

FUNDING BOOST FOR MURRAY RIVER BRIDGE



The Bibbulmun Track Foundation has been successful in securing funding through the Peel Regional Grants Scheme to assist in the building of a suspension bridge to replace the Bibbulmun Track's Asquith Bridge (otherwise known as Long Gully Bridge) which was lost in the Lower Hotham bushfire in 2015, and for Track realignment south east of Dwellingup in Lane Poole Reserve.

This \$112,000 Royalties for Regions grant from the Peel Development Commission, combined with \$100,000 raised and donated by Foundation members and funding from the Department of Parks and Wildlife, brings the building of a new bridge over the Murray River one step closer.

This \$602,000 project will restore the continuity of the Bibbulmun Track, enabling end-to-end hikers to complete a true through hike of the Track and will attract sectional walkers back to the area.

Research conducted in 2014-15 revealed that there are around 300,000 visit days on the Bibbulmun Track annually. The number of people undertaking overnight walks has increased over the years with the average length of overnight walk being 5.6 days. The number of commercial tour operators has also increased. Most tour operators combine day walks with off-track accommodation, dining in local restaurants and visiting other attractions in the area. The Track passes through many regional communities encouraging benefits for local businesses such as accommodation, cafes, grocery stores and pharmacies. Indeed, the 2014-15 research highlighted that there is \$13.1 million generated annually in direct expenditure.

The role that the Bibbulmun Track plays in the Peel region aligns with the Peel Regional Investment Blueprint with its focus on Tourism Excellence. The Blueprint identifies trails as being a key to the provision of a range of hard and soft adventure experiences and to enable visitors to access the natural environment in a sustainable manner. The Bibbulmun Track is a major part of the trail network and an attraction in its own right. The Track supports the vision of Peel District becoming a nature based tourism destination which attracts visitors to the region on a regular basis.

Continued on page 2



Support volunteers working on the realignment.

CONTINUED FROM COVER STORY

Being so close to Perth, Dwellingup is popular with weekend walkers who base themselves in town and enjoy day walks, or who walk out to a campsite for the night and head back to town the next day for a meal before driving back to Perth. The Bibbulmun Track Foundation and other tour operators also run various events and tours during the year which are based in the Peel. Log book entries from Murray Campsite, which is a two-day walk south of Dwellingup (excludes day hikers), show that:

- 70% of walkers were from the Perth metropolitan area, 9.4% were from interstate, and 7.3% were from overseas. The remaining 13% were from country WA.
- 23% of walkers were walking for up to 2 days, 40% from 3 – 7 days, 8.5% from 1 – 5 weeks, and 28.5% more than 5 weeks.
- 37% either started or finished their walk in Dwellingup.
- 40% of walkers were aged between 45 – 64 years and 7.4% were aged 65 years and over. 12% were 18 years and under which is high compared to other areas of the Track. Some of this is attributed to the number of groups including schools and youth groups which use the Track in this area for Outdoor Recreation excursions.

The realignment of the Track to the new bridge location has been mapped out by DPaW and marked by Foundation Support volunteers. Approvals for the new location of the bridge have unfortunately taken longer than anticipated, however it is expected that construction of the bridge will be completed prior to next winter.

Exciting update!

Excavations for the Murray River Bridge footings commenced on 22 November. This photo shows the dead man anchor hole. This will be the largest hole on each side of the river keeping the level of disturbance to a minimum.



Members' event

Tales from other Trails 2016

On Thursday 1st December, we hosted 80 Bibbulmun Track Foundation members and their guests at our annual Tales from other Trails evening where four presenters shared their experiences of walking interstate and overseas.

Four very different destinations were presented, including a walk on the Larapinta Trail, Northern Territory by Jessica Wolff (Walking Wolff), Three Capes Walk, Tasmania by Deborah Mickle, the St Olav Way, Norway by Michelle Ryan (Walking Two by Two) and Hornstrandir Peninsular in Iceland by Ian Maley (Wilderness Equipment).

Part way through the evening nibbles and drinks were served including delicious food samples from The Outdoor Gourmet Company range of freeze dried meals. Lucy Chan and her team from Mountain Designs' Perth store provided a fabulous door prize and numerous spot prizes on the night. They also shared information on MD's new products and the excellent offers available to our members.

We are sure those present were inspired to explore other walk trails from around the world. Thank you to the presenters for sharing their knowledge, experience and amazing photographs with us and we look forward to seeing you all at the next members' event.



Deborah Mickle one of 4 inspiring presenters on the night.



Members socialising during the night.



Jaan Vander Helder winner of the Mountain Designs door prize. Presented by Lucy Chan Manager of the Perth store.



FROM MY Desk



Season's Greetings

The office will be closed from 4.00pm Friday 16 December until 9.00am Monday 23 January 2017.

Welcome to the Summer Edition of Bibbulmun News.

In October I was fortunate enough to attend the 2016 World Trails Network (WTN) conference in Japan. Established in 2010, the WTN envisions a globally active network of diverse, high quality, environmentally sustainable walk trails that work in their own regions to further the interests of the trails industry for the benefit of all.

Delegates from 19 countries attended; some representing single trails, including the Camino de Santiago and Canada's Bruce Trail, others representing a region such as Japan's Long Trails and the Paths of Greece.

This was the first WTN conference I have attended and I went with the aim of learning a great deal and coming back with suggestions on how we could do things better—not just for the Bibbulmun Track, but in Western Australia generally.

However, it turns out that in most areas including planning, trail building, management and community engagement, we are doing pretty well in comparison to other countries and have set a very high standard in WA. We are fortunate that both the Department of Parks and Wildlife and the Department of Sport and Recreation (DSR) are not only committed to trails but actively engage other areas of government and the community to progress the trails agenda. Indeed, the Trails Reference Group which brings these representatives together is in the final stages of developing the Strategic Trails Blueprint to guide the sector over the next six years.

However, one area that could be improved is the promotion of WA's trails by our tourism agencies. The Bibbulmun Track managed to raise its profile through the work of the Foundation, but it is still relatively unknown overseas. Other countries (and other Australian States) recognise that, while a trail might be free, trails attract visitors to an area, give them a reason to stay longer and make a valuable contribution to the local economy. Bibbulmun Track walkers alone contribute over \$13million per annum in direct spending.

It is hoped that the development of the Trails WA website, which now features over 350 trails and attracts over 30,000 users a month, will help to lift the profile of WA as a trails destination and make it easier for people to find a good trail experience wherever they visit in the State. Again, both Parks and Wildlife and DSR are supporting this excellent initiative.

We now need to convince our tourism agencies that trails are excellent tourist attractions and that funding for tourism infrastructure could be allocated to trails as well as to sporting and entertainment facilities. It would be great not to have to rely on raffles and donations to keep the Bibbulmun Track's status as a world-class trail!

For an update on the past year's activities the 2015 - 16 AGM report can be found on our website under [get-involved/about-the-foundation/governance](#).

Thank you to all our members, volunteers and sponsors for your tremendous support.

Wishing you all the very best for the festive season.

Linda Daniels

Executive Director

Join us on



Thank you, thank you, thank you!

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

- Angela Loucaides
- Anne Davis
- Arnold Zeh
- Bob Oxlade
- Cecile Hertault
- G Gunness
- Gordon Carter
- Jo Burgess
- John Paton
- Julie Lamont Fraser
- Justin Moriarty
- Kathy Rice
- Kaye Heelan
- Linda Gregory
- Phil Riley
- Richard Savage

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.

YOUR LETTERS



Thanks Steve and Jim. Many thanks for the very well organised tour of the Bibb Track. After a month in WA I have to say the walk was my highlight. We have just completed another week+ in camper vans up to Monkey Mia and back and the wild flowers have been mind-blowing. Some certainly very strange ones indeed.

We certainly loved our time in WA.

Kind regards

Margaret and Andrew, ACT

ED - Margaret and Andrew were participants on our 8-Day Bibbulmun Highlights Tour in September. Check out our Best of the Bibbulmun Tours on our website. Registrations for 2017 open soon.

The following note was added to a recent book order - we remember Edward well and it was lovely to hear from him!..

I am now 92. I was the second oldest to walk the whole Track when I was 78. I have walked all the long distance tracks in Australia, including the Heysen Trail. The Bibbulmun Track remains my most cherished memory and must be the best long distance walk in Australia. Alas those days have passed but the memories remain.

**Edward Fleming,
Canberra**

Many thanks for the lovely surprise I received in the mailbox as 2nd prize winner for renewing my membership in August. I will love using the travel clothesline and appreciate Sea to Summit being the sponsors of this prize. I have quite a few of their product lines but, luckily, didn't already have one of these. Appreciate all that is offered by Bibbulmun Track Foundation - keep up the great work you do!

Lesley Walker

This began as a simple thank you note for the impressive Life Membership Certificate and beautiful cloth badge - both completely unexpected! Then - the August membership renewal prize arrived! I couldn't believe it. (Maybe I was the ONLY August renewal!?!?)

Anyway, please thank the Foundation, most sincerely for me.

Being a member and a maintenance volunteer is a most rewarding experience - I feel I'm contributing to the community as well as doing something I love. I've learnt a great deal and made new friendships. I also very much appreciate the support we volunteers receive from you all.

It has been a dreadfully empty year without our piece of Track to care for, but I'm looking forward to getting to know the new section and the new suspension bridge.

Once again, a huge thank you for the items and warm regards to all in the Office HQ.

Maureen Potter



Track Tucker

Our lead guide, Steve, has collected a range of tasty recipes over the years and his closely guarded recipe book is only available to those who attend our Food in a Fuel Stove workshops.

We managed to talk him into sharing one with us and have had to put it in writing that we will never ask him to divulge another one - EVER! So - here it is.

Ranch Pasta

Cook 2 ½ cups any very small pasta (tiny bow or soup pasta) - drain
250 beef mince, browned in olive oil
2 x 420 grams crushed tomatoes
450 grams can refried beans
1/3 cup salsa (mild, medium or hot - depends on taste)

- Bring to the boil and simmer until liquid is absorbed
- Stir in 3/4 cup finely grated Parmesan cheese
- Dehydrate until dry to the touch

P.S. If you want more of Steve's recipes - our next Food in a Fuel Stove workshop is on Wednesday 8th March 2017 at 6:00pm.

P.P.S. Members can hire a dehydrator for \$35 week.

The following are a series of comments from Kevin Tangey from Victoria as he undertook his end-to-end trek.

Sept 19th

Arrived in Dwellingup yesterday in time for a roast at the pub and fortunately was in my motel room by the time the heavy rain arrived. The Track has been a wonderful experience. So much variation in terrain, views, flowers etc. I've also met a wide variety of people who have been good company and a source of Track tips. The sleeping bag has held up well in the shelters, which are such comfortable and functional structures. Coming from Victoria I can't believe these are free!

Sept 26th

Arrived Collie today in good time and good health. Loving the Track!

Accompanied by a huge noisy flock of white tailed black cockies as I crossed through the low area of Lane Poole reserve just before Yourdamung - a stunning reception!

