

Bibbulmun

NEWS

DEC'20 - APR'21
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Newsletter for the friends of the Bibbulmun Track

BLACKWOOD CAMPSITE REHABILITATION

It is great to report that around 500 trees and shrubs have been planted at Blackwood Campsite just south of Balingup

The site has been very bare since a bushfire destroyed the surrounding pine plantation in 2012.

A mix of mid-sized and understory native species of local provenance were planted across the northern and eastern side of the site. When mature they will provide much needed shelter from the wind at this exposed site which overlooks the valley.

The planting was undertaken by Parks and Wildlife Indigenous Trainees and National Park Rangers based in the Blackwood District.

The Foundation purchased the plants from donated funds including a \$1000 donation from the Talison Lithium mine in Greenbushes.

STOP PRESS!

The Perth YHA has been put on the market. We had hoped that this would be our long-term home and are now not sure what the future will bring.

Our vision would be for a vibrant trail hub with office and workshop space for us and like-minded organisations, a retail store, café and accommodation.

All we need is \$10 million! If you know a wealthy benefactor who would support this vision — let us know!



Blackwood Campsite will be much improved when the new plants are established. Photo by B Dickinson.

Christmas Gift Ideas

“Walking the Bibbulmun” by The Walking Scientist

On 9 September 2019, the Walking Scientist embarked on a solo hike along the beautiful Bibbulmun Track in Western Australia. This is a record of the science stories told along the way as she chatted to the extraordinary and unique animals, plants and fungi in this corner of the world. “Extraordinary tales of deep time, evolutionary magic, weird and wonderful flora and fauna - all written with brevity and a touch of poetry, which is a pretty amazing skill! Plus, the photos and clips are sublime. Thanks JP! You are an inspiration!”
Dr Francesca Bussey, Deakin University



“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



Unique Bibbulmun Track branded gifts

- Head sox – \$25.00
- KeepCup - \$17.60
- Peak cap - \$32.95
- Number plate surrounds - \$22.00
- RockTape - \$22.50

Christmas stocking fillers:

- 2nd Ed Guidebooks - \$11.95
- 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
- Replica Waugals - \$4.25

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

Impossible to buy for?

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

- Individual - 1 year \$55 or 3 years \$150
- Senior - 1 year \$40 or 3 years \$105

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.





FROM MY Desk

Welcome to the summer edition of Bibbulmun News.

This year not only proved to be challenging but one of the busiest we have experienced, both in the office and on the Track. However, we are finishing on a high note with an increase in members, volunteer hours back on track and fantastic progress on maintenance projects.

Maps and hire gear have been in demand and we have happily assisted hundreds of new walkers to get out on the Track independently or through our events.

We were delighted to learn that DBCA received \$20 million of recovery funding for trail and recreation projects, including around \$1million for the Bibbulmun Track. This will fast-track the campsite upgrades, which will now be carried out by contractors (see page 7 for more details).

This will allow the Foundation to redirect its funds to Track realignments and erosion control. Our support volunteers have learnt a great deal about these techniques over recent years and their work on the south coast has earned the praise of walkers and department staff alike.

This knowledge is being captured into an improved training program for all our volunteers, and a campaign to upskill and implement erosion control measures along the length of the Track is being planned.

The plans to increase the capacity and sustainability of the Track for the next 20 years have come to fruition at the perfect time to meet the increase in demand and we are really pleased to see an increase in people of all ages out for a hike.

A reminder to wear your membership tag with pride on your pack and to encourage the hikers you meet to join you in supporting the Track. We look forward to hosting another membership event early next year.

In the meantime, many thanks to you, our volunteers and our partners for your tremendous support this year.

I wish you all a very happy festive season with loved ones and family and look forward to a positive and healthy 2021.

Join us on

Linda Daniels
Executive Director



Thank you
THANK YOU
Thank you

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

Arthur Wright	Jeffrey Gresham
Bob Frost	Kaye Heelan
Chris Zadow	Mundaring Christian College
Cynthia Springvloed	Orlaith Lenihan
David Wrigley	Peter Edwards
Didier Walks - Hike	Rebecca Benson
Frank & Keryn Christiansen	Robyn Westgate
Greg van Schie	The Event Team
	Ultra Series WA

A big thank you to the 19 members who volunteered at the Dwellingup 100 and Mighty Jarrah Trail Run event in September.

The organisers donated \$30 for each person who volunteered resulting in a \$600 donation!

And another BIG Thank you to Shaun Kaesler from Ultra Series WA who presented us with a very generous cheque for \$6,600. (See page 5)

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 11th December until 9.00am Wednesday 27th January 2021.



Your LETTERS

Hi,

Some words of positive frustration.

As an overseas Bibbulmunner my trip planning was rudely interrupted by coronal No entrance into Australia with all understanding, but hiking is the way to stay healthy, not infecting other people and living happily ever after.

Still getting news and magazine, but now? Renew membership? Rebook my flights?

Easy question (with a huge smile). Why isn't walking the Bibbulmun the exception for entering WA?

So come on Foundation, do some lobbying for me (bigger smile).

Erik Geurts (United continent of Europeans)



June 25, 2020 - Here I sit writing of the Bibbulmun. It is almost unbearable I so want to be back on the Track. The love that goes into the Bibbulmun makes me feel loved. Thank you. Seeing my hiking mates' names on the May-June 20 issue of Bibb News inspired me to fill out the form.

I was enchanted by the flora - the trees and filtered light, the shades of red, blue and yellow in the flowers that twined and drifted, the goofy grass trees and the morning bird symphony. I feel nostalgic even for the snakes and of course kangaroos' sightings, mercifully big enough to see. The ocean! The rivers plus waterholes. The most vivid image is seeing the mighty Southern Ocean for the first time (Mandalay Beach) on the hike. I have never seen such a massive ocean force. It was like seeing a Himalayan glacier for the first time.

The Bibbulmun was such a peaceful, leisurely experience. The company was great - not many people and all remain vivid in my memory. Western Australia is very remote for me. I loved just being so far away and rich in space.

Anna Hellman, Life Member and End-to-Ender

The Bibb Track is such an amazing asset and you volunteers do a wonderful job. Thank you.

I have taken two small groups out in recent weeks and the kids loved it.

Although extra work for adults we are going to keep our hikes to 6-8 scouts and a couple of adults. Lot more enjoyable for all. (We have 36 scouts).

Robin Archer

Scouts - Cambridge Venturers



Welcome to our youngest member!

Born in January this year, Hamish was registered with parents Kyran and Aimee when they took out a family membership.

He has already had his first adventure out on the Track... hopefully the start of a lifetime enjoyment of bushwalking!

Hi,

I've just walked from Walpole to Denmark again and would like to give a big thanks to the Support Volunteer Team and the DBCA Team who stabilised a great deal of the sandy sections of the track, and especially for putting in the long flight of steps up that dune to ease what was previously a very difficult climb.

Arthur Wright



IMMERSE INTO NATURE'S PLAYGROUND

WILD@HEART

ONLY 60 MINUTES FROM PERTH

The new Dwellingup Trails & Visitor Centre offers an immersive experience for visitors, featuring state of the art technology, virtual reality experiences, interactive touch maps, information screens and a team of friendly, welcoming staff to help direct you on your next adventure.

DWELLINGUP TRAILS AND VISITOR CENTRE SERVICES

Bibbulmun Track register | Replenish Trail Supplies | Modern Toilet & Hot Shower Facilities | Recharge Devices & Free WiFi | Close to Town | Daily Trail & Weather Updates | Laundromat | Lockers | Trail Shop & Café | Complimentary Storage of Packs & Parcels | Post trail packs and parcels to, PO Box 21, Dwellingup WA 6213
 OPEN 7 DAYS 9AM - 4PM

WWW.VISITDWELLINGUP.COM.AU | (08) 9538 1108



A very BIG Thank you to Shaun Kaesler from Ultra Series WA who presented us with a very generous cheque for \$6,600.

The funds were from the Delirious West 200 miler which takes runners along 350km of the Bibbulmun Track on the spectacular south coast.

This is the second very generous donation received from Ultra Series WA and will be used to update our hire gear.



Track Transfer & Tour Packages

We have the ability, knowledge & care to make your walking holiday comfortable, effortless and easy. Locally owned, servicing Northcliffe, Pemberton to Donnelly River Village by 4WD transport.

Pemberton Discovery Tours
 Contact Toni +61 427 133335
(08) 9776 0484
info@pembertondiscoverytours.com.au
www.pembertondiscoverytours.com.au

Before you go

CHECK THE LATEST TRACK CONDITIONS

Before heading out on to the Bibbulmun Track it is important that you check the current Track conditions and are aware of any changes that may impact on your journey. Refer to the 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 www.bibbulmuntrack.org.au/trip-planner/notice-of-intent-for-groups.

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: TRAVEL AND CAMP ON DURABLE SURFACES

- Stay on the Track, don't cut corners through the bush and stick to the internal trails at campsites to avoid trampling vegetation.
- On sandy, coastal track walk wide of the centre to spread the impact over the whole width of the track.
- Keep to the middle of the Track even when it is underwater.
- Use designated tent sites wherever possible.





Stephen King,
TRAILS COORDINATOR, RECREATION AND TRAILS UNIT
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

Dear Readers,

Near the end of July, the eagerly awaited WA Recovery Plan was formally announced, which included a huge injection of funding into trails and associated infrastructure projects across the State. The Bibbulmun Track has not missed out in this process, with almost \$1m allocated to improvements over the next two financial years. The main projects funded are substantial upgrades of eight campsites (see below), upgrades to water supplies and paths for the remaining campsites, and a new group campsite near the existing Monadnocks Campsite. There are also several projects that could have spin-off benefits for Bibbulmun Track users, such as a proposed dual-use coastal trail in the William Bay National Park that will provide a great loop walk when combined with the existing Bibbulmun Track.

The priority project for Recreation and Trails Unit this financial year is the eight campsite upgrades: Gringer Creek, White Horse Hills, Yourdamung, Harris Dam, Gregory Brook, Grimwade, Yabberup and Boarding House. Jayson Puls is driving this project, with valuable input from BTF volunteers including Charlie Soord, Mark Davidson, and Ross Simpson. Significant progress has been made in assessing each site and developing a long list of improvement works. Several shelters are earmarked for verandah extension, similar to the works undertaken at Waalegh, and the replacement of toilets is also a priority.

