



Freeze dried food has come a long way throughout the years, although this is not to say peoples' perceptions of freeze dried food has developed as much as the taste. Our biggest marketing tool however, would be for people to taste Back Country Cuisine just to see how much it has progressed over the years.

Back Country Foods was taken over by Kara and Brent Crossan in early 2009 who brought with them a whole lot of fresh ideas and ways to improve the product to make it what it is today. With the introduction of new machines, improvements to processing and ingredients, and a whole new marketing perspective the product has gone from strength to strength.

The result of all of this hard work is evident throughout the factory and all the way to the shelves where the product is being stocked into sports, hunting and adventure stores throughout Australia, New Zealand and South Africa. So if you were to gain anything from reading this it would be to get out there and see just how much freeze dried food has improved, then we would have converted one more happy customer!



With grateful thanks to our sponsors:

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THE BIBBULMUN TRACK FOUNDATION

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Bibbulmun NEWS

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Newsletter for the friends of the Bibbulmun Track

Tom Road campsite gets a facelift

As part of the major upgrade recently announced by the Minister for the Environment, it was Tom Road campsite's turn for a spruce-up.

Under the supervision of DEC construction supervisor, Scott Hunter, BTF volunteers worked on the campsite for five days in January.

The photographs were taken by volunteer David Woodworth who provided the following account:

"We all had a wonderful time. There was great fellowship especially as everyone involved had done end-to-end walks.

"We had between six or seven people at any one time, consisting of two DEC staff and five or six BTF volunteers. Work started at sun-up and finished at 4.30pm, giving us time to wash and prepare our sleeping areas for the night.

"We removed the bunk bases, replacing both the upper and lower levels with new waterproof marine ply bases. We also replaced the two ladders for the

upper bunks, the outside picnic table and installed a new metal fire ring.

"After removing the leaf guards, the gutters were cleaned, repainted and replaced where necessary, then new leaf guards installed. The water tank was replaced, a small retaining wall built to keep the wood chip flooring in place, and all the outside walls of the shelter and toilet were oiled.

"On the last day we did a general clean and tidy up and the site now looks pristine. This was followed by a wonderful time of fellowship, gossip and feasting."

Many thanks to the volunteers who worked on this project:

- | | |
|------------------|-----------------|
| Julie Bessant | Rob Mutch |
| Trish Bird | Geoff Palmer |
| Jim Freeman | Sue Palmer |
| Bonnie Hennessey | David Woodworth |
| Richard Moore | |



Tom Road shelter before refurbishment



Work in progress



Tom Road shelter after refurbishment



DEC staff and BTF volunteers make a great team

ENVIRONMENT MINISTER ANNOUNCES \$400,000 TO BE SPENT ON THE TRACK

On Sunday 20th March, Environment Minister Bill Marmion announced almost \$400,000 would be spent on trail maintenance and upgrading facilities along the Bibbulmun Track, as the trail continues to grow in popularity among local and international visitors.

Speaking at Hewett's Hill campsite near Kalamunda, the Minister said the investment was part of \$1.2 million in funding over three years to upgrade several walk and mountain bike tracks through the Department of Environment and Conservation's Long Trails Maintenance Capital program.

Work along the Track will include erosion control and improvements to associated infrastructure.

"It's clear from a recent survey that if we are to maintain the Bibbulmun Track at the forefront of the world's great distance walks, then we have to invest in maintenance and improvements to facilities," Mr Marmion said.

"However, it is an investment that is being recouped many times over. For example, economic activity associated with the Track is increasing with walkers spending an estimated \$39 million a year on preparation, travel to and from the Track and during their visits. This compares with \$21 million in 2003.

"This increase is testament to work done in the past decade to improve the visitor experience to ensure it is one of Australia's best known and best loved nature-based recreational facilities."

The Minister was impressed with the level of dedication the Bibbulmun Track Foundation had demonstrated. "I hope many more young people will be inspired to join the Foundation and get involved in using and caring for the Bibbulmun Track" he said.

"Bushwalking and camping provide a wonderful opportunity for all people to reconnect with nature and each other and enjoy the wonderful natural assets Western Australia has to offer.

"The Bibbulmun Track is set to remain an important attraction for regional WA and the State Government will continue to support it."

Ed: As many of our members will be aware, work has already commenced and many of the campsites have been rejuvenated - including Tom Road and Gringer Creek which are featured in this edition of Bibb News.



Join us on the Diabetes WA Get On Track Challenge



The Bibbulmun Track Foundation has joined forces with Diabetes WA to create our very own 'Get On Track Challenge' to unite with the legions of people getting on track this year! This challenge is a free, fun, motivating physical activity and healthy eating challenge; all things we are more than familiar with at the Foundation.

How does it work?

You join online and will be asked to track your physical activity on a virtual Bibbulmun Track. Every ten minutes of moderate-intensity activity contributes to one kilometre on the Track and bonus kilometres can also be earned for fruit and vegetable consumption. Participants who join will compete against each other to be the first to complete their end-to-end. (It's probably the only time a lunch break on the Track will still account for kilometres 'walked', so start eating fresh).

Get started

Join us to help support Diabetes WA by simply signing up and getting involved. Our six week 'Get On Track Challenge' will start on May 16th.

*A 'Get on Track' starter pack includes a water bottle, pedometer, sweat band, towel & bag as well as a healthy eating & physical activity guide.

Registration is open now and the first 20 people to register will receive a 'Get On Track' starter pack*. Visit us online, bibbulmuntrack.org.au and follow the links from our homepage to the 'Get On Track Challenge' website. Click the 'register now' button and follow the prompts to create your personal account. Once you have registered you can join the Bibbulmun Track Foundation team on our challenge and start the winter off on a healthy footing!

The first person to complete a virtual end-to-end will win a Wilderness Equipment Outbreak 75L hiking backpack valued at \$230, as well as two places on the Bibbulmun Trek For Beginners event, valued at \$320. That's a total prize pack worth \$550 and a great incentive to get out onto the real Bibbulmun Track. Second prize is a WE Outbreak 75L hiking backpack. The backpacks have been donated by Sea to Summit, the leading suppliers of innovative gear for outdoor enthusiasts. Sea to Summit were feeling extra generous and have also donated a third prize, so the third person to exercise and eat their way across the finish line will receive a Delta series kitchen set and 10L kitchen sink worth a total of \$71.80.

Do you think you can beat the active team here at the Bibbulmun Track Foundation? We have a competitive group of Volunteers ready to give you a run for your money!

Thanks to Sea to Summit for their kind prize donations. Visit them online, seatosummit.com.au to view all of their current products.



**GET TRACK FIT WITH US!
THIS FREE CHALLENGE STARTS ON
MAY 16TH. REGISTER TODAY ON
WWW.BIBBULMUNTRACK.ORG.AU**

Walking amidst Wildflowers



If you want to experience the very best sections of the Track at the very best time of the year, grab the opportunity and join Lead Guide Steve Sertis on our very popular 8 day Highlights of the Bibbulmun Track Tour, departing Perth on 5th September, in the midst of WA's famous wildflower season.

Places are filling fast on this tour which has been carefully compiled to combine a variety of full and 1/2 day-walks with comfortable off-track accommodation. Varied landscapes from the rolling hills and jarrah forests in the northern section, through the magnificent karri and tingle forest to the spectacular ocean views and coastal heathlands in the far south provide a unique and interesting insight into this biodiversity hotspot.

The flexible itinerary caters for all levels of experience and the pace of this tour is ideal to appreciate the spectacular wildflowers and diverse landscapes of the south-west.

A private bus provides transport to and from the Track each day and participants will experience a number of unique eco-tourism attractions in the region. A daypack is all that's needed - lunches are a feast and each evening the group returns to comfortable accommodation for a hearty meal in the rural towns and villages along the Track.

Those interested are encouraged to book early as limited places fill quickly. All inclusive cost: \$2,450 (twin share)

For more information call (08) 9481 0551, send an email to events@bibbulmuntrack.org.au or download the full dossier from the website www.bibbulmuntrack.org.au



Steve lends a helping hand.



FROM MY Desk



Welcome to the autumn edition of Bibbulmun News.

It still feels very much like summer with day after day of hot sunny weather. Our compatriots in Queensland are still waterlogged and getting day after day of rain - if only some of that was falling in our south west. Still - compared to the extreme weather and natural disasters occurring in other parts of the world we certainly have nothing to complain about.

I am very pleased to welcome a new Bronze sponsor, Strathearn Insurance. Strathearn is volunteering its services as our insurance broker. We are very appreciative of this support as it reduces our overheads, which is always a good thing as this money can then be used on the Track itself.

Whilst it has been an excellent year for Track funding, particularly with the \$400,000 from DEC, the Foundation has experienced a down-turn in event attendance and membership - and for the first time last year our annual fundraiser, the Mountain Designs Bibbulmun Team Challenge, did not go ahead. This was a flow-on effect from the financial downturn the previous year, with businesses and individuals cutting back on non-essential expenditure. We were not alone in feeling the effects and we were very sorry to lose Gold sponsor Ranger Outdoors which went into receivership this year.

We are fortunate to have a large number of long-term members but recognise that, for various reasons, many people join the Foundation for only a year or two. We are naturally keen to improve our retention rate as this not only provides an important income stream for the organisation but also improves our chances when seeking funding and sponsorship. As such, we would really appreciate your input into our member's survey on page 25. If you have internet access, please complete the survey online - it'll only take five minutes and you'll find the link on our web site.

If you work for a medium to large organisation - or know of someone else who does - please help spread the word about our Team Challenge event. It's a fantastic team-building opportunity and unique in this area as no other event takes people out of their comfort zone for four days! Teams can fundraise the entry fee - or ask their boss to fund it out of the organisation's staff development budget. Either way, a full complement of 16 teams will raise around \$18,000.

Over the past year I've attended a number of talks and workshops based around the importance of sport and recreation in the community and a common topic has been the increase in 'nature deficit disorder' as children increasingly spend less time playing in the outdoors. I think I would be right in saying that our members and volunteers instinctively understand the benefits of spending time in nature and that those with children would probably spend more time outside than the average family. However, I am still highly impressed by the Underwood family that, having made the decision to move from Fremantle to Denmark, then decided to walk there on the Bibbulmun Track! With three children aged 4, 8 and 11 years, this was an impressive undertaking. "It was pretty challenging in the beginning," Mr Underwood said. "We loved it so much, by the end of it, when we arrived here (in Denmark), we were grieving to be off the track, it was like losing an old friend."

Jim Underwood talked to ABC South Coast about the experience and how it's affected them. It's well worth listening to the podcast - we've posted a link from the 'news' section of our website.

If walking from Kalamunda to Denmark with your family sounds impossible - then how about joining our 'Get on Track' Challenge (see opposite page.) Record all your physical activity and see how far down the virtual Bibbulmun Track you can get! Get your family and friends involved and challenge them to a race - a fun way to get fit for your next hike on the 'real' Track.

In the meantime... let's hope for some rain to revive our parched bushlands and bring on the cooler weather.

Linda Daniels
Executive Director

Follow us on Facebook and Twitter for the latest updates!

Thank you!
Thank you!

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

- Alan Pitman and Denise Hilz
- Brigita Ferencak
- Carol Newton-Smith
- Christine Kennea
- Chris Binks
- David Large
- Don Eftos
- Hans Fischer
- John Hosgood
- Jim Turnbull
- Kerrie Ovens
- Kerry Clarke
- Robin Gill
- Su and Bob McNamara
- Valerie Jordan
- Yohan Ratnayaka

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.



Strathearn Insurance Brokers ("Strathearn") is proud to be a corporate sponsor of the Bibbulmun Track Foundation, and to volunteer its services in support of the Foundation's activities.

Strathearn is a specialist general insurance broker and corporate risk adviser with offices in Adelaide, Brisbane, Perth and Sydney. With a team of over 60 insurance brokers and support staff, Strathearn services a diverse range of clients across Australia and internationally. Our success has been based upon our commitment to client service, trust and respect.

Walker Story ...

10 years in the making BY SANDI SIME



Sandi & Doug finishing their end-to-end at Donnelly

Some people walk the Track in one hit, others do perhaps half and then the rest later, some take months, others take years. No matter—as long as they walk every step of the Track, they are all end-to-enders! Sandi Sime and husband Doug definitely come into the latter category. This is their story, related by Sandi. It provides a good example of the characters you may meet on the Track:

We seem to have been walking the Bibbulmun Track for years, some parts many times—we have probably done about 1600 kms before finally claiming end-to-end status. Our first section was from Donnelly River to Walpole in 2001, when the suspension bridge over Deep River near Walpole was burnt out by a bush fire. We made a diversion around by road, but we walked down from Mount Clare campsite to the river to make sure we had covered every step of the Track. Our track names were Willow and Lobo.

Then we walked Walpole to Albany and Albany to Walpole (about four times), and on one section we introduced Jo Roworth to the Track. Jo was amazing,

but she found out the hard way that it pays to train for these walks. The first night out after walking Mt Hallowell, she fell into a heap when we finally reached the hut, laid down and did not move until morning. She could have pulled out at Peaceful Bay but chose to go on, in spite of toes that looked as if they were ready to drop off. She loved the whole thing so much that she has gone on and completed an end-to-end this year, as part of "Snail, Hare and Tortoise". So what started as a shaky beginning has ended in a real success story.

Another interesting meeting on one of these sections was "Celeste", another end-to-end. She started at Kalamunda and two other students started one day behind her. They read her writings in the journals, were told about her by walkers they met, became intrigued and determined to catch up with her. Double hutting should do the job, yes? No, because she double hutted. Skipping going into town? No, she skipped towns as well. They finally caught up with her near Denmark. Amazingly they found they were all vet students from the same university, and finished the walk together.

We walked from Dwellingup to Balingup in 2005, some of it with a retired commander of the Australian navy, plus an old sea captain, a teacher and panel beater who declared that he was not walking one step further than Collie. The commander walked in crisp white creaseless shirts and carried a broly while the old sea captain carried a chunk of unwrapped cheese in his pocket and swore at every hill he came to! Yet they struck up a most unlikely friendship.

Then we walked from Dwellingup to Kalamunda in 2009. At White Horse Hills we met an interesting trio, two fellows and a girl who staggered in with

packs that were obviously too heavy. The girl was a Barbie doll look alike who preened herself while the men did all the chores. At bedtime we had to smile when she presented herself in fluffy edged, bright pink sexy pyjamas with a low neckline. She just needed high heels to finish the look. Apparently "Mummy was picking her up at the first available crossroads, as she could not possibly spend another night like this"!

That walk left us with an elusive 15 kilometres from Brockman Highway to Donnelly River Village. An earlier walk from Balingup to Donnelly River Village had been aborted at the Brockman Highway because of bush fires. However in October of this year we walked from Balingup to Donnelly River and back (Cardiac Hill in both directions!) and so had walked every step of the way between Kalamunda and Albany. Yeehah!

We are intending to walk the Track in one go next time, hopefully in the next couple of years, so we can get that far away look in eyes that "through walkers" seem to get. We have walked a lot in Tasmania and New Zealand and trekked the Larapinta Trail but the Bibbulmun Track is the one we come back to, time and time again.

What is it we love about the Track? It is the simplicity, coming face to face with a beautiful spider orchid, meeting the colourful people along the way and swapping stories, reading the journals, getting fit as you go, a swim in an isolated rock hole and the pleasure of seeing that hut appear...

