

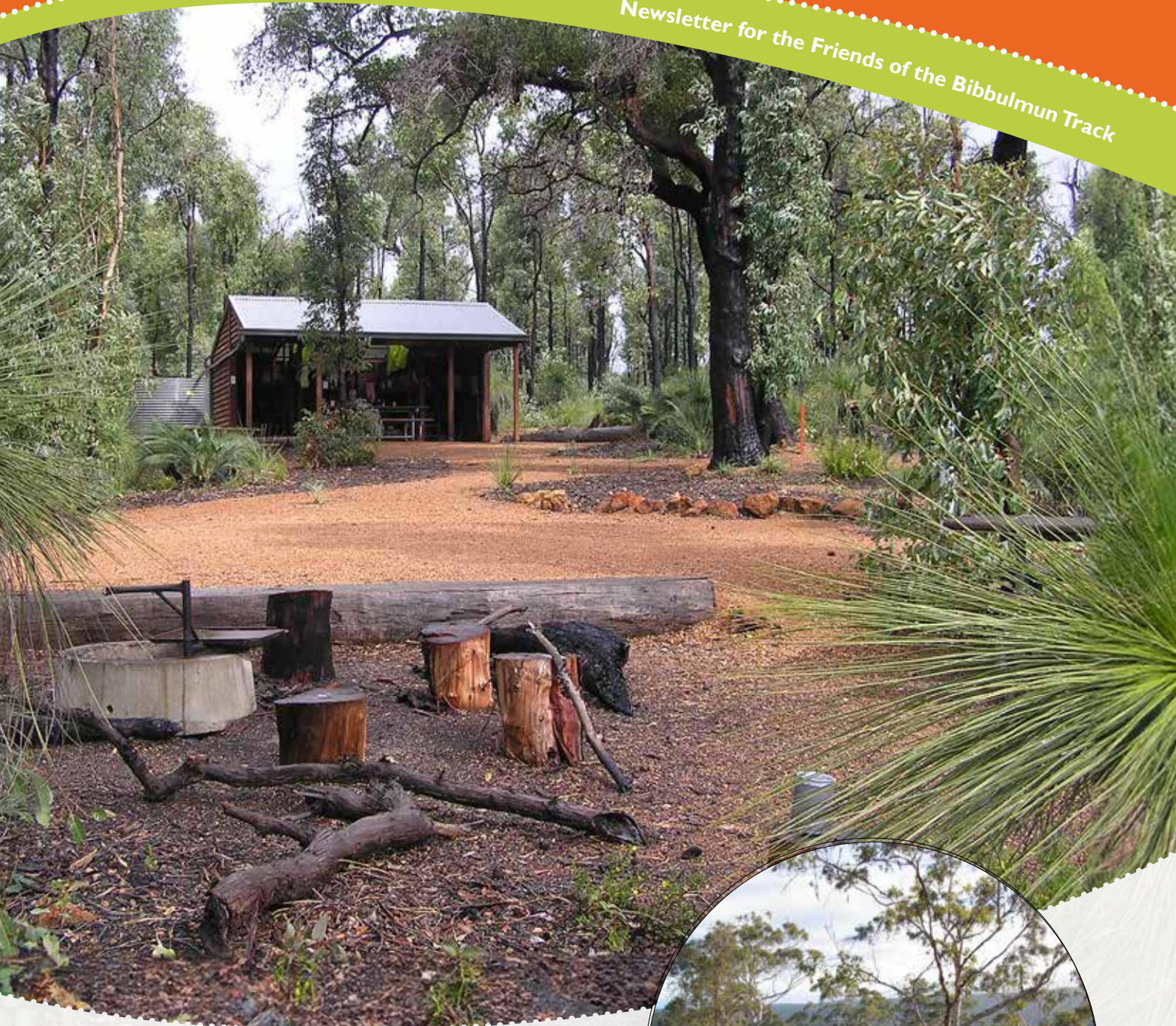
Bibbulmun

NEWS

AUGUST 2024 - NOVEMBER 2024
SEASONS OF DJILBA & KAMBARANG
ISSUE #96
RRP \$8.00



Newsletter for the Friends of the Bibbulmun Track



A popular overnight walk on the Track is Dale Road to Beraking Campsite.

This 20km return hike provides some lovely views and will soon showcase the spring wildflowers.

(Above) Beraking Campsite. Photo by Charmaine Harris.

(Right) Valley views from Beraking Campsite. Photo by Pelusey Photography.



Bibbulmun Track Adventure Raffle

*** Prize Winners! ***

A very big THANK YOU to all the members who bought tickets in our Adventure Raffle.

Your support was fabulous and we raised just over \$13,000.

These funds will contribute to the ongoing maintenance of the Bibbulmun Track including upcoming realignments and the upgrade of Harris Dam Campsite.

Congratulations to the lucky individuals who won these fabulous prizes:

1st Prize valued at \$6,810.00

Ultimate Everest Base Camp Trek: An Intrepid Travel Experience for two people valued at \$4810 plus \$2000 cash towards flights from Peregrine Travel Centre WA.

Winner: Tony Makri; Ticket #563

2nd Prize valued at \$1,500.00 to spend on Anaconda's extensive range of camping and outdoor equipment!

Winner: Bruce Mullan; Ticket #1379

3rd Prize valued at \$949.85

Mont Sleeping Shelter from Paddy Pallin

Winner: Victoria Harrod; Ticket #1352

4th Prize valued at \$589.00

Aarn Featherlight Freedom from Paddy Pallin

Winner: Robert; Ticket #1078

5th Prize valued at \$300.00

Frontier Ultralight Collapsible One Pot Cook Set and more from Sea To Summit

Winner: Johanne Wiltshire; Ticket #686

6th Prize valued at \$300.00

Frontier One Pot Cook Set and more from Sea to Summit

Winner: Dave Filov; Ticket #67



A special thanks to our sponsors for their generous contributions and unwavering support.

3rd Prize Winner: Victoria Harrod.

4th Prize Winner: Robert.

5th Prize Winner: Johanne Wiltshire.

6th Prize Winner: Dave Filov.





FROM MY Desk

Welcome to the spring edition of Bibbulmun News.

This time last year, the 25th Anniversary walkers were on their way to Albany. On their departure from Kalamunda the Reverend Grahame Bowland rang the bells at St Barnabas Anglican Church, situated next to the Northern Terminus, and started a conversation with us about offering to meet with walkers starting or finishing their journey on the Track.

This immediately resonated with me. Over the years, many a walker – particularly those without friends or family in WA, has rung the office, or BTF volunteer, to let us know they had arrived at the northern or southern terminus. Some had expressed what an anti-climax it was to complete their journey with no fanfare or anyone to celebrate their achievement with.

Thanks to Mary-Anne and Peter Addenbrook, hand bells are available at the visitor centres for walkers to ring and, if they're not busy, the visitor centre staff will give a cheer. But a new service being offered by the Anglican church will now enable walkers to spend time with someone face to face.

It doesn't matter if you are religious or not, or if you have some other faith – the offer is open to all. We hope that the ringing of bells will be heard often and loud across the communities of Albany and Kalamunda.

You can read more about this service on page 27.

I enjoyed reading the reflections from Kiwi Don comparing his experience walking the Bibbulmun Track to the trails in New Zealand (see page 4). His last comments reflect on the partnership between the Foundation and the Department in caring for the Track and how fortunate we are to have such strong community support.

Examples include the fantastic fundraising efforts through the raffle and donations acknowledged in this edition of Bibb News, along with the almost 36,000 volunteer hours contributed over the last financial year as outlined on page 18.

A huge thank you to all our members, volunteers and partners. It's a team effort to keep the Track maintained for future walkers to enjoy

Keep walking!

Linda Daniels
Executive Director

Join us on



Thank you! Thank you! THANK YOU!

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

Ada Guglielmino	Jessica Chapman
Alan Pitman	Jim Turner
Alan Thurlow	Joan Gregor
Anit Amprimo	Julia Hilke
Anthea Bird	Justin Gibbs
Anthony Schlink	Larry Smith
Bruce Mullan	Leonie Kirke
Bruno Weber	Liam Keetch
Cassandra Arney	Marcus Harris
Charlotte Pittman	Maria Katzfuss
Chris Harvey	Mark Gardener
Christine Martin	Mary-Anne Addenbrooke
Christopher Lindberg	Michael Schneider-Christians
Craig Colley	Peter Kuhn
Dale Cousins	Peter Veitch
Daphne & Barry Bastow	Richard Rumsey
David Gratwick	Rosemary Dowding
Debbie Van	Sarah Gelbart
Denise Hilsz	Stefanie Haenseler
Desmond Thompson	Thomas Kettig
Gail Thomas	Thomas Shenton
Gary Tomkinson	Zara White
Holly Smith	
Jane Hilton	

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. 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.

Zara raises \$15,000 for the Track!

Special thanks to Zara White who raised \$15,000 for the Bibbulmun Track during her solo end-to-end in late 2023.

BTF Executive Director, Linda Daniels, presented Zara with her end-to-end certificate and badge at an assembly at Presbyterian Ladies' College. A plaque recognising her achievement has been placed at her favourite campsite – Beraking.



Walker Story - Kiwi Reflections of a Bibbulmun End-to-End

New Zealander Don Harford, Track-name Kiwi Don, competed an end-to-end walk of the Track in the spring of 2023. These are some of his thoughts about his walk, from the perspective of a Kiwi trekking in Australia:

We call it tramping in New Zealand. I noticed a lot of differences between tramping here and bush-walking in Oz, but the biggest difference I expected was not to be. I thought I would be considered as different, but this just didn't happen. Well, except maybe when I said "fish and chips" but other than that no-one seemed to notice I was a Kiwi. So I felt completely at home amongst those on the Track. It seems the spirit of ANZAC is very much alive in WA.

On the trails of New Zealand we have over 950 fully enclosed huts, many with internal fireplaces. The Bibbulmun Track has three-sided, open fronted shelters. Safer—in these post-Covid times there is protection in sleeping in well-ventilated shelters. We did not freeze, but some nights the temperature dropped to 3 degrees C. Other nights were so warm the open nature of the shelters came as a blessing.

(Ed: The shelters are designed to offer some protection while still being open to the surroundings.)

NZ is geologically a very young country. NZ tramping, especially in the back country, is over terrain shaped by earthquakes and uplift. The mountains are higher and the valleys are V-shaped. Tramping requires a lot of energy. By comparison the Bibb stretches over country shaped and made smoother by eons of weathering. It is geologically very old. Granite mountains like Mt Dale and Mt Cooke stand testament to its age.

The ten Great Walks of NZ have well-formed and maintained tracks, good quality huts and good bridges over rivers and streams, very much like the Bibbulmun Track. One can walk these in the summer without fear of fire or extremely hot weather. However, tracks outside of these ten walks, can mean multiple river crossings and huts of less than tourist quality.

Walking the Bibbulmun Track gave me a new appreciation of how important fire is to the WA ecosystem. I counted seven fire engines in Walpole and I was told one more was out on a job, for a town of just



Contemplation by the sea.

over 4000 people. The evidence of fire was all around us. There is nothing like this in New Zealand, we do not have to fear fire in the bush, it is obviously too wet. Seeing the newer rammed earth shelters such as Helena and Dog Pool, together with the fire signs on the toilets, makes one realize that fire is always a threat and not to be taken lightly in WA.

Which brings me to another difference. Over 50 walking days in September and October, I experienced only one day of serious rain. It was a thunderstorm with wind and lightening. There were some overcast days but the spring weather was exceptionally suited to long distance walking.

I am a retired agricultural consultant, so I must make comment on the farming differences I observed. Water is a big issue in WA and dams were present on almost every farm I saw.

I walked in the spring and the pastures were green and growing, but I got a sense from the stocking rate, flock and herd size, that the pastures could turn brown and feed could quickly dry up and disappear over the summer. It appears the WA annual rainfall, south of Perth, was almost half of what most NZ farmers receive.

Eucalyptus trees are everywhere; the karris tower to great heights and the tingles are cathedral-like in appearance. The native podocarp forest of the North Island by comparison contains rimu, kahikatea, miro and matai hardwood trees. In the South Island beech trees are more common, with hard, black, red and silver and mountain varieties. Most notably, the NZ forest understory is filled with a variety of shade tolerant ferns, where you would be forgiven for thinking you were walking in the age of the dinosaurs.

One cannot speak of forests without mentioning the wildlife. The only native mammals of New Zealand are bats and marine mammals. I was surprised at how unafraid the wild kangaroos were. They would move away some distance and then stop and look back at you with curiosity. Red deer in NZ run for miles, if disturbed. The possum is an Australian native that has prospered in NZ, but has become a pest and is threatening our native forest and birds. Strangely, I saw no evidence of possums on the Bibbulmun Track but as in NZ, I saw much evidence of wild pigs.

(Ed: We have possums—ask anyone whose food has been stolen by one!)



Don reaches a major milestone.

WA uses 1080 poison bait to control foxes and wild cats, we use it for deer and possums. One advantage of tramping in NZ is that there are no snakes, so there is no need to be constantly alert for the like of tigers and dugites.

