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Department of Environment and Conservation

THE BIBBULMUN TRACK FOUNDATION

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Seasons Greetings

Bibbulmun NEWS

DEC'10 – APR'11
ISSUE #55
RRP \$6.00



Newsletter for the friends of the Bibbulmun Track

Albany Wind Farm Expansion - Hidden Valley Campsite to be relocated



Work has begun on the Grasmere wind farm - part of the expansion of the Albany Wind Farm.

The six-turbine Grasmere wind farm will be installed at the western end of the highly successful Albany wind farm. Though they have different names, the wind farms will merge.

To safely carry out the works associated with constructing the wind farm extension, 4WD tracks have been temporarily closed and a section of the Bibbulmun Track diverted to an existing 4WD track running parallel to the coast. To ensure the safety of bushwalkers, no vehicles will be permitted to use this track during the closure.

Extensive consultation has taken place between Verve Energy, DEC and the Foundation to assess the impact of the extension on walkers and to devise a solution to minimise the visual and auditory effects. As a result, Hidden Valley campsite will be relocated further west to take it right out of the wind farm. Additionally, a new campsite will be built between the wind farm and Albany in the Tonndirrup National Park. This will result in three shorter days of approximately 13km each

out of Albany, as opposed to the existing 19.5km to Hidden Valley and 17km to Torbay campsite. This is an excellent outcome for walkers and will be implemented in line with the completion of the wind farm in early 2012.

The 14MW Grasmere Wind Farm will produce around 44GWh of electricity each year and, together with Albany Wind Farm, will meet 80% of Albany's electricity needs with clean, inexhaustible renewable energy. Grasmere will reduce the amount of greenhouse gas emissions by 43,500 tonnes per year from electricity production, equivalent to taking 10,000 cars off the road.

The new turbines will be placed on the coast using the same pattern and spacing as the existing wind farm and will be built to the same high environmental and social standards. The new wind farm will need a new underground power line connection for the entire 14km back to the Albany sub-station, so no overhead wires will be required.

For more information visit www.verveenergy.com.au

BIBBULMUN TRACK WINS BRONZE AT 2010 WA TOURISM AWARDS



L to R: Foundation staff Edith, Linda, Jean and Gwen. Seated: Matt from DEC.

The Bibbulmun Track won the Bronze Medal in the Tourist Attraction category at the 2010 WA Tourism Awards. The Award was presented at a gala dinner held at the Burswood on Saturday 20 November.

Congratulations to all involved in assisting the Foundation and DEC with the maintenance, promotion and provision of services. The Track is only a winner thanks to the work of our wonderful volunteers – and of course, because of the people who walk it!

The **TopTrailsWA** marketing project also won Bronze in the Tourism Marketing category. These awards are great recognition of the value of trails, not only for recreation but for tourism which is vital to many regional towns across WA.

Congratulations to our Affiliated Members!
Congratulations to Cape Howe Cottages, for winning Gold in the Hosted Accommodation category and to Wilderness Getaways which won Silver for New Tourism Development. Both very worthy winners indeed!



Our Bibbulmun Track Guides



Not long after the inception of the Bibbulmun Track Foundation in 1997, a program to get urbanites back to nature and onto the Bibbulmun Track began. This program is still underway today – you would know it as the Calendar of Events.

Since then we have held over 1000 events (not including our corporate walks, 8-day tours and the Mountain Designs Bibbulmun Team Challenge). These events would not have been possible if it were not for our fabulous volunteer guides.

Some of our current guides have been with us since the first event but we are pleased to have welcomed many more over the years. Currently we have 23 volunteer guides, some of whom are still in the training phase.

The Guide Training Program is sponsored by Western Power. Guides are trained in-house in accordance with the WA Adventure Activity Standards (AAS) and the National Training Package. Guides who undergo the training must pass a number of assessments and re-qualify every few years to stay current.

A manual provides guides with practical information, including scenarios and examples of situations which may arise, to enable guides to make professional judgements and decisions when guiding an event. Guides are required to attend events and observe

experienced guides out in the field no less than three times. They then lead a group whilst supervised on two separate occasions. On all events they complete detailed checklists of observed or demonstrated skills and actions. These two stages show the dedication of our volunteer guides as it may take up to six months to get to this point.

The next step is to lead a walk whilst being assessed. At some point during their training, guides must also successfully complete a Rogaine. A Rogaine is a cross-country navigation sport and is done through the WA Rogaining Association. Guides attend from Friday afternoon through to Sunday afternoon to hone their skills, with a particular focus on off-track navigation

with a compass. After some training and a practice they are assessed across a range of competencies – not getting lost is one of them!

Guides are also required to complete an online written assessment and enter every walk they do into a log book. Once all the components have been completed successfully guides are deemed as competent to lead day walks. If they wish to lead overnight walks, guides undergo further training and assessment.

A sincere thank you to all our guides for the outstanding job they do in leading our walks; and thank you to the new guides currently undergoing their training for making this commitment. We are extremely fortunate that these people are willing to donate their time and energy to the training program so that they will be able to lead future walks and encourage more West Australians to 'go bush' on the Bibbulmun Track. 🌿

Steve Sertis
Events Manager & Lead Guide

Thank you to our fabulous Bibbulmun Track Guides:

Julie Bessant (trainee), Trish Bird, Bruce Brodie (trainee), Isabel Busch (trainee), Mark Davidson (trainee), Karen Dowling (trainee), Dene Edmunds, Jim Freeman, Colin Gee (trainee), Elsie Grygiel, John Hardman, Charmaine Harris, Bonnie Hennessey, Angela Hine (trainee), Emma Jack (trainee), Tony Jennings, Ce Kealley, Alan McGregor (trainee), Sandy McGregor (trainee), Wendy Nelson, Chris Piggford, Valerie Preston (trainee), Patrick Tremlett (trainee).

"I volunteer for the BTF because I enjoy sharing the wonderful experiences I have enjoyed on the Bibbulmun Track and love the opportunity this gives me to share my knowledge and experiences with other people, hopefully encouraging them to use and enjoy this great facility."

Elsie Grygiel

A small sample of the feedback we receive about our Guides...

"The guides were absolutely entertaining and full of knowledge at the same time. Group dynamics were taken into account and situations that arose were handled well."

"Exceeded expectation of a volunteer guide due to the guide's specific personal historical knowledge of the Track as well as maintaining a lively spirit to the event for the benefit of all participants"

"The guides, although different personalities, blended well. Their differing levels of experience helped me personally get the information I needed to continue hiking. The track that was chosen was challenging enough for the children and the walk itself was beautiful."



Angela Ce and Chris Charmaine



Colin Dene Elsie



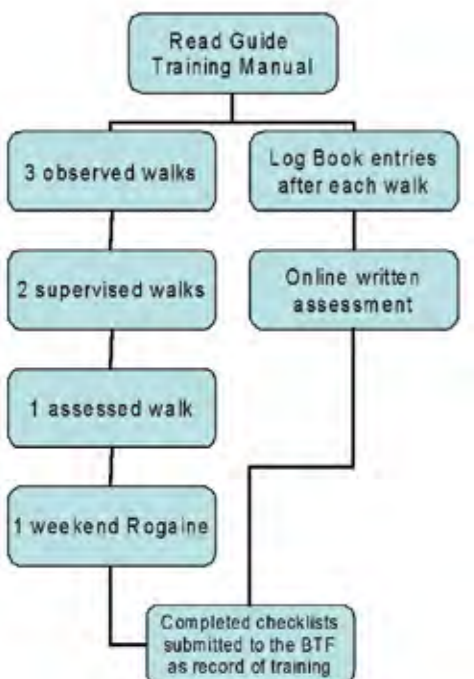
Isabel Elsie, Trish and Jim Julie



Karen Mark Patrick



Tony Valerie Wendy



FROM MY Desk



Welcome to the final Bibbulmun News for the year.

I am delighted to say that the Bibbulmun Track won the Bronze Medal in the Tourist Attractions category at the 2010 WA Tourism Awards. As you can imagine, this is a hotly contested category and the Bibbulmun Track was one of nine finalists, coming third to Sandalford Wines and the WA Museum in Geraldton that won Gold and Silver respectively.

Congratulations to all involved in assisting the Foundation and DEC with the maintenance, promotion and provision of services to walkers. The Track is only a winner thanks to the work of our wonderful volunteers!

We are receiving very positive feedback from walkers who are appreciating the major maintenance undertaken by DEC throughout the year. When compiling all the information for our Annual Report it was pleasing to see how much had been achieved including the refurbishment of seventeen campsites. If you'd like to see the full report it's available on our website under 'News'.

As you will read in various articles, major works are continuing during this financial year including the recent realignment around Glen Mervyn Dam (hooray!), the group campsites and the major realignment and additional campsite around the Albany wind farm.

The Curriculum Council has just endorsed a Bibbulmun Track end-to-end expedition as one of the programs students can undertake to contribute towards their Western Australian Certificate of Education (WACE) requirements. This is great news for schools, such as Scotch College, which encourage students to undertake a sectional end-to-end during their high school years.

Lastly, at the AGM in October, Leonie Kirke was reappointed to the Board of Directors and we were pleased to welcome two new members, Mark McLauchlin and Louise Yeaman. Many thanks to Steve Crawford who stepped down after a number of years on the Board. Steve has been seconded from Tourism WA to work with DEC on a project to promote visitation to national parks so his association with trails will continue.

Thanks again to all our members, volunteers and sponsors for your support throughout the year. I hope you have a very merry Christmas and look forward to a wonderful 2011.

Linda Daniels
Executive Director

Seasons Greetings and Best Wishes for 2011!

The office will close on Friday 17th December and reopen on Monday 10th January 2011.

Walker Story...

THE WAY OF THE WAUGAL

Graham and Ella Reeks are standing, staring, walking, driving their way around Australia. Steve Sertis from the Foundation was lucky enough to share a campsite with them on a recent walk on the Cape to Cape Track. Naturally Steve told them all about the Bibbulmun Track. With a little advice from the Foundation, they set off to walk from Northcliffe to Walpole.

I'm standing by a coach in a gravel car park in the tiny town of Northcliffe when an unnaturally smiley middle-aged woman approaches and starts talking to me.

"Here, have some magazines for your bus journey" she says in a cheerful American accent.

I glance at the publications thrust in front of me. The front covers feature images of people silhouetted by sunsets with their arms outstretched.

"No thanks. I just got off the bus and I'm about to walk for a week - I really don't need any extra weight."

It's more diplomatic than saying, stuff your religious propaganda!

Without changing her facial expression she switches from spreading the word of the lord, to spreading the word of the Bibbulmun Track.

"Oh, you're walking the Bibb Track? Wow, that's great. Have you done it before?"

"No."

"Oh, you're gonna love it - it's great. Have a wonderful time!"

Previous walks we've enjoyed are elevating experiences, both literally and metaphorically; routes are designed to make the most of spectacular scenery. However, because the Bibbulmun Track is a long distance route, much of the section we walked took the path of least resistance. This meant the first half of the week was particularly flat. Fortunately the lack of long dramatic views was made up for by numerous quantities of wildflowers and shifting patterns of vegetation - jarrah, karri, banksia and so on.

In the second half of the walk we passed through the Pingerup Plains and along the coast. These powerful landscapes evoked memories of the wilderness of southwest Tasmania. The sprawling plains looked like wild, desolate prehistoric swamplands; places where strange species are found, adapted to the moody storms amongst the swaying grasses and sedge, in the clumps of twisted trees that poke up on the hillocks, and on the granite outcrop mounds that pierce the surrounding sandy soils. The ancient coastline is creased with epic dunes and plunging cliffs, and carpeted in coarse scrub and hardy blooming plants.

It is also home to the shipwreck of the Mandalay, swept up by a storm in 1911 and now hidden by the beach that was named for it. Yet we saw no trace

of harsh weather that creates these environments: in our seven days walking there was scarcely a drop of rain, only a few sections of Track still mildly boggy from winter, and just enough breeze to cool us when the sun shone!



Pingerup plains

Our walks ended each afternoon when we arrived at a three-sided shelter built to sleep a dozen people, complete with picnic table, pit-toilet, rainwater tank (even fireplace and firewood in the areas where fires are safe). These were a joyous place to relax, eat, read, eat ... and eat. Carrying eight days worth of food makes you hungry and adds an incentive to reduce the amount of weight to carry the next day.



View from inside Bibb shelter

The shelters at Mount Chance and Woolbales had terrific views nearby, at Maringup the shelter was alongside WA's second largest freshwater lake, and at Dog Pool there was a beautiful tannin-stained river in which to swim and wash. Our final night at Mount Clare saw us tucked under mighty red tingle trees endemic to a small patch of the south coast of the state.



Looking down from Mt Pingerup

In these shelters we also got to know the characters of the Bibb - not in person, because by chance we actually had all of the shelters to ourselves, but

through the parallel world of the dual logbooks. The 'signing-in' book contains the names, ages, sex and destinations of other walkers as well as the date of their visit, and the 'guestbook' allows for the imaginations of walkers intoxicated by copious fresh air and freedom, to run free.

A half-completed book includes two years' worth of entries, written by hallowed 'E2Es' (end-to-enders - people walking the full length of the Track) as well as people like us who are just enjoying a section of the Track. The full scale includes brief banal reports to essay-like descriptions of every element of a walker's day. There are show-offs: "I walked 6km/hr today", and there are solo walkers who use the book as conversation: "sorry I write so much and it's not even entertaining. I think it's the loneliness and this [writing] makes me feel like I'm talking to someone."

