

Bibbulmun NEWS

MAY'16 - AUG'16
ISSUE # 71
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Newsletter for the friends of the Bibbulmun Track

VENTURE AND THE BIBBULMUN TRACK

The Christ Church Grammar School Year 10 Venture, now in its 25th year, is a rite of passage for Year 10 boys. The 11-day journey combines walk routes through the bushland and coastal setting of Walpole-Nornalup National Park and paddle sections on the Nornalup and Broke Inlets. It provides a fitting culmination to an Outdoor Education Program begun as early as Year 5 for many Christ Church boys.

Venture is anticipated by the whole Year 10 cohort both for the challenge that it provides, by being away from the Claremont Campus and home and also for the opportunity to be in a unique part of the natural world. There is much hype about finally experiencing one of the most talked about activities Christ Church offers, and this is because it is seen as a transition point leading into the final two years of secondary schooling.

Venture involves combining the physical demands of carrying a heavy backpack, which lightens as the journey proceeds, with the problems of how one copes mentally with the whole experience as it unfolds on a daily basis. Venture is an experience where team work, cooperation and camaraderie enable individuals to push themselves above and beyond what they thought they could achieve.

One of the most significant aspects of the Venture experience is the beautiful scenery that the Walpole region has to offer. The diverse terrain and flora is amazing. From the muddy marshes to sandy beaches, lofty dense woodlands to low-lying scrub and of course the giant tingle trees the diversity of landscapes is incredible. It is for this diversity over the course of the journey, from the forest of the old Shannon town site through to the white beaches and headlands near Boat Harbour, that the Bibbulmun Track is internationally renowned.

Mark Morrissy

Director of Planning and Co-curricular

ADVENTURE Raffle takes off

Our last raffle, held in 2013, raised \$40,000 including donations for the restoration of Long Gully Bridge. Sadly, the bridge succumbed to bushfire in early 2015 and so we are now raising funds to replace it.

Fortunately we had not started on the bridge restoration, so we will combine the two raffle totals to go towards the new suspension bridge. The plans have been drawn up and if all goes well the bridge will be built before the water levels make the Murray River impassable. (See page 7 for more information.)

A big thank you to the many members who have already returned sold books, bought extra tickets online and even ordered additional books—you are all champions!

In addition, a very big thank you to our generous prize donors for the fabulous prizes outlined on page 2.



For 25 years the Bibbulmun Track has been part of an 11-day journey undertaken by Year 10 students from Christ Church Grammar School. In 2015, the School generously donated \$25,000 to the Foundation to celebrate this milestone. We will be putting these funds to good use in the future

ADVENTURE RAFFLE

HELP US RAISE FUNDS FOR A NEW BRIDGE!

100% of funds raised will be used to help build the new suspension bridge over the Murray River to replace the historic Long Gully Bridge lost in the 2015 bushfires.

Please return all raffle books by 31st May.

Over \$12,000 worth of prizes to be won...

The Adventure Raffle is the Bibbulmun Track Foundation's major fundraiser for the year and we need your support! Members will have received a book in the mail. If you'd like more just let us know and we'll post them to you – or if you're in town you can pick them up and help us save some dollars.

Tickets can also be purchased online via our website.

The fantastic prizes include exciting holidays and vouchers for your choice of outdoor and travel gear.

1st Prize

UNTAMED BORNEO – A 10-day tour for two with Peregrine Travel to one of the last remaining wild places on earth.

With its dense rainforests, tropical coastal islands and mysterious jungle valleys Borneo has become a rare place on this planet today – somewhere where you can still encounter a rich variety of colourful and endangered wildlife, amidst amazing natural scenery. This trip to the Malaysian state of Sabah brings you face to face with many unique species, including orangutans, proboscis monkeys and hornbills.

Prize includes \$1000 for airfares donated by the Bibbulmun Track Foundation, for a total prize value of \$7,000



2nd Prize

\$2,000 Mountain Designs Gift Voucher – Heritage Born Of The Mountains

Get out there in extreme comfort with MD's high quality outdoor, hiking and travel gear. Specialising in technical, multi-functional gear including clothing, backpacks, boots, outdoor equipment, climbing gear, tents, sleeping bags and much more.



3rd Prize

Southern Forests Pemberton Wilderness Package

This three-night Glamping holiday offers all the fun of camping in the beautiful Warren National Park with none of the hassle. WA Wilderness provides well equipped tents, super comfy beds and all the creature comforts of home in a natural environment. You'll also enjoy an eco-tour with Pemberton Discovery Tours, a cruise with Donnelly River Cruises and lunch at Silkwood Winery. Bliss! - Value \$1,350



4th Prize

\$1000 Mountain Designs Gift Voucher – Heritage Born of the Mountains

5th Prize

\$750 Sea to Summit Gift Voucher. Imagine all the latest high quality, high-tech and lightweight gear you could get...



Thank you to our fantastic prize donors.



FROM MY Desk

Welcome to the Winter Edition of Bibbulmun News.

At the End-to-Enders Picnic held last year, I briefly met a young woman who had completed two solo end-to-ends, the second as research for her honours thesis *Pilgrimage and the Alchemy of Transformation*. I'm in awe of anyone, male or female, who undertakes such a long journey on their own and wonder how I would cope with just my own thoughts to keep me company!

Keen to find out more I invited Lucy to talk at the WA Trails and Outdoors Conference last October, and it was one of the most honest, enlightening and funniest talks I've attended.

Lucy referred to long-distance walking as "medicine for the 21st Century soul" and expanded on the themes of simplicity, hardship, freedom and connection. You can read a bit about her journey on page 25 and I would encourage you to read her presentation using the link provided at the end of the article.

There is no doubt that walking, or indeed any type of outdoor recreation, is good for your mental and physical health. In New Zealand doctors have been prescribing green scripts (i.e. outdoor exercise) for over a decade and the initiative has proved hugely successful. It would be great if doctors in Australia followed suit.

Of course, you don't have to do a long distance hike to enjoy the benefits of being outdoors, and day walks on the Track or in any of WA's parks are beneficial. One person who recognises this is Her Excellency the Honourable Kerry Sanderson AO who has kindly accepted our invitation to be Patron of the Foundation. It is wonderful that Western Australia has a Governor who is passionate about our natural areas and is keen to engage the corporate sector to help protect these areas. You can listen to a message from the Governor and register your interest in this new initiative at www.ourwaparcs.com.au

It has been difficult for anyone to complete an end-to-end over the past twelve months due to the Track closures that have been in place. Thankfully, the number of closures and diversions is reducing and the building of the new campsites and other infrastructure is progressing. We are hopeful that much will be completed prior to the winter rains. For a full update see the Recreation and Trails unit article on page 7.

Thank you to all the members who have already bought raffle tickets and/or made donations. As always, your support is fantastic and all funds raised will be used to build a new bridge over the Murray River.

Linda Daniels
Executive Director

Join us on



WELCOME TO OUR NEW PATRON

We are delighted to welcome Her Excellency the Honourable Kerry Sanderson AO, Governor of Western Australia, as our new Patron.

The Bibbulmun Track connects over 20 parks throughout the south west and we are delighted to welcome a Patron who has not only walked parts of the Track but is keen to protect the unique landscapes through which it passes.



Message from

**Her Excellency the Honourable Kerry Sanderson,
AO Governor of Western Australia
for
Bibbulmun Track Foundation**

The Bibbulmun Track Foundation is an outstanding example of an organisation which has worked wonderfully well, in partnership with others, to establish what is one of the world's great long distance walks and then to promote the walk and to help and advise potential users so that they also have a wonderful experience.

I always enjoy hiking because of the relatively spiritual experience walking in our wonderful environment gives and I have felt that also with the Bibbulmun Track. In many ways the Bibbulmun Track Foundation is a model for the WA Parks Foundation I am working with others to establish for our National Parks and conservation reserves generally. The Foundation's aim is ensuring that the importance of the plants, animals, natural features and cultural heritage in our national parks and conservation areas is widely recognised, and that we can be proud of our care of this wonderful natural heritage.

I am hopeful that all people will love and treasure our Parks and conservation estate, realise what an important asset we have in Western Australia with 100 national parks which, together with conservation and nature reserves, comprise a land area of more than 18 million hectares, and contribute to our reputation for outstanding species diversity with plants and animals found nowhere else on the planet.



GOVERNOR

YOUR LETTERS



Many thanks!

I recently walked a section of the track with three female friends and would like to thank the Foundation. The attractions and beauty of the area goes without saying. But as the wife of a volunteer who facilitates a 'Friends of Wirilda Park' (Gippsland, Vic) I can appreciate how much individuals contribute to maintaining the Track and environment at such a high standard. We considered ourselves very privileged and thank everyone who has been involved. The term 'dunny donors' has stuck with us so you might find a few more around Aus!

Denise Stranger

My friend Alison and I just had a wonderful Balingup Belles weekend. Both of us have adult sons living at home and daughters in their final fortnight of Year 12 before exams, so this weekend was just what we needed.

It was fantastic—so well organised and lovely, lovely leaders, Elsie and Charmaine. The amount of time they devoted to making sure it all ran so smoothly was wonderful and very generous of them. The masseurs, Yoho Pizza Charlie, and Jim the bus driver were all terrific too.

Please pass on our thanks to your wonderful crew and I am sure we'll be back for another adventure.

Kathy Foulkes & Alison Smith

Ed - Thank you for the wonderful feedback. If anyone else would like to experience this rejuvenating weekend the next Balingup Belles is in September. Details on page 28.

**I do not seek to walk
smooth paths nor
bear an easy load**

**I pray for strength
and fortitude to
climb the rock-
strewn road**

**Give me such
courage I can scale
the hardest peaks
alone**

**And transform every
stumbling block into
a stepping stone**

Gail Brook Burket

Two of our fantastic guides - Elsie and Charmaine. You can join them on our next Balingup Belles event in September!

Memories AWAKENED

It is always very gratifying when an article in the Bibbulmun News elicits a response from a reader, especially when it relates to a special moment they experienced on the Track. In our previous edition we featured a Walker Story entitled Track Magic, describing the experiences of Su Beckett and her two daughters. Su took the girls, aged eight and nine, on an unsupported walk along the whole length of the Track in 1999. For reasons of weight they took no camera and until now it was thought there was no photographic record of their trek. However BTF member Klaus Groth recalled otherwise, and he emailed us recently as follows:

Your article Walker Story, Track Magic was a great read.

Just thought to let you know, there IS another photo of them, we took it when we met this Trio Extraordinaire on our walk north.

[We left Albany Oct 12th, arriving Kalamunda Dec 4th, 1999]. The photo is attached.

Kind regards

Klaus Groth, Perth

And here it is!

Now read on to share the experiences of the intrepid trio on the Appalachian Trail! (Page 30)



Thank you
THANK YOU
Thank you

TRACK Tucker

A SINCERE THANK YOU TO
THE FOLLOWING WALKERS
WHO HAVE GENEROUSLY
MADE DONATIONS TO THE
FOUNDATION.

Angela's friends

A Nicholson
Barbara Black
Bill Scott
Brian Bickell
Bunbury
Bushwalking Club
Clinton Bailey
Craig Dunlop
David Thompson
David Wrigley
Dr M Alpers &
Dr D Lehmann
Eric Taylor
G Razetta
Ian Ozanne
J Hosgood

Janet Steven

Ken Brownlie
Leanne
Schwarzbach
Malcolm Kite
Marcus Harris
Michael Marsh
Neil Johnson
Nicolas Deschildre
Paul Harris
Rebecca Brockwell
Robert Oxlade
Ros Holgate
Terri Ellis
Thea Visser
Tom Hillie

**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.

SPICY LENTILS

RECIPE FROM STEVE GARDINER

We have been assure that this recipe dehydrates and reconstitutes well – and even non-cooks will find it hard to make a bad batch!

