
❖ WALKING SA News ❖

Volume 19 Issue 1

Autumn 2011



Newsletter of the
**Walking Federation of
South Australia Inc**
Greening Australia Bldg
5 Fitzgerald Rd
PASADENA

All correspondence to:
Post Office Box 1094
PASADENA SA 5042

Phone (08) 8276 5090

Webpage:

www.walkingsa.org.au

Email:

office@walkingsa.org.au

Office Hours

Tuesday, Wednesday &

*Uniting all
people actively
concerned with
bushwalking
for the
protection &
advancement of
their mutual
interests*

Walking SA is
supported through the
Office for
Recreation & Sport
and the Government
of South Australia



'The long way back'. Walkers returning to Wilpena from
St Mary's Peak, Flinders Ranges SA.

**WALKING SEASON OPENING DAY
SUN 3 APRIL 2011—PAGE 2**

Featured in this edition of Walking SA News :

- ◇ President's Words
- ◇ Bushwalking Australia
- ◇ Trails update
- ◇ Bendleby Ranges
- ◇ Nepal and India

and more ..

be active. Find 30

Walking SA's Committee 2010/2011

President	Ron Jackson (<i>Keep Walking</i>)
Vice President	Bill Gehling (<i>Adelaide Bushwalkers</i>)
Hon. Secretary	Liz O'Shea (<i>WEA Ramblers</i>)
Hon. Treasurer	Jayne Jennifer (<i>Women in the Bush</i>)
Principal IT	Chris Moad (<i>Chris's Walking Group</i>)
Principal WAC	Fran Lucas (<i>WEA Ramblers</i>)
Principal TTU	John Eaton (<i>Retired Teachers Wlknng Grp</i>)
C'ttee Member	Thelma Anderson (<i>Noarlunga Bushwalkers</i>)
C'ttee Member	Myra Betschild (<i>Women in the Bush</i>)
C'ttee Member	Alan Bundy (<i>Keep Walking</i>)

Walking Access Committee

Fran Lucas	(<i>WEA Ramblers</i>)
Arthur Ward	(<i>Adelaide Bushwalkers</i>)
Mary Denton	(<i>WEA Ramblers</i>)
Thelma Anderson	(<i>Noarlunga Bushwalkers</i>)

Trails Technical Unit

John Eaton	(<i>Retired Teachers Wlknng Grp</i>)
Secondees on call	

Administration Officer

Sam Edwards

Next General Meeting

Tuesday 15 February 2011

7:30pm

Conference Room, Greening Australia Building
5 Fitzgerald Rd PASADENA

Guest Speaker will be Jayne Jennifer from Women in the Bush who will provide interesting information on light weight walking equipment now available.

We encourage club delegates, members and interested friends to come along to hear the presentation and to mix socially with fellow walkers and committee members.

Opening of the Walking Season 2011

Sunday 3 April
Memorial Oval, Tea Tree Gully.

A reminder that Walking SA will be holding this major walking event of 2011 in conjunction with the Friends of the Heysen Trail who are celebrating their 25th Anniversary.

The official opening will take place at 1pm with activities including Come 'n' Try walks beginning at 10am and continuing into the afternoon. Catering including a sausage sizzle, tea and coffee will be available on the day.

This is an ideal opportunity to catch up with walkers not often seen, and also to bring along friends who may not yet be involved in the great activity of bushwalking.

Clubs wishing to display their brochures at the Walking SA booth are asked to forward them to our admin officer by 22 March.

We look forward to a successful day and invite members to drop by our booth and have a chat.

Advertising rates (incl. GST) and editorial deadlines 2011

1/8 Page Vertical	\$33
1/4 Page	\$55
1/3 Page Vertical	\$66
1/2 Page	\$99
Full Page	\$154

Flyer (plus printing and insertion costs p/a) - \$176

Winter	4 May
Spring	2 August
Summer	2 November

All enquiries to Walking SA 8276 5090

office@walkingsa.org.au

President's Words

I am pleased to advise that a grant application for \$40,000 jointly submitted by Adelaide Hills Council, Forestry SA and Walking SA to upgrade trails & signage and produce meaningful brochures for walking areas to the north-west of Kersbrook was approved. When applied, this grant will increase walker-safety in the area and promote bushwalking as a desirable activity.



