



Rugged terrain across the cirque.

and turns, many of them very tight hairpins on a zigzag up the steep hillside, and three tight one lane tunnels. My fingerprints are forever firmly embossed in the steering wheel!

Having seen such wonders at ground level we couldn't resist the helicopter ride (\$400) over the three cirques, the volcanic crater and the lagoons of the west coast. Those pilots are fantastic and if you are game they will take you deep down into some of the otherwise inaccessible gorges to see and experience the full spectacle of the myriad of waterfalls and then fly low over the volcanic crater.

This capped off a great adventure for us, putting the whole island into proper perspective. A significant cost, but an unforgettable experience.

While we thought our great hiking feat made us superhuman, it pales into insignificance against the island's great footrace—the Grand Raid. This 160 kilometre event follows the GRR2 trail over the impossible hills and ravines we had struggled through, including many rocky and muddy sections and ledges carved into the almost sheer cliff faces. I have run several ultra-marathon races over that distance, but the thought of doing it in those

conditions just blows my mind. The 2500 starters, from all over the world, set off at 10.00pm and approximately half the field finishes inside the 72 hours time limit. The winner this year took just 23 hours. We saw many of the locals training for it, bounding over rocky sections that we were crawling over on all fours. Unbelievable!

The best time to visit weather wise is May to November, but make sure you miss the French holiday periods (July/August) or you will find accommodation very difficult to find. The local Creole population are a very lively, friendly community and our stay was safe and peaceful. All up our trip cost us just over \$3,000 including airfares, accommodation, meals, car hire, fuel, helicopter ride and incidentals. The memory will be with us forever.

I have completed three end-to-end walks on the Bibbulmun Track and I hope to do a slow and casual number four next year. Our Réunion trek was a truly remarkable experience, but the Bibbulmun Track is also unique in many ways. We can be proud of what we have here in our own backyard, knowing that while we can have these experiences in other places, we have an icon of equal status.

If you would like any further information or advice on Réunion Island, feel free to contact me at any time.

Kevin Martin
khmartin@iinet.net.au
 9795 8762

With grateful thanks to our sponsors:

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Seasons Greetings

Bibbulmun NEWS
 DEC'11 – APR'12
 ISSUE #58
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Newsletter for the friends of the Bibbulmun Track

Mount Wells Campsite Upgrade



Roof restoration in progress



Prior to painting



DEC staff and volunteers take a break



The completed upgrade

Monday morning September 12th saw my other half and me at the Dwellingup Visitors Centre meeting up with a new bunch of people who were to become fabulously fun companions for the next four days.

Scotty, Josh, Dave, John and Don all seemed to have worked together on previous projects and were already into friendly banter, which soon included Peter and me.

Being the only female volunteer in this group, I was a bit scared that I would be delegated to cooking and cleaning, and although Scotty and Peter joked about my 'role' in the group I was soon instructed on use of thingamajigs and all those tools that went whirr, rattled, spun and went in and so forth. After a while I found out they were called bugle screws, rattle gun cordless driver/drill, a claw hammer, wrecking bar, and, much abused by me, a wood chisel.

The hut on Mount Wells is unique on the Track being the only true 'hut' i.e. being enclosed by four walls, unlike all the other open fronted, three sided shelters. It is a replica of the firewatcher's hut, the original of which was destroyed in the devastating wildfires of 1961. Much usage and its exposed position meant it had seen better days—somewhat like a hiker after an end-to-end hike, in need of a good spruce up.

Under the careful and watchful eye of our project manger, Scotty (dictator, slave driver and general whip wielder), who put everyone to work within

their limits and skills, this old hut got just that. A new roof, fascias and gutters, the picnic table and seats got a complete overhaul, doors and window shutters were sanded down and varnished. New paint inside and out, and the Metters stove was given a good clean. Within four days the hut was transformed from old, dirty and frumpy to smooth, clean and sexy. So much so that we wanted to take bond money when the first hikers came in and wanted to sleep in it.

A wet and stormy Thursday saw us pack up sooner than we expected, so there are still jobs for Scotty and Josh to return to and finish, however the bulk of the renovation is finished and the fabulous team of fun volunteers had done a great job.

For me the highlight was working with a great team, lots of laughs at self and others, some deep and meaningful connections around the evening campfire, and sharing of ideas and dreams with people who went from strangers to friends in true Bibbulmun Track style over a drink of choice and in no time at all.

The down side and the only one was the abundance of the damn ticks that have had a field day and left me itchy still, days later and hubby still picking them cotton pickin' bu**rs off three days later!

Debbie K



BE A DUNNY DONOR!

The Bibbulmun Track is free – please help us to keep it that way...



Don't be caught with your trousers down! Be a dunny donor!

The Bibbulmun Track offers facilities unrivalled by any other long distance trail in Australia – and possibly the world. The campsites with their unique timber shelters provide a welcome haven to long-distance walkers and day walkers alike.

Over the past 13 years, hundreds of volunteers along with DEC employees have maintained the Track for the enjoyment of thousands of walkers. Additionally, DEC has spent \$700,000 over the past two years upgrading the campsites and installing steps, boardwalks and other infrastructure to protect the environment.

Our next major goal is to upgrade the dunnies to install sealed vaults. The traditional long-drop toilet is no longer environmentally sustainable – and whilst some of the dunnies in water catchment areas have already been upgraded – with 48 campsites (soon to be 49) we still have a long way to go!

Each dunny will cost around \$6,000 for the materials alone – that's around \$250,000! Please help us reach our goal with a donation of \$20, \$50, \$100 or whatever you can afford.

Donations of \$500 or more will be recognised with a special "Dunny Donor" plaque on the back of one of the dunny doors – so your generosity can be appreciated by walkers for years to come!

All donations go into the Bibbulmun Track Trust Account. No admin fee is charged – 100% of your donation will go to the Dunny appeal.

Join in our Dunny photo competition!

Post your dunny photos from the Bibbulmun Track or other trails around the world on our Facebook wall. The photo with the most 'likes' will win a great prize from Sea to Summit – an **iPOOD** and a **Go Girl**. (If you haven't heard of these – see explanation below!)

There's also a prize for the funniest caption added to the pictures already posted. There's a link to our Facebook page under Quicklinks on our Homepage www.bibbulmuntrack.org.au

The iPOOD!™ is the strongest, lightweight, compact camp trowel in the world. Poo with pride! **RRP \$24.95**

GoGirl? It's a neat, discreet, hygienic device that allows you to pee while standing up! **RRP \$12.99**

DONATIONS BY THE FOLLOWING METHODS ARE TAX DEDUCTIBLE! A receipt will be issued.

1/ Donate by Phone

Call 08 9481 0551 and have your credit card details on hand to donate over the phone.

2/ Donate by Mail

Post a cheque or money order to:
PO Box 7605
CLOISTERS SQUARE WA 6850

3/ Donate in Person

Visit us at Level 1,
Mountain Designs Adventure Building,
862 Hay St, Perth City
Look for our sign on Hay St between King St and Shafto Lane (opposite Cloisters Arcade)

4/ Donate Online

Donate through the secure 'GiveNow' website – you'll find the link on the Bibbulmun Track website.

GiveNow takes no commission for this service – 100% of your donation reaches us (less 1.228% credit card fee for Visa and Mastercard / less 1.43% card fee for AMEX).

(Please note: Donations via the GiveNow website are not tax deductible)

Christmas Gift Idea – Dunny Donor Plaque

Make a \$500 donation in the name of a loved one and their name will be immortalised on a dunny door plaque for generations to come!



FROM MY Desk



Welcome to the final Bibbulmun News for 2011.

The year has finished on a high note with the Bibbulmun Track winning the Silver Medal in the Tourist Attraction category at the 2011 WA Tourism Awards.

The Awards were presented on Saturday 26th November at a gala dinner attended by over 750 tourism industry representatives and guests. The Bibbulmun Track is always up against stiff competition and we're very proud to be recognized for our contribution to the tourism industry in Western Australia. Congratulations to all involved in assisting the Foundation and DEC with the maintenance, promotion and provision of services to walkers—particularly to our fantastic volunteers.

The Track brings business to many accommodation providers in the south west and we are pleased to congratulate one of our affiliated members, Cape Howe Cottages, on their induction into the WA Tourism Awards Hall of Fame.

The Bibbulmun Track is an important resource for many tour operators who include the Track in their itineraries. These operators offer a range of products from day-walks to 8-day hikes and include World Expeditions, Dwellingup Adventures, Inspiration Outdoors and Out of Sight Tours, who won a Bronze medal for Ecotourism.

The Track benefits communities in the south west by providing a resource that can be enjoyed locally and in addition boosts tourism, which provides economic benefits to those communities. An estimated \$28 million is spent each year by walkers on the Bibbulmun Track, and this does not include the equipment bought in camp shops prior to walking. Much of this money is spent in rural communities where walkers stay in local accommodation, dine at restaurants, purchase supplies, visit the local attractions, refuel their cars, enjoy afternoon tea on the way home or take part in other activities.

Upgrades carried out over the past two years and the works to be done in the coming 12 months will ensure that the Track remains a world-class attraction for years to come and will continue to contribute to the diversity of tourism experiences available in our State.

My sincere thanks to all the DEC staff involved with the Bibbulmun Track and to all our members, volunteers and sponsors for their support throughout the year. I wish you a very Merry Christmas and a safe and happy New Year.

See you in 2012!

Linda Daniels
Executive Director

Seasons Greetings and Best Wishes for 2012!

The office will close on
**Friday 16th December and reopen
on Monday 9th January 2012.**

Thanks Scotty!!



Following on from last year, DEC has continued major works on the Track which have been met with a great deal of enthusiasm and thanks by walkers and maintenance volunteers.

The majority of this work has been carried out by Scott Hunter. Whilst he has often had the assistance of a willing band of volunteers, Scott has spent up to five days at each of the campsite upgrades to oversee the work – which adds up to a great deal of time away from home!

Some of these works were long overdue and we are grateful that Scott was able to dedicate his time towards the Track.

During the 2010-11 financial year upgrades were completed at the following campsites:

- Beavis
- Beedelup
- Blackwood
- Boarding House
- Dog Pool
- Gringer Creek
- Monadhocks
- Tom Road
- Warren
- Yabberup

A considerable amount of work was also done on the Track itself including:

- Realignment around Glen Mervyn Dam.
- Installation of several sets of steps in sand dunes in the Frankland District.
- Installation of several new bridges which now have steel frames under the timber decks to help them withstand fire and reduce the need for maintenance.

During this financial year the major works program will be completed with a particular focus on eroded sections in coastal areas.



Linda, Edith and Jean at the WA Tourism Awards

YOUR LETTERS

In 1998 my Dad gave us a copy of the Northern Half of the Bibbulmun Track Guide and asked us to walk it for him some day. We never ever thought that it would come to be.

However in 2006 we joined a group of friends who were doing day walks in the Hills area. In no time the track became addictive and we began purchasing hiking equipment and planning the next sectional walk during public and school holidays.

The beauty of the ever-changing scenery, vegetation, terrain and weather has been so amazing. Conversing with fellow walkers of diverse ages, occupations, countries of origin and interests has been fascinating.

At the end of a hard day's walk the green roof of the shelter has been such a welcome sight. With great interest and intrigue we have read the contributions in the Track books.

Our appreciation and thanks go to all the volunteers who keep the Track and shelters in such great condition so enabling this walk to be such a rewarding, unique and wonderful experience.

Sandra and Rob Willis-Jones

My poem by Jill Houston

Hear the birds chirping and get up at dawn
Another beautiful but cold morn
Cooked up porridge to start the day
Will help get us up the track - well, at least half way!

Blisters on the heels and blisters on the toes
But on with the boots and off we go
As we get further along we can climb the hills with more ease
But sometimes going down them is very hard on the old knees!

A variety of birds, kookaburras, cockatoos, painted and splendid wrens to name a few
Also saw kangaroos, wallabies, quendas, snakes, goannas and a possum too!
Beautiful wildflowers, stopped to take a photo, got attacked by ants
Boy! Did those gaiters come off quick and I had to check my pants!

Hubby had an itchy spot and found he had a tick
Lucky my trusty tweezers gave that tick the flick!
The morning light in the forest and the raindrops on the trees
Takes your breath away and is so magical to see.

Gazing at the Southern Cross around the warm campfire at night
Is just such a wondrous and amazing sight
As are the gorgeous sunsets especially from Mount Chance
The red and orange glow just makes you want to dance

After walking hard all day the hut is a welcome sight
And to get all snug and tucked into your sleeping bag at night
When you lay down to rest, instead of counting sheep
You count the wauvals to get off to sleep

And when the hike is over and to home you do get back
You think and dream about getting back out on the track
Our thanks to all the volunteers who keep the track and huts looking fine
We really take our hats off to you; you do a fantastic job, really just sublime.

Dear Friends

There are very few things that I can honestly say I have enjoyed more than a decent dunny on such a beautiful walking track.

When I got your email I tried to recall my favourite dunny, but there were so many that it was just too difficult to favour one over the other.

This struck me as a very worthwhile cause, and I hope I get out there to enjoy each and every one of them again in the very near future.

Warmest regards,

Brian Waldron

I have just completed my end-to-end after walking from Brookton Highway to Collie between 22nd August 2011 and 7th September 2011. Last year I walked from Collie to Albany in September/October. I did the Kalamunda section in two walks, Kalamunda to Ball Creek in April and Ball Creek to Brookton Highway in October 2006.