Other contents include poetry (of varying quality), jokes, cartoons, complaints, and messages for other walkers, as well as comments on track conditions, and soliloquies. We read entries from a 13-year-old lad walking the entire route to raise money for a breast cancer charity and many from retirees enjoying an alternative, caravan-free, grey nomadism. There are inspirational stories of broken boots, howling winds and wading through bogs.

Each day we caught up with adventures parallel to our own: adventures that happened yesterday, last week, eighteen months ago. We read how others experienced the same landscape, sometimes from a different direction (not always intentionally in the case of two walkers that apparently walked the wrong way for a day!), often in different conditions, and certainly with a different perspective. There were many messages of thanks to the people of DEC, the Bibbulmun Track Foundation and the sponsors and volunteers that support the Track and make it what it is, a remarkable parallel world.

Emerging from our weeklong retreat, spent so close to the highways, yet so far from civilisation, we received our last logbook entry over the airwaves the night after finishing, sitting around a campfire in Walpole listening to ABC Radio National!

We had been reading the lengthy daily accounts of Annie Didcott, a 69-year old woman from Canberra who was on the Track a week or two before us. The presenter of Saturday Extra, Geraldine Doogue, read out a letter from Annie, singing the praises of the Bibbulmun and the worthiness of the experience as an opportunity to see up close this wondrous part of the world. Geraldine was so impressed she even suggested she might come and try some of it herself.

So it seems, that in small town car parks, on national radio, and even on travel blogs, everyone is championing the way of the Waugal. 🌿

YOUR LETTERS

Isabel,

Thank you for your letter dated 15th September 2010, which included presentation of the membership renewal prize "Jeemuluk - The young noisy scrub bird". I may get the opportunity to see one near Two People Bay when I'm on holiday in the area in Dec-Jan this year.

I am happy to support the Foundation and the excellent work that volunteers such as yourself carry out for the benefit of its members and the community who use the Track.

Walking the Bibbulmun Track has been a wonderful experience and in some cases an adventure, meeting fellow walkers and sharing our experiences along the way.

One of my life's goals is to complete walking the track end-to-end and no doubt I will be contacting the Bibbulmun Track Foundation for advice and information when the time comes to undertake this journey.

I will continue to support the Foundation and the work it does through my membership.

My thanks to you, the Foundation and the Dept of Environment and Conservation who donated the prize.

**Best Regards
Roy Brown**

Hello,

Receipt of the last Bibbulmun News reminds me that I have not yet returned the dates of the end-to-end I completed in June this year, so please find enclosed a list of shelters and approximate dates. They are definitely accurate up to Canning, but I'm not sure how I worked the "double huffing" from then on, but I definitely walked into Kalamunda on 16/06/10, having left Albany on 13/4/10. Sorry it's so untidy!

The Track was great and the journey wonderful; I wished it did not have to end, but it never ends in the mind, does it? When I need to be still I can close my eyes and take myself back there. I understand now why people do several end-to-ends and I long to do it again when this busy life allows me to. I had many nights on my own and loved the solitude, though company was also great when I did share a shelter.

I wrote my thanks along the way to all who make such a journey possible but would like to say it again - Thank You!

**Sincerely,
Candy Koning**

Dear Sir/Madam

End to end - via sections
Stephen (Spike) Jones - age 64 years
John (JJ) Jones - age 68 years

We discovered the Bibbulmun Track on 13 November 1999. Since then we have completed each section (some many times); our final sections we finished on 3 July 2010.

Due to work and/or family commitments, we were unable to do any walks for some years. But it has always been nice to get onto the Track when possible!

To the Foundation and its wonderful volunteers, we say a big thank you, for the past years and many more years on the Track!!

**Thanking you again,
Spike**

Please find enclosed my end-to-end details form and sections walked, dates registered. Please also find enclosed a donation for the privilege for the use of the Track. I have enjoyed all the sections walked and look forward to a return end-to-end in the future.

**Regards,
John Wynn**

Dear Folk

I have just had my first experience of walking on the Bibbulmun Track, twenty-two days from Kalamunda to Balingup. The first part was with a friend and the second part alone. Being alone in the bush, and seeing only two people at two of the shelters during a seven day period, was a new experience for me. Initially I was quite anxious but with diligent attention to the book notes and the markers I found my way and didn't get lost - it did wonders for my confidence!

I found walking the Track a very rewarding and enjoyable experience.

I really had a most memorable experience, enjoying the forest, flowers and birds, especially the magnificent red-tailed cockatoos and the stunning splendid wrens in their brilliant breeding plumage.

Meeting people in the shelters was very companionable and it was interesting to hear why and how far they were walking and to share experiences.

I hope to return to WA to complete the Bibbulmun Track - probably in two shorter sections. I've just turned 71, so I'd better get a move on while I can still carry a pack!

Once again, I think the Track is a wonderful innovation and unique in Australia. I didn't join the Foundation prior to my walk but after my trek I think it deserves support and so I enclose my membership application form.

**Yours sincerely,
Judith Webster 02/10/10**

Amazing - I have won a raffle!

What a wonderful surprise to come home to. But I hear many say, why didn't you take the major prize? Well, it is quite simple I just love our south-west and in particular Denmark. So it was an easy choice for me.

The Karma Chalet was all it promised to be, peaceful, secluded, possessing magnificent views and with comfort included. It was a truly great stay and a big thank you must go to Beverly and Don for donating the prize and for having developed a world-class holiday destination.

The additional attraction for this prize was the Eco-discovery tours organised and donated by Lenore and David of "Out of Sight Tours", again a world-class tourist attraction. David took us to some magical locations and his knowledge about the area, fauna and flora etc. is quite amazing.

Thank you Bibbulmun Track people for your dedication and for organising the raffle, thank you to all the great prize donors and a huge personal thanks to Beverly, Don, Lenore and David for making my prize a most memorable occasion.

Rick Clare (winner of the first 2010 BTF raffle prize - Wilderness Getaway)



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 Elisa Skillen on (08) 9538 1078 or elisa.skillen@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 Nick Evans on (08) 9734 1988 or nick.evans@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 Clive Burden (08) 9840 0400 or clive.burden@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



Department of
Environment and Conservation



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 hope you have all had the opportunity to get out and enjoy the Track over the last few months and take advantage of the spring weather. Hopefully not too many of you have been disrupted by diversions, however managing a 963 km walk trail inevitably means there is always an extensive range of incidents and activities that can have an impact on the walking experience.

Walkers must have up to date information about those activities so they can plan a safe and enjoyable trip. Diversions may be in place due to fire, timber harvesting, maintenance or construction projects near or on the Track, or due to environmental or weather conditions. Diversions are entered on to our website (www.dec.wa.gov.au) as early as possible and Track diversion signs are put in place. Please ensure that you follow all diversion signs and directions from DEC staff, even if it appears that there is no obvious danger. I am sure many of you would be well aware that WA has had a very dry winter leaving our dams at low levels and our bush very dry. In light of this, I would like to remind everyone to ensure they check Track conditions on our website prior to starting a walk on the Track.

A significant diversion is currently in effect that you should be aware of if you are thinking of walking the south coast section of the Track near Albany. Construction work for the installation of six new wind turbines at Grasmere Wind Farm has commenced resulting in a temporary diversion of approximately two kilometres immediately west of Hidden Valley campsite. We will be planning and constructing a new permanent alignment and new campsite over the following months.

You will now also find a new alignment around Glen Mervyn Dam, which was put in place by DEC Construction Supervisor Scott Hunter in an attempt to move the Track away from the social issues associated with unofficial camping around the lake. Where possible we have tried

to maintain some sections of lake side alignment to ensure walkers have the opportunity to appreciate the watery vista.

New construction is now underway with various Bibbulmun Track related projects. Satellite group camping sites for schools and large groups are underway near Mt. Cooke and Yabberup campsites. Approvals are complete and site works should be underway in the next few weeks. The group campsites are designed to take pressure off the existing campsites by providing an alternative camping option for larger groups. These two projects will see the construction of three campsites, which will include open communal shelters, water tanks and toilets. Fabrication of the new structures as well as campsite and new trail construction will be completed by both DEC staff and crews from the Department of Corrective Services.

We need your help!! The Bibbulmun Track Northern and Southern Guide books are due for renewal with many new edits to be made. This provides us with an opportunity to get feedback from you the walkers and potentially make any improvements to the content and format. If you have any suggestions we would love to hear from you. To facilitate your feedback the Foundation has kindly put a short survey on their website to help answer some of the following questions - How do you use the guides? Do you take them on the Track or use them mainly for planning? Do you use them together with the maps? What content do you find most useful? Would you use a digital guide? To give us your input, please go to www.bibbulmuntrack.org.au/News/Online-Surveys.aspx, and look for Bibbulmun Track Guidebook Survey. All respondents will go into a draw to win a prize from Foundation sponsors, Sea to Summit. Please note the survey is only available online.

I look forward to hearing your comments. 🌸

Walker Story ...

FAMILY 'RESCUED' ON BIBB TRACK

by Bob McNamara

Members Bob and Su McNamara and two friends, Phil and Diane, hiked recently from One-Tree Bridge to Pemberton. On their way they gave assistance to walkers in distress, in a way that epitomises the true spirit of those who walk the Bibbulmun Track. This is Bob's story:

On Saturday 17 September we hiked into the Beavis campsite; the temperature that night was below four degrees. We broke camp on Sunday morning at about 8am and had been walking for about 30 minutes when we saw a group of people, two adults and three children, coming towards us. They were all dressed in light clothing and were lost. They had parked their car at the Beedelup Falls the day before and set out for a one hour walk!

We made sure that none of them were in too much distress, gave them food and drink, turned them around and walked slowly down to Seven Day Road, about two kilometers away, while we devised a plan.

It was decided that Su and Diane would stay with them and encourage them to keep moving along the Track while Phil and I left our food and all but a small amount of water, took their car keys and set off as fast as possible to fetch their car. The point at which the Track crosses Carey Road was to be our meeting point.

The girls made slow progress. These people, the youngest six years old, had been out all night with no warm clothing, food or water. Phil and I reached their car, replenished our water and drove to the Carey road crossing. We headed back up the Track (easier without packs!) and soon came across them, tired but not too much worse for wear after their 26 hours of walking and sleeping on the Track.

At the car there were lots of emotional "thank yous" and appreciative gestures for what we had done and they drove off down the Vasse Highway. We put our packs on and proceeded to Beedelup, arriving just before dark. We have since been in touch with the family and all is well with them.

Just another day on the Bibbulmun Track... 🌸

Ed: This story demonstrates how easy it is to get 'geographically embarrassed' when bushwalking. This family probably didn't have a map as they only intended to go for a short stroll. In this case keep an eye out for the Waugals - and if you don't see one for a while then turn around and retrace your steps.

A Helping Hand

By Jim Freeman
(aka the mad axeman)

It was somewhere in the springtime
I was walking down the Track
When I came upon a couple
Having trouble with a pack

They were arguing with each other
About what should be done
To make the pack fit better
'Cos now it's not much fun

They started shouting louder
I thought maybe I should try
To stop them throwing punches
And getting a black eye

I then tried to sooth them
With my usual degree of tact
"Don't be so bloody stupid
You won't get it fixed like that"

They asked if I could help them
To make the pack a better fit
I said I'd try to help
'Cos I've been around a bit

I agreed all packs are heavy
And no two are the same
And if not correctly fitted
Can cause a lot of pain

I could see with half an eye
What the trouble was alright
One of the straps was twisted
And the other was too tight

Then the hubby started speaking
And said with humour grim
He'd have to pull out at Collie
If I couldn't make the pack fit him

I said that if he'd let me
I'd try to get it right
With my trusty knife and sewing kit
It took nearly all the night

Early in the morning
He put the pack on again
He smiled and said that's better
There is not so much pain

He said, "have a look at wifey's
It may need fixing as well
For going up and down the hills
It really gives her Hell."

Wifey's pack it was a good one
Many adjustments could be made
I tightened some and loosened others
A big difference it all made

They both took off together
And it made me feel quite grand
To see them walking up the Track
Side by side and hand in hand

I've used my trusty sewing kit
To mend boots and fix up packs
But this was the first time
I've fixed a quarrel on the Track

Sometimes at home while I'm relaxing
My mind will travel back
To that happy couple walking
Holding hands along the Track



These past few months have been quieter than usual in the office. We have therefore had a chance to catch up on the backlog of things set aside over the last couple of years with the 10th Anniversary, the office redecorating and the frantic activity of the raffle. Trays have been emptied, files sorted and we have commenced a major update of our Office Procedures file.

Everything ground to a complete halt a few weeks ago when we suffered a huge computer meltdown and were out of action for the best part of a week. It was a very odd experience for us being unable to access emails or any of our documents. Everything seems to be running smoothly again now and we apologise to anyone who was trying in vain to contact us during that period and thank you for your patience.

Our postcard collection continues to grow with contributions from France where Isabel completed the Tour de Mont Blanc, Peter Whittle who walked from Porto to Santiago

on the Camino Portugues and Alan who has just returned from Argentina where he went to Iguacu Falls, the National Park of Talampaya and the Perito Moreno glacier.