As I indicated in the last newsletter, one of our goals this year is to raise the public profile of Walking SA, and with it a greater awareness of bushwalking and our member clubs. A tri-fold brochure to assist this promotion is in the final design phase now and should be ready for wide distribution in a matter of weeks.

As you will read on page 4, we have purchased a Personal Locator Beacon (PLB) for use by member clubs for use on official walks. This unit, and printing of the above mentioned tri-fold brochure, is per courtesy of a donation by member-club *Skyline Walkers*. I sincerely thank the group for its continuing generosity in supporting Walking SA in its multi task role.

I had a brief but pleasurable encounter with an ARPA group walking in Coromandel Valley early in December, and resolved to step out of the WSA cocoon to meet and walk with more of our member-club people. I've managed to join *Keep Walking* members in a twilight walk and, with our PR officer Alan Bundy, a *Skyline Walkers* early morning walk. I believe keeping in touch with those we support is important, and plan to move around and meet with other groups as the year progresses.

One of the matters considered at our annual planning day in January was the possible hard copy production of a series of short walks (about 3 hrs) which are generally unknown to the public. These would be tri-fold based with a map & written directions and would once again raise the profile of bushwalking and our clubs. I would be pleased if club leaders could contact our office and advise walks considered suitable for this application: we all need to be involved to achieve the best result.

Walking SA will again have a display booth at the Caravan and Camping Show (Wednesday 23 - Sunday 27 February) at site S61 in the Stirling Angus hall. Please drop by for a chat if you're attending.

Committee are hoping to present an historic walk for SA History Week (the month of May 2011) and would be pleased to hear your ideas. It is the 175th anniversary of our State's foundation as a province.

In closing, I wish to thank Lorraine Thomas from ARPA and Liz O'Shea from WSA for their articles on Nepal / India and the Bendlebeys respectively. I encourage other walkers to submit articles of interest to our 'walking community' so that all may share their pleasures described, albeit remotely.

I bid you all farewell for the moment, and hope to see many of you at the Opening of the Walking Season.

Ron Jackson

Attention walk leaders

Forestry SA Rangers have asked that clubs provide prior notification of all planned walks in forest areas, giving the approximate number of participants and details of the proposed walk route.

This relates to all walks throughout the year.

Contacts:

Mt Crawford Forest Phone (08) 8521 1700

Kuitpo Forest Phone (08) 8391 8800

E-Newsletters direct

A reminder that if you have an email capacity and would like to receive our newsletter at the earliest time, let us have your email address and we will ensure it's emailed to you.

To assist in promoting walking as a desirable and healthy activity, consider forwarding a copy to friends not yet involved.

Unfortunately, budget constraints prevent us from offering the same hard copy facility.

Bendleby Ranges

An earlier article in the WalkingSA News mentioned the attractions of the Bendleby Ranges, which was pleasing to the WEA Ramblers as we had already booked the Shearer's Quarters for the June long weekend.

The properties of The Springs and Gum Dale are situated approximately 50 kms. along a good dirt road NE of Orroroo. Fourteen of our group stayed in the comfortable rooms of the Shearer's Quarters whilst the other seven camped close by but were able to share the dining/kitchen area and also the newly built ablution block. We had ordered our main meals from Maggie's Rendezvous in Orroroo - these were collected as we drove through on the Friday night and only required heating on the day and proved to be both adequate and delicious. On the Sunday we had the extra treat of music and dancing as part of a fund raiser for The Royal Flying Doctor Service - and some of us managed to stay upright until the band packed up for the night!

This country forms part of the Southern Flinders Ranges with two distinct named ranges - The Bendleby and the Hungry Ranges but some areas are only accessible by 4WD and this determined our choice of walks as we were dependent on 2WD. None of the walks are marked but the owners Jane and Warren are happy to give directions and the loan of 2 way radios if required. (There are no mobile connections in this area) It is craggy country and, if it is a first visit, a walk survey is recommended. The Ramblers did this by staying at Black Jack accommodation in Orroroo and spending a full day out with 2 'teams' surveying for the walks. We did the Hidden Gorge walk (with an extension) in the Bendleby Range and the Yacca Gorge walk (also with an extension). Both of these walks provided spectacular scenery on mainly rough, rocky terrain but on the Monday we walked on tracks designated as 4WD (low skill level) Gum Creek Drive and Black Oak Drive and this proved to be a very pleasant ending to our weekend.

