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# ❖ WALKING SA News ❖

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*Newsletter* of the  
Walking Federation of  
South Australia Inc  
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Dulwich

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9.00am to 3.30pm

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*Uniting all  
people actively  
concerned with  
bushwalking.*

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



*Tom Goodwin, Sue Barker, Rob Marshall and Liz O'Shea  
ready for work at Bunyerroo Lookout - Flinders Ranges*

Featured in this edition of Walking SA News:

- ◇ President's Words
  - ◇ Volunteer work in the Flinders Ranges
  - ◇ Focus on Skyline Walkers
  - ◇ Information on Walking SA office relocation
  - ◇ Walking the Camino
  - ◇ Adelaide Hills Walk - Scott Creek
  - ◇ Podiatrist's Tips
- and more ..*

**be active.** Find **30**

## **President's words**

### *As presented to the Annual General Meeting*

I have great pleasure in presenting my second annual report. It has been a year of diligent work which hopefully will bear fruit in the coming year.

The Pioneer Women's Trail remains incomplete. There now seems no prospect of a pedestrian bridge over the Onkaparinga River on the Mount Barker Rd between Verdun and Hahndorf. Transport SA finally decided that it was impossible to strap a pedestrian bridge onto the existing road bridge and that a separate bridge costing \$400,000 would be required. Representations to the Minister of Transport Safety were also fruitless. On the positive side, our Trails Technical Committee surveyed an alternative route and have investigated options for a pedestrian crossing of the river costing around \$20,000. We have written to the Adelaide Hills Council and the Mt Barker Council suggesting that a joint approach to the Department of Planning and Local government for an Open Space Grant to complete the trail has a good prospect of success. Only local councils can apply for these grants. So far responses have been in a positive direction.

Our attempts to develop a cheap fair weather crossing of the South Para River on the Hale and Warren Trails proceed. Both SA Water and the Department of Environment and Heritage have indicated that it is possible and desirable from the water quality and public safety viewpoints. So far neither is prepared to provide the small amount of funding required.

The task force of Government Department representatives set up to develop an agreed procedure for the development of disused rail corridors as trails appears to have made no progress. Given the number of walking trails already on disused rail corridors interstate, this procrastination is difficult to understand. SARTI have given up any hope of using the Penrice Junction to Truro corridor. The group in the state's South-East planning to develop the rail corridor from Naracoorte to Kingston as a multi-use trail with the support of the Naracoorte Lucindale Council, appear to have been able to make little progress so far.

The Opening of the Walking Season this year was again a great success. SARTI co-hosted it with us at Eden Valley on April 5<sup>th</sup>. The Walking Season was declared open by the Barossa Council Mayor, Brian Hurn, OAM. We thank him, the Mid-Murray Mayor, Ian Mann, and the other invited guests for attending. The Organising Committee did a splendid job and the catering volunteers were able to make a significant donation to the Red Cross. The support of the walking clubs makes this day a special celebration of walking. (Someone observed that it was the largest event ever in Eden Valley!)

A new trail was provisionally marked out in time for the Opening in April. This is the 18km Eden Valley loop which is a trail from Eden Valley to the next proposed section of the Lavender Federation Trail, along it for about 4.5 km to Keynes Gap, and back to Eden Valley. I commend it as a delightful trail planned by Ian Poole.

The Caravan and Camping Show combined with the Outdoor Adventure Show again offered us a stand at the Show this year. Our display was a joint effort by many walking groups. The consensus seemed to be that it was good exposure and worth repeating next year.

The Trails Technical Unit has continued to do significant valuable work this year. They have been busy with assessments in Sturt Gorge, Hardy Road and on the Pioneer Women's Trail.

On your behalf, I have developed a presentation to explain our vision for walking trails. So far I have given variants of this presentation to the AGM of the Royal Geographical Society, a Walking SA General Meeting and the very recent Trails Forum. My message is that we need more trails to widen the experiences available. With no footpath tradition and invisible road reserves, we need marked trails to know where we can walk. We need to complete the Heysen Trail and the Lavender Federation Trail. We need a coastal trail from Cape Jervis to Port Adelaide, to open all the disused railway corridors etc.