I enjoyed the bright colours of the WA birds. Our wild birds are quite drab by comparison but make up for it with beautiful singing. On the Track the cockatoos always gave us an alarming and screechy welcome when we walked through their territory.

One thing we do not have is tracks that pass through supply towns, apart from maybe the Te Araroa Trail. Being able to obtain supplies from the local stores made the Bibbulmun Track so much easier to navigate. In all the towns the connection between the Visitor Information Centres in each town and the Bibbulmun Track is a very worthwhile asset.

I end my comparison by mentioning the Bibbulmun Track Foundation. I cannot think of any volunteer organization in NZ quite like the BTF, which works in partnership with the Department of Parks and Wildlife to provide a service of promoting and maintaining the Track, all 1006km of it.

When I began planning this walk, I constantly referred to the BTF website for distances and track information. The staff and volunteers at the BTF office in Perth also provided loads of additional information. Having an organization with members' support, money raising ability and the capacity for coordinating volunteers for Track maintenance is the strength of the BTF. The Foundation maintains the vision conceived some 25 years ago.

Kiwi Don

Notice to members - 2024 AGM

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

- On Thursday 24 October 2024 at 5.00 p.m.
- At Inglewood Bowling & Sports Club, 1 Stancliffe St, Mount Lawley

Agenda -

1. Apologies.
2. Acceptance of 2023 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 on 9481 0551 or email 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 after 5pm on Wednesday 23 October 2024 will not be valid.

Election of Board Members

- At the AGM four members of the Foundation are to be elected to the Board to fill vacancies.
- BTF Members are invited to nominate for election.
- Nominations must be in writing, signed by the member and be received by the BTF before the close of nominations at 4pm Monday 23 September 2024.
- 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 will be two years from, and including, 24 October 2024.

The elections will be held because the terms of Kath Broderick, Tristy Fairfield, Tim Larkin and Charlie Soord 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



A female Splendid Fairy Wren. Photo by Mark Davidson.

Date for your Diary!

Member's Night: Feathered Friends Evening

Join us after the AGM for an engaging evening filled with expert insights on birdwatching, captivating stories from renowned naturalists, and practical conservation strategies to support our local bird populations.

Date: Tuesday, 24 October 2024

Time: 6:00 PM – 8:30 PM

Location: Inglewood Bowling and Sports Club

Price: \$15 pp including supper.

Connect with fellow members, enjoy a delectable light supper, and have the option to purchase drinks at the bar.

Keep an eye out for Bibb Bytes for all the details – or pre-book your tickets here:



FATHER'S DAY

Gift Ideas



Surprise your dad
with BTF merchandise!



SCAN the QR CODE to
buy online.
BTF Member Rates apply.



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.

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 Crystelle Evangelista 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 Dean Johnson on (08) 9771 7988 or donnelyd@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 Meg Pardoe 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 Sara Hands-May on (08) 9842 4500 or albany@dbca.wa.gov.au

LEAVE NO TRACE TIP:

DISPOSE OF WASTE PROPERLY. PACK IT IN, PACK IT OUT!

- Carry a bag for your rubbish at all times.
- All waste that cannot be burned should be carried out.
- **Don't bury waste at campsites or put any rubbish in the dunnies.** Non-composable rubbish in the dunnies means they have to be pumped out at great expense. Funds that could be better spent on campsite maintenance!!





Stephen King

TRAILS COORDINATOR, RECREATION AND TRAILS UNIT

TEL: (08) 9219 8265

EMAIL: recreationandtrails@dbca.wa.gov.au



Department of Biodiversity,
Conservation and Attractions



Recreation & Trails UNIT

Dear Readers,

I'm pleased to be able to report another period of significant achievement on the Track — and I'm also very pleased that we've finally received some reasonable rains to freshen up the forest after an exceptionally dry autumn!

We are making steady progress with the ongoing program of campsite upgrades. Tent site and path upgrades were completed at Gringer Creek Campsite in March, increasing the capacity to nine formal tent sites and improving the connecting paths. A second water tank was installed at Murray Campsite in March by a committed group of Support Volunteers, which will greatly improve the reliability of the water supply. A contractor has been engaged to upgrade the toilet at Yourdamung Campsite, involving installation of a new large capacity plastic tank and retention of the existing above ground structure. This job is scheduled to occur in late winter.

On the topic of campsite toilets, one of the challenges we are grappling with is the increasing cost of pumping out the composting toilets. There are several factors involved but one thing that has stood out is the quantity of plastics and other rubbish found in some toilet tanks. This obviously creates difficulty with the pump-out and the material takes up space in the tank, so increases the frequency of pump-outs and the overall cost. This means we have less funds for more productive things. So I would ask hikers to be extra vigilant with the pack it in, pack it out approach to rubbish disposal.

Plans are also in place to upgrade the shelter at Harris Dam Campsite. This will involve extension of the roofline and installation of new water tanks and plumbing, similar to the upgrades undertaken at Yourdamung and six other campsites in recent years. Material purchases are underway and Support Volunteers will be taking on the job in September and October, with support from Wellington District crews.

We are also making good progress on realignments of the Track to improve walkers' experience and the sustainability of the Track. A relatively

small realignment was implemented at the crossing of Albany Highway in April, replacing the section that ran along the highway shoulder. A small group of volunteers made light work of constructing a new 215m section of trail for the realignment. A minor but important realignment was implemented near the Southern Terminus in late June, taking the Track down York Street and Grey Street West. This required integration of Bibbulmun Track and Munda Biddi Trail marking into signage developed by City of Albany, fitting the town centre streetscape. Planning is also progressing steadily for proposed realignments at Mount Dale and at the powerlines east of Mount Cooke in Perth Hills District, near Wilshusen Road in Wellington District, and near Rame Head and Parry Beach in Frankland District.

Work is forging ahead on the major realignment south of Dookanelly Campsite, following completion of a prescribed burn that covered a large portion of the realignment. Further trail construction was completed by Loztrails in June, and a team of BTF volunteers will be constructing approximately 2.6km of trail during a campaign in mid-July. I expect that by the time this goes to print, most of the planned realignment will be completed and opened, representing a significant improvement to this section of the Track. Further work on relatively short sections of the realignment close to Dookanelly Campsite and Bilya Djena Bidi, the suspension bridge over the Murray River, is planned for around September.

Down at the Valley of the Giants near Walpole, design and construction work is underway

to implement a significant new network of both walk and cycle trails. The trail development will provide several opportunities for loop walks off the Bibbulmun Track amidst the spectacular karri and tingle forest.

Once again I have been most impressed with the work achieved by volunteers working on the step reconstruction and track stabilisation near Lake William Road in West Cape Howe National Park. It has been fantastic to have Andrew Chiswell coordinating and driving this complex project, and great to witness the dedication and capabilities of the volunteers involved in the work. A big congratulations to all involved.

Stephen King
Trails Coordinator

New tent pads at Gringer Campsite.



Eyes on the GROUND



Andrew Chiswell

I thought I'd start this issue by relating a story from my recent maintenance visit that illustrates one of the reasons maintenance volunteers do what they do.

Our team, and we are lucky to have a large team, were stretched out along a section of the Track near Walpole, when two lady walkers passed us on their way south. Each time the ladies passed us they engaged with our team members, talking about their walk, the state of the Track, or any issues they had encountered along the way. Without fail though, when they moved on, we received heartfelt words of thanks for our efforts in supporting the Track.

At one such passing, one of the ladies sought the assistance of a team member to fix her broken watch. Alas, he was not up to the challenge and offered up his watch so she would be able to tell the time.

His random act of kindness was returned by the lady, who sent an email to the Foundation when she got home outlining the story and how the act touched her, an act which in turn made my team member feel pretty special.

Who wouldn't like a job like ours?

Our maintenance volunteers outlay significant time and money in many cases to keep the Track open for walkers. If you encounter a volunteer on the Track, let them know you appreciate their efforts and make their day special!



Preparing loads for air-lift.

Newmont™

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



Transporting one of 10 loads.

BTF Volunteers and Binalup Rangers.



Volunteers readying to commence work.



Lake William Steps Replacement Project Update

On-ground works for the Foundation's principal Support Volunteer project of 2024 were completed in June, following the delivery of materials and equipment by helicopter in early May, and two volunteer campaigns to carry out the work. Over 200 steps have been replaced or relaid over a 1.6km section of the Track in West Cape Howe National Park by a team of 15 support volunteers over two campaigns, plus additional erosion control improvements have been made to improve the stability of the Track.

This section has long been a challenge for walkers, with its 200m stair-climb made even more challenging because of the failing step infrastructure. The volunteers also constructed a second seat on the climb so walkers can enjoy the sweeping views of the Southern Ocean.

The Foundation has been supported through funding from the Western Australian Government's State NRM Program and the ongoing support from the Department of Biodiversity, Conservation and Attractions.

Andrew Chiswell
Maintenance Manager

The replacement of steps near Lake Williams is supported by funding from the Western Australian Government's State NRM Program.



natural resource
management program



Bill installing a new step.

Volunteers celebrating the end of campaign.



Major realignment opened

The Murray River realignment finally opened last week! On Wednesday morning the Support Volunteer team was thrilled to welcome the first walker, southbound from Dookanelly Campsite, onto the realignment which was the culmination of route finding from 2019, extensive planning, approvals and construction over two winters.

Having listened to its members in 2017, the Bibbulmun Track Foundation embarked on a very ambitious project to realign the Track away from the 4WD track and the climb up to the conveyor and over the hill. The 14km section that opened last week starts at the west side of Bilya Djena Bidi, climbing over hills giving fantastic views east over the Murray River valley before descending to cross Harvey-Quindanning Road, over the conveyor on Chalk Rd then east to reconnect with the Track north of Possum Springs Campsite.

Approximately five kilometres was built by a trails contractor, two kilometres uses an old track and the remainder was built by the Foundation's Support Volunteers applying leading edge sustainable trails design and construction methods.

The remaining two kilometres, connecting Bilya Djena Bidi to Dookanelly Campsite, will be constructed in late August, providing walkers with an exciting 16 kilometre experience immersed in the varying terrain and forest.

This realignment, including the successful planning, approvals and execution is a clear demonstration of the wide skills enjoyed by the Foundation's Support Volunteers who work very closely with DBCA's Parks and Wildlife staff at office and District level to deliver a world-class trail.



Newmont Boddington (NB) staff joined SV's for a day constructing the trail.



Smoko at the best viewpoint on the Track. The work was completed after a recent prescribed burn.

Getting into Gear

How to Break In Hiking Boots

Embarking on a hiking adventure is exhilarating - but nothing can dampen the excitement quite like uncomfortable hiking boots. Whether you're gearing up for a leisurely stroll or a rugged mountain expedition, breaking in your hiking boots properly is essential. In this guide we delve into the art of how to break in hiking boots to ensure maximum comfort and minimal blisters on your next outdoor adventure. From simple techniques to insider tips, we'll equip you with the knowledge to stride confidently on any terrain. Say goodbye to sore feet and hello to unforgettable trails with Anaconda's expert advice on preparing your hiking boots for the journey ahead.

Breaking in new hiking shoes or boots is crucial for preventing blisters and discomfort on the trail. It allows the shoes to mould to your feet, reducing friction and hotspots. Properly broken-in shoes enhance comfort and support, ensuring an enjoyable hiking experience without the distraction of foot pain. Here are the two best ways to break in your hiking shoes.

Wear your Hiking Boots at Home

Wearing hiking boots around your home is an easy way to break them in smoothly. This method allows your feet to adjust gradually to the boots' fit and support, minimising discomfort when you eventually get out on the trail. When indoors, you're in a controlled environment where you can easily

detect any potential rubbing or pressure points before they become painful blisters. Simply wearing them for short periods during everyday activities helps the boots conform to your foot shape, ensuring optimal comfort when you hit the trails.

Wear Your Boots to the Shops

Taking your hiking boots for a spin down to the local shops is another method to break them in efficiently. This short trek mimics the movement and stress your feet will endure on the trail, allowing the hiking boots to adjust to your unique gait and stride. Additionally, it offers the opportunity to gauge their comfort and fit under real-world conditions, ensuring any necessary adjustments before embarking on longer hikes. With each step, your hiking boots gradually conform to your feet, promising a personalised fit and enhanced comfort on future adventures.

How Long Does It Take to Break In Hiking Boots?

The duration to break in hiking boots varies depending on factors like boot material, individual foot shape and your activity level. Typically, it takes about 30kms of wear for hiking boots to conform comfortably to your feet. However, this process can be sped up by wearing them regularly for shorter durations before embarking on longer hikes. Some hikers find that using techniques like

wearing them around the house or on short walks accelerates the process. Ultimately, the goal is to ensure the boots mould to your feet without causing discomfort, which may take a few weeks to achieve.

How to Break In Hiking Boots Quickly.

