

BRAVE WALKERS COMPLETE A VERY SPECIAL END-TO-END

On Wednesday 9 October, Carolyn Riordan and her sister Penni Ellis took the final steps of an epic end-to-end as a tribute to their father's contribution to the creation of the Bibbulmun Track and to raise awareness and funds for the Lung Foundation Australia.

Their father, Peter Hewett, was the Superintendent at the Forests Department at the time the Track was being proposed. He was instrumental in ensuring district offices in the south west supported the formation of a long-distance walk trail. The first campsite from the northern end, Hewett's Hill, is named after him.

Carolyn was diagnosed with stage IV lung cancer in May 2018 despite having never smoked. As Carolyn is still receiving treatment for her lung cancer, it meant that the walk had to fit in with medical appointments in Sydney.

Her brave effort to complete the walk with a partially collapsed lung, resulting in the raising of \$20,000, has attracted the attention of local politicians due to the startling statistics of the burden of lung cancer in Australia.

Federal member for Hasluck and Minister for Indigenous Australians, Ken Wyatt, walked the final stage of the Track with Carolyn.

"Lung cancer is this nation's biggest cancer killer. Mortality rates and five-year survivorship are considerably

worrying when compared to other commonly diagnosed cancers," Mr Wyatt said.

"Carolyn's walk has allowed us to shine a light on an often-discriminated disease. People with lung cancer are not given a fair go in terms of research to match the burden of disease," Lung Foundation Australia CEO Mark Brooke said. "Passionate advocates like Carolyn are carrying the torch of hope for a brighter future. Since

being diagnosed last year, Carolyn has been fearless in her approach to tackle the stigma associated with lung cancer and her story has touched the hearts and minds of the many people who have followed her on this journey."

Carolyn's amazing feat was celebrated at an event in Kalamunda's Zig Zag Centre organised by the Lung Foundation and supported by the Bibbulmun Track Foundation. Carolyn has already raised funds well above her target and will generously donate 10% of these to the BTF.



Mark Brooke, CEO Lung Foundation Australia, Carolyn Riordan, Penni Ellis and the Hon Ken Wyatt AM MP.
Photo supplied by the Office of Ken Wyatt AM MP, Federal Member for Hasluck



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5 nights max. Other conditions apply.

Changing of the Guard

After 21 years as Chair, Mike Wood stood down from the role on 31 October 2019.

Mike's involvement with the Track started around 1993 when he joined a steering committee that oversaw the Building a Better Bibbulmun Track Project that resulted in the current alignment and the construction of the campsites.

He was instrumental in establishing the Bibbulmun Track Foundation and has been Chair of the Board since it was incorporated in 1997 (as the Friends of the Bibbulmun Track).

In addition to chairing the Board, Mike, personally and through his businesses, has been, and continues to be, extremely generous in sponsoring and supporting the BTF. For over 20 years he provided free office space and donated hiking equipment for hire to walkers, as rewards for the BTF's volunteers and as prizes for fundraising. He also assisted with community talks and promotion. He is a strong advocate for the Track to the WA Government and others.

On tendering his resignation Mike said *"The Foundation is in a great position with an excellent board, strong*

community support and a fantastic team of staff and volunteers. I feel now is a great time to hand over the reins."

Peter Sharp, Director of DBCA's Parks and Visitor Services, thanked Mike on behalf of the Department and stated that, under Mike's leadership, the Foundation has become an outstanding example of a successful community partnership, having the common goal of the protection and enjoyment of a community asset that we are passionate about.

Kathleen Broderick was elected the new Chair and we are delighted to welcome her to the role. Kath has been on the Board since 2016 and a Bibbulmun Track member and maintenance volunteer for many years prior to that.

She has over 30 years' experience in the education and natural resource management sectors, and has contributed strongly to regional development.

We are sure that Kath will continue to take the organisation from strength to strength.



Retiring Chair Mike Wood congratulates Kath Broderick on her appointment as Chair of the Bibbulmun Track Foundation Board.



FROM MY Desk

Welcome to the summer edition of Bibbulmun News.

The Foundation is fortunate to have around 400 volunteers involved in various roles and in this edition we're pleased to introduce you to our wonderful team of office volunteers (see page 18). As you will see we have a different bunch in every day of the week who each bring their own skills and attributes!

Another team of volunteers integral to the smooth running of the organisation is the Board of Directors and we have been fortunate over the years to have a stable and effective board led by Mike Wood.

As you can read in the article on the opposite page, Mike was the inaugural Chair and remained in the position until deciding to step down this year. While it is unusual for an organisation to have the same Chair for over 20 years, for us it has worked well due to Mike's open and approachable style blended with business acumen and his passion for outdoor recreation and the Track in particular.

A key role of the Board in any organisation is advocacy and Mike has not only helped to develop a strong partnership with various government departments and other organisations, but represented the interests of our members on a range of topics ranging from access to water catchments areas to hunting in national parks.

Our sincere thanks to Mike for his guidance and generosity over the past two decades. We are pleased that he will remain on the Board as a general member for a further two years to support incoming Chair, Kath Broderick.

Finally – thank you to all our Board members who gave generously of their time this year to review our vision for the Foundation and our strategic priorities. You can view these in the AGM report

Thank you to all our members, volunteers and partners for your ongoing support. I wish you all a very happy festive season with loved ones and family and look forward to a positive 2020 for both the Track and the Foundation.

Linda Daniels
Executive Director

Join us on



Thank you
THANK YOU
Thank you

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

- | | |
|----------------------|----------------------|
| Anne Riley | Leon Harris |
| Brothers Grimm | Michael Carter |
| Didier Walks | Michael Leeworthy |
| Gabriele Caratti | Pat Dorsett |
| Gwen McNaught | Paul Gibson |
| Ian Plumb | Peter Edwards |
| Jacques Van Rensburg | Prue Winkler |
| Jayn Lindholm | Roger Dampney |
| Joanne Johnson | Stephanie Chew |
| John & Tricia Beets | Sue Mckellar |
| Joseph Fay | Tim Loughnan |
| | Western Walking Club |

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.

Season's Greetings

The office will be closed
from **4.00pm Friday 13**
December until
9.00am Monday 20
January 2020.



YOUR LETTERS

We are home from our adventure on the Track and we would sooner be out there walking! What an adventure we had - meeting like-minded people, enjoying the bush, the fresh air and the Track itself.

We are so very lucky to have such a facility available to us for use. A big thank you to all involved with providing the Track and the upkeep to the shelters and toilets. We are unable to pick the best campsite, we loved them all! The people in the Track towns were also very supportive, it was refreshing to know that there are so many kind people out there.

Unfortunately we did not complete an end-to-end! We had to skip the sections between Denmark and Albany, however we did walk into Albany from where the Track crosses on Frenchman's Bay road. We just ran out of time as we took longer to reach Dwellingup than planned, deciding not to double hut but to enjoy the journey and the scenery. We have some awesome photos and great memories. The wildflowers and orchids were something else!

We have completed Frenchman's Bay Road to Torbay many times so we will just complete Denmark to Torbay at some stage (probably Autumn 2020) and register a sectional end-to-end.

Again, a big thank you to everyone involved with BTF, we are so very lucky.

Kindest Regards
Jo and Lance

Hi Jim

...I'm just writing to say a massive thank you for all your advice and time, my sister and I completed the track in April - 56 days of brilliance!

Thanks so much for your assistance and to all the volunteers who make this possible.

Kind regards
Jeanette Hartley

Ed - Jim is one of our awesome volunteers that provide trip planning advice. A free service for members!

Dear Steve

I'm back at home and gradually settling back to normal life after our fabulous Bibbulmun Highlights Tour. I just wanted to thank you, Charmaine and Sue for a most wonderful time. Everything was so well thought out and coordinated - the accommodation, the catering, the itinerary. Thank you all for your very hard work in making it so easy for us to enjoy it all. The trip exceeded my expectations, and the natural assets of the Bibbulmun Track played a great part in that. What a beautiful part of the world! I loved it all.

As promised, I've made a small donation to the Foundation, and wish you all well in the future endeavours of the Foundation.

Regards
Prue Winkler

Ed - Another happy 8-Day Highlights tour participant. We have the best guides!

Dear Steve,

Dianne and I really enjoyed the trip, and we would like to thank you again for making the trip so enjoyable and memorable. Please pass on also our thanks to Charmaine and Sue who also did a wonderful job. I was particularly grateful to them for the help and encouragement they gave me, and I was very pleased that I was able to do so much of the walk, much more than I expected.

As you said, we were also very lucky that the weather was so good and that the flowers were at their best. We have some great photographs.

Dianne and I have just made a donation of \$250 to the Bibbulmun Foundation.

Roger Dampney

Ed- Dianne and Steve joined our 8-Day Highlights tour in September. Many thanks for the generous donation!

We are still on a high after our wonderful Highlights walk with you. It really was a wonderful experience and we are so grateful to the three of you for looking after us so well and for sharing some of your profound knowledge of the walk and all of the flora along the way. We will long sing the praises of the walk to anyone who will listen!

Ian Plumb

My best to "wrong way Jim". He was so helpful when I was getting ready to fly to Australia and walk the Bibb...we met and shared a beer before I started. Hope he and the Bibbulmun are doing well. My best to all of you from across the pond!!

Joseph Fay

I have just received the latest Bibbulmun News magazine. It is such a pleasure reading through this glossy publication, beautifully presented and always inspiring me to get back out there on the track. With a few health problems, camping overnight with a full backpack is not feasible anymore but day walks certainly are. Well done!

Glenys Sefton

Christmas Gift Ideas

"Off the Track" by Cristy Burne

A new adventure for young readers about falling in love with the bush and being in the wild. It's about disconnecting from technology and discovering yourself.

"This is such an authentic and adventurous book for Middle Primary youngsters – and all who love being out in the bush, and its magic, both day and night."

Jenni Woodroffe, IBBY Australia

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- Track maps - \$11.50
- Bush books - \$6.95
- Nalgene water bottles - \$18.00
- Posters - \$10.00
- Snake bite kit - \$22.00
- Fridge magnets - \$2.20
- Waugal Trail Markers (Replica Waugals) - \$8.40

Bibbulmun Track Gifts from Redbubble

www.redbubble.com/people/bibbulmuntrack

- Coffee mugs from - \$19.43
- Device cases from - \$33.76
- Bags from - \$23.08
- Notebooks from - \$17.32
- Throw cushions - \$28.85
- Sweatshirts and hoodies - \$45.70

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

- Individual - 1 year \$40 or 3 years \$105
- Senior - 1 year \$30 or 3 years \$75

Or buy a **Bibbulmun Track Gift Voucher** (any amount) that can be used for merchandise, a BTF event or a Bibbulmun Walking Break.