Yes, we will be back on the Track again.

Thank you to the Bibbulmun Track Foundation and all its wonderful volunteers 🌻

YOUR LETTERS

Hello Friends,

With the Christmas season I was able to get back out on the track and completed a three day walk with my son Sam, which allowed us to finish the Northern Half. I got the Southern Half book for Christmas from my husband who is our support person. It was hot weather but with early starts we were at the shelters before the heat got serious. Our country is so beautiful. As soon as I get home I'm planning our next hike.

Before Christmas we had our family Ginger Bread House decorating day. I had a few house parts left over due to some breakages and I decided that we weren't going to eat the extra bits but instead make a Bibbulmun Shelter. I had a lot of fun making it. It gave me itchy feet wanting to get back out on the track. It's all gone now, even munched on some of it while hiking.

I have attached a photo. I called the shelter "HOWLERS". I can't wait for next years Ginger Bread Shelter decorating day. I will be making all the ginger bread especially for the shelter:

I wish everyone a wonderful 2011.

With Kind Regards

Shirley Track Name: Mumma Howling Howlett



Hello Millie

Just a short note to let you know how much I thoroughly enjoyed the Bibbulmun Track. The organisation and standard of our accommodation was first rate and left us wanting absolutely nothing. The Track was so well signed and the range of walks that we could select each day was perfect for our abilities and fitness. Maps, track notes and associated information leaflets had us very well informed which gave us confidence, combined with the knowledge of what to expect on our walks.

I had done some training before leaving Sydney and by the end of our time I wished that I was walking further along the Track - I felt that I was just "hitting my stride" as they say. I am really keen to go back and walk more of the track with my partner. Loved it!

Thank you Millie for all of your organisation and the hard work that you contributed, which made it an excellent trip. I haven't stopped singing praises of the Track and associated arrangements.

Many thanks

Diane Byrne.

Ed: Di was part of a group of 6 ladies from the eastern states who booked an 11-night Bibbulmun Walking Break staying in Balingup, Pemberton, Walpole, and Denmark.

More info on our Bibbulmun Break packages on www.bibbulmuntrack.org.au then Trip Planner and Bibbulmun Walking Breaks

Gwen, greetings.

I have just returned from NZ after completing a very small section of a relatively new trail called Te Anaroa or The Long Pathway. I was aware of some of the problems before I left WA, however locating water and pitching a tent every night had their difficulties.

In the far north of the north island there are no shelters and the forests are more like jungles because of the sub tropical weather. It is not my intention to belittle the trail or its organisers, but it was not for me.

The purpose of this epistle is to acknowledge how appreciative I am of the well marked Bibbulmun Track with its shelters and other benefits.

Thanks to all involved in keeping the track operating.

Regards

Ron Rockingham

Dear Bib Trackers

My name is Dave Eserin, age 68, and I am a visitor from the UK. Signing on as Dave-E I have just completed the whole of the Bibbulmun Track and would appreciate and value an end-to-end certificate. I first started on the track in February two years ago, when I walked from Donnelly River Village to Albany and have now completed the track walking north from Donnelly Village to Kalamunda. My total time on the track was 36 days, both sessions in February and this last session walking north in blistering, strength sapping heat.

As I walked I became awed by the incredible breadth, depth and sheer impudence of the original vision. To create a walk trail covering nearly 1000k with sleeping and other facilities at least a days walk apart. The vision took root and grew, and for it to have evolved to what it is today one is aware of the many hundreds of walkers, helpers, sponsors and dedicated volunteers who work to keep it open and growing. I thank and salute them all.

The track must leave abiding impressions on anyone who walks it for any time, and as the days passed I found that my understanding of the Western Australian landscape itself changed. I came to realise and feel it's intrinsic toughness and appreciate it's created so much against such a demanding background. As I walked in this February heat there were times when I longed to finish, longed for the green hills of Herefordshire where I live; but then, at the end, covering the last 20+k in temps above 40deg I actually had a lump in my throat and knew that I was experiencing something unique.

The track brought me into contact with many Australians, and I leave with the learned conviction that I cannot imagine any Australian turning away from anyone in need. I have stood by a road looking puzzled with the guide book in hand. (I'd gone wrong of course,) and a van stopped to ask if I was ok. I went to a hostel which turned out to be full and was given a shower and a sofa FOC. I could go on...and on. In closing I would like to praise the Bib-track for all that it is, but also the Australian people who I think are amazing.

Sincerely,

Dave

PS please give my regards to Jim (Mad Axeman) tell him I didn't give up and finally finished the Northern half in 18 days. Thank him for his advice and all he does for walkers and the track.

Ed: Jim is one of the volunteers who provide trip planning advice.

TEST YOUR BRAIN & YOUR BRAWN

Get your team on board for the 2011 Mountain Designs Bibbulmun Team Challenge – and raise funds for the upkeep of the Bibbulmun Track.



Great for corporate team building, a personal challenge or just having fun out in the bush, the Challenge takes place over four weekend heats in October and November. Participants complete a 4-day hike on the Bibbulmun Track covering nearly 50kms, with some interesting brawn-busting and brain-bending activities along the way. It is not just a race, thinking 'outside the box' and strategy is as crucial as fitness and strength.

In its 10th year the Challenge has become a "must do" for some organisations which sign up each year including Bankwest, National Bank, Western Power and more, but the event is not limited to companies - social, outdoor and sporting clubs, or even groups of friends are able to participate. If you're looking for an intense and fulfilling adventure experience, why not talk to your boss or if you are the boss sign up your employees. We can even put individuals into teams.

This annual event is a major fundraiser for the Foundation with all proceeds going towards the upkeep of the Track. Contact Steve Sertis on (08) 9481 0551, email events@bibbulmuntrack.org.au or visit the website for more information or to download a registration form.



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



Matt Wardell, A/Recreation Activities Coordinator

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

DEC Recreation and Trails Unit



The Hon. Bill Marmion MLA, Minister for the Environment with the Hon. John Day MLA, Member for Kalamunda, at Hewett's Hill campsite.

Well it has been a long hot summer but I hope you have all still been able to get out on the Track and enjoy a good walk.

We were recently lucky enough to have Bill Marmion, Minister Environment and Water, and John Day, Member for Kalamunda, on the Track on the morning of the 20th March where they joined Bibbulmun Track Foundation volunteers, DEC staff and representatives from the Federation of WA Bushwalkers and Department of Corrective Services.

After a short walk along the Track the party arrived at Hewett's Hill campsite where the Minister spoke about the establishment of the Track as one of the world's great long distance walks and the need to ensure that sufficient resources were allocated in maintaining it to a high standard. He acknowledged the dedication and professionalism of the Bibbulmun Track Foundation and announced the allocation of \$1.2 million over three years, though Long Trails Capital funding, much of which will be spent on upgrading the Bibbulmun Track. He also announced the results of the Bibbulmun Track user survey and recognised the significant economic activity generated by the walkers on the Track.

The Minister certainly seemed to enjoy the morning, bringing with him some of his family; he was certainly in no hurry to leave after the event and took time to enjoy the quiet bush setting. I would like to thank all the Foundation staff and volunteers who assisted with the event and especially Mike Wood, Charmaine Harris, John Wynn and David Wrigley who were able

to attend on the day. I would also like to thank all the DEC staff involved especially Andrew Kemp A/Trails Coordinator, DEC who did a fantastic job coordinating the event in my absence.

Work along the Track has also been continuing as usual through the Long Trails Capital funding. Scott Hunter has been working with volunteers and DEC District staff on campsite upgrades and infrastructure improvements. Scott is also about to commence some challenging track maintenance work on the south coast section including upgrades to river crossings near Long Point and stairs near Quarram Beach. These sections have very limited access for maintenance and will require materials to be airlifted in by helicopter.

Thank you to all those who responded to the Bibbulmun Track Guidebook Survey, we received some great comments from the 118 respondents. Most respondents had the guidebooks which they used for planning and undertaking walks; the detailed track notes were considered the most useful content, with the information on management and history least useful. All the results will be considered as we plan the next edition. Steve Sertis did a great job coordinating the survey and collating results – thanks Steve.

Emily Pinkus has recently joined the Recreation and Trails Unit to work on a project to help secure the alignment of the Bibbulmun Track through non-DEC estate. She is a keen bush walker who has completed an end-to-end and has a good understanding of the Bibbulmun Track philosophy. She will be contacting all the landholders along the Track to update formal agreements that help secure access on the Track and offer indemnity to landholders.

This will be my last article in Bibbulmun News with Stuart Harrison returning to the position in May after 12 months long service leave. I would like to take the opportunity to thank everyone at the Foundation for their advice and support during the last 12 months 🌻

Happy hiking.

Matt Wardell
A/ Recreation Activities Coordinator

CASCADES REDEVELOPMENT TAKES SHAPE



DEC has informed us that the Cascades Recreation site is now open to the public as stage one of the redevelopment, including a new viewing deck, platform and walk bridge, is nearing completion.

The walk bridge forms part of a 400m linking walk trail from the main Cascades area across to the east side of Lefroy Brook where it links up to the Bibbulmun Track. From this intersection point it is 6km to Pemberton on the Bibbulmun Track. It is hoped to have this link trail open by the end of April once the bridge is complete.

A new 1.2 km circuit walk heads off from the steps at the end of the platform. This walk trail follows the edge of the Lefroy Brook for a few hundred metres before heading off into the forest and looping around to the start/ finish point back at the platform. The trail is located on the west side of the brook (the same side as the car park) so is already accessible.

Stage 2 will involve the sealing of the car park and collector paths at the site, likely to occur next summer. 🌻

THANK YOU TO OUR VOLUNTEERS

Towards the end of 2010 we once again had the chance to get together with many of our nearly 400 volunteers, to recognize their commitment and dedication to the Foundation and the Track and to say a very sincere thank you.

The picnic at Point Walter was well attended. We had a lot of fun with an ice-breaker activity requiring each of the volunteers to find their partner through a series of questions. This proved challenging for those who weren't familiar with some partnerships; the generation gap led to problems in pairing up couples such as Posh with Becks, and Scarlett O'Hara with Rhett Butler! Thanks Jean, for a great idea.

Volunteer Rewards were presented by Board Member Patrick Tremlett, who is himself a maintenance volunteer. Patrick paid tribute to all volunteers, acknowledging their great contributions.

In Denmark and Albany I was accompanied by Charmaine Harris, who is assisting with volunteer coordination. A pleasant afternoon-tea with Frankland District volunteers was held in Kathy and Peter Burgess's delightful garden in Denmark, and the following day Albany volunteers met over a barbeque lunch at the home of Bev and Gerry Visser in Albany.

Foundation Volunteers attended the DEC Volunteer morning tea, held this year in the Atrium at DEC in Kensington. We were very pleased when three of our long-time volunteers, Charmaine Harris, Wendy Nelson and John Hardman, were recognized with Outstanding Service Awards. (For full details see Bibbulmun News #55 p22).

REWARD RECIPIENTS

Many volunteers work full time or have other commitments and we appreciate that it is not always possible to volunteer on a regular basis. Whether you volunteer for three hours once a year at the Royal Show or come in to the office for a day each week, it all helps and is greatly appreciated.

Here we recognise those people who accumulated many hours over the year and received Awards generously donated by our Diamond Sponsor, Mountain Designs.

Thank you to you all!

500 Hours

Alan Barker
Edith Thomas
Charmaine Harris

300 Hours

Hans Hoette
Alex Williams
Ce Kealley
Wendy Nelson
Diane Tinker
Colin Gee

100 Hours

Karen Dowling
Kevin Martin
Michael Duffy
Fiona Noble
Keith Hill
Chris Plunkett
Craig Fitzgerald
John Wynn
Stuart Gray
Peter Sweetman
Lesley Kerr
Chris Piggford

Trish Bird
Isabel Busch
Jim Freeman

Peter Whittle
Malcolm Ferrier
Jim Baker
Elsie Grygiel
Peter Dear

Sandy McGregor
Heidi Martin
Margaret Toohey
Peter Ward
Alan McGregor
Jan Mayze
David Woodworth
Richard Clayden
Mary Gray
Gayle Kealley
Colleen Clayden
Tony Jennings

BODDINGTON GOLD

Eyes on the Ground

MAINTENANCE PROGRAM



Work on the terracing in front of the shelter

The last of the 2010 Field Days, for the Hills district, was held in November at Gringer Creek campsite and was a very successful and enjoyable day. It was good to see such a large number of volunteers turn up, as Scott Hunter (DEC) had planned plenty of work to keep everyone busy!

As at the previous field days, maintenance equipment was distributed to teams needing it, and copies of the new Maintenance Guidelines and the Weeds booklet were given to those who hadn't yet received them. Some of our new maintenance volunteers were able to attend and it was good to put faces to names and to catch-up with some of the "more experienced" (not old!) volunteers.

After morning tea and some Track updates from Gwen and Scott, the serious business got started. Old boarding was removed from the interior shelter walls, new hooks fitted, old mesh removed from the gutters and new gutter-guards fitted, some of the exterior walls were re-oiled and the eroded terracing at the front of the shelter was completely rebuilt. A group of volunteers also walked the Track out to the highway, pruning vegetation as they went.

There was some feverish activity on the crow-bars, rake-hoes and shovels as old timber was removed and new sleepers were cut to size and lifted into place, then back-filled with gravel. Jan soon became an expert on the new "Solo Steve" motorised wheelbarrow! There were plenty of willing hands to share the workload, and a lot of grunting and laughter was heard. But by early afternoon, after much sweating and exertion, the job was finished and the campsite looked fantastic. A tired, happy bunch of workers soon departed towards North Bannister.

A huge thank you goes to all our maintenance volunteers for their time and effort spent in keeping the Track in such good condition. You are appreciated by anyone who spends time out there. An extra thank you goes to those volunteers who have been able to participate in the "hands-on" Field Days in each District. I have enjoyed meeting with so many of you over the past few months.

Charmaine Harris
Office and Maintenance Volunteer

Volunteer Story - A Bridge in the Making



Even workers get a rest sometimes! Jim, Scott, Charmaine

Have you ever walked the Track, south of Mt Cooke campsite dipped sharply to cross a small creek bed and thought "there should be a bridge here"? Well - now there is! A small group of workers recently built a bridge to replace the structure that was destroyed in the Mt Cooke bushfire in 2003.

Scott Hunter and his offsider, Josh (from DEC), were joined by Jim Freeman, David Woodworth and myself, Charmaine Harris (all BTF volunteers) to construct a kit-bridge at the site. We spent three days in the area, based at the Mt Cooke campsite, where we were soon put to work. Under Scott's directions it wasn't long before the bridge components began to take shape. Leg sets were bolted together and tarred, timber was cut to length and prepared and all was readied for transport to the bridge site several hundred metres away. At the same time, old nails were replaced by hanging hooks on the Mt Cooke shelter walls, and the gutters were readied for the fixing of new gutter guards.



New bridge in place. Scott, David, Jim fitting side kick-boards. New trails to each end of bridge not yet complete.

Everything was transported to the worksite after breakfast next morning and, once the actual site of the new structure was decided, the work began. Holes were dug in the rock-hard ground by Jim, with a crow-bar, and Scott and I helped with some spade-work. Meanwhile, Josh and David were clearing vegetation and cutting a new trail to meet the bridge. Gravel was dug and wheelbarrowed to site, then raked and firmed down for the new approaches. By now, copious amounts of sweat were being produced and continually replaced with cool water. The leg sets were lifted into the holes (after a couple of false starts and more digging) and levelled. It was then all hands on deck to lift the bridge base onto its supports ready for the boards to be fitted. By then, it was beginning to look like a bridge!

