

Bibbulmun

NEWS

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SEASONS OF DJILBA & KAMBARANG
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Newsletter for the Friends of the Bibbulmun Track



Led by Steve Sertis, the 25th Anniversary walkers set off from Kalamunda on 14 July 2023.

We acknowledge the Noongar people as the traditional custodians of the land and waters along the Bibbulmun Track.



And They're Off!

On 14 July the Bibbulmun Track's 25th Anniversary Celebrations kicked off with an official reception at the Zig Zag Cultural Centre in Kalamunda, followed by a rousing send-off for the walkers at the Northern Terminus.

The focus of the celebration was not only to farewell the end-to-end walkers but to recognise all those involved in the initial building of the Track and to thank the volunteers, members and partners who have continued to maintain and support the Track over the past 25 years.

Matthew Hughes MLA, Member for Kalamunda, spoke about the history of the Bibbulmun Track and the vital role played by the Foundation in engaging the community and supporting DBCA with the maintenance, management and marketing of the Track.

Having completed almost 85% of the Track, over multiple weekend trips, BTF Patron Kerry Sanderson spoke from experience "The wilderness nature of much of the Track and the variety of terrains as well as the length are what I see as unique. It is great to get away from others and engage with the natural world, to spend time alone or to talk with others."

Kerry then presented a framed print of an artwork representing the Bibbulmun Track to Cr Margaret Thomas, Mayor of the City of Kalamunda, in recognition of the role of the City in hosting the Northern Terminus. The artwork was created by Joe Collard of Djoona, an organisation specialising in cultural solutions.

In response, the Mayor spoke about how the Track had become a significant attraction for the region attracting hikers from around the world and acknowledged the vital role the town played in providing services and a warm welcome to walkers.

Javier Brodalka from the Foundation's Premier Partner, Newmont Boddington Gold (NBG), then announced that the partnership was being extended for a further five years. Javier spoke about the importance of the Partnership which supports the volunteer Eyes on the Ground maintenance program and also provides volunteering opportunities for NBG staff.

Outside, the drumming commenced and the crowd started to gather. Led by the ten end-to-end walkers the colourful parade made its way up to the Northern Terminus for the final farewell from Lead Guide Steve Sertis.

The sun had come out and the walkers took off with smiles on their faces accompanied by many friends, family members and well-wishers for the first eight kilometres.

Over eight weeks the end-to-end walkers will be joined by different groups of sectional walkers who will accompany them from town to town. Many regional schools are also joining the group on the day they walk into each town where a community celebration will take place.

The anniversary celebrations will culminate in what we hope will be a mammoth gathering at the Southern Terminus in Albany as the walkers arrive on Wednesday 13 September 2023. We hope you will join us as we greet the walkers and help us to Celebrate the Journey.

We thank Lotterywest and the Department of Local Government, Sport & Cultural Industries for their support of the 25th Anniversary celebrations including the community events, virtual hike and the school challenge.

Around 50 people accompanied the end-to-enders for the first 8km



FROM MY Desk

Welcome to the spring edition of Bibbulmun News.

This year has turned out to be one of significance in more ways than one, as we settle into our new office. We hope that this will be the last move for the Foundation and that our members, volunteers and walkers alike will find it a welcoming place to visit.

We are pleased to announce that our Premier Partner, Newmont Boddington Gold, has extended its sponsorship for a further five years to 2028. First established in 2006 this partnership has been integral in providing stability for the Foundation and we thank them for their ongoing support.

By the time you read this, the 25th Anniversary walkers will have reached the half-way point of their end-to-end journey.

They will be joined at Donnelly River Village by friends, family, members and volunteers for a knees-up at the village hall and a well-deserved rest day.

We have a few photos of the journey so far which you can see on our Facebook page and website. The town celebrations along the way provide an opportunity to thank the communities for their support, strengthen connections and to acknowledge our local members and volunteers. If you are not already familiar with the history of the Track we have included a special feature on pages 18 to 21. There was a great article in the latest edition of Landscape magazine (Vol 38/ No 4 Winter2023), which is published by the DBCA.

430 people are participating in our virtual Bibbulmun Track hike challenge. The teams of up to three members have 12 weeks to walk the length of the Track by tracking their daily step count. We have some great incentives and prizes to keep up with the 25th Anniversary walkers – and collectively, as at late July, participants have walked over 53 million steps! We also have a dozen schools tracking the walkers' progress on a poster and logging their activity to move from campsite to campsite.

I hope you enjoy reading this bumper edition of Bibbulmun News and that you will join us at the final event in Albany on 13 September – the official anniversary date. It is one of my favourite places so I hope to stay a few days.

Wishing you a wonderful spring season of walking.

Linda Daniels
Executive Director

Join us on



Notice to members

2023 Annual General Meeting

The annual general meeting of the Bibbulmun Track Foundation Inc. will be held:

On Thursday 26 October 2023 at 5.00 p.m.
Venue to be confirmed.

Agenda -

1. Apologies.
2. Acceptance of 2022 AGM Minutes.
3. Chairman's annual report.
4. Executive Director's annual report.
5. Treasurer's report and appointment of Auditor.
6. Elections.
7. Business Arising.

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

Any member who wants to appoint a proxy at the AGM must complete a proxy form in accordance with rule 19 of the Bibbulmun Track Foundation Rules 2009 (as amended and available on the BTF's website) and send it to the BTF. Proxy forms received by the BTF after 5 p.m. on Wednesday 25 October 2023 will not be valid.

Election of Board Members

Under rules 31 and 32 of the Bibbulmun Track Foundation Rules 2009, members are notified as follows:

- At the AGM three members of the Foundation are to be elected to the Board to fill vacancies.
- Members of the Foundation are invited to nominate for election.
- A member's nomination must be in writing, signed by the member and be received by the Foundation before the close of nominations at 4.00 p.m. Monday 25 September 2023.
- Should a poll be needed to elect a Board member it will be conducted during the AGM.
- The term of office of each person elected to the Board will be two years from, and including, 26 October 2023.

The elections will be held because the terms of John Holan, Bruce Manning and Mike Wood will expire.

All forms and documents related to the above are available at <https://www.bibbulmuntrack.org.au/get-involved/about-the-foundation/governance/> or email admin@bibbulmuntrack.org.au

Linda Daniels

Executive Director, Bibbulmun Track Foundation



YOUR Letters

Ce,
Thanks so much for your emails before, and for giving a complimentary report to our principal. It was a pleasure to camp on the Bibb Track with you and Chris, and others who are happy to share the shelters! We work hard with our group to make sure they are respectful and mindful of other hikers, but you were gracious to us as well, since we can't keep our kids completely quiet all the time! I'm sure it was never boring for you...

...as Chaplain at Toodyay DHS, I have the privilege of leading our Wilderness Adventure Program, and seeing our young hikers grow. Our school is so proud of our young people, and I'm sure their parents are too. Big congratulations to: Taimana, Kira, Miley, Aliyah, Abigail, Savana, Will, Peter, Tane, Jaxon, Ariki and Noah for completing the 65km hike to Dwellingup. These amazing young people led the expedition, did all their own cooking and camping and everything necessary for survival. We chatted around the campfire each night, reflecting on the day.

Our young hikers cared for each other during the struggles and had lots of laughs each day. One said, "I was telling myself I couldn't do it and I was going to give up but I didn't, even though all those negative thoughts were telling me I could never do it. I pushed them to the side and I carried on." On the hike, we often say, "just keep putting one foot in front of the other, keep going and you will get there."

Congratulations also to James Holmes and Cherie Harrington for completing the hike, and forming a great staff team to keep our kids safe, through all the ups and downs, and chilly mornings! Every time we do these hikes we see so many positive changes in the personal character of our young hikers, and so we have made the hike an annual event. We are also finding the hike is training our future school leaders, which is encouraging.

Thank you so much to our sponsors: The Toodyay Bendigo Bank and Toodyay Op Shop, we couldn't do it without you. Thankyou also to the Toodyay community, as you trust us to lead these hikes and other personal growth programs at Toodyay DHS.

Now we can all enjoy the comforts of home, hot showers, home cooking, warm soft beds and flush toilets...

Doug McGhee
Toodyay DHS Chaplain.



Toodyay DHS students at Boonerring Hill

Hello,
I participated in the Moonwalk on Saturday 4 March. It was an amazing experience and made me remember how wonderful the stars are away from the light of the city.

I would like to thank the guides on the walk Ce and Neil, who not only provided a great learning experience, but also assisted me after the event to change a flat tyre late at night in the dark. I am sure this is way beyond their roles as voluntary guides, but it was very much appreciated by me. In recognition of this, I have made a donation to the Foundation so they and others can keep doing wonderful work.

Regards Anthea Bird

*Bibbulmun Track north to south
It's been a 10-year journey along the Track from 2013 to 2023 and I have enjoyed it immensely. If there's a hill, the Track will go over it and if there's a valley, the Track will go down it. No short cuts. Even the streams and inlets you have to wade through or paddle over.*

Then there are the beaches and sand dunes, beautiful scenery, but bloody hard work! Along the way there have been some interesting people, sometimes very interesting people, but all with the camaraderie of likeminded individuals doing what they love—walking the Track.

Many thanks to the Bibbulmun Track Foundation, its staff, volunteers and all those that make the Track possible.

It's been a life changing experience which I am proud to have completed in my own way. Once again thank you and well done to all of you.

Best Regards
Clive Stubbington (aka Stubby)

Hi,
I have been meaning to get a memento of my end-to-end walk in 2021 and have finally got it! (Ed: See tattoo below)

I grew up in Western Australia and spent many happy days on the Track.

I walked the first iteration of the track when it ended near Northcliffe in the late 1970's, the second when it finished at Walpole in 1992 and finally in 2019, I walked from Albany to Kalamunda. In between times I have completed numerous day and section walks and look forward to walking the Collie to Dwellingup section this coming winter with my brother and a close friend.

If I had a spirit animal, I think it would have to be the Waugal.

Thank you for the fantastic work the Foundation and volunteers do in managing, maintaining and promoting the Bibbulmun Track.

I currently live in Victoria but hope to return to Western Australia when I retire and spend more time walking and volunteering on the Track.

Yours sincerely,
Andrew Stevenson



Go Hobbits!

Back in April 2021 we featured the "Hobbits Hike for Hospice" (see issue #86). Brent Offer and his four sons took on a sectional end-to-end through the school holidays to raise money for the Albany Hospice.

We are very pleased to report that they completed their objective over the ensuing years raising almost \$18,000. In doing so they walked more than 1200km, taking in walks across Rottneest and the Porongurup Ranges, as well as the Bibbulmun Track.

Here are a few of Brent's reminiscences of their journey:

- Took a total of 78 walking days stopping in every shelter.
- All the boys are quite capable of carrying all gear, setting up tents,

cooking dinner. Honestly believe they could do it single handedly.

- Mum came on a couple of sections. Very funny when she thought Michael (the youngest) was disappearing into the mud in the Pingerup Plains.
- Minus 7deg at Blackwood. Mud is not slippery when it is frozen.
- Navigation was impeccable. Did not nearly get lost once
- Amazing views, storms, rain, water up to thighs, sunny days, beaches. Had an absolute blast.

Brent, many congratulations from the BTF, not only in your efforts to raise funds for the hospice but in raising those four lads, in whom you should be very proud.

Well done!

The Hobbits hiked over 1200km to raise funds for the Albany Hospice.



PHOTO COMPETITION WINNER

This photo of Volunteers Sue, Sue and Ellen sharing a joke at the Albany volunteer recognition event last November, inspired lots of entries including:

"And then he asked: 'Are there phone chargers in the huts?!'"
David Cohen

"Remembering Paul's reaction when he opened the rain cover pocket of his pack and a snake came out!"
Kathy Bell

And the winner (as judged by our office volunteers) is!...

"It's so embarrassing; I said 'Bibblamen' for years."
Valerie Preston

Well done Valerie... a prize is in the post!



Prize WINNERS!

CONGRATULATIONS TO THE WINNERS OF OUR MONTHLY MEMBERSHIP PRIZE DRAW

March

Nicole Ghedina received a TPU Map Case.

