
❖ WALKING SA News ❖

Volume 18 Issue 1

Autumn 2010



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

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Office Hours
Tuesdays & Thursdays
9.00am 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

Walking in Sturt Gorge



Featured in this edition of Walking SA News :

- ❖ President's Words
- ❖ Our Response to mining in Arkaroola
- ❖ Walking in Japan
and more ..

be active. Find **30**

Walking SA's Committee 2009/2010

President	Chris Bushell <i>(SA Recreational Trails Inc)</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>
IT Support	Chris Moad <i>(Chris's Walking Group)</i>
C'ttee Member	Ron Jackson <i>(Keep Walking)</i>
C'ttee Member	Thelma Anderson <i>(Noarlunga Bushwalkers)</i>
C'ttee Member	Fran Lucas <i>(WEA Ramblers)</i>
C'ttee Member	Myra Betschild <i>(Women in the Bush)</i>

Walking Access Committee

Fran Lucas	<i>(WEA Ramblers)</i>
John Eaton	<i>(Retired Teachers Walking Grp)</i>
Arthur Ward	<i>(Adelaide Bushwalkers)</i>
Mary Denton	<i>(WEA Ramblers)</i>
Joan Mooney	<i>(ARPA Bushwalkers)</i>
Thelma Anderson	<i>(Noarlunga Bushwalkers)</i>

Trails Technical Unit

Ron Jackson	<i>(Keep Walking)</i>
John Eaton	<i>(Retired Teachers Walking Group)</i>

Administration Officer

Sam Edwards

Walking SA's

next General Meeting

Thursday 20th May 2010

7:30pm

Location: Conference Room
Walking SA - Greening Australia Building
5 Fitzgerald Rd PASADENA

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

Walking SA 8276 5090 or www.walkingsa.org.au

Our Response to the Proposal of Mining Uranium in the Arkaroola Wilderness Sanctuary.

On the 28th of January, our President, Chris Bushell, sent these words to Mr Jason Irving, the manager of the Policy and Planning Department for Environment and Heritage;

Having familiarised ourselves with the proposed mining operation in the Arkaroola Wilderness Sanctuary by Marathon Resources, we are concerned by the scope of operations, and in fact, that they should be proposed in the sanctuary at all.

At the most recent Executive meeting of the Federation, members recorded the strong belief that the Arkaroola area should not be mined and that it should remain a wilderness sanctuary.

This belief becomes our firm stand, and we join with and support the Arkaroola protection movement and the Conservation Council of South Australia in urging that the area continue as a natural wilderness area for current, as well as future, generations to enjoy.

Advertising Rates and Editorial Deadlines.

1/8 Page Vertical	\$30
1/4 Page	\$50
1/3 Page Vertical	\$60
1/2 Page	\$90
Full Page	\$140
Flyer (plus printing and insertion costs p/a)	\$160

Winter	17th May 2010
Spring	16th August 2010
Summer	15th November 2010

Walking SA 8276 5090 or www.walkingsa.org.au

President's words

We congratulate the Government on the opening of the Amy Gillett trail on 23rd January between Oakbank and Woodside. This is the first section of a 32 km multi-use trail which will follow the disused railway alignment between Mount Barker Junction and Mount Pleasant. At the opening the Minister of Transport, Energy and Infrastructure, Pat Conlon, committed to spending one million dollars per year on the trail until it is complete. We have been pushing for rail corridors to be made available for recreational use for years. It has been very frustrating so far. From this exercise we can see that the best way to make progress in this area is by direct political approach. Congratulations to the cycling fraternity for their achievement.

The summer months can be extremely frustrating for walkers. So many walks are cancelled due to the heat. For some years we have been taking groups of walkers to the Australian Alps to stay in ski lodges and do a week of walking. If it is 40 degrees on the plain, it is around 25 in the Alps. This year we managed the Schuss Ski Club Lodge at Falls Creek and hosted three separate walking groups for a week each. One was from Melbourne and two from the ARPA Bushwalkers in Adelaide. The lodges are well appointed, well maintained and accommodation is very reasonably priced. Schuss is a South Australian based club with lodges at Thredbo, Mount Buller and Falls Creek. If any walking group is interested, I have graded walks available for all three locations.

Our discussions with the Department of Environment and Heritage over advance notification of prescribed burns have produced the following arrangement. Walking SA will receive the Spring and Autumn programme in advance. We will pass this information on to clubs which hopefully will be in the walk planning phase. It may not be too much help for those of you who plan programmes well in advance. But note that we have had the programme for Autumn 2010 for six months. If you haven't seen it please contact the office. When DEH finally decide the date of the burn, they will notify us. This will probably be a day or two before the burn takes place. We will then notify clubs so that you can do a last minute check against your walking intentions. To make this work it is important that every club has an email contact known to the Office. It is also important that the contact person regularly checks emails. We take safety seriously and any possible changes to this regime which improve it will be welcome. We look forward to your feedback. This still doesn't help the casual walker and DEH recognises that. However we are doing our best.

