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# ❖ WALKING SA News ❖

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Volume 20 Issue 1

Autumn 2012

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

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#### Office Hours

Tuesday & Thursday  
9am- 3pm

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

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



A tranquil lake abuts Heysen Trail near Freeman Hut

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#### Featured in this edition of Walking SA News :

- ◇ President's Words
  - ◇ Trails update
  - ◇ Mt Lofty Trails Network
  - ◇ Solukhumbu Valley cultural trek
  - ◇ 20 years of *Walking SA*
  - ◇ Bushwalking Australia
- and more...



Government of South Australia  
Office for Recreation and Sport



**Walking SA Exec. Committee**

President	Bill Gehling (Adelaide Bushwalkers)
Vice President	Ron Jackson (Keep Walking)
Hon. Secretary	
Hon. Treasurer	Jayne Jennifer (Women in the Bush)
Principal IT	Chris Moad (Chris's Walking Group)
Principal WAC	Fran Lucas (acting) (WEA Ramblers)
Principal TTU	John Eaton (Retired Teachers Wlkg Grp)
C'tee member	Liz O'Shea (WEA Ramblers)
C'ttee Member	Peter Larsen (Friends of Heysen Trail)
C'tee Member	Dallas Clark (Friends of Heysen Trail)

**Walking Access Committee**

John Eaton	(Retired Teachers Wlkg Grp)
Mary Denton	(WEA Ramblers)
Arthur Ward	(Adelaide Bushwalkers)
Alan Bundy	(Keep Walking)
Thelma Anderson	(Noarlunga Bushwalkers)

**Trails Technical Unit**

John Eaton	(Retired Teachers Wlkg Grp)
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**Administration Officer**

Brian Goodhind

## *Next General Meeting*

### *Thursday 16 February*

**Office of Walking SA  
Greening Australia building  
5 Fitzgerald Rd Pasadena**

Our guest speaker will be Janet Leitch, an experienced Camino pilgrim who has walked over 4500 kilometers on various Caminos in both France and Spain. She has twice walked the Camino Frances, the most well known and popular route. She was one of the founding committee members of the newly formed Australian Friends of the Camino Inc. and is presently chairman.

In September Janet will be leading a WEA Travel walk on the El Camino from Astorga to Santiago de Compostela.

**Pre-meeting coffee / tea and nibbles** will be available at 7pm and Janet will commence her presentation shortly after the meeting starts at 7-30pm.

**Opening of the Walking Season 2012****Sunday 1 April, 10am - 3pm.**

Our premier annual walking event will be held in conjunction with SA Recreational Trails Inc (SARTI) at Truro Oval. The opening is at 1pm which will include the official Opening of the Season, a celebration of Walking SA's 20th birthday and a further celebration and opening of the extension of the Lavender Federation trail from Springton to Truro (with maps available).

Come 'n' Try walks will start from 10-30am and it is planned to have a town historic walk, a 6km and a 9-10km walk.

Local emergency services crews will provide catering, and a combination of outdoor gear displays by commercial outlets and walking information booths by clubs will add to the interest of the occasion.

Walking SA's booth will have various types of walk-related information, including a listing of walking clubs open to new members on display. Clubs wishing to include their brochures with those at the Walking SA booth are asked to forward them to our admin officer by 22 March.

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 our great recreational activity: bushwalking.

**Newsletter advertising 2012****Rates (incl. GST)**

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

**Editorial deadlines**

Winter	1 May
Spring	26 July

All enquiries to Walking SA 8276 5090

[office@walkingsa.org.au](mailto:office@walkingsa.org.au)

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### From the President



As I write this, Adelaide and the Hills have been alive with cycling with the Tour Down Under, and I often wonder what we as walkers can learn from its success. One thing I noticed was how easily our road system became bike friendly. Authorities put up a few barriers to control traffic. Being among 8000 riders on the “Challenge Tour” and having the protection of the police also helped a lot. Numbers are all important, and having a lot of riders massed on the road makes quite a political statement.

But it wasn't the bikes that made the difference. It was actually the people on the streets that did. Little hills towns that barely see a pedestrian at high noon, suddenly became alive with people who were there on foot and being part of the spectacle. Even though the riders were the centre of attention, the people who came by foot were the greater number. They probably spent more money with the local shopkeepers. So as walkers we often under-rate ourselves and our influence: walkers and walking are too often taken for granted. An atmosphere is created by the people walking in it.