April

Ann Alexander received a TPU Map Case.

May

Tegan and Brad Patrucco received a TPU Guide Accessory case and Xcup.

June

Jenny Akehurst received a Dry Sac and Xcup.

All prizes generously donated by Sea to Summit unless otherwise noted.



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 opposite).

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

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 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.

LEAVE NO TRACE TIP: TRAVEL AND CAMP ON DURABLE SURFACES

Use designated tent sites wherever possible.

- 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.



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 donnellyd@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



Stephen King

TRAILS COORDINATOR, RECREATION AND TRAILS UNIT

TEL: (08) 9219 8265
EMAIL: RECREATIONANDTRAILS@DBCA.WA.GOV.AU



Recreation & Trails UNIT

Dear Readers,

Winter has been rather wet so far, but I hope you've managed to enjoy some time on the Track on the occasional fine days. However, there has been no hibernation for the Recreation and Trails Unit or the Foundation, with good progress on several projects over the last few months.

It was very pleasing to see the completion of a formal route for the Bibbulmun Track across the Wilson Inlet sandbar and along the north shore of the Nullaki Peninsula. The new section of trail was constructed in May by Support Volunteers, with some assistance from Parks and Wildlife Albany District staff, and the new route was marked and opened to hikers on 19 May. The construction of the new trail was preceded by a long period of planning and stakeholder liaison, following the trail development process to ensure that all environmental and heritage values were considered and adequately protected. The route will be further improved once the Shire of Denmark completes construction of a trail and stairs that will provide access to the sandbar from the Ocean Beach lookout. This is expected around the end of July.

The realignment to the southbound side of the Helena Campsite was also completed and opened in early May. Support Volunteers undertook the construction required, creating a trail that winds its way down the slope to the creek, crossing on a much gentler gradient than the existing Driver Road alignment. This was a relatively small-scale realignment but an important improvement for this popular section of the Track.

Construction work has commenced on a significant realignment between Dookanelly and Possum Springs Campsites, south of Dwellingup. The realignment involves approximately 14km of new trail construction, and in May a 1.9km section was completed by trail building company Loztrails. Further trail construction by volunteers and trail building contractors is planned through late winter and spring 2023, with the intention of implementing the southern half of the realignment toward the end of 2023. Work will commence on the northern half in 2024. When completed the realignment will provide a significant improvement to this section of the Track, avoiding a section that is prone to flooding and taking it off vehicle tracks.

Restricting unauthorised vehicle access to Bibbulmun Track campsites, and to other protected or restricted areas, is an ongoing challenge for the Department. We share the frustration and concerns that arise from inappropriate access and use of the campsites, particularly when it comes with threatening or intimidating behaviour. In recent months heavy duty gates have been installed to prevent vehicle access to Monadnocks and Alyi-wa Miya Campsites, Mt Cooke Campsite and Helena Campsite. We hope the defences at these sites stand up, and we will continue to pursue gate installations where they have a good prospect of successfully preventing access.

We are getting close to creating a three-day loop with the existing Bibbulmun Track between Chadoora and



Volunteers constructed new trail on the Nullaki Peninsula.

Swamp Oak Campsites near Dwellingup. A package of campsite upgrades is planned for Chadoora and Swamp Oak Campsites, including second water tanks and new roof plumbing, additional tent sites at Chadoora, and relocation and upgrade of the toilet at Swamp Oak. Most of the trail alignment will use suitable existing tracks, with some new trail construction required to provide linkages.

I had the pleasure of visiting the new Foundation office shortly after the move-in, briefly witnessing the hive of activity by staff and volunteers continuing to arrange and organise things. It's a fantastic milestone for the Foundation to have a more permanent and fitting home, and a credit to the Foundation's Board and staff who worked through the bold decision to purchase the property. I'm also looking forward to the 25th Anniversary celebrations and congratulate all those involved in the planning and coordination of the various events. Best wishes go to those participating in the end-to-end and sectional walks, enjoy and stay safe out there.

Stephen King
Trails Coordinator



PoWS District staff delivered materials.



Andrew Chiswell

For those I haven't yet met, and there are a lot, I have recently joined the Foundation as Maintenance Manager. I bring a wealth of passion and experience to the role and have been a Maintenance Volunteer on a section of the Track near Walpole for more than twelve years.

My first two months in the role has brought a new appreciation for the great work you all do, sometimes unheralded, and the challenges you face as we try to tame the sometimes feral Western Australian conditions.

In saying this, I would love to hear about specific challenges that any of you Maintenance Volunteers face in your sections, beyond the normal maintenance reports, so I can better understand how I can help you. Simply send an email to maintenance@bibbulmuntrack.org.au with the subject of My Challenge - TSXXX, stating your section number, then wax lyrical about your specific problem, be it weed infestation, seasonal overgrowth, erosion damage or something else. Tell me where it exists on your section of the Track and what proportion of the section is impacted. This will allow me to understand where help needs to be targeted, be it at a District level or as part of a future Support Volunteer campaign.

End of a long day on the Helena realignment.



It has been a busy two months in terms of Support Volunteer maintenance, including:

- Track realignment South of Helena Campsite in Perth Hills
- Extension of the Nullaki section to Ocean Beach Road across the Wilson Inlet sandbar
- Remediation of Mutton Bird water bars
- Track re-marking following the prescribed burn around Canning Campsite
- Track realignment at Glen Mervyn Dam in Wellington, taking the track away from the public campsite beside the dam.
- Cutting an overgrown section of track south of Mt Cooke Campsite, through to Mt Cooke.

The Wellington Field Day was also held at Glen Mervyn Dam in June and focused on the principles of trail marking, as we marked the new realignment and removed markers from the old trail.

The Helena realignment is a short but important deviation going south straight outside Helena shelter. In cutting out a horrible hill it will make a big difference to the start and end of walkers' days and ultimately their enjoyment of the Track. This realignment is significant in that, along with other realignments, it is the culmination of up to five years of route finding, planning, flora, fauna and heritage surveys, and a formal DBCA approvals process.

Similarly, the Nullaki extension has created a new formal route on the Nullaki Peninsula, the culmination of a two-year collaboration between DBCA, the City of Albany, the BTF and local landowners, to scope, plan and approve a route that would protect threatened flora and avoid private property.

Many thanks to the Parks and Wildlife Service staff who delivered the materials to the site and the BTF volunteers who helped with the planning and final construction of the route.

Andrew Chiswell
Maintenance Manager



Volunteer using the brushcutter on the Nullaki realignment



Volunteer using reciprocating saw on the Nullaki realignment



Building box steps on the Nullaki realignment

Getting into Gear

Lightening your load

While piecing together my first sectional end-to-end in 2018 I tackled my longest-ever section: a 16-day trek that took me across the Pingerup Plains.

I was in my late 20s, my lower back had given no indication that it would soon permanently cease being a quietly cooperative part of my skeletal system, and life was good.

I stumbled into Mount Chance shelter after a flat but beautifully scenic day on the plains, which had - mercifully - required no wading.

"I don't know how you young people manage with those tiny packs," came a voice from within the hut.

It belonged to a man who was curiously eyeing the 68-litre ULA Circuit I then carried.

As he said this, he was unloading the contents of his pack - an enormous camo canvas thing that must have been at least 100 litres.

He rummaged around some more and produced a large jar of Moccona instant coffee, complete with the brand's trademark thick glass lid.

I mention this not to poke fun - he'd certainly earned his refreshments more than I had - but to point out the value of asking yourself a few questions before you decide to add something to your pack.

I've pared my pack weight back considerably since that Pingerup trek, finished a pair of Bibb end-to-ends, and spent four months on the Pacific Crest Trail.

I'm fortunate to be able to afford good-quality lightweight gear, but I've found that lightening your load is as much about mindful decision-making as it is about opening your wallet.

Here are a few cheap or no-cost ways you can lighten your load, and do your back and knees a favour in the process:

- Cut back on food packaging. Ziploc bags are your friend! Liquids - if they can't be dehydrated - can usually be decanted into lightweight plastic containers.
- Take Gatorade bottles. They're cheaper and lighter than Nalgene. And they come with Gatorade.
- Ditch the camp shoes. Sure, a pair of Crocs will be comfier than your hiking shoes for the very short

period when you're walking around camp. But is it worth carrying them 1000 kilometres?

- Purge the wardrobe. You really only need one hiking shirt and one pair of pants or shorts. I rotate between two pairs of underwear, so if one pair gets drenched by the rain I can swap it out for the dry pair. Ditto socks. One set of thermal long johns and a shirt, plus a dedicated pair of sleeping socks, can serve as pyjamas.
- Try reading on your phone. It's not for everyone, but it saves you the weight of carrying a book or e-reader. I was pleasantly surprised when I first tried the Kindle app in dark mode.
- Cut down on crockery. While hiking solo I only take one pot that doubles as my coffee mug.
- Pick gear that can multitask. A Buff can serve as a neck scarf, a cleaning rag, a pre-filter for silty water, and a towel. Trekking poles can double as tent poles, if you buy a non-freestanding tent.

Of course, you might find that reading on a phone just isn't for you, or that you really want a dedicated mug to enjoy your coffee alongside your breakfast.

But at least do yourself the favour of finding out.

It's liberating to realise that you are not actually so dependent on something you previously thought was a necessity.

Part of what I love about long-distance hiking is the sense of total self-reliance - of knowing that everything you need is on your back.



The shorter that list of needs is, the easier it is to fulfil.

Happy trails!

Ben Dickinson

Ed. This is the first in a series Ben will be writing on lightweight gear.



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

Forever Home for the Foundation

In late June we moved into what we hope will be our forever home in units 3&4, 62 Ord Street, West Perth. This is a significant milestone for the Foundation in our 25th Anniversary year.

Being vintage 1980 the office required a fair bit of work including new air conditioning, lighting, power and data cabling. We also changed the layout to create a welcoming reception area and a meeting room.

Our volunteers came to the fore to help us with the move, and it is starting to feel like home for both the BTF and the Munda Biddi Trail Foundation. We have some painting and final touches to make before an official opening later in the year.



The team with an empty truck!

Joe and Brian decapitating desks.



Margot helps clear Aberdeen St



Jim & Mike sort out the hire gear



Brian and Gary installing hooks and shelving.



We are extremely grateful to the following organisations and individuals who contributed their time and resources to help us make the move on time and on budget!

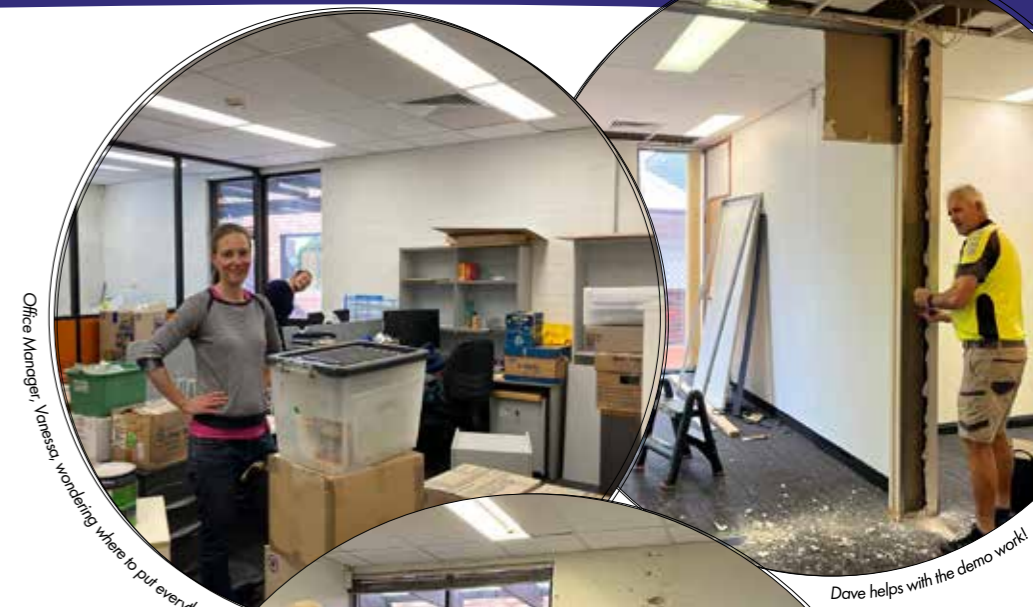
- **Kath Kusinski of MKDC Design Consultants**, who provided services pro-bono to plan the office layout.
- **Andrew Doig, Director of ATA Engineering** who provided services pro-bono to develop the air-conditioning and electrical plans.
- **Concept Cabling Services**, who supplied and installed the lighting, power and data cabling at a generously reduced cost.
- **Western Aire Mechanical Services**, who supplied and installed the air conditioning, sourcing second hand or surplus materials to reduce the cost.
- **Schiavello**, who provided four workstations free of charge.
- **William Geoffrey's Carpet Warehouse**, who provided some carpet tiles free of charge.
- **W Fairweather & Son**, who did the structural works and **Perth Office Fitout**, who installed a new modular/glazed wall
- **Andrew Chiswell** for coordinating all the service providers to meet the moving in date and of course,
- Multiple volunteers who assisted with demolishing walls, painting, installing hooks and racks, packing, moving, and making good our old premises.