To speed up the break-in process for your hiking boots, start by selecting the appropriate socks. Opt for moisture-wicking and seamless varieties to minimise friction and blisters during wear. Before hitting the hiking trails, consider lightly dampening your boots and then wearing them until they dry. It might sound crazy, but this technique will help the leather or synthetic materials to stretch and conform to your foot shape more rapidly - because wearing properly fitted boots is paramount. Also ensure that your hiking boots have a snug fit but aren't overly tight, as this can cause discomfort and inhibit circulation. Well-fitted hiking boots facilitate a quicker break-in period by reducing unnecessary rubbing and hot spots. In addition to these strategies, gradually increasing the duration and intensity of your hikes can also speed up the process. Begin with shorter walks and progressively extend the distance as your boots become more comfortable. Remember, patience is key, and forcing the process can lead to discomfort or injury. By employing these methods thoughtfully, you'll soon enjoy the perfect fit for your outdoor adventures.

This is one of many articles available at anacondastores.com/adventure-centre

ANACONDA

Put your best foot forward with Anaconda's huge range of outdoor footwear for the whole family.



SCAN the QR CODE to buy online.



BTF Members' Trips

We are excited to present two exciting itineraries and invite you to join us!

Places are limited to 16 passengers on each trip and have been tailored specifically for us.

Cape Hauy, Tasmania.

Taiwan – November 2024

Through the Taiwan Thousand Miles Trail Association we are excited to offer a fascinating 12-day trip in northern Taiwan. Accompanied by an English-speaking guide, and the BTF's lead guide, Steve Sertis, you'll explore historic trails characterised by beautiful scenery and a rich culture.

Admire spectacular mountains, hidden waterfalls and National Parks. The delicious food, night markets and cultural sights of Taipei all add up to a fantastic experience.

Email events@bibbulmuntrack.org.au for more information.



Wineglass Bay, Tasmania.

Tasmania – 29 March to 11 April 2025

The 13-day itinerary has been specially designed by Intrepid & Peregrine Travel to make the most of Tasmania's classic walking destinations.

Accompanied by an experienced guide and the Foundation's ED, Linda Daniels, you will enjoy the very best day walks and attractions Tasmania has to offer.

Fully catered and staying in comfortable accommodation this tour is a wonderful way to take in this beautiful island.

The trip departs Hobart on Saturday 29 March 2025, returning on 11 April. Peregrine is happy to arrange your flights and pre or post-tour accommodation.

One recommendation is to arrive a day early to allow time to check out Hobart's famous Salamanca markets on the Saturday morning.

For the full itinerary please contact mike@peregrinewa.com.au

PHOTO COMPETITION WINNER

This photo of one of our maintenance volunteers, Alex Williams, in action out on the Track, inspired many entries including:

*"On stage with Banjo Williams!
Busking on the Bib Track! Donations in the tub please!!!"*
Pam Chitty

*"Don't pay the Bibbulman until he gets you to the other side"
For those seniors who can remember the 1982 classic by Chris de 'Ham-Burg-er'
J - Don't pay the ferryman until he gets you to the other side - memories*
Henry Milner

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

*"I bet Elvis never performed on a stage like this!
I ain't nothin' but a Track dog
Diggin' all the time
I ain't nothin but a Track dog
Fillin' up my bin
I ain't never got a blister
And I'm diggin' all the time.*
Kathy Bell

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



Yes, they did it!

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

The Noongar season of Makuru can hold many delights and challenges; feeling the heat after finally succeeding in lighting a campfire; looking out onto the mists in the Helena Valley; watching the mist lift slowly while warming your cold hands on a hot cup of tea; crawling out of a warm sleeping bag on a chilly morning; wading through water in the Pingerup Plains; the welcome sight of the next shelter after walking in the rain all day.

Anyone completing an end-to-end at this time of year may be considered slightly masochistic by some; little do they appreciate how every small comfort can be so rewarding given the additional challenges.

General

Track is in a great shape, thanks to the Vollies/Parks staff. Huts & signage are spot on.

Bench seats in the dunes are the best!
Dianthe, Condingup WA

I wanted to walk the Track to connect with Country. As the days passed I felt like becoming part of the track. Day by day it was not anymore about stepping on the path, but I started flowing through the forest, then through the sand dunes. The time I used to know lost sense and a new pace I embraced. Sleeping when it is dark, getting up at first light. Waking up in the middle of the night, for a wee surely, but always amazed by the thousands of stars shining and telling the stories of the past, present, and future. In some way, the adventure was like a game.
Lucie, Scarborough WA

Walking the track in my 60th year was the best way to celebrate. The experience surpassed my expectations and gave me so much confidence. I can't wait to do more through hikes. It is a safe and friendly place and I feel so privileged to have been able to access it.
Pam, Claremont WA

Doing a sectional is not cost effective. Accommodation in track towns add up, I enjoyed each town I stayed in. I had to use drop offs sometimes, very useful and greatly appreciated. Keep on walking. It's not a competition with anyone else. Enjoy being out there. The people you meet are just amazing. Thank you to the young dad who brought out a massive bit of beef to roast and then gave it to all eight walkers who happened to be overnighing. It sounded like he did it often.
Desley, Shenton Park WA

Food Supplies

My food dehydrator was a great investment and I had a lot of fun experimenting. Pikelets, hummus, even (the right sort of) toothpaste – all worked well. Food drops are a game changer on the longer sections – especially if you are 'weight challenged'!
Bridget, Toodyay WA

Apart from a food drop at Brookton Hwy, we provisioned along the Track without a problem. Selection was sometimes sparse and we called ahead to check on availability in a couple of places. We found it fun to improvise and felt better supporting the communities on route.
Heidi, Hobart TAS

I dehydrated all my dinners and fruits for snacks. It was very satisfying and healthier ... and cheaper than anything else!
Lucie, Scarborough WA

Visitors Centres along the way are well stocked with dehydrated meals. Could have gotten by without parcels sent to track towns.
Michael, Craigie WA

I did not do food parcel drops or anything and relied on towns and the stores and supermarkets. Had no real issues at all. Plus the towns are small enough you can just walk everywhere also.
Jason, Maylands WA

Favourite section

Loved, the coastal views in the southern section, and the last section, for me, Dwellingup - Kalamunda, (6 days). Probably because by then I was so super track fit and was carrying less weight.
Greg, Leeming WA

Balingup to Brookton, such a varied day.

Also loved Pemberton to Northcliffe with the trees and river.

The arrival at the coast was also inspiring and different.
John, Rockingham WA

The coastal section from Walpole to Albany was amazing.
Michael, Craigie WA

After crossing Wilson Inlet, I came into an area which is marked as Private Property, but part of the Bibbulmun Track. The path was mostly wide, shaded and a cool breeze blew off the water. Black Swans, Pelicans and other sea birds swam along the coastline and it felt so calm and tranquil.
Philip, Kewarra Beach QLD

The walk through the Valley of the Giants, seeing all the Giant red Tingle Trees was really spectacular. I had really been looking forward to this section of the walk and it didn't disappoint. Walking through this ancient forest was something very special
Jason, Maylands WA

Highlights

The half way sign. The journey really started to feel easier after that point. But setting off before dawn and watching the track come to life, whether plains, forest or the beach. Just magical to see the sun rise.
Brett, Woodlands WA

My walking buddies – very special people who made it possible – we had such fun. And most were able to join in for the walk into Albany and the celebratory ringing of the bell! The mentoring, encouragement and support of family, friends and the BT community.
Bridget, Toodyay WA

Every day. Nature and the people you meet on the track and the friendliness and helpfulness of all the towns you pass through make for a wonderful experience.
Greg, Mount Pleasant WA

The amazing sunrise on top of Mount Cuthbert; the foggy morning in the forest just outside of Pemberton; and of course meeting the Southern Ocean before Walpole.
Lucie, Scarborough WA

Mt Vincent and Mt Cuthbert, the orchids, the wild flowers, the different landscapes, the dunes, the inlets, the tingle trees, the kari trees.. so many wonderful highlights... meeting likeminded hikers.
Rosemary, Katoomba NSW

Pemberton was great. Starting and finishing it. Probably all the sections I did solo, and overnight, stand out.
Desley, Shenton Park WA

FREE Trip PLANNING ADVICE

Going on an extended walk or end-to-end?

Our free trip planning advice service is just one of the many benefits of being a member.

Experienced walkers will help you to plan your journey. If you can't make it into the office, then this service is also available via email. This is particularly popular with our interstate and international visitors.

Our CONGRATULATIONS to the following 59 walkers
on completing an end-to-end, 45 from WA, 4 from interstate
and 10 from other countries.

46 people completed a continuous end-to-end and 11 a sectional.



Name	Track Name	Age	Started	Ended	DOT	Direction	From
Adèle Ebbett	<i>AE</i>	54	16 Jan 2022	23 Apr 2024		N-S	Success, WA
Ben Turton		34	10 Sep 2023	24 Oct 2023		N-S	Denmark, WA
Brett Tyson		59	16 Mar 2024	25 Apr 2024		S-N	Woodlands, WA
Bridget Leggett		76	29 Apr 2019	10 May 2024		Sectional	Toodyay, WA
Bryan Hughes		68	2 Nov 2009	15 Mar 2024		N-S	Trigg, WA
Callum Yule		31	11 Apr 2024	5 May 2024		S-N	Flemington, VIC
Caroline Evans	<i>35 Degrees South</i>	69	23 Sep 2023	5 Apr 2024		N-S	Bayonet Head, WA
Catherine Stuart	<i>Tripsie</i>	50	13 Oct 2023	20 May 2024		N-S	Mt Barker, WA
Chris (Terry) Johnston	<i>TJ43</i>	80	25 Nov 2016	8 May 2024		Sectional	Grovedale, VIC
Daphne Bastow	<i>Ski Tripper</i>	71	3 Aug 2011	28 Apr 2024		Sectional	Bunbury, WA
Desley Mackenzie		65	15 Jul 2010	26 Jun 2024	55	Sectional	Shenton Park, WA
Desmond Alach		76	4 Oct 2020	15 Mar 2024		Sectional	Trigg, WA
Dianthe Bijman	<i>Dee</i>	29	27 Mar 2024	22 May 2024		S-N	Condingup, WA
Frank Noellenburg		46	3 Oct 2023	17 Nov 2023		N-S	Wiesbaden, Germany
Gary Clifton	<i>Garyc</i>	63	4 Aug 2011	24 Apr 2015		N-S	Greenwood, WA
Garry Sarre	<i>Bigg Daddy</i>	65	7 May 2024	5 Jul 2024	59	N-S	Subiaco, WA
Greg Boyd		72	4 Apr 2024	3 Jun 2024	51	S-N	Mount Pleasant, WA
Greg Clark		61	1 Apr 2024	10 May 2024		S-N	Leeming, WA
Gunter Gerd Beuchler	<i>AC/DC</i>	36	1 Jun 2024	3 Jul 2024	33	N-S	Zwickau, Germany
Hudson Hammond		17	2 Apr 2019	27 Feb 2024		N-S	Swanbourne, WA
Jason Dombroski		55	4 May 2024	12 Jun 2024		N-S	Wellington, New Zealand
Jochen Heinz		25	13 Oct 2023	13 Dec 2023		N-S	Dresden, Germany
John Elderfield	<i>No second prize</i>	70	23 May 2023	27 Apr 2024		N-S	Rockingham, WA
John McManus		52	29 May 2009	18 May 2024		N-S	Hocking, WA
Kylee Crabb	<i>Crabby</i>	55	15 Apr 2024	19 Jun 2024		S-N	Geographe, WA
Lachie Willmott		17	2 Apr 2019	27 Feb 2024		N-S	Northam, WA
Lachlan Gooding		17	2 Apr 2019	27 Feb 2024		N-S	Swanbourne, WA
Lara Schubert		21	13 Oct 2023	13 Dec 2023		N-S	Dresden, Germany
Laura Noellenberg			3 Oct 2023	17 Nov 2023		N-S	Wiesbaden, Germany
Lucie Desage		29	25 Mar 2024	28 Apr 2024		N-S	Scarborough, WA
Margaret Callanan		64	6 Oct 2023	8 Dec 2023		N-S	Inverloch, VIC
Matt Reed		52	6 Mar 2020	10 May 2024		Sectional	Kardinya, WA
Michael Lichtenberger		39	4 Apr 2024	16 May 2024		N-S	Craigie, WA
Michelle Boyes	<i>Mimi & Poops</i>		7 May 2024	6 Jun 2024	31	N-S	Halls Head, WA
Michelle Scott	<i>Cowbell</i>	57	14 Apr 2024	4 Jun 2024	52	S-N	Ascot, WA
Murray Watts		32	13 Sep 2019	28 May 2024		Sectional	Maylands, WA
Yee Ming	<i>Ng</i>	65	6 Mar 2020	25 Apr 2024		N-S	Singapore
Nigel Holden		53	12 Apr 2024	21 May 2024		S-N	Albany, WA
Nigel Pilgrim	<i>Pilbara Wanderer</i>	65	10 Apr 2011	19 Apr 2024		N-S	Pemberton, WA
Oliver Macnamara			26 Jun 2024	26 Jun 2024		N-S	Swanbourne, WA
Oliver Wandel		17	2 Apr 2019	27 Feb 2024		N-S	Swanbourne, WA
Pam Foulkes-Taylor	<i>Fancy Pants</i>	60	14 Apr 2024	4 Jun 2024	52	S-N	Claremont, WA
Peter Kuhn		27	22 Apr 2024	19 May 2024		N-S	Germany
Philip Harlow		74	15 Mar 2020	26 Apr 2024		Sectional	Sorrento, WA