Many, many holes were drilled and bolts were placed. My arm 'rattled' for a long time after I'd tightened all the bolts with the 'rattle gun'. I'm still wondering how I managed to get that job in the dirt underneath the bridge decking! Timbers were trimmed, side kick-boards fitted, and some more trail building continued before tools were downed for the day.

A clean-up back at the campsite was welcomed before a huge, worker-sized meal was prepared and eaten. No-one was long out of bed.

Next morning, there was more work to be done on the new approach trails. Crow-bar, shovels and wheelbarrow were all in use and more gravel was dug, moved, raked and levelled. The timber on the new bridge was oiled, and final touches made. The creek bed was partially cleared to allow the free flow of water, and logs and brush laid over some of the ground to help with stabilization and rehabilitation.

We then took the time to stand back and duly admire our work before returning to the campsite for lunch, clean-up and departure. But I'm still wondering - is it only an 'elevated boardwalk' until some water flows beneath it to truly make it a 'bridge'?

As many volunteers have discovered, it's a worthwhile exercise being part of a work-team upgrading the Track and its campsites. As well as some hard work, there's loads of fun, laughter and friendship to be enjoyed. Coupled with the learning of some new skills (for me, at least) it produces a satisfying feeling of achievement in contributing to the maintenance of the Track. Why not give it a go?

Charmaine Harris (BTF Volunteer)

Ed: This has given me a whole new perspective on what it takes to install a bridge - what a team!



The finished product. Wood has been oiled, and the approach trails built.

Hyde Park Fair



Merle Milentis (left) and Jenny Holycross at the Hyde Park fair

Masses of people emerged from their air conditioned confinement dictated by Perth's red hot summer to enjoy the Hyde Park Fair, which took place over the Labour Day Long weekend.



Pemberton Visitor Centre



Karri Forest

TRACK TOWN Pemberton

PEMBERTON, AN ALL YEAR ROUND HOLIDAY AND WALKING DESTINATION

The towering karri forest, much of which is over 400 years old, remains a treasured drawcard for enticing tourists to explore Pemberton and the surrounding area. Some of the tallest trees in the world are to be found here, including the famous Gloucester Tree, which climbs to a majestic 61 metres. The Gloucester Tree was pegged for climbing in 1946 for use as a fire watchtower and remains one of the highest climbable trees in the world.

But Pemberton is not just about climbing trees. The town has established itself over the last 10 years as being at the hub of one of Australia's, and the world's, premier walking regions. The Bibbulmun Track passes through the surrounding karri forest and runs through the town itself.

Not everyone can walk the near 1000kms of the Bibbulmun Track from end-to-end, but there is much pleasure to be had from exploring some of the shorter sections in the vicinity of the town. Most of the trails are well signposted, including the Bibbulmun Track with its trademark Waugal triangles.

Pemberton is an all year round holiday and walking destination. In summer bushwalking is pleasant in the shade of the trees, and autumn brings an explosion of colour in the forest and the local vineyards. Winter is a favourite time for visiting Pemberton, to explore the drives and walks and to be warm and cosy in one of the numerous chalets. Spring heralds the beautiful wildflower season, and the nearby D'Entrecasteaux National Park becomes a dreamland for orchid enthusiasts.

Pemberton is located 335 kilometres south of Perth, a journey of 3½ hours. The town is equidistant from Margaret River and Walpole, making it an ideal base. TransWA buses stop outside the front of the Visitor Centre, where bookings can be made.

When you reach the friendly town, you will find welcoming local wineries with a cellar door offering world class wines being grown in the district. Pemberton is renowned for gourmet food, as well as simple wholesome café style cuisine. The new Foragers Field Kitchen offers visitors the opportunity to source local fresh produce and to try their hand at cooking with Sophie Zalokar

The best place to start your trip is at the Visitor Centre, which has a good supply of maps and a mass of information about the surrounding area. The staff will advise you of all you need to know to make your stay more pleasurable. The centre will accept food drop-offs for walkers by prior arrangement and also has a retail section offering an array of jams, chutneys, honey etc. Discounts are available to holders of Bibbulmun Track Foundation membership cards.

Pemberton offers a large variety of adventure activities. These include fishing, canoeing, bird watching, horse riding, self-drive, mountain biking and walk tours. Walk trails range from short strolls to day walks and over night bushwalks. Mountain biking is available in the Pemberton Mountain Bike Park with a selection of cross-country mountain bike tracks suitable for beginners to expert riders available, and a jump track located near the historic Pemberton Pool. The town is surrounded by National Parks; whatever your preference, Pemberton has it covered. The town has a wealth of history dating from the early aboriginal peoples through the first settlers, group settlement schemes, and the development of the timber, agriculture and tourist industries. Must-see features are the Gloucester and Bicentennial fire lookout trees, Heart Break Trail in the Warren National Park, Yeagarup Sand Dunes and the Big Brook Dam and Arboretum.

For more information visit:
Pemberton Visitor Centre, Brockman Street
Tel: 08 9776 1133
Email: pemtour@karriweb.com.au www.pembertonvisitor.com.au



Pemberton Autumn Festival Saturday 7th May

A full events program kicks off at 10am with pipers, drummers, didgeridoo artists, buskers and dancers. Lots of fun activities for the kids plus a huge variety of stalls and local culinary delights. Don't miss the famous Pumpkin Roll down the main street!

Volunteer Profile - Jean Sayer



A long time member of the Bibbulmun Track Foundation and now a life member, Jean is also a maintenance volunteer. She has walked quite a lot of the Track in addition to her own section, notably from Kalamunda to Gringer Creek, Pemberton to Northcliffe and Mandalay Beach to Coalmine Beach. So what started Jean's fascination with the Bibbulmun Track? This is what she writes:-

"I sat reading the West Australian one Saturday morning and like many people, I like to read the travel section and dream a little. This particular weekend there was a piece on the Bibbulmun Track and as usual I tore the article out and thought I should look into doing something like that - little did I know what it would lead to!

I made enquiries about walking on the Track and subsequently I received the brochure on guided walks. Not being very fit, I decided on an easy grade walk to start with. It was guided by a husband and wife team who are end-to-enders (Jan and Colin, I think). I went on to do three or four of their walks and found them both very interesting to talk to about their walking experiences. This was the point at which I became hooked!

Encouraged by this, I plucked up the courage to attend one of Steve Sertis' cooking classes (Ed: Food in a Fuel Stove, see the latest Calendar of Events) - which was a great learning experience.

Although not as fit as I once was, I spent many great week-ends huffing and puffing around out on the Track, and subsequently I decided that I would like to give something back for all the great times the Track has given me, so in 2003 I offered to become a Track maintenance volunteer.

The section I help to maintain lies just south of the Canning campsite and includes the footbridge over the Canning River.

Being a maintenance volunteer gives me a great personal feeling of satisfaction and achievement. Then there is the simple pleasure of the quietness of the bush, no telephone to answer, no TV to disrupt the peace and tranquility. For anyone who has not ventured out on to the Track, my advice is just go ahead, give it a go - you may surprise yourself with what you can achieve!"

Dry Up! Dry up!

We're not really telling you to dry up - but we are excited that you can now get drying!

The Foundation has two Ezidri Food Dehydrators available for hire to Foundation Members.

What is a food dehydrator?

Glad you asked. A food dehydrator is an appliance that removes moisture from food to aid in its preservation, using heat and air flow to reduce the water content. The water content of food is usually very high, typically 80% to 95% for fruits and vegetables and 50% to 75% for meats. Removing moisture restrains bacteria from growing and spoiling food. Further, removing moisture from food dramatically reduces its weight. Thus, food dehydrators are excellent way to prepare foods for bushwalking.

So, no more heavy vegetables or two minute noodles for that matter!

The dehydrators each come with an instruction and recipe book, five trays, one mesh sheet and four solid sheets for liquids.

I have been using one since my first end-to-end in 2001 and I love it. In fact if you have attended a recent Food in a Fuel Stove workshop (see our Calendar of Events) you may have tried some of our recipes using dehydrated foods.

What do I dry? Almost all vegetables and most fruits. I even make my own tomato paste and dry that! Yoghurt? - no problem. If you dry it well enough, your dried produce will last the entire walking season.

For more info call the Foundation or visit http://www.bibbulmuntrack.org.au/trip-planner/Equipment-_-Hire.aspx to download a hire form.

For more information on dehydrators visit Ezidri at www.ezidridehydrators.com.au

Food dehydrators are available to members only. Hire fee is \$35 per week. The maximum period of hire is two weeks.

So what are you waiting for? Hurry up and dry up!

Steve Sertis
Events Manager and Lead Guide

Ed: If you don't have the time to experiment before your next trip - the range of Backcountry Cuisine meals is a tasty alternative!



Yes, THEY DID IT!

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

9 CAME FROM OVERSEAS,
13 FROM INTERSTATE AND
36 FROM WESTERN AUSTRALIA.



Once again, spring was a busy time along the Bibbulmun Track with many walkers out enjoying the wildflower displays.

Our latest end-to-enders are listed in order of completion, with overseas and interstate visitors mentioned first.

Congratulations go to all of them on their achievement.

Wayne Thomas (65), from New Zealand, found his walk (N-S, 13.08.10 to 02.10.10) to be an amazing experience and wants to do it all again after spreading the word to his friends. He says every day was a different adventure, walking through new territory with unique scenery and spontaneous sightings of wildlife. He found excellent supplies and accommodation in the track towns. Waking up every morning and walking 20kms was exhilarating and good for the soul. He found the walking to be easier than in NZ, but describes the Bibbulmun Track as world class, and the shelters as superb.

Jason Worobec (22), from Canada, enjoyed the diverse land features on his journey (S-N, 13.09.10 to 29.10.10) and says the Track is extremely user-friendly. Re-supplying was good in most towns. Jason's highlights included meeting a bunch of hikers who were exhausted and hungry, but stress-free and happy. He saw a lot of wildlife, and especially loved the birds.

Pierre Merkling (21) from France experienced a great feeling of personal achievement after his 48 days on the Track (N-S, 27.09.10 to 11.11.10) and claimed it was the best thing he'd done in Australia. He had no problems with food supplies in the towns. Pierre's favourite section was Walpole

to Denmark. He loved the spectacular changes of landscape going from the tingle forests to the coast, but he found the heavy rain quite challenging. He saw plenty of wildlife and eventually got over being scared of the snakes.

Justin Barratt (30) came from Canada for his trek (N-S, 07.10.10 to 25.11.10) and would like to thank everybody who has had a part to play in the development and maintenance of the Track. His favourite sections were Balingup to Blackwood and Giants to Rame Head. Highlights were the look-outs along the way, especially Mt Cooke. Justin would have liked food supplies and a shower at North Bannister. He says his heart was his best equipment, and his feet were his worst. He urges walkers to wear two pairs of socks. **(Ed: Is that all? Could get chilly).**

Gordon Nuttall (66), from the UK, thoroughly enjoyed his trek (N-S, 18.10.10 to 30.11.10), saying it was a total rejuvenation of an aging body and a jaded mind. He is full of praise for the Foundation and its vollies. He resupplied at towns along the way, but found the selection unimaginative. Highlights included the first hour's walking each day, the first view of the Southern Ocean and being treated to food and drinks by some happy caravanners at a picnic area. His only regret was his time limit. He encourages others to take it easy and take their time.

Marc Vroom (53), from the Netherlands, likened his trek (N-S, 06.10.10 to 06.12.10) to walking through a beautiful botanic garden, and found the landscapes amazing. Highlights included the views and the coast. Marc loved the variety of wildlife he saw, and the motorbike frogs he heard. His boots and his thermal T-shirt were his best gear. He advises carrying a good sleeping bag as the nights can be cold after a hot day.

Tobea (25) and **Stefan** (26) **Dross** from Germany were known as "Taste-on-tour" on their walk (N-S, 09.10.10 to 09.12.10) during which they met many wonderful people. The beautiful coast between Mandalay Beach and Walpole was their favourite section. Highlights included becoming fitter along the way and sleeping at the Mt Wells hut with a carpet snake under the roof. Relaxing in a lightweight hammock was a good way to end each day. They advise to take your time, and many photographs.

Reiner Schade (56) also from Germany returned as "Ricco" to complete another end-to-end trek (N-S, 04.12.10 to 03.01.11).

Len (53) and **Chris Johnson** from the ACT were "Crikey Crab and Len Lobster" on their journey (Sectional, 02.05.09 to 02.06.10). What started for them as a hard slog became comfortable walking, then enjoyable walking and finally evolved into a state of elation. They had no problems resupplying along the way, learning as they went. The section between Torbay and Hidden Valley was a favourite and a highlight was the Southern Port, Pemberton South, where they were able to catch up with relatives they hadn't seen in years.

"...the most wonderful and memorable adventure we have ever undertaken".
Sue and Fred Bunt, NSW

Sue (62) and **Fred** (64) **Bunt** from NSW enjoyed every moment of their walk (N-S, 03.09.10 to 30.10.10), declaring it to be "the most wonderful and memorable adventure we have ever undertaken". They say their memories and friendships will last forever. Food played a big role—they discussed and thought about it morning, noon and night. They ate lots and carried lots! Sue particularly liked walking the Pingerup Plains, and Fred liked the forested section from Walpole to Giants. Positive interaction with other walkers and being able to share stories and experiences were highlights. In fact, their Bibbulmun walk was so good that they say it will spoil future walks. Hiking poles were their best equipment and they urge others to use the Foundation for good advice.

Graham Johns (70) from NSW was simply "Graham" on his solo end-to-end (N-S, 28.08.10 to 31.10.10). He had expected solitude on his walk but instead had the company of people who were friendly, helpful, generous and simply wonderful. He thought food supplies could have been better at Donnelly River and Peaceful Bay. Woolbales to Long Point was a favourite section, but Graham particularly loved the tingle forests and a breathtaking coastal view north of Boat Harbour. Compared to other walks, Graham thinks the Bibbulmun Track is very "social", the best loved, most cared for and best prepared track he has walked.

Ken Harris (67) from NSW was "Ken" on his end-to-end (N-S, 29.10.10 to 22.11.10). He met far more people (and flies!) than expected and preferred the southern half of the Track. He saw plenty of

bobtails, but not many snakes on his journey. He liked the kangaroos around Rame Head.

Rosemary (61) and **Arthur** (60) **Warman** from Queensland were the "Ole Farts" or just "Blue & Rose" on the longest walk they've undertaken (N-S, 28.09.10 to 23.11.10). Both were impressed with the standard of the shelters and Track. Food supplies improved after North Bannister, with food drops and being able to re-stock in towns. Highlights included the flowers, the views and the people they met, including some Track volunteers—and the special news that they had become grandparents while walking. Rose had some days when she wondered "why am I doing this?", but would then see something that made it all worthwhile. Arthur felt disappointed when it all finished. They encourage other walkers to take their time, not rush it – and take warm sleeping bags.

Elise Garraway (27) from Victoria walked the track with Alex Akehurst and Alex Burgess (N-S, 27.09.10 to 27.11.10). She says there was a lot of singing and ukulele playing on their trek. They dehydrated all their meals and sent them to post offices in the towns—a system that worked well for them. Highlights for Elise were walking through the karri forest at sunrise, reaching the Southern Ocean, Mt Vincent, Rame Head and the Torbay area. She lost count of the number of snakes she saw. Using a foam mat in addition to her Thermarest provided extra comfort, plus a yoga mat. She advises the use of a bounce-box, packing light and eating well.