Special thanks to BTF volunteers James Young and Bruce Manning who assisted with the search to find a suitable office. It took many months of research and viewings to find an office that met our criteria.

We are only a short walk from the red cat bus stop No.93 on Outram Street in West Perth and there is plenty of parking nearby.

Pop in and check us out!

A T A Engineering + Design



Office Manager, Yvonne, working where to put everything!



Dave helps with the demo work!



Andrew, Charlie and Sue demolishing walls!



The truck's unloaded - now what?!

Yes, they did it!

Note: To see full comments from each individual - visit the End-to-Enders Gallery on our website under News.

Our CONGRATULATIONS to the following 62 walkers on completing an end-to-end, 29 from WA, 23 from interstate and 10 from other countries. 55 people completed a continuous end-to-end and 7 a sectional.



Whenever there is frost in Perth it will certainly be cold out on the Track! Many of these End-to-Enders braved not only the cold but also the very wet conditions of the season of Makuru.

Judging from their comments however, the elements didn't detract from their enjoyment at all. Coming up, the season of Djilba will bring a flowering explosion with a multitude of colours. If you are on the track between July 14th and September 13th, you may encounter a group of walkers undertaking an end-to-end as part of the 25th Anniversary celebrations.

General Comments

This is the great way to see Australia, the mountains, forest, ocean, coastline, and wildlife.

Keng-Yu, Wanhua Taiwan

Thank you so much to all the volunteers who maintain this track. This has to be one of the most accessible and well-maintained tracks in the world. You can see the love that people have for the track every step of the way.

Kirah, Werribee VIC

Along the way there have been some interesting people, sometimes.... very interesting people! But all with the camaraderie of likeminded individuals doing what they love. The Track. Many thanks to the Bibbulmun Track Foundation, Staff, Volunteers and all those that make the track possible. It's been a life changing experience of which I am proud to have completed in my own way.

Clive, Forrestfield WA

Food / Supplies

Great food at all the trek towns. Special mention to the Donnelly River shop for their amazing pumpkin scones and the Trails Hub51 cafe for our much-needed free scone and coffee at the end. Now I somehow need to stop eating scones!

Sue, Fremantle WA

Great pub meals! Always be my favourite thing to do when I am in town.

Keng-Yu, Wanhua Taiwan

I just bought supplies in town as I went along and had no issues - I'm vegetarian too. The Woolworths in Collie was a treat though!

Kirah, Werribee VIC

Did some food drops at Visitors centres and some towns resupplied as needed. All very efficient.

James, Toowoon Bay NSW

Favourite Section

The days when we moved from inland to coast and travelled through different habitats stand out. And of course, the fabulous tall forests.

Carolyn, Oak Park VIC

Valley of the Giants! The sunrise from Rame Head was epic and other locations had their highlights, but the Tingle trees were so magical.

Paul, Tucson USA

The section from Dwellingup to Kalamunda was my favourite given the fantastic diversity of plants perfectly adapted to their environment and sooo different to their plant families on the East Coast.

Kathrin, Tannum Sands QLD

Unable to really choose a favourite. Each section had something special to look at or enjoy and there was always a challenge to be conquered in each section.

Joanne, Esperance WA

Highlights

A Heysen Trail walker from 2014 who lives in Denmark saw my blogs on BTF FB, caught up in Denmark and treated to meal and a lift around Wilson Inlet. We had met for only one evening in Hawker in 2014!

Timothy, Bellerive TAS

Walking with my daughter was very special.

Warwick, East Fremantle WA

Trail magic is real. Meeting new friends to keep after completing the trip. Getting a performance from a busker at one of the huts (juggling and singing/squeezebox playing). The track will provide if you're open to new experiences.

Paul, Tucson USA

Disconnecting from tech and connecting back to country.

Sam Joseph, Burra NSW

While the day was incredibly long, going from Mt Chance to Longpoint (via Woolbales) was an amazing experience. Seeing the landscape change from the plains, to Karris, to sand dunes and finally the Southern Ocean was such an uplifting moment on my hike.

Brad, Bassendean WA

Getting to Dwellingup after our first nine days on the track. That's a shower I will never forget. Coming around a dune just south of Peaceful Bay and seeing a giant rainbow over the ocean, pure track magic!

Tegan, Burra NSW

Personal Reactions

Incredible habitats and wildlife along the way, a real personal accomplishment, and really special to do it with my dad!

Alexander, East Fremantle WA

I loved my time on the Track. It was more than just a walk-through beautiful country. There was the layer added by the fellow hikers and I was surprised how connected we all felt to each other. Then there were the towns and all they had to offer adding to the richness of the overall experience. Thank you very much to the Foundation, DBCA, volunteers for all you do.

Carolyn, Oak Park VIC

“ This has to be one of the most accessible and well-maintained tracks in the world. You can see the love that people have for the track every step of the way ”
Kirah, Werribee VIC

Name	Track Name	Age	Started	Ended	DOT	Direction	From
Kathrin Strobl		50	4/03/2023	8/05/2023	54	S-N	Vienna, Austria
Klaus Mittendorfer		65	15/03/2023	3/05/2023	48	S-N	Neuburg am Inn, Germany
Marlene Mittendorfer		33	15/03/2023	3/05/2023	48	S-N	Neuburg am Inn, Germany
Lukas Gerngrob		20	10/04/2023	26/05/2023	46	S-N	Bad Segeberg, Germany
Franka Bruchmann		22	10/04/2023	26/05/2023	46	S-N	Bad Segeberg, Germany
Jan Menger			3/04/2023	26/05/2023	45	S-N	Assling, Germany
Maria Zech		28	4/04/2023	16/05/2023	39	S-N	Moringen, Germany
Willem Knopper		57	31/03/2023	2/05/2023	31	S-N	Couridjah, NSW
Sam Joseph Burges		26	31/03/2023	15/05/2023	40	N-S	Burra, NSW
Tegan Sharp		24	31/03/2023	15/05/2023	40	N-S	Burra, NSW
Robert Bartell		60	1/04/2023	4/06/2023	67	N-S	Berridale, NSW
Anja Bartell		55	1/04/2023	4/06/2023	67	N-S	Berridale, NSW
James Priest		54	29/03/2023	25/05/2023	51	N-S	Toowoon Bay, NSW
Brigitte Priest		49	29/03/2023	25/05/2023	51	N-S	Toowoon Bay, NSW
Brian Waldron		55	27/03/2015	7/05/2015	41	Sectional	Woolloomooloo, NSW
Brian Waldron		63	9/10/2016	11/05/2023	58	Sectional	Woolloomooloo, NSW
Simon Hartley		54	16/04/2023	6/06/2023	45	S-N	Goonellabah, NSW
Natascha Curle		33	24/10/2022	11/12/2022	44	N-S	Karama, NT
Russell Peacock			24/10/2022	11/12/2022	44	N-S	Karama, NT
Sue Maloney		53	20/03/2023	9/05/2023	49	N-S	North Rockhampton, QLD
Bob Stephens		62	12/04/2023	20/05/2023	38	S-N	Thorneside, QLD
Louise Stobo		62	7/04/2023	3/06/2023	52	S-N	Tannum Sands, QLD
David Williams		59	3/04/2023	31/05/2023	54	N-S	Kangarilla, SA
Mary Williams		60	3/04/2023	31/05/2023	54	N-S	Kangarilla, SA
Carl Greenstreet		61	26/05/2023	1/07/2023	37	N-S	Stirling, SA
Hans Thoma		68	25/03/2023	3/05/2023	38	S-N	Neukirch-Egnach, Switzerland
Keng-Yu Lin		40	6/03/2023	1/04/2023	27	S-N	Wanhua, Taiwan
Timothy Bunge		60	15/10/2022	8/12/2022	54	N-S	Bellerive, TAS
Paul Deneke		47	9/03/2023	17/04/2023	38	S-N	Tucson, USA
Carolyn Layton		72	12/08/2022	10/10/2022	53	N-S	Oak Park, VIC
Judy Ring		62	31/08/2022	26/10/2022	52	N-S	Brunswick, VIC
Kirah McGrath		25	1/04/2023	10/05/2023	49	S-N	Werribee, VIC
Leah Battalis		31	6/05/2023	1/07/2023	51	N-S	Glen Iris, VIC
Alexander Miller		32	4/03/2022	27/03/2023	46	Sectional	East Fremantle, WA
Judith Skene		68	24/09/2019	1/08/2022	60	N-S	Mount Lawley, WA
Warwick Smith		64	14/04/2022	9/04/2023	47	Sectional	East Fremantle, WA
Steven McGellin		60	27/02/2023	11/04/2023	44	N-S	Willetton, WA
Jess Gibbs		32	5/05/2020	9/04/2023	48	Sectional	Morley, WA
Clive Stubbington		67	2/09/2013	26/03/2023	58	N-S	Forrestfield, WA
Andrew McCulloch			6/03/2023	22/04/2023	47	N-S	Warnbro, WA
Brent Offer		41	2/10/2020	17/04/2023	59	N-S	Porongurup, WA
Callum Offer		17	2/10/2020	17/04/2023	59	N-S	Porongurup, WA
Jacob Offer		16	2/10/2020	17/04/2023	59	N-S	Porongurup, WA
Aiden Offer		14	2/10/2020	17/04/2023	59	N-S	Porongurup, WA
Michael Offer		11	2/10/2020	17/04/2023	59	N-S	Porongurup, WA
Kim Cova		57	20/03/2023	9/05/2023	49	N-S	Baldivis, WA
Joanne Halliday		51	14/03/2023	8/05/2023	50	N-S	Esperance, WA

Yes, they did it! (cont'd)

Name	Track Name	Age	Started	Ended	DOT	Direction	From
Sue Wise	2Birds walking	63	29/03/2023	13/05/2023	42	S-N	Fremantle, WA
Annie Allan		57	11/11/2016	23/04/2023	57	Sectional	Yangebup, WA
Bronwyn Copestake		53	28/04/2023	1/06/2023	35	S-N	Bindoon, WA
Lacey Newsome		28	2/04/2023	26/05/2023	47	S-N	Scarborough, WA
John Walter		33	2/04/2023	26/05/2023	47	S-N	Scarborough, WA
Brad Patrucco		35	17/04/2023	26/05/2023	36	N-S	Bassendean, WA
Lee Simpson		46	26/03/2023	28/04/2023	31	N-S	Maddington, WA
Matthew Bowden		33	5/04/2020	4/06/2023	53	Sectional	Margaret River, WA
Sandra Dandie	San Moon	60	31/03/2023	23/05/2023	47	S-N	Halls Head, WA
Thomas Simpson		28	19/04/2023	14/06/2023	44	N-S	Coolbellup, WA
Marie Furness		56	11/09/1999	23/05/2016	55	N-S	Greenwood, WA
Pauline Lane		60	11/09/1999	28/05/2011	55	N-S	Gnangara, WA
Lyn Urquhart	Bibbulmun	72	25/04/2023	22/06/2023	54	N-S	Hazelvale, WA
Kylie Webster	PinkWitch	49	25/04/2023	22/06/2023	54	N-S	Chidlow, WA
Jonathon Bayley		50	5/05/2023	2/07/2023	61	S-N	Dalyellup, WA

