

Bibbulmun NEWS

DEC'13 - MAR'14
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Newsletter for the friends of the Bibbulmun Track

BIBBULMUN TRACK REACHES 1000kms

We are thrilled to announce that the Bibbulmun Track is over 1000km long!

In late winter Steve Sertis and Steve Clark walked the Track end-to-end with the aim of re-writing the Track notes for the new Bibbulmun Track guidebooks. Not only were the notes updated but the distances between campsites were recalculated and updated to include the spur trails to the campsites - after all, they are part of the Track that you have to walk.

We suspected that with all the various realignments that have occurred since the Track was last mapped in its entirety there would be a significant change in the overall length - we were not certain, however, that it would be 1000km or more.

The final distance traversed by walkers completing an end-to-end, which will be reflected in the guidebooks, is 1003.1km (pew!).

The distance of the linear trail reflected on the maps, which does not include the campsite spurs, will be a little shorter but still very close to the 1000km mark. In any case, if walkers included the side trips to lookouts, going around logs and the many trips to the dunnies at the campsites and the bakeries in towns, the figure would be much higher.

We will now have to re-print our T-shirts, which say "1000km - well almost!" to read "More than 1000km - just!"

Read more on page 8



1000km



Christmas GIFT IDEAS!

The BTF has a great range of gifts available for your loved ones this Christmas!

Track Maps	\$11.50
Day Walk Map Packs	\$20.00
Bush Books	\$6.95
Wildflower Book	\$24.00
The Bibbulmun	\$27.50
Track: Its history, its beauty, its walkers Book	
Day Pack	\$69.95
T-shirts from	\$24.95
Caps	\$14.95
Bushwalker Hats	\$19.50
Water Bottles	\$14.40
Posters	\$12.00
Frame Magnets	\$2.20

IMPOSSIBLE TO BUY FOR?

A Bibbulmun Track Membership - give the gift that lasts the whole year (or three!)

INDIVIDUAL

1 year \$40 or 3 years \$105

SENIOR

1 year \$30 or 3 years \$75

Or why not buy a Bibbulmun Track Gift Voucher (any amount) that can be used for merchandise, an event from our Calendar of Events, or a Bibbulmun Walking Break.

Buy online today or call into the BTF office.



L to R: Jamie Bennett, Outdoors WA; Hon Barry House MLC, Linda Daniels, BTF; Jim Walker, the Outdoor Trust UK; Steve Bennett, DSR.

2013

TRAILS INDUSTRY WALKING STICK AWARD

Congratulations to the Foundation's Executive Director, Linda Daniels, who was presented the 2013 Trails Industry Walking Stick Award at the WA State Trails and Outdoors Conference in October.

The Award is presented to an individual who has shown outstanding service to the trails sector. Linda has been Executive Director of the Bibbulmun Track Foundation for over ten years, sits on the Trails Grants Assessment Panel for the Lotterywest/DSR trails funding program, managed the major state initiative of TopTrails WA, is a member of the Trails Reference Group and is the current Executive Officer of the new Trails WA.

Linda was presented the award by The Honourable Barry House MLC, President of the Legislative Council who has actively supported the trails sector for over 20 years.

RECEIVE
10%
discount off these
prices as a BTF
member!



BIBBULMUN TRACK FOUNDATION MYANMAR SHAN HILLS TREK

This exclusive adventure combines a trek through the remote hill tribe villages in the Shan Hills with exploration of the cultural centres of Mandalay and Yangon.

"This is Burma, it is quite unlike any place you know about." Rudyard Kipling.

Travel with World Expeditions and the Bibbulmun Track Foundation to explore and experience all the wonders of Myanmar (previously Burma).

Our journey will begin in Myanmar's capital city, Yangon, where we have the opportunity to explore the market town of Dhala, before we travel north to Mandalay and on to the pine forested Shan Hills to begin our five day trek.

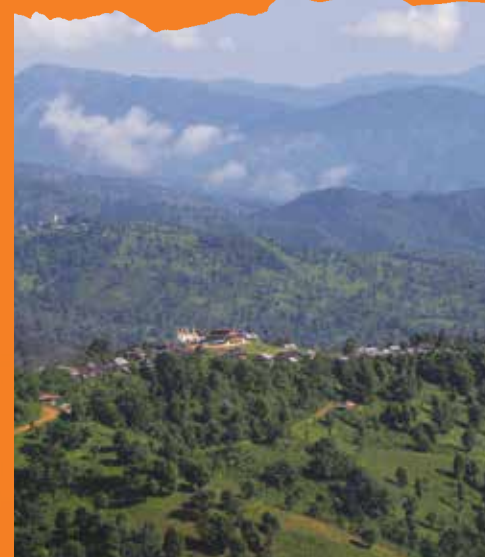
We will pass through many traditional hill tribe villages where we learn about the local way of life and have the opportunity to stay overnight in homestay accommodation. Our trek will end in Hsipaw, where we will have time to explore this charming mountain town,

before returning to Mandalay and finally Yangon, where we will finish with a downtown walking tour.

You will then have to option to extend your trip by a further three days, during which you can visit Myanmar's main pilgrimage site, the Golden Rock.

Please join us on this wonderful adventure, while helping to support the Bibbulmun Track Foundation.

Departing October 2014



For more information please contact
Learnna at World Expeditions, Perth
Phone: 08 9486 9899 Email:
learnna@worldexpeditions.com.au



FROM MY Desk

Thank you
THANK YOU
Thank you

Welcome to the Summer edition of Bibbulmun News.

More children are growing up unable to deal with minor setbacks because they are cocooned in privileged families with overprotective parents.

This is the view of child resilience expert Michael Ungar who visited Perth in October and, I suspect, a view that his audience of outdoor recreation enthusiasts agreed with 100%.

Dr Ungar said over anxious parents deny their children the “risk-taker’s advantage” and that children sometimes responded to their parents’ fears by becoming anxious themselves. Children and teens need opportunities to experience appropriate amounts of challenge and responsibility to build resilience and confidence in their own decision making.

Outdoor pursuits provide such opportunities and it was wonderful to read the positive feedback from Jayne Dittrich and Brooke Suiter who joined the Teen Trek event in October (see article on page 5). Both girls obviously found aspects of the trek quite challenging but gained a huge amount of satisfaction from completing it.

As Dr Ungar reiterates, you need a balance between ensuring safety and biopsychosocial (biological, psychological and social) development. A hike on the Bibbulmun Track ticks all the boxes and the new Wellington Spur Trail is already attracting schools and youth groups.

Our partnership with the Wandoo Reintegration Facility to maintain the spur trail is progressing well and the residents, who visit the trail monthly, are doing an excellent job.

Tables and benches are now installed at both campsites, thanks to a grant from Lotterywest and installation by the Wandoo team, and the trailhead signage is now up.

As Christmas approaches we have had a number of volunteer thank you events and it has been lovely to meet new faces and catch up with familiar ones. We are planning to have a special event for members next year - if you have any suggestions for it please let us know.

In the meantime, I hope you have time to relax with friends and family over the Christmas period and wish you all the very best for the coming year.

Linda Daniels
Executive Director

Join us on



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

- | | |
|---------------------------|--------------------------|
| Francis Barber | Angela Bowman |
| Bob Chee | Maria Binks |
| Wendy Abraham | Kaye Heelan |
| Peter Hill (dunny) | Lana Tinsley |
| Robert Schmitz | Desley Pedrazzini |
| Gordon Carter | Elaine Rummer |
| Jennifer Tudehope | Tessa Dittrich |

DONATIONS ARE TAX DEDUCTIBLE!

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

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

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

Season Greetings & Best Wishes for 2014!

The office will close on Thursday 19th December
and reopen on Monday 13th January 2014.



Hi,

I read with interest, but not surprise, Sue Ewing's letter in the Bibbulmun News that related to a fellow walker's kindness when she and her husband's arrival at camp was severely delayed. (Ed: See issue # 63—Your Letters).

Last year I embarked on a repeat of my magical end-to-end trip of 2009 only to realise with dismay that I had once again planned to spend my time in Balingup to coincide with their Mediaeval Weekend. I had attempted to reserve a spot in the Hikers' Hideaway but on arrival I discovered that it had been entirely booked out by the Mediaeval people.

My dilemma was noticed by a woman customer in the Post Office and she kindly offered to run me over to the Information Office for further assistance. However, even the camp site was fully booked, not to mention every single bedspace in town!

My new friend Danielle then insisted on driving me back to a Spiritual Meditation Centre that I had passed earlier on, to see whether they had a space for me to lay my head, but to no avail.

I was now considering where I might put my tent up, perhaps on the school playing field, when Danielle told me that she was taking me home to their place!

My protestations were firmly put aside and soon I was ushered into her amazing home—the old picture house—introduced to her husband Rien and sat down to a lovely cuppa. The rest of my time in Balingup was like a dream; a long hot shower; hot dinner; a conducted tour of Rien's stupendous refit of the house, a chat over a glass of port; a cosy double bed and an early breakfast to set me on the way again.

This was indeed the most chivalrous of acts! I'm invited to visit them again anytime and this I plan to do next time I'm on the Track, where you certainly encounter some of the nicest of people.

Happy walking to all

Annie Didcott, ACT

Dear Gwen,

What a nice surprise to come back from being away and open our "green XBOWL" prize! We will certainly enjoy using it when next out walking.

Many thanks,

Sue and Rob Freeth

Hi there,

I have attached my daughter's end-to-end completion notes.

It has been an amazing journey for me too walking every step with her. We have walked for days in the rain and done the summer 4:30am starts to avoid the heat.

Thanks to everyone whom we have shared the adventure with and all the volunteers who do such a great job maintaining the Track and shelters.

Serena Davie

Hi Gwen

We just wanted to drop you a line to say thank you to you and the Bibbulmun Track Foundation and the Department for the lovely gifts that you gave us for volunteering. We very much appreciate it.

And a big thank you to you and Charmaine too, for all your hard work coordinating us all.

We appreciate you too.

Regards,

Tina and Larry

Dear Gwen and Team,

Thank you so much for your care and concern for Elaine and myself during our recent walk on the Track. We also appreciated Kirk Ulster's concern in contacting your office when we didn't show up at the White Horse Hills Campsite on October 8th. As Elaine explained she has a back problem and the pain is always there, which is why we do only short walks nowadays.

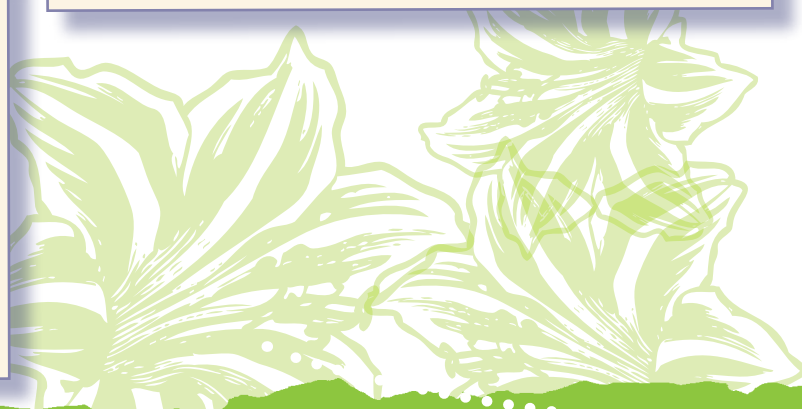
On this occasion we reached the top of Boonering Hill and Elaine decided that it would be wiser to return to Gringer Creek rather than climb White Horse Hills, as her back was giving her much pain. We had set off with Kirk earlier in the day and we hoped he would not worry too much as he knew we were carrying a PLB, should we get into difficulty.

Following his text to your office and your follow-up phone call we are touched by the fact that fellow walkers were so caring toward us, and we just want to express our heartfelt appreciation of all that you did on our behalf.

Keep up all the good work that you all do in the BTF Office and say hello to the rest of the team for us.

Yours sincerely,

Garry and Elaine Keymer



Walker Story



TEEN TREK BY JAYNE DITTRICH AND BROOKE SUITER

The Teen Trek is one of the many events organised by the BTF on the Track and is designed to give young people the chance to experience bush walking under the eyes of experienced guides. The trek takes three days with two nights of camping out in the bush. Friends Jayne Dittrich and Brooke Suiter took part in a recent trek—the following is an account of the experience, followed by a few comments from Jayne’s Mum:

At the beginning of the October school holidays we took part in the Bibbulmun Teen Trek—a three-day walk on part of the Bibbulmun Track near Perth. During these three days we walked 53km and climbed four mountains, which for us who had never done this before was very challenging. Going into the Teen Trek we didn’t know what the people or conditions were going to be like. We left the hike three days later with immense knowledge about the bush surrounding our capital and fifteen new friends. The first day of the Teen Trek we didn’t really try to get to know anybody but by the second night we were sitting around a campfire, talking to almost complete strangers like we had known them for years. The Teen Trek has been an amazing

experience for us who thought we would never make the full three days without technology. By the end of the trek, sitting on the bus with blisters on our feet, flicking ticks off of each other, we were so proud of what we had accomplished within the small amount of time. The people we met will now be our friends for life and as soon as we left, we were already planning a six month reunion (add us on Facebook if you’re in for this). Our leaders taught us many things about teamwork, ourselves and the bush through which we walked. We learnt these things while sitting in amazing places including the top of Mount Randall, Mount Cooke and half way down Mount Cooke. Everyone on the trek, especially the leaders and Will (one of the guys on the camp), were so supportive

of us, going slow with us and stopping to ask if we were ok if we were stopped for a breather. On the bus back we were asked what we were glad we brought, shouldn’t have brought and wish we had brought. Answers varied for this, a majority saying they were glad they brought their sleeping bags or mats, should have left some of their extra clothes at home and wish they’d brought their pillows. Brooke did admit that she probably should have left her mascara at home and bought something more helpful to actually trekking. This trek, although challenging, was so much fun and even though we laughed at Steve for suggesting we will do this again and are quite enjoying our technology, sometimes we wish we were back on the camp.



