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Bronze



THE BIBBULMUN TRACK FOUNDATION

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Bibbulmun NEWS

AUG-NOV 2010
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Newsletter for the friends of the Bibbulmun Track

Launch of the Western Power Bibbulmun Track Foundation Volunteer Training Program



ON FRIDAY 1ST JULY AROUND 80 VOLUNTEERS, SPONSORS AND STAFF GATHERED FOR THE LAUNCH OF THE WESTERN POWER BIBBULMUN TRACK FOUNDATION VOLUNTEER TRAINING PROGRAM.



Western Power's Manager Environment, Community Engagement and Approvals, Mr Roger Fletcher, presents a guide training manual to Ce Kealley



Foundation volunteers (L to R): Joy MacGilvray, Colin Gee, Ruth Gee and Elsie Grygiel.

The Bibbulmun Track Foundation has been described as an international best-practice example of community trail support. The key to this success is the hundreds of volunteers who contribute their time and energy to the Track and provision of walker services.

As risk management requirements become more stringent throughout the tourism and outdoor recreation industries it was necessary for the Foundation to review and update its training program and provide further opportunities for staff and volunteers to improve their skills and knowledge.

Foundation volunteers undertake five key roles:

1. Track maintenance (around 300 volunteers)
2. Office work & trip planning service (15 regular volunteers)
3. Event promotions (30 volunteers)
4. Guiding (22 volunteers)
5. Management (nine Board Members)

Western Power's Manager Environment, Community Engagement and Approvals, Mr Roger Fletcher, thanked the volunteers for their

contribution and presented those present with their new training materials. Key components included:

Newmont Boddington Gold 'Eyes on the Ground' Maintenance Program

Maintenance volunteers received a newly designed and illustrated booklet detailing various aspects of maintenance including what to take on a maintenance trip; guidelines for trail marking, erosion repairs and clearing vegetation; campsite maintenance; safety guidelines and information about environmental issues such as dieback disease and weeds.

They also received a copy of a new booklet identifying the 'Common weeds of recreational trails in south-west Western Australia'. This booklet will also be distributed to volunteers on the Cape to Cape and Munda Bidli trails.

Many thanks to Danielle Stone from DEC's Recreation and Trails unit who coordinated the update and design of these publications, and to the Foundation's volunteer coordinator, Gwen Plunkett and BTF volunteer, Charmaine Harris, who spent many hours revising and proofing the text.

Bibbulmun Track Guide Training Program

As compliance with the new WA Adventure Activity Standards is looming it was necessary for the Foundation to update its in-house training program to ensure that our events are conducted in line with industry standards.

People volunteer as guides as it is an activity that they enjoy and they are happy to share their knowledge and love of nature to encourage others to bushwalk. It was therefore imperative that our training program did not become so onerous that we would lose our existing volunteers or discourage new people from volunteering.

Western Power's sponsorship enabled the Foundation to contract someone with a training background to work with our Events Manager, Steve Sertis, to develop the program and the tools required for 'in-the-field' training and assessment.

We are happy to say that a number of new volunteers are undertaking the guide training program and we look forward to introducing them to you in a future edition of Bibbulmun News. 🌿



Bibbulmun TRACK FOUNDATION

Adventure Raffle

A RESOUNDING SUCCESS!

The results are in and, thanks to the support of YOU, our members – we are pleased to announce that the Raffle raised \$31,942 - a fantastic effort! 100% of these funds will be used for funding upgrades on the Track.

We had a difficult job tracking down the winners with three out of the five being overseas, but we managed in the end and they were all delighted with their prizes.

Congratulations to...



1st prize winner, Richard Clare, Life Member, chose the 3 day Wilderness Getaway. He has just returned from an overseas trip and is looking forward to reacquainting himself with the south coast and enjoying the luxury of Karma



Finally, our special sellers draw went to Tanya Vautier who is looking forward to spending some time in Pemberton and taking the Beach and Forest Eco Adventure Tour with Pemberton Discovery Tours.

Many thanks again to our sponsors who very generously donated the fantastic prizes.



2nd prize winner, Caro Knight, Maintenance Volunteer, who was recently walking the Camino Trail in Spain will be jet-setting off again with World Expeditions on the Tasmanian six-day Cradle and Walls of Jerusalem Trek. She is thoroughly looking forward to her trip. The prize included \$1,000 from the Foundation towards airfares.



Norma Symons surrounded by her Ranger Outdoors camping equipment.



3rd prize winner, Norma Symons, doesn't do a lot of walking these days but says her granddaughter will be delighted with the Family Camping Package from Ranger Outdoors.



4th prize winner, Janice Paton, chose the Gear Freaks prize and will search through the Sea to Summit catalogue for some lightweight gear to make life a bit easier on the Track.



Mike Wood from Mountain Designs with prize winner Bill Knight



5th prize winner, Bill Knight, is delighted with his hiking gear from Mountain Designs. He now has all he needs to get out onto the Track for overnight walking.



Natalie Bye from World Expeditions with Caro Knight who will be enjoying a six-day trek in Tasmania.



The tickets are 'all shook up' in a tent before being drawn.



Tanya Vautier won the sellers draw donated by Pemberton Discovery Tours.

Many thanks to the wonderful members who volunteered their valuable time to sell raffle tickets at the shopping centre displays.

Merryl Alexander	Mike Carter	Debbie Kenrick	Claudia Payne
Mike Allanson	Helga Carton	Leonie Kirke	Glenn Rowan
Graham Ashley	Linda Daniels	Rik Kort	Moyra Simpson
Jim Baker	Gary Dennis	Ross Leighton	Fred Smart
Alan Barker	Karen Dowling	Angela Loucaides	Mary Sprunt
Wayne Bertram	Brigita Ferencak	Lari McDonald	Terry Stone
Janice Bertram	Stuart Gray	Dolly Meates	Peter Sweetman
Julie Bessant	Mary Gray	Kaye Moore	Barry Tregenza
Lesley Birk	Vince Harding	Sandi Neilsen	Jennie Villiers
Frances Brewer	Charmaine Harris	Marilyn Newport	Richard Whitfield
Barbara Calcraft	Hans Hoette	Fiona Noble	Trish Wilson
Tina Campbell	Hecate Jay	Terry O'Hara	Craig Wrightson



Volunteers, Claudia Payne and Craig Wrightson at one of the Shopping Centre displays.



FROM MY Desk



Welcome to the winter edition of Bibbulmun News.

If your knowledge regarding the origins of the Bibbulmun Track is a little hazy, then I would invite you to read the tribute on page 9 to Peter Hewett; a remarkable man who sadly passed away on the 27th June. Peter was instrumental in making the Bibbulmun Track a reality and we were honoured that he was able to attend our 10th Anniversary celebration of the 'new' Track in 2008.

It was the first time that he and Geoff Schafer - the man who went to Peter with the idea to build a long-distance trail - had met since the 70s. Both men were very happy that the Track was inspiring so many people to bushwalk.

For a more in-depth look at the history of the Track and of the Foundation, you can now purchase a book written by one of our volunteers, Jim Baker (aka Wrong Way Jim). Illustrated with a myriad of photographs, the book also takes you on a 'virtual walk' of the Track. Find out more in Track Trivia on page 25.

Talking about virtual walks, we are in the process of reviewing our website with the aim of incorporating some of the technology that is now available - such as Google Maps and Google Earth. We have probably been a bit slow in the up-take of this technology, but redeveloping a website is a time-consuming and expensive exercise - and it doesn't seem that long ago that we undertook our last upgrade (six years ago now - a long time in cyber space!)

If you have any suggestions for improvements, please do let us know. There's a link to a web survey on our website and we are particularly interested in hearing about other trails' websites which you like - and what you think they do well.

I have just finished writing our submission for the WA Tourism Awards. It's always an interesting exercise as it requires you to describe your business and marketing goals and detail the outcomes. One of the figures that really stood out for me was the number of non-commercial groups that registered walks on the Track in 2009. 242 groups, comprising 3015 walkers spent a total of 506 nights on the Track. This is up from 166 groups registered in 2007. This is certainly confirmation that the decision to build satellite campsites for groups is timely and we hope that the first of these, at Mount Cooke, will be built by the end of the year.

Our aim always is to balance 'capacity' with 'quality' to ensure the long term sustainability of the Track and maintain the quality of the experience for walkers.

Finally - a very warm "Thank you" to everyone who contributed to our most successful fundraising effort to date. As mentioned on the opposite page, over \$30,000 was raised in ticket sales, and a further \$6,000 received in donations during the raffle period. These funds will be used as 'matching funds' in grant applications, enabling us to leverage your fundraising efforts to acquire more funds for Track projects.

As I'm sure you'll appreciate, when you're looking after a 1000 kilometre trail there's always something that needs fixing!

In the meantime - we've just started a Facebook page - so look us up and 'Like' us! 🌸

Linda Daniels
Executive Director

NOTICES TO MEMBERS

Bibbulmun Track Foundation Incorporated
Bibbulmun Track Foundation Rules 2009

1. Vacancies on Board

Under rules 31 and 32, members are notified as follows—

- There are 3 vacancies on the Board of the Foundation.
- Nominations of members to be candidates for election to fill those vacancies are sought.
- A member's nomination must be in writing and be signed by the member and be received by the Foundation before the close of nominations. The Foundation's addresses are—
- Post: P.O. Box 7605, Cloisters Square, WA, 6850.
- Street: Level 1, Mountain Designs Building, 862 Hay Street, Perth, WA, 6000.
- Email: friends@bibbulmuntrack.org.au.
- Nominations close on Friday 8 October 2010 at 4.00 p.m.
- Any poll needed to elect a Board member will be conducted at the 2010 annual general meeting.
- The term of office of each person elected to fill those vacancies will be 2 years from and including the date on which he or she is elected.

The vacancies have arisen because—

- the terms of Steve Crawford and Leonie Kirke have expired; and
- Ron Alexander has resigned.

2. 2010 Annual General Meeting

Members are notified that the 2010 annual general meeting of the Foundation will be—

- on Thursday 28 October 2010 at 5.00 p.m.;
- at Level 1, Mountain Designs Building, 862 Hay Street, Perth.

The agenda of the meeting is—

1. Apologies.
2. Confirmation of the minutes of the 2009 annual general meeting.
3. Chairman's annual report.
4. Executive Director's annual report.
5. Treasurer's annual report.
6. General business—
 - Any poll needed to elect members to fill 3 vacancies on the Board.
 - Appointment of auditor.

Members intending to attend are asked to notify Gwen by telephone on 9481 0551 or by email to friends@bibbulmuntrack.org.au .

Linda Daniels
Executive Director
Bibbulmun Track Foundation

Vote for your favourite Track Town Competition

THE RESULTS ARE IN!

We asked walkers which Track town was their favourite. With over 100 responses here are the results:

FAVOURITE OVERALL:

Balingup with 25% of the vote

Pemberton 23%

Walpole 21%

We also asked why their choice of town was their favourite

The following towns came first in each category (note that results were very, very tight!).

- Walker friendly: Walpole
- Range of accommodation: Pemberton and Albany
- Quality of accommodation: Walpole
- Natural beauty: Pemberton and Peaceful Bay
- Helpful and efficient Visitor Information Centre: Dwellingup, Pemberton & Walpole
- Range of food supplies: Denmark
- Facilities: Pemberton and Albany
- Range of cafes/restaurants: Albany
- Accessibility: Pemberton
- Communication available (e.g. mobile phone coverage, Internet facilities): Pemberton and Albany
- Local attractions: Pemberton
- Bibbulmun Track signage: Balingup
- Quality of information about the Bibbulmun Track: Walpole
- Alignment of the Track (i.e. route into and out of town): Balingup
- Is part of my favourite section of the Track: Walpole

40% of respondents had visited their favourite Track Town before they began walking on the Bibbulmun Track and 46% had stayed more than three times in their favourite Track Town.

In the last 12 months, 25% had been to their favourite Track Town three times or more.

72% of respondents were members of the Bibbulmun Track Foundation and 75% were not volunteers.

Congratulations to Dani Rob of Exmouth who won draw and receive an X-plate and Cutlery set thanks to Foundation Gold Sponsor Sea to Summit.

Spring Special –

a free Wildflower Guide and Wildflower bush book with every spring booking.



Take a Break and put a Spring in your step!

Western Australia's wildflower season draws visitors from all over the world, with up to 12,000 species found within its borders, many of which are unique to the State.

Dainty flowers such as orchids, milkmaids, honeypots, green kangaroo paws and mountain bells give colour to the bush. More than 150 species of orchids are known to inhabit the area, along with grass trees, scented plants like the brown boronia and more than 165 species of eucalypts.

A Bibbulmun Walking Break is a great way to escape to the south-west to enjoy the wildflowers and the peace and tranquillity of the bush – and the perfect way to re-charge your batteries.

Enjoy a day on the Track, and return to the comfort of a hot shower, cooked meal and a comfortable bed. Based around the Track towns, each with their own unique flavour, the minimum 2 day/2 night packages include a choice of accommodation (B&B or self-catering), meals, walk transfers, map and walk notes.

Packages can be tailor-made to cater for a short getaway or destinations can be linked together for a holiday of up to three weeks – and it's all arranged for you!

For full details go to www.bibbulmuntrack.org.au and look for Bibbulmun Breaks under 'Trip Planner' – or call Millie 9321 0649 for a tailor-made quote.



Hi Millie,

We are just back from our 10 day hiking holiday in WA. Just a quick note to say how much we enjoyed it, and to give you some feedback. We were impressed with the reliability of the shelters, which were very well maintained, and provided all the shelter we needed. The toilets were clean and the water tanks were full, you always knew what to expect in the campsites so the overnight hike section worked well. The guide books were very reliable and we appreciated the information about flora and fauna contained therein.

We loved the B&B in Balingup, Oakfield House, it was very comfortable, and Ruth was very helpful, running us down to the pub for meals, and cooking an unbelievable breakfast. We could have stayed several days there.