I will be making this presentation to the Friends of Sturt Gorge in November and am available for any other interested groups so that we can spread the word.

I thank the committee for their continued support and Eleanor for her sterling work in the office. I look forward to another successful year.

Chris Bushell - August 2009

Postscript

*It was most encouraging that so many came along to the AGM evening to hear Chris Halstead, the Acting Manager of the Visitor Management Branch, Department for Environment and Planning, give a presentation on the future of parks and trails-based experiences. Whilst much of the information was not new to some of us, hearing it in the context of his department's responsibilities broadened our own understanding of it, and his preparedness to field questions and take feed-back from the meeting, is greatly appreciated.*

*An Executive Committee was again elected quite late in the evening. (Yes, proceedings will be re-ordered at next year's AGM!) However, there is still room for more walkers to become involved in the many workings of the Federation in the coming year. In particular, a person to represent the interests of Individual Members is needed, as is an additional body or two to assist the Trails Technical Unit or even to become part of a 'pool of volunteers' available at short notice to respond to requests for help with 'light' tasks on the trail.*

*And a 'go-getter or two' who could come up with promotional ideas on ways to highlight the needs of both walkers and walking trails, especially in the political and corporate arenas, would be most welcome. If you are available, please contact the Walking SA office.*

*An extra special word of thanks, to Joan Mooney and Mary Denton, both of whom have come off the Executive Committee after many years of valuable input. I am delighted that they are both continuing to contribute through the Walking Access Committee.*

CB

**Walking SA's Committee 2009/2010**

Chris Bushell (President)  
Bill Gehling (Vice President)  
Liz O'Shea (Hon. Secretary)  
Jayne Jennifer (Hon. Treasurer)  
Chris Moad (IT Support)  
Myra Betschild  
Ron Jackson  
Thelma Anderson  
Fran Lucas

**Walking Access Committee**

John Eaton  
Arthur Ward  
Mary Denton  
Joan Mooney  
Thelma Anderson  
Fran Lucas

**Trails Technical Unit**

Ron Jackson  
John Eaton

**Administration Officer**

Eleanor Martin

**Walking SA's**

**next General Meeting**

**Thurs 19th November 2009 -7.30pm**

**Presenter: Marilyn Browne**

**Topic: Patagonian Wilderness**

*An opportunity to escape to a faraway place and to enjoy an end of season catch-up with fellow walkers before the festive season starts!*

All Club delegates, interested club members and friends are encouraged to come along.

Location: To be advised

More details closer to the date from:

Walking SA 8361 2491 or [www.walkingsa.org.au](http://www.walkingsa.org.au)

## Flinders Feature (1) - A Working Holiday



The holiday was in the joy of being out of the city and enjoying the sunshine and beauty of the magnificent Flinders Ranges, while the work consisted of checking and gathering GPS data for mapping purposes, and carrying out maintenance work on the trails that have been established under the aegis of the Royal Geographic Society.

Accommodation was provided at the very comfortable Oraparinna Station shearer's quarters where a blazing combustion stove made for cosy end of day camaraderie. In an area where the ice needed to be scraped off the cars in the morning this was an essential item!!

From there each day we went to work on a different trail, including the Trezona and Yuluna Circuits and Hayward Link (Haywards Huts), Bunyeroo Gorge and the Bunyeroo Wilcolo track. We also had the opportunity to walk the whole of the Wilkawillina walk – a marvellous walk of contrasting landscapes and magnificent views.



Picking up on information at a meeting with the district Ranger at DEH Wilpena it appears that some parts of these trails might now be abandoned (under recommendations in the draft Flinders Ranges National Park – Trails Master Plan). This I would see as limiting the choice and the diversity of experience that so many walkers value and in such a rugged landscape adequate signage and availability of maps is essential for the safety of visitors.

Sue and Rob Marshall, of the Friends of Parks Walking Trails Support Group (FP-WTSG), have shouldered the responsibility of ensuring that these trails are maintained and, for their annual inspection, they invite volunteers to help in this work – hence the opportunity for me to be up in The Flinders.



I urge anyone who has the time, to contribute to the maintenance of these trails, and in so doing, they will obtain an insight into the decision making that is needed for correct placement and signage along the trail.