New Southern Trail Terminus

This project is progressing, with a Memorandum of Understanding with City of Albany signed to facilitate the City undertaking the project management of the construction phase. The City is finalising tender documents and RTU is working on the signage to be installed at the terminus.

Realignments

Planning is also underway for nine realignment proposals within the Perth Hills District. Credit to Geoff Meates and Mark Davidson for driving this, undertaking the initial investigations of issues and proposing solutions. Planning and approvals for realignments can be a lengthy process, with key planning steps involving aboriginal heritage surveys, dieback surveys, flora surveys and approval for works in catchment areas through the Department of Water.

Track Closures

The Track has been subjected to the usual cycle of closures and diversions associated with prescribed burning in recent months. Our aim is always to minimise the extent of disruption, however safety of Track users will always remain the priority, and I would ask walkers to exercise patience and understanding with the process of safety checks of the Track

post-burn, clearing and remarking as required, and the removal of the diversions. I would also like to thank the volunteers who have assisted with remarking of the Track following burning.

Erosion Control

I would like to congratulate the volunteers on another few months of outstanding work undertaken on the Track. A campaign of stabilisation work near Conspicuous Cliff has represented an impressive effort, clearly well-coordinated and well-resourced by a dedicated group. Keep up the good work, it is much appreciated!

RTU staff

Staffing within the Recreation and Trails Unit has been relatively stable over recent months; however, we are unfortunately about to lose Emily Ward to a position within the Public Information and Corporate Affairs section. We wish Emily all the best as she pursues her "dream job" in photography and audio-visual production, and we look forward to welcoming Tahlia Wood, whose name may be familiar to some readers, as Emily's replacement.

Stephen King
DBCA/Trails Coordinator

Farewell Alan & Bill

It is with great sadness that we record the deaths of Alan Barker and Bill Shaw, both of whom passed away in recent weeks. Alan and Bill were volunteers in the BTF office who both brought much humour to the workplace, along with great ability to get along with colleagues and clients alike. They will be sadly missed.

Eyes on the GROUND



*Wannabee maintenance volunteers!
Roping in some walkers passing through Schafer Campsite*

We're finishing the year with strong maintenance activity, after the disrupted start. Both sectional and support volunteers have been enjoying getting out onto the Track, joining the many walkers recreating in the spring landscape.

Several maintenance Field Days were held August-October: at Schafer Campsite for Donnelly District sectional volunteers; West Cape Howe Campsite (Albany District); William Bay Campsite, Mazzeletti Beach and the Track from there towards Lights Beach (Frankland District); and Noggerup Campsite (Blackwood District).

Organizing the logistics, materials and tools for these kept the coordination team of Helen Grimm (Volunteer Manager), Mark Davidson and Charlie Soord (SV coordinators) and other SVs well occupied for a period of time.



Putting the finishing touches on the West Cape Howe Campsite name board

We were pleased to welcome maintenance coordinators from the Munda Biddi Trail Foundation to the Donnelly District Field Day, to get a feel for how we run our events, and to lend a hand with the work at Schafer Campsite. At some of the Field Days, we also had passing walkers take a break to do their bit!

The Support Volunteers have undertaken several other projects:

The Track stabilization campaign at Conspicuous Cliff is complete.

Erosion control structures were upgraded in the Perth Hills.

The Code of the Campsite signs are gradually being replaced with new combined signs/ noticeboards.

Regulatory signs near campsites experiencing high levels of unauthorized vehicle access are being installed.

Mt Wells hut and surrounds received a much-needed spruce up and repairs with the assistance of Newmont employees.

You can read about several of these projects on page 23 and the News section of our website (www.bibbulmuntrack.org.au/news).

Helen Grimm
Volunteer Manager

NewmontTM

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



Wellington District Parks & Wildlife officer, Nick Evans with BTF volunteer manager Helen Grimm and volunteer Charmaine Harris at Yourdamung Campsite.



Volunteers replace gutter guard at Schafer Campsite



Not a bad work site! – at West Cape Howe Campsite



Trestles are used to reach the gutters at Noggerup Campsite



Preparation of framing timber for the new noticeboard at Noggerup Campsite



A cast of thousands! Frankland District volunteers at William Bay.

Getting into Gear

How to keep your food bag organised while hiking.

Learning how to be organised and staying that way throughout your hike is a hard skill to master if it doesn't come naturally but if you develop a routine, regardless of the weather or how tired you are, it's a skill which can enhance your experience and cut down on stress. The more you practice, the more efficient you'll become and more enjoyable your on-trail experience will be.

Let's take your food bag for instance. How often do you find yourself emptying the entire contents of your food bag each time you prepare a meal or look for a snack? Being unorganised with food can lead to skipping snacks throughout the day or delaying meals. This can have a huge impact on how you feel and your performance.

By understanding the relationship between good food bag organisation and daily caloric intake, we can make sure our energy levels stay consistent throughout the trip, which keeps us in peak form.

Here's some advice on food bag organisation that you may find useful:

1. Before your trip, divide everything into 5 piles: breakfasts, lunches, dinners, snacks, drinks
2. Decide on what you will be having on the first day of your hike and place any snacks, drinks, lunch etc into easy to reach and convenient places on the outside of your pack.

3. Place the 5 piles into their own zip lock bags labelled Breakfast, Lunch, Dinner, Snacks, Drinks and put them into your food bag with the dinner zip lock bag on top.

4. Throughout the day there should be no need to open your pack or your food bag when you want something to eat. Your food for the day should be organised and in a designated spot on the outside of your pack. Hip-belt pockets or side pockets are perfect for storage.

5. When you arrive in camp, take out your food bag, prepare your evening meal and decide on your breakfast for the morning. Enjoy your well-earned rest.

6. In the morning while having breakfast, decided on your food for the day. Take note of how you felt the day before and if you need an extra snack to give you an energy boost.

7. Pack your days food into your designated storage pockets and have your evening meal arranged at the top of your food bag so it's there waiting for you when you arrive into camp.

By using this system you are only opening your food bag twice a day and not rummaging through your pack trying to decide what to eat. Using a ziplock bag system you can easily see how much food you have left, because all of the same types of meals are organised together. It also makes choosing what you want to eat a lot easier because they're all grouped together.

No more unpacking and repacking your food bag or having it all dumped in together. Stay organised, save space and happy hiking!

Article by ultralighthiker.com.au



The Track now on Google Street View

In early 2018, the DBCA started a partnership with Google, to capture imagery on key tourist trails and attractions for inclusion on Google Street View. Many attractions and parks were eventually included with significant promotional and informative benefits anticipated from the project. As one of the State's iconic long trails, the Bibbulmun Track was – of course – included.

A lot of planning went into developing a schedule which captured first the major highlights of the Track, and then filled in the gaps as far as possible. Some complicated logistics were involved! Walking could only be undertaken in fine weather. If it started to rain while filming, the volunteers had a raincoat to put on “Wilson” (as the unit was affectionately nicknamed); the 15 lenses then needed to be cleaned to ensure no droplets were present when filming restarted. Even brushing past wet, overhanging vegetation had to be avoided. Rain also disrupted the schedule when needing to access disease risk areas.

The presence of shadow in the image was not desirable; this generally limited walking to about five hours through the middle of the day. Start and end points for each session needed to be accessible by vehicle – fortunately we had the full support of the P&WS in accessing the more difficult sections.

A total of 20 volunteers contributed hundreds of hours to collect the footage during the latter parts of 2018 and 2019. The volunteers worked in teams of three to four people, rotating during the day between the roles of carrying

the 15kg, top-heavy camera/backpack unit, a walking support person, and driving the support vehicle between access points. We take our hats off to all the volunteers who participated in the project!

A typical day for the team involved travel to and from access points, a careful process of powering up the recording unit (and the reverse at the end of the session), covering the allocated distance and interacting with walkers to minimize complications in the footage. At night the team would charge the plethora of batteries which supplied the camera unit, radios and Spot Tracker.

While the original intention was to capture the whole Bibbulmun Track, we were left about 300km short of our goal when the project was suddenly halted in October 2019. Completed sections include:

- Northern Terminus to Harvey-Quindanning Road
- Highlights sections: Trees Road to Harris Dam, Lyalls Log Road to Mumballup, Lowden-Grimwade Road to Kirup-Grimwade Road

- Balingup to Chesapeake Road (east of Lake Maringup)
- Highlights sections: Banksia Track to the east end of Mandalay Beach, Giant Tingle Tree to Nut Lookout, the canoe shed on the east side of the Irwin Inlet channel to the east end of Big Quarram Beach, William Bay Road to Denmark Rivermouth Trailhead, Tennessee Road South to Cosy Corner, Muttonbird Road to Sandpatch carpark, and Bayview Drive to the Southern Terminus.

You can view your favourite section of Track – or plan for your next walk – by these steps:

- Open Google Maps (www.google.com/maps)
- Zoom in to the area of interest
- Click the yellow person icon in the bar on the bottom right of your screen – the available Street View imagery will show up as a blue line
- Click on the blue line – it will open street view
- Navigate by clicking ahead on the path to move forwards; to turn on the spot, click and hold, then drag the image around. The yellow person icon in the navigation square on the bottom left of your screen will show the direction you are facing.



Chris Lee with the Google Trekker on MT Cuthbert

Yes, THEY DID IT!

First there was the lockdown, then sourdough, then everyone got onto the Track! We had over 300 teams and 925 hikers do the Virtual end-to-end and a further 33 physical end-to-ends registered within the last two months. A special mention of Frank Trybulec on his 13th end-to-end! Half of Frank's end-to-ends are sectional, so it goes to show it's not about speed or endurance, just walking your own way.