The other pick of the stay was the Watermark Kilns, lovely meals, and Trevor & Jeanette were very helpful, nothing too much trouble.

Toni from Pemberton Discovery Tours who did the drop offs was also very helpful, and it was interesting to get to know about the area, and how their business has developed. Also enjoyed our time in the Picture Theatre Apartments in Pemberton.

All up, a great holiday, and thanks for your help with plans and bookings.

Kind Regards,

Jenny Lewis from SA

YOUR LETTERS

Hi, We were delighted to read the article by Jan Price in the April-August edition of Bibbulmun News.

We were two of the end-to-enders in the 1998 inaugural walk, and enjoyed getting to know Jan. We were very sorry when she felt she had to leave the walk. I remember her saying that she would finish the Track in the future. How great that she has now fulfilled her dream.

Walking the Track is great therapy and taking time to 'smell the roses' adds to the experience.

Congratulations to Jan on completing her walk.

Lyn and Malcolm Colless, NSW

Hi Gwen,

The latest issue of the Bibbulmun News dropped into the letterbox today. After our last trip to WA, we now know so many people in the office and out on the Track that it is great to read about and see them in the magazine. We met Scott Hunter busy working on the Track, Edith, Jim Baker, Jim Freeman, and many others in the office, and then, of course, there's Charmaine and Wendy (FOF*1 and FOF*2) who were at William Bay campsite with us. Well, Charmaine and Wendy had better watch out because I've sent that photo of them on page 22 to the Australian Fashion Police and they can expect a knock on the door at any time!

I was especially interested in the John Muir Trail article as it's on the list for next year!!

I sorted out a photo for the "Nothing Like Australia" photo competition but then discovered that entry was limited to Australian residents only. It's one of my favourites from our last trip taken on the walk in to Northcliffe just before Mr. Burton's farm.

Best wishes to all,

Barry and Margaret (thesilvertops), UK

G'day... and thanks for the latest newsletter - I gobbled it up in one go!

Fantastic to read Jan Price's story and tie up one of the loose ends from my E - E of last year. I was some days behind Jan and shared her adventures, trials and tribulations, highs and lows through her heartfelt and honest entries in the red registers. I really wanted to catch up with her and get to know her in person but never made it; then she suddenly vanished without trace when I reached Donnelly River and I was left hanging. Jan, this is to let you know that you became a bit of a hero for me. I loved your entries and your openness and now I learn that it was all in the context of your husband's death and I am left speechless. But I am sure that the Bibbulmun journey would have been very healing...

Best wishes to one and all,

Annie Didcott, ACT

Dear Sirs,

This letter is to tell you how much I appreciated receiving the lucky draw for the Life Membership prize draw. I was so thrilled to receive the \$300 Mountain Designs voucher.

Thank you again. I am planning my next overnight with a friend who will be new to the Track.

Yours faithfully,

Julie South

Dear friends,

We are writing to thank you for a wonderful time we had hiking part of the Bibbulmun Track last October (section Walpole – Denmark – Albany). This experience would not have been possible without the work volunteers put in to keep the Track and shelters in good shape.

Enclosed is a donation on behalf of our group in appreciation of your efforts to preserve the Track.

Keep up the good work. We will be back!!

R. van Kampen and D. Ross, NSW

Just wanted to say how much I enjoy reading through the Bibbulmun News each quarter. Always enjoy the "Yes, They Did It" section and compare some of the comments with my thoughts after completing my end-to-end, even if it was over a four year period. Always feel so impressed when I read of the time and effort put into the Track by so many volunteers. Really enjoyed reading the stories of Jan Price and Mike Allanson and thought "good on you" when I reached the end. However, Wendy and Charmaine will never convince me that walking the Track during summer could be fun!

Jane Greenwood

To the Bibbulmun Track Foundation and Volunteers

The Track is a fantastic concept and is supported very well by your group.

We have enjoyed the Track over the last eight years. Please accept our small donation.

In the future (retirement!) we will become involved as volunteers. Not enough time now.

Our kind regards,

Wes and Heather Cook

Ed: Thank you for the donation – and we look forward to welcoming you as volunteers in your retirement!

To the Editor

On 5th June 2010 I completed my end-to-end on the Track in 46 consecutive days.

I have enclosed a donation to the Foundation in recognition of the great work being done to maintain the Track and its shelters in such excellent condition. To have the privilege to use these shelters on 39 of my 46 days was indeed a pleasure.

Thank you to all the volunteers

Alan Alexander, Queensland

Before you go...

ALWAYS CHECK THE LATEST TRACK NEWS & CONDITIONS

For updates, refer to the "Latest Track News" accessible from www.bibbulmuntrack.org.au.
Or contact the appropriate DEC District (see contact details below).

Before heading out on to the Bibbulmun Track it is important that you check the current Track conditions and are aware of any changes that may impact on your journey. Refer to the "Latest Track News" accessible from www.bibbulmuntrack.org.au or contact the appropriate DEC District (see contact details below).

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 waugal trail markers 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 Burning Operations

DEC conducts a program of prescribed burning operations 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 from our website or contact the Recreation and Trails unit.

Car access 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 restricted or have locked gates as they enter disease risk areas. Attempting to access the Track at non-designated points can spread disease or damage wildlife. Please use only the access points marked on the maps and guidebooks.

IMPORTANT NOTICE

A GPS does not replace the need to carry a map.

Do not rely on GPS coordinates as the sole method of navigation. Always have an accurate, detailed map at hand and have the proper map reading and navigation skills before setting out on any hike.

GPS coordinates are only references and may or may not be accurate. Hand-held units commonly used for recording GPS coordinates can be inaccurate by quite a few metres. There are many areas where a GPS has limited capabilities and if your batteries run out you are really in trouble!

DEC CONTACTS:

Recreation and Trails Unit

tracksandtrails@dec.wa.gov.au
Ph: (08) 9334 0265

DEC DISTRICT OFFICES

Perth Hills District (Mundaring and Dwellingup)

Kalamunda to the Harvey-Quindanning Road
Map 1& 2 or Sections 1 to 20 in the Northern Guidebook
Contact Glenn Hagen (08) 9538 1078 or glenn.hagen@dec.wa.gov.au

Wellington District (Collie)

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

Blackwood District (Balingup)

Covers Mumballup (Donnybrook-Boyup Brook Rd) to Willow Springs (Gold Gully Rd)
Map 4 or Sections 25 to 30 in the Northern Guidebook
Contact Andrew Sandri on (08) 9731 6232 or andrew.sandri@dec.wa.gov.au

Donnelly District (Pemberton and Northcliffe)

Covers Willow Springs (Gold Gully Rd) 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 7095 or john.hanel@dec.wa.gov.au

Frankland District (Walpole)

Covers Pingerup Road to Denmark River mouth
Maps 6, 7, 8 or Sections 42 to 53 in the Southern Guidebook
Contact Carol Ebbett (08) 9840 0400 or carol.ebbett@dec.wa.gov.au

Albany District (Denmark and Albany)

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



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



Matt Wardell, Recreation and Activities Coordinator

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

DEC Recreation and Trails Unit

I have recently stepped into the role of Recreation Activities Coordinator for the Recreation and Trails Unit in DEC, while my colleague Stuart Harrison is taking a well earned break and enjoying a tour of Australia over the next 12 months. Stuart plans to enjoy some of the best walking, cycling and kayak trails Australia has to offer and hopes to come back refreshed and full of new experiences to bring back to the job.

In my new position I have discovered just how much the maintenance of the Bibbulmun Track relies on committed people. The Track volunteers contribute almost 18,000 hours each year to monitoring and maintaining the Track through the 'Eyes on the Ground' program, a contribution greatly appreciated by both walkers and managers alike. Additionally I think it is worth recognising the significant commitment of the DEC District staff who complement this effort by undertaking routine monitoring and maintenance on the Track throughout the year. Together these are the people who ultimately maintain the Bibbulmun Track experience, a contribution worth considering next time you are on the Track.

Entering into the next financial year DEC has again committed the majority of its \$300,000 for major trails maintenance work to the Bibbulmun Track. Much of this money will allow for priority infrastructure projects to be completed in 2010-2011, following on from the work of last year. Completion of these major upgrades ensures the Track remains a high quality facility and maintains its national and international iconic status.

Some of the 2009-2010 funding was used to complete important toilet upgrades in the Perth Hills. Sites in water catchment areas were initially identified for upgrade; toilets at Canning, Monadnocks, and Chadoora have been relocated



Department of Environment and Conservation



HOW BACK COUNTRY CUISINE PREPARE TASTY MEALS

Back Country Cuisine is easy to prepare and great tasting because of the features of our Freeze Dri process. This combines quick-to-hydrate, freeze-dried vegetables and meats with sauce mixes that have been processed to retain their natural flavours. The result is delicious meals that can be prepared in the pack in 10 minutes with the addition of boiling water.

In the freeze drying process, crystals of frozen ice in the food are sublimed (evaporated) to water vapour in a vacuum chamber. The result is a completely dry product that does not shrink during the drying process. When prepared for eating, the water quickly gets into the pores left by the ice crystals to give a juicy, tender food product.

After packing, the food is heat-sealed in foil pouches from which all the air has been removed and replaced with nitrogen gas. This keeps the food safe and flavoursome for at least three years without the need for preservatives.

Back Country Cuisine meals are formulated to meet the high energy needs of outdoor activity. There is a careful balance of carbohydrates and sugars for instant energy, protein to replenish exhausted muscles and oils and fat to provide an energy store (oils and fats are kept within the recommended maximum of 30% of total energy).

Freeze drying retains the natural vitamins in the food because of the low temperatures used in processing. Along with naturally occurring minerals and the addition of salt, the meals provide vitamins and minerals necessary to stay healthy.

Check out the range available at Mountain Designs and Ranger Outdoors stores.

to improve site orientation and placed over new concrete sealed vaults. Not only will this upgrade deal with the potential environmental and water quality issues, it will also decrease the smell in the toilets through better ventilation.

Other funds have gone toward bridge upgrades such as a new 10m bridge at Crystal Brook, prefabrication of numerous smaller bridges which are now ready for installation, and Track upgrades.

Inlet crossings along the south coast are a big part of the Bibbulmun Track experience but need regular monitoring to ensure that equipment and procedures are in place to maintain walker safety. At the Irwin Inlet crossing money has recently been spent on a new canoe and paddles. At the Wilsons Inlet regular winter breaching of the inlet bar can create dangerous crossing conditions and a boat crossing is sometimes required. Part of a current project looking at the Track alignment along the Nullaki Peninsula will attempt to improve some of the issues encountered at the crossing.

The recent launch of the Western Power Bibbulmun Track Foundation Volunteer Maintenance Program at the Foundation was a great success and provided a good example of how the Foundation and DEC work in partnership. The Recreation and Trails Unit's Danielle Stone was thanked for her great work in putting together the Volunteer Maintenance Handbook and the Common Weeds on Recreational Trails booklet, which were included in the volunteer package.

I look forward to working with the Bibbulmun Track Foundation and Bibbulmun Track volunteers over the next nine months. Hope to see you on the Track. ⚙️



Freeze Dried
BACK COUNTRY
Cuisine

BODDINGTON GOLD

Eyes on the Ground

MAINTENANCE PROGRAM

After more than a year's work I was delighted to see the Bibbulmun Track Volunteer Maintenance Handbook finally completed. It is much easier to use than the rather unwieldy set of notes we had previously, and is filled with diagrams, pictures and tips to make the work easier to understand.

The new Weed Booklet will prove invaluable as it is sometimes hard to know whether or not a particular plant is a weed.

About 60 volunteers attended the launch of the Western Power Bibbulmun Track Volunteer training program to receive their new resources. It was wonderful to see so many people taking part.

As is normal, some volunteers have had to relinquish their sections and we have welcomed newcomers in their place. For new volunteers their first visit can be a mixture of apprehension and excitement; hopefully the new guidelines will help to make it easier. It is always fun to receive their reports which often express the thrill of looking after their own little stretch of the Bibbulmun Track.

If you have been thinking about volunteering and now have the time, please let me know and I will be happy to talk to you about the program. There are still sections needing care in the Albany, Walpole/Denmark, and Pemberton areas and sections do become available further north from time to time.



Gwen

In early August I will be setting off on my annual field trip to attend Field Days and to meet with volunteers and DEC staff to look at problems, new work, updated campsites etc. Coming with me this time will be Charmaine Harris who is now assisting me with the coordination of the Maintenance Program. Charmaine is looking forward to meeting those people that she knows only as names on forms, while I will enjoy catching up with old friends and making new ones, as well as handing out the new Guidelines and Weed Booklets.

Thank you to all of our volunteers – I hope you will enjoy using the new guidelines as much as Charmaine and I enjoyed working on them.

Gwen Plunkett
Office Manager & Volunteer Coordinator

Office Gossip Office Gossip Office Gossip

Since March the office has been decorated with boxes containing well ordered rows of raffle ticket stubs as we received and recorded the return of over 2000 books from all over the State. Anyone who has been involved in a large raffle will understand the amount of work involved, but it has all been worthwhile. The raffle has been a great success, thanks to the enthusiasm of our members who sold the tickets

We just had time after the draw to store the stubs and files safely before redecorating the office with various publications in readiness for the launch of the Western Power Bibbulmun Track Foundation Volunteer Training Program.

The office volunteers received copies of "Welcome to the Bibbulmun Track Foundation Office", known affectionately as "Welcome to our World". This leaflet is designed primarily for new volunteers to enable them to familiarise themselves with the office layout and with the kind of tasks they may be asked to undertake. We are very fortunate at the moment to have a wonderful group of fifteen volunteers who do a great job of keeping the office running very smoothly.