INGREDIENTS

Vegetables

- Onion (small) 1 chopped
- Ginger root 40g chopped
- Garlic cloves 3 chopped

Herbs

- Coriander leaves (bunch) 1 (stems chopped)

Perishable goods

- Oil, sunflower 4tblsp
- Oil, olive 1½ tsp for garnish (opt)
- Butter (unsalted) 70g
- Lime juice 1½ tsp

Dry goods

- Lentils (red, split) 200 g
- Sugar, caster 2 tsp

Spices

- Mustard seeds (black) 1½ tsp
- Coriander seeds (ground) 1½ tsp
- Cumin (ground) 1 tsp
- Tumeric (ground) ½ tsp

- Chilli (green, mild) 1 chopped
- Tomatoes (peeled or tinned) 300g
- Cucumber 75g diced for garnish (opt)

- Curry leaves 10

- Water 350ml
- Yoghurt (Greek)150g for garnish (opt)

- Salt to taste

- Paprika ½ tsp
- Fenugreek ½ tsp opt
- Asafoetida pinch opt

METHOD

1. Wash lentils. Soak in 350ml water for 30 minutes.
2. Heat mustard seeds in pan until they pop.
3. Add oil & chopped onion, ginger, garlic, chilli & stems of coriander leaves
4. Cook on low for 10 minutes.
5. Add other spices, save the optionals.
6. Cook on low for 5 minutes.
7. Add lentils and their water, tomatoes, sugar, optional spices & salt.
8. Simmer for 30 minutes until lentils are cooked.
9. Stir in butter, lime juice & coriander leaves.
10. Season & salt.
11. Garnish with cucumber, yoghurt (Greek) & olive oil.

Send us YOUR favourite recipe for Track Tucker!
Email friends@bibbulmuntrack.org.au



Before you go...

CHECK THE LATEST TRACK CONDITIONS

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. 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

Parks and Wildlife 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 dependent on appropriate weather conditions and for this reason dates of burns are not available in advance. For information regarding prescribed burns, please contact the 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 noi@bibbulmuntrack.org.au. NOI forms can be obtained from our website or contact the Foundation.

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.

Parks and Wildlife Contacts:

Recreation and Trails Unit

recreationandtrails@dpaw.wa.gov.au
Ph: (08) 9334 0265

District Offices

Perth Hills District (Mundaring and Dwellingup)

Perth Hills District (Mundaring and Dwellingup)
Kalamunda to the Harvey-Quindanning Road
Map 1 & 2 and Guidebooks 1 & 2
Contact Rebecca Hamilton on (08) 9290 6100 or
mundaring@dpaw.wa.gov.au

Wellington District (Collie)

The Harvey-Quindanning Road to Mumballup
(Donnybrook-Boyup Brook Rd)
Map 3 and Guidebook 3
Contact Nick Evans on (08) 9735 1988 or
wellington@dpaw.wa.gov.au

Blackwood District (Balingup)

Blackwood District (Balingup)
Mumballup (Donnybrook-Boyup Brook Rd) to Willow Springs
(Gold Gully Rd)
Map 4 and Guidebook 4
Contact Andrew Sandri on (08) 9731 6232 or
blackwood@dpaw.wa.gov.au

Donnelly District (Pemberton and Northcliffe)

Willow Springs (Gold Gully Rd) to Pingerup Rd
Map 5 and Guidebook 5
Contact John McKenzie on (08) 9776 1207 or
donnelly.district@dpaw.wa.gov.au

Frankland District (Walpole)

Pingerup Rd to Denmark River mouth
Map 6, 7 and 8 and Guidebooks 6, 7 and 8
Contact Chris Goodsell on (08) 9840 0400 or
frankland.district@dpaw.wa.gov.au

Albany District (Denmark and Albany)

Denmark River mouth to Albany
Map 8 and Guidebook 8
Contact Luke Coney on (08) 9842 4500 or
albany@dpaw.wa.gov.au

RESPECT WILDLIFE

- Don't feed animals or birds, and clean up even the tiniest food scraps.
- Secure food bags tightly and hang from rafter if necessary.
- Protect vegetation and other habitat around campsites.
- Leave your pets at home. Dogs are not allowed in national parks, water catchments or nature reserves. As a majority of the Bibbulmun Track runs through these areas dogs are not permitted. The Track is also regularly baited for foxes with 1080 poison, which can be fatal for dogs even in tiny quantities.





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



Department of
Parks and Wildlife



Recreation & Trails UNIT

The weather is beautiful and it is the perfect time of year to be out hiking, so hopefully you are out enjoying the Bibbulmun Track or exploring other trails.

Unfortunately this year started with more bushfires, some causing extensive damage to the Bibbulmun Track. A large component of this report will be a fire update, including this year's damage report and last year's recovery works.

You may be aware that the Waroona fire in January caused damage to the Murray Campsite, primarily the roof, gutters, plumbing and external benches. Last week I walked the burned section of the Track to inspect the destruction, which, apart from the camp site, included stepping stones, stairs and markers. In many areas the damage was so severe that I couldn't find the Track and I was glad to have another pair of eyes with me and the GPS. Many fallen trees require clearing and the area is still to be safety checked and managed for post fire tree risk. Falling limbs and entire trees represent a deadly risk, so please stay out of fire damaged areas until they are declared safe. The Waroona fire is now subject to an insurance claim and associated processes. As soon as we have insurance clearance we will get the camp site cleaned up and repaired and then reopen the Track through this section.

At the same time, the Ashendon fire narrowly missed the Canning Campsite, damaging only the tent site sign. A very

lucky escape! The Track was reopened soon after, although the boardwalk to the south was destroyed. We are working on having this rebuilt before the area gets too wet to pass with dry feet, pending insurance settlement.

Rebuild update

Now going back to last year's fires. With destruction comes opportunity. As we have reported previously, the shelters and toilets destroyed last year are being rebuilt in rammed earth with steel roofing, while maintaining the traditional design and layout. Rammed earth and steel are far more fire resistant than timber, so hopefully will survive any future fires with only minor damage. The Possum Springs Campsite has been almost completed after several construction issues, while hot weather and nearby fires delayed the progress. At the Brookton Campsite the rammed earth wall construction commenced in the last week of March. Site works have been completed and construction commenced at the Dog Pool and Gardner Campsites. The logistics of getting concrete for the footings into the Gardner Campsite was last week's challenge. These campsites remain open during reconstruction, apart from Brookton. Please be patient and careful around construction sites. Use temporary toilets that have been provided or apply the Leave No Trace Principles if toileting in the bush.

The construction tender has been awarded for the replacement bridge across the Shannon River at the Dog Pool Campsite and the pre-fabricated steel is currently being galvanised, to be installed in the near future. Several other minor repairs and a new bridge across

the Bell Creek, north of the Possum Springs Campsite, can be completed now that the weather is cooler. The Foundation's Support Volunteers will be involved in these tasks.

The construction drawings for the Murray River suspension bridge, to replace the historic Long Gully Bridge, have been finalised. Some approvals are still to be completed and the tender for construction awarded. We are hoping to have this bridge in place before the river water levels rise in winter. The new bridge will be about 80 metres long, held by two steel ropes to ensure safety and give repair options if one rope needs to be removed temporarily. This will also avoid potential bridge collapses—some of you may have seen the New Zealand trail bridge collapse last year, while hikers were traversing it.

There have been a few staffing changes in the Recreation and Trails Unit team. Danielle Stone has transferred to the Department of Transport, developing urban cycling infrastructure. Stephanie Howells has come from the Perth Hills District to assist for a few months while we work on long term arrangements to replace Danielle. Kelly Sherbert has commenced her two year placement with the Unit as a school based trainee, on a part time basis.

Enjoy your outdoor adventures and stay safe.

Kerstin Stender
Trails Coordinator

Eyes on the GROUND

CANNING CAMPSITE, CLOSE SHAVE!



Although we've had some rather warm weather over the summer, our maintenance volunteers have been able to find the odd cool spell, for which we were very grateful, to fit in maintenance trips.

In January, the addition of a verandah to the Mt Wells hut was completed by Alcoa staff and volunteers. This is a great improvement, providing welcome shelter over the outdoor table and entrance. The project was funded through an Alcoa Action Grant.

In Albany all the volunteers will be working together over the next few weeks completing some long overdue tasks which are more than one team can handle.

Other volunteers will have a busy time where fire has passed through their section. It can be fairly grubby work for a while as everything is coated with ash and, once started, the regrowth tends to invade the Track very quickly. Fortunately, we got through this summer without losing any more campsites, although it came very close at White Horse Hills and Canning Campsites as illustrated in the top photo!

In the office we are busy planning activities for the year—Field Days in each district, more training for the Support Volunteers and assisting the Department with trail clearing and marking after a fire, as well as any other tasks that arise.



It was a close shave in January when fire came within a metre of both the shelter and dunny at Canning campsite. This is a good illustration of the importance of the work done by volunteers in keeping leaf litter and re-growth clear of the structures.

Maintenance Diary December 2nd to December 5th 2015

Two-time end-to-enders Stuart and Mary Gray have been members of the BTF for 14 years and maintenance volunteers since 2006. They take care of the shelter at Rame Head and the section of Track between Conspicuous Beach and the Gap 4WD track. It was on their first end-to-end in 2005 they noticed this part of the Track was badly overgrown, and when they returned on their second journey in 2006 they decided they would give something back to the Foundation by becoming maintenance volunteers. They call their particular section of the Track their "country estate", a refuge from the telephone and daily routine, and have fallen in love with the views from the top of the cliff and the shelter. They alternate maintenance with John and Marilyn Beard and hope to continue working for many years to come. Here is a record of one of their maintenance visits:

Departed Shenton Park at 1pm and had a fairly uneventful drive to Walpole with just one stop for petrol and caffeine shot at Bunbury. Arrived at the motel just in time for dinner. Thursday morning set off for Conspicuous Beach, stopped off to buy a felt pen for my notice-board and trudged across the beach at about 8.30am.

Did some usual heavy maintenance with our new mail-order extra-long shears which were supposed to save our backs from bending; this seemed to work before they started to fall apart

(the shears not our backs) before we were half way up the cliff. This happened a couple of years ago and I had to go back into Walpole to borrow a pair from the Department, but this time we had spares in the car, which meant a one hour round trip to go back for them. I'll put that down to training as I missed my swimming this week.

Arrived at the shelter at about 5pm to find it empty, but a blanket and skivvy had been left together with a drink bottle in the food box. No entries in the register since the end of November

but we are quite sure that a group of blokes had been in residence the night before, judging by footprints and having seen them above the car park.

Thursday morning the boss could not sleep so she got up at 4.30am, made tea and porridge and woke me at 5am—how pleased I was! However this allowed us to make a 6am start for the walk to the boot cleaning station, where we usually base ourselves for the first part of the day. Practically the whole length of our bit of the Track had

Maintenance Diary cont.

fantastic blooms of kangaroo paw, plus a few kangaroos to go with them, and one orchid that looked a bit like a donkey-orchid but we were not sure.

After about eight hours of chopping back the bush we set off back to the shelter. Believe me, the trail is twice as long going back to the shelter than it is when leaving! Took a couple of photos on the way back including a lovely one of mum kangaroo, who posed for me in a reclining position. After all the recent talk of snakes I had kept a watchful eye for one that might pose for me. Would you believe it, the first time I took my eye off the Track I nearly trod on a tiger snake who slid off nonchalantly before I could line up the camera.

On Saturday morning we did a lot of heavy pruning around the shelter and tent sites, filled a bag with flat-weed and gave the toilet a good clean. We had almost finished when a 15 strong school group arrived followed by two adult walkers.

Made our way back to the carpark in light drizzle then entertained some visitors by having a shampoo and wash before heading off for Walpole. Got there at 3pm and stopped for a caffeine shot and apple pie before heading off for home. On the way back did an emu on the other side of the road a favour by hooting at it so that it ran off just before a car shot round the corner going the other way. Stopped for caffeine shot in Bunbury before arriving back

in Shenton Park at 9pm—a total of 80 hours if my shrinking brain is correct.