Craig Dutton (37), from Queensland, enjoyed the physical challenge of his walk (N-S, 15.10.10 to 11.12.10) and meeting like-minded people. His favourite campsites were Blackwood and Frankland River, but he felt that some sections of the Track were not all that well-marked. Craig found the wildlife to be amazing. This must have included many flies as his fly net was well-used.

Peter Burgess (57) of Denmark walked small sections over several years to complete his end-to-end (Sectional 29.05.99 to 10.08.03). The Frankland region was his favourite and he enjoyed swimming in dams and rivers on cold winter days. A beautiful sunset on Mt Chance was also memorable. Peter says the Track "gets to you" so after a break you feel as though you have to get back out there. Peter advises to start each day early; carry a treat (chocolate?) for each night and take a warm sleeping bag.

Stephanie Bowra (22) from Ocean Reef maintains that you definitely notice different things walking the other way, and in a different season. (S-N,

26.07.09 to 24.09.09). Food drops worked well for her, and she says it was worth the extra weight in carrying fresh fruit and vegies on shorter sections. Fungi of all forms and colours were seen along the way. Steph wishes she'd carried a down jacket for the cold. Advice for others is to slow down, and enjoy and absorb each moment instead of obsessing over the kilometres covered. After finishing, she wanted to do it all over again.

Peter Gray (45) from Leinster always has a good feeling when out on the Track—seeing, hearing and feeling the bush is hard to beat. His end-to-end (Sectional, 26.08.09 to 13.09.10) was walked in two parts due to an earlier injury. Peter mailed many food drops on his first part, but later relied on supplies bought in towns. Walpole to Albany was his favourite section. He especially liked the early mornings, meeting other walkers and reaching the next shelter. Along with the variety of wildlife encountered, Peter was lucky enough to see some whales. He says walkers should take their time when selecting gear and planning their trip.

"...a wonderfully challenging and inspiring adventure - the highlight of my retirement."
Glenys Sefton, WA

Glenys Sefton (69) of Shoalwater (Sectional, 01.08.03 to 10.04.10), described her end-to-end as a wonderfully challenging and inspiring adventure—the highlight of her retirement. Memorable moments include waking at daybreak in a sea of mist at Waalegh and a flock of black cockatoos alerting her to a large family of feral pigs crossing the track near Canning. Glenys' favourite

section was between Broke Inlet and Denmark with its variety of coastal, estuarine and forest scenery. Broom-handles with rubber stoppers served as adequate walking poles. Glenys advises some training, finding a walking companion to share the journey if possible, but above all—just do it!

Janet Zint (46) of Mt Lawley (Glenys Sefton's daughter), found it hard to believe she had actually finished her end-to-end. (Sectional, 13.11.05 to 27.09.10), She and Glenys walked together on several sections. Memorable meals included a night of custard and dried fruit, and spaghetti bol at Donnelly River. Janet's adrenalin was pumping at the sight of snakes on the Track, and she will always remember those early morning spider webs.

Margaret Watson (59) of Wattle Grove completed many hikes with the Bible Society along the Track, and now feels a great sense of achievement having completed the whole journey (Sectional, 04.10.97 to 28.09.10). Favourite sections included Mt Chance to Broke Inlet Rd and Woolbales to the Great Tingle tree. She loved being in the great outdoors, seeing the spectacular scenery and wildflowers, interacting with other hikers and keeping up her fitness.

Loek Haarman (61) from Lesmurdie felt mentally refreshed and physically fitter after each of his walks during his end-to-end (Sectional, 10.10.99 to 06.10.10). He prepared food beforehand for most of his three to seven day trips. Highlights included walking some sections with his son, sitting around the campfire on quiet, peaceful evenings and being away from television, computers and cars. Loek liked the feeling of the wilderness. However, walking from Gregory Brook to Donnelly River Village in the pouring rain without a raincoat doesn't need repeating.

Doug "Lobo" (57) and **Sandi Sime** (55) from Kalgoorlie both discovered the Track to be a very special place on their trek (Sectional, July 2000 to 07.10.10).



Have you got your
End-to-Ender BADGE?

FREE when you register!





They posted food parcels ahead and Sandi enjoyed the friendly backpackers in the towns. Highlights for Sandi included sitting on the rocks above Green's Pool, a storm at Rame Head and swimming in the ocean. Both loved meeting other walkers and hearing their stories. They saw a variety of wildlife and Doug enjoyed talking to the possums. It is "the best walk in the world" and they were appreciative of the shelters, water supply and all volunteers. They agree that boots should be well broken-in with some training walks beforehand, treat hot spots immediately, chill out, take your time and carry a tent.

Andrew Symes (54) from Como enjoyed his Track experiences (Sectional, 10.11.07 to 24.10.10) and is hoping to do a S-N end-to-end in the future. Like many walkers, he found the sections between Kalamunda and Dwellingup the hardest to organise food supplies, but he enjoyed the months of planning before his walks and says the facilities were better than he expected. Northcliffe to Walpole was his favourite section, and a major highlight was meeting other walkers. He advises to pack light and take a fly net in summer.

Michael Bentley (58) of Wilson enjoyed the challenge (Sectional, 11.09.09 to 22.10.10) and the whole walking experience—meeting fellow walkers, reaching the shelter at day's end, and becoming more Track fit. Resupplying in towns was no problem and Michael also looked at what other walkers were eating and learned new recipes. The Pingerup Plains was his favourite section, and the variety of wildflowers, fungi and orchids in the different seasons was a highlight. Solitude and peace were shared by many birds visiting the shelters. Michael thinks the Bibbulmun Track rates well with other long-distance walks, being well-marked and well-maintained. He says everyone should take their time to enjoy the beauty of the bush.

Denise Hilsz (57) and **Alan Pitman** (61) of Claremont were "D'Neez & D'Pits" as they walked what they referred to as "one of the wonders of the world" and "an icon of Australia" (N-S, 07.09.10 to 27.10.10). The section from Balingup to Blackwood was a favourite and highlights were meeting other people (they especially enjoyed Jim Baker's stories when they met him), wonderful scenery along the Track and beer on rest days! Wildlife included quokkas and many snakes. Both say it's the best walk they have done and has provided some outstanding

memories. They urge getting advice from the Foundation before you start.

David Anderson (42) of Brunswick has registered another end-to-end (Sectional, 30.08.09 to 03.11.10) and is planning more. He found it was still difficult to get food supplies at North Bannister. David says the Track changes so much from season to season that it's too hard to select a favourite section any more. He feels happy and satisfied when he walks and is pleased to see other walkers achieve their goals. His advice is to drink plenty of water, pack light, take your time and have a good look around you.

Nadia Collins (24) from Morley (N-S, 22.09.10 to 09.11.10), claims "it was the best of times; it was the worst of times". She couldn't choose between Donnelly River to Pemberton or from Walpole to Denmark as her favourite. From her comments, Nadia has had more than enough couscous, but chocolate is another story! The track towns were highlights as well as swimming, the view from Mt Hallowell, the karri forests and Boat Harbour. An iPod and recharger were her best equipment and an enormous, bulky tent was her worst. She warns other walkers to be prepared for some discomfort along the way.

"... a total rejuvenation of an aging body and a jaded mind."
Gordon Nuttall, UK

Keith Hunt (65) from Waroona, better known as "Wobbly Wanderer #1" had a great experience (N-S, 09.09.10 to 12.11.10), and met some wonderful people. He reports being "temporarily disoriented" a couple of times but praises those responsible for the Track maintenance and the high standard of the shelters. He had no trouble re-supplying in towns. Keith's favourite sections were along the south coast, especially all the beaches. Highlights included the karri forests, sunrise at Lake Maringup, swimming at Peaceful Bay, and even winning three Magnum icecreams in the "one stick in six wins" promotion! Keith amazed himself at being able to complete his journey. He urges others to take rest days, eat well, look after your feet and, above all else, follow the Waugals.

Leon D'Audretsch (22) of Swan View and **Zack Doherty** (22) of Doubleview were "The Zen Mechanics" on their walk (N-S, 20.09.10 to 14.11.10). Zack discovered a new appreciation for the rhythm of nature and Leon found a desire to delve deeper into the nature of life and the universe. They bought supplies in towns along the way and Zack actually gained weight. A shared highlight was the first sighting of the Southern Ocean. They managed to find 13 different orchids amongst the wildflower displays. The Bibb compared favourably with other walks as it wasn't as crowded and the facilities are excellent. They say not to rush, do some research beforehand about plants and animals, wear in your boots, buy rain pants with zips in them and eat lots of food.

Tom Hilliar (62) of Coolesongup has completed his third end-to-end (Sectional, 15.03.08 to 14.11.10), and is appreciative of the improvements in the Track's facilities. Tom had no trouble re-supplying along the way. Kalamunda to Albany was his favourite section, with many, many personal highlights. He says every day was different, and sometimes not what he was expecting. Tom is always modifying, and hopefully, improving his equipment. He tells other people to simply "get out there".

Cliff (60) and **Sharon** (58) **Burns**, of Darlington, were better known as "The Bibbul-Bums" on a walk which surpassed all their dreams (N-S, 19.09.10 to 15.11.10) and produced a great sense of personal achievement. Dehydrating their own home-cooked meals worked well, supplemented by purchases in each town, including the essential ice-cream. Their hot bush-cakes heavily laced with strawberries and cinnamon, then dipped in honey, were shared with other walkers (and sound so good!). Highlights were numerous, including the variety of forests; wildflowers on the Pingerup plains; the beauty and ruggedness of the south coast and the up-down-up-down of the sand dunes. They had an interesting encounter with a tiger snake while climbing Mt Chance—the snake being more startled than they were, and surfing sideways down the rock to escape. Hiking poles, fly veils and the guidebook were among their best equipment. They advise thorough planning, rest days in towns, taking many photographs, keeping a diary and taking the time to "suck in the scenery".

Malcolm Johnson (65), from Carine, was "Malcolm J" on his end-to-end (N-S, 21.09.10 to 15.11.10). He thought the wildflowers were magnificent, as were the bush flies in numbers! Malcolm loved the section from Giants to Rame Head, and especially enjoyed having his morning tea and lunch on top of the sand ridges between Woolbales and Long Point, with wonderful ocean views. Losing seven kgs in weight and five cms off his waist during his trek was an added bonus. Malcolm's best gear was his Trangia and his thermos. He suggests eliminating pack weight and bulk, but still making sure you fit in some treats.

Eija Fletcher (51) and **Steve Robb** (53), from Jarrahdale, were once again "Finnish and Irish" as they completed another end-to-end (N-S, 30.09.10 to 19.11.10). Eija vows never to feed lentils to Steve ever again after a memorable reaction. Woolbales to Long Point was a favourite section for both. One of Eija's highlights was hearing Steve squeal and then levitate at the sight of a snake. The Bibbulmun Track is still Steve's favourite walk, and Eija is considering

a fourth end-to-end to see if she really likes it. Best equipment included fly nets, hiking poles and blister packs. But they found that "Bushman" and "Aerogard" don't always work. They urge others to take good advice from the BTF, plan short walks to fine-tune equipment and to walk in well-fitting boots.

Elizabeth Harding (25) from Mt Lawley tackled a BT end-to-end as her first ever long-distance hike (N-S, 07.10.10 to 20.11.10) and feels very proud to have completed the whole Track. She loved finally reaching the coast and enjoyed the long beach walks. Her Thermarest was good, but she had to buy a warmer sleeping bag. She advises others to plan food drops and to remember that the first week is always the hardest.

Joel McGarvey (29), of Willagee, discovered surprises around every corner on his hike (N-S, 05.10.10 to 20.11.10) with his favourite section being from Walpole to Albany. Joel found that as long as you're not picky and don't expect gourmet meals, it's easy to resupply along the way. He especially enjoyed his first hot meal in Dwellingup. Other highlights for him included the sunset at West Cape Howe, all the well-kept shelters and meeting other people. Being from the US, Joel found the Track to be a great introduction to Australia's people, flora, fauna and countryside. He saw a wide variety of wildlife but could have done without the ticks. His fly net and tarp tent were among his best equipment.

Alison O'Dwyer, of Shenton Park, found that walking in different seasons over the years (Sectional, 15.01.00 to 20.11.10) increased her appreciation of the uniqueness and diversity of WA's flora, and she loved being able to walk in one of the world's biodiversity "hotspots". Walking in spring was like walking through a garden, with her favourite sections being around the Gardner River and the remoteness of the D'Entrecasteaux National Park. Alison says it was well worth learning how to dehydrate her food. She saw a huge variety of wildlife including millions of flies, bees and ticks. Her tick remover and tent were among her best equipment. She says there's no need to hurry—stop, take a closer look at flowers, watch and listen to the birds.

Jennie Greville (57), of Thornlie, had a fabulous adventure (N-S, 20.09.10 to 26.11.10) and can't believe how fortunate she was to be able to see such diverse countryside, magnificent wildflowers, fabulous coastline and the opportunity to meet other walkers who were generous in their encouragement. Her highlight was camping near Mt Dale—watching the sun set, then the moon rise, followed by waking up to the birds' dawn chorus as the sun rose—what a trifecta! Dehydrating her meals worked well. Jennie found her walk was an awesome lesson about the critical water shortage in WA. She never doubted she would finish at Albany even though she had a "hip mutiny". Walking poles, or "trainer legs", were Jennie's best equipment, and she says she would have been lost without them.

Carol (62) and **John Newton-Smith**, from Subiaco, feel the shelters are special and helped to make their walk a unique experience. (Sectional, 11.02.01 to 27.11.10). After ten years and fifteen separate walks they feel very proud to have finally made it. Carol's favourite section was from Northcliffe to Walpole,

and West Cape Howe shelter was a highlight. Water bladders were their best equipment. They advise forward planning and not to forget that buses can be useful for transport.

Paul Madden (47), of Victoria Park, had a very quick trip along the Track (N-S, 13.11.10 to 29.11.10), with his highlight being able to successfully meet his self-imposed time challenge. He was heavily supported along the way by family and friends, and says the trip provided personal and spiritual growth. Raw foods helped in his daily recovery. The south coast was Paul's favourite section and a poncho was his best equipment.

Sherylee (55) and **Darryl** (60) **Bassett**, from Claremont, both describe their end-to-end (Sectional, 01.07.02 to 03.12.10) as an amazing, world-class adventure. Restocking in towns was no problem, but Sherylee now hates muesli bars. Darryl's highlights included the view from Mt Cooke, the trees around Balingup, campsite visits by quendas, the tingle forests and walking into the southern terminus. Sherylee surprised him with a wedding anniversary celebration at West Cape Howe. An enhanced appreciation was felt by Darryl for his country, state, marriage and inner strength; and Sherylee found her trek was inspirational, raising her appreciation of the diverse land, flora and fauna. A huge variety of wildlife was encountered including dolphins herding fish in the ocean. Sherylee's best equipment was her husband—great for assistance up steps, over logs and across streams!

