pyrenean Haute Route (HRP), which uses some sections of the GR10 and GR11 but which follows the crest of the Pyrenees more closely.

All three routes are tough. The GR10 is probably the easiest option, as the waymarking is very good and it is reasonably easy to obtain accommodation and supplies.

The GR10 is shorter than the Bibbulmun Track, varying between 800 to 850 kilometres total walking distance depending on the exact route taken. It may be necessary, for example, to vary the route in order to obtain supplies. However, with 49,000 metres of ascent and the same amount of descent, it is a much tougher walk than the Bibbulmun Track. It can be walked by a fit hiker in 50 to 60 days, but that means some 800 metres of ascent or descent every day. There is no let-up from the relentless ups and downs. Even on the very last day there is a short uphill climb to Pic Neulos at 1286 metres, before the long descent to the Mediterranean.

Heavy snowfall in the mountains means that it is only possible to walk the GR10 between May/June and September/October, depending on when the first winter snows arrive. It is possible that some of the higher sections will be impassable even in early June because of snow. The trail can be walked in either direction, but if you walk from west to east (Hendaye to Banyuls-sur-Mer) you are likely to have any wind and rain on your back.

The Pyrenean wildflowers can be spectacular in late spring and early summer and the trail can be very quiet. Once the French summer

holidays start early July, the trail is busy until early September and accommodation can be a problem. Things quieten down in early/mid September and walking then can be very pleasant with a quiet trail and settled weather.

Access to the GR10 is not difficult. There are local airports at Biarritz, Pau, Lourdes, Toulouse and Perpignan, with flights from Paris and London. From the airport it is possible to take the train or a local bus to your start point. If you are coming from Paris then a good option is the TGV which takes just over five hours to Pau.

Margaret and I first went to the Pyrenees to walk the GR10 at the end of May 2001. We flew to Biarritz and then made our way by public bus to Hendaye, the start of the trail. It was our intention to walk all the way to Banyuls-sur-Mer but we hadn't fully realised what that would involve – for example, the crossing of the highest mountain pass on the entire route – the Hourquette d'Ossoue at 2734m. We started walking that day from Cauterets (913m) just before 8am and having crossed several large snowfields, we finally went over the col and into camp at the Refuge Baysseance (2651m) at about 7pm.

During our rest day at Luz St Sauveur the weather became very stormy and wet, and we



realised the inadequacy of our small tent. It was fine for one person, but barely adequate for two, and then only in dry weather. In wet weather it was impossible to cope, so we decided to abandon the walk and come back later with a better, bigger tent and continue where we had left off. We made the right decision; the heavy rain continued and a village on our intended route was partly swept away by a flash flood.

We also needed to speak more French. If you assume the French will speak to you in English, forget it. However, if you try to speak a little French, then they will make the effort and speak a little English and conversation of a sort becomes possible. At least we now had experience of the trail and of the different types of accommodation, which meant we would be better prepared for the next attempt. We knew how tough the trail was with the big climbs, descents and long, tiring days. However we also appreciated how beautiful the Pyrenees were, which gave us the incentive we needed to return.

So at the end of May 2003, we returned to Luz-St-Sauveur to resume our hike, with the intention of completing the walk before the start of the French holidays. To get us into the swing of things, we had to climb to the Col de Madamète (2509m) on the second morning after rejoining the trail at an altitude of 720m – just under 1800 metres of ascent in the first 24 hours!

To make matters worse, we had to make camp in a thunderstorm on the first afternoon with everyone else running down off the mountain and shouting to us “Go down! Go down!” There was still a lot of snow high on the mountains, particularly on north facing slopes, and the trail ahead had been broken by only one or two hikers ahead of us.

Our efforts at learning French proved very useful when we met Marcel, Lydie and Katherin on the trail. We became good friends and are still in touch with them. The sixth day of this first section proved very tough and we finally staggered through Bagnères-de-Luchon at 7pm with a mile still to go to reach the campsite.

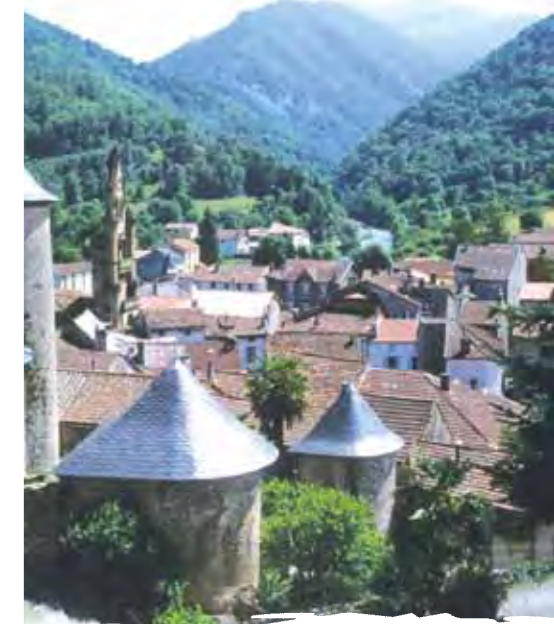
Margaret discovered here that her boots were finished but luckily she was able to purchase a new pair which gave excellent service without being ‘walked-in’.

It had become apparent to us by now that we would not be able to achieve our objective in time, and that we needed to adopt an easier schedule. We therefore made the decision to have a day off every four or five days and to end our walk at Mont-Louis, from where there was a bus service to Perpignan. This would leave a section of about ten to twelve days hiking to tackle at a later date. We were now more confident of our abilities and our equipment. We were using a mix of gîtes d'étapes (hostels), public campsites and mountain refuges for our accommodation, together with wild camps and shepherd's huts, which were our favourites.

We finally walked into Mont-Louis on schedule to travel to Perpignan for our flight home, having survived three very scary thunderstorms whilst camped high in the mountains. However, the walking had been magnificent and we knew we would be back to finish the job.

And so it was, on June 1st 2005, that we flew out to Perpignan to start the last section. By midday on the 2nd June we were on the track and heading for our first campsite. The weather was fair and the spring wildflowers were stunning. The walking was the same mix as before, mostly long ups and downs with occasional short stretches on the flat. We started at La Cabanasse (1500m) and on the second and third days we had to cross two cols at almost 2300m. We made steady progress using the same mix of wild camps, shepherd's huts and gîtes d'étapes and suddenly it was the last night on trail.

The morning dawned fine and we set out up the last big hill to the summit cairn of Pic Neulos at 1256m, before starting the long downhill walk to the Mediterranean. As we got nearer to our destination the weather became hotter with the sun more persistent and then finally we could see the town of Banyuls-sur-Mer ahead. After what seemed like an eternity we walked onto the beach and dipped our feet in the sea before hugging each other in celebration. Sunbathers on



the beach looked a little agog at these two hikers with all their gear but a few, who knew what we were celebrating, smiled in admiration.

Our sense of achievement in completing this very tough walk was tremendous. It has to be remembered that it does not just require physical fitness but also determination and planning. You have to keep saying, “get up, get on, and keep going!” If you can't do this, you won't complete the walk. You also need to research your walk and plan carefully. You need to know where you can buy the next provisions and how much to buy, and you need to know where you are going to stay each day. The highlights of the walk were numerous; the fabulous mountain scenery, the wildflowers, the high camps on the mountains, the wonderful French bread and finally, walking the last 50 metres onto the beach at Banyuls-sur-Mer. And to think, this all started because I saw a book “Trekking in the Pyrenees” in a bookshop in Thamel, Kathmandu and bought it thinking it looked a good idea!

Would we do it again? Yes!