Buy online today, call (08) 9481 0551 or pop into the BTF office.



We received some great entries for this photo of Claus Steensbech in the last edition of Bibbulmun News!

"Eddie the Eagle found himself in unfamiliar territory." - John Beard

"I don't need a caption - I need skis and snow!" - Michael Civrny

"Should have gone to SpecSavers" - Colin Broun

And the winner is...

"Once you've done your end-to-end it's all downhill" - Sharon Back

Well done Sharon - a Sea to Summit X mug is on its way to you!

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. Diversions are usually marked with Waugal trail markers attached to yellow metal posts. If you encounter these when walking, follow these temporary markers, not your map. The diversion will eventually return you to the main trail.

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

donnely.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

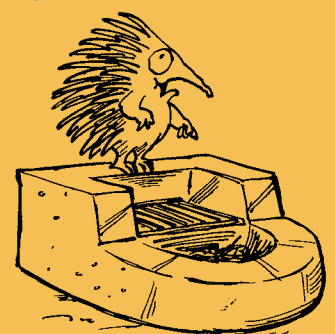
LEAVE NO TRACE TIP: MINIMISE CAMPFIRE IMPACTS

A reminder during summer (generally December to April) all campfires are prohibited.

Campfires are never allowed at the Yourdamung and Blackwood Campsites or any campsites south of Pingerup Road as these are in high fire risk areas.

If you must have a fire during the cooler months...

Light only in fireplace provided | Use only dead fallen wood | Never leave a fire unattended
Make sure your fire is completely out before leaving | Extinguish embers with soil.





Lorene Bennett,

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

Hi Bibbulmun Track Friends,

I have been acting in the Trails Coordinator role for a few months now. A little bit about me—I joined the Department of Environment and Conservation in 2010 in the volunteer unit responsible for the coordination of several volunteer projects. I have a great love of all trails and doing the Bibbulmun Track end-to-end is certainly on my bucket list.

One of my first jobs as the Trails Coordinator was to join the support volunteers and Parks and Wildlife staff on a trip to the Walpole area to check out sections of the Track. We visited the new box steps that the volunteers had completed at the Irwin Inlet crossing a little while ago. I am amazed at the commitment and enthusiasm of this group and pretty impressed with their skills in maintaining, assessing and improving the Track and shelters.

We walked parts of the Conspicuous Cliff sandhills area where I learnt a lot about erosion management. Plans were made to improve the sections that had been severely eroded using products now available to help reduce the damage wind and rain can cause.

Speaking about weather—with the warmer weather now upon us it is a good time to remind ourselves about bushfire safety when walking the Track. Sections of the Track may be closed or diversions be put in place during a bushfire. Always check the following websites before you set out:

1. Weather forecast and Fire Danger Rating
www.bom.gov.au
2. ParksandWildlifeAlerts-alerts
dbca.wa.gov.au
3. Current fires and Fire Danger Rating
www.emergency.wa.gov.au

Avoid walking the Track when the Fire Danger Rating is Very High or above as fires can spread quickly and there may not be enough time or resources to evacuate hikers. Multi-day walks during the summer bushfire season are not advisable, as it may not be possible to stay aware of the forecast. Hikers need to be able to self-evacuate if the Fire Danger

Rating reaches Very High or if there is a bushfire.

We encourage everyone to download the Emergency+ App. It is a free app developed by Australia's emergency services and their Government and industry partners. The app uses GPS functionality built into smart phones to help a Triple Zero caller provide critical location details required to mobilise emergency services. If you haven't already downloaded it make sure you do before you set out on your next walk – emergencyapp.triplezero.gov.au.

A reminder about campfires.

Campfires are never allowed at the Yourdamung (map 3) and Blackwood (map 4) Campsites or any campsites south of Pingerup Road (map 6) as these are in high fire risk areas. While it may be cooler on the South Coast, fire can spread much faster in coastal vegetation. During the summer months all campfires are prohibited, generally between December and April. You will need to use a fuel stove for all your cooking. Before you go check the campfire status on the Bibbulmun Track trip planner section of their website or call the local Parks and Wildlife Service office.

Happy walking, camping and enjoying our beautiful natural environment and remember— your safety is our concern, but it is your responsibility!

Lorene Bennett
DBCA/Trails Coordinator

IN AN EMERGENCY



000

EMERGENCY



EMERGENCY

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Eyes on the GROUND



*Addition of new guards to the Lease Road Bridge
Photo: S Ceriani*

You don't have to be a Maintenance Volunteer to communicate something you've noticed on the Track or at a campsite—walkers can tell us about a perceived problem.

With much of the trail and infrastructure now more than 20 years old there is wear and tear; erosion, deterioration of timber structures, overgrowth into the trail corridor more substantial than can be easily managed by volunteers, missing or obscured signage. The effect of such deterioration might be more obvious to a one-time walker than a repeat visitor. Repeated reports from different sources will strengthen the case for the prioritisation of resources to address long term issues.

Visits to a section by volunteers may be months apart, so notification by walkers of problems like tree blow-downs can provide quick resolution. Walkers can also assist us to collect information on any inappropriate use of the Track by bicycles, motor bikes or vehicles.

Track problems can be reported on our website—from the main menu on the Home Page select Trip Planner, then Section by Section Guide. Select the relevant section, and then the tab Report a Problem. Complete the form with as much detail as possible, especially the location. Use GPS coordinates, or a distance from the nearest physical feature. If possible, please support the information you provide with photos, sent to: maintenance@bibbulmuntrack.org.au.

Field Days

The Field Days for Maintenance Volunteers in each district are a great opportunity to put some concerted effort into a structure or section of the Track. The events are coordinated and managed by the Support Volunteer coordinators.

Volunteers converged on Beavis Campsite in early September to spruce up the shelter and surrounds. The exterior of the shelter and toilet were brushed down and oiled, tent sites were tidied and a new site installed just below the shelter. The

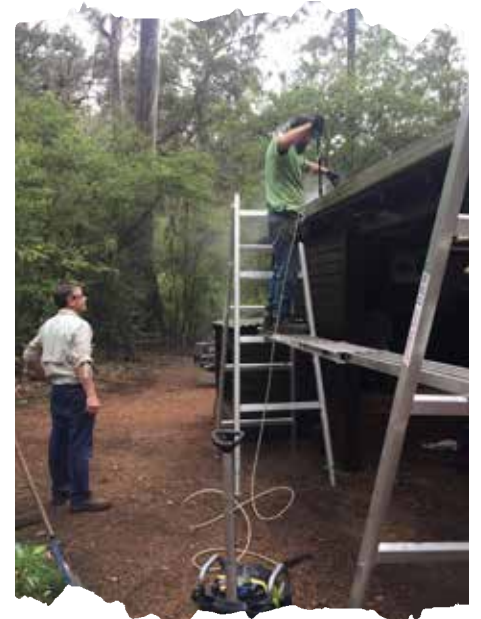


Adding the finishing touches at Beavis CS

tank exterior was cleaned and a pipe junction fixed, gutters and drain pipes were cleaned, tables were sanded and oiled and marker posts around the campsite were replaced. Repair work on the sleeping platform involved replacing a mouldy section of plywood and drilling some ventilation holes into the platform enclosure before sanding and varnishing the surface.

DBCA Donnelly District officer John Mackenzie led a second group at the Lease Road crossing of the Donnelly River, where they installed a second set of guard cables to the single-lane bridge.

In late October the first campsite south of Collie received similar TLC. Wellington District Maintenance



Clearing debris from gutters using a high-pressure spray

Volunteers were given thorough instruction on campsite maintenance by Charlie Soord before launching into tasks including sanding and oiling the picnic table, sweeping leaf litter well away from the shelter, cleaning down the drain pipes and tank followed by painting of the pipes, replacement of a fibreglass sheet on the roof, and repainting and replacement of campsite totem poles.

Away from the shelter, Support Volunteers Geoff Meates and Phil Lehmann showed everyone how to build and maintain erosion control measures (earthen water bars and rolling grade dips). Theory was put into practice with several new erosion control measures constructed on the slope just north of the campsite.

Support Volunteer Projects

As always, the Support Volunteers have been essential for the planning and project management of the Field Days. As well as the two days described above, a major program of work is being undertaken at Grimwade Campsite in collaboration with DBCA Blackwood District office.



Geoff Meates explaining the dynamics of erosion control

Other projects include Track realignments, stabilisation work near Conspicuous Cliff, and a major upgrade to Waalegh Campsite.

Volunteers have recently constructed new water bars near Piesse Brook in the Kalamunda area, and Albany-based SVs continue to work hard mowing and clearing extensive overgrown sections between Nullaki and Albany.

Helen Grimm
Volunteer Manager



The Eyes on the Ground maintenance program is generously supported by our premier partner, Newmont Goldcorp Boddington



Our thanks to Alcoa for sponsoring our Volunteer Support team.



Work and good company



Enjoying a well-earned lunch break

Getting into Gear

HOW TO CHOOSE THE RIGHT SLEEPING MAT

A good sleeping mat is what's going to protect you from the lumps and bumps of the trail and insulate you from ground temperatures, which can be a whole lot colder than the air. It's the foundation of any good sleep system.

There's a lot to delve into when choosing the best sleeping mat for you. But the three most important factors are Comfort, Warmth and Weight + size.

COMFORT

Comfort is the one thing you can't measure and yet it's going to make all the difference when you're trying to get some shut-eye on the trail. A mat can be lightweight, pocket-sized and ward off snakes, but if you find it uncomfortable, you won't be getting a good night of rest and recovery.

It's all relative, of course. For some, comfort is an Air Sprung Cell™ mat with firm pressure, for others it's about a self-inflating mat with a soft fabric feel, support or thickness.

WARMTH

Even with the best sleeping bag and liner, you might sleep cold if your mat isn't insulative enough. Ground temperatures can quickly sap your body heat.

To determine how much your sleeping mat can prevent heat loss, we look to the ASTM F3340-18 R-value (resistance value) of your

sleeping mat.

Unlike sleeping bags, it's hard to assign temperature ranges to sleeping mats—because your warmth is affected by so many factors. However, an R-value guide can help you choose a mat that's suitable for the conditions you'll be sleeping in, and your predisposition to cold.

