

Bibbulmun NEWS

AUG'18 - DEC'18
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Newsletter for the friends of the Bibbulmun Track

RIVER ROAD BRIDGE MAINTENANCE WORK IS UNDERWAY

The around 70 year old River Road Bridge near Pemberton has received some vital maintenance in recent months.

Over two multi-day trips to the site, Support Volunteers carried out extensive cleaning, preservation, banding, drilling and bolting operations to extend the life of the bridge considerably and save it from further decline.



Replacing the brace bolt

Dave Lathwell from Parks and Wildlife Services oversaw the work and was very impressed by the team. "The enthusiasm you have for this activity makes for a very enjoyable atmosphere and the abilities and expertise you provide so willingly is much appreciated by me and the department and I'm sure the Track walkers" he said.

Special mention and thank you to the coordinating trio, Ross Simpson, Charlie Soord and Mark Davidson for organising the training, planning, tooling-up and work scheduling to enable the Foundation to take on the bridge's care and maintenance.



Drilling holes for the borate timber treatment application.



The merlo (telehandler) unfortunately is bogged – "it's not easy being green"



That rascally high pressure pump resisted attempts to get it running until the trouble was diagnosed and repaired.



Cleaning the timbers with a high pressure hose



The crew refuelling after the first hard days slog – what a marvellous bunch.

From L to R: Tony Cole, Don Hill, Graham Murdoch, Bill Hewitt, Hedley Amos, Lari McDonald, Charlie Soord, Ron Greenhalgh, Ross Simpson.



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SANDPATCH SHELTER DESTROYED

Sadly, we lost our second campsite to fire this year. On Friday 25th May, a bushfire from an escaped prescribed burn tore through the Torndirrup National Park in Albany.

Despite last minute attempts by Parks and Wildlife Services' Albany District to protect the campsite by clearing around the shelter with a bulldozer, the shelter did not survive. This was one of many fires whipped up by very strong winds and you can read more about this in the Recreation & Trails Unit article on page 7.



Any timber was reduced to ash and blown away.

Sandpatch, which is the most southern campsite on the Track, was built in May 2012, along with Mutton Bird Campsite to replace Hidden Valley Campsite to the west because of the expansion of the wind farm.

The fire burnt 620 hectares and the Track in this area will remain closed for many months.

In January this year, we lost Helena Campsite, near Mundaring, in a deliberately lit fire.



The toilet, standing but damaged

NOTICE TO MEMBERS 2018 ANNUAL GENERAL MEETING

The 2018 Foundation AGM will be held -

- on Thursday 1 November 2018, 5.00pm at YHA Building, 300 Wellington Street, Perth.

Agenda -

1. Apologies.
2. Acceptance of 2017 AGM Minutes.
3. Chairman's annual report.
4. Executive Director's annual report.
5. Treasurer's annual report.
6. General business including; Appointment of auditor.

Members proposing to attend are asked to notify Ce by telephone on 9481 0551 or by email to admin@bibbulmuntrack.org.au.

Election of Board Members

Under rules 31 and 32, members are notified as follows -

- Four positions are declared open for re-election.
- Members are invited to nominate for election. A member's nomination must be in writing, signed by the member and be received by the Foundation before the close of nominations at 4.00pm Monday 1 October 2018.
- Should a poll be needed to elect a Board member it will be conducted during the AGM.
- The term of office of each person elected to fill those vacancies will be 2 years from, and including, the date on which he or she is elected.

The elections will be held because -

- The terms of Kath Broderick, Charlie Soord, Patrick Tremlett and Louise Yeaman will expire. All members are seeking re-election.

Linda Daniels

Executive Director, Bibbulmun Track Foundation



FROM MY Desk

Welcome to the spring edition of Bibbulmun News.

It has been twenty years since the current alignment of the Track was officially opened and despite the regular maintenance undertaken by volunteers and Department staff, a major works program is required over the next three to five years. Projects include erosion control on the south coast, extending the capacity of high-use campsites and revegetation of sites impacted by fire.

Unfortunately, it also includes the rebuild of two campsites due to the loss of Helena in January and Sandpatch in the more recent fires near Albany. We were very lucky not to lose Rame Head as well, as the fire came within 500m of the shelter when the wind changed. It was a scary time for those living near Albany with fire fighters stretched to their limits. You can read more about the Department's efforts to save Sandpatch in Kerstin's article on page 7.

These works will be guided by the Vision Statement opposite which was developed with the input of our members through a survey and workshop last year. This includes a desire to keep facilities, including shelters and bridges, rustic and minimalist to fit in with the natural environment.

Unfortunately, there are some regulations written in government policy with which the Department has to comply—however incongruous this may seem in remote locations on the Bibbulmun Track. These include handrails on bridges that are more than one metre off the ground (i.e. the often dry creek-bed) and wheelchair access to toilets. This has resulted in some structures not being as sympathetic to their surrounds as we would like.

The new bridge installed recently just north of Harris Dam Campsite (see page 8) is a good example of compromise. The timber bridge has a steel deck and concrete footings so, in the event of a bushfire, the underlying structure will remain intact. In the meantime, the timber will mellow and blend into the surrounds better than some of the other bridges installed in recent years.

Our Support Volunteer team will be very involved with these upcoming works and we will also be sure to include the relevant sectional volunteers when it is on their patch.

Thank you to all our volunteers and to our valued sponsors who support the maintenance program.

We've a big team effort coming up and couldn't do it without you.

Linda Daniels

Executive Director

Join us on



Vision for the Bibbulmun Track

In 2017, Parks & Wildlife Services asked the BTF Board to consider the Foundation's long-term outlook for the Track and to assist with the development of a works program for the next 10 to 20 years. We were also keen to define the *look and feel* of the Track to ensure that any future works retain the character of the Track and the walker experience.

Members and volunteers were invited to contribute to the discussion by completing a survey and attend a workshop in late November 2017. Many thanks to the hundreds of people who completed the survey and to the 65 members and volunteers who attended the workshop. Your passion for the Track was obvious, your input was invaluable and will help guide future work undertaken on the Bibbulmun Track.

The full report is available on our website and the development of the works program is in progress.

The Foundation's vision for the Bibbulmun Track

These qualities of the Track should be retained:

- A simple wilderness path through the bush.
- A track that gives people mental and physical, yet accessible, challenges.
- A track that fosters a sense of community and camaraderie among its users.
- A track that provides opportunities for solitude and personal growth.
- A track that provides a peaceful and tranquil experience

These principles should govern the Track:

- The natural wilderness of the Australian bush should be retained as much as is possible.
- Facilities, structures and regulations should be simple and pragmatic.
- Materials and design features should be rustic, minimalist and practical and not detract from the predominant sense of a natural, primitive environment.
- Trail markings should retain the original intention and characteristics of being functional, unobtrusive and sympathetic to the surroundings and be placed with appropriate regularity.
- Track improvements, including shelters, bridges, toilets and other facilities should be constructed to provide a minimum level of public safety.
- The Track should endeavour to inform and educate users into the Aboriginal and recent history of the land through which the Track passes.
- The Track should remain free from user fees.

Dear Steve

We have met you several times at the Bibbulmun Office when we have dropped in. Other times have been out on the Track, at least twice when you and Jim Freeman passed us leading groups of walkers. One time we bumped into you at Hewetts Hill shelter. That was on April 14, 2010 where you were teaching your culinary skills to a group of about 25 kids along with their parents. We could hear a loud noise of excited voices a kilometre before we reached the campsite. Another time was when you had just finished measuring the length of the Track. We chatted at the Albany Terminus and asked whether the Track was more than 1 000 kilometres long. Elaine and I always thought it was, but you didn't tell us. We did four End-to-Ends from 2004 to 2012. Now in our late seventies we are only doing day walks into campsites down south.

I hope the three packs are helpful for use in hiring out. Keep up the good work and may the Foundation go from strength to strength in the days ahead.

Yours sincerely,

Garry & Elaine Keymer



What a lovely surprise when I arrived home last week to find a parcel at my front door.

It was my 2nd prize in the monthly membership renewal draw. I have already used one of the items (kindly donated by Sea to Summit) out on the Track. Thanks to Sea to Summit and the BT Foundation.

I thought I should also tell you of my recent short walk on the Track with my 5 year old granddaughter. She dressed beautifully in her tutu-style skirt and wore pink sneakers that light up when you walk. Her backpack (packed by her) contained a small pillow, a book, water bottle and a fairy wand! She loved her experience and is asking for more.

Kind regards

Margaret Clark



A fairy wand is the perfect accessory for a magical walk on the Track!

I had already completed a sectional end-to-end over more than 25 years, starting south of Dwellingup and walking to Kalamunda with my father and then walking all the other sections, south to north, with various family members. This was well before the Track was extended to Walpole and before there were shelters along the way. Then I completed the Albany to Walpole section with my son and brother John.

It was on the Track a couple of years ago that John said, "would you like to do the whole trail in one go with me?". As we were both in semi-retirement by then, it was possible. John organised the schedule and we set the dates from the 17th of September to 11th of November last year for our two-month Kalamunda to Albany adventure.

The Track is very different from the rough old days and what a fantastic trail it still is. There is not one part of the Track that is better than the other to me; everything has its own individual charm, including the people that you meet on the trail and the stories that surround them. I organised to do a pose at every shelter, which ended up being more ridiculous each time. (Ed: see the picture below!) As soon as we had finished John said, "let's do south to north next!" so I guess he's got the bug too!

I could write a book about the Track itself. It was a fantastic time for us to do this and pretty rare to be able to take two months out to do it. We finished the Track completely independently, purchasing food and fuel along the way in the towns and had no issues other than a few minor blisters. John did it a bit tougher with 23kg on his back, while I had some light gear with 18kg fully loaded. All in all a great experience!

Jim Vos

right: Jim and John Vos at Giants Campsite



Thank you, thank you, thank you!

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

- | | | |
|-----------------------------------|--------------------------|------------------------------|
| Robert Allen | David Large | Michelle Ryan |
| Renae Anderson | Fred McGlashan | Cathryn Salinovich |
| Helena Arcaro | Mary McNulty | Brian Sparks |
| Kim Gray | Jann Miranda | Irene Stephens |
| Marcus Harris | Effie Nicholson | Vanessa Taylor-Rennie |
| Leonie & Julien Harris | Fiona Noble | Holly Thomas |
| Sharon Hitchens | Jeremy Owen | Serge Tseu |
| Christine Kennea | Derek Perkins | Jan Van Stekelenburg |
| Garry & Elaine Keymer | Christina Prevost | Richard Walton |
| Barbara Kleinmann | Denny Roberts | Campbell Watts |
| Winsome Lane | Patsy Roche | Jane Wood |

Donations are tax deductible!