As usual the winter months see them all disappearing at various times and this year is no exception. Elsie has been cruising around Asia and visiting friends in the eastern states, while Edith had a great trip to the Kimberley region and survived the Gibb River Road. We watched the fallout from the Iceland volcano with some concern as Lesley was holidaying on the northern islands of Scotland, Peter Whittle was in Ireland following a cruise across the Atlantic and Jim Baker was flying to the UK. Gayle stayed a bit closer to home, spending time camping in the Kennedy Ranges and is about to head off to Laverton and places beyond. Steve is braving a Tasmanian winter, Mylene is leaving our chilly winter to enjoy summer in France and Jean has just returned from Bali.

Members are always welcome to pop in and say hello and we especially like to meet overseas and interstate members while they are here enjoying some walking.

Gwen Plunkett
Office Manager & Volunteer Coordinator

PETER HEWETT

- A Tribute to a Man of Vision.



Hewetts Hill campsite named in Peter's honour

Peter Hewett at the 10th Anniversary celebration in Kalamunda

It was with great sadness that the members of the Bibbulmun Track Foundation learned of the death of Peter Hewett, one of the true pioneers of long distance bushwalking in WA.

Peter left us on June 27th, at the age of 77, and will sadly missed, especially by his wife Beverley, children Mandy, Carolyn, Penni and Peter, their partners and children. Our thoughts and prayers are with them all at this sad time.

Peter was a resident of Margaret Hubery House in Shelley since July 2007; a residential care facility owned and run by Southern Cross Care WA Inc. The following article appeared in their newsletter, the Southern Star, in 2009, and describes perfectly the importance of Peter's role and his contribution to bushwalking in general and the Bibbulmun Track in particular. It is a true tribute to a remarkable man.

"Many readers may not be aware, but at Margaret Hubery House there is a very distinguished resident amongst our ranks; an individual who has made a very significant contribution to the forestry profession and the wider Western Australian community.

Peter Hewett has been a resident at Margaret Hubery House since July 2007 and is one of the State's best known and most widely respected

foresters. His contribution to the forestry industry included being the first Director of Forests in the former Department of CALM. He was also a founding member of Greening Australia and was once Chairman of the Boy Scout Association of Western Australia.

Earlier in his career, Peter established and headed up the Forests Department's Extension Branch and amongst other things, is widely recognised as the 'father' of forest-based recreational activities in WA.

Despite Peter's numerous lifetime achievements, the pinnacle of his success was the development of the State's now internationally famous Bibbulmun Track. The Bibbulmun Track is a purpose built walking track which stretches nearly 1,000 kilometres from Kalamunda to Albany, and has 48 campsites along its route. One of the campsites, Hewett's Hill is named in Peter's honour.

As the Head of the Department's Extensions Branch in the 1970s, Peter's involvement was in the overall planning and development of the original track. His brief was to investigate, and if possible, bring this proposal to fruition.

The enormous project presented Peter with challenges such as how to prevent the spread of the fungal disease known as 'dieback' that was

ravaging large areas of the northern Jarrah forest; dealing with entrenched bureaucracy within his own Department; and coping with the novelty of forest-based recreation in the 1960s and 70s, as the majority of Western Australians preferred to spend their leisure time at the beach.

Despite these and many other obstacles, Peter persevered with the planning and, by the mid 1970s, had succeeded in getting the concept of having a track from Kalamunda to Northcliffe well on the way to full realisation. This was a remarkable achievement and one Peter largely accomplished single-handedly.

The original Bibbulmun Track has undergone two major transformational stages since those early times and now extends to Albany, as was originally proposed.

Peter and his wife, Bev, recently attended the 10 year anniversary of the new alignment, recognising his achievement. None of this would have been possible without Peter's foresight, commitment and leadership all those years ago. As a result of his pioneering work, he has created a wonderful legacy for bushwalkers of Australia and overseas." 🌸

(Our thanks to Southern Cross for permitting us to use this material).

ENJOY A DAY AT THE ROYAL SHOW - FOR FREE!

The Bibbulmun Track has become an integral part of the Landcare Pavilion. It is the perfect place to showcase the Track, being a welcome escape from the hustle and bustle of the Show. Some exciting new exhibits are planned for this year with interactive hands-on displays, demonstrations and talks.

As always we will need some help in manning the display. 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

**CITY LAUNCH FOR 2010
MOUNTAIN DESIGNS
BIBBULMUN TEAM CHALLENGE**



In June the annual Mountain Designs Bibbulmun Team Challenge was officially launched at the Central Park lawns in the centre of the city.

Despite intermittent rain, lunchtime office workers enjoyed the spectacle as some ex-participants and volunteers were put through their paces, demonstrating just what teams might be in for in this year's Challenge. We had a lot of fun and spoke to many interested and encouraging onlookers.

Thanks to all our volunteers who participated in the event.

Have the time of your life!

The Team Challenge is now in its ninth year and keeps getting better. Places are filling fast, so encourage colleagues at your workplace, social/sporting club or your friends to put a team together and pit your wits against teams already booked, which include the National Bank, Geraldton Grammar School, Asgard Jets, Whelans, WestOne and the Department of Environment and Conservation.

Even if you are not experienced in bushwalking and overnight camping, we will provide training and support to all registered teams—so now you have no excuse not to participate!

As one participant summed it up:

“Anyone given the opportunity of participating in a future Bibbulmun Track Challenge should not just take it but grab it with both hands”.

So “grab it with both hands” - pick up the phone and call Steve Sertis on 9481 0551 or email events@bibbulmuntrack.org.au and who knows - you could have the time of your life!

**Entertainment™ Book –
Get yours from the BTF before stocks run out!**

Many thanks to everyone who helped our fundraising this year! We've sold 136 books and raised \$1,768 to date.

We still have a few books left if you haven't got around to getting one yet. It is packed with valuable 25% off and 2-for-1 offers from Perth's best restaurants, cafés, take-away chains, attractions, activities... as well as special rates for over 700 hotels and resorts in Oz and NZ!

**Only \$65 collected from the BTF office. Add an extra \$8 for regular postage or \$10 for registered post.
Call 9481 0551 now to order your copy.**



Team Challenge 2010 Launch



**TRACK TOWN
Walpole**

**WALPOLE IS AN IDEAL PLACE TO BASE YOURSELF
TO EXPLORE THE REGION**

Surrounded by the Walpole-Nornalup National Park and the Walpole Wilderness is the idyllic town of Walpole.

There's so much to see in Walpole - the vast spreading views from Mt. Frankland, the mirrored reflections in the quiet rivers, the glory of the wildflowers, the majesty of the trees, the beauty of the inlets and the rugged grandeur of coast and islands.

There is so much to do - boating and sailing, fishing, bush walking, scenic drives and climbing. Take time to paddle the rivers in a canoe, unpack the fishing rod and snare a wily black bream. You can also cruise the inlets, visit local art and craft galleries, see and touch local reptiles and birds.

The town of Walpole was established in 1930 through the Nornalup Land Settlement Scheme that was designed for city families hit by the Great Depression. Europeans have visited the area since 1831 and Pierre Bellanger at Nornalup established the first settlement in 1910.

Located an hour and a half's drive from Albany in the east and Pemberton in the west, Walpole

is an ideal place to base yourself to explore the region and for walking on the Bibbulmun Track. Drop-offs and pick-ups can be arranged. You'll find a wide range of accommodation to suit all budgets and the selection of restaurants and cafes dotted throughout the townships of Walpole and Nornalup range from licensed a-la-carte to BYO cafes.

Take time to explore the forest along Hilltop Road and wander the magical 800-metre walk trail to the Giant Tingle Tree between the soaring karri trees and the great-girthed tingles, which rises 70 metres to a high leafy crown. Drive on further to Circular Pool, a beautiful pool in the Frankland River.

Of the many inlets along the South Coast of Western Australia, none is more beautiful than the magnificent sheet of water that makes up the Walpole and Nornalup Inlets, the only marine park on the south coast.

The Walpole and Nornalup inlets are shallow estuaries that are permanently open to the sea and are populated with seagrasses, seaweeds,

shellfish, prawns, crabs and a large range of fish and waterbirds. Even large animals such as marine turtles and tropical manta rays have been known to turn up in the marine park from time to time.

Comb one of our magnificent south coast beaches at Mandalay Beach, Conspicuous Cliff or Peaceful Bay. Behind the beaches are hills clothed with giant karri trees with the Frankland and Deep Rivers reaching their fingers into the heart of the ancient forest.

A visit to Walpole wouldn't be complete without driving into the heart of the wilderness and making your way to the summit of Mt. Frankland. A few kilometres west of Mt. Frankland lie the winter falls of the Deep River at Fernhook Falls.

Tree-clad hills, wide spreading estuaries and rugged coastal scenery make Walpole a "MUST" for the visitor. 🌿

The Walpole Nornalup Visitor Centre is open daily except Christmas Day from 9am to 5pm Monday to Friday and from 9am to 4pm Saturday and Sunday.

www.walpole.com.au



2010 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 2010

“The four days were the best organised activity-based event I have ever been on”
Rob, PBB Chartered Accountants

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

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

Yes, THEY DID IT!

CONGRATULATIONS go to all!

It is fantastic to see that the number of walkers registering their end-to-end trek continues to grow. In this edition, we acknowledge the achievements of nearly 60 more walkers, including 10 from overseas and 5 from interstate. These visitors are mentioned first, followed by those from within WA. It is also heartening to see so many walkers registering their sectional end-to-ends, some of which have taken several years to complete.



FROM OVERSEAS:

Reiner Schade (55) was once again “Ricco” when he returned from Germany to walk another end-to-end on the Track (N-S, 21.01.09 to 21.02.09), and then back-tracked twice over some sections to complete two more sectional end-to-ends (22.02.08 to 25.02.10 and 18.11.08 to 28.02.10). He thought some of the overgrowth in the southern sections was more difficult this time, but acknowledged the work of maintenance volunteers. He was pleased to discover that Donnelly River Village and Balingup accepted food pre-orders via email. Reiner enjoyed the hot, dry weather in summer.

Another returnee was **Mike Pratt** (64) from Scotland who walked a double end-to-end this time (N-S, 04.10.09 to 03.12.09 and S-N, 05.12.09 to 22.2.10). Mike had some extended stays in his favourite shelters, including a week at Dog Pool where he enjoyed the water. He resupplied in towns along the way and enjoyed many, many oat pancakes on his journey. He finds the Bibbulmun Track much flatter than previous walks in the European Alps. Mike liked to listen to his radio at night.

Anne (63) and **Bryan** (65) **Dudley** from New Zealand loved the wildflowers during their spring walks (sectional, 29.09.08 to 30.10.09) and found the Track well signposted and easy to follow. Anne’s favourite section was the south coast, and Bryan loved it all. Highlights included a huge variety of wildlife, including the sight of many whales close to the shore. Even the flooded bits of the Track were good. Both agree that the Bibbulmun Track is unique. They travelled

lightweight, with packs of 7-8kgs, not including food. Anne advises others to “do it”, but to think carefully about gear.

For **Marina Duarte** (24), from France, this was her first long walk (N-S, 25.09.09 to 02.12.10) but she definitely wants to do more. She enjoyed the long, “town-less” stretch between Kalamunda and Dwellingup and found that her time on the Track disappeared way too fast. She particularly liked the shelters at the end of each day. Her inexpensive, lightweight, multi-function watch was her favourite equipment, but her very bright lamp was too heavy so she sent it home. Marina wishes everybody could have enough time to do an end-to-end because the experience is so fantastic.

Nadege Dupraz (34), from Switzerland, described her walk (N-S, 19.01.10 to 20.03.10) as the most beautiful experience of her life, and thanked the volunteers and DEC who take care of the Track. She found it easy to resupply everywhere, except North Bannister. A highlight was arriving in Pemberton – the place where she originally made the decision to walk an end-to-end. She found it was amazing to observe animals not found in Europe. Nadege felt the Bibbulmun Track was very well marked in comparison with other walks.

Barbara Bechter (50), from Switzerland, found time to review her life during her walk (S-N, 06.04.10 to 17.05.10). She would have liked to see some more trail markers around Collie, but was pleased to be able to resupply so easily at Donnelly River Village. Her favourite section was near Giants. Breakfast with a kangaroo at Boat Harbour was a highlight. Amongst the variety of wildlife, Barbara particularly enjoyed the wonderful birdlife. She says all gear should have a double function.

Kerry and **Bruce Popplewell** (both 69) from New Zealand returned, after earlier injuries, to finish the final sections of their end-to-end (sectional, 22.04.08 to 20.05.10). Bruce liked the section from Beavis to Beedelup and was particularly pleased to complete the Track with an artificial knee and fused ankle. Kerry liked Frankland River and walking in the Pingerup Plains at dawn. Both liked Mt Cooke and Mt Chance. They enjoyed seeing the different wildlife and experiencing the different terrain from their usual walks in NZ. They advise walkers to plan for rest days to minimise overuse injuries. Kerry is now suffering from “Track withdrawal” symptoms.

Max Dolmans (18) from Belgium was “Maks” during his end-to-end (N-S, 18.04.10 to 09.06.10). He described it as an amazing journey on which the days flew past. He loved the stunning scenery and appreciated being able to sleep in a shelter each night. He resupplied in towns along the way, but somehow miscalculated his food needs between Kalamunda and Dwellingup. Highlights were many: first sight of the coast, karri and tingle forests, a night walk in heavy rain, and the many people he met. Max enjoyed the wildlife, especially the birds and the silent “hunter” possums. As his first long-distance walk, he says the Bibbulmun Track has set a high standard for future walks. He advises carrying lots of chocolate.

“What an opportunity - to think that this facility is on our doorstep and is free. Without the volunteers of the Bibbulmun Track Foundation this would not be possible - so I applaud and thank you from the bottom of my heart.”