PS Between the survey in May and the June weekend some rain had fallen and the country was transformed! - so, if you can, time your visit after the rains to see the country at its beautiful best!

Maps - Minburra topographical 1/50 000 and the owner's 'mud' maps.

Liz O'Shea

PLB available to clubs



Walking SA has purchased a GME brand satellite capable PLB (Personal Locator Beacon) for use by members during official club functions should an emergency arise and normal communications are unavailable.

To provide for future battery replacement and other possible service requirements, a weekly fee of \$10 will be levied on those using the unit, plus a refundable deposit of \$50.

Please telephone our administration officer Sam Edwards at the office (8276 5090) for further information.

Member-club resume

KEEP WALKING

Keep Walking was formed in April 1998 upon the demise of Keep Fit SA when a government grant was withdrawn. All walk leaders were effectively displaced. Leaders of the day Ron Robinson, Margaret Thompson, John Butler, Ted Chessman, Alan Sandbach and Liz Barry met and decided to carry on the function under the new title. Ron Jackson joined the group in 2006.

The group has been successful in its operation and presently offers day-walks from 2-4 hours of various difficulty levels, seven days of the week for most of the year, on a four term basis. On occasion, extended walking trips have occurred, including those to New Zealand, Kangaroo Island, Flinders Ranges and Tasmania.

All leaders are accredited and have undertaken first aid training. It is hoped that the group will continue well into the future providing sufficient younger walkers complete the BLSA course.

For information about Walking Groups open for new members, log onto
Walking SA's website



Trail updates

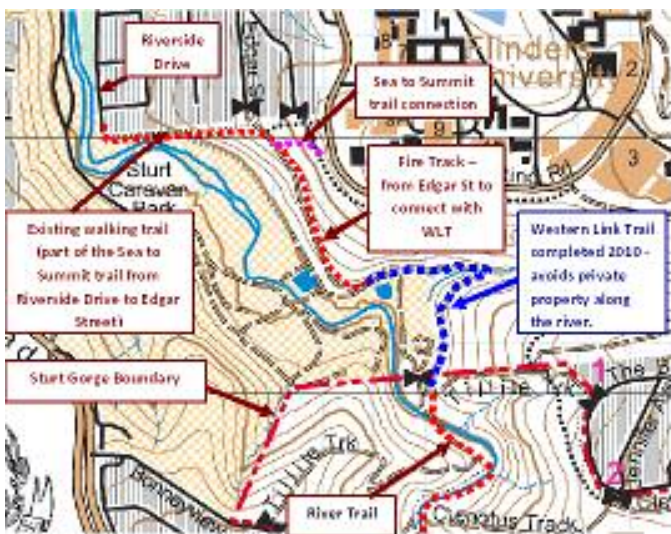
Belair/Lynton A recently completed shared trail from Belair to Lynton was opened on 18 January by Senator the Hon Don Farrell assisted by the newly elected Mayor of Mitcham, Michael Picton.

It runs from Caroline Avenue, Belair to Beagle Tce, Lynton and provides a link to other Mitcham trails, Sleeps Hill quarries and, further south, Wati-paringa and Shepherds Hill reserves.

Sturt Gorge We are pleased to announce a new access trail at the western end of the Sturt Gorge. It connects the *River Trail* in the Gorge at the Bottom of *Tillite Track* with the Fire Track leading down from Edgar Street in Bedford Park. An existing walking trail (part of the *Sea to Summit*) leads down the hill from the end of Edgar Street to Riverside Drive to complete the trail.

This long sought-after access route is due to the very active Friends of Sturt Gorge, and we thank them sincerely for their continuing efforts.

Maps of walking trails through the gorge may be obtained by accessing www.fosg.org.au or phoning Sam at the WSA office on 8276 5090 for further information.