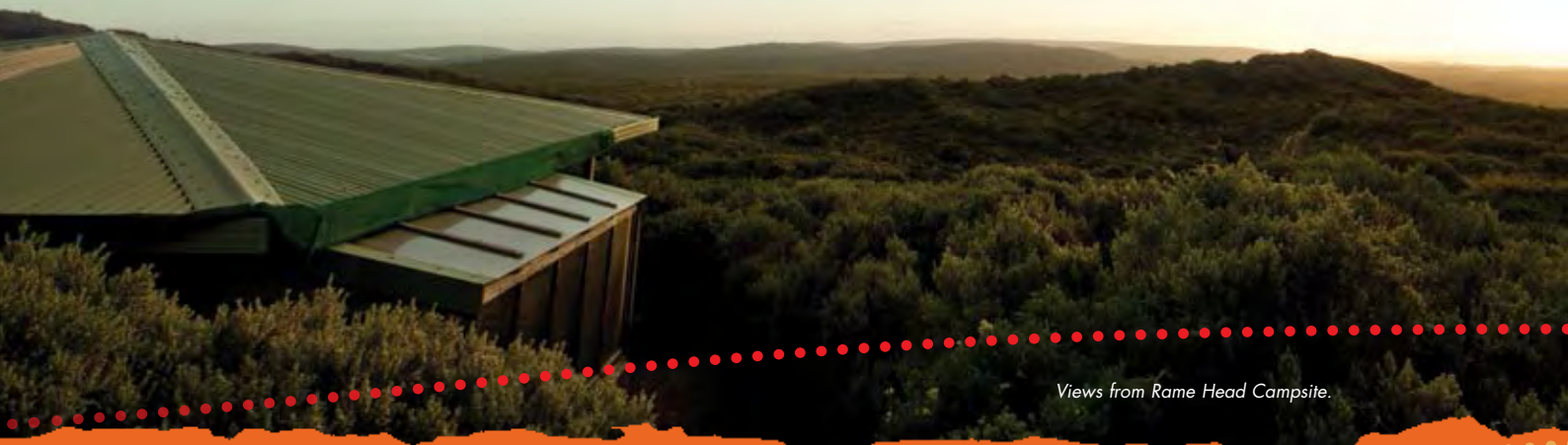
Cheers

Stuart and Mary



BODDINGTON GOLD

Newmont Boddington Gold sponsors the Eyes on the Ground Maintenance Program.



Views from Rame Head Campsite.

New verandah at Mt Wells IS A WELCOME ADDITION



Alcoa employees recently completed another ACTION project at Mt Wells Campsite resulting in a verandah being added to the hut (the only hut on the Bibbulmun Track).

The kitchen/meals area within the hut is very small and the verandah provides extra space for hikers to cook and eat when the hut is crowded. It will also provide welcome shelter from the rain and sun and help keep the entry to the hut clean.

Due to the volume of work required to be completed, the project was undertaken in three phases between October and December 2015.

We are very grateful to Alcoa employee and BTF volunteer, Charlie Soord for coordinating the project, and of course to Alcoa for providing the funds.

The verandah has made a huge difference to the amenity of the hut and will be greatly appreciated by walkers in all weathers.



Alcoa volunteers before starting work on the new verandah.



The new verandah looks as if it has always been there.

SMARTPHONE APPS

FOR THE

Adventurous

A range of online and mobile resources are being rolled out with the \$21.05 million, four year Parks for People initiative that is expanding camping and visitor experiences in parks and reserves throughout Western Australia. Check out the following free Apps and start planning your next adventure!



TRAILS WA

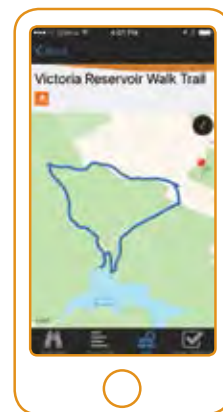
Whether you walk, ride, paddle or drive, there's a trail experience waiting for you at the touch of a button! This app shows the trails of Western Australia on an interactive map.

FILTER SEARCHES BY:

- Location
- Trail type
- Level of difficulty
- Time needed
- Dog friendly
- WA's Top Trails

You can also search by type of experience, from family friendly to food and wine trails. Each trail description is packed with information so you can find the start point easily and be prepared with whatever you need for your trail adventure.

The Trails WA app is a partnership between Trails WA and the Department of Parks and Wildlife. Over 260 trails are currently on the site, including 130 managed by the Department, with more trail profiles in the pipeline. The app links to the Trails WA website (www.trailswa.com.au) and will be updated as more trails are added to the site. (iOS only, plans for Android)



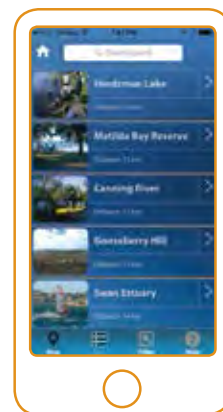
PARKFINDER WA

Search over 150 parks by name or on an interactive map to find your next park experience. Filter your search to find parks with the activities and facilities you like and save them to a favourites list or share with friends on social media.

OTHER FUNCTIONALITY:

- Find a park near your current location (only for Western Australia)
- Keyword searching with auto complete
- Find a park where you can take dogs and/or drinking water is available
- Add parks and sites to your favourite
- which syncs back to the Explore Parks website (Internet connection required)
- Share parks and sites information using Email, Facebook, Twitter etc.
- Review parks and contact park directly from the app

ParkFinder WA links to the Parks and Wildlife Explore Parks WA website so the park information always stays up to date. (iOS only)





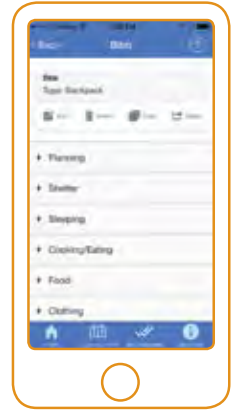
CAMPING MATE

This app helps campers create and share camping checklists to make it easier to get outdoors and experience WA's natural wonders by helping with preparation and packing. Whether you are hiking on the Track or staying in a caravan, this app provides examples of checklists for each camping style. Every checklist has the appropriate items included to consider when packing.

YOU CAN THEN:

- Add or delete items to customise the list to your liking.
- Copy your custom checklist to start a new list.
- Share the list with your friends so you don't double-up or forget anything.

CampingMate is packed with information such as where and when to camp in WA, types of camping and staying safe. It also directs you to other sources of information to help make your next camping adventure even better. (iOS and Android)



SHARING THE DREAMING

Sharing the Dreaming is a window to an Aboriginal Australian culture: the culture of the Nyoongar, the traditional custodians of Australia's South West. An enjoyable way to learn more about the area through which the Bibbulmun Track passes.

YOU CAN THEN:

- Listen to Dreamtime stories, illustrated by images of paintings in the local style.
- Hear and learn Nyoongar words and their English language translations.
- Discover the meanings of symbols used in those, and other, traditional paintings.
- See how the six (not our traditional four) Nyoongar seasons of the year reflect the natural annual rhythms of country.



DPaW ALERTS

Keep up to date with alerts in Western Australia's national parks including:

STAY UP-TO-DATE WITH SAFETY ALERTS FOR:

- Bushfire
- Active prescribed burns
- Park, trail and road closures
- Smoke alerts

These alerts are also included in the Trails WA and ParkFinder WA apps. (iOS and Android)



EMERGENCY +

The Emergency + app provides information about who and when to call in emergency and non-emergency situations. It also displays the GPS coordinates of the phone's location so you can read them out to the emergency operator allowing emergency services to pinpoint your exact location.

(iOS, Android and Windows)



WHAT'S AN APP?

A mobile app is a software application developed specifically for use on small, wireless computing devices, such as smartphones and tablets, rather than desktop or laptop computers.

WHAT DO I NEED TO DOWNLOAD AND USE AN APP?

You need a smart phone or another mobile device with internet access. Not all apps work on all mobile devices. iOS is Apple's operating system for its iPhone and iPad. Android version is used by all other brands.

Once downloaded, you don't need an internet connection to use these apps – with the exception of the Alerts apps for real-time updates.

Yes, THEY DID IT!

Now that the Track has reopened after the fires, we are seeing a greater proportion of overseas walkers amongst those registering their end-to-ends. It's likely that this trend will continue for the foreseeable future as these walkers are finally able to visit us to put their postponed walking plans into action.

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

CONGRATULATIONS to them all!

Kirsty (24) and **Chris** (26) **Mackinnon**, from Scotland, say their end-to-end (N-S, 07.09.15 to 27.10.15) provided many brilliant memories and fun times for them both. Kirsty felt it was one of her greatest achievements, but after so many months of planning and anticipation, it was over so quickly! She found the challenge made it all the more rewarding, whilst Chris thought it was tough mentally and was overjoyed to have completed it. The effort of dehydrating their own meals was well worth it and they were able to pick up extra treats in the Track towns. Chris's favourite sections included Boonerring Hill, Mt Hallowell and the varying scenery between the Valley of the Giants and Rame Head. Kristy liked the whole section from Mt Chance to William Bay. Waking up to the sunrise every day and the views from the hilltops were highlights. Wildlife included an echidna, some bandicoots and some close encounters with snakes. Both loved the excellent facilities and Kirsty says the Track is in a league of its own. A fly net was her best equipment, and Chris liked his sock liners. They advise dehydrating your own meals and not getting too bogged down in the planning.

Lorna Winder (42) from England, and better known as *Hobo*, found the diversity of nature to be quite spectacular on her walk (N-S, 09.09.15 to 30.10.15). She found peace, tranquillity and a real sense of freedom. But she didn't find any canoes on the right side at Irwin Inlet! (*Shame on you, fellow walkers*). Her favourite section was between Northcliffe and Walpole and highlights included reaching the coast at Mandalay, feeling the beach sand between her toes and watching a sunset on the rocks near Long Point campsite. Lorna had lots of laughs with interesting characters she met along the way, and she enjoyed encounters with the wildlife, even finding a snake in the Rame Head shelter! Best equipment was a Jetboil stove and a billy; worst were her hiking boots, causing her to wear trekking sandals instead. Lorna advises dehydrating your food and posting it to Track towns along the way.

.....
"Sometimes you wonder why you're doing this when every muscle is screaming after all the up down, up down and the last kilometre into the campsite seems to go on forever. Then there's the feeling of euphoria when at last you reach the shelter and the overwhelming joy of achievement which makes it all worthwhile".

Joan Clark and Jennifer Wharton, Bindoon

.....
Samantha Kirby (26), from the USA, called herself *Comet* on her walk (N-S, 09.09.15 to 30.10.15) which she wished was three times as long as she didn't want the adventure to finish. Her favourite sections were DRV to Northcliffe and along the southern coast. Reaching the ocean was a special highlight, as were some river crossings, and she also enjoyed some Baileys and marshmallows at Possum Springs courtesy of Trail Angel Su. (*Ed note: This was Su Beckett. See the article in issue #70 "Track Magic"*). Samantha found it was amazing and inspiring to meet fellow walkers from all over the world. Tons of kangaroos and plenty

of tiger snakes were seen, along with a lot of black cockatoos. Best equipment included Fiomull and Lorna's billy (see above entry). She advises taking some warm clothes as it gets cold out on the Track.

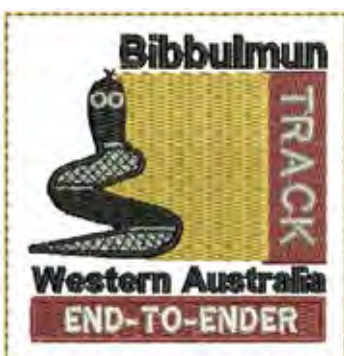
Kathryn Zimmerman (66), from the USA, signed in as *Baglady* on her walk (N-S, 07.09.15 to 31.10.15) which she says was a lovely way to be introduced to the flora and fauna of Australia. She loved it all but says she got lost far too often and would have liked a few more Waugals in some southern sections. Kathryn's favourite campsite was Schafer. Wildflowers, and especially the orchids, were a highlight and she enjoyed learning about the different trees. Amazingly, it took her until her last full hiking day to finally see a snake! All Kathryn's gear, honed from hiking thousands of miles, worked well for her. She advises packing light, as it is then so much more fun.

Aron McNamara (34), from England, had such an enjoyable adventure on his first long distance hike (S-N, 01.10.15 to 21.11.15) that the Track will be very hard to beat anywhere. Aron says he couldn't pack enough food and was eating double by the end of his walk. He loved the whole Track, but was able to pick Albany to Walpole as his favourite section. Lake Maringup also stood out, as did the tall forests between Pemberton and Beedelup. He found the wildflowers were mesmerising, as were the many birds and the diversity of the wildlife. A stand-off with a kangaroo was particularly memorable. He agrees with other walkers that there is something a little bit magic about walking the Bibbulmun Track. Trekking poles and a fly net were essential but he found his old army sleeping bag far too heavy. He advises packing as light as possible and sending food packs forward.