WEIGHT + SIZE

Your mat needs to be light and compact enough to be transported. It's not a huge concern when you're travelling by car but it matters a lot when you're spending your days and nights on the Bibbulmun Track.

The footprint of your mat also matters—because hanging off the edge is going to create cold spots

that sap your body heat. And once your temperature drops low enough, it's difficult to get it back up. Insulation only retains heat, it doesn't generate it.

It always pays to carry a few more grams if it makes the difference between a night spent shivering and a successful slumber.

Originally printed on the Sea to Summit blog—www.seatosummit.com/blog

Find your perfect sleeping mat using the Sleep System Finder—www.seatosummit.com/sleepsystemfinder



Photo by Hugh Newall

Sleeping Mat R-value ASTM F3340-18 Guide



WARM	COOL	COLD	EXTREME					
» Consistently warm air and ground temperatures	» Cool air temperatures morning and night » Possibility of mild ground frost	» Cold air temperatures morning and night » Possibility of heavy ground frost	» Below freezing air temperatures day and night » Cold to frozen ground					
SUGGESTED R-VALUE FOR WARM SLEEPERS								
0.5	1	1.5	2	2.5	3	3.5	4	4.5+
SUGGESTED R-VALUE FOR COLD SLEEPERS								
0.5	1	1.5	2	2.5	3	3.5	4	4.5+

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Favourite Short Walk ROCKY POOL RETURN

Map 1 Kalamunda - Difficulty: Grade 1

Distance: 5km return - **Starting point** - Jorgensen Park

Start from Jorgensen Park and access the track by going left downhill from the car park. Follow the track then when it comes to the stream; follow it down until the left turn. Ignore the right turn but continue along for approximately five minutes to Rocky Pool for a picnic.

This is an easy to follow route but rocky underfoot by the stream and will be uphill on the way back. The flowers can be stunning and the water plentiful at the pool. During winter and spring you can't beat this - especially for kids.

Trish Bird



Rocky Pool by Matt Cook

Introducing our new BTF Member tags

We are excited to be introducing a new membership tag to help you promote your membership with pride!

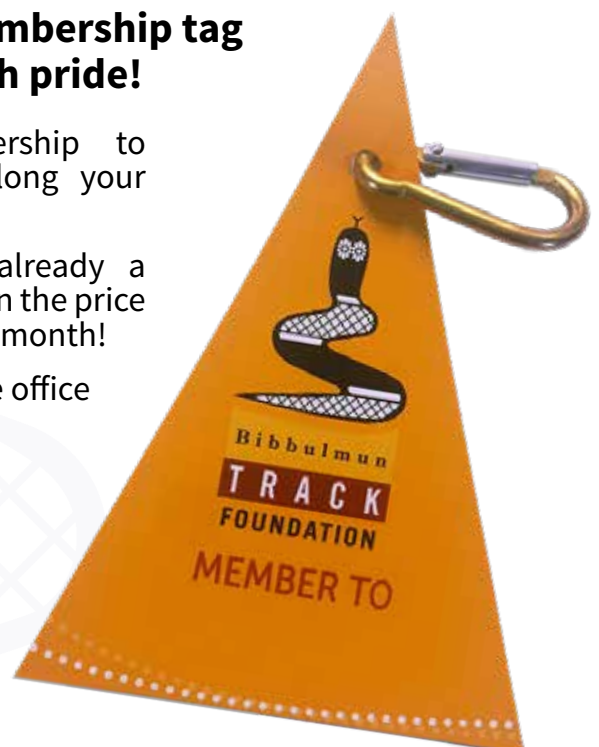
A strong membership not only gives the Foundation vitality, it also greatly increases our chances of receiving grants and sponsorship for the continued upkeep and promotion of the Bibbulmun Track, as well as management of the Foundation, enabling us to put 100% of all donations towards Track projects.

You will receive one on your next renewal and we encourage you to attach it to your backpack and advocate the wonderful benefits of Bibbulmun Track

Foundation membership to others you meet along your journeys.

P.S. If you're not already a member- it's less than the price of a cup of coffee per month!

Join online or call the office on (08) 9481 0551.



Yes, THEY DID IT!

Walkers continue to marvel about the commitment and efforts of BTF volunteers in maintaining the Bibbulmun Track and campsite facilities. It can sometimes take the comments of overseas and interstate visitors for us to fully realise what an outstanding local asset we have in our Track....so huge thanks must go to all our volunteers whose efforts have attracted this latest group of End-to-Enders to experience our unique corner of Australia.

As usual, End-to-Enders are listed in chronological order of completion. Our congratulations go to all of them!

Don (79) and **Shirley Roper**, of Claremont (Sectional, 01.04.06 to 13.05.19) always walked in the months of April and May as they came across less snakes. They expressed special thanks to the volunteers who help maintain the Track to its world-class rating. Walpole to Peaceful Bay was their favourite section with its combination of forest and coastal walking and they had a great feeling of accomplishment when they finally completed their last section in Northcliffe.

Greg Johnson, from SA, (Sectional, 06.05.14 to 13.05.19) loved the diversity of environments and says this world class trail is a credit to its founders and volunteers. He's a self-proclaimed "grass tree junkie" and must have taken thousands of photos of them! Anywhere with grass trees was a favourite section, but the Pingerup Plains were special for Greg. The shelters were also a delight and he appreciated only having to carry a day's supply of water. Wildlife included a friendly lace monitor lizard at Yourdamung and a large dugite that slithered past him during a boots-off rest on top of Mt Cooke.

Sarah Holt (41), from the USA (Sectional, 04.04.19 to 14.05.19), was *Coyote* on a hike that she found relatively easy, both physically and logistically, when compared to other thru-hikes that she's completed. She found it excellently maintained and well-marked and says the consistency and quality of facilities was beyond anything she'd seen elsewhere in the world. Sarah resupplied in the Track towns with no prior planning or food boxes. The tingle forest between

Walpole and Denmark was her favourite section, and highlights were many—a solo evening at Mt Wells, meeting other hikers, being able to push some fairly long days and often reaching a meditative, almost trance-like, state in a beautiful corner of the world. Sarah also made a detour from Balingup to hike the Cape-to-Cape Track.

Lawrence Dorsett (63), from Queensland (N-S, 03.04.19 to 23.05.19), loved the walk and the "alone" time and is very appreciative of the amazing volunteer effort. He resupplied as he went, supporting local businesses in the towns. The ongoing transition from north to south was continuously enjoyed and the first sight of the Southern Ocean was exhilarating! Lawrence is so glad he took the time to do this and enjoyed doing it alone – but still met some wonderful people along the way.

Eric Jestin (54), from France (N-S, 22.04.19 to 24.05.19), says his walk was a real pleasure on a well-maintained track, and in perfect weather too. He brought his pre-cooked French noodles and supplemented them with supplies from the Track towns, but also loved his bread and condensed milk. The differing landscapes between Northcliffe and Albany became his favourite sections and he loved his first glimpse of the ocean. Eric enjoyed seeing the different Australian animals and the huge and beautiful trees.

Dave Harrison (47), of East Victoria Park (Sectional, 07.02.18 to 14.06.19), completed his journey in seven sections, accessing most of it by public

transport, and now can't wait to do it all again in one go. He enjoyed sharing experiences with other walkers but also had plenty of time for self-reflection, losing some baggage and finding inner peace. Balingup to Northcliffe was his favourite section with winter in the valleys and walks along the rivers. He found a week of strong, cold fronts along the south coast was both exhilarating and challenging. It was spectacular feeling the power of nature and watching the changing colours of the sky.

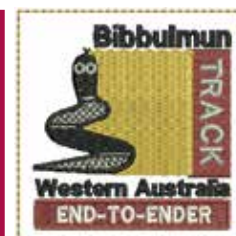
Lionel Gage (66), from NZ (S-N, 29.04.19 to 15.06.19), simply loved his walk. The coastal sections were his favourites and a highlight was finishing! Just about every sort of wildlife was seen and he says the BTF should be very proud of its Track.

Finn Hennek (19), from Germany (N-S, 04.05.19 to 17.06.19) walked with Charlotte Groth, and sends a huge thank you to the Foundation and all volunteers for the well-maintained Track. Peaceful Bay to Denmark was his favourite section and highlights included a sunrise on Mt Cooke, a night at Blackwood, the views from Conspicuous Cliff and the canoe crossing of the Irwin Inlet. Finn says he never thought he would do something like this one day, and the feeling of accomplishment is just the best!

Carina Husner-Felchin (39) and **Georg Husner** (60), from Switzerland (S-N, 23.05.19 to 22.06.19), say that, as experienced long-distance, world-wide hikers, they were taken by surprise with the beauty of the Bibbulmun Track and thank everyone involved for such an outstanding walk! They had no trouble resupplying in the Track towns, and were appreciative of their on-Track

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



locations. Denmark to Walpole was their favourite section, and they loved the wild and pristine Southern Ocean, crossing the Irwin Inlet by canoe, the high tingle trees, the kangaroos and emus at DRV, climbing the Gloucester Tree and seeing the amazing starry skies of the southern hemisphere. It was the perfect start to their Australian holiday!

Malcolm Kite, of Murdoch (S-N, 14.05.19 to 03.07.19), was M8 on his latest end-to-end which he described as a wonderfully relaxing and enjoyable journey. He liked the trees, the views of the valleys and oceans, the wildlife, the company of other walkers and also the personal time. Other highlights were being able to get very close to the huge numbers of birds on Wilson Inlet, viewing the stars from the Woolbales rock, receiving Trail Magic from sectional hikers and being surprised by friends who walked out to bring him a special lunch! Mal saw a huge pod of dolphins off Torbay Inlet, at least one kangaroo each day, but far too many feral cats.

Kate Wood, of WA (N-S, 06.05.19 to 04.07.19), called herself *Arpler* as she delighted in feeling inner changes while walking through the changing landscapes. Her highlights included the three peaks, the scrubby sandy sections, reaching the south coast and all the flora.

Gordon Daghish, of Craigie (Sectional, 26.03.19 to 07.07.19), was *Gwiz* on a walk that involved a lot of bad weather, but he loved the rain and the cold, being well-prepared for the conditions encountered, and kept going when others were pulling out. This was Gordon's longest walk to date, but was great fun and he enjoyed the Track towns, the swims in the rivers and ocean, the well-maintained Track and campsites and the campfires at night. He found he was able to carry 10 days of food in his 50-litre pack.

