
❖ WALKING SA News ❖

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Newsletter of the
**Walking Federation of
South Australia Inc**
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Tuesdays & Thursdays
9.30am to 3.30pm

*Uniting all
people actively
concerned with
bushwalking.*

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



Marita Bushell

ARPA Bushwalkers climbing Devil's Peak - Flinders Ranges

Featured in this edition of Walking SA News :-

- ◇ Words from the President and Vision for the Future
- ◇ Tips for Walkers and Campers
- ◇ Update on Railtrails
- ◇ Long Distance Trail in New Zealand
- ◇ Thoughts on Indigenous Trails

be active. Find **30**

President's words

As presented to Annual General Meeting

I thank the committee for making my first year as President an enjoyable one. It has been a year of some frustration with a few concrete achievements.

We have made progress on the issue of safety where marked trails cross major highways. Following our approach, Transport SA has initiated a program of signage installation at dangerous points.

To enable us to complete the Pioneer Women's Trail we need a pedestrian bridge over the Onkaparinga River on the Mount Barker Road between Verdun and Hahndorf. Transport SA say that it is possible to strap a pedestrian bridge onto the road bridge for \$50,000 but decline to build it at their expense. It is surprising in an age of health consciousness that millions can be found for a football stadium but nowhere near us much for community health and safety projects. It is difficult to comprehend how this road bridge was built in the first place with no provision for pedestrians. This bridge is an accident waiting to happen. We will continue to pursue this project and attempt to secure funding for the bridge.

Our offer to take over maintenance of the Hale and Warren Trail subject to provision of a cheap fair weather crossing for the South Para River was sent to the Department of Environment and Heritage. John Eaton and his team provided an excellent sustainability report to accompany our proposal.

The SA Trails Coordinating Committee has set up a task force to consider how disused rail corridors could be made available as multi-use trails. Given the number of trails already on disused rail corridors, one hopes this will be a formality. One notable politician observed to me that establishing trails on rail corridors still in use would be safer than bike lanes and sidewalks on roads. A radical and progressive thought, and one we should develop. There is a proposal to develop a bike track along the tramline.

The Opening of the Walking Season went very well. A large number of people attended and our displays were much appreciated. Thanks to all of you who took part.

The Caravan and Camping Show combined with the Outdoor Adventure Show 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.

One of the challenges for Walking SA is to establish itself as centre of expertise as well as just being the umbrella organisation for walking groups and walkers. We demonstrated our ability to undertake projects when we built the Pioneer Women's Trail. This year John Eaton has developed his skills and reputation for trail assessment to the point where his team is being employed to undertake trail surveys in a consultancy capacity. We thank John for doing this on behalf of Walking SA because not only does it increase our reputation, it also provides much needed income.

It is important to note here that such capabilities do not conflict with the excellent work being done by other groups closely associated with us but do, and should, complement them. We continue to commend and assist the excellent work done by Rob Marshall and the Walking Trails Support Group. We assist groups developing trails where we can. These include SARTI developing the Lavender Federation Trail and the new group in the 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.

My thanks to the committee for their support this year. Special thanks to Arthur Ward for continuing as acting treasurer and to Peter Beer and Thelma Anderson for their continued efforts. Our thanks to the Walking Access Committee who have continued to ensure that the rights of walkers are upheld.

Finally, we bid farewell to June Boscence who has worked in our office for many years, produced the newsletter and done all and more than was asked of her. Happy walking for many years, June, and we know you will always be there to help Walking SA. And so a new chapter opens and we welcome Eleanor Martin to our ranks.

Acacia Ridge summit Arkaroola Wilderness Sanctuary



Post and plate



Section of 'topograph' plate

The Walking Trails Support Group, per courtesy of Skyline Walkers Inc., recently installed a checkpoint which points out the landmarks to be seen from Acacia Ridge. A useful adjunct for enquiring walkers.

We call this a 'topograph' but are not sure that this is correct. Any advice?

Rob Marshall 4 September 2008

Consolidating walking opportunities



Are you interested in working on a walking trail?

Currently work is being done in the following areas

- ◇ **Barossa and Burnside**
By arrangement when the daily maximum does not exceed 25 degrees C!
- ◇ If you have an interest and can volunteer your skills, please make contact, phone 08 8362 1595, email, suerob2@bigpond.com
- ◇ Check out our web page, www.walkingtrailssupportgroup.org.au

October – Parks Alive Month

Help celebrate South Australia's natural environment by visiting one of our parks or botanic gardens during spring, when birds, plants and animals are at their most active!

A range of community events and activities will be held across the State on **Saturday 25th and Sunday 26th October**. Picnic in the Park events will be held at both **Morialta and Belair National Parks**.