I was surprised at how peaceful I became. Very rarely did I experience any struggle or frustration with the track, hiking, or pain. I was just happy to be there, and it became the easiest thing in the world to walk all day long. *Kirah, Werribee VIC*

Now I know I can do it. That is HUGE. I was accompanied this time, but I met so many women who were doing it alone. I'd like to be one of them. I believe I can. At the time I was looking forward to the end, but now I wish I was still out there. *Lyn, Hazelvale WA*

Wildlife

Plenty of lovely tiger snakes, ticks (Nicole scored about 20; fortunately, we did daily checks and used "Tick-off"). Red-tailed black cockatoos. Lots of wallabies. Rays at Hamelin Bay. Little wrens etc. *Timothy, Bellerive TAS*

Seeing quokkas was perhaps the highlight. The spiders took some getting used to (especially in Spider Alley) and the snakes provided some elevated heart rates, but they all played nicely when treated with respect. *Paul, Tucson USA*

I saw two big emus run toward me at one morning and I thought to myself, oh wow, it's a little bit like Jurassic Park ;-)
Kathrin Strobl, Vienna Austria

I did have an anti "snow white" moment. I love getting up early and setting off in the dark before the bush wakes up. This one morning tho, it was light drizzling, there was loads of huge orb spiders over the trail, little white moths were flying right into my headlamp/face and to top it off, I had micro bats dive bombing me. *Lee, Maddington WA*

Comparisons with other Walks/ Countries

Every walk is unique. Lacked the rugged mountains and true wilderness of my Tasmania, but I was not looking for a replica but something different and wonderful in its own way. *Timothy, Bellerive TAS*

Much longer. I have trekked a lot around the world but never 1000kms in one go. I think at times we take our country for granted and don't appreciate its beauty. *Sue, Fremantle WA*

I began walking the PCT in USA around the same time last year. Logistics were insane to manage, but it was an incredible experience. Although the Bibbulmun is a lot easier to hike, sleep, collect water and get into towns for resupplies, it was still a challenging hike. *Lee, Maddington WA*

This track is very different from the hikes I've walked in NZ, UK & Europe. Comparable perhaps to the Larapinta as an End-to-End. The Bibbulmun is unique in that you walk so many different landscapes. *Louise, Tannum Sands QLD*

Best Equipment

Body and Mind
Andrew, Warnbro WA

I loved pretty much everything I brought in my 7kg pack. Favourite item was a luxury - my Kindle. *Kirah, Werribee VIC*

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

Mytent-carrying, spider-catching boyfriend. Couldn't have done the track without him. *Tegan, Burra NSW*

Injinji socks were by far our best investment. We used an inner layer of injinji and outer layer of standard merino socks, no blisters for the whole track with this method. *Sam Joseph, Burra NSW*

Butt foam mats - so good.
Lacey, Scarborough WA

Worst Equipment

A large solar power bank - not enough consistent sunlight to charge it while hiking. *Alexander East Fremantle WA*

Fold up kitchen sink. Soon ditched that!
Cotton sleeping bag liner. Heavy.
Clive, Forrestfield WA

Heavy backpack. It definitely worked for what I needed, but there is no need for a 3kg pack when other packs are readily available at 1kg (or less).
Paul, Tucson USA

Our rain jackets were dreadful. They kept the rain off but after a while we were sweating so much, I preferred to get wet. Got a few of those cheap, plastic see-through ponchos. So much better.
Lyn, Hazelvale WA

Advice for Others

Don't avoid the wet Pingerup Plains, embrace them, it is a great section, with great flowers, vistas and wonderful Monadocks to climb!
Timothy, Bellerive TAS

Hike the Bibbulmun Track you will not regret it - the time on the trail will stay in your memories for a very long time.
Hans, Neukirch-Egnach Switzerland

Get out there and give it a go! You'll probably never feel 100% ready so do the best you can to prepare but make sure you don't get analysis paralysis. Just take the leap. Start where you are and with what you've got. You won't regret it. *Tegan, Burra NSW*

Just do it. Take plenty of snacks. Don't live off two-minute noodles. *Natascha, Karama NT*

Enjoy the Bibb at your own pace. Take time to experience the beauty of the areas you walk through. There is no need to rush. *Warwick, East Fremantle WA*

Keep your pack as light as possible. *Steven, Willetton WA*



End-to-ender Keng-Yu Lin from Taiwan

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BACKPACK (CHILD)	\$35.00	\$40.00	\$150
SLEEPING BAG & LINER	\$25.00	\$30.00	\$170
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DEHYDRATOR	\$40.00	N/A	\$280
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All prices include GST and are for one to seven days. A bond is required prior to hiring equipment

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Southampton Homestead	BALINGUP	🏠	0412 229 564	southamptonhomestead.com
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Mandia B&B	COLLIE	🏠	0417 179 260	mandia.com.au
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Windrose B & B	DENMARK	🏠	(08) 9848 3502	windrose.com.au
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Cape to Cape Explorer Tours	0459 452 038	https://capetocapetours.com.au
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Forest Explorers	0427 981 187	https://www.forestexplorers.com.au
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Evolution of the Bibbulmun Track

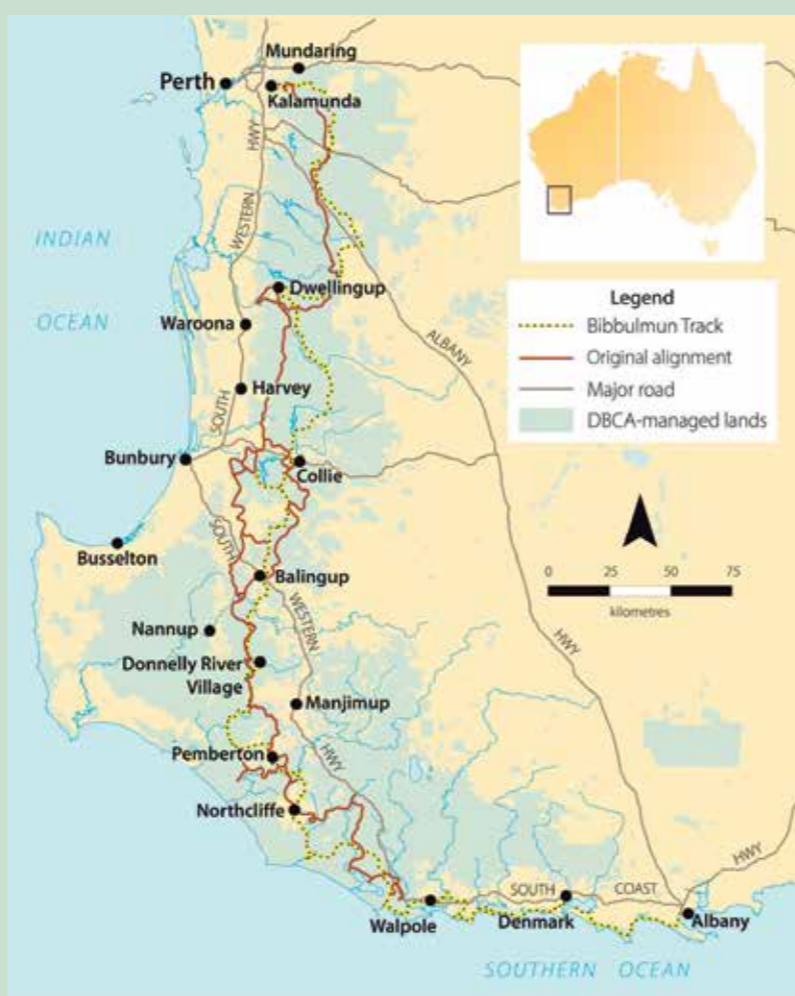
13 September 2023 marks the **25th Anniversary of the Track**, which continues to be a source of enjoyment for thousands of walkers from all over the world.

Kirup forester Len Talbot proposed that the **Track be named Bibbulmun**, in recognition of one of the many Noongar social and language groups of the south west.

The trail marker, a stylised representation of the **Waugal (Rainbow Serpent)**, was suggested by Noongar elder Nundjan Djiridjarkan, Ken Colbung.



Photo by: kdobb



Timeline of the Bibbulmun Track

1972: Geoff Schafer, an avid bushwalker, approached the then Minister for Forests with an idea for a long distance walk trail in WA to encourage people to "go bush". The concept was approved and a team from the Forest Department began planning possible routes.

1979: The Bibbulmun Track was officially opened, from Kalamunda to Northcliffe, in October, as part of WA's 150th year celebrations.

1988: CALM (Department of Conservation & Land Management, now DBCA's Parks & Wildlife Service) undertook a significant overhaul of the Track, including an extension to Walpole.

1993: CALM made the decision to undertake a major overhaul of the Track to turn it into one of the world's great long distance trails. The "Building a Better Bibbulmun Track Project" was set up, with a Steering committee headed by Jim Sharp of CALM and contracting Jesse Brampton as project co-ordinator.

1997: The northern section of 453kms was formally opened by the Premier of WA, Richard Court, on 14 August 1997.

1998: The complete "new" Bibbulmun Track was opened by the Minister of the Environment on 13 September 1998.

The 'Old' Bibbulmun Track

- Opened in 1979
- Mainly followed gravel roads
- No certain supply of water
- Poor signage
- No shelters and very few toilets
- Negatively impacted by mining and forestry operations
- Attracted very few walkers – only experienced and, usually, male hikers

The Appalachian Trail influence

- WA man, Jesse Brampton, walked the Appalachian Trail in the late 1980's.
- The purpose-built path led walkers through the most scenic areas.
- He noted the trail had good water supplies, wooden shelters, and volunteers who helped maintain them.
- On his return to Western Australia, he walked the Bibbulmun Track and was shocked by the comparison.
- Jesse proposed to the government that the Bibbulmun Track be re-built to make it appealing and accessible to many more people.

Major changes included

- A major realignment retaining barely 10 percent of the 'old' route.
- A 180-kilometre extension along the South Coast, from Walpole to Albany.
- Construction of hundreds of kilometres of purpose-built walk trail
- Development of 46 new campsites, between 10 and 20 kilometres apart
- Production of new maps and guide books

The Northern Terminus is in Kalamunda in the Perth Hills.





The campsites provide free facilities and a welcome haven at day's end.

The campsites set a unique standard among the long trails of Australia. Spaced a day's walk apart they feature:

- Three-sided sleeping shelters
- 5000-litre rainwater tanks
- Rustic bush toilets
- Picnic tables
- User-friendly fireplaces
- Tent sites

Shelters are available on a first-come first-served basis, and there is no charge for use of any of the facilities.



The shelters were pre-fabricated in prison workshops



Low-risk prisoners helped build the Track and shelters



Bushwalking clubs and other groups also helped.



Over the years, timber shelters lost to bushfires have been replaced by rammed earth.

A vision realised



More than 300,000 user days each year



**Introducing...
The next generation**



In 2022 - 236 Groups of 8 or more registered their walks. (Total walkers in these groups: 3772)



Long-distance hikers
55% male 45% female
74% West Australian
14% other Australians
12% international

Over 2600 people have registered an end-to-end



Volle Corner



Helen Grimm

What makes a volunteer? There is nothing – and everything – particularly special about the generous people who work with the BTF in a volunteer role.