Oct 1st

I'm in a wet and powerless Balingup. Hosts at the B&B very hospitable and inventive- hooked up a generator so I could shower then switched it over so I could watch the grand final! Track town people have been amazing.

Oct 20th

Safely into Walpole today. The wading was confined to the few sections just before reaching Woolbales - it was sometimes calf high. Loved the weird country out there and the exhilaration of climbing behind Mt Chance and Woolbales. And then I hit Mandalay beach! Reminded me so much of home and our ocean walk.

Oct 30th

Catching the early sun at West Cape Howe - beautiful!

A great walk since last contact in Walpole. The coast is amazing. The canoes were in place and Parry Inlet was a dry crossing.

Just arrived Torbay in bright sunshine - absolutely glorious!

Nov 3rd

Albany! Got here yesterday. Now it is hard to fathom where the time has gone. On the Track each day you feel every ache, hill, storm, fallen tree-but looking back it all seemed to pass in a flash. You quickly forget the painful moments and are left with a sensory overload of wonderful memories, the most prominent of which are of the variety of terrain, flora and fauna and the people along the way, both fellow walkers and Track town folk.

I set out as a solo walker but happily spent most of my walk in the company of some wonderful people, crossing the finish line in the company of four Americans and a Frenchman just in time to hit the pub for the Melbourne Cup! I was also fortunate enough to be the beneficiary of trail magic on a number of occasions-it certainly lifts the spirit!

Overall, the Track infrastructure is amazing and the efforts of the BTF and DPaW are greatly appreciated.

The shelters are so comfortable and make the Bibbulmun Track a luxury experience. A couple of them could have been a little closer together though!

Kevin Tangey (End-to-Ender), VIC



Oct 11th

Walk going well. Rocked into Pemberton yesterday lunchtime after completing a particularly challenging 100km section from Donnelly River Village. Beautiful walking through the big karri forests but due to the storms a number of them had chosen to fall across the Track making progress slow. Decided against climbing the Gloucester Tree - I've climbed enough horizontal ones recently!

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

dannelly.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

DISPOSE OF WASTE PROPERLY

- Carry a bag for your rubbish at all times.
- Minimise your use of canned foods.
- Pack it in, pack it out. All wastes which cannot be burned should be carried out. Remember - foil, tin cans and glass do not burn and plastics and polystyrene foams produce noxious fumes when burnt!
- Don't bury waste at campsites - pack it out.





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

How quickly the weather has warmed from the long and cold winter. The Department of Parks and Wildlife prescribed burning operations are well underway and the bushfire season has commenced.

Undertaking bushwalking activities during the warmer months increases your potential exposure to bushfires. Unfortunately in recent years, there have been several near miss incidents where walkers were found within closed sections of the Track having ignored trail closures during prescribed burning operations and bushfires, putting both themselves and their rescuers at risk.

Bushfire threat is measured through the Fire Danger Rating (FDR), which is based on the forecast weather conditions and gives you advice about the level of bushfire threat on a particular day. The higher the rating, the higher the threat of a bushfire.

The decision to close parks and trails isn't taken lightly by Parks and Wildlife and is implemented during periods of high fire danger and active bushfires. Prior to undertaking any trail closures, staff

undertake a detailed risk assessment, taking into account the forecast FDR, our commitments of resources and our ability to respond to any new bushfire incidents. Closures are removed as soon as possible after conditions and/or circumstances change, and if our resources permit.

To keep yourself safe during this bushfire season please:

- Plan your walks for cooler periods of the year, avoiding the hot summer months.
- Check the FDR and don't go bushwalking if the forecast is Very High or above—leave the Track during multi-day hikes.
- Avoid walking remoter sections of the Track where there is limited vehicle access for evacuation in the event of a bushfire.
- Abide by all trail closure signage, and any instructions from Parks and Wildlife and other emergency staff.

Some important websites to check when planning your walks –

- www.emergency.wa.gov.au – information about FDR, current warnings and incidents

- www.bom.gov.au – for weather forecasts and FDR
- www.parks.dpaw.wa.gov.au – for current trail conditions and closures

along with the Bibbulmun Track Foundation website for detailed planning advice.

The EmergencyAus app for iPhone and Android provides up-to-date fire information.

Recovery works on the 2015 and 2016 bushfires are continuing. We have now secured the final approvals for constructing and commenced construction of the new suspension bridge across the Murray River, replacing the destroyed Long Gully Bridge. It's expected to be completed for next winter.

Due to continuous contractor delays, the completion of the rammed earth shelters at the Dog Pool and Gardner Campsites is still outstanding, though hopefully will be completed by the time you read this. These camp sites are open for camping—bring your tent, and water is provided. Repairs to the Murray Campsite should also be completed in the very near future.

Take responsibility for your own safety this summer.

Kerstin Stender

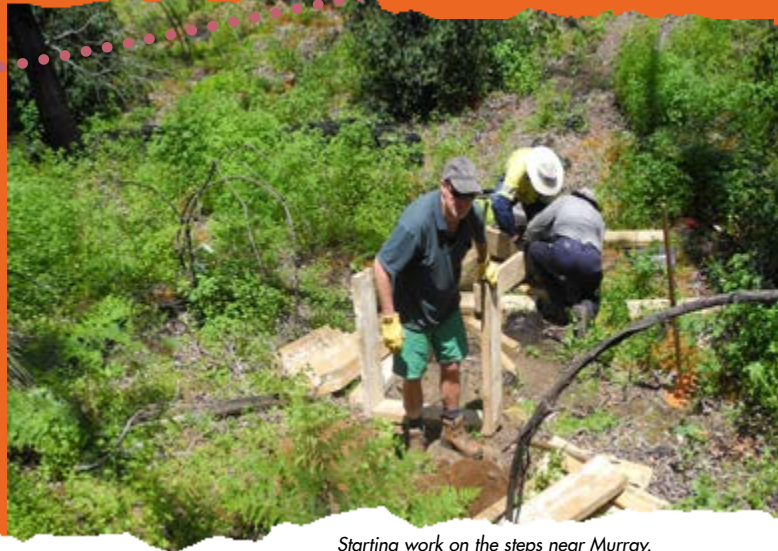
Trails Coordinator



In the tall tree country near Pemberton five large karri trees were removed from the Bibbulmun Track just north of Lease Road. Two short track sections were constructed: one around a large karri tree and the other allows walkers to pass underneath a large tree.



Eyes on the GROUND



Starting work on the steps near Murray.

Over the last few months we have farewelled a number of maintenance volunteers and welcomed new volunteers to our team. We feel sure they will enjoy looking after their sections.

The last Field Days for 2017 were held in August in very varied weather.

Donnelly Field Day was held at Tom Road. On arrival we checked the trail in to the campsite from the south. It has been constructed by machine in parts using new techniques to eliminate the use of water bars—still in excellent condition so a great success. At the campsite we constructed new tent sites, internal trails, repaired steps, cleaned the exterior of the water tank and gutters, and updated the campsite signage.

The next day we met at Blackwood Campsite where the main aim was to revegetate the site with about 200 plants. It will take years to be a delight again but as the plants grow

and the birds return it will become much improved. The weather at Blackwood was quite amazing with everything from wind and sun to rain, lightning and hail.

Albany was the next outing and with uncertainty about the weather our planned work near the Shelley Beach Lookout was cancelled. We worked south from the Windfarm instead, clearing the Track to Sandpatch Campsite and realigning the rubber matting to make it safe.

Frankland was last and we met at Conspicuous Beach to walk up towards Rame Head Campsite to look at a possible realignment. The weather conspired against us though and severe winds and torrential rain made it not only unpleasant



Steps complete!



Steps in use!



Support volleys near Possum Springs.



Creek Crossing near Possum Springs.

but unsafe so we retreated to the Tree Top Walk where the staff had the kettle boiling for us. We spent the day discussing various issues and learnt about the amount of detail necessary when planning any realignment—a most interesting exercise.

The Support Volunteers have been again busy with projects in various locations. Mark Davidson has done a marvellous job prioritising projects, setting dates and forming the work party for each location. My job has been to arrange the home made fruit cake for morning tea and this has been a welcome treat. Work performed recently includes:

- Murray Campsite: Steps and stepping stones north and south of the campsite—estimation of materials required, discussion with the Department regarding the scope of work and

construction methods. Building of the box steps. Installation of a tarpaulin on the shelter roof. Cleaning and tidying of the tent sites.

- Completion of the realignment and marking of the Track north of Harvey Quindanning Road.
- Shelley Beach: Installing water bars, markers and repair of burned duckboards.
- Investigate realignments of Track north of Canning Campsite and Waalegh.
- Construction of creek crossings and a ladder close to Possum Springs Campsite.

Gwen Plunkett, Charmaine Harris and Mark Davidson

Volunteer Coordinators



The Eyes on the Ground maintenance programme is generously sponsored by Newmont Boddington Gold.



The Duckboards near Shelley Beach shortly after the fire.



Mark Davidson and Dave Lathwell at the new bridge site.

Getting into Gear

KEEPING COOL

If you tell people that you want to go walking on the Bibbulmun Track in the hotter summer months then they'll often tell you you're crazy!

The Bibbulmun Track Foundation strongly recommends that you do not carry out any extended walks between December and the start of March anywhere on the Track. The Track gets very hot and the bushfire risk is extreme. Please read the full explanation on page 29.

Quite right, and you should follow those recommendations, but if you do decide to walk, whether a day walk on the coast or in the tall timber country, here are the things you need to consider.

You must keep cool. Dress appropriately. No singlets, thongs—or stubbies!

There are fabrics that are light, wick moisture away from your body and dry incredibly quickly. Names like Coolmax, Power Dry, Super Dry, Omni Dry and Nanodry—there's no need to head into the heat in a cotton T-shirt. All of these fabrics wick moisture away from your skin faster than cotton, dry quicker than cotton, are harder wearing than cotton and often lighter than cotton. Also consider whether the fabric has a UPF rating to protect your skin from UV rays.

Foundation sponsor, Mountain Designs, has been extremely innovative over the past few years in developing some great ranges of technical clothing using some experimental fabrics. Their Super Dry range incorporates laminated layers with a mesh that lies against the skin enabling airflow between the outer layer of material and the skin itself.

Other fabrics combine natural and synthetic products—Corespun Merino uses a multifilament nylon core covered by merino fibres. It is 40% stronger than 100% merino of the same weight. It is an Australian sourced product, odour resistant, moisture wicking, fast drying and has great resistance to pilling and abrasion.

There is even a fabric called Seawool crafted from recycled oyster shells combined with

recycled plastic bottles. Mountain Designs says that it is soft, wrinkle free, quick drying, anti-static and prevents odor naturally.

One basic thing you can do is buy loose fitting, baggy clothing that allows the air to circulate around your body. Keep the sun off your neck using a collared shirt or buy a Head Sox from the Foundation. Wear a hat, preferably with a broad brim.