'We are both from Ireland and have been living in WA for seven years, we were granted permanent residency in 2018 and we got married on the 6th September 2019. For our honeymoon we hiked the Bibbulmun Track, it was a truly wonderful and life changing experience.' - **Weetbix & Porridge, Northam**

'A wonderful experience over the last three years. I particularly enjoyed the solitude of the Track, as I spent almost half of my nights alone. It was a privilege to meet so many awesome people on the Track. I have come to believe that hikers are a special breed of people who always look out for each other. I was often the recipient of random acts of kindness both on and off the Track.' - **Damian, Kalamunda**

'Amazing experience. I am from another country so for me it was like discovering a new world, perfect way to challenge yourself and finding out your limits.' - **Erik, Jerramungup**

'It was an incredible journey. I wanted to push myself, so I was doing very long days. I can see the appeal of going a little slower and having a more spiritual experience.' - **Engine, Victoria Park**

'I enjoyed walking and loved meeting new people. I fell in love and decided that I needed a Bibb Track hut of my own. I set about transforming my bush Humpy into a Bibb Track inspired hut. The Hartridge Hut. Approx 30km east of Tom Road Hut.' - **Tristan, Morley**



Tristan built his own Bibb Track inspired shelter.

'Thank you to all the volunteers, office staff and those who keep the track and huts so well maintained. We are very grateful to have such a wonderful adventure right here in WA.' - **Jill, Kingsley**

'Loved the Pingerup Plains and the wading it entailed. It was great to stay at the new style shelters at Gardner and Dog Pool that were under construction back in 2016. Got a chance to climb Woolbales and Mt Chance this time too

which I couldn't last time because of cataclysmic weather events! Special mention for the Beraking to Ball Creek section - water flowing everywhere, flowers popping and birds singing-very spectacular.' - **Gillian, South Perth**

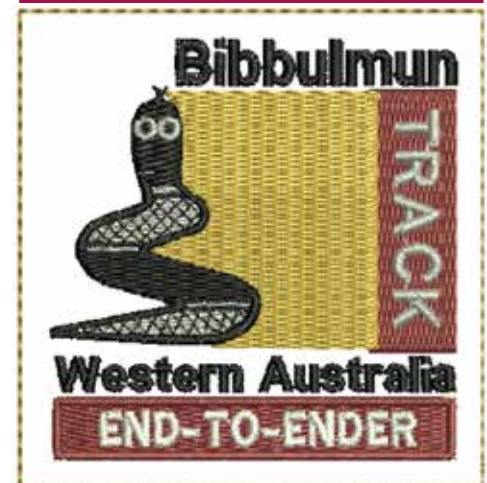
'There were many parts of various sections that I loved but I would have to say the favourite overall section was Northcliffe to Walpole because it was very different and more remote. Walking and wading through the water pools was very entertaining as it was like when we were children, splashing through puddles but on a bigger scale' - **Tia, Bullsbrook**

'I fell into Helena camp at the end of Day one and on Day 15 had my wrist X-rayed in Collie ... to find that it was sore because it was broken. On Dr's advice I returned to Perth to get a further opinion (and lightweight cast) and I'm so very glad I was able to return to Collie and keep going on my end-to-end! A fabulous adventure!' **Cressy, Swanbourne**



Illustration from the campsite register by Weetbix & Porridge.

Do you have your End-to-End BADGE?
FREE when you register your first end-to-end!



Our CONGRATULATIONS to the following
36 walkers on completing an end-to-end!
1 from overseas, 2 from interstate and
33 from WA.



Not all who complete an end-to-end register it with the Foundation. The following walkers have done so since the last edition. There were a total of 36 End-to-Enders, two from interstate and one from overseas.

A selection of their comments follows.

Name	Track Name	Age	Date Started	Date Ended	Days on Track	Direction	From
Tristan Hartridge		33	28/08/19	9/10/19	42	N-S	WA
Anne Hellman	Princess Anne	72	27/09/19	15/11/19	60	N-S	USA
Laura & Daniel Shanahan	Weetbix & Porridge	29 & 32	21/09/19	17/11/19	58	N-S	WA
Brian Kenward	Boomer	66	12/04/03	21/03/20	N/A	N-S Sectional	WA
Gareth Tetlow		44	30/04/19	28/05/20	48	S-N Sectional	WA
Robert Helleman		65	27/09/04	15/06/20	N/A	Sectional	WA
Ann Marie Larkin		42	02/06/20	11/07/20	40	N-S	WA
Damian Wallis	Damian	54	20/04/17	16/07/20	54	Sectional	WA
Sue Lee	Dolly +/- Parton	55	27/05/20	22/07/20	57	S-N	WA
Erik Bleive		20	09/06/20	24/07/20	46	N-S	WA
Megan Butterworth		28	30/05/20	24/07/20	56	N-S	VIC
Louise & John Sinclair		57	08/06/20	29/07/20	52	S-N	WA
Peter Gorski	Pedronski	46	06/05/20	31/07/20	N/A	Sectional	WA
Daniel Guidara		32	21/06/20	2/08/20	43	N-S	WA
Daniel Dynan	Engine	25	27/06/20	2/08/20	37	S-N	WA
Jill James		64	19/02/20	2/08/20	57	Sectional	WA
Kathleen Grieten	Kathie	26	14/06/20	6/08/20	52	N-S	NSW
Sam Maher		30	22/05/20	7/08/20	51	Sectional	WA
June Sweet			27/04/19	7/08/20	N/A	Sectional	WA
Frank Trybulec (13th E2E)		56	19/12/19	13/08/20	N/A	Sectional	WA
Marie Crawshaw	Marie	36	27/06/20	19/08/20	54	S-N	WA
Brendan Browning	BB	25	14/07/20	30/08/20	47	N-S	WA
Gillian Groom (2nd E2E)		55	24/07/20	10/09/20	48	S-N	WA
Graeme Cole		62	26/07/20	20/09/20	56	N-S	WA
Cyril Culverhouse		54	26/07/20	20/09/20	56	N-S	WA
Joanne Daley	Tia	54	01/08/20	25/09/20	56	N-S	WA
Malcolm Kite (3rd E2E)		60	03/06/16	28/09/20	54	Sectional	WA
Arthur Wright		67	10/04/16	30/09/20	N/A	N-S Sectional	WA
James Russell	Master Chafe	37	25/08/20	30/09/20	36	N-S	WA
Cressy Wallwork	Cressy	58	24/08/20	03/10/20	40	N-S	WA
Aron Gibellini		28	19/07/20	9/10/20	59	S-N	WA
Niall Burke (2nd E2E)		57	28/08/20	10/10/20	44	S-N	WA
Nicolas Barker		27	10/09/20	11/10/20	31	N-S	WA
Robert Lyons	Bob	65	10/08/20	11/10/20	63	N-S	WA
Judith Nash		66	10/08/20	11/10/20	63	N-S	WA
Richard Thorneloe	Richard	67	30/09/19	12/10/20	N/A	N-S Sectional	WA

Yes, THEY DID IT! (CONT.)



Highlights

'The ocean! The rivers plus waterholes. The most vivid image is seeing the mighty Southern Ocean for the first time (Mandalay Beach) on the hike. I have never seen such a massive ocean force. It was like seeing a Himalayan glacier for the first time.' – *Princess Anne, Oakland, California*

'Walking into William Bay Campsite after an absolute howler of a day and realizing that perspective is everything. We contended with heavy downpours and strong coastal winds all day while we walked steep dunes and waded through Parry's Inlet. It felt freezing cold and my hands were red, swollen and oozing liquid from blisters I'd acquired a few days earlier, but I was laughing and smiling all day, reminding myself that this was the stuff 'track legends' are made of. By the time we reached camp I felt so accomplished and proud and was blown away by the panoramic views at the top of the lookout.' – *Megan, Wheelers Hill, Victoria*

'The people I met on the way; I'm a first-time walker and the knowledge and friendship that came across in those brief periods where we jumped into each other's lives. Trackin Crackin and the Crazy Cousins, Sullivan brothers, Joanna, Andy, Honky Nut and many, many more.' *Richard, Riverton*

'I saw 12 snakes near the wind farm at Albany. Really felt like I was living when a tiger snake lunged into the bush just as I was about to step on it.' *BB, Karringyup*

'Loving the simplicity of self, pack and the track.' – *Gareth, Gnowangerup*

'Loved the simple life ...eat, sleep, walk, eat, sleep, walk' *Louise & John, Woodvale*

'If you need a place to just escape, this is the place. With 1002km of trail, life couldn't get any better with that kind of freedom and nature.' – *Anne Marie, Samson*

'A dream for over 40 years, since starting on the very first version of the Bibbulmun which was just a collection of forest tracks' – *Graeme, Bateman*

'We had an echidna come right up to us and almost walk on top of our feet while we were standing on the track!' – *Weetbix & Porridge, Northam*

'This was a great bonus on the track! Snakes, emus, wild pigs and goats, wallabies, kangaroos and the friendly quenda at Torbay campsite to name a few.' *Niall, Carmel*

Very different to the Caminos we have walked... less about the socializing and more about the walking. *John, Woodvale*

'I loved my tent (Big Agnes Copper Spur UL2 mtnGLO) and slept in it every night on the track. It was super cosy and my home away from home on the trail. It stood up to some pretty intense weather on the coastal sections.' – *Marie, Osborne Park*

'I miss sleeping on my blow-up mattress in my cuddly sleeping bag in the wonderful open-sided huts so much that I'm thinking of starting to sleep out on my back verandah' – *Cressy, Swanbourne*

'Embrace the experience, be open to changes in plans and keep your eyes on those rogue sticks that try to trip you up.' – *Gillian, South Perth*

'If you're young do the walk during the uni break. Otherwise it'll just be old people you meet (who are great don't get me wrong)' – *BB, Karringyup*

'I'm really proud of the Bibbulmun Track because it's free and well maintained. With the pitch-perfect minimalism of its campsites, it's a wonderful asset to have in our backyard.' – *Arthur, Mount Lawley*

'If you have the urge or inkling to do an end-to-end then follow through on it. You won't regret it. Life changing. It will challenge you on so many levels, but you will discover just how much you are capable of and more. You will be rebirthed into a new world with new insights.' – *Tia, Bullsbrook*

'Take your time, don't rush, enjoy the quiet and the beautiful bush.' – *Jill, Kingsley*

Compiled by Daniel Tannenbaum
BTF volunteer and End-to-Ender



Male Baudin's black cockatoo by Mark Davidson

Waugal cloth badge

RRP \$12.50
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FOR MEMBERS



Be reminded of your journey on the Bibbulmun Track with our latest cloth badge embroidered with the Bibbulmun Track Waugal trail marker.

PERFECT FOR YOUR BACKPACK, T-SHIRT OR BIBBULMUN TRACK HAT!