Philippe Vanderschriek (50), from France, has registered three end-to-ends (N-S, 16.05.11 to 07.07.11; and a double N-S-N, 05.09.15 to 23.11.15). He first heard about the Track way back in 1999 in Albany, but

Do you have your End-to-Ender BADGE?

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



Our CONGRATULATIONS to the following 23
walkers on completing an end-to-end!
12 from overseas, 5 from interstate
and 6 from WA.



it took 12 years for him to come back and walk it! Memories from his first end-to-end include the freezing nights and the wonderful early morning view at Blackwood Campsite. Walpole to Denmark was his favourite section then and Lake Maringup and Frankland River were favourite campsites. On his double, Philippe enjoyed seeing the Track from the opposite direction and now finds it harder to pick a favourite. He's learned to pack as light as possible and resupplies in the towns along the way. He lost 11kg in weight over 11 weeks but would like to lose some more! Best equipment included his feet, his Aarn pack and an Evernew stove. Advice for other walkers is to pack light, carry a PLB and not rely on mobile phone signals.

Michael Lewis (31), from the USA, (N-S, 03.10.15 to 29.11.15) says the Bibbulmun Track is a great trail and he met some great people. He was amazed at the acts of kindness that he received on the trail, such as the staff from the Dwellingup Caravan Park driving to another town to pick up some shellite for him! Michael's favourite section was between Walpole and Denmark and he especially liked the tall karri trees. He's very appreciative of the facilities on Track and their maintenance. His advice is to just do it...you will not regret it.

Andrew Little (20), came from Canada for "the journey of a lifetime" (N-S, 18.10.15 to 03.12.15) and says he is now totally hooked on long distance trails. He loved the remoteness and being able to camp each night. The Track towns were great, with locals appreciating hikers and the food was good value even if variety was sometimes limited. His favourite section was around Long Point where he loved sitting on the rocks watching the waves. Other highlights were seeing an osprey eat a fish, having cockatoos rain gum nuts down on him as they ate, falling asleep to the sounds of the ocean, waking up to the birds, hiking at night and meeting friends on the trail. He was totally in awe of the Track. His hammock was his best equipment and several broken sporks were his worst. His advice is to plan more time so you can take it all in, experience the total trail, see the Track towns, do the spur trails and enjoy it all. He wishes he had more time.

Leo le Douarin (24), from overseas, called himself *Leo, the racing snail* on his end-to-end (N-S, 03.11.15 to 05.12.15) which he described as an amazing trip with every step being a wonderful bushwalking experience. He enjoyed it all so much that it was hard to pick a favourite section but a memorable highlight was seeing the view of the Southern Ocean open up before him as he walked along the ridge toward Mandalay Beach. Leo is very grateful to everyone involved in the upkeep of the Track and its facilities. He found there was so much to see and discover and he loved listening to the birds that were "the music of the Track." Leo claims his best equipment was his body! He advises others to "go for it."

Francoise and Simon Dickinson came from Switzerland for a relaxing and rewarding experience (N-S, 20.10.15 to 28.12.15), which they say was a wonderful way to discover Australia as the Track led them through an incredible diversity of landscapes with such fabulous unique wildlife. Appreciation is felt for the BTF volunteers and everyone who help to make it possible to walk in such good and safe conditions. Other walks they've done have entailed complicated eating and sleeping arrangements. They resupplied in Track towns, apart from sending a food parcel to Dwellingup. Highlights for them included wildflowers; the first blue wren, kangaroo, cockatoo, tiger snake, and motor bike frog; Boonerring Hill; Mt Chance; Mandalay Beach; Quarram reserve; bird concerts at dawn and dusk; the trombone recital on Christmas Eve at West Cape Howe and meeting other people on Track. The huge variety of wildlife seen included surfing dolphins. Best equipment included a light tent, a 6cm sleeping mat (*Ed note: Assume this is thickness rather than length?*) and their own enthusiasm and curiosity. Their advice is to pack light and walk slowly as there is so much to see. Life is short...take some time off.

Bob Oxlade (80), from Victoria, has returned for his fourth end-to-end (Sectional S-N, 12.04.15 to 12.09.15) and is pleased to have completed it with no mishaps. He found posting food drops ahead of him worked well. He's enjoyed all his walks and doesn't find much difference walking either direction on the Track. Bob prefers the southern half in autumn as the inlet levels are lower, and the

northern half in spring in an attempt to avoid the ticks. He thinks the camp shelters are good and thanks volunteers for all their work. Walking poles are his best equipment and he also uses one with his tent. Bob also advises keeping pack weight as light as possible.

Kaye Wood (55), from Queensland, describes her solo end-to-end (N-S, 23.09.15 to 01.11.15) as an amazing experience and was very happy to finally cross it off her bucket list after 15 years. She used commercially dried food and was lucky to have her husband meet her in towns as her support team. Kaye says each section was her favourite one...until she walked the next section and that became her favourite one! Highlights were the karri and tingle trees. She enjoyed the time for reflection during solitary walking and solo nights, but equally enjoyed sharing shelters with other walkers who were inspirational, generous with advice and great company. Birds, emus and wallabies were plentiful, as were the snakes! In comparison with other walks, Kaye thinks the Track is absolutely awesome with its well-spaced and welcome shelters at the end of each day and says the maintenance of it all is a credit to everyone involved. She says don't wait for others to join you...just go alone for an unforgettable experience.

Elizabeth Crawford (65), from NSW, signed in as *Elizabeth* on her walk (N-S, 11.09.15 to 05.11.15) where she found the fragrance of the wildflowers and the morning beauty of the bush were highlights, as was the sheer challenge of every day and going the distance. Her favourite sections were between Kalamunda and Dwellingup and she also enjoyed Noggerup Campsite. Walking poles and a Gortex jacket were her best equipment and a blow-up pillow her worst. She advises being prepared for cooler weather.

Christopher Moschioni (53), from the ACT, thought his walk was wonderful (N-S, 21.09.15 to 14.11.15) but found it quite frustrating that the Track was closed to through-hikers for so long after the bushfires. Meeting other people along the way helped to make his walk so special. Christopher's favourite section was the Pingerup Plains and he actually like seeing the snakes...kind of! An Exped mattress was his best equipment. He advises just doing it, and taking your time to single hut unless you're on a mad schedule.

Belinda Herden (26), from Queensland, called herself *Bella Jade*, and says her walk (S-N, 09.10.15 to 13.12.15) was one of the best experiences of her life. She enjoyed the peace and solitude and the simplicity of life on the Track, learning a lot about herself and what is really important in her life. Denmark to Walpole was her favourite section, but she loved all her time on Track, even when the mozzies were biting and her feet were hurting. Highlights included the canoe crossing, a swim in the river near Murray Campsite, sharing a rest day at DRV with Munda Biddi cyclists and a surprise visit from her Mum at Dwellingup. Belinda posted food boxes to each town and this worked well, being supplemented by extra supplies from the towns. Wildlife was amazing and it was exciting to see each animal. This was Belinda's first big walk and she can't imagine any others being so well maintained and organised. She missed not having a camera...her phone was a poor substitute at times. She urges everyone to spend some time on the Track as it's good for the mind, body and soul.

Brett Flahavin (22), from Morley, says his e-e (N-S, 17.08.15 to 04.10.15) was an amazing experience that he will cherish for the rest of his life. He learned a lot about himself, others and the natural environment, with his walking companions being a lot of fun and great support. Using a combination of food drops and town purchases worked well, and Brett enjoyed some meals so much that he still makes them now. But he hasn't eaten a single muesli bar since the walk! Favourite sections were North Bannister to Dwellingup and Balingup to Pemberton. A highlight was Maringup Campsite which was beautiful at sunset, and he enjoyed all the wading across the plains—it was fun even when it was thigh deep in parts. An echidna and some seals were amongst the wildlife seen. Best equipment included his Thermarest and boots. Brett advises planning ahead and doing trial runs to check that equipment is appropriate and effective.

Bradley Patrick (26), of Menora, had a great time (N-S, 18.09.15 to 28.10.15) and says it was not as hard as he thought it would be. At walking pace, he was really able to appreciate the different ecosystems of the south west. He loved the whole Track and highlights included seeing the first karri trees, swimming in the Donnelly River and stargazing at night. Bradley was excited when he thought he saw a rare western ground parrot,

but then discovered it was just a lorikeet. A big straw hat was his best equipment.

Armin Azad (44), of Osborne Park, signed in as *Waugal* on his end-to-end (N-S, 08.09.15 to 31.10.15). He loved the experience, says it is a great track and thanks everybody who maintains it. Armin found that resupplying in the Track towns was adequate. Northcliffe to Walpole was his favourite section and the wildflowers were a highlight for him. Walking poles were his best equipment but his backpack was too heavy. Like many others, he advises "Just do it."

Terry Pilbeam (65), from Preston Beach, and **Stephen Dempster** (59), of Willetton, were pleased to have had only four hours of rain in 54 days (N-S, 09.06.15 to 14.11.15) on their trek. Stephen had wanted to walk the Track for 20 years and enjoyed every day once he'd gained his Track fitness, and felt an enormous sense of achievement on completion. Terry is a returnee after an initial end-to-end several years ago and still thinks the facilities provided on the Track are great when compared with other walks. Pre-prepared dehydrated meals worked well, supplemented by extras from the Track towns. Both enjoyed the sections between Walpole and Denmark, with Terry particularly liking the tingle trees, swimming at Boat Harbour and William Bay and seeing the wildflowers and orchids in the northern half. A highlight for Stephen was his stay at Maringup Campsite. They became quite relaxed on their walk and liked their early morning starts on the hotter days. Plenty of wildlife was seen, including mating kangaroos! Hi-tech boots, a billy and a Teflon BBQ sheet were among best equipment. Their advice is to pack light, wear gaiters and don't underestimate water requirements.

Pei-Yin Lew (29), of Dalkeith, was simply *Pei* as she enjoyed the physical challenge of her trek (S-N, 17.10.15 to 19.11.15) and was pleased to be able to cross it off her bucket list. The scenery and wildlife were great, the Track well maintained and the shelters were amazing. Denmark to Walpole was her favourite section with the coastal scenery, beautiful sunsets and the tingle trees. She particularly enjoyed the long stretches of beach walking, the peaceful karri forest and a swim in the river at Murray Campsite. Many snakes were seen along the south coast. A kindle and inflatable pillow were best equipment. Pei-Yin advises packing light and taking insect repellent and a fly net.

Jacqui Johnson (50), of Coolbellup, started walking short sections of the Track with friends, and loved the experience so much that she just kept on getting out there, and then took leave from work to finally complete an end-to-end (Sectional, 20.09.14 to 28.11.15). She says she carried way too much food at first and there wasn't much imagination in it. In hindsight, she says she should have done the BTF cooking class! The Pingerup Plains with its diverse plant life was her favourite section along with the Showgrounds near the Irwin Inlet. The views from the hilltops and the coastal cliff tops were particular highlights. Jacqui was surprised not to meet a lot of other walkers, but the people she did meet were always interesting and she picked up a lot of helpful knowledge from them. She loved the many species of birdlife seen along the Track and has total respect for the snakes. Walking poles and a Jetboil were among her best equipment. She advises listening to other walkers on the Track and learning from their experiences.

**Compiled by
Charmaine Harris
BTF Volunteer and End-to-Ender**

NEW Waugal cloth badge

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A JOURNEY FROM Boys to Men

In the last edition of Bibbulmun News we published an article about the award winning program at Scotch College which encourages boarders to complete an end-to-end on the Bibbulmun Track.

We have since received photos of the most recent Year 8 students out on the Track and a photo of the most recent Year 12 students at the end of their journey. It is a lovely illustration of how these young men grow up over that five year period!

Two of our volunteers, Jane Singleton and Brian Traynor, are part of the welcoming committee at the southern terminus each year and have the enjoyable task of presenting the End-to-End certificates and badges.