For more information
www.lga.sa.gov.au/parksalive

(Parks Month is an initiative of DEH's *Healthy Parks Healthy People* program.)

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



Walking SA's website
www.walkingsa.org.au

Walking SA – President’s vision for the future

We need to raise our public profile. We will know we are a successful organisation when government at all levels comes automatically to us for advice related to walking in all their planning activities. When the media comes to us for comment on walking issues we will have succeeded.

I believe we must be seen to be active in the following areas.

Strategies

- ◇ Issue prompt press releases on matters of public interest to do with walking. This requires delegation of the task to a trusted spokesperson the committee will always support.
- ◇ Support Bushwalking Australia Inc to give us access to government at the highest level.
- ◇ Develop channels of communication with government which are trusted, confidential and have continuity.
- ◇ Focus on the big picture.
- ◇ Be constructive in all our dealings.
- ◇ Promote the development of more trails for health, access, and awareness of where it is legal to go.
- ◇ Speak publicly on our objectives, trails in general, trail development and opportunities.
- ◇ Pursue increased funding for walking.
- ◇ Become intimately involved with the planning process.
- ◇ Make known to interested groups that we are the people who can help them develop their trails. (A couple with a property at Myponga wanted help to develop a public trail around their property. What happened to the contact there?).
- ◇ Stir the pot. Wherever we go, individually, point out the opportunity for new trails.

Next General Meeting of Walking SA

7.30pm Thursday 20th November 2008

All Club delegates and other interested club members are welcome to attend.

Location: Burnside Community Centre, corner of Greenhill and Portrush Roads, Tasmore.

Contact 8361 2491 for more details.

Short term projects

- ◇ Completion of the Pioneer Women’s Trail. This requires cooperation with Hahndorf National Trust, two local councils, Transport SA.
- ◇ Produce an article profiling the capabilities of John Eaton’s team for publication. (Advertiser, Great Walks?) All publicity helps the cause.
- ◇ Decide a course of action on Hale and Warren and drive it to conclusion.
- ◇ Work towards a positive outcome of the SATCC rail corridors task force.
- ◇ Support the Kingston to Naracoorte Trail development.
- ◇ Form a trail development team charged with advising any group who come up with a trail concept. (Build this from SARTI and PWT experience.)
- ◇ Develop a set of source documents that can be rapidly assembled and modified to support grant applications. (Each new grant application need not seem like a new mountain.)

*Chris Bushell
August 2008*

Walking SA’s Committee 2008/2009

Chris Bushell (President)
Bill Gehling (Vice President)
Liz O’Shea (Hon. Secretary)
Chris Moad (IT Support)
Myra Betschild
Ron Jackson
Joan Moody
Thelma Anderson
Fran Lucas

Walking Access Committee

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

Administration Officer

Eleanor Martin

Useful Internet Tips for Walkers and Campers

◇ Save your joints

During bushwalking there are often occasions when you have to step down further than normal, such as on an eroded track between rocks. Avoid temptation to just thump down even though it may be quicker. Where possible use your hands to help ease your weight down. *Your knees will thank you!*

◇ Preserve Energy While Walking

When walking, aim to keep your breathing and heart rate regular. If you start to puff, walk slower or take smaller steps. Try to keep the same rhythm of walking whether walking uphill, on the flat or downhill. Walking around or stepping over obstacles (such as logs and rocks) can often prove more energy efficient than stepping on to them – you will avoid slips and awkward steps. Where possible, place your foot flat on the ground to spread your weight over your whole foot. Walking uphill largely on your toes can place additional strain on your calf muscles. *Ouch!*

◇ Tent Saver

Buy a piece of lightweight plastic to use as a ground sheet to help avoid objects penetrating the floor. You can get two meters of 'builders film' from hardware stores. Cut a piece to size a little less than the footprint of the tent so that none protrudes beyond the floor area. *Helps to keep the floor clean, too!*

◇ Campsites

When choosing a place to pitch your tent, avoid mossy-looking green spots. They are usually indicators of the path for run-off from rain and you may find a miniature creek running under the tent if it rains. If you have the misfortune to face the tent right into the run-line the water may even run straight inside the tent. *One doesn't want a soggy sleeping bag!*

◇ Stove Reflections

Flexible aluminium sheeting can be bought from most plumbing supply shops. When cut to shape (using tin snips or heavy-duty scissors), these pieces can replace old/damaged reflectors and windshields on MSR WhisperLite stoves (and similar models). 'Brand-name' spares are very expensive, whereas one meter x one meter sheets of alloy cost only a few dollars!