Just as it was great to see so many people gathered at certain key spots on the route, it was also good as a cyclist to escape onto country roads that for once were clear of high-speed traffic as well as the crowds. The same happens for walkers, which is why we particularly like walking in a natural environment free of the dash and clutter of everyday life. Turning a bitumen road into a great cycling experience is as simple as turning-off the car traffic. For walkers though, it would simply become what we as walkers call a “road bash”. Underfoot, the smooth bitumen becomes a hard, unrelenting surface that gives rise to repetition injuries. And long straight stretches of road suitable for 100 kph in a car are visually boring to walk along. That's also a reason why bike trails designed for riders at 40 kph are not attractive to walkers travelling at 5 kph.

Non-walkers often like to plan walking trails from a drawing board or from the driver's seat of a car. The same people like to plan “multi-use” trails as if a trail designed for walkers and bike riders gives a quality experience for everyone. You can convert a road into a cycle track by turning-off the traffic on a regular road, if only for a day. But a walking trail is a different beast altogether. It doesn't need a smooth surface, and rougher is often better. Sudden changes in direction on a walking trail add interest and visual stimulation, and with only walkers on them, sharp bends don't compromise safety. What's perhaps most important, they don't cost much to build, and the more natural the better. While mountain bike riders quite enjoy the roughness and changes in scenery, they don't like to lose momentum, so they look for a trail that is “loose” and “flowing”, and not obstructed by too many walkers.

The Adelaide Hills can be a great cycling experience, but they are first and foremost a walking experience. The little towns were first established before the car was invented, when travel was by horse and cart or by foot. You get some inkling of what it used to be like by riding between the towns, as you do on the Tour Down Under. But the really useful old trails and bullock tracks have long since been paved over, making them a no-go zone for walkers and horse-riders alike. Walkers are left with a few strips of land where roads were planned but never built, or have simply fallen into disuse. Now some councils want to sell off even these vestiges of public space. Rather than requiring expensive trails with engineered surfaces, walkers simply need to retain access to the many existing traditional rights of way. Sometimes this means creating “walkable verges” where people can walk alongside but out of danger from motor traffic. In other places, rights of way that were never practical as roads, can be reopened for walkers. Occasionally, new walkways need to be excised from adjoining properties, or rights of way negotiated.

Yes we can learn a lot from cycling and the *Tour Down Under* but let no one imagine that walking is the same as cycling, or that walking is a one-day-of-the year event.

Bill Gehling

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### Coro Alive 175



On Sunday 15 January the *Coro Alive 175* festival celebrating 175 years of occupation in Coromandel Valley was opened by t/v and radio personality Keith Conlon. An historic walk along the Sturt River with over 100 participants formed part of the launch. Various events touching on the Valley and its history will continue until November.

Walking SA assisted on the day with mapping and 'Spot The Landmark', a personal challenge for walkers: plus staffed an information booth displaying general walk-related material and providing information on member-clubs. Much interest was shown by the those attending.

Come 'n' try free walks will be available on 17 & 18 March and 6 & 20 May as part of the continuing celebrations . More information may be obtained at [www.coroalive.org.au/](http://www.coroalive.org.au/) or through our office.

### Books and maps for sale

The following books are for sale below retail prices from the our Office at 5 Fitzgerald Road, Pasadena:

- ◇ "Walking the Flinders Ranges" by C. Warren Bonython. Published 2000 - \$12
- ◇ "Flinders Ranges Walks" edited by Peter Beer. Third impression 2001 - \$8
- ◇ "Exploring the Barossa" edited by Sue Barker and Brian Ward 2005 - \$12
- ◇ "Strolling South Australia" by Whitelock and Lavender 1999 - \$12

In addition we have the following maps for sale:

- ◇ Kidman Trail maps - \$45 per set of 5 maps
- ◇ O'Halloran Hill Recreation Park - \$8
- ◇ Scott Creek Conservation Park (West) - \$8
- ◇ Sturt Gorge Recreation Park and Blackwood Hill Reserve - \$10
- ◇ Onkaparinga River Recreation Park (Set of 5) - \$15 per set

The Office is normally open 9.00 to 4.00 on Tuesdays and Thursdays, but check before coming.