Through the National Trust, donations to the Foundation are deposited in a special account and assigned specifically to projects that enhance the Bibbulmun Track's environmental sustainability. The National Trust provides this service for free so you can be sure that 100% of your donation will go to Track projects.

Tax deductible donations can be made online, in person by cash or credit card, or by cheque which can be made out to the Bibbulmun Track Foundation with your name and address. 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, regardless of the amount, are gratefully received and all help to preserve our beautiful Bibbulmun Track.

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 Section by Section guide on www.bibbulmuntrack.org.au or contact the appropriate Parks and Wildlife Services 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 complete a Group Notification online at parks.dpaw.wa.gov.au/know/group-notifications.

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@dbca.wa.gov.au
Ph: (08) 9219 8265

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@dbca.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@dbca.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@dbca.wa.gov.au**

Donnelly District (Pemberton and Northcliffe)

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

Frankland District (Walpole)

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

LEAVE NO TRACE TIP: PACK IT IN - PACK IT OUT

- Carry a bag for your rubbish at all times.
- Minimise your use of canned foods.
- 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: (08) 9219 8265
Email: recreationandtrails@dbca.wa.gov.au



Department of Biodiversity,
Conservation and Attractions



Recreation & Trails UNIT

Hopefully you are enjoying the beautiful days and perfect hiking weather, rather than reading the Bibbulmun Track News. Perhaps today is a rainy day and here you are.

Firstly, bad news. The Sandpatch Campsite was destroyed in late May 2018. Unseasonably warm weather for the time of the year, combined with strong winds ahead of a cold front fanned many fires in the Albany area. Fire fighters were stretched to the limits with more than 30 active fires, including some in the Stirling and Torndirrup national parks.

Despite attempts by the department's Albany District to protect the campsite at midnight by clearing the ground around the shelter with a bulldozer, the shelter did not survive. The wind was so strong it blew the whole roof several metres downwind. No clearing was made around the toilet, as the flames were approaching rapidly, but the toilet survived with little damage. The usual post fire insurance assessments are in progress, as is the planning for rebuilding the shelter.

The Fire Danger Rating forecast on the day was Very High. Checking the Fire Danger Rating forecast on any day during the year appears to be more and more necessary (www.emergency.wa.gov.au, via phone 13 33 37 or on the EmergencyAus app). Remember, for your own safety, the department strongly recommends you do not consider walking if the forecast is Very High or above.

Marking of diversions

Recently, it has been brought to my attention hikers have been getting confused with some diversion marking, despite no active diversion being in place.

To make best use of the department's resources and to keep diversions in place for the least amount of time, our districts sometimes install diversion marking in advance, with the end points left unmarked and not visible from the Track. This way a diversion can be activated quickly by just installing the closure signs and last few markers close to the Track at either end.

Hikers who stray off the Track or enter it from side tracks may come across these pre-prepared diversions. Please keep this in mind when you are navigating off the Track, or accessing it from side tracks and remember to check the track conditions before you head out.

Staff changes

There are some staff changes at the Recreation and Trails Unit. Recreation Officer David Lindner recently resigned to take up a new job in the community sector, while I am about to depart on six months extended leave to spend time with family in Germany and hiking and cycling through Europe. We are currently in the process of temporary filling my position, but unfortunately David's position is likely to remain vacant.

I look forward to seeing you on my return in February 2019.

Kerstin Stender
Trails Coordinator

Explore Parks website improves Trail information

(parks.dpaw.wa.gov.au)

All the information about trails can now be found under the **Know** tab on the website, or by scrolling down the page to the **Trails** section. From a trails perspective, the content has been reviewed and updated, including new safety and planning information, while the group notifications have been simplified and are available online.

The current Track conditions, such as closures and diversion, can now be found under the **Alerts** button at the top of the page. These are displayed in an easily navigated map style, unlike the previous list, and combined with all other park alerts to provide an overview and assist with trip planning. Please note all emergency alerts, such as for bushfires, storms, etc are found on the Emergency WA website - www.emergency.wa.gov.au.



Eyes on the GROUND



Cutting steps into fallen trees.

Over the past few months we have welcomed more new volunteers to our maintenance team as others have retired for various reasons. We thank them all for their commitment and hard work during their time with us and hope that our new team members will enjoy looking after their section of the Bibbulmun Track.

The first two Field Days for 2018 have been held and planning is underway for others.

Wellington Field Day, Sunday 22 April.

The forecast heavy showers didn't dampen the enthusiasm of the 13 sectional and five support volunteers who followed Ranger Nick Evans into Harris Dam Campsite. The main job was the demolition of an old timber footbridge across a stream just north of the campsite and the installation of its 3m jarrah replacement prefabricated by DBCA's carpenter in the Collie workshop. The bridge had been brought to site several days before and just needed lifting and concreting into position.

Morning tea was time for introductions, safety briefing, problem solving and an



A new timber bridge was installed by volunteers just north of Harris Dam Campsite.



Our thanks to Alcoa for sponsoring our Volunteer Support team.



Jing Xie amongst almost impenetrable prickly bush adjacent to the Murray River.

update of jobs completed by Nick's crews. While some volunteers were new recruits, others were old hands with one of the teams maintaining their section for 13 years and another team for nearly 20!

A couple of support volunteers also attended to assist with training and to brief the sectional volunteers on the type of help available if required.

The muscle went off to the bridge site while one group did track marking training and another concentrated on the campsite, oiling the shelter exterior and outside table while others tidied and improved the



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

drainage, which was soon tested when the next deluge arrived. Come lunchtime the bridge was all but complete, so the break was taken in the now-retained sun, enjoying the company of each other and of a young French end-to-ender.

Finishing touches were added to the bridge and everyone departed for home as the next downpour hit Wellington District. Thanks must once again go to Nick Evans for organising a most enjoyable and worthwhile field day and giving up his Sunday.

Perth Hills Field Day, Sunday 3 June

DBCA Ranger Rebecca Hamilton joined 26 volunteers on a cold clear morning for the Perth Hills Field Day in Mundaring. Things didn't quite go to script at Ball Creek Campsite when the usual volunteer feedback session was overlooked in the race to morning tea, but the important safety messages were delivered particularly concerning protection against snake bite, hand and eye injury.

Four volunteers were dispatched down Allen Road to re-mark a section that had



Re-oiling the shelter at Harris Dam Campsite

been prescribe-burnt some weeks earlier while others focussed on the shelter and surrounds. The rear gutter guard was replaced, shelter and toilet exteriors oiled and piping on the new water tank painted to resist UV deterioration.

In preparation for replacement of the floor with gravel the lower bunks were closed in with plywood and the heads and sides similarly sealed. The track into and out of the campsite has become eroded so a group selected, flagged and mapped realignments for future construction while a second fire ring was installed in an area long-used for fires by campers. Many wheel barrows of leaves were also cleared from around the shelter and the campsite tidied.

Despite it being a long weekend the Field Day was well attended with much useful information shared and experience gained on a beautiful sunny day. Thanks go to Rebecca for organising materials and to board member and support volunteer Charlie Soord who packed his ute to the brim with all manner of tools, ladders, scaffold, tins of oil, a generator and sheets of ply on the roof rack.



Cleaners, painters and oilers hard at work cleaning up the shelter at Ball Creek.



Volunteers at Harris Dam Campsite.

Support Volunteer team

In addition to working on the River Road Bridge (see page front cover), Support Volunteers, ably assisted by some sectional volunteers, completed a list of jobs arising from maintenance reports. Jobs included oiling and fixing up boardwalks and steps, re-marking burnt sections of Track, cutting steps out of fallen trees and brush cutting extensive regrowth in the Dwellingup District. If you need any assistance on your section please email maintenance@bibbulmuntrack.org.au.

We are looking ahead and planning for future works for much needed upgrades to the Track and the expansion of campsites in high-use areas. Given that most campsites have now been in place for 20 years there is much work to be done.

Many thanks to all maintenance volunteers, past and present, both sectional and support volunteers, for their hard work which enables so many walkers to enjoy the Bibbulmun Track.

Gwen, Charmaine, Mark and Charlie



Rob and Charlie filling in below the bed-boards.

Freeze Dri

BACK COUNTRY Cuisine

Fast, nourishing food for adventurers.

Getting into Gear

WALKING HATS



hat

noun

a shaped covering for the head worn for warmth, as a fashion item, or as part of a uniform. "a black straw hat"

When you're out exploring and adventuring, always wear a hat with good sun protection – even in winter. Of course, the Australian summer has stronger UV ratings not to mention the sunburn potential but it is very possible to also be subjected to skin damage on cloudy overcast days. Hiking should not be a fashion parade but, having said that though, keep reading and see how your hat rates or if you're in the market for a new hat, find the best and dorkiest hat for you!

Standard Wide Brim with airflow

This is the go-to hat for the Inspiration Outdoors team. These hats are light, durable, dry quickly, good brim coverage, drawstring for those exposed sections around Cape Otway (and many places in Australia can be tres windy), and have the important ventilation panel. Most brands have something in this style and are pretty reasonably priced. When you are out walking, being mindful of sun damage and heat is very important, no one wants heat exhaustion/heat stroke.

Outdoors Geek rating: Medium to High 4/5
Sun protection rating: 4/5



Ultra Adventure or Legionnaire Style

This hat certainly has all aspects covered for walkers. Large brim, six inch neck cape, ventilation panels, drawstring, adjustable head tightness, mean you will stay cool, sun protected and your hat won't fly off the cliffs on the Bibbulmun Track. Good quality hats are 50+ SPF rated, plus water and stain resistant! Certainly an all-rounder and practical, hence the "Ultra" in the name.

Outdoors Geek Rating: High 5/5
Sun Protection Rating: 5/5



Tilley Classic

Don't like promoting individual brands, but the Tilley is as classic and respected as you can get. Tilley guarantees for life that their hats will not wear out, shrink, or fall apart! Also it blocks "98% of sun rays" and possesses a soft band around the head that wicks moisture. The stiff brim makes it handy in the windy.

Outdoors Geek rating: Medium to High 3.5-4/5
Sun protection rating: 4/5



Trilby Hipster

The hat is stylish, with its 20s shaping and darling ribbon/band usually present. Good airflow in the cane mesh models but lets face it practicality for walking is not high on the agenda of purchasers/wearers of Trilbys.