The group in a cave at Mt Cooke.

MUM SAYS:

Brooke gave up a family holiday to Singapore to go on the walk and chose the walk as her Christmas present for this year. Her main hopes for it were that there would be “some cute guys and no-one as annoying as me!” What surprised her most about the whole trip was just how wonderful the people were- “they were all so nice,” she said in gobsmacked tones about 10 times in the first three hours home! My daughter Jayne was there more as a Duke of Edinburgh requirement, but those happy memories will last a lifetime. Those are valuable treasures to hear of your children.



Brooke and Jayne.



Team building and problem solving.

B e f o r e Y o u g o

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 DPaW 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 DPaW 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

DPaW 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 DPaW 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 DPaW Recreation and Trails unit. NOI forms can be obtained from our website or contact the Recreation and Trails unit.

Car access to the Track

Walkers are reminded that vehicles can only access the Track at designated points. These are marked on the maps and guidebooks as red or green car symbols. Other roads that lead towards the Track might be restricted or have locked gates as they enter disease risk areas. Attempting to access the Track at non-designated points can spread disease or damage wildlife. Please use only the access points marked on the maps and guidebooks.

IMPORTANT NOTICE

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 and it could kill them
- 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.

DPaW Contacts:

Recreation and Trails Unit

recreationandtrails@dpaw.wa.gov.au

Ph: (08) 9334 0265

DPaW 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 Rebecca Hamilton on (08) 9290 6135 or
rebecca.hamilton@dpaw.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@dpaw.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@dpaw.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@dpaw.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
Chris Goodsell (08) 9840 0400 or
chris.goodsell@dpaw.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@dpaw.wa.gov.au*

The 7 principles

- PLAN AHEAD AND PREPARE
- TRAVEL AND CAMP ON DURABLE SURFACES
- DISPOSE OF WASTE PROPERLY
- LEAVE WHAT YOU FIND
- MINIMISE CAMPFIRE IMPACTS
- RESPECT WILDLIFE
- BE CONSIDERATE OF VISITORS





Department of
Parks and Wildlife



Kerstin Stender, Trails Coordinator

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

DPaW Recreation AND TRAILS UNIT

I'm writing this update as an employee of the newly formed Department of Parks and Wildlife (DPaW), which commenced operations on 1 July 2013.

In his media release the Minister for the Environment Albert Jacob said, "The department would give new focus to the management of WA's most important natural areas and conservation of our unique plants and animals." The conservation and promotion of 27 million hectares in parks and reserves, attracting around 15.5 million visits a year, will be the core business of the Department of Parks and Wildlife.

The State Government also created a new Department of Environment Regulation to work with the community and industry to ensure that the State's enviable environmental standards are maintained and enhanced. The Minister said the replacement of the former Department of Environment and Conservation with two departments meant that each agency would have clear, publicly transparent responsibilities and objectives.

Summer has nearly arrived, bringing with it hot days and impacts from fire. We have already had the first bushfires resulting in closures on the Bibbulmun Track and there are several diversions in place due to fuel reduction burns. This is a timely reminder about the risks and your responsibilities of hiking in summer.

Here are some things for you to consider when planning your hike:

1. Be aware of the local conditions relating to the area you are proposing to visit and check:
 - **Weather forecast and warnings:** branches can break from trees in windy conditions and become a danger to hikers.
 - **Fire Danger Rating:** at the FESA website at www.dfes.wa.gov.au or by calling 1800 709 355. It is not recommended to walk on days of Very High fire danger rating or above due to the risk of bushfires. DPaW may close recreational areas on such days.
 - **Diversions:** these may be due to fuel reduction burns or bushfires, flooding, inlet crossings and safety of beaches by using the Park Alerts at www.dpaw.wa.gov.au/parks/alerts-and-updates and ringing the local DPaW district office.
2. Some camp sites are designated No Fire zones. Please check Track Conditions on the Park Alerts website and only light fires in the designated fireplaces. Generally these are provided at all camp sites between Kalamunda and the Dog Pool Camp Site south of Northcliffe (maps 1 to 6). The Yourdamung (Map 3) and Blackwood (Map 4) camp sites have an inherently higher fire risk and therefore no fires are permitted at any time. Fires are not permitted on the southern half of the Track between Mt Chance and Albany.
3. Observe all seasonal and local campfire restrictions and bans. Generally fire bans apply during the summer months between November and April, and are likely to be in place by the time you read this, but will vary between shires. Obtain fire restriction information from local DPaW or shire offices. While on your walk use your common sense: **if it's hot don't light a fire.**

On a lighter note I would like to thank Danielle for looking after the Trails Coordinator position for over a year and wish her all the best in her new role in managing mountain biking and motorised recreation, amongst other activities.

Now that you are aware of fire related issues I hope you will enjoy safe hiking during the summer months.

Kerstin Stender
Trails Coordinator

REWRITING THE GUIDEBOOKS

a 60 day adventure

by Steve Sertis

On July 7th Steve Clark and I began an end-to-end walk with the primary aim of rewriting both the Northern and Southern Bibbulmun Track Guidebooks, which were last updated more than 10 years ago. In addition we collected data about the state of the Track, with a complete audit of infrastructure carried out to assist in future management and maintenance.

Planning began almost a year ago, following the decision that the Foundation would take on the rewrite of the guidebooks, which have previously been a DPaW product.

In order to make the books more user friendly and the process of production cost effective, it was decided to divide the existing two guidebooks into eight smaller books matching the eight Bibbulmun Track maps. The planning, history and other reference information contained in both the current guidebooks will form a ninth book - the Bibbulmun Track Handbook. The general information contained in this book can be absorbed at home, rather than it having to be carried as part of a guidebook.

With each guidebook corresponding to a map, walkers will no longer need to carry a book covering half of the Track when they are covering only short sections. Furthermore if there is a change in the Track alignment only the relevant, small guidebook will need to be updated.

In line with the aim of making the guidebooks smaller, lighter and cost effective, and following feedback from BTF members, the decision was made to remove the small maps from the guidebooks. The new guidebooks will contain section descriptions, north to south and south to north Track notes. Maps are more frequently updated than guidebooks; it makes no sense to have two different versions of the same map for sale on the shelf.

RE-WRITING THE GUIDEBOOKS REQUIRED A NUMBER OF STEPS:

1. Update of the section descriptions. These give a general overview of the terrain and set the scene for what walkers can expect to find in each section.
2. Update of the Track town profiles. These give walkers an idea of the size of the town, the services available and an outline of the town's recent history.
3. Review of every Track note. The new guidebooks contain a total of 4430 Track notes. These were revised to give walkers more interpretive information and suggest good places for views and rest spots out of the sun or wind — particularly on the south coast where there is less protection from the elements. Also mentioned are public recreation areas where there might be a water tank or toilet. The Track notes for each day start from the campsite or town, not from the spur trail junction. This means that the notes reflect the actual distance to be walked between campsites. Previous editions of the guidebooks indicated the distance along the Track itself, not including the spur trails to campsites.
4. Checking the distance for each Track note. The original distances were recorded in the late 90s and many sections of the Track have been realigned since then. This meant that we could not rely on the current data and a complete revision was needed.



Even the boardwalks are going under near Lake Maringup

OUR TECHNICAL EQUIPMENT CONSISTED OF:

- a high-tech GPS supplied by DPaW plus four batteries
- a tablet with a docking keyboard which doubled the battery capacity of the tablet to about 16hrs of continuous use
- a mobile phone with a spare battery which doubled as a voice recorder to record each Track note
- a paper copy of each day's notes in case the technology failed
- a solar charger for the phone
- a camera with GPS and spare batteries for the audit to record the areas needing attention
- a number of wall chargers for the GPS, tablet, phone and camera
- a laptop used to transform the data into a word document
- two thumb drives for backing up data

A trial run was completed in March from Northcliffe to Walpole to test the equipment, fine tune the procedure and also determine how long the batteries would last before they needed charging. It was determined that each GPS battery would last up to two days (depending on the length of each walking day) and the tablet and one phone battery would last about four days.

Given that all this equipment added significantly to the weight of our packs, we had to make weight reductions elsewhere. The laptop and the wall chargers were kept in one of our town boxes (we had three), but all the other technical equipment had to be carried and recharged regularly. We called on the support of our fabulous volunteers and DPaW staff in the Wellington and Donnelly Districts to assist in some of the more remote or restricted locations. This meant that we had to carry food for only two days, except in one Disease Risk Area where we carried food for four days. In all we had 29 food drops, with meals that we had been dehydrating since January.

We also had a remote charging supply at Brooktor Hwy, Sullivan Rock, Harvey-Quindanning Rd and Broke Inlet Rd. This consisted of a 12v DC - 240v AC 500w inverter connected to a 300Ah 12v lead acid battery supply (for those that understand the lingo) and a power board to connect all the chargers. All other charging was done in towns, or our support crew took batteries away, charged them and returned them at another meeting point the next day.

A TYPICAL DAY ON THE TRACK FOR US LOOKED LIKE THIS:

1. Rise at between 5am and 6am (remember this is the middle of winter!) and leave camp between 6am and 7am depending on the length of the walk on the day. Some days we doubled — all campsites from Kalamunda to Brookton Hwy, Gringer Creek to Mt Wells, Northcliffe to Lake Maringup, and Long Point to Walpole.
2. Start the GPS (at times we had to wait a while to locate the required number of satellites and have a satisfactory DOP reading — again for those that get the lingo) and record distances between Track notes. Steve would carry the GPS mounted on the top of his pack. I would record the Track note description and also the distance from the previous Track note. This would continue throughout the day. Steve would correct my voice recordings (eg where I got my left turn and right turn mixed up - it's easy to do!). We would also at times have discussions about how to best interpret the information so it would be easily understood by walkers whose first language was not English. There were also considerable discussions regarding whether the foot bridge was a substantial footbridge or a significant footbridge! That's an article in itself.
3. Reach camp between 12pm and 2pm. Set up camp. Steve would prepare a cuppa and get dinner started (thank you!). Because the first three weeks were so cold (one day I walked almost 16km before taking off my two beanies, gloves and three layers of clothes) we were not drinking enough water while walking. So the billy was put on the fire and we kept drinking hot water all afternoon. On some days it was so cold it was near impossible to press the buttons on the GPS.



Steve C clearing the blocked road for our support crew

4. I would begin transcribing the notes from the phone onto the tablet. This would take around an hour and a half to do. Then the south to north notes were written. To do this I had to picture walking the Track in reverse. The distances were also recalculated. Typically this would take about another hour. On some occasions, however, the distance north to south didn't match the south to north notes. Careful scrutiny (which sometimes did our heads in!) would usually find the calculation error, but I do remember not getting to bed until after 10.30pm at one campsite.
5. Photos from the day were then backed up onto a thumb drive while being categorised into the day's section (eg Mt Cooke to Nerang). The Track note data was also backed up onto a second thumb drive.
6. Upon reaching a town all the Track notes were transferred to the laptop and put into a word document for each guidebook, already formatted with existing sections, and the new Track notes proof read. The distances were rounded from three decimal places to one decimal place (ie nearest 100m). As each guidebook was completed it was emailed back to the Foundation office in Perth for checking and editing.

THIS PROCEDURE CONTINUED FOR 60 DAYS. A GARGANTUAN EFFORT EVEN IF WE SAY SO OURSELVES!

Those of you who were not in WA during August and September may not be aware that we had our wettest August in 10 years and wettest September ever! The Track was underwater in the most unexpected places and we saw creeks that I had never before seen flowing in my 15 years of walking the Track. Our first inundation (I define inundation as water above ankle deep) was just south of Tom Rd Campsite (day 32) where it was waist deep along the rail formation parallel to the Donnelly River, and the last inundation that we walked through was before Torbay Campsite (day 58). The deepest was just below my rib cage — and it wasn't even on the Pingerup Plains - they were plain by comparison! Steve would warn me of water ahead by calling back to me "there's another adventure up here!"

OTHER NON-WATER RELATED ADVENTURES AND OTHER SURPRISES INCLUDED:

- With the aid of DPaW in Dwellingup and Collie, locating and rescuing our support crew after they got bogged down
- having to saw and chop a fallen marri tree for two hours on a 25km day which came down across Chesapeake Rd in a storm, so the above support crew could leave
- losing the GPS charger for three days (it ended up being in the back of a DPaW support vehicle)
- rescuing an injured boobook owl but having no choice but to deliver it into the hands of a Collie pig hunter that turned up in the middle of nowhere
- getting a delivery of cider at a campsite
- walking to an impromptu café complete with outdoor table and chairs set up along the Track with fresh, real coffee
- being invited to a home cooked meal in Balingup
- having some campfires lit for us by DPaW staff
- deliveries of cheesecake, chocolate and ice creams by volunteers

Once the walk was over on September 5th I began proofing the edits and rechecking the distance calculations for each of the guide books. As I started to write this piece, the last edits had been made and they are now ready to be typeset. Once photographs have been selected the books will be sent to the designer and then after another edit they will be printed.

The new guidebooks will provide a means for all walkers to make comments and send through editing suggestions via a dedicated email address. Also as changes are made on the Track, updates will be provided to those who have purchased books via a special web link, keeping your books up to date until the next edition is printed.

These new pocket-sized books will provide walkers with a description of the areas they are walking through along with interpretation of the human history, flora and fauna. With the newly updated walk notes, they will continue to be great companions out on the Track.

THANKS ARE DUE TO:

My walking partner and volunteer Steve Clark for all the hard work in getting the job done and also putting up with me for 60 days!

Thanks also to all the volunteers and DPaW staff who assisted us out on the Track:

Ce Kealley &	Jeff Pow
Chris Piggford	John Gore
Jim and Mavis Freeman	Charmaine Brown
Nick Evans	Elsie Grygiel
Diane Tinker	Ian and Veronica Rae

Steve Sertis

Events Manager and Lead Guide

ED: Reading this article, and having been involved with the planning and editing of these books - I have a renewed appreciation for the excellent work done by Jesse Brampton, Mike Maher and Annie Keating on the original northern and southern guidebooks!