I feel such a great sense of achievement at doing this and really loved walking the Bibbulmun Track, especially the southern section. The peace and tranquillity of the bush, the wonderful birdlife, beautiful wildflowers, magnificent trees, sunsets, coastlines and the other walkers that you meet along the walk all make it a unique and memorable experience.

I was grateful for my husband's support in helping me achieve this, and also would like to thank everyone involved in maintaining the Track and the shelters, DEC, the Bibbulmun Track Foundation and all the volunteers. It was a wonderful experience and I would urge other to give it a go.

Jill Houston 9/9/2011

This is to let you know that I have left Western Australia. I would like to say thank you very much for all the wonderful info you've sent me over the years and the helpful phone calls. I've appreciated it very much and hope one day I'll be back to walk the Track again.

Regards

Penny

Hi,

Just wanted to send you a quick note....

I went on the 'l-platers pub plod' on Sunday with Ce and Chris and a great group of like-minded 'newbies' and thoroughly enjoyed the camaraderie and enthusiasm displayed not only by your guides but also the participants.

Although I live in Narragin I would certainly like to partake of more of the same... or maybe another level of challenge appropriate for a beginner.

Ce and Chris were delightful and a credit to the organisation.

Cheers,

Rae

Ed: Ce and Chris are two of our fantastic Bibbulmun Track Guides. It's a big commitment to become a volunteer guide and we are lucky to have such a great bunch of people who are willing to share their enthusiasm and knowledge with others

Bush walk and native animals a big hit with the kids.

On a Saturday afternoon in October, a group of children from the Edmund Rice Centre Mirrabooka joined in with our "Dr DoLittle Goes Bush" event. For some of the kids, this was their first bush walk, which took them for a couple of kilometres along the Bibbulmun Track to the Hewett's Hill campsite.

Here they enjoyed touching and learning about a variety of native animals which are in the care of the Kanyana Rehabilitation Hospital. "I really had a good time walking along the Bibbulmun Track for the first time looking at tall trees and spotting out birds," said one of the children. "Also I really enjoyed learning about the native animals and getting to touch them, it was a great feeling."

The event was held to introduce a culturally and linguistically diverse group to walking in the Australia bush. The children have a variety of backgrounds including Sudan, Kenya, Zambia and Afghanistan.

Atot Amoly, the Centre's Multicultural and Indigenous Youth Sports Officer, said, "the kids enjoyed themselves walking along the Track for the first time viewing the bushes and getting to feel the native animals. The afternoon was enjoyed by all the kids and we aim to plan more walks along the Track in future."

The event was funded by the Department of Sport & Recreation



Kids exploring the bush



Tawny Frogmouth

Christmas Gift Ideas

★ **NEW! - Bibbulmun Track water bottle**
Nalgene N-Gen Tritan Bottle 750ml
\$12.95 (\$14.40 non-members)

★ **Popular Bibbulmun Track daypack**
New design from Mountain Designs - available in red or black.
Special introductory members price
\$59.95 (rrp\$69.95 non-members)

★ **Bibbulmun Track Poster - track your progress.**
Christmas special
\$9.00 (\$12.00 non-members)

For the Ladies

★ **White short sleeved fitted T-shirt with Bibb Track logo.**
\$15.00 (\$24.95 non-members)

★ **"The Bibbulmun Track. Its history, its beauty, its walkers"**
If you haven't already got a copy of Jim Baker's book, this is the perfect Christmas gift. It describes the Track from the original vision in the 1970s to the present day in words and photographs and takes the reader on a 'virtual walk' of the Track from Kalamunda to Albany. Only \$27.50 (part proceeds to the Foundation).

Impossible to buy for?

★ **Dunny Donor Plaque**
Make a \$500 donation in the name of a loved one and their name will be immortalised on a dunny door plaque for generations to come! (See article on page 2.)

★ **Bibbulmun Track Gift Voucher (any amount)**
Can be used for merchandise, an event from our Calendar of Events, or a Bibbulmun Walking Break.

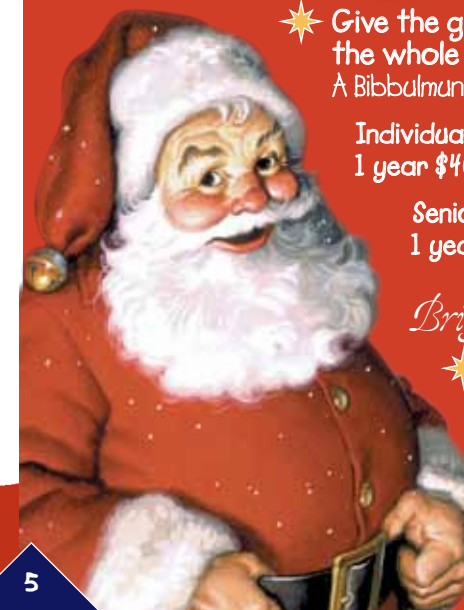
★ **Give the gift that lasts the whole year (or three!)**
A Bibbulmun Track Membership

Individual:
1 year \$40 or 3 years \$105

Senior:
1 year \$30 or 3 years \$75

Bright Idea!

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



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.

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 Howard Manning (08) 9840 0400
or howard.manning@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



Stuart Harrison, Unit Coordinator

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

DEC Recreation and Trails Unit

As always there are many different projects being undertaken along the length of the Bibbulmun Track. Given it is almost 1000km long, there will always be maintenance required and little projects here and there that we can do to improve our management of the Track – way too many to list here!

Project Manager Dave Lathwell has been working hard on the Long Trails Capital Improvement Project, ably assisted by Scott Hunter and Joshua Dibua in Collie, and the many District staff who have been working hard on multiple projects along the Track. I'm confident that if you have completed any walks on the Track recently you would have encountered some of the new works, including such items as bridges, major shelter refurbishments, toilet rebuilds, steps and water-bars. I'd like to say a really big thanks to all of the DEC staff and volunteers who have been involved in these improvement works, as the results can certainly be seen and are appreciated by all who are using the Track.

One of the more interesting projects in recent months involved the use of a helicopter to airlift materials into some of the more remote sections along the south coast. Dave and Scott, worked closely with staff from the Frankland District and DEC's Fire Management Services, to coincide with some planned helicopter operations. It saved a huge number of back breaking man hours to manually transport the materials in to the various locations. As you can see from the photographs a whole new replacement bridge was airlifted in. A big thanks to all those involved in the operation.

Also down on the south coast in the Albany District, Project Officer Pip Tilbrook has been working on the final planning and preparation to re-align the section of track adjacent to the wind farm extensions under construction by Verve Energy. Given one of the new towers will be very close to the existing Hidden Valley campsite, there will be two new campsites constructed, one

to the east and one to the west. Hidden Valley itself will be closed once the new campsites are finished early in the new year.

On a final note, it shouldn't be too long before we welcome a new member to the Recreation and Trails Unit, as we have just finished interviewing for the Trails Coordinator position. You may remember that this was previously Megan Graham's position and while she took maternity leave, the position's duties were split between several staff. With Megan deciding earlier this year to resign from the position, we will appoint a new person to the role, and bring all of the duties back together.

So although I'll still be sitting in my chair, this may be my last report as, all going well, the next newsletter will introduce our new Trails Coordinator. 🌿

Happy walking!

Stuart Harrison, Unit Coordinator - Recreation and Trails Unit



A complete kit bridge, ready for installation, was flown into Long Point to replace an old single plank bridge which had become unsafe. Use of the helicopter saved DEC staff and volunteers from having to carry the bridge piece by piece for 3.5 kilometres.



IMPORTANT NOTICE

Please! Do not leave any food anywhere at the Bibbulmun Track campsites.

- Food left behind attracts animals to the site
- The presence of small animals attracts snakes
- Food is not secure from animals even when left in tough plastic containers
- It is inappropriate to feed native animals
- Food left for any length of time may no longer be safe for human consumption

If you are not going to eat it, then please carry your food out with you. This includes food in sealed tins and other containers. Please consider our Maintenance Volunteers as they have enough to carry without the extra burden.

Board Member Profile – Mark McLauchlin



long after becoming a maintenance volunteer that I had an urge to do more and was voted in as a Board Member in October of 2010, a role that I feel privileged to hold.

I was the 'not-at-fault driver' in a motor vehicle accident in 2009, which left me with spinal damage. Numerous procedures later I now have a plate and screws in my neck, c4-c5 fusion and one disk less in my spine. The good news is the issue seems to have been resolved, touch wood. These days I tend to carry a light pack of about 6 kg and spend three to four days at a time on the Track, walking a little slower and enjoying the surroundings.

This is also the first time I have publicly acknowledged that I suffer from depression, largely as a result of the above mentioned accident and several years of treatment. It was in March of this year that I came to the realization that I wasn't travelling too well and the things I used to enjoy were no longer giving me pleasure. I also found day to day routines less interesting and more difficult to handle. However, with the support of family and friends, a great employer and being able to spend more time doing what I enjoy, life is looking great again.

If you are a sufferer of depression or know someone who is and you would like further information then 'Beyond Blue' (www.beyondblue.com.au) is a great resource.

As a Board member, I thank all the staff and volunteers of the BTF as well as DEC for their continued efforts in maintaining the Bibbulmun Track at its present level. This is a beautiful resource for all to enjoy and my personal goal is to make sure it is there for several generations to come. As a maintenance volunteer I thank Gwen and the office crew for all their support.

See you out there!
Mark.

I started hiking back in 2006 as a way to relax and remove myself from the hustle and bustle of my busy work schedule. Hiking also provided a mechanism for me to bring my young son Cameron out into the bush and a way of visiting some of the amazing trails we have here in WA.

It was then that I began to research the Bibbulmun Track further, having discovered this beautiful world-class walking trail right in my backyard. It was not long before I became hooked and was out most weekends hiking different sections.

The love of the Bibbulmun Track and a keen interest to see it maintained saw me becoming a maintenance volunteer in August of 2009, looking after White Horse Hills Campsite and a section of trail down to Albany Highway. It was not



2012 'Best of the Bibbulmun' Tours



BIBBULMUN & BEYOND 21-28 MAY 2012

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

Cost \$2,450 Maximum 16 people
Registrations now open

Expertly led by Steve Sertis from the Foundation, these 8-day tours showcase the very best the Bibbulmun Track has to offer. The itineraries have been carefully compiled to combine a variety of day-walks with off-track accommodation and the specially selected full and half-day walks take in some spectacular scenery. Participants need carry only a small daypack, and the flexible itinerary caters for all levels of experience.

HIGHLIGHTS OF THE BIBBULMUN TRACK - SEPTEMBER 2012 (DATES TO BE CONFIRMED)

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

Cost: \$2,450 Maximum 16 people

Visit www.bibbulmuntrack.org.au to download the dossier and registration form for Bibbulmun & Beyond or express your interest for the Highlights tour by emailing events@bibbulmuntrack.org.au or call (08) 9481 0551.

*"The whole experience was seamless with professional, enthusiastic, friendly and well organised guide."
Tour participant.*



Members' evening with Tim Macartney-Snape

On the 8th September, 65 Bibbulmun Track Foundation members joined us for an inspiring evening with adventurer Tim Macartney-Snape.

Tim, the first Australian to climb Mount Everest and the only person to climb Everest from the Sea to the Summit, presented images and film from his last expedition in Nepal and his upcoming expedition to the Karakoram mountain range spanning the borders between Pakistan, India and China.

Held at World Expeditions' office on the corner of Murray and Queen Streets, the evening provided an opportunity for members to mingle, check out the latest gear from Sea to Summit and even taste a range of dishes from Back Country Cuisine.

Our thanks to Learnna and Mel from World Expeditions for hosting the evening.



Members and volunteers Chris Piggford, Trish Bird, Ce Kealley and Gayle Kealley



Tim Macartney-Snape (right) talks to members



Back Country Cuisine tasting



NEW

BIBBULMUN TRACK WATER BOTTLE
NALGENE N-GEN TRITAN BOTTLE 750ML

The bottle has a 53mm opening – perfect for easy filling and drinking. The cap features a molded in loop, providing a convenient spot to clip or a nice finger loop for simple, comfortable carrying. Graduations are molded right into the bottle. The cap also has a soft touch material for easy gripping.

- Extremely durable
- Resistant to staining
- Resistant to retaining odours
- Recommended for "extreme" adventures
- Dishwasher safe (top rack only)
- Withstands temperatures from -40F to 212F
- BPA Free

Only \$12.95

Mountain Designs Bibbulmun Team Challenge 2011



THE DEPT OF ENVIRONMENT AND CONSERVATION'S DECHEADS TAKE THE TITLE FOR THE FIRST TIME



DECheads

At the Awards Night on Tuesday 15th November, the DECheads were awarded the title of Challenge Champions for the Mountain Designs Bibbulmun Team Challenge 2011.

During October and November, 64 participants in 16 teams competed in this unique team-building event, raising over \$15,000 for the Bibbulmun Track.

With special emphasis on outdoor skills, problem solving, environmental awareness, plus mental and physical challenges, the participants walked 15kms a day along the Bibbulmun Track between North Bannister and Dwellingup. Each team raced carts in Dwellingup and built outriggers to race on the Murray River as part of the Challenge.