Jim Freeman and Edith both took the opportunity to visit Lake Eyre to see the amazing array of birds which somehow seem to know when the waters have arrived. Peter S enjoyed a drive across the Nullarbor to visit family in Sydney while Lesley holidayed closer to home with visits to West Cape Howe and further along the south coast to Esperance. Gayle also enjoyed the south coast with a camping trip based at Parry's Beach.

Just before the Royal Show we had morning tea with the many Volunteers who so kindly offered to assist at the Show. It was a great chance to meet them, give out the passes and answer any questions.

I am now looking forward to the next few weeks when we acknowledge the wonderful support of our volunteers at the various Volunteer Thank You Days in Perth, Albany and Denmark. We'll include some photos in the next edition of Bibbulmun News.

The office will be closed from December 17 to January 10 and we are all looking forward to a break and to returning refreshed for 2011. We wish you all a very Happy Festive Season. 🌸

Gwen Plunkett
Office Manager & Volunteer Coordinator

WEBSITE FEEDBACK



Thanks to everyone that responded to the survey requesting feedback on our website. We received over 100 responses with some great suggestions which will help us design our new site. Thank you!

Congratulations to Sarah McNamara of Albany who completed the survey and won an X-bowl donated by Sea to Summit.

On the whole the feedback was very positive, and many of the suggestions for improvements will be taken up in our new site. As we are also integrating our database and new volunteer management system it will be quite a lengthy process – however, the planning is underway and if we can secure some funding we will aim for a 'new improved' website by the end of 2011. The feedback is available under 'Online Surveys' on our website. 🌸

NEWMONT
ASIA PACIFIC

BODDINGTON GOLD

Eyes on the Ground MAINTENANCE PROGRAM

The annual field trip was a great success. Not only were we able to continue distributing the new Guidelines and Weed Booklets but DEC kindly provided some tools, gloves and rake hoes for the teams requiring them.

Albany volunteers met at Torbay campsite where we had lots of discussion about campsite upgrades and various methods of dealing with badly eroded sections of the Track. At Walpole we walked south of Mt Clare to inspect the new bridge over Crystal Brook. This is the first of a number of kit bridges which will be installed at various locations along the Track and is a vast improvement. The materials and design make it more likely the bridges can withstand fire.

Charmaine Harris and I then took the opportunity to take a look at Hidden Valley Campsite before its probable relocation due to the extension of the Wind Farm. On our way to Pemberton we called in at Mandalay Beach to see the lookout which was built in response to a request by a member and partly funded by his generous donation. Unfortunately our arrival at the lookout coincided with an enormous clap of thunder so after a quick look and a couple of photos we beat a hasty retreat.

Over the next few days we walked from Karri Gully to Donnelly River Village and from Tom Rd through to Palings Road. It did rain, but we didn't mind as we wanted to have a look at the sections of Track recently constructed using a new technique which should eliminate the need for water bars. So far it is proving most successful as there were no puddles and no erosion.

The rain continued to follow us and dampened things a little at the Donnelly Field Day where we inspected a section constructed only a few days earlier. It certainly looked very new but it will settle and the vegetation will regrow to soften the edges.

The rain cleared and we enjoyed a lovely day at Blackwood Campsite where we discussed the planned upgrade due shortly and the volunteers had great fun attacking the weeds with rake hoes.

Wellington District Field Day was held at Glen Mervyn Dam and those who have walked this section in the past will know that this lovely area, with views across the water, is marred by the rubbish left by those who bring cars in to camp by the dam. Approvals have finally been given to allow for work to take place. We spent some time pruning an overgrown section so it is all ready for completion and trail marking. (See the article on page 23).

Thanks to all of our maintenance volunteers– you all do a great job and the compliments continue to come in from many, many walkers who all appreciate your efforts. 🌸

Gwen Plunkett
Office Manager & Volunteer Coordinator



Old (wet) crossing of Crystal Brook to the right, new bridge to the left



Weight load-test on new bridge over Crystal Brook



All smiles at Torbay campsite



Harvey Street Collie



Minninup Pool

TRACK TOWN Collie

OLD STYLE COUNTRY TOWN CHARM AND HOSPITALITY

Collie, located 200 kilometres south of Perth, is a bustling, thriving country town of approximately 9000 residents. The new Collie Visitor Centre is a very welcome sight for the weary walker. Their friendly staff can provide directions and details on a wide variety of accommodation, from budget hotels, guesthouses and caravan park to modern self contained apartments, motels and B&Bs. Walkers finishing their adventure in Collie, or taking public transport back to Perth, can take advantage of a shower in the Visitor Centre to refresh them before their onward journey.

Collie's excellent services, facilities and wide range of attractions make it a great location for walkers to stop for a couple of days and rest, recuperate and re-stock. The two supermarkets offer a large selection of products, while Collie Canvas and Camping has a good range of supplies to choose from.

A wide range of tracks and trails surround the area and invite you to explore the natural beauty of the Collie River Valley. A great Bibbulmun Track day walk is from Collie town site north to Harris Dam, ending at the picturesque picnic site at the water's edge. Or, heading south towards Mungilup Dam, the Track takes walkers near the beautiful Minninup Pool, which is a favourite spot for locals and visitors in the summer months. Other trails include the Collie to Darkan Rail Trail and the nine kilometre Collie River Walk, both of which are suitable for walking or cycling.

Only 18 kilometres west of town Wellington National Park, with its jarrah, marri and sheoak forests, the tumbling Collie River and wide variety of walking and cycling trails is a popular all year round attraction. Wildflowers abound in the spring and make the Park a photographer's delight. Take the time to enjoy the scenic drive along Lennard Drive, with a variety of picnic and recreation sites dotted along its five kilometres. Enjoy a dip at Long Pool or try canoeing at the Rapids. Swimming, canoeing and camping are all popular in the summer months.

With waterskiing, canoeing, fishing, swimming, camping, mountain bike trails, bush walking trails and 4WD tracks, Collie has plenty for those looking for action and adventure. Staff at the Visitor Centre can provide plenty of local knowledge and up to date advice on the best locations for the wide range of activities on offer.

Named Australia's Tidiest Town in 2006, Collie continues to win awards in the "Keep Australia Beautiful" competition. Throssell and Forrest Streets, which are lined with many fine old buildings, and many attractive parks and gardens all reflect the pride and the work done by the community to make Collie an attractive destination.

Collie has a long history, having being declared a township in 1896 following the discovery of coal in nearby Allanson. The Coalfields Museum, Old Railway Station, Replica Underground Mine and the historic Old Goods Sheds all provide a fascinating insight to the town's rich history. Enjoy a wander through the town centre and discover gift shops, craft supplies, cafes and plenty of Aussie pubs all offering a chance to chat with the locals over a meal or cold drink.

Take the time to explore Collie and discover for yourself what makes this a fascinating, diverse and beautiful area in which to spend a few days. Whether its relaxation or action, Collie has something for everyone. ⚙️



Collie Visitor Centre

COLLIE RIVER VALLEY VISITOR CENTRE
156 Throssell Street

Open seven days a week.
Monday to Friday 9.00 am to 4.30 pm
Weekends and public holidays 10 am - 3pm
"Closed Christmas and Boxing Day".

Phone: (08) 9734 2051
Email: info@collierivervalley.org.au
www.collierivervalley.org.au

Walk the Track on poles

by Stuart Gray

Some walkers never use them, some use one, others use two, and some start without any and pick one up along the way. A pole is a pole is a pole, right? Wrong! There are many types of walking poles each with their advantages and disadvantages. So what do we use them for, apart from turning ourselves into quadrupeds and stopping us from falling down when we put our homes on our backs?

They assist our posture and help us to stay more erect, which makes life a lot easier for our legs and back, especially during the ascent and descent of steep hills and flights of steps. Poles improve our balance on rough and rocky terrain. They can be used to push aside overhanging undergrowth and even be used as handles for improvised stretchers, and as tent poles.

There is some argument about how much assistance poles provide in the physiological sense. Some studies state that by introducing work for the muscles of the upper limbs, metabolism is increased by as much as 20%, although most of these studies relate to Nordic Pole walking, not bushwalking.

During testing of the 10th Anniversary end-to-end walkers it was found that putting on a backpack weighing 15 kilograms reduced the number of 30 centimeter step-ups that could be done in one minute by 17.5%. With the assistance of two poles the drop off was only 7%. In other words when walking up steep slopes with poles your upper limbs are going to assist your legs by at least 10% which by the time you get to the top of "Cardiac Hill" is a significant amount.

So what kinds of poles are available? As beginners we may have used tree branches, which would have been an adequate walking aid, but which could also have been too heavy or of an awkward shape, possibly causing blisters or sore wrists - but costing nothing. A denuded seed stem from a grass tree can make an ideal walking pole, being light and strong. These are sold commercially after having a crutch tip, padded grip and wrist band added.

Broom handles can be turned into cheap walking poles by adding crutch tips as shock absorbers, and using adhesive tape to make high and low grips, and ski poles can be picked up cheaply but require chair leg or walking stick tips as shock absorbers.

The ideal is to invest in poles that are specifically designed for bush walking. These have comfortable grip handles and the important advantage of being adjustable. There are some inexpensive but quite adequate poles on the market; however 'top of the range' poles will be stronger without being heavier, and generally have a sprung shock absorber system. The ultimate in design have shaped and angled handles and a padded grip lower on the shaft when a shorter pole is needed in a hurry.

The ideal height for the poles, when you are walking level ground, is for the grip to be level with your elbow when your arm is at your side with the elbow flexed at ninety degrees. When you are walking up steep hills, adjustable poles should be shortened enough to allow the elbow to flex only a little beyond ninety degrees, aiming to place the shaft tip level with the mid-foot of the leading leg. Fixed poles should have an EVA or tape grip about five centimeters below the bottom of the top grip.

When descending steep inclines, lengthen the shaft enough to avoid stretching forward with the arm away from the trunk and tipping forward onto the pole. This increases your forward momentum and reduces the control of your descent. Take smaller steps; keep your knees slightly bent with your body leaning forwards slightly to avoid your heels skidding from under you.

In the event of a lower limb injury walking poles are invaluable and could mean the difference between abandoning your walk; or continuing at a slower pace. In a nut shell when your legs are fatigued, your knees are sore, your posture is stooped, or if you lack confidence on steep and rough slopes, the most expensive poles become cheap at the price.

Dr Stuart Gray is a recognised sports therapist, BTF member and maintenance volunteer.



INTERNATIONAL VOLUNTEER DAY - 5 DECEMBER

THANK YOU! We couldn't do it without you

The Foundation has around 400 volunteers who contributed 17,489 hours last year. Whether maintaining the Track, sitting on the Board, answering enquiries, manning displays or guiding events, each volunteer makes an invaluable contribution to the Foundation and to the Track and we thank each and every one of them.

Special mention must be made for Alan Barker, Jim Freeman, Charmaine Harris, Trish Bird and Edith Thomas who all volunteered in excess of 500 hours and to John Hardman, Charmaine Harris, and Wendy Nelson who received an Outstanding Service Award from DEC.

Our volunteers have been invited to various "Thank you" events throughout December in the city, Point Walter, Denmark and Albany.

We look forward to giving you an update on these events in our next newsletter.



Bibbulmun Track volunteers gathered at Point Walter on 14th November

Yes, THEY DID IT!

In this edition we recognise another 35 end-to-end walkers.



The number of Bibbulmun Track end-to-enders continues to grow. Once again, many of our walkers acknowledged in this edition are registering their completed sectional end-to-ends, some of them having started many years ago. As usual, overseas visitors are mentioned first, followed by interstate walkers and then those from WA. Each group is recorded in order of their walk's completion.

CONGRATULATIONS GO TO ALL!

Genevieve on her finish of her end-to-end



Have you got your
End-to-End BADGE?

FREE when you register!



Genevieve Grandin (59) from France was the "Greyhound" on her walks (Sectional, S-N, 16.07.08 to 22.08.10). She walked the first half of her journey with the 10th Anniversary walkers and then returned later to complete her end-to-end.

Re-supplying along the way presented no real problems for Genevieve and she enjoyed the whole experience, with her favourite section being between Dwellingup and Kalamunda. Sunsets and sunrises were among her highlights, along with the beautiful forests and the birdsong. Many kangaroos were seen, and even an echidna. Compared with other walks she's done, Genevieve says the Bibbulmun has no real mountains, but much longer stretches of forest. She advises keeping track of the Waugals and always carrying a map or Track notes.

Joanna Carr (29) from the UK was proud of her achievement in meeting the challenges on the Track (N-S, 04.07.10 to 10.09.10) while raising money for an animal hospital in England. Jo appreciated the amazing kindness, generosity and hospitality of people she met along the way. She found towns were adequate for re-supplying, and carried enough food that she actually put on weight during her trek! Rame Head to Peaceful Bay was her favourite section along with all the coastal views when the weather was kind enough to reveal them. For Jo, her walk provided a real sense of achievement, with an opportunity to really live life. She loved the kangaroos at DRV, but is still very nervous of snakes. Her walking poles were great, but she found her spark lighter didn't work with cold metho. Jo urges others to take their time and enjoy the experience.