Steve Pontin (54), from Albany, has treasured his Track "getaways" over the past decade (Sectional, 02.10.00 to 05.12.10) and appreciates the efforts put into the Track development, alignment and facilities. His favourite section was along the Donnelly River with its majesty and isolation. Steve liked meeting other people, but could also enjoy the solitude and the feeling of self-responsibility. He loved reading the campsite journals, and became a big fan of "Gobby & Yobby's" entries. He came face-to-face with emus and kangaroos and even watched a dugite kill a bobtail near Ball Creek. Steve's 30-yr old Wilderness pack was his favourite gear. He likes to walk with a positive attitude and enjoy what comes.

Nigel Pilgrim (51), of Dampier, was the "Pilbara Wanderer" on his journey (N-S, 17.10.10 to 05.12.10) which was a fulfilling experience for him and a great way to get away from everything and enjoy the best of WA. He used Backcountry and Settlers dehydrated meals and sent food drops to some towns. Woolbales to Long Point was Nigel's favourite section and highlights were his parents meeting him at Dwellingup and Balingup, meeting other walkers and yet still having time to himself. He saw plenty of wildlife, birds and wildflowers.

Tina Dawson (38) aka 'Snoopy', from Middleton Beach, actually studied during her end-to-end (N-S, 03.10.10 to 08.12.10) and even fitted in a uni exam!

One of Tina's highlights was having her lost Visa card returned by a fellow walker who found it. Another was sharing morning tea with a group of maintenance volunteers at Glen Mervyn dam. Tina found her first week was quite lonely, but was blown away when she realised what she was able to achieve. Becoming fitter (and losing over 10 kgs) meant the walk became easier and she enjoyed lazy afternoons

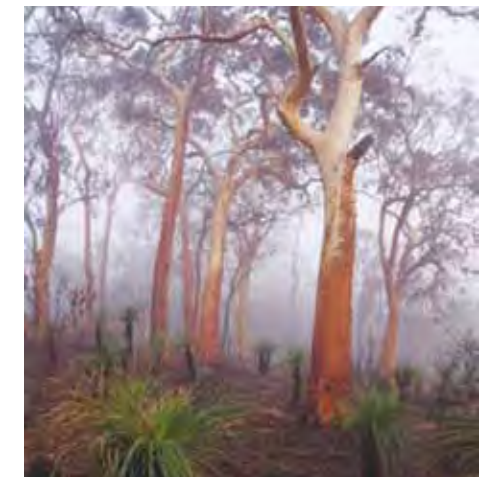
at the campsites. Best equipment included merino clothing and a SPOT Tracker, and she is now on the lookout for lighter gear.

Brigita Ferencak (32), of Parkerville, became "The Wandering Gypsy" as she completed another end-to-end (S-N, 25.10.10 to 13.12.10). She found the beauty of the landscapes too breathtaking to choose a favourite section and at times couldn't wipe the contented grin off her face. Brigita dehydrated her own meals and enjoyed some sophisticated cuisine along the way. A native seed collector she met provided a lot of plant information so she was able to gain greater insight into the Track's native flora. She also rescued a young kookaburra, carrying it to the DEC office in Dwellingup. Her merino thermals were her best equipment, and her worst was her left foot! Brigita advises taking your time overall, and making early starts to each day.

Richard Cooke (72), from Hilton, feels very proud to have finally walked the whole Track (Sectional, mid 90's to 17.12.10) and having stayed in every shelter—before his knees gave out! It was something special to experience the solitude, the nocturnal stillness and the forest awakening at dawn. Highlights included ocean swims, wading Parry inlet after rain, crossing Irwin Inlet and seeing the shelter roof at the end of each day. Dehydrated food became more diverse for Richard over the years. Interesting wildlife was seen, including a long necked tortoise depositing eggs. Advice is to buy the best kit you can, including a pillow.

Lucy Risdale (31) or "Wildgoose", from Fremantle, used the time on her second end-to-end (N-S, 25.10.10 to 17.12.10) to write over 50,000 words that will contribute to her Honours Thesis in Sustainability. Lucy experimented with her dehydrator, and "ate like a queen" on track. Her favourite section was Gardner to Lake Maringup and a highlight was meeting a personal challenge to walk the 240kms between Collie and Pemberton in just six days. Lucy feels like the luckiest girl in the world and is very grateful for the opportunities the Track affords. She says to pack light, enjoy the experience and be your own best friend.

Patrick ("Paddy") **Forde** (62), from Padbury, (Sectional, N-S, 19.03.10 to 20.12.10) liked the southern coastal sections the best and also enjoyed the isolation of deep forests and the coastal views. He double-hutted on many days but injured his ankle in a fall when descending the Track on a hard day near Beavis. Best equipment was his bug-hide, and the worst was his shoes. He advises others to just "enjoy".



Accommodation, Tours and Services

The following business have supported the Track by becoming an Affiliated member. Please take a look and remember them when you next book a tour or accommodation. The Foundation is happy to welcome Rainbow Trail 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	
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 BUDGET ACCOM. - 'THE HIKERS HIDEAWAY'	BALINGUP	Accommodation	(08) 9764 1049	Special rate of \$24.
BALINGUP HEIGHTS HILTOP FOREST COTTAGES	BALINGUP	Accommodation	(08) 9764 1283	
BALINGUP LAVENDER FARM	BALINGUP	Attraction/Café	(08) 9764 1436	10% off essential oil of lavender.
CHESTNUT BROOK COTTAGE	BALINGUP	Accommodation	(08) 9764 1606	10% (direct bookings only).
JALBROOK COTTAGES - KNITWEAR GALLERY	BALINGUP	Accom - Attraction	(08) 9764 1616	Sun-Thu only, outside school holidays.
OAKFIELD COUNTRY HOUSE B&B	BALINGUP	Accommodation	(08) 9764 1641	10% off standard rates (direct bookings only).
SOUTHAMPTON HOMESTEAD	BALINGUP	Accommodation	0412 229 564	
WESTLINGTON BROOK	BALINGUP	Winery/Accom	(08) 9764 1204	10% on accommodation (direct bookings only).
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DONNELLY RIVER HOLIDAY VILLAGE	DONNELLY RIVER	Accommodation	(08) 9772 1244	From \$20 pp.
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BIG BROOK RETREAT	PEMBERTON	Accommodation	(08) 9776 0279	
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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	
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BIBULMUN BREAK MOTEL & TRANSPORT	NORTHCLIFFE	Accom/Transport prov.	(08) 9776 6060	No.
RIVERWAY CHALETS	NORTHCLIFFE	Accommodation	(08) 9776 7183	10%.
WATERMARK KILNS	NORTHCLIFFE	Accommodation	(08) 9776 7349	On application.
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COALMINE BEACH HOLIDAY PARK	WALPOLE	Accommodation	(08) 9840 1026	10%.
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STARGAZERS B&B	WALPOLE	Accommodation	(08) 9840 1553	\$10 on double accommodation (\$5 on single).
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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.
WILLIAM BAY COUNTRY COTTAGES	DENMARK	Accommodation	(08) 9840 9221	On application.
1849 BACKPACKERS	ALBANY	Accommodation	(08) 9842 1554	
ALBANY BAYSIDE OCEAN VILLAS	ALBANY	Accommodation	0400 216 971	
ALBANY VISITOR CENTRE	ALBANY	Tourist Bureau	(08) 9841 9290	No.
BAYVIEW BACKPACKERS YHA	ALBANY	Accommodation	(08) 9842 3388	Same as YHA members.
BEST WESTERN ALBANY MOTEL & APARTMENTS	ALBANY	Accommodation	(08) 9845 7500	
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Walker Story...

Two Million Steps on the Bibbulmun Track

BY ALAN ALEXANDER

In 2009, Alan Alexander set out to walk the Track from end-to-end with very definite objectives in mind. Despite some major problems, he finally succeeded. This is his story:



At 11.00am on Saturday June 5th 2010, I arrived at the Northern Terminus of the Bibbulmun Track at Kalamunda hand in hand with my wife. So ended an incredible and very special journey of 966km over 46 consecutive days, which began on April 21st in Albany.

This was an emotional moment, undoubtedly experienced by many before me, but to a 74 year old with two artificial hips, who had delayed hip replacement surgery for years and put up with the pain because of the fear that it might curtail his love of hiking, this was something very, very special.

To walk end-to-end was an idea conceived in Nepal on our second trekking visit there in December 2008. During that visit we were able to spend time at The Leprosy Mission Hospital at Anandaban outside Kathmandu. My wife Elwyn and I had for many years been financial supporters of The Leprosy Mission in Australia, and now were able to experience at first hand the great work of locating, treating, rehabilitating and bringing sufferers of the debilitating disease back to productive village life.

Over a four year period prior to our visit we had conducted fund-raising sponsored bushwalks in the hills around our home in Brisbane and had raised \$25,000 for Leprosy Mission projects.

We were informed that The Leprosy Mission was about to embark on a special project in the Central Development Region of Nepal, with the primary goal of empowering and improving the quality of life of people affected by leprosy and other physical disabilities, with attention given to women and marginalised people. We met with the project leaders Elisa Yule and Shovakhar Kandel, and committed ourselves to raising \$100,000 for this exciting, ground-breaking project. The goal of rehabilitation and restoration of lives was close to our hearts.

To raise \$100,000 needed something special, which I determined for me would be to walk the length of the Bibbulmun Track in 46 consecutive days - no mean feat for a 73 year old with two false hips!

With promised sponsorship of over \$50,000 my wife (70 years of age), and I set out from Albany on May 13th 2009. Our plan was to walk the first nine days together to Walpole, after which Elwyn would follow by car and catch up with me at towns along the way to provide support.

I set out on my own from Walpole for the six day journey to Northcliffe when disaster struck in the form of a serious bladder infection. There was no mobile phone service, my analogue EPIRB was out of date and there were very few people on the Track.

I was in extreme agony when I was rescued in what I feel was a wonderful living example of God's grace and provision.

Two Bibbulmun volunteers who "just happened" to know who I was, what I was doing, and just how to cope with the emergency - and who "just happened" to be there two days earlier than planned - appeared out of the bush at Gardner River bridge. One day later I was undergoing surgery in a Perth hospital. It was a humbling and unforgettable experience, and God taught me so much in two very eventful days.

I now had some unfinished business and immediately put into action a plan to return to Western Australia around the same time in 2010 and start all over again. Why? Well, I believed it was by God's grace I was still here - by God's grace I was still available - why would I not do it all again? I truly believed God wanted me to complete the journey.

This time I would have some good mates accompanying me on various stages so that I would have only three sections on my own, a total of 10 days. I also planned to have a satellite phone and a "Spot Messenger" (Ed: see note below) to ensure contact with the outside world. My wife would again supply the support as well as walking with me on the six days between Walpole to Northcliffe.

During my time on the track I found that people appear to walk the track for a number of different reasons. For me the objective was two-fold, firstly to help support and raise awareness of a project dear to my heart, and secondly to set an example and inspire others to follow. In completing an end-to-end I achieved my goals and proved to myself, and hopefully to others, that hip replacement is not a sentence to a sedentary life, but a chance to get a reasonably active life back again.

You need a good team behind you, to set some goals and be willing to work hard at your rehabilitation and ongoing fitness. As I have always said, "your attitude determines your altitude". You must personally resolve to do it. Have the courage to step out, put your life, your body, your problem in God's hands. You must take the responsibility for the problem and the outcome. No other person can make the decision for you.

You may ask "do you think I can improve my life?" and I can only reply "how much do you want to?"

Alan Alexander

(Editor's note: A "Spot Messenger" is a communication and location device. For further information, visit the website www.international.findmespot.com)

New Zealand - The Remote South



Views of the Southern Alps, Lake Wakatipu and Queenstown from the Moonlight Track.

In February, the Foundation escorted a group of Bibbulmun Track walkers on a Peregrine Travel trip to Fiordland on New Zealand's South Island. A highlight of the trip was three days on the little known but highly spectacular Tuatapere Hump Ridge Track.

The tour commenced in Queenstown where we walked the Moonlight Track. Starting from Arthur's Point, the trail gradually winds its way around the back of Ben Lomond providing excellent views of the Shotover River, where people were rafting and others dared the world as they bungee jumped from a platform on the gorge wall.

Ascending 700 metres, the Track took us up and around to the Ben Lomond Saddle where we were rewarded with expansive views of the Southern Alps, with Lake Wakatipu and Queenstown far below. We descended to the Skyline complex and enjoyed a gondola ride back down the mountain where our bus awaited to take us to Te Anau, the gateway to the Fiordland National Park.

The next day started with a visit to the DOC (Department of Conservation) visitor centre—well worthwhile. We then walked a short section of the Kepler Track through beech trees and lush green rainforest with ferns, mosses and colourful fungi displayed in vast numbers, a huge contrast to the sparse mountain vegetation of the previous day. The walk took us to Shallow Bay where we enjoyed lunch at a small hut on the shore of Lake Manapouri. Our day ended with a briefing at the Tuatapere Hump Ridge Track office followed by a fabulous meal at the local pub where we stayed the night.

The next three days were spent hiking the truly scenic Hump Ridge Track. The track winds across some of New Zealand's wildest land, taking walkers along an alpine ridge, over historic viaducts in the heart of native forest and along deserted beaches on the south coast of the South Island.

The start of our three-day trek was an unforgettable experience—a helicopter ride from Rarakau car park to Flat Creek River. This spectacular four-minute flight across Te Waewae Bay gave us a birds-eye view of where we would be walking and negated the need to walk the same ten kilometres of track twice, as this section is a spur trail into the loop and we would be walking it on day three.

At Flat Creek we started the 890 metre climb above the bush line to the superbly located Okaka hut, perched high on the ridgeline to provide stunning views across to the ocean. The 13 kilometre hike took us over swing bridges and through pristine sub-alpine forest reminiscent of scenes from the "Lord of the Rings".

The lodge provided great hospitality and comfortable, warm accommodation. Sadly, that evening we heard that Christchurch had been hit by another earthquake and our hearts went out to our guides and the people of New Zealand who had to cope with the tragedy.

The next day's 19 kilometre hike took us up and down along the ridgeline providing magnificent views and rocky landscapes, before descending into the forest and reaching an old logging tramway. Walking across three massive wooden viaducts made this day very special and provided a real sense of history. Finally we arrived at the old settlement at Port Craig Village where our lodge and another wonderful meal awaited us.

The next day was an early start as we had 17 kilometres to cover by 2.00pm to leave enough time to travel to Bluff and catch the ferry to Stuart Island. This final day on the Hump Ridge provided another change of scenery as we walked for a number of kilometers along pristine deserted beaches. The catch-phrase for the Track is "More wilderness... less people" and it certainly lives up to this promise. We were all blown-away by the outstanding quality of this track—from the natural beauty to the high standard of the staff and facilities. To find out more visit www.humpridgetrack.co.nz

The drive to Bluff took a couple of hours and we enjoyed a smooth passage across the Foveaux Strait to Stewart Island. Described as the last great frontier and the newest National Park of New Zealand, the island is a paradise for walkers, and home to an abundance of marine and bird life.

In the morning the group was given a short bus tour to see some of the key sights on the island. Some chose to walk back around the coastline while others took time out for a coffee and a look at the galleries. In the afternoon a group paddled kayaks over to Ulva Island, a renowned bird sanctuary, while others hired bikes or rested. At night a number of people took the opportunity to view the elusive kiwis in their natural habitat.