Nothing happens by 'magic' - on behalf of my fellow walkers, I propose a vote of thanks to Sue and Rob and others of the FP-WTSG for their hard work and dedication.

*Liz O'Shea, WSA Committee*

### Photos (from top)

- ◇ *Tom, Sue and Rob at Trezona Hike Trailhead*
- ◇ *Rob advising Tom and Graham at Wilkawillina*
- ◇ *Some of the crew just taking a well earned break!*

## Flinders Feature (2) - Killing Mexican Wheel Cactus

*Opuntia Robusta*, or Mexican Wheel Cactus, started spreading through the Flinders Ranges about thirty years ago. It is now a major pest plant problem. Last year Bill McIntosh of Gum Creek Station (near Blinman) asked Adelaide Bushwalkers to provide a group of volunteers to survey and poison cactus on that part of his property adjacent to the national park. In October last year thirteen people went to Gum Creek for a week beginning what will probably be an eight to ten year project.

In August this year four ARPA volunteers joined ABW at Gum Creek. They were recruited by Lorraine Billett, a member of both clubs, as were several other volunteers. Discussion revealed that several ARPA/ABW members also belonged to other bushwalking groups – Red Socks, Four Seasons, Bushlanders and Ramblers were thus also represented.

The Blinman Parachilna Pest Plant Control Project, run by Lorraine Edmonds, provided both a safety talk and equipment such as poison, drills, gloves and GPS's. In the field we lined up ten to twenty metres apart and walked slowly along a GPS bearing, 'navigators' keeping the line in the right direction. When a cactus was sighted we recorded its co-ordinates, drilled holes in it and administered 2mls of glyphosphate per pad into the holes to kill it.

Anyone who has walked the Heysen Trail just north of Aroona Station has been on Gum Creek property... at a guess that's a large percentage of bushwalkers. Helping control Mexican Wheel Cactus infestation on Gum Creek and prevent its spread from there to the national park is in the interest of all who use the area and for this reason I was delighted that this year some ARPA people volunteered to join this valuable volunteer effort undertaken by ABW. Using the same modus operandi as last year, we found and killed a lot of cacti, and enjoyed ourselves doing so. At the end of our weeks work we viewed a cactus poisoned last year. It was definitely dead, a very delightful and satisfying sight!

Our work in 2008 led to the Blinman Parachilna Pest Plant Control Project getting a \$30,000 from the South Australian Arid Lands Natural Resources Board. This money is used to fund commercial cacti extirpation. We estimate that the 2009 volunteer effort should be worth even more.

*Judith Cahill, Conservation Secretary  
Adelaide Bushwalkers.*



Photos (from top)

*Forming line ready to search*

*Poisoning cactus with driller behind*

*Aim of the exercise—dead cactus!*

## Focus on Member Club - Skyline Walkers

Skyline Walkers Inc was formed 11 years ago and has maintained a consistent membership of between 70 - 80 members over that time with, on average, 30 - 35 members attending each walk.

Firstly, we would like to say that the Club is extremely appreciative and aware of the work of our peak body Walking SA, responsible for lobbying to keep open rights-of-way, mapping and signing walking trails, arranging insurance cover and undertaking a multitude of other services. Our Club feels strongly that this body deserves the support of walking clubs and to this end we make an annual donation to Walking SA (to be distributed as that committee sees fit) and will continue to do so depending on Club finances.

A bit about us – the Club is essentially a voluntary organisation run by a hard working committee of 9 members, elected from the membership. We offer a winter walks program, ranging from 2½ - 3 hours and enjoy walking in areas such as Para Wirra, Adelaide Hills and Willunga to the south. Longer walks of 4 - 5 hr duration are also scheduled during winter. At present we are tackling the Lavender-Federation Trail and this season will walk the very interesting Pioneer Women's Trail; already we have completed the Yurrebilla Trail.



*Ready to go!*

For added walking interest, we run a 'Big Day Out' to places further a-field, taking lunch and the time to appreciate the flora and fauna of the area. Among our members are the bird watchers, always ready to point out a feathered local, and the orchid spotters. Also we are lucky to have a 'human warbler' with

us who bursts into song at the slightest excuse!