Outdoors Geek rating: Low to very Low 1/5
Style-master rating: High
Sun Protection Rating: 1/5



Crushable Cowboy

Now here is some "cred" with practicality. The hat is sturdy, packable (crushable), big enough brim and looks pretty awesome. You can pack it in your luggage or hiking pack without worrying about damaging it. Small drawback is the lack of chin strap although some brands making this style do have them. They can be lighter than they look and most of these "all-season" hats have a twill headband to stop itching. This hat will allow you to go hiking with some class.

Outdoors Geek rating: low 1/5
Check Shirt accompaniment rating: 5/5
Sun Protection Rating 3.5/5



Flap down Cap

Has obvious strengths in being lightweight, quick dry, has excellent neck protection, and is versatile. This hat is designed to wick away moisture, so you will be pretty fresh faced, cool, calm and collected as you walk. Major advantage though is easy packing into bags, light, and really can go in any conditions. The cap brim lacks marginally in protection to the legionnaire but is one of the highest rated hats for outdoor activities you can find.

Geek factor: High 4.5/5
Comfort and practicality: not as good sun protection as the "Ultra" 4.5/5
Sun Protection Rating: 4.5/5



Trucker/Baseball Cap

These caps are versatile in that you can wear them outdoors or in hip urban areas. But unless you have your collar up, you will lack the sun protection on the neck. If the sun is at an angle, the brim just can't offer you full protection. It is better than nothing and can be combined with a collar up approach and other forms of sun protection.

Geek Rating: 1/5
Melbourne style rating circa 2015: 5/5
Sun Protection: 2/5



Beanie

Obviously come in different shapes and styles, and football teams (Go Dockers!) Beanies are important in places where you can get rapid weather changes – to shelter from those ocean winds along our coasts, and of course when the sun goes down and you are gazing at the amazing light-pollution free sky. If the sun comes out, swap the beanie out! Great and very useful at morning tea, at long rest stops, at lunch or whenever you are taking a moment to eat our delicious cakes to prevent cooling down too rapidly.

Geek Rating: 1/5
Melbourne style rating circa 2015: 5/5
Sun Protection: 2/5



Stay Protected and Happy Hiking!
Your Hat Guru,
Campbel



Many thanks to Campbel from Inspiration Outdoors for this review!

Volunteer Story

Maintenance and Mateship

The wife of a keen walker (and Bibb Track end-to-ender) contacted the Foundation to say that her husband Mike had been diagnosed with early onset dementia. She wondered if it would be possible for him to join a volunteer on their regular maintenance inspections of the Track. Gwen asked me if I would be willing to take him the next time I visited my section near Dwellingup. Although a little apprehensive, I agreed to give it a go.

I need not have worried. Mike is still high functioning, a great guy and it was easy to make conversation. While driving down to Dwellingup, we discussed our Bibb Track experiences. He did a South to North E2E in 2012 and mentioned that he had walked part of the way with two young men from Alaska. I started my North to South E2E in 2012 and had passed two Alaskan men! After a bit more discussion, we realised that we had crossed paths at Brookton Shelter on a rainy September day. We had shared a morning tea break before heading off in opposite directions. The coincidences did not finish there! We also discovered that we had both lived in Port Moresby in the mid 1970's for several years. We were both regulars at the Aviat Club, a popular after-work drinking spot. We cannot remember meeting, but we have mutual friends from that time!

We have now done three inspections of "our" section of the Track and Mike attended the Volunteer Thankyou Day and Vision Workshop as well as the Hills District field day. Our next maintenance visit will be in a few weeks' time when we have some water-bars to repair.

Mike is a good companion and enjoys the chance to be out in the bush. We all know how therapeutic any time spent on the Track can be, no matter what our circumstances!



Great Gift ideas for Father's Day

SUNDAY 2 SEPTEMBER

With a wide range of Bibbulmun Track gifts, maps and events there is bound to be something to suit every Dad this Father's Day.

Quality time with the kids on a Walking with Dad event!

Head to our website www.bibbulmuntrack.org.au/walk-the-track/events-calendar/walking-with-dad-weekend-sept-2018 to book online.

Keep Dad Hydrated

KeepCup or Waterbottle
Our funky Bibbulmun Track KeepCup is perfect for the Dad on the go, next time he buys a take-away coffee; help him reduce disposable waste with a new KeepCup. Or maybe a tough Nalgene N-Gen Tritan 750ml bottle which can handle hot water too!

RRP starting from \$17.60

T-shirts, mugs and more from Redbubble

You can order a variety of products from the Redbubble website. Currently we have two great designs up there - the Waugal design and the simple Bibbulmun Track logo.

Choose the styles and designs you like and order direct from Redbubble.com.



If you're not sure what Dad might enjoy, why not buy him a **Bibbulmun Track Gift Voucher** (any amount) and leave the choice to him! Available directly from our website www.bibbulmuntrack.org.au/shop/category/e-vouchers, purchase your gift voucher today.

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Yes, THEY DID IT!

Our CONGRATULATIONS to the following
56 walkers on completing an end-to-end!
10 from overseas, 8 from interstate and
38 from WA.



There are several diversions still in place along the Track, due to fire damage as well as planned burns, but walkers are still lured to it -- to either experience it as a through-hike or in sections, a little at a time.

Here is our latest group of registered end-to-enders and, as usual, they are featured in chronological order of completion.

Our CONGRATULATIONS go to all of them!

Albert Tuner (29) came from Sweden to walk the Track and has now registered his end-to-end (N-S, 01.11.2014 to 03.12.2014).

Alfio Catalano (40), of Dwellingup, completed a speedy, light-weight end-to-end (S-N, 17.5.17 to 13.06.17). Denmark to William Bay was his favourite section due to the variety of landscapes, even seen through pouring rain! Highlights included walking in darkness for the first few hours each day before sunrise, and walking in clean, dry clothes after so many days of rain. He advises others to walk the Bibb at whatever speed they are comfortable with, and to do it THEIR way.

Esme Bowen (57), of Trigg, was also known as *Waugalette#4*, as she persevered over several years to complete her end-to-end (Sectional, 2005 to 15.10.17) and delighted at being back out in the bush each time. She loved the people she met, the stories that were created and the funny moments she experienced with her fellow walking friends. At times it was a welcome retreat into nature and she found that decisions were more easily made within the rhythm and cocoon of the Track. Dehydrated gourmet meals were shared with her friends and her favourite sections included Pemberton and the south coast.

Jasper Kevill (30) and **Anne Woborschil** (31), of Bayswater, signed in as *Jas and Anne* and also as *the fat lesbians* on an end-to-end (N-S, 08.10.17 to 10.12.17) and say they would walk it all over again! Home dehydrated meals worked well for them, despite the many hours of preparation. They found all sections were special, just very diverse, and they loved the peace and quiet of having most of the shelters to themselves.

Frank Trybulec (55), of Rockingham, and better recognised as *Frank T*, has been back out on Track again (Sectional, 04.10.17 to 29.01.18) and says he will never tire of walking it -- he is totally "hiking-hooked"! He liked Donnelly through to Pemberton this time, and also enjoyed staying in the new rammed earth shelters, especially at Dog Pool. Frank saw lots of snakes between Denmark and Albany.

Wendy Nelson (66) of Northcliffe, also known as *FOF#2*, walked what she called "a Clayton's e-e" (Sectional, 30.04.2004 to 22.02.2018) as she started a through hike but had to pull out, and later discovered she had already walked the gaps to claim another end-to-end! As usual, the Track offered its beauty to her every day and she enjoyed it at a slower pace this time around, but a combination of injuries, rain and illness made her question her sanity at times. Wendy thought the coastal sections were spectacular and, along with her daughter, enjoyed wading everyday on the Pingerup Plains -- laughter solved everything! But she could have done without seeing snakes in winter.

Another group of Scotch College boarders has completed an end-to-end (Sectional, 15.03.14 to 03.03.18). The group included **James Humphry** (17) of Moora, **Arthur Corunna** (17) of Two Rocks, **Cameron Ritchie** (17) of Darkan, **Jedd Quartermaine** (17) of Dowerin, **Wade White** (17) of Wandering, **Lachie McGregor** (16) of Yatheroo, **Scott Smith** of Moora, **Sam Rogers** (17) of Cunderdin, **Tom Klug** (16) of Williams, **Ben Klug** (16) of Williams, **Rohan Dick** (17) of Karrynyup, **William Wiese** (16) of Narrogin, **Mitch Evans** (16) of Hong Kong and **Brent Morton** (16) of Eneabba -- with only a few of the group making

any comments this year. Mitch thought it was a hard walk, but very rewarding, and it created some great memories for him. Arthur agreed it was a fun journey and he particularly enjoyed the Donnelly River 'roller-coaster'. Rohan found the food was better than he expected and he actually had a lot of fun. William's favourite section was between Dwellingup and Collie whereas Ben preferred the Pemberton sections. A highlight for Cameron was sitting around the campfire at night with the boys.

Daniel Harrop (27), of North Perth, chipped away for four years to complete his end-to-end (Sectional, 25.01.14 to 30.03.18) and has now happily ticked it off his bucket list. He thinks the Bibb is an amazing trail and reflects what a great part of the world we live in. Daniel's favourite sections were between Balingup and Pemberton, and also Walpole to Denmark.

Laura (63) and **Paul Bell**, from Canada, were *Popeye and Olive Oil* as they walked what they called "a world-class trail" (S-N, 31.01.18 to 12.03.18), and found they were easily able to resupply in each town. Their favourite section was Denmark to Walpole with its superb beaches, karri and tingle forests. The fantastic people they met along the way matched the amazing landscapes. They loved seeing the kangaroos, emus, tiger snakes, monitor lizards, bandicoots and birds -- all novel for Canadians.

Brian Brassington (27), of Forrestfield, was *B Man* on his end-to-end (N-S, 16.01.18 to 25.03.18). He tried some bush tucker along the way, but found none that he could recommend -- and doesn't think he can eat rice or noodles, for months, either! He loved the tall forest areas as well as the cliffs along the southern ocean. Brian also says "I apologise sincerely for my poetry....."

Daniel Tannenbaum (57), of Wembley, was *Faithful Dan* as he completed a "life-changing experience" (Sectional, 16.03.17 to 15.04.18). He says it has unleashed a thru-hiker passion in him that he hopes he never gets over! Beavis to Boarding House was his favourite section and the long log bridge over the river was magic -- it made

him feel like an early explorer, with deep bush all around. He met some great people on the Track and had a few unexpected encounters too -- like the roos who kept track of him and the night visits by critters looking for an easy meal. Daniel says the Bibb is so well designed and maintained that it's world class!