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ALBANY BAYVIEW BACKPACKERS YHA	ALBANY		(08) 9842 3388	bayviewbackpackers.com.au	Discount on accommodation
ALBANY HARBOURSIDE APARTMENTS	ALBANY		(08) 9842 1769	albanyharbourside.com.au	10% Discount on accommodation
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CAPE HOWE COTTAGES	ALBANY		(08) 9845 1295	capehowe.com.au	10% Discount on accommodation
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ELSEWHERE	BALINGUP		0417 965 491	balinguptourism.com.au/accommodation/elsewhere	
THE POST HOUSE (BALINGUP BUDGET ACCOMMODATION)	BALINGUP		(08) 9764 1049	theposthouse.net.au	10% discount (individuals and couples). Different discount options available to groups.
TREE ELLE RETREAT	BOW BRIDGE		(08) 9840 8471	treeelle.com	10% on accommodation stays of 2 nights or more. Subject to availability; not valid during Easter and Christmas Holidays.
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PERTH HILLS VISITOR CENTRE	VISITOR CENTRE		(08) 9257 9998	experienceperthhills.com.au	
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February 2017

Join Gwen Plunkett and Friends of the Bibbulmun Track Foundation with World Expeditions on a 9-day discovery tour of NZ's South Island's Fiordland National Park and remote Stewart Island.

Highlights of this tour include the three-day Hump Ridge Track, sea kayaking from Stewart Island and a taste of the famous Kepler Track.

Enjoy stunning views of towering Mountain landscapes, rugged coastlines, rocky outcrops, golden beaches, and thick forest -this region has it all!

For more information
events@bibbulmuntrack.org.au



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- 7 days Cape to Cape Track WA
- 8 days Camino Salvado Pilgrim Trail WA
- 16 Days Canada + Opt Alaska Cruise



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www.AdventurousWomen.com.au



Office GOSSIP

When we closed the office just before Christmas we were looking forward to a break with no fires affecting the Track. Sadly this was not to be and while we were closed sections of the Track were burnt.

Murray Campsite managed to survive, although damaged, and the Track remains closed from Yarragil Form to Driver Rd until it can be made safe. Canning Campsite also survived a fire which came to within a metre of the shelter, as did White Horse Hills where a fire came to within 150 metres of the campsite. As a consequence we are once again busy with calls from walkers trying to plan their walks around the closed sections.

We are very pleased with the new Day Walk Map Packs which are proving very popular. These can be purchased via our website or pop into the office. Look out soon for the new Waugal cloth badges we have ordered in response to requests from members.

We had a marvellous response to the call for volunteers to enter the data from the campsite log books and have been busy allocating books and providing training for those who have offered to assist. This is a long term project so if you'd like to do some volunteering from home, please let me know. We've had a number of offers from country WA as well as interstate and even overseas.

Now that the weather is cooling down, I hope you are dusting off your walking boots and preparing for another walking season.

Gwen Plunkett
Office Manager & Volunteer Coordinator

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The traditional Entertainment Book that comes with the Gold Card and vouchers
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\$13 of your \$65 purchase will go towards building the new suspension bridge over the Murray River to replace the historical Long Gully Bridge—without this bridge the Track is effectively cut in half.

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You can pre-order now:
<https://www.entertainmentbook.com.au/orderbooks/835a11>

Thank you for your support.



Award-winning Sleeping Bag range has you covered whatever the weather



Despite what visitors may think - it does get cold in Western Australia - and it can be FREEZING some nights on the Bibbulmun Track! Sadly, we have greeted too many hikers in the office who have cut-short their walks due to not having a decent sleeping bag.

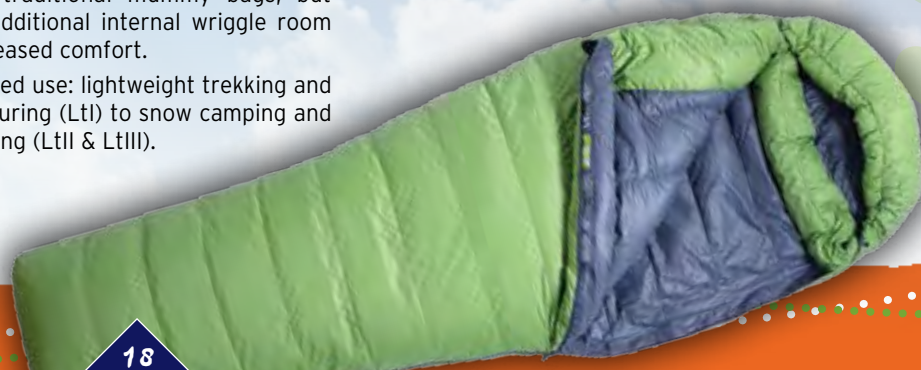
"We venture into the wild to get away from it all. Active days, fresh air, inspiring scenery and long cosy nights. But it's only good if you're warm and comfortable," said Sea to Summit Co-Founder Tim Macartney-Snape.

Latitude is Sea to Summit's most versatile series. Designed for a broad range of activities in a variety of environments, the Latitude bags are filled with 750+ Loft ULTRA-DRY Down™ and protected by the 2D NanoShell™ fabric. Featuring a tapered

rectangular shape, the Latitude series offers comfort in the widest range of temperatures. By utilising lightweight shell fabrics and high loft ULTRA-DRY Down™, the bag is similar in weight to the traditional mummy bags, but offers additional internal wriggle room for increased comfort.

Suggested use: lightweight trekking and cycle touring (LtI) to snow camping and ski touring (LtII & LtIII).

Length / Zip options: Short (right zip), Regular (left or right zip), Long (left zip) RRP: from \$479 - \$629



Thank You to our VOLUNTEERS

Thank you to all our 300 volunteers - what would we do without you!

Whether you are looking after a section of Track, helping in the office, guiding or entering log-book data the Foundation and the Track could not be in better hands. A huge thank to you all for being part of the team!

Volunteer rewards and Long Service Awards for 2015 were presented at functions in Kalamunda, Peaceful Bay and Albany.

LONG SERVICE AWARDS

Long Service Award recognise the commitment and loyalty of our long serving volunteers, regardless of how many hours they are able to volunteer annually.

These awards are supported by Zanthorrea Nursery and Fairbrossan Wines.

15 YEARS

Chris Piggford
Pippa Moore
Richard Moore
Robert Mutch
Sylvia Mutch
Tony Jennings

10 YEARS

Charmaine Harris
Isabel Busch
Jennifer Ashbolt
John McLaughlin
Ken Crawford
Kris Sheehan
Libby Pardoe
Marcus Harris
Michael Duffy
Pam Ucich
Patrick McManus
Peta Maiklem
Peter Burgess
Richard Clayden
Sylvia Baker
Wendy Colley
Wolfgang Schlieben

5 YEARS

Alex Williams
Ashley Carruthers
Ben Blomfield
Beth Sawers
Brigita Ferencak
Carol Brownlie
Dennis Sawers
Eric Chamberlain
Fay Francis
Greg Arnold
Jack Busch
Jeff Ovens
Jenny Arnold
John Ellis
John Fathers
John McNamara
Ken Brownlie
Kerry Ovens
Margaret Clark
Michael Carter
Nola Chamberlain
Patrick Tremlett
Rosemarie McNamara
Ross Simpson
Silvana Patorniti
Susan Hansen
Valerie Preston
Yolanda Strauss

MOUNTAIN DESIGNS VOLUNTEER REWARDS

These rewards, given to volunteers who contribute 100, 300 or 500+ hours in a financial year, are generously provided by Foundation sponsor Mountain Designs.

Over 22,000 hours were recorded last year.

500 + HOURS

Charmaine Harris
Elsie Grygiel
Isabel Busch
Jim Freeman
Peter Addenbrooke

300 - 499 HOURS

Colin Gee
Colleen Clayden
Edith Thomas
Ian Rae
Jim Baker
John Wynn
Peter Sweetman
Peter Whittle
Richard Clayden

100 - 299 HOURS

Alan Barker
Alex Williams
Annie van Poppel
Brian Traynor
Carey Dickason
Ce Kealley
Charlie Soord
Chris Piggford
Chris Plunkett
Deb Spiden

Derek Callow
Gary Ceriani
Gayle Kealley
Greg Arnold
Guy Spouge
Hedley Amos
Henk van Poppel
Jack Busch
Jane Singleton
Jenny Arnold
John Beard
Kathi Storig
Ken Graham
Kerry Ovens
Lari McDonald
Lesley Kerr
Lindsay Vibert
Mal Cooper
Malcolm Ferrier
Marilyn Beard
Mary Gray
Maryanne Addenbrooke
Patrick Tremlett
Paul Harris
Peter Dear
Roland Stayt
Sandra Ceriani
Stuart Gray
Susan Soord
Tony Jennings
Trish Bird
Volker Storig



Just some of our fantastic vollies at the volunteer Thank You event in Kalamunda

PRIZE WINNERS!

ANNUAL LIFE MEMBER DRAW

Congratulations to Julie South who won a fantastic tour for two people with Pemberton Discovery Tours.

NEW LIFE MEMBER DRAW

Cheung Li was drawn from the list of members renewing as Life Members in the last six months of 2015 to win a Bibbulmun Track Headsox, a GoToob and an 8 Litre Dry Sac

MONTHLY MEMBERSHIP PRIZE DRAW

OCTOBER

Maria Binks received a Drylite Towel. David Wrigley received the 2nd prize of a GoToob and a book —Urban Antics.

NOVEMBER

Lorraine O'Flaherty received a Drylite Towel
Naomi Brooks received the 2nd prize of a GoToob and book.

DECEMBER

Catherine Phillips received a Black Diamond Head torch Bob Kerr received the 2nd prize of a Travel Clothes Line

JANUARY

Marlene Pritchards received a large XPlate
Nicolas Massu received the 2nd prize of a Nano Head Net

Many thanks to our prize donors



Department of Parks and Wildlife



Bibb Track Packs OVERSEAS

Jan and Bob Corfield made use of their Bibbulmun Track backpacks on the Nakasendo Walking Trail in Japan. This photo shows one of Japan's national treasures, Matsumoto Castle, in the background.



Has your Bibbulmun Track backpack travelled overseas? Send us your photos! These superb Deuter packs are available to purchase from the BTF office or online.

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 CHANGED ADDRESS?

Help us save time and postage and update your details. Hop onto our website, log in and update your details under My Account. You can also upload a pic of yourself!

Not sure how?

Visit our Website Help page under Contact Us at www.bibbulmuntrack.org.au

Otherwise call us and we will update your profile for you.

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.

WALKER STORY

Walking for Resilience

IN APRIL THIS YEAR LIZ EVERARD IS WALKING AN END-TO-END FROM ALBANY TO PERTH TO RAISE AWARENESS ABOUT ABORIGINAL SUICIDE.

Liz lost her brother to suicide when she was 23 years old, he was 25. "Knowing the effect my brother's suicide had on my own family, friends and community, I can only imagine the impact the high rate of suicides has on Aboriginal communities, who already face numerous community, social and systemic problems. Suicide is not just a mental health issue, it is a public health issue that affects whole communities and therefore requires a whole of community approach.

"The suicide rate for Aboriginal and Torres Strait Islander people is almost three times higher than the non-Aboriginal population. Among Aboriginal young people aged 15 to 24 years, intentional self-harm rates are 5.2 times that of non-Aboriginal young people. This is unacceptable"

The aim of Liz's pilgrimage is to create awareness about *Walking for Resilience*; a concept she and Noongar Elder Darryl Kickett have been working on over the last eight months.

The *Walking for Resilience* model will help Aboriginal and non-Aboriginal communities conduct walks on significant trails and tracks in their region to strengthen resilience in young people.



Liz Everard, walking for resilience

"Walking has long been a tradition in Noongar culture and provides an opportunity to talk and connect, pass on information and knowledge and engage in traditional cultural practice. I hope my walk will generate interest in the concept of *Walking for Resilience* and inspire community action and dialogue," Liz states.

You can follow Liz's walk on the Facebook page: www.facebook.com/walkingforresilience

The Helping Minds (formerly Arafmi) website also has valuable information on it, such as a FAQ section including a schedule with the dates Liz is in Track towns for anyone who would like to meet with her and have a yarn.

www.helpingminds.org.au

TAKE A BREAK AND PUT A Spring in your step

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

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

A Bibbulmun Walking Break is a great way to escape to the southwest to enjoy the wildflowers and the peace and tranquillity of the bush - and the perfect way to recharge your batteries.