In 2003 we commenced walking the Heysen Trail, starting from Cape Jervis and will reach Burra at the end of this year. We plan to increase our days 'on the track' and hopefully will finish the Trail before we are all in our graves!

We so enjoy walking and each others company that the Club runs summer walks of shorter duration from January to March, commencing earlier in the day at 8am (such a challenge for the sleepy heads!) and these see us walking along the Linear Park, shady lanes in the hills and beach walks with, of course, a swim afterwards.

We indulge in coffee and cake at the end of each walk (those calories hopefully already neutralised by the walk)! With so many tempting cakes, the Club has now immortalised them in our very own Skyline Recipe Book, which is proving to be a great winner.

Socially the Club is very active with trips away each year. We have visited Kangaroo Island, the Grampians, the Flinders Ranges, Bendigo – and closer to home, Moonta, Normanville and the Barossa. Walking is always the main theme but barbeques, pub meals and sightseeing are scheduled in as well.

With so many competing activities commanding our attention these days, it is so refreshing to enjoy the friendship and camaraderie of our fellow walkers and revel in the simple pleasure of just walking together.

*Skyline Walkers Inc*

*On the trail!*



## **'MUST READ' INFORMATION BELOW**

### **WALKING SA is 'on the move'**

After several busy months searching for alternative office space, the Walking SA Committee has negotiated with *Greening Australia* to rent office space at their State headoffice in Pasadena.

Whilst appreciating that this location is somewhat further from the CBD than at first seems desirable, it is more than compensated for by the good public transport route along Goodwood Rd, ample parking space adjacent, the compatible ethos of our respective organisations and the welcoming nature of their on-site staff.

Final details are in the process of being determined, but relocation is anticipated during mid-October.

Member Clubs will receive full information closer to that time and information will be updated on the web page [www.walkingsa.org.au](http://www.walkingsa.org.au)

### ***Advance Diary Date for Walk Leaders and Club Members***

*Opening of the Walking Season - 2010*

*Sunday 11 April*

*Walking SA and Skyline Walkers are co-hosting this event  
in conjunction with the Mylor Community at the Mylor Autumn Fair  
with the launch of the Aldgate Valley Nature Trail also on that day.*

## Walking the Camino



The Camino de Santiago pilgrimage across the north of Spain is one of the most popular walking trails in the world and each year is becoming more so. The walk is of moderate difficulty and is well-marked. Pilgrim hostels in every town and village en route offer cheap overnight accommodation and sometimes two meals as well - all of an immensely better standard than that experienced by the religious pilgrims of hundreds of years ago!

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More and more Australians are now walking the Camino - 868 in 2006 and 973 in 2007. Many modern day pilgrims speak of deeply personal experiences, even of spiritual renewal, that can come from undertaking the walk. And Eve Buckley, long-time bushwalker with Friends of the Heysen Trail, added to the number of Australian Camino walkers in 2008. Recently, Eve shared some of her own recollections of her time on this seven hundred kilometres plus historic trail.

“Well, it certainly wasn’t an Epiphany for me!” she said. “More like a kaleidoscope of memories and shards of images”. Eve described it as an experience that brings you into yourself. Setting out alone, she had no companion who spoke English, so no one to share or to reflect on the day’s events with - “so you had to go into oneself”.

Physically stepping out most days before dawn into the cold, grey morning - wondering where the next coffee would come from, excitement about what the day might bring and where you would end up that night - this was much of the challenge of it all. Eve says that one quickly learnt to say “*Cafe solo grande, por favor*” as a very important survival technique!

As you follow the distinctive yellow arrow waymarks of the trail, much of the landscape one crosses is rural, including through some well-known wine regions; however one also finds one’s way through several major towns - you recognise the sign, trust it and the direction it shows and before too long you will see another.

You certainly meet up with other people along the way, aged anywhere between “young and sixty-five plus”, and some of whom you may tread the trail with for a while - “less than half of these spoke English, and I am ashamed to say that I did not speak their languages at all” - and you may sit down to dinner together that night. But people would set off the next day at different times and would walk at different paces, so you may, or may not, catch up another time at another hostel. The issue of whether or not there would be a hostel bed (any sort of bed!) left in the next overnight village, would often determine the time one set off and the pace of one’s stride on the way. Eve remembers, after taking time at the top of a mountain in Galicia to revel in the breathtaking view, being one of the last four weary travellers to score a bed in the village that night!