Yes, they did it! (cont'd)

Name	Track Name	Age	Started	Ended	DOT	Direction	From
Philip Stace	<i>The Walking Man Down Under</i>	71	9 Sep 2022	21 Mar 2024		Sectional	Kewarra Beach, QLD
Philip Stuart	<i>Stider aka Slipsie</i>	50	13 Oct 2023	20 May 2024		N-S	Mt Barker, WA
Rory Purser		17	2 Apr 2019	27 Feb 2024		N-S	Piawanig, WA
Rosemary Edmonds		61	03 Sep 2023	31 Oct 2023		N-S	Katoomba, NSW
Ryan Johnstone		46	30 Mar 2024	4 May 2024		S-N	San Diego, United States
Sam	<i>Doney</i>	17	2 Apr 2019	27 Feb 2024		N-S	Swanbourne, WA
Sara Willner		40	1 May 2024	9 Jun 2024	40	S-N	Menora, WA
Stacey McVeigh	<i>Shifty strolls</i>	42	6 Apr 2024	29 May 2024		N-S	Secret Harbour, WA
Tegan Patrucco	<i>Dangerbat</i>	36	17 Apr 2023	23 May 2024		N-S	Bassendean, WA

Special sightings

Red-tailed Black Cockatoos - they delighted so often. Kangaroos on duty, watching our arrival and departure at Long Point.
Bridget, Toodyay WA

We love the birds and clocked 114 species on the way!, Snakes appeared a lot more in the latter sections while roos were present throughout. Just dipped on the echidna, but they are about
Heidi, Hobart TAS

At some point the animals were not running from me anymore, birds and kangaroos would observe me curiously, and I had long conversations with the trees, especially the karri.
Lucie, Scarborough WA

Emus, kangaroos and black footed wallabies, wild pigs, long nose bandicoots. Loads of birds. Whales, seals and dolphins. 4 x Tiger snakes (including one that would not move of the single track)
Michelle and David, Halls Head WA

My favourite wildlife moment was seeing a family of emu who didn't see us - they were calmly meandering along in a line, just going about their emu business.
Tegan, Bassendean WA

Excellent - I blue tongue lizard was pretty cool. Pretty sure I saw a whale breach and spout water after walking along Perkins beach and up on the lookout overlooking

the bay, very cool. Bandicoots are very cute LOL and finally saw a snake, only saw one on the whole walk. Plus seeing all the kangaroos.
Jason, Maylands WA

Comparisons with other walks/ countries

The range of different landscapes across the 1000kms really sets the Bib Track apart from other tracks I have walked, plus great weather making it very comfortable too.
Brett, Woodlands WA

In some sections I did not see a human being for more than 5 days, it is a thing I had never experienced anywhere before.
Lucie, Scarborough WA

No comparison - All walks I have completed over the years have varying challenges, delights, experiences and memories. Doing the BT encouraged me to get out there and enjoy hiking. Have now completed BT (x2), Cape to Cape (x2), Pennine Way, Coast to Coast, Offa's Dyke, Hadrian's Wall, South Downs Way, Pembrokeshire Coast Path, Routeburn Track, Abel Tasman Track.
Nigel, Pemberton WA

This is up there with the classics like Larapinta and in peak wildflower season it is an amazing showcase.
Heidi, Hobart TAS

Best equipment

My Z seat: insulating cushion, kneeler, emergency mattress and pack prop, all for 60 grams! Walking poles - I couldn't have done it without them. Having a PLB - and not needing it!
Bridget, Toodyay WA

All my equipment worked well, but especially my comfy and reliable Nemo mattress. Tea tree oil and cloth for washing. A piece of string to hold up my trousers and a small elasticated clothes line!
Pam, Claremont WA

The Far Out GPS Tracking App. Got me back on track if i missed a turn.
Philip, Kewarra Beach QLD

My 900gm tent. My Alltrails App. My PLB, which I never used, gave me a lot of confidence to head off solo.
Desley, Shenton Park WA

Worst equipment

20,000 mah power bank. Could have done with half the capacity and half the weight and still kept my phone, Apple Watch and kindle operating.
Michael, Craigie WA

I hardly used my tent, but I still carried it the whole way just in case. It wasn't 'the worst' but it didn't earn its keep!
Pam, Claremont WA

My camp shoes were awful and made me walk like a duck! My cheap rain jacket was also not very effective, but very sweaty.
Tegan, Bassendean WA

My boots, probably the most essential part! I did 3 walks between 25 to 27 km and found them really comfortable. However after 3 days walking the track, I got blisters pretty bad. I felt I was walking in bare feet and felt every stone, branch and tree nut on the track. They were a Merrell Track Boot. After 10 days, I replaced the inner sole, with gel inner soles.
Jason, Maylands WA



Waugal cloth badge

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

Perfect for your backpack, T-shirt or Bibbulmun Track hat!

RRP \$12.50
\$11.25
for members

Advice

Don't hesitate, just do it. Yes, I had to use my annual leave but well worth it. Both summer and winter walking were great.
Adèle, Success WA

Give it a go – start where you are at, take on what you can do, and you never know – you might just get addicted and decide to finish – I did.

Know your fears (thank you Sue) – and consciously take them into consideration when packing.
Bridget, Toodyay WA

Most people we spoke to who were double hutting had to stop, skip a section or were in pain due to physical injury. So unless you really know your fitness and preparedness, don't plan to double hut. Allow a warm up and see how you go.
Heidi, Hobart TAS

Do your research, my pack was 22 kgs loaded, way too heavy, you really want about 15kgs. Take sufficient food, I was doing triple and double camps, burning around 8000 cal per day, but replacing it with 1500 to 2000, this took a toll. Footwear, research online forums, I chose boots, but good trail shoes/sneakers will work. Ensure you have a maps app, I had the paper maps also, the app I had (AllTrails) can be used off line from satellites.
Jason, Maylands WA



BIBBULMUN AND BEYOND TOUR

Experience the best parts of the Bibbulmun Track without the hassle of a heavy backpack or camping out!

Simply bring your boots, your camera and a sense of adventure and join Steve Sertis on this all-inclusive 9-day guided tour.

Tour departs 5th May 2025 - Places limited to 15 people



SCAN the QR CODE for the dossier, cost, inclusions and to make a booking.



Terry Johnson completed his 4th end-to-end.

Calling all End-to-Enders who haven't yet registered!

We're pleased to advise that the registration process has been streamlined and can all be done online. You don't need to recall the dates you walked each section – simply your start and finish dates (Phew!)

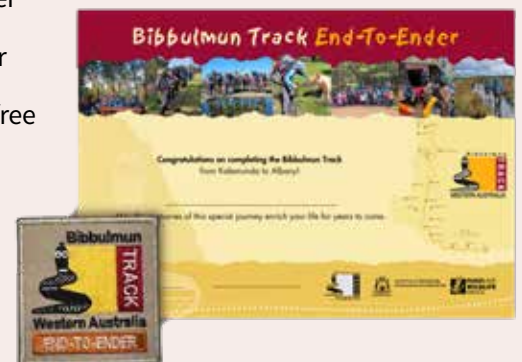
Whether you did it in sections over many years or in one through-hike, you should be proud of your accomplishment and you can commemorate your walk with a free personalised certificate.

You can also choose to buy a quality printed certificate and embroidered end-to-end badge through the shop.

Registering provides the BTF and the Department with important information to help manage the Track.

Publication of your name in Bibb News and on our website is optional.

For more information go to:
<https://www.bibbulmuntrack.org.au/walk-the-track/the-independent-way/end-to-end/end-to-end-registrations/>



Accommodation, Tours and Services

Please support the Walker Friendly Businesses that support the Track.



ACCOMMODATION
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 EQUIPMENT SUPPLIER & SERVICES

BUSINESS NAME	TOWN	TYPE	PHONE	WEBSITE
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Busy Blue Bus Tours & Charters	ALBANY		0418 414 425	busybluebus.com.au
Balingup Oakfield Country House B&B	BALINGUP		0428 878 560	balinguptourism.com.au/accommodation/oakfield-house
Southampton Homestead	BALINGUP		0412 229 564	southamptonhomestead.com
Time Travel Tours & Transport	BALINGUP/DONNELLY RIVER		0417 099 268	facebook.com/TimeTravelToursandTransport
Black Diamond Lodge	COLLIE		(08) 9734 4439	https://blackdiamondlodge.com.au
Mandia B&B	COLLIE		0417 179 260	mandia.com.au
TraaVerse	COLLIE		0417 654 426	traaverse.com.au
Whispering Pines B & B	COLLIE		(08) 9734 3883	whisperingpinesbandb.com.au
Blue Wren Travellers' Rest	DENMARK		(08) 9848 3300	denmarkbluewren.com.au
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Dwellingup Transfers	DWELLINGUP		0473 924 681	facebook.com/dwellingup
Jarrah Forest Lodge	DWELLINGUP		0491 276 028	forestdiscoverycentre.com.au
Packwards	FREMANTLE		(08) 6555 7050	packwards.com.au
Banksia Tourist Park	KALAMUNDA		(08) 9250 2398	banksiatourist.com.au
Trails Hub Cafe	KALAMUNDA		0400 882 433	feedthehike.com/trails-hub-cafe/
Mundaring Weir Hotel	MUNDARING		(08) 9295 1106	mundaringweirhotel.com.au
Karri Country Good Food	NORTHCLIFFE		0455 628 097	karricountrygoodfood.com.au
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Northcliffe Holiday Park	NORTHCLIFFE		0436 965 529	northcliffeholidaypark.com.au
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Pemberton Charters	PEMBERTON		0413 859 032	facebook.com/pembertoncharters
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Forest Explorers	0427 981 187	www.forestexplorers.com.au
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Life's An Adventure	(02) 9975 4553	lifesanadventure.com.au
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Simply Trekking	0427 058 866	simplytrekking.com.au
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COLLIE	Collie Visitor Centre	(08) 9734 2051	collierivervalley.com.au
DENMARK	Denmark Visitor Centre	(08) 9848 2648	denmark.com.au
DWELLINGUP	Dwellingup Trails and Visitor Centre	(08) 9538 1108	visitdwellingup.com.au
KALAMUNDA	Perth Hills Visitor Centre	(08) 9257 9998	experienceperthhills.com.au
MANJIMUP	Manjimup Visitor Centre	(08) 9771 1831	manjimupwa.com
NORTHCLIFFE	Northcliffe Visitor Centre	(08) 9776 7203	visitnorthcliffewa.com.au
PEMBERTON	Pemberton Visitor Centre	(08) 9776 1133	pembertonvisitor.com.au
PERTH	Western Australian Visitor Centre	(08) 9483 1111	wavisitorcentre.com.au
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Vollie Corner



Helen Grimm

The impact of volunteers is highlighted at this time every year, when I collate the annual volunteer contributions report for the DBCA.

The Foundation has always been a focal point for the coordination of supporters of the Track and walkers either through membership, participation as a volunteer, or both. The coordination of supporters as volunteers is a big part of the reason for the existence of the BTF.

The Department is the formal land and asset manager of the Track and the BTF, in its support role, is delegated primary responsibility for a range of important management tasks, as described in previous articles in this magazine. The work related to each of these tasks is led and directed by the six permanent Foundation Staff.

Through our volunteer program a huge amount of the on-ground work is performed by a volunteer workforce.

How can the volunteer contribution be truly valued? People are motivated to contribute as a volunteer for many different reasons. We honour their reasons and their motivation.

We can demonstrate volunteer impact in ways which allow us to really appreciate how much volunteers give back to the Track and its walkers.

For example, BTF volunteers contributed a total 35,978 hours of work in the 2023-24 year. That total is typical of recent years, as shown in the bar graph on the opposite page.

Also charted is the breakdown between the different roles volunteers play, measured by time spent. Maintenance is the most significant contribution, with working in the BTF office and guiding the next most substantial contributions.

The volunteer contribution may also be described by reference to work roles. If our typical volunteer contributions were replaced by permanent staff, it might look something like:

- At least 12 full time maintenance field workers and at least one more maintenance works coordinator
- Three more full time office staff
- Five or six more guides, working part time through the walking season, predominantly on weekends
- At least one more marketing specialist working one to two days a week
- A data entrant working the equivalent of three full days per week

The mind boggles – we'd need a bigger office, for a start! [Noooo!!... Linda]

These numbers add significant proof of the volunteer impact – and the worth of our partnership to the Department.

In the volunteering sector, a theoretical replacement cost is used to demonstrate the value of volunteers to organisations. An online calculator is provided by Volunteering WA, the peak body for the volunteer sector in our state.

Using this, we get a figure of over \$1.5m p.a. required to fund the labour alone of paid staff doing the work contributed by our volunteers. That doesn't include associated expenses or materials.