THE Mandalay STORY

The view of Mandalay Beach, Chatham Island and the Southern Ocean is quoted more often than anything else as the highlight of the trek for north to south end-to-end walkers. After weeks of walking through forest lands the sight of the open sea brings a marvellously uplifting feeling—and a manic desire to strip off sweaty clothes and dive into the cold, welcoming water!

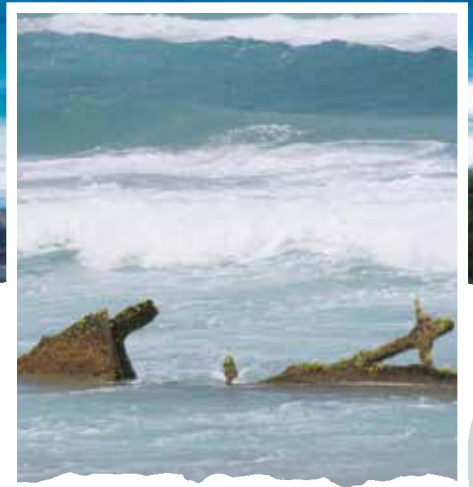
The Bibbulmun Track runs along Mandalay Beach for slightly less than a kilometer, over which walkers can marvel at the incredible variations of colour in the sea, from pale blue to cobalt, with every shade of green and blue in between—in clement weather.

But wait a minute—Mandalay Beach? Why Mandalay—isn't Mandalay in Burma?

It was Annie Didcott, end-to-ender and regular walker of the Track, who reminded us of the origin of the name Mandalay, and the related connections between Australia and Norway. Annie has a Norwegian daughter-in-law and a request in

Outback magazine for information and stories that link Norwegians with Australia caught her attention.

During her 2006 end-to-end walk Annie discovered that the beach is named for the three-masted Norwegian Barque Mandalay, which was beached on the 15th of May 1911. The Norwegian captain, Emile Tonnessen, had to scuttle his ship rather than be driven by relentless southerly gales against the cliffs and rocks to the east. The long rocky finger of coastline of Long Point precluded any hope of the ship being able to tack back out to safer waters. The captain managed to beach the vessel and all aboard



delicate and was a great credit to Captain Tonnessen in a desperate situation.

The Mandalay lies just offshore approximately 300m east of the wooden viewing platform and information plaques at Mandalay Beach. Lucky walkers may catch a glimpse of the wreck, which appears every few years as the beach erodes, and then the sand covers her again.

The Mandalay has been recognised as a significant site, and interpretive signs have been placed at the beach near where the wreck lies.

THE GHOST THAT HAUNTS THE TRACK...

...from the campsite registers.

5/6/07 MT COOKE CAMPSITE

I am the ghost that haunts the Track
I'm away for a while and then I come back
This sacred track belongs to you
Look after it or I will haunt you too
Take some time and lend a hand
To clear this path through our beautiful land

6/6/07 NERANG CAMPSITE

I want to go where the wind doesn't blow
Where the rain doesn't sleet and the
sky doesn't snow
I lit a beautiful fire last night
The logs were crackling and the flames were bright
But the heat that the roaring fire was releasing
Warmed my front but my back was freezing

So I doused the fire, dived into my swag
And reached for the valium packed in my bag
But it did not blot out the roar from the trees
And to top it all off, my feet they did freeze

But I woke in the morn, it was 8 am!!
How the hell did I sleep through this crazy mayhem?

I swallowed some breakfast with wild misty breath
Was the ghost of the track plotting my death?
I scaled the mountain, the view was a treat
If only I managed to stay on my feet
The wild east wind hissed, Enjoy my land
Or, on the mountain, I won't let you stand"

So I found me a spot where the
wind didn't blow
And munched on a snack, my stomach said "Yo!!"
But the blackening sky and the wind
that did howl
Made think that the ghost was out on the prowl

Then a pair of Eagles circling high
Raised my spirits to the sky
And with the help of some spirit
deep in my pack,
A swig of that and I'm back on the track

But too much spirit I'm bound to say
Can mean that you may lose your way
So keep your eyes out on those rocky piles
Or the ghost may enjoy a night on the tiles
I've whinged a lot but I know I'll be back
To make peace with the Ghost of the Track

7/6/07 GRINGER CREEK CAMPSITE

Just passing through on my way to a bed
One that is comfy and cosy instead
Good bye to the boards, good bye to the cold
Roast dinner awaits me, or so I've been told

Tonight I'll be having a different dream
One that is set in a tropical scene
So azure the sea, so gentle the breezes
A temperature warm that intensely pleases
A little thatched hut I will see has been built
The lagoon is beneath, it is set on stilts
A long lazy swim with the tropical fish
And when it is evening, a delectable dish
Preceded by cocktails and finished with wine
Ah yes! This is really a dream sublime

So while you lot are battling the Path
I will be soaking in a hot bubbly bath

But don't worry Ghost; I said I'd be back
I'm totally hooked on the Bubblegum Track

*Anonymous

GUIDES NEEDED

DO YOU HAVE THE SKILLS AND EXPERIENCE
TO BECOME A BIBBULMUN TRACK GUIDE?

THE FOUNDATION IS LOOKING FOR VOLUNTEERS WHO HAVE:

- enthusiasm and an outgoing personality
- a sound knowledge of the Bibbulmun Track and the Foundation
- strong organizational skills
- computer skills
- own transport
- senior first aid (or prepared to take the course)
- weekends available for training and then guiding events
- **above all - the desire to share the love of bushwalking and the Track with others!**



In 1997, a program began to get urbanites back to nature and on to the Bibbulmun Track. This program is still underway today—currently known as the Calendar of Events, which has, over the years, introduced thousands of people to the Bibbulmun Track and to bushwalking in general.

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

HOW DO YOU BECOME A BIBBULMUN TRACK GUIDE?

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

A manual provides guides with practical information, including scenarios and examples of situations which may arise, to enable guides to make professional judgements and decisions when guiding an event. Guides are required to attend events and observe experienced guides out in the field no less than three times. They then lead a group while being supervised on two separate occasions. On all events they complete detailed checklists of observed or demonstrated skills and actions. These two stages show the dedication of our volunteer guides as it may take up to six months to get to this point.

The next step is to lead a walk whilst being assessed. At some point during their training, guides must also successfully complete a Rogaine. Rogaining is a cross-country navigation sport organized through the WA Rogaining Association. Guides attend from Friday afternoon through to Sunday afternoon to hone their skills, with a particular focus on off-track navigation with a compass. After some training and a practice they are assessed across a range of competencies - not getting lost is one of them!

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

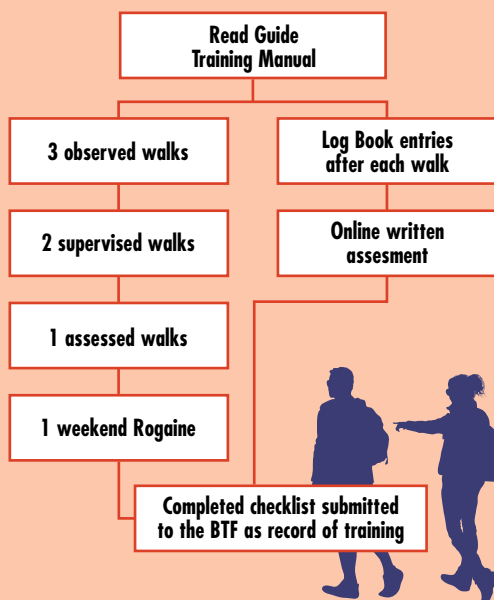
WHAT OUR GUIDES SAY...

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

I joined the Foundation in 2010 and really want to give something back to the Track and share my excitement and love for bushwalking and the environment. So I became a volunteer guide!
Paddy Forde

If you think you fit the bill, and you are available to join our fantastic team, please contact Steve for application details on events@bibbulmuntrack.org.au or call 9481 0551.

The Bibbulmun Track Guide Training Program is sponsored by



Yes, THEY DID IT!

A wetter than usual winter didn't deter walkers getting out onto the Track, with many of them completing either the last part of their sectional end-to-ends, or through-hiking the whole length of the Track. Historically, more walkers have walked toward Albany, but it now seems to be just as popular to start in the south and walk toward Kalamunda, as many of the latest registered end-to-ends show.

Our CONGRATULATIONS go to all the latest End-to-Enders on their achievement!

As usual, entries are in chronological order of completion with overseas and interstate visitors mentioned first, followed by walkers from within WA.

Michael Schulze (51) and **Veronica Winkler** (46) came from Germany to walk the Bibbulmun Track (S-N, 21.03.13 to 19.05.13) and loved it so much that, after finishing their end-to-end, they returned to DRV and redid the sections through to Walpole. They loved the whole experience and are very appreciative of the volunteers' work on Track. They bought all their supplies in Track towns but found it was more difficult in some of the smaller towns. They report a deep contentment during their walk. The karri forests, the coastal scenery and the wildlife were favourites, but maybe not the dugite in the Dog Pool shelter! Michael and Veronica have completed many walks all over the world and say the shelters and water tanks make the Bibbulmun the most comfortable. They advise walkers to do at least a week on the Track before embarking on an end-to-end.

Pete Bretherton (38) from the UK felt a great sense of achievement when he finished his end-to-end (S-N, 01.04.13 to 04.06.13). He is glad he spent some time in the Track towns along the way because they tell the story of south western WA, past and present. It made the walk so much more interesting for someone coming from overseas. Pete bought food supplies in the towns and found some towns easier than others. His highlights were the south coast, the karri forest and the pie shop in Denmark. Snakes, skinks, cockatoos, emus, kangaroos and even *feral bogans* and a bandicoot were amongst the wildlife he saw. In comparison with other walks, Pete found the Bibbulmun Track easier, less varied, more risk averse, better provisioned and better maintained. Carrying an e-reader was a good idea but he wished his tent was free-standing so he could have used it inside the shelters when they were empty.

Paul Burge (42), from NSW, liked the whole Track on his end-to-end (N-S, 06.06.13 to 22.07.13) and thought it was a good walk, comparing favourably with other walks. He found food supplies were good along the way. Paul saw several emus. He advises walkers to keep at their own pace.

Andrew Buddery (30), from Queensland, was *Andy Bud* on his walk (S-N, 30.06.13 to 17.08.13) and says he was "completely blown away by the beauty of the Track, the sheer

vastness of the country, and the friendliness and generosity of both fellow hikers and the country towns". His favourite sections were Giants to Walpole and Grimwade to Noggerup. Highlights included the sunrise at Helena, seeing an echidna, the shower at Pemberton after nine days on Track, and reaching Kalamunda. As a novice walker, Andrew learned as he went how much he could carry and what he needed each day. He now has a new appreciation for Vegemite, bananas and jelly beans! Storms and injuries took their toll and Andrew had to be mentally tough to make it to Pemberton but then it got easier. Wildlife included roos, eagles, whales, snakes, frogs and an echidna. His fuel stove, backpack and thermals were faultless, but Andy's sunglasses and mobile didn't get much use. He advises looking after your feet and your mental strength in order to do well.

Lindy Saler (56), from NSW, was known as *L3 Laughing Legs Lindy* as she walked the Track (Sectional, 16.09.11 to 14.09.13) on the most restful holiday she's ever had. She found it was relaxing not having to think about anything except walking, sleeping and eating. Lindy's most memorable highlight was standing on a high granite knoll when an eagle rose up from beneath, right in front of her. Another was of an emu walking past the shelter, only a few metres away, totally unaware of her. Walpole to Albany was definitely her favourite section and she enjoyed meeting other walkers and eating in the Track towns. Other wildlife included dad emu luring her away from his precious crèche, an echidna foraging for food, a seal on the beach and, of course, snakes, snakes and more snakes! Best equipment were her walking poles, kindle and PLB which stopped her family and friends worrying about her. Lindy advises packing light, but don't forget the chocolate!

Bob Oxlade (78), from Victoria, was very pleased to be able to overcome a knee problem and complete his end-to-end (Sectional, 15.04.13 to 17.09.13), due in part to a knee support given to him at Gringer Creek. His favourite sections were Denmark to Walpole and Pemberton to Balingup. Meeting fellow walkers was a highlight. Bob posted three food drops and felt quite pleased with the ease in which he completed the walk. A lot of wildlife was seen and, although the walk is *bushy*, Bob never felt

he was far from anywhere. Walking poles were his best equipment as they helped his knees enormously. He advises all walkers to use poles and to keep their packs light.

Tashi Wood-Ward (19) and **Alex Benson** (19), both from the ACT, had quite a wet but enjoyable walk (S-N, 05.08.13 to 24.09.13) and were overawed with the Track facilities. Tashi found it was so good to have a shelter each night. They bought food supplies along the way but found it meant eating a lot of the same type of food. Alex thought dehydrated food would improve the variety next time. Denmark to Walpole was Tashi's favourite section and the coastline in general was liked by both of them. Monkey Rock was a highlight along with the giant tingle tree and the coast near Long Point campsite where they watched the crashing waves and the setting sun. Both advise reducing pack weight as much as possible.

Graeme Wines (56), from Victoria, was *Warnambool Wanderers 2* as he made great use of his Long Service Leave to walk an end-to-end (N-S, 26.07.13 to 28.09.13). He thought it was a fantastic Track with shelters in great locations. His favourite section was from Northcliffe to Walpole with the added challenge of wading. He particularly enjoyed the outlook at Lake Maringup and also the first sighting of the coast. Graeme would improve his food on another walk as he found it was very heavy and he had too little variety. Leather boots and a sleeping mat were best equipment, but his waterproof pants started to split down the seams after only six days. His advice is to take one step at a time and then you can do it.