Derek has recently become a member of the BTF and spent a couple of days walking on the Track. These are his thoughts about the Track and the walkers that he met. The names of the walkers have been changed for privacy reasons.

As I spent a couple of days on the Bibbulmun Track, a number of things struck me. Firstly, how achingly beautiful our Western Australian backyard is, especially during wildflower season. Secondly, how nourishing it is to spend time in nature, and thirdly what a widely varied group of people our fellow bushwalkers are.

I find bushwalkers endlessly fascinating. From all walks of life they bring different perspectives from their life experiences and are all motivated by different aspects of bushwalking. Some of them are in it for the walking, some for camping, some for the challenge, some to get close to nature, some are in it for the health benefits, and some for the digital detox.

Leeza was a classic millennial. Like any millennial, she was wired for sound and holding a mobile phone in one hand and a walking pole in the other. Obviously, she couldn't use two walking poles without losing hold of her phone. Leeza was small and powerful, strapped beneath an enormous backpack, like a snail but much, much faster. Leeza didn't want the psychological burden of knowing exactly how much her physical burden weighed, so had chosen not to weigh her pack before embarking. She challenged me to estimate how much it weighed but I could barely lift it.

Will had his skates on. When I met him, he was within 20km of finishing his end-to-end in quick-smart time. He slid past in rude good health, with the grace of movement that comes from a month or two on the Track. Perhaps he was a little hairier than normal, perhaps he normally carries a wild beard around with him. Perhaps he doesn't. Will was looking forward to a shower upon his arrival in Kalamunda and a well-earned counter meal. I guess he may even have had a celebratory beer or two.

Matt had become a little obsessed with bushwalking. I passed him returning from an overnight adventure, not more than a week after finishing an epic end-to-end. He said he was struggling to return to the realities of city life, so his remedy was a bit of bushwalking therapy. I guess what he really needed was another bushwalking goal to work diligently towards.

Katie was a tiny little lady, with a tiny backpack. The heat and hills couldn't stop her, though I gather that her blisters had slowed her down somewhat. I heard later that her feet were an interesting cherry colour. It's probably only really interesting when it is someone else's feet that are that colour.

Cassandra was possibly the most optimistic person I have ever met. She had sprained her ankle, seemingly while stepping out of the car that had brought her to the Track, but had cheerily decided this was a mere bother to her goal of covering some 125km in five days of walking. All she needed was porridge, packet soup, and coffee to power her endeavours, along with a little birdsong in the mornings to wake up to.

Jeff was flying like a bird—at least figuratively. And like a bird, Jeff was travelling light. A small day pack containing a sleeping bag, water, and a few freeze-dried meals, along with a good deal of optimism separated Jeff from the harsh wilderness. Jeff flew past, at an alarming pace, having already walked 34km that day. He was planning at least another 10km before running out of daylight. I heard tales of Jeff's achievements a couple of days later, and of the enormous cluster of band aids he had applied to his feet to ease his growing blisters.

I spent a night at a campsite with Andrej, a well-travelled Polish gent of universal intellect. Andrej interested me with his recent potted history of Poland and its place in the world. He loved his walking, often feeling the pull of the wild to clear his mind and revive his soul, though I gather he missed the snow topped mountains of his homeland.

I heard Bill before I saw him, huffing and puffing his way doggedly up a fairly modest hill like a determined steam train. Bill had huffed and puffed all the way from Albany, some 950km south of where I met him, in an astonishing 32 days. A remarkable feat by any calculation. I can only imagine what he sounded like when he started.

Gavin and Leanne had just retired and decided that the best way to wind down was to meander their way from Kalamunda to Albany, slowly, smelling the roses as they went. Oh, and Gavin had just had a knee replacement, which he was cautiously putting through its paces with a casual 1000km trek. Cautiously? Having spent a week on the Track already, they were looking forward to the following day when their daughter and grandkids would meet them with provisions to power the next week of their walk. Gavin had requested she bring a bacon and egg sandwich for him; Leanne had requested a fresh apple. It's amazing what the body craves.

There were two others, who I didn't really speak to in passing, but I'm certain that they, too, had a story to tell if only I had been interested enough to ask. Maybe my own burden was weighing on me, or maybe I just sensed that they wanted to be left quietly with their own thoughts.

by Derek Bracken



Walkers in Jarrah forest. Photo by The Life of Py.

Accommodation, Tours and Services



Please support the Walker Friendly Businesses that support the Track.

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BUSINESS NAME	TOWN	TYPE	PHONE NUMBER	WEBSITE
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Albany Harbourside Apartments	ALBANY		(08) 9842 1769	albanyharbourside.com.au
Dunmoyle House B&B	ALBANY		(08) 9842 5235	dunmoyle.com.au
Rainbow Coast Taxis	ALBANY		(08) 9844 1115	facebook.com/RainbowCoastTaxisDenmark
Lewana Cottages	BALINGUP		(08) 9764 1016	lewanacottages.com
Southampton Homestead	BALINGUP		0412 229 564	southamptonhomestead.com
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
TraaVerse	COLLIE		0417 654 426	traaverse.com.au
Whispering Pines B & B	COLLIE		(08) 9734 3883	whisperingpinesbandb.com.au
Glen Mervyn Lodge	COLLIE (MUMBALLUP)		0428 395 328	glenmervynlodge.com.au
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Blue Wren Travellers' Rest	DENMARK		(08) 9848 3300	denmarkbluwren.com.au
Cape Howe Cottages	DENMARK		(08) 9845 1295	capehowe.com.au
Denmark Co-Operative	DENMARK		(08) 9848 1200	denmark-coop.com.au
Denmark Forest Retreat	DENMARK		0438 938 798	denmarkforestretreat.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	dannellyriver.com.au
Blue Moon Forest Lodge	GLENORAN (DONNELLY)		0488 321 470	bluemoonforestlodge.com
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Dwellingup Transfers	DWELLINGUP		0473 924 680	facebook.com/dwellingup
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Banksia Tourist Park	HAZELMERE (PERTH)		1300 885 224	banksiatourist.com.au
Compleat Angler & Camping World Rockingham	PERTH (ROCKINGHAM)		(08) 9528 5255	facebook.com/compleatanglerandcampingworld
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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

Adventurous Women	1300 388 419	adventurouswomen.com.au
Didier Walks	0410 756 065	didierwalks.com.au
Dirty Feet Tours	0401 578 002	dirtyfeettours.com.au
Down Under Discoveries	0439 463 285	downunderdiscoveries.com
Inspiration Outdoors	(08) 6219 5164	inspirationoutdoors.com.au

Life's An Adventure	(02) 9975 4553	lifesanadventure.com.au
Off The Beaten Track	0417 128 896	offthebeatentrackwa.com.au
Off The Grid 365	0434 179 259	otg-365.com/
Simply Trekking	0427 058 866	simplytrekking.com.au
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Vollie Corner - THE BOARD

There's a small group of volunteers, working behind the scenes, who are critical to the direction and ongoing operation of the Foundation. They are the Board members.

The BTF Board meets every two months to discuss current issues relating to the management of the Foundation and the Track. They provide strategic direction, decision making and advisory functions to ensure the Foundation follows its Strategic Plan and Vision.

The volunteer Board members bring a wealth of experience and skill to their task – so let's meet them!

Kath Broderick

Our current Chair is Kath Broderick. She has over 30 years' professional experience in natural resource management and is Director of Broderick and Associates – a consulting business specialising in governance and capacity building. Kath also brings experience in advocacy, environmental management, and strategic management amongst other things. She is a keen swimmer and bushwalker, and a member of the maintenance team looking after Frankland Campsite and the stretch of Track on either side. Kath is working her way along the Track to complete a sectional end-to-end.



Kath Broderick

John Holan

Deputy Chair, John Holan, has worked in a number of roles including as a police officer, a tour guide in Africa and Asia, then – after completing a degree in accounting – as a Forensic Accountant. His wide range of experience brings business development, financial management, legal and tourism skills to the Foundation. John enjoys hiking on the Track with his young family, introducing them to the wonders of nature.



John Holan

Mike Wood

Mike Wood was founding Chair of the Bibbulmun Track Board back in 1998 and only retired as Chair in 2019. Mike has had a long career in the outdoor industry including guiding in the Nepal Himalaya, and 24 years as the franchisee/manager of a chain of Mountain Designs stores in WA. He has won several awards and was announced as a Member (AM) of the Order of Australia in 2020. His excellent networking and advocacy skills, business acumen and outdoor recreation knowledge have contributed greatly over the years. Mike was co-leader for the 10th Anniversary end-to-end walk.



Mike Wood



Helen Grimm

Bruce Manning

Based in Albany, Bruce Manning has been the CEO of the Great Southern Development Commission since 2000. Bruce has a long involvement with land-care and land management issues and is a founding Board member who provides a valuable, regional-based perspective and a passion for the environment. Along with business and strategic planning skills, Bruce brings advocacy, marketing, tourism, environmental and risk management experience. He has been a maintenance volunteer since 1997, contributing to the care of Sandpatch Campsite and the Track between there and Bay View Drive.



Bruce Manning

Charlie Soord

Charlie Soord worked as a Learning and Development Consultant in the mining industry, and has many years' experience working with volunteers, and participating on management boards. Now retired, he is intensely involved with Track management and



Charlie Soord

maintenance as a Support Volunteer coordinator and sectional volunteer for Mt Clare Campsite and the Track on either side. He is also a volunteer in the Recreation and Trails Unit of DBCA where he works on various aspects of trails management. Skills Charlie brings to the Foundation include human resource management, risk management, and training. Charlie completed his sectional end-to-end in 2010.

Patrick Tremlett

As a retired drafter of legislation, Patrick Tremlett plays an important role with policy and governance issues such as updating our constitution in line with the new Association rules in 2017. With a strong governance, legal and statutory background Patrick ensures the BTF complies and documents everything according to the regulations. His wisdom and writing skills are often sought by the staff. Patrick is a volunteer guide and Team Leader of the maintenance team which looks after Noggerup Campsite and the Track section leading there from Mumballup. He has been bushwalking since he was at school and hopes to continue for a while yet!