Led by the Foundation's Events Manager Steve Sertis, the event involved 22 instructors and volunteers, who we thank for their time and enthusiasm.

FIRST HEAT



The team from Geraldton Grammar take it easy on the way to the top

The crew from Geraldton Grammar School won the first heat in the 2011 Challenge!

The Runaway Brides took the lead early on and by day one had put a 375 point difference between them and Asgard Avengers, whom languished in fourth place. Having none of that, Asgard pushed through to second place by day two, trailing the Brides by only 25 points. The Shocking Horoscopes used their time wisely, allocating jobs based on their strengths and weaknesses, given that one of their team members was badly affected by the heat. By day three Geraldton Grammar had taken the lead and they maintained it all the way to Sunday afternoon, when the margins got tighter before the last activity. Only 50 points separated them from the Shocking Horoscopes in second place. 10 points behind were the Asgard Avengers and the Runaway Brides finished not far behind in fourth place.

SECOND HEAT



The Adventurous Women dance their way up to Mt Wells in the second heat

Congratulations to the DECheads for winning the second heat!

From the start they never failed to get attention for fantastic effort and they maintained their lead over the entire four days. Although Solid Energy (Wesfarmers) and the Adventurous Women were neck and neck for second place most of the way through, Wetland Warriors were determined not to give up. The fourth day was a most amazing day for the Warriors, who from 335 points behind in fourth place closed the gap for third place to only 25 points. The fabulous dinner creations, the race on the river and an outstanding effort on the carts meant that they had the other teams worried for a while. However this was not the heat for tight competition as the gap widened between each place as the DECheads sailed in first followed by the Adventurous Women, Solid Energy and Wetland Warriors in fourth place.

THIRD HEAT



The team from NAB gather around the campfire to show what team work is.

The NAB team of three won!

Thursday morning began with the knowledge that it was going to be a very warm and sticky day – yuck! The rains weren't there yet but they had already made a significant impact upon Panoramic Resources, who made an eleventh hour team withdrawal as some of their team were stranded in the Pilbara due to flooded roads. Also affected, due to the effects of the flying kangaroo being grounded, were NAB, with a team member stranded in the north-west. So with only three teams and with NAB having only three members could the other teams relax a little? No way! That much was clear from day one when NAB took the lead and kept it for the entire four days. The rains finally came (oh boy did they come!) and Residential Attitudes and the Wesley Warriors were astounded at the determination and success of the Nab Three. Although they both saw some wins, it wasn't enough to stop the big banking machine. Curiously though, NAB didn't win the stock market game! NAB finished first followed by the Warriors, with Residential Attitudes in third place (content not to come a non-existent fourth!)

FOURTH HEAT

The final heat for 2011 was taken by Western Power 2!

Why 2? Well, they were pitted against Western Power 1 (Chain Gang) who were ready to take the lead if number 2 dropped the ball. That clearly wasn't going to happen. Wonderful mild weather made it easier for all teams and competition was very tight this time around. Momentum took a while to warm up but they certainly gave Norton Rose and the Chain Gang a run for their money!

Western Power 2 won with a clear lead of 400 points, with Momentum only 60 points behind. The Chain Gang came third and Norton Rose, unsure if they still had a job to return to given the results, came in fourth.



Western Power 2 – are all smiles as they prepare to make a tool from roo poo

THE WRAP UP

Decision making was very important and making those right decisions was paramount, especially when it came to packing. Did one guy from the Wesley Warriors really bring that toiletry bag—just how many hair gels were in there? There was a cooking challenge—some of the food was exquisite with swans being carved from apples, and Bibbulmun tiramisus followed creations cooked in small woks. Some challenges brought out the best in some people, others realised that they needed to draw deep for inner strength. Sheer grit and determination shown by all participants to go for gold, plus an overall sense of humour were impressive—everyone rallied together showing magnificent levels of support and camaraderie.

My thanks go to all the participants for the amazing spirit and effort shown during the Challenge. I know it was way out of the comfort zone for some, especially those who had never donned a backpack before and yet managed to complete the four days and all the challenges as well! You are all an inspiration! It was a fabulous effort and I hope to see teams from you all in 2012.

Finally, thank you to everyone who helped with the event in any way—especially the many volunteers. The event would not have been such a great success without your help. There are far too many of you to mention here individually, but without your collective effort, events such as this could never take place.

Steve Sertis
Event Manager and Lead Guide

The 2011 Challenge Champions

DECheads



The team's name will be inscribed on the perpetual Team Challenge Champions trophy which is kept on display in the Foundation's front office.

ADDITIONALLY, EACH OF THE WINNERS RECEIVED:

- a Bibbulmun Trophy
- a hand-crafted Bibbulmun walking stick
- a Mountain Designs Tellus back pack thanks to Mountain Designs
- an X-plate thanks to Sea to Summit
- a 2-day B&B accommodation package each for two people

RUNNERS UP – NAB TEAM MEMBERS RECEIVED:

- a Mountain Designs Chimney Day pack each thanks to Mountain Designs
- an X bowl thanks to Sea to Summit
- a 2-day B&B accommodation package each for two people
- a Pretzl Tikka Plus head lamp thanks to Mountain Designs

IN 3RD PLACE, WESTERN POWER 2
TEAM MEMBERS RECEIVED:

- a Drylite towel from Sea to Summit
- a Stretch Pillow thanks to Mountain Designs
- an Alpalite cutlery set thanks to Sea to Summit

IN 4TH PLACE, GERALDTON GRAMMAR
TEAM MEMBERS RECEIVED:

- a Stretch Pillow from Mountain Designs
- an Alpalite cutlery set thanks to Sea to Summit
- a Micro towel each thanks to Mountain Designs

IN ADDITION, ALL OF THE HEAT WINNERS RECEIVED A:

- \$50 voucher from Mountain Designs
- Bibbulmun Track caps donated by Best on Ground
- Bibbulmun Track water bottles, Waugal trail marker

THE JIM FREEMAN AWARD - THE 'SPIRIT OF THE BIBBULMUN'

Each year, this award is given to the team that stands out in the areas of participation, environmental awareness, team spirit and consideration of others. During the course of the Challenge, all teams are watched very carefully and this award is given irrespective of scores and team performance in activities.

We are proud to announce that this year's
Spirit of the Bibbulmun Award was awarded to the
Adventurous Women - Well done!



Jim Freeman with Graeme from Mountain Designs, presents the Spirit of the Bibbulmun award to Sue, Sue and Michelle from the Adventurous Women.

Thank you to Mountain Designs as the major sponsor of the event and for providing the venue for the Award night and donating prizes.

The 2011 Challengers

Thank you to all the teams that made this year's Challenge such a great success!

With your support we raised over \$15,000, which will be used for Track maintenance projects in 2012

NAB, Geraldton Grammar, Adventurous Women, Western Power 1, Western Power 2, Dept of Environment and Conservation, Wesley Warriors, Shocking Horoscopes, Asgard Avengers, Residential Attitudes, Runaway Brides, Wesfarmers, Momentum, Wetland Warriors and Norton Rose. Panoramic Resources who withdrew are planning to join us in 2012.

Yes, THEY DID IT!

Our CONGRATULATIONS to
the following 28 walkers
on their achievement!



It appears that fewer walkers have braved this year's wetter winter to walk the Track, as we've received a smaller number of end-to-end registrations since our last edition. As usual, our latest end-to-enders are listed in order of completion, with any overseas or interstate visitors mentioned first.

Rod Miller (72) from Palo Alto, California whose Track name was 'Sticks' has completed his end-to-end (sectional, Sept 2005 to Oct 2011). He particularly enjoyed the section between Balingup and Northcliffe, especially the karri forest, and the views along the south coast. Rod found the walk more difficult than he had expected, particularly psychologically. His chief difficulty was in obtaining information in advance about the inlet crossings. He loved the birdlife along the Track and saw several snakes and lizards. His best equipment was his warm clothing for the evenings and his worst a pair of boots that were "supposedly worn in". His advice for others is to plan carefully and completely, be patient and stay flexible.

Roxanne Pendreigh (53) of East Victoria Park was one of the 'Rock'n Chicks' when she completed her end-to-end (sectional, 09.04.04 to 06.04.10), and found that walking the Track enabled her "to discover who I was". There was a sense of well-being while walking and she thanks everyone who shared in her journey. Plenty of food was carried and they made sure they celebrated the end of each day with a small glass of wine. Roxanne's favourite section was from Frankland River to Peaceful Bay, and she enjoyed walking through the tall timbers, canoeing across the inlet and swimming in the rivers. She thinks that, compared to other walks, the

Bibbulmun is very well set up. Roxanne liked her light-weight pack, but had trouble with her boots. She advises spending money on reliable footwear.

Sandra and Rob Willis-Jones, from Riverton, found their end-to-end (sectional, 13.05.06 to 29.04.11) to be a fantastic, rewarding experience. Their initial day walks became addictive and they never imagined when they started that they would eventually become end-to-enders. Their menu was limited as they used the lightest foods available. The section between Pemberton and Northcliffe was their favourite, and they enjoyed the magic of the karri forest, the wildflowers in spring and the scenery along the south coast. Best equipment included good boots, comfortable backpacks and lots of Fixomul! They advise travelling very light and becoming the 'Weight Gestapo'.

"He shared breakfast with them while wearing a pair of underpants on his head (as he'd lost his beanie)—and they didn't say a word about his strange headgear!"

Peter Campbell (61), from Karrinyup, walked with **Darrell Wallace** (61), from NSW, as "Pete and Dud" on their end-to-end (N-S, 06.06.11 to 30.07.11). Peter found winter was an ideal time for walking with many sunny days, little wind and no flies or mozzies. Darrell enjoyed every minute, with different challenges and scenery each day. Home-cooked dehydrated meals worked well for them and were easily supplemented in towns. Both enjoyed the southern coast and said the scenery and beaches would be hard to beat anywhere. A highlight for Darrell was watching the sun set and the moon rise over Lake Maringup on a clear evening. Plenty of wildlife was spotted including many roos in the sand dunes, emus, quendas and whales. The amazing birdlife and calls made the bush come alive. Both feel the Bibbulmun shelters are incomparable with facilities on other walks. Peter's Thermarest and sleeping bag were among his best equipment, while Darrell's vote goes to Peter's dehydrated meals. They advise buying good gear, breaking it in well and being confident with it before you start.

Ray Sparvell (53) from West Leederville began his Bibbulmun journey over ten years ago (sectional, 2000 to 04.06.11), completing many sections with his father-in-law Ron Mathers (see issue #55). He says it was a great experience and it feels fantastic

to have walked over 1000 kms of our great state. Self-prepared dehydrated meals were best. Ray's biggest highlight was covering his final stretch into Pemberton to complete his end-to-end. He's walked in NZ and the Himalayas and is very thankful the Bibbulmun Track hills are smaller! He liked being able to change into comfy clothes at the end of each day but didn't enjoy cold clothes and boots in the mornings. Ray says the Track is a great resource that more people should enjoy—it is a State treasure—so get your gear and get walking.

Keith Robinson, from Baldy, walked with **Bill Dunn** on his end-to-end (sectional N-S, 01.07.07 to 29.06.11) and loved the whole Bibbulmun experience. Most of all, he enjoyed the peace and the time you are able to give yourself to reflect on life—where you have been and where you are going. Keith is already planning his next end-to-end. He says "we need not journey off to other planets to find other worlds. Planets that the heart has trouble comprehending sometimes sit across the street".

Terri Ellis (51), from Padbury, was better known as 'veryterri' as she saw her 20-year dream of walking the Bibbulmun Track finally come true (S-N, 28.04.11 to 02.07.11) in what she described as "the most blissful time of my life!". Except for the beach exit she couldn't find, she loved every second, from her first steps in Albany to walking into a warm 'welcome home' at Kalamunda. Terri dehydrated her vegies, but found that Deb, peas and tuna became her favourite meal. She loved the solitude, peace and serenity, but also enjoyed meeting like-minded people in the shelters and towns. This was Terri's longest walk so far—her only training had been three 'overnighters' on the Track. A last-minute purchase of a Sea-to-Summit rain poncho was her best equipment and everything else worked well. She urges others to just get out and do it.

Janine Batger (39), from Hall's Head, was 'Wobbly Wanderer #2' from Kalamunda to Balingup when she walked with her father, Keith Hunt ('Wobbly Wanderer #1', see issue #56); and then 'Neens' or 'Neensy' from Balingup to Albany (sectional, 09.09.10 to 21.05.11) as she had to split her walk, and walking partners, due to injury. But completing her end-to-end has been a most rewarding experience. A combination of food drops, family support, dehydrated meals and town purchases worked well, but Janine found some towns catered much better than others for walker food. Northcliffe to Walpole provided the wild, remote feeling that she loved. Highlights included watching a pod of dolphins surf the perfect wave, wading waist-deep across Torbay

inlet on a stormy day, and meeting some amazing people. Despite aching feet and tired legs there was a real sense of achievement at the end of each day and Janine can't wait to get back out there. Advice for others is to enjoy the journey at your own pace, laugh a lot, take plenty of photos and eat chocolate.

Robert Kilpin (63) from Mt Lawley called himself 'Trail and Error' when he completed a winter end-to-end (S-N, 13.05.11 to 13.07.11) and wishes more people would take advantage of the good walking conditions in winter. He found markers were plentiful in the southern sections but would have liked a few more in some northern parts. Food was bought in towns along the way. His final long day from Helena to Kalamunda gave Robert much satisfaction as he met a personal challenge to arrive in Kalamunda in time to ring the bell at the visitor centre. Wildlife was scarce—a few whales and the occasional walker. He loved his walking poles and thought they were a must. When buying equipment, Robert suggests talking to walkers rather than salespeople.