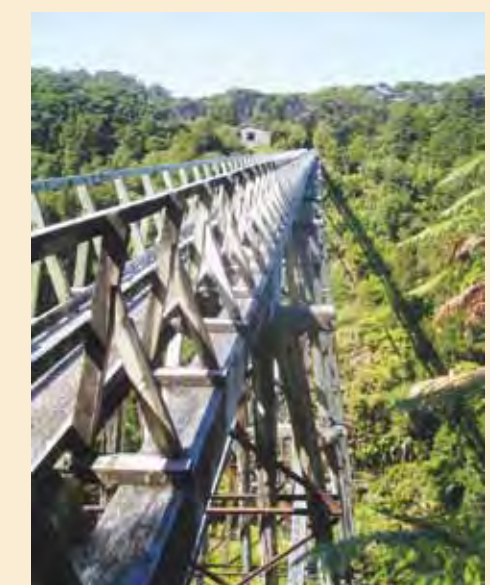
On our last day we travelled from Stuart Island back to Queenstown via Invercargill. Bibbulmun Track Foundation sponsor Back Country Foods is located in Invercargill and the owners, Kara and Brent Crossan, very kindly came in to their premises on a Saturday to give us a tour. Everyone was very impressed by the quality of the ingredients and the high standard of production. After sampling various sweet and savoury meals everyone was highly complimentary and there's no doubt Back Country cuisine has another 18 fans.

Back in Queenstown we had a couple of hours to browse around the town or rest before our farewell dinner. The delicious meal was a fitting end to a memorable trip with a great group of people. We'd seen amazing scenery, taken hundreds of photos, shared lots of laughs and learnt a lot about New Zealand's natural and cultural heritage. All in all it was out of this world.

Many thanks to Peregrine Travel Centre WA for arranging our itinerary:



www.summittravel.com.au
Phone: (08) 9321 1259



Percy Burn Viaduct is the largest wooden viaduct in the southern hemisphere

PRIZE WINNING MEMBERS

November 2010

Winner was Di Clegg of Scarborough who won a 'Kitchen Bits' pack kindly donated by our Gold Sponsor Sea to Summit.

Second Prize went to the Pink and Boyle Family of Tapping. They received a book 'Common Butterflies of the Southwest' kindly donated by DEC.

December 2010

Winner was Sally Wise of South Yunderup who won an 'iPod' pocket trowel kindly donated by our Gold Sponsor Sea to Summit.

Second Prize went to Chloe Church of Denmark who received a Titanium long handle spoon also kindly donated by Sea to Summit

January 2011

Winners this month were Brian and Shirley Gallagher of Kangaroo Point in Queensland, who won the DVD 'Getting on Track' donated by the BTF.

Second Prize went to Greg Stewart of Willetton who won a copy of 'Urban Antics—Tales of an Urban Naturalist', kindly donated by DEC

February 2011

Winner was Leanne Schwarzbach who won an XPlate kindly donated by our Gold Sponsor Sea to Summit.

Second Prize winners were Peter and Jann van der Helder who won a Titanium long handled spoon also kindly donated by Sea to Summit.

March 2011

The winners were Peter & Vera Clune of Fremantle. Their prize was a Pocket Shower kindly donated by our Gold Sponsor Sea to Summit

Second Prize winner was Jan Allen of Hovea who won a Titanium long handled spoon also kindly donated by Sea to Summit.

The winner of the end of year renewal as a life member draw was Jim Turnbull of Melville. He received a \$300 voucher kindly donated by our Diamond Sponsor Mountain Designs.

Guy Spouge of Ellenbrook won the annual prize draw for our life members. His prize was a Pacific Outdoor Equipment self inflating mat kindly donated by our Gold Sponsor Sea to Summit.

Office Gossip



As I write we are seeing and hearing all about the earthquake in Christchurch, just days before I fly to New Zealand for five weeks and while Linda is in the southwest of New Zealand with a group on the Hump Ridge Track. We have been concerned over the past few months for members in many areas, given the floods and cyclones throughout Australia, fires in various locations around Perth and country WA, the violent storm in Northam and other disasters and extreme weather all over the world. We trust that our members and their families in Christchurch and anywhere else which has experienced a disaster recently are safe.

We were all very relieved last week when a new air conditioning unit was finally installed to replace the antiquated unit which expired on Melbourne Cup Day last November. With the temperature in the office a touch under 40 deg, we were all delighted when cool air finally flowed into the rooms at about

3.40 pm. Relief turned to disbelief when, about an hour later, the new system expired, leaving us sweltering once again. It was like a child having the ice cream taken away! Despite our fears of another long delay the cold air was flowing again within the week.

Over the summer Charmaine enjoyed holidays in Tasmania on the Overland Track, Steve spent eight days in Victoria updating his Wilderness First Aid qualifications and then met up with Isabel in Tasmania where they explored the Walls of Jerusalem. Edith has just returned from a couple of weeks in New Zealand, Gayle spent a relaxing fortnight on Norfolk Island and Peter S. was able to fill a long-held ambition and enjoy the train trip across the country from Sydney.

At the end of January we farewelled Millie, who is now on maternity leave as she and Luc await the birth of their third child. A warm welcome to Clare, who will be looking after Tourism and Marketing with Jean while Millie is on leave. We look forward to another busy year and hope that members, particularly those from interstate and overseas, will pop in to say hello if they are in WA.

Gwen Plunkett
Office Manager and Volunteer Coordinator.

Ed: Congratulations to Millie on the safe arrival of her daughter, Chloe, in March



THE NEXT EVOLUTION IN SLEEPING BAGS

weight for warmth, the Sea to Summit sleeping bag range is on top of the pile.

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The best alpine cocoon for winter trekking, ski touring and mountaineering.

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FOR MORE INFORMATION GO TO:

WWW.SEATOSUMMIT.COM.AU



Walking the Track with poles

by Stuart Gray



In issue 55 of the Bibbulmun News, Dr Stuart Gray penned an article that discussed the use of walking poles. This is a follow up which looks at the use of poles in more detail. Dr Gray comments:-

I have been questioned often about the correct way to hold poles, and the answer to this is not as obvious as it may appear.

Let's consider the basic technique of pole walking to be the weight-bearing phase, followed by the swing-through recovery phase, and assume the pole length is such that the walker's elbow is at 90 degrees when the pole tip is just in front of the toe of his boot. Then the grip during weight-bearing will mostly depend on the shape of the pole grip. These days many grips are shaped with depressions for the fingers, and some are angled slightly forwards.

The straighter the handle of the pole and the less the friction of the grip (depending on the material from which it is made) means a stronger grip is required to prevent slipping, which, if combined with an inappropriate length of the pole, may result in fatigue or injury. The latter will be more likely if a 'grip of death' is maintained during the swing-through recovery phase, as is sometimes seen with nervous novice trekkers.

A fairly light grip between the index finger and thumb should be adequate for most poles, and if the push through has ended just alongside the heel of your back foot, the pole has only to be lifted enough to clear the ground and will swing through like a pendulum.

The handle straps are provided to prevent the pole being dropped, and to enable use of your hands to hold a water bottle or compass without putting the poles down. One negative factor in regard to the straps is that they have over many years been blamed as a cause of thumb injuries. Because of this possible predisposition to injury I do not put the straps around my wrist but I do not remove them from the pole. They are useful for hanging up the poles and on two occasions I have used them to replace the worn out straps under my gaiters.

Yours in walking,
Stuart Gray.
Sports Physiotherapist.

Walker Story ...

the Bibbulbums



Cliff and Sharron Burns aka "The Bibbulbums" recently completed an end-to-end walk of the Track. They prepared well and thoroughly enjoyed the experience. This is their story:

"Veni, vidi, vici" - so said Caesar after his short confrontation at Zela, Turkey, back in 47 BC.

In a more up-to-date version of the ancient famous sentence we can now say, "The Bibbulbums went, saw and conquered".

It was an extraordinary fifty-eight day adventure - far too difficult to explain in words.

Was it hard? - Oh, yes.

Was it worth it? - Every!...single!...day!

We were very well prepared, which meant we encountered virtually no unwanted hurdles to conquer. We completed the journey a little lighter but very fit and well indeed, and of course very happy and contented.

The shared stories and ideas with like-minded backpackers, the breath-taking scenery, the wonderful shelters and Track, the incredible flora which blew us away, the wildlife including 13 snakes and a legless lizard, the belly laughs, the food (especially our home-made dehydrated meals), the damper - bush cakes heavily laced with strawberries and cinnamon that we made for many along the way, the aches and pains, a couple of blisters, a couple of snorers, the thrill-



seeking 'surfer-snake' that flew past us out of control on the massive Mt Chance granite rock, the bloody flies and ticks, the hills - oh, those hills - the valleys, the small town hospitality, the refreshingly cold skinny-dip in the Southern Ocean - everything really, all so very memorable.

We went mad with the camera, taking well over 1,000 photos, which we will cull to a representative sane number. One of our great personal loves is the flora in the SW of WA. At times we thought we were in flora heaven. Probably 30% of the photos are of the local flora including some extraordinary orchids we have not seen previously.

During the afternoons we wrote copious notes in the shelter journals under our Track name of The Bibbulbums, and just as many words in our diary. We tried to keep it light-hearted, funny at times, flora information, a couple of odd sagas along the way and of course describing which delight was on the dinner menu.

We received many kind words from backpackers who came from behind us only to leave us coughing and spluttering in their dust (many of whose excellent company we shared over a pub meal or/and at the shelters).

Our thanks to all the volunteers, and our congratulations and admiration go to the Foundation for the extraordinary Track of which all Western Australians can be justifiably proud. 🌟



Newmont Boddington Gold

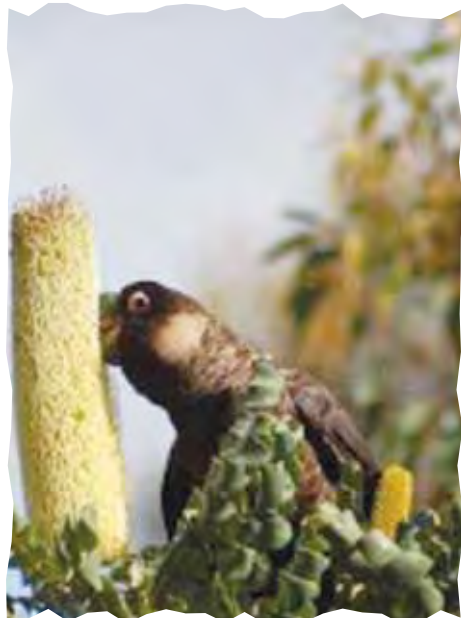
BLACK COCKATOO PROJECT



Female Carnaby's Cockatoo feeding

As part of its environmental commitments, Newmont Boddington Gold (NBG) is supporting an intensive study of black cockatoos on-site and within the surrounding jarrah forest. The study is ongoing since it began in 2007 and involves close collaboration with researchers from Murdoch University.

The jarrah forest in which the NBG is located is home to three species of black cockatoos, all of which are considered nationally threatened. Two species—Carnaby's Cockatoo and the Forest Red-tailed Black Cockatoo (FRTBC)—occur year-round at NBG and breed on-site and in



Male Carnaby's Cockatoo feeding

adjacent areas. Baudin's Cockatoos generally breed in the karri forest further south, and move into the Boddington area during the autumn-spring period to feed on marri.

The conservation of habitat for these three species presents a significant challenge for NBG, both during the operational life-span of the mine and in planning for mine closure. "The essential problem," says Murdoch University biologist Hugh Finn, "is two-fold—how to manage the site to best conserve existing breeding and feeding habitat and then to design rehabilitation strategies to restore habitat."



Forest Red-Tailed Black Cockatoo

Jessica Lee, a post-graduate student at Murdoch University, is addressing these questions in her PhD project, which began on-site in 2008 and will conclude in 2011. Jessica's project involves both field observations of black cockatoos and the sampling of vegetation in forest habitats and rehabilitation areas. "The observation of black cockatoos here at the BGM tells us a lot about their basic ecology," says Jessica, "such as what times of the year the three species are present and in what numbers."

These observations have also revealed that black cockatoos will drink from drainage and seepage sumps on-site and—critically—that all three species will feed in rehabilitation areas as soon as eight years after being revegetated. "That is an important finding," Finn notes. "Given the diversity of mining within the jarrah forest, there was a lot of interest in whether feeding habitat for black cockatoos could be restored."

To better understand the features of rehabilitation areas that are important to black cockatoos, Lee is conducting a systematic study of vegetation and feeding residues (such as seed husks and snapped branches) in ten rehabilitation areas on-site. Initial findings show that Carnaby's Cockatoo feeds on Banksia and Hakea species in rehabilitation areas, while Baudin's Cockatoos and FRTBC mostly feed on marri fruits.

The restoration of breeding habitat is a longer-term challenge, as it will be more than 150 years until seedling trees in rehabilitation area are large enough to produce a potential nest hollow for black cockatoos. This makes the conservation of breeding habitat important. Lee observes, "Studies of trees felled during the NBG expansion project showed that marri and wandoo were much better producers of hollows than jarrah, which is a harder wood. So areas rich in marri and wandoo probably provide good breeding habitat."

There remain some areas of uncertainty that the study hopes to address. "The big one," says Finn, "is to identify what determines when and where pairs decide to breed. Is it lack of hollows, lack of feeding habitat, or some other factor?" Climate change is another area of interest, since future precipitation patterns will influence what natural vegetation and rehabilitation will successfully survive in the long term at BGM after mine closure.

Lee hopes that the findings from the NBG study will have broader implications. She notes "Restoration is really the key to the long-term future of these birds. What we're learning at NBG will help improve restoration efforts at other sites."



BODDINGTON GOLD

Getting into Gear - Layering



Travel Centre WA, where I get to use all this great gear, and get to do lots of adventure travel!

I still believe that to really enjoy the outdoors, you need to be comfortable. That means choosing the right gear for the conditions that can reasonably be expected for the time you are on your adventure. In some cases it could be more extreme than just being comfortable, it could mean the difference between life and death – but generally it really is about enjoyment and not letting your equipment detract from your experience, rather it should enhance it.

Layering your clothing is the key to comfortable bushwalking. Modern fabrics that allow you to be comfortable whilst walking are a real possibility – gone are the days of having to walk in scratchy, heavy, sticky and smelly fabrics that don't do the job that you bought them for, let alone what the manufacturer promised they would do.

Try to work on three layers, the first layer should have thermal and wicking properties, the second should be your insulation layer and continue the wicking process and the third should be your breathable, weatherproof shell layer.

FIRST LAYER

This is generally considered to be thermal underwear; these garments are commonly made from polypropylene and are close fitting to stop cold air getting between you and the garment. Thermals are warm when wet, much like a wetsuit, and dry very quickly. They also wick moisture away from your body as you perspire, wickability is a measurement of the quality of the garment and fabric. Tasmanian and New Zealand bushwalkers often wear a thermal top and bottom with shorts over the top, this is not a good look when you walk into a pub, particularly if you're wearing stripy thermals, but hey, at least you're warm!

However, we are now in a retro phase and wool has come back into vogue. Not just any wool though – merino wool is now considered the best fabric to wear outdoors against your skin. "But what about the itch factor", I hear those who have not yet worn merino say. Well, it has been severely diminished by using high quality merino wool with a low micron; anywhere from 17 to 21 microns is used by brands such as Ice Breaker. The fabrics are also washed and treated in ways that mean you can wear them next to your skin with no irritation.