Jennifer McDonald (55), of Beaconsfield, described her end-to-end (Sectional, 22.09.16 to 27.04.18) as a glorious experience, being both mentally and physically challenging, in a beautiful environment. She's walked overseas, but says the Bibb is unique with the care taken by the volunteers and the special camaraderie found with other walkers on the Track. Jennifer dehydrated most of her meals and posted them ahead to booked accommodation. While doing much of her walk solo, she found that walking with a friend made the whole experience more light-hearted. She loved the magnificent karri and tingle trees around the Walpole area, and lots of snakes were seen in the coastal sections.

Glenn Smart (41) came from NSW to "feel the spirit of the south-west" (N-S, 23.03.18 to 27.04.18). He loved the whole Track and enjoyed meeting other friendly walkers, but certainly did not enjoy the itchy, little pepper ticks! Having readily available rainwater at the campsites made the Bibb stand out against other walks.

Christopher Moschioni (56), from the ACT, returned to walk another end-to-end (N-S, 07.03.18 to 28.04.18) and motivated himself by reading his earlier haiku entries in the red journals. Much more salami, cheese, rye bread, boiled eggs and home-made beef jerky was eaten this time around. The diversity of landscapes from Giants to Rame Head really stood out, as did the unexpected flowers in mid-April. Highlights included walking by head lamp at night in the sections leading into towns, and being able to attend the ANZAC dawn service while in Denmark. One of the reasons Christopher likes the Bibb is because he doesn't have to worry about water supplies at the end of each day. And he advises

staying up to date with Track conditions while walking.

Russell Montgomery (58), of Carlisle, felt very pleased to have completed his end-to-end (Sectional, April 13 to April 18) despite a busy life and a major injury, but admits to now being "hooked". The area around White Horse Hills was a favourite, and highlights for Russell included seeing the amazing coastal views nearing Albany, experiencing cold fronts while in the karri forests, and walking alone for days in the longer sections. He appreciated the shelters, the well-maintained Track and the BTF organization.

Stefica Key (58), from NSW, was *Corky* on her walk (N-S, 05.04.18 to 03.05.18) which she loved for lots of different reasons. An absolute highlight for her was her stop at Donnelly River Village. Stefica summed-up her experience beautifully by saying "...it has exceeded my expectations. So many wonderful memories -- the silence of the forest in the north, the majesty and elegance of the karri forest, the wonder of the ancient tingle forest followed by the wild and windy coastal section. The people I met along the way added to the experience and also knowledge of this Track. I'm grateful to the trail creators, the current custodians, volunteers and donors. It truly is one of the world's great hikes"....

Mick Dunn (66), of Mt Helena, (N-S, 08.03.18 to 03.05.18) appreciated all the work that has been done to keep the Track open and accessible for solo walkers like him. He ate mostly freeze-dried food and loaded up with calories when in the towns. He loved being able to "walk the walk" after only "talking the talk" for so long, and particularly enjoyed the south coast - despite the snakes! Highlights were meeting up with his wife along the way and reaching the southern terminus. Mick warns other walkers to never underestimate their daily water consumption.

David Mizer (37), came from the USA to hike the Bibbulmun (S-N, 02.04.18 to 07.05.18) as training for a planned thru-hike on the Pacific Crest Trail, and because it was a great chance to explore a part of

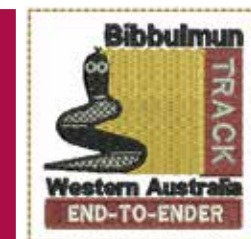
WA. He was very pleased with his choice and says it really was the experience of a lifetime for him. He thought the trail was incredible and a great hike for a first-timer. He had no problems re-supplying in the Track towns. Denmark to Walpole was a favourite section and he enjoyed all the coastal vistas, the giant tingle trees, Donnelly River Village, Gloucester Tree and the Dwellingup History Museum. A variety of wildlife was seen including more tiger snakes than he could count!

Rebecca (45) and **Richard Stokes** (55), from England, feel so lucky to have had such an amazing experience (S-N, 12.03.18 to 08.05.18). They loved the well-marked and maintained Track, the fantastic shelters and the availability of water. They used the Track towns for re-supplies and never encountered any problems. The whole trail was a highlight for them but they particularly enjoyed Giants campsite, Donnelly River Village, the wildlife, the people they met along the way, relaxing in camps in the afternoons and the peace and quiet of the forests.

Sonja (58) and **Peter** (67) **Chandler**, from NSW, took two attempts to complete their end-to-end (Sectional, 25.08.16 to 25.05.18) after Sonja was helicoptered out of Woolbales campsite, with a broken leg, on their first attempt. That left Peter to carry two packs to Walpole! But Sonja healed well and they were able to return to complete the walk they'd dreamt of doing since hearing about the Bibb in 2002. They enjoyed the fantastic flora and fauna, the great variety of landscapes, the shelters, some interesting company of fellow walkers and all types of weather.

Do you have your
End-to-Ender
BADGE?

FREE when you
register your
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Yes, THEY DID IT! (CONT.)

Barbara Kleinmann (51), from Germany, called herself *The Wanderer* on her hike (mainly S-N, 15.04.18 to 26.05.18) which she found easier to organise because it passes through towns and has fantastic shelters. Her favourite sections were along the south coast. She enjoyed the beautiful beaches and the inlet crossings were very special -- she loved the canoes! Wildlife was different for her and included roos, emus, tiger snakes and a visiting quokka at Boat Harbour campsite.

Rune Keiler, from Copenhagen, Denmark, registered his end-to-end (N-S, 13.04.18 to 28.05.18) but provided no further details of his walk.

A group of friends all completed an end-to-end together (S-N, 08.04.18 to 30.05.18) and included **Julie Bessant** (58), **Barbara Waller** (64), **Jennifer Zimdahl** (56) and **Irene I lean on the Track Stephens** (66), all of Bridgetown, plus **Corinne Enniroc Van Burgel** (55) of Kulin, and **Helen Arcaro** (59) of Manjimup. It was great to share the journey and Irene appreciated the others' support when any difficulties arose. Barbara said the whole walk was a delight despite the deviations due to planned burns, and she thought the sunrises and sunsets were spectacular. Jenny loved being able to meet the daily challenges thrown at them. The Pingerup Plains was a favourite section for Helen and Jenny, whereas Julie preferred the northern jarrah forests and Irene will always remember walking over Mts Vincent and Cuthbert in the rain. Helen enjoyed the mornings, with new things to see each day. Corinne loved the whole Track, and especially seeing the changes in the flora and fauna along the way. They mostly prepared their own food, but found that sharing pancakes and custard made a great finish to the day! They all expressed how much fitter they felt after their adventure and say it won't be the last time on Track for them all.

Janelle Brooks (50), from NSW, described her walk (S-N, 04.04.18 to 02.06.18) as a fantastic personal challenge and found the sections in the karri forest were especially challenging when she was alone. A highlight was walking with her kids for the first sections and she also met some incredibly interesting and friendly people along the way. The solitude and birds were enjoyed in the forests, and so were the cafes in the

towns! Janelle found that planning her walk based around the shelters was very different to other walks she's done, and she advises allowing extra time so you can savour the walk and sit out any bad weather.

Terry Coumbe (66), of Karrinyup, had a fantastic walk (S-N, 16.04.18 to 03.06.18) which he described as physically challenging and psychologically easy -- whereas his first end-to-end in 2003 had been physically easy and psychologically challenging! His walking mate had to pull out due to injury but was able to later re-join the adventure. Terry dehydrated his own food supplies and dropped them in each town. Pemberton to DRV was his favourite section with its challenging terrain and great scenery - and he especially liked the reward of coffee, lasagne and salad when he reached DRV! He met many wonderful people on his journey and was thrilled that walkers, Janelle from NSW and Barbara from Germany (see above entries), came to meet them at the northern terminus.

Ethan Giacomel (18), of Karrinyup, was known as *Gwokka* on his end-to-end (S-N, 16.04.18 to 07.06.18) and he loved the simplicity of life on the Track as it opened up new experiences and opportunities for him. Ethan combined his walk with an end-to-end on the Munda Biddi as well. He loved the forest sections where he was surrounded by tall trees, arriving at the shelter each day and meeting friendly people. Ethan claims he actually saw more kangaroos than people, and saw lots of dropbears! He appreciated the walk being free as it encourages everyone to do it, not just the hard-core hikers.

Perot Daisy, from France, called herself *Flower Power* as she finally realised her six-year dream of walking the Bibbulmun (mainly N-S, 04.04.18 to 11.06.18) in what she calls an amazing part of the world. Her favourite section was between Peaceful Bay and Rame Head and she particularly liked meeting other people along the way. But she didn't enjoy having a cold sleeping bag, or some of the lonely nights. She felt sad for the burns devastation and had to modify her walk due to diversions. Many kangaroos, birds and snakes were seen.

Alana Kimber (32), from Victoria, was simply *Alana* on her end-to-end (S-N, 03.05.18 to 13.06.18). She is thankful for meeting interesting people along the way who were encouraging and enthusiastic and inspired her to seek further adventure. The tingle forest between Giants and Walpole was a favourite section and Alana will never forget the magic experience of walking west toward the end of the day on the south coast and watching the sun set -- a magnificent sight.

Garry Connell (61), of Mt Lawley, called himself *STOIK* on his walks (Sectional, 17.03.18 to 17.06.18) and confirms how fortunate we are to have the Bibb as a resource here in WA. While taking advantage of food options in the towns, Garry dehydrated much of his food as it only calls for simple cooking while on Track. He loved the karri and tingle forests where he felt the most invigorated, and being alive in the forest just pre-dawn as the first glimmers of light arrive with bird calls after a night of rain. Garry says the Bibb is unique with its shelters and facilities -- he enjoyed the whole 1000kilometres and is now looking forward to his next end-to-end.

Alexi Peacock (32), of Maida Vale and **Peter Peacock**, of Bayswater, had a great time on the Track (S-N, 27.04.18 to 17.06.18). Alexi says "What a challenge!" and Peter says he started with no expectations but, at some point, he became much more goal oriented and determined. Their favourite sections were the hills between Dwellingup and Perth, with starry nights and a fog-filled valley at Beraking. A highlight for Alexi was finally reaching the forest after days along the coast, and Peter liked the southern cliffs. The further they walked, the more food they required, and they both advise having good sleeping bags to stay warm at night.

Jacob McCray (26), from NSW, was simply *J McCray* as he hiked (N-S, 02.05.18 to 21.06.18) on what he called an "unbelievable track". He was very appreciative of the well-maintained trail, claiming that trails in his home state are incomparable. Jacob had no problems resupplying in the Track towns and loved every section of his walk. Highlights included a day when it hailed sideways and he just had to laugh! He also surprised an emu which reacted by producing one of the funniest displays of silly running that you will ever experience! Jacob also enjoyed meeting other hikers along the way.