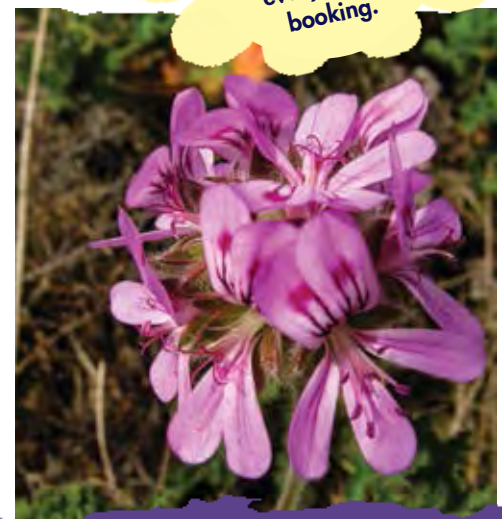
For full details go to www.bibbulmuntrack.org.au and look for Bibbulmun Breaks under 'Trip Planner' - or call Lindsay 94810551 for a tailor-made quote.

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

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



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



TRACK TOWN ALBANY

The southern terminus of the Bibbulmun Track is located in Albany, a port city set on the rugged south coast of WA. With a vast network of tracks and trails that challenge people of all ages and fitness levels, Albany is a haven for walkers, but especially for End-to-Enders on the Track.

For those finishing their epic 1000km walk, Albany offers comfortable accommodation ranging from backpackers to hotels and luxury B&Bs. There is also a host of pubs and restaurants where walkers can indulge in the food and beverages they have been imagining while striding through the bush.

For those just beginning their journey there are camp shops that will supply those last minute items of equipment and supermarkets and shops where food and supplies can be purchased.

It is worthwhile spending some time in the town itself, relaxing either after your walk or before you begin, absorbing the atmosphere of this historic settlement. Albany was the first place in WA to be settled by the Europeans, in 1826, three years before the establishment of the Swan Colony.

Much of the legacy of these settlers still remains in the form of about 50 colonial buildings, now doing duty as museums, galleries and restaurants. The self-guided Amity Trail in Albany enables you, in just 30 minutes, to take in the convict prison, whaling ships, taverns and National Trust residences, covering two centuries of history.

The Bibbulmun Track passes close by the replica of the brig Amity, which brought a British Army expedition from Sydney, arriving on Christmas Day in 1826, when a military base was founded on the site. Some 60 people made the trip from Sydney in the tiny ship with sheep, pigs, cattle, plants, seeds and stores.

Albany is home the National Anzac Centre,

based in the Albany Heritage Park. Albany has a strong link to Anzac history with more than 41,000 Australians and New Zealanders leaving Australia's shores from Albany's King George Sound for the First World War in late 1914.

The Centre was opened in November 2014 as a place of remembrance and reflection. It offers visitors a deeply personal connection with the Anzac legend revealed through interactive multimedia displays, unique artefacts, rare images and film, and audio commentary; a worthwhile addition to a true Albany experience.

Albany also boasts some of the finest foods and premium wines in the area and if your stay falls over the weekend, you can sample some of the freshest produce at the weekly Farmers and Boatshed Markets. A fine selection of seasonal fresh fruit and vegetables, fish, meats, dairy products and seafood is available and this is where you will find the locals on a Saturday and Sunday morning. Albany prides itself on farm to table where you can buy your produce directly from the farmers themselves.

Looking slightly further afield, Albany is a gateway for wildflower areas including the Stirling Range National Park. The Stirling Range is a world-recognised biodiversity hotspot with 87 plant species found nowhere else on earth. Porongurup Range is also in this region and is one of Earth's oldest mountain ranges, dated at more than 1.2 million years old. There are more than 700 species of flowering plants and 78 species of birds. The wildflower season runs from August to November.

Albany's prime industry from colonisation up until the late 1970's was whaling, and even after all those years of hunting, whales still use Albany's sheltered waters as a refuge during their long migration to icy Antarctica. From June through to October is peak whale watching season when humpbacks and the endangered southern right whales congregate and are easily spotted from beaches and other coastal vantage points such as Marine Drive. One of the most scenic coastal landscapes for whale spotting or just taking in the fresh sea air is Torndirrup National Park, where attractions such as the Blowholes, The Gap and Natural Bridge also thrill tourists.

Albany has a little bit of something for everyone, whether you are a history enthusiast, adventure seeker, food and wine lover or simply looking for a relaxing place to put your feet up after a hard day's trek.

FACT FILE:

Albany Visitor Information Centre
Old Railway Station, 55
Proudlove Parade Albany WA 6330

Open every day of the year
(closed Christmas Day) from
9am to 5pm

Phone: (08) 98419290

Email: info@amazingalbany.com

www.amazingalbany.com.au



The Bibbulmun Track takes walkers past the Albany Windfarm which attracts thousands of visitors each year.



Views over King George Sound from the Light Horse Memorial on Mt Clarence.

**PLEASE SUPPORT
OUR WALKER FRIENDLY
BUSINESSES IN ALBANY.**

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NOTICE BOARD

FOR SALE:

SEA TO SUMMIT DUO SPECIALIST TENT

846 grams or 633 grams if erected with walking poles. Used about 7 times on my end to end.

New price approximately \$550.

Sell for \$350.

Contact: Melanie Kilpatrick

(08) 9257 1281

E: melk@iinet.net.au

WANTED:

GUIDEBOOKS AND MAPS, ALL SECTIONS

Anyone looking to sell (or loan out) their Guidebooks and maps?

Looking to pick up if you're based in Perth metro area, else also happy to pay for postage.

Contact: Nick

0452 392 360

E: nickloke@gmail.com

FOR SALE:

DAY PACK (BRAND UNKNOWN)

Day Pack available for sale for the price of a donation to the Foundation.

Contact: Lindsay or Gwen

(08) 9481 0551

E: friends@bibbulmuntrack.org.au

WANTED:

WALKING COMPANION(S) FOR THE LARAPINTA TRAIL

The time is in July this year. I plan to use the 3 food/fuel drops available along the track, otherwise the walk is self-guided and unaided. Should you be interested, please SMS me to my phone.

Contact: Jing

0403 753 746

FOR SALE:

DEUTER WASHCENTRE

Zip around wash centre for storing toiletries, first aid, etc. For travel or hiking. 23 CM X 25CM, new. Blue. Worth \$52, will sell for \$20.

Contact: Anne

(08) 9582 1686 or 0428 710 552

E: hillurup@bigpond.com

FOR SALE:

TENT LIGHTWEIGHT

Black Diamond lightweight 2 man Tent. Excellent condition, rainproof. Used no more than 20 nights on the Bibb Track. Compact when folded away, easy to do, plenty of ventilation. Freestanding. Worth \$700 new, will sell for \$200.

Contact: Anne

(08) 9582 1686 or 0428 710 552

E: hillurup@bigpond.com

LOST:

PAIR OF SPECTACLES

I lost a pair of spectacles while hiking on Saturday 23/01/16. Black rimmed, French Connection brand I think. Reckon I stopped around 3-4 kms out of Kalamunda terminus and may have left them either on a rock or perched on a tree branch.

Contact: Nick

0452 392 360

E: nickloke@gmail.com

FOR SALE:

STREZLECKI BACKPACK

These are about the only packs still made in Australia! This 80L (medium harness) pack is in excellent condition and is made from high quality materials. It was donated to the Foundation to sell as a fundraiser.

New they are worth about \$550.

Sell price is \$250.

For more info and specs on the pack see <http://www.oneplanet.com.au/bushwalking-packs/strezlecki.html>.

Contact: Steve

(08) 9481 0551

E: friends@bibbulmuntrack.org.au

Social Sunday Walks

Free for members. \$15 non-members. See booking conditions online.

WALK RATINGS: BEGINNERS INTERMEDIATE EXPERIENCED

WALK BOOKINGS - Only 2 can be booked at a time

29 May 9.00am

12km return walk from Kinsella Rd to Canning Campsite

5 June 8.30am

20.4km return walk from Kalamunda to Hewett's Hill Campsite. (Fit and experienced walkers only!)

12 June 10.30am

11km return walk from Mundaring Weir to Ball Creek Campsite

26 June 9am

17km return walk from Brookton Hwy to Canning Campsite

26 June 9am

15.6km return walk from Peaceful Bay to Irwin Inlet

17 July 8.30am

20km walk from Kalamunda to Hewett's Hill Campsite (Fit and experienced walkers only!)

7 August 8.30am

18km return walk from Dale Rd to Beraking Campsite (Fit and experienced walkers only!)

14 August 9am (2 feet)

15km return from Mt Cooke Pines to Nerang Campsite

Bookings for each walk will open one month prior to each walk.

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

Walker Story

CLOSE TO THE MARROW: Walking on despite fear and falling in love with the Bibbulmun Track

by Lucy Ridsdale (aka Wildgoose)



Ngalla katij Nyungar moort keyen kadak nidja moordich kwobbadak Boodjar We acknowledge Nyungar people as the traditional custodians of this good, beautiful country.

*Ngam djerup djerup yemow nidja Nyungar Boodjar
I am happy to walk on Nyungar country.*

My love of walking, and by walking I mean adventurous journeying on foot, started in 2001. I was living in France and heard an interview on the radio with a man who had just walked the Camino de Santiago. A strange knowing arose in me. I am a pilgrim, I said to myself. Immediately afterwards, my thoughts caught up: if you're a pilgrim, you need to walk a pilgrimage. You'd better do that one in Spain! So it was that a couple months later I found myself facing the Pyrenees with a 10 franc canvas rucksack, a woollen poncho against the weather, and work boots to walk in. I knew nothing about the Camino and didn't even have a map, the only guiding notion being that if I followed the yellow arrows I would eventually arrive in Santiago, some 800 kilometres to the west. I was twenty-two.

The journey changed my life, or maybe better said, the journey gave me the beginnings of my adulthood. About a week in I came across a Spanish saying in one of the hostel books: *el turista exige, el peregrino agradece* – the tourist demands, the pilgrim appreciates. The words struck me and gave a flavour to that first long, profoundly joyful, mythic, wonder-filled journey I made on foot. For fifteen years these words have ploughed my soil, breaking up hard-baked certainties and turning the sod of a cultural legacy of entitlement. Seeking to shift my own inner pivot from entitlement to appreciation has been an undercurrent for all that time and is part of the responsibility I feel as a citizen of these times.

Not long after I moved to Western Australia in 2005 I heard about a friend of a friend walking the Bibbulmun Track and again something inside me said quietly and simply: I will walk that track. I felt like a foreigner to the sandy coastal plain on the other side of Australia from where I'd grown up, that I was a guest here, though perhaps a guest who wanted to stay. Knowing on an intellectual level that I was on Nyungar country, it felt right to ask permission of country, somehow, if I wished to make my home here. I hadn't visited the south-west at all and it felt exciting, other-worldly, and deeply good to set out to get to know it on foot.

Again (you might be sensing a pattern here) I did a bare minimum of research and though I did carry maps this time and sent food parcels ahead, when I stepped onto the Track in Kalamunda in the late spring of 2006 I truly had no idea what I was in for. Like Cheryl Strayed in *Wild*, I began with a reasonably uncurated and cumbersome amount of gear that I had only stuffed in my backpack for the

first time that morning. The longest back country hike I'd done to that point was an overnighter in year nine and as I clambered down the granite edge of the Darling Scarp – the first real sniff of the wild country of the Track – it dawned on me that any time I took a step without looking could be the time I step on a snake. It was a harrowing first day in which I got lost following – in my defence – Waugal-like markers into an ornamental garden near Mundaring Weir, and then panicked, started hurrying and was brought down by heat stroke. I was frightened, and fear was a companion for most of my solo walk. By the end of the first week I had a nightly routine of psychological preparations against the army of fears that marched into my imagination as the daylight disappeared. A walker I met on this stretch told me a long time after that she'd secretly believed I wouldn't make it.

But make it I did! The deceptively simple yet powerful magic of walking is that by continuing to put one foot in front of the other you will arrive. And as the minutes and hours and days passed under my boots I began to realise the truth of that, and with it came a feeling of strength, joy and a fierce determination to keep going. What a wonder it is to walk through new landscapes, to wake up and not know who and what you will meet that day. My heart fell in love with the jarrah woodland, karri forests, the magnificent coastal paths by the Southern Ocean and I felt porous to country, seen in my seeing. A shy intimacy began to grow that was a fruit the very vulnerability that almost stopped me.