Serena Davie (46) and her daughter, **Bo Davie** (14), of South Fremantle, have each completed separate sectional end-to-ends (Serena August 99 to January 09; Bo January 06 to July 13) but have walked together over the last few years. Serena enjoyed the changing scenery, the sense of achievement and the company of friends and her daughter. Both enjoyed wading across the Pingerup Plains although Bo found it tough on the longest day as it was raining all day. Dog Pool campsite was also a favourite for both. Serena liked the variation along the Track, and thought the mist at Waalegh was special. For her, walking has been a great way to reconnect with nature. It has taken her some time to understand the Australian bush, but now she loves it. Bo's favourite Track food was packet curries and Deb potato and her favourite items were her sleeping bag and a pack of cards.

Donna West, of Ferndale, was *Donnakebab* during one of the most memorable times of her life (Sectional, 20.05.00 to 22.08.11). She says the most difficult times when everything goes wrong seem to be the times you enjoy talking

Our CONGRATULATIONS to the following 38 walkers on their achievement! Three from overseas, 7 from interstate and 28 from WA.



about the most in hindsight, especially with people you were with at the time. Falling out of the canoe, boots and all, wasn't much fun, but hilarious for others around her! Memorable meals included dinner and wine at Schafer, and fish and chips at Peaceful Bay. A favourite section was Walpole to Denmark but the daily favourite was arriving at the next shelter. Donna enjoyed many adventures and laughs along the way and even survived the last five days walking on her own. Wildlife included roos, emus, thousands of tadpoles near Woolbales and a few skinny dippers along the isolated southern beaches.

David Anderson (44), of Brunswick, aka *Pack Animal*, has added to his tally of end-to-ends (Sectionals 07.12.12 to 29.05.13; 06.03.13 to 18.06.13; 31.05.13 to 31.07.13). He enjoys walking the Track with favourite sections including Walpole to Peaceful Bay, the south coast in general and the northern sections when there are no ticks. Highlights have been swimming off the south coast beaches, the Mumby pub and the many grass trees. Dave has seen whales along the south coast, monitor lizards in the northern sections, and far too many feral cats. Best equipment are his pack and Thermarest.

Jan (59) and **Hans** (61) **van Stekelenburg**, of Mandurah, were known as *Granny and Glogwog* during their end-to-end (S-N, 01.03.13 to 30.05.13) on which every day was different. Jan was both amazed and proud of her achievements and says she talked herself to the end, one day at a time, and it got better and better! They bought supplies in towns and gradually added more variety into their diet. Main meals were Backcountry dried packs— all 55 varieties of them! Hans favourite section was Walpole to Northcliffe and he also liked the karri and tingle forests in the south and the wandoo forests in the north. The challenging day from Boat Harbour to Peaceful Bay was a highlight for Jan, as was finding their way to Blackwood campsite and then enjoying the view and the

sunset, along with the 6000 photos that captured the Track. Hans was fascinated by the antics of the black cockatoos and they both enjoyed the dolphins surfing the waves at Boat Harbour. Jan enjoyed the Bibbulmun Track more than NZ and Tasmanian walks and their enjoyment has motivated Hans to consider other walks. Water bottles, cooker and sleeping mats rate as best equipment. They advise attending BTF information sessions, travelling light and going

“You’ll have good days and bad days. Your feet will throb and ache and your body will question at times just what the hell you are doing. But when it’s all over, done and dusted, the great memories you’ll take with you will be worth every step you have taken.” **Peter and Sandy Hearnden**

slow to enjoy every minute.

David Gannon (51), of Bridgetown, felt privileged to have the opportunity to complete an end-to-end on the Bibb (N-S, 04.05.13 to 18.06.13) and says the facilities and management are a credit to all those involved. He says “the poignant beauty and hardship, and the exquisite pain and pleasure of this journey will stay with me for a long time to come”. He ate many freeze-dried meals, beef jerky and Ainslie’s couscous. He used a thermos flask to save on boil-ups and for a quick getaway in the mornings. David’s favourite section was Donnelly River to Pemberton for its trees, the river and rapids, the challenging hills, the Pemby Pub and Beedelup Falls. The southern ocean and tingle forests were highlights for him. His fuel stove and 3B chafing cream were among best equipment for him. David’s advice is to just put one foot in front of the other, especially on the tough days.

Susie (47) and **Kevin** (48) **Ridderhof**, of Glen Forrest, walked with **Keith Ford** (52), from Stoneville, to complete their end-to-ends (Sectional, 2001 to 19.06.13). Kevin and Susie initially started in 2001 and then repeated some sections when Keith joined them in 2006. They dehydrated all their meals, had some food drops, and simply carried the rest between towns. Northcliffe to Walpole was a favourite section for all of them. Highlights included nearly perfect weather, awesome stars at night, freezing nights at Gringer Creek (-6 degrees) and Chadoora, Kevin burning his boots, Susie’s ginormous blister, the smell of the karri forest, lying on the sun-warmed rocks near Mt Clare, tiramisu made in a Trangia, the view from Woolbales, the coastal scenery, wading Torbay inlet and eating the herring caught by Keith at Boat Harbour. All said it was the experience of a lifetime with memories they will cherish forever.

Robert Cains (51), from Willetton, was *Cainsy* on his end-to-end (S-N, 06.05.13 to 22.06.13) and he now feels he is a hiker rather than a walker as he proved to himself that he could carry a pack, build up his fitness level, and overcome any difficulties along the way while still becoming increasingly enthused about his adventure. Robert ensured he had a good breakfast each day and then ate on the move with his own trail mix and pockets full of muesli bars. Rice, pasta and noodles were his evening fare. Good meals were enjoyed in towns, along with the medicinally needed beers! Walpole to Northcliffe was a favourite section with bright, dry days and an increased feeling of confidence. He also enjoyed the last sections into Kalamunda covering longer distances each day, more easily overcoming the ascents and descents, enjoying the views and meeting more people. Highlights were many, including coastal vistas shrouded in mist, dawn at Rame Head, wading the Torbay inlet, phoning home from the top of Mt Chance, seas of mist filling the valleys, reaching the half-way point, crossing the Long Gully bridge and sharing experiences with inspirational walkers he met along the way. He advises proper planning and preparation in order to balance the trip so you don’t have to rush at the end.

Richard Turner (49), from Bunbury, took several years to complete his end-to-end (Sectional, 24.09.00 to 01.07.13), but was happy he managed to finish before his 50th birthday. His favourite section was from Peaceful Bay to Boat Harbour, even though it was raining and blowing a gale. He enjoyed the still, clear nights, swimming in the cold water at Frankland River campsite, the sunset at West Cape Howe and card games with hiking mates at night. Roos, quendas and quokkas were seen along the way. Richard was appreciative of the great facilities on the Track. He was happy he carried a shower rose to use with his water bladder, but says he always seemed to carry too much food. He urges people to get out on the Track, even if they can only do short sections at a time.



Yes, THEY DID IT!

Luke Smith (31), of Lesmurdie, called himself *Gingemoe* on his 2nd end-to-end (S-N, 03.06.13 to 21.07.13) and enjoyed it so much that he wanted to turn around at Kalamunda and walk back to Albany. A favourite section was Collie to Dwellingup. Highlights for Luke were meeting family and friends at Kalamunda, and sharing campsites with *Pack Animal* between Dwellingup and Kalamunda. He saw a lot of birdlife and a few snakes and was thankful of no flies in winter. Walking poles were his best equipment. His advice is to drink plenty of water and to take just one day at a time.

Craig Wrightson (43), of Woodvale, was known as *The Roving Trekker* on his walk (Sectional, 07.09.09 to 26.07.13). He thinks the Bibbulmun Track is well planned and organised and says there is no other trail in the world like it. Craig suggests food drops to supplement supplies from the smaller towns, and adding spices to noodles and pasta for greater variety. He enjoyed walking amongst the tall karri and tingle trees, with the soil beneath him and a myriad of forest smells surrounding him. Pemberton to Walpole was a particularly enjoyable section. A highlight was watching a mob of about ten kangaroos bounding across the plains, seemingly oblivious to his presence on the Track. Boots and walking poles were Craig's best equipment, but he felt he carried far too many gadgets which simply added to his weight. He says that if you're not enjoying your hike, due to injury or bad weather, why bother continuing? The Track will always be there, and you can always return to it.

Chris Baker, from Doubleview, has registered his end-to-end (Sectional, 27.07.09 to 04.07.13), but provided no details of his walk.

Kate (61) and **Ian** (65) **Petty**, from Byford, were known as *iPack* and *iPlod*. They did their research and planning, and then made a commitment to walk a double end-to-end (N-S-N, 01.04.13 to 13.08.13). They pre-bought and dropped dehydrated food packs

to town accommodation and supplemented these with town purchases. Highlights for Ian included seeing the south coast for the first time. Kate's highlights were being visited by a family of emus at Yourdamung campsite, a curious bettong at Frankland River and possums at White Horse Hills. A near-cyclonic storm cell that hit at Muttonbird campsite was a memorable experience for both of them. Kate developed greater self-confidence during their walk, was able to meet and overcome challenges, and improved her fitness, general well-being and mental resilience. Ian feels an end-to-end should be compulsory for life-style transitions as it reconnects you with your inner self. They urge proper planning and research, being realistic about time frames and nutritional requirements and doing a shorter trial run first.

.....
“... the contrast between life on the Track versus 'normal' life is a wonderful experience that all should enjoy.” - **Alex Campbell**
.....

Karl Ilich (29), from Brentwood, has registered his end-to-end (Sectional, 10.09.02 to 25.08.13), but provided very few details other than being disappointed with his 100% down sleeping bag.

Will Inman (29), of Eaton, found his end-to-end (N-S, 03.08.13 to 31.08.13) to be an amazing journey, after walking sections of the Track since he was 14 years old. Will reports that he ate 85 Snickers bars during his walk! His favourite section was from Walpole to Denmark and seeing the Southern Ocean for the first time was incredible. He says he will never forget so many days of wet shoes. No snakes were seen until he met four tiger snakes in a single afternoon. Will's trail runners and his walking poles were best equipment. He advises travelling light and doing the walk the way you want to do it.

Steve Clark (45), of Maylands, was *Bubble* as he walked with **Steve Sertis** (42), of Palmyra, otherwise known as *Pseudo Solo Steve* on an end-to-end (N-S, 07.07.13 to 05.09.13) during which Track notes were rewritten for the new Bibbulmun Track guide books (see article on page 8). They are appreciative of all the BTF members and volunteers, DPaW staff, family and friends who supported them with lots of visits, food drops and treats along the way. They dehydrated a good selection of vegetarian dishes. A lot of liquorice was consumed, and they both pigged out on goodies in the Track towns. Steve C was surprised at how fit he became after struggling a little at the beginning, and didn't want the journey to finish by the end. His favourite section was Boarding House to Beavis as the weather was just right and the forest was lush and green. His highlights were

the views from the peaks, seeing the ocean for the first time, and seeing millions of tadpoles as they waded the plains. Steve S loved it all, as usual, even with all the wet weather and the amount of water on the Track. Highlights for him included a rest day at Mt Wells, the mists around Mts Cuthbert and Vincent, reading the red registers, finding squillions of mosquito and helmet orchids between DRV and Pemberton, and typing up the last day of Track notes on finally reaching Albany. Their advice is to plan well so you can meet all challenges, walk with someone you know well, and pack light without forgetting some treats! Then take your time, relax and enjoy the journey.

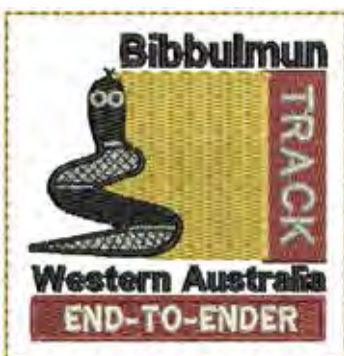
Bob Chee (64), from Como, was *Borneo Bob* as he made a big effort to complete his end-to-end (Sectional, 06.09.08 to 09.09.13) over the last 12 months, and says it was the best thing he's done in a long while. Amongst his favourite foods was acar, a multi-coloured veggie pickle that he ate on rice cakes, with cheese. It was delicious, lightweight and kept well. Bob's favourite section was from Denmark to Albany where his best day was spent walking along Perkins Beach. Here, the play of the waves and the sight of the wind turbines in the morning sun's rays were awe-inspiring. An emu protecting his chick was a memorable sight, as was seeing six snakes in a single day! A down jacket for the cold evenings was good, but Bob wished his sleeping mat was wider. He says the Bibbulmun Track is unique and urges walkers to do it soon.

Jenny and **Leighton Jay**, from Hilton, were the *Freo Frogs* during their “wonderful experience on a fabulous Track” (N-S, 27.07.13 to 23.09.13). Food drops of their own dehydrated meals worked well for them providing a tasty, nutritious and varied diet. A culinary highlight was cooking pizzas on their fuel stove at Noggerup! The day from Giants to Rame Head stood out due to its variation—tingle and karri forests, stunning orchids and wildflowers, coastal views, Conspicuous Beach and cliff, wind, rain and sun. Highlights included the solitude, wading the Pingerup Plains, the changing moods of the Southern Ocean and the many belly laughs along the way. Leighton found the experience of living in the present moment and going slowly was wonderful and refreshing. Jenny found the walk harder than expected and, though it was a mental challenge, is very pleased she completed it. They encountered many snakes, including a small one that repeatedly attacked a bright orange grasshopper right on the Track, while completely oblivious to them. Jenny discovered how good toe gels can be, and Leighton improvised with some novel padding on his waistband. They say the destination is less important than the journey, and they would have more rest days on a repeat journey.

Maria Binks (54), from Yangebup, called her end-to-end an amazing experience (Sectional, 08.04.10 to 29.09.13). She had lots of company on her various walks but gives special thanks to *Borneo Bob* (see above) who shared several

Have you got your
End-to-Ender BADGE?