Lizzy Alderson (25), of Lathlain (Sectional, 10.06.15 to 10.07.19), feels we are so lucky to have the Bibbulmun

on our doorstep. She experienced both highs and lows on her walk and sometimes couldn't wait to see the green roof of the shelter, but felt it was a privilege to enjoy the Track. She can't wait to get back and do her favourite bits again! Lizzy largely resupplied in each town, supplemented by family support, and enjoyed living off the three P's – porridge, peanut butter and pasta! The tame kangaroos and emus at DRV were a highlight, along with the Pingerup Plains, seeing the ocean for the first time and loving the peace and quiet of the bush.

Ian Walpole (75), of Capel (Sectional, 04.08.10 to 20.07.19), had a wonderful experience and traversed some sections more than once. The southern coastal sections were his favourites, along with the tall forests and Mt Cooke. Ian enjoyed the peace he found, the early mornings with the increased wildlife activity and the dewy cobwebs. Wildflower and fungi displays were also impressive. In comparison with other walks, Ian says the Bibbulmun stands alone in its diversity of terrain, flora and fauna.

Tom Hilliar (71), of Cooloongup (Sectional, 01.05.19 to 02.08.19), was known as *Flynt Westwood* as he completed his latest end-to-end. He was impressed with the new Helena shelter and the extension to Swamp Oak. The swans on Wilson Inlet were unbelievable and thousands in number! Tom found a young red-tailed black cockatoo that injured itself crash-landing in the pine plantation south of Dwellingup, and couldn't get mobile again, so he bundled it up in his pack-cover and raincoat. It was taken to Parks and Wildlife, then the Pinjarra Vet, ultimately ending up at Perth Zoo rehabilitation centre. (Well done Tom!)

Ethan Robartson (19), of Spearwood (N-S, 22.06.19 to 08.08.19), walked with **Nelson Moore** on a hike that had many tears and even more laughs. He says it was good to push and test his boundaries, both physically and mentally, and feels he's now stronger for it. He found the serenity was great

and the variety of nature astounding. Rest days with clear skies, swimming in freezing waters, walking amongst the karri for the first time, and waking up with a huntsman spider on his chest were some of Ethan's highlights. He also loved the campsites at Beedelup, Rame Head, Blackwood and Dog Pool.

“
This was my sixth thru-hike of longer than a month (after the Appalachian, Pacific Crest, Continental Divide, and Pacific Northwest trails in the United States, and the Te Araroa of New Zealand). In comparison, I found the Bibb very easy. Part of that is its terrain. Another part is that it's excellently maintained and well-marked. The consistency and quality of facilities on the Track was beyond anything I've seen elsewhere.”

Nicholas Softley (24), of Swan View (N-S, 23.06.19 to 09.08.19), called himself *Quick Nick* on his end-to-end. He enjoyed all southern parts of the Track, but particularly liked the sections between the karri forests and Peaceful Bay. People he met along the way were extremely generous—beer, whiskey, wine and chocolate were all given to him! Nicholas thought a lot about food, and said “a couple of Snickers a day let you hike a long way”. He warns other hikers that bush rats are sneaky, so hang your food, or risk sharing it....

Timothy Ang (31), from Victoria (N-S, 01.07.19 to 16.08.19), says it was an amazing hike and a great experience and he had the time of his life. His favourite sections were between Woolbales and Albany where he loved the variety of scenery—great

Yes, THEY DID IT! (CONT.)

tingle trees, flooded plains and beautiful coastlines. Resupplying in the Track towns worked well, with a mix of commercially dried meals and whatever else he could find—including the wine! Timothy saw plenty of roos and a huge variety of birds.

Stephanie Chew (35), from NSW (N-S, 24.06.19 to 17.08.19), called herself *Chuditch* and was impressed by the love and dedication shown by Track volunteers on her first long-distance walk. She had time to slow down and see amazing wildlife and experience the subtle changes in the landscape as she walked southwards. It was great meeting other hikers but she especially relished her time alone for self-reflection. Walpole to Denmark was her favourite section with its majestic tingle forest and transition to coastal vistas. Stephanie saw a chuditch at Grimwade campsite, validating her Track name. Other highlights included seeing dolphins frolic in the waves, climbing Gloucester Tree and hugging the giant tingle trees.

Holly Davis (21), of Mt Nasura, walked with **Darcy Crudeli** (21), of Thornlie (N-S, 01.07.19 to 18.08.19). It was one of the most challenging experiences for Holly—she felt every emotion on the Track but now feels pride and accomplishment and wants to go back out there. They both wish they'd packed more food, as being hungry and having to ration it is not good! Darcy's favourite sections were Walpole to Denmark and DRV to Pemberton, whereas Holly preferred the northern jarrah forests. They met some amazingly kind and helpful people on their hike and these

helped to make some of their favourite memories. Many roos and tiny birds were seen, and one morning they woke to find three emus walking around in front of the shelter.

Tiffany Townsend (40), of Parklands (Sectional, 14.05.19 to 21.08.19), loved the company and support of various family members and friends as they shared sections of her walk with her. Her experience was also enriched by advice and conversations with fellow walkers, volunteers and the BTF. While liking the company of others, Tiffany was also able to enjoy much solitude on her walk. Special highlights included seeing an echidna near Mt Dale; having fruit, cheese, chocolate and champagne brought to her at Waalegh for a belated 40th birthday celebration and walking with her sister for the last kilometre into Kalamunda covered in streamers and wearing party hats!

Andrew Breed (64), of Golden Bay (N-S, 23.06.19 to 30.08.19), was *the Lone Wolf* and says there is nothing to be concerned about if walking solo on the Bibbulmun, providing you have prepared well and are reasonably fit. His hike was challenging, interesting and memorable; and he met many warm, friendly and encouraging people. Walking through the old forest areas made him appreciate how tough and determined the early pioneers must have been. Andrew's favourite sections were along the south coast with its untamed beauty, and he also enjoyed Mts. Cuthbert, Vincent and Cooke. He found the novelty of freeze-dried food wore off quickly and he enjoyed the hotel and café meals in the Track towns.

Gerry Willems (60), of Secret Harbour; **Mike Willems** (62), of Kwinana and **Paul Willems** (52), of Serpentine walked together as *the Brothers Grimm* (Sectional, 23.07.16 to 31.08.19). As they only walked for short sections at a time, they treated themselves to gourmet foods and ate like kings. Whiskey and wine are both mentioned too! Paul and Mike both liked the northern jarrah sections but Gerry preferred the coastal sections near Peaceful Bay where they spent hours watching the migrating whales. They all enjoyed nightly campfires and Paul fondly remembers a freezing night at Chadoora before a magnificent misty morning. They met many friendly people, and also found it refreshing to take time away from the hustle and bustle of everyday life to find peace of mind and just enjoy nature.

Chris Martin (77) and **Prue Fairbrass** (74), both from NZ (N-S, 27.07.19 to 11.09.19) had a wonderful time on the Track. As experienced walkers, they found the Bibbulmun not as challenging as some walks although Chris says any long distance trail is a physical and mental challenge. She liked the karri and tingle forests and the Pingerup Plains. Prue preferred the peaks around the Sullivan Rock area, and both loved the coastal sections. Highlights for them included the amazingly good weather, the shelters, the wildflowers and the helpful and friendly people they met along the way.

Kylie Straney (44), from NSW (N-S, 21.07.19 to 13.09.19) was elated on finally reaching Albany after an earlier attempt that ended in Northcliffe with a fractured foot, and says the Bibbulmun will always be a special memory. Posting food supplies of home-dehydrated meals worked well and these were complemented by eating in cafes and pubs in the Track towns. Kylie enjoyed the diversity of weather and scenery and meeting new friends along the way. The Pingerup Plains were special for her—flooded and challenging, but very peaceful with some amazing frog sounds, and she also loved the black cockatoos.

Tim Rogan (48), of Highgate (S-N, 09.08.19 to 21.09.19), had an amazing trek and found it a real contrast to

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his previous summer trek, being able to concentrate more on the journey rather than the destination. This time he enjoyed late morning starts, and meeting and spending quality time with beautiful people he met along the way. He loved the whole Track with all its dramatic changes but didn't see much wildlife in winter.

Monica Fortunaso (27) and **Riley Rote**, from Victoria (N-S, 24.08.19 to 24.09.19), feel very grateful to have walked such a beautiful land and met such lovely people along the way—overall, they had a wonderful experience. Some days were challenging and tiring, but they were always happy to be experiencing the nature and wildlife of WA. Like many walkers, they couldn't decide on a favourite section but highlights included the many changes in landscape, the wildflowers, the cool swims in rivers, the magnificent tingle and karri trees, the coastal views, the bird calls and the welcoming shelters at the end of each day. They found it easy to navigate and resupply along the way. Among the wildlife they saw were a whale and calf, seals and echidnas.

Mick Woodbridge (33), from Queensland (N-S, 31.08.19 to 02.10.19), discovered an amazing diversity in a relatively small corner of the country. He found the Track was well marked and maintained and it was easy to resupply in the Track towns. Highlights for him included a Mt Cooke sunrise, the Pingerup Plains, seeing the ocean at Mandalay Beach, the wildflowers... and the Guinness!

Bruce (64) and **Dianne Bowman**, of North Coogee, were *Gandalf and Pixie Dust* on their end-to-end (N-S, 01.08.19 to 25.09.19). They thought the Southern Ocean and the coastal cliffs were great and the tingle forests were very beautiful. September 19th was memorable as near cyclonic winds nearly blew them off the coastal dunes! They were thrilled to see whales on three different days and said the swamp areas were interesting.

Compiled by Charmaine Harris (FOF#1)
BTF Volunteer and end-to-ender.



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Advice for end-to-enders

...from seasoned thru-hiker Sarah Holt from the USA.

Have a post-trail plan to deal with yourself, because an end-to-end hike is going to ruin you, in the best possible way, for life (even if you do it only once).

A few things you can do post-trail:

- Pursue regular exercise, preferably outdoors
- Find some creative way to present your experience to others (presentations, photo albums, writing, etc.)
- Give back: do track maintenance
- Plan reunions with other end-to-enders
- Dream of and plan your next long walk

Let us know how you coped with completing your end-to-end journey!
We'll publish some of your responses in the next edition.

Accommodation, Tours and Services



Please support the Walker Friendly Businesses that support the Track.