My favourite fabric is merino wool. I use the lightest weight garments, generally around 150 grams a square metre or lower. Wool has a further big advantage; it can hold 30% percent of its own weight of water before it feels wet. When I started walking in the 70s I couldn't wear the wool; it was just too rough and itchy on my skin, but I've worn merino garments on every trip recently and I'm yet to start scratching! In fact, I have just retired that shirt now after wearing it on all my adventures over the last eight years.

Long sleeve shirts that are UV Resistant with an SPF 30 factor are readily available; brands like Ex Officio make them specifically for hot conditions.

Convertible long pants are made with zip off legs, so if it gets too hot for long pants just zip off the legs and cool down. Both pants and shorts are made in fabrics designed to handle the hot weather—and the range of clothing made especially for women is huge.

Don't forget your footwear—why have great hot weather clothing and continue to use clunky, thick, heavy leather boots designed for cold conditions? I use shoes rather than boots, and look for the styles that ventilate. I prefer ventilation to waterproofness. Merrell, Teva, Zamberlan, Scapa, Vasque and Mammut all make shoes that support your feet like a boot but weight 30% to 50% less and allow the heat and moisture to escape, which not only helps to prevent hot and sweaty feet but reduces the risk of blisters.

Get good socks—why spend a fortune on a good pair of shoes to be let down by cotton socks? While a lot of walkers use synthetic made from fabrics like Coolmax I still prefer



wool; thin wool socks seem to dry quicker, smell less (big advantage at camp!) and dissipate the heat better.

If you are prone to blisters, buy some Fixomull, available from any pharmacy. It sticks well to your skin, allows wounds to breathe, prevents blisters from forming and can be applied to cuts, scratches and burns.

Remember to take enough water. During the summer months you need to carry three to four litres. A lot of walkers are using the bladders that slip into your daypack. Camelbak is by far the most popular brand, not only because of its extensive range but because the bite valve mouth piece works very effectively. Another brand called Source is also popular and pack brands like Deuter are incorporating them into some of their models.

So, if you keep walking through the summer, take the advice given by the BTF and also equip yourself properly—but for me, this is diving and snorkeling time!

Mike Wood

BTF Chair

New Sculpture Trail for Bibbulmun Track

The Shire of Kalamunda has completed the concept designs for the Bibbulmun Track Northern Terminus and Interpretive Trail, with construction expected to start in early 2017. The project will connect the Bibbulmun Track Northern Terminus to the Perth Hills Visitor Centre.

Shire President Andrew Waddell said, "The upgrade to the Terminus structure and a designated walkway will increase its visual prominence using artistic influences to provide signage, shade and seating."

The concept designs reference heritage connections, natural influences and flora and fauna of the region. This will be shown in the street furniture, signage and paving materials which are inspired by natural materials, colours and organic forms.

Member for Hasluck Hon. Ken Wyatt AM MP said, "I am passionate about enhancing and preserving our local environment and ensuring it is there to be enjoyed by as many people as possible, as well as attracting more visitors and tourists to our region so our small business community thrives."

"Kalamunda and the broader hills region are already a great place to come and visit, and this new development will help it become even greater."

The interpretive trail will create a distinct path between the Terminus and the Perth Hills Visitor Centre where walkers will find the Bibbulmun Track register and end-to-enders are encouraged to ring a bell to announce their completion of the Track.

The Foundation is very pleased that the Shire is embracing its status as the Northern Terminus of the Bibbulmun Track by increasing the Track's profile in Kalamunda and improving the experience of walkers as they depart or arrive. The number of interstate and international walkers coming to WA to walk the Track is increasing and the experience they have in the towns is an integral part of the journey.

The project was supported by Tourism Western Australia through the Tourism Demand Driver Infrastructure program. For more information and to view the concept plan go to: www.kalamunda.wa.gov.au/bibbtrackterminus.



The Bibbulmun Track Northern Terminus will be upgraded and linked to the visitor centre by an interpretive trail.

The Outdoor Gourmet Company










Just add boiling water - no cooking required



-  Coq au Vin
-  Murgh Makhani (Butter Chicken)
-  Thai Green Chicken Curry
-  Tandoori Chicken with a Creamy Yoghurt Sauce
-  Mediterranean Lamb and Black Olives
-  Wild Mushrooms and Lamb Risotto
-  Venison and Rice Noodle Stirfry
-  Beef Bourguignon



www.seatosummitdistribution.com.au
enquiries@seatosummit.com.au

Yes, THEY DID IT!

With a decreasing number of diversions due to last season's bushfires needing to be walked, the Track is again flush with hikers being able to walk end-to-ends and others completing their adventure in sections. The following 48 walkers are the latest proud recipients of an end-to-end certificate and badge.

All entries are in chronological order of finishing their end-to-end.

Our congratulations to them all!

Suzanne Fletcher (45), **Eliza Fletcher-Hobbs** (13) and **Lex Fletcher-Hobbs** (12), all of Bunbury, loved their experience (Sectional, 2006 to 12.04.09) so much that they missed the Track after they finished. It was one of their "best holidays ever" with family and friends.

Trish Fox (61), from Queensland, found the second half of her walk (Sectional, 15.09.07 to 09.11.15) quite tough, but she says that was maybe because she was seven years older! The Peaceful Bay area was her favourite section. Trish enjoyed meeting other people and has some great memories in her photos.

Robert McCauley (59), of Nedlands, walked with **Jane Fromont** (60) and **David Sutton** (64), both of Inglewood (Sectional, 28.05.11 to 11.11.15). For David, walking each section was a life-affirming experience, a time to feel at one with the natural world, an occasion to reflect on what is really important and an opportunity to nourish the spirit. Jane is proud of her achievement and Rob enjoyed the time to appreciate the bush. Every section produced something

new for them and they were amazed at the incredible diversity and proliferation of fungi on their winter walks. Highlights included the breathtaking views, sunsets, a birthday celebration on Track, hot showers in the Track towns, and Rob's ability to produce ripe avocados from his pack on a daily basis! They urge everyone to walk the Track in sections if time doesn't permit a through-hike.

Anne Hill (64), of Dawesville, was one of the Bibb Babes as she completed her end-to-end (Sectional, 20.05.09 to 01.05.16) which included several Bibbulmun Break holidays.

Christine (42) and **David Copland** (49) came from New Zealand and called themselves Dusty and Cowpie on their second end-to-end (N-S, 07.04.16 to 01.06.16). The closed section near the Murray River presented some difficulties and resulted in them walking a lot of extra distance along Nanga Road—way longer than the closed section. David was disappointed with availability of lightweight hiking food in the Track towns. The kangaroos at Donnelly River Village were a highlight, and favourite sections included the tall trees between Donnelly and the southern coast, which are unrivalled by any other walk.

Sue-Ellen Jackson, of Burns Beach, registered her end-to-end (S-N, 21.04.16 to 09.06.16), but no details of her walk were provided.

Geoff Bishop (61) and **Robert Carter** (55) walked with **Anthea Michaelis**, and all came from NSW for their adventure (N-S, 27.04.16 to 17.06.16). They were appreciative of the facilities and the support provided by the BTF and are in awe of the pride felt in the Track by so many volunteers. Food drops supplemented by Track town purchases on rest days worked

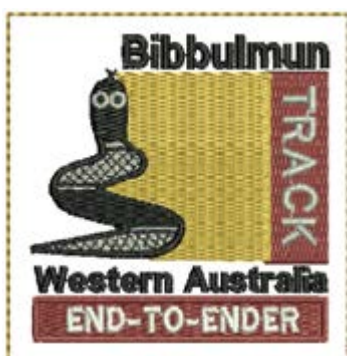
well. The whole Track was superb, but the southern coastal sections were particular favourites. A key highlight was meeting like-minded people nearly every day on Track, and the hospitality shown in the towns was also enjoyed. Geoff liked the two months in the bush away from bustling cities and Rob echoed this sentiment. He enjoyed the building excitement of the planning phase, the trepidation as the departure date loomed and the basic existence and simplicity of life on the Track. They advise keeping up to date on Track conditions and taking your time to enjoy immersion in the adventure.

Jac Rossiter-Nuttall (67), from Victoria, and **Delphine McFarlane** (68), of Alfred Cove, walked as Jac R-N and Del McF on their walk (Sectional, 10.04.16 to 26.06.16) which they interrupted with several rest days, work days and a trip to Perth. They enjoyed a lot of support from friends along the way. Both were thrilled with their adventure and sad to finish, but it was good to have another tick on the bucket list. Delphine felt quite liberated when they walked into the open jarrah forest and could see the sky again after so long under the canopy of the southern karri forests. Jac loved all the views and enjoyed the campfires where they were permitted. Quite a variety of wildlife was seen, including a menacing kangaroo which forced them to take a wide berth. Walking poles were loved by both.

Frank Trybulec (53), of Rockingham, was the familiar Frank T as he completed his 8th end-to-end (Sectional, 25.12.15 to 29.06.16), starting and finishing in Balingup. His favourite section was DRV through to Pemberton. He says his highlight, oddly enough, was wading across the Murray River before Possum Springs. It was a tough, adventurous day and shows that

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We CONGRATULATE the following 48 walkers
who completed their end-to-end!
Four from overseas, 10 from interstate and
34 from WA



the Track can throw up all sorts of obstacles at times. Trekking poles were a definite favourite, and his advice to others is “Don’t bite off more than you can walk.”

Sarah Wiese (44), of Narrogin, was just Sarah and loved her end-to-end (S-N, 04.06.16 to 29.06.16). She feels lucky to have such an iconic track in WA. Sarah was well looked after by a support vehicle but was amazed that she could travel for 1000km and be in beautiful national parks and state forest nearly the whole way. She liked the southern forests near Giants and found it was lovely to have so little traffic on the Track that she was able to enjoy the serenity. Her running belt and Fixomull were her best equipment.

Gill Groom (51), of South Perth, felt super-energised after her walk (N-S, 05.05.16 to 01.07.16). “I feel fit, I feel strong, I feel self-sufficient, I am in awe of it.” She dehydrated and vacuum-packed most of her meals, supplementing them in towns where necessary. Gill still likes porridge, even after 50-odd breakfasts of it, but her ultimate favourite food item was the Whittaker’s Peanut Slab—“the best thing to ever come out of NZ” and available in all the Track towns. The inundated Pingerup Plains were a favourite, as were the rolling mists at Blackwood and the constant bird song at Lake Maringup. Other highlights included the dewy, sparkling spider webs decorating the morning Track, the sun hitting the trees out of Pemberton, an owl at Mt Dale and the solitude of walking alone for days on end. Gill recommends carrying a lightweight thermos.

Jane Vandermaat (51), of Jerramungup, was Jane V as she walked (N-S, 02.05.16 to 09.07.16) returning physically fitter and mentally stronger. She met wonderful and inspirational walkers along the way—and says the Waugal is her hero! Jane sent food boxes to the town visitor centres where she found the people were all very helpful with local knowledge, and she enjoyed a day off in most towns, exploring the local areas—particularly enjoying Collie. Her favourite campsite was Frankland River. Jane’s previous longest walk had been two

days, but she says she’s now addicted! She advises walking at your own pace to enjoy the journey.