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



Our CONGRATULATIONS to the following 38 walkers on their achievement!

sections with her and kept her laughing all the way. She also appreciated all the work that's gone into providing and maintaining the Track. A lot of Cadbury's chocolate was eaten along the way. Maria's favourite sections were the beaches between Walpole and Albany and a highlight was sleeping on the beach near Greens Pool when she couldn't find her way up to the campsite in the dark. Maria was lucky enough to share a campfire under the stars with a cute chuditch that wandered in! She also enjoyed meeting friendly people from all around the world. A long, down coat has been her best equipment so far. She urges others to just go and have fun!

Terry Ryan (72), from Thornlie, found the Track to be very addictive as he completed his journey (Sectional, 06.02.11 to 05.10.13). Whenever he came home, he was looking forward to going back again. In fact, he enjoyed it all so much that he's offered his services as a maintenance volunteer. (Well done!) Food supplies were not a problem on a sectional end-to-end, and Terry's longest walk was 11 days in length. His favourite sections were between Dwellingup and Balingup when everything came together with weight, bulk and contents of his pack. A variety of wildlife was seen including many spiders in their webs across the Track. A memorable sighting was of a snake that reared up, looked at him, then turned and headed into the scrub. Walking poles, gaiters, SPOT tracker

and his hammock were his best equipment. He advises not procrastinating as he did, but just getting out and walking the Track. Finally, listen to advice offered by other walkers.

.....

"Each day she awoke with renewed spirit to keep going and says she's never felt so alert, energised and alive!" -
Kirsten Springloed

.....

Peter Whitehead (64), of Kelmscott, was *Pedestrian Pete* on an end-to-end (Sectional, 30.08.12 to 07.10.13) on which he says "the hills are much steeper than they used to be...I blame global warming". He suggests reducing equipment weight if necessary to allow for more food, as survival rations are not fun and you get tired of them. His favourite section was the Pingerup Plains with their lack of big hills. Peter feels the Track is the best place to realign priorities away from the enormous load of personal baggage we carry in the modern world. He enjoyed watching native animals in their natural habitat and liked the little dunnarts, wrens and bandicoots. He had two feral pigs go for him, which he says they were not only wild, but absolutely furious! His GPS and

SPOT Messenger were best equipment, with the GPS helping him on many occasions. Worst equipment was a non-Telstra mobile; absolutely useless. Peter's advice is to look after your feet, and use Fixomull or Compeed before a blister has a chance to form.

Liz Browning (40), from Balga, was *Lizzymisso* on her end-to-end (Sectional, 02.03.07 to 10.10.13) which she dedicated to her parents for literally "pointing my feet in the right direction" as she was born with clubbed feet. She pushed herself through some sections with low fitness and a few injuries, so feels very proud of her accomplishment. Liz has tried all sorts of food on her walks from army rations to dehydrated food, and has found that nothing beats her home dehydrator. The Perth hills area was her favourite but she also enjoyed glimpsing the ocean for the first time and walking into the campsite at the end of each day's walk. Liz saw an absolutely awesome array of flora and fauna, but says she will never get used to those snakes! She hates being cold so her down sleeping bag was her best equipment, and a Rainbird raincoat was her worst. She advises packing light and taking good care of your feet.

Compiled by

Charmaine Harris
 (BTF Volunteer and end-to-ender)

The Outdoor Gourmet Company

FREEZE DRIED
 MORE TASTE - LESS WEIGHT

just add boiling water - no cooking required

Murgh Makhani (Butter Chicken) - Entrée and Double serve.
 Chicken marinated in a thick gravy of butter, coriander, tomato and ginger sauce served on a bed of rice and garnished with dried almonds. *Gluten Free*

Coq au Vin - Double serve.
 A red wine-enriched chicken stew in the company of mushrooms and pearl onions served with a side of herb mash potato. *Gluten Free*

Thai Green Chicken Curry - Double serve.
 A deliciously spicy green chicken curry with the fragrant blends of coconut, coriander and chilli. *Gluten Free*

Tandoori Chicken with Veggie Sauce - Double serve.
 An Indian inspired cuisine of chicken seasoned in a Tandoori sauce and accompanied with a creamy yoghurt sauce. *Gluten Free*

Mediterranean Lamb with Black Olives - Entrée and Double serve.
 Seasoned lamb served with a fusion of Mediterranean spices, couscous and roasted vegetables.

Wild Mushrooms and Lamb Risotto - Entrée and Double serve.
 An authentic Italian-style risotto with lamb, mushroom, onion, & red pepper baked in a mushroom sauce. Add a sprinkle of parmesan cheese to taste.

Venison Casarecce with White Wine Sauce - Entrée and Double serve.
 Well seasoned venison sautéed in a creamy white wine and mushrooms sauce then stirred through Casarecce pasta.

Venison and Rice Noodle Stir Fry - Double serve.
 A colourful combination of venison, red pepper and Thai noodles in a flavour infused sauce with a hint of coriander.

Beef Bourguignon - Double serve.
 A rustic beef stew with aromatic vegetables, herbs and spices, finished with a densely flavoured, dark and silky sauce. *Gluten Free*

Accommodation, Tours and Services



Please support the Walker Friendly Businesses that support the Track.

- Accomodation - Tourist Bureau - Transport prov - Tour - Track Transfers - Catering - Tour Guides

BUSINESS NAME	TOWN	TYPE OF BUSINESS	PHONE NO.	DISCOUNT OFFERED TO MEMBERS
1849 BACKPACKERS	ALBANY		(08) 9842 1554	
ALBANY BAYSIDE OCEAN VILLAS	ALBANY		0400 216 971	
ALBANY VISITOR CENTRE	ALBANY		(08) 9841 9290	No.
BAYVIEW BACKPACKERS YHA	ALBANY		(08) 9842 3388	Same as YHA members.
EMU POINT MOTEL	ALBANY		(08) 9844 1001	
CAPE HOWE COTTAGES	ALBANY		(08) 9845 1295	10% - not in conjunction with any other specials.
NORMAN HOUSE	ALBANY		(08) 9841 5995	5% discount
BALINGUP BUDGET ACCOM. - 'THE HIKERS HIDEAWAY'	BALINGUP		(08) 9764 1049	Special rate of \$24.
OAKFIELD COUNTRY HOUSE B&B	BALINGUP		(08) 9764 1641	10% off st&ard rates (direct bookings only).
SOUTHAMPTON HOMESTEAD	BALINGUP		0412 229 564	
BALINGUP HEIGHTS	BALINGUP		9764 1283	
COLLIE RIVER VALLEY TOURIST PARK	COLLIE		(08) 9734 5088	10%.
COLLIE VISITOR CENTRE	COLLIE		(08) 9734 2051	10% on souvenirs.
THE COLLIEFIELDS	COLLIE		(08) 9734 2052	10%.
WHISPERING PINES B&B	COLLIE		(08) 9734 3883	10%.
CHRISTINA BED & BREAKFAST	DENMARK		0427 482 900	10%.
BLUE HOUSE DENMARK	DENMARK		0438 339 071	10%.
BLUE WREN TRAVELLERS REST	DENMARK		(08) 9848 3300	5%.
OUT OF SIGHT! TOURS	DENMARK		(08) 9848 2814	10%.
DENMARK WATERFRONT MOTEL	DENMARK		(08) 9848 1147	15%.
KARMA CHALETs	DENMARK		(08) 9848 1568	5% - n/a long weekends & school holidays
THE COVE	DENMARK		(08) 9848 1770	10%.
WINDROSE B&B	DENMARK		(08) 9848 3502	10%.
PELICANS AT DENMARK	DENMARK		0413 122 176	
CHE SARA SARA CHALETs	DENMARK		(08) 9840 8004	
FOREST ECHO COTTAGE	DENMARK		0417 962 388	Complimentary bottle of wine on arrival.
WILLIAM BAY COUNTRY COTTAGES	DENMARK		(08) 9840 9221	On application.
AIYANA RETREAT	DENMARK		(08) 9848 3258	10%.
DONNELLY RIVER HOLIDAY VILLAGE	DONNELLY RIVER		(08) 9772 1244	From \$20 pp.
COAL&RIA HOUSE B&B	DONNYBROOK		0415 166 026	
DWELLINGUP ADVENTURES	DWELLINGUP		(08) 9538 1127	10% on selfguided walk & canoe tour.
DWELLINGUP B&B & CHALETs	DWELLINGUP		(08) 9538 1155	10%.
TADDY CREEK	DWELLINGUP		(08) 9285 2736	On application.
KALAMUNDA RAILWAY CARRIAGES ACCOM. & THREE GUMS COTTAGE	KALAMUNDA		(08) 6293 1902	10% on accommodation.
ROYAL GALA TOURS	MULLALYUP		1300 233 556	
GLEN MERVYN LODGE	MUMBALLUP		(08) 9732 2208	10% discount for 6 or more people
MUNDARING WEIR HOTEL	MUNDARING	Restcafé	(08) 9295 1106	
YOHO PIZZA	Nannup		0403 734 814	10% off orders over \$150.
RIVERWAY CHALETs	NORTHCLIFFE		(08) 9776 7183	10%.
WATERMARK KILNS	NORTHCLIFFE		(08) 9776 7349	On application.
NUTKIN LODGE	PEACEFUL BAY		(08) 9840 8650	10% on st&ard rates.
BEST WESTERN PEMBERTON HOTEL	PEMBERTON		(08) 9776 1017	
BIG BROOK COTTAGES	PEMBERTON		(08) 9776 0279	
OLD PICTURE THEATRE HOLIDAY APARTMENTS	PEMBERTON		(08) 9776 1513	
PEMBERTON CAMP SCHOOL	PEMBERTON		(08) 9776 1277	
PEMBERTON DISCOVERY TOURS & CAR HIRE	PEMBERTON		(08) 9776 0484	10% off tours, Track transfers & car hire.
PEMBERTON VISITOR CENTRE INC	PEMBERTON		(08) 9776 1133	
RAINBOW TRAIL CHALETs	PEMBERTON		0438 561 664	Complimentary bottle of Rambouillet wine on arrival.
TREENRIDGE ESTATE	PEMBERTON		(08) 9776 1543	10% discount on wk nights & two day packages
ADVENTUROUS WOMEN	PERTH		www.adventurouswomen.com.au	
INSPIRATION OUTDOORS	PERTH		(08)6219 5164	
COALMINE BEACH HOLIDAY PARK	WALPOLE		(08) 9840 1026	10%.
NATURALLY WALPOLE TOURS	WALPOLE		(08) 9840 1019	On application.
WALPOLE LODGE	WALPOLE		(08) 9840 1244	
BAYSIDE VILLAS	WALPOLE		(08) 9840 1888	10%.

Walker Friendly BUSINESS PROGRAM

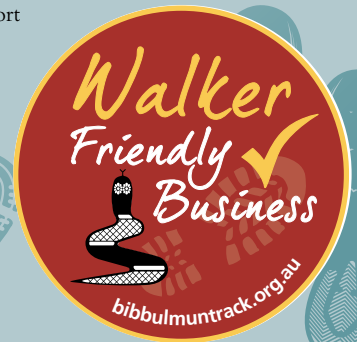
The Foundation currently has over 70 members which are Affiliated Organisations. These organisations range from schools and scout groups to accommodation providers and tour operators.

The Foundation is pleased to advise that the tourism and retail service providers will now be identified as Walker Friendly Businesses.

The Walker Friendly Business program has been developed to:

- Specifically promote accommodation and service providers which cater for walkers.
- Establish some basic criteria that meet the needs of walkers.
- Easily identify these businesses as walker friendly.
- Complement the cycle friendly business program developed by the Munda Biddi Trail Foundation.

We greatly appreciate the support of these businesses who are keen to provide Bibbulmun Track walkers with walker friendly facilities and services. Please support them when you visit their regions - they are all listed on the opposite page.



Small group tours on the Bibbulmun Track. Carry a day pack only & stay in off track accommodation

Sectional walks <> Albany to Denmark <> Walpole to Denmark
Pemberton to Northcliffe <> Collie to Balingup & more



W: www.inspirationoutdoors.com.au

E: inspirationoutdoors@gmail.com

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Snake Tips from Bob Cooper

A U S T R A L I A ' S L E A D I N G S U R V I V A L E X P E R T

Bob Cooper is an Australian reptile expert and Outdoor Survival trainer. This year he has expanded his product range available through select retail stores to include his well-known snake bite kits. Sea to Summit asked Bob for some handy tips for Bibbulmun Track walkers and here is what he offered.

- We have about 20 species of snakes in Australia that are dangerous to humans, they all belong to a family called Elapid - which means they all have fixed front fangs, the two K9s are the only teeth producing venom.
- Fortunately for us these Elapids have an average length of their venom delivering fangs at about 5mm. In very large snakes it is longer (e.g. a 2 metre King Brown can be 12 mm in length).
- There is no such thing as an aggressive snake - they are all acting in defence.
- Most don't have true hypodermic fangs but they are so close to being hollow that their delivery system is nearly as good.
- The fact that they can all bite a flat surface means when they strike, they open their mouth up very wide to ensure a strike on their target - but they snap their mouth shut on first contact with the target. This means for us, they will often bite our trousers, clothing, boots or gaiters rather than our legs. This is the reason long furred cats and dogs attacking snakes often do not get envenomed.

SOME HANDY STATS:

90% of the approximate 3000 bites a year in Australia are on people trying to catch the snake.

90% of those bites are on hands or feet. 7% are treading on snakes and the other 3% is made up of putting hands in the wrong place and/or sitting on them.

90% do not require anti venom because the snake is striking in defence and not a predator strike which is when they will hang on to their prey.