Merino wool garments are also designed to be layered. The lightest weight is around 150 grams a square metre, they then go to around 200 grams and are still considered a close to skin layer at that weight; then to 260 which is considered a midweight garment, then to 320 grams which starts to be the same layer as Polar Tec 100.

You can even get merino wool jackets now made in 380 gram weights or over; I would consider them more of a travel garment though, they look great but can start to get heavy.

On my end-to-end in 2008 I wore the same 150 gram Ice Breaker T-shirt for the entire length of the Track. If it got wet, it dried quickly, it didn't itch when it hadn't been washed for a couple of days and, in my opinion, it didn't stink at all. It was a brilliant piece of kit – I still use the same T-shirt any time I go bush or trekking. I overlaid it with a 200 gram half zip merino top during the colder mornings or evenings or until I had warmed up with walking.

Firstly, a sort of non-disclaimer. After 24 years of involvement in the outdoor retail industry, I have sold my Mountain Designs franchise stores in WA, so I am now no longer involved in selling outdoor equipment but I am still heavily involved in using it. I have always tried to be impartial in my advice in these columns and I intend to continue as I started in that regard. I am now concentrating on running my new business, the Peregrine

SECOND LAYER

This is your warm, insulation layer. Use fleece as it doesn't absorb much water and dries very quickly. Polartec is one of the best brands of fleece; it's high quality and doesn't pill or burr up easily. All the retail brands have now started to market their own brand of fleece. Generally they are made in China and are of reasonable quality but they are a copy of Polartec, and if you want a jacket with a great warmth to weight ratio then Polartec is the best. There are many different weights available like Polartec 100, 200 or 300 (300 being the warmest) but the heavier fabrics are bulky, taking up too much space in your pack and can often be too warm for West Australian conditions. I find walking in a 100 weight sufficient in inclement weather.

One item I find very useful is a mini-Down Jacket. I have a Mountain Designs version called the Quantum which packs up into a stuff sack smaller than a loaf of bread and yet keeps me warm in any conditions. The outer shell of this style of jacket is generally made from Epic or Dry Loft or some other down proof breathable fabric so it is water resistant and windproof. It weighs about 400 grams and is great to put on when I get to camp – a huge amount of warmth for very little weight and space.

Another fabric to consider is Windstopper, this is a completely windproof fleece made by WL Gore, the makers of GoreTex. This is a great fabric for WA where it's always windy! I use the lighter weight called 'Tornado' as the windproofness negates the need for the extra insulation. A lot of people don't find it as cuddly and soft as a normal fleece and prefer the warmer 'Glacier' weight. This fabric is great for walking in climates where the wind often makes you colder than the ambient air temperature.

THIRD or SHELL LAYER

This is your outer weatherproof layer; not only must it be waterproof and windproof but it is essential that it breathes. There is no point in carrying a jacket (or anything for that matter) unless it works. You might as well just walk in merino, and at least stay warm when wet, than carry a waterproof jacket that doesn't breathe.

GoreTex is the most well known fabric, it is a porous membrane (it looks like plumbers tape!) which is bonded to a face cloth, and you can't actually see the GoreTex when you look at a jacket. The idea is that the membrane has holes in it that are big enough to allow water vapour through as it comes off your body (while it's still microscopic) but small enough to stop water drops and wind. All the seams have to be tape sealed (it's in the contract with Gore) and the design of the jacket has to be passed by them to meet their 'Guaranteed to Keep You Dry' standards.

There are many other fabrics that are really quite good (like Repel, Omnitech, etc) but it's very hard to find a good jacket that retails for under \$200. Longer jackets that come down to the tops of your knees are better for bushwalking, that way if you use gaiters that cover your boots and come up to your knees, you won't need to carry waterproof pants – another weight saving!

This jacket doesn't need to be lined as this can sometimes impede the breathing and add unnecessary extra weight. It should also pack into its own hood so that it doesn't take up much room in your pack. The hood should have a peak to keep water off your face and a way of securing it to your head so that when you turn to look at the view you don't see only the inside of your hood!

So in the end you have enough layers to cope with any weather conditions and most importantly to be flexible. If it's wet, but not cold, just wear merino and the shell. If it's cold, but not raining, you use a thermal and fleece combination. If it's mild just the thermals, but if the whole world goes crazy then thermals, fleece and shell! 🌪️

Good Luck.

Mike Wood

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

PHOTOGRAPHS OF JOURNAL ENTRIES

We completed an end-to-end from Kalamunda to Albany between 19th September and 15th November and wrote many notes in each of the shelter journals. We would like to speak with any person planning to walk from end-to-end who would do us a great favour by photographing our entries in each journal.

Phone: Cliff on (08) 9299 6696 or Email: cliffburns@iprimus.com.au

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

MAGIC OF THE LONG DISTANCE DREAM

FREE VIDEOS ON OFFER!

The Foundation has around 90 copies of a promotional video (note they are videos!) of the Bibbulmun Track. Content covers the Track, its campsites, its construction, the scenery and a bit about the towns.

If you would like your own copy for posterity, please come and collect it. We can't reserve copies so first in best dressed! We are happy to post to you for \$6 within Australia (call us with credit card details).

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

Member Survey - tell us what you think!

Understanding the needs of our members is essential for us to deliver what members are looking for in the future.

A strong membership base is vitally important to the Bibbulmun Track Foundation and we would like your input as to how we can continue to encourage membership and retain our members over the long-term.

A strong membership not only provides the Foundation with a direct income from membership fees, it also greatly increases our chances of receiving grants and support for the upkeep of the Track and campsites.

Members therefore not only give the Foundation vitality, but also help to ensure that the Track remains a well maintained and valuable community resource for the next generation.

We would greatly appreciate your input into our online survey to give some insight into what motivates our members - what we're doing right and areas where we could improve.

The survey is completely anonymous so please answer honestly. It shouldn't take you more than 10 minutes to complete.

Please go to www.bibbulmuntrack.org.au/News/Online-Surveys/Member-Survey.aspx

If you don't have access to the internet, please complete this form and post it in.

Thank you!
The BTF team

How long have you been a member? _____

What was your primary reason for joining: (tick one only)

- To support the organisation and the Track
- To receive discounts on merchandise and events
- To receive the member's only Bibbulmun News magazine
- To receive discounts on equipment from sponsors
- Other _____

What member benefits do you like/use (tick as many as apply)

- Event discounts
- Merchandise discounts
- Discounts at sponsor stores
- Bibbulmun News magazine
- Get involved with Track upgrades
- Free trip planning
- Free Walk with the Friends events
- Other _____

How do you usually renew your membership? (tick one)

- Online
- Phone
- In person
- Post

How easy do you find the membership renewing process:

- Very easy
- Easy
- Okay
- Could be better
- Time consuming

Feedback/suggestions for improvement: _____

Have you ever been to a BTF member event? (e.g. the 10th Anniversary Celebrations)

- Yes
- No

If no - why not? _____

Would you like the Foundation to have more events for members?

- Yes
- No

If yes, what type of event (e.g. walking, social): _____

Are you planning to renew your membership when it's due next?

- Yes
- No

If not - why not?

- Already a Life Member
- Moving out of WA
- Ill health
- Can't afford it
- Other _____

We are planning to upgrade our website and add new functionality. Please let us know what you think of the following:	Great!	Ho-hum	Wouldn't use it
Log in for members which will provide you with a profile page	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to renew your membership online	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
History of purchases/orders on your profile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Upcoming events listed on your page with access to full event info	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall, how would you rate the quality of each of the following activities we engage in?	Excellent	very good	average	poor	don't know / haven't used
Keeping you up-to-date with Track developments and news	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assisting with enquiries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Providing opportunities to be involved (e.g. volunteering, events)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Providing relevant merchandise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hire Service	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trip Planning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fundraising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feedback/suggestions for improvement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please feel free to write any other comments in here including suggestions for encouraging long-term membership of the Foundation and therefore support of the Bibbulmun Track.

Thank you for your time!

If you don't have access to the internet, please complete this form and post to the Bibbulmun Track Foundation.

Entertainment Book

PRE-ORDER YOURS AND GET SOCIALISING

It's that time of the year! The 2011/12 Entertainment Book will be launched around mid-May and will be available from the Bibbulmun Track Foundation. It features old favourites as well as new inclusions and is still filled with great offers from the best restaurants, cafes, family dining, accommodation, entertainment, sports and much more!

The book will retail at \$65 if collected from the Foundation office (plus \$8 for regular post or \$10 for registered post which we highly recommend as we cannot replace any books lost in the mail).

Enjoy all the discounts and offers while you're out and about and help raise funds for the Foundation too.

You can pre-order your copy of the 2011/12 book online, bibbulmuntrack.org.au or phone us on 9481 0551.

The Versatile Mothers Day Gift

A Bibbulmun Track Gift Voucher which can be used on any event from our Calendar, merchandise, membership or a Bibbulmun Walking Break.



Here are three ways to get Mum started on the Bibbulmun Track.

THE INDEPENDENT WAY - TRY A DIY DAY WALK

All she needs to get started is a Day Walk Map Pack - Available in 6 unique locations and includes a Track map with 7 or 8 walk options and detailed notes in a clear map holder.

MOTHERS DAY SPECIAL ONLY \$15.(RRP \$20)

FOR THE ADVENTUROUS - A 'WOMEN'S ONLY' GUIDED EVENT

MARCHING MAIDENS - 3 to 6 June (Foundation Day long weekend). Walk 53km over three days from Balingup to Mumballup. Members price \$245.00

THE '5 STAR' TREATMENT - A BIBBULMUN WALKING BREAK

Pack free, stress free, self-guided walking and accommodation packages. We'll arrange transfers to the Track, she'll walk back to a warm welcome, a hot shower, home-cooked meal and a comfy bed - every mother's dream come true!

Call Clare on 9321 0649 or email tourism@bibbulmuntrack.org.au.

For more details visit: www.bibbulmuntrack.org.au

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

12 June 10.30pm	<input type="checkbox"/>	21 August 8.30am	<input type="checkbox"/>
7.5km return walk from Mundaring Weir to Ball Creek Campsite		20km return walk from Dale Rd to Brookton Campsite (Fit and experienced walkers only!)	
26 June 9.00am	<input type="checkbox"/>		
17km return walk from Brookton Hwy to Canning Campsite			
10 July 8.30am	<input type="checkbox"/>		
20km return walk from Kalamunda to Hewett's Hill Campsite (Fit and experienced walkers only!)			
7 August 9.00am	<input type="checkbox"/>		
15km return from Mt Cooke Pines to Nerang 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.

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



TRACK TRIVIA

HI FELLOW WALKERS!

I had a little wander along the Track in March between Pemberton and Walpole, through the Pingerup Plains. The bush was as beautiful as ever, with countless birds, many 'roos and the occasional snake and feral cat to be seen - but oh, so dry. The three major rivers, the Warren, Gardner and Shannon were all at the lowest level I have seen, just brown, tannin stained trickles of water.

In nine days I saw just four other walkers, including "The Baldies" - Colin and Raye, who had their heads shaved before they set off from Albany and are raising money for the Leukaemia Foundation. Good on ya, guys! Of eight shelters I had six to myself, and I was most impressed with the re-furbishing work that has been performed, especially the new flooring. Well done to DEC and all those who assisted.

A couple of comments in the register at Dog Pool caught my eye:

"Good Scrub!" - Is this a compliment to the beauty of the surrounding bush, or the gratified sigh of someone who has just buffed himself down with the pot-scourer in the waters of the Shannon River?

"Daddy caught a big boar in the river." - One wonders what he did with it. Did the family live on pork chops for the rest of their walk, or is this a spelling error? Was it a big Boer, perhaps a skinny dipping Afrikaner, or a big boor, one of those self declared trekking experts who tells you what's wrong with all your gear, or even a big bore, a wall of water surging upstream at high tide? Alas, we'll never know.

I must confess to a misleading statement in the previous issue of the Newsletter, where I mentioned that a walker had asked me about the use of a trolley on the Track. (See "Mother & Son" walker story on page 29 of this issue). It was in fact the husband of the walker, clearly an inventor of some promise, not the walker herself, who made the request. My apologies to "Mother".

The story is fun, but it does bring up a couple of important points.

Firstly the trolley issue was brought about because of the pain caused by ill-fitting backpacks. I am often asked about how much weight I have in my pack at the start of a long walk. I have found that I can carry sufficient clothing, equipment and food for ten days, plus two litres of water at the start of each day and keep the weight to about 18 kilos - and that includes a tent. But my point is that if a pack is not properly adjusted to fit the wearer those 18 kilos could cause a lot of pain, whereas a properly adjusted pack could weigh 25 kilos or more and give no problems. So issue number one - get your pack properly fitted when it is full. Either an experienced walker or camping shop staff can do this for you.

The second issue is to get a measure of your fitness level and walking capacity before you undertake a really long trip. This is the advice I give to all less experienced walkers:-

"I would strongly suggest that when you have got all your gear together that you take a few day walks on the Track with a full pack, and then go out for a couple of overnight treks, with all your gear. Stay out for three or four nights. That way you can get an idea of your fitness, find out if your gear works (eg your stove) and whether you have forgotten anything. It's much better to find out that something is missing when you're just out for a few nights than if it will be ten days before you can replace it!"

Clearly the silly season is upon us. This is a letter received recently—an odd idea, but perhaps not without merit!

I was suggesting to my wife that I could take a homing pigeon along on my walk and as well as being useful in an emergency, it could be good company! (My wife does not take much notice of my excellent ideas.)

You could keep a few of them in the office and rent them out at a reduced rate.

Thanks for your help.

Regards

Keith Quayle

Quayles and Pigeons? Bit of a worry. I suppose it could be an emergency food source.

Now, the Waugal question. An eagle eyed walker has spotted that we have two distinct Waugal signs. (see pictures below)



Left-tailed Waugal

Right-tailed Waugal

She claims that although the Waugal with the tail pointing to the left appears to be the "official" symbol of the Track - it is the form used in all the documentation - there are more "right-tailed" metal Waugal markers on the Track than "left-tailed" markers. Anyone who can supply conclusive evidence for this claim is probably spending a bit too much time walking in the bush.

A few more brief "red-book" comments from walkers that caught my eye recently:

To the possum that stole all my chocolate:-

*"If I was not so sore from the hills and the clicks
You'd be in the pot with a vegetable mix!"*

To my wife:

*"Way out in the middle of nowhere, no-one within a thousand kilometres, a Thermarest
- and you've still got a headache?"*

To unwary trekkers:

"Beware! Ahead of you lurks a bush boffin or gear guru. If you catch up with him, he will immediately start comparing your gear with his - you stand no chance. You will be depressed for the rest of your walk. Prepare to double hut!"

Lastly a word about communication on the Track. Mobile phone reception has improved in some areas, particularly around Balingup, where a new tower enables full strength signals to Telstra New G users in the town and at the Blackwood campsite. However there are still many places on the Track where mobile reception is not possible, so never rely on your mobile phone as your emergency source for contact.

Many people ask about the use of a GPS on the Track—in my opinion, provided walkers are equipped with either maps or guide books, the level of signage on the Track makes the use of a GPS redundant. However stories have leaked about a member of the BTF using a GPS to navigate the shelves of her local supermarket ("in six meters time, turn right by the bacon counter"), so I suppose it's each to his own! 🗺️

Happy Walking!