Patrick Tremlett

Tristy Fairfield

We are very pleased to welcome our newest Board member, Tristy Fairfield. Tristy comes to us with a strong background in the governance of not-for-profit organisations, having served for several years on the boards of Conservation Council WA and Renew, and the council of the Australian Conservation Foundation. She has qualifications in Commerce and Applied Corporate Governance, has worked for both CCWA and the ACF, and is currently the Director of Low Carbon Australia. She is passionate about the environment and conservation and has been a regular walker on the Track.



Tristy Fairfield

The Board also comprise two representatives from the Department of Biodiversity, Conservation and Attractions (DBCA).

Peter Sharp

Peter Sharp is the Director of Parks and Visitor Services, a major division within the Parks and Wildlife Service of DBCA. In this role, he has oversight of several units including Recreation and Trails. Peter brings strong advocacy, political acumen and stakeholder engagement skills to the Board along with human resource management, legal and tourism expertise.



Peter Sharp

Stephen King

Stephen King is the Trails Coordinator of the Recreation and Trails Unit. His previous roles in the Department encompassed dieback interpretation; conservation, fire management and recreation management at both District and Regional level; and work with Bold Park and the Swan River Trust.



Stephen King

Linda Daniels

The remaining position on the Board is held by our Executive Director, Linda Daniels, as an ex-officio member.

Linda has been ED of the Foundation since 2003 and is responsible for reporting to the Board and keeping them abreast of operations as well as any external issues that may impact the Foundation or the Track. Key roles include staff and project management, financial management and liaison with the Department, industry and community partners.

She has just walked the Cape to Cape Track end-to-end and hopes to be able to complete the Bibb Track one day!



Linda Daniels

Farewell and Thank You

This year, we farewellled Marielle Sengers from the Board, after two years of service. Thank you for your contribution Marielle.

Helen Grimm Volunteer Manager

Notice board

FOR SALE

SUNDRY ITEMS

Two (2) Deuter 38-litre Backpacks.
Both in A1 condition;
Three (3) ground-mats;
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Contact: Mick
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Good condition and includes a fuel
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Contact: Alison
0424 960 391
Email: alisonfarmer01@gmail.com

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Useful accessories for the beginner:
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Sea to Summit cutlery set; Mammut
4xLED headlamp; 2 X-bowls; Emergency
foil blanket; Waterproof phone cover;
Fly veil; Black Diamond Polartec
gloves; Compass \$35/Multi tool \$35/
Headlamp \$25/Others \$10 each.
Or, \$100 the lot!

Contact: Jim
0427 402 767
Email: jim_baker@bigpond.com

FOUND

SUNGLASSES - BOLLE/ POLARTEC/HUSTLER - BLACK FRAME

Found between Guy Road and
Karri Gully turn off on Track.

Contact: Diane
0447 920 354
Email: diane.tinker99@gmail.com

HEADLIGHT

At Helena Campsite on
02/09/2020

Contact: Michael
0427 850 883

PACK COVER

At Swamp Oak Campsite on
17/08/2020 at about 3pm.

Contact: Michael
0427 850 883

LOST

FLYSHEET FOR NEMO GREEN TENT

Lost somewhere between Nerang
campsite and Wearne Road on
23/24 August 2020.

Contact: Rosie
0416 127 101
E: rosiejohnstone@yahoo.com.au

Prize WINNERS!

CONGRATULATIONS TO THE WINNERS OF OUR MONTHLY MEMBERSHIP PRIZE DRAW

July

Terry O'Donnell received a pair of
gaiters donated by a member.

August

Neil Johnson received a travel
clothesline donated by Sea to Summit.

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



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PHOTO CAPTION WINNER

Helen Turner from Queensland sent us this photo of her Bin Isolation Outing.

Rose McGarraghy's entry "Leave no trace! - Leave only footprints!?" was sent with affection to all Isolation buddies and hikers.

And the Winning Caption is...

"My Bin-ulmun Track during COVID lockdown"
from **Elise Marciano**. A prize is in the post Elise!



TRACK TOWN - COLLIE

Collie has quickly become a popular destination for those seeking adventure, and it is not surprising with all the fantastic hidden gems, lakes, camping spots, and trails it has to offer.

Located 200 kilometres south of Perth, Collie is a bustling, thriving country town where walkers will not run out of things to do.

Collie's town centre is a great place to start exploring, discover gift shops, craft supplies, cafes and plenty of pubs all offering a chance to chat with the locals over a meal or cold drink.

Walkers will find all they need to resupply with supermarkets, hardware, and camping stores in town. Collie also offers a wide variety of accommodation from budget hotels, guesthouses, and B&Bs to modern self-contained apartments, motels, and a caravan park.

With waterskiing, canoeing, fishing, swimming, camping, cycling, bush walking trails and 4WD tracks as well as the Speedway and Motorplex, Collie has plenty for those looking for action and adventure. Staff at the Visitor Centre can provide up-to-date advice on the best locations and events for the wide range of activities on offer.

Collie has become famous for its many natural swimming pools and Black Diamond Lake, in particular, has become a popular hotspot with its unusual and very photo-worthy blue water. There are many more spots to cool off – check with the Visitor Centre for a full list.

The Collie Visitor Centre is where you will find the Bibbulmun Track trailhead, register and logbook, so remember to stop in and fill them out when you visit. They also provide complimentary parcel and pack storage for walkers, stock a range of Bibbulmun Track maps, and guidebooks and can even offer a shower and real coffee for walkers to freshen up before getting back on trail or heading back home.

The Collie Art Gallery on Throssell Street is the first purpose-built art gallery outside of Perth and well worth a visit. The Gallery features a different exhibition every six weeks or so.

Kids of all ages can enjoy the skate park adjacent to Soldiers Park on the Collie River and Central Park, conveniently located in the town centre on Forrest Street, features a water park and playground. Both areas are a great spot for lunch, with free barbecues, picnic tables, shady trees, and plenty of grass where you can spread out a picnic blanket.

Collie has a long European history, having been declared a township in 1896 following the discovery of coal in nearby Allanson. The Coalfields Museum, Old Railway Station, Replica Underground Mine, and the Rail Heritage Centre all provide a fascinating insight into the town's rich history.

Whether you're stopping through for a quick resupply whilst hiking the Bibbulmun Track or basing yourself in Collie for a weekend of exploring, there's plenty of activities, sites and events for the whole family.



Collie - by Kodee Whittaker

COLLIE RIVER VALLEY Visitor Centre



Our friendly staff are "local experts" and are happy to assist to make your visit to Collie enjoyable.

Centre facilities include a seating area for browsing publications and relaxing, public toilets, showers (\$4 for walkers), and real coffee for (\$3 a cup).

We also provide complimentary storage of parcels and packs for track users.

Our Visitor Centre is the terminus for public transport services in Collie (Transwa & South West Coachlines) and we can help with all your booking requirements.

Drop in or phone us to see how we can help you out.



Collie Visitor Centre
156 Throssell St, Collie
Ph: 08 9734 2051
www.collierivervalley.com.au



Kayaking at Minnipup Pool - by Kim Fawcett

Please support our Walker Friendly Businesses in Collie

Mandia Cottage B&B
(08) 9734 2831

TraaVerse
0417 654 426

The Colliefields
(08) 9734 2052

Whispering Pines B & B
(08) 9734 3883



TRACK REALIGNMENTS PROCESS...IT'S A LONG ROAD

In the Vision Survey undertaken in 2017, members were asked;

“Are there any sections of Track which, if an alternative is available, you think should be realigned?”

While two-thirds of respondents indicated that realignments of the Track were not needed, 31% felt strongly that the Track should be taken off “boring gravel roads and 4WD tracks” where possible.

In some circumstances, use of roads as part of the Track is unavoidable. Constraints include local flora and fauna, private property, Dieback disease and water catchment areas.

However, the list of suggested realignments was compiled along with input from BTF staff and volunteers.

A small SV team set about walking them all over several seasons to determine where realignment wasn't necessary but improved erosion control – with regular maintenance – would be sufficient. The final list, about 75% of the original, included track sections in Perth Hills, Wellington, Blackwood and Frankland Districts.

Based on requests made to P&WS before the vision survey, approvals were granted for three realignments to bypass severely eroded track between Helena and Waalegh. They were constructed during 2017/2018 and have made a great improvement to walkers' enjoyment.

Realignment approvals must be submitted using DBCA's Disturbance

Approval System (DAS). From the DAS opening statement “The objective of the DAS is to inform the assessment of risk to environmental, social and economic values of a proposed activity on lands managed by the DBCA. The purpose is to ensure approved activities are consistent with departmental objectives, associated management plans, land use categories, and to remove or minimise impacts to As Low As Is Reasonably Practicable (ALARP).”

To speed the process two SVs, who volunteer in the department's Recreation and Trails Unit, have been trained in submitting online DAS proposals. They soon discovered the necessary complexity in gaining the first approval. Time spent with local P&WS staff, particularly Flora and Fauna Conservation Officers and Regional Aboriginal Engagement, resulted in desktop and field survey reports that were attached to the DAS.

In early October approval was received for the first proposal, a short realignment in the Quarram Nature Reserve between Boat Harbour and Parry Beach. That realignment



Cutting a step in a fallen tree, immediately north of Blackwood Campsite

was constructed in early November, the final part of the South Coast stabilisation work under the NRM Grant.

Preliminary work has started on DAS inputs for Perth Hills and Wellington District realignments, while further DAS proposals will start for three in Frankland. One Frankland realignment will move the track off Ficifolia Road, vastly improving walker safety.

Almost all work for the planned realignments has been, and will be, performed by support and sectional volunteers.

Construction will start in 2021. In the meantime, the Foundation's volunteers will continue with their maintenance and other project work to improve the Track in line with our Vision for the next 10-20 years.



Realignment with tree marker, immediately south of Blackwood Campsite



Typical realignment route-marking with surveyors flagging tape

Support Volunteer Projects

Erosion control completed at Conspicuous Cliff

In October, nine Support Volunteers took part in a four-day campaign to finish the erosion control works at Conspicuous Cliff.

Clear skies and little wind made for hot and hard working conditions hauling materials and equipment uphill by hand and with the aid of "Isadora", our electric wheelbarrow who could easily carry 90kgs up the steep slopes.

Congratulations to all the volunteers and Department staff members who contributed to this high quality project. Not only will this section be a much better experience for walkers, but also much better for the surrounding environment.



Many timber sleepers had to be moved from the bottom to the top of the hill before work could start.