Deb Badger

From interstate:

Derek Nutting (47), from Victoria, was also known as “The Nuts” on his fund-raising walk (N-S, 02.09.09 to 30.10.09) and wishes he could have taken longer with no time constraints. He sent food parcels from Melbourne as part of his pre-walk planning. His favourite parts were the forests and ocean of the southern section, but he also enjoyed meeting like-minded people. Highlights included the chocolates from “The Laughing Ladies”. He liked the wildlife and saw 15 snakes in 2 days. Derek felt it was a great achievement to walk 1000kms, lose 10 kg and raise money for cancer research at the same time. Well done!

Elise (58) and **Dennis** (61) **Bayley**, from NSW, walked an end-to-end (N-S, 21.10.09 to 14.12.09) on which every day was different and every day was fantastic. Their favourite section was canoeing the Irwin Inlet, followed by the walk through the showgrounds. Other highlights included their first sight of the Southern Ocean, and Dennis experiencing an adrenalin rush in a “far too close” encounter with a tiger snake. Resupplying in towns was easy - the first beer always tasted good! And “Weetbix” is now

looked upon as an after-dinner sweet. Their best equipment was their tent and they urge everyone to “get the boots and do it”.

Therese Tyacke (33), from NSW, had a “fantastic experience, filled with joy, hardship, and everything in between” (N-S, 23.11.09 to 01.01.10) on her walk to raise money for the Fred Hollows Foundation. Therese got bored with her food, but this was also partly caused by a new fuel stove that refused to work. The ever-changing landscape was a joy, and travelling at walking pace allowed a real appreciation of it. Highlights also included meeting other walkers. A variety of wildlife was seen, including at least a snake a day. Advice for others is to find your own pace, take breaks when you need to and enjoy yourself.

Alan Alexander (74), from Queensland, has walked in several Australian states and overseas countries but says his Bibbulmun Track end-to-end (S-N, 21.04.10 to 05.06.10) has been the most significant of them all. He walks with artificial hips and was supported on his journey by his wife. Pre-purchased freeze-dried dinners were supplemented by purchases along the way. He loved the whole Track, finding it so variable, never boring, and with plenty of wildlife. Alan was impressed with the organisation and maintenance, and the fact that the Track is free to use. He urges others to take it steady and enjoy every moment.

And from WA, in order of completion:

Robert Day (46), from Bull Creek, walked his end-to-end (N-S, 03.10.04 to 26.11.04) before the Track became so busy; in fact he didn’t meet anyone on Track for the last 22 days of his walk. But he enjoyed meeting fellow travellers in the northern half. Rob dehydrated his own food and that worked well for him. The sheer beauty of the Australian bush was a highlight for him, along with seeing the lights of Albany. The first three days of his walk were the hardest as he says he wasn’t as fit as he thought. He advises others to get fit before you set off.

Bill Parker (49) of Huntingdale took several years to complete his end-to-end (sectional, June 99 to May 08), but says it was well worth the effort and he would like to do it again someday. His favourite sections were around Walpole, but highlights were too many to single out. Boots were Bill’s best equipment, and he urges others to “have a go”.

Glenn Wuk (25), from Harvey, was known as “Glenn Rudy” during his trek (N-S, 09.11.09 to 20.12.09). He was very appreciative of the Track maintenance and organisation, and loved the whole experience – especially the section from Walpole to Albany. He had no problems with food supplies. The fantastic views and the wildlife were highlights for him. Glenn says it was the best walk he’s ever done and advises future walkers to pack easy, plan ahead and be aware that you get what you pay for when it comes to equipment.

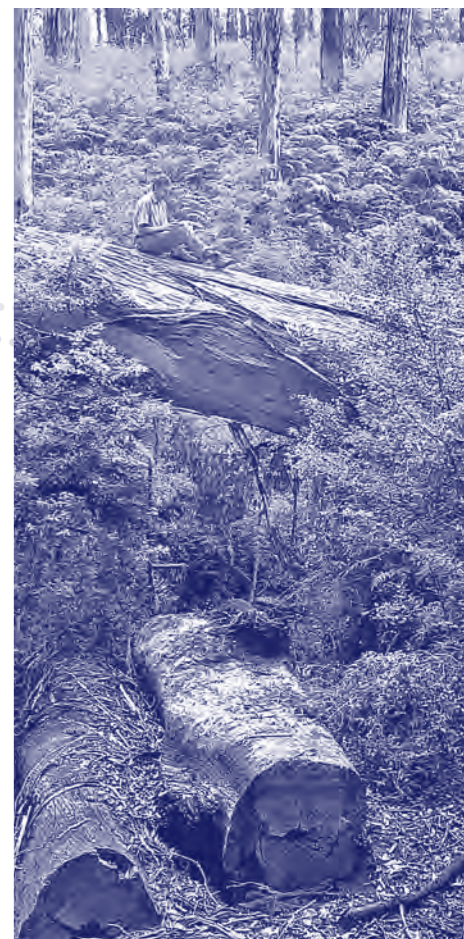
Trevor Carbon (59) of Mt Pleasant found the sections around Pemberton were his favourite during his walk (sectional, Sept.06 to Dec. 09). After many years of walking, he is still astounded by experiences on the Track. Highlights for him included the people he met, and he enjoyed the variety of birds, especially the parrots, but the march flies can be very off-putting. Trevor’s advice is to rise early and take your time.

Michael Carter (62) of Duncraig was so impressed with the Bibbulmun Track during his walk (sectional, 17.04.03 to 26.02.10) that he has now become a Track maintenance volunteer. Well done! His favourite section was between Donnelly and Walpole where he felt that walking amongst the tall timbers was a truly humbling experience. Michael found plenty of time to ponder on life and enjoy the whole of creation. A huge variety of wildlife was seen. He advises talking to many other walkers to share information and tips because no-one can ever know it all.

“The Bibbulmun Track has given me far more than I ever dreamed. The realisation that anyone can give it a go...you just never know what’s possible until you try. The gift of friendships filled with laughter and love, memories to look back on and the fun of planning (and training) for more hikes in the future.”

Narelle Goodall

Scotch College. Another group of students has finished its adventure along the Bibbulmun (Sectional, 19.03.06 to 27.02.10), by walking a different section over each of the last five years. The new end-to-ends include 16 yr-olds **Josh Biglin, Courtney Junk, Teke Jasper, Steele Hathway, Taylor Harris, Sean Carr, Andrew Richardson, Michael O’Meehan, Matty Maitland, and John Webster**; 17 yr-olds **Samuel Main, Tom Godfrey and James House. Shawn Brogdan** (23) completed his journey much earlier (N-S, 27.11.00 to 11.01.01). They found it an enjoyable experience, having good fun with their mates. John described it as the best experience of his life, giving him an insight into his strengths and weaknesses, an appreciation of nature and it brought him closer to his peers. Taylor learnt how to organise himself, co-operate as a team member and listen carefully to instructions. Swimming in the rivers and ocean was a highlight for most. Steele liked the awesome views but Michael was not a fan of the sand-dunes. Much wildlife was seen, including many kangaroos and snakes. Wearing decent boots, packing light and having a good



time is the advice of many. Taylor says his next challenge is to walk the Track in one go.

Geoff (61) and **Sue Sadgrove**, also of Duncraig, completed the journey of a lifetime (N-S, 04.01.10 to 03.03.10) and were impressed with the standard of the Track shelters. Highlights for Geoff included experiencing the charm of the many rivers along the Track and the serenely beautiful white beaches of the south coast. Sue enjoyed the friendliness, generosity and help of many people they met. Walking poles and good boots were their best equipment, but Geoff didn’t like his old foam-rubber sleeping mat. They advise plenty of training with a pack, lots of planning and a commitment to “just do it”.

Steve McGuire (54) from Kalgoorlie felt the thrill of an enormous achievement after his trek (N-S, 07.02.10 to 21.03.10) which he also described as awesome, exciting, painful and satisfying – and equally as rewarding as trekking the Kokoda or in the Himalayas. He loved the mountain peaks of Cuthbert, Vincent, Cooke, and Hallowell with their views and the exhilarating thrill of each climb. He posted some food drops, but found it easy to resupply in towns. Steve had the amazing experience of an echidna burrowing under his groundsheet. He suggests long training walks with a backpack, thorough planning and talking to other end-to-enders.

Heidi Martin (61), from Gelorup, walked with her husband, Kevin (63), who was completing his third end-to-end (sectional, 30.09.05 to 31.03.10). Heidi appreciated the experience and the achievement, and particularly liked the south coastal areas. A large pod of dolphins was seen surfing a wave at Quarram Beach. Walking the last few kilometres into Boat Harbour through

Have you got your
End-to-Ender BADGE?

FREE when you register!





driving rain, hail and strong winds was an experience not to be forgotten. The beauty of nature, the fresh air, the healthy physical exercise and meeting like-minded people added to their enjoyment. Kevin found it was good to pick up hints from other people – “no more 2-minute noodles”. His warm sleeping bag was amongst his best equipment, but Heidi loved her flat-fold bucket to soak her feet at the end of the day. They advise having a correctly adjusted pack to eliminate strain, and to enjoy the company of others.

Roger Elliott (58), of Belmont, thoroughly enjoyed his 34-day trek (N-S, 07.03.10 to 07.04.10) and lost 15kgs in the process. His favourite sections were along the south coast between Walpole and Albany. Being able to help a fellow walker with badly blistered feet was a highlight for Roger. He advises others to always keep smiling.

Erica Petrucci (34) and Matthew Silvester (34), of Lesmurdie (sectional, 30.09.07 to 09.04.10) both intend to spend more time on Track. Matthew has been bitten by the “Bibbulmun Bug”, and Erica wants to revisit her favourite sections. They found that dehydrating their own food worked well. Highlights included watching the sun set near Blackwood, hiking along the coast and a swim at Mandalay Beach. Both felt a great sense of achievement on completing the walk – Erica had originally thought she wasn’t capable of trekking such long distances. Lots of wildlife was spotted, including two wedge-tailed eagles chasing a wallaby near Mt Wells. Matthew suggests packing light and using trekking poles:

Erica says to plan ahead, take your time and enjoy the experience.

Ray Martin (75), from Walliston, has finished his walk (sectional, 03.03.07 to 10.04.10) after its completion was delayed by a broken leg and operations. He says his favourite section was “usually the one I am on”, and the daily highlight was seeing the next shelter. Ray enjoyed the company of other walkers in camps at night, but otherwise enjoyed the solitude. The guide-books were his best equipment and his advice is to ensure your boots are well worn-in.

Gael Mclean (46) and **Suzanne Miles** (55), both from Rockingham, walked with Sarah Longland (48) of Serpentine as the “Weekend Warriors” (Sectional, 13.09.08 to 10.04.10) with great back-up from their families. Sue recommends the pubs in towns for good food; the others like “Continental” ready meals, but beware the “nasty goreng” according to Sarah! For Gael, the Bibbulmun Track became an addiction and she couldn’t wait for the next section. Meeting other walkers on the Track was a common highlight for them. Snakes were plentiful – “more than in a packet of Allen’s” – and Sarah even saw one hunting in a hollow tree. Having the certainty of shelters and water-tanks each day lifts the Bibbulmun Track above other walks and it’s a facility we should be proud of, according to the trio. Among their best equipment was a Scout group who lit the fire for them. They urge others to do it anyway you can, just get started and the rest will follow – but carry plenty of Fixomul!

Heather (53) and **Wes** (52) **Cook**, from Darkan, (sectional, 22.04.03 to 23.04.10) began walking to combat the “empty nest” syndrome, and now want to continue with more walking and involvement after retirement. They dehydrated a lot of their meals, and both agreed that tuna was a lunch-time staple. Heather’s favourite section was Walpole to Peaceful Bay and Wes liked the south coast and all shelters near water. Walking through sheoak stands and seeing the shelter signs were among Heather’s highlights. Wes appreciated the views and the scenery that you wouldn’t be able to see any other way. Both enjoyed meeting interesting and inspirational people. A sense of accomplishment was felt after each section and was followed by a great sense of achievement at the end. Their advice is to replace heavy gear, give it a go, and enjoy it.

Deb Badger (46) from Pingrup and **Narelle Goodall** (44) from Kojonup are part of a group known as the “Laughing Ladies”, who walk together as often as they can. Narelle (sectional, Oct 00 to Apr 10) and Deb (sectional, Sept 04 to Apr 10) are both very appreciative of the efforts made by DEC and the Track volunteers in maintaining such a fabulous facility right on their doorstep. By dehydrating their own food, the ladies are able to eat gourmet meals each night, but Deb says she still carries too much food. Walpole to Denmark was a favourite section for both, with awesome scenery and wildflowers. Highlights included a sunrise at Rame Head and discussions and gadget comparisons with other walkers. Fixomul was among Narelle’s best equipment, and Deb has now retired her

favourite boots as they are beyond further repair. Both urge others to train before walking as it reduces the pain. Take time to stop and enjoy the journey.

Russell Burne (60), from Waroona, found his end-to-end (sectional, Spring 05 to 30.04.10) just seemed to “happen” as each section was completed, but he is so glad he made the effort to finish it, even if he is well and truly over noodles and dehydrated vegies. His favourite section was from Northcliffe to Walpole, and highlights included the coastal areas, magnificent trees, colourful wildflowers and arriving at the next shelter each day. In addition to the expected wildlife, seeing snakes in knee-deep water was different. The Bibbulmun Track is Russell’s longest walk so far and he rates it as a world class, WA treasure. He urges others to get out of their comfort zone and prove to themselves that they can do something special in their lives – because the payback will be enormous.

Bill Devitt (62), from South Perth (sectional, 09.09.08 to 02.05.10) enjoyed the wildflowers in the northern section of his walk. Other highlights included meeting fellow walkers along the Track, and walking the south coast sections. Bill dehydrated his own food and posted or dropped off parcels at post offices and accommodation in the Track towns. He advises pre-walk training to ensure the first week is more enjoyable, emphasises the need to pack light, and says to arrange plenty of food drops.