Trevor Montgomery (57) from Queensland felt very proud after completing his journey (N-S, 07.03.10 to 20.04.10). He says the Bibbulmun Track is unique and a credit to the Foundation and its volunteers. Trevor found resupplying in towns to be excellent, except for a lack of supplies at North Bannister. Highlights included meeting other people on the Track, and having pub meals and a beer in the towns. His boots (no blisters!) were his best equipment, but he had problems with the waist-band on his pack. He suggests carrying large paper-clips to re-seal opened packs of dried vegies.

Chris Johnson (51) from Queensland was "Crikey Crab" and walked his end-to-end with his brother, Len (Sectional, 02.05.09 to 02.06.10). He liked being able to 'get away from it all' and was very impressed with the quality of the Track,

the shelters and the signposting. Highlights included the southern parts, particularly between Torbay and Hidden Valley. Food supplies were no problem, using a combination of prepared food drops supplemented by purchases in towns. Chris rewarded himself each day with a chocolate bar. Not much wildlife was spotted, but some dolphins were seen at Mazzeletti Beach. Chris had good use from his trekking pole, but would have liked a better quality camera. He advises training walks to sort out what's not needed.

Jason Inman (35), also from Queensland, completed and registered an end-to-end (N-S, 14.06.10 to 02.08.10) but provided no details of his journey.

Bryan Brassington (18) from Como was "Tigger" while on the Track (Sectional, 02.01.06 to 21.06.09). His favourite sections included Mts Cooke, Vincent and Cuthbert and his favourite campsite was Dog Pool. A Coleman gas stove was among Bryan's best equipment and replaced a Trangia, which was his worst.

Phil Dufty (51) from Darlington walked during consecutive springs (Sectional, S-N, 17.11.90 to 26.11.95) in the earlier days of the Track development. With no shelters or water-tanks, finding good water was a constant issue, so food and water were stashed on some sections. Favourite sections were around the Pemberton region, and highlights included swimming in streams, using the 'new' shelters near Mundaring and a close encounter with wild pigs! In those days, the Track was very quiet, with few people and little wildlife to be seen, and it finished at Walpole. His best equipment was a fly screen tent inner to escape from the march flies. Phil advises walking in Spring.

Andy Fawcett (22) of Geraldton claims that walking the Bibbulmun Track was a great way to spend a few weeks (N-S, 10.11.08 to 27.11.08) even though it was not as challenging as he'd hoped. His favourite sections were between Walpole and Albany, and highlights included a brilliant sunset at Kimberling Hill, walking over tiger snakes in a thunderstorm and walking in knee-deep water for two days. Andy's Aarn pack and his Jetboil stove were among his best equipment. He says not to underestimate the physical limits of the human body, and maintains that anyone could walk the Track – the only thing stopping them would be their mind.

Ken Douglas (54) from Bicton says preparation was the key to the success of his first long

walk (Sectional, N-S, 25.09.09 to 22.04.10). He prepared food supplies before departure and posted parcels to major rest-day towns. Donnelly River Village to Pemberton was his favourite section, and highlights included his first view of the Southern Ocean and Chatham Island. Ken loved his walking poles and now wouldn't leave home without them. He advises training walks to build up legs, feet and endurance levels.

Debra Parody (50) from Gngangara was "E2EBAAT" (if you're wondering – "End to end, bit at a time") during her walk (Sectional, N-S, 11.04.04 to 19.04.10). She feels privileged to have such a great facility here in WA and thanks Track volunteers for their tireless work. She enjoyed the quiet times on her walk, but loved meeting and talking with other walkers and hearing their stories. Debra ate well, and always packed extra chocolate and jubes for sweet treats. The southern coastal sections towards Albany were special. Birds and wildflowers were a treat, but the few snakes she saw were not so exciting! Debra says that breaking in new boots is particularly important before sectional walks.

Lesley Howe (52) of Como called herself "Lilly-Legs-Les" during her sometimes solo end-to-end (Sectional, N-S, 10.04.04 to 13.06.10). The variety found in the section between Walpole and Denmark was a highlight – karri and tingle forests, farmland and coastal views. She maintains that a bad day on the Track beats a good day in the office. Lesley loved the peace and quiet and walking in tune with nature. Kangaroos were the most common wildlife seen with only one tiger snake being spotted. Bibbulmun hills are nowhere near as tough as those encountered in Nepal! Her pack and boots were Lesley's best equipment, and a Jetboil stove that fell to bits was her worst. Lesley advises everyone to keep the pack-weight down and to leave the GPS at home ('cos you won't need it).

Candy Koning (61) from Denmark acknowledges that she is 'map-reading challenged' and found her solo end-to-end (S-N, 13.04.10 to 16.06.10) a little stressful when Waugals were sparse! Candy's thorough preparation included leaving food parcels in towns. She loved the solitude of the whole experience and particularly liked the section from Walpole to Northcliffe. Kangaroos, echidnas, emus, owls and many snakes were amongst the wildlife seen. Candy considers herself very lucky, with much to be grateful for. Her fleece neck warmer and silk liner were very useful. She says you're never too old, and if you

can't find the right person to walk with, then do it alone!

Rosalyn Pugsley (63) of Mullaloo has taken a long time to complete her journey (Sectional, 17.08.97 to 19.06.10), but she feels a great sense of achievement and her family is very proud of her. Carrying a heavy pack has not got any easier over the years! Her favourite sections were along the Donnelly River in spring, and Mts Vincent and Cuthbert. Other highlights were the amazing wildflowers, a misty sunrise in the Helena valley, and the sunset at Mt Wells which made up for the exhausting climb. Rosalyn was lucky enough to see whales along the south coast. She liked her head torch and boots, but not the sleeping mat that let her down. She advises learning about the flowers and trees, and keeping a diary of your journey.

Lonie Flynn (55) and **Steve Stone** (48) of Augusta were the "Flynnstones" on their enjoyable trek (S-N, 11.05.10 to 23.06.10). Peaceful Bay to Walpole was a favourite section, and they also enjoyed the 'mountains' of the Darling Range. They had no trouble finding supplies in the towns and thoroughly recommend the mixed grill at the Northcliffe Hotel. The Bibbulmun Track was one of their longest walks so far and compared very favourably with scenery and facilities, but a few more Waugals would have been welcome in some places. Possums and quendas visited them in the shelters. Their billy and camera were amongst their best equipment.

John Wynne (57) from Gooseberry Hill found solitary walking (Sectional, N-S, 08.06.03 to 30.06.10) to be good for the soul and a great way to de-stress. He loved the peace, relaxation and the freedom to make his own decisions – and found that encounters with wildlife can be much more close-up when you are by yourself. John's favourite section was from DRV to Pemberton (lotsa hills!), and his Track highlights included a sunset at Waalegh, forest fog in banksias near Collie and a full moon on the karris around Beavis. He says to plan, start slowly, and don't let anything put you off.

John Jones (68) of Mullaloo was "JJ" and his brother, **Stephen Jones** (64) of Edgewater, was "Spike" as they walked the Track together (Sectional, 13.11.99 to 03.07.10). Both were very appreciative of the Track's creators and maintenance volunteers. They used some food drops, but had no problems re-supplying in towns along the way. John's favourite section was walking from the coastline into the Valley of the Giants, whereas Stephen preferred their last sections in the Blackwood district. A highlight for both was meeting "The Mad Axeman" on the Track! During his journey, John loved the personal physical challenge, thought a lot about life and even hugged the trees. Stephen also enjoyed the hike, but now he's looking forward to shorter day or simple overnight walks where he doesn't have to carry such a full pack. Walking poles were their best equipment, but 'worn-out' knees and cold sleeping bags were not liked. They urge others to prepare thoroughly and then 'just do it'.

Kiak Pheng Lim (23) from Willetton loved the great views, beautiful scenery and excellent facilities on the Track (sectional-S, 20.07.09 to 14.07.10). He felt happy every day – even if cold, wet, tired and hungry! His favourite sections were along the south coast and highlights included crossing Torbay Inlet in chest-deep water and walking along Mazzeletti Beach while a storm was brewing. Having the time to ponder the important things in life was good, as was being able to keep things simple. He saw an amazing variety of wildlife, including the ever-annoying bush rats. Kiak says the Bibbulmun Track is truly world-class with its well-maintained shelters and water tanks. He urges others to just get out there, to waterproof your gear, to travel light and to carry extra cash to spend in the towns.

Audrey Crompton, from Karrinyup, walked with **Richard Prince** (65) from Guilderton (S-N, 09.05.10 to 15.07.10) to raise money for the Motor Neurone Disease Association. Audrey says she learned more about her personal strengths and weaknesses, her determination and personal growth. Both found it too hard to choose a favourite section, but highlights included the diversity of the Track, the vibrant skies and stars at night, the shelters, views and campfires. Richard found no problems with food supplies, and Audrey enjoyed the 'real' water in the tanks! A hot-water bottle was among her best equipment. Richard says he felt very small while among Nature's diversity. Their trek was a great opportunity and while it was no 'walk-in-the-park', it was well worth doing according to Audrey.

Russell Winter (44) from Hamilton Hill was known as "Jack Frost" during his journey (Sectional, 2.05.10 to 23.07.10). The day from Beavis to Beedelup was his favourite, but he also liked the beaches and inlet crossings, and enjoyed a refreshing dip in Lake Maringup. Cheesy macaroni was a culinary hit. Russell saw emus, kangaroos and pigs along the way. His Exped down-mat was his best piece of equipment. Walking in winter is advised as there are no ticks, no flies, no mossies, plenty of water, beautiful walking weather – also less people!





Ron Mathers (68) of Wembley Downs, is very pleased to have finally completed his end-to-end (Sectional, 2000 to 06.08.10) after what started as just a couple of walks, then became a few more, and finally grew to completing the Track. It wasn't an easy walk, with hip replacements taking place in 2006 and 2008, but Ron maintains he didn't have enough brains to stop! His highlights were many – walking on leaf-littered paths through tree tunnels, crossing the inlet by canoe, ocean views, seeing wildlife, meeting other walkers and finishing each section completely exhausted. Ron dehydrated much of his food supply before each walk. His advice for others is to keep going even if, at times, you question why you're doing it.

Robert Charles Coops (61) of Dalkeith has completed his second end-to-end (Sectional, 03.06.05 to 27.08.10) and remains amazed at the work of volunteers and DEC to make the Track what it is. Robert enjoyed the whole trek, and his favourite sections were between Northcliffe and Albany. He urges walkers to purchase the best, and lightest, equipment they can afford and to carry only what is absolutely necessary.

Ross Sanders (51) from Duncraig feels that winter is a great time to walk the Track (Sectional, N-S, 02.10.04 to 31.08.10). He preferred the Walpole to Giants section, but enjoyed the variation and views all along the way. The shelters at the end of the day allow the Bibbulmun Track to compare very favourably with other walks. Ross had no trouble re-supplying in towns. His Northface boots and Deuter pack were his best equipment. He advises carrying some extra food, and buying good boots and backpack.

Pippa (57) and **Richard** (58) **Moore**, from Quedjinup, walked as "The Karri Patch Couple" (N-S, 18.07.10 to 14.09.10). They enjoyed the physical challenge as well as being able to discover a simple, uncluttered life. Richard loved the wild, remote areas and Pippa's favourite sections were through the karri and tingle. Highlights of their trek included seeing the early morning sparkle of raindrops on forest understorey, walking through bracing weather on the south coast and watching the sunset at Mt Chance. Dehydrating their food worked well, and Pippa says they were able to lighten their loads when they realised they didn't have to eat so much. For Richard, the walk provided an opportunity to ponder new priorities in life's transition after raising a family and following a career. It was a life-changing experience in terms of fitness and weight loss for Pippa. Both think it is the best long-distance walk in Australia and are appreciative of volunteer commitment to maintenance. They advise thorough planning and making an early start each morning.

Isaac Sealey (18), from Bayswater, called himself "Ironlegs" and says it still hasn't sunk in that he actually walked the whole distance (N-S, 28.07.10 to 17.09.10). He can't wait to share the Track with his friends. He advises carrying more food towards the end of your trek and says chocolate rules! Northcliffe to Walpole was Isaac's favourite section and he also enjoyed the views from Monadnocks and Mt Chance, and the sunset at Mt Wells. A huge variety of wildlife was seen, including quokkas. His best equipment was a replacement sleeping bag after his original one wasn't warm enough for a very cold night at

Neerang. He urges other walkers to train, and buy the best equipment you can.

Jessica Martyn (20), or "Jaye", of South Guildford loved the solitude found on her walk (N-S, 20.08.10 to 22.09.10) and camped most nights. She particularly enjoyed seeing the ocean at Mandalay Beach, the sunset at Blackwood campsite and making an early start to each day. Green apples were eaten every day and a kilo of almonds each week! Jessica craved fresh fruit and vegies as she approached each town, and stocked up well. Among the wildlife seen were whales in Albany, and she enjoyed hand-feeding the emu at DRV. Jessica found it was possible to make dinner, write in her journal and even have brekky without having to get out of her sleeping bag!

Philip Friend (54) of Bentley loved his walks (Sectional, N-S, Oct 95 to 28.09.10) as they allowed for a real appreciation of different views and micro-systems. He was in awe and wonder at the beauty of the ever changing scenery as he walked southwards. His favourite sections were south of Balingup, and highlights included a glorious day dawning over the top of Mt Hallowell. He found it was good to vary his diet as he passed through towns. A huge range of wildlife was seen over the years. An Oztrail tent was among Philip's best equipment and he urges others to get to know the wonders of the south coast of WA!