Claus Steensbech (53), aka *Chopper*, came from Denmark to walk the Bibb (S-N, 12.05.18 to 29.06.18) and found it far more challenging than he expected with the first 200 kilometres through the sand dunes being hard on his hips. He loved that there was very little walking on sealed roads, in comparison with other walks around the world. The karri forests were amazing -- especially the Gloucester Tree, and the shelters were incredible as they ensured a dry place to sleep each night. This meant he didn't have to care about the rain, although a "WA winter is like a normal Danish summer". He was surprised at how little he ate, but says even dried food is ok once you get used to it.

Compiled by **Charmaine Harris (FOF#1)**

FAVOURITE SHORT WALK

GLOUCESTER TREE TO THE CASCADES
MAP 5 PEMBERTON. GRADE 3

DISTANCE: 12KM RETURN.

(6KM ONE WAY. BOOK A TRAM PICKUP FROM THE CASCADES)

This 12 kilometre return walk starts from the world's tallest climbable tree - the Gloucester Tree - and finishes at the Cascades, a series of babbling rapids along Lefroy Brook.

The Bibbulmun Track passes through the Gloucester National Park which is a great example of the closed forest ecosystem that extends throughout the Southern Forest region.

You start on the 10km Gloucester Route, but when you reach the bitumen road, turn right, cross over the twin bridges,



and then right again, following the trail markers back into the forest. From there, you will follow the gurgling East Brook, through the valley. Listen for the stirrings of many different creatures for them, the winding brook is a liquid lifeline.

Continue through the forest, following the old railway earthworks. This too, was once a lifeline with heavy logs hauled from the forest on the railway to the Pemberton mill. Listen carefully, you can hear the tram's horn and watch out the tourist trams using the railway line.

Continue to follow the trail markers until you reach the Cascades. There is a 1.2km loop trail which allows you to loop around the waterfalls and capture photographs from every angle. The views are magnificent and the natural surrounds refreshing and revitalising.

Start of walk: The Gloucester Tree is 3km from the Pemberton visitor Centre. From the main street through town turn up Ellis Street and follow the signs.

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(See his story in LEGO on page 22). The winner will receive a prize from Sea to Summit.

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Send us your caption!

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"This trip was a great way to experience the walking highlights of Tassie from West to East. With easier and harder walking options on a number of days, this is manageable walking for most people and I highly recommend it." Trip Advisor, Joanne, 2018



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Bibbulmun Track members dig in to start school build in Nepal

In 2015, Nepal was hit by several catastrophic earthquakes with many lives lost, property and roads destroyed and over 5000 schools damaged. In conjunction with sponsor World Expeditions, the Bibbulmun Track Foundation invited members to participate in a school rebuild project followed by an eight-day trek in the Annapurna region.

Jo Agostinelli, Patricia Armstrong, Dawn Bell and Sharon Hitchens took part in the adventure. This is their story:

In April 2018, we had the privilege of participating with the second group of BTF members to volunteer at the remote Bal Jyoti Basic School, Langarche Kot Gau, in the Sindhupalchuk district.

Whilst only 75 kilometres from Kathmandu, the village was a very bumpy six hour bus drive, and the 45 minute walk uphill on a dirt road to the village was a welcome way to stretch the legs! We were met by our crew from World Expeditions who made us feel very welcome. Following staff introductions, refreshments and settling into tents, we walked further uphill to the school site. To accommodate the new school a section of the mountain face had been carved out and a flattened area created.

Basic School refers to a primary school with approximately 40 kids. The old school building was structurally damaged and declared unusable. The priority was to get a toilet block built and to start on the foundations so they would be eligible for Government funding.

Our first official day on site started with a welcoming guard of honour as the headmaster blessed each of us with red tikkas smeared gently on our foreheads and khatas placed around our necks, for protection and

blessing. The guard of honour was formed by the school kids, teachers and parents and was a humbling experience.



An angle grinder was brought out to help with this type of job.

Tools on site for digging the 1.5m holes were very rudimentary and included pick axes, crow bars and shovels. The few pick axes were in big demand as we were essentially digging in rock! One of the gentlemen in our group is a builder and he used his expertise to train the local men how to use the power tools we bought out on request of the first group of BTF volunteers.

On finishing work one afternoon and walking back to camp my friends and I met a local woman, Gayatri, who ushered us into her modest home. Our limited Nepalese led to a lot of smiling, laughing and hand gestures. Gayatri's generosity, warmth and

The community welcomed us to the school site.



School books, backpacks, posters and soccer balls were some of the items donated to the school.

invitation were a real gift and privilege.

At the finish of our stay the village showed their appreciation with a thank you ceremony at the old school site, and we each had the opportunity to offer a gift to the students. The closing ceremony was as overwhelming as the welcoming ceremony.

Village life here is tough—subsistence living where clean water and transport are luxuries. Apparently our two groups are the only tourists that have ever visited the village.

In Nepal the reconstruction process is sluggish, with less than 15% of houses



The kids were a delight.

rebuilt in three years since the earthquake. There is a huge need for projects like the Rebuild Nepal Community by World Expeditions.

The generosity, hospitality and smiles will be something we will always remember. Not only can we have a small impact on the life of Nepalese school kids but remembering them can have a huge impact on our lives.

Jo Agostinelli, Patricia Armstrong, Dawn Bell and Sharon Hitchens



Dawn enjoying the hospitality of local woman



Getting started on one of the holes. The condemned school building is in the background.

Many thanks to the BTF members and friends who joined us on this trip and helped raise funds to purchase a generator and power tools including a jack hammer to get through that rock! This will not only assist the school with their build but provide them with ongoing income through hiring the equipment to other communities.

We are pleased to confirm that support for this school will continue through other

World Expedition trips. Huge thanks to World Expeditions for also supporting the Bibbulmun Track Foundation and donating \$6000 to the Track.



The first group of Bibb Track vollies in a hole!

Office GOSSIP



Over the last few months we have continued to settle into our new home and it has been great to have members and volunteers popping in to say hello and have a look. As with any major change it all takes time.

With winter now well under way we are busy with enquiries, events, map sales and hire gear.

Sadly we have farewelled some of our marvellous team of office volunteers. After more than 10 years Peter S. has moved on to spend more time as a Rottneest Island guide and Gayle has retired to travel into the outback more often. Vicki, who will be well known to our data entry volunteers, has also taken off to travel.

In their place we have a number of excellent new volunteers who are busily learning the ropes. A very warm welcome to Bill, Sue, Rob, Graham and Janine.

As usual many of the office team have packed their bags and taken off to destinations far and wide including the UK, Greece, Vietnam, Italy, the Goldfields and the Kimberley. We are a very well-travelled bunch!

The log book data entry project continues well, and Linda has been able to make good use of the results thus far. Data entry can be done at home and we now have a number of log books just waiting for a willing volunteer. If you could assist please let me know by emailing volunteer@bibbulmuntrack.org.au or calling 9481 0551 Monday or Tuesday before 2.30pm.

If you haven't yet been to see the new office, do pop in as we are always happy to welcome you.

Gwen Plunkett
Volunteer Coordinator

Prize WINNERS!

CONGRATULATIONS TO THE WINNERS OF OUR MONTHLY MEMBERSHIP PRIZE DRAW

March

Diane Tinker received a large XPlate by being the winner of the draw.

Margaret Clark received a trowel and cutlery set as 2nd prize.

April

Skinner family received a traveling light toiletry bag.

Vicki Elson received a fun lot of bits from the prize box as 2nd prize.

May

Anderson family received a Mountain designs Travel Towel and a whistle.

Annie and Henk Van Poppel won a trowel and an ultra mesh stuff sack as 2nd prize.

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



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.



The top 5 reasons to get the NEW *entertainment* Membership!

The Bibbulmun Track Foundation is raising funds. Here's how you can help...

If you haven't already purchased your NEW 2018 | 2019 Entertainment Membership this year, now is your chance to support us and be rewarded with over \$20,000 of valuable offers!

- 1 You will be supporting The Bibbulmun Track Foundation fundraising! We receive 20% of the purchase price for every Entertainment Membership sold.
- 2 You can enjoy hundreds of 2-for-1 and up to 50% OFF offers from some of the best fine dining restaurants, popular cafés and family restaurants in your area.
- 3 You'll be 'entertained' all year long with valuable cinema, activities and theme park offers.
- 4 Travel in style with more than 2,000 hotels and resorts, with exclusive accommodation offers.
- 5 Be a savvy shopper with discounted eGift Cards from national retailers like David Jones, Woolworths, rebel, Priceline and much more.

Purchase online or in the office.

The traditional Entertainment Book that comes with the Gold Card and vouchers

-OR-

The Entertainment Digital Membership that puts the value of the Entertainment Book into your iPhone or Android smartphone!

Thank you for supporting the Bibbulmun Track!

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.

TRACK TOWN - KALAMUNDA

Just 30 minutes from Perth, Kalamunda town centre has a village feel and offers a range of unique stores, character eateries and cafes and a vibrant farmers market each Sunday morning.

On the first Saturday of the month, drop in to the Artisan Market and check out over 200 specialty stalls. A visit to the Kalamunda Library will reward you with views of the largest community-built stained-glass window in the Southern Hemisphere.

As Bibbulmun Track walkers will be aware - it is also home to the northern terminus of the Track. For walkers who are tackling the Track end-to-end in one hit, Kalamunda represents either a state of pent-up excitement at the beginning, or a huge sense of achievement at the end of their trek. The Track register is located in the Perth Hills Visitor Centre, together with the bell that End-to-Enders should ring to proclaim their feat. Walkers have access to showers (BYO towel)—which can be the equivalent of ambrosia to those who have not seen civilisation since they left Dwellingup!

The visitor centre and gift shop is located in the Zig Zag Cultural Centre (ZZCC) at 50 Railway Road along with the Zig Zag Gallery, and Mason & Bird Café. If you want to discover more about the history of Kalamunda town, grab a heritage walk trail guide at the visitor centre, or use their free Wi-Fi to download the App.

The Kalamunda History Village, adjacent to the ZZCC, is on the site of the old Upper Darling Range railway station, built to service the Zig Zag line. It is the largest local museum in WA, depicting the unique life and industries that developed in the area.

Visitors to the Perth Hills will be impressed by the range of excellent restaurants and the level of sophisticated accommodation to be found; gracious country B&Bs, spa retreats and private luxurious hideaways. Perfect for a weekend escape.