Bill Whittle (68), from Ellenbrook, had a wonderful walking experience (S-N, 16.03.10 to 05.05.10) and was thankful for the well-maintained Track. He enjoyed meeting many like-minded people along the way. It was too hard to single out a favourite section, but highlights for Bill included the Southern Ocean views, the Valley of the Giants, the awesome views from high vantage points, and being met by his wife and friends at the Terminus. He says it was fantastic feeling so fit and strong again as well as feeling spiritually rejuvenated. Walking poles were among his best equipment, but he didn’t like his poncho. Bill advises becoming as fit as possible before walking, and buying the best equipment you can afford.

Jennie Cornish (57), from Stoneville, has walked her second end-to-end (S-N, 30.03.10 to 16.05.10) and loved it all. She found store owners were helpful when she resupplied in towns. Surprise visits from family and friends along the way were special highlights, and Jennie also enjoyed walking early in the morning by moonlight. Kangaroos and snakes were in abundance, as well as a variety of birds. Jennie urges others not to rush, but to enjoy their time on the Track. She recommends the use of a sleeping bag silk liner.

Brian Wood (49), of Connelly, enjoyed the changes of terrain and scenery on his walk (S-N, 22.03.10 to 18.05.10) and said it made him realise that he could set goals and achieve them. His favourite sections were between Walpole and Pemberton, and highlights included walking in the rain through the Valley of the Giants, seeing the Blackwood valley filled with mist, spectacular sunrises and sunsets, the stars on clear nights, and



the wonderful welcome at Kalamunda. Brian loved his Hubba Hubba tent and walking poles, but his self-inflating mattress kept self-deflating instead! He is very appreciative of the work of volunteers and DEC, and of the support he received from his partner during his walk.

Susan Hansen (66) and **Nola Chamberlain** (61), both from Northam, called themselves “Baby Boomers and War Babies” during their trek (sectional, 27.04.03 to 29.05.10). Knee replacements for Nola postponed their journey and their husbands provided a wonderful support crew. Susan loved the diverse landscapes between the northern forests and the southern coastal sections, choosing Helena and West Cape Howe as favourite places. Nola preferred the tall timbers, waking up in the forests to the “early morning magic”, and learning more about the amazing wildflowers. Both enjoyed meeting other walkers and listening to their stories. Walking poles and guide books were amongst their best equipment. Susan advises finding a friend and giving it a go. Nola urges others to just start – when you’re hooked the goal of finishing becomes the motivation. Keep going until you’ve walked it all – no matter how long it takes.

Terry Pilbeam (59), from Kallaroo, was “Pilly” (S-N, 05.04.10 to 30.05.10) and felt extremely proud to have successfully met the challenges of the Bibbulmun Track. He arranged food drops

for his journey, but also found that supplies were readily available in all towns. Favourite sections were Mt Cooke, Rame Head and Giants. Highlights included the views, the Track diversity and the standard of the shelters. Wildlife included kangaroos, bandicoots, snakes, possums, mice, and thousands of birds. Terry found this walk substantially longer than those he’s done in NZ and Thailand, but no more difficult. His advice is to carry water in more than just one container.

Karen Dowling (51), of Mandurah, called herself “Track Crakar” on her walks (sectional, 10.04.09 to 17.06.10) during which she learnt so much from other people, met some great friends and had lots of fun. She loved it all, but particularly Denmark to Albany and around Pemberton. Karen persevered, even after she found her first walk quite difficult, with encouragement from her friends – and is now ready to walk at any time, with a cupboard full of “Track-food”. During her walks she had a possum land on her head, ants up her pants, ticks from head to toe, spider webs in her hair, snakes slithering past and mice eating her food bag. “You gotta love it!” she says. Water containers were Karen’s best equipment and her worst equipment is now in the bin. 🌿

Compiled by Charmaine Harris
BTF Volunteer and End-to-Enders

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 BIG BROOK RETREAT, POPPY'S GUESTHOUSE, SOUTHAMPTON HOMESTEAD, A SPLENDID WREN B&B and BUSINESS CLASS TRANSFERS 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	
BUSINESS CLASS TRANSFERS	PERTH	Track transfers	1300 763 005	
ESCAPE DAY SPAS	PERTH	Health	(08) 9383 4328	
ON TRACK HIKING HIRE	PERTH	Equipment	0401 625 668	10%.
GRANDVIEW B&B	KALAMUNDA	Accommodation	(08) 9293 2518	5% on room rate
THE GOODLIFE B&B	KALAMUNDA	Accommodation	(08) 9291 3106	On application
MUNDARING WEIR HOTEL	MUNDARING	Accom/Rest-café	(08) 9295 1106	No.
DWELLINGUP ADVENTURES	DWELLINGUP	Tour	(08) 9538 1127	10% on self-guided walk & canoe tour.
DWELLINGUP B&B & CHALETs	DWELLINGUP	Accommodation	(08) 9538 1155	10%
DWELLINGUP CHALETs & CARAVAN PARK	DWELLINGUP	Accommodation	(08) 9538 1157	No.
DWELLINGUP OUTDOOR & LEISURE SUPPLIES	DWELLINGUP	Equipment	(08) 9538 1049	
TADDY CREEK	DWELLINGUP	Accommodation	(08) 9285 1727	On application.
COLLIE RIVER VALLEY TOURIST PARK	COLLIE	Accommodation	(08) 9734 5088	10%.
COLLIE VISITOR CENTRE	COLLIE	Tourist Bureau	(08) 9734 2051	10% on souvenirs.
WHISPERING PINES B&B	COLLIE	Accommodation	(08) 9734 3883	10%.
GLEN MERVYN FARMSTAY	MUMBALLUP	Accommodation	(08) 9732 2208	To groups of ten or more.
BALINGUP BLISS RETREAT	BALINGUP	Accommodation	(08) 9764 1467	
BALINGUP BUDGET ACCOM. - THE HIKERS HIDEAWAY	BALINGUP	Accommodation	(08) 9764 1049	Special rate of \$24.
BALINGUP HEIGHTS HILLTOP FOREST COTTAGES	BALINGUP	Accommodation	(08) 9764 1283	
BALINGUP LAVENDER FARM	BALINGUP	Attraction/Café	(08) 9764 1436	10% off essential oil of lavender.
CHESTNUT BROOK COTTAGE	BALINGUP	Accommodation	(08) 9764 1606	10% (direct bookings only).
JALBROOK COTTAGES - KNITWEAR GALLERY	BALINGUP	Accom - 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).
SOUTHAMPTON HOMESTEAD	BALINGUP	Accommodation	0412 229 564	
WESTLINGTON BROOK	BALINGUP	Winery/Accom	(08) 9764 1204	10% on accommodation (direct bookings only).
NELSONS OF BRIDGETOWN	BRIDGETOWN	Accom/Rest-café	(08) 9761 1641	
YOHO PIZZA	SOUTH WEST	Catering	(08) 9756 0616	10% off orders over \$150.
NANNUP VISITOR CENTRE	NANNUP	Tourist Bureau	(08) 9756 1211	
DONNELLY RIVER HOLIDAY VILLAGE	DONNELLY RIVER	Accommodation	(08) 9772 1244	From \$20 pp.
SOUTHERN FORESTS WA	MANJIMUP	Information Provider	(08) 9771 7777	
A SPLENDID WREN B&B RETREAT	PEMBERTON	Accommodation	(08) 9776 0418	
BIG BROOK RETREAT	PEMBERTON	Accommodation	(08) 9776 0279	
OLD PICTURE THEATRE HOLIDAY APARTMENTS	PEMBERTON	Accommodation	(08) 9776 1513	10%.
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	
PEMBERTON DISCOVERY TOURS & CAR HIRE	PEMBERTON	Tour/Transport prov.	(08) 9776 0484	10% off tours, Track transfers and car hire.
PEMBERTON FARM CHALETs	PEMBERTON	Accommodation	(08) 9776 1290	10%.
PEMBERTON VISITOR CENTRE INC	PEMBERTON	Tourist Bureau	(08) 9776 1133	
PUMP HILL FARM COTTAGES	PEMBERTON	Accommodation	(08) 9776 1379	
BIBULMUN BREAK MOTEL & TRANSPORT	NORTHCLIFFE	Accom/Transport prov.	(08) 9776 6060	No.
RIVERWAY CHALETs	NORTHCLIFFE	Accommodation	(08) 9776 7183	10%.
WATERMARK KILNS	NORTHCLIFFE	Accommodation	(08) 9776 7349	On application.
CHE SARA SARA CHALETs	WALPOLE	Accommodation	(08) 9840 8004	
COALMINE BEACH HOLIDAY PARK	WALPOLE	Accommodation	(08) 9840 1026	10%.
NATURALLY WALPOLE TOURS	WALPOLE	Tour/Transport prov.	(08) 9840 1019	On application.
STARGAZERS B&B	WALPOLE	Accommodation	(08) 9840 1553	\$10 on double accommodation (\$5 on single).
WOZZ & SUZ CAFÉ	WALPOLE	Restaurant/Café	(08) 9840 1214	No.
NUTKIN LODGE	PEACEFUL BAY	Accommodation	(08) 9840 8650	10% on standard rates.
PEACEFUL BAY B&B	PEACEFUL BAY	Accommodation	(08) 9840 8353	Afternoon tea on arrival.
PEACEFUL BAY CHALETs & BACKPACKERS	PEACEFUL BAY	Accommodation	(08) 9840 8169	On application.
PENSIONE VERDE ORGANIC ACCOMMODATION	DENMARK	Accommodation	(08) 9848 1700	
BLUE HOUSE DENMARK	DENMARK	Accommodation	0438 339 071	10%.
BLUE WREN TRAVELLERS REST	DENMARK	Accommodation	(08) 9848 3300	5%.
OUT OF SIGHT! TOURS	DENMARK	Tour/Transport prov.	(08) 9848 2814	10%.
POPPY'S GUESTHOUSE	DENMARK	Accommodation	(08) 9848 1617	\$10
DENMARK VISITOR CENTRE	DENMARK	Tourist Bureau	(08) 9848 2055	
DENMARK WATERFRONT MOTEL	DENMARK	Accommodation	(08) 9848 1147	15%.
KARMA CHALETs	DENMARK	Accommodation	(08) 9848 1568	5% - outside long weekends and school holidays
THE COVE	DENMARK	Accommodation	(08) 9848 1770	10%.
WINDROSE B&B	DENMARK	Accom/Transport prov.	(08) 9848 3502	10%.
CAPE HOWE COTTAGES	LOWLANDS BEACH	Accommodation	(08) 9845 1295	10% - not in conjunction with any other specials.
BAYVIEW BACKPACKERS YHA	ALBANY	Accommodation	(08) 9842 3388	Same as YHA members.
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%.

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www.dwellingupchalets.com.au



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(08) 9776 1513



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Walker Story...

- the Laughing Ladies who did it!

Two of the "Laughing Ladies" (see "Track Trivia" on page 23 of newsletter 52) have finally become end-to-enders. Narelle Goodall (Laughing Lady #1) and Deb Badger (Laughing Lady #3) have both walked every step of the Track between Kalamunda and Albany. Here are their stories:



Narelle Goodall (left) and Deb Badger - finally finished

FINALLY AN END-TO-ENDER!

by Deb Badger (Laughing Lady #3)

It may have taken me six years to walk the entire length of the Bibbulmun Track, but what a journey, both emotionally and physically. I had never done any walking or hiking in my life, but the Bibbulmun Track sign at North Bannister intrigued me - "I would love to do that one day". When the opportunity finally came up, I jumped at the chance. I had two weeks to learn how to make my pack lighter, how to dehydrate food and how to pack correctly.

A little bit of training took place, although the countryside where I live in Pingrup is not exactly abundant in hills, and so does not provide good training for the calf muscles. Three of us set off and used the Track name "The Three Cookies' Wives", as we were all married to farmers. What fun we had - although I have never been so cold in my life (a new sleeping bag has now been purchased). I had also never laughed so much either.

We walked from the Brookton Highway to Mundaring Weir - and I was hooked. I learnt a valuable lesson in pre-hike training as every muscle ached when I woke up and my calf muscles took on a life of their own. Somehow with every hike, I never manage to do quite as much training as I promise myself.

Our group of three has now risen to nine,

although we have never managed to all hike together (heaven help the other walkers if we did!) and have now become known as "The Laughing Ladies". This name came about when we were walking into Walpole and came across a lady who was on her own. She said, "I wondered when I would come across you lot" and went on to explain that she had heard laughter for a long time and was envious of the fun we were having. So we became known as the "Laughing Ladies".

On our walk from Walpole to Denmark we raised over \$6000 for a local single mum who had cancer. It was such a remarkable trip. Some of the sand-dunes were pretty testing on our bodies and inner-strength but when I thought about my friend with cancer, my own issues and aches paled into insignificance.

Our group varies in age from 40 to 69 but once on the Track, we all become the same age. The special bond we share will stay with us for our lifetimes. We don't live close to each other, so having the opportunity twice a year to get out and enjoy the Track - and each other - is a magical time for us all. My life has changed through knowing everyone of these inspirational ladies. What gets said on the Track stays on the Track. We have opened our hearts to each other and through that, much love fills the space between us.

I have met many amazing people and now keep in touch with hikers all over the world. I

come home refreshed, rejuvenated and ready to plan the next walk. I have been found guilty of being part of the group that has accosted 'The Handbag Hiker' in the middle of a forest (Ed: see Newsletter #52) and I have taken a few hikers home with me to show them our lives off the Track on the farm. I have been blessed by meeting one hiker, Kate, who after we shared our meal with her, brought us chocolate and fruit on the Track the next day and I come off the Track each time having made more friends.

What have I learnt on the Track? How to use a squirry water bottle for a shower; how to ask fellow hikers 20 questions in less than a minute about how much their pack weighs, what gadgets they have, where they are going, where they are from and much more.

What an opportunity - to think that this facility is on our doorstep and is free. Without the volunteers of the Bibbulmun Track Foundation this would not be possible - so I applaud and thank you from the bottom of my heart.