Quadruple end-to-end? No way, you say, but it has been done. **David Anderson** aka "Pack Animal" has completed a quadruple end-to-end, walking between 26.03.10 and 07.10.10. He found it hard to nominate a single, favourite section of Track, but special highlights included walking back into Kalamunda at the conclusion of his quadruple trek and seeing other people achieve their goals. The chair at the Kalamunda Hotel at the end was particularly enjoyable! In David's words, his personal feelings included amazement, happiness, satisfaction, contentment, delight, joy, loneliness, pain, sadness, shock, frustration, stress, anger and fear. Best equipment included his 75-ltr Parlooka travel pack and 3-ltr Camelbak. His advice for others is to drink plenty of water, travel light, and become a BTF member. Well done, David!

Wayne Houston (59) of Samson (Sectional, S-N, 22.04.04 to 08.10.10) found the Track to be well-maintained, well marked and easy to follow, even on the more challenging sections. Re-supplying in towns presented no problems, and sharing food ideas with other walkers was good. Lake Maringup to Dog Pool was Wayne's favourite section, but reaching the coast at Mandalay Beach was very special. Other highlights included watching sunsets from the top of Mt Chance and Woolbales, and walking along the beach from Torbay. Wayne loved his walking poles, and carried his tent all the way – but only used it twice! He says his end-to-end was a lovely way to share a common interest with other people, and advises others to "just do it!"

Robert Kilpin (62) otherwise known as "Trail + Error", from Mt Lawley, felt very satisfied after completing his personal challenge (N-S, 24.08.10 to 15.10.10). He was impressed that a

walk of this distance and diversity is attainable by any reasonably fit and determined person. His favourite sections were around the Mt Cooke area, Northcliffe to Dog Pool and Walpole to Boat Harbour. Highlights included the views from Mt Cooke, walking through the tangles near Walpole and meeting other people at campsites and in the towns. Robert found the walk gave him a better understanding of the problems in maintaining the ecological health of WA within the realm of climate change. He found it easy, but sometimes expensive, to re-supply in towns. He advises others to listen to experienced walkers talking about equipment. He also had a suggestion – draught beer laid on at the shelters!

Junell (58) and **Phillip** (60) **Jones**, of West Leederville, were both impressed with facilities along the Track (Sectional, 29.08.98 to 06.10.10) and are appreciative of maintenance work. Phillip loved the tall forest areas and Junell also liked the coast near Albany. Dehydrated food and fuel stoves worked well for them. Watching the evening and morning changes in the forest and listening to the birds were highlights for Junell. Phillip enjoyed the company of friends along the way and the country hotels at the end of each section. It was a welcome change from work-life for Phillip; Junell liked her improvement in fitness, the sense of achievement and fun, and both enjoyed the company of like-minded people. The Bibbulmun Track compares very favourably with previous overseas walks. Fixomul, Thermarests and boots were among their best equipment, but Junell would love to have a poncho that doesn't let water drip around her neck! They advise buying good equipment so that it will last.

Apologies to **Trevor Carboon** whose surname was misspelt in issue 54 of Bibbulmun News. Here is his entry as it should have read:

Trevor Carboon (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. 🌿

Compiled by Charmaine Harris
BTF Volunteer and End-to Ender

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.

Walker Story ...

JEFF GRESHAM MEETS AN UNUSUAL WALKER ON THE TRACK. IS DAVE (AKA 'PACK ANIMAL') REALLY DOING A QUADRUPLE WALK OF THE TRACK - EVERY STEP OF THE WAY FOUR TIMES WITHOUT A BREAK? THIS IS JEFF'S STORY:

Pack Animal

I was in training for a Himalayan Trek, and I thought a short stint on the Bibbulmun Track essential for my preparation. The Donnelly River to Pemberton section suited my timetable and purpose.

For the first three nights I had shelters to myself – glorious isolation.

As I approached Beedelup I began picking up bits of dry wood for the evening fire, but as I rounded the corner of the shelter I came to an abrupt halt – what was this?

A fire was already alight, with a billy boiling on the hot-plate.

As I added my meagre collection to the wood pile a lean figure emerged from the shelter.

"I'm Dave."

We conduct the usual Track pleasantries. Dave is going on to Kalamunda and I'm wimping out tomorrow at Pemberton.

Armed with a welcome cup of tea from Dave's billy I take a look at the Track register.

There is an entry for today, but the name is not Dave. 'Pack Animal' it says.

Dave confirms this is his Track name – he changed it when he last arrived in Albany.

Serious walkers ascribe names to themselves, which sometimes convey an aggressive sound – take the 'Mad Axeman' for example. He's walked the Track 13 times – that's Perth to London!

I enquire of 'Pack' (that's how I think of him) as to the origin of his unusual sobriquet and asked him if he planned to change his name by deed poll when he returned to civilisation.

He laughed – the first name came about after some day walkers had made derogatory comments about his pack being 'of the luggage variety'. The 'Animal' part he glossed over – possibly wisely.

His entry in the register says Ka-A-Ka-A-Ka, and he tells me he is on a quadruple walk, four end-to-ends without a break.

His logic is that you are not an 'end-to-ender' unless you have at least walked from Kalamunda to Albany to Kalamunda without a break. I struggle with this thought process.

To 'Pack', rest days in towns are an anathema. For him, a rest day is spent in a shelter.

We shook hands and went our separate ways in the morning. 🌿

Jeff Gresham
September 2010

Ed: Dave completed his journey in October (see entry in 'Yes, they did it!') - it would be interesting to know how Dave is adapting to life back in 'society' after 6 1/2 months on the Track. Perhaps he was in training for the Appalachian Trail!

HIRE EQUIPMENT prices

ITEMS	MEMBERS	NON-MEMBERS
Backpack	\$27.00	\$33.00
Sleeping Bag/Liner	\$20.00	\$25.00
Sleeping Mat	\$ 3.00	\$ 5.00
Stove	\$22.00	\$27.00
Tent	\$37.00	\$42.00
*PLB	\$35.00	\$45.00
*PLB end to end hire	\$170.00	\$200.00

*PLB = Personal Locator Beacon

All prices include GST and are for one to seven days

PACKAGE A \$60.00 \$80.00

INCLUDES: Backpack, sleeping bag/liner, sleeping mat, stove

PACKAGE B \$90.00 \$115.00

INCLUDES: Backpack, sleeping bag/liner, sleeping mat, stove, tent

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

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or call: (08) 9481 0551

Accommodation, Tours and Services

The following businesses have supported the Track by becoming Affiliated Members. Please take a look and remember them when you next book a tour or accommodation. The Foundation is happy to welcome DONNELLY LAKES CHALETS who have joined recently. Thanks to all our Affiliated Organisations for their support!

BUSINESS NAME	TOWN	TYPE OF BUSINESS	PHONE NO.	DISCOUNT OFFERED TO MEMBERS
ADVENTURE WILD	PERTH	Tour operator	www.adventurewild.com.au	
ADVENTUROUS WOMEN	PERTH	Tour operator	(08) 9467 7304	
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	
WESTINGTON 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	
DONNELLY LAKES CHALETS	PEMBERTON	Accommodation	(08) 9776 2005	
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 KIANS	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	[change] 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.
BEST WESTERN ALBANY MOTEL & APARTMENTS	ALBANY	Accommodation	(08) 9845 7500	
NORMAN HOUSE	ALBANY	Accommodation	(08) 9841 5995	5%.



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Pemberton

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Albany

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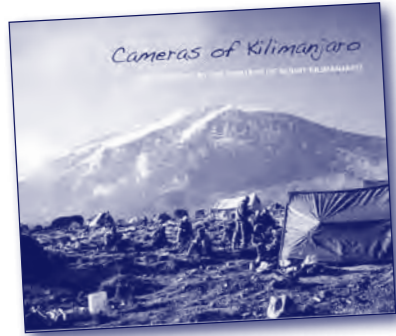
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CAMERAS OF KILIMANJARO



The book, 'Cameras of Kilimanjaro' is the result of a two-year project by the Porters of Kilimanjaro Photographic Project to collate photographs taken by the porters who work on Mount Kilimanjaro. Perth resident and coordinator of the project, Helen Osler, climbed the mountain in 2008. Inspired by the porters' curiosity with her cameras, Helen began distributing disposable cameras to them, to enable them to record their own stories of life on the mountain.

To date, over fifty disposable cameras and a handful of digital cameras have travelled half way around the world to the peak of Africa's highest mountain and then, via fortuitous encounters with generous travellers, found their way back to Australia and into this unique 104 page full colour book. Anyone who has climbed Kilimanjaro will know what an integral part of their trip the porters were. However there are significant issues on the mountain with regards to porter welfare that many climbers remain unaware of:-

- Porters can be extremely underpaid for the difficult work they do;
- Many do not have adequate clothing for existing in such an extreme environment;
- Tips paid by climbers are not always distributed to the porters and many of them sleep in overcrowded tents and eat poor quality food.

All profits from the sales of Cameras of Kilimanjaro will be donated to the Kilimanjaro Porters Assistance Project (www.kiliporters.org) to help address these issues and improve the working conditions of porters on the mountain. The book also contains interviews with the porters, facts regarding porters' working conditions and information on the mountain itself. For more information and to purchase the book visit www.porterphotoproject.com

No More Metal Posts!

Following the agreement of DEC not to replace the existing Waugal markers on trees and wooden posts with markers on metal posts (see article in Bibbulmun News #53, page 20), Foundation lead guide Steve Sertis recently led a small team of volunteers to find and remove those metal posts that had been installed in the Perth Hills on a trial basis.

The pictures show the group at work removing the metal posts and restoring Waugal markers to the wooden signs and trees along the Track.

If any walkers encounter metal markers on the Track we would appreciate them informing the Foundation by telephone or email, or by dropping in to visit at the Hay Street office. It would be very useful if the location of any such signage could be identified as accurately as possible.

Please note that the square post markers will be used in the following circumstances:

1. In recreation sites where the new thematic sign system has been developed and implemented (e.g. the Walpole Wilderness area) or
2. Where there is dual alignment with another trail that is marked with metal ezi-drive posts.



Volunteers remove the metal posts in the Perth Hills and replace the Waugal trail markers on the original wooden posts and trees. Many thanks to Nola Chamberlain, Eric Chamberlain, Sue Hanson Chris Plunkett and Steve Sertis for volunteering their time and energy.

Walker Story...

- What a difference a walk makes

Walkers undertake an end-to-end for many and varied reasons. Wayne's motivation began with a desire to introduce his son to the bush, and developed into a personal passion. After many difficult years he has finally achieved his dream. This is his story:



I have just completed my long cherished dream of completing an 'end-to-end'. My journey began in April 2004, when my wife and I were trying to deal with a son who had got into drugs and crime. We were at a loss and feeling overwhelmed, guilty and confused.

Somewhere I had read about the Bibbulmun Track and I thought if maybe I could convince our son to get away for a while it might show him something different and break the cycle. I asked him one befuddled night if he would like to 'go bush'.

He was in a highly emotional, distressed and confused state but he agreed. I grabbed the opportunity and the following morning took him to the Foundation office in Perth. The voluntary staff were very helpful and advised us to start with the section from Brookton Highway to Sullivan Rock.

I wanted to start from Kalamunda, but the experts said that as we hadn't done any previous walking we might get completely turned off if we tried that! They explained what gear we needed and we hired it from the Foundation. The following day we set off - and as they say, the rest is history. I had no experience of the bush, had never been camping before and had led a sedentary lifestyle.

My son's mental state led him to talk incessantly and not sleep at all on our getaway. He wrote rubbish in the camp diaries and I remember at the time being very embarrassed - but also feeling maybe this was doing him some good.

I am not sure whether it helped him, but it certainly opened up new experiences for me. I fell in love with the bush, the peace it offered, the beauty of the terrain, animals and plants. I couldn't wait to get out there again. Later that year in October I asked him if he would like to go back (by then he had settled down and we thought the drug usage had disappeared). He agreed to go.

This time we walked from North Bannister to Sullivan Rock. We were still very green and I didn't know at the time that it was advisable to check the Track conditions before leaving home. Imagine our dismay and horror arriving at the Nerang campsite to find the shelter and water tank had burned down. The one thing I hadn't purchased was a tent. We spent a freezing night exposed to the elements and woke to find ice on ourselves and on our camping equipment. Nevertheless we persisted and completed that section.

The following year I made plans to walk again. My son didn't want to go, but now my wife was keen to walk. In April 2005 we set out from Kalamunda to Mundaring, and on to Ball Creek. My wife was hooked and wanted to walk again. In October of 2006 we hiked from Mundaring to the Brookton Highway. By now I was super keen and just wanted to do the 'end-to-end', but I had to wait owing to work commitments, and a further relapse of our son saw more confusing and desperate years.

I continued to dream, plan and hope for an opportunity. Our son managed to get and keep another apprenticeship and to settle down. He now works in the mines on a 'fly in fly out' basis. So this year I planned for 'my time'. My birthday present to myself was to set out from North Bannister by myself (my wife was so jealous because she couldn't get time off work but planned to join me in Collie) and continue the journey to completion.