Jim Freeman (75) of Mandurah, far better known as 'The Mad Axeman', has now completed his 13th end-to-end (sectional, 15.10.09 to 19.08.11). He says the Track looks like it is now part of the bush and doesn't look as 'new' as it used to. His food drops were supplemented by town purchases, but "nothing too exotic" said Jim. A highlight was seeing water in the creeks and rivers after they had been dry for so long, and his favourite section this time was the last little bit from the Amity to the southern terminus! Jim was relieved at being able to complete each day earlier than originally estimated, making him feel still reasonably fit. Best equipment included a strong garbage bag used to float his pack over Parry and Torbay inlets. He advises against carrying too many clothes.

Warwick Ward (61), from Bicton, called himself 'Take a Hike!' and feels the Bibbulmun Track is a great resource and a credit to the BTF and DEC. His end-to-end (N-S, 11.07.11 to 03.09.11) was his first long walk. Warwick posted food drops to the Visitor Information Centres in towns and collected them along the way. The forests between Donnelly River Village and Pemberton were his favourite section, and a highlight was the first glimpse of the Southern Ocean after hearing it for the previous four days. He says wildlife was plentiful. Warwick's MSR Pocket Rocket fuel stove worked well for him, but he didn't like cheap plastic ponchos. Like many end-to-enders, he urges others to get out there and "just do it!"

Jill (59) and **Wayne Houston**, of Samson, were 'Jill and Wayne' (sectional, 08.04.05 to 07.09.11). Jill loved the peace and quiet, the stress-free life, meeting other walkers, finally seeing the welcoming shelters and then having a hot cuppa at the end of each day. The steak-burger at Three Ways is recommended, as well as the meals at the Balingup Tavern. Favourite sections for them included Giants to Rame Head and Torbay to Hidden Valley, with highlights being the morning mist shining through the trees, sunset at Mt Chance, seeing the ocean at Mandalay Beach and the seals near Peaceful Bay. They felt a great sense of personal achievement and they have many happy memories. Walking poles and her husband were Jill's best equipment. Advice for others is to take your time to enjoy the scenery, pack light and take a warm sleeping bag.

Darryl Browning (55), of Seville Grove, has completed an end-to-end over several years (sectional, 1999 to 09.09.11) and says both the Track markings and the facilities have improved over the time. He used freeze-dried food which he found to be light and mostly good, despite its expense. Peaceful Bay to Boat Harbour was a favourite section, but he will always remember a storm on the walk from Dwellingup to Swamp Oak—it was excitement plus with falling branches, strong winds and pelting rain! Darryl found his walks to be calming and centring, allowing him to become more focussed. Wildlife was mostly kangaroos and snakes, and he also saw the resident quenda at Torbay shelter. A mini Trangia was Darryl's best equipment and an ancient pack used for his second section was his worst. To other walkers, he warns "it can be harder on your head than your feet sometimes".

Another walker, known only as 'Springheel Jim' from Bassendean, says his solo end-to-end (N-S, 03.08.11 to 16.09.11) was a wonderful experience on a wonderful Track. He found there were plenty of places to restock along the way, but Peaceful

Bay was more difficult. Balingup to Northcliffe was his favourite section. He found it was so cold at Brookton that he couldn't sleep, so got up at 3am and walked on to Canning where he found end-to-enders 'Wollongong Wanderers' still in bed around 7am. He shared breakfast with them while wearing a pair of underpants on his head (as he'd lost his beanie)—and they didn't say a word about his strange headgear! Jim says walking the Track is a great way to reset the mind. He saw roos, emus with chicks, pigs, plenty of birds and snakes, and a huge black feral cat. A home-made tin-can stove was his best equipment, but he didn't like his ultra-light pack. Jim advises not to take anything that you don't really, really need.

Hedley Amos (62), from Bull Creek, was 'Hedley' as he enjoyed the fantastic facilities on his end-to-end (sectional, 18.04.11 to 04.10.11). He dehydrated all his food beforehand and used food drops along the way. Hedley's favourite section was from Woolbales to Long Point, and particular highlights included cascades along the Donnelly River, the variety of orchids and meeting interesting people on the Track. He saw many birds, but not much other wildlife. A Deuter back-pack was his best piece of equipment, but both sleeping mats he carried were faulty. He urges everyone to take their time to enjoy everything. Hedley says the challenge of a 'through-end-to-end' is still there, so he'll be back.

Dave Reid (54) from Waikiki, called himself 'Sludge' as he walked his solo end-to-end (N-S, 03.09.11 to 26.10.11). He found the whole walk a pleasure and sometimes challenging. His favourite moment was sunrise at Warren, with a plethora of birdsong, and favourite spots were Dog Pool, where the river was in full flow and the forest of giant red tingle trees. See the full story of Dave's walk and his comments about equipment on page 22.



Photo by Pelusey Photography

Have you got your
End-to-End BADGE?

FREE when you register your
first end-to-end!

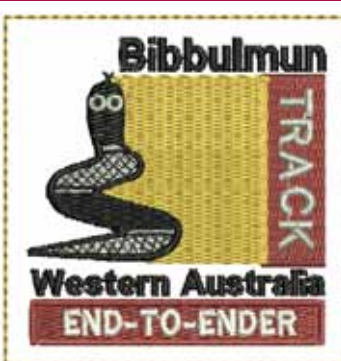




Photo by Pelusey Photography

Daniel Wade (24), **Grace Lamont** (22) and **Judy Wade** (52) from Thornlie and Cannington walked together (sectional 30.04.09 to 06.09.11) with Judy using the Track name 'Hen'. Her favourite section was "Every bit of it!" Daniel said "All of it!" and Grace opted for the Balingup area, especially Blackwood campsite. They were fortunate to see a lot of wildlife, including echidnas, seals and dolphins. Highlights included their first sight of the ocean and for Grace the amazing variety of fungi along the Track. They dehydrated their own food for part of the walk and Judy says "Dinner was a treat each night." Daniel's advice to others is "If you think you're nearly at your destination, you're not!"

Nigel Harris (54) and **Julie Jones** (51) of Mount Pleasant walked together (N-S 07.08.11 to 28.09.11) and found their end-to-end a "wonderfully fulfilling experience". Their favourite section was from Walpole to Denmark and the highlights of their journey were "Waking to the dawn chorus, feeling fit and cleansed, the many orchids and being away from the rat-race." They too saw a lot of wildlife, including an echidna and a mardo. Their advice to others is "Just do it, but ensure you take plenty of rest days."

Stephen Crane (49) of Mundaring signed himself as 'Mr. C' in the camp registers. Stephen walked solo (N-S 02.09.11 to 28.10.11) and his reaction at the end was "OMG, I did it!" He advises others to listen to walkers who have done end-to-end walks, prepare and be organised. If you are organised the walk is achievable and the Track will reward you. He sent food parcels on ahead and says this saved a lot of hassle. His only regret was that he did not get as much solitude as he hoped. Highlights were the stretch of Track between Woolbales and Long Point and the sheer diversity of the scenery along

the whole walk. Best equipment was his Thermarest air mattress and Trangia stove.

Finally, our apologies to **Michelle and Garry Sullivan**, who were incorrectly called **Michelle and Garry Ford** in the last edition of Bibbulmun

News". Here is their correct entry:

Michelle (51) and **Garry** (55) **Sullivan** of Bateman called themselves 'The 29ers' as they started their walk on their 29th wedding anniversary (N-S, 03.04.11 to 25.05.11). To them, the Track lives and breathes with changing conditions and landscapes. They pre-delivered food drops to visitor centres and also bought fresh food while in towns. They advise having a food drop at North Bannister rather than carrying supplies through to Dwellingup as they did. Their favourite part was walking amongst the mighty tingles and karri, then the sand dunes and along the coast – all on the same day from Giants to Rame Head. A particular highlight was interacting with the people they met, as well as the unseen, unmet people whose stories they followed in the journals. They finished leaner and fitter and feel very proud of their achievement. The birdsong, a whale, seals and huge kangaroos will not be forgotten. They suggest allowing some flexibility in your walk schedule.

Apologies also to **David Anderson** whose track name, 'Pack Animal', was inadvertently missed from previous issues of Bibbulmun News. **David** (42), from Brunswick, is still 'Pack Animal' and continues to walk up and down the Track, now notching up a triple end-to-end (S-N-S-N, 15.03.11 to 12.07.11). David passes on a big thank you to DEC and the BTF for all the work that goes into keeping the Track in such great condition. His favourite section is around the Frankland area. David felt a great sense of achievement as he walked back into Kalamunda at the completion of his 'triple' in 120 days. Way too many feral cats and pigs were among his wildlife sightings. An umbrella was his best equipment, and he advises drinking plenty of water.

Compiled by **Charmaine Harris**
BTF Volunteer and end-to-ender



Backcountry Cuisine is available at the following stores on, or near, the Track:

1. Camping World Collie
2. Balingup General Store
3. Manjimup Mitre 10
4. Pemberton Discovery Centre
5. Camping World Albany
6. Getaway Outdoors Midland
7. BCF Midland

We are liaising with Three-ways roadhouse regarding supplies and hope they will soon improve the range available for walkers.

Our Team Challenge 2011 Sponsors

Next time you're heading down south – please think about staying at one of these accommodation providers. Each of them are great supporters of the Bibbulmun Track and donated two nights for two people as prizes for the 2011 Bibbulmun Team Challenge.

The Beach House at Bayside, Albany



Seven room, five-star rated, boutique accommodation offering an intimate relaxed ambience, gracious service, privacy, comfort and warm country hospitality. Situated on beautiful Middleton Bay, just five minutes from Albany.

Phone: (08) 9844 8844

www.thebeachhouseatbayside.com

Villa 15, Albany

Modern, spacious, fully self-contained holiday villa featuring three bedrooms, two bathrooms, large living area and fully enclosed courtyard.

Phone: 0428 160 289

www.villa15.com.au

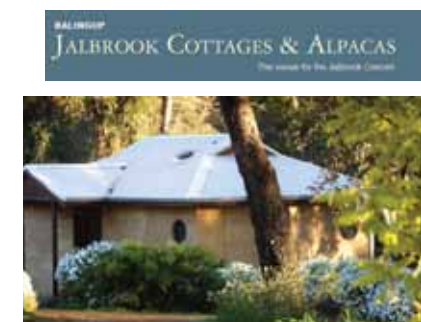


Jalbrook Cottages & Alpacas, Balingup

Four superbly appointed rammed-earth cottages located on a picturesque 10-acre property in Balingup. The cottages are fully self-contained and air-conditioned.

Phone: (08) 9764 1616

www.jalbrook.com.au



Balingup Bliss Retreat, Balingup

Unique self-contained timber home/cottage in the heart of Balingup. Delightful retreat for adults set in half an acre of garden within easy walking distance to village centre and Bibbulmun Track.

Phone: (08) 9764 1467

www.balingupbliss.com.au



Dwellingup B&B and Chalets, Dwellingup

Set among pristine jarrah forest, Dwellingup B&B and Chalets offers Bed and Breakfast and self-contained accommodation only a short distance from the Bibbulmun Track.

Phone: (08) 9538 1155

www.dwellingupchalets@reachnet.com.au



Hawke Brook Chalets, Pemberton

Cradled in the majestic Karri forest of the Warren National Park, these fully equipped self-contained chalets are truly a home away from home.

Phone: (08) 9776 1188

www.hawkebrook.com.au



Hideaway Cottage, Denmark

Charming country holiday house facing down onto a nature reserve and then the river beyond. Quiet and secluded, but just a few minutes walk along the river to the Town Centre.

Phone: 0415 758 959

www.hideawaydenmark.com



Brookview Bed & Breakfast, Balingup

Situated opposite Balingup Brook and close to the Bibbulmun Track, offers quality accommodation for up to six people. An easy five-minute walk into Balingup centre.