### TRAILS UPDATE



### Sturt Trails (DENR extract)

Mountain bikers, horse riders and walkers will all benefit from a new shared trail network in the Sturt Gorge Recreation Park.

The new trails are in the recently-acquired Craighburn Farm section of the park and link a network of existing walking, cycling and riding tracks in adjacent land owned by the City of Mitcham, City of Onkaparinga and Flinders University.

Southern Lofty District Ranger Kerri Villiers said this was the first time a shared-use trail for the three recreational groups had been constructed in a DENR-managed park.

Kerri said the 10km trail network had been designed in an environmentally sound way, taking into account the area's often steep and rugged terrain and its remnant native vegetation.

"The new tracks wind through a mix of vegetation along the Sturt River, such as grey box and casuarinas, which attract a variety of native birds and other wildlife.

"There are lookouts offering views across the Adelaide Plains to the ocean and there is even geological evidence that the area saw glacial activity more than 800 million years ago.

### Lavender Federation Trail

For the Opening of the Walking Season a 6km walking trail has been marked from Truro, across Reg Muchenberg's property to the Truro Gorge, through the gorge and up to the Sturt Highway, with return to Truro along the highway.

It is intended that this be the first stage of the Lavender Federation Trail beyond Truro. The map of the latest stage of the LFT from Springton to Truro will be launched at the Opening of the Walking Season event at Truro on 1st April.

### Walk the Yorke

ARPA Bushwalkers advise they are making another expedition to the Yorke Peninsula in May to further this project. It is planned to walk the Point Moorowie to Point Turton stretch on this occasion.

No further information on maps was available at the time of newsletter publication.

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## Survey of the Mt Lofty Trails Network (MLTN)



The Walking Federation is about to embark on a major field survey of the Mount Lofty Walking Trails Network which was established back in the seventies. Many signs are in need of replacement and will need to conform to Australian Trail design and signage standards. A number of trails have deteriorated to the extent that they may need to be closed and revegetated. Alternative, more sustainable re-routes may need to be surveyed, constructed and “signed” to the appropriate Australian standard AS 2165 for walking trails.

### Volunteer help

It is hoped that members of our affiliated walking groups will be able to assist with field observations whilst they are out walking along MLTN trails.

#### *What sorts of trail issues do we watch out for when we are out walking?*

Issues of interest include deep trenching, widening, short cuts, tripping hazards, steepness, impact on natural or cultural resources, lack of (or inappropriate) signage and other matters which have a negative impact on walker safety or the natural environment.

A trail report card suitable for reporting on walking trail issues anywhere was despatched with the last Walking SA Newsletter and may be readily used for the assessment of walking trails in the Mount Lofty Trails Ranges. An email or phone call to the office will get you one to you if you’ve ‘lost’ yours.

#### *What equipment and knowledge will we need to participate in the survey?*

### Equipment

A GPS unit would be helpful in pin-pointing track issues accurately. If this is not available, an understanding of 1:50,000 topographic and Cadastral maps and grid references (easting's and northings) will help identify locations, as will reference to distances from a known point (as long as you are confident of your estimate / know your pedometer has been set accurately to your stride ).

If all else fails: please ring the office and give us the best description available.

### Knowledge

It is suggested that volunteer walkers who would like to be involved in this project read Rob Marshall's excellent little pocket-sized booklet on trails, *The Walking Track Handbook* (2006) so that they are familiar with basic trail construction techniques and terminology. It's readily available on the web at [home.iprimus.com.au/hlambert/WTH/p7.htm](http://home.iprimus.com.au/hlambert/WTH/p7.htm)

If you are willing to participate in this survey, please register an interest with me and I will send you a more comprehensive list of on-line resources.

As the last MLTN meeting on Tuesday 31 January fell outside the editorial deadline, updates will be published in the next and subsequent newsletters.

**John Eaton**

*Trails Technical Unit*

Email: [joneaton@bigpond.net.au](mailto:joneaton@bigpond.net.au)

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### Solukhumbu Valley — Nepal

My husband Malcolm and I began walking with *Keep Walking* last year and through them, found out about this small group trek along the Solukhumbu Valley in Nepal. We were joined by 4 others from 3 states.