The committee has agreed on a statement of issues which we believe require Government attention. This is also included in this newsletter and consists of general concerns and some specific projects we believe to be desirable.

Finally, thanks to Ron Jackson for organising our presence at the Caravan and Camping and Outdoor Recreation Show.

Chris Bushell

Mount Lofty Walking Trails

As mentioned in the last Newsletter (Summer 2009/10) the Ruan Consultant's report, commissioned by the Office of Recreation and Sport, has been received at the office and a sub-committee has been formed to determine if or what action might be advantageous for our walkers.

After the first meeting it was decided that there was the need to see what exactly remained of the trails – the retained trails as identified in Stage 1 of the recommendations. A group of willing helpers completed this task and it was seen that trails that were originally under the MLWT badge are now identified under other signage e.g. Forestry / Parks / Barossa Trails. Only a small area was identified as being important to retain under MLWT signage (this is under Stage 1 recommendations). The committee is now looking at Stage 2 but, at this stage, it has no clear picture of what direction to take. Perhaps the MLWTs could be retained solely to connect areas of ForestrySA / Parks / Barossa trails – much as the Yurrebilla Trail is used to connect the Parks along the hillsface zone.

If any reader has more definite ideas please contact the sub committee at the WSA office.

Liz O'Shea Convenor / MLWT sub committee



Caravan and Camping Show 2010

Walking SA established a booth at the 2010 Caravan and Camping Show at Wayville Showgrounds 24 – 28 February. In addition to providing information and contact details for all member-clubs, handouts relating to a number of matters concerning bushwalking were supplied to those interested. The booth position was an improvement on that of last year, and hundreds of potential bushwalkers passed through the area and received prompt attention.

Matters of concern to Walking SA

Walking is the most popular recreational activity and bushwalking is the sixth most popular. Despite this, the amount spent facilitating walking is minimal.

With obesity acknowledged to be epidemic, and walking recognised as preventative, investment in walking infrastructure is needed.

The “Right to roam” needs to be enshrined in legislation.

We need more short walking trails within easy reach of urban areas.

We still have only one major long distance walking trail.

Road reserves need to be marked to remove their invisibility and redress the lack of public footpaths in rural and near urban areas.

The impediment to the use of disused rail corridors as joint use trails must be removed.

Walking SA needs to be adequately funded to enable it to provide services promoting and supporting walking opportunities.

Continued above...

Specific issues requiring resolution

Complete the Pioneer Women’s Trail between Verdun and Hahndorf. This has the support of Hahndorf National Trust and the two local councils but requires funding.

Build the fair weather river crossing on the Hale and Warren link trail. This now has SA Water support but requires funding.

Release the Penrice Junction to Truro rail corridor for use as a multi-use trail. This has the support of the Barossa and Mid-Murray Councils, SA Recreation Trails Incorporated, Walking SA and Horse SA.

Release the Kingston to Naracoorte rail corridor for use as a multi-use trail as supported by Walking SA, Bicycle SA and the Naracoorte Lucindale Council.

Expedite completion of the Lavender Federation Trail and its associated loop and link trails to become SA’s second long distance walking trail.

Develop the Port Adelaide to Cape Jervis Trail as SA’s first long distance coastal trail.

Redevelop the Mount Lofty Walking Trails network as advised by consultants to the Office of Recreation and Sport.

Facilitate the Gawler to Para Wirra Trail.

Chris Bushell, President





SCHUSS SKI CLUB
Low Cost High Value
ACCOMMODATION
at Mt Buller, Falls Creek &
Thredbo ALPINE resorts

Our self-catering club lodges feature 2 to 4 bed rooms with en-suite facilities, communal kitchen, dining and lounge areas and are ideally located for spring, summer & autumn walking holidays.

Bookings from walking clubs welcome.



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

DIARY DATE FOR WALK PLANNERS

2010 WALKING SEASON

OPENING DAY - SUN 11 APRIL

**in conjunction with the
MYLOR AUTUMN FAIR**

and launch of

ALDGATE VALLEY NATURE TRAIL

Please include this event in 2010 walk Program

MAINTENANCE OF THE HEYSEN TRAIL

A meeting of Section Leaders was held at the Morialta Resource Centre on 21/11/2009 to provide an opportunity for those present to report on their activities during the 2009 season and to allow the Manager of the Heyesen Trail, Bronte Leak, to discuss any new projects or proposals.