ACCOMMODATION CATERING TRACK TRANSFERS

BUSINESS NAME	TOWN	TYPE	PHONE NUMBER	WEBSITE
Albany Bayview Backpackers YHA	ALBANY		(08) 9842 3388	bayviewlodge.com.au
Albany Harbourside Apartments	ALBANY		(08) 9842 1769	albanyharbourside.com.au
Dunmoylen House B&B	ALBANY		(08) 9842 5235	dunmoylen.com.au
Lewana Cottages	BALINGUP		(08) 9764 1016	lewanacottages.com
Southampton Homestead	BALINGUP		0412 229 564	southamptonhomestead.com
Woodlands of Balingup	BALINGUP		(08) 9764 1272	balinguptourism.com.au
Time Travel Tours & Transport	BALINGUP/DONNELLY RIVER		0417 099 268	facebook.com/TimeTravelToursandTransport/
Mandia B&B	COLLIE		0417 179 260	mandia.com.au
The Colliefields	COLLIE		(08) 9734 2052	colliefields.com
Whispering Pines B & B	COLLIE		(08) 9734 3883	whisperingpinesbandb.com.au
Glen Mervyn Lodge	MUMBALLUP (COLLIE)		0428 395 328	glenmervynlodge.com.au
Blue Wren Travellers' Rest	DENMARK		(08) 9848 3300	denmarkbluewren.com.au
Cape Howe Cottages	DENMARK		(08) 9845 1295	capehowe.com.au
Nutkin Lodge	DENMARK		0419 953 780	nutkinlodge.com.au
The Cove	DENMARK		(08) 9848 1770	thecovechalets.com
Windrose B & B	DENMARK		(08) 9848 3502	windrose.com.au
Donnelly River Holiday Village	DONNELLY RIVER		(08) 9772 1244	donnellyriver.com.au
Blue Moon Forest Lodge	GLENORAN (DONNELLY)		0488 321 470	bluemoonforestlodge.com
Dwellingup Adventures	DWELLINGUP		(08) 9538 1127	dwellingupadventures.com.au
Dwellingup Retreat	DWELLINGUP		0422 441 973	dwellingupretreat.com.au
Jarra Forest Lodge	DWELLINGUP		0402 615 235	forestdiscoverycentre.com.au
Mundaring Weir Hotel	MUNDARING		(08) 9295 1106	mundaringweirhotel.com.au
Karri Country Good Food	NORTHCLIFFE		0455 628 097	karricountrygoodfood.com.au
Karri Hill Cottages	NORTHCLIFFE		(08) 9776 7349	karrihillcottages.com
Forest Lodge Resort	PEMBERTON		(08) 9776 1113	forestlodgeresort.com.au
Pemberton Discovery Tours	PEMBERTON		(08) 9776 0484	pembertondiscoverytours.com.au
People & Parcel Movers	PEMBERTON		0448 544 784	peopleparcelmovers.com.au
RAC Karri Valley Resort	PEMBERTON		(08) 9776 2020	parksandresorts.rac.com.au/karri-valley
Rainbow Trail Chalets	PEMBERTON		0438 561 664	rainbowtrailchalets.com.au
ManjiShuttle	PEMBERTON/DONNELLY RIVER		0457 356 177	facebook.com/manjimup.omnibus.service
Perth City YHA	PERTH		(08) 9287 3333	yha.com.au
Che Sara Sara Chalets	WALPOLE		(08) 9840 8004	chesarasarachalets.com.au
Coalmine Beach Holiday Park	WALPOLE		(08) 9840 1026	coalminebeach.com.au
Naturally Walpole - Track and Trail Transfers	WALPOLE		0429 784 924	facebook.com/Naturallywalpole

GUIDED TOURS & EVENTS

BUSINESS NAME	PHONE NO.	WEBSITE
Down Under Discoveries	0439 463 285	downunderdiscoveries.com
Walk into Luxury	1300 662 452	walkintoluxury.com.au
Adventurous Women	1300 388 419	adventurouswomen.com.au
Didier Walks	0410 756 065	didierwalks.com.au
Inspiration Outdoors	(08) 6219 5164	inspirationoutdoors.com.au
The Hike Collective	0413 173 794	thehikecollective.com.au
Simply Trekking	0427 058 866	simplytrekking.com.au
Off The Beaten Track	0417 128 896	offthebeatentrackwa.com.au

VISITOR CENTRES

CENTRE NAME	PHONE NO.	WEBSITE
Albany Visitor Centre	(08) 6820 3700	theamazingsouthcoast.com
Balingup Visitor Centre	(08) 9764 1818	balinguptourism.com.au
Collie Visitor Centre	(08) 9734 2051	collierivervalley.com.au
Dwellingup History & Visitor Information Centre	(08) 9538 1108	murray.wa.gov.au/tourism
Perth Hills Visitor Centre (kalamunda)	(08) 9257 9998	experienceperthhills.com.au
Southern Forests WA (manjimup)	(08) 9771 7777	southernforests.com.au
Mundaring Visitor Centre	(08) 9295 0202	mundaringtourism.com.au
Northcliffe Visitor Centre	(08) 9776 7203	northcliffe.org.au
Pemberton Visitor and Tourist Centre	(08) 9776 1133	pembertonvisitor.com.au
Western Australian Visitor Centre (Perth)	(08) 9483 1111	wavisitorcentre.com.au
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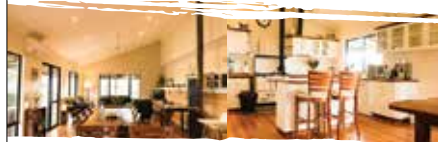


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Vollie Corner



Helen Grimm

When you consider everything that is achieved in the BTF office these days, is it any surprise that the staff (none of whom are super-human) are outnumbered by the volunteers?

Every office volunteer is appreciated for adding their personal touch to a list of wide-ranging tasks including answering the phones and enquiries in reception, general administrative tasks, processing memberships, merchandise orders and equipment hire, processing and posting mail and cleaning (why not?). Other specialist tasks performed by individual volunteers include processing Track/campsite maintenance reports, reviewing contribution records of all BTF volunteers, processing Notifications of Intent for groups on the Track, providing trip planning sessions, managing the collection of log books and registers, stock control, accounts book-keeping, checking and maintaining our hire equipment, copy-writing and editing material for publication, and managing directory listings for Calendars of Events. Possibly not an exhaustive list, but enough to keep everyone busy!

There are as many personalities as there are volunteers. In fact, if you should ever find yourself planning a visit to the office, you may be interested to know that the team for each day of the week has its own particular character...

On Monday, kick-start the week by chatting with James, Graham or



The Monday team – Gerry, Graham, James

Gerry. You'll find droll humour as this team share stories of their weekend, or muse on topics of general interest.

Choose Tuesday to meet the friendly and professional team of Charmaine, Deb, Christian and Judi. These volunteers are common-sense and full of cheeky fun.



Our Tuesday vollies – Judi, Deb, Christian & Charmaine (inset)

Come on Wednesday and experience a hive of activity. The team today includes Isabel, Ruth and Jim F (usually all upstairs in the main office), Jim B, Peter and Daniel. But be warned – you may find yourself walking into an intense geopolitical discussion when you enter Reception, as Peter and Daniel trade their own particular opinions in friendly but unyielding banter!



The Wednesday crew – Issy, Peter, Jim F, Jim B, Daniel



On Thursday – Bill, Tony, Mike

Thursday's team provides a relaxing contrast. Visit Bill, Mike and Tony for a laconic and chilled approach to your enquiry.

Finally, to round off the week, you'll want to come on Friday if you want the friendly wisdom of Elsie, Sue and Colin. These three are happy to chat but will be pragmatic and no-nonsense when required!



Friday's team – Sue, Elsie, Colin

Some of our office volunteers have been with us for years, others have only recently joined the team. They share the common link of a strong attachment to the Bibbulmun Track and the work of the Foundation – and the willingness to devote a whole day each week to helping make it happen. For that, we say THANKS!

Helen Grimm
Volunteer Manager

Google Trekker project update

After a long hiatus, the Google Trekker project resumed in August, with the goal of completing the recording of the entire Bibbulmun Track on Google Streetview by the end of the walking season. The project was an initiative by the Recreation and Trails Unit of DBCA, and supported by the Bibbulmun Track Foundation.

Between late August and mid October, 10 BTF volunteers contributed a total

of 839 hours to plan and execute the recording of a further 281 km over 16 walking days. Planning, scheduling and coordinating the project also occupied a significant amount of time in the office.

Unfortunately, the project came to a sudden halt in mid October when Google advised that support for the upload of data collected using this method would cease within three weeks, and the equipment was being recalled. The announcement was very disappointing for all involved.

This outcome leaves 300km of the Bibbulmun Track unrecorded. It is not known whether any equipment will be available in the future to complete the project.

All volunteers involved are thanked for scheduling time in their busy lives to spend a week carrying the heavy Trekker – affectionately nicknamed “Wilson” – through the south-west. Special acknowledgement is due to volunteer Chris Lee, who made a significant contribution to planning, energetically coordinated and led the first team to complete the recording as far as Harvey-Quindanning Road, and then stepped in to replace a last minute withdrawal for the team recording Brockman Highway – Pemberton. Chris’ contribution alone totalled 259 hours.

The final result of work in 2018 and 2019 is the completion of recording for the Northern Terminus to Harvey-Quindanning Road, and Balingup to Chesapeake Road (east of Lake Maringup); ‘highlights’ days in the intervening sections were also completed in 2018.



Chris Lee at the Northern Terminus

Competition Time!

Win a copy of *Stepping Off – Rewilding and belonging in the South-West*.

Written by Thomas M. Wilson

As I grew up, it became apparent to me that I didn’t really understand the natural environment of the place where I was born. I found myself wishing that my parents had given me a book that revealed to me my homeland beyond the suburbs and the city.

Stepping Off is a book for locals and travellers alike. It is the story of the south-western corner of Western Australia: an environmental history, a social history, an invitation to reconnect with the land — and in doing so, to reconnect with ourselves.