Phone: (08) 9764 1112
or 0458 624320

www.brookviewbedandbreakfast.com.au



Accommodation, Tours and Services

The following businesses support the Track as Affiliated members. Please take a look and remember them when you next book a tour or accommodation. The Foundation is happy to welcome Inspiration Outdoors, Walpole Lodge and Pelicans at Denmark who 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	www.adventurouswomen.com.au	
BUSINESS CLASS TRANSFERS	PERTH	Track transfers	1300 763 005	
ESCAPE DAY SPAS	PERTH	Health	(08) 9383 4328	
INSPIRATION OUTDOORS	PERTH	Tour operator	(08) 6219 5164	
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 2736	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 HILLTOP FOREST COTTAGES	BALINGUP	Accommodation	(08) 9764 1283	
BALINGUP LAVENDER FARM	BALINGUP	Attraction/Café	(08) 9764 1436	10% off essential oil of lanender.
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	
KIRUP LODGE	BALINGUP	Accommodation	0422 976 690	
NELSONS OF BRIDGETOWN	BRIDGETOWN	Accom/Rest-café	(08) 9761 1641	
YOHO PIZZA	SOUTH WEST	Catering	0403 734 814	10% off orders over \$150.
NANNUP VISITOR CENTRE	NANNUP	Tourist Bureau	(08) 9756 1211	
DONNELLY RIVER HOLIDAY VILLAGE	DONNELLY RIVER	Accommodation	(08) 9772 1244	From \$20 pp.
SOUTHERN FORESTS WA	MANJIMUP	Information Provider	(08) 9771 7777	
A SPLENDID WREN B&B RETREAT	PEMBERTON	Accommodation	(08) 9776 0418	
BIG BROOK RETREAT	PEMBERTON	Accommodation	(08) 9776 0279	
DONNELLY LAKES CHALETs	PEMBERTON	Accommodation	(08) 9776 2005	
OLD PICTURE THEATRE HOLIDAY APARTMENTS	PEMBERTON	Accommodation	(08) 9776 1513	10%.
PEMBERTON BREAK-AWAY COTTAGES	PEMBERTON	Accommodation	(08) 9776 1580	10%. More for stays of four days or more.
PEMBERTON CAMP SCHOOL	PEMBERTON	Accommodation	(08) 9776 1277	
PEMBERTON DISCOVERY TOURS & CAR HIRE	PEMBERTON	Tour/Transport prov.	(08) 9776 0484	10% off tours, Track transfers and car hire.
PEMBERTON FARM CHALETs	PEMBERTON	Accommodation	(08) 9776 1290	10%.
PEMBERTON VISITOR CENTRE INC	PEMBERTON	Tourist Bureau	(08) 9776 1133	
PUMP HILL FARM COTTAGES	PEMBERTON	Accommodation	(08) 9776 1379	
RAINBOW TRAIL CHALETs	PEMBERTON	Accommodation	0438 561 664	Complimentary bottle of Rambouillet wine on arrival.
BIBBULMUN BREAK MOTEL & TRANSPORT	NORTHCLIFFE	Accom/Transport prov.	(08) 9776 6060	No.
RIVERWAY CHALETs	NORTHCLIFFE	Accommodation	(08) 9776 7183	10%.
WATERMARK KILNS	NORTHCLIFFE	Accommodation	(08) 9776 7349	On application.
CHE SARA CHALETs	WALPOLE	Accommodation	(08) 9840 8004	
COALMINE BEACH HOLIDAY PARK	WALPOLE	Accommodation	(08) 9840 1026	10%.
NATURALLY WALPOLE TOURS	WALPOLE	Tour/Transport prov.	(08) 9840 1019	On application.
STARGAZERS B&B	WALPOLE	Accommodation	(08) 9840 1553	\$10 on double accommodation (\$5 on single).
WALPOLE LODGE	WALPOLE	Accommodation	(08) 9840 1244	
WOOZ & SUZ CAFÉ	WALPOLE	Restaurant/Café	(08) 9840 1214	No.
NUTKIN LODGE	PEACEFUL BAY	Accommodation	(08) 9840 8650	10% on standard rates.
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%.
PELICANS AT DENMARK	DENMARK	Accommodation	0413 122 176	
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	
NORMAN HOUSE	ALBANY	Accommodation	(08) 9841 5995	5%.

Pemberton

PEMBERTON OLD PICTURE THEATRE APARTMENTS



We are right on the Bibbulmun Track. Situated Cnr Ellis & Guppy Street in the centre of Pemberton, the Track passes our front door. Stay over night and use our hot tub at our four and a half star fully self contained accommodation from \$150.00 for 2 people per night. Walk In Walk Out Drop Offs - Pick ups can be arranged

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



Donnybrook

KIRUP LODGE



Kirup Lodge is situated on the Southwest Highway between Donnybrook and Balingup. Accommodation consists of six twin bedrooms, two bathrooms, two kitchens with all utensils, lounge/dining areas and outside areas.

Accommodation is \$20.00 per person per night or \$110.00 a week. Free internet, free use of washing machine, individual lockers, bedding and towels provided

PO Box 746 Donnybrook WA 6239
Tel: 0422976690
Email: Kiruplodge@hotmail.com

KIRUP LODGE

Donnelly River

DONNELLY RIVER HOLIDAY VILLAGE



A hidden treasure deep in the karri forest, nestled between Bridgetown, Nannup & Manjimup. Step back to the 1950's in this secluded, heritage listed former timber mill town. 35 affordable, self-contained mill cottages, bunk accommodation available for walkers, or free track shelter.

The village's delightful country store, with walker supplies and coffee machine, marks the mid-point on the Bibbulmun Track. Open daily 8.30am-5pm. Lunches, phone, shower, laundry, EFTPOS available.

Other attractions include swimming lake, tennis court, flying fox, games room, BBQ, abundant tame wildlife.

(08) 9772 1244

donnelly@karriweb.com.au
www.donnellyriver.com.au



WILDERNESS FIRST AID TRAINING

THE BIBBULMUN TRACK FOUNDATION IS HOSTING A 3-DAY WILDERNESS FIRST AID COURSE THROUGH WILDERNESS FIRST AID CONSULTANTS ON 3 - 5 MARCH 2012.

The course is being held at the Perth Hills National Parks Centre in Mundaring and costs \$350 pp.

You will be issued with Wilderness First Aid (WFA) Certification valid for three years as well as a CPR Certification valid for one year.

To view the course outline and to make a booking follow the link from our website under Events/First Aid Courses.

SEE PAGE 28 FOR MORE INFORMATION.

LIKE WALKING, BUT NOT CAMPING?



Explore the Track in day walks on a Bibbulmun Walking Break

- 8 great destinations
- Maps and walk notes provided
- Self-guided long or short walks
- Comfortable self-contained or bed & breakfast accommodation
- Transfers to the Track included
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- Special extended tours available

Let us organise your escape...

For more information or a free quote
 Phone (08) 9321 0649 or (08) 9481 0551
 or email tourism@bibbulmuntrack.org.au

Adventurous WOMEN

Cape to Cape Track Walk

April 22nd 2012
 7 days from \$1645pp
 Women Only
 Call us on 1300 388 419 or visit our website for more information.

The Cape to Cape track is approximately a 135km walk from Cape Naturaliste to Cape Leeuwin. It follows the coast for most of the way, sometimes along the beach, sometimes along cliff-tops, often on sandy tracks, but nearly always with a view of the wonderful coastline.



www.adventurouswomen.com.au



A huge thank-you to our dedicated volunteers, some of whom help out year after year.

- | | |
|------------------|--------------------|
| Mike Allenson | Julie Bessant |
| Angela Bowman | Percy Boyes |
| Pamela Bradley | Stuart Breden |
| Elliot Brill | Barbara Calcraft |
| Linda Daniels | Serena Davie |
| Mal Dennet | Karen Dowling |
| Terri Ellis | Brigita Ferencak |
| Maureen Foley | Gary Foley |
| Janey Glauser | Ruedi Glauser |
| Charmaine Harris | Paul Harris |
| Denise Hilsz | Louise Hinkley |
| Jenny Holycross | Junelle Jones |
| Philip Jones | Maureen Kennedy |
| Les Kennedy | Ian Kerr |
| Rik Kort | Dianne Larsen |
| Nick Lethbridge | Deb Lethbridge |
| Rebecca Lloyd | Angela Loucaides |
| Janey Mayze | Rose McGarraghy |
| Merle Milentis | Sandie Neilsen |
| Russell Peterkin | Chris Plunkett |
| Nick Rieper | Wolfgang Schlieben |
| Kris Sheehan | Peter Sweetman |
| Paul Szjarto | Adrian Taylor |
| David Woodworth | David Wrigley |

Spring is a busy time of the year for community events. Unfortunately the weather played its part in sabotaging the annual Trek the Trail event which was cancelled at the last minute due to a thunderstorm. The Walk the Zig Zag event continued however, despite the rain. Thank you to Gwen, Charmaine Harris and Carol Jowett for braving the elements!

Whilst it was raining in the hills, the Perth Royal Show enjoyed beautiful sunshine which continued for the whole week of the Show. The Bibbulmun Track was once again an integral part of the Landcare Pavilion and the 'mock shelter' was in an excellent position and has been extended to make it easier for us to talk to visitors. A welcome picnic table and chairs enticed the weary show-goer to take a break and there was a steady stream of visitors to our stand.

A total of 48 volunteers were rostered throughout the week and although we are sometimes 'preaching to the converted', it is still surprising how many people still don't know anything about the Track.

A big THANK YOU to all who helped with the Community Info Program in 2011.

Jean Byrne
Marketing Manager

New Digger Recruit



Gwen keen to have a go!



It works!



Under instruction....



Ooops! it moved!

MAINTENANCE PROGRAM



Colin Gee and Rob Butler



Winter this year brought problems for many of our volunteers. The strong winds brought down large trees and seemingly endless debris all along the Track with the Donnelly District the most affected. Volunteers with sections in this area have been very busy clearing up what they can while the District is dealing with the really large trees—and there have been plenty of reports about these.

Walkers are a great help in situations like this as they let me know about trees that are blocking the Track or presenting a danger so the District can deal with them promptly.

A few weeks ago we had a busy weekend with the Hills District Field Day at Monadnocks campsite where we worked hard with wheelbarrows, spades and rakes to repair the internal trails which were badly eroded and shedding water right through the tent sites. It was the perfect opportunity for Scott to demonstrate to volunteers a new method of trail construction, which allows water to flow away from the Track without the use of water-bars. Although effective, water-bars need constant maintenance, can be difficult to source and can be damaged by fire. The day provided a great

opportunity for some volunteers to try out their skills with the digger, with mixed results as the photos show.

Next day the Wellington volunteers met at Harris Dam to construct a realignment of about 200 metres up the hill heading north from the parking area. Using his trusty digger Scott cleared the trail, then with rakes and backhoes we provided the fine tuning with much discussion about the correct method and much hilarity from the onlookers, following a rather spectacular tumble by a volunteer clearing away dead vegetation. The original alignment was rehabilitated, the new trail marked and we hope those walking on it will appreciate our efforts.

With work continuing on campsite upgrades and trail repair work, volunteers are really enjoying seeing long-standing problems finally fixed and in some cases find their work-load greatly decreased.

Caring for a section of the Track is a labour of love—and we still have a number of the original 1998 intake of volunteers looking after their sections. We thank them and all our team of committed maintenance

volunteers, without you the Track would not be what it is today.

I was delighted to receive this note recently and I felt that it exemplifies the rewards of being a maintenance volunteer.

I have just returned home from Peaceful Bay and spent a wonderful day along my section of the Track. Surprisingly enough only a light trim was needed and this was done on such a wonderful spring day that I didn't want to return to the cottage. Most rewarding day and met nine walkers, seven sectional and one day tripper. What a pleasure it was to see so many people enjoying this fantastic asset you work so hard at keeping up to a world standard walking track. I was blown away by the gratitude of the walkers who ALL remarked at the wonderful job the Bibbulmun Track Foundation does, I was also asked to pass along their thanks to you all.

Paul Harris

Gwen Plunkett

Volunteer Coordinator



Volunteer Angela Loucaides talking to Show-goers



PRIZEWINNING MEMBERS

Congratulations to the winners of the monthly membership renewal prizes. They won some great prizes generously donated by our sponsor, Sea to Summit.

August 2011

The Anspach Family won a Microfibre Towel. 2nd prize of a pegless clothesline was won by Sandy Stafford.

September 2011

1st prize, an XMUG, went to Merryl Alexander. 2nd prize winner, Kim Townsend, won a 1 litre Dry Sack.

October 2011

1st prize winner Leonie Hudson won an XBOWL. 2nd prize, a 1 litre Dry Sack, was won by Marion Gill.

MEMBERS NIGHT

The winner of an X-series Plate, bowl and mug at our member's night was Marcus Harris.

NEW MEMBER PRIZE

Congratulations to Sua Markham who joined at the UWA Bibbulmun Track information night and won a day pack donated by Mountain Designs.

Dear All,

Thank you all very much for the lovely surprise that came in the post today for the membership renewal prize draw. The X-MUG will be great on my forthcoming trip to Nepal. Many thanks also to Sea to Summit for donating the prize.

*Kind Regards,
Merryl Alexander*

Thank you for the pocket towel that I received in today's mail. What a lovely surprise. An incentive to get out on the Track!

I am planning to do some of the Track in October at Denmark, with my sister—who was in the photo on the front of this season's Calendar of Events.

Angela

Office Gossip



means up to 16 lots of gear going in and out each week. Jim B has it all highly organised, so although there are times when we seem to be sinking under a sea of tents, tent pegs and poles, backpacks, sleeping bags and so on, it all works.

The event for members held at World Expeditions recently was a lot of fun and a great opportunity to say hello to new members as well as catch up with old friends. We hope to have other events like this so keep an eye on your emails/letterbox.

We welcomed Caro Knight to our team a few weeks ago. Caro is an experienced walker and a maintenance volunteer. Recently retired, Caro is filling in for Elsie who is on leave for a while. We are hoping to welcome Elsie back in the New Year and Caro will fill in for anyone on the team who is on leave.

I hope those members who have collected a free copy of the video 'Magic of the long Distance Dream' have been enjoying it. It's a great reminder of how wonderful the Track is and just how varied the landscape—hardly surprising when travelling 1000kms. We still have a few left so if you still have a faithful VCR please pop in to collect a copy.

As usual we will be taking a break at the end of the year. The office will be closing on Friday 16th December and reopening on Monday 9th January. If you wish to make any purchases for Christmas gifts please be sure to do so in good time for us to post them to you.