◇ Cooking Freeze-dried Food

Some freeze-dried foods include meat that does not always completely re-hydrate during cooking. If prior to the main meal you are making a hot drink or cup of soup, add a little extra water to that billy. Then, when it is warm, tip some into another billy and use it to soak the freeze-dried food. *Yummy!*

Happy walking and camping!

Operation Flinders Foundation

is again presenting

Advertiser Colliers International Trailblazer

Trailblazer is a team endurance event that offers distances of 18, 34, 50 and 100km. Staged along the stunning trails of the Adelaide Hills and Plains, this year's event will take place on

18 and 19 October 2008

Telephone: (08) 8242 5033

Email: amcmanus@operationflinders.org

Web: www.operationflinders.org

Rail Trails

Many of our members might have enjoyed exploring the extensive system of Railtrails that have already been identified and developed in Victoria and will be happy to know that, as an initiative of the South Australian Trails Coordinating Committee (SATCC), a new working party has been formed to investigate the possible use of our abandoned rail tracks for recreational use.

The Rail Corridor Working Group had its first meeting on Aug. 7th with our Administrative Officer Eleanor Martin representing WSA (on behalf of our President Chris Bushell). Other members of the group include representatives from ORS / Tourism SA / Horse SA and Naracoorte and Lucindale Council. It is hoped that DEH will also send a representative, while other agencies will be asked to participate as needed.

A draft action plan was circulated prior to the meeting and future actions decided on. Matters discussed included:- GIS identification of rail corridors (over 20 are already named) / land Tenures or leases / soil contamination issues / procedures and/or standards for development of these corridors - and, importantly, proposals for funding to enable employment of a person to correlate all the information in order to develop a 'working tool' to advance the use of these corridors for recreational purposes

More information is kept at the WSA office and Eleanor would be happy to answer questions on these issues.

Liz O'Shea

Kidman Trail - Maps

A set of five maps is now available through Walking SA of this recreational trail for horse riders, cyclists and walkers, which runs over 255 km from Willunga to Kapunda.

These five maps cover Willunga to Echunga, Echunga to Nairne, Nairne to Mt Crawford, Mt Crawford to Stockwell, Stockwell to Kapunda and feature overlays of the Heysen, Mawson, Lavender Federation and Battunga trails on the map strips.

Cost for all five maps is \$45.00 (incl. GST.)

Walking SA Office is open Tues and Thurs.

Telephone 8361 2491

Northern Flinders Ranges Warraweena

A small group from one of our member clubs recently returned from bushwalking in the Flinders Ranges, using Warraweena Conservation Park as their base. This park is the property of 'Wetlands and Wildlife', a non-for-profit public company, listed on the Commonwealth Register of Environmental Organisations.



Warraweena is only 540km north of Adelaide, encompassing 355 sq km of the highest and most diverse land in the area, and is an area of historical, cultural and natural significance, many sites reflecting the occupation of Warraweena by aboriginal peoples, miners and pastoralists. Many of the park's features are accessible only by foot.

Secluded bush camping sites, shearers' quarters, bush huts, homestead, and even overnight stays in Shepherds' huts are accommodation options to choose from.

Full information is to be found at
www.warraweena.com

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 would apply to all walks throughout the year.

Contacts:

Mt Crawford Forest Phone (08) 8521 1700

Kuitpo Forest Phone (08) 8391 8800

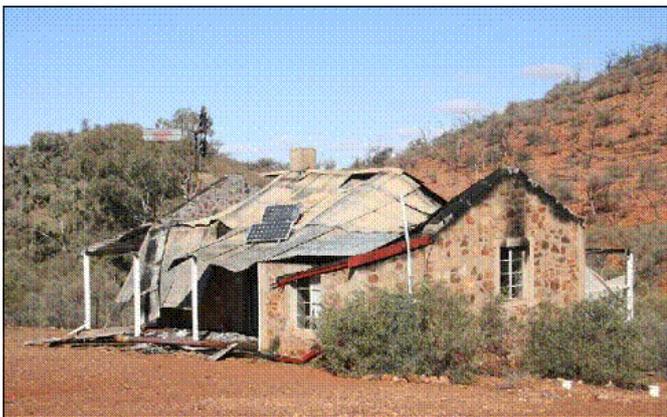
Farewell old Nudlamutana

In late May, occupants of Nudlamutana hut were roused from sleep by fire in the roof. Roof fires aren't easily controlled and the result is shown in the picture. A very sorry event for those of us who have been pleased to unwind there after hard work and cold days working on walking trails.

The hut was built in 1954 as an outstation of Balcanoona. An excellent stonemason built this hut, the Balcanoona woolshed and the house at Grindell's hut. Split creek stones were often used for the solid walls, which are still upright at Nudlamutana. As we used to sit around the fire, looking at the concrete floor and bare walls we would say that if a log rolled out of the fire (which it never did) there was nothing to burn. How wrong we were.