Because I'm a bit of a data nerd, I delved into some descriptive stats for our volunteer community:

- The gender balance is roughly equal – 54% male, 46% female (acknowledging that our data is limited to a binary perspective)
- The age range is very heavily skewed to individuals in their 60's and 70's, with a smaller proportion of volunteers in their 50's, a few in their 30's, and very small representation for every other age group. These stats likely reflect the available time and perspectives of people at different life stages.
- The majority of our volunteers (69%) live in the Perth-Peel metropolitan area – including many of the maintenance volunteers for the southern parts of the Track. Understandably, a significant number of volunteers also reside in the Southwest region (15%) and Great Southern (14%).
- In general, a larger proportion of people in regional communities tend to volunteer in some way, compared with their metropolitan counterparts. Support for the Track appears to follow this trend – based on total population estimates found online, the Perth-Peel metro area provides us 1.4 volunteers per 10,000 residents; the Southwest 3.7 and the Great Southern 9.4.
- About two-thirds (64%) of volunteers are financial members of the Foundation. For those who chose not to be, they often consider their work as a volunteer as their way of giving back. Keep in mind that volunteers are usually out-of-pocket for expenses such as travel, accommodation, and tools.
- Our stats also imply that passionate supporters of the Track are more likely to volunteer than casual users – no surprise there! Nearly 10% of all BTF financial members volunteer, compared with about 1.5% of non-member contacts on our database.

These percentages are current July 2023 and likely to always be about the same although they'll vary slightly over time.

So what motivates a walker and supporter of the Track (statistically average or not!) to take the next step and get involved as a volunteer?

Volunteers are likely to have one or more very personal reasons – some conscious, others not. They might want:

- To give back in return for what the Track has given them
- To help others access the Track and enjoy similar experiences
- To help conserve and maintain the Track
- To help to spread the word and raise awareness
- An active retirement
- To spend time with like-minded people
- To gain new skills or knowledge
- To offer skills or knowledge they already possess
- To have a goal that family, friends or club/group members can achieve together
- Something which gives a sense of purpose and satisfaction to leisure time – fitness, outdoors activity, being involved with nature

For one or more of these reasons, they choose volunteering to be part of their life.

For this reason, they're all pretty special to us!

Helen Grimm
Volunteer Manager



David and Ce volunteer at the Hike Expo.



Carol and Jim in the new office.



A maintenance field day at Beraking.

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

The Foundation celebrated National Volunteer Week by inviting all our volunteers to an afternoon tea at Mundaring Weir Hotel.

We considered the NVW theme for the year, "The Change Makers", as it applies to the Bibbulmun Track. An E2E can be a life-changing, life-affirming experience. Even a day walk takes people out of the humdrum and into the zone. Maybe a first overnight trek sparks a lifelong love of hiking. Of course, it helps with fitness!

Working in partnership with PaWS to support the Track and the walkers, most of what we achieve is contributed by volunteers.

So our volunteers are the real "Change Makers" and should be appreciated by all Track users!



Our event was funded by Lotterywest, through a grant provided by Volunteering WA – we're really grateful for the support

Maintenance buddies relaxing off track.



Thank you! Thank you! THANK YOU!

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

Alan Jones	David Clune	Larry Smith
Alan Langride	Denise Hilsz	Lesley Walker
Alex Naoum	Desmond Thompson	Malcolm Kite
Amy Howell	Francesca Walker	Mary McNulty
Anthea Bird	Frederick McGlashan	Oenone Allen
Bob Geary	Holly Sounness	Richard Affleck
Bunbury Adventure Pursuits	Holly Thomas	Richard Rumsey
Chris Low	James Flynn	Rick Hargett
Christine Semken	Jamie Davison	Simon Day
Craig Colley	Jim Investor	Steven McGellin
Damian Smith	John Elderfield	Susan Broomhall
	Katherine George	Teresa Eldridge
		Y.A.H.O.O. over 55s Bushwalking Club Inc

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.



TRACK TOWN - WALPOLE

Introducing our new merchandise!

We have a new range of merchandise featuring a design by Bibbulmun Noongar elder, Joe jopossum Collard, which tells the story of the journey along the Bibbulmun Track.

Our collection features polo shirts, long sleeve Tees, and greeting cards adorned with the original design. The circles at the top represent the campsites and the circles at the bottom the six seasons. The animal tracks represent the bush wallaby, a special totem for the area. The key feature is the Waugal, the dreamtime serpent that created the lakes, hills and other features of the land through which the Track passes before reaching the southern ocean.

In celebration of the 25th Anniversary, we also have a limited-edition mug, a perfect keepsake to commemorate this special occasion. And how about a Waugal trail marker keyring, which allows you to carry a memento of the Bibbulmun Track with you wherever you go!

Bibbulmun Track Shirt orders

We will not stock a huge range – so pre-order yours to ensure you get the size and style you would love to wear on your next hiking adventure!

Polos - 130gsm Hexacool fabric, rated UPF 40+ and moisture wicking. RRP \$75 / \$67.50 for members + pp

Tees - 110gsm (super-light weight), rated UPF 40+ and moisture wicking. RRP \$70 / \$63 for members + pp

Email us at friends@bibbulmuntrack.org.au with the quantity and size of shirts you'd like to order.

To check sizes go to occlothingco.com.au/sizecharts. (Note: the tees are 'men's' style with round neck)

Pre-orders now available!

Polo Shirts
RRP \$75.00
\$67.50 for members



Longsleeve Tees
RRP \$70.00
\$63.00 for members

friends@bibbulmuntrack.org.au

OC Clothing Co. is a small WA company that specialises in good quality running (and hiking!) apparel and accessories.



New Merchandise Available!



SCAN the QR CODE to buy online or purchase them in person by visiting our new office at Units 3 & 4, 62 Ord Street, West Perth.



Whalers and sealers were among the early Europeans to set foot on the coast near what is now Walpole and their glowing reports of the area revealed sheltered coves, inlets, giant trees and deep rivers. Further exploration in the area was carried out in 1837. Many years later the Western Australian Government declared much of the land around Walpole as National Park, and this pristine pocket of the South West Coast enjoys a thriving and ever-growing tourism trade.

The Walpole region's clean, crisp air and extraordinarily fertile and well-watered soils mean 365 days of growing a year. Local produce including some stunning local honey is available everywhere and often showcased at local cafes and restaurants. Try out some of the local wineries or call in to Boston Brewing for an exceptional meal accompanied by exceptional craft beer. August, although cold, is a spectacular time to visit the region—expect plenty of rain, cool crisp mornings and the wonderful smell of damp forest floor. You might even be lucky enough to spot a whale; humpbacks are usually seen between June to October, southern rights from August to October.

Valley of the Giants Tree Top Walk

Walpole over the years has become famed for being home of the Valley of the Giants Tree Top Walk, and rightly so. This fantastic experience is a journey 40 meters up into the luscious canopy of the tingle forest and spans across sixty meters of a lightweight bridge. If heights are not your thing this will probably make your knees shake, since it is designed specifically to sway to replicate the movement of the canopy below.

Mount Frankland Wilderness View, Mount Frankland NP.

Mount Frankland National Park surrounds the northern section of the Walpole-Nornalup region and is well worth a visit. The Mount Frankland Wilderness View Lookout is accessible without a 4WD, only a short walk from the carpark and offers 360-degree views of the Walpole Wilderness. For those who prefer more of a challenge, take the 1.2 kilometer Mount Frankland Summit Trail, a strenuous but rewarding climb to the peak from the carpark. Just south of the national park is Circular Pool, a beautiful natural pool in the Frankland River. This area is just as popular in winter when the water is raging to summer when its more tranquil and a great spot for a picnic.

Track, Trails and Camping

However, Walpole is not only about the Tree Top Walk. Only 412 kilometers south of Perth, Walpole is an excellent option for a weekend break and is full of fantastic hidden gems.

The Bibbulmun Track section between Walpole and Denmark (Map 7) passes through some of the most spectacular scenery of the entire Track. Highlights include sprawling views of the Southern Ocean, pristine beach vistas from Conspicuous Cliff and Mandalay Beach, Sappers Bridge Crossing, the Giant Tingle Tree, and highly rated campsites.

The Walpole-Nornalup Wilderness region has a variety of other trails, including some family friendly options. Stand-out hits include the Harewood Forest Walk (1.2km return), Mount Pingerup Walk Trail (5km return), and Conspicuous Beach to Rame Head Campsite (6.6km return). There are also some very good camping options for drive-ins, including the stunning Fernhook Falls (which also boasts a wooden platform walk up to the falls), Crystal Springs and Banksia Camp (4WD only).

Walpole-Nornalup Visitor Centre

The Centre is in Pioneer Park in the centre of town and sells a variety of useful and interesting books, handmade and local gifts and snacks, walker supplies, maps and guidebooks, and much more. They also have a Bibbulmun Track register at the entry and the staff have a huge amount of local knowledge on the area. They can even arrange a scenic day itinerary for you.



Mandalay Beach



A Mighty Red Tingle

Walpole Nornalup Visitor Centre

Open 9am - 5pm - Monday to Friday, 9am - 4pm - Weekends (seasonal - hours may differ, please visit their website for further info).

info@walpole.com.au
(08) 9840 1111

Pioneer Park, South Coast Highway, Walpole, WA 6398

<https://www.walpole.com.au>

Please support our Walker Friendly Businesses in the area.

Che Sara Sara Chalets
(08) 9840 8004

Coalmine Beach Holiday Park
(08) 9840 1026

Walpole Track & Trail Transfers
0429 784 924



Heavy rains have worked their magic on the Track, which is erupting with life. Djilba, the season of conception, and Kambarang, the season of birth, are well named. They have to be the most rewarding seasons for the naturalist to be out and about on the Bibbulmun Track.

The most notable of flowering plants are the orchids, which begin to flower in abundance throughout Djilba and early Kambarang. Orchids have fascinated evolutionary biologists for centuries, because of the extraordinary manner in which they attract their pollinators. Unlike most flowering plants, they deceive insects into visiting them. Some, like the donkey orchids, develop exaggerated visual signals, colors and shapes that other flowering plants use to advertise their nectar rewards to insects. Others, like spider orchids, are even more devious in that they emit scents from glandular tissues on the labellum of the flower that mimic the sexual signals of female wasps, attracting males who attempt to mate with the flower. Perhaps the best known examples of this sexual exploitation comes from those species of orchid that attract thynnine wasps. They are able to exploit male thynnine wasps because of the wasp's own remarkable reproductive biology. One of these, the leaping spider orchid, is shown in the picture below.

Thynnine wasps are a remarkably diverse group of solitary wasps. In Australia we have around 600 described species, and in excess of 2000 species currently waiting to be described. They are what we call parasitoid wasps, as they utilize other insects for breeding. The females do not look like wasps at all, being adapted for burrowing and living most of their lives underground where they search for beetle grubs within which to lay their eggs. The young wasps eat the beetle grubs before emerging to pupate in the soil, thereby killing the beetle grub. But before females can lay their eggs they need to feed and mate, and this is when the magic happens.

Females are unable to fly, as they have no wings. They emerge from their subterranean burrows and climb to the tips of plant stems from which they emit a sex pheromone. They do not need to wait long before a male, typically twice the size of the female, will arrive and snatch the female from her perch, immediately engaging her in copulation and transferring sperm which she will store to fertilise her eggs. The pair will remain in copula for many hours or even days after insemination, the male carrying the female from one flowering plant to the next so that he can collect nectar with which to feed her. The female remains tightly curled during transit, but when the male has collected a crop full of nectar, he will signal to her with a waggle of his abdomen and she will uncurl, reaching up to his mouthparts so that he can regurgitate the nourishing nectar that the female needs to produce her eggs. Once replete, the female will signal to the male to release her, and she will drop to the ground and burrow into the soil in search of beetle grubs to parasitize. Picture #2 shows a male wasp feeding his mate with nectar and #3 shows a pair of wasps with the female curled, awaiting her meal.

Sexually deceptive orchids exploit the mate attraction phase of the wasps breeding behavior, attracting males who try to fly off with the orchid's labellum and unwittingly taking the plant's pollen to the next flower that attracts him. Witnessing the interactions between orchid and wasp is a rare event indeed, but wasps can be found during Kambarang when the balga (grass trees) begin to flower.



Leaping Spider Orchid



Balga are magnets to insects and birds, providing a rich abundance of nectar and pollen for species that specialize on these food sources. Mostly, balga spikes will be covered in introduced honeybees, but look closely when out on the track this Kambarang, and you may be lucky to witness the mating rituals of one of Australia's most remarkable insects.

Leigh W. Simmons



Curled female awaiting her meal



Male wasp feeding his mate with nectar

Leigh's fascinating book *Naturalist on the Bibbulmun* is available from the BTF.