Flights to Kathmandu were booked separately and although we all arrived late at night at different times a few days before the trek officially started, Ang Ngima Sherpa our tour guide was at the airport to greet us and take us to our accommodation.

We were off to Kathmandu airport for the flight to Phaplu the day after all had arrived and Ang told us to sit on the left side of the plane so that we could get a view of the mountains on the way. A half an hour later we landed at Phaplu airport to a magnificent view of Numbur/Khatang/Kerolung pictured below.

After lunch we headed to Dhorphu markets down a walking track about three metres wide passing people coming uphill carrying all manner of goods on their backs. That evening we had dinner by candlelight waiting for the shared power to come on, then we were treated to dancing by the local youth group. It was “Bollywood” style and very well done. We all had a good time and joined in the dancing.

The next day we headed for Junbesi, following a path alongside a river and stopping near a bridge where we sat in the sun while lunch was prepared for us. After lunch the walking got tougher, cobbled paths and high narrow steps, but the scenery was beautiful. We discovered that we were not as fit as we thought and found ourselves lagging, so Ang kept us company and looked after us, offering to carry my day pack.

After a reasonably comfortable night at the lodge we spent the next day visiting the medical centre and passed Tashi Kongma Stupa, the highest stupa in the Everest Region on our way to Thuptenchholing Monastery. We watched the nuns all with shaved heads and red robes chanting together in a large room with a European style chandelier and lots of decorations and paintings on the walls. I soaked up the atmosphere while the nuns provided us with afternoon tea consisting of Nak’s (a female Yak) milk tea and biscuits.

Then we were off to Phoughmuchi monastery and school where we watched young boys ranging from 8 to 16 years in another very decorative room playing brass instruments and chanting, . The students can go to school at the monastery up until 17 or 18 then choose whether to go on to university or become a monk.

We spent the night at a Sherpa house where we were entertained with a display of Sherpa dancing and given Chang, a local alcoholic beverage which is an acquired taste.

Next day we climbed 800 metres up a steep hill to reach an altitude of 3,470 metres. There is around 25% less available oxygen at that altitude than at sea level, and we huffed and puffed our way to the top while our guides walked up effortlessly chatting to each other in Nepali. It is possible to see Mount Everest from this point but the weather had closed in so we weren’t lucky enough to see it.

We stayed overnight at the Everest View Hotel and the next day down to Ringmu where we saw several donkey trains taking supplies to Everest base camp and walked up a hill to see a 400 year old stupa.

The following day we had a pleasant and easy walk back to Phaplu where we celebrated the end of the walk with our guides and porters with a bottle of Moet Champagne (supplied by Ang), beer and another brew made from millet which was quite nice. This was our first overseas holiday and it was very exciting and interesting to experience a different culture. We thoroughly enjoyed ourselves and it has whetted our appetite to travel more.

Heather Drew  
*Keep Walking*





## 20 Years of *Walking SA*

This year Walking SA celebrates 20 years since formation. At the time we were the only state not to have a bushwalking federation, though one called the SA Mountain Activities Federation (SAMAF) had existed some ten years earlier. The new federation included day-walking clubs, rather than just the overnight pack-carrying clubs that had been the mainstay of the earlier SAMAF.

Walking SA came into existence because the walking clubs of the day realized that there were things that individual clubs could not achieve on their own. Without uniting under a strong federation, our walking areas and our right of access to them were under threat. This is still the case 20 years later. Although we started after the other state federations, we made a point of learning from the mistakes and experiences of other states. Without the deeply ingrained Bushwalking culture, and a plentiful supply of walkable wilderness on our doorstep, Walking SA had to work hard to stay alive and relevant to the walking community. We were the first state bushwalking federation to succeed in gaining recognition as a peak body, and the first to receive a government grant. We were the first state federation to become directly involved in trail development and maintenance, and the first to establish a major public event in the Walking Extravaganza which eventually became the annual Opening of the Walking Season.