Instead, for over 25 years, 1100+ individuals have done their bit to carry out this work – around 450 are involved at the present time. They do it willingly, because they love the Track; they want it to stay strong; want others to have similar – often life-changing – experiences; and want to share in those experiences.

How lucky are we to have them?

A great example is provided by volunteer Charmaine Harris, fondly known by her Track name of FOF#1.

(Ed: For an explanation of FOF#1 see Track Trivia on page 28)

Charmaine often works at home to complete the timesheet processing.



NEW

BIBBULMUN TRACK ILLUSTRATED MAP

A1 and A2 posters available priced at \$19.95 and \$29.95, respectively.

Design available as Tea Towels priced at \$22.00.

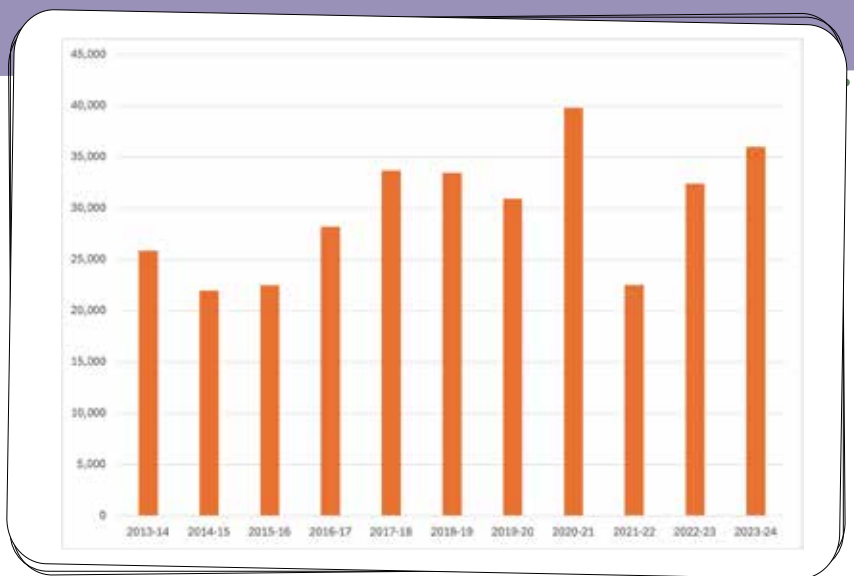
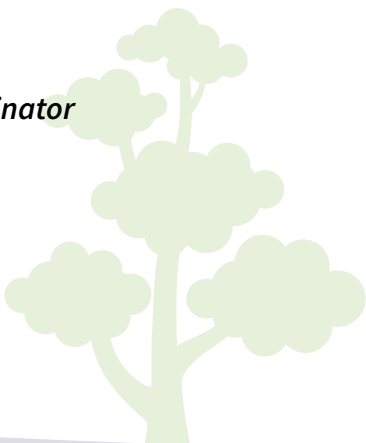
10% discount applies to all BTF Members

All volunteers submit a record of their hours worked on a website timesheet. Charmaine reviews these, corrects any errors and then accepts them as valid. For times submitted by maintenance volunteers, she also checks to see that a report for the relevant section report has been submitted.

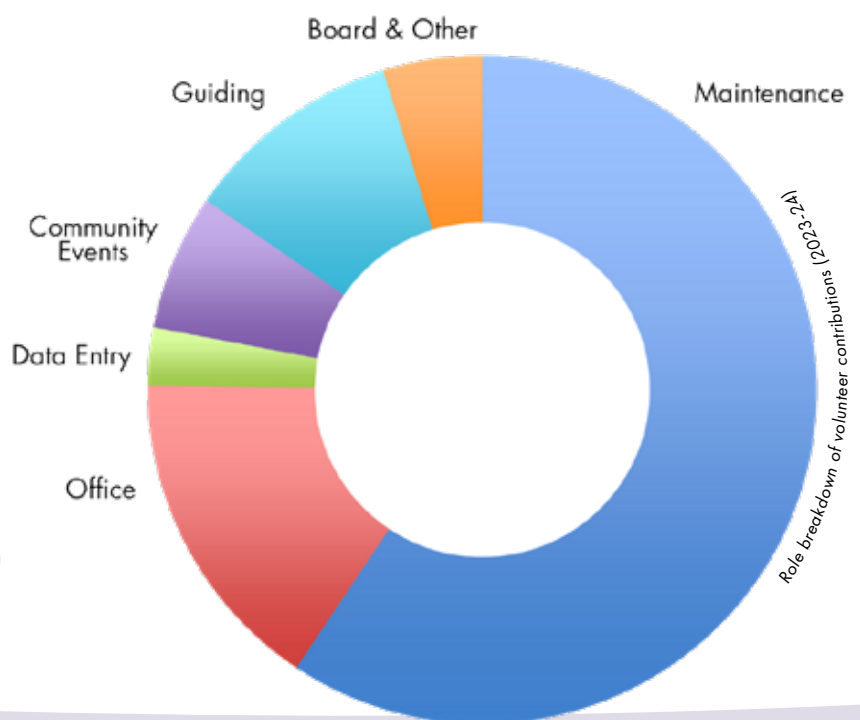
It's fair to say that practically every timesheet submitted since at least 2008 has been subject to Charmaine's keen eye. She also helps prepare the annual Volunteer Contributions report to send to DBCA. Those who know Charmaine will be aware that this is only a small part of her volunteer contribution---Track maintenance, guiding, office work, Track user data collection, community events---whatever it is, she'll probably be there!

Thanks a bunch, Charmaine, and everyone else for their volunteer efforts!

Helen Grimm
Volunteer Coordinator



Annual contributions in recent years (total hours).



Errata - Apology to our hard-working vollies!

The previous edition of Bibb News included acknowledgment of all the volunteers receiving Long Service Awards and Annual Rewards in November 2023.

The list of volunteers who contributed 300 hours to our work in the 2022-23 financial year was unfortunately excluded due to a printing error (pg 19).

These hard-working volunteers were:

300+ HOURS

Mary-Anne Addenbrooke
Robert Allen
Hedley Amos
Daphne Bastow
Wes Fokkema

Jim Freeman
Bill Hewitt
Donald Hill
Chris Lee
Mike Marsh
Lari McDonald

John Murphy
Nigel Pilgrim
Ian Rae
Tony Schlink
Susan Soord
Jing Xie

We offer these volunteers our sincere apologies for the omission. Their contribution is really appreciated!



Volunteers at our Perth "Thank You" event who were recognised for contributing 300 or more hours throughout the year. From left to right: Sue Soord, Don Hill, Rob Allen, Jim Freeman, Chris Lee, John Murphy and Tony Schlink.

Walker Story - the power of love & determination

People walk the Bibbulmun Track for a host of reasons, often because they are motivated by significant events that occurred in their past. BTF member and End-to-Ender Stacey McVeigh is an example of such a person. This is her story:

About five years ago I had surgery in New Zealand that didn't go to plan and as a result my nervous system was seriously damaged. During the recovery period the lack of physical activity and immense pain became overwhelming. I struggled to fight on, but I just couldn't see my way through, and consequently I tried to take my own life. The Westpac rescue helicopter transported me to a much-needed ICU, where I began my fight and recovery journey. Through the love from my whanau and the medical help provided I survived. (Ed: *Whanau is a Maori word for extended family*).

I moved to Perth with my wife, kids and grandkids, in October 2021. About a year after arriving I started to explore the area, stumbled on some YouTube videos and discovered the Bibbulmun Track. My first walk was from Sullivan Rock to Mt Cooke, and I was immediately in awe of this beautiful country. It was then I started to dream of walking the whole Track, 1000km from Kalamunda

to Albany. I kept quiet about it for a while as I thought about how I was going to deliver this idea to my wife Kirsty. I have had many crazy ideas but fortunately Kirsty thought this one sounded good. She had one condition; that I carried a PLB on me at all times.

I trained solidly for 18 months, covering up to 200km a week of biking, walking and undertaking two gym strength sessions. I lost 20 kgs in the process which dramatically increased my overall health and wellbeing,

The Bibbulmun Track provided such a beautiful space for me to reflect on how far I'd come, by allowing me to find moments of solitude. It wasn't all roses, the first week I was exposed to 36 degree heat, I suffered constant blisters, my waist strap broke, and I got an infected bruise that I operated on with the knife I used to cut my salami!

However there were so many great moments of beauty. The sunset at Mount Chance, meeting Patrick the quenda at Torbay Campsite, seeing the ocean for the first time at Mandalay Beach and a pilot whale in the ocean near Denmark. The Track also allowed me to connect with many beautiful people.

With those hikers I shared tears and cups of tea but most of all a great sense of belonging to something larger, a community of like-minded people

who share a love of walking. I was able to talk openly about mental health issues, always one of my aims.

As I approached the southern terminus in Albany I was overwhelmed with a raft of emotions, but mainly an immense sense of pride. It was only four years ago that I tried to take my own life and now I'd just walked 1000 kilometres, quite a contrast!

Ever since I woke up from my coma I had felt a drive to do something huge, which stemmed from the feeling of gratitude that I was still alive.

Initially I only wanted it for myself; a totally selfish feeling that would have been foreign to me prior to my event, but as I approached Albany I was thinking how sad it was that my NZ family couldn't be there.

And then, there was my Mum on the Terminus steps! My hand went to my heart, and we embraced. There were words shared about what we had gone through and how proud my Mum was of me. I had so many tears and was a blubbing mess, but it was a magical moment, filled with love.

This story is about the power of love and determination, the two words that sum up my recovery. If you ever have an inclination to walk the Bibbulmun Track, for whatever reason, my advice is to do it!"

Stacey McVeigh

Walking the Track gave Stacey the time and space to reflect on her recovery.



An emotional family reunion at the Southern Terminus.



TRACK TOWN - BALINGUP

The town of Balingup was awarded a bronze medal in the 2021 GWN7 Top Tourism Town Awards Small Town category and has always been a favourite of Bibbulmun Track walkers. It sits at the northern entrance of the Blackwood River Valley, close to the halfway point of the Track and is a two to three hour drive southwest of Perth. The Track around Balingup passes through a diversity of scenery with forests interspersed with fruit orchards, boutique vineyards and lush farmland.

The changing seasons mean that you can experience misty mornings in winter, refreshingly cool summer nights, a blaze of colour through the deciduous trees in autumn and beautiful wildflower displays in spring. Winding roads crisscross rolling green hills and stands of ancient jarrah, marri and karri forest lie just to the south, with the ribbon of the Blackwood River tying the stunning patchwork together.

Balingup is home to around 550 people and is famous for its quirky scarecrows, charming shops, and warm country hospitality. There is a range of walker friendly accommodation, fascinating street art and a year-round program of events including the Balingup Medieval Carnivale, the Balingup Small Farm Field Day and Telling Tales in Balingup children's literacy festival.

Balingup's cafés and tearooms serve up delicious and tasty treats. Be sure to arrive in time for lunch for an award winning pie from the Mushroom @ 61 Cafe or if it's breakfast you're after, start your day at the Mr Foster's, located in



Walkers at the Balingup Townsite.

the Packing Shed. The Green Man Café also offers home cooked meals and fruit smoothies. Cafes also offer take-home evening meals, packaged and ready to reheat.

Balingup General Store is open seven days a week from 6am to 6pm and has a range of fresh local groceries, fruit and veg, general walker supplies and a bottle shop.

Grab a selfie with one of Balingup's quirky scarecrows, then stroll along the main street exploring boutique shops, including the Tinderbox with its range of hand-made essential oils and aromatherapy products, Balingup's Goldsmith for exquisite handmade jewellery, the Village Pedlars for hand crafted artisan products or pick up a bottle of port from Balingup Fruit Winery.

A must-see spot in Balingup is the magnificent 60-hectare Golden Valley Tree Park, WA's largest arboretum, which has been voted one of the five

top spots in Australia to see autumn colours. It's World Collection boasts an outstanding array of majestic oaks, corks, pears and other deciduous trees, and the Australian Collection houses a huge variety of fungi in winter

Balingup Visitor Centre, located on the main street, offers a variety of useful and interesting books, maps and guidebooks, handmade and local gifts and snacks, chocolates, freeze dried food and other walker supplies. The staff have a huge amount of local knowledge of the area. The Bibbulmun Track register is located there and the centre is happy to hold walker parcels for collection. The vacant block adjoining the Visitor Centre is a safe space for short stay parking.

Balingup Visitor Centre

South West Highway

Open 10am – 3pm seven days a week.

balinguptourism@westnet.com.au

www.balinguptourism.com.au

(08) 9764 1818

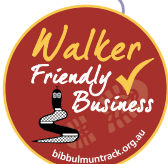
Please support our Walker Friendly Businesses in Balingup.

Balingup Oakfield Country House
B&B - 0428 878 560

Natural Perspectives
0434 979 754

Southampton Homestead
0412 229 564

Time Travel Tours & Transport
0417 099 268



Rolling green hills near Balingup.

Naturalist on the Bibbulmun

Djilba and Kamarang, the seasons of conception and birth respectively, are the best months to be out and about on the Bibbulmun Track. New life has come to the parched forests of the southwest of WA.