Ordinary wheelbarrows were also used to move materials and equipment up and down the Track.

Newmont employees spruce up Mt Wells

In October a group of seven employees from Newmont Boddington Gold made a major contribution to improving the hut and surrounds at Mt Wells Campsite.

Over two days, the group worked under the supervision of BTF Support Volunteer Charlie Soord to paint the inside and outside of the shelter, the fascia and downpipes; and oil the staircase and viewing platform on the fire tower, the tables and the toilet cladding. They put in an amazing effort and left the shelter looking fresh and welcoming.

At the same time, other work included the installation of hooks, a new fire ring, shelter and campsite signage, new plywood to the bed platform in the single room, support brackets on the wooden windows and architraves around the internal window.

The leaking roof was fixed and the severely deteriorated stove was infilled with concrete as the only



Newmont employees gave the Mt Wells Campsite a facelift.

viable option to reduce further damage to the hut. Finally, chainsaw and brush cutter work removed excess vegetation around the building.

Newmont employees Ami Jamieson, Jo-Anne Batt, Sandra Sherwood, Abigail Ngui, Kimberley Stone, David Aldersea and Michael Staines contributed their time and energy.

Also, a big thanks to two hard working support volunteers Garry Ceriani and Dave Scott for their expertise and help.



Our thanks to Alcoa for sponsoring our Volunteer Support team.

WEEKLY EQUIPMENT HIRE PRICES

ITEMS	MEMBERS	NON-MEMBERS
BACKPACK	\$27.00	\$33.00
SLEEPING BAG/ LINER	\$20.00	\$25.00
SLEEPING MAT	\$ 3.00	\$ 5.00
STOVE	\$22.00	\$27.00
TENT	\$37.00	\$42.00
DEHYDRATOR	\$35.00	N/A
PLB	\$35.00	\$45.00
PLB E-2-E 2 MTHS	\$170.00	\$200.00

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

A bond is required prior to hiring equipment

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

HAVE YOU CHANGED ADDRESS?

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

Not sure how?

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

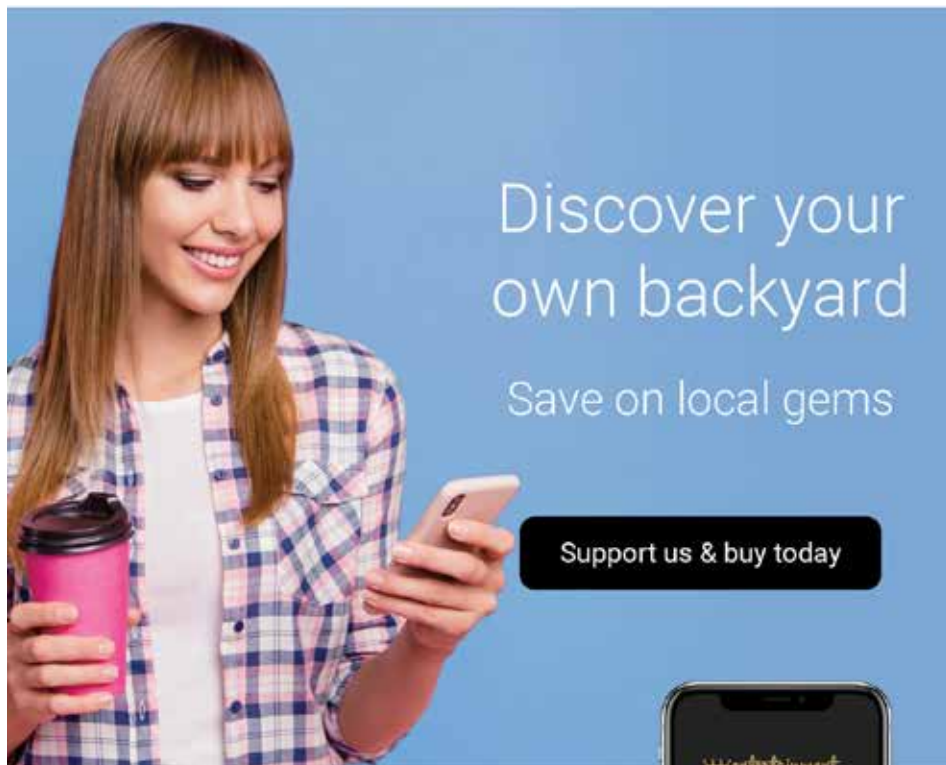
Otherwise call us and we will update your profile for you.

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.



Discover your own backyard

Save on local gems

Support us & buy today



Help our cause and SAVE on great offers, on a full 12 or 24 month Membership.

Together we can make a difference.

Photo Competition

A young Joey at Helena became a bit too friendly with walkers – graduating from inquisitive tent visits to stealing food and bouncing on the bunks!

After lots of collaborating between Parks & Wildlife districts, wildlife officers a rehab volunteers the young Euro was caught and delivered to a Wildlife Rehabilitator in the Darling Range.

She is now in very capable hands and will be rehabbed for release.

Send us a caption for this photo of Helena Joey in her new temporary enclosure.

The most popular caption will win a prize.



Favourite Short Walk

WELLINGTON DAM TO ARCADIA CAMPSITE

Map 3 - Difficulty: Grade 2 | **Distance:** 7km return | **Time:** 2 hours

Starting point - Drive (or walk) from the Kiosk down Wellington Dam Road to the base of the dam wall. Just a little further on from the river crossing there's a small parking

area where you'll find the Trailhead sign. Walk up the bitumen road and the trail starts on the right of the dam wall.

This easy walk explores a short section of the 19km spur trail that links the Bibbulmun Track to the Wellington Dam recreation area through the beautiful jarrah, marri and yarri forests of Wellington National Park. During spring, the forest bursts into colour with native orchids and wildflowers. The campsite includes a shelter with picnic tables, so now is the time to unwrap that packed lunch. From here, retrace your steps back to the dam.

Wellington Dam

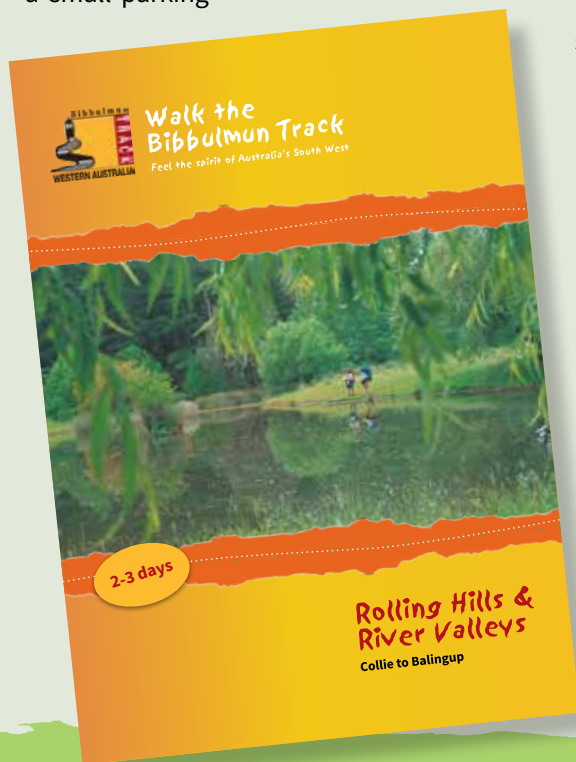
Wellington Dam is 2.5 hours south of Perth or just 30 minutes from the town of Collie. There are a number of excellent camping grounds and a range of activities to choose from.

Visit scenic river spots including The Rapids, Big Rock and the beautiful Honeymoon Pool. Embark on another hike, or hire a bike from the kiosk and ride the Sika Trail.

Make sure you head up to the dam wall for an impressive view and to see a massive mural in progress.

Day Walk Itineraries

This is one of the walks in the Rolling Hills and River Valleys itinerary which covers Collie to Balingup. You can find this and other itineraries – including family friendly options – on our website.



Track Tucker - Beef & Vegetable Stew by Derek Bracken

The following recipe is for my usual first-night-out meal, where the excitement of being out on the Bibbulmun Track overwhelms my concerns at carrying the little extra weight of a real potato and carrot. I have made it with fresh beef, frozen the night before and wrapped in newspaper, but that can be a little too much like living life on the edge for some, hence the dried beef used in this version.

- 500ml water
- 1 medium potato
- 1 medium carrot
- handful of dehydrated peas
- 50g beef biltong or jerky (unflavoured is preferred)
- 1 packet French onion soup

1. Boil the water.
2. Meanwhile, wash and dice (5-7mm dice) the potato and carrot. Dice the biltong or jerky.
3. Once boiling, add the diced vegetables, the peas and the biltong or jerky.
4. Simmer for 5 minutes.
5. Add the French onion soup.
6. Simmer, stirring occasionally, for a further 5-7 minutes or until the vegetables are just tender.
7. Cover and let stand for a further 10 minutes.
8. Best enjoyed with your boots off and feet up.



Send us your favourite recipe – we're compiling a Track Tucker book.

If your recipe is selected you will receive a free copy! Email with a great photo of your dish, or cooking out on the Track, to friends@bibbulmuntrack.org.au

BTF member, end-to-ender and retired maintenance volunteer Stuart Gray is also a retired Olympic physiotherapist. In this article he uses his experience and expert knowledge to discuss many aspects that walkers should bear in mind when attempting a solo end-to-end.

Outdoor leaders often say “never less than three should there be”—assuming that if one of the group is sick or injured there will be one to provide treatment and a third to summon help. However when it comes to sharing time on the Track there are those that feel two is company and three is a crowd, together with those individuals who like to do their own thing—they may find it difficult to fit in time wise with others or they just prefer to go at their own pace. After six years in the Royal Army Medical Corp doing Field Ambulance (combat medic in Australia) for numerous schemes when not doing my day job as a physiotherapist and then expected to do the same in civilian life, I have got to enjoy my own company. Obviously in this situation prior planning needs to be impeccable to avoid embarrassment, or risk to life and limb. A first-aid course is the minimum requirement, but most courses tell how to treat others but never how to treat yourself. This is covered to some degree in remote area first aid courses, but in my opinion a first aid workshop specifically for the solo trekker is indicated. And not only trekkers—consider the possible domestic circumstances—could you bandage the shoulder of your dominant arm? Reduce your dislocated shoulder? Clean and dress a wound between your shoulder blades? Treat a snake bite to your lower leg without so much muscular effort that you make matters worse? Dress and immobilise a fracture of your arm or leg?