Over the years volunteer work on the trail has needed to be formalised, with work records being sent to DEH, together with a list of the volunteers involved, to ensure that they are registered for insurance cover. In addition John Wilson, Chairman of the Maintenance Committee of FOHT ensures that a Volunteer Project Commencement Advice Form (Pink Form) has been approved for each of the 20 "sections" of the trail. Volunteer name tags, Section Leader certificates and magnetic signs to attach to vehicle doors are also issued to provide identification when working on the trail. There is now a proposed agreement between DEH and FOHT in an effort to demarcate the responsibilities of the two organizations, with DEH being recognised as the manager of the Trail, whilst FOHT is recognised as the primary volunteer group for the maintenance of the trail, as well as the focal point for community-based support and involvement.

Walkers are encouraged to report any problems they encounter on the Trail as the FOHT have developed a procedure to record and monitor these reports, with volunteers Colin Edwards and Jamie Shephard taking responsibility for this during their Friday roster. Besides the various Clubs and individuals who do regular work on the trail Gavin Campbell, the Maintenance Co Coordinator has overall responsibility and, during 2010, he will be training members of Operation Flinders and Youth Conservation groups to participate in work along the trail. A recent edition of The Trailwalker (FOHT) has further informa-

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information on trail maintenance work and anyone interested in helping should contact the office of FOHT. (Tel. 8212 6299)

Liz O'Shea

Walking in Japan—Part 1 of 2

Walking in Japan— you must be joking! It is so crowded that there are no decent walking areas. Travelling in Japan – it is so expensive. Hotels cost an arm and a leg and as for food – mortgage your house before you leave home. No-one speaks English and it is so hard to get around. All of these statements were made before we left for Japan and all are false.

In October 2009 I took 21 members of Skyline Walkers on a walking trip to Japan - it was a highly successful trip. Some said that they would not have considered Japan as a walking destination if I had not been there before and loved the country. Some of the group are already making plans to return. All left with a respect and affection for the country which, as recently as 65 years ago, was our bitter enemy.

The 14 day trip was on the main island of Honshu, where the major cities such as Tokyo, Kyoto, Osaka and Yokohama are located. However many used the opportunity to go further a field to the northern island of Hokkaido where there are still wild bears and to the southern island of Kyushu where the historic city of Nagasaki and the active volcano, Mt. Aso, are located.

Firstly let me deal with the cost issue. Japan has had difficult economic times in the last 15 years and rather than inflation they have had deflation. In the major cities we paid between A\$70 and A\$170 per night for a twin share room. The rooms were in general small but clean, modern and comfortable. They even had heated toilet seats! Food in the average family frequented restaurants cost about the same or a little less than in Adelaide. The food was different and, well, rather Japanese in style (surprise, surprise) but very tasty. We only had one bad food experience – the less said about that the better.

Travel is expensive but if you use the Japanese Rail Passes (rather like the Eurail pass) the cost is halved. The speed of the Shinkansen trains is leg-

legendary. The accuracy of the arrival and departures is such that if you want to get off at a particular station you can look at your watch rather than the station name. If you should be at a certain station at say 3 minutes past 6 and that is the time, then you must be at the desired station. It is rather like a high speed version of the old travel saying from the 1969 film, "If it's Tuesday this must be Belgium". Admissions to shrines and museums is similar to Australian costs.

Well that disposes of the myth of cost. What about the language? Most Japanese people under 40 will speak some English. In tourist service areas such as hotel receptions, railway booking offices and tourism offices there is always someone who speaks English. In the cities the railway station signs are always in English as well as Japanese. However in the rural areas and on the mountain tracks there is a lot less English signage. If you are lost in a city, get out a map, look puzzled and someone will help you within a minute (this is absolutely true). The Japanese are justifiably proud of their country and keen to show it off to visitors and are very welcoming and hospitable.

Now for the walking as this is the main point of this article! We elected to do a series of day walks in the hills around Kyoto and also to spend several days in the Central Japanese Alps doing a longer walk. Japan is a mountainous country with 73% of the country rated as mountainous. This means that there are large areas where there are few people resident in the area but many visitors. The major cities are located in the valleys or coastal areas. Kyoto is one such city located in a valley surrounded on three sides by mountains rising to 1000 metres above sea level. These mountains are densely forested with evergreen trees and (yes, you guessed it) Japanese maple trees. The forests and river valleys are absolutely gorgeous making ideal shaded walking areas. On one day we arranged for a bus to take us into the mountains and we walked back to a railway station to catch the train back to central Kyoto. On other days we used local transport to get to the foothills and used cable cars to get into the mountains for the walks. One feature of the walking in Japan is that there are many interesting and beautiful Shinto shrines and Buddhist temples in the mountains so it was not uncommon to find the group spending 30 minutes looking at the cultural history of Japan whilst enjoying the walking.