A popular northern section of the Bibbulmun Track runs through the Monadnocks, a chain of large granite outcrops that rise out of the jarrah forest matrix. The section from Monadnocks campsite over Mt Cuthbert, Mt Vincent and Mt Cooke, makes for a fabulous day hike, or for a weekender if one includes Nerang and Gringer Creek to the south.

In the forest matrix between outcrops Wilson's Grevillea and Bwongka (Urchin Banksia) put on showy displays of vibrant red and yellow respectively, and if you are fortunate you may well come across a Nyingard (short-beaked echidna) ambling across the Track. Nyingard are extraordinary mammals in many respects. Most will know that they are very primitive, in an evolutionary sense, being one of just five species of mammal (the monotremes) that lay eggs. But they also have a number of other extraordinary features that reflect their deep evolutionary ancestry. The first is their ability to sense electric fields. The nyingard has electroreceptors in its snout. The monotremes are the only mammals to have retained electro sensitivity, which is common in fishes and amphibians.

Nyingard likely use their electrosensitivity to find the subterranean nests of ants and termites on which they feed. This "sixth sense" no doubt contributes to the nyingard's acute sensitivity. If you do come across one on the track it will most likely sense you from afar and dig itself rapidly into the ground with its strong limbs and sharp claws, presenting only its raised spines for protection. If you wait patiently and remain very still, it will soon emerge and amble off, affording you the opportunity of a better view. As the days and nights of djilba become warmer, nyingard set their minds to breeding. When a female becomes receptive, great trains of males will follow her through the undergrowth, as many as 10 males following a single female have been reported. The female leads them for days as one by one males tire and drop out of the train. The female will eventually mate with the last remaining male who has demonstrated his strength and tenacity. And here we see another link to their deep evolutionary past, for the male has a penis that is endowed with four separate glans, two of which are used to deliver sperm at any given mating. The penis structure of nyingards is more closely aligned with the multiple "hemipenes" of reptiles than with the typical mammalian structure. Nyingard are curious creatures indeed.

Orchids are particularly abundant around the outcrops, which in Kamarang are fringed by a purple haze of Granite featherflower. The slopes of Mt Cook support large populations of Granite net-bush, a beautiful deep green *Calothamnus* with striking red flowers that provide abundant nectar to their pollinating honeyeaters, including Western Spinebill (booldjit), Brown (djindjokoor) and New Holland (bandiny) honeyeaters. Granite net-bush occurs over a very limited range, being rarely seen beyond Mt Cooke, and it is particularly sensitive to fire or drought which spells certain death for the plants. After fire or drought, new plants grow only from seed left dormant in the shallow soils. However because net-bush does not produce seed until it is eight years of age, short periods between fire or drought events would



kill immature plants before they have the opportunity to set seed and net-bush would be extirpated permanently from these outcrops.

The rains took far too long to return this year. Many stretches of the jarrah forests in the north and the karri and tingle forests in the south have lost swaths of trees and shrubs to drought, which started last kamarang and lasted almost seven months. We can but hope djilba and kamarang will allow our forests to recover sufficiently before birak returns once more.

Leigh W. Simmons

Granite featherflower, Verticordia plumose.



Granite Net-bush, Calothamnus rupestris.

Nyingard or short-beaked echidna, Tachyglossus aculeatus.



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

All royalties are donated to the Track.

What Constitutes a Busy Night at a Campsite?

We have all sat around a campsite at the end of the day and heard a fellow walker describe the time there were 21 people staying overnight, only to hear another walker claim that they had encountered 18 people in the camp when another group of 15 walked in late.

While talking to Kathy (Slipsy) at Gardner Campsite, she posed the question; what is the maximum number there has been in a campsite on a single night? You might like to have a guess or at least see if the most you have encountered matches the maximum ever.

Most day walkers at a campsite

Before I get to overnight stays it is worth noting that on 19 October 2005, 174 walkers visited Rame Head Campsite. Many of these were from Albany Primary School and were passing through. Only 17 of the walkers stayed overnight.

Most overnight walkers at a campsite

- Canning Campsite holds the record for the most walkers at a campsite on the one night. On 24 September 2016, 47 stayed overnight. 31 were part of a group and 16 were not. A large majority of these walkers started at Brookton Highway and left the Track at Sullivan Rock.
- This is followed by 42 walkers overnighing at Ball Creek on 17 September 2017. 30 of these were in a group and the other 12 were not part of a group. This included one from the USA and another from South Australia, both enjoying their first night of an end-to-end. Maybe a bit of culture shock.

Most overnight walkers not in a group

- The most non-group walkers at a campsite on the night was 22 at Canning on 1 Jun 2019.
- Second most popular night for non-group walkers was 20 at Swamp Oak on 27 Aug 2022.
- This was followed by 18 walkers at Chadoora on 16 Apr 2022.

Dr Barry Bastow

Bibb Track Birds - Varied Sittella

by Mark Davidson

The Varied Sittella, *daphoenositta chrysoptera*, *koomaldayit* (1) is a beautiful small treecreeping bird about the size of a robin. The WA subspecies, *pileata*, aka Black-capped Sittella, is found through the lower half of the state often in eucalypt forests busily gleaning insects from bark crevices with its very distinctive bill, perfectly formed for probing.

The male has a small black cap while the female is distinguished by its black helmet.

The species is common and widespread throughout the South West and Perth region while on the Bibbulmun Track they would most likely be seen during a rest

break or at a campsite occurring in pairs or small groups. Their call is quiet so observation, and luck, could bring a sighting as it works its way quickly up, down, often head-first and around tree trunks before flitting to the next tree.

Varied Sittellas may have declined in some areas following the clearing of habitat and removal of woodland (2) so any sightings of this delightful little bird should be enjoyed to the fullest.

[2] birdlife.org.au

[1] Naturalist On The Bibbulmun, Leigh W. Simmons

PHOTO CAPTION COMPETITION

Send us a caption!

BTF Event Manager and Guide, Steve Sertis, at a social event with the Collie Rotarians during the 25th Anniversary walk.

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!

Varied Sittella - photo by Mark Davidson.



Notice board

FOR SALE

Deuter Aircontact 60+10 SL Hiking Pack

Slim line/women's specific hiking pack. In as new condition. Non-smoking household.

\$200 negotiable.

Contact: Denise
0406 879 438
Email: denises@westnet.com.au

Trangia Kit complete

For sale – AS ONE LOT Selling for \$140

Trangia 27-1, slightly smaller stove with 1 litre pots, Kettle (fits inside when packed)

Fuel bottle 1 litre, Fuel burner (expensive to buy but very good) – fits inside kettle when packed.

Gas burner, Frying pan, Pot/pan grip handle, Packing strap. To Replace \$280 approx.

Contact: Rob Allen
0422 007 072
Email: rcallen5656@gmail.com

Trangia 27-7

Ultralight, hard anodized aluminum cook set, including 2x1L saucepans, 18cm frypan, spirit burner with simmer control ring.

As new, never used, perfect condition.

AUD \$110.00.

Contact: BT Foundation
(08) 9481 0551
friends@bibbulmuntrack.org.au

Wilson Inlet Mouth Crossings

Wilson Inlet Mouth crossing by canoe, when the sand bar is not suitable/the inlet is running. Volunteer, free of charge, not always available, happy to book several weeks in advance. Text or email.

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

JetBoil Zip Stove 0.5 litre

Very good condition. Can pack small JetBoil fuel can right into pot. Original tags and instructions included. - \$60

Mountain Design Trekker 45 litre Back Pack

Very good condition and comfy. Durable ripstop fabrication with numerous and convenient pocket set ups. Adjustable padded harness and load adjusters for personal fit. I can't hike anymore. Sad to see it go. - \$50

Sea To Summit Ether Light XT Insulated

10 cm of comfort! Excellent condition (some discoloration on bottom of mat from hut floor)

Airstream Pump. Insulated. Weight 500 g mat. \$140

Outdoor Gourmet Company for 2

6 x Mediterranean Lamb, 5 Beef Bourguignon, 11 x Thai Green Curry, 1 Tandoori Chicken, 1 x Wild Mushroom & Lamb Risotto. 190g each pack - \$240

Katadyn Micropur MP1 Water Purification Tablets

Sealed foil packet 54 tablets use 1 tab per litre 4 hours - \$22

Micropur Forte Water Purification Tablets

Sealed foil packets #150 tablets 1 litre in 30 minutes - \$50

BlackWolf Air-Lite Pro 130g

As new and very comfortable- \$20

Mountain Design Travelite 500

Std size, DOWN weight 920g As new used 5 weeks only on Bib. Storage and compression bag included. Good -5 deg T limit - \$180

REI Co-op (USA) Quarter Dome

SL1 TENT weight only 900 g As new with all gear and instructions from original purchase 2022. Excellent quality of all components. Used on Bib for 5 weeks inside hut. - \$400

Contact: Susan
0448 341 060
Email: drschurchill@hotmail.com

WANTED

Walking companion

I would like a walking companion for walks in Greenbushes on the Schwenke Dam Loop, a 16km loop, and I would like to walk it once a month.

Please contact me if you are interested in joining me.

Contact: Kathy Green
0429 721 209
Email: kathwa071@gmail.com

LOST

Lost jacket

Black lightweight multipurpose zip-up jacket. Think it may be a Sharkskin brand. Lost somewhere between Gardner campsite and Northcliffe last March.

Have only just discovered it missing. Would love to find it again ready for walking again.

Contact: Sue
0478 586 750
Email: sue@job.id.au

Camera Red Nikon AW100

Lost between Denmark & Rame Head Between 5/5 and 7/5/2024.

Contact via text / mobile phone preferred, thanks.

Contact: John Di Nucci
0476 293 047
Email: johndi51ed4@gmail.com

Adverts are free for members & \$5 for 3 months for non-members

Find out more on our website.

Prize WINNERS!

CONGRATULATIONS TO THE FOLLOWING WHO WON THE EARLY BIRD MEMBERSHIP RENEWAL PRIZES.

March

Yvonne Noble received a TPU Guide Map Case.

April

Ivaylo Todorov received a deluxe pack cover.

May

Mary Combe received hand cleaning gel.

June

Michael Snart received a clothes line.

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



Favourite Short Walk

Oak Grove Walk, Golden Valley Tree Park, Balingup

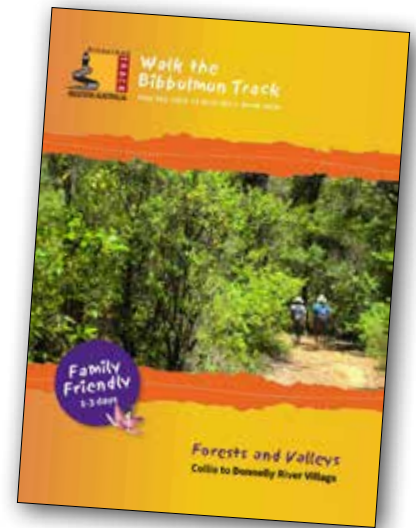
Starting Point: **Golden Valley Tree Park carpark.**

Distance: **1.5km loop**

Difficulty: **Grade 1**

Time: **20 minutes**

This easy 1.5 km loop walk leads you through the picturesque scenery of the Golden Valley Tree Park. Set on 60 hectares, the heritage-listed park is home to hundreds of tree species from all around the world, as well as flocks of resident sheep. Along the trail, you'll pass tranquil ponds, groves of oaks and maples and a tunnel of dense bamboo called the Bambooserie. Many of the trees are labelled, so you and the kids can learn the different species.



This walk is from the Forest and Valleys itinerary. Follow the Bibbulmun Track through the Collie River Valley, over the rolling hills of Balingup and through the forests surrounding Donnelly River Village on this three-day family adventure. Each day of this trip includes a short, family friendly walk on the Track, as well as interesting sights and fun activities in the nearby Track Towns. Whether you complete the full trip or just a walk, this itinerary will help your family experience just a taste of the Bibbulmun Track.

Download 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

Track Tucker - Nut-Free Protein Balls

When preparing for a hike, having the right snacks can make a big difference in maintaining your energy levels and keeping you fuelled throughout your adventure. Here's an easy-to-make hiking snack that is light in weight and high in energy.

KRISTINE PETER
Nutritionist

www.adventurenutritionist.com



Ingredients:

- ✓ 1 cup rolled oats
- ✓ 1/2 cup sunflower seed butter
- ✓ 1/4 cup honey
- ✓ 1/4 cup cocoa powder
- ✓ 1/4 cup chia seeds

Instructions:

1. Mix all ingredients in a bowl until well combined.
2. Roll into small balls and refrigerate for 30 minutes.
3. Store in an airtight container.

Nutritional Information (per 30g serve):

- ✓ Weight: 30g
- ✓ Protein: 3g
- ✓ Calories: 130 kcal
- ✓ Fat: 7g
- ✓ Kilojoules: 544 kJ
- ✓ Carbohydrates: 14g



Upcoming Events

For a full description of each event and to make a booking head to bibbulmuntrack.org.au

End-to-End Online Workshop

Planning an end-to-end or just dreaming about doing it? Join the Bibb Track specialists for expert advice at this online workshop. 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.