Seri Lee (23), from South Korea, was Star Dust on her epic life-journey (N-S, 23.05.16 to 10.07.16). It was the toughest walk she has ever done and says she feels both mentally and physically stronger. Life’s lessons were learnt and she enjoyed meeting fellow hikers. While she was able to resupply in each town, she wasn’t sure that her diet was always nutritionally balanced! The Track from DRV to Pemberton was her favourite and she also loved the sunrise at Rame Head, the blue ocean on a sunny day and the magnificent karri forests. Seri says getting lost a few times gave her some fun stories. She advises good preparation, a warm sleeping bag in winter and not being stingy with the gear budget.

Philippe Vanderschriek (50), from France (S-N, 11.06.16 to 24.07.16), didn’t know how to spend his time so booked a flight from Paris to Perth...and walked the Bibbulmun again! He relied on stores from Track towns and, once again, enjoyed meeting many people out on Track, even some he met on his previous walk. Denmark to Walpole was still his favourite section but he also enjoyed walking the long days between Pemberton and Mt Chance. Philippe saw no snakes, but plenty of roos and cockatoos.

Emilio Foglio (33), of Vic Park, called himself Mexican on his walk (Sectional, 25.06.16 to 02.08.16) and loved the peace and freedom of the Track. He says it’s a huge advantage to have shelters and water tanks at the campsites—not found on previous walks in Canada. He loved the south coast from Walpole to Albany, and highlights included karri forests and the hilltop views, especially Mt Hallowell. At the end of his walk Emilio was looking forward to some months away from dehydrated foods! He advises the use of hiking poles as they are such a massive help.

Sean Donnelly (30), of Hocking, was Swampdog on his walk (N-S, 13.06.16 to 10.08.16), which he called a successful weight-loss exercise after shedding 23kg.

He got very tired of eating pasta but enjoyed the great food in the Track towns. Peaceful Bay to Denmark was his favourite section and another highlight was sitting, listening to music, on top of Mt Cooke on a sunny winter day. The curious kangaroos in the coastal sections amused Sean as they simply watched him pass by. He advises paying the extra money for good gear, then getting out there and giving it a go.

Tessa Clifton (23) and **Mitch Hulbert** (24), both of Kalamunda, were The Goat and Redbeard on their trek (S-N, 27.06.16 to 11.08.16) which Mitch claimed to be the most incredible experience ever. Tessa said the walk never became easy and there were always different challenges with each section but all were both achievable and rewarding. Home dehydrated foods were definitely the way to go, with Deb added for extra oomph, and they picked up extra tips from fellow walkers. The diversity of terrain from Peaceful Bay to Walpole was a winner for both, and Tessa also loved Lake Maringup campsite. The trail went through some towns that they would otherwise have never thought of visiting. They advise hiking poles are a must, there’s no need to carry spare clothes, and be prepared to hang packs away from hungry animals.

Dolly (62) and **Geoff Meates** (66) of Lesmurdie, found a winter end-to-end (N-S, 17.06.16 to 13.08.16) had pluses and minuses. It was virtually tick and snake free, with fewer walkers, but there was also more wading, beach conditions were tougher and they put up with some drenching rain. Nevertheless, Dolly says this was her favourite of their many walks. Geoff liked the diversity of the Track and a highlight was conquering some of the adverse conditions and challenges the Track threw at them. Yourdamung campsite was a favourite for Dolly—it was neat, tidy and obviously much loved! They felt a through end-to-end gave the body and mind plenty of time to rebalance. They advise taking it slowly and supporting the Track towns by planning a rest day in each.

Yes, THEY DID IT! (CONT.)

Malcolm Kite (56), of Murdoch, felt a great sense of personal achievement when he finished his walk (N-S, 21.06.16 to 21.08.16), and claimed his favourite section was “the bit between Kalamunda and Albany!” Highlights included talking to people about the Track while he was walking along Mazzeletti Beach where one person even insisted on giving Mal his sunglasses after he mentioned he’d lost his earlier in the day. He used a lot of Backcountry meals as they were available in most of the towns along the way. No snakes were seen but Mal upset a daddy emu when he got too close to his chicks. He advises checking weather forecasts and being prepared to backtrack to a town for shelter if necessary.

Stephen Genovese (60), of Boulder, and **Tony Free** (59), of Kalgoorlie, walked with Neil Lester of Inglewood and called themselves the Boulder Boys on their hikes (Sectionals, 29.06.09 and 20.09.10 to 26.08.16). It felt good to finally make another tick off the bucket list, and they wondered why they’d waited so long. Dehydrated foods were used in part, but supplemented by some experimentation with fresh foods. The south coastal sections were favourites with the views, canoes and beach walking. An unforgettable incident for Stephen was the two inches of rain dumped on them on the first day of their first walk, and the fireplace and the beer later in the pub at Collie. The Bibbulmun Track is a much longer and more diverse Track than any other walks completed. They advise planning well and making time to get out there.

Sacha Dowell (34), of Mundijong, was Green Turtle and had the time of her life (Sectional, 28.03.16 to 08.09.16) and is now hooked on long-distance hiking! She loved the feeling of freedom, the solitude, the connection with nature and the sense of accomplishment at the end of each day. Food drops of dehydrated food worked well and Sacha also admits to craving chocolate and to pigging out on food in the towns. The entire coastal section was her favourite and she saw whales nearly every day. Other highlights included the karri and tingle forests and seeing an echidna. Sacha is a new convert to using hiking poles, and is stoked that her \$15 second-hand boots made the 1000km distance! She urges

others to try solo hiking—it’s amazing what the time alone in nature can do for your mind and soul.

John (66) and **Marilyn** (64) **Beard**, of Albany, were known as Jabes and Maz out on the Track and they continue to be thankful for such a well-maintained and accessible facility. They felt refreshed and renewed after their walks (Sectional, 24.07.12 to 08.09.16). Food drops of their home dehydrated food were used. The White Horse Hills area was a favourite section with its wildflowers and granite outcrops. A highlight was meeting another hiker, Meerkat, who modified her own walking agenda in order to accompany a couple who were struggling a little—an inspirational act! John and Marilyn were also lucky enough to see an echidna near Swamp Oak. They experienced some very cold nights and John was thankful for his neck warmer. They advise walking your own walk as simply as possible.

Julie Slodoway (29), of Alexander Heights, loved the simplicity of daily Track life on her solo walk (N-S, 17.07.16 to 08.09.16) as she was able to slow down and enjoy the solitude and serenity of being amongst nature. She says her resilience, determination and persistence helped her through any obstacles and challenges. Julie did no cooking on the Track but was still able to find adequate supplies in the towns. Dwellingup to Collie and Northcliffe to Walpole were her favourite sections. Highlights were many, but included seeing how the burnt bushland is regenerating, the jewel-like stars on clear nights, coming across an echidna near Swamp Oak, photographing wildflowers, karri and tingle forests, seeing the ocean for the first time in 40 days and eating a burger in each town. She advises savouring your Bibbulmun experience!

David Broughton (71), of Kalamunda, completed his wettest end-to-end ever (N-S, 01.08.16 to 13.09.16) with rain on more than 28 days. He lived in wet weather gear with almost constant wet boots. Negotiating tree blow-downs and wading in knee deep water became the norm. David was glad he was able to double through Blackwood campsite as it was very bleak with wind-driven rain throughout the shelter. As previously, the coastal sections between

Walpole and Albany were favourites and he enjoyed the southern wildflowers. Mt Cooke, in the north, surprised him with its amazing show of wildflowers over the top. Another highlight was discovering the cafe near Cosy Corner!

Siobhan Sheridan (49), from VIC, signed in as Dropbear on her solo end-to-end (N-S, 22.07.16 to 18.09.16). She had over half the campsites to herself and enjoyed the solitude but she says it made company, when she had it, all the more special. Walpole to Denmark was her favourite section and highlights included comparing previous long hikes with fellow walkers, and the giant tingle trees, but seeing four snakes in one day was like walking through a horror movie! Siobhan says that the Track is quieter and has nicer shelters than the AT, being very well set up for easy, enjoyable hiking.

David (65) and **Diana** (57) **Bridger**, of Geraldton (Sectional, 05.05.08 to 20.09.16), enjoyed the opportunity to live a basic

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lifestyle with everything they needed carried on their backs. They found the Track was always full of surprises and the people they met were always helpful. A favourite section was from Denmark to Albany with beach walks, rugged cliffs and ocean views. A mix of home dehydrated meals and Backcountry meals worked well. A huge array of wildlife was seen over the eight years, and black cockatoos were numerous. They are advocates for hiking poles, but warn to be aware of the weight of your pack before anything is actually added to it!

Aron Sidhu (27), of East Vic Park, says his end-to-end trek (N-S, 11.08.16 to 26.09.16) was worth the sore feet, constant rain and inundated Track. Both bliss and pain were experienced along the way. He had no problems restocking in the towns. Aron's favourite section was between Walpole and Denmark and a highlight was meeting the Southern Ocean. Hiking poles were both a help and a hindrance at times and he urges others to just keep walking.

Michelle (47) and **Andy Nelson**, of Warnbro, signed in as Bib 2 Bula! and loved their whole hike (N-S, 07.08.16 to 28.09.16) which was better than either dreamed it would be. They expressed appreciation for the Track maintenance, the campsites, the signage and their fellow walkers. They dehydrated most of their food and much preferred that to purchases. Balingup to Pemberton was a favourite section and they also enjoyed the karri and tingle forests, the beach sections and even splashing for days in the Pingerup Plains. They advise focussing on the journey, not the destination, and being thankful for what is there.

Barbara McDougall (67), from NSW, called herself Barb (Dat Oldie) and loved every minute of her walk (N-S, 12.08.16 to 07.10.16). Every section offered her something unique, and confidence in her own ability to solve problems grew as she managed to climb over/under/around and through huge fallen trees as well as conquer some huge puddles. The karri forests were a favourite, and Barb also enjoyed the smell of the northern bush after rain. Sending food boxes to Track towns worked so the only main purchase was metho fuel. There was lots of wildlife around, including an

echidna and several snakes. Her advice is to enjoy the challenges.

Melanie Tarantik (35), from NSW, was Mel T on her walk (N-S, 20.08.16 to 14.10.16) that was a beautiful experience, but colder and wetter than expected. She found it easy to restock in towns and recommends the bakeries in Pemberton and Denmark. Kalamunda to Dwellingup and Denmark to Albany were favourite sections and she enjoyed meeting other people along the Track. Mel found it wasn't necessary to carry either a water filter or a GPS.

Tanya Stul (35), of Mount Lawley, called herself Turtle as she hiked (N-S, 01.09.16 to 17.10.16) on a trail that starts in her home town and has amazing facilities. She thanks DPaW, BTF and all volunteers. She underestimated her need for fats in her diet, which resulted in an ongoing craving for bacon! She liked the Northcliffe to Denmark section with her favourite day being Woolbales to Mt Clare. The transition between the varied environments was a highlight. So, too, were the wildflowers and the burnt areas, but sometimes the snake to 'roo ratio was a little too high for her liking on the south coast. Tanya recommends an Aarn pack for anyone with back or neck issues. Carrying a smaller, lighter pack also allowed lighter shoes to be worn.