Here’s what Bibbulmun Track member Paul McGovern has to say “*The book he*

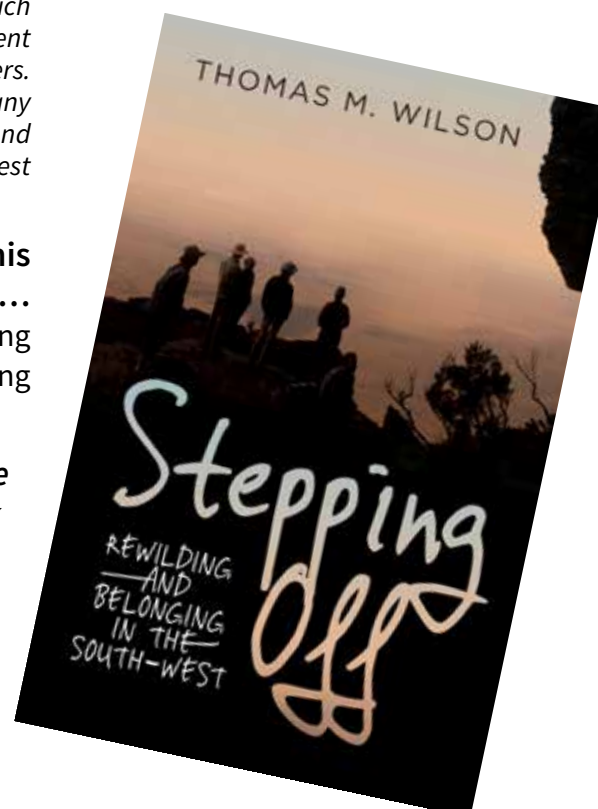
wrote is inspiring and I learnt so much from it about our local environment that I often mention it to fellow hikers. Thomas absolutely nails what so many of us are seeking - connecting to and understanding our unique south-west environment.”

We have 5 copies of this fabulous book to give away...

be in the draw to win by sending us your answer to the following question:

What is the Noongar name for the red-tailed black cockatoo?

The book can be purchased through Fremantle Press – get a copy or three for Christmas presents!



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	\$170.00	\$200.00
MTHS		

All prices include GST and are for one to seven days.

A bond is required prior to hiring equipment

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

Discover the most “entertaining” way to help the Bibbulmun Track Foundation raise funds.



Support the Track by purchasing the 19|20 Entertainment Membership.

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fundraiser.entertainmentbook.com.au/orderbooks/835a11

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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.

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.



Send us your caption!

PHOTO CAPTION COMPETITION

Foundation staff and volunteers enjoyed a night at Helena Campsite recently. Our lead guide, Steve Sertis, was away at the time – but we wanted to him to know he was there in spirit!

Send us your captions for this photo to be in the running for a prize from Sea to Summit.

Email to friends@bibbulmuntrack.org.au or by post.

TRACK TOWN - DENMARK

Just over 400 kilometres south of Perth in the heart of the Great Southern region, known fondly as the Rainbow Coast, lies the beautiful town of Denmark.

The town is set along the Denmark River and the Wilson Inlet, and the main drag, Strickland Street, is lined with shops selling local produce, unique hand-crafted artisan wears, eco-friendly products and contains an outstanding bakery.

On the river's edge you'll find shady tree-lined Berridge Park which extends down to the Wilson Inlet. The park is widely used by locals and tourists alike, and hosts an array of seasonal events from the wonderful arts markets to dragon boat paddling.

The Denmark Visitor Centre provides information on the region, can assist with booking accommodation and services, parcel and pack holding and stocks an array of maps, local gifts and souvenirs. You'll find the Bibbulmun Track register here and an up to date Calendar of Events.

The coastline surrounding Denmark offers white sandy beaches, crystal turquoise waters with protected swimming bays, surf beaches, snorkeling holes and, throughout the winter months, the opportunity to spot migrating whales.

Set between the great Southern Ocean and Wilson Inlet is Ocean Beach, a favourite amongst locals. A great way to enjoy this stunning area by foot or on bike is along the Ocean Beach Cycleway, a family friendly dual-use cycle path stretching 8.5km from the Denmark Visitor Centre to Ocean Beach.

Greens Pool and Elephant Rocks in the William Bay National Park are about an 18 kilometre drive south-west of Denmark and well worth a visit. The clear waters of this area make it a great area for snorkeling, or just spending the day rock-hopping with the family.

A little further south-east, about 38 kilometres from Denmark, is West Cape Howe, the southernmost point of Western Australia. Aside from the great beach, there is a lookout providing



The town is on the banks of the river

a spectacular view of the ancient coastline and you can sometimes watch paragliders ride the wind currents.

There are plenty of trails that meander through the wilderness areas in and around the Denmark region. Take in some history with the Heritage Rail Trail, enjoy the melaleuca lined riverside with the Mokare Heritage Trail, climb to the top of Monkey Rock or marvel at the huge karri trees along the Karri Walk Trail. The trails are well marked, and you will see everything from granite outcrops to silver karri forests, beautiful vistas and green vineyards. There is plenty of local flora and fauna in the area, and the Inlet is a great spot to see birdlife.

The Bibbulmun Track that passes through this area provides a unique and interesting mix of coastline and forest. The section between Peaceful Bay to Denmark is one of the more challenging on the entire Track, however the section from Denmark to Albany is easier and offers sheltered swimming spots and some of the most isolated and undisturbed scenery along the whole of the South Coast.

If you have earned a wine or a craft beer after a long day on the Track Denmark is a great place to be. Being significantly cooler than most other regions of WA, Denmark is renowned for producing Riesling, Chardonnay and Pinot Noir. There are over 20 wineries in the area and the Denmark Food & Wine Trail is a great place to start.

Denmark has all the charm of a country town with a thriving and sophisticated arts, food and wine scene. You'll find a wide range of accommodation options to suit all tastes and budgets— it's the ideal place to relax, explore, and take in the scenery

Fact file:

Denmark Visitor Centre is open
9am - 4pm Mon to Fri
9am - 1pm Sat to Sunday

bookings@denmark.com.au
(08) 9848 2055
73 South Coast Highway,
Denmark, WA 6333
www.denmark.com.au

Please support our Walker Friendly Businesses in the area

Blue Wren Travelers' Rest YHA
(08) 9848 3300

Cape Howe Cottages
(08) 9845 1295

Denmark Forest Retreat
0438 938 798

Nutkin Lodge
0419 953 780

The Cove
(08) 9848 1770

Windrose B & B
(08) 9848 3502



Maintenance Volunteer Sandy Maley has recently made the decision to retire from her section of the Track. Sandy is an avid lover of the bush, and highly knowledgeable about its flora—these are some of her reminiscences from her years on the Track:

About six years ago I walked from Walpole to Northcliffe. I'd previously walked and paddled extensively in the southwest but several sections were new to me. I already loved the karri around Deep River and had special memories of paddling down the Shannon. On this trip I fell in love with the Pingerup Plains, the forested hills and fantastic rock outcrops. The constantly changing vegetation was fascinating—magnificent karri, gnarled old jarrah/marri woodland with its grass trees, tall thin kingia, carpets of stunning flowers, tall melaleuca trees lining creeks, waterlogged plains dense with sedge and the most amazing variety of flowering shrubs and herbs. So when I retired and wanted to give something back to the Track I was delighted to find the Mt Chance to Broke Inlet Road section was in need of a volunteer.

Mount Chance shelter became a special retreat from the insane modern world and felt like home. I started most mornings with tea on top of the rock peak watching the sun light up the tops of the karri trees as mist rose from the plains. The day ended similarly watching the sunset before rushing down in the last light. Occasionally I took my bivvy bag up and slept on top. The moss beds on these peaks of granite are exquisite—brilliant green moss, tiny orchids, sundews with delicate white flowers and sticky red stems.

I divided the section into three parts. One day walk out from the shelter, clearing as I went. Next drive to the Pingerup Track and walk north. Then walk south either later that day or the next day. Finally drive down to where the Track crosses Broke Inlet Road



Clematis after recent fire

and walk in from there. The section near Broke Inlet Road often had a lot of fallen branches so could take longer than planned. The bits on the slopes of Pingerup had patches of swamp banksia that grew at a tremendous rate and fell onto the Track making a nasty prickly mat for any unfortunate walker.



Fungi and moss gardens.

Often it was just me at the shelter. I'd have lunch at my favourite rock staring at moss gardens or sitting up on my lunch tree—an old knobbly marri that had slumped to a 30degree angle so I could climb up and perch on its wide branches. This not only gave me a better view but was above March fly altitude!

So what did I actually do? My tools were: Fisker Loppers with a good



Moss beds

strong blade and long handles, a Trojan mini pick with a nice sharp wedge end, a small folding pruning saw, shears and secateurs.

For banksia thickets and small overhanging branches the loppers were the go. Really thick branches needed sawing. The main issue with banksia was lifting the material off the Track.

Karri needs little work as the undergrowth is fragile or easily removed—jarrah can require more, as the small shrubs constantly try to invade the Track.

Most invasive is the tea tree. Left alone the tea tree melaleucas grow very tall and spindly and then fall over onto the Track. Best to keep them cut short. There are also very prickly shrubs like the hakeas that I'd cut well back. The edges are wildflower heaven with many orchids, stylidium and other small herbs.



Most days started with tea on the rock peaks



Sandy Maley looked after her patch of Track for five years.

Now for the plains. Firstly watch out for any new swamp banksia seedlings—pull them out fast! Not to be confused with the other banksia that is slower growing and fairly little in number. The tea-tree grows fast out here but most difficult can be the sedges. These are slowly moving back onto the Track and once established are hard to remove. If small, a pick swing does the trick but their bulbs are deep and it takes a lot of swings to dig out an established plant. I found I could clear the sides of most sedge leaves and small bush branches

by whipping along with the shears. This was OK at first but after having a longer than usual time between visits I was horrified to find parts of the Track had disappeared under a mass of luxuriant sedge and shrub!

Other tasks were occasionally dragging trees off the Track and digging out drainage channels for some of the inundated sections. The pick was once again perfect for this. I find people often place branches across these parts usually in a way that further stops



the drainage and increases the depth of the pool. A bit of clearing can often drain the pool.

Unfortunately I can no longer manage the work and my recent trip will be my last. A good time to leave as it is looking very sad after the last big burn. No Banksia thickets and few flowering shrubs so less birds and no honey possums seen. A lot of damaged trees. But for someone new it will be exciting watching these things re-emerge. There is always some stunning plant and this time it was the masses of white Clematis in the karri areas. With fewer shrubs the kingia really stand out and the hidden rock surfaces can be spotted. Please don't walk on the moss beds though!

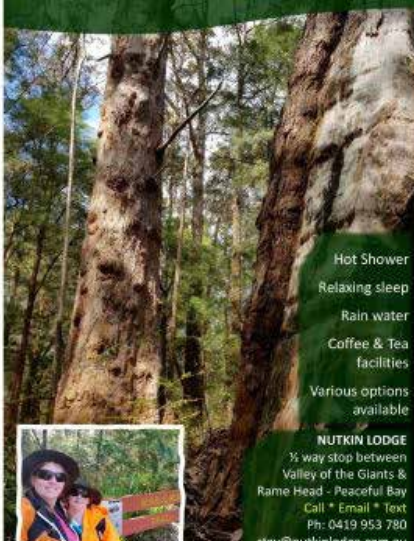
I hope whoever takes this on loves it as much as I have. Good luck and enjoy.