Kalamunda is also the starting point for visiting the beautiful Bickley Valley, renowned for delicious boutique wineries, cider and produce. Other attractions



Kalamunda is home to the northern terminus of the Bibbulmun Track.

include the Kanyana Wildlife Rehabilitation Centre in Lesmurdie, the Perth Observatory in Bickley, Calamunnda Camels in Paull's Valley (take a unique ride through the forest), and live shows at the Kalamunda Performing Arts Centre and KADS Theatre. The annual Bickley Harvest Festival is a must-do each May, and the Perth Hills Spring Festival in October is full of activities and events for everyone.

Outdoor lovers can indulge themselves in the natural environment in one of the national parks that surround Kalamunda. Wildflowers are abundant from late winter through to spring; perfect times for bushwalking. The Hills are blessed with more than 40 bike and walk trails, including the Bibbulmun Track.

For scenic lookouts, head to Lesmurdie Falls, Lions Lookout or the Zig Zag Scenic Drive; see all the way from Hillarys in the north to Rockingham in the south - on a clear day you can see all the way to Rottnest Island. Visit at dusk to see a spectacular sunset over the Perth skyline and at night for the twinkling lights of the metropolitan area. Lesmurdie Falls has a 50-metre drop, spectacular in winter and spring.

A trip down the one-way Zig Zag Scenic Drive is the perfect way to exit the Hills at the end of your visit, taking in the stunning views as you wind your way down the iconic road.

The Perth Hills. Experience it all.

Fact file:

Perth Hills Visitor Centre
50 Railway Rd, Kalamunda
Phone: (08) 257 9998

Email:
visitor.centre@kalamunda.wa.gov.au
www.experienceperthhills.com.au

Open 9am - 4pm Monday to Friday,
10am - 4pm on weekends and public holidays

(closed Good Friday, Christmas Day, Boxing Day and New Year's Day)

Please support our Walker Friendly Businesses in the area

Kalamunda Carriages & 3 Gums
Cottage
(08) 6293 1902

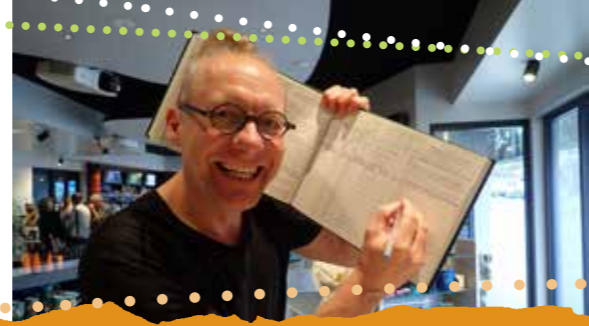
Villa du Lac
(08) 9293 2906

Mundaring Weir Hotel
(08) 9295 1106



Walker Story

LEGO MAN (AKA CLAUS STEENSBECH)



With 16 months leave up his sleeve, Claus set off from Roskilde in Denmark to find adventure. He walked the Shikoku 88 Temples route in Japan (see Trailing Around the World in Bibb News #74), cycled the 3000 kilometre Tour Aotearoa in New Zealand and walked the Jeju Olle Trail in South Korea. It was on the Jeju Olle that Claus saw the Friendship Trail sign for the Bibbulmun Track – and found his final adventure.

“It is an old dream of mine to walk the Pacific Crest Trail but it would take too long. The Bibbulmun Track offers the same type of remote, challenging experience but also has a really good structure with shelters which give a certain degree of comfort” said Claus.

“I have walked the French and Portugese Camino The Bibbulmun Track is harder

with elevation but better on the legs as there's only about five kilometres of sealed road. The most ugly parts of the Bibb are similar to the most beautiful parts of the French Camino.

“Hiking the Track was the most complex and challenging part of my 16 month trip. It took me 48 days and I lost 17kgs during this time – I have my young body back!”



THE 21ST OF JUNE IT WAS OUT WITH THE BANANA! (INTERNATIONAL NAKED HIKING DAY)



SO WE ALL WENT FOR A WALK...



PASSED STRANGE FUNGUS



THE FIRST 200KMS WAS VERY HARD, CLIMBING THE SAND DUNES...



...AND WALKING ALONG BEACHES.



THEN CAME TWO STORMS. BOTH WHILE I WAS IN THE KARRI FORESTS.



AND THROUGH THE VEGE PATCH...



I MET THE FAMOUS PACK ANIMAL AND OTHER WALKERS



I GOT IN BETTER AND BETTER SHAPE.



I HAD TO WALK THROUGH A LOT OF FALLEN TREES...



...THROUGH A LOT OF WATER...



... AND FACE MEAT EATING PLANTS...



I CLIMBED THE GIANT BIG GLOUCESTER TREE.



AND HAD TO RUN FROM TWO VICIOUS, WHITE DOGS...



...AT LEAST FOR A WHILE!



Oh No!



HELP!



BUT I GOT OUT AGAIN, AND COULD CONTINUE MY JOURNEY...



I KEPT FOLLOWING THE WAUGAL...



... AND SUDDENLY IT WAS ALL OVER! I HAD WALKED THE BIBBULMUN TRACK!

Notice board

FOR SALE:

LADIES SPORTIVA HIKING BOOTS – BLUE SUEDE WITH VIBRAM SOLES, BARELY WORN. LABELLED SIZE 38EUR BUT WOULD FIT A SIZE 36 – \$50.

Contact: Sharon
414 403 343

e: haronheal@inet.net.au

FOR SALE: ELECTRIC BIKE

FOLDABLE; INCLUDES HELMET, SECURITY CHAIN, VEST, GLOVES AND FOOT PUMP – \$1200.

Contact: Gwen
0438 802 588
E: g.mcn@bigpond.com

FOUND:

ITEMS FOUND WAALEGH CAMPSITE
11th APRIL 2018

1 x 2 Person Dome Tent
1 x Metal dinner plate
1 x Blow up pillow
1 x Spade

Contact: Allan
0407 899 089
E: allan.lieschke@bigpond.com

FOR SALE:

ZAMBERLAN BOOTS

MEN'S ZAMBERLAN LEATHER BOOTS, VIBRAM SOLE. USED ONLY A FEW TIMES AS THEY ARE TOO NARROW. SIZE 11 UK OR 44 EUR. WORTH AROUND \$220 NEW – \$160 (DONATION TO THE BIBBULMUN TRACK FOUNDATION) THIS ITEM WAS KINDLY DONATED TO THE FOUNDATION TO SELL.

Contact: Bibbulmun Track Office
(08) 9481 0551
E: friends@bibbulmuntrack.org.au

LOST:

BLACK DIAMOND ION HEADLIGHT AT WHITE HORSE CAMPSITE

LEFT AT WHITE HORSE HILLS CAMPSITE. IT HAS A GREY AND BLACK BODY AND A GREY AND BLACK STRAP. MAY HAVE BEEN ON THE GROUND TO THE LEFT OF THE HUT (OPPOSITE SIDE TO THE WATER TANK).

CONTACT: ZOE
0401 153 956
E: ZOEATKINSON@BIGPOND.COM

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



The Bibbulmun Track Foundation specialises in providing memorable experiences on Western Australia's award winning Bibbulmun Track.

Join us and discover diverse landscapes on our all-inclusive, fully guided **Bibbulmun & Beyond 9-Day Tour** departing April 2019 or our **8-Day Highlights Tour** departing September 2019.

All tours include accommodation, meals and transport



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

WE ARE THE TRACK SPECIALISTS
TAKE THE FIRST STEP – CONTACT THE BIBBULMUN TRACK FOUNDATION

T (08) 9481 0551 E events@bibbulmuntrack.org.au
For more info visit www.bibbulmuntrack.org.au

Karri Country Good Food

13 Wheatley Coast Road Northcliffe
Ph. 08 97766707 Mob. 0455628097



Opening Hours

Monday: 9am to 4pm
Tuesday: 9am to 4pm
Wednesday: 9am to 2pm
Thursday: 10am to 4pm
Friday: 10am to 5pm
Saturday: 10am to 3pm



Fresh, locally grown fruit and vegetables
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Vast range of dried foods including flours, legumes, seeds, nuts, fruits etc. etc.
Almond, soya, coconut, macadamia waters etc.
Gluten-free, sugar-free and dairy-free foods
Food for bushwalkers and travelers, the Bib Track and the Munda Biddi Trail
Eco-friendly cleaning and personal hygiene products

All welcome to shop at KCGF
For an annual \$15 fee, members can sell through the shop and receive a 10% discount on purchases over \$30
Please note that as the KCGF shop is run by volunteers, opening hours may vary without notice

www.karricountrygoodfood.com.au



If you enjoy walking the Track please become a member - it's less than the price of a cup of coffee per month.

JOIN ONLINE OR CALL THE OFFICE ON 9481 0551.

WILDERNESS FIRST AID TIPS



This is the third of a mini series of articles designed to tackle first aid questions and problems that might crop up on the Bibbulmun Track. Of course, mostly things don't go wrong, and we don't want them to, but it's best to be prepared...

Tip 2: Ask and answer the questions that actually matter

Ankle injuries are really common, and then everybody looks at the ankle and wonders if it's broken or sprained. This is the wrong question to ask. The question that always needs to be answered is "Can we keep going as planned, do we need to call it quits and get ourselves out to the nearest town, or do we need to call in some outside help?"

This is the same first question that you need to answer for all such incidents. As a doctor, even with a set of x-rays in front me, it's not always possible to tell if an ankle is broken or not, but it is always possible to make a treatment decision. Broken ankle doesn't mean much—there are several bones, sometimes they dislocate as well, and sometimes there are additional soft tissue injuries. Some breaks need no more than a bit of Tubigrip for comfort, others need urgent surgery to prevent nerve or tissue damage. Some sprains are worse than a simple break.

Confused? You don't need to be:

Can your patient put any weight through the foot? If they can't you need to get a good look, so get the boot off (and the other one to compare if you need to). Is there early swelling, as opposed to swelling building up by the end of the day or overnight? Can they wiggle their toes? Does the foot feel cold, compared with the other one? Can they feel you touching their foot?

If the patient is prepared and able to weight bear then let them, it will do no harm. If there is an option to hobble to some shelter or put up your tent and let time be the judge, then that is a reasonable approach in many cases. If there is inability to weight bear with early gross swelling, any deformity or change in skin sensation or temperature then you are looking at calling in outside help sooner rather than later. Injuries to other parts of the body—wrist, shoulder etc should be considered with the same approach.