Ruth (63) and **Geoff Haidn**, from Queensland, were the Caloundra Globetrotters and had a good walk (N-S, 01.09.16 to 21.10.16), but say the weather god was not very friendly toward them overall. Nevertheless, they are very proud that they persevered and finished their walk. They found most towns had adequate supplies to supplement their dehydrated meals. Highlights were many—seeing the ocean for the first time, the people they met on Track, having an ice-cream among the treetops and arriving at the shelters at the end of each day. The Bibbulmun has the best facilities by far of any trail they have walked. They urge others to take on the challenge.

Compiled by Charmaine Harris

BTF Volunteer and End-to-End

The Department of Parks and Wildlife has released the digital coordinate data for the routes of the State's three iconic long distance trails, Bibbulmun Track, Cape to Cape Track and Munda Biddi Trail.

Digital coordinates are used to describe waypoints, tracks and routes for software applications on computers and GPS receivers including mobile phones.

The digital routes are available in two formats to make them accessible for a wide group of users.

1. The GPX, also known as GPS Exchange Format, is a common GPS format for storing and using coordinate data in a way that is easy to use, process and convert to other forms. GPX files can be used by GPS receivers and some mapping programs.

2. Keyhole Markup Language (KML) was developed for use with internet-based Google Earth and Google Maps for expressing geographic visualization within two or three dimensional maps. Many mobile phones are fitted with a GPS receiver, which can utilise KML files via its apps.

The digital routes can be downloaded from Department of Parks and Wildlife website: parks.dpaw.wa.gov.au/know/long-distance-trails.

The KML files are also available on the Trails WA website: trailswa.com.au.

This website is Western Australia's central source of information for all types of trails, from the iconic long distance trails to jaw-dropping gorge walks, snorkel and paddling trails and outback 4WDs.

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Volunteer OPPORTUNITIES



Stuart Holley

After a hectic year we are all looking forward to the Christmas break.

During spring we have been busy keeping the website up to date with diversions due to prescribed burns and many walkers have called us to confirm that the section they plan to walk is open. It's always fun talking to walkers, hearing their plans and ensuring they have the latest information. A fairly unusual enquiry is about tides, but we've had quite a few of those lately as walkers plan the timing of an inlet crossing.

The log book data entry project continues with more wonderful volunteers busily entering the data for us. So far over 100,000 entries have been logged which enables us to glean some very useful information. Vicki has been busy working out a system to rotate the 52 log books efficiently and have the data entered. If you have some time to spare and would like to assist with the data entry, we would love to hear from you.

Data entry can be done anywhere, provided you have a computer with Internet access, as this email from Stuart Holley shows:

We are currently on our yacht at Lizard Island waiting for the winds to drop so that we can start heading back south. Still progressing the data entry when I get to a marina that has Internet access as I have the logbook with me.

Stuart and Denise Holley live in Brisbane in Queensland and over the past two years have visited WA specifically to walk the

Bibbulmun Track, joining the End-to-End club after spending 56 wonderful days in the bush.

So when they noticed that we were looking for data entry volunteers they thought it was a great opportunity to assist from afar. They have taken the task very seriously and on their current adventures sailing up the Queensland coast they have taken time out from their diving and sailing to do data entry aboard their yacht *Stargazer*.

Changing pace, the Melbourne Cup does not go unnoticed. We had a sweep and took a break to watch the race during lunch. The ladies each had a very swish fascinators courtesy of Charmaine's nimble fingers.

Sadly we have said farewell to Lesley Kerr who has volunteered in the office since 2002. Lesley was well-known to our maintenance volunteers as she used to collate all of their reports for the Districts. She also helped with memberships and assisted walkers who came in looking for advice. We all wish Lesley a happy retirement—but of course, being Lesley, she hasn't completely retired and is working on data entry at home.

The office will be closing for the Christmas break at 4.00pm on Friday 16 December and will reopen on Monday 23 January at 9.00am. We wish you all a very happy Christmas and New Year and look forward to assisting you again in 2017.

Gwen Plunkett

Office Manager and Volunteer Coordinator

In early November we celebrated our wonderful, talented and multi-skilled volunteer manager Gwen! She is the centre pin of the Foundation and we are very lucky that she still loves looking after our volunteers after having been with the Foundation since 1997!

We loved the hat she made (ably assisted by husband Chris) for the Matt Hatters Tea Party put on by Volunteering WA – which deservedly won First Prize! **Thank you Gwen!**

The Queen of Hearts...

Saturday 5 November was International Volunteer Managers Day and the theme for 2016 was "One Job. Many Hats."



Gwen going to the Mad Hatters Tea Party morning tea for Volunteer Managers.

NOMINEES FOR 2016 OUTSTANDING SERVICE AWARDS



Department of Parks and Wildlife



Two Foundation volunteers were nominated for Outstanding Service Awards. Awards will be presented by the Departments of Parks and Wildlife at a function in December.



IAN RAE

Ian joined the Foundation in 2007 and since then has contributed nearly 3500 hours of volunteering. Ian is a Maintenance Team Leader, looking after a difficult section of the Track between Peaceful Bay Trail Head and the Irwin Inlet Channel. He is also part of the Foundation's Support Volunteer team and a Volunteer Guide.

In addition Ian has assisted with walker surveys, interviewing and counting walkers and regularly retrieving data from counters placed in strategic locations along the Bibbulmun Track.



MARK DAVIDSON

Mark joined the Foundation in 1999 and has been a volunteer since 2009, contributing over 800 hours of volunteering in a wide variety of roles.

Mark works one day a week in the Foundation office, where amongst other tasks he maintains the register of Notifications of Intent. He is also a Maintenance Volunteer leading a team responsible for a section of the Track between Helena River and Waalegh Campsite. In addition Mark is a Support Volunteer and co-ordinates the work of the Foundation's Support Volunteer Team.

Walker Story

HMAS RANKIN WALK RAISES RESILIENCE AND AWARENESS

The crew of HMAS Rankin recently completed a month long adventure training exercise that took them from Kalamunda to Albany, Western Australia. (Ed: HMAS Rankin is the sixth and final submarine of the Collins class). The initial idea of conducting an adventure training exercise was decided upon on the final transit back to Fleet Base West after a nine month deployment. This quickly turned from an overnight camping trip into the arduous task of walking the Bibbulmun Track. Developed as an inclusive activity to integrate new crew members and build a stronger, more resilient team, the 1003km track proved a worthy challenge.

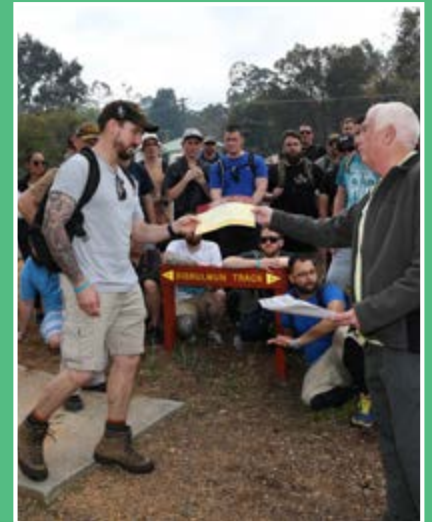
Not a crew to rest on their laurels and make it easy, Rankin also set a goal of raising \$10,000 for their chosen charity beyondblue. (Ed: beyondblue is an Australian non-profit organisation working to address issues associated with depression, anxiety disorders and related mental disorders). This charity was chosen with careful consideration acknowledging the very serious effects of anxiety and depression on some Navy personnel including in the Submarine Force. Keeping with this theme, it seemed appropriate that a challenge that included mateship and teamwork to build a stronger, more resilient crew could also assist in raising the awareness of an issue that affects many people.

The crew completed the challenge in small groups of two to four members, with each group usually having at least one recent joiner. With the first of the groups stepping off from Mundaring Weir on 5 September 2016, the remainder of the groups then spent the next four weeks trekking south to Albany. After some seriously inclement weather, hundreds of blisters and the odd graze, all the participants then travelled back to Kalamunda on 6 October to walk

the final 13km to Mundaring Weir, thereby completing this final leg of the route as a single group.

Within a couple of days of Rankin completing the 1003km Bibbulmun Track physical challenge the fundraising challenge was also completed.

This was a fantastic challenge and is highly recommended for anyone to undertake. Photos of the journey can be found on Facebook @HMASRANKIN.



Chief of the Boat (CPO Anthony O'Riley) accepts the End-to-End Certificate from Bibbulmun Track Foundation volunteer, Colin Gee.

Commanding Officer HMAS Rankin (CMDR Doug Theobald) and Chief of the Boat (CPO Anthony O'Riley) check their progress during the final leg.



The crew of HMAS Rankin walked the last leg of the Bibbulmun Track from Fern Rd to Mundaring Weir on 6 October 2016.

Prize WINNERS!

EARLY BIRD MEMBERSHIP RENEWAL

JULY

Winner **Ken Conolly** received a Black Diamond Headlamp.

Second prize went to **Lisa Mirtsopoulos** who received a GoToob.

AUGUST

Winner **Maureen Potter** received a 4 litre Dry Sack.

Second prize went to **Lesley Walker** who received a Travel Clothesline.

SEPTEMBER

Winner **Paige Bayliss** received a large XPlate.

Second prize went to **Jeffrey Beale** who received a Travel Clothesline.

Unless otherwise stated all the prizes were donated by Sea to Summit and we thank them for their generous support.

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Lachlan Gardiner

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

\$300.00 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.

TRACK TOWN - Pemberton

The historic timber town of Pemberton is surrounded by towering karri, national parks and old growth forest. Some of the tallest trees in the world are to be found in Pemberton, including the famous climbing trees, the Gloucester Tree and the Dave Evans Bicentennial Tree which is the tallest climbing tree in the world.

It's not only the karri forest that attracts visitors to Pemberton. The area offers a wide range of adventure activities from camping, fishing and four-wheel driving to mountain biking, canoeing, swimming and bushwalking. Other attractions include Pemberton Pool, Big Brook Dam, an Arboretum and the 86km Karri Forest Explorer Drive which links the tourism attractions together along sealed and unsealed roads. A four-wheel drive tour to the nearby Yeagarup Dunes is also highly recommended.

In addition to rivers, waterfalls and forests you will find wineries and cellar doors, a brewery, cafes and restaurants specialising in local produce. A great time to visit is during the Unearthed Pemberton Festival (21-30 April 2017) which offers visitors a chance to explore a range of events and activities in arts, food and wine and adventure. Find out more at www.unearthedpemberton.com.au.



Track near Pemberton.

The Bibbulmun Track winds its way through the surrounding forests and passes through the middle of town. Pemberton is a great rest break for end-to-enders with good shops for re-supply. It is also a perfect base for short walks along the Track and other trails such as Heartbreak Trail and the Warren River Loop Walk. While in town you can play mini-golf, take a tram ride and visit the beautiful Fine Woodcraft Gallery.