Despite years of writing about and practicing these situations and expecting the unexpected I have on occasions had to learn from my mistakes. For example, a favourite warm-up prior to practicing Eskimo rolls in my sea kayak was to roll half way and help myself up by pushing off the bottom with my paddle, until one day my shoulder dislocated with my arm stretched over-head. Believe it or not, I almost laughed under water visualising my outdoor pursuits group reading about

Gray drowning in one metre of water two metres from the shore, especially as I could not pull my spray deck off with one hand. I dragged my arm down and fell out of the kayak but my arm was still dislocated. There are several ways to reduce a dislocated shoulder yourself and I reduced mine in an unorthodox manner. Severe pain can make it difficult but the simplest method is to lie prone on a rock, tree trunk, or table with the affected arm hanging down with a weight (pack or rock) attached to your wrist. Persistent traction can overcome muscle spasm and allow the joint to relocate. If not, hopefully the help you have called for by PLB or smart phone will not be far away.

Speaking of PLBs my advice is to keep both your PLB and your first aid kit on your person at all times, preferably in a separate bum-bag around your waist. On one occasion I was walking the south coast from Cape Arid aiming for Albany when I took my pack off to investigate the best way to get through some scrub. I trod on what looked like solid ground which was in fact leaf mould over a branch and I fell into a fairly deep hole, injuring my back. Lying there I could see my PLB hooked on my pack—useless if I had been unable to move to reach it. Incidentally, if you ever feel that a painful back is in dire need of support remember that your pack belt is ideal for this after you have removed most or all of the weight from the pack before you rest up.

When you are buying a new pack to take on a long trek it is important that it has a waist band with enough adjustment to cope with as much as 10 kilos of weight loss. On one end-to-end walk I lost seven kilos and as I could not tighten my waist band any further I had to tighten the shoulder straps. Even then the belt slipped below my waist causing a femoral nerve impingement.

On another occasion I found myself sharing the Rame Head toilet with a snake—do you take your first aid kit to the toilet? Are you flexible enough to pull your pants up and bandage from your ankle to thigh without the muscular effort speeding up the spread of venom? If not, start the bandage over the inside of your thigh and bandage downwards with as little effort as possible. In this case, or if you have to bandage a shoulder or trunk, one bandage might not be enough and to overlap one bandage over the end

of another can be very awkward, so it helps to have two bandages sewn end to end in your kit.

There is a common assumption that completing an end-to-end on the Bibbulmun Track in one hit will be rewarded with a loss of surplus body fat and a vastly improved level of fitness. However there has been little scientific observation of the of walkers that have been successful, nor has there been much information regarding the physical and mental condition of those that did, or in some cases did not, complete the full distance.

In part two of this article I will take a look at the evidence we do have about the resulting condition of end-to-end walkers and some aspects of planning that potential end-to-enders should consider.

Stuart Gray

(Ed: See part two in the next issue of Bibbulmun News).

Tip for drying wet boots

No matter how hard you've tried to keep your boots from getting wet, it's still happened...AND, you've got to put them on again the next day!!! One of our members, the Adventurous Women' found this little tip on how to dry out your boots:

No don't use a hairdryer or stick them right up close to a heater as this will weaken the adhesives and make them brittle.

1. Remove the insoles.
2. Roll up some newspaper and stuff it into your boot. If you have enough newspaper, change it in about an hour.
3. Remove the newspaper before you go to bed and let your boots continue to air dry over night.

You will be amazed at how effective this method is!

Volunteer Profile – Julia Jones

Maintenance Volunteer Team Leader

In my younger years I loved hiking and did lots of exciting trips including Tasmania, Kalbarri and Slovenia, but then I had babies and hiking was off the menu for a few years.

We rediscovered hiking when my oldest was seven. We were looking for something symbolic to do, a kind of modern rite-of-passage to celebrate her getting older, and we decided to take her on a hike. At that time I was breastfeeding my youngest, so my husband Dylan took our daughter out for an overnight at Hewett's Hill. There was plenty of complaining and they carried far too much weight as my daughter had funny ideas about what was "essential" to take on a hike! However, she was over-the-moon proud with her achievement when we met them at the Mundaring Hotel for a meal and a lift home at the end of their adventure.

We did the same with the middle boy when he turned 7, and I took him out to Canning for an overnight. Again, it was hard, but the kids have learned that they are strong and capable and hiking has built their resilience and proven to them that they can achieve difficult

things. Now my kids are getting a little older and my eight and ten-year-old are able to carry their own gear and walk around 10km each per day. We've done quite a few hikes and are working up to doing an end-to-end when my youngest, who is only four, is ready.

Over the years as we've become more aware of climate change and thought about ways to reduce our carbon footprint, local hiking and camping has become our holiday of choice. We were also always looking to give back and volunteering is something we can do with our kids, so we looked at volunteering with the Bibbulmun Track Foundation.

We were on the waitlist for a couple of years before a suitable Track maintenance section came up and now we take care of a short stretch around Ball Creek Campsite. We have invited my parents to help out too as sometimes with three kids it's hard to find time to get out there as regularly as needed, so we have three generations caring for that section together.

We really love the excuse to get out of the city, away from the screens, and

to spend time in nature and especially caring for nature. We have learned a lot about flora and fauna, and important history and culture. The kids are quite familiar with their roles now and I don't even have to tell them what to do. We arrive at the hut and one will shout, "I'm going to check the water tank" and the other will say, "I bags sweeping out the hut!"

Hiking has brought me so much happiness in my life. I feel so lucky to be able to share this joy with my children, especially in a way that is supporting the Track for other people to enjoy too.

Julia Jones



Julia and family at Ball Creek

Social Sunday walks

Free for members. See booking conditions online.

WALK RATINGS: BEGINNERS INTERMEDIATE EXPERIENCED

DATE	DETAILS	RATING
21 March 2021 @ 4:00pm	6km return sunset walk from Camel Farm to Hewett's Hill	
18 April 2021 @ 9:00am	14km return walk from Albany Hwy to Boonering Hill	
18 April 2021 @ 9:30am	13km return from River Rd to the Murray River via Swamp Oak Campsite return (Dwellingup South)	
2 May 2021 @ 10:00am	10.4km return walk from Frenchman Bay Rd to Sandpatch Campsite (near Albany)	
16 May 2021 @ 8:30am	19km return walk from Dale Road to Beraking Campsite. (Fit and experienced walkers only!)	
23 May 2021 @ 9:00am	12km return walk from Kinsella Rd to Canning Campsite	
30 May 2021 @ 8:30am	20.4km return walk from Kalamunda to Hewett's Hill Campsite. (Fit and experienced walkers only!)	

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

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



Track Trivia

Hello, all you Walkers—and those, like me, semi-retired from serious trekking but still deeply enamoured by the bush, the Track and the natural world. The time was bound to come when age and the constraints on the body meant that trekking for long distances on uneven terrain while carrying heavy loads would take its toll. I struck a compromise—I carry the washing out to the line at home, but I've given up walking in the bush. It just means I hang out with fewer kangaroos each day.

20 years ago I'd never heard of the Bibbulmun Track—in the year 2000 I was a Pom who had escaped from the UK, wandered the world for 25 years and ended up in Perth—good move! I had always wanted to walk in the Australian bush, and serendipity struck home.

Serendipity? It is a word, made up by an English author, to mean: “An aptitude for making desirable discoveries by chance”.

A chance remark at a dinner party allowed me to discover the Track—the idea of walking an end-to-end was born.

By chance, my nephew in the UK asked me to sponsor his walk on the Great Wall of China for cancer research. I did, and at my wife's suggestion used my end-to-end walk to raise money for the Cancer Foundation.

On the way—somewhere between Lake Maringup and Dog Pool—chance led me to read an appeal in a dog-eared copy of the Bibb Track Newsletter, for volunteers in the BTF Perth office. That was in 2001 and I've been here ever since!

I was asked to write a history of the Track and the Foundation for the BTF website. I interviewed Simon Holthouse, a man who served on

the Board of the BTF for many years, giving much of his time to the organisation. Asked how he would sum up the building of the “New Track” in the late nineties he said, “in one word—serendipity. So many inexplicable coincidences of good luck coming together by chance—someone wanted this Track built!”

I interviewed Jesse Brampton—one of the major forces behind the creation of the Track.

“How was it done?” I asked. “Blood, sweat and tears”, he said, “and amazing good chance, such as the introduction of the prisoners to work on the Track, amongst many other things.”

And so, the Bibbulmun Track came into being, created by people with determination and vision, aided by—serendipity.

So where is it now, more than 20 years after its recreation? In a word—thriving! But looking back, it hasn't been all smooth sailing. When I walked the Track in 2001 it was pristine, undamaged—until I arrived at the West Cape Howe Campsite and saw the bushfire racing through the National Park below.

Since then we have seen much loss from fire, with shelters destroyed at six campsites. There has been damage to other infrastructure along the Track, including the tragic loss of the Long Gully Bridge, which made an end-to-end walk very difficult for some time!

Then we lost our office base—unexpectedly we had to leave Hay Street and for a while our staff and volunteers ran the organisation from their homes. Currently we are based in the YHA building in Wellington Street. We shall see what the future brings and hope we continue to be favoured with serendipity.

The Track is as busy as it has ever been—the circumstances of the last few months encouraged many people to look to nature for relaxation and

the restrictions on travel have kept them in WA.

It is wonderful to see more walkers, especially kids, out in the bush, but that can bring its own problems. Not everyone is properly prepared—so please folks, if you are going to walk in the bush, make sure you know what to expect! Talk to us at the Foundation, check out our website. Talk to others who have done it before. It's mostly common sense, but proper preparation before you go can make the experience much more enjoyable, and a lot safer.

It is also hugely encouraging to see that more funds have been made available for the upgrade and maintenance of the Track through the State Government.