The pressure and immobilisation bandaging treatment is extremely effective, Bob believes no one has died in Australia once this had been applied in the first instance. Treat all bites as serious. Watch the video on Bob's web page on how to apply bandages correctly:

www.bobcoopersurvival.com

The Bibbulmun Belles

C O N Q U E R T H E 1 0 0 K M O X F A M T R A I L W A L K E R

While most of us were tucking into breakfast or making our way to work at 7am on Friday 18th October, our marketing team, Jean Byrne and Christine Geddis, along with friends Gaynor Barry and Emma Keegan, commenced the challenge of tackling 100km of the Australian bush within a time limit of 48 hours, after months of preparation, training and fundraising.

The 100km route involved several walking trails in the Perth Hills including the first 18km section of our iconic Bibbulmun Track from Kalamunda to Mundaring Weir.

Armed with enough hydrolytes, Fixomull, nuts and dried fruit to last them until Christmas, our team eagerly checked in and out of each checkpoint ahead of their ETA.

After stopping for a well-earned dinner break at checkpoint 5 these brave and determined ladies didn't let blisters, aching muscles or tiredness stop them as they took on Eagle View at night.

Saturday morning brought with it some rain, a refreshing change from the sun of the previous day, and just before midday our four ladies sprinted across the finish line -only 28 hours and 54 minutes since they set out on their challenge!

Of course the ladies could not have done it without the backing of their support crew who tended to their

every need as they endured the challenge. A big thanks to our Executive Director Linda Daniels, her daughter Polly Daniels and dedicated husbands—Ken Kirwan, Wayne Geddis and Gary Barry.

Thanks also to many of the BTF volunteers who acted as path markers to encourage our ladies and the other participants on their journey.

Let's not forget the main reason our team signed up for this tough challenge—to raise funds to help overcome poverty and injustice around the world in aid of Oxfam. At time of print, the Bibbulmun Belles have raised \$3125 for Oxfam through a multitude of fundraising initiatives, including a quiz and sausage sizzle. The ladies would like to thank everyone who supported their fundraising efforts.

An amazing effort and we at the BFT are extremely proud of our ladies - The Bibbulmun Belles.

Bibbulmun Belles stats:

Time on Trail: 28 hours 54 minutes

Position Overall: 136/369

Gender (Female): 28/124

Age (Open): 110/299

Category (Sports and Recreation): 2/5



**Oxfam Trailwalker is an endurance walking event run across the world by Oxfam, in which teams of four competitors must complete a course of 100 kilometres in 48 hours.*



Andrew Buddery (aka Andy Bud) from Sheffield in the UK walked solo from Albany to Kalamunda between 30th June and 17th August 2013. This is his tribute to the Bibbulmun Track:

7 weeks

For seven weeks I was there...and I was...

Seven weeks looking down serrated limestone cliffs at a rugged shore no other eyes could see, or looking up at the giant tingle trees, ancient and majestic, or standing beneath their outgrown roots, never having felt so small or insignificant.

Seven weeks of deep forest, Southern Ocean, flood plains, swamp flats, of the White Horse Hills and the Darling Range, the Murray and the Warren, of grey, glistening granite domes, of Pemberton soil, pebble-pocked, ruddy and rich.

Seven weeks of blackbutt, of karri, of ghost gum, of marri, of wandoo and jarrah, of kingie and balga, and seven weeks of brush wallabies and grey roos, echidnas and emus, whales and wedgies, birds filling the air with the disjointed dawn chorus of a hundred competing vocals, of tiger snakes and wolf spiders, oblivious to the fear they inspire in us, revelling in a land made for them.

For seven weeks I was there...and I was...

Seven weeks wading knee high through inundated trail, water sloshing through wet shoes, at an over laden pack driving ankles into fine beach sand the colour of crushed bone, of cresting coastal dunes in sapping sunshine or rain that drenches to the marrow.

Seven weeks of bush bashing around impassable obstacles, in mortal terror as storms crash branches like lightning against shelters, of razor grasses lashing at a face ashen and sinking with hunger, and yet....

Seven weeks of loving every minute. Even those hated minutes, once the hate was done with.

For seven weeks I was there...and I was....

Seven weeks where no matter your wealth, all you have is what you carry and the roof at the next shelter. Seven weeks of rainwater, of the faint chlorine taint of Micropore Forbe. Seven weeks of jelly beans, dried foods, chocolate rations, powdered milk, of flasks of bourbon and JW—or that one night drinking reserve pinot noir from a plastic water bottle, the makeshift luxury, the lonely lightheaded thoughts.

Seven weeks of Leave No Trace, Pack it in Pack it Out, Use this Water Sparingly, Walk Wide, Keep to the Marked Trail.

Seven weeks of Dunny Donors, of More Thinking, Less Stinking, of only Use the Toilet Provided (and not the toilet that wasn't provided).

Seven weeks of Never Leave Fires Unattended, of the Blackwood diversion and the remains of the Southampton Road Bridge lying useless on the river bed.

For seven weeks I was there...and I was...

Seven weeks where everyone you encounter is an event, not a shoulder to avoid on the pavement.

Seven weeks of sharing stories, of giving, of receiving, of track magic, of the best of people, of solidarity in challenge.

Seven weeks without mirrors—think how wonderful that is! Because all that matters about the face of a person is whether they are smiling or hurting.

Seven weeks of this because for days there would be no people at all, and phones out of range are just lumps of plastic and glass.

For seven weeks I was there...and I was...

Seven weeks where the buzz of bees replaces the drone of politicians, the squawk of cockatoos replaces the screeching of brakes.

Seven weeks without “Always Coca-Cola”, “I’m loving It”. “Can’t beat that Taste”.

Seven weeks without credit cards, bank statements, utility bills, without the endless blaring of TV in the background.

Seven weeks without channel hopping or site surfing, without poking or liking or unliking or unfriending or sharing or any of that farcical networking junk.

Seven weeks without you...but that’s okay, ’cos I thought about you every day, and I know you thought about me too, everyday for seven weeks I missed you, but in that fond yet distant way the land glorying in springtime bloom misses the winter rains.

For seven weeks I was there, where 9-5 becomes sunrise to sunset. Seven weeks of having the time to write this, or to read that, or to do nothing at all.

Seven weeks of 1000km, of discovering true solitude, of that line between peace and loneliness, of watching your own footprints disappear beyond the horizon, of the track stretching ahead, beckoning, around the next bend.

Seven weeks of nothing but hiker and trail, walker and walking, of man or woman and the land, the vast expanse of ever changing, ever welcoming, every forbidding and ever beautiful country to hide in.

For seven weeks I was there...and I was nowhere to be found.

Andy Bud.

PRIZE WINNERS!

LIFE MEMBER PRIZE DRAWS

Congratulations to the winners of our monthly membership renewal prize draw:

Monthly Membership renewal prize draw

JUNE

Robert and Sue Freeth won an XLBowl
2nd prize went to Peta Redfern who won a Head Net

JULY

Nick and Debra Lethbridge won a gift voucher for a Beach and Forest Eco Adventure with Pemberton Discovery Tours
2nd prize went to Bernice Thomas who won a Delta Mug

AUGUST

Katie McLoughney won a GoToob 3 pack (squeezeable and refillable travel tubes)
2nd prize went to Bob Radcliffe who won a Titanium Cutlery Set

SEPTEMBER

Ronald Sweeney won an XLBowl
2nd prize went to Jeffrey Beale who won a Delta Mug

OCTOBER

Lorraine Harwood won a waterproof case for an iPhone
2nd Prize went to Gaby Ralph who won a GoToob 3 pack

NOVEMBER

Serena Davie won an XBowl
2nd prize went to Dot Dixon who received a Mesh stuff sack

Unless stated otherwise, the prizes mentioned above were generously donated by Foundation sponsor Sea to Summit.

We love their gear and are sure all our prize winners will be very happy!



Office G O S S I P

With the warm weather already upon us, the walking season is drawing to a close; however those planning an end-to-end for 2014 are busy with preparations. As these often include trip planning advice sessions in the office, we sometimes have aspiring end- to-enders and walkers who have recently achieved an end-to-end here on the same day or even at the same time. It's great to see the apprehension on some faces and excitement and look of satisfaction on the others.

October is always busy with reports to be written as we prepared for the AGM. This provides the opportunity to reflect on all we have done over the past twelve months and I am constantly amazed at what we achieve in any given year. This could never happen without the help of our dedicated team of volunteers who keep the office running smoothly.

From July onwards I start working towards the Volunteer Thank You Days and this includes the preparation of the Mountain Designs Rewards for volunteer hours worked and Long Service Awards. This seems to involve lots of boxes and bags, countless lists and of course lots of laughter. It's my favourite time though and it's often the only time I see some of our volunteers. Although I spend a lot of time in contact with them by phone or email, personal contact is far more preferable.

While writing this I realised that I am nearing the end of my fifteenth year here in the office and so too are Steve and

Jean. It's hard to believe the changes over those years—one being that we no longer stuff envelopes regularly. Emails have increased, while phone calls have decreased but I am still often to be found somewhere around with a phone in my hand. The greatest change though is that we have grown from one staff member with one or two volunteers three days a week to five staff and three or four volunteers five days a week. The constant factor is the teamwork and the pleasure we all receive from being here to assist our members, walkers and volunteers and our shared interest—the Bibbulmun Track

The office will be closing on December 18 and reopening on January 13 2014. All of the office team wish you all a very Happy Christmas and New Year.

Gwen Plunkett

Office Manager and Volunteer Coordinator

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

Update your profile on our website

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 or download the booking form on our website under Trip Planner / Equipment & Hire.

International Volunteer Day

5 DECEMBER 2013

THANK YOU - WE COULDN'T DO IT WITHOUT YOU.

The Foundation has around 300 volunteers who contributed nearly 21,000 hours during the year.

Whether maintaining the Track, sitting on the Board, answering enquiries, manning displays or guiding events, each volunteer makes an invaluable contribution to the Foundation and to the Track and we thank each and every one of them.

Special mention must be made of Jim Baker, Isabel Busch, Jim Freeman and Charmaine Harris who all volunteered in excess of 500 hours and to Isabel Busch, Peter Sweetman and Guy Spouge who received Outstanding Service Awards from DPaW.

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

We look forward to giving you an update on all these events in the next edition of Bibbulmun News.



DPaW

OUTSTANDING SERVICE AWARDS 2013.



Department of
Parks and Wildlife



We are very pleased to recognise three BTF volunteers who received Outstanding Service Awards at the DPaW volunteer recognition function on November 25th.

GUY SPOUGE

Since 2000 Guy has contributed over 1500 hours to the maintenance program which is a wonderful record. Initially, Guy looked after a section of the Track near Walpole including Mt Clare campsite. He now maintains a section closer to Perth and also assists on the annual Bibbulmun Team Challenge.

Guy's reports are always a joy to read. They are not only detailed but also full of humorous anecdotes about the walkers he meets on the way. He obviously loves his work and finds personal satisfaction in volunteering.



ISABEL BUSCH

In January 2005 Isabel joined the Foundation's office volunteer team where her primary roles are to help manage the memberships and maintain the databases. She commenced Guide training in 2007 and, now a fully trained guide, leads overnight and women-only walks; conducts various seminars and provides trip planning advice.

As if all that was not enough, Isabelle joined the maintenance program in 2009 and coordinates a group of family and friends who travel regularly from Perth to maintain a section of the Track near Walpole which includes Frankland Campsite.

Since becoming a volunteer Isabel has contributed over 6000 hours. She is a fantastic member of the team, great fun to be around and her work is greatly appreciated.



PETER SWEETMAN

Peter joined the Foundation's office team in 2003 and since then has completed almost 3000 hours of volunteering.

Peter spends one day a week in the office dealing with the banking, merchandise orders and answering walker enquiries. His great experience of walking on the Track is invaluable and his calm and authoritative manner and his humour are respected by all.

Since 2004 Peter has maintained a section in the Donnelly District which he visits regularly with the other two members of his team. In 2005 he then started driving the bus for our events.

Peter is a popular member of the office team and we thank him for his help and look forward to his ongoing support.



Track Town PEMBERTON

MY HOLIDAY DESTINATION

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

But Pemberton is not just about climbing trees. The town has established itself over the last 10 years as being at the hub of one of Australia's premier walking regions. The Bibbulmun Track passes through the surrounding karri forest and runs through the town itself. Not everyone can walk the near 1000kms of the Track from end-to-end, but there is much pleasure to be had from exploring some of the shorter sections in the vicinity of the town. Other walk trails include the Warren River Loop Walk and the Cascades Bushwalk.

Pemberton offers a large variety of other activities including fishing, canoeing, horse riding, mountain biking, mini golf, guided wildflower and eco-tours and self-drive tours.

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

The town is located 335 kilometres south of Perth, a journey of about four hours. Being equidistant from Margaret River and Walpole, Pemberton is an ideal base. TransWA buses stop outside the Visitor Centre.

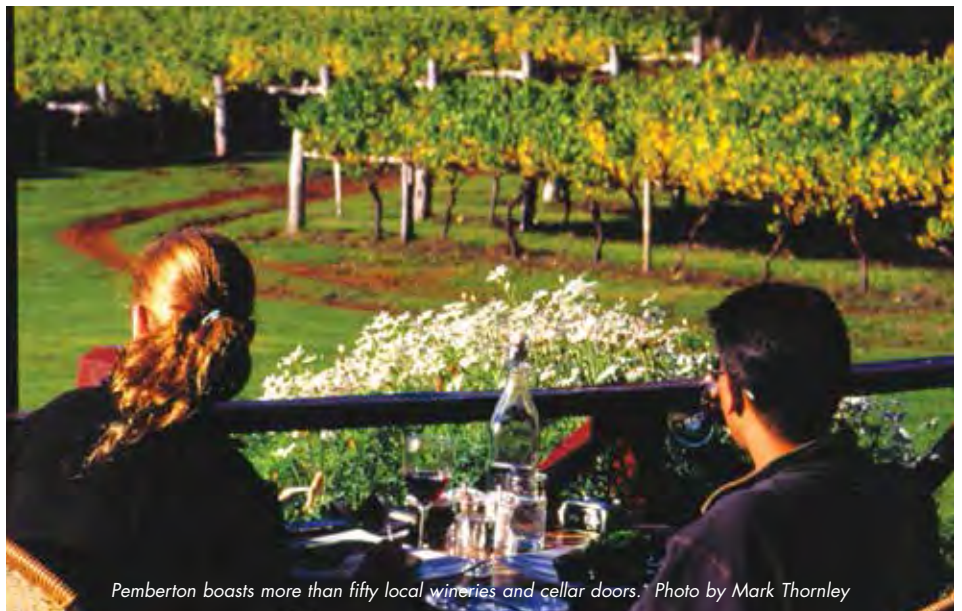
When you reach this friendly town, you will find more than fifty local wineries and cellar doors. Pemberton is renowned for fine dining and gourmet food, as well as simple, wholesome, café style cuisine.