Date: Wednesday 21st August at 4pm
Where: Online
Cost: Members \$55

Getting into Gear

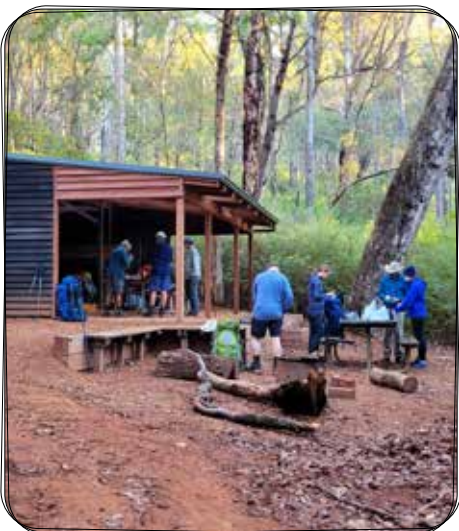
Come along for a fun and interesting evening run by experienced walkers. Learn as they show you the gear they like to use, talk about the gear they don't use, and give you those tips you never hear about.

Date: Wednesday 28th August at 6pm
Where: West Leederville
Cost: Members \$40

Walking with Dad Weekend/ Walking with Mum Weekend

Kids grow up so quickly and before you know it, they have flown the nest! Savour this time by creating as many wonderful memories together as possible. Our Walking with Dad and Walking with Mum weekends have been thoughtfully considered so they are enjoyed by parents and kids (8-13yrs) alike. Together you will enjoy two walks through the magnificent jarrah forest

Gregory Brook Campsite. Photo: Steve Sertis.



and camp overnight at a Bibbulmun Track campsite. Here you will learn bush and camping skills from our experienced guides and perhaps enjoy some marshmallows roasted over the fire. These events are guaranteed to be fun, fun, fun with long lasting memories for you all. The perfect opportunity to get outdoors with your kids.

Includes trained guides, map, comprehensive planning night, trip preparation manual and equipment hire. BYO food. We have organised return transport from Murdoch Park'n'Ride rail terminal.

With Dad: Sat 19th to Sun 20th Oct.
With Mum: Sat 14th to Sun 15th Sept.
Where: Murdoch Park'n'Ride
Rating: Beginners
Cost: \$220 Members
(for 1 adult & 1 child)

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 21st to Mon 23rd Sept
Where: Murdoch Park'n'Ride
Rating: Experienced
Cost: \$215 Members

Get Lost with Steve

Do you really know how to use a compass?

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

Date: Sun 29th September at 8am
Where: Near Mundaring
Rating: Beginners
Cost: Members \$100

Camp Cooking for Kids

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

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

Date: Wed 2nd Oct at 9:30am or 12.30pm
Where: Near Kalamunda
Rating: Beginners
Cost: Adult members \$5; Kids \$50

Paws and Claws

Hey kids! Come and learn about our native animals!

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

Date: Sunday 6th October at 3:30pm
Where: Near Kalamunda
Rating: Beginners
Cost: Adult members \$10; Kids \$50

Balingup Explorer

Hiking and camping without a heavy pack! Leave your worries behind as we transport you to the picturesque Blackwood area. Spend two glorious days walking through karri/jarra/marri forest finishing with views across the Blackwood valley. Stay at our private campsite with hot shower and flushing toilets! Experienced guides are on hand to offer guidance and support. Freshen up on Sunday afternoon with a hot shower before boarding the bus back to Perth.

Date: Fri 11th to Sun 13th October
Where: Murdoch Park'n'Ride
(transport to Balingup included)
Rating: Intermediate
Cost: Members \$295

Offering Hospitality to the Track

The Anglican Church in Kalamunda and Albany are now offering hospitality to those who walk the Bibbulmun Track. This new initiative has emerged from an exploration, over the past year, of the spiritual and religious aspects of the Track for those who set out upon it.

Almost everyone who has walked sections of the Track, or completed it end-to-end, will have experienced the powerful effects of leaving the regular hustle and bustle of life behind, and going out into the unknown. There are many reasons that people walk the Track; adventure or challenge, a major life change, or sometimes a spiritual intention. It is our aim to offer a new kind of hospitality and acknowledgement to those who walk the Track, starting with those who arrive or depart from the northern and southern termini.

This initiative emerged from a well-attended forum held last November, titled Track as Pilgrimage. Some of the world's most famous trails were established as pilgrimages, such as the Camino de Santiago. Our guest speaker, Lucy Ridsdale, explored this, describing pilgrimage as "a long journey on foot with sacred intent". After the presentation we had a lively Q&A, which explored, among other things, the ways in which the Bibbulmun Track can be approached through the lens of pilgrimage.

The importance of the Track to those communities through which it passes was also observed. I know from my own experience the pleasure of observing happy people coming and going; the terminus in Kalamunda is often busy with people, especially on

the weekends. When I've bumped into people who have completed an end-to-end, it has been a pleasure to hear of their experiences.

Thanks to that forum and the enthusiasm of those who came along, we're now launching a new program. Volunteers will make themselves available to meet those arriving or departing on the Track at either the Northern or Southern Terminus. We see this as an act of hospitality, freely offered. Those who wish to, can fill in a web form to arrange a time to meet for a time of fellowship and sharing. We anticipate that those setting out might want to share about their reasons, hopes, or even anxieties in setting out; those who are completing the Track might want to share their feelings at achieving that milestone, and now being on the cusp of returning to a more usual pattern of life.

In both cases, there'll be an opportunity for the church bell to be rung by the arriving person, which we hope will announce to the wider community that someone has arrived or is setting out, further weaving the life of the Track into the life of the towns of Kalamunda and Albany.

We've already met one person who came in off the Track, completing an end-to-end walk from Albany to Kalamunda. It was moving to be with that person as they arrived, and to listen as they shared much of the joy of being out in the bush, away from the normal pattern

of life, and the new perspective that the experience had brought. We look forward to greeting many more walkers.

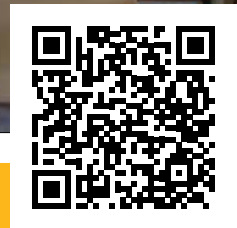
Prior to the forum, St Barnabas Anglican Church in Kalamunda was in the process of having new stained-glass style art designed for its windows. To recognise the importance of the Track to the life of the community we serve, motifs of the Track have been included into that art. The new windows, designed by the noted local artist Stephen Castledine, were commissioned by Bishop Hans Christiansen in June, and we hope will be of encouragement to all who see them.

The Revd Grahame Bowland Anglican Parish of Kalamunda- Lesmurdie

To sign up to be met, simply visit:
<https://kalamundaanglicans.org.au/bibbulmun/>

or scan the QR code below:

The middle window at St Barnabas represent pilgrimage and the Bibbulmun Track.



Social Sunday walks

WALK RATINGS: 🐾 BEGINNERS 🐾🐾 INTERMEDIATE 🐾🐾🐾 EXPERIENCED

DATE	DETAILS	RATING
1st Sept 9am	16.2km return walk from North Bannister to the Serpentine River via the Gringer Creek Campsite	🐾🐾🐾
8th Sept 8.30am	23.5km return walk from Perth Hills Discovery Centre to Helena Campsite (Fit and experienced walkers only!)	🐾🐾🐾
15th Sept 9am	16.3km return walk from Sullivan Rock to Monadnocks Campsite	🐾🐾
29th Sept 8.30am	21.4km return walk from Mt Dale to Beraking Campsite. (Fit and experienced walkers only!)	🐾🐾🐾
13th Oct 9am	11.5km Mt Cooke circuit walk via Mt Cooke Campsite	🐾🐾
27th Oct 4pm	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. Free for members. See booking conditions online. Book online, or contact the BTF office for a booking form. Bookings cannot be made over the phone.

Track Trivia



Hello Fellow Track Lovers,

I continue to be amazed how quickly the weather patterns change in WA! Two weeks ago, we were receiving queries from walkers who were concerned that the prolonged drought would mean a lack of water at the campsites. Last week people were cancelling their plans to walk over the long weekend because of extremely heavy rain, high winds and thunderstorms.

This brings up a couple of points; regarding the availability of water, the BTF can only advise walkers based on the information we receive. If the water tanks are severely depleted, Parks and Wildlife will make every effort to ensure that water is made available. So please, if you ever find water levels are low in the tanks, let us know. Either phone us on 9481-0551 or use the "report a problem" link in the trip planning section by section guide on the website. Regarding the storms, that as I write are rolling around the house, check the weather forecast before you venture out and if you decide to walk, remember it can get very cold, very wet and very windy, so be prepared! Personally I think anyone who elects voluntarily to walk in the winter is nuts but then as a recycled Pom I came here in part to escape English weather, so maybe I'm biased.

A recent article in Great Walks magazine questioned whether social media was having an effect on an increase in the number of rescues of bush walkers by the emergency services throughout Australia. As an example, people were posting videos showing walkers in fine weather conditions walking on flat, easy sections of a trail, without mentioning that the following day required the crossing of a fast-flowing river or clambering up a rock face! As a consequence, walkers were setting out ill-prepared and under-equipped. The moral? Videos on Facebook or other media sources are fine, but don't rely on them to give you the whole, or the accurate story. Do your research independently before you set out.

Which, for some odd reason, brings me on to the subject of "Track Names", something that I have talked about before. Many of the names that I used to see regularly in the red registers have disappeared, including mine, as older walkers hang up their boots and replace them with slippers. Of the many names used I particularly liked The Mad Axeman (the legendary Jim Freeman), IPack and IPlod, The Bibbulbums and FOFs #1,#2, and #3. Recently the name Thunderbird and the Urban Legend caught my eye; what's that about?

Some years ago I was in the Mount Chance Campsite when two young couples came in. I introduced myself as Jim and one of the guys asked if I were Spring-Heels Jim, another regular walker of the Track. I explained I was Wrong Way Jim.

"Oh yes," he said. "I've read your ramblings in the Newsletter."

Ramblings? How dare he describe my erudite discourse as ramblings? But before I could protest he carried on:

"I'm really impressed by the stuff in the books from the Friends of the Forest."

"Who?"

"The FOFs"

"Ah. FOF doesn't stand for Friends of the Forest. It actually stands for Feral old Farts."

If you ever need a conversation stopper, that worked!

So to wind up these erudite ramblings, let me say that the FOFs have given, and in some ways are still giving a huge amount to the Track!

Happy walking! Wrong Way Jim



Emu cartoon from the register at Harris Dam Campsite.




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Contact us for a quote for all of your transport requirements.

REFLECTIONS FROM THE REGISTERS

MUTTON BIRD:

I wish it would stop raining. My make-up keeps running down and there's no power for my hair dryer. Bob suggested I invest in a battery-solar powered panel and an inverter for the hair dryer. I expect they sell lots of them in Denmark. Only 50 days to Perth.

Pam 01/06/2021

What the heck is with these mozzies! The last night on the Track and we are under attack. Worst mozzies on the entire hike. I guess I should thank them as I have an early start tomorrow. What an amazing adventure this has been. I can't wait to get out and immerse myself in nature again.

Hike on everyone!

Little Jim 31/10/2021

Mutton bird, mutton bird

Who's ever heard of a mutton bird?

We've heard of the meat

And we've heard of the sheep

But a sheep with wings?

Oh! Never such things!

Lil & James 02/02/2022

Note to self: When using the Bibbulmun Track Guidebooks, ensure that you are reading the instructions for the direction in which you are walking.

Stephen 29/30/2022

(Ed: Profound advice indeed, especially to someone like me, but I wonder where this guy went and why.)

GRIMWADE:

This was my first hiking. When we got here we made a fairy garden and roasted maismelows on the fire. We went exploring. We stepped into the bunk beds with our sleeping bags. When we wook up and had brekfast it was a good veiw and a great place to go.

Zoe, Ebony,Paul,Michelle. 29/09/2018

(Ed: I think that is is the fourteenth spelling I've seen of marshmallows!)

I have noticed that the toilets are the best place for phone reception.

Leah 25/05 2023

(Ed: That really is a new one on me! Could it be due to a change in the atmospheric conditions?)

Day 1. Can't wait to go bonkers.

Tim 17/06/2023

(Ed: And that is all he wrote!)

Grimwade! What a splendidly Tolkienesque name. Whenever I say it I want to put on a scary melodramatic voice. Fortunately the campsite is anything but scary. A fine setting, a new loo bigger than my house, and extra timber lining to the platform inside the shelter, a great idea that looks superb. It's an absolute gift to those who like to sit up in bed and read. This evening a group of scouts from Bunbury cheered and enlivened the campsite. It's great to have young people exploring the Bibbulmun Track; they bring a welcome and different dynamic to the place

Stephen Walker S-N end-to-end 06/11/2022

HELENA:

A group of young hikers from Carey

Were smelly, feral and hairy

They stopped at this location

Which far exceeded expectation

Their skills in the outdoors are scary!