Nearly ten years later, some memories of that journey are hazy – half-hidden by and sometimes

indistinguishable from those of a second end-to-end that I walked in 2010. In every respect my second walk was easier – it even felt like a kind of homecoming, as the landscapes were familiar to my eyes, my feet and my heart. This second journey had a very different flavour as I was undertaking it as part of my Honours research in sustainable development. Picking up the thread of my first Camino in Spain, I was exploring whether walking itself could facilitate a shift from entitlement to gratitude and I was reading and thinking specifically about this as I was passing through the glorious country of the southwest. It was another stunning and wonderful journey, but while my first Bibbulmun Track walk is less present as tangible memories and clear images, I know that it sits closer to my marrow. Like falling in love for the first time, it never leaves you.

If anyone reading this desires to undertake a solo end-to-end and feels that fear is an obstacle, I would say, oh go for it! Yes, it is a big thing to wrestle with: the walk in its own right and the fear that can accompany it. However the quiet inner strength and freedom that comes from doing so is a reward that remains and grows, and there is great support available from the folks at the Bibbulmun Track Foundation. You can do it!

Interested readers can find Lucy's Honours thesis "Pilgrimage and the Alchemy of Transformation – finding a way from entitlement to gratitude" at: <http://researchrepository.murdoch.edu.au/5031/> and my 2015 presentation for the WA Trails and Outdoors conference "The medicine of long-distance walking for the 21st century soul" at: <https://wildgoosewalking.wordpress.com/>.





TRACK TRIVIA

HI FELLOW WALKERS!

In the previous issue I had to admit to not setting foot on the Track for some time and I'm ashamed to say that this is still the case—almost a year since I have walked on the Bibbulmun Track! This is by far the longest time since I discovered the Track back in 1998 that I have been absent from it. However I am determined to walk in the Perth Hills for at least a week in April before departing on my annual pilgrimage to the UK, where I have lined up Hadrian's Wall Path for a week's stroll of about 140km.

Everyone reading this I am sure is well aware of the huge problems that have occurred along the Track due to the bushfires, and the current situation is described elsewhere in this issue. Many queries are being received from would be End-to-Enders, especially those from out-of-state and overseas, as to when the Track will be fully functional, but up to now this is impossible to predict. However interest in the Track certainly hasn't diminished, with our End-to-End and Getting into Gear workshops attracting ever larger audiences. Meanwhile work in the office continues unabated.

One task I recently took on is to prepare a listing of the green log books that have been returned to the office from the campsites, and to try to track down those that are missing. Some of course were destroyed in the fires at Mount Cooke, Nerang, Beraking, Brookton,

Possum Springs, Gardner and Dog Pool Campsites. I have been fascinated however by some of the reasons given for the absence of others, such as "Eaten by critters", "Used to light the camp fire" and "Found riddled with bullet holes". Further comment would be superfluous.

Quite a lot of time is given over to our trip planning advice sessions for BTF members, either face to face in the office or by email from home for those who cannot get to office. Strange questions still abound, and I particularly enjoyed a telephone conversation with a would be walker recently that went as follows.

"Bibbulmun Track Foundation, Jim Baker speaking."

"Well, hello, honey." (The voice was that of a lady, the accent clearly from the deep south of the USA, immediately invoking a vision of someone sitting on the verandah of a huge white house, overlooking the cotton fields and sipping a mint julep).

"Hi. What can we do for you?"

"Well, honey, I wanna walk your Bibulthing Track."

"OK. Actually it's the Bibbulmun Track. Which part do you want to walk?"

"North from Perth, honey."

"Ah. Well, it doesn't go north from Perth. It goes south."

Long pause.

"Are you sure?"

"Yes, quite sure."

Another long pause.

"Hello? Are you still there? How much of the Track do you want to walk?"

This is where it got confusing. I thought she said:

"End-to-End, honey."

"Oh, you want to walk the whole track?"

"No, honey, just a little bit."

"But you just said end-to-end."

"No, honey. Inn to inn. I.N.N."

"Ah, I see. I'm afraid you can't do that. It's a wilderness track, you see. You have to camp out in the bush, but you can get to a town generally every three to seven days."

Another long pause. When she eventually spoke again, there was a clear note of incredulity in her voice.

"Camp out? But what about food, and showers?"

"You have to carry your food and cook it. And there are no showers, no flush toilets, no electricity."

Even longer pause.

"Well, okay honey. I don't think it's my thing. Thank you for your time. Have a good day."

And she was gone.

Sadly we still encounter people who have done no research before intending to set out on the

Track, thinking it is like the Caminho or the Coast to Coast in the UK, where you can get a meal, a shower and a soft bed at the end of each day.

During these planning sessions I have found an increasing number of people who are concerned with the solitude they may encounter on the Track—which to me, and I know many others, is part of the pleasure of the whole bush walking experience. Common questions are:

"Will there be many nights on my own?"

"What is there to do in the campsites?"

"Will I be able to use my Iphone?"

I suppose this is part of today's world that is losing the art of communication by conversation and becoming more and more dependent on technology.

Anyway, enough philosophising! I'll leave you with a picture of the Track that I think summarises the whole reason why we go out in to the wilderness!

Happy Walking!

Wrong Way Jim



A walker dwarfed by the beauty and enormity of the the southern ocean.

Day Walk Map Packs

2016 EDITION

Not sure where to start? The Day Walk Map Packs are a great resource for beginners and holiday makers as they provide all the information you need to get out for the day in one neat pack.

Available for maps 1 to 8, the day walk booklets describe up to eight options in each area including: where to park, how long the walk is, whether it's easy or difficult, and what you can expect to see along the way. The walk notes even provide directions on following the trail to assist those who are not confident at map reading.

EACH PACK INCLUDES:

- Exclusive 2016 edition booklet with up to eight suggested day walks for each area.
- Bibbulmun Track Map
- Bibbulmun Track Handbook
- Souvenir Bibbulmun Track postcard.
- Plastic sleeve to keep it all together and dry.

RRP \$26.50 \$24.00 for members



FAVOURITE SHORT WALKS

NIGHT WALK TO HEWITT'S HILL CAMPSITE

Map 1: Darling Range—10km return

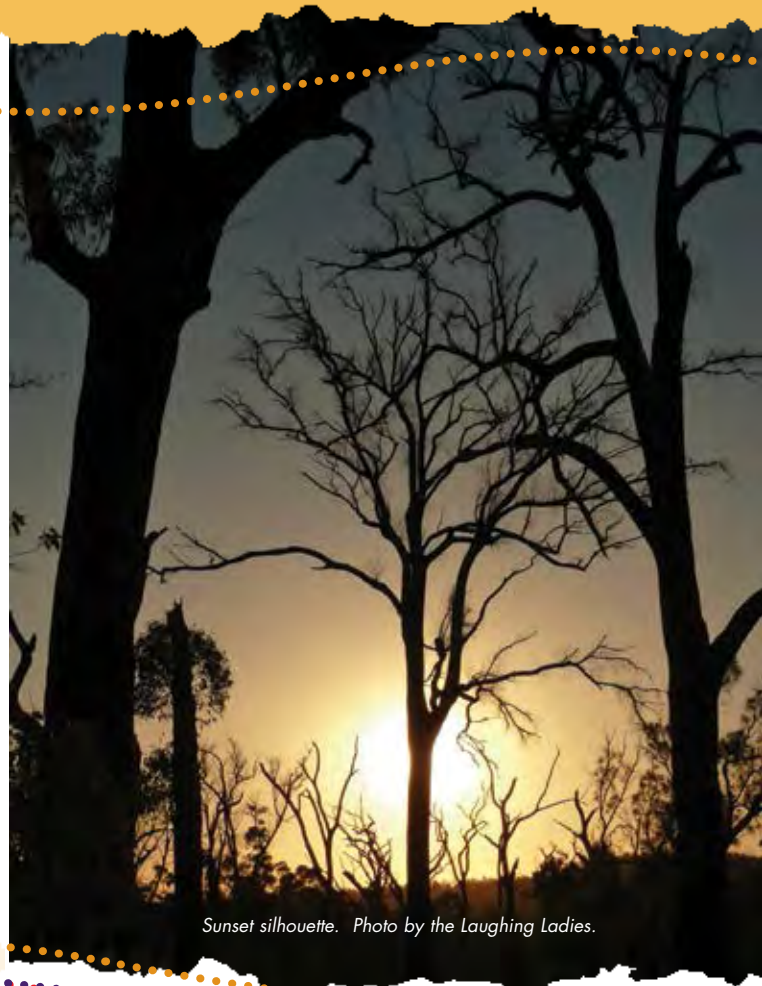
Start: Fern Road (vehicle access point) where the Bibbulmun Track crosses the road. Fern Road is a 10 minute drive from Kalamunda along Mundaring Weir Road.

I am a member of the Western Walking Club, and one of our organised walks was from Fern Road to Hewett's Hill Campsite for supper. Being late October the wildflowers were still out—lining the Track as we walked. We passed the Camel Farm, wishing the café was open for a quick cuppa, then walked through the eucalypt plantation, noting the banksia and snotty gobble trees, arriving at the campsite at dusk, just in time to admire the view of the setting sun.

The campsite shelter was occupied by some hikers, and we reassured them that we were only doing a night walk and would not be bedding down (there were 10 of us). After supper we headed back to the main track by torch light, listening to little creatures rustling in the bushes and not knowing what they were.

The most exciting part of the night walk was looking for the Waugal trail markers lighting up as they reflected the beams of our torches. The walk was enjoyable; lots of laughter and a lovely way to spend an evening.

Deb S



Sunset silhouette. Photo by the Laughing Ladies.

UPCOMING EVENTS

BEGINNER EVENTS

L-PLATES PUB PLOD

The perfect event for those new to bushwalking! A fun and informative 12km walk embracing the beautiful mixed jarrah forest. Learn about our world renowned Bibbulmun Track from experienced and fully trained guides. Not only will you get to enjoy time at one of the Bibbulmun Track campsites, this walk finishes at the walkers' favourite local haunt, the Mundaring Weir Hotel.

When: Sunday 24 April 2016

Where: Near Mundaring Weir, The Darling Range

Rating: Beginners

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



BLACKWOOD DAY WALK

A walk in the magnificent Blackwood area of our South West visiting a campsite for lunch. Great for beginners!

If you live in our South West and have always wanted a taste of walking the Bibbulmun Track but never managed to get out there and do it, this is for you. Your guide on this 13km walk near Balingup will answer any questions you have about getting out on the Track and walking any section of it.. Experience the tranquil jarrah forest while having the chance to walk to a typical Track campsite.

When: Saturday 30 April 2016

Where: Balingup

Rating: Beginners

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

BIBBULMUN TREK FOR BEGINNERS

The perfect introduction to overnight bushwalking, discover the tranquillity of the bush as you explore a relatively easy section of the Bibbulmun Track.

We walk approximately 8km each day and camp out under canvas at a typical Bibbulmun Track campsite. Our experienced and friendly guides will teach you all you need to know about walking and camping and give you the confidence you need to venture out on your own.

When: Saturday 7 May to Sunday 8 May 2016

Where: East of Armadale, The Darling Range

Rating: Beginners

Cost: \$145 members, \$165 non-members

OVER THE HILL (1)

An introductory level 8km return walk for the over-60s to a Bibbulmun Track campsite (near Kalamunda) with an experienced guide.

When: Wednesday 4 May 2016

Where: Near Kalamunda, The Darling Range

Rating: Beginners

Cost: Free for members, \$20 non-members

RAMBLE AND PADDLE

Two adventures wrapped up in one weekend! This is one of our favourite events - a fantastic walking and paddling weekend escape in Dwellingup.

Forget the heavy packs; enjoy a rewarding 14km walk on our Track with a day pack. You will have time to enjoy some of the local attractions and a fascinating tour of the historic Marrinup POW camp before a tranquil paddle down the Murray River.

When: Friday 13 May to Sunday 15 May 2016

Where: Dwellingup

Rating: Beginners

Cost: \$295 members, \$315 non-members

LADIES ONLY ESCAPES

DANDY DWELLINGUP DAMES

This ladies-only weekend is a great way to get away from it all.