Sandy Maley




Views from the top of Mt Chance

NUTKIN LODGE
Roof Overhead and a Comfy Bed



Hot Shower
Relaxing sleep
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Pair of new, unused trekking poles. Standard high grade Al trekking poles; each weighing 260g; longest length for packing 51cm; lever-based clamp system to adjust length; foam type grip' and adjustable wrist strap; carbide pole tips with cover. \$65/pair.

Contact: Bob
0437 613 499
Email: cheems2008@gmail.com

BOOK

'Wildflower Walker: A Pilgrimage to Nature on the Bibbulmun Track'. An end-to-end solo of one woman on a quest to deepen her connection to nature. Reviews at www.goodreads.com

Paperback \$25 (+\$7 postage in Australia). E-book all formats available via email or on amazon

Full info at: www.wildflowerwalker.com/wild-flower-walker-book/.

Contact: Heidi
Email: wildflowerangel@gmail.com

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Thermarest sleeping mat 1.85 x 0.51 x .04 - \$50.

Contact: Alan
0438 880 340
Email: abstract@iinet.net.au

WOMEN'S HIKING SHOES

US Size 9 - Merrell Moab Ventilator hiking shoes. Near new. Worn once for approximately 10km. Too small for my foot. \$90 ONO.

Contact: Tiffany
0421 483 370
Email: tiffanyzoe@gmail.com

WOMEN'S HIKING BOOTS

Scarpa Moraine Plus Mid GTX Gortex Boots - Size EU 41. Excellent condition; charcoal colour. Worn once on 1 day and too small. Cost \$299, sell \$190.

Contact: Lyn
(08) 9317 4142
Email: lyne08@bigpond.com

FOUND

WALKING POLE (SINGLE)

Found in August at the Monadnocks campsite near the picnic table / fire pit.

Contact: Margaret
0418 941 882
Email: maggiecrowe@optusnet.com.au

T-SHIRT

Dark merino t-shirt found at Mt Cooke campsite.

Contact: Helen at BTF office
(08) 9481 0551
Email: friends@bibbulmuntrack.org.au



Your Pemberton Bibbulmun Break made easy

The perfect place to stay for your club, family or group of friends, the Pemberton Lodge is on the track, self-contained & accommodates a private group of up to 12 people. Track Transfers* and supported walks can be arranged for an easy and comfortable way to walk - Bag Free.

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www.PembertonLodge.com.au

*Pemberton Discovery Tours - Bibbulmun Track Transport Providers



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

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

ROCKTAPE®

Go stronger, longer

FOR BUSH WALKERS



When escaping the stress and pace of everyday life by re-connecting with nature on the trails, the last thing you need is the niggles of a blister from those new hiking boots, or your old netball knee injury to flare up again. Fortunately, RockTape has got your back, or foot, or knee!

RockTape is a thin, elastic, hypoallergenic tape that is perfect for blister prevention and management. It is predominantly made from cotton, with an acrylic adhesive and as such is breathable, durable and conforms superbly to the body part. So before you hit the Bibbulmun Track with your new hiking boots (or your soft urbanised feet), use small RockTape patches on the “hot spots” where you typically suffer from blisters. Ideally, cut a round patch or, if using a rectangular piece, round off the corners of the tape as this prevents the edges of the tape being lifted when you pull your sock on over the top. The tape should be laid on without any stretch, and mould it around corners without getting any folds in the tape.

The other niggles that can spoil your day out on the Track can be some of the typical “old injuries” that come back to haunt you! Back pain, knee pain, Achilles pain and even plantar fascia pain can ruin the relaxation and enjoyment of a good bushwalk. RockTape can be easily applied for these areas before you leave home as it will stay in place for 3-5 days. RockTape works through the elastic recoil along the tape, creating a gentle lifting force on the skin. This provides a sense of support to the taped area, as well as providing the brain with an alternate stimulus to the aches and pains you may otherwise experience. Using RockTape for bushwalking can help you to “Go stronger, longer”!



40+ STRAPPING VIDEOS AVAILABLE AT:
WWW.ROCKTAPE.COM.AU

Prize WINNERS!

CONGRATULATIONS TO THE WINNERS OF OUR MONTHLY MEMBERSHIP PRIZE DRAW

June

Katie McLoughney a GoToob and 4 litre lightweight dry sac.

July

Jim Holgate received a small XBowl

August

Sue Hennessey received an Ultra mesh stuff sack and a cutlery set

September

Reggie McNeil an Ultra-Sil Day Pack

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



Get your Bibbulmun Track branded RockTape!

It is stretchy and great for stopping blisters and hot spots before they start. \$22.50 (\$20.25 members)



After taking a phone call from a geographically embarrassed hiker I got to thinking about the hypothesised internal human compass.

What sparked this train of thought was the caller's response to my advice to walk north-west so that he would end up back on Track. He was initially reluctant to accept this direction, believing it would take him back towards where he had started (i.e. east). Having detected a slight accent that suggested he may be from the northern hemisphere I confirmed this the following day when he rang to say he had successfully found the errant campsite (after having followed my directions).

We have long known that birds, fish, invertebrates and some animals instinctively navigate this planet. Many adult males of the human species will claim to have a good sense of direction and/or an in-built compass. As a female, it took a few wrong turns and being directed back on Track by my male companion (CP) before I reluctantly admitted that there was, perhaps, some truth in the theory. I need to be cautious here about implying that my sisterhood is deficient in direction finding! A close friend of mine, a State Emergency Services' volunteer (among other things) is an excellent navigator; interestingly, she was born in the northern hemisphere. However, a thought-provoking phenomenon occurred when said CP and I travelled to Italy to celebrate a zero-ending birthday. CP had promised me he'd found a nice restaurant to take me out for my birthday dinner. Unfortunately, his innate sense of direction had stayed behind in Australia and he led us off in the opposite direction—we never did find the restaurant. CP was quite frustrated about being so geographically confused. A few days later a similar experience was related to us when we met up with my sister and brother-in-law. They were in the midst of a four-year sail around the continents so one would expect my brother-in-law to have a competent sense of direction. He too relayed his frustration at not being able to easily navigate on land in the northern hemisphere.

Research into geomagnetic transduction mechanisms (internal compass) in humans has, to date, been limited. An interesting study by Wang, et al.,

(2019) suggests that humans do possess magnetoreception where our brains receive and process magnetic field inputs. The research conducted by her team also showed evidence that we are influenced by the hemisphere in which we are born. Their study of subjects, all from the northern hemisphere, showed clear electroencephalography (EEG) reactions to the deliberate manipulation of the direction of magnetic fields when they were orientated to the north pole; and a lack of similar reaction when simulated to the south pole. While they did report that some subjects were less responsive to the manipulated changes than others, one element the study did not appear to inform on was if these differences were attributable to gender.

The level of responsiveness would, however, explain why some people are more adept than others at finding their way without the need of digital devices. They further suggested that the modern environment may diminish development of these inherent abilities, in particular, the growing use of electromagnetics in our society. Other studies have shown that in relying on technology to find our way, rather than developing our natural navigational skills, may inhibit the growth of our hippocampus—the part of our brain that plays an important role in the consolidation of information from short and long-term memory, and in spatial memory that enables navigation. Reduction in the size of this part of

our brain is also an early indicator of dementia or Alzheimer's disease. As such, I'm getting out there with my map and compass and trying to find my way! Sadly, I don't have CP anymore to keep me on the straight and narrow, so you may find me wandering, bewildered, somewhere, sometime.

If you would like to develop your navigational skills, check out our relevant events in next year's calendar. We have an introductory Get Lost with Steve where the basics of compass and map reading are learned and practiced. If you wish to hone your skills even further then the Get Found with Steve is for you. Here you will participate in a Rogaine event where you will learn even more about finding your way using basic tools and have a whole heap of fun along the way.

If you are interested in reading the full article cited above it is from C. X. Wang, et al., (2019), Transduction of the geomagnetic field as evidenced from alpha-band activity in the human brain. *eNeuro*, March/April, 2019 6(2) e0483-18.2019 1-23.

Thank you to my nephew, Clint Nice, for his artistic licence with the image.

Ce Kealley
BTF Office Manager



Is our sense of direction influenced by where we were born?

Upcoming Events

KTC Easter Expedition

Come and join us this Easter on a fabulous walk through karri, tingle and coast.

Perhaps you are completing a sectional end-to-end or just want to walk this section? This is a perfect way to fill in another section!

Explore the glorious karri and tingle forest, walk along rugged coast lines and sandy beaches, cross coastal inlets and traverse high points over looking the great Southern Ocean. Participants must be experienced walkers having carried overnight packs (including tent, stove, food, sleeping bag etc). Great for sectional End-to-Enders!

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

Date: Friday April 10th (Good Friday travel to Walpole) to Saturday 18th April (return home) 2020.

Where: Walpole to Denmark

Rating: Experienced

Cost: Special early bird members price: \$480, \$525 non-members

Dandy Dwellingup Dames

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

Meet us down in Dwellingup on Friday afternoon at our accommodation set by the banks of the Murray River. On Saturday we spend the day walking on the Track (7km) and then come back to wonderful neck and shoulder massage. Relax in the afternoon with views over the Murray River and enjoy a delicious meal. The next day we walk a different section of the Track (9km). After freshening up, we pack our bags and return to Perth. Includes two nights shared accommodation, two packed lunches, two continental breakfast, BBQ dinner and restaurant dinner, massage, guided walks, Track transfers within Dwellingup. Own transport to Dwellingup.

Date: Friday 22 May, 4pm to Sunday 24 May 2020, 5pm

Where: Dwellingup

Rating: Beginners

Cost: \$400 members, \$430 non-members



Join us on one of our events!

More events and all bookings are available online at bibbulmuntrack.org.au

Social Sunday walks

Free for members. See booking conditions online.

WALK RATINGS: BEGINNERS INTERMEDIATE EXPERIENCED

DATE	DETAILS	RATING
22 March 2020 @ 4:00pm	6km return sunset walk from Camel Farm to Hewett's Hill	
19 April 2020 @ 9:00am	14km return walk from Albany Hwy to Boonering Hill	
26 April 2020 @ 9:30am	13km return from River Rd to the Murray River via Swamp Oak Campsite return (Dwellingup South)	
3 May 2020 @ 9:00am	10km return walk Lowlands Beach to West Cape Howe Campsite (near Albany)	
10 May 2020 @ 8:30am	19km return walk from Dale Road to Beraking Campsite. (Fit and experienced walkers only!)	
17 May 2020 @ 9:00am	12km return walk from Kinsella Rd to Canning Campsite	
24 May 2020 @ 8:30am	20.4km return walk from Kalamunda to Hewett's Hill Campsite. (Fit and experienced walkers only!)	