Decision making can sometimes be difficult. On the Bibbulmun Track there is some network coverage, so you might be able to phone a friend, but there may be consecutive days where there is no signal at all. In WA the Royal Flying Doctor Service provide a free 24 hour a day service to rural and remote areas whereby a single

Edi Albert is a doctor with the RFDS based in the Kimberley, a senior lecturer in remote and polar medicine at the University of Tasmania and runs courses in expedition and wilderness medicine. Over the last 30 years his love of the outdoors has taken him all over the world either to work or play, or better still, both. He can be contacted on edi.albert@hotmail.com.

phone call will put you in touch with an experienced doctor who is used to dealing with injuries over the phone.

With the capacity to text or email images directly from your phone or use Facetime or Skype, that doctor can even see what is going on. Just put 1800 625 800 into your phone contacts and share that decision making process with someone. If you are walking in areas that have no phone reception, carry some form of emergency beacon.

PLBs can be hired from the Bibbulmun Track Foundation.

Global Trail Networking Event JEJU ISLAND, SOUTH KOREA



In April a networking event hosted by the Jeju Olle Foundation gave trail groups from around the world an opportunity to gather and discuss partnership opportunities through the Friendship Trail program. 25 trails from 11 countries were represented including the UK, Lebanon, Switzerland, Greece, Taiwan and Turkey.

The Foundation's office manager and long-term guide, Ce Kealley, represented the Bibbulmun Track which has already partnered with the Jeju Olle Trail and the Bruce Trail in Canada.

We hope to establish more Friendship Trails in the near future to cross-promote the Track with other long-distance hiking trails around the world. To find out more about the program visit our website



Office Manager and volunteer Guide, Ce Kealley, represented the Bibbulmun Track. (Second row, fourth from the left)

Spring is just around the corner, when the wildflowers bloom and the perfect walking weather sets in. It is the best time of the year to be out on the Track and with 20 events for all ages and fitness levels on offer it has never been easier!

So come join us on one of our walks, meet new friends and enjoy the Bibbulmun Track in all its beauty! More events and all bookings are available online at bibbulmuntrack.org.au

Murray Magic Trek

Enjoy the beauty of the spring flowers as you spend three days hiking along the Bibbulmun Track this September long weekend.

Starting from south of Dwellingup we walk north enjoying the jarrah forest on the hill tops and the lovely river banksias and flooded gums below. Great for sectional end-to-enders or those yet to explore the Track south of Dwellingup.

Date: Sat 22nd Sept 2018 @ 7:00am
Where: Dwellingup
Rating: Intermediate
Cost: Members \$205; Non-Members \$230

Camp Cooking for Kids

In a beautiful bush setting children will learn camp cooking through hands-on experience!

A 4km return walk to a typical Track campsite during the school holidays. Just bring refreshments, snacks for kids and lunch for adults. Maximum two kids per adult; and 2 adults per child. Ages 6 to 12yrs. Includes ingredients for cooking and experienced guides.

Date: Wed 26th Sept 2018 @ 9:30am
Where: Near Kalamunda
Rating: Beginners
Cost: \$40 kids Adults: \$5



Dr Dolittle Goes Bush

Hey kids! Come and learn about our native animals!

Walk 2km to a typical Bibbulmun Track campsite to meet the friendly native creatures from Kanyana Wildlife Rehabilitation Centre and return following the Waugal trail markers. Ideal for kids 5 - 12 yrs. Watch their faces light up as they interact and learn about our native animals.

Date: Sat 20th October 2018 @ 3:30pm
Where: Near Kalamunda
Rating: Beginners
Cost: \$40 Kids Adults: \$20



Bibbulmun Blossoms

A fabulous day and your new wildflower book is included!

Don't just gawk at them! Come and learn about the many wildflowers in bloom on a guided walk near Kalamunda this spring. Our guides will assist you to identify the flora along the way. A copy of Wildflowers of the Northern Bibbulmun Track and Jarrah Forests is included.

Date: Sun 30th September @ 8:30am
Where: Near Kalamunda
Rating: Beginners
Cost: Members \$50, Non-Members \$60

Balingup Explorer

One of our most popular and longest running events. A fabulous weekend walk south of Balingup, camping out with style on the Bibbulmun Track.

This walk is set in the beautiful Blackwood district. Spend Friday night in Balingup before being transported 40kms south for two full days of walking with only your day pack!

Date: Fri 5th October 2018 @ 2:30pm
Where: Near Balingup
Rating: Intermediate
Cost: Members \$280; Non-Members \$305



Ramble and Paddle

A fantastic walking and paddling weekend escape in Dwellingup.

Two adventures wrapped up in one weekend! This is one of our favourite events. Forget the heavy packs; enjoy a rewarding 14km walk on our Track with only a day pack. You will have time to enjoy some of the local attractions and a fascinating tour of the historic Marrinup POW camp before a tranquil paddle down the Murray River.

Date: Friday 12th Oct @ 8:30am
Where: Dwellingup
Rating: Beginners
Cost: Members \$305; Non-Members \$325



Get Lost with Steve

Do you really know how to use a compass?

Steve will guide you through a series of practical and theoretical exercises on and near the Track in Mundaring. You will have fun learning and perfecting basic map reading and compass skills. Involves approximately 7km of walking on and off tracks.

Date: Sun 21th Oct 2018 @ 8:30am
Where: Near Mundaring
Rating: Beginners
Cost: Members \$75; Non-Members \$90



Bibbulmun Birds

What bird is that? What's making that call?

Encounter the birds of the jarrah forest on a 16km walk in the hills with Sue Abbotts, amateur ornithologist and experienced bushwalker from Birds Australia. Includes 'Common Birds of the South West Forests' Bush Book. Don't forget your binoculars!

Date: Sun 28th Oct 2018 @ 8:30am
Where: Near Kalamunda
Rating: Beginners
Cost: Members \$35; Non-Members \$45

The recipe below is a favourite of mine and my Dad's too. He delighted in cooking it and I delighted in eating it.

Dad attended a Food In A Fuel Stove workshop with Steve Sertis back in 2010 as part of our preparation for an end-to-end journey of a lifetime. Included in the workshop was a recipe booklet full of quick, easy and delicious meals when walking the Bibbulmun Track.

Pad Thai Noodles definitely ticks all those boxes.

Janine Batger

Pad Thai Noodles

¾ to 1 sachet of Pad Thai Paste
 2 Tbsp crushed peanuts
 2 Tbsp of dried peas or beans (pre-soak)
 ½ cup mushrooms (pre-soak)

1 Tbsp of fried shallots or dried onions
 125g of quick cook noodles
 ½ Tbsp coconut milk powder (or to taste)

1. Break the noodles into smaller pieces.
2. Place all ingredients, except the coconut milk powder, into a saucepan with enough water to cover ingredients.
3. Boil with a cover on, checking regularly to stir and in case you need any extra water.
4. Check that the peas have re-hydrated.
5. Add the coconut powder just before serving and stir thoroughly.
6. Serve.

Ed - If you have a favourite recipe please email it to us at friends@bibbulmuntrack.org.au along with a photo if you have one.



Social Sunday walks

Free for members. See booking conditions online.

WALK RATINGS: BEGINNERS INTERMEDIATE EXPERIENCED

2nd September 2018 @ 9.00am	14th October 2018 @ 8.30am
16.2km return walk from North Bannister to the Serpentine River via the Gringer Creek Campsite	18.4km return walk from Dale Road to Beraking Campsite. (Fit and experienced walkers only!)
9th September 2018 @ 9.00am	21st October 2018 @ 9.00am
11km return. Lights Beach carpark to William Bay campsite	16km Mt Cooke circuit walk via Mt Cooke Campsite
30th September 2018 @ 9.00am	4th November 2018 @ 4.00pm
16.3km return walk from Sullivan Rock to Monadnocks Campsite	6.4km return sunset walk from Camel Farm to Hewett's Hill Campsite
7th October 2018 @ 9.00am	
18km return walk from Sand Patch to Mutton Bird Campsite near Albany	

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!

As most of you will know the BTF office is now situated in the YHA building on Wellington Street, and I'd like to report that I have not yet got lost navigating my way from the Perth underground station to the new office. However it must be said that finding my way around this building has proved far from easy, especially as we are on two separate floors. The reception area is located on the ground floor and I have found we are frequently confused with the YHA reception desk, which is adjacent to us. Trying to explain to an almost non-English speaking Lithuanian trekker that you can't walk the Bibbulmun Track from beer house to beer house each day, while being assailed by two Chinese YHA guests demanding to use the phone to call their mother in Beijing is a far cry from the sedate days in Hay Street! Far more entertaining though.

So yes, I have set out to walk to reception and finished up at the swimming pool, gone to make coffee and ended up in the snooker room—but I'll get there! Which brings me, for some reason, to a few instances of strange walks recorded on the Track.

Two of them are my own, the steady plod for 10km in the wrong direction out of Collie, which earned me my Track name, and shortest overnight walk of all time, when I caught the bus to Pemberton with the intention of walking back to Balingup. I arrived in Pemberton at 6pm, walked to the Gloucester Motel (which is on the Track), fell down in the shower and dislocated my shoulder. I had dinner in the pub and caught the same bus back to Perth the next morning. Total distance walked on the Track approximately one kilometre (bus-stop to motel to bus-stop). Total cost about \$150 (bus fare, motel, meal). Extrapolated to an end-to-end, walking the whole Track this way would cost about \$7500.

The quickest example of geographical embarrassment I have come across was a walker from over east who became stranded 400m from the northern terminus and called for help. Another good example of how to go wrong were the two lads who started from Sullivan Rock in the fog to walk south and couldn't find Mt Cooke, so they camped overnight. They then set out bright and early the next morning and found themselves back at Sullivan Rock two hours later. Not sure what their tactics were thereafter, but maybe they are still out there somewhere. It was only four years ago. And then there was the lady on an end-to-end who walked from Dog Pool to Mount Chance, got up the next morning and walked back to Dog Pool, not realising she was heading the wrong way until she arrived!

A word of warning—this is probably the most common source of error on the Track, walking out of the campsite in the wrong direction in the morning. I always make a point, once I arrive in a campsite and get settled down, to double check which way I walked in and where the Track goes that I need to take the next day.



Three musketeers at the start

I'm currently on my annual visit to the Old Country, and have just walked the Cumbrian Way. Based on reading the guidebook, this was to be a comparatively easy walk in the Lake District; taking in some glorious scenery without the strenuous clambering associated with a challenge like the Coast to Coast walk. (Come on, I'm getting old!).