The town has a wealth of history dating from the early aboriginal peoples through the first settlers, group settlement schemes, and the development of the timber, agriculture and tourist industries. Must-see features are the Brockman Sawpit, Heartbreak Trail and Big Brook Arboretum.

Both the Visitor Centre and the Pemberton Discovery Centre have a good supply of maps and a mass of information about the surrounding area.



The Cascades by Mark Thornley



Pemberton boasts more than fifty local wineries and cellar doors. Photo by Mark Thornley



Pemberton street scape by Mark Thornley



Western Rosella by Mark Thornley

FACT FILES:

Pemberton Visitor Centre

Brockman Street
PO Box 93, Pemberton WA 6260
Phone: (08) 9776 1133

Email: pemtour@karriweb.com.au
Web: www.pembertonvisitor.com.au

The Visitor Centre will accept food drop-offs for walkers by prior arrangement and has a retail section offering an array of jams, chutneys, honey etc. Discounts are available to Foundation members.

Pemberton Discovery Centre

10am - 5pm Mon - Sat
12 Brockman Street, Pemberton WA 6260
Phone: (08) 9776 0484

Email: info@pembertondiscoverytours.com.au
Web: www.pembertondiscoverytours.com.au

The Discovery Centre provides track transfers and a range of goods for Bibbulmun Track walkers including Backcountry Cuisine, socks, thermals, food, gas, maps etc.

**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 overnight at our four star fully self contained accommodation from \$160.00 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

Treen Ridge

Situated along the Vasse Highway, about 6 kms from Pemberton, Treenridge is set on 43 acres of beautiful forest, vineyard and garden.

Treenridge Cottage offers walkers a great place to relax and unwind.

The cottage comfortably sleeps 6 in luxury, each of the three bedrooms has its own ensuite, 2 with spa baths.

A special package has been designed for groups of hikers wishing to reward themselves with a bit of pampering after a long walk.

Food packages are available.

www.treenridge.com

Yeagarup Dunes

**Pemberton Discovery
TOURS**

A "Beach & Forest Eco Adventure"

9am or 2pm Daily
Including lunch or afternoon tea
Senior & Family Discounts
Not to be missed!

Also available:
* Wildflower tour (in season)
* Black Point Full day Eco Adventure
* Pemberton Wine Discovery Tour
* Bibbulmun Track & Munda Biddi Transfer Service & Stockist of Sea to Summit
Visit us in Pemberton at the Discovery Centre (see overleaf for map)

The BEST is OFF the highway!
E: info@pembertondiscoverytours.com.au
www.discoverpemberton.com.au
(08) 9776 0484

NOTICE BOARD

WANTED: WALKING COMPANION

I will be on the Bibbulmun Track from the 26th April, 2014. Walking from Walpole to Albany. If you wish to join me please contact.

Contact Corinne via email: corinne.madasacutsnake@gmail.com

WANTED: NORTHERN GUIDEBOOK

Please could some kind soul sell (or even loan) a copy of the Northern Guidebook to me? I would be very happy to pay full price and really find the notes most helpful. It would give me that bit of confidence and make my walks more enjoyable. Thanks.

Contact Helen via email: helenlauridsen@hotmail.com

FOR SALE: BACKPACK

65L backpack, new condition, not used. Red and black. Fully adjustable harness, strong structure, built for hiking, great carrying balance. Comes from a smoke free household. \$145.

Contact Colin on (08) 9448 4020

WANTED: END-TO-END COMPANIONS

Two mature men are going to walk an end-to-end trek of the Bibbulmun Track, culminating in Albany, and would like a third or possibly a fourth person to join us. We have planned to achieve this once-in-a-lifetime event over a period of 56 days, give or take a day or two. Are you interested and available to start this fantastic adventure beginning early to mid April 2014? You will need to bring your sense of humour and be prepared to smell the roses along the way. If this appeals to you, contact me and I will be in contact.

Contact Kerry via email: gotheroos@iinet.net.au

FOR SALE: SCARPA SL BOOTS

Scarpa SL heavy duty hiking boots in very good condition. Many years of life left in them after one long walk Cape to Cape WA. \$50

Contact Colin on 0403 994 329 or email: clpickles@bigpond.com

FOR SALE: RUCKSACK

Rucksack Wilderness Equipment. Canvas 75L vgc. \$85 ono (Subiaco area)

Contact Milton on 0487 250 346

WANTED: ENTHUSIASTIC BIBB TRACK WALKERS FOR GUIDING EVENTS.

The Foundation is seeking experienced Bibb Track walkers to share their love and knowledge of the Track with others through our calendar of events program. We are looking for people who have: Good interpersonal skills A sound knowledge of the Bibbulmun Track Good organisational skills

Guides undergo a comprehensive training program. See the article on page 11 for more information

WANT TO ADVERTISE ON OUR NOTICE BOARD?

If you are a member 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. Ads are free for members, \$5 for 3 months for non-members. All items will be deleted (from the website) after 3 months if not renewed.

Phone: (08) 9481 0551 or email: friends@bibbulmuntrack.org.au

BIBBULMUN & BEYOND

JOIN US IN MAY 2014

There are not many places in Western Australia where you can climb above the clouds! This awesome guided tour of the best sections of the Bibbulmun Track culminates in the ascent to the summit of Bluff Knoll where you will be rewarded with breathtaking 360 degree views.

Bookings are starting to flood in, so don't delay in registering for this popular tour departing May 2014. The itinerary combines full and half-day walks with off-track accommodation.

Visit www.bibbulmuntrack.org.au to download the dossier and registration form.



EYES ON THE GROUND

Blackwood Field day

The last few months have brought great challenges for our maintenance volunteers with winter storms and heavy rains creating havoc in most districts.

In some instances volunteers found it took up to an hour to clear just one kilometre of the Track, with fallen trees and debris making walking difficult. In many cases the size of the trees meant DPaW assistance was required and the accuracy of volunteers' reports made this easier.

In September I set off on the annual field trip, visiting parts of the Track and various campsites near Albany, Walpole, Peaceful Bay, Pemberton, Balingup and Kalamunda. It was an excellent trip.

The field days are not only an important training opportunity but also a chance for me to meet our volunteers and for them to meet each other. In some of the districts a DPaW staff member was also able to attend, which was greatly appreciated as both volunteers and DPaW staff benefit from a greater understanding of the issues faced by the two parties.

In addition to providing an opportunity to inspect the facilities, check track notes and undertake light maintenance, the trip provided a number of memorable moments including:

- An update from John Hanel from DPaW on the excellent results being achieved with weed control.
- A minor drama when we temporarily mislaid two of our volunteers but they were quickly located and returned to face some good-natured ribbing.
- An interesting side-trip to the 100 Year Forest near Pemberton.
- The arrival of one of our members who, on joining us in Pemberton, had completed her sectional end-to-end.
- The news from volunteers Geoff and Sue Palmer that it was their Golden Wedding Anniversary that day (now that is real dedication), resulting in an impromptu celebration including champagne.
- A power cut until 10pm after a very wet day in Pemberton. Candle-lit dinners are not romantic when you are grubby and chilly!
- An update in Balingup by Andrew Sandri from DPaW regarding conditions in the area damaged by the fires around Southampton Bridge.

It was a very interesting week and invaluable for me to see first-hand some of the work being undertaken on the Track plus some of the outstanding issues, and to catch up with many of our volunteers.

Over the last few weeks we have welcomed a number of new volunteers and we thank them for joining our wonderful team.

Gwen Plunkett

Volunteer Coordinator



Frankland Field Day



TRACK TRIVIA

HI FELLOW WALKERS!

As I write this in mid-October it seems that the rain has at last begun to abate, the sun is reappearing and the walking season is well under way. The winter weather has taken its toll on the Track, wild storms have brought down a lot of trees and it will take some time for all the debris to be cleared away, so take special care when walking in these damaged areas. The wet weather has also seen creeks flowing that have not seen water in years and twice the Track has been closed between the Gardner and Lake Maringup Campsites due to the Gardner River overflowing. The upside to the weather has been the abundance of wildflowers blooming along the Track.

End-to-enders have been out in force and currently I am aware of several Aussies, at least two Poms, three Germans and two Americans currently striding between Kalamunda and Albany, and I sure there are several others. It is good to know that they will all be benefiting from the BTF Dunny Donor appeal, which has already raised a substantial sum of money for the improvements of facilities. Plaques immortalizing donors are appearing on the backs of dunny doors along the length of the Track.

However, further to this effort, we are pleased to offer details, obtained at great personal risk, of the Dunny of the Future, currently being developed somewhere in the depths of the research division of DPaW. The prototype, pictured below, has been given the code name Tardisloo 1 and has a number of advantages over current designs. It is lightweight, easily transportable and simple to erect. Highly sophisticated scientific techniques, clinically established by men in white coats, ensure that once inside the user is immediately rendered invisible, while a force field prevents others encroaching upon his or her moments of contemplation. Anyone not carrying their own toilet paper is given a severe audio reprimand prior to seating.



Tardisloo

The Tardisloo will have 360 degree vision of the stunning views of the surrounding countryside, with river glimpses in certain locations, and the through breeze reduces odours and helps blow away the flies. Currently the designers are wrestling with the problem of where to attach the donor plaque—any ideas?

I spend quite a lot of time, both on the Track and in the BTF Office, perusing the red books from the campsites and Visitor Centres along the Track, largely to extract the Reflections from the Registers that appear in the newsletter and on the website. Over the years I have come to realise that we have an amazing artistic talent amongst our walkers, and I would like to share a few examples with you. The montage of pictures on the opposite page, which were all produced in the shelters out in the bush, are randomly selected from registers spanning a time frame from 1998 to the present—please keep them coming, and keep writing as well!

In the meantime I have taken a couple of short strolls on the Track, one from the Brookton Highway to Sullivan Rock and the other from Collie to Yourdamung Campsite and back. The first was in mid-October and the weather was wet and incredibly cold, the second in mid-November when the weather was dry and unseasonably hot. It was good to see the Track and the shelters well maintained, but on the second walk I saw evidence of perhaps the greatest act of stupidity I have yet witnessed in my years of Bibbulmun Track walking. The picture below was taken on November 14th at Yourdamung Campsite.



Yourdamung Campsite

The huge pile of ash and burnt wood between the front of the shelter and the table is the remains of a fire that was found, still hot and smouldering, by a walker coming into the deserted campsite at 11.30 in the morning of October 31st. Lighting a fire in such a place is not only an act of lunacy in itself, but could easily have resulted in a devastating wildfire, destroying not only the campsite but thousands of hectares of the surrounding forest. And this in a campsite that is clearly signposted as a no campfire site. Such total disregard for safety and the welfare of others defies belief.

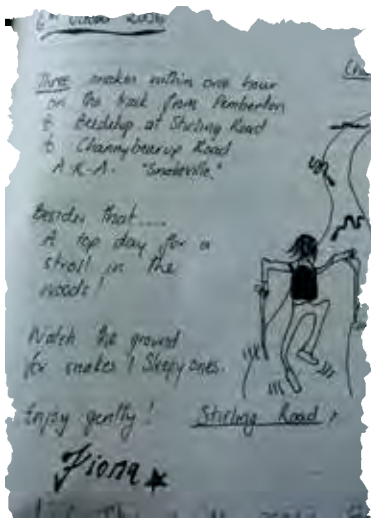
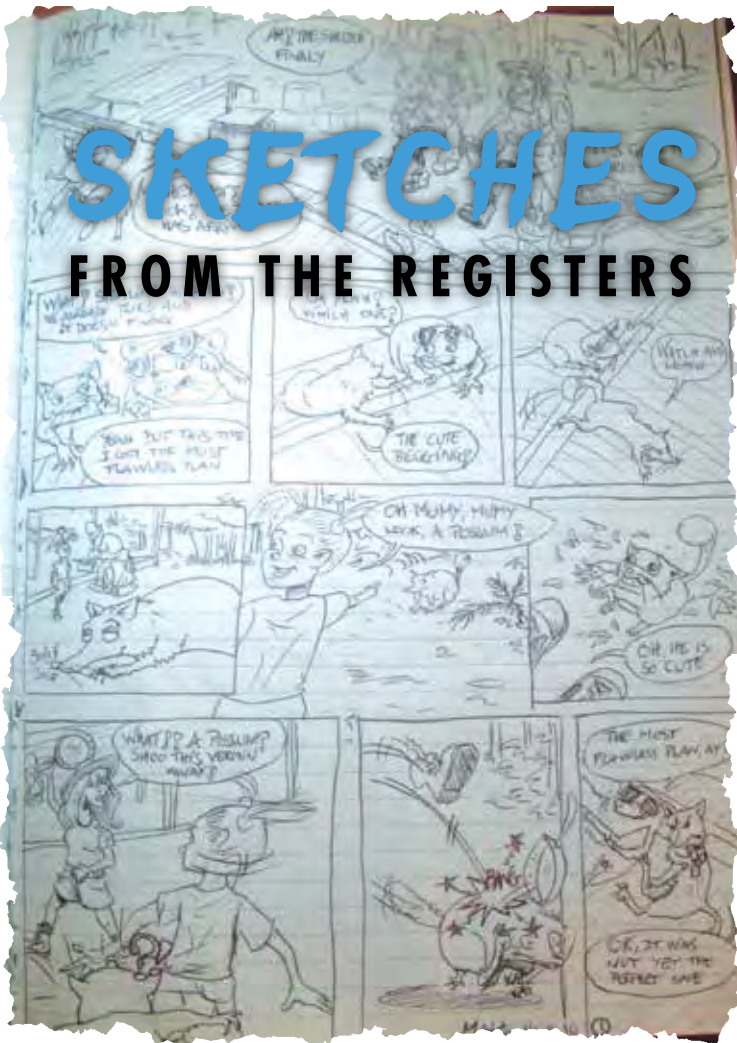
Although I'm sure no genuine Bibbulmun Track walker would commit such an act it does underline the importance of the criteria for campfires yet again:

- Only light fires in designated campsites within the fire pits or rings provided.
- Observe fire bans. If in doubt whether or not a ban is in force, don't light a fire.
- Keep fires small and manageable
- Always ensure a fire is totally extinguished before leaving a campsite.