There are several pilgrim routes to Santiago de Compostela and various starting points. Eve, who commenced her long trek at St Jean Pied de Port on the French side of the Pyrenees, vividly

recalls that first night spent in Spain at the *albergue* (hostel) in Roncesvalles, in the company of about eighty other people. It was an old monastery, where Gregorian chants were played to the 'would be' pilgrims, to comfort and inspire them, and lull them to sleep after their first day climbing through the Pyrenees (yes, the knees had held up!) and the music was there yet again in the morning to gently awaken them and send them on their way as the dawn broke.



Food that is plentifully available for the walkers is the *peregrino* - the main dish of the day for the pilgrim. It consists of meat or free range chicken (cooked Spanish style) with potatoes and salad - nothing pretentious about it, but wholesome and nourishing. And it is always served with the local red wine which is on the table prior to the food as a matter of course. "Do not plan an alcohol free day in Spain" warned Eve! Beds in the hostels are mostly of the bunk variety - with your own sleeping bag. One becomes adept at putting on one's clothes before getting out of the sleeping bag in the morning for reasons both of modesty and the very low temperatures at such an early start time!

Eve estimates that \$30 approx. per day covered all expenses on the trail (coffee to start, bread and cheese after finishing the day's walk at about 1-2 pm, meal and accommodation at night). Eve stressed that in many respects, safety factors that one takes into account when bushwalking in Australia are not imperative on this type of trek - it is safe and easy to walk alone (although next time she would prefer a walking companion), you can get by without a map (although she wished she had read a good guide book beforehand to help her appreciate more the land, and the culture, in which she travelled), and water is easily obtainable along the way.

The inspiration for Eve to undertake this walk came from listening to a Radio National interview - "That sounds interesting" she thought, "I've always seen myself on that type of trail", and in no time at all, she was up, up and away! In total, starting in May before the peak season began, she walked 795 km over 31 walking days, with an average of 26 km per day. (Five days were taken out to recover from severe tendonitis.) On the last day but one, Eve walked 37 km in order to put herself within 5 km of the final destination.

And yes, on that last day, she walked in to the ancient city of Santiago de Compostela and was present at the daily Mass in the cathedral during which the struggle of the pilgrims who have arrived that day is acknowledged and celebrated. "I am not a religious person", Eve said, "but it was a very special moment in my life."

One of Eve's best memories along the way is that of the storks sitting, tolerantly undisturbed, on top of the church spires in the rural villages; one of the worst is of the cyclists who speed along the trail with total disregard for the beauty that surrounds them.

What does she advise others who might be inspired to walk *El Camino*? Learn a few words of Spanish before you go, know that you don't always have to stay where the crowd goes, and take time - time to appreciate the living history of the pilgrim route through the centuries old villages with rustic stone churches and hospital ruins of a bygone age, the local produce of the countryside and the culture of its people, and the bravery of the pilgrims of some centuries ago who faced dangers, illnesses and discomforts that will make your 'pilgrimage' today seem like luxury!

*Eleanor Martin*  
(as related by Eve Buckley)

Recommended reading:

*Walking the Camino* by Kerry O'Regan (an Australian walker's trek), published by ginninderrapress

*The Year We Seized the Day* (A true story of friendship, fury and sore feet) by Elizabeth Best & Colin Bowles (also Australian), published by ARENA Allen & Urwin

*Walking the Camino* (A modern pilgrimage to Santiago) by Tony Kevin (a 63yr old Australian), published by SCRIBE.

## A Scott Creek Walk

A recent Adelaide street directory is adequate to find the following 3 hour 10 km walk in the Scott Creek area. Although the walk is entirely on quiet roads or unmade road reserves, it offers a variety of terrain and interest including a section of “real” bushwalking.

Begin at the Scott Creek Reserve (Oval) where there are toilets and room to park cars on the NW side of Scott Creek Road almost opposite Carthew Road. I mention Carthew (Road) so that this reserve is not confused with another shown on many maps on the opposite side of Scott Creek Road some 3 km further SW – but I have never seen any real evidence of the latter.