So go and walk—there has never been a better time! Why? Because—and now I unashamedly quote from my book:

Like the “road of yellow brick” in L. Frank Baum's story of the “Wizard of Oz, the Bibbulmun Track is a magical creation. It is a trail that traverses an ever-changing landscape through the forests and along the coast of the south-west of Western Australia. It passes through a landscape and towns rich in the history of the indigenous people of Australia and the colonists who came from Europe and settled here more than 200 years ago. It is challenging and to walk it can be frustrating, difficult, scary — and wonderfully satisfying. The bush along the way is ever-changing as the Track traverses the forests, the plains and the coast, and any section will alter in character with the season, the weather or even the time of day.”

Happy Walking
Wrong Way Jim

REFLECTIONS FROM THE REGISTERS

Long Point:

From forest to the sea! As I trekked onwards to complete the Bibbulmun Track I felt very grateful and privileged to be here. Over 30 days of hiking has given me a clarity of existence that I will want to attain again and again. Maybe that is why long distance hiking becomes a life style choice.

Iya 29.09.2015

Bloody starving! Can't wait to get to Walpole and eat some hot greasy food. Chips! Gotta have chips!

Drop Bear 02/09/2016

I'm with you, Bear. I keep dreaming about hamburgers with chips. Is there a bakery in Walpole?

Anon 04/09/2016

Be where of mosquitoes!!!

Anon 23/04/2018

(Ed: Not sure if this is a warning or a question. Does he mean dragons?)

What a spectacular day on the Track! Had it all! Best of all the day finished at this beautifully maintained shelter. It feels like luxury! Thank you to the fabulous folk who look after it so well!

Daisy 11/10/2019



Illustration by Bella, age 15
(From the register at Beavis Campsite)

Waalegh:

We lost yesterday and can come only from Helena hut to this hut. It was bad because we have not too much food. We loose the way and lost maybe three hours. Here we found August-thru-hiker. We meet him before. And we think about make more yesterday in the dark but we was so tired and sad that stay here for the night. Everything was very good we sit near the fire and told with August. Night was coldest in this three days. We need all our thermo clauses. Morning birds and beautiful sun!

Mr Bean and Bohnouzk Rus 30/05/2016

Wet bush, burned bush, a rocky hill track, flowing creeks, white tailed black cockatoos. Softened and accentuated by the cream and yellow hues of a great many wildflowers. A challenging and rewarding 23km to add to our big adventure.

Rijo 28/09/2017

Ball Creek:

Last night was my first ever on the Track. I was freezing cold, homesick and wondering what on earth I'd got myself into in attempting an end-to-end with no training. So far I have blisters, a headache and five different aching body parts. Worst thing is I'm only 23!

Luckily everyone I've met so far has been exceedingly friendly and provided tips—and powdered milk—to help me to start my journey with a little optimism. Apparently tomorrow will be pretty hard, please send thoughts my way to ensure my survival! Day 2 here we come!

Still Standen 21/04/2018

(Ed: A lesson to be learned...?)

Back on the Track after 10 years! It's been a while but the pack has been dug out of the deepest, darkest cupboard, the new shoes are feeling great—for now—and I'm excited to have left husband and kids at home. Having fun with a group from work, looking forward to checking out the new Helena Campsite tonight. We may be carrying more drinkies than absolutely necessary!

Sunshine Nellie walks again 27/07/2019

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.



WALKING THE CAMINO DOS FAROS

by Christian Mau

Lighthouse at Punta Nariga

The Caminho dos Faros, the “Walk of the Lighthouses”, is a newly established walk trail along the Galician coast in north-west Spain. BTF member and volunteer Christian Mau completed the 200km walk in June of 2019.

The trail links Malpica de Bergatinos with Finisterre and is marked by a series of lighthouses, prior to the construction of which many ships went aground on the reefs along this treacherous coastline, especially along the Costa del Morte, the Coast of Death. It is marked with a series of green arrows and is well trodden, making it relatively easy to follow.

There is ample accommodation along the way, which can be organised in advance, as can luggage transfer if desired. Food and drink is plentiful and for gourmets this is seafood heaven!

As with all walks, proper preparation will make the experience more enjoyable, so have good walking shoes to cope with the varying terrain and clothing to cope with the notoriously quick changing weather on the Atlantic coast. There are also many stretches with little shade from the sun, so plenty of sunscreen is recommended.

The route is divided into eight sections, so be prepared to walk between 20km

and 30km a day. Daylight hours in the summer are long, so nine to ten hours of steady walking each day, with plenty of breaks, is a comfortable pace.

Christian walked from east to west—this was his story:

The trail starts with the smallest of the lighthouses at the port of Malpica, where I stocked up with drinks and snacks. It then passes through the town and along beautiful beaches to Cape St Adrian.

Further beach walking at Beo and Seiruga leads to a higher coastal walk leading to the lighthouse at Punta Nariga, the most modern of the lighthouses on the trail, which is approached by walking up through massive rock formations. From the lighthouse is a magnificent view of the rugged Atlantic coastline.

The remainder of the day’s walk is over rocky outcrops to the picturesque Praia de Niñóns. The only accommodation close by is the Casa Vacacional Ninons-Ponteceso, which is 500m southwest of the beach.



View from St Adrian back to Malpica

The second stage involves a walk along beaches and cliff tops from Niñóns to the small town of Ponteceso, famous for its gooseneck barnacles (percebes), harvested from exposed sea cliffs by intrepid percebeiros. The first section took me via Porto Santa Mariña and Barda Beach to the Roncudo Lighthouse.

The name Roncudo has its origin in the Spanish word ronco, meaning hoarse—the sound of the sea as it strikes the cliffs. There are breathtaking views of the estuary of Corme and Laxe from the cliff top. Down then to Porto de Corme, a beautiful fishing village, a climb to the cliffs of Monte da Facha and a descent into Ponteceso.



Castro A Cibda

On the third day the trail turned inland, initially through the Rego dos Muíños, three kilometres along the River Anllóns. I walked beside the river system, through the rain forest, past the remains of ancient water mills and channels. The lushness of this area made me forget how close I was to the coast. I followed the river on a steep climb until turning towards the preserved remains of Castro A Cibda (a castle inhabited between the 6th and 7th century). There are lots of castros in this area. These settlements are in the high lands from where they dominate the whole area, and they are usually close to the rivers from which they took the water.

From there I moved on to a second site of historic interest, the Dolmen de Dombate (a megalithic burial site, dating between 3000 and 2500 BC).



Dolmen de Dombate

Then it was back to the coast, uphill to the Monte Castelo de Lourida, with views of the beautiful beach at Laxe. I continued on through eucalyptus—imported from Australia—and pine forests to Costa Mundina, with views of the Anllóns estuary and the secluded beaches of Rebordelo and San Pedro, then along Laxe Beach into the town. Dinner was an excellent meal of fresh fried squid and a beer (or two), followed by a good night's sleep at the Apartamentos de uso Turístico

The next section is the shortest of the eight at just 18km. The trail meanders along the cliffs to Monte da Insua and the Laxe Lighthouse. I reached the lighthouse and continued to Furna de Espuma, where sometimes on windy days the foam from the high ocean swell hits the rocks and clings onto the cliffs like snow.

From there the walk continues along the windy beach of Traba, at the end of which I reached the small fishing village of Camelle and my destination, the village of Arou.

Stage five follows the most treacherous part of the Costa del Morte between Arou and the beautiful port town of Camariñas, and is considered by many to be the highlight of the trail.

I headed out to the Lobeiras viewpoint via Xan Ferreiro's cove, past long stretches of cliff rocks that reach out into the ocean and arrived at the isolated port of Santa Mariña. The village of Santa Mariña, which surrounds a Benedictine Monastery built in the 10th century, rests high above the port on a mountain ridge. Continuing to Monte Branco I gained a view of the Cementerio dos Ingleses, Cabo Vilan and lighthouse in the distance. The Cementerio dos Ingleses is the final resting place of sailors of the steamship Iris Hull and those of the Serpent, a British Crown ship. It is a



Laxe Lighthouse



Cementerio dos Ingleses

sombre reminder of the dangers of this coastline and puts it into stark contrast the beauty that had experienced over the last few days.

Heading west towards Punta Boi and after a light climb via Monte Pedroso I arrived at the Cabo Vilan lighthouse, which is spectacularly set above the seemingly endless Atlantic Ocean. I stayed here until sunset and then walked into the beautifully lit town of Camariñas at 10pm.

cont..



Cabo Vilan Lighthouse



Camariñas

The sixth day of the walk from Camariñas to Muxia is 32km. This is a largely flat stretch, mostly following the estuary along beautiful protected beaches and coastal forest, with little villages and heritage buildings. At the small lighthouse of Playa de Lago I took a break and dipped my feet in the cool water, then continued across the river towards Muxia, mainly through pine forests with a few paved road stretches.

As I entered the town centre I noticed many flower arrangements laid out in the streets, for the festival of San Juan that was taking place the next day to mark the summer solstice. After leaving my belongings at the Alberque Arribada I headed up the stone

pathway to the top of Mt Corpiño to watch the sunset over Muxia, the estuary and Cape Vilán, and decided to stay in Muxia an additional day to enjoy the festivities of San Juan.

After an enjoyable and interesting day of festivities I arose early to tackle some challenging ascending and descending sections along the cliffs to Nemiña Beach.

The day starts with a stiff climb to the top of Mt. Cachelmo and then a series of switchback ups and downs to Moreira Beach and up to the lighthouse at Cape Touriñán, the westernmost point of the Camiño dos Faros and of Spain itself.

After a long rest, I walked the final four kilometres into the village of Talon and on to Nemiña beach. It had been a physically challenging day and after arriving at the Hotel Rural Fontequero I fell asleep on my bed—before dinner!

Day eight, my last day—the final stage from Nemiña Beach to Cape Finisterre. Finisterre comes from the Latin “finis terrae” as the Romans believed it was at the end of the known world. I crossed the channel of the River Lires and followed more beautiful cliffs and beaches, the beaches always being most challenging. At Punta Castelo I had a good rest at the ruins of Iron Age castle of Castrominan, then headed along rugged coastline paths to the Cabo de la Nave, from where I had a view of Mar de Fora beach on the northern side of Finisterre, and the final lighthouse on the walk at Cape Finisterre.

Finally, I walked down to the beach and into town to the Albergue Finistellae, where I met the owner, the man who introduced me to the walk and who was happy to see me again. I had completed the Camino dos Faros and it was wonderful—”Muchas Gracias!”

For those interested in the Camino dos Faros please go to their excellent website: <http://www.caminodosfaros.com/>

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