All proceeds are donated to the Track.

Day walker use of campsites

When walkers complete their entry into the campsite logbooks, they generally fit into one of three categories:

1. Walkers who are staying overnight,
2. Walkers who are passing by this shelter on their way to the next shelter (double hutters), and
3. Day walkers who are out enjoying our environment for the day.

In the previous edition of Bibbulmun News I provided data on the most frequented campsites for overnight stays. It is impossible to distinguish between the second and third groups from the information provided in the logbooks, so these will be combined to provide an analysis of the most frequented campsites for day walkers.

For 2005, 2010 and 2015 Ball Creek and Hewett's Hill were the most used. In 2020 Hewett's Hill was no longer in the top five but Ball Creek remained. Always popular with its proximity to the Sullivan Rock Car Park, Mount Cooke is more recently the second most popular. As expected, many of the campsites most used by day walkers are in the Perth Hills with easy access from the city. However, Swamp Oak (near Dwellingup), Torbay (on the south coast) and Mount Clare (just north of Walpole) have also appeared in the top five.

When the total usage from 2000 to 2022 is considered, nine of the top ten campsites are within easy access from Perth. The only exception is Mount Clare.

Swamp Oak, the most popular overnight campsite, attracted 10,422 walkers over the period from 2000 to 2022 whereas both Hewett's Hill and Ball Creek had many more day walkers for the same period, 15,313 and 13,080 respectively.

Unfortunately, a high percentage of day walkers don't actually sign the books so this is just a guide and not a true reflection of the number of walkers which would be much higher.

Dr Barry Bastow

TOTAL 2000 to 2022

Campsite	No. day visits
Ball Creek	15,313
Hewett's Hill	13,080
Mt Cooke	8,161
Swamp Oak	6,034
Mt Dale	5,135
Mt Clare	4,895
Helena	4,828
Monadnocks	4,801
Canning	4,445
Brookton	4,157

2005	
Campsite	No. day visits
Ball Creek	491
Hewett's Hill	440
Mt Cooke	387
Monadnocks	272
Rame Head	261

2015	
Campsite	No. day visits
Hewett's Hill	1,061
Ball Creek	767
Swamp Oak	528
Mt Cooke	334
Helena	297

2010	
Campsite	No. day visits
Hewett's Hill	760
Ball Creek	743
Canning	391
Brookton	375
Mt Clare	332

2020	
Campsite	No. day visits
Ball Creek	1,477
Mt Cooke	840
Brookton	389
Torbay	343
Beraking	325

Walk the Track in comfort!

Join us and discover diverse landscapes on our all-inclusive, fully guided tours:

Bibbulmun & Beyond 9-Day Tour
6th to 14th May, 2024

8-Day Highlights Tour
2nd to 9th September, 2024

Phone: (08) 9481 0551 Email: friends@bibbulmuntrack.org.au Visit: www.bibbulmuntrack.org.au

FOR SALE

INFLATABLE SLEEPING MATS & SAWYER SQUEEZE

We have two things for sale:

1. Two Nemo Quasar Regular Wide inflatable sleeping mats (with inflation bag and carry pouch). Hardly used and in perfect condition \$150 each. We'll sell separately too.

2. Sawyer Squeeze water filtration System - unopened. \$50

Contact: Roland
0419 195 459
Email: drmain@icloud.com

WILSON INLET CROSSINGS BY CANOE

Wilson Inlet Crossings, to/from Denmark Rivermouth (town) to the Nullaki or to/from the Nullaki at the Wilson Inlet mouth. Motorised canoe suits up to 2 passengers. Volunteer, free of charge, not always available, happy to book several weeks in advance. Text or email.

Contact: Greg Carson
0404 611 657
Email: gregorymcarson@gmail.com

ALTO TR2 FOOTPRINT

Footprint for Sea to Summit Alto TR2 tent. Only used a handful of times. Clean and undamaged.

Asking price \$25.00.

Contact: Val
0428661245
Email: valgan@optusnet.com.au

WET WEATHER GORETEX JACKET

Used good quality rain jacket in good condition and is from a smoke free home - \$30.

Contact: Colin Gee
0419356962
Email: gee.colin@gmail.com

CAPE TO CAPE GUIDEBOOK 9TH EDITION

Official track note & guide book for Western Australia's Cape to Cape hike in the Margaret River region. Still in great condition and looking to cut down on waste by recycling to a new home.

RRP is for \$25 new, feel free to make an offer.

Contact: Tahl
Email: tahl.collinson@gmail.com

BUSHWALKING & CAMPING GEAR

Here we have a collection of hiking gear all in top condition (and below half new price!)...

Mens Merrell hiking boots UK 10 EU 44.5: \$100

Women's Salomon hiking boots UK 5.5 EU 38.66: \$100

SMALL ITEMS

Which might come in handy on the Track!

Cordura backpack cover large with dry sack \$20

Silk sleeping bag liner double \$40

Waterproof over-pants \$20

Large waterproof backpack dry sack liner \$20

Gaiters long \$30 Gaiters short \$20

Stainless steel cooking pot 1 litre with clip-on lid \$10

Eating & other gear: plate, bowl, mug, cutlery set, washing set, trowel \$20

Tatonka hanging toiletry bag with mirror \$10

Kathmandu compression sack \$10

Lowe Alpine large capacity belt pack \$20

Single carbon hiking pole \$40

Contact: Alan Jones
0408952027
Email: abstract@iinet.net.au

Adverts are free for members & \$5 for 3 months for non-members.
Find out more on our website.

TYVEK TENT GROUND SHEET

Tyvek is widely used as a groundsheet for protecting the bottom of your tent. It is breathable, waterproof and very tough.

\$20 per metre for BTF members.
\$25 per metre for non-members.

For more information about this product see the notice on our website.

Please note that orders will not be fulfilled between July 7th and September 25th, 2023.

Contact: Steve
(08) 9481 0551
events@bibbulmuntrack.org.au

SLEEPING BAGS & STUFFSACKS

2 Sleeping bags. Brand new. Kathmandu Columbus and Navigator. Down filled. For cool to cold weather. \$110-00 & \$125-00. Stuff sacks in various sizes. Price negotiable. Give me a ring.

Contact: Tom Hilliar
08 9527 9817
Email: veracukic11@gmail.com

FOUND

GREEN DOME TENT

Found at Beedelup Campsite. Email me please if it is yours. Hopefully you remember the Brand!

Contact: Bill Hewitt
Email: billhewittbiz@gmail.com

FOUND: BEANIE

Found at the campsite at Blackwood River - waiting for the owner to be picked up from the Bibbulmun Track Foundation office in West Perth.

Contact: Bibbulmun Track Foundation
08 9481 0551
friends@bibbulmuntrack.org.au

Route 1: Monkey Rock Car Park to Mount Hallowell Summit

Distance: 2.2km return

From the car park follow the Track to the top of Monkey Rock and enjoy the spectacular views. Continue climbing through the karri trees, skirting massive granite boulders and cross a sloping granite slab to reach a spur trail on the left leading to the top of Mount Hallowell. There are magnificent views to be enjoyed all along the way.

Route 2: Ocean Beach Road to Mount Hallowell Summit

Distance: 7.2km return

Access the Track at Ocean Beach Road and begin the ascent of Mount Hallowell through the karri forest. Follow the Track markers carefully, skirt around huge granite boulders and descend on a granite slab using

the steel handrail. Cross a large broken granite dome known locally as Alec's Rock to reach a spur trail on the right leading to the summit. Enjoy the great views.

Note: this is a fairly strenuous walk. The Track underfoot is very uneven in places and special care should be taken if the granite is wet.

However the views from the summit make the effort well worthwhile.

For other day walks between Walpole and Albany download the Clifftops to Treetops itinerary from our website under /walk-the-track/bibbulmun-walking-breaks.

Do you have a favourite short walk?

Send the details (around 200 words) and a photo if you have one to admin@bibbulmuntrack.org.au



Wonderful Vista from Mt Hallowell

PHOTO CAPTION COMPETITION

Send us a caption!

Office volunteer, and Bibb News editor, Jim Baker helping with the office move!

The most popular caption will win a prize (judged by our office volunteers!)

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



Send us your caption!

Bibb Track Birds - Southern Emu-wren

You can count yourself very fortunate to see a Southern Emu-wren while on the Bibb Track. Stipiturus malachurus westernensis is elusive and one of Australia's smallest birds. It's called an emu-wren due to the six emu feather-like filaments that make up its tail which is almost twice its body length.

This male, distinguished by its blue bib, was one of a small group that popped up out of the low peppermint beside the Track west of Parry Beach near Mt Hillier when I was on a maintenance walk. Luckily, that day I decided to carry my camera.

Mark Davidson



Male Southern Emu-wren

Upcoming Events

Bibbulmun Trek for Beginners

The perfect introduction to overnight bushwalking, discover the tranquillity of the bush as you explore a relatively easy section of the Bibbulmun Track. We walk approximately 8km each day and camp out under canvas at a typical Bibbulmun Track campsite. Our experienced and friendly guides will teach you all you need to know about walking and camping and give you the confidence you need to venture out on your own. Hire gear available at no extra cost on this overnight Trek.

Date: Sat 26th & Sun 27th August
Where: East of Armadale
Rating: Beginners
Cost: Members \$175

Women's One Night Escape

Time for a fun weekend on the Bibbulmun Track. Gain confidence, outdoor skills and new walking friends as you don a backpack for a weekend escape on the Track. We walk 11km on both days, spending Saturday night at the newly rebuilt Helena campsite perched over the stunning Helena valley. Finish the next day with a chance to have a relaxing afternoon at the local pub. Includes experienced guides, comprehensive planning night, trip preparation manual, map and equipment hire. BYO food. Own transport to Mundaring.

When: Sat 9th & Sun 10th September
Where: Near Mundaring Weir
Rating: Intermediate
Cost: Members \$175

Walking with Mum/Dad Weekend

Great fun for parents and kids (8 - 13 years) alike. Enjoy walking through the magnificent jarrah forest and camping overnight at a Bibbulmun Track campsite. Learn bush and camping skills and bring marshmallows to roast over the fire...

Includes trained guides, map, planning night, trip preparation manual equipment hire, and return transport. BYO food.

Mum: Sat 16th Sept - Sun 17th Oct
Dad: Sat 30th Sept - Sun 1st Oct
Where: Murdoch Park'n'Ride
Rating: Beginners
Cost: \$215 Members
 (for 1 adult & 1 child)

Over the Hill

An introductory level 10km return walk for the over-60s to a Bibbulmun Track campsite and beyond to Mann's Gully with an experienced guide. Enjoy the wildflowers and have lunch (BYO) by a bubbling brook.

Date: Sunday 21st September
Where: Dwellingup
Rating: Experienced
Cost: Members Free

Wildflower Wander Trek

Enjoy the beauty of the spring flowers as you spend three days hiking in one of the most scenic sections of the Bibbulmun Track. Starting from Mundaring you will be amazed at the scenery each day has to offer - the mysterious boulders, the expansive views and the misty mornings. Great for sectional end-to-enders or those yet to explore the Track beyond Mundaring in the Perth Hills. Includes return transport ex Murdoch Train Station/Park'n'Ride, comprehensive planning night, trip preparation manual, map and equipment hire. BYO food. Walkers must be fit and have previous overnight experience carrying full packs.

Date: Sat 23rd to Mon 25th Sept
Where: Murdoch Park'n'Ride
Rating: Experienced
Cost: \$210 Members

Bibbulmun Blossoms

A fabulous day and your new wildflower book is included!

Don't just gawk at them! Come and learn about the many wildflowers in bloom on a guided walk near Kalamunda this spring. Our guides will assist you to identify the flora along the way. A copy of Wildflowers of the Northern Bibbulmun Track and Jarrah Forests is included. A good level of fitness is required. Be quick, places won't last too long.