Continue straight on up Carthew beyond the formed roadway which ends at about 0.5 km. The going is easy at first as you keep to the ridgeline with a fence on your left. After about another 0.5 km you need to take care with a cross-fence. Thence begins the crux of this walk which is a short section of untracked native scrub. Avoid any loss of height which could lead you off the unfenced right-hand side of the road reserve. Keep climbing with a fence on your left and you will become aware of suburbia and weeds as you approach a bitumen road.

Turn left at the bitumen road (Red Hill) then immediately right into Allen Hill and thence straight on down Longwood. You may prefer to cross Longwood to walk off-bitumen before re-crossing to turn right into Hadrian Gully. Continue beyond the barrier at the end of the formed road. After about 2 km from the start of Hadrian Gully ignore an unmarked track (Terrara Lane) coming down the hill from your left. Continue downstream until you see a road crossing of the creek on your right.

If you miss this turn-off you will encounter a gate – retrace your steps.

After crossing the creek you climb through the stringy-barks on an un-named road. From a 1:10,000 ortho-photo cadastral map it is apparent that this road is not always within the road reserve – a not uncommon situation in South Australia. Indeed, the property owner on Nicholls at the top of this road appears to have obtained a bitumen driveway by allowing the driveway to provide access to the road!

Turn left onto Nicholls, noting that you will return to this point from Kanbara opposite. Follow Nicholls looking out for the Scott Creek Cemetery Reserve on the right soon after the “Fire Trail” on the left that links to Scott Creek Conservation Park. The cemetery reserve provides a suitable spot for a rest break in the shade or for local exploration.

Leave via Cemetery and turn right into Scott Creek. After about 300 m turn right into Kanbara which climbs back up to Nicholls. You may encounter two gates which you leave as found (as always). Turn left onto Nicholls and follow this ridge-top section generally NE to Red Hill. Turn hard left and follow the bitumen downhill for about 0.5 km to Scott Creek. The Scott Creek Hall and Primary School is just beyond the junction.

The 1 km section of road north from the junction back to the Scott Creek Oval provides some interesting off-bitumen walking – probably created by the locals. Proceed on the western side for a start. When you come back to the bitumen you should cross and find a track on the eastern side which will then take you back to within sight of your car.

*Arthur Ward*

*WSA - Walking Access Committee*

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For information about  
Walking Groups open for  
new members, log onto ...

*Walking SA's website*  
**[www.walkingsa.org.au](http://www.walkingsa.org.au)**



## Why do my feet hurt first thing in the morning?

*After all, I've been sleeping for the last 8 hours...*

This is a common question asked in the podiatry consulting room. It seems like a reasonable question, so let's just consider what actually is going on... Firstly, the pain or discomfort is coming from irritated nerve endings. The nerves are irritated by an inflammatory reaction.

*But why is there an inflammatory reaction if I have been resting?*

Inflammation is your body's way of dealing with damaged tissues. The damage did not happen during the night though. It happened during the previous day; a nice walk, a session in the garden, playing with the grandchildren. Then, when you are resting, your feet go '*great, she's off us, let's get to work to fix the damage.*'

Inflammation swells the blood vessels and sensitises the nerve endings. Then, when you go to stand on your feet, you are standing on thousands of sensitive nerve endings, ergo; it hurts! This is also the reason why some people have sore feet/heels after they have been sitting down for lunch. When they go to stand, 'ouch' for a few steps until the pressure is reduced.

*How do I fix this problem?*

The first thing is to correct the cause of the damage that is occurring during the weight bearing activities on the previous day. Until this is resolved, there are some useful self-help remedies you can try.

1. When you wake up, before placing your feet to the floor, stretch and move your feet in all directions for 30-60 seconds. A useful trick is to write your full name (including your middle name) in cursive with each foot.
2. Gently massage your feet before walking. Have a tennis ball handy by your bedside. Sit on your bed with your feet on the floor, then massage your feet over the tennis ball for 30-60 seconds.
3. Do the tennis ball massage before retiring at night time. This helps shift some of the waste products that build up during the day which add to the inflammation.
4. If all else fails, 'Use Your Head, Go See Ted!'