On October 8th this year we reached the Southern Terminus in Albany after 45 days of walking plus eight rest days. I have mixed emotions - exhilaration, wonder, a huge sense of completion of purpose, joy, loss - what to do next - gratefulness for all the hard work DEC workers and BTF volunteers do and memory of the pain, hurt, trauma associated with the beginning of the journey with our son.

Thank You - it truly has been a wondrous experience.

Wayne

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Christmas Gift Ideas

Give the gift that lasts the whole year (or three!)

A Bibbulmun Track Membership

Individual - 1 yr \$40 OR - 3 yrs \$105

Senior - 1 yr \$30 OR 3 yrs \$75

"The Bibbulmun Track. Its history, its beauty, its walkers"

Written by Foundation member and volunteer Jim Baker, this is a great read and the perfect Christmas gift. Available from the Foundation for only \$27.50, it describes the Track from the original vision in the 1970s to the present day in words and photographs and takes the reader on a 'virtual walk' of the Track from Kalamunda to Albany.

For the ladies

White short sleeved fitted t-shirt with Bibb Track logo
\$17.50 (rrp \$24.95)

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Mountain Designs daypack with Bibb Track logo.
Three colours (blue, black & sage)
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Christmas Gift Vouchers available (can be used on merchandise, an event from the Calendar or a Bibbulmun Walking Break)

IDEA!!!

Use Bibbulmun Track postcards for your overseas Christmas greeting cards
Large \$1.00 Small 70c



COMMUNITY INFO PROGRAM



Spring is a very busy time of the year for community events and the Bibbulmun Track was represented at four in the space of three weeks. It is great to be able to get out and talk to people about the Track and encourage them to try it for themselves.

An annual event, Trek the Trail takes place on different sections of the Railway Reserves Heritage trail in the Perth hills. Unfortunately it has been plagued with bad weather over the last couple of years, but this year the sunshine brought out the crowds, with over 5,000 taking part. This multi-use trail has recently undergone a revamp with new signage and interpretation and is well worth investigating.

The Foundation joined forces once again with other trail organisations under the Top Trails banner to attend the Kings Park Wildflower Festival. Once again the weather brought out the crowds and the stand created a lot of interest in the Bibbulmun Track and other trails in the State.

Thank you to these good folk who gave their time at this event:

Linda Daniels	Rory Najjar
Barbara Calcraft	Caroline Badminton
Sandi Nielsen	Gary Dennis
Lionel Lovell	Nick Brownjohn
Jane Greenwood	Jen Marsh
Erica Martin	Marina Hatch
Jenny Clark	Karen Dowling

The Bibbulmun Track 'mock shelter' has become a permanent fixture in the Landcare Pavilion at the week-long Royal Show. A total of 48 volunteers were rostered throughout the week and although we are sometimes 'preaching to the converted', it is still surprising how many people still don't know anything about the Track. Volunteers are rewarded for their time by being able to enjoy the show for free before or after their roster time, and our thanks go to:

Mike Allanson	Deb Badger
Julie Bessant	Dorothy Blake
Barbara Calcraft	Tina Campbell
Mike Carter	Jennie Cornish
Mal Dennett	Gary Dennis
Annie Didcott	Karen Dowling
Janey Glauser	Ruedi Glauser
Marina Hatch	Jenny Holycross
Junelle Jones	Philip Jones
George Kammann	Rik Kort
Gabriella La Bianca	Dianne Larsen
Ross Leighton	Nick Lethbridge
Deb Lethbridge	Angela Loucaides
Terry Manford	Joy McGilvray
Malcolm McGilvray	Merle Milentis
Rory Najjar	Sandi Neilsen
Terry O'Hara	Russell Peterkin
Gwen Plunkett	Chris Plunkett
Wolfgang Schlieben	Kris Sheehan
Kylie Taylor	Adrian Taylor
Diane Tinker	David Woodworth
David Wrigley	

No sooner than the Show was over Gwen, Charmaine Harris, and Carol Jowett were busy giving out information at the annual Walk the Zig-Zag event in Kalamunda. This event is growing each year and the Bibbulmun Track has a permanent spot right next to Kanyana Wildlife, which is always a huge draw-card.

A big THANK YOU to all who helped with the Community Info Program in 2010. 🌸

Jean Byrne
Marketing Manager



Physical Facets

TIPS FOR TREKKERS

by Isabel Busch

Here are some "snippets" picked up on the Track that may have an effect on your physical wellbeing



Snippet #1 – Complacency

Complacency may be defined as: "A feeling of contentment or self-satisfaction, especially when coupled with an unawareness of danger or trouble".

The more extended walks you tick off your list, the more knowledgeable you become of the factors that make for a safe and enjoyable trek. However, this is where complacency can raise its ugly head. We experienced this in September last year when we set out from Denmark to walk to Northcliffe. We had walked this area in September 2004, walking north to south – so we "knew" it, and chose to lighten our load with light weight and low rated sleeping bags. This was our first big mistake, which caused us maximum discomfort at night as the weather was terrible and we froze. Our second mistake was in not considering that as we were walking in a different direction than previously, we arrived on the beach at a different time...at high tide – or was the high tide due to the storm front? This compromised our safety as the high water and swells reduced the available area of beach we could walk along. Injury is risked when trying to out-run waves. It also made following the Track along the beach increasingly difficult, resulting in us putting ourselves in compromising situations as we endeavoured to find where the Track left the beach. We also experienced major fronts coming through each day resulting in very strong head winds, with sand blasting into every orifice, threatening both injury and safety.

Amazingly we enjoyed our walk, although we decided to stop at Walpole as the water level on the Pingerup Plains was way higher than we wished to endure. We went home with a reminder that next time we set out we will pay much greater attention to detail no matter how much we "know" about the Track.

Snippet #2 – Compression Garments

I am hearing from walkers that they are benefiting from wearing long leg compression garments. On researching the web page of a popular brand I have found there is much information on the reasons why – they reduce the build up of lactic acid immediately after periods of sustained exercise and allow for the rapid return to normal levels. Less fatigue experienced, soreness is reduced and recovery is faster. It is said you feel fresher after heavy bouts of exercise and delayed muscle soreness is minimized. There is increased blood flow to muscles giving increased muscle efficiency. Jet lag is said to be reduced if the garments are worn when flying long distances. They can be worn during exercise and/or afterwards and can also be worn in bed.

I have included two web sites with lots of scientific information; however I do not know the quality of the research offered. The popular brand is endorsed by the Australian Physiotherapy Association and they have researched their usefulness.

http://www.skins.net/skins_lab/science.aspx

http://www.compressiontights.com.au/#Medical_Articles

Read for yourself and chat to others before you buy as they are not a cheap product. It seems from my research that it may be wise to buy the best as others may not perform as well. I intend to use them on my walk in Europe in September and will report on my personal findings in the next issue of Physical Facets.

Snippet #3 – Bullants

No, not the pesky big black insects but a neat, small, light-weight alternative to the whole Trangia package. During our September wander we met a couple from Burnie in Tasmania who had one of these and after much searching I tracked down the maker – Peter, also from Burnie – who decided some 10 plus years ago that he really wanted a fuel stove that weighed less than the Trangia. He set about inventing another option, the result of which is a small metal stand into which the Trangia burner sits perfectly and the pots sit on top. You can use a wind shield if needed. This eliminates the need for the two outer Trangia pieces and thus reduces weight and space. The Bullant weighs 60grams, the Trangia outer pots weigh 420 grams and with the fry pan top the total is 630 grams – so you can see the weight you are saving. Bullants are available at the Office – cost of the Bullant only is \$35 with \$1.60 postage. The foil is \$10 and postage with the Bullant is \$4.80



Snippet #4 – Hikers' wool

This is 100% pure NZ lambs wool, lanolin rich, washed and provides a great cushioning effect for your feet. It provides friction free comfort avoiding blisters and pain – just tear off what you need and wrap it around your toes or point of pressure before putting on your socks. Check out the web site at www.hikerswool.co.nz for all the information about this great product. Thanks Trish for giving me the tip.

Snippet #5 – Trekking poles

A study has been done at Northumbria University which shows that hiking with trekking poles helps maintain muscle function and significantly reduces muscle soreness in the days following a hike. 🌸

Read on at <http://www.dsr.wa.gov.au/index.php?id=4251>
(Ed: Also see article by Stuart Gray on page 11.)

Isabel Busch is a recognised Physiotherapist, BTF member and volunteer guide.

PRIZE WINNING MEMBERS

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

April: Paul Kovalevs won an Ipoed! pocket trowel, kindly donated by gold sponsor Sea to Summit.

Second prize of a 'Light my Fire' cup went to Barbara Brennan.

May: John Rana won an 8 litre dry sac, kindly donated by gold sponsor Sea to Summit.

Second prize of an Australian Geographic compass went to Bruce Brodie.

June: Elizabeth Killerby won "Tuart Dwellers", a children's book by Jan Ramage, kindly donated by the Department of Environment and Conservation (DEC).

Second prize of a polycarbonate Track Cutlery Set went to the O'Donoghue family.

July: Ailiec McKenney won a microfibre Pocket Towel kindly donated by Sea to Summit.

Second prize of a Bush Book on Common Butterflies of the South West kindly donated by DEC went to Meg Hannington.

August: Geoff Sherwin won a poncho and a Waugal pin.

Second Prize of a polycarbonate cutlery set kindly donated by gold sponsor, Sea to Summit were Tim and Teresa Griffin.

September: Roy Brown won Jeemuluk the Young Noisy Scrub Bird, a children's book kindly donated by DEC.

Second prize winner Alice Borrows received a Bush Book Discovering Karri Forests of Western Australia.

October: Tara Mendham won an X Plate kindly donated by gold sponsor Sea to Summit.

Second prize winner Peter Willis received a clothesline kindly donated by gold sponsor Sea to Summit.

The winner of the mid-year draw for members renewing as a life member was Charlie Noble. His prize was a \$300 Mountain Designs voucher.

Outstanding Service Awards 2010

CHARMAINE HARRIS AND WENDY NELSON



Wendy has been a volunteer with the Bibbulmun Track Foundation since 2002 and Charmaine since 2004. Together they make a pretty formidable team.

Charmaine was introduced to the Track by Wendy and it was not long before Wendy co-opted her to assist with the maintenance of a section of the Track which includes Canning Campsite.

They are both experienced volunteer guides, leading day and overnight walks for women, as well as a variety of day walks for Foundation members. Over the years they have also led the Teen Trek - a three-day walk for teenagers held during the school holidays. Both also play a vital role as guides and volunteers on our annual Mountain Designs Bibbulmun Team Challenge.

These two Bibb Track enthusiasts, known as FOF #1 and #2, have completed a number of end-to-end walks; most notably an autumn/winter double end-to-end in a little over three months. Over last summer they completed another end-to-end, this time taking photos and notes of any problems along the Track. Being experienced maintenance volunteers they knew just what to look for and were able to provide a detailed report for DEC.

About a year ago Charmaine retired and now volunteers for one day each week in the office to assist with the coordination of our volunteers. She also writes the 'Yes, they did it!' article for Bibbulmun News. It's quite a job to read each end-to-ender's registration and write a brief resume of their achievement.

Sadly (for us!), Wendy and her husband Allen are retiring to Tasmania. They leave Perth in December to enjoy a few weeks in their new home before travelling to America to walk the Appalachian Trail. At 3506 kilometres this is roughly the equivalent of three end-to-ends on the Bibbulmun Track - but over vastly different terrain. We wish them a safe and enjoyable journey.

The Foundation is very sorry to lose Wendy as she has been a wonderful volunteer in her own right, as well as a great team with Charmaine. We thank them both very sincerely and we are very grateful that we still have one half of the famous, or maybe that should be infamous, pair.

An Outstanding Service Award is richly deserved by both Wendy and Charmaine in recognition of their great contribution, individually and together, to the Bibbulmun Track Foundation and to the Bibbulmun Track over so many years.



JOHN HARDMAN

John is one of the original group of volunteers who joined the Eyes on the Ground Maintenance program in February 1998 and since then has maintained a section of the Track south of Dwellingup which includes Swamp Oak Campsite.

Initially John had the help of the Walliston Venturer group, but in recent years he has been working alone. During that time John put in two separate realignments, each of which took walkers off a straight, steep and slippery slope and onto a winding and far more interesting walk through the bush.

In addition to being a maintenance volunteer, John is also one of our most experienced volunteer guides leading both day walks and overnight walks; imparting his knowledge to inexperienced walkers about the correct gear required to undertake a successful walk.

Since 2003 John has been closely involved with the Mountain Designs Bibbulmun Team Challenge as a guide and a volunteer. He has been instrumental in designing and constructing some of the equipment used in the physical challenges and spends many hours assisting the Lead Guide with reconnaissance trips and preparation for the Challenge each year.

John has also been of great assistance as a volunteer in the office. Being an electrician by trade, he has assisted us in procuring and installing electronic equipment and undertakes the annual electrical safety audit which is an onerous task with so many pieces of equipment and appliances to be checked, many of them located at floor level.

An Outstanding Service Award is appropriate recognition of his professionalism, enthusiasm and commitment to the Bibbulmun Track.

Track re-routed at Glen Mervyn Dam

Many Bibbulmun Track walkers will be pleased to hear that work has been completed on the stretch of the Track that skirts and then crosses the Glen Mervyn Dam, south of Collie between the Yabberup and Noggerup campsites.