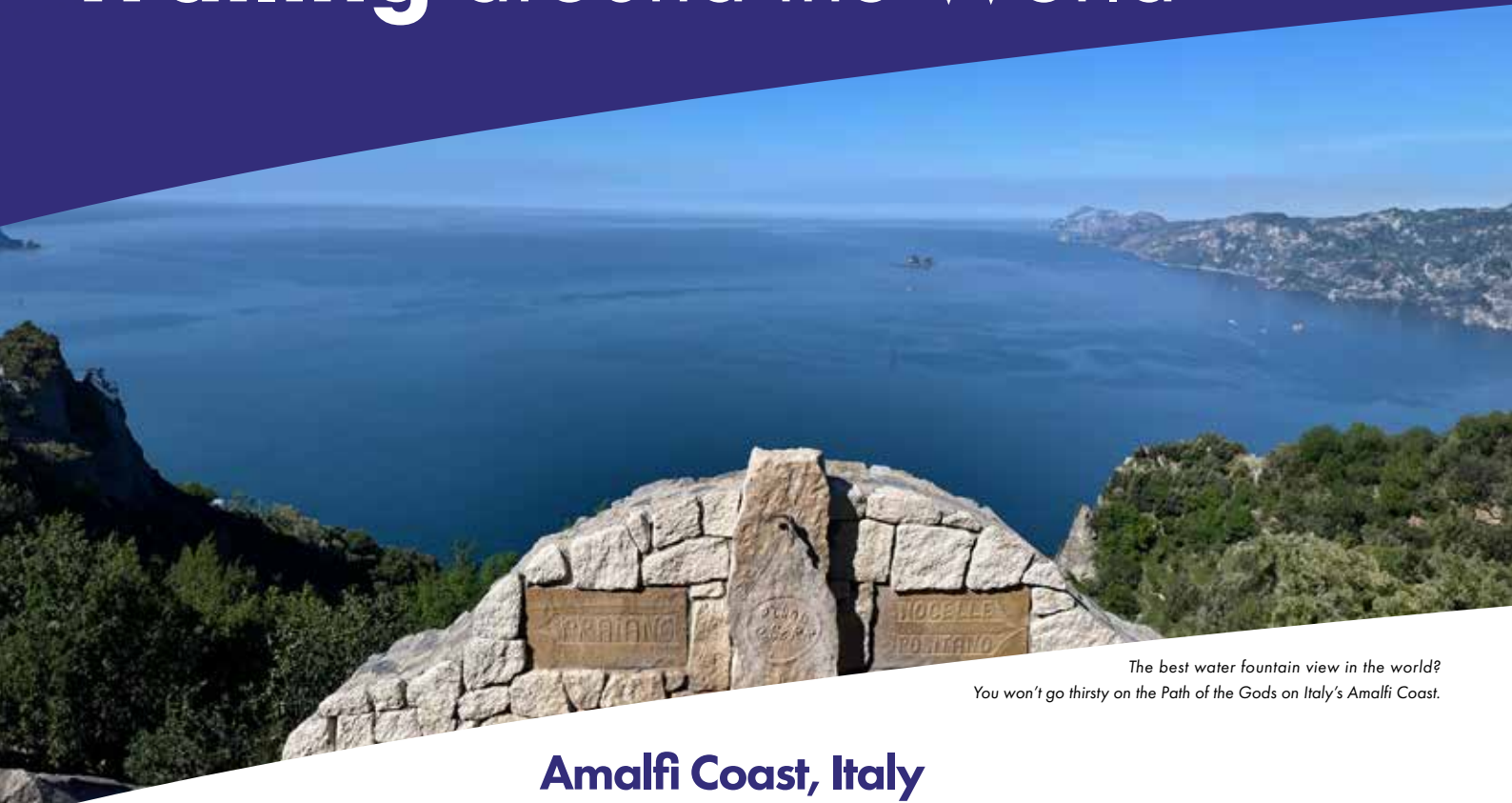
D. Buddy 16/10/2021



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

Trailing around the World



*The best water fountain view in the world?
You won't go thirsty on the Path of the Gods on Italy's Amalfi Coast.*

Amalfi Coast, Italy

This spectacular trail has a sign near the top end warning “Open-toe shoes and/or shoes with smooth soles or shoes without a non-slip ‘Vibram-type’ sole are prohibited”.

I was in my trusty Altra Lone Peaks, so there was no risk of me being “punished according to paragraph 2 of article 30 of law 394/91 and subsequent modifications”.

I didn't consult the law, but it's not unreasonable to think thong-wearers could be vapourised by a goddess, because the trail was supposedly created by anxious gods rushing to save Ulysses/Odysseus from being lured to his doom by sirens living on the rocky shores of the Li Galli islands.

The path (Sentiero degli Dei in Italian) is located between the little town of Bomerano (altitude 638m) and the heaving sea-level tourist trap that is Positano.

We started in Bomerano a bit before 9am, and the town square was crowded with hikers.

The first astonishing view of the Tyrrhenian Sea was a few minutes in; impossibly blue water beyond cliffs dotted with terraced green groves and white buildings. Far below boats were either at anchor or creating a white wake as they zipped between towns.

Those were the views from much of the narrow path as it wound its way around, while hugging the cliffs. The amazing scenery meant I had to pay attention. Wander too far to the side of the sometimes-narrow path and I would've plunged hundreds of metres to my death.

There's also much to see on the cliff-side. We passed a one-storey building that had been built on a ledge under the cliff. A herd of goats and two dogs milled around. There were caves including the renowned Grotta del Biscotto.

The path has one of the best-located water fountains in the world; the view of the sea as you fill up your water bottle is mesmeric.

After about an hour we worked our way around enough of the coast to get our first glimpse of Positano. I stopped for a rest to soak up the view and eat some violet crumble. 87 people passed me. It was busy, but it's even more crowded in the peak tourist months of June to August.

The path is a mix of full sun and cool forest. The sheltered areas are in canyons between cliffsides; at one point you can see the trail going up on the other side of a canyon. It's a bit like looking back and spotting Helena Campsite on the way to Waalegh.

BTF member and End-to-Ender David Cohen set out with friends to Italy to enjoy some of the walks of the beautiful Amalfi Coast on the Tyrrhenian Sea. This is David's account of one of the walks:

For more information visit:
www.lonelyplanet.com/articles/hike-path-of-the-gods-amalfi-coast

Another less formal water source is in a canyon where a pipe connected to a mountain stream fills up a large tub, the overflow spills down a plank.

I was well ahead of my companions and so decided to leave the trail after 5.5km at the little hamlet of Nocelle (altitude 421m) and descend to Positano. Nocelle has a square with amazing views of Positano and a little stand called Lemon Point selling fresh juice and espresso.

After my coffee I tackled the 1,700 steps down to the road---it felt like 17,000 steps! Once on the car and bus-choked thoroughfare, feeling sweaty and triumphant, I passed a sign that said Positano.

The last few kilometres of the Path, according to my companions, weren't as good as the part into Nocelle, although they did get to see Monte Gambera, a peak with a hole in it, above the village of Montepertusoso. The village was supposedly the location for the eternal battle between Good and Evil. The Devil had been trying to punch a hole in the peak; the Virgin Mary did it with her finger, shaming the Devil so much he left for good.

In my Positano hotel the owner told me the trail used to be the sole preserve of picnicking locals 30 years ago. When I asked what happened, she said: "Instagram!"

Positano was jam-packed with traffic, influencers looking for the perfect social media shot and shops selling ceramics, clothes with lemon designs, limoncello, and tacky souvenirs.



No matter how hot and sweaty you are, you MUST get a selfie with Positano in the background.



Walking into Ravello for a well-deserved gelato.

The other Amalfi Coast walks are not as famous, but just as good - and a lot quieter.

For our second walk we caught a bus to a village called Scala, laboured up hundreds of stone steps, and took in more incredible views of towns and lemon groves spilling down to the sea. Then it was about 4km through forests of old pines until we got to a waterfall. After crossing a stream, it was a delightfully shaded tramp of 3.5km to Pogerola, where we had coffee and drinks at a cafe that looked all the way down to Amalfi. What goes up must come down and the walk back to Amalfi was 600-plus steps.

A third day was up to Ravello, then back down to Amalfi via Atrani (where Denzil Washington starred in *The Equalizer 3*). The trail passes ruined ironworks and paper mills, industries once powered by the Canetto River. There are close-up views of the lemon groves that dot the side of the mountains. We saw three huge snakes, stone sculptures in a folly garden of poised cobras overlooking the track. "This place is called Saint Marcian", a plaque said, but I couldn't find it on any map.

There were quite a few flights of steps before Ravello, which was thick with Americans off tour buses and shops selling - you guessed it - ceramics, clothes with lemon designs, limoncello, and tacky souvenirs.

The plunge back down the hills finished in Atrani, which is just around the corner from Amalfi. We loved Atrani, it was quiet, and the main square was clearly owned by the town cat.

Regular cafes meant there is no need for trail food on Amalfi walks. But if I had to take something to nibble on it would be tarralini, little crunchy wheat things that look like a cross between a tiny bagel and a dog poo. There are sweet and savoury versions, the garlic and herb ones are addictive, and the perfect snack to have with a Hugo or Aperol Spritz.

We booked a six-day self-guided walk through a commercial company. The \$2595 price included track notes, private transfers, and nights in three and four-star hotels.

Italy has two trails called Path of the Gods, the other is further north and connects Florence and Bologna via the Apennines and looks wonderful.

Next time!

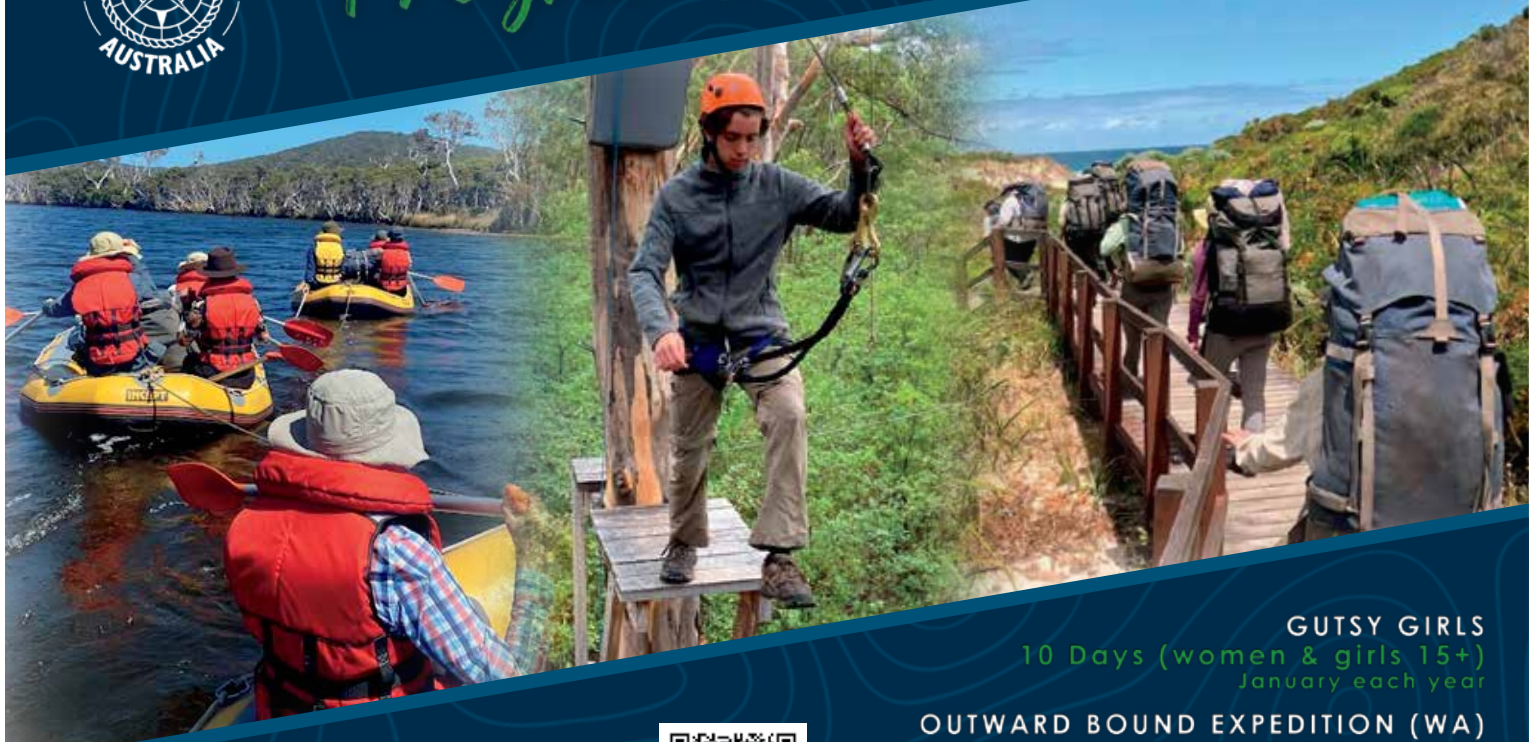
David Cohen

A friendly local near the village of Scala.





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