*Ted Jedynek  
Podiatrist  
North Adelaide*

### Walking in the Flinders

A set of **Flinders Ranges Bush Walks Brochures** are now available from the Walking SA office (Tues and Thurs 9:00 to 3.30) - 8361 2491.

The Brochures have been prepared and published by the Walking Trails Support Group and cover the following walks:

- ◇ *Bararranna*
- ◇ *Acacia Ridge*
- ◇ *Mawson - Spriggina*
- ◇ *Oppaminda - Nudlamutana*
- ◇ *Weetoola*
- ◇ *Italowie*

Brochures include Trail Notes and Trail Map

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### ATTENTION WALK LEADERS

**Prescribed Burns - Dept. for Environment** has agreed to provide Walking SA with details of their Prescribed Burns Program in order to minimise the risk of walkers going into areas when burning is scheduled to take place.

Information will be on : [www.walkingsa.org.au](http://www.walkingsa.org.au)

**Forestry SA Rangers** continue to ask 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 applies to walks all during the year.*

Contact:

**Mt Crawford Forest :** Phone - (08) 8521 1700

**Kuitpo Forest :** Phone (08) 8391 8800



Bushwalking Australia is perhaps best known for the national bushwalkers insurance scheme. But it is much more than that. We run a web site [www.bushwalkingaustralia.org](http://www.bushwalkingaustralia.org) which links the state bushwalking federations together, and provides information to the general public.

We lobby on behalf of bushwalkers to the federal government and other national organizations. The Bushwalking Australia council meets around 3 times a year by teleconference, and once a year we meet face-to-face in a different state.

This years it's South Australia's turn to play host on the weekend of 9<sup>th</sup> to 11<sup>th</sup> October at the Warrawong Conference Centre in the Adelaide Hills. Key people in the walking community in SA will be among those invited to some of the sessions.

*Bill Gehling*



#### Easy Walking Classes – making walking more pleasurable

A new series of classes that will help you keep fit and take pleasure in regular walking will be held at the Unley Citizens Centre Hall. Join these accessible and fun classes and participate in a friendly, supportive walking group.

The classes are based on The Feldenkrais Method® and will assist you to find your balance and confidence in movement.

**When:** Classes commence Wednesday 9<sup>th</sup> September to 11<sup>th</sup> November (10 weeks)

**Time:** 9.30am to 11.00am

**Cost:** \$50.00 for the series. (\$5.00 per session)

Bookings essential. Contact the Centre on 8372 5128 or the Feldenkrais Practitioner running this course Susie Fraser on 8297 9075 for more information.

The Easy Walking Project) Division supported by the South Australian Government Office for Recreation and Sports be active and Community and Neighbourhood Houses and Centres Association Inc.



## Other 'happenings' in Adelaide

**Walking Summit** - Walking SA has joined with the Heart Foundation and a number of other organizations to help advance the cause of walking beyond the area of recreational and club bushwalking that we are mainly known for. The steering committee meets every month with the aim of forming a permanent coalition which will advocate for walking in SA. In November, Rodney Tolley from the UK, an expert on walking and founder of the international Walk21 organization, will be in Australia and in Adelaide for two days of that. visit Together with the Heart Foundation and other members of the steering committee, we are helping to plan Rodney's visit. There will be more detail about his visit in the next few weeks.

**Adelaide in 30 years time** - A new plan for the future development of Adelaide has been released. See - [www.plan4adelaide.sa.gov.au](http://www.plan4adelaide.sa.gov.au) In addition to recreational trails, green corridors and so forth, it promises to make it easier and more rewarding for people to walk regularly and rely less on their cars. Walking SA has been asked to contribute to this vision.

*Bill Gehling*

*(Walking SA Representative on these groups)*

*Are you recently retired or approaching it?*

*Looking for a few hours work each week?*

*Do you have basic admin skills?*

*Word processing talent?*

*Just love all to do with bushwalking?*

*Yes, an opportunity for you is waiting!*

*Contact Eleanor at Walking SA*

*8361 2491 (Tues and Thurs)*

*Job-sharing just may be on the agenda!*