Glenn McCulloch



Climbing the Sydney Harbour Bridge **By Ron Jackson**

On a partly overcast Tuesday afternoon in May, having arranged accommodation near Sydney Harbour, I arrived to 'do' the popular Harbour Bridge Walk.

The Bridge Walk office is located under the southern bridge-access ramp, and it was there that I attended for the planned 3-05 pm twilight walk (starting in daylight and finishing when practically dark).

Organisers obviously consider the safety and comfort of participating walkers paramount, and all undertook the following activities over a one hour period, prior to walk commencement:-

- viewing of a silent instructional video on safety procedures and general climbing activities
- completing personal information / disclaimer sheets
- removing unnecessary personal clothing, and dressing in a supplied one-piece suit
- donning or carrying (in attached containers) nylon overpants, warm top, waterproof top, safety harness, beanie, peaked hat, gloves, safety harness and radio receiver with headphones
- being breathalysed for sobriety
- undertaking a metal detector test, after removing all metal items from the body or clothing
- listening to a comprehensive presentation on what the walk entailed from the walk leader
- practising walking on a raised training structure within the Walk Office complex.

Phew! Then we were off – through a non-public area under the access ramp and up and onto the eastern arch of the bridge, having traversed extruded metal gratings, catwalks and vertical ladders, while firmly attached to the safety rails by our harnesses. A *'moderate plus'* climb using our terms.

Our group was relatively small in numbers (five in total plus the leader) with most other groups seen during our climb numbering around ten or twelve. The leader kept in touch with us by means of a 'closed circuit' radio transmitter and provided appropriate instructions together with valued information on Sydney's amazing vista, viewed around a 360° spectrum.

The total experience (right to the summit on the east arch, across the centre and down the west arch and return) took 3½ hours and the cost: \$249 – a little more expensive than earlier-in-the-day walks, but well worth it to see the glittering lights of Sydney progressively appear, and watch the broad and never-ending 'river' of commuting vehicle lights beneath my feet

My impressions of the climb? Fantastic: and I would simply recommend that you do it soon if you have the opportunity.

For further information on the bridge climb, check out <http://www.bridgeclimb.com/>

Scale New Heights and Help our Sick Kids.



Join the DARE Mt Kilimanjaro Charity Challenge August 2010



Challenge yourself in this unique adventure tour experience and fundraise for the new Guinness McDermott Foundation Haematology & Oncology Centre at the Womens & Childrens Hospital.

It's exciting, easy and lots of fun.

The DARE program is an innovative adventure tour that combines personal achievement with fundraising for the Guinness McDermott Foundation.

The program offers you the chance to participate with others having the same experience in a supportive and collaborative process.

The fundraising process can be great fun and much easier than you might first think.

We are committed to supporting your efforts and provide an easy to read fundraising pack upon your registration. It provides information and guidelines to help you generate ideas, activities and manage your DARE Kilimanjaro Challenge program.

Of the \$8,120 cost of your tour package \$2,000 will go to support the Guinness McDermott Foundation and contribute to building the new Haematology & Oncology Centre at the Womens & Childrens Hospital.

Everything is included.

The DARE Mt Kilimanjaro Challenge Tour package includes:

- Flights & Taxes
- Transfers
- Accommodation and most meals
- Entrance and Climbing Fees for national Park
- Experienced Guides
- And much more!

Safari extensions to the tour are available from Flight Centre.



Get motivated

Tanzania is one of the unique destinations on the African continent and yet to be discovered by many travellers.

The Kilimanjaro National Park features the great ice-capped Equatorial mountain, Mount Kilimanjaro.

At 5,900m, It is the highest permanently snow-capped mountain in Africa and stands as a great personal challenge to conquer it's peak and enjoy the adventure.

The tour offers a unique diversity of wildlife, natural beauty, and friendly inhabitants that all combine to make the DARE Mt Kilimanjaro Charity Challenge the experience of a lifetime.

The tour includes climbing the mountain itself, magnificent views of the mystical landscapes, sharing the experience with fellow DARE travellers, and of course the personal satisfaction of making it to the top.

Itinerary - Climb Only

- Day 1 Arrive Nairobi
- Day 2 Nairobi to Moshi
- Day 3 Moshi to Kilimanjaro NP 2,750m
- Day 4 Kilimanjaro 3,720m
- Day 5 Kilimanjaro - rest day
- Day 6 Kilimanjaro 4,720m
- Day 7 Kilimanjaro summit 5,895m
- Day 8 Kilimanjaro to Arusha
- Day 9 Arusha to Nairobi
- Day 10 Depart Nairobi

Contact:

Guinness McDermott Foundation DARE program
08 8161 8016 www.mcfoundation.com.au
Flight Centre - Will Maley 08 8425 8600
email: will.maley@flightcentre.com.au



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

Walking SA's website

www.walkingsa.org.au