So here's to the magnificence of the tingle trees, the spectacular scenery of the coastal regions, the cute bandicoots, the snakes that I seem to avoid but which my friends see regularly, the karri, the jarrah, the hills, the granite boulders, the bush pigs, the Waugals and so much more!

Deb Badger

"IT DOESN'T WEIGH MUCH!"

by Narelle Goodall (Laughing Lady #1)

That was my catch phrase when someone asked me why I was carrying some particular item in my pack. However, lots of little 'it doesn't weigh much' things can add up to quite a lot of weight. I started hiking in October 2000 after continually saying I was one day going to "do" the Bibbulmun Track. We leased our farm for a year and I decided that if I didn't do it then, it was never going to happen. Contact was made with the Bibbulmun Track Foundation and next thing I knew, my husband Alan and I were booked with a group of hikers doing the Northcliffe to Pemberton section over a long weekend.

To say we were novices would be an understatement. We were able to borrow gear and I found myself with my sister's old backpack that was as uncomfortable as it could be - none of the adjustable harness business of modern

packs. Alan looked like an overloaded camel with all that we packed in and on the outside of his pack. It must be noted that he enjoys walking, but sees no reason why anyone would enjoy sleeping in a tent or shelter on a hard floor. The weekend experienced failed to endear him to hiking - I was on my own!

December saw me joining a group walking from Walpole to Denmark and I am glad that I did this section early in my initiation - it's tough but the scenery more than makes up for it. The following year, another group, another hike... it's a good way to meet people, make new friends, learn more about hiking and especially about what not to take and how to pack a backpack. I was slowly picking up tips along the way.

Then a friend rang me to see if we could hike together with her two teenage kids. We planned carefully, headed to Pemberton and off we went. The forecast was for temperatures in the thirties, so we were aware of the necessity of carrying



Diane, Jude and Mary - Laughing ladies and proud of it

enough water...or so we thought. On the day we reached the Beavis campsite the temperature was 41 degrees and we crawled in with about 50ml of water left between the four of us. We ended up staying in camp an extra day to rehydrate properly. It was an important lesson for me in being flexible and realising that there should always be a "plan B".

From then until now I have walked the rest of the Track and become part of a fantastic group of women called the "Laughing Ladies". The fun we've had has made the pain of walking well worth it. The support we receive and give to each other is something many people envy, and it doesn't stop once we are off the Track. We occasionally get together for coffee or lunch or for birthdays but our catch-ups are never long enough. We need to get back on the Track to have a really good chin wag!

I have always received a lot of ribbing from the girls about the weight of my pack. When I started walking I was carrying 22kgs, but on our last walk I managed to get it down to 17.5kgs. Such an achievement, although I admit to 'borrowing' tea-bags and milk when I ran out. On one hike I allowed the ladies to go through my pack completely to see where the extra weight was hiding. They managed to reduce the weight by about 2kgs...but took my family bar of chocolate which I had been going to share with them. Chocolate? It doesn't weigh much!

The Bibbulmun Track has given me far more than I ever dreamed. The realisation that anyone can give it a go...you just never know what's possible until you try. The gift of friendships filled with laughter and love, memories to look back on and the fun of planning (and training) for more hikes in the future. Trust me, we have as much fun in the planning as we do in the actual hike! Chief organiser, LL #3 is amazing in her organisational skills and who without whom I doubt I would have become an end-to-ender. (Thanks Deb.) We also have our training guru, LL #2 who spurs us on beforehand with step-ups and lunges, to make the hike less painful and more enjoyable. It really works...when we do it! (on ya, Rosie.)

I've learnt to slow down and "smell the roses"... well the bush anyway. I've learnt to appreciate the small things in nature as well as the big - the spiders, flowers, fungi on a tree, along with the karri and jarrah forests, the ocean, the sunsets and even climbing Mt Cooke in time to see the sunrise.

We have such a special and unique opportunity through the Bibbulmun Track, and I know it would not be what it is today without the huge effort of the Bibbulmun Track Foundation, whose volunteers continue to do so much to make it what it is. Thank you!

And to those hikers who may come across the Laughing Ladies on some future hike...we're really not that scary at all...just a friendly bunch of women out to enjoy what the Track has to offer.

See you out there!

Narelle Goodall

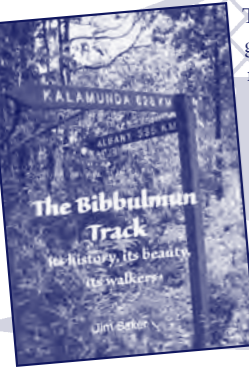
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Reflections from the Registers

Hmmm...bare feet wet T-shirt sitting on a log across the river in the shade to keep cool. This is what summer's all about and I'm loving it! Weather aside, this campsite is just gorgeous. All the insect noises, the sound of the little waterfall, the trees reflected in the river. So peaceful. My soul is singing. I've only shared one shelter since Walpole and the solitude has done me good. For the first time in ages I've been able to feel however I want to feel, do what I want to do and take full responsibility for my achievements and my failures along the track.

**Karin (end-to-end S-N)
Gardner 13/02/06**

Because it's my birthday today I'm doing the writing!

"We've walked a trail so splendid

By forest, sea and hills extended."

And what a wonderful experience it has been. Those massive tingle trees, fields of flowers, beaches, sunrises, lots more, too numerous to mention. Not forgetting those days of driving rain, wind and slopping through the mud. What has made this walk a very special one has been the generosity of those we met on the Track and sharing experiences with fellow walkers. Thank you all.

**J Bernice
Torbay 24/09/06**

A glorious Sunday morning. When I woke thick patches of mist were moving slowly through the valley below. Explored the area and cooked a mouth-watering steak over an inviting open fire. Slept very well last night because it wasn't cold - couldn't have picked a better night in winter to sleep out. Another beautiful visit to the bush.

**Philip J.
Waalegh 23/07/06**

6.30pm - a perfect picture with a bright crescent moon high above a flaming red sunset ridge line with the dark silhouettes of the wandoos in front of the fire. This is truly God's own country.

Dingle Di. 27/08/06

We came all the way from Sydney to walk some of the Bibbulmun Track. We haven't been disappointed - excellent well maintained trail through some beautiful areas. A great way to see your State. Thank you to all the hard workers who maintain the Track for our pleasure.

**Gwen & Russell Landsbury, Sydney
William Bay 02/0705**

Day one of my end-to-end journey. A bit more soggy and sore than expected but that comes with not having worked out the kinks with my new gear. The Track is as gorgeous as ever and with a hint of fear, a whole lot of excitement and more ambition than I need I look forward to all the experiences of the next two months. Good luck to all on their endeavours!

**Nick Schultz (Global Wanderer)
Hewett's Hill 23/05/06**

I'm here. The final shelter! I can't believe I've walked all the way from Albany. Wow! I'll be in Kalamunda by lunch time, looking forward to a nice big pint in the pub. I'd like to thank all the volunteers who look after the Track, it really is world class. What an awesome experience, I definitely recommend it to everyone. It's something I'll remember for the rest of my life. Anyway, I can't sit around here all day, I've got a walk to finish!

**Reuben Smith (aka Kanga-Reuber)
Hewett's Hill 18/09/06**

Many thanks to all those people who organised and constructed this track. We are very glad and thankful that we could stay here for three days looking around wild Australian nature, making fires even in the rain, drying our wet tent and clothes. Life in Australia is very expensive for us and using the track and the camps is a nice opportunity for us to see the nature.

**Nikita & Liudmila, St Petersburg, Russia. 07/09/09
Ball Creek**

It's not dark yet but it soon will be. Dad is starting dinner. As a seventeen year-old daughter it is my job to lie down, do nothing and make fun of him.

Goodnight and good luck!

Anon 14/11/09

Physical Facets

HOW WILL WALKING THE BIBBULMUN TRACK END-TO-END AFFECT YOUR BODY?

Dr. Stuart Gray, is a recognised sports therapist, involved with the Australian Olympic teams in 1980 (Moscow) and 1984 (Los Angeles). Stuart has made a study of end-to-enders and this article outlines his findings and also contains some advice to walkers.



The most common ailment and often the most troublesome is in fact a blister

Everyone who sets out to walk the Bibbulmun Track from end-to-end hopes to finish looking younger and lighter, and bursting out of their skin with health and fitness. This can happen, especially if you are a natural endurance athlete and have a support crew, unlimited time to complete your walk and ideal walking weather all the way. It is true that some individuals have achieved this aim on their own but most of us mere mortals have found that Murphy has applied his Law as equally to the Track as to the rest of the World.

Fifty percent of 103 end-to-enders studied between 2003 and 2008 were slowed down or temporarily stopped by injury or illness.

Most of these incidents would not come as a big surprise, but because many of us of E2E heroes fall into the 'seniors' age bracket we can live up the statistics with more exotic things such as hernias, kidney stones, heart attacks, septicaemia, gout, bladder infection, and respiratory complaints.

However, these are no common Bibbulmun ailments, in-fact these are in the minority compared to the 'senior' conditions that some walkers set out with; little things like total hip joint replacements, one or two knee joint replacements, irritable bowel syndrome, diabetes, and asthma, none of which prevented these intrepid souls from completing their end-to ends.

The most common ailment and often the most troublesome is in fact a blister, or blisters. Twenty-six percent of end-to-enders had their schedule interrupted by blisters.

Thirty-two percent had overuse injuries to the lower limb: eight percent suffered foot or ankle pain, ten percent had calf injuries, twelve percent had knee problems, four percent had thigh pain and two percent suffered hip pain.

Those of you who are good at mental arithmetic would have noticed that these add up to more than thirty-two percent - due to the fact that some poor souls had more than one injury.

Not to be outdone, five percent had back injuries, one person had an abdominal strain, one strained a shoulder and one person admitted neck pain.

The good news is that a significant percentage of end-to-enders complete the Track unscathed, or at least not admitting to any problem.

So how do we emulate these Bibbulmun athletes? The answer of course is in the planning and preparation:

- Walk as often and as far as you can, wearing a full pack before your expedition.
- Keep your pack as light as possible, and walk at your own pace.
- Try not to put a time limitation on reaching the shelter each day, or on finishing the whole Track.
- Take a rest day at each town, especially if you are developing soreness.

If soreness does develop on the Track be prepared to stop. Put 'Fixomul' on hot spots; put sore joints in the cold creek, dam, or ocean. Have emergency food for a day so that you can take anti-inflammatory medicine and spend an extra day at a shelter. If the worst comes to the worst and things are not improving it is false economy to battle on. A mild condition might clear up in a week but if the same injury becomes severe it might take months to clear up, or even become chronic.

Discretion is the better part of valour; the Track will still be there when you come back. ⚙️

ARE YOU INTERESTED IN THE FUTURE DIRECTION OF THE BIBBULMUN TRACK AND THE FOUNDATION?

Three vacancies will be available on the Board and we are seeking nominations from our members.

If you are passionate about the Track and would like to make a contribution, please send us your nomination prior to 8 October 2010.

See page 3 for more details.

The Board meets bi-monthly. A background in tourism and/or marketing is desirable but not essential.

Bibbulmun Song

by Karen Gurry

The Track continues to bring out the talent that lies dormant in so many walkers! Karen Gurry is the latest of many to reveal her songwriting abilities! Read on...

Dear Bibbulmun Friends,

I composed this song over the last couple of days walking between Murray campsite and Long Gully Bridge - prompted by a bit of a meltdown by my 12 year-old, who had decided it was time to bail out.

I ended up carrying his pack up a couple of hills (thought I was going to have a heart attack) and then fortunately we caught up with friends and shared the load. He'd perked up by mid-morning, and is now quite keen to come walking again. We finished our four day section at midday - just missing the torrential downpours that have continued all afternoon!

Cheers,

Kalgirlie (aka Karen Gurry)

Sung to the tune of 'My Favourite Things':

MY FAVOURITE WALK

Raindrops on gum trees, and sunshine on blackboys,

Soft wind through trees and the twitter of bird noise,

Tramping along with a pack on your back,

These are the joys of the Bibbulmun Track

Waugals that tell you you're on the right pa-ath,

Who needs a wash when the rain is your ba-ath?

Pristine green bush and brown leaves under feet,

Walking the Bibbulmun's always a treat!

CHORUS:

When your feet ache,

And your pack hurts,

And your blisters burst,

Remember the Bibbulmun's motto which is:

The first day is alwaays the worst!

Finding the hut at the end of the wa-alk,

Hot cup of tea and a time for a ta-alk,

Shoes off and feet up and write in the book,

Thinking of dinner, and what you will cook

Fire up a fuel stove, your Trangia or ga-as,

Rehydrate dinner - your noodles or ma-ash,

Dreaming of salad and real ice cream,

Walking the Bibbulmun's always a dream!

(CHORUS)

New friends at the shelter, sit down for a ta-alk,

Relax with a cuppa, laugh over the wa-alk

Tall tales by the fire, card games by lamp light,

Tucked up by seven and out like a light!

Try-ing to sleep is a bit of a cho-one,

When sharing a platform with people who sno-one

Me, I prefer my own tent in the bush,

Peaceful and private with no-one to shush!

(CHORUS)

Up hill and down dale, through sunshine and ra-in

Legs getting stronger, you push through the pa-in

Timid bush creatures, spectacular views

Walking or driving - now which would you choose?

Now that its over, it seems such a pi-ty

Serenity gone, and its back to the ci-ty

You might think we're mad, or completely insane,

I can't wait to walk on the Bib Track again!

(CHORUS)

When your feet ache, and your pack hurts,

and your blisters burst,

remember the Bibbulmun motto which is:

You'll be hooked from the ve-ry first!

SEA TO SUMMIT'S DELTA RANGE

The Delta Series by Sea to Summit is designed to be the ultimate expedition/outdoor dinnerware. With the patent pending Protex™ hex pattern base surface heat of food and drink is reduced so it is never too hot to handle. The food-grade, BPA-free Nylon 66 material has an incredible strength-to-weight ratio, it is resistant to odours and stains and it will not crack in extreme cold.