For many years walkers have put up with the litter (and worse) left by people camping around the shores of the dam. Much of the campsite area has now been rehabilitated to natural bush land, as have the roads leading to it. Three tonnes of rubbish and debris have been removed, the Track has been realigned to avoid the remaining campsites and new signage has been installed.

In addition a septic tank has been installed and a toilet block will be built, which hopefully will enable campers to leave the area in a more hygienic condition.



The new alignment takes walkers close to the water's edge at Glen Mervyn Dam.



Illegal camping areas have been 'ripped' to deter camping and encourage regeneration



Bossiaea linophylla - a member of the pea family

Bug Suits and Box Nets

SEA TO SUMMIT

Ideal for trekking, travelling and wilderness camping, our mozzie net and bug suit are essential protection against insect borne illness. Superfine 80 hole per/cm² No-See-Um mesh provides an impenetrable bug barrier and compact packability.

enquiries@seatosummit.com.au
1800 787 677

Thank you! Thank you!

A sincere thank you to the following walkers who have generously made donations to the Foundation.

John Wynn	David Wrigley
Jeff Grisham	Gwen McNaught
Trevor Montgomery	Bonita Emsley
Emma Jack	Wayne Thomas

Many thanks to Carol and Rob Jowett for their donation of two backpacks!

DONATIONS ARE TAX DEDUCTIBLE!

Through the National Trust, donations made to the Foundation are put into a special account and assigned specifically to projects which enhance the environmental sustainability of the Bibbulmun Track. The National Trust provides this service free of charge so you can be sure that 100% of your donation is used for Track projects.

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

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

NOTICE BOARD

ASSORTED GEAR FOR SALE

Backpack - Mountain Designs Bibbulmun 65lt. Dark green/grey. Very good condition. \$100.

Tent - Macpac Microlight UV 30 Multi Pitch, 1 Man, 1.84kg total weight. Green. Very good condition. \$300

Bivy Bag - Bibler Tents. Mosquito net built in. Raised hoods to clear face and feet. Green. 1.33kg total weight. Very good condition. \$150

Down Sleeping bags (Two) - Paddy made Bimberi. +5c. 1.1kg (each). Zip opens from both ends. 2 bags zip together. Blue. Good condition. \$50 each.

Hat - Gor-tex. Large. Almost weightless. Never used. Grey. \$10.

Mosquito nets (Two) - Double bed size. Green. Very good condition. \$10 each.

Phone Kevin on 0427 567 946 or email kevinjohn@westnet.com.au

WALKING COMPANIONS WANTED

Walking companions aged approx. 55 / 65 years wanted for gentle, stress free stroll, end-to-end. Going S/N (negotiable). Leaving around May 2011.

Phone Mel on 0414 762 063

GAS STOVE FOR SALE

MSR Pocket Rocket. Very light weight. Only had little use. Cost ~\$80. Sell \$35.

Phone Peter on (08) 9386 7798

BOOTS FOR SALE

Magnum mens boots for sale. Size USA 11.5 Side zip, lace up, w/proof, VGC, hardly worn. \$100 ono.

Phone Rick on (08) 9888 7036 or email rickclare@bigpond.com

ALL GEAR WANTED!

Can YOU help a new member? If you have done your 'End-to-End' and want to SELL your gear then please phone me. I need ALL gear except boots. THANKS!!

Phone John on 041 990 5031 or email john.arthur@inet.net.au

WALKING COMPANION WANTED

I have completed Donnelly River Village to Albany on the Track and am looking for a partner to do short section walks from Kalamunda to Donnelly River Village during May 2011. I want someone to walk with for 1 - 2 weeks in May 2011 and will continue my quest in the following year till finished.

Phone Janet on (08) 9772 4537

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



TRACK TRIVIA

HI FELLOW WALKERS!

G'day fellow walkers! Took my annual spring trek a few weeks back from Pemberton up to Balingup. I say "up to" in the sense of walking south to north—why do we always say "up north" and "down south"? "Up south" just doesn't sound right, does it? I suppose it's because maps have north at the top and south at the bottom; something my "wrong way" instincts don't always cope with. Last year on the same walk I turned the wrong way out of the Blackwood campsite on the last day and walked half-way back down cardiac hill before I realised I'd got it wrong. Now that is stupid!



The bush was looking splendid with all the flowers, and the rain that poured down in the Blackwood valley on my last day meant that the valley next morning presented itself at its best, with white mist swirling in the early sunlight (see photo). To be graced with a view like that explains in one fell swoop why bush walking is so worthwhile.

I'm often asked by those who intend to walk end-to-end in one "hit" about the pros and cons of starting in Kalamunda or in Albany. If you have the choice it's a point worth thinking about. Forget the smart-arses who will say that walking north is going uphill - I think that's a myth started in Pommie-land during the industrial revolution.

Weather is a consideration. If you are starting in March, some say walk south to north so that you walk into cooler weather. Conversely, if you start in September, walk north to south to walk away from the heat.

Good theory, however, in 2003 I started from Albany on March 3rd. The temperature over the next three days went from 35 to 38 degrees. Ouch!

Since then I've always advocated walking north to south for most of the year. Of course if you are as crazy as the FOFs and want to walk in the night during January and February, go the other way. But there are some sound reasons for starting in Kalamunda even at the end of summer.

The first is the distance between the shelters. If you start in Kalamunda you have a choice on your first day of walking to Hewett's (10 km) or to Ball Creek (20 km) or to Helena (28 km). And so it goes on, giving you choices over the first 80km or so to walk between one, two or three shelters a day. If you start in Albany, Hidden Valley is 20km down the Track and you have no other options.

Secondly there is shade in the northern section, whereas the southern part is very open to the sun. Okay, if you're a hard bitten, sun-tanned person it makes little difference but most people who walk an end-to-end walk themselves into a state of fitness as they go, and are much more able to put up with adverse conditions at the end of their walk.

Thirdly the latter part of the Track actually wends its way from west to east, not north to south. The prevailing wind comes from the south-west. On my first end-to-end I walked the seven kilometers of Mazzeletti Beach in a howling gale that mixed rain and hail in equal proportions. I was going "north to south" so it was on my back...need I say more?

My walk was really enjoyable, and I had the chance to encounter some end-to-enders that I had previously advised, including Fred and Sue. It was interesting to see that Fred had developed a technique of cooking his clothes, something I had not seen before on the Track. Roast shirt and charred sock could become a gourmet Bibbulmun dish. Lesson to be learned is; if they get wet, don't put them too close to the fire, Fred!

A couple more things about the Track.

It seems that many walkers are not aware that after the 10th Anniversary walk in 2008, a tradition was established that every walker who completed an end-to-end should ring a bell, in the Kalamunda Visitors Centre, located at 55 Railway Road, Kalamunda. Below is a picture of Terry Pilbeam ringing the bell after finishing his walk in May this year.

Also I was recently asked by a walker who was having problems with her pack whether she could put it on a trolley of some kind. Please, folks, this is an absolute no-no! No wheels of any kind are allowed on the Track, and that includes bicycles, motor-bikes and any form of trolley. Apart from the problem of erosion, the spores of *Phytophthora cinnamomi* or dieback are easily spread by wheeled vehicles.



Terry Pilbeam ringing the bell after finishing his end-to-end walk

Further to my collection of oddities carried by potential end-to-enders on the Track, such as a box of marine flares and a didgeridoo, I can now add a bottle of bourbon and six litres of Coca-Cola - on the first day out, all carried by one person! It made my two litres of water look positively puny!

Anyway, the weather is warming up but conditions for walking are still good. Remember the sun cream, drink plenty of water and enjoy the bush.

Happy Walking!

Jim Baker (aka Wrong Way Jim)

Ed: Kalamunda Shire is in the process of building a new cultural and community centre which will house a much bigger bell for end-to-enders to ring! We'll have more news about this in the next Bibb News.

Upcoming Events

MORE EVENTS NOW ONLINE! CHECK www.bibbulmuntrack.org.au/Events/Calendar-of-Events.aspx

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

FOOD IN A FUEL STOVE - MARCH 2011

Join Lead Guide and end-to-ender, Steve Sertis, for a fun and interactive evening learning exciting recipes and innovative ideas for preparing healthy food on a portable stove. Includes ingredients, menu, fuel stoves and recipes. You will be cooking and tasting!

Date: Tuesday 8 March, 2011, 6pm

Cost: Members \$50, Non-members \$60

GREAT SOUTHERN EXPEDITION - APRIL 2011 🧑🏫🧑🏫🧑🏫

An excellent trekking adventure of 7, 9 or 16 days between Walpole and Albany. Have you already been on some overnight walks? This trek takes experienced walkers from Walpole to Albany via Denmark.

Choose from:

Option 1 (Walpole to Denmark, 9 days)

Arrive Walpole 17th April - Depart Denmark 25th April

Option 2 (Denmark to Albany, 7 days)

Arrive Denmark 25th April - Depart Albany 1st May OR

Option 3 Join us for the entire 210km from Walpole to Albany!

Arrive Walpole 17 April - Depart Albany 1 May

Explore the glorious karri and tingle forest, walk along rugged coast lines and sandy beaches, cross coastal inlets and traverse high points over looking the great Southern Ocean.

Trekkers must be experienced walkers and will need to apply for this walk. Great for sectional 'end-to-enders'! Applicable options include shared accommodation in Walpole, Peaceful Bay, Denmark and Albany, Peaceful Bay food drop, trained guides, comprehensive planning night, maps, and equipment hire. BYO food. Transport not included. This event will be, in part, over Easter

Planning Night: Tuesday 12 April, 2011, 6:30pm

Option 1 - members \$480 non-members \$500

Option 2 - members \$410 non-members \$430

Option 3 - members \$760 non-members \$800



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

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

27 March 3.30pm	<input type="checkbox"/>
8km return sunset walk from Mundaring Weir Hotel to South Ledge	
10 April 9.00am	<input type="checkbox"/>
14km return walk from Albany Hwy to Boonering Hill	
17 April 8.30am	<input type="checkbox"/>
20km return walk from Dale Road to Brookton Campsite. (Fit and experienced walkers only!)	
1 May 9.30am	<input type="checkbox"/>
7km return from Driver Rd to Dookanelly Campsite (Dwellingup sth)	

22 May 8.30am	<input type="checkbox"/>
20.4km return walk from Kalamunda to Hewett's Hill Campsite. (Fit and experienced walkers only!)	
29 May 9.00am	<input type="checkbox"/>
12km return walk from Kinsella Rd to Canning 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.

ARPA Bushwalkers Return to the Bibbulmun Track

by Karin Waterman



to experience a unique eco-cruise with WOW Wilderness, and our guide Gary Muir kept us entertained and well informed. We will never forget his animated version of treating snakebites. This was very useful information as we encountered several snakes, such as dugites and tigers. We tackled many a swamp, sometimes skirting around, other times just heading straight through the water or mud.

On to the coastal dunes, which have the most spectacular wildflowers and orchids, where we stumbled across a new variety of orchid, which one walker named "the blue bikini orchid". Springing out of nowhere in the bush and heading straight for the beach, it was noticed by the females and admired by the males, a talking point for quite a while...

A few days later we learned that it was not wise to choose a leader who had an extra rest day unless you wanted to run.

One of the highlights was the canoe crossing at Irwin Inlet, when the wind was doing its best to blow us off course and an extra trip had to be made when not enough life jackets were with the canoes. Thank you to our brave companions who saw us safely across the Inlet.

While on the track we met Ian, a 54 year old from New Zealand who was "double-hutting", which meant 40km a day — the advantage of youth! We also met an older man whose family met him at different sections of the track with a casserole, now that's service.

Our camps were at Pemberton, Walpole, Denmark and Albany, where, except for Albany we all stocked up at the only supermarket in town, the local IGA. So it was with some irony that we found the Bibbulmun Terminus at the Albany Visitor Centre was adjoining the local IGA. It was with bitter sweet emotions that we said goodbye to great company, many laughs, fantastic scenery and a well trodden and maintained Track. ⚙️

Having walked the northern section of the Track in 2008, nineteen ARPA Bushwalkers met at Pemberton to walk the 400km southern section of the Bibbulmun Track in 23 walking days.

We began our journey on October 12th through the beautiful tall trees of the karri and jarrah forest and passed the huge Gloucester Tree, which was first used as a fire lookout. This magnificent tree is there to be climbed; however it is not a climb for the fainthearted—and also not by us! We instead earned our panoramic views atop high granite rocks and coastal cliffs, and our efforts were well rewarded by breathtaking views.

While in Walpole we were able to take advantage of the Valley of the Giant Treetop walk above the magnificent tingle trees. We were also fortunate

2011 'Best of the Bibbulmun' Tours

TOUR 1 BIBBULMUN & BEYOND. 9 – 16 MAY 2011

Venture beyond the Bibbulmun Track into the Stirling Range National Park near Albany. Experience spectacular 360o views as far as the eye can see from the peak of Bluff Knoll.

Cost: \$2,400 Maximum 16 people.

Registrations now open.

TOUR 2 HIGHLIGHTS OF THE BIBBULMUN TRACK. 12 – 19 SEPTEMBER 2011

Timed to make the most of WA's spectacular wildflower season.

Cost: \$2,450 Maximum 15 people.

Registrations open early next year.