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

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



Hello Fellow Walkers!

Well yes, I can still walk, as I proved by completing the Norfolk Coast Path in the UK in July, but I don't think I'll be doing another end-to-end anytime soon! I'm leaving the lugging of a 20kg backpack and the struggling to lift arthritic bones from the floor on cold mornings to the youngsters in their fifties and sixties nowadays—and it is great to see how many of those, along with people of all ages and from all over the globe are enjoying the Track, as evidenced by the “Yes, they did it!” section on page 12.

Speaking of articles in this issue, I found the piece about “magnetoreception—do we have an inbuilt compass?” especially interesting. Obviously I don't—I would hardly be called “Wrong Way Jim” if I did. Directional ineptitude has always been part of my life and has led me down some obscure passageways, but more of that in my memoirs! Spending years in the Orient did lead me in some strange directions at times. However I can't help feeling that the references to “a walker obviously from the northern hemisphere” were a bit close to home—if only I could find my way there sometimes!

The BTF received this email last week:

Subject: NO SHELTER IN SANDPATCH !!!!

Hello,

On your map you show a picture of a shelter in Sandpatch!

Well THERE'S NO SHELTER there! It's just a camping site.... if a hiker without tent arrives there what can he do ???? Just hike 12ks more to get to Albany!

So it would be better to remove the picture!

Regards (Name removed to avoid embarrassment!)

Track Trivia

The Sandpatch shelter was destroyed by a bushfire in May 2018. This information about how to handle the question of walking this section, and the reconstruction of the shelter, has been continuously updated for more than a year and a half. Walkers need to do basic research before venturing out!

We also received a phone call from a walker at the Waalegh Campsite who complained about a lack of toilet paper in the dunny. We are checking the budget to see if we can provide soap, towels and cologne in the dunnies in future—or, in plain language, **carry your own!**

The question of signage often comes up. While the vast majority of walkers seem to feel that the Track is one of the best signed trails they have walked, the age old request that the north and south pointing Waugals should be in different colours still pops up regularly. Even more extreme is the suggestion that each Waugal marker should show the distance to the next shelter. Where the first idea is possibly feasible the second is not—the cost and logistical effort would be astronomic. However, that's not really the point. The Bibbulmun Track is classed as a Grade 4 wilderness track and as such has to meet certain criteria—limited signage being one of these. Making the walk too easy would destroy the very reason that the majority of walkers are out there.

Even more extreme was the gentleman who accosted me in the office one day and asked me when we were going to install emergency telephones a kilometre apart along the way. Unfortunately I thought he was joking and told him that we had already overspent the budget on putting escalators and cold beer machines on the steepest hills. Sadly he was serious and deeply offended.

Then there was the young Swiss lady who asked me for a list of telephone numbers for the shelters so that she could phone ahead each day to check whether the shelter was full. I showed

her a picture of a typical shelter and she recoiled in horror. “Zat,” she said, “is *primitive!*” I don't think she did an end-to-end.

I will leave you with some insights from “*Stuey's Glossary of Bibbulmun Terms*”—taken from a red book at Tom Road:

Prolonged lack of Waugal marker sighting—*Waugal Anxiety*

Continued failure to sight *Waugal*—*Mild Waugal Depression*

This is quickly followed by *Severe Waugal Depression* and then *Waugal Despair*.

Then the realization of being geographically embarrassed becomes *Peak Waugal Despair*.

Retracing one's steps leads to *Returner's Sadness*, gradually developing into *F!***t's Frustration*.

The sight of a Waugal then brings a huge helping of *Waugal Relief!*

Happy Walking *Wrong Way Jim*



Illustration from the register at Monadnocks Campsite.

REFLECTIONS FROM THE REGISTERS

Canning

My family and I began our short three-day hike today. We were excited to do this walk as we do a different section of the Track each year and it is one of the only times we get to spend good quality time together due to life's commitments. Happy hiking!

Laura Vowles 13/10/2017

Hi all. Below is an ode to our friend who brought us a lovely picnic at Brookton. She thinks we're crazy wandering around out here—maybe she's right! Anyway, here goes:

Normal people have no idea
what it is we're doing out here.
They tell us we're mad
they tell us we're crazy
we know it's not us
their vision is hazy.

It's nature and challenge
not some little twist
but deep down I think
I'm a masochist!
With much blisters, sweaty but happy
love,

B Man 20/01/2018

Warren

(Ed: With grateful thanks to all of our Track Angels)

There is a very special thing
Track magic is its name
and if you've never had
that's really quite a shame.

When someone out there on the trail
gives gifts of food and wine
best when unexpected
pre-planned is still quite fine.

Corned beef and salad sangers
fruit salad if you please
the best was ice-cold cider
magic amongst the trees.

It's really something to behold
I hope you get some too
someday I'll return the favour
of Track magic for me and you.

B Man 20/02/2018

Nullaki

Seriously misinformed by the Albany Tourist Office —told it would take us only two days to walk from Denmark to Albany. We came unprepared and must turn back now. We are very disappointed; we loved the walk to here.

Maria (Canada), Evi (Belgium), Ian (England). 02/11/2002

(Ed: I hope this is a joke. Coming from Canada and Europe with no information...?)

Yabberup

January 31st we turned the key to lock the door of our house. Four trains, three planes, two buses and 50 hours later we arrived in Albany, stuffed a bag of food into our already heavy backpacks and Waugled off north.

This is day 46 at Yabberup Campsite after many sand dunes, beaches and forests and our last night on the Bibbulmun Track. No more coming home to a shelter in the afternoon, no more getting rid of backpacks to run along the beach, no more sounds of the surf before we go to sleep, no more gazing up at a tingle tree, no more roos trying to hide behind the bushes with their ears still visible, no more tiger snakes slithering away just before we step on them, no more wind in the trees...

Tomorrow Collie and a life without Waugals. Thank you all who made this great walk possible!

P&A from Germany 23/03/2016

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.

FANTASTIC WALKING IN THE ITALIAN AND SWISS ALPS

by John and Daphne Bastow

The Swiss Alps reflected in Lake Silvaplana.

Long time members and End-to-Enders John and Daphne Bastow recently completed some walks in the Alps, here are their impressions:

We all know how picturesque the Alps in Europe are but when seen through the eyes of the local group leader (John Iacomella) you get not only the views but a lot about the culture, food and local experiences of the area as well. We joined John and a group of eight for an 11- day walking experience in the Alps in 2017 and enjoyed it so much we returned to do it all again in 2019.

John's choice of walks for each group is based on the fitness level of the group, the status of the walks, the weather and, it seemed, which of John's relatives are available to invite the group into their home for coffee or grappa, or both. This year some of our walks were welcome repeats from two years ago but many were different. All are chosen from John's collection of over 20 walks that vary from strolls through local villages to walking around lakes or tackling ancient mule tracks that take you to summer pastures high in the Alps, past spectacular waterfalls or to a riverside lunch spot where you can gaze at a nearby glacier. Approximately half the walks are in Italy and half in Switzerland and all chosen to start either a short road journey away or directly from the hotel in Chiavenna, Italy, our base for the 11 days.

Our first day's walk started with what became the normal 8:15 gathering for an 8:30 start. After a short explanation of the day ahead, we walked out from our hotel following the River Mera through Borgonuovo and farmlands to the village of Santa Croce. Along the way John stopped at points of interest

and told lots of stories of many aspects of village life and history through the years. In the afternoon, following a look inside some local houses and a lovely fresh lunch, we returned down the other side of the river, pausing at the magnificent Acqua Fraggia Waterfall. Back at our hotel around 3:30 to 4:00 pm, we had a debrief from John and a description of what to expect the



Lake Silvaplana

following day. There was still time to further explore our picturesque village, Chiavenna, and make the hard decision of where to have dinner from the many choices available.

On another day we headed into Switzerland. After a 30 minute drive in John's nine seater SUV through the Maloja Pass, with too many hairpin bends to count we started our walk along the shores of Lake Silvaplana. The reflections of the Swiss Alps in the beautiful turquoise water are breathtaking. Following our fresh home-made lunch with typical Italian meats and cheeses (vegetarian options are also available) and tasty home grown tomatoes, we headed up the side of a mountain to amazing aerial views of the lake. At the end of the loop walk we eased back into the van for the trip back to our hotel.

Lake Silvaplana

Once back at the hotel and after a hot shower, there's a quick trip to the supermarket to purchase our choice of pre-dinner nibbles and of course the essential Italian wine. Then we reassembled either in the hotel bar and restaurant or on the rooftop terrace for

some late afternoon relaxation. The terrace's 360 degree views of the Italian Alps are a stunning backdrop and a fitting place to discuss the wonders of our walking day.

This area is also close to the railway of the famous Bernina Express train, which all our group chose to experience on our rest day. Although not included in the package John was very helpful in assisting with the ticket buying and also driving the group to St Moritz to link up with the train.

One of our later walks, again in Switzerland and close to St Moritz, included a walk along a fast flowing river to a small ski resort. At this time of the year it is a trekkers base. We walked a little beyond the resort and lunched by the side of the river with magnificent views up the valley to one of the many local glaciers.

Our personal favourite of the walks was in the Italian Alps. The 7.5km climb to the village of Orlo uses a stone laid donkey path and sees a rise of over 600 meters. After walking for most of the past nine days this walk didn't feel as difficult as it sounds and once at the top, the views over Chiavenna and the

Mera River Valley were fantastic. Lunch was enjoyed at a perfectly placed picnic table overlooking the valley before we made our way down the winding roadway to a scenically placed café for coffee.

Another special thing about this holiday is the ease with which everything happens, from John's smiling face greeting us when we alight from the train at Chiavenna, through the dissemination of information and the smooth organization of each day's activities, right up to the sad moment when it's time to say goodbye. The fact that we can stay in the same place for all of the 11 days and still accomplish such a variety of walks is so easy to take. Although John is now a Western Australian, his links with family in Chiavenna are as strong as ever and his knowledge and passion of the language, geography and history of his birthplace is incredible.

If this inspires you to head to the Alps, John can be contacted by email on jj4@bigpond.com

Barry and Daphne Bastow



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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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