Date: Sun 1st October at 8:30am
Where: Near Kalamunda
Rating: Beginners
Cost: \$55 Members

Dr Dolittle Goes Bush

Walk 2km to a typical Bibbulmun Track campsite to meet the friendly native creatures from Kanyana Wildlife Rehabilitation Centre and return following the Waugal trail markers. Ideal for kids 5 - 12 yrs. Watch their faces light up as they interact and learn about our native animals. Maximum two kids per adult and two adults per child. Not suitable for pushchairs. All children must be accompanied by an adult.

Date: Sunday 1st October at 3:30pm
Where: Near Kalamunda
Rating: Beginners
Cost: Adult members \$5 with each ticket for children \$45

Getting into Gear

A fabulous day and your new wildflower book is included!

Come along for a fun and interesting evening run by experienced walkers. Learn as they show you the gear they like to use, talk about the gear they don't use, and give you those tips you never hear about. They will look at gear for day walks through to gear for an end-to-end journey. Expect to laugh a little and learn a lot!

A licensed bar will be open for us on the night.

Date: Sunday 4th October at 6:00pm
Where: West Leederville
Rating: Seminar/Workshop
Cost: \$35 Members

Balingup Explorer

This walk is set in the beautiful Blackwood district. Spend Friday night in Balingup before being transported 40kms south for two full days of walking with only your day pack! No big heavy packs and even just a touch of glamping on Saturday night at our private Track-side campsite complete with flushing toilet and a hot shower! Your backpack will contain your lunch, a jacket and water but your food, clothes, stove, tent, sleeping mat and sleeping bag will be waiting for you to set up at our private camp. Freshen up on Sunday afternoon with a hot shower in Balingup before being transported back to Perth.

Rather not camp out? Check out the Blackwood Weekender, it's the same walk but you can stay in accommodation instead!

Date: Fri 6th Oct to Sun 8th Oct
Where: Murdoch Park'n'Ride
Rating: Intermediate
Cost: \$295

End-to-End Workshop

This in-person workshop takes you through what you need to do to begin planning your epic journey.

Learn how to develop your own itinerary, organise food and food drops, plan effective rest days, cross the various inlets and consider the various emergency options available to you.

Take on board what our end-to-enders suggest and you will move one giant step closer to completing one of the biggest achievements in your life!

Places strictly limited. This event fills fast!

Date: Wed 11th October at 6:00pm
Where: West Leederville
Rating: Seminar/Workshop
Cost: \$35 Members

Get Lost with Steve

Do you have little or no direction in your life? Do you really know how to use a compass?

Steve will guide you through a series of practical and theoretical exercises on and near the Track in Mundaring.

Get Lost with Steve and you will have fun learning and perfecting basic map reading and compass skills.

Date: Sun 15th October at 8:00am
Where: Near Mundaring Weir
Rating: Beginners
Cost: \$95 Members

Track Tucker for a Weekend Walk

by Lynda Moir



1 x Breakfast, 2 x Lunch, 1 x Dinner and 2 x Snacks.

Walker Profile:

Experienced walker who enjoys the Track and food! Usually walking 15 to 22km per day. All suggestions are per person.

Breakfast:

- 1 sachet instant rolled oats, made with powdered milk and water (for extra creaminess and calories)
- ¼ cup of milk (made with powdered milk, portioned into serve-size Ziplock bag)

Walker top tip:

- ✓ Recommend Uncle Toby's Rolled Oats, Apple and Cinnamon or the Berry Variety Pack
- ✓ Remove all excess packaging - applies to all commercial food. Make sure you take the instructions (cut out) with you.

Lunch:

- 4 x Crackers, large
- 4 x Hard cheese slices
- 4 x Salami slices
- 1 sachet Cup of Soup

Walker top tip:

- ✓ Recommend Vitaweeet crackers (almost indestructible) and Continental Cup A Soup - Dutch Curry and Rice and Italian Minestrone are favs. Again, remove all excess packaging.



Dinner:

- 1 x Dehydrated dinner (homemade or commercial)
- ¼ cup of cous-cous

Walker top tip:

- ✓ Curried Chicken with vegetables and Minced Beef with vegetables Bolognese are favourites.
- ✓ Cous-cous is the bushwalker's friend (just add boiling water, cover and stand, ready in two minutes).

Snacks (per day):

- 1 x Muesli bar
- 1 x serve own Trail mix - handful of cashews and sultanas with several dried apricots
- 2 x large squares of dark chocolate (after dinner treat!)

Drinks:

- Water and purification treatment (this walker uses a Lifestraw Flex Soft-touch Water Bottle)
- Tea and coffee bags (powdered milk and sugar, if desired)

Walker top tip:

- ✓ Effervescent electrolyte tablets, just add water, especially for those warm weather days. Recommend Hydralyte.

Food storage:

- Mesh stuff sacks, so everything is easy to find.
- A light-weight foil cool bag is used to carry the cheese, salami and chocolate.

Cooking Equipment:

- Small gas hiking stove - Coleman
- Small gas cylinder
- Titanium saucepans with lid
- Small dishwashing cloth
- Fork, spoon, plate and mug
- Pocketknife.

Remember:

- ✓ Pack-in/Pack-out - carry a robust plastic bag to pack out anything you don't consume, including food packaging.
- ✓ Carry enough food to fuel your body for the exertion of your hike. Pack some extra snacks in case you are on the Track longer than expected.

Social Sunday walks

Free for members. See booking conditions online.

WALK RATINGS: 🐾 BEGINNERS 🐾🐾 INTERMEDIATE 🐾🐾🐾 EXPERIENCED		
DATE	DETAILS	RATING
3 September 9:00am	16.2km return walk from North Bannister to the Serpentine River via the Gringer Creek Campsite	🐾🐾🐾
10 September 8:30am	23.5km return walk from Perth Hills Discovery Centre to Helena Campsite (Fit and experienced walkers only!)	🐾🐾🐾
10 September 9:00am	16.3km return walk from Sullivan Rock to Monadnocks Campsite	🐾🐾
1 October 8:30am	21.4km return walk from Mt Dale to Beraking Campsite. (Fit and experienced walkers only!)	🐾🐾🐾
8 October 9:00am	11.5km Mt Cooke circuit walk via Mt Cooke Campsite	🐾🐾
29 October 4:00pm	6.4km return sunset walk from Trails Hub Café to Hewett's Hill Campsite	🐾

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

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



Track Trivia

Hello Fellow Track Lovers,

A couple of editions ago I wrote about robots becoming guides and boots that think, concluding with the idea that next would be rocket powered boots to fly you up hills.

Well, not quite, but now we have the Hypershell Exoskeleton®, a battery powered device worn around the waist that pushes your legs forward. (See picture below). It is claimed that this gadget will give you extra speed and endurance, for example allowing you to run at 20km/hr or climb rapidly up a steep slope or stairway with minimum effort.

The first step to Bionic Man? Maybe, so don't be surprised if you are overtaken by a bushwalker on the Track, bounding past you at 20km/hr and quintuple hutting!

If you'd like to learn more there are some videos on YouTube.

Now, a bit of philosophical thought.

In the "Reflections from the Registers" section in this issue there is a letter that starts:

"Today is the first day in my life, as far as I can remember, that I've not seen another human being".

It set me thinking and I realised that this was equally true for me—the first time that I am aware of no daily human contact in my life was on the Pingerup Plains during my end-to-end in 2001, when I was 56 years old, and saw no-one for three days and nights. I remember lying back in the blackness of night, looking up at the fantastic display of stars and relishing the silence and absolute solitude. For me, this was one of the highlights of the walk. Relatively few people have experienced real solitude, whether by circumstance or design. But always be aware that taking on a 1000km trek in the bush alone is a mental, as well as a physical challenge and some find the lack of human contact difficult to bear.

And so to the physical challenges. What is dangerous on the Bibb? What do you need to do to avoid any possible calamities on your walk?

There are many obvious things: plan, prepare, consult with experienced walkers, talk to the BTF, have the correct gear, carry an emergency contact device especially if you are walking on your own, learn first aid techniques—the list goes on and on. But what can happen and how do you best avoid disasters or cope with what does happen?

First of all go on to the BTF website and look at:

/trip-planner/health-hygiene-safety.

This section covers many of the potential dangers of bushwalking, including that of encountering venomous snakes, how to take precautions to prevent snakebite and what to do if you are bitten or come across someone who has. Snakes are probably the most feared hazard on the Track but with commonsense and proper respect the hazard most easily avoided.

Bushfires are occurring with ever increasing regulatory, so take time to study the information here on how to minimise the possibility of creating a bushfire and what to do if you should find yourself confronted by a fire. Don't walk through areas that have been burned until they have been declared safe by the proper authorities. To do so is to risk your own safety and that of others who may be called upon to come to your aid. The odds of a tree falling on you or of a branch falling from a tree and striking you are probably less than your being hit by a vehicle in town, but the chances of it happening are greatly increased in an area previously damaged by fire, which can weaken the trees severely.

Take particular care in other areas that are potentially hazardous, such as watching where you place your feet on slippery granite surfaces, when crossing inlets when the sand bars are under water and on beaches during stormy weather and high seas.

When wading through any body of water that is more than shin deep, make sure that you unfasten the waistband and sternum straps of your pack. This precaution allows for easy and immediate removal of your backpack if you fall over in the water. If you are in doubt about the safety of the crossing or if the water is greater than thigh deep, take the alternative route marked on the Track map.

Always carry the map or maps pertaining to the section you are walking, learn how to read them and how to use a compass. It is a good idea to have the Emergency Plus App on your mobile phone:

<https://www.emergencyplus.com.au/>

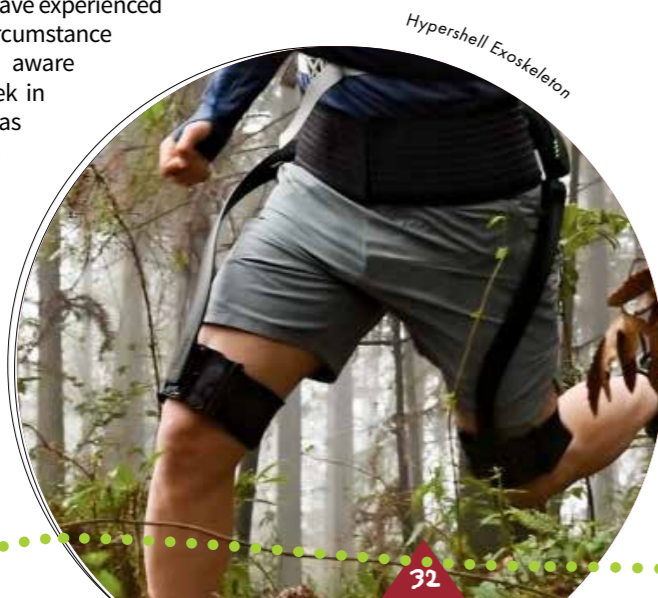
This app will give you the latitude and longitude co-ordinates of your position and also provides single button connections to the emergency services. This means that if you do become lost (or as we say in the BTF "geographically embarrassed") you can pinpoint your position on your map to assist you to get back on the correct course. If you have a mobile signal you can also call for assistance from the BTF office or the DBCA. The emergency services should only be contacted in a case of genuine life threatening circumstances.

One of the more common problems encountered by walkers is dehydration, which can lead more serious consequences. Always drink plenty of water when hiking, drink water before setting out in the morning and keep drinking during the day. Don't wait until you feel thirsty, just maintain a regular input of water and at the end of the day's walk drink some more. Adding electrolytes to the water can reduce the dangers of cramp, especially in warm weather when the body is sweating excessively.

For those who take my ramblings seriously (if anyone does), please study my notes on the perils of drop bears in the previous edition of the Newsletter. I have done some further research and am pleased to announce that to date, no walkers wearing metal forks in their hair have been reported killed by drop bears. Please take this simple precaution when walking on parts of the Track where there are trees.

My next Trivia will be written from our new premises, assuming that I have found my way there by then.

Happy walking!
Wrong Way Jim



REFLECTIONS FROM THE REGISTERS

CHADOORA:

Today is the first day in my life, as far as I can remember, that I've not seen another human being. In fact I've only seen one person in two-and-a half days since leaving the Albany Highway. How on earth will I adjust to society after this? The serenity here is almost unbelievable; except for the bloody flies! I lost count of the number of wildflowers I saw today—rarely does such reward come from so little effort! Such a shame I have to return to the "Real World" again tomorrow. I can't wait for my next stint on the Track, whenever that may be...