Visit www.bibbulmuntrack.org.au to download the dossier and registration form for Bibbulmun & Beyond or express your interest for the 8-Day Highlights – or call (08) 9481 0551.



Reflections from the Registers-



Boarding House 18/08/05

There is nothing you must be
And there is nothing you must become
But it helps to remember
That fire burns and
When the rain falls
The earth gets wet.

No, I don't know what it means either. I saw it somewhere on a poster. Lots of other walkers write loads of old cobbles in these books so I thought I'd do my bit for the cause.

KMC

Boarding House 21/06/06

Damn, I forgot to pack chef, Sherpa, masseuse and escalators!

Jabba

Monadhocks 04/11/00

Last full day on the Track, it's been a lot of fun. I've met a lot of good folk along the way, both on the Track and in the towns, and that is what I'll remember for a long time. My thanks to all you West Australians for following up on the original dream, producing the Track and keeping it in such good order. You have every reason to be proud of the Bibbulmun Track and the way in which it is managed.

Jason, Michele, Prasheedha and CC

Torbay 04/10/02

I'm having the same type of sentimental "don't want it to end" feelings that apparently are a common affliction amongst long distance walkers. The key will be to transpose the similar energy, goodness and freedoms experienced into "normal" everyday life. Kind of hard to explain, isn't it? Maybe it means getting up at 05.30 and going for a walk before work...or maybe quitting your work and backing yourself to find a more enjoyable and fulfilling opportunity...or maybe just keep on walking...Yeehah! Go for it!

Phil

Gregory Brook 18/06/02

Pickle me grandmother, strewth, crickey, it's raining cats and dogs, the heavens have opened, rain, rain, go away, come back on another day. What further wonderful experience has Mother Nature in store for me today? At least the water tanks are filling up.

Paul Adams Oz

Woolbales 05/05/10

Here I am
Communing with nature
Compared to an office desk
This is major

Who'd want to be sitting
In front of a screen
When they could be here
Where it's lush and green

Who'd want to be
In a warm soft bed
When they could be sleeping
On hard boards instead

Who would be eating
Lobster or steak
And maybe finishing
With chocolate cake

When they could be heating
Dull dried food
With wind and shower
Setting the mood

Who says a 4 sided
House is a must
When a 3 sided shelter
Which may let in dust

And the wind and the damp
And the cold and the mice
Well a 3 sided shelter
Is much more nice

So let's just face it
Come rain, hail or sun
Being a masochist
Is much more fun
Go for it!

Mary

Gregory Brook 10/04/02

Just passing through from the Czech Republic.

Jarda, Petra and Martin

Ed: That's one hell of a long walk!

Giants 06/11/05

Giants hut is wicked and there was a quokka which wanted to sleep in Lisa's bed. We have a long walk today of 26 kms and we are going to be stuffed.

Scarlett Duncan

Giants 06/11/05

Me and my group are walking from Worepole (sic) to Peaceful Bay. My feet are very sore. I'm dying! 26 kms too much for me and then I have to go to School. Don't want to! There was a cute little Bilbay thing and in the last hut there was a Possame. It ate things.

Look out for snakes,
Bye,

Sophie

Ed: Hopefully the correct spelling of our native animals was part of the lesson!

Ed: These are some comments from walkers who visited Dwellingup in the early years of the "new" Track. Many walkers are not aware that the "red books" are available in the tourist information centres of the Track Towns. Drop in to see the staff in the centres and learn a lot about the region you are visiting.

Dwellingup Visitor Centre:

Showers! Thank heavens! Continue south tomorrow.

Graeme Clarke 03/11/00

Arrived at 1.00 pm. Stay the next few days here. When feet become OK continue to Albany. This was good section, flat, good for my damaged feet

Harald Frys Austria 03/12/00

Be back on Track again. Feet not OK but it's time to go back to the bush. Get on to Albany but first I take long drink in the Hotel!

Harald Frys Austria 11/12/00

This marks the end of our Bibbulmun adventure. Sad to go. Likely to be back

Corey & Shelanah Victoria BC Canada. 21/12/00

Arrived after a long lie-in at Swamp Oak. Nice easy walk to here, and now we'll have a few days resting, lots of fattening food and NO noodles! Then on to the last long stretch to Kalamunda.

Ben & Colleen UK 27/01/02

Walker Story...

WEEKEND WARRIORS

Sarah Longland, Sue Miles and Gael Mclean, aka "The Weekend Warriors have completed their sectional end-to-end walk. This is their story:



Sarah, Gael and Sue at the Southern Terminus



En route through Jarrah forest

The Weekend Warriors have a collective age of 150 years and one of our three had already been walking the Track for ten years and had not yet reached the half-way mark of an "end-to-end".

Fortunately the other two were keen to "give the Track a go", and so on September 13th 2008 we set off from Kalamunda; the first objective was to see if we could manage our packs and "get into it".

Ten minutes into the walk and we were committed, which may have been due to the band that was playing to send us off (they said they were welcoming in the 10th Anniversary end-to-enders, but we prefer to think it was for us!).

The whole odyssey took 18 months, lots of weekends and some four to five day hikes. The sales for Fixomul went up considerably. In fact if you have shares in the company, my advice would be sell, sell, sell!

What did we learn?

- Double hutting can push the limits
- There is a bus stop on the Bibbulmun Track, but do not be fooled and wait for a bus.
- We live in an amazing place - at the right time of year, in the right season, Western Australia can be a botanical garden

- 10 to 12kg is ideal to walk with. Not the 17kg we started with
- The burgers at the Mumballup Tavern are really good
- Fixomul can be used to fix poles
- Poles are not just for Europeans and exotic dancers, but are an essential part of Track equipment
- The pumpkin pasties at the Mushroom Cafe in Balingup are incredible. The pub and Dwayne are great too.
- Lunch at the very welcoming Graphiti Cafe is not to be missed. They also help fix poles
- Not all the snakes are on the signs, so make lots of noise
- Don't eat your sandwiches walking through Donnelly River Village unless you want to share with the locals. (the 'roos and emus are all very welcoming)
- Food is important. Trail mix can get dull, whereas chocolate never does, and you get your dairy!

Always remember your loo paper and a trowel named Doug.

It's lots of fun following others footsteps and wondering if you will meet friends at the shelter ahead.

We have met lots of great people like Swiss Franc (you have to be a certain age to find that pun funny, or spend too many nights on the Track). There was 18 year-old Bryan from Moora (Tigger), with his umbrella and completing his end-to-end, which we celebrated with him.

The best thing we learnt was from the Snail, Tortoise and Hare, and that was the joy of a foot spa in the shelter. I will leave you to ponder that...

So it's a wrap from us now, and after all we have spent at Mountain Designs to keep the economy running it's on to the Cape to Cape, the Milford Track, Camino etc for us. Yes, we are hooked.

We should be very proud of our Bibbulmun Track, and really it does not matter how you do it---shelter, B&B, tent, hotel, or mix it up. Just do it!

Our thanks to the Track volunteers, the BTF, all the helpful people we met along the Track, and for the Track itself. You are all terrific.

We will be back! 🌀

The Weekend Warriors



Gael, Sarah and Sue at the Mutton Bird car park

Southwest China's Ancient Tea Horse Road

by Gary Sigley



Ancient road remains at Bingzhongluo

Gary Sigley is a lecturer in Chinese/Asian Studies at UWA. (gary.sigley@uwa.edu.au). Gary has 'discovered' the joys of the Bibbulmun Track and has begun to keenly observe the development of hiking culture and sustainable/eco-tourism within China. He is currently engaged in a research project examining the cultural heritage preservation of the 'Ancient Tea Horse Road' in southwest China. A related project is investigating the rise of the Chinese hiker - called in Chinese the 'donkey friends'. Gary is also a Research Fellow at the Ancient Tea Horse Road Culture Research Centre at Yunnan University. He has sent us this article:-

As the Chinese economy continues to develop and living standards rise, more people are spending their spare time and disposable income on the pursuit of leisure. By 2050 China will have the largest 'leisure economy' in the world. One area of strong growth is the outdoor hiking and adventure industry.

China has given birth to a growing cohort of enthusiastic hikers who pack their rucksacks and head off to the mountainous terrain of western

China to commune with nature and meet the many colourful minority nationalities that call the mountains home. In Chinese they call these hikers 'donkey friends' (lüyou) which is a clever pun on the word for 'travel' (lüyou). As the term 'donkey' implies they act as beasts of burden, something I'm sure many of the readers of this newsletter would appreciate.

There are many beautiful places to go hiking in China. Western China is blessed with majestic mountains, bucolic valleys, rapid rivers, myriad streams, seas of grassland and pristine forests. It is home to many different ethnic groups, some of whom still live traditional lifestyles, albeit lifestyles that are changing as the effects of 'development' reach further inland. Unfortunately, for a non-Chinese speaker, finding out where to go and how to undertake short and long distance hikes is not easy. At this stage China does not have any specifically designed long distance hiking trails like the Bibbulmun Track - something that may change due to the efforts of two adventurous and committed hikers.

Edmund ('Ed') Jocelyn and Yang Xiao are two of China's respected and established outdoor enthusiasts. A few years ago they completed a hike along the Long March, over 6,000 kilometres. That's a long way to walk with 25 kilos on your back! So they employed horses and mules to carry their burdens. This experience led them to develop mule team hiking as the foundation of China's first long distance hiking trail. The question then arose as to where would be the ideal location, and they turned their attention to Yunnan Province.

The people of western China have been using horses and mules to transport goods and people for over two thousand years. Unlike eastern China, which could rely upon well developed water networks, the people of the mountains had no other choice than to organise horse and mule caravans, or yaks at higher altitudes.

Around the time of the Tang Dynasty (618-907) the Tibetans acquired a taste for tea, grown in subtropical Puer in Yunnan Province, a journey of six months from Lhasa, and so



Remnants of the road rising from the Nu River

the long distance trade in tea began, including routes to Nepal, India, Vietnam, Laos, Thailand and Myanmar.

Over time the trade became very profitable and commercialised. Some of the trails were extremely difficult and literally carved out of the steep mountainsides. Many different forms of bridges were also made to facilitate the tea road, some of which are still standing today. In some places muleteers, mules and cargo were ferried across steep gorges by cable.

About twenty years ago a number of Chinese scholars went to explore the ancient roads between Yunnan and Tibet. They coined the phrase 'The Ancient Tea Horse Road' (chamagudao) and have been actively researching and educating the public ever since. Within China the tea road has become quite well known and is already being marketed as a tourist attraction. The authorities in Beijing are also taking notice and have initiated the first steps to have the Ancient Tea Horse Road placed on the UNESCO Cultural World Heritage Tentative List.

With this growing interest in the tea road as a background, Ed and Yang Xiao founded the

'Red Rock Trek and Expedition Company' (www.redrocktrek.com) and have been exploring the remnant tea road in Yunnan Province, which is located in southwest China, sharing borders with Tibet, Sichuan, Guizhou and Guangxi as well as international borders with Vietnam, Laos and Myanmar.

Given the expansion of the road network, the long distance caravan is a thing of the past. But it is still possible to put together a small mule team to undertake a short distance trek. To fund their research, Ed and Yang Xiao take paying clients. I was very pleased to join them on two of their expeditions in 2010.

Given the exploratory nature of these expeditions we can't always guarantee to end up in the right place, but Ed, Yang Xiao and the muleteers are experienced, and after all that's part of the adventure. The treks go through some beautiful country, ethnic villages, over high mountain passes and through wonderful meadows and pastures.

The good thing about all this is that our four-legged friends are carrying most of our gear, and we can get to camp knowing that there will be a few luxuries, like chairs and table, a good kitchen, and even a private sit down toilet. However at the end of the day, the truly great thing about all this is being in close proximity with the muleteers and their animals and observing their skills in animal handling and path finding.

I began to research this topic only a year or two ago and I have been very inspired by what Ed and Yang Xiao are doing. (See www.chinawatch2050.com.au)

No-one else is undertaking explorations of the old tea road, or helping to keep the spirit of the muleteers alive. And nobody, it seems to me, is committed to helping poor mountainous communities to benefit from trekking. If readers are interested in joining one of the expeditions simply visit the 'red rock' website and send Ed an email. He would be delighted to hear from you!

It will take many years before China gets its first long-distance hiking trail. My money is on the Ancient Tea Horse Road as the most likely candidate. But there is a great deal of work to do to educate the Chinese public and especially



The author on the ancient road

the tourism authorities and outdoor lifestyle industry as to the benefits of a designated long distance trail.

Ed and Yang Xiao are doing their bit. Earlier this year they took a group of Chinese outdoor adventure writers to experience the Appalachian Trail and the Grand Canyon (the latter also using mules). It was a real eye opener for the Chinese participants as they have now seen the possibilities for well managed trails.

I have talked at length with Ed about the virtues of our Bibbulmun Track as a successful long-distance trail with a strong volunteer and community foundation and close relations with government and business. I hope in the near future to bring some of our Chinese friends to experience the natural beauty and advanced system of organisation and management of what I unashamedly see as a first class model for China to emulate. Of course we will have to leave the mules at home. 🌿

Gary Sigley.

NORTHERN INDIA AND HIMALYAN FOOTHILLS

16 APRIL - 4 MAY 2011



Join Mike Wood on an incredible journey through northern Indian cities, Himalayan Hill Stations and mountain forests.

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