We wish you all a very Happy Christmas and New Year

**Gwen Plunkett
Office Manager and Volunteer Coordinator.**

It has been an interesting few months in the office with staff and volunteers tripping off all around the world—we certainly are a well-travelled lot. It meant that we had a few days when we were a little short of team members but we still manage to attend to enquiries, process memberships, book events and so on.

Our members are well travelled too—thank you to everyone who sent us a postcard from somewhere interesting. France has been popular this year.

Having come to grips with the new computers, with very few hassles thanks to Steve who smoothed the way very well for us, we have now turned our attention to the new website design. It has been very interesting looking at the requests/comments made by members, walkers and the office team and then trying to ensure that we incorporate as many of these as possible.

At this time of year we really enjoy seeing end-to-enders pop in to say hello, and reading through the end-to-end registration forms. Although this happens all year round, spring is the main walking period so there tend to be more registrations.

It has also been a very busy time for hire gear with walkers out and about and of course the 2011 Mountain Designs Bibbulmun Team Challenge



Isabel Busch – one of Wednesday's group of Volunteers

Walker Story ...

FINDING MY WAY ON THE BIBBULMUN TRACK

by Emily Pinkus



Two years ago, Emily Pinkus and Simon decided to take on the end-to-end challenge of the Track. This is how Emily describes what the experience did for her:

On the 13th October 2008 Simon and I set out from Kalamunda to walk the Bibbulmun Track end-to-end. We were no athletes when we started, but two months and 963 kilometres later we arrived in Albany fitter, healthier, happier—and sweatier.

The first week was tough, physically and mentally. I spent many hours counting my steps. One count for every four steps—count to 500, then 500 more.

“Are we there yet? Can we stop? Why are these hills so steep?”

On it went, passing time in lots of 2000 steps, pushing my body on. I felt like a fraud every time we met people going the other way. “How far are you going?” they asked. “All the way,” we replied. I imagined them laughing at the mad prospect of this puffed, red faced woman making it to Albany.

But I got a little fitter and the counting gave way to voices in my head. Every time I went up a hill imaginary trainers or past sporting coaches yelled at me. “Push it out Emily! That's it, lift from the chest! Harder, faster, keep going, that's it!”

As the weeks passed the voices faded and I was left with just the sound of my breath. I moved more freely, I saw more around me, and I really got to know this body of mine that I had ignored for so long. I spent hours figuring out which muscles did what and I learned what people meant when they spoke of core strength. I began to look forward to each hill as a chance to push myself a bit more. Instead of collapsing in a heap at the end of a day's walk I started going for cool down jogs and stretching.

The greatest day of the trip was one that included a long hard day's walk. After a rest and a snack we walked down to check out a beach and when we got there we started to play. The sort of play that kids are great at because their bodies and minds haven't been restricted by rules, work and office chairs. We leapt over streams, we cart-wheeled, climbed and ran. I was fit and I loved it!

Not everyone gets to take two months away from their daily commitments and I feel blessed that I could. I realise now though that the main thing that had held me back from health and fitness wasn't time or money, or any of the things I had used as excuses. It was fear. Worrying about what other



people thought had led me to restrict my activity to only those things that I knew I could do. Worrying about failure ensured I would never succeed. And that's the lesson I'll keep with me for a lifetime—not to let fear stop me from living an active healthy life.

Thanks to the Bibbulmun Track for showing me the way. 🌻

Editor's note: Emily and Simon now run Inspiration Outdoors which offers guided walks in Western Australia including walks on the Bibbulmun Track. Visit www.inspirationoutdoors.com.au

THE ULTIMATE GETAWAY

We started **Inspiration Outdoors** because we believe guided walking tours are the ultimate getaway. Here is a holiday from which you will return feeling relaxed, fit and inspired by some of the most beautiful places on Earth. You'll be free of a heavy pack, stay in great accommodation and enjoy wonderful local food.

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Walker Story ...

GETTING INTO GEAR FROM AN END-TO-ENDER'S PERSPECTIVE

by Dave Reid



Dave completed an end-to-end walk in September/October this year. The following account contains some interesting comments about equipment, food and water.

The desire to complete an end-to-end was instilled when I first learnt about the Track some years ago and walked a couple of short sections around Dwellingup and Albany. The opportunity to actually do it became a reality when I was able to take a big chunk of long service leave from the RAN. The original plan was to conduct a south to north solo walk, overnighting in all the shelters, starting in August. On advice from the Bibbulmun Track Foundation the walk start date was moved to September and became a north to south trek— good advice. To pacify friends and family I also found a walking partner; Hedley Amos, who unfortunately had to withdraw at Pemberton due to a gastric bug.

The wildlife was varied with mammals being in short supply but the variety of birds more than made up for it...there was an abundance of emu splodge but I only sighted two of the elusive blighters over the whole trip. If we are talking about wildlife then mention should be made of the pepper ticks of which I was removing up to ten a day between Kalamunda and Dookanelly, I got quite good at it and will never forget the early morning screams of a young member of a scout troop at Nerang; "Help me! Help me! I've got a tick on my ball sack." This was much to the amusement of a group of women, who had just experienced one of the coldest nights of the trip.



manageable but onerous. After 54 days and chats with numerous long distance walkers with far more diverse experience than myself, I now have avenues to lose around five kilos without breaking the bank. Of concern is that there seems to be a tendency for inexperienced walkers to adopt the minimalist approach to long distance walking, as promoted by many outdoor magazines and hard core walkers, without recognising the amount of time and research the minimalist group has put into their equipment and how fine the line is between adequate and life threatening.

Backpack

Your backpack and more importantly the harness system is an item that will determine whether your experience is pleasurable or onerous. Maybe some of my observations will assist others in the selection of their packs. My backpack was an expensive item at around A\$400, 70litre Alpine style, and had been used several times for week long walks. After a few days and a good soaking the straps stretched to the point that I was at the limit of back-length adjustment. By the time I arrived in Albany my waist size had reduced to the point there was no adjustment left in the waist-belt. In the first couple of days during ascents I discovered that the waistband was so wide that it fouled my upper thigh thereby limiting my range of movement and made climbing more difficult than it should have been. While Alpine style back packs seem to be the rage, I yearn for a good-sized rucksack with a well engineered harness system, with reasonable sized side pockets (detachable maybe?) that do not encroach on the internal volume. Also not readily apparent at the point of sale is the water resistance of the material used to construct the backpack. In my case the pack was more water absorbent than resistant and promoted inundation of whatever was contained therein. Luckily I experienced this on one of my previous walks and wrapped everything in heavy duty plastic bags.

Food and Water

The calorific value of the food carried performed as expected; over the 54 days I lost, as planned, approximately 12 kilos. Obviously I had 12 kilos to lose, but for those with less body fat this would create a problem and require an increased volume of carbohydrate and protein. And there is no point in bulking up before you head out as this just increases the load on the lower body. Water supply, other than Long Point, was not a problem during the whole trip. Tanks were full and most of the creeks and rivers were running at full bore, many of the creeks were crystal clear. Two cases of gastro, however, were stark reminders that the tanks are rainwater holding tanks and therefore untreated

and it is our responsibility to make it drinkable. When undertaking a long hike it seems pushing the boundaries of good fortune not to treat the water in some way; one tablet per litre and a pack of 30 tabs weighs virtually next to nothing.

Most of the trail towns had reasonable stocks of dried foods, certainly sufficient to fuel the next section so long as variety and flavour isn't an issue — food is fuel.

I take my hat off to those enterprising walkers who spend the time and effort dehydrating their meals. From what I could see they certainly reaped the rewards.



Sleeping Bags

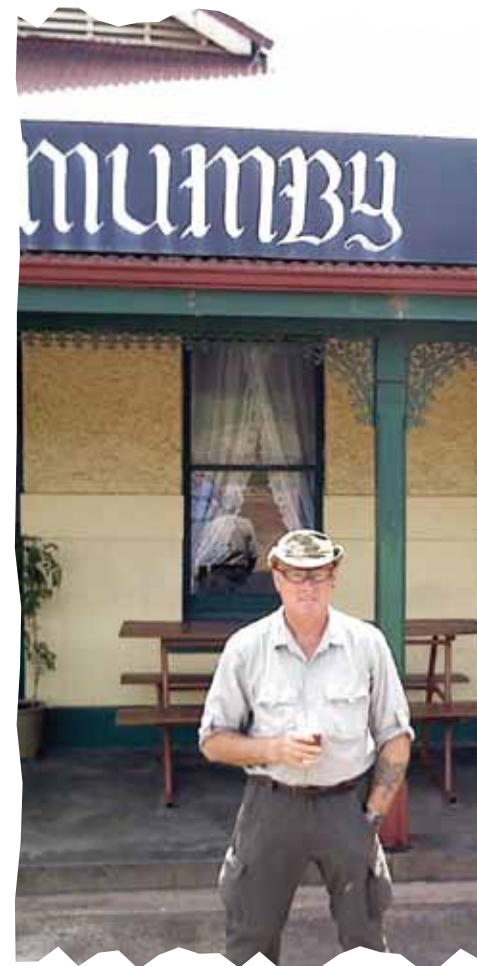
My Outerlimits Treksmart—15 synthetic sleeping bag, at 2.2 kilos is heavy by modern day standards; even so it was worth it as I was toasty warm every night, even when damp, and was able to dry my damp clothes inside the bag with no real degradation to thermal efficiency. This meant I didn't have to wear my thermals in the bag thereby



reserving them for when I was out of the bag in the chill of morning and evening.

All the same, this is one of the areas I will be looking to trim some weight off for walking at this time of the year and, judging by the level of satisfaction displayed by only two walkers, I may have to look overseas for an appropriate and reasonably priced product. Good advice from the Foundation steers walkers to carrying a sleeping bag rated to least -5°C. It is up to the individual whether they carry the extra weight for the additional benefits associated with synthetic, or go with a quality down item with the benefit of it being lighter and packing smaller. The concern arose on those cold nights when ice was forming in the mornings and the complaints about the expensive lightweight down bags with a supposed -5°C rating started being voiced. It would appear that many people are not aware of what the rating means and how it is graded; indeed many products are being marketed with dubious ratings being touted and the -5°C rating being promoted is the 'extreme rating' not the comfort rating. The only reliable rating system is the EN 13537 standard and provides four temperatures:

- The upper limit is the highest temperature at which a 'standard' adult man is able to have a comfortable night's sleep without excess sweating.
- The comfort rating is based on a 'standard' adult woman having a comfortable night's sleep.
- The lower limit is based on the lowest temperature at which a 'standard' adult man is deemed to be able to have a comfortable night's sleep.
- The extreme rating is a survival only rating for a 'standard' adult man. This is an extreme survival rating only and it is not advisable to rely on this rating for general use.



Tents

The decision not to carry a tent is usually driven by the desire to reduce weight and the assumption that there will always be a space available in the shelter. From my perspective it is somewhat presumptuous and inconsiderate to assume that another walker, who has bothered to carry a tent, will give up their spot in the shelter so that another individual can travel light. The additional benefit of carrying your own shelter is mozzie protection and protection from horizontal rain being driven into the shelter such as Blackwood and some of the more exposed coastal shelters. Another plus is it gives one an avenue to escape from thunderous snorers against whom the standard earplugs are ineffective.

Altogether the whole walk was a pleasure, if sometimes challenging. My favourite moments were sunrise at Warren with the sun breaking through the karri trees and the plethora of birdlife making their morning calls. Dog Pool was a cracking spot especially as the river was in full flow; and the walk through the tingle trees was just awesome; that lost me the best part of a day as I walked around and enjoyed the majesty of the giants. All in all it would be a shame just to select a few to the detriment of others. Now I have passed through every point I can cherry-pick some of the better spots for shorter hikes that I have planned for the future, some of which will involve a fishing rod—lightweight of course. 🐟

Would I do it again... You Betcha!

NOTICE BOARD

WALKING COMPANION WANTED

Hi, my name is Kate. I live in the South-West (Albany) of the state and am looking for a fellow hiker or hikers who I can do day walks, overnight walks and hopefully longer walks with. I am 30 years old, fit and healthy, but have only limited overnight experience on the track. If you live in the area and are looking for a hiking companion, or already have a group and wouldn't mind another person, please e-mail me. Thanks.

Contact: Kate
Email: kate006@cheerful.com

CLIMBING KILIMANJARO

Looking for an adventure seeking lady who is interested in climbing Mt. Kilimanjaro August-September 2012. Date to be negotiated. For more information contact me.

Contact: Debbie
Phone: 0429990538
Email: daksa@inet.net.au

BOOTS FOR SALE

Gents boots for sale. Size 9. 12 months old. Only used occasionally for day walks. RRP: \$320, will sell for \$120.

Contact: Paul Aldridge
Phone: 0403115137
Email: paulaldrige1@bigpond.com

OVER 55S PEEL BUSHWALKING CLUB

The Y.A.H.O.O. Over 55s Bushwalking Club walks every Thursday in the Peel Region. April to October 12km to 20+ km bushwalks – Estuary & beach walks 10-12 km November to March. Enquiries welcome.

Contact: Preston or Ian respectively
Phone: 9537 8209 or 9582 3703
Email: psuijden@bigpond.net.au

WOMENS BOOTS FOR SALE

Ladies Scarpa GTX10 hiking boots. Near new condition, worn once on a 50km hike. Half a size too small! Size: Aus 8.5 / Euro 40 Gortex lined – waterproof. Dark green/black in colour. Price: \$220.00 ono, will post in Australia for \$30.