The Delta Bowl and the Delta Plate feature thumb grips with carabiner hang loops for storage and steep sides to make capturing the last morsel of food even easier. The Delta Mug and Delta Insulmug have hollow, cool-grip rims to provide an ergonomic hold option, creating a low profile and stable design without the need for a hard-to-pack handle. The Delta Insulmug uses an EVA ThermoSkin™ sleeve and dribble-proof sipper lid to keep hot drinks steaming. And finally, measurement increments feature inside all models for campsite culinary needs.

Delta Mug

Holds 473ml
Weights 62g

\$7.95



Delta Insulmug

Holds 473ml
Weights 125g

\$19.95



Delta Bowl

Holds 800ml
Weights 86g

\$8.95

Delta Plate

Holds 960ml
Weights 118g

\$9.95



www.seatosummit.com.au



Evening meal time is a great communal experience on the Track; everyone claiming their spot at a table and firing up their stoves. It sometimes reminds me of a Bill Bryson book, in which he describes walking the Appalachian Trail, where everyone checks out other walkers' gear. "So, I see you have a Trangia, I prefer an MSR myself. How fast does it boil a litre of water?"

When walking the Track, whether it be for an overnight or an extended walk there are many options for walkers to consider. So much so that it can be quite daunting to decide what you really need as opposed to what would be nice to have. I have found it is easy to go overboard in taking a whole lot of little kitchen accessories which on their own don't weigh much but when put together makes it look and feel as if you are taking the proverbial kitchen sink with you.

Fuel Stove: This is an essential item when camping out on the Track. Cooking on a fire can be fun but it takes longer, the wood has to be dry, it's not really that environmentally friendly and if it's raining you have to do it in the wet. Also remember that all the campsites to the south of Dog Pool campsite through to Albany and two in the northern half have a fire ban all year round. So at the campsites you must use a stove if you wish to eat or drink anything hot. Which kind of stove you take is up to you and really beyond the scope of this article. Suffice it to say that there are many types out there and what one walker swears by, another one curses. Find out which is right for you. The Foundation hires out the methylated spirit type stoves, so give them a go before you buy.

Crockery: No I don't mean your mum's finest china. Again there are several types of plates and bowls available. I personally quite like the x-bowl and x-plate from Sea to Summit as they collapse down to almost nothing. Turn them over and you have a cutting board. They also have the Delta range which is featured on the opposite page. Anything that serves more

Michael Gilbert uses a methylated fuel stove hired from the Foundation



Getting into Gear Cooking Essentials

than one purpose is great as it reduces the items you need to take as well as the weight of your pack. I tend to use a thermal mug because it keeps my drink hot while I'm setting up camp.

Cutlery: Again, the range is huge, from the older and heavier cutlery sets to new titanium and polycarbonate sets. When it comes to these get the lightest you can - it really makes a difference - but firstly think about what you actually need. Do you need a spoon, a knife and a fork? Can you get by with a splade or a spork (great names to denote a combination of cutlery in one)? Do you carry a pocketknife anyway?

The kitchen sink: This is where you really need to be a miser. This is certainly not an exhaustive list by any means but here are some of the things that I have seen on my travels. Note that I certainly do not take many of these, though the gourmet Bibbulmun chefs may well do.

Collapsible kitchen sinks, small light weight cutting boards, wash up wiz (a perforated nylon scourer which looks like the bags oranges come in), mini graters for garlic and ginger, mini Nalgene bottle for herbs, spices, oils and other condiments, mini whisks, can openers (why?), biodegradable dish soap, stove lighters with a flexible tip to get to places where matches and regular lighters can't, chux superwipes, and my favourite, the refillable tube (like a toothpaste tube) to put in whatever you like (from tahini to sun cream).

Whatever you choose to take, you are safe in the knowledge that you alone are able to customise your mobile kitchen and only have yourself to yell at if you take too much or too little. Happy cooking! 🍳

Mike Wood,
Mountain Designs WA



NOTICE BOARD

HIKING BUDDY SOUGHT

Mature male seeking hiking buddy for walk from Kalamunda to Pemberton (or parts thereof) leaving October / November 2010. Must be able to laugh at corny jokes.

Phone Jim (aka Taxman) on 0421 963 532 or email: jb.orrock@optusnet.com.au

DEHYDRATOR WANTED

Wanted: to buy food dehydrator, good condition.

Email pamela.fruin@bigpond.com

HIKING COMPANIONS SOUGHT

I am a mature age male planning a hike on the Overland Track in Tasmania in September or October. Any similar age males or females interested?

Email phillehmann@inet.net.au

SCARPA BOOTS FOR SALE (LADIES)

BOOTS FOR SALE Scarpa Trek Pro Lady brown leather boots – size 40. Walked less than 100km – still in box. Bought \$300; sell \$180

Phone Terri on (08) 9307 1959

BACKPACKS FOR SALE

2 x Wilderness Equipment Breakout 75L backpacks. Blue/black and red/black plus covers. Good condition. \$90 each.

Phone Terry on (08) 9339 6539

GEAR FOR SALE

Mountain Designs 'Tellus' 60 litre back pack \$80

Self inflating very comfortable mattress full length \$40

Minus 10 sleeping bag \$50

Gas stove \$10

I used all these items on an end to ender and they were great. I have no need for them now as I have updated my hiking gear.

Contact Julie on 0407 536 948 or email jpbess@bigpond.net.au

LADIES TREKKING BOOTS FOR SALE

Ladies Salomon Mega Trek 6 LTR Goretex V Boots. Size 7.5 or: USA 9 UK 7.5 EUR 41.3. Worn once but too small. Cost \$300 Sell \$100

Contact Maureen on (08) 9245 8805 or 0419 965 630 or email l.kennedy1@bigpond.com

END-TO-END COMPANION WANTED

I would like to walk the track, end-to-end, starting at Kalamunda with another 2 or 3 like-minded people. I'm not too fussy about when I go, as long as it's not in the summer. I would also like to not leave it too long, although I have to get organized. If anyone is interested in walking end-to-end, please contact me.

Kathy

kathy.hamilton@peard.com.au

0408 950 085

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 8.



TRACK TRIVIA

HI FELLOW WALKERS!

The weather was wonderful for walking at the end of autumn, so I took my chance and had a stroll from Gringer Creek down to Balingup. It was a fascinating walk: a sort of microcosm of what the Bibbulmun Track has to offer to everyone.

First of all the weather. "Cool and dry" the weather gurus said but I took my rain jacket anyway - just as well as it poured down on the first day, and I got to White Horse Hills doing my drowned rat impression. Interestingly enough, though, or perhaps sadly, Boonering Spring was absolutely dry, the first time I've seen it with no water at all.

Lesson one: always take something to protect you from wet weather, no matter what the forecast may be.

Then in the White Horse Hills shelter I encountered the most determined predator I've yet to come across, a possum that clearly felt my food for the next week had been brought for him and him alone.

Lesson two: protect your food!

How? In this case I had read accounts of Mr. Possum in the red book, so I was forewarned. I put my food in the plastic box that normally contains the register and log book, but there are other ways to do it - if you're not sure, call the BTF office for advice. Another lesson here: read the books - and always sign the green log-book.

I doubled up through Mount Wells to Chadoora - so far I had seen no-one since leaving Gringer Creek and again I had the shelter to myself. Unusually for me I had developed a blister under one of my toes so the first task was to apply the magical "Fixomul" to the affected spot.

Lesson three: always carry a first aid kit and treat blisters ASAP.

My original intention for the next day had been to grab lunch in Dwellingup and trot on to Swamp Oak, but the combination of damp and blister persuaded me to opt for a shorter day and a hot shower. I was lucky - it was a Saturday, the Dwellingup Hotel was full and I found accommodation at the Caravan Park only because someone had cancelled at the last minute.

Lesson four: book accommodation ahead of time whenever you can, especially at weekends.

I needed to get back on schedule as I had transport booked from Balingup, so next day I doubled again through Swamp Oak to Murray. Just before I reached Swamp Oak I was almost run down by four mountain bikers who came up behind at top speed on a narrow section of the Track.

Lesson five: (for the bikers): the Bibbulmun Track is for walkers; keep your wheels off!

It was as well that I had doubled up. The next day, just before I reached Dookanelly, I found a DEC notice advising that Murray campsite had been closed due to prescribed burning and that a temporary campsite had been set up nearby. In addition a large portion of the section of Track that I had just walked was now closed and a diversion was in place. Had I been a day later I would not have been able to enter Murray and would have had to use the temporary site.

Lesson six: carry a tent!

That night I had my first campsite company (not counting the possum). Tom was walking through to Collie and had walked from Swamp Oak, found Murray closed and flogged his way along the diversion. A long hard day! From Dookanelly onwards the walk was uneventful although there was often a smell of smoke in the air. In Collie (where I had booked accommodation ahead of time) I checked with the DEC office to see if any burning was planned between Collie and Balingup, which there wasn't.

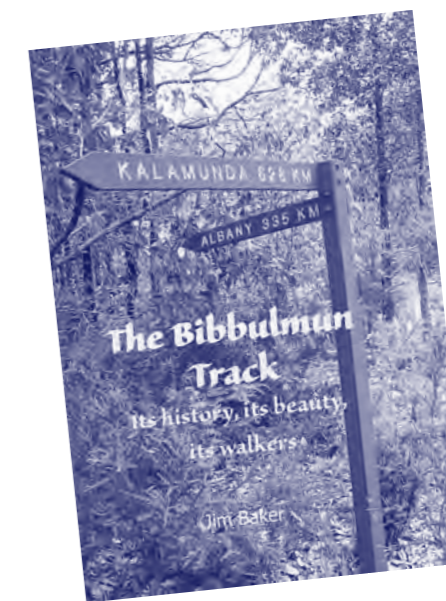
Lesson seven: check Track conditions whenever you can.

From Collie to Grimwade there was good company in the shelters every night and the lifting of the fire ban, which I had learned about in Collie, meant that yarning around a camp fire in the evenings was possible. My bus left Balingup at one o'clock so I left early, set a good pace and, true to my Track name, went the wrong way about five kilometres north of the town. After muttering to myself about "so-and-so volunteers not putting up enough Waugals" I checked the guide book (when all else fails, read the instructions) and realised I had missed a turn about a kilometre before. I back-tracked, found the marker and eventually caught my bus.

Lesson eight: if you've not seen a marker for ten minutes or so, back-track, checking for Waugals as you go (remember, the Track is signed in both directions) until you find one. Don't "bush-bash"!

So there you have it: a fairly typical walk, some bad weather, mostly good, a Track diversion, close contact with the local fauna, some solitude, some fine company and always the beauty of the bush around you.

Between my wanderings on the Bibbulmun Track and somewhat more strenuous trekking in the Himalayas, I have finally achieved a long term ambition; I've published a book about the Track. This I believe to be the first to bring together the story of the making of the Track and the history of the Foundation with an illustrated "virtual walk". The walk allows the reader to go at his or own pace from Kalamunda to Albany in words and pictures, to enjoy the beauty of the surroundings and at the same time to learn something of the history of the towns and countryside through which the Track passes.



Entitled "The Bibbulmun Track, its history, its beauty, its walkers" the book is priced at \$27.50 and is available from the Foundation office in Hay Street or online at:

www.bibbulmuntrack.org.au/Products/Handy-Books.aspx

Happy Walking!
Wrong Way Jim (aka Jim Baker)

Great Treks of the World Info Night & Fundraiser

Wednesday 15 September 2010

Come and discover how you could experience the holy grails of trekking - from Kilimanjaro in Africa to Nepal's world renown scenery on the Everest Circuit and Annapurna Machapuchare treks. Another travel beacon beckons, the majestic Inca Trail in Peru, and then south to the immeasurably beautiful Torres del Paine National Park in the heart of Patagonia.

Closer to home we step foot on legendary Kokoda Track, endless horizons of the Larapinta trail and of course a home grown favorite - the Bibbulmun which will be the beneficiary on the night through a gold coin donation to the Bibbulmun Track Foundation.

Presented by Philip Wyndham, World Expeditions Industry Sales Manager - to get any closer to these renown destinations you'll need your passport or a guide and while you're here we can discuss all of that too!

Bookings are essential and can be made by calling:

1300 720 000

or visiting worldexpeditions.com.au and selecting PERTH from the Adventure Travel Info nights box.



Gold coin donation at entry with all proceeds going to the Foundation.

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 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 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

5 September 9.00am	<input type="checkbox"/>	10 October 9.00am	<input type="checkbox"/>
15km return walk from Brookton Hwy to Plunket Rd		15km Mt Cooke circuit walk via Mt Cooke campsite	
12 September 9.00am	<input type="checkbox"/>	21 November 4.00pm	<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	
19 September 8.30am	<input type="checkbox"/>		
22km return walk from Hills Forest Centre to Helena campsite			
3 October 9.00am	<input type="checkbox"/>		
15km return walk from Sullivan Rock to Monadnocks campsite			

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

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 brochure.

beginners intermediate experienced

LADIES SPECIAL!

FREE white Bibbulmun Track T-Shirt to the first 6 bookings on our women's events marked with a ★

BLISSFUL BALINGUP BELLES ★

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

Date: Friday 20th (arrive by 5pm) to Sunday 22nd August.

Cost: \$340 members, \$360 non-member.

Includes two nights quad share accommodation, continental breakfast and packed lunch on Saturday and Sunday, dinner on Friday and Saturday, massage, foot balm, guided walks and transfers from lodge to walks. Own transport to Mullalyup (3¼hr from Perth) (and Balingup for dinner). Hurry, this one fills quickly!

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 27th (4.30pm) to Sunday 29th 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 20th August, 6.30pm.

Date: Saturday 28th and Sunday 29th August.