Flinders Ranges Bush Walks 2011 maintenance programme

In 1993 the Royal Geographical Society of SA with the assistance of the agencies and Friends of the Heysen Trail established twelve walks as a complement to the publishing of *Explore the Flinders Ranges*. Since that time the walks have been maintained and progressively upgraded to provide interpreted and self-guided walks that have wide public appeal. Check them out on www.walkingtrailssupportgroup.org.au

Each year there is the opportunity to assist with maintenance/upgrading of the walks anything from checking the marking, the availability and accuracy of the information leaflets, track condition and sustainability.

Three twelve day trips are made annually, accommodation (a roof, kitchen, bathroom and beds) is provided by National Parks but in all other respects participants are expected to be self supporting. With busy lives, part time involvement is welcome; many combine other activities in the area and spend a few days contributing to the **commonwealth!**

Projected program for 2011

Southern Flinders 02-13 May
Dutchman Stern and Mount Brown
staying at Dutchman Stern Conservation Park – 300 km north of Adelaide

Northern Flinders 20 June to 01 July
Oppaminda Nudlamutana, Weetootla, Italowie, Arkaroola walks and Terrapinna Tors
staying at Nudlamutana Hut in Vulkathunha-Gammon Ranges National Park – 700 km north of Adelaide

Central Flinders Ranges 25 July to 05 August
Wilkawillina, Haywards Huts and Bunyeroo Wilcolo, staying at Oraparinna in Flinders Ranges National Park – 500 km north of Adelaide

For further information contact:-

Rob Marshall
Walking Trails Support Group
71 Osmond Terrace NORWOOD SA 5067
08 8362 1595
suerob2@bigpond.com

Nepal and India with ARPA

Late September 2010 a group of 13 ARPA members arrived in Nepal, some taking in Chitwan National Park Wildlife Reserve, others Kathmandu or the Ladakh Valley (India) before joining up to trek the Khumbu Valley.

After some hard training up and down Mt Lofty we are as fit as we could ever be to tackle the Himalayas.....and we need every bit of that fitness to deal with the altitude. At 5,500 metres there is less than 50% oxygen, the O₂ saturation in our blood is about 87% which would normally put you in intensive care, at sea level you need 97-99% saturation! In addition to the thin air, the Himalayas can be very, very steep.

As we approach Lukla Airstrip (Khumbu Valley) the pilot “dives” for the runway, brakes immediately, executes a sharp right hand turn to avoid the stone embankment at the end and we safely disembark to begin the trek. From now on there is no mechanization, no vehicles, bikes, not even a wheelbarrow, everything is transported by porters, Yaks or Zybkhru (good scrabble word meaning a cross between Yak and cow). We live in tents and have a mobile kitchen and dining tent for the next few weeks.

Travelling slowly, we reach our campsites around lunchtime then undertake altitude training in the afternoons, that is, we go up another 300-500 metres always returning to sleep lower than the highest point reached on any day. This works well for us but one of our young porters is evacuated with altitude sickness..... you just never know.

There is plenty of time to explore the villages, a group of small school children at Monjo are enthralled by David Greig’s storytelling as he reads the book “Echidnas on Everest” written and donated by Peter McDonough’s son. After crossing many iron-cable swing bridges, negotiating narrow, steep tracks and adoring the beautiful, gentle yaks as they softly parade past we have our first rest and acclimatization day in Namche Bazaar with lots of shopping, local culture, good bakeries, email and our only hot shower. Now the group splits and the lower group trek off to Ama Dablam Basecamp (around 4,700M) while the others take the high pass, Cho La, to Everest Base Camp (around 5,500M). As we battle with the lack of oxygen, we are distracted by the magnificent deep



CROSSING CHO LA PASS



CAMPSTIDE BELOW CHO LA PASS

gorges and raging rivers, the Rhododendron forests with hanging grey moss, the fields that exhibit many diverse products and the locals who happily go about their simple but productive lifestyle against the backdrop of steep terraces and breathtaking high mountain peaks.

For the high group the trail is less congested but much harder and snow begins to fall as we reach Gokyo and onwards. Our very competent guide encourages us with “*lucky its snowing or it would really be cold*” as we sit in the dining tent with 4-5

layers of clothing plus the additional Goose-down jacket that is provided. The tents and equipment are more than adequate and indeed, we are never “really cold”. At Gokyo we repair the Helipad and witness it being used the following morning, trekkers are evacuated daily from the region.