Contact: Diana
Phone: 0413 995 848
Email: diana_arthur26@yahoo.com.au

END-TO-END WALKING COMPANION WANTED

I am planning an end to end for next April (2012) south to north and would like a female companion. I think females make the best walking companions! As I will be 70 next year you will be quite safe :-).

Contact: Rick
Phone: 9063 2325
Email: rickclare@bigpond.com

WANTED: PICS OF MY LOG ENTRIES

I completed a thru-hike of the Bibbulmun Track in November 2011. I am looking for people to take a photo of the page with my log entry at each shelter and email it to me, please.

Contact: Bernadette
Email: bernadettebenson@gmail.com

GUIDES NEEDED FOR GROUP ACTIVITIES

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

The Foundation is looking for people who have:

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

If you think you fit this description and you are available to assist with programs on weekdays, please contact Steve for application details on events@bibbulmuntrack.org.au or 9481 0551.

Want To Advertise on our Notice Board?

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

Phone: 9481 0551
Email: friends@bibbulmuntrack.org.au

TRAILING AROUND THE WORLD

- THE HUMP RIDGE TRACK

THE TUATAPERE HUMP RIDGE TRACK IS A 3 DAY LOOP WALK THAT TAKES TRAMPERS ALONG THE SOUTH COAST OF NEW ZEALAND, UP TO THE SUB-ALPINE ZONE OF THE HUMP RIDGE, AND OVER HISTORIC VIADUCTS IN THE HEART OF NATIVE FOREST. TWENTY BIBBULMUN TRACK MEMBERS AND FRIENDS WALKED THE TRACK IN FEBRUARY 2011.



Luncheon Rock

Tucked away in New Zealand's deep south is a little town that was expected to wither in the brave new world of 1980s economic reform. Once the fight to save New Zealand's native forests was won, the town that had serviced 32 sawmills had no ostensible purpose. The naysayers, however, had not counted on Southlanders' fighting spirit and good old Kiwi ingenuity.

Faced with a declining population and few tourists, the future of Tuatapere looked bleak, but a conversation over a beer in 1988 changed all that and the Tuatapere Hump Ridge Track was born. Conceived out of Kiwis' love for tramping and the 'can do' attitude of a small rural community, the Hump Ridge track was built with the same pioneering spirit and hard work that built the timber town of Tuatapere itself.

A charitable trust was formed, raising over three million dollars and obtaining permission from private land owners and the government. It took locals from 1988 to Dec 2000 to pass through all the red tape and gain the many consents required but the Hump Ridge Track was finally opened on 2 November 2001 by Prime Minister Rt. Hon. Helen Clark.

Around 25,000 community volunteer hours went into its construction and another 20,000 since it opened, for track maintenance. This included 12 months building 10km of boardwalk in a local woolshed; every piece of boardwalk has netting on it, stapled by hand by volunteers.

Just 5000 people are allowed to walk the Hump Ridge Track each year, ensuring each visitor a unique opportunity to enjoy the pristine Fiordland National Park. The track is now maintained and operated by the Tuatapere Hump Track Charitable Trust which continues to work closely with local communities and businesses to create a truly local product. The track is still run to benefit the community and all profits from the track will be used to fund community projects.

Visitors tramping the 55km of the Hump Ridge Track experience some of the most diverse scenery in New Zealand. The three-day loop track takes walkers

through ancient podocarp (native New Zealand pine) forests and up to the sub-alpine Okaka Lodge on day one. 360 degree panoramic views of the Southern Ocean, Stewart Island and the wilderness of southwest Fiordland are afforded from the top of the ridge. Descending the Hump Ridge on day two, trampers walk through ancient beech forest and down a series of untouched ecological terraces. Once at sea level, walkers follow the old logging tramway to Port Craig Village and the lodge, crossing a series of mighty wooden viaducts including the famous Percy Burn viaduct—the largest wooden structure in the Southern Hemisphere. Port Craig itself was, at the start of the 20th century, site of the most remote and technologically advanced sawmill in New Zealand. At Port Craig, trampers can soak their weary limbs in the Southern Ocean and watch the pod of Hector's Dolphins that live in the bay. Day three follows New Zealand's southern coastline, taking trampers across white sandy beaches, through native forest and back to their starting point at Rarakau.

The track's backcountry lodges are in a completely different league to ordinary DOC huts. Small bunk rooms, huge lounges, solar-charged lights, flush toilets and well-equipped kitchens are just some of the facilities available. For those wanting a bit of extra luxury, hot showers, private premium upgrade rooms, heli-packing and even heli-lifts are available as added extras. Each lodge has a well-stocked bar and shop, so trampers can also enjoy a well-earned glass of wine or beer at the end of each day.

A wide range of package options are available, from basic Freedom Walking to the more luxurious Freedom Plus package and fully-catered guided walks. The good folk at Hump Ridge HQ are always happy to answer questions so give them a call and find out more about this unique track.

As a special offer Tuatapere Hump Ridge Track is delighted to offer all Bibbulmun Track Foundation members one free hot shower when you walk the Hump Ridge. Just let them know that you're a member on booking.

For more information on the Hump Ridge Track:

web: www.humpridgetrack.co.nz
email: walk@humpridgetrack.co.nz
tel: + 64 3 2266739



Track map

WE Freycinet – the bushwalking pack

Dual-compartment bushwalking pack for use where huge capacity is not needed. The narrower upper profile is particularly suited to women. Synchro-FORM harness not only carries monster loads, but provides excellent ventilation and warm-weather performance.

- ▶ Large bottom compartment with drop-down divider
- ▶ Top pocket converts to bumbag
- ▶ Available in four back lengths, 70l, 75l and 80l
- ▶ In Marine/Charcoal/Black or Charcoal/Charcoal/Black

Please visit

www.wildequipment.com.au

for more information and other WE products

WILDERNESS EQUIPMENT



Social Sunday Walks

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 SSW 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:

(S15 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	No. of Adults
25 March 3.30pm	<input type="checkbox"/>	<input type="checkbox"/>
6km return sunset walk from Camel Farm to South Ledge		
1 April 9.00am	<input type="checkbox"/>	<input type="checkbox"/>
14km return walk from Albany Hwy to Boonerring Hill		
15 April 9.30am	<input type="checkbox"/>	<input type="checkbox"/>
7km return from Driver Rd to Dookanelly Campsite (Dwellingup sth)		
6 May 8.30am	<input type="checkbox"/>	<input type="checkbox"/>
19km return walk from Dale Road to Beraking Campsite. (Fit and experienced walkers only!)		
20 May 8.30am	<input type="checkbox"/>	<input type="checkbox"/>
20.4km return walk from Kalamunda to Hewett's Hill Campsite. (Fit and experienced walkers only!)		
27 May 9.00am	<input type="checkbox"/>	<input type="checkbox"/>
12km return walk from Kinsella Rd to Canning Campsite		

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

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



TRACK TRIVIA

HI FELLOW WALKERS!

Hi fellow walkers! Family matters put paid to my efforts to complete my fourth end-to-end during this year, but I'm still hoping to walk from Walpole to Albany at the end of November.

The wet winter saw a lull in activity up to the beginning of September but the smell of spring in the air soon saw an increase in the numbers on the Track, ranging from those brave fathers taking their young sons out for the first time ("He's all right if he doesn't have to go up hills and it doesn't rain") to the wannabe end-to-enders who haven't done their research ("Canoes! Isn't there a bridge over the Irwin Inlet?").

Well, in the first case we can recommend flatish sections of Track, but control of the elements is something even our Executive Director can't guarantee. As for the Irwin, we're working on a "how to walk on water" project with the help of a committee of politicians, but it's slow progress.

Now, a good story! A walker found a mobile phone that had been lost in the vicinity of Mount Cooke, and took it into the BTF office, where it was found to contain data depicted almost entirely in Chinese characters. One of the office volunteers took it home, where he asked his Chinese neighbour to examine it. Through this lady's investigation contact was made with the Caravan Park at Dwellingup and it was determined that the owner of the phone had stayed there and was on the Track, heading south.

A bit of calculation indicated the person concerned would be near Collie, so DEC Collie were contacted to try and find her. They did so, with the assistance of Collie Visitor Centre, and the owner of the phone was greatly relieved to hear that it was in good hands. She was continuing south, so it was decided to mail the phone to Pemberton YHA by registered mail to await her arrival, and the YHA happily agreed to accept the phone on her behalf. The phone was duly picked up and the lady continued on her way.

Walkers, vollies, BTF, accommodation personnel, DEC, visitor centres—all working together to make one person's walk a more positive experience. That was a very satisfying outcome.

Many thanks to all concerned.

So it's walking season again and it's pleasing to see a substantial number of foreign visitors, for many of whom the main reason for visiting WA is to walk the Bibbulmun Track. Over the last few weeks we have seen American, English, German, Taiwanese, Dutch, Swiss and French walkers as well as out of state Aussies and West Australian sandgroppers undertaking end-to-end walks.

Out trip planning advice for members has been in

full swing. This brings its fair share of interesting enquiries from those who perhaps have not done all the research that they might have done—for example:

Q: "Why don't the guide books list all the accommodation places, shops, pubs and restaurants on the Track between the towns?"

A: "Because there aren't any. Or at best, there are one or two, but they are few and far between."

Some people, especially Europeans, think the Bibbulmun Track is like many trails in Europe, where you can walk from village to village each day and buy your food en-route.

Q: "We want to walk the whole Track. Can we do it over a long week-end?"

A: "Only if you go non-stop for 72 hours at about thirteen kilometers an hour, so probably not."

Q: "Is there always hot water in the showers at the shelters?"

A: "You've not been on the Track, have you? Let's go back a stage..."

Q: "Why do I need a tent?"

A: "For a number of reasons we suggest you take a tent, mainly in case a shelter is full of people when you arrive." (See page 23 for more reasons.)

Q: "Couldn't I use the phone in the previous shelter to ring ahead and check?"

A: "You've not been on the Track, have you? As a matter of interest, do you intend to carry a hairdryer?"

All of which goes to show that some people still expect to walk the Track without finding out first what they are letting themselves in for. The most extraordinary case of this that I have heard of was a walker who set off from Denmark with no maps, guide books or foreknowledge of the Track and was totally amazed and somewhat upset, when arriving at the Wilson Inlet, to discover that there was large body of water in his way!

Most non-Australians ask about snakes, understandably enough. My most recent favourite was:

Q: "If I see a snake, how do I know whether or not it's venomous?"

A: "Don't worry about it. If you see a snake, assume it's venomous—it probably is."

And the often asked question:

Q: "Will I see a lot of people on the Track?"

I've come to realise that walkers ask this question for two main reasons—either they are nervous at

the prospect of being alone, especially overnight, or they want to be alone. There is no simple answer, of course. It is possible to see no-one for several days and then at another time, on the same section of the Track, to meet people every day. A shelter may be empty the first time you stay there and have ten people in it the next time.

I have, however, discovered two fool-proof ways of ensuring the presence of others, whether you desire their company or not. The first applies to male walkers only. If you wish to meet someone out on the Track, stop behind a large tree just before a bend and prepare to relieve yourself. This guarantees that a group of lady walkers will appear, walking towards you, within seconds.

The second applies to anyone. If you are in a shelter alone and would like company, empty your backpack and spread the contents over all the surfaces you can find. Within minutes half a dozen members of a local bush-walking club will materialise as if by magic, forcing you to clear everything away.

When it comes to preparing for an end-to-end, or any "long" walk on the Track—and I consider any walk of a week or more to be "long"—different people undertake the challenge in different ways. At the extremes, some plan meticulously, others adopt the "she'll be right, I'll just do it!" approach.

My experience has been that the more you plan, the more pleasurable the experience will be. Making sure that you have the correct clothing and equipment, working out how much food you need and where and when you will resupply are important considerations. Also, are you reasonably certain that you can do it? Long distance walking, especially when you are carrying a heavy back-pack, is physically demanding. So plan an itinerary that you can follow within your physical ability and test yourself before you start.

In addition a long distance walk is not only a physical test, but a mental one as well. The realisation that you may be walking, day in and day out, for 50 or more days, can become a mental burden. So again plan in advance, take days off, either in towns or at campsites, when you can relax, have a lie in and not be concerned about the day's walk.

You may not see anyone for several days and nights—can you cope with the solitude; are you happy with your own company?