Bushwalking is pleasant in all seasons. In autumn, the mild weather makes it perfect for walking. In winter the rivers and waterfalls are flowing and you can



The Pemberton Discovery Centre has an excellent range of goods and services for walkers and cyclists including track transfers. You'll also find a mini-golf course and BBQs!

spot a huge variety of fungi in the damp forests then relax beside a fire in one of the numerous chalets in the region. Spring heralds the beautiful wildflower season with amazing displays in the karri and jarrah forests.

Pemberton is 335 kilometres south of Perth, a journey of about four hours. The town is centrally located in the South West, making it an ideal base for day trips to Margaret River, Busselton, Augusta, Bridgetown, Walpole and Denmark. TransWA coaches service the town daily.

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

Please support our walker friendly businesses in Pemberton

Karri Valley Resort 9776 2020

Pemberton Camp School 9776 1277

Pemberton Caravan Park 9776 1800

Pemberton Discovery Tours 9776 0484

Pemberton Old Picture Theatre Apartments 9776 1513

Silkwood Wines 9776 1584



Fact file:

Pemberton Discovery Centre

Phone: (08) 9776 0484

Email: info@pembertondiscoverytours.com.au

Address: 12 Brockman St

www.pembertondiscoverytours.com.au

The Pemberton Discovery Centre is open daily. Services include Track transfers and a wide range of goods for walkers including Backcountry Cuisine, thermals, gas and maps.

Fact file:

Pemberton Visitor Centre

Phone: (08) 9776 1133

Email: pemtour@karriweb.com.au

Address: Brockman St

www.pembertonvisitor.com.au

The Pemberton Visitor Centre is open daily. They will hold food parcels for walkers and house the Bibbulmun Track register. Services available include accommodation and tour bookings, TransWA bookings, DPaW Park Pass sales and a gift shop.

Walker Story

MUSINGS OF A BEGINNER

Recently joined BTF member from Kalgoorlie, Jim Thomson, decided to take on a section of the Track. This is what happened—and what he learned:

On a family holiday in January this year the kids were dropped off at Greens Pool for a swimming lesson, and I headed off on the Bibbulmun Track for a 20km walk back to Denmark.

I was armed with a cheap pair of hiking poles picked up the previous day, a few litres of water, two bananas, a mobile phone—and faith that even without a map “she’ll be right”—and she was! No worries!

At the end of that day I revisited my decades long held resolve to “do” the Bibbulmun Track, and as the year rolled by a long term commitment to be in Perth in August saw my ambition begin to take shape. The Foundation was joined, as were Facebook groups, and electrons were burnt with abandon researching the rest of the equipment one should have for a few days of self sufficiency.

The trip to Perth saw the stage one map kit purchased, a PLB booked, and the credit card brutalised up and down Hay Street in the adventure shops.

As a 57 year old frequent parkrunner, with a couple of half marathons under his belt, a regular attendance at Crossfit Kalgoorlie and a practice 10km walk on flat Goldfields roads carrying 13kg of sandbags I considered myself as ready as I’d ever be, to “do” the section from Kalamunda to Brookton Highway in 3.5 days. Drop off and pick up were arranged.

Away I went, pacing along nicely until I hit Piesse Brook—then just a few 100m further down the track it was “hello quadriceps” then “hello hamstrings and glutes” as I clambered out of the first valley. (*Ed: Glutes are the gluteal muscles in the lower back*)

Coming across some mandarins on a stall outside a farm gate was a bonus, as was the Calamunnda Camel Farm, where coffee and a muffin were eagerly consumed. A rest at Hewett’s Hill shelter and all was good as I basked in a conceited glow of self satisfaction.

Away I went following the little yellow signs, until I exited into the South Ledge viewing platform car park—no yellow signs to be seen, just one blue triangle the same size as the Waugal pointing to the right. So I went right, around the carpark until I arrived back to where I had been. I asked a couple of picnickers for direction—“over there”—with a cheery wave of the hand was the response, so over there I went and ended up on the platform, after taking in the view and the information panels. (I’ve been drinking Mundaring Weir water piped to Kalgoorlie most of my life).

I started seeking out the next Waugal, “ah ha there it is”, so up the Track I went to T-junction. Unsure, I turned right and went down the valley for a few dozen meters until the trail ran out.

Turning around with mounting frustration I found I’d been joined by a tourist—“where’s the viewing platform mate?”

I trudged back up the path, pointed my new mate the correct way, ensuring that he wasn’t silly enough to follow me again, and up the hill I went and came out back at the carpark just a few meters from where I’d first entered a half an hour before.

I walked back to the original exit and had a proper look around this time—and there was the Waugal!

Away again, and after a stop at the Mundaring Tavern for a beer to calm down my grumpiness at getting lost and slowing down my busy schedule, I walked into Ball Creek Campsite at dusk in the rain, cursing the earlier detour and cursing the “They” who didn’t put more signs up, thus making me walk in the rain and be late.

Next day dawned clear but misty; the forest was a magical place in the mist with glistening spider webs everywhere. A lunch break at Helena Campsite saw me on schedule for a double hutter, even though I’d missed more markers. I worked out from the map that I could pick up the Track down into Chinaman Gully so no precious time was lost.

I was feeling a little weary but doing okay, pacing along quite well, head down, watching for obstacles when I noticed some branches obviously deliberately laid across the road. “Oh, that’s nice, someone is doing something to help check the erosion of the Track,” I thought as I stepped over them and continued on up the hill. It was nearly an hour before I twigged that I was supposed to have turned right where the branches signalled “don’t go this way”.

“Hmm, how long since I’ve seen a Waugal? Why did I stop looking for them? Where the heck am I?”



At Mundaring Weir Hotel.



At the Helena shelter.

Pull the map out, turn back around and give the quads another workout, mumbling about the failings of “Them and Those” who never put enough signs out.

An hour-and-a-half later and I’m back at the branches, and lifting my head I see not one but three Waugals!

Off I go again up another steep rutted incline, cursing my just completed unnecessary couple of kilometres of ascent and decent.

Finally just on dusk, but with enough time to catch the sunset while having a cuppa at Waalegh Campsite, I discover that a severe weather warning is forecast for the next day, Wednesday, with wind speeds of 125 kilometres expected. I decide to hunker down until the storm has passed.

Wednesday was spent alone in the shelter, mostly in my sleeping bag watching the storm batter the Helena Valley, sleeping, reading and contemplating. Reading some of the comments in the camp register I noted that I wasn’t the only one not seeing

the signs and getting a little lost. Wanderers all seemed to say that it was all “Their fault, They should put up more signs.”

I’d already come to the conclusion the day before that even though

I’d wasted time and effort, I wasn’t going to let it spoil my day.

It slowly dawned on me that the Track is a lot like life—there are paths forward, there are signs that will put you on the right path—if you pay attention and pick your head up to look for them.

Often you’ll miss them or misread them and end up on the wrong path, but is that so wrong? There are experiences on those paths that are lessons that will put you back on the right path. Just like the Track, the effort expended on the wrong path may stand you in good stead a few days hence when you need to find a little more power and stamina to take you forward over that last hour of the day as the shadows lengthen.

After the storm I’d already ditched the plan to get to Brookton Highway and arranged for a Dale Road pickup, with no shame or thought that I had failed—this was my trek, there was no finishers’ medal!

I travelled more easily, taking a fifteen minute rest every hour or so, watching out for Waugals almost religiously. When one hadn’t shown for a while I dropped the pack and walked down into the valley looking up for Waugals and down for boot prints. I was learning that you don’t always have to carry the burden to get somewhere!

I made Dale Road by mid-afternoon, sore and weary but with a feeling of accomplishment. I lit a fire and enjoyed heat generated that hadn’t come from my exertions or the body heat generated in my sleeping bag.

During the time I waited for my daughter to come get me I resolved that when I carry on my quest to do an end-to-end I won’t race the clock or hammer myself!

And I certainly wouldn’t be proclaiming to the two strangers that I met just before getting lost in Chinaman Gully that “I’m gonna do a triple hutter today!”

What a tosser!

Thanks for a great resource, I’ll be back!

Jim Thomson



Time for a brew.



The day beckons.

Notice board

WANTED:

WALKING COMPANION

I am currently living in Brisbane and working in Darwin but looking to do the End to End early to mid next year over a 3 month period. I am looking to see if there are any interested walkers that would be keen to do the End to End.

Contact: John

E: johnnyrowe@gmail.com

FOR SALE:

MSR WHISPER-LIGHT FUEL STOVE

MSR Whisper-Light fuel stove, complete with extra fuel bottles \$ 50.00

Contact: Hans

0419 906 310

FOR SALE:

FEMALE HIKING BOOTS SIZE 8

Hi-Tec Outdoor hiking boots - mid high. Taupe/olive green colour. Size 8. Excellent condition still in original box. Worn on one overnight hike only - I realised I needed a size larger.

Contact: Karen

(08) 9332 4012

E: karen@successlegal.com.au

FOUND:

WALKING POLES

Walking poles found at Helena campsite 22 October.

Contact: Hakan

0428 940 637

FOUND:

GPS UNIT & MAT

GPS unit found in August on the Harvey Quindanning Road. Mat found at Waalegh campsite

Contact: Gwen

(08) 9481 0551

E: friends@bibbulmuntrack.org.au

LOST:

LEKI POLES

Leki Poles (2) were left beside my vehicle near the track at the Fern Road access, between Kalamunda and Hewett's Hill campsite.

Contact: Margaret

0421 594 001

E: mclark@inet.net.au

Pests on the Track

No, not trail bikes or eight-year olds who don't want to sleep, real pests.

Mosquitoes...

Herewith some interesting comments about mosquitoes from the Department of Medical Entomology, University of Sydney & Westmead Hospital.

- There are over 300 species of mosquito in Australia but less than 20 represent a risk to humans, either as nuisance-biting pests or carriers of disease.
- Mosquitoes are primarily attracted to carbon dioxide and the smell of our skin. Each mosquito species varies in its propensity to bite humans. People can vary in both their attractiveness to mosquitoes and their sensitivity to a mosquito bite.
- There is no scientific evidence that eating or drinking any particular food e.g. bananas or garlic can reduce the likelihood of being bitten by mosquitoes. There is no scientific evidence that taking vitamin B will reduce the likelihood of, or lessen the severity of an individual's reaction to, a mosquito bite.
- Mosquitoes cannot transmit HIV or any disease other than specific mosquito-borne viruses.
- Blood type and skin colour are generally not good predictors of the likelihood of being bitten.
- Any activity (e.g. exercise) that increases body temperature or causes sweating may increase the risk of being bitten by mosquitoes. Studies show that pregnant women may be more likely to be bitten by mosquitoes due to increased body temperature.

- Studies have shown that the consumption of alcohol may increase the risk of being bitten.
- There is a perception that synthetic repellents such as DEET or picaridin can be toxic to humans. However, despite the widespread use of such products internationally, very few cases of adverse reactions have ever been documented.
- Repellents do not kill mosquitoes; they prevent mosquito bites by inhibiting the mosquito's stimuli for blood feeding. Some mosquitoes may be attracted to individuals wearing repellent but mosquitoes will not bite if an effective repellent is used and it has been applied appropriately. Repellents should be reapplied as soon as any biting mosquitoes are noticed. Only a small quantity of repellent, applied evenly to exposed skin, is required for effective protection. Do not apply repellents underneath clothing.