Although we have always been known as *Walking SA* or just the *Federation*, some ten years later we changed our constitution and our official name from the *Federation of Walking Clubs of SA* to the *Walking Federation of SA*. Amongst other things, this allowed us to have as individual members, people who were not members of any club. Again, other states are now following our lead.

The Walking federation of today is different to the one founded 20 years ago. While clubs and informal walking groups are the mainstay of our organisation, there are many more opportunities for ordinary members of the public to pick up a trail brochure or

get a map from the internet, and head for the bush. People have less need to join a club to gain the experiences we did. More and more people are taking up walking after raising a family, and are looking for the safer, less demanding walks. As club members we are outnumbered at least 10:1 by people who are not members of any walking group.

At the same time different councils and government organisations want to build trails or get people into the environment and physically active. Without strong support and leadership from Walking SA, much of these efforts will be wasted. For instance, we could have engineers and bureaucrats designing trails, and politicians telling them where to put them. We are entering an era when recreational walking needs a strong, well-resourced and professional organisation led by walkers for walkers. In turn, they need to understand and support those of us who are not interested in the politics of it all..... [keepwalkingnepal.com/](http://keepwalkingnepal.com/)

“We just want to walk!”

### **NEPAL CULTURAL TREKS**

**April / May 2012**



*Keep Walking Nepal* is operated by Ang Ngima Sherpa. This young mountaineer is well known in Nepal for his three successful summits of Mount Everest. He is a competent trekking leader with a genuine love for his country and its people.

In the Nepali Spring 2012, Ang Ngima will be leading two treks through the beautiful Solukhumbu region of Nepal. This is homeland of the Sherpa people and the treks provide opportunities to meet Sherpa families and to learn about their daily life and culture.

The treks begin, April 13 and May 18: the former includes the Sherpa Dumji Festival.

For further information:-

**Web:** <http://keepwalkingnepal.com/>

**Phone:** Ron 8370 6667



I take this opportunity to reflect on what Bushwalking Australia is about and also to reinforce a matter which has been promptly brought to our notice through this organisation.

Bushwalking Australia was formed in 2003 and is the National body representing the interests of bushwalkers and other recreational walkers in this country.

It is governed and managed by a Council comprising delegates from the bushwalking peak bodies from each State. Matters with which it is involved include:

- promoting bushwalking and its numerous benefits at a national level;
- representing the interests of bushwalkers at national forums;
- dealing with issues that extend across State borders, eg. Federal Govt. policy on active recreation;
- providing services to its members — eg our low rate insurance covers;
- developing policies in matters such as access to and management of public land, the importance of active recreation and the need to preserve natural areas;
- providing a portal for access to details of State bushwalking bodies / clubs across Australia; and
- facilitating information and experience sharing between States.

One of the most important advantages of this Council is contained in the final dot-point above. Many walk related concerns are experienced by State bodies in tandem but also in isolation in the first instance. Councillors from each State are able to discuss these various concerns and establish best practices, procedures and resolutions.

Such a concern (reported in the Winter 2011 edition of this newsletter) is that of the airborne-spores communicated plant disease myrtle rust which had been found in Queensland and NSW up to that time. Through the channels of Bushwalking Australia, we are now aware that it has been found for the first time on the Mornington Peninsula in Victoria, so it's encroachment into SA appears inevitable. The disease appears to affect most if not all Australian Eucalypts, among other plants of the Myrtaceae family like bloodwoods, bottlebrushes, paperparks, tea trees, lilly pillies and water gums. It poses a threat to nursery and forestry industries as well as to public parks and gardens and native forests.

Bushwalkers, particularly those involved in 'bush bashing' should be acutely conscious of the dangers of spreading this disease and take care to clean all equipment and clothing (particularly hats) if recognising that they have passed through an infected area.

As advised previously, further information on the disease may be found at <http://www.daff.gov.au/> and discovery should be reported to the SA Exotic Plant Hotline on 1300 666 010.



MYRTLE RUST AFFECTED FOLIAGE

## Ron Jackson

### E-Newsletters Direct

If you have an email capacity, we encourage you to receive our newsletters at the earliest time. Just forward your email address and we will ensure you receive them 'hot off the press.'

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

### Clubs open to new members

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

[www.walkingsa.org.au](http://www.walkingsa.org.au)

(or phone 8276 5090)