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

Includes return transport from East Perth rail terminal, experienced guides, comprehensive planning night, trip preparation manual, map 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 27th August, 6.30pm.

Date: Saturday 4th and Sunday 5th 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.

P-PLATES DAY WALK

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

Dates: Sunday 5th September, 9am - approx 4pm.

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

BALINGUP WEEKEND EXPLORER

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

Planning night: Friday 10th September, 6.30pm.

Date: Friday 17th (4pm) to Sunday 19th September.

Cost: \$240 members, \$260 non-members.

Includes comprehensive planning night, trip preparation manual, map, experienced guides, return transport from Murdoch Train Station/Park'n'Ride and bus transfer to start of walk, plus accommodation on Friday night, showers on Sunday and equipment hire. BYO food.

WILDFLOWER WANDER EXPEDITION ★

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

Planning night: Friday 17th September, 6.30pm.

Dates: Friday 24th to Monday 27th September (long weekend).

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

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

Includes return transport ex East Perth Rail Terminal (exc option 2 participants), comprehensive planning night, trip preparation manual, map and equipment hire. BYO food. Walkers must be fit, have previous overnight experience carrying full packs, and not be chronic AFL supporters!

DR DOLITTLE GOES BUSH 🦘

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

Date: Saturday 2nd October, 3.30pm to approx 6pm.

Cost: Family member kids: first child \$23, \$18 thereafter. Non-member kids: first child \$28, \$23 thereafter. Adults: members free, \$5 non-members (max 2 adults per child).



Wildflower walk

WILDFLOWER DAY WALK 🦘

Don't just gawk at them! Come and learn about the many wildflowers in bloom on a guided walk (8km with some steep hills) near Kalamunda this spring. Our guides will assist you to identify the flora along the way. A copy of 'Wildflowers of the Northern Bibbulmun Track and Jarrah Forests' is included. A good level of fitness is required.

Date: Sunday 3rd October, 9.30am – approx 1pm

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

CHILDREN'S CAMP KITCHEN 🦘

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

Dates/Sessions: Wednesday 6th October,

(A) 9.30am – 12.30pm OR

(B) 12.30pm – 3.30pm

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

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

STAR TREK 🦘

Come along for an adult's night walk along the Bibbulmun Track. Learn how to develop your night vision, navigate the Bibbulmun Track in the dark and see the stars from a large rocky outcrop without the pollution of our city lights. Our night walk (8.6km return) starts as the sun is setting and is an easy pace through mixed jarrah forest with some uneven terrain. Participants need to be reasonably fit, have had some previous Bibbulmun Track experience and be confident walkers (i.e. confident with their footfall). 1¼hr from Perth.

Date: Saturday 9th October, 6pm (sunset is 6.23pm) – approx 9.30pm.

Cost: \$20 members, \$30 non-members.

BIBBULMUN BIRDS 🦘

Encounter the birds of the jarrah forest on a 10km walk in the hills with Sue Abbotts, amateur ornithologist and experienced bushwalker from 'Birds Australia'. Includes 'Common Birds of the South West Forests' Bush Book. Don't forget your binoculars!

Date: Sunday 10th October, 8am – approx 2.30pm.

Cost: \$25 members, \$35 non-members.

PAINTER FOR A DAY (NEW!)

If you never thought you could paint a picture – be prepared to be surprised! Join professional artist Wendy Binks for a painting workshop in the bush. You'll come away with a piece of art you will love. Bring a fold-up chair and a sense of humour. To see Wendy's work, go to www.wendybinks.com (don't worry, she won't make you paint emus – this is a beginners only class!). 1hr from Perth.

Date: Sunday 17th October, 9am to 4pm.

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

Includes all painting materials and instruction. BYO lunch. 1hr from Perth.



Walk with Mum or Dad

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 22nd October, 6.30pm.

Date: Saturday 30th and Sunday 31st October.

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.



The Bibbulmun Track Volunteer Guide Training Program is sponsored by Western Power.

PHOTOGRAPHY ON THE Bibbulmun Track

By Jill Harrison

When I joined Bernard Glasson from Perth and Trish Gibbs from Donnybrook for two days on the Bibbulmun Track half way through Bernard's "End to End" walk, Bernard knew I would have my camera with me, and that I would want to stop and take photos. Bernard very subtly mentioned, "It is not like a wildflower walk, you can't keep stopping, because you have a point where you have to be each night".



Bibbulmun Track between Harris Dam and Collie – there are many beautiful places to photograph along the Track

So I soon realised that you need to take photos quickly when walking with a group if they don't share your passion for photography.

So how do you take advantage of the photographic opportunities along the Bibbulmun Track?

Firstly you need to decide what your primary goal is. Are you walking to enjoy the bush or is it a physical challenge? Do you intend taking a few photos along the way to record your trip to share with family and friends, or are you on a photographic expedition where photography is your main focus? This will determine what sort of camera and accessories you will take – an SLR camera, several lenses and tripod, or a small compact camera that will fit in your pocket. Unfortunately whatever you choose to achieve one aim may be at a sacrifice to the other, so it is important to decide which goal is the most important.

If you are trekking for a few days or weeks with a heavy backpack you might decide you don't want the extra weight of your SLR equipment, so a small compact may be a better option. However the compact might not satisfactorily capture the landscapes or macro images, or the image's resolution may not be high enough to enlarge photos for your wall or to sell. However, as new cameras come onto the market, and resolutions increase, this is becoming less of a problem.

To make room for your camera equipment you might decide to minimise your hiking gear. This might not be a good option if you for instance leave your wet weather gear behind and then get drenched in a downpour. If you carry a lot of photographic equipment, be aware the longer you walk the heavier your pack may feel, especially if you have packed incorrectly or trekking is a new experience for you.

However, there are solutions, but first of all you must decide what sort of walk you are doing.

Track towns and vehicle access along the Bibbulmun Track make it ideal for day or overnight walks – perfect for people for whom photography is their primary focus.

By staying at a track town, photographers wanting to take their full SLR kits can easily do day walks where photography is their primary focus, and then have access to electricity in the evening for downloading photos onto a lap top or recharging batteries.

Estimate how much time you need to walk the distance you intend to walk. If you are completing a long walk the primary goal will be to reach the next campsite. Start walking early in the morning to get the most out of your day. This will allow you plenty of time to get to the campsite, and still have time to take photos along the way, or after you reach



Close up of Waugal marker, Mandalay Beach



Walking through Karri trees - Bibbulmun Track near Donnelly – Adding people in your photos will give a sense of dimension and scale. This one was taken from a high point along the Track

the shelter. Rest breaks along the way will also give you an opportunity to take photos.

For landscape photographers each day on the Track will be different as the environments change. Wildflower photographers will find spring is the best time and those with a passion for macro photography will find delight in the simple things – a flower, a drop of rain on a leaf, footprints on the beach. Bird lovers will need a long lens, and sitting quietly may bring native animals into view.

My 8 megapixel Canon Power Shot Pro 1 and my husband's Canon Power Shot S51S are a step up from small point and shoot compact cameras. They are ideal for both landscapes and super macro photography as they have many of the features of a DSLR, but with the lens integrated into the camera, eliminating the need to change lenses and the possibility of dirt getting into the camera. I have a small camera bag that my camera just fits into with room for spare batteries, memory cards and basic cleaning equipment. The strap adjusts to go around my waist so my camera is easy to access.

Considering the potential hazards to cameras along a hiking trail, a well-padded, weather resistant camera pouch is essential. There are many options available but it is a matter of personal preference.

For easy access, a top loading camera bag which can be attached to the chest straps or waist belt of



Lights Beach near Denmark – day walks will bring you in touch with magnificent ocean and landscapes to photograph

your back pack will keep your camera ready with a 24-105mm or 70-300mm type zoom attached. Either keep additional lenses in your backpack or attach a couple of sliplock lens cases to the backpack's waist belt. However be careful not to carry too much weight on your belt because it may lead to increased stress on your lower back.

A camera bag with a comfortable padded shoulder strap is another choice. It can be stopped from swaying by selecting one with both a shoulder strap and a belt hook.

Wearing a photo vest may be a good option, or a fishing vest that is lightweight and has lots of accessible front pockets for holding lenses, memory cards and filters.

The more accessible your camera gear, the more photos you will take, increasing the likelihood of capturing some great shots. If you are attempting serious photography don't plan to hike more than 10-12 kilometres a day as you may find decent photo opportunities require you to stop, take off your back pack and take your time. Slowing down will help you enjoy the hiking experience.

If you are taking an SLR you will need to choose which lenses you want to take, as determined



Stairway down onto Mandalay Beach



Views from near William Bay campsite - another magnificent ocean view, well in reach of day walkers wanting to carry their full SLR photography setup

by the type of photography you do – landscape, wildflowers, wildlife, or macro. Unless you are only walking for a short time, you won't be able to take all your lenses and multiple cameras. Remember every camera and lens you take is extra weight you have to carry.

Use available light – photos around sunrise/sunset can make hiking and photography brilliant partners. An inbuilt flash alleviates the need to carry a flash and extra batteries.

Filters are a good accessory to carry. An Ultra Violet (UV) filter helps protect your lens and a polarizing filter can enhance the sky's colour and improve the look of foliage. However a polarizer cuts the amount of light entering your lens so its use can be difficult in low light.

Tripods are available in ultra light models. Two hiking poles are essential when carrying a heavy backpack and some hiking poles include a thread underneath a screw off cap for attaching a camera. Many backpacks have straps that can be used to carry a tripod. I usually prefer to take photos hand held, but I do take a small fold up tripod or gorilla-pod, or brace against a tree or anything that will provide support. Shade from the tree canopy can cause tricky lighting along the trail, so brace yourself, use your viewfinder instead of the LCD screen and take a few seconds to control your breathing.

Be careful when taking your camera out of the bag to take a photo, and use a wrist or neck strap to avoid dropping or losing your camera. A soft cleaning cloth will help clean away water droplets, and a small air blower will remove dust particles off camera lenses.

If you are walking for an extended period of time, carry extra batteries and memory cards, photograph carefully and only take as many photos as you need to record your trip. You might need to go through your photos and delete unwanted photos to make room for others however this will use up battery time. Lithium batteries have a longer life but at an extra cost. Track towns will give you the opportunity to recharge batteries and download photos to CD or storage device.

Make sure you turn off your camera when you put it back into your bag. On my first overnight hike my camera was accidentally left turned on and one set of batteries was used before I was even half way through the first day. With no way to recharge them out on the Track I had to be careful how many photos I took for the remainder of the walk.

Make sure your camera bag is waterproof and has a rain cover, and carry a plastic bag to put your camera into if it rains – you can still take photos with a plastic bag around your camera. I also sprayed my camera bag with water repellent.

My camera is an essential part of my equipment when I go bush walking and the Bibbulmun Track offers excellent opportunities to get away for an afternoon or a few days. Whatever camera you take and regardless of how long you walk or where you walk, the Track will present a multitude of photographic opportunities and beautiful images. You will find the Track has something for everyone.

Jill Harrison
© Photography on the Bibbulmun Track.

www.lifeimagesbyjill.blogspot.com



Choosing which camera to take depends on what type of walk you are doing and how far you are going to walk.

TRAILING AROUND THE WORLD

WALKING THE PADJELANTA TRAIL IN ARCTIC SWEDEN

by Martin Chambers



"Those who enjoy multi-day walking on the Bibbulmun Track might enjoy walking in northern Sweden, where last year I spent twelve days on the Padjelanta Trail, north of the Arctic Circle"

– Martin Chambers

Those who enjoy multi-day walking on the Bibbulmun Track might enjoy walking in northern Sweden, where last year I spent twelve days on the Padjelanta Trail, north of the Arctic Circle.

The Padjelanta trail runs for approximately 150km to the west of, and parallel to a section of the more famous Kungleden, or "King's Trail" and forms part of the 800km long Nordkalottru Trail running from Finland, through Sweden and into Norway. In winter these are Nordic ski routes and huts are left unlocked for skiers, but in the summer they are popular and accessible walking trails.

This walk is entirely different from the Bibbulmun Track – views across alpine heath to the mountains of Norway and the fact that you don't have to carry water, for example. But there are the similarities. Everyone you meet is friendly and like minded. Walkers share stories of the trail, never knowing if they will meet again or if they are about to become lifelong friends.

The area is a national park, and also the traditional alpine pasture of the Sami peoples, who bring their reindeer herds up for the summer, following a century-old seasonal migration. Huts are provided for walkers in the villages along the way. Unlike the shelters on the Bibbulmun Track, these are substantial buildings, more like hostels, some with a sauna perched on the edge of a glacially cold lake. Charges are around \$50 per night and sometimes you can purchase Sami bread and smoked reindeer meat.

Some of the huts are owned by the Swedish Youth Hostel Association and managed by a warden who lives on site. As with the Bibbulmun Track, it is wise to carry a tent in case the huts are full. You can book ahead, but this restricts you to a fixed itinerary.

We camped along the trail each night and ate blueberries with our morning porridge. Often we would stop on a sunny hillside and snack on wild fruit; strawberries, rare wonderful things called jusberries, and blackberries. We had vivid dreams one night, and read later that eating too many uncooked blackberries causes hallucinations:

"The moose look on unamused and the bears hide unseen in the forest".

The trail is well marked and easy to follow. Major streams are crossed on footbridges, boardwalks cover boggy ground. There are steep climbs, wooded valleys and exposed ridges, but none more challenging than on our own Bibbulmun Track. We walked late in the season (August) and had everything from beautiful sunny days to cold blizzards, leading to mornings of snow dusted mountains. Something for everyone and a great escape from the WA winter.

This area, despite being half a world away, is easily accessible. Fly to Stockholm; catch the overnight train to Gällivare, stock up, catch a bus and a ferry, and you are on the Trail – three days from Perth.

Check it out at www.padjelanta.com, or come to see me at Mountain Designs in Hay Street.