Reflections from the Registers - How the Bed!z+6kz- B6t(6ct!0Nz



Mount Wells 12/09/01

Team Holden with Gail at the helm (grate) smoked out the hut to create a saltry night club atmosphere, with swinging lantern but no saloon doors. Chowd down on sardines sautéed in garlic and cumin for lunch and chicken laksa soup with pasta carbonara and a crisp white Vasse Felix special for dinner. Ah, delusion, delusion...

F J Holden

(contemplating a life apart from a world gone mad)

Hidden Valley 24/08/07

My last night of a 54 day end-to-end. What I dislike about the Bibbulmun Track - It's not close to Sydney, where I live!

Downsides of walking end-to-end-

- 1) Addiction to Wheatsworth Crackers.
- 2) I cannot imagine not getting a daily dose of rum and raisin chocolate as a reward.
- 3) I have developed an unhealthy emotional attachment to my sleeping bag, which hugs me like no girlfriend ever has.
- 4) How am I going to manage without 10 hours sleep each night?

Seriously I love this Track. The concept of a nearly 1000 kms trail with these shelters along the way is breathtaking. My heartiest congratulations to everyone involved with the Bibbulmun Track and my deepest thanks - I love you all!

Betty Swollocks

William Bay 26/03/06

Feeling fantastic. Just took a cup of coffee to the lookout and sat on the rock in the sun with the most wonderful view out to sea. Highly recommended!

Cay and Scott

Hidden Valley 28/05/10

Finally here, after 60 days I now have Albany in my sights. It's certainly been a battle but I've loved every minute of it. A huge thanks must go to DEC and the BTF for showcasing the southwest of the State in such an amazing way. This trip is all about the journey, not getting to the destination. If the Track went further from Albany I would just keep walking. Here are a few of my feelings:-

I like my shirt that wicks away sweat
I love the way it's always wet
I like bush rats that eat my food
I loved Schaffer dam - in the nude
I like tin roofs in the rain
I like Fixomul to cover the pain
I like morning dew on my clothes
I like the calluses on my toes
I like Mount Cooke, let's make it higher
I like burning socks on the fire
-I love the Track and I'll be back!-

Andy C

Frankland 04/10/01

It is amazing to have such a place to walk. I have never had such a walk as this ever before. So enjoy the fresh air and all the wild things.

Jimmy Wong (Peoples' Republic of China)

Frankland 12/01/02

Spent a blissful night sleeping through (most of) a booming storm! Oh the majesty of nature... Awoke early and was immediately at one with beauty of the river and the mighty trees surrounding me. I shall finish my conversation with a nearby chatty black cockatoo and be on my way. I am much humbled by this magical experience.

Raindrop

Nullaki 18/01/06

Today it happened. We got here early and Adam popped the question. The dreaded "D" word. "How about double-hatting today, Mikki?"

I could tell by his tone he was serious. My blood ran cold, but I retained self-discipline and calmly laid out my arguments for staying put - basically I just didn't want to walk 17 kilometers after lunch. He, equally as calmly, explained why we should - it was very early to stop, bad mozzies were reported here, we're feeling fit and strong after our rest day in Denmark, blah, blah...

I started to cry, Adam refused to unpack his backpack - and I saw a reasonable solution. I grabbed the bag of chocolate peanuts, ran out of the shelter and threatened to scatter them far and wide...

...victory for the little blonde - we stayed!

Mikki and Adam

Nullaki 24/01/06

Caught the dinghy over from Denmark. Sorry to have missed Iain Brodie, who we've been following since Kalamunda. We believe you've stopped for a few days in Denmark and are now behind us. If so, enjoy the rest of your walk!

Ryan and Liz...

26/01/06

...Thanks very much, Ryan and Liz. Obviously I've never met you and indeed knew nothing of your existence until now. It is very strange how on the Track you get to know so much about the people who are walking a few days ahead of you but nothing about the people behind you. Now I'm wondering who you are and what you are like. My imagination is running wild! Anyway, for record of those behind me now, I'm six feet six inches tall, immensely well built with a full red beard and I am able to toss a kamri tree across the Irwin inlet in true Highland Games style.

Regards to all trekkers!

Iain Brodie (Scotland)

Mount Chance 12/10/99

Came here

Pitched tent

Got wet

Went

Anon

Walker Story - by 'Mother & Son'

This is the tale of a lady whose ambition to complete an end-to-end walk on the Track has yet to be realised, despite her husband's efforts to assist in his own special way. For reasons which will become apparent we will identify her only by her Track name 'Mother & Son'. She writes:

I recently received and pored over the latest edition of Bibbulmun News and came across Wrong Way Jim's page 'Track Trivia'. In his musings he wrote the following: "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". His column has prompted my response.

Having dreamt of walking the Bibbulmun Track ever since doing BTF overnight walk a number of years ago, I decided to find a partner who would help me fulfil my dream of walking end-to-end. Many of my friends said they would love to but weren't willing to take the time off in order to do it. So, after roping my twelve-year-old son into walking with me, we set the date for mid-September 2010.

Those who've undertaken to walk a significant part of the Track will understand that in the months prior to heading off, I could think of nothing else but the Bibbulmun Track. I spent many nights reading anything on-line I could find that would give me a picture of what I was about to undertake. I spent hours and hours sourcing the right clothing and equipment and checked out of my daily responsibilities while I planned.

My husband (for the sake of anonymity, let's call him Brian), on the other hand, had a vague interest in what I was getting ready to do but never seemed keen to have any in-depth discussions about the 'trip of a lifetime'. In the meantime, I was utilising the services of Track veteran Jim Baker's online advice. As the time approached I felt that I had a good idea of what I needed to do and was proud that I was well and truly ready to head off.

In the final week prior to our walk, I madly dehydrated food, packed boxes, wrote lists, paid bills and tried to think of anything that had to be done during the two months I was to be away. The day before we left, Brian suddenly realised what his wife and child were about to do and panic kicked in. He clutched my lists and notes madly trying to understand what he would need to do during our absence, with a look of stress and despair on his face. I reassured him that I had done my research and (apart from my fitness!) I was fully prepared. As we walked away from him at the Northern Terminus at Kalamunda I knew he had an inflated sense of fear and worry, having not asked a single question about the trip until the day before we left.

Our plan was to meet Brian with new supplies at Dale Road, just before the campsite. Due to my lack of fitness this took us nine days but we were slowly and steadily gaining confidence.

During this period, without my knowledge, Brian started his own email list of friends and family who he regularly updated. These updates took the form of information about where we were but were mainly about how he was surviving our trip and how worried he was.

During a telephone conversation from Waalegh campsite, I told Brian about the pain caused by our poorly fitted backpacks. I related how our lives currently consisted of finding creative ways to relieve the pain and told him that I would be swapping to another backpack when we met at Dale Rd. This conversation obviously hit a nerve with him. All those months of virtually ignoring my ramblings about the trip culminated now in his need to help us. While lying in bed that night he devised a scheme to come to our rescue. For full effect, I will include Brian's email about what followed:

Hi guys. I spent all morning converting a golf buggy into a state of the art hiking trolley. Numerous trips to Buntings, excitement watching the creation evolve before my eyes. Glowing sense of pride in myself and anticipation of the look of adoration on Michelle's face when I present it to her and save her tons of pain and anguish. Then I contacted the Bibbulmun dude she has been emailing these past few weeks. His words—"Don't even think about it. No wheels of any kind are allowed on the Track!" I then dismantled it, walked inside, sat in front of the TV and ate ten Weet-Bix—with sugar.

This email from my husband epitomises how he lives, rushing headlong into some hare-brained scheme without doing an ounce of research. And when he related all this to me, all I could ponder was what would have happened if he'd not checked with Jim. Brian would have turned up at our meeting point with some crazy creation and expected me to walk away with it. As it was, I got to tease him a bit about the ridiculousness of it all.

Needless to say, when I read in Jim's Track Trivia page that I had requested this contraption, I was duly horrified. So let's get this straight. The 'Bibbulmun Golf Buggy/Trolley Creation' was not a request by a walker but was a ridiculous idea by my husband who had no clue about the Track whatsoever.

Footnote: The day that we met at Dale Rd, my son decided he'd had enough and was going home with the family. I walked for another two days but found that for me, the nights alone were not conducive to a good night's sleep. At the end of day 11, I sadly went home. However, I have found another walking partner 'Sara' and I shall achieve my dream of walking end-to-end later this year. This time my pack will be perfectly fitted and Jim, I know, no wheels of any kind! 🌸

Ed: For anyone not aware, "Trip Planning Advice" is a free service, offered to members of the BTF who are contemplating an end-to-end or long walk on the Track. An experienced walker will answer any queries and offer advice on all aspects related to the walk. This can be done by appointment in the BTF office or by email. Contact us for further information.

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.

Have you moved? (online or off!)

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

Email:

events@bibbulmuntrack.org.au
or call: (08) 9481 0551

WEEKLY EQUIPMENT HIRE 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
Dehydrator	\$37.00	N/A
PLB	\$35.00	\$45.00
PLB e-2-e 2 mths	\$170.00	\$200.00

All prices include GST and are for one to seven days
A bond is required prior to hiring equipment:

\$150.00 for basic equipment
\$499.00 for PLBs
\$230.00 for Dehydrators

Payment may be made by cash, cheque or credit card
For all enquiries contact the Foundation:
Tel: 9481 0551
Email: friends@bibbulmuntrack.org.au

LEBANON MOUNTAIN TRAIL

by Adrian Cazalet



Sink Hole at Baatara

Foundation member Adrian Cazalet completed an end-to-end walk of the Bibbulmun Track in 2005. In April 2010 he undertook something completely different---a "through-walk" of the little known but very spectacular 440km Lebanon Mountain Trail. This is his story:

The Lebanon Mountain Trail (LMT) is a trail in its infancy. The LMT winds up, or down, the spine of Lebanon in the Mount Lebanon range for some 440 km. It was conceived in 2004/5 and the Lebanon Mountain Trail Association (LMTA) was formed in the same year, with its major objective being to "maintain, protect and develop the LMT". The LMTA were advised by the Appalachian Trail Conservancy during the early development of the Trail. (Ed note: The Appalachian Trail Conservancy is a volunteer-based organization dedicated to the preservation and management of the Appalachian National Scenic Trail in the USA).

The concept of the Trail is different from many other hiking trails in the world in that it specifically

aims to join up the communities through which it passes, and to provide out-door recreation and interesting opportunities for Trail visitors. The Trail represents a powerful effort to promote peaceful coexistence between the residents of the area and walkers through the promotion of responsible eco-tourism. There are no huts or shelters; instead hikers are encouraged to engage local guides and to use guesthouses and the village amenities on or close to their route. This in turn brings business to the local communities.

Lebanon is not a large country, only 220 km from north to south and averaging 50 km wide. The LMT runs from Qbaiyat in the north to Marjaayoun in the south, and is certainly not a stroll in the park or a walk through the bush. Of necessity the track has to negotiate steep mountains and river valleys, giving spectacular views, often out to the distant Mediterranean. It passes through or close to 75 villages, in some of which the LMTA has helped local people to set up accommodation. In others small hotels are available. Some villages and

small towns have been encouraged and helped in refurbishing their historic central squares.

I was lucky enough to be able to join the "Through-Walk 2010", an organised group walk with a small core of people walking the whole of the Trail and being joined at different stages by others for a few days or more. On Saturdays and Sundays, "weekenders" increased the numbers. A very efficient bus service transported the heavier gear from stop to stop each day, and visited Beirut regularly to transfer those joining or leaving.

The Trail goes through a variety of landscapes. Predominant in the more northern area are orchards - apples, pears, cherries, almonds, apricots, and walnuts. Further south the Trail passes through several Cedar Nature Reserves where thousands of the ancient cedars are being replanted. These are the trees that the Pharaohs used in their palaces and tombs and with which Solomon built his great temple in Jerusalem. At frequent intervals springs of clear cold water gush straight out of the mountain sides, and in early spring there may be snow lying in



Town Spring at Aitanit

the higher reaches. Wild flowers carpet the hillsides. Towards the southern end, where the Trail crosses to the Bekaa Valley, fields of corn and vineyards, with olive and fig trees, offer a mosaic patchwork of farming activity in the rich earth.

The Trail is divided into 26 stages, most being a day's walking, with diversions of interest both on and off the path. These may be deep caves, old churches, Roman ruins, monasteries, or a cave fortress. At Baskinta, about half way along, the LMT joins with the Baskinta Literary Trail, visiting homes and a mausoleum of well known local writers and poets, including Mikhail Naimy and Amin Maalouf. At Bcharre the trail passes by the resting place and museum of Kahlil Gibran (The Prophet). In Bcharre itself Australians may feel at home - visit the Kangaroo supermarket and you may be greeted by "Good on yer, Mate!"

My walk started in early April, when I stayed in a monastery at Qbaiyat overnight before setting off, after paying a visit to the butterfly museum, of its kind one of the best in the world. The first day took us to Tashea, a small mountain village with a church at one end and a mosque at the other. In a way this was a microcosm of Lebanon, a country of cultural and religious diversity where 18 different sects are officially recognised. The welcome we had there also emphasised the centuries old tradition of hospitality. Often there were invitations to stop for coffee or to stay for the night.

While the first couple of days had been moderate walking with some steep climbs and descents, the start of the third day from Qemammine was an almost vertical climb said to be 500m in one km. And that was not the last, although none were quite so precipitous! Five days in and we encountered the first of the cedar forests at the Horsh Ehden Nature Reserve. From the ridge above Ehden was one of the best panoramic views - the sight of the route of the Trail for the next four days.

From there we descended into the Qadisha Valley, a World Heritage Site, home to many ancient convents and monasteries. Then up to Bcharre,

across to the next 400 tree Cedar of the Lord Forest, on to Hasroun, and finally over a saddle to the Tannourine Cedar Reserve.

Each day there seemed to be some high point - sometimes man made, probably 2,000 years old or more, or often a natural phenomenon, of which the huge, seemingly bottomless sinkhole at Baatara was one. Just beyond half-way, at Mtain, the "Through-Walk" was the main attraction on a Saturday morning, at a celebration of the renovation of the historic town square. Around 800 people greeted us, speeches were made, and cameras clicked in a great festive atmosphere.

Near Falougha we visited the place where the first Lebanese Flag was raised in November 1943 to commemorate the newly-won Independence. A short distance beyond, a crossing of the main Beirut to Damascus highway leads the Trail into the Shouf Mountains and the largest of the Cedar Nature Reserves. Here the Mount Lebanon range comes to its southern limit, but a climb on to the ridge above Barouk offers dramatic views to the Bekaa Valley in the east and westwards to the coast. From Jezzine,



Cedars of God-the only fir cones that point upward

the town of waterfalls, the Trail turns east over the mountain to Aitanit nestling above the Qaraoun Lake, the product of a man made dam across the Litani River.

As a demonstration of how much the establishment of a long distance trail means to the communities through which it passes, the walkers were given a great welcome at our final destination, Marjaayoun--more speeches, cameras and a buffet lunch.

To return to the beginning--this is a trail in its infancy but one with tremendous potential for the future. I feel greatly privileged to have walked the length of the LMT and I shall follow its future with deep interest. 🌲

For more information go to: www.lebanontrail.org or email the Lebanon Mountain Trail Association at lmta@lebanontrail.org.

To get a real flavour of the Trail visit: www.trekkinglebanon.com which includes a 'blog' for the first half of the 2010 Through-Walk. (Follow the links to 'Thru-Walk 2010' or 'Older Entries'.)

Qadish Valley World Heritage Site