After reaching Everest Base Camp it is all “downhill”, the snow and ice lay behind us now and we cover greater distance, meeting up with the others at Dingboche and taking in the more cultural aspects of the Khumbu Valley with its monasteries, schools and handicrafts! By this time we have developed a warm relationship with the Sherpa Guides who continue to look after us and feed us extremely well despite our significant weight loss. We all agree it is about the hardest trek we have done.

Exhausted, we leave for Kathmandu and fly to Varansi, India where we weave our way through undisciplined and noisy traffic visiting cities that showcase their great cultures and antiquities, the highlight being the Taj Mahal. What a contrast. As for the trekking, would we do it again.....No way! Well, not until next time! Once again Geoff Lister has put together a very thorough and memorable expedition.

Lorraine Thomas

Australian Retired Persons Association (ARPA)

Bushwalking *Australia*



Bushwalking with a disability

At first glance, “bushwalking” and “disability” seem to be contradictory. The very thought brings to mind people trying to negotiate rough walking trails in wheelchairs or on crutches. Making all trails accessible to wheelchairs, would dumb them down to the point where most able bodied walkers would find no challenge or interest. Who would want to be on a bushwalk, only to have the whole group held back by one member who simply wasn’t up to the standard of the rest of the group?

Bushwalking, like all sports and recreations has had to consider the needs of the disabled. Disability legislation in all states requires us to do this. Competitive sports have developed wheelchair versions, and categories that allow for various classes of disability. Another form of political pressure comes from people who want all trails to be multi-use, which allows all manner of wheeled vehicles including motorized wheelchairs, but also trail bikes and all-terrain vehicles.

Bushwalking Australia has developed a policy which turns this around by focusing on people’s **abilities** not their disabilities. It recognizes that we all have different levels of walking ability and that people should be encouraged to walk to the maximum of their ability. Clubs already do this by grading their walks according to the difficulties of the terrain, and the skills and stamina required of walkers. Tougher walks require leaders who can not only do the walk themselves, but who can ensure the weakest member of the group is not left behind. Providing for the disabled is largely a matter of adding new categories to the “short/easy” end of the classification. Even now there are clubs which allow members to bring seeing-eye dogs, and there are plenty of members who are willing to support people with hearing problems and mental conditions. There are instances of truly heroic people who undertake difficult walks in spite of their disabilities.

Rather than dumbing down all walks and walking trails to some lowest common denominator, the *Bushwalking Australia* policy sees a need to provide a variety of walking experiences to meet the needs of all people and all abilities. So if say 5% of the population are disabled and require specially adapted walking trails, then 5% of the trails should be designed that way. The aim should be to give everyone a chance to sample the types of experience most of us enjoy as able-bodied bushwalkers. At the same time 95% of the trails should cater for the abilities and aspirations of the remaining 95% of the population. But neither should it pander to their laziness by encouraging them to drive rather than walk to a particular point of interest of natural beauty.

Another part of the answer is to set up groups that cater for various forms and levels of ability. Again, we already do this by having some clubs specializing in overnight through-walking, others in short day-walks, and yet others for retired people. No club should be forced to lower its standards to accommodate someone who would be better suited to another club. Where there is no existing club able to meet the needs of a particular walking-ability, *Bushwalking Australia* encourages state federations like Walking SA to work with local councils, state government and other community organizations to form one.

Bill Gehling

Come on a Walking Journey Across the Simpson Desert.



A Once in a lifetime Adventure... Challenge Yourself.. 21 days, 440 km, 1100 Sand Dunes, walk the mighty Simpson Deserts "French Line".

A small group of 12 or so people will meet in Alice Springs on May 1st 2011, from here we head off the next day in four wheel drives to Dalhousie Springs in South Australia to start the walk.

18 leisurely days later finishing on the biggest dune in the desert "Big Red" just to the west of Birdsville in Queensland.

**May 2nd to May 23rd 2011...
Cost.. \$4850. Per person.**

**Find out more at
www.paddymchugh.com
Phone.. Paddy on
0427 216720**