NPWS bought the Balcanoona lease from B H MacLachlan for dedication as an addition to the Gammon Ranges National Park in 1980. Since then Nudlamutana hut has been used by pest controllers, maintenance teams (including the Walking Trails Support Group for 15 years) and fee paying visitors who like seclusion in natural places.

A sad loss.



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Is 'Environment' your passion?

In South Australia \$2000 is given away as a Network Ten - Telstra Environment Award every month.

If you are working hard to save your local environment, find out more from ..

www.ten.com.au/environmentawards

Trans Tasman

Tramping the Te Araroa Trail



Anyone planning a trip to New Zealand in the not too distant future will be interested to know of the Te Araroa Trail (The Long Pathway) which is currently under construction, with a planned opening scheduled for December 2010. The trail will run the length of New Zealand, from Cape Reinga to Bluff - a distance of 1475Km as the crow flies - but the trail will cover nearly twice that distance as it joins the northern and southern extremities of the two main islands.

Starting from Cape Reinga, the route follows 90 mile beach, progresses through forests to Whangerei and follows the coast to Auckland. Its path thereon follows rugged coast, ranges and riverbanks to Hamilton, through Maori land to Waitomo Caves, along ridge tops overlooking Lake Taupo and on to Tongariro National Park; bush tracks take one to Pipiriki on the Whanganui River and an optional canoe trip to Wanganui City. And so it goes!

Much of the route utilises trails that already exist - over 70% of it is already good walking track and over 10% back roads - and after it crosses the Cook Strait, leaving Wellington behind, it traverses some of the most scenic and rugged areas of South Island as it makes its way down to Bluff.

Maps covering many sections of the trail are already available. To cover the entire length, it is estimated that you would need to set aside four months for the endeavour. The question is - do you have the energy and the legs to do it?

*Eleanor Martin / Myra Betschild
(some information from The New Zealander)
See also www.teararoa.org.nz*

Thoughts on Indigenous Trails in South Australia

This is an interesting subject.

Trails for trade in the European model would not have existed for aborigines, as there were no permanent settlements to go to and trade with. They would have had to cross into the “country” of another tribe, and then find the people to trade with. Trails would have merely been practical routes to particular destinations such as waterholes, sacred sites etc.

Aborigines had a far greater connection with “Country” in the sense of an area, than with any notion of a linear object like a trail or any kind of public road or pathway.

As hunter-gatherers, aborigines would have varied their routes as often as possible in order to catch game by surprise, or find plants where they had not recently harvested. So, even when they travelled, they would not have kept to a particular trail.

Also the religious sense of “presence” would have been important to them, especially in regard to places in nature that carried particular significance. By contrast, European religious notions were connected with constructed buildings (churches etc), and with pilgrimages to obvious shrines, which followed a set route or re-enacted a story. Again this reflects the differences between nomadic aborigines and the settler society which valued roads and trails.

Ironically, traditional (off-track) bushwalking has far more in common with traditional aboriginal movement. Bushwalkers want to explore new country, and feel “at one” with the environment. For aborigines, their motivation would have been for food and survival.

While the methods and motivation are obviously different between bushwalkers and aboriginal people, in the end the psychological feelings of “oneness with nature” and “belonging” would have been there for both. The ability to know the country and navigate through trackless areas is a skill prized by traditional aboriginal society and traditional bushwalkers.

Campsites in the bush with water nearby are valued by bushwalkers as well as aborigines. They are less valued by people who walk along a trail back to their car and then drive home to a comfortable bed.

I think we have to be careful when talking about aboriginal trails, because they could well be an artificial construct, invented by Europeans.

Having said this, I feel there is something to be gained by developing trails as a way of enabling people to understand the environment through which they walk. Clearly trails are a way of guiding people and giving them the rich experiences that were sought and enjoyed by aborigines and bushwalkers alike.

Bill Gehling

Contact www.adelaidecitycouncil.com for information on **Kaurna Walking Trail** in Adelaide

www.marion.sa.gov.au for information on **Tjilbruke Trail** (Warriparinga)

8405 6560 (Pt Adelaide Visitor Info. Centre) re.

Kaurna Cultural Trail

8240 0300 (Tauondi College) re. tours including Moriata Falls and Cleland Wildlife Park

Diary Date for Walk Leaders

Opening of the Walking Season

Murray Recreation Park, Eden Valley

Sunday 5 April 2009

Walking SA and the SARTI “The Lavender Federation Trail”
Will be organising next year’s event.

Come along and support walking on this important day.