...and Ticks

A great deal has been written about the best way to remove ticks that have embedded themselves under the skin. More recently it has been suggested that the safest way to do this is to spray the tick with a freezing solution, which will kill it and allow it to be removed safely.

The following is a quote from the Australian Society of Clinical Immunology and Allergy (ASCI): *The use of ether-containing sprays (e.g. Wart-Off Freeze®, Elastoplast Cold Spray®) has been effective.*

Both the above products are available at most pharmacies.

Want to advertise on our notice board?

Free for members – just log into your profile on the Bibbulmun Track website. Click the Notice Board & Classified tab under the News tab.

Non-members, please phone or email us to arrange your adverts.

Cost is \$5 for 3 months.

All items will be deleted (from the website) after three months if not renewed.

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

GUIDED TOURS ON THE Bibbulmun Track

Enjoy the beauty and serenity of the Bibbulmun Track, without carrying a heavy pack or camping out!

Town to Town tours

The Foundation is excited to announce the release of our 2017 Tours. Our Town to Town tours enable you to complete whole sections of the Track in absolute comfort. All tours include accommodation, meals and transport and are run and guided by our local partner. Whether it's your first Bibbulmun Track section or one of many that you've done, you're sure to enjoy the fresh air, exercise, great accommodation, delicious meals and the rejuvenating time away from home.

ALBANY TO DENMARK

March 23-29, 2017

October 8-14, 2017

October 24-30, 2017

Days: 7 day tour, 5 days walking.

Accommodation: The Cove in Denmark.

Cost: \$1,950pp twin share.

This stretch of the Bibbulmun Track follows the magnificent southern coastline from Albany to Denmark. The rugged coastal scenery on this section of the Bibbulmun Track is some of the best in Western Australia!

You'll have time to explore the fascinating town of Denmark as well as enjoy the serenity of the forest chalets.

PEMBERTON TO NORTHCLIFFE

April 9-12, 2017

Days: 4 day tour, 4 days walking.

Accommodation: Warren River Cottages, Pemberton.

Cost: \$1,150pp twin share.

Let the cool and quiet forest work its magic on you as you breathe the deep earthy smells and walk under the limbs of the mighty karri trees. Each day on this 4 day tour you'll walk between 11km and 19km, taking in the rivers, forests and farms that typify the area. Greet the excitement of another day's walk well fed, well rested and feeling good about yourself. Our four day walking tour on the Bibbulmun Track is just the thing to revitalise yourself.



Walpole to Denmark.

WALPOLE TO DENMARK

March 30 - April 7, 2017

October 15-23, 2017

October 31 - November 8, 2017

Days: 9 day tour, 7.5 days walking.

Accommodation: The Cove, Denmark.

Cost: \$2,550pp twin share.

This wonderful section of the Bibbulmun Track is possibly the most scenic and varied section of the whole track. It takes in majestic forests, deserted beaches, magnificent bays and spectacular cliffs. You'll visit the Valley of the Giants near Walpole and see the beautiful rock formations and tranquil waters of Greens Pool and Elephant Rocks near Denmark with many in between.

It is a challenging walk, with hills and beaches to conquer, but the beauty and variety of the walk will make it all worthwhile.

NORTHCLIFFE TO WALPOLE

April 17 - 25, 2017

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. Visit one of the most inaccessible parts of the South West of Western Australia without compromising on comfort.

This is a moderately challenging walk.

COLLIE TO BALINGUP

September 18 - 22, 2017

Days: 5 day tour, 4.5 days walking.

Accommodation: Balingup Hill View Retreat.

Cost: \$1,575pp twin share.

Over five days you'll complete 84km of the world-class Bibbulmun Track. Whether it's your first Bibbulmun Track section or one of many that you've done, you're sure to enjoy the fresh air, exercise, great accommodation, delicious meals and the rejuvenating time away from home.

Best of the Bibbulmun

REGISTRATIONS FOR OUR
POPULAR BIBBULMUN AND
BEYOND 9-DAY TOUR ARE
NOW OPEN!

1st - 9th May 2017

*Experience the best of the
Bibbulmun Track and beyond into
the spectacular Stirling Ranges.*

**Just bring your boots, your
camera and a sense of adventure
and join Lead Guide, Steve
Sertis, on this all-inclusive 9-day
guided tour**

- Selected full and half day guided walks
- Spectacular coastal, forest and wilderness areas
- All accommodation, meals and transfers included

Free Deuter daypack and water bottle **valued at over \$200.**

**Registrations for our 8-Day
Bibbulmun Highlights tour in
September 2017, open soon.
Register your interest now.**



Take the first step

Contact the Bibbulmun Track
Foundation

T: (08) 9481 0551

E: events@bibbulmuntrack.org.au

For more information

www.bibbulmuntrack.org.au

Favourite short walk

Stirling Road to Big Brook Dam

Map 5 Pemberton—10 km return

Start: About 6 km along Stirling Road, north-west of Pemberton

In September I went on a lovely short walk—or as I prefer to call it, a ramble. I drove along the Vasse Highway from Nannup, a great centre point from which to branch out and do short walks on the Bibbulmun Track.

Just before Pemberton turn left into Stirling Road and drive to the point where the Track crosses the road (look for the Bibbulmun Track sign). Park off the road and walk east towards Pemberton.

The Track passes by a stand of NSW stringybark and ascends gradually through the forest into the arboretum—a great place to explore. You can wander among many exotic trees that were planted here to see how they would grow and respond to

the local soil and climate, and to determine their potential plantation value.

The Track takes you through a grove of sequoias, or American redwoods, past spotted gums from New South Wales and through natural karri forest as you circle back to the picnic area.

I carried on for another 3km to Big Brook Dam, where there is the opportunity for a quick swim if the weather allows, and stopped at the overflow point, a great spot at any time of the year. I could have walked

around the dam but decided to turn around and return to my car. The walk took about three hours—at rambling speed of course.

I then drove to Pemberton for lunch. The pies at Millhouse Café are recommended as is the walk up the main street, still on the Bibbulmun Track, to see the artwork.

Angela Loucaides

ED – Do you have a favourite short walk? Email to friends@bibbulmuntrack.org.au along with a high resolution photo if you have one.



Big Brook Dam.

Spectacular Guided Tours of the Great Ocean Walk, Victoria



No camping, no heavy backpacks

Amazing 7 Day, 6 Night Tour
Ex. Melbourne, \$2,355pp

Tour Dates:
20-26 November 2016
13-19 March 2017
24-30 April 2017

Walk the entire Great Ocean Walk (104km) enjoying comfortable accommodation and home cooked meals each night

All meals, accommodation and transport included

Experienced guides, small group size



inspirationoutdoors.com.au

walk@inspirationoutdoors.com.au

08 6219 5164

Upcoming events

3-Day Wilderness First Aid Course

When: March 4 - 6 (long-weekend).

The Bibbulmun Track Foundation is hosting a 3-day Wilderness First Aid course through Wilderness First Aid Consultants. This 3-day course is a well-rounded introduction to Wilderness First Aid for bushwalkers, climbers, paddlers and those who find themselves out and about. Booking online

Food In A Fuel Stove

When: Wednesday 8 March at 6pm

Tired of eating the same old food out on the Track? Join Lead Guide and End-to-End-er, Steve Sertis, for a fun and hands-on cooking workshop learning tasty recipes and innovative ideas for preparing healthy food on a portable stove. Learn how Steve dehydrates some of his own food – and get to try it!

Members price \$70

Moon Walk

When: Saturday 11 March at 4pm

Unwind on a serene warm autumn evening by the light of a full moon. Join us on a casual 9km return walk through beautiful

mixed jarrah forest to a large granite outcrop, the perfect location to enjoy a picnic, a glass of wine and watch the setting sun and the rising full moon.

Members price \$20

End-to-End Workshop

When: Wednesday 22 March at 6pm

This workshop takes you through what you need to do to begin planning your epic journey. Learn how to develop your own itinerary, organise food and food drops, plan effective rest days, cross the various inlets and consider the various emergency options available to you.

Members price \$20

Poetry of a Mad Axeman

When: Saturday 1 April at 4:45pm

If you have heard Jim Freeman recite his colloquial and colourful poetry before, you will know that it reflects communal attitudes and traditional Australian culture, whilst giving inspiration and at times making you laugh. Don't be fooled, places will sell quickly!

Members price \$10

Dwellingup and Harvey-Quindanning Rd Easter Bus Service

When: Friday 14 April (Good Friday)

To assist walks with transport for the Easter period, the Foundation is running a bus service to Dwellingup and Harvey-Quindanning Rd on Good Friday in conjunction with the DTC Easter Trek

Member tickets from \$15

DTC Easter Trek

When: Friday 14 April to Friday 21 April

Last Easter we walked from Donnelly River to Pemberton. This Easter we continue our journey on a 7 day trek walking more than 130kms on the Bibbulmun Track (8 day trip, 7 days walking).

Early bird members price \$390



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

26 March 3.30pm 🦶
6km return sunset walk from Camel Farm to Hewett's Hill
23 April 9.00am 🦶🦶
14km return walk from Albany Hwy to Boonering Hill
30 April 9.30am 🦶
13km return from River Rd to the Murray River via Swamp Oak Campsite return (Dwellingup sth)
7 May 9am 🦶
10km return walk Lowlands Beach to West Cape Howe Campsite (near Albany)

14 May 8.30am 🦶🦶🦶
19km return walk from Dale Road to Beraking Campsite. (Fit and experienced walkers only!)
21 May 9.00am 🦶🦶
12km return walk from Kinsella Rd to Canning Campsite
28 May 8.30am 🦶🦶🦶
20.4km return walk from Kalamunda to Hewett's Hill Campsite. (Fit and experienced walkers only!)

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.

Track Trivia

HELLO FELLOW WALKERS!



Hi,

I'm sending this message to express my humour at the anticlimacticness of the middle of the Track. I finished my walk from Balingup to Palings Road today, and found only this at halfway...



Regards,

Cameron Ritchie

Firstly, before all you wordsmiths out there get on my case, I know anticlimacticness isn't a real word, but I prefer it to anticlimactivity, which also isn't a real word.

Secondly, in defence of the Track marking, Cameron must have not noticed the actual mid-point sign, shown below.



Interestingly, this sign will have to be relocated when the realignment is completed over the new bridge (yet to be constructed) across the Murray River, as this will alter the location of the Track mid-point.

Moving on...

...Noises in the Bush

I spent most of my working life in the frenetic cities of South America and Asia; the decision to retire to Perth was strongly influenced by the concept of a quiet suburban life and the chance to escape to the serenity of the Bush.

The Bush is seldom totally still, although there have been times when I have stood deep in the karri forest, closed my eyes and revelled in the total soundlessness. It is said that if you can do this as the rain starts, far way you will hear the chanting of those of thousands of years ago. The wind, the birds, the animals, the ocean, the rivers—these all make sounds that we associate with the Bush and intensify our enjoyment of it.