Meet us down in Dwellingup on Friday afternoon (leave Perth by 4pm) at our accommodation set by the banks of the Murray River. After breakfast on Saturday we spend the day walking on the Track (7km) and then come back to wonderful neck and shoulder massage. Relax in the afternoon with views over the Murray River at our accommodation for the night and enjoy a delicious meal. The next day we walk a different section of the Track (9km).

After freshening up, we pack our bags and return to Perth.

Date: Friday 13 May 2016 to Sunday 15 May 2016

Where: Dwellingup

Rating: Beginners

Cost: members \$395, non-members \$415



BALINGUP BELLES

Ladies! Leave the stress behind and spoil yourself for two glorious days and nights in the magnificent Blackwood area.

Begin on Friday night with dinner at the Mullalyup Farm Lodge. After a continental breakfast on Saturday, walk along a section of the Track north of Balingup. In the afternoon return to a relaxing neck and shoulder massage and perhaps a stroll around the gardens followed by an amazing dinner with organic pizzas made in a mobile wood-fired pizza oven, all with locally sourced ingredients.

On Sunday walk 8km (easy to moderate) and finish the walk in Balingup exploring the many arts, crafts and cafés. Return home in the late afternoon totally rejuvenated and ready to face the world once more!

When: Friday 2 September to Sunday 4 September 2016

Where: Balingup

Rating: Beginners

Cost quad-share: \$425 members, \$450 non-members (limited available).

Cost twin-share: \$445 members, \$470 non-members

BOOK ALL EVENTS ONLINE –
www.bibbulmuntrack.org.au



Reflections

FROM THE REGISTERS

Hidden Valley

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

Bob Graham (Kiwi Bob) 08/11/2004

We must come back to the Track again
To this vagabond gypsy life
To the hikers' way, to the dreamers' way
Where our days are free from strife
And all we ask is a merry yarn
From a laughing fellow rover
And a rowdy meal with a frothy pint
When our long trip is over

Batty & Babu 29/10/2005

Having done several short expeditions along the Track I am now wondering what on earth possessed me to do more. We've come 20km, with 80 more to do in three days. By far the highlight of the trip so far has been my French travelling companion and his violent exception to the presence of flies, snakes and ants. His reaction to the thousands of flies, five snakes and unfortunately sitting on an ant nest have provoked such violent outbreaks of cursing about Australia and its fauna that it has caused me to wonder:

- Why I brought him on this hike
- Why I agreed to become his girlfriend in the first place
- Whether either one of us will get to Denmark alive.

Wish me luck!

Belinda Beatty 04/12/2007

Hewett's Hill

Day one, 54 to go! Nice start to the Bibbulmun Track, short and sweet.
Free Spirit from Tassie 04/10/2013

Goodbye Bibbulmun Track, you have been a great home for the last 59 days! Happy travels to everyone.
Bird 08/10/3013

Our first hike as a family has us staying at Hewett's Hill. We are so proud of our boys (aged 7 & 9); they did a great job in making it here after facing many challenges. Looking forward to our next hike.
The Gales 27/09/2015

Mount Clare

Morale very low, troops' energy levels dropping dangerously low, male member beginning to hallucinate—seeing things like cappuccino, chocolate and fresh fruit on the side of the Track. He grizzled all the way around the Deep River diversion, and tried to get a mutiny started to carry on to the comforts of Walpole. But I was strong and said "no", we were staying at this beautiful campsite. So today sees our walk almost finished, 17 terrific days of lovely Track, fantastic shelters and gorgeous scenery. The Track is a credit to all concerned—a wonderful vision. We will return and undertake the whole thing when work stops interfering with living.
SIMO 29/04/2001

I was thinking of walking on to Walpole this morning but after seeing this lovely campsite my desire for a hot shower and a cold beer diminished somewhat. So I have decided to spend the night here with the trees and the birds for company. Walpole can wait until tomorrow. 210km to go and 753km completed!
Ben Hohnen 26/11/1998

Arrived 4pm from Woolbales via Long Point Campsite. I saw wild waves at the beach and climbed heaps of hills. Very tiring day but good. Ho ho ho! Merry Christmas Australia!

Shigeru Yamashita (Japan)
25/12/1998

Hike a whole section THE EASY WAY!

Complete a whole section of the Track in absolute comfort with accommodation, meals and transport provided. Enjoy the beauty and serenity of the Bibbulmun Track, without carrying a heavy pack or camping out.

NORTHCLIFFE TO WALPOLE

14 -22nd May 2016

Days: 9 day tour, 8.5 days walking.

Accommodation: Northcliffe Hotel, Northcliffe, and Bayside Villas, Walpole.

Cost: \$2,375pp twin share.

This section of the Bibbulmun Track offers some of the most diverse walking experiences in Australia with towering karri forest, pristine rivers, grasslands, wetlands, beaches and dramatic coastal cliffs.

This is a moderately challenging walk.

COLLIE TO BALINGUP

19 - 23rd September 2016

Days: 5 day tour, 4.5 days walking.

Accommodation: Balingup Hill View Retreat.

Cost: \$1,575pp twin share.

Only a few hours drive from Perth, the Bibbulmun Track between Collie and Balingup offers some excellent walking and passes through one of the best stands of virgin jarrah forest in the South West. Lose yourself amongst the wildflowers and the sounds of the bush on this five day break, during which you will complete 84 km of the world-class Bibbulmun Track.

Just bring your boots, your camera and a sense of adventure!

WE ARE THE TRACK SPECIALISTS

Take the first step – contact the Bibbulmun Track Foundation

Tel: (08) 9481 0551

Email: events@bibbulmuntrack.org.au

For more information visit www.bibbulmuntrack.org.au

TRAILING AROUND THE WORLD

“AUSSIE LEGS” HIKE THE APPALACHIAN TRAIL

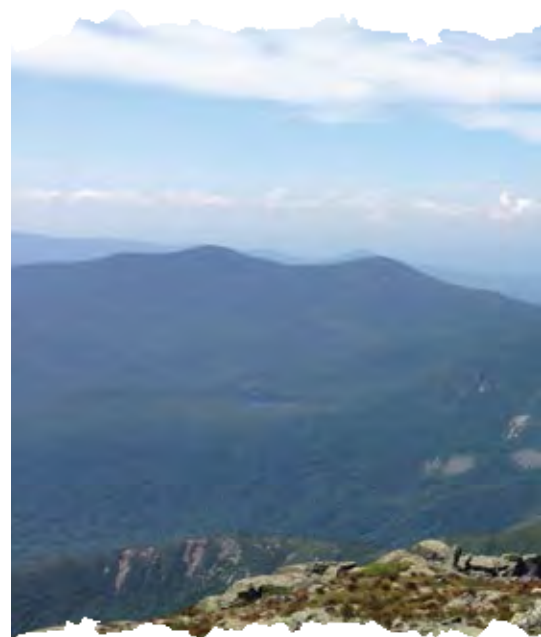
BY ALANA REID

Best seat in the house! Roan Highlands.

In 1999, Su Beckett took daughters Alana (9) and Lindsey (8) on an unsupported end-to-end trek on the Bibbulmun Track. (See “Memories Awakened” on page 4). Then reading Bill Bryson’s book “A Walk in the Woods” started a new idea—walking a 2200 mile (3500km) footpath which crossed through 14 states of the USA on its way from Georgia to Maine. Could they do it? Read on:

In March of 2015 the three of us were on a plane bound for Atlanta, Georgia. Fate had made it so we could all take off the six months required to hike the entire Appalachian Trail (AT). Mum was almost 60, Lindsey had decided maybe she did enjoy walking again, and I had been dreaming about this moment for close to ten years. We set foot on the AT in the early days of an American Spring—March the 22nd to be exact. We were lucky enough to avoid the snow which often lingers, but still had nights which got down to -5 degrees C. Our days were filled

with the excitement of a new lifestyle—filtering water from glacial streams, eating lunch on grassy mountain tops, learning to hang a bear bag, meeting countless new faces and walking through a world completely different to our own. With close to 3500 people attempting a thru-hike of the AT, we were never short of people to chat with around an evening camp fire. A tradition of the AT is to adopt a trail name which becomes your new identity when introducing yourself to fellow hikers. Within the first fortnight we had become known as Muddy



Morning view from The Priest in Virginia.

Duckling (me), Firebear (Lindsey) and Redback (Mum). As some of the only Australians on the trail, we were collectively known as “Aussie Legs”.

In the early weeks of the trail we were walking close to 15km a day. As the days became longer and warmer we would walk for around ten hours and cover between 25 and 40kms a day. The middle of the trail has terrain that is fairly easy, but we were always tired and ready for the comfort of our tents by the end of the day. Every three to five days we would come to a road crossing where we could hitch-hike or catch a shuttle into the nearby town. We often



Morning view from The Priest in Virginia.



Enjoying trail magic in New Hampshire.



found town days more exhausting than being on the trail; we would get a hotel room, shower, do laundry, plan our next section, resupply for the coming days and then take care of blogging and calling home. This was always followed up by an excessively large meal which generally lacked the nutrition we should have been trying to get from a town visit! Of our entire time on the trail, we only took eight days off.

By the time many AT hikers make it to Harper's Ferry in West Virginia (the unofficial halfway point), their mental resolve is starting to waver. Reaching halfway is an exceptional effort, but for some it marks the end of their journey. Many drop out well before this—the trail wasn't

what they expected, they're tired, they ran out of money or they were forced off the trail due to injury. When we reached this point the summer was upon us and we were feeling strong. The next 700 odd miles was wonderful—the terrain flattened out a bit, we got to see black bears for the first time, we swam in rivers and we had finally gotten rid of all our excess gear. For the first time on the trail we began to think of ourselves as potential thru-hikers.

The biggest part of our AT journey was the people we encountered. Along the length of the trail, there are people known as trail angels who do random acts of kindness to help hikers. The trail magic they provide ranges from coolers full of ice-cold soft drinks left on the trail, to a friendly soul cooking up hot dogs and hamburgers at a road crossing to give away to hungry hikers. We received countless rides to towns, had people anonymously pay for meals,



It's about the smiles, not the miles!

were invited to stay at people's homes and were offered trail magic food on a weekly basis.

The trail magic we received played a big part in keeping us motivated as we moved in to the hardest part of the trail. The White Mountains in New Hampshire are notorious for their difficulty and we can now attest to that. Our mileage dropped considerably and we began to hurt in a whole new way. Part of this is due to the fact we had been walking for close to four months solid, had traversed 2900kms and had all lost a lot of weight. Even though our knees were starting to break down, the White Mountains stunned us with their beauty. We were treated to amazing weather (as we were for most of our hike) and the endless views made the challenge worth it. As we entered the final state, we had 450kms to go and some of the most difficult hiking ahead. We definitely slowed down a lot, but we feel this kept the



Trail luxury, breakfast in bed.

magic of the trail alive. Many of our fellow hikers were on a sprint to the finish line, but we took our time and enjoyed the beautiful lakes and wild woods of Maine. On the 28th of August, five months and one week after setting off from Georgia, we began our ascent of Mt Katahdin.

Cont.

TRAILING AROUND

“AUSSIE LEGS” HIKE THE APPALACHIAN TRAIL (CONT.)

More than a stroll in the woods!

The Northern Terminus of the AT sits at the top of this majestic mountain. It took us three hours to reach the top, and on a gorgeous summer day, with the clouds still drifting through the valley below, we stepped up to touch the Katahdin sign and became Appalachian Trail Thru-Hikers. It

was the hardest and most demanding thing any of us have ever attempted. It was also the most rewarding and fulfilled a once in a lifetime dream.

To read more about our adventure, check out my blog: aussielegs.wordpress.com

THE WORLD



Aussie Legs at the final summit, Mt Katahdin in Maine.

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THE BIBBULMUN TRACK FOUNDATION

PO Box 7605, Cloisters Square
PERTH Western Australia 6850
Telephone: (08) 9481 0551
Facsimile: (08) 9481 0546

Email: friends@bibbulmuntrack.org.au
Website: www.bibbulmuntrack.org.au

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OFFICE LOCATION:

1st Floor, Mountain Designs
Adventure Building, 862 Hay Street Perth

OFFICE HOURS:

Monday to Friday 9am - 4pm

Editor: Linda Daniels
Sub Editor: Jim Baker



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