Meanwhile, Happy walking!

Wrong Way Jim

SKETCHES FROM THE REGISTERS



UPCOMING EVENTS



KTC Easter Expedition

Join us over Easter on a fabulous, fully guided walk through karri, tingle and coast.

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

Participants must be experienced walkers having carried overnight packs (including tent, stove, food, sleeping bag etc). Great for sectional end-to-enders!

Includes shared accommodation in Walpole, Peaceful Bay and Denmark, Peaceful Bay food drop, trained guides, comprehensive planning night, maps, and equipment hire. BYO food. Transport not included.

- When: Friday 18 to Saturday 26 April 2014 (school holidays)
- Where: Walpole to Denmark
- Rating: Experienced
- Cost: \$480 members, \$520 non-members
- Early bird price \$450 members \$490 non-members (offer ends December 31 or when limited early bird places filled).

Poetry Of A Mad Axeman

If you have heard Jim Freeman recite his colloquial and colourful poetry before, you will know that it reflects communal attitudes and traditional Australian culture, whilst giving inspiration and at times making you laugh. Bush poetry has been instrumental in the emergence and development of the Australian identity. Join Jim, aka the Mad Axeman, on a 5km return walk for a relaxing summer evening with a glass of wine and the setting sun in the forest as he recites his own poetry of the Bibbulmun Track and many well-known bush favourites. Participants need to be reasonably confident walking in the dark with a torch. 1hr from Perth. Book quickly! Limited places.

- Date: Saturday 5th April, 4.45pm - approx. 8.45pm.
- Cost: \$20 members, \$30 non-members. BYO supper and beverages.

Food In A Fuel Stove

Join Lead Guide and End-to-Enders, Steve Sertis, for a fun and interactive evening learning exciting recipes and innovative ideas for preparing healthy food on a portable stove.

Learn how Steve dehydrates some of his own food - and get to try it!

Includes ingredients, menu, fuel stoves and recipes. You will be cooking and tasting!

- When: Wednesday 19 March 2014. 6:00pm to 8:30pm
- Where: City location
- Cost: \$60 members (\$75 non-members)

"...we got to DO so much. 15 dishes cooked and tasted ... that's FUN and real value for money!"



Sunday Social Walks

WALK RATINGS: BEGINNERS INTERMEDIATE EXPERIENCED

WALK BOOKINGS - Only 2 can be booked at a time

	No. of Adults	No. of Adults	
6 April 3.30pm	<input type="checkbox"/>	25 May 9.00am (2 feet)	<input type="checkbox"/>
6km return sunset walk from Camel Farm to Hewett's Hill		12km return walk from Kinsella Rd to Canning Campsite	
4 May 9.30am	<input type="checkbox"/>		
13km return from River Rd to the Murray River via Swamp Oak Campsite return (Dwellingup sth)			
11 May 8.30am	<input type="checkbox"/>		
19km return walk from Dale Road to Beraking Campsite. (Fit and experienced walkers only!)			

Book online, or contact the BTF office for a booking form. Bookings cannot be made over the phone.

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



Reflections

FROM THE REGISTERS

Yabberup

As I sit here I feel the emotions pouring out of me
The stress and the strains of the day have faded away
I can now relax and contemplate the serenity of this place
I close my eyes and take a deep breath
The aromas are intoxicating
It is a moment to savour, but I hear the crackling of leaves
Someone approaches to end my solitude
I reach out and grab a handful of velvety white paper
It is time to relinquish the dunny to another.

Victor H. 10/09/2008

Set out from Collie at 07.30. After walking north for 10km I realised I was going the wrong way! First (and hopefully the last) person to walk 40km from Collie to Yabberup. Might have been something to do with beer in the Federal hotel last night! Grimwade tomorrow—unless I end up back in Collie.

Jim Baker 10/09/2001

Possum Springs

The evolution of the hiker:
You start out with a straight back and a human body
The hills, and the weight of your pack bends your body closer to the ground
After many hills you find it easier on all fours
Now being a quadruped the hills are a breeze
You grow very strong, your feet begin to resemble hands and your ability to forage for food in the bush means you can discard your pack!
You develop body hair enabling you to withstand the coldest nights
You now live at peace, having forsaken so called civilisation
If the Track lasts long enough, there will be gorillas in the forests.

Anon. 10/10/2000

I pushed, prodded, puffed and powered my way over the pimply hills, then lazed, lounged, lunched and lingered under the long bridge before sauntering slowly into the Springs in the sun.

Gail 26/09/2001

A Bibbulmun Track hiker was arrested yesterday by Worsley mine officials after he was found travelling on their conveyor belt. Christian le Hump, a lone hiker, said he was attempting to reach Collie on the belt. Mr

Hump said he got bored after hugging the perimeter of the Bunning Tree Farm for four kilometers and suffered psychedelic effects from the humming of the belt. He was later released into the wild by officials of CALM.

Anon 01/10/1998

Harris Dam

Another beautiful part of our beautiful country. Here's hoping it's here for all our children to enjoy!

Chanelle QLD 11/11/97

This is my last campsite on my Kalamunda to Collie trip. I'd just like to take this opportunity to thank CALM and all the volunteers who have made this trip a fantastic experience for me. You are all "Keeping the dream alive". I can't believe how well organised the Track is, how well thought out. I started this trek to get out of my comfort zone; little did I realise what a fantastic adventure it would become. I'll be back!

Steve from Busso 21/11/1998

Watch out Collie, there's going to be a massacre of steak, beer, wine and hot water!

Barbie 05/04/2002

This is great, walking with Mum and Dad. I can't wait to get back here to stay the night!

Ashley 20/07/2003

Grimwade

This is the last shelter on the 11 day bushwalking trip that I went on to spice up my Australian holiday, and it has been the best part of the whole three months. The things I've seen, the things I've experienced and the people I've met in the bush—I can't find the words to describe them.

Wojek, Poland 15/09/2000

Kept awake last night by a possum(?) dancing on the roof. Lovely setting though...

Sue (Dwellingup to Albany)
12/03/2002

Arrived here yesterday from charming Balingup in a howling wind. I walked down to the gorgeous Blackwood river for a swim and covered myself with mud—yippee! Tomorrow, back to Balingup. Thank you to all those who do the maintenance for this wonderful Track.

Riziki 02/05/2002

Yourdamung

The land of clapping thunder
Ominous skies and pouring rain
Chill winds blow us to Collie
On the Bibbulmun Track again!

Bibbul 1 & Bibbul 2 05/06/2005

Jim Turnbull and George Audley have today declared themselves hikers having got this far. George has changed his nickname from Flying Fossil to Walking Stupidity. Never mind, only 670.6km to go.

Dad's Army 01/04/2002 (April Fool's Day)

Beavis

I read in the book at Boarding House that today would be taxing. By the time I hauled my sorry body up that hill I was pondering whether heart and lung transplants were available through Medicare. My aged memory may be failing but I think today was the hardest so far, however the reward on arrival totally justified the effort. Amazing location and fabulously assigned shelter, which takes the prize for being user friendly. I shall spend the night pretending I'm on the Good Ship Beavis!

Purple Rock Squirrel 09/05/2002

A hearty stroll in from Lease Road. Last night's sunset walk from Boarding House was a great experience, with the rays of gold on the karris breathtaking. All the tales of snakes coupled with a pile of bones spotted on the Track made for interesting mind games!

On to Beedelup in a bit. Happy trails!

Big Daz from Brissie 10/10/2002

THE HIKER'S PARADISE, AUSTRIA

In August 2012 BTF Volunteer Edith Thomas and a party of friends spent time walking in the Austrian mountains. Edith has written this account of their adventures:

The mountains of Austria are surely one of the world's loveliest places to make you want to pick up your walking poles, put on your trusty boots and explore the well-marked tracks. It is hard to decide between walks as the choice is endless, from an easy stroll to an adventurous hike to the top of the mountains. On our previous trips to the region, our hikes had to be close to the towns. Then we discovered the great hospitality and incentive of the Austrian Tourist Offices in encouraging visitors to enjoy numerous great hikes in different locations of this beautiful country.

Visitors to Innsbruck have the opportunity to join

other hikers from all over the world on guided walks. Each day there are two options; one a short, easy hike, while the other caters for a more adventurous trek high up in the mountains. Your walking boots didn't fit in your luggage? No problem. Walking boot hire is included and encouraged on hikes if you don't have your own. They come in all sizes and, after the walk is finished, the boots are disinfected ready for the next hiker who comes along.

At our hotel we acquired our free Innsbruck Club card, which entitles you to free guided walks and discounts at some venues. In the morning we made

Karlsbader Hut.



Hiking routes.

sure we were on time for the meeting in front of the Congress. The coach pulled up on time and soon we were heading up to the mountains, picking up more hikers along the way. We had to make a hard decision—which of the two walks did we want to tackle; the easy option or the more adventurous? Friends, who opted for the easier option, were full of praise for their guide. He was very knowledgeable about the local environment, knowledge that he was happy to share. He explained how the citizens decided to encourage restaurants to source local produce. Now, in many of the restaurants that we visited, the menu includes the names of the local suppliers. I hope this idea will catch on here in Australia! It would be nice to support our local farmers.

Our walk took us on a lovely mountain path where the mist among the trees gave the walk a mystical feel. Eventually we arrived at a mountain hut where the hosts were most welcoming and we appreciated the opportunity to buy our lunch and a glass of beer or a cappuccino. Here, after stamping our hiking diary with the hut's special seal, we received our bronze hiking pin. Our hike continued after lunch with



Lake St Wolfgang.



Dolomieten Hut.



Karlsbader Hut.

We left the Alps and based ourselves in Lienz, gateway to the Austrian Dolomites. The town is surrounded by craggy peaks. I picked up a brochure in the local tourist office and the picture of a mountain hut on the cover caught my eye. It was named the Karlsbader Hütte, and I had an immediate desire to try to visit it. To our delight we found that the tourist office offered a transfer service, for a small fee, to some of the great hiking areas in the mountains.

We started our hike at the Dolomieten Hütte, which was perched precariously on the edge of a high cliff. The hike from here to the next hut, though energy sapping because of the altitude and terrain, offered amazing views along the way. High up on rocky sides of the mountain we observed rock climbers, visible

only through binoculars. It looked far too dangerous to us, especially as we were passing rocks covered with plaques honouring adventurers who had perished up in the mountain pursuing their passion.

Eventually we reached our destination, the Karlsbader Hütte, feeling so small and insignificant surrounded by the rocky peaks. The restaurant offered a full menu, and the plum strudel was “to die for” according to some of my sweet toothed friends. All too soon though we had to make our way back to meet the transport back into town.

It is possible to spend time up here, staying overnight and arranging for luggage to be transported to the next hut while you walk with just a daypack.

glimpses of the Europa Bridge, the second biggest in Europe, stretching over the valley.

Our next hike started with a cable car ride to the top of Mount Patscherkofel providing a bird's eye view of the Winter Olympic luge track winding down the mountainside below. The views were spectacular. Although it is a guided walk, there is no pressure. Hikers can walk at their own pace and all meet up at the end for our ride back to town.

Unfortunately we had time for only one more hike in this beautiful area. It started off on a bitumen road, but soon we found ourselves in a picture postcard setting in the Stubai Alps, where we were surrounded by high mountains with waterfalls cascading among the tall trees and a glacier ahead. We hiked to where the base of the glacier used to be 30 years ago, or so the locals told us.

As this was our third walk, we received a silver pin for our achievement. When we return and finish 10 hikes in all, we qualify for our gold pin, which hopefully one day we can return to earn.



Austrian Dolomites.

THE HIKER'S PARADISE, AUSTRIA

...cont from page 31

We did not have the time. There are many more hikes that we would have enjoyed, but our time was too short—maybe next time (A word of warning, make sure you tell the driver in the morning that you will be returning in the afternoon. We did not do that so, not expecting us, the office sent just a small van up the mountain. Somehow we managed to cram in more bodies than it was meant to carry.)

Lienz is a good base to visit Austria's highest peak, the Grossglockner, a snow peak, over 3000m metres high. For the real adventure seeker, there is the opportunity to hike through the snow to another mountain hut. Good hikes in the area gave us another memorable

day. Some caught the cable car up the mountain, while others took the opportunity to hike the trails on the lower slopes at the picturesque little hamlet of Heiligenblut.

Lake St Wolfgang is a pleasant place to relax, although this does not mean you have to take it easy. Early morning up on the hill behind the town, one will meet deer grazing on the luscious grass. There are numerous walks, some easy around the lake, others tougher, going high into the mountains.

Nothing stands in the way of hikers; sometimes the track leads through peoples' front gardens or through farmers' barns. Everyone welcomes hikers in this part of the world.



Stubai Valley.

With grateful thanks to our sponsors:

Premier



Diamond



Silver



Key Partners



Department of Parks and Wildlife



Bronze



THE BIBBULMUN TRACK FOUNDATION

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