Backpackermatt 06/11/2019

It took a while, but after being solo for three campsites in a row, I have found having an open dunny door very liberating!

Jaffa 18/07/2020



HIDDEN VALLEY:

I'm not really sure how to express my feeling today. Tomorrow, or in UK terms, 12 miles from here, we shall have reached our goal. After all the planning, flying and walking it somehow feels a bit of an anti-climax. There will be no fanfare or brass band to greet us but we shall feel enormous self-satisfaction in completing a 1000km walk without too much hassle. We have wonderful memories of the wilderness, the wild life and the people we met. We've lost our fear of snakes (but not our respect for them) and of whatever the things are that shuffle around the campsite at night—well almost! Our thanks to CALM the FOBT and most of all to the Waugals.

Bill & Audrey (the Pommie Bastards) 06/05/2000

We've walked the Track from end-to-end We've met some clowns and made some friends We're now in shock with Albany in sight And hope for a beer while we still have some light It's 58 days since we left the Perth hills We've seen jarrah and karri cut for the mills We've walked beside rivers with marron and fish Eating noodles and pasta and an odd herring dish Down in the south we've admired all the views From towering cliff tops while watched by the 'roos We're nearly there, so much we've achieved 1000 kilometres—who would have believed!

Simon and Diana 04/03/2000

MONADNOCKS:

If the tap on the water tank is stuck, don't faucet!

The Mad Axeman 12/07/2010

(Ed: Sage advice from an end-to-end veteran!)

There was a young quenda called Brenda Who walked all the way; End-to-Ender

At the end of her tramp She stuck on a stamp And mailed herself "return to sender"

Anon 28/092010

MOUNT WELLS:

So, I'm sitting here at about 2.30pm after walking across from White Horse Hills, in the rain, on day eight of my ten day trek from Kalamunda to Dwellingup. I say to myself, "Good time to check in with the missus." So I calls her to say "Hello" like and the first thing she says is, "Well, have you got it out of your system by now?" I just smiles to myself and says "Yes, dear." Then I carried on planning my next walk!

Jaffa 17/07/2020

WARREN:

Came across a pretty angry tiger snake about five kilometres south, near the river. There again, I suppose I'd get angry if somebody stood on my head!

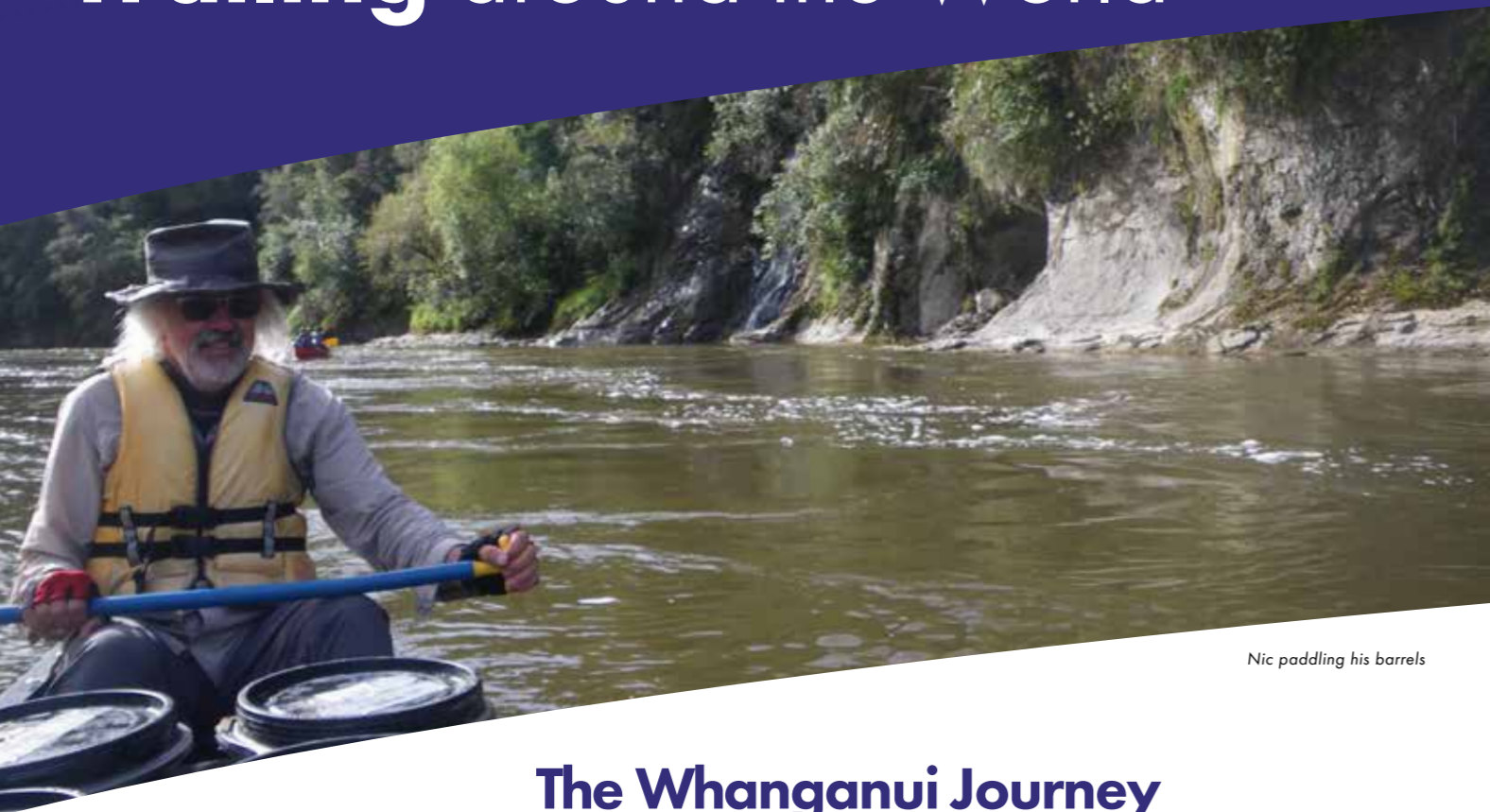
Scott Hunter 03/09/2000

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Trailing around the World



Nic paddling his barrels

The Whanganui Journey

My partner and our two co-paddlers were all from Aotearoa, and exploring the natural environment and whenua, or spirit of the river, was an important focus of our trip.

We planned a self-guided journey and hired Canadian canoes, paddles, life jackets and barrels for our camping gear from the Taumarunui Canoe Hire, who were really helpful and provided advice on booking camp sites—it is necessary to book camp sites and huts on the Whanganui River Journey.

We stayed overnight at Taumarunui Canoe Hire lodge to pack our barrels the night before our trip and be there for the early morning briefing. It was a big job to pack all our camping gear, clothing and food for five days into the five barrels provided, so it was as well that we had time to pack and unpack a few times that evening.

Day 1: Taumarunui to Poukaria

Dawn broke clear and we were already awake with excitement and some nervousness. The briefing provided really good advice for paddling and managing a canoe in rapids, avoiding obstacles and reading the river. It also covered key obstacles to watch out for and what to do if you overturned. They stressed that you are very much on your own and somewhat reliant on other paddlers for assistance if something goes wrong, and there is very little phone

coverage. An occasional jet boat might pass through, perhaps one a day, in a position to assist. With these sobering thoughts in mind, we loaded our gear, did a quick practice paddle and set off!

Soon we were travelling through one of the larger rapids of the trip—exciting and exhilarating but testing our communication and paddling skills. It was a relief to be through the first rapids, bail out our canoe and paddle for a few uneventful hours through scenic farmland and bush before taking a break at Ohinepane. This is one of the Whanganui Journey Campsites but unlike (most) others is serviced by road access, so there were campers and motor homes there. We took a break in the sun, had some snacks, used the facilities and set off again.



Taking a break - Todd and Leanne

During the late morning and early afternoon, we felt as if we were really heading into the wilderness, as the farms were less frequent and the vegetation became rich and dense on the steep banks. We were relieved to arrive at the Poukaria Campsite and celebrated with a cup of tea and a dip in the river, watched by the resident old ewe and two lambs, left there by DOC to keep the lawn mowed!

We were joined by a Dutch couple who had been at the morning briefing and had experienced two spectacular overturns, one on the first rapid and one just before the campsite. They had completed the Te Araroa Trail—3000km from Cape Reinga in the north of New Zealand to Bluff in the south, and were coming back to complete the Whanganui Journey, which they had missed due to flooding in late 2022. An intrepid duo for sure!

Day 2: Poukaria to Mangapapa

It was wonderful to set off on our second, more relaxed day. Highlights included a stop at Maharanui campsite, up the steep steps and morning tea in the sunshine. Later in the morning we detoured a short way up the Ohura River to see the falls. I was nervous of getting too close as I had visions of being sucked into the deluge. Thankfully we stayed clear and paddled on.

We stopped for lunch at Whakahoro where there was road access, a hut, a trail head for many of the walking and cycling trails in the region and the Blue Duck Café!

Later that afternoon we passed a large cave where I saw what I thought was a red beacon at the cave mouth. It wasn't until we were further down the river that we realised the red beacon was actually a red Canadian canoe wrapped around a big rock. We met the unfortunate canoeists, American students, as they were being assisted (by their friends in other canoes) to the Mangapapa Campsite.

Day 3: Mangapapa to John Coull Hut

Our tent site at Mangapapa was set above a local waterfall and looked out into the steep gorge. We were impressed with the green walls and steep cliffs surrounding the river. The paddle on this third day was relaxing and surprisingly calm, which gave us plenty of opportunity to enjoy the scenery and experience the whirlpool and Tamatea's Cave, which we appreciated but did not enter out of respect for Māori culture, as this is a very sacred place.

Away to John Coull! We were travelling fast, and by the time we saw the landing for our lunch spot we were going past it. We dug in and turned in toward the shore but gradually lost out to the force of the river and went down the next rapid backwards. Thankfully we had moved over to the bank and were able to travel upstream on an eddy back to our intended stopping point. Later we received full marks from our friends for our unusual paddle technique!

A large school group from Wellington, with their teachers and Māori river guides, had just arrived at John Coull Hut moments before us. Fortunately the students were camping and we had booked to stay in the hut. That evening the hut warden and guides shared some river stories and introduced us to a micro bat colony, and later that night I heard my first wild kiwi as I relaxed into a sound sleep.

Day 4: John Coull Hut to Ramanui

The day dawned clear, with a hint of misting rain. We passed through some beautiful and wild gorge country. Several other rivers join the Whanganui on this stretch. We stopped at Mangapurua Landing and walked up to the Bridge to Nowhere, where we lunched and checked out the huge eels in the river below.

Jet boats were frequent in this section. We found the drivers courteous but we still needed to get clear so as not to be overturned in their wake.

In the afternoon we continued on to the private Ramanui Campsite for the night, just across the river from Tieke Kāinga, a marae and DOC campsite. Marae, or meeting grounds, are the focal point of Māori communities. A marae is a fenced-in complex of carved buildings and grounds that belongs to a particular tribe. Warm



Mangapapa Campsite

showers, drinks on the terrace and listening to the singing and welcome happening at the marae as the student group arrived provided a relaxing end to the day.

Day 5 Ramanui to Pipiriki

Setting off in the morning listening to the full Māori haka from Tieke Kainga was a moving experience. We paddled silently, letting the energy of the farewell wash over us. We were all a little nervous about the last day, as we had heard that the Ngaporo and Autapu rapids caused a few spills. As we approached the final rapid of the day, a Māori guide paddled past and we gladly followed his superb boat handling down the last rapid and into the landing at Pipiriki. We loaded our canoes on the trailer and stood on the landing in the sun, with a muffin and drink provided by our pick up, absorbing our achievement, our amazing Whanganui Journey.

Kath Broderick

You can read this and other Trailing around the World articles in full on our website.



The participants. Kath, Nic, Leanne & Todd



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