But what about noises that seem foreign to the environment? When I first overnighted in a Track shelter I became convinced, as I lay in my sleeping bag, that either someone was throwing things on to the shelter roof or a large gang of possums was playing chase up there—"clang! bang! boing!" Then a fellow walker explained that the metal roofs contract as the temperature falls and the noise is coming from the stressed metal.

Then there was the night when I did hear chanting in the distance, but it turned out not to be that of eons before but a troupe of boy scouts singing "Ten green bottles".

I love the story of the two girls who heard the ghostly sound of a flute playing near the shelter in the early hours of the morning. Too scared to sleep they ventured out at dawn to discover a German hiker who had decided he was lost in the dark and pitched his tent 50 metres away from the shelter. Thinking there was no-one around for miles around he played his flute before retiring.

Vehicles, gunshots, the barking of dogs and the squealing of pigs are, sadly, sometimes heard as is the noise of trail bike engines—all things we can do without. On the positive side the sound of the waves—and yes, you really can hear them at Lake Maringup under the right conditions—the clattering chatter of the kookaburras and the plaintiff call of the boobook all add to the charm of the Bush.

Then there are the less easily explained sounds. Many times at night I have heard what I am convinced is the noise of a car door slamming, but not the sound of an engine—any ideas? And what are those voices that people hear as they walk when there seems to be no-one anywhere nearby?

I'll leave you with a question recently put to me by an end-to-ender, and if anyone knows the answer please email me at friends@bibbulmuntrack.org.au. This guy says that all the way along the Track he has heard a bird that whistles the title line from the Pink Floyd song "We don't need no education". Apparently he is not the only person to encounter this and the bird in question has been nicknamed Floyd. If anyone has any thoughts, please let me know!

Happy Walking!

Wrong Way Jim

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Reflections

FROM THE REGISTERS

Summer is here

PLEASE DON'T
TAKE ANY RISKS!

Reflections from the Registers

Mt Clare

Great three-day hike, one I'll always remember. I asked my girlfriend to marry me and she said yes! We met hiking on the Appalachian Trail, got engaged hiking the Bibbulmun Track and now I look forward to end-to-ending some day with her by my side.

Safe trails to everyone.

Hawkeye 19/11/2007

Walpole Visitor Centre

Difficult day doing two campsites. Got to Mt Clare, had a rest and started walking again. It took me 15 minutes to realise I was walking back the way I had come in. After some colourful language I turned round and trudged slowly back uphill, losing about 40 minutes in all. We live and learn!

Tom Weir 19/09/2003

(This guy has my sympathy!—Wrong Way Jim)

Arrived from Mt Clare at 12.30pm, my last leg of the Track and the completion of a five year dream that started in 1999. So many good memories that will be with me for life. Yeha!

Wayne Bertram 02/06/2004

Overnight at Tingle-all-over tonight. The Track just keeps getting better and better! Very happy!

Iain Brodie, Glasgow, Scotland 09/01/2006

Chadoora

We got here from County Wexford Ireland at 11.05 and we are going to brew up (*Ed: Not surprised, that's about 15,000km!*). We are very thankful to whoever for putting up this shelter. At our pleasure a shower of rain landed on the roof as we had lunch. We will carry on walking a while longer now that the sun has come out. What a beautiful spot this is.

Garry and Nell 13/10/2004

Our parents brought us to this shed! It was hot and hard. They said it would be fun! I liked the termite things.

Porky 11yrs

My mum made me walk all this way to this shed. It was too hard!

Teresa 11yrs

As the mother I can assure everyone it was worse for us!

Anon 27/11/2004

Hi, my name is Daisy and I'm 8 and I'm with my cossons. My cossons only had carrots for their snack. I like exploring and poking sticks in the fire and the toilet is way better than Monodocks. You should always bring marshmallows to toast. When you walk hear you should always think I can do it never I can't do it because then you won't make it.

Bye-bye

Daisy 2006

Sandpatch

Last day on the Track and feeling happy, rested and strong. It's been a trip of two halves; Kalamunda to Donnelly mostly sunny and occasionally very cold. From there onward I have faced a series of winter storms, some of them extreme. No worries, all challenges were met with a smile because I was happy to be out here, close to nature in all her moods. I was also lucky to meet beautiful, wonderful, resourceful people all the way through. Without a doubt I will be back, it's under my skin now. Good luck to fellow walkers, enjoy yourselves. We should all be grateful to the people, past and present, who made and are still making this unique experience possible today.

Bruno (end-to-end day 55) 02/07/2012

Last day! Finally the adventure comes to an end. But what now? Back to the real world—or am I in the real world now? Albany here I come.

Toby 11/12/2012

It is strongly recommended that you do not carry out any extended walks between December and the start of March anywhere on the Bibbulmun Track.

The Track gets very hot and the bushfire risk is extreme. Temperatures can range from low 30s to mid-40s. In recent years the Track has been severely impacted by bushfires with the destruction of campsites and other structures which fire fighters were not able to save due to the ferocity of the fires. Much of the Track is difficult to access quickly in an emergency and more so during a bushfire.

Please plan to walk outside of these months and avoid putting your life at risk and the lives of those that may need to rescue you.

We advise people planning a day walk to check the weather and fire forecasts. If the fire danger is very high or above we strongly recommend people don't go out on the Track, or leave if they are already out. If in doubt, and the weather forecast is for hot and windy conditions, our recommendation is not to go walking. The south coast, although may be cooler, offers little protection from the sun due to the lack of a forest canopy and fire spreads more quickly in open bush and grassland.

THE MACLEHOSE TRAIL, HONG KONG



Alfred and Hidi Lau moved to Perth from Hong Kong over six years ago. Keen walkers, they became members of the BTF and have participated in a number of social walks. In this article, Arthur describes the MacLehose Trail in his home country and mentions other walks that can be undertaken in Hong Kong.

Hello BTF members and fellow walkers,

So, what's the first thing that pops into your mind when you hear the words "Hong Kong"?

A former British colony? A metropolis that's just a tiny spot on the map? For those who have visited Hong Kong, you will surely remember the Peak, the Star Ferry crossing Victoria Harbour, Women Street, Temple Street, Stanley Market...and if you landed at the old Kai Tai Airport you will recall waving to the people on the roofs of their buildings or even at their kitchen windows as the plane came in!

Hidi and I attended the ceremony for the first Friendship Trail in Karri Gully, where I talked to Linda, the ED of the BTF, about the most famous hiking trail in my home country of Hong Kong. Linda asked me if I would write an article about it, and it is my pleasure to introduce to you the MacLehose Trail to you all.

The trail was opened in 1979 and named after Sir Murray MacLehose, the longest serving Governor of Hong Kong. It is a 100km long trail, divided into 10 sections varying between 4.6km to 15.6km, with the difficulty of each section being rated as easy, fairly difficult or very difficult.

The starting point is in the east of the New Territories (Pak Tam Chung at Sai Kung). The trail passes through country parks with some of the most beautiful beaches in Hong Kong, mountain ranges and along two reservoirs. The Shing Mun reservoir is famous for heaps of smart monkeys, so don't bring bananas and remember to hide your food!

Some of the sections pass through Kowloon and the views across the urban area are quite unique. The trail traverses Tai Mo Shan (957m), which is the highest mountain in Hong Kong and terminates in the west at Tuen Mun. The MacLehose Trail could be walked comfortably in a week, camping overnight, or walked in sections as a series of day walks; as many points on the trail are accessible by public transport.

Oxfam Trailwalker, a major fundraising event in Hong Kong, takes place annually in November on the MacLehose Trail, attracting many hikers. A relay team will usually complete the trail within 24-48 hours, although the record is well under 20 hours!

Although Hong Kong is usually regarded as a concrete forest, you may not be aware that about 75% of the Hong Kong area is countryside. There are 24 country parks in Hong Kong. Apart from the MacLehose Trail, there are three other walk trails—the Wilson Trail (78km) stretches from Stanley in the south of Hong Kong Island to Nam Chung in the north of the New Territories, the Lantau Trail (70km) is a circular trail on Lantau Island and the Hong Kong Trail (50km) traverses all five country parks on Hong Kong Island.

So please, think about hiking in Hong Kong!

Alfred Lau

For more information on the MacLehose Trail, you can visit:
<http://hiking.gov.hk/eng/longtrail/mtrail/mtrail.htm>

http://www.ofca.gov.hk/en/consumer_focus/mobile_telecom/country_parks/coverage_survey/digital_map/index.html



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Volunteer Profile



WILDERNESS FIRST AID COURSE

Carolyn (Caro) Knight

Caro joined the BTF in 2004, became a volunteer in 2006 and is currently a Maintenance Team Leader. These are some of her reflections:

After undertaking two walks on the Bibbulmun Track with members of my walking club I thought that I would like to become a volunteer, as I wanted to put back into the Track what I had gained from it for myself.

I started as a maintenance volunteer in May 2006 in the Wellington area, my section being between Dee Vee Road and Trees Road. This section is just under 10km and includes six hills! Despite the fact I was working full time and the vagaries of getting the conservation permit criteria for the weather correct, I was able to do the required number of visits each year. I learned very quickly to love the area but sadly and reluctantly I had to hand it over to others this year, to take over the section that includes Possum Springs Campsite.

There is a great pleasure being in the bush and working quietly with birds, kangaroos, bungarras, white faced wallabies and occasionally echidnas for company. Sometimes the work was tough—one storm provided quite a problem with over 15 large trees down on a 5km stretch of the Track—but the beautiful spring wildflowers in Spring were always a very welcome reward.

During my time as a volunteer I spent a few days in the office, which gave me a greater insight into the workings of the Foundation. I have also worked on several projects and Field Days. One of these was a maintenance trip to Murray Campsite, where we dug out a bank at the back of the shelter, and moved it all to the front where we made a new bank facing down to the riverfront.

Latterly I have spent time working on new alignments around the old route of the Long Gully Bridge. I am yet to have a sleepover at the newly built shelter at Possum Springs, which is an incredibly peaceful place where I love to be.

Date: Saturday 4th – Monday 6th March (long weekend)

The Bibbulmun Track Foundation is hosting a 3-day Wilderness First Aid course through Wilderness First Aid Consultants on the March long-weekend in Mundaring. This 3-day course is a well-rounded introduction to Wilderness First Aid for bushwalkers, climbers, paddlers and those who find themselves out and about. It includes CPR and scenario based teaching.

This course serves as an introduction to all of the essential topics of Wilderness Medicine. Having a little extra time for scenarios as well as Adult CPR/EAR will set you up well to deal with a variety of patients in the outdoors. You will be issued with Wilderness First Aid (WFA) Certification valid for three years as well as a CPR Certification valid for one year. During this course you will have a written and practical CPR/EAR assessment component. You will also be critiqued on your performance during scenarios to ensure understanding of basic principles.

- For more information and bookings visit the Calendar of Events at www.bibbulmuntrack.org.au



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Carolyn enjoying herself!



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