Moral—don't place your faith in guide books (except for the Bibb Track ones of course, which are impeccably accurate!). We walked the 75 miles (120km) in five days in the glorious weather of the finest summer in Britain for over 40 years.



Long and hard, then over the top!

Every day except for the last involved some very strenuous clambering indeed, especially over Stake Pass, which is a solid slog up very rocky steep zigzags followed by a very tough descent down even steeper gravel paths. Tough, testing and tiring, but with beautiful scenery and, as always, excellent accommodation, food and good English ale.

It was on the fourth day on the walk that we came across one of the saddest cases of geographic embarrassment I have yet encountered. We were making our way slowly down yet another steep rocky descent, at the end of the day, with our destination, the Old Dragon Ghyll hotel, in sight way below. As we neared the end of the track we noticed a guy, obviously a walker, sitting with his head bowed, about 20m off the path.

"What's up, mate?"

He raised his head.

"Is that the Old Dragon Ghyll down there?"

"Certainly is."

He looked ready to burst into tears.

"I left there eight hours ago. I've just walked round in a bloody great circle."

"Best come down with us, then and have a beer."

He shook his head.

"Thanks but I'll stay here. I've got a tent."

So we wished him well and left him, and I'll leave you with a couple of pictures of the trek. Hopefully having survived this walk I'll be fit enough to be back on the Track in the spring.

Good Walking!

Wrong Way Jim

Reflections FROM THE REGISTERS

Torbay

Because it's my birthday today I'm doing the writing.

*"We've walked a trail so splendid
By forest, sea and hills extended."*

— and what a wonderful experience it has been. Those massive tingle trees, fields of flowers, beaches, sunrises, lots more—too much to mention! Not forgetting the wriggles and those days of driving rain and wind and slopping through slush and mud. But what has made the week— a very special one—has been the generosity of those we have met on the Track and the kind messages of encouragement and advice. Sharing with fellow-walkers some experiences, some good and some horrific, and the encouragement of my daughter Prue; without her support it would have been an arduous task.

Thank you all for the birthday wishes and for a most wonderful feeling of friendship.

Bernice 25/09/2006

Frankland

Have to say that the tingle trees are some of the most magical, beautiful things that I have had the delight to encounter. Lovely, lovely walk—so difficult to keep from tripping because I was looking up, around, sideways—anywhere but down!

Becky 17/10/2016

This cabin was very nice to stay in and the best was that there was a toilet and the water was nice and refreshing to swim in. I don't want to leave today because my group have to hike all day up a hill and it's going to be fun and hard at the same time and I really like the people I'm doing the hike with.

Katrina 08/05/2017

Giants

A beautiful spot to camp—birdsong was incredible in the morning and a white breasted robin joined us for breakfast. So good!

Simon & Anna, Melbourne 06/10/2015

Such an amazing forest, so quiet but when you listen you realise there is so much happening. It was a shame to lose the beaches yesterday—they were amazing with the azure water and the beautiful surf. What a coastline! So on to Frankland River tonight. The joys of walking...

Little Foot 07/05/2015

As we walk our end-to-end I am reminded of how much the Track gives us—for free. We have shelters, water, signing, clear paths, bridges, toilets, benches, tables and get to share it with like minded hikers. Yet I still hear and read complaints, thankfully rarely. Some people always want more, and to them I say:

"Think not what more the Bibbulmun Track can give you, but what you can do for the Track". (With apologies to JFK).

If you want to help/improve this incredible Track, become a BTF member/make a donation/become a volunteer and you will find the more you give the Track, the more it gives you back

Andy (& Shell) Bibb2Bula! 18/06/16

Leave a lasting legacy...

Include a gift for the Bibbulmun Track Foundation in your will and help ensure the Bibbulmun Track is maintained for generations to come.

HADRIAN'S WALL PATH - ENGLAND

by Jim Baker

Hadrian's Wall Path cannot be described as a wilderness walk in the way that the Coast to Coast Path or the Pennine Way can—only on the central section across the Pennines is there any real feeling of remoteness. However the fascination of the Wall, its history and its sheer magnificence make this a walk well worth doing. The route is very well signposted and the track itself well maintained. And for once, the British weather was kind!

Hadrian's Wall is possibly the best known example of a border of the Roman Empire, which dominated what is now Europe for five centuries. The wall was built at the behest of Emperor Hadrian (AD117-138), and stretched 117 kilometres from the north-west coast of England, to Wallsend, on the banks of the River Tyne in the east. An excellent account of the history of the wall can be found at:

<http://www.english-heritage.org.uk/visit/places/hadrians-wall/history/>

Hadrian's Wall Path was established as a National Trail in 2003 and for the most part follows the original line of the wall, close beside the stonework that still exists. Over the centuries many of the stones were plundered for the building of churches, houses and farm buildings, but some of the original wall remains and many sections have been painstakingly reconstructed.

I set out with friends Steve and Brian to walk the Path in five days from west to east, keeping the prevailing wind on our backs. Our journey began in Bowness-on-Solway on the Solway Firth, a large stretch of shallow water and mudflats that defines the border between England and Scotland.



Steve and Brian at the start point

Contrary to popular belief, Hadrian's Wall does not run along the Scotland-England border but is wholly contained within England, the eastern end being more than 100km south of the border. Why was it built? The common understanding is that it was to prevent incursion of the Picts and the Scots into England, although scholars suggest that this was never a problem severe enough to warrant such a huge venture. More likely it was a political ploy to enhance Hadrian's status as a guardian of the borders of the Empire, and probably worked as a revenue source through customs control of those who passed through its gateways.



Steve on the turf wall with the Vallum behind him

The start point of the walk is on the south bank of the Firth and is defined by information boards and an arch-way inscribed "Wallsend 84 miles, good luck go with you."

Our first day was an easy walk of 24km along minor roads, field tracks and riverside paths. The Greyhound Inn at Burgh by Sands provided welcome refreshment half-way along the route before our arrival in the city of Carlisle, with its ancient castle. Thus far there was no evidence of the wall—a long stretch

Hadrian's Wall - mile upon mile

from Bowness was constructed from turf, presumably because there were no sources of suitable stones nearby, and has long since vanished.

The sun stayed out all day (were we really in the north of England?) and on a balmy evening in Carlisle we found ourselves amidst crowds of people. Assuming our arrival had caused the excitement we were disappointed to discover that the reason was a concert by veteran rock super star Rod Stewart! The discovery of an excellent Thai restaurant together with the consumption of an ale or two soon settled us down, however.

Day two dawned sunny and we set off early on a 30km trek along the floodplain of the River Eden through parkland and farmland, where the first signs of the earthworks of the wall appear. Most prominent was the deep ditch or Vallum that the Romans constructed behind the wall.

From here the line of the turf wall is followed, with the Vallum remaining prominent, until parts of the stone wall begin to appear, including the section at Hare Hill, standing almost three meters tall.

This was also an easy day, the weather stayed fine and the walk was leisurely. The second night was spent at Gilsland, a village that straddles the border between Cumbria and Northumberland. Good food and good ale once again sustained us—which was as well, since day three took us by surprise.



The Wall at Hare Hill



Milecastle at Poltross Burn

Our schedule was to take us from Gilsland to Chollerford, a distance of 32km, and was described on the itinerary as "strenuous". The landlady of our B&B threw up her hands in horror when we told her, and insisted that we would never make it—she even gave us a card for the local taxi company! Again the day dawned bright and we set out, wondering what confronted us—it didn't look that hard on the map.

What we encountered was one of the most exhilarating and fascinating days of walking I have experienced in the UK—on a par with the Lake District sections of the Coast to Coast Walk. Not only does the Path rise high into the Pennines, offering wonderful views all around, it also accentuates the incredible effort that went into the construction of the

wall, as it sweeps for mile upon mile across the landscape. Some of the details of the construction also become clear, such as the milecastles, which as their name suggests were control points set up a Roman mile apart—to control exactly what, no-one is sure.

It was beautiful, but it was tough. The Path goes over a series of rocky crags, rising to over 300m, and the continuous ups and downs, some of them over very rough, rocky terrain, are strength sapping.

A break at the half-way stage led us down off the ridge to Housesteads, the best preserved Roman fort along the Wall, but it was the lure of the kiosk selling cold drinks rather than the history of the fort that persuaded us to visit. Nearby is the curiously named village of Once Brewed, or Twice Brewed if you arrive from the other direction. Don't ask!

Suitably refreshed we climbed back up and resumed our walk. By now the sun was high in the sky and I was getting sunburned—in the UK!

Finally we scaled the topmost crag and set off down the long grassy descent to Chollerford. We didn't need the taxi but it took us eleven hours to cover 32km—a long day, despite which we walked another mile to the Crown Inn in Humshaugh for an excellent dinner.

Two days were left, and the remains of the wall were largely left behind. The Path runs parallel to the old Military Road

Continued on back page



The author at about half-way

(now the modern B6318), across pasture land, over many stiles and through countless gates.

Our destination on day four was the village of Wylam, which involved a comfortable 24km walk. For the first time on the walk the weather began to look threatening, and the rain jackets came out of the packs. The first shower hit just as we arrived at the Errington Arms pub, where hot coffee was gratefully consumed. The rain stopped and then started again just as we got to the Robin Hood pub at lunch time, and cleared up as soon as we finished lunch. Rain jackets

not required—sometimes you get lucky.

Wylam is a pretty village, birthplace of George Stephenson, famous railway pioneer responsible for the railway engine “the Rocket” and his birthplace cottage is open to the public. The owner of or B&B directed us to the Black Bull Inn for dinner—once again good pub food and excellent ale.

The final day started fine and dry, but with rain forecast. After leaving the village along the Wylam Waggonway, a dismantled rail track bed which wends its way through an attractive forest, the Path soon arrives on the bank of the mighty river Tyne, which becomes a constant companion for the remainder of the trek. Although this section is largely through an urban area it is an interesting walk, passing under the historic bridges that span the river, with many signboards explaining the history of Newcastle and the surrounding area.

The rain arrived as we completed the last couple of miles to arrive at the eastern terminus of the path, the Roman Fort of Segedunum. Segedunum is the most

excavated of all the Roman forts in the UK, covering almost two and a half hectares, with all the buildings identified and their outlines clearly defined with gravel. A 100ft tower overlooks the site, offering an excellent overview of the layout. The tower incorporates a museum that houses a model reconstruction of the fort and offers an excellent widescreen movie that relates the history of Hadrian’s Wall.

Following a visit to the museum and the surroundings we succumbed to the trappings of urban life and took the train into the centre of Newcastle to celebrate our successful walk over an Italian meal and a few glasses of red wine!



Finish!

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