And always remember, you are walking for pleasure and for fun, so take the time to smell the flowers, look at the scenery and enjoy the many experiences the Bibbulmun Track has to offer. 🌸

Happy Walking!
Wrong Way Jim

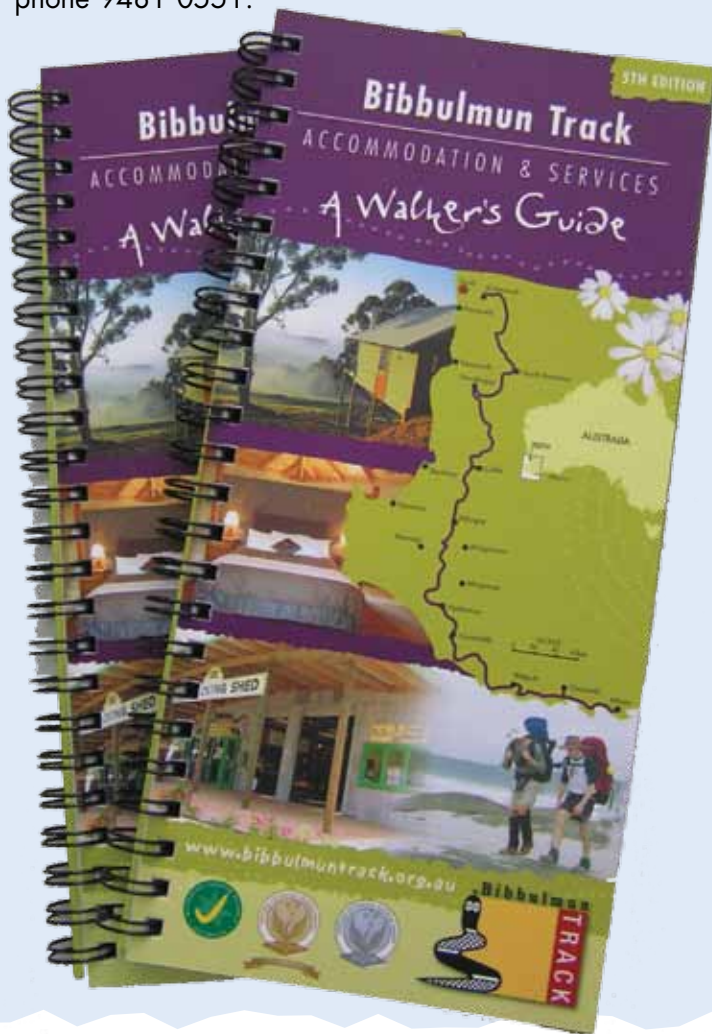
Accommodation & Services Guide

5TH EDITION ACCOMMODATION AND SERVICES WALKER'S GUIDE NOW AVAILABLE.

Must have guide - whether you're planning an ambitious end-to-end or a weekend walk!

Packed full of details on places to stay in towns along the Track, where to have a meal or re-supply, transport and tour operators and even where you can access the Internet.

At only \$14.50 it's a bargain! Order your copy online or phone 9481 0551.



WILDERNESS FIRST AID TRAINING



THE BIBBULMUN TRACK FOUNDATION IS HOSTING A 3-DAY WILDERNESS FIRST AID COURSE THROUGH WILDERNESS FIRST AID CONSULTANTS ON 3 - 5 MARCH 2012.

This 3-day course is a well rounded introduction to wilderness first aid for bushwalkers, climbers, paddlers and those who find themselves out and about. It includes CPR and scenario based teaching. This course serves as an introduction to all of the essential topics of Wilderness Medicine. Having a little extra time for scenarios as well as Adult CPR/EAR will set you up well to deal with a variety of patients in the outdoors.

You will be issued with Wilderness First Aid (WFA) Certification valid for three years as well as a CPR Certification valid for one year.

During this course you will have a written and practical CPR/EAR assessment component. You will also be critiqued on your performance during scenarios to ensure understanding of basic principles.

The course is being held at the Perth Hills National Parks Centre in Mundaring and costs \$350 pp.

To view the course outline and to make a booking follow the link from our website under Events/First Aid Courses.

Coach Captains Wanted!

CAN YOU HELP?

The Foundation requires a number of volunteer bus drivers (**Coach Captains!**) to assist with driving coaster buses for our events.

Many events are on weekends, though occasionally we require drivers mid-week. Volunteers require a minimum LR drivers licence (an F endorsement is not required) and, on a few occasions, will tow a luggage trailer. All departures are from Perth to various sections of the Track between Perth and Dwellingup.

If you are able to assist please email Steve on events@bibbulmuntrack.org.au or phone 9481 0551.

This is a really important job, without volunteer drivers our events would become far too expensive for the average family - if you are able to help us we would be very grateful!

FIND OUT WHAT'S HAPPENING ON WA'S TRAILS AT TRAILTALK



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- Join in discussions
- Share your stories and photos
- Ask for, or give advice
- Find upcoming events

It's free to join - and easy to use.

www.trailtalk.com.au

Reflections from the Registers - HOW THE BEA!Z+6!Z-B6t!6ct!0N2

HIDDEN VALLEY CAMPSITE

18/07/2000

A Bulgarian, a Yank and a Pom with a combined age of 174 arrived between showers and are leaving between more showers en route to Denmark. We imagine the scenery was tremendous, shame we couldn't see it through the rain! Been a lonely walk so far; guess few other idiots would walk in this sort of weather. On, on!

Vic, Jon & Ken (FOBT)

20/10/2000

The end is near as I face the final curtain. Yes, she's just about all over; folks-day 39 tomorrow and only 19 kms to Albany. I've had a great time, met some brilliant people and enjoyed some fabulous scenery. The Track is a credit to all involved in its conception to what it is today, thanks to all involved at every level. To see people of all ages and from all walks of life enjoying the outdoors is what it's all about.

Darren Reid

31/01/01

Thanks to all who made it possible that I could spend two months on this great track! I walked alone but spent only six nights alone in the shelters. I have walked for 49 days and spent 18 days in the towns along the way. Next week I stay in Albany to eat, relax, get clean and drink a lot of beer! At 24 years old I have made a dream come true.

Thanks to all!

P.S. 963 kms is not as bad as it sounds!

Harald Frys (Austria)

08/10/01

Last time I was at this shelter it was my 67th day out from Kalamunda and I was on a huge high - and I have been ever since! Today I have been a tad melancholic as I set out to retrace my steps, this time heading north.

Be warned, this Track is very, very addictive and once you're hooked, there is no kicking the habit. It beats the hell out of any other addiction, trust me!

Terry the Tortoise

07/11/01

End-to-end, day 37. Steady plod from Torbay into a "bracing wind" and suddenly there it was - Albany! What a boost to the system, even if it is still 20 kms away. So the end is nigh and the dream born in the Himalayas in April is nearing reality. So much has happened, the scenery and facilities have been superb and the people I've met have put the icing on the cake. I shall go away wiser, thinner, fitter and very keen to learn more about the history of WA and the flora and fauna of the bush. To CALM, the FOBT and the volunteers, thank you all a hundred times over. To all the fellow walkers I met, it was a privilege to spend time with all of you.

Goodbye, good luck and good walking - I'll be back!

Jim Baker

22/11/01

End-to-end, day 58. The end is in sight as I "double hat" today from Torbay to Albany. I thought there might be a civic reception for me in Albany but apparently the mayor is busy! I've thoroughly enjoyed my long walk and much appreciate the efforts of everyone who made it possible.

Yours with much gratitude.

Tony (Tony from Leeds, UK)

17/01/02

End-to-end day 28. This has been a great learning experience and pleasure. Many thanks to CALM and the FOBT, and to all the walkers whose ongoing positive support and respectful usage of the Track is of prime importance. And so, let's go out in song:

(To the tune of "American Pie" and with apologies to Don McLean)

A long, long time ago
And I can still remember when
Kalamunda was a name to make me smile
I knew that if I had the chance
I could complete the Bibb Track dance
And maybe I'd be happy for a while
But Hidden Valley made me shiver
With every footstep I drew nearer
Climax on the doorstep
I want to go just one more step
I won't know if I should laugh or cry
When the Southern Terminus I spy
But something touches deep inside
The day Albany arrives.

Tom Lloyd (Queensland)

09/11/01

The last shelter has been reached and Albany here we come. Cheers to CALM and the FOBT for making this trek possible, it has been a different adventure every day. Maybe I'm the first person silly enough to carry a surfboard down the Track from Walpole to Albany but it was worth it - just in case you find that perfect wave! (Ed: Yes, he did. I walked a lot of it with him. And yes, I thought he was nuts.)

"This is one thing in life not to forget, well worth the effort."

Keep smiling.

Brad Masters

09/11/01

End-to-end day 42. An easy walk to the last shelter and Albany is in our sights. To all we met on the way, thank you and good luck.

"Create the world you dream of with every choice you make"

Russ Masters (Brad's Dad)

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	\$35.00	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

TRAILING AROUND THE WORLD

RÉUNION ISLAND ADVENTURE

by Kevin Martin



Mission accomplished. Kevin Martin, Gary Brennan, Chris Bishop, Guy Spauge, Colin Clince and Errol Clince.

- If you enjoy walking the Bibbulmun Track.
- If you appreciate climbing hills that go on forever.
- If stunning mountain scenery excites you.
- If scrambling along narrow pathways carved into sheer cliff faces doesn't faze you.
- If you can deal with rough rocky tracks and mud scrambles.
- If walking through rainforest, watching waterfalls plunge into deep ravines appeals.
- If standing on the crater rim of the world's second most active volcano sounds good.
- If you have the spirit for real adventure in a very unique natural environment.
- If you also like comfortable budget holidays.
- Then you should try a hike across the island of Réunion.

Ile de la Réunion is a small tropical island in the Indian Ocean, about 220 kilometres west of Mauritius. The centre of the island contains three extinct volcanic craters that have collapsed by several hundred metres, and which have eroded over the millennia. On one side of the island is an active volcano that still erupts frequently.

The island records some of the highest annual rainfall in the world, which, combined with the rich volcanic soils, results in lush vegetation and rainforests. It has a population of around 800,000 who live mostly in towns and farming areas around the coast. Much of the interior is protected within a national park.

The main walk trail across the island (known as GRR2) is 160 kilometres, but our party chose to deviate onto several of the side trails to include a number of special features. From water's edge on the north side to the same on the south side was about 230 kilometres.

The organisation "Maison de la Montagne et de la Mer" provides excellent assistance with planning and booking accommodation along the way. Payment is in advance, which has the advantage of your not needing to carry much cash.

This means you require only a small day pack for your change of clothes, water bottles, and any 'luxuries'. Accommodation is available along the trails and consists of dinner, bed and breakfast at an average cost of €36 (about \$50) per person per night. The quality and value is very good and the hosts are friendly and entertaining. (A little French vocabulary can help.) One special feature is the rum liqueur they serve with the evening meal. After two of those, all pain disappears!

Our first day involved a climb of 1850m in an 18.5 kilometre walk—an average grade of 10% for the whole day. Next morning we got to the rim of the first crater (Cirque de Mafate) and stared in amazement at the massive hills and deep ravines,



A waterfall plunges to the depths

wondering how we could walk through such terrain. Our accommodation was set on the edge of a high hill looking back down over the bright lights of the port town 10 kilometres away.

On the following day we descended steeply to cross a swift flowing river and then made a long climb up to a small plateau housing two tiny farming 'villages'. In this terrain access is by foot or helicopter only; all supplies are brought in by a constant relay of choppers.

Day four was a big test. A long day was made longer by a big rock fall that required a long detour. After constant ups and downs, the route took us up a side valley; a long steep climb in the hot sun. By the time we finally got to the top we were almost spent. We could see across to the village we were aiming for, which meant another steep descent of 700m, a river crossing and a precipitous scramble, zigzagging 800m up the other side (and that is elevation, not just distance). To make matters worse night closed in as we started that final climb along the narrow ledges on that cliff face. Chris noted that he felt more secure in the darkness because he couldn't see how far it was to fall. We got to explore the depths of human exhaustion, but we look back on it and laugh now. It was just poor planning.

After yet another long climb up the steep wall of the cirque we strolled through beautiful rainforest to the

iconic Le Trou de Fer, where many streams cascade down the slopes and then plummet 400m into the depths of the ravine. The views are to die for but you must be patient, waiting for a gap in the clouds that constantly sweep in.

Not far away is the other great icon—Piton des Neiges (Snow Peak)—the highest peak in Réunion.



A Tough Climb!

To beat the clouds and get the best views from here you need to get up and leave your accommodation by 4.00 am. It is an eerie sight, reminiscent of fireflies, as a hundred or so people scramble up the rocky slopes with just their headlamps to guide them.

When we got there first light was just noticeable through the thick cloud cover. Finally, like a window passing across the sky, the clouds parted momentarily, the clear early morning sun shone through and the view was breathtaking, but scary. For a brief instance we got a view across to the coast in two directions, just 20 kilometres away. Then it was back down the mountain, a late breakfast and heading off for our next destination.

At the active volcano (Piton de la Fournaise) we were able to walk right up to the rim of the main crater, look down into the misty depths and see the steam and smoke rising. As on the top of Piton des Neiges, it was freezing in the biting wind and the rarefied atmosphere, but the spectacle of this great lava block was absorbing. We walked past several small side cones where eruptions had occurred in the past, and could also see where the molten lava had flowed down the long slopes and dropped into the sea. That rare sight would be something quite special, but it wasn't there for us.

The previous night, as we slept in our accommodation about six kilometres distant, we felt a number of earth tremors and were told another eruption was expected in the near future. It occurred two weeks after we returned home. Good observation data ensures that all access is closed off when an eruption is imminent.

On our final descent back to the coast we came across a very slippery chute in a rainforest section. The greasy slopes were as slick as oil on a mirror and I fell down eight times in about 500m, much to the entertainment of the rest of the party. What a way to finish of a momentous trek.

After our walk we hired an eight-seater van to drive around to the other many attractions; the beautiful beaches along the west coast, the forest drives, the lovely little Creole villages and the seaward end of the big lava field (Le Grand Brûlé). The 37 kilometre drive up the valley to the town of Cilaos (elevation 1100m) involved over 400 twists