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# ❖ WALKING SA News ❖

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Volume 20 Issue 3

Spring 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**  
**Tues. & Thurs.**  
**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



**ARPA WALKERS—WALKING THE YORKE (see article page 6)**

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

- ❖ Annual General Meeting
- ❖ From the President
- ❖ Trails update
  - Lavender Federation Trail
  - Mt Lofty Trails
  - Heysen Trail
  - Walk the Yorke—stage 2
- ❖ Bushwalking Australia

*and more.....*



**Government of South Australia**  
Office for Recreation and Sport

**be active.**

**Walking SA Exec. Committee**

President	Bill Gehling (Adelaide Bushwalkers)
Vice President	Ron Jackson (Keep Walking)
Hon. Secretary	Vacant
Hon. Treasurer	Jayne Jennifer (Women in the Bush)
Principal IT	Vacant
Principal WAC	Vacant
Principal TTU	John Eaton (Retired Teachers Wlknng Grp)
C'ttee Member	Fran Lucas (WEA Ramblers)
C'ttee Member	Peter Larsen (Friends of Heysen Trail)
C'ttee Member	Dallas Clark (Friends of Heysen Trail)

**Walking Access Committee**

John Eaton	(Retired Teachers)
Arthur Ward	(Adelaide Bushwalkers)
Mary Denton	(WEA Ramblers)
Thelma Anderson	(Noarlunga Bushwalkers)

**Trails Technical Unit**

John Eaton	(Retired Teachers Wlknng Grp)
Plus secondees on call	

**Administration Officer**  
Brian Goodhind

**AGM and Guest Speaker**

**Our coming AGM** is a crucial one because there are a number of key vacancies on the executive committee. We urgently require nominations for President, Vice President, Secretary and Treasurer. Also for IT Support and Webmaster positions. Without these and an adequate number of committee nominations, Walking SA will have no option but to consider disbanding: a huge loss to the walking community. It would also leave a number of projects without a governance structure.

If each club leader / manager undertakes to put forward one suitable member, the problem will be resolved. It must be accepted that to reap the full benefits of walking our State, we must all 'put in'.

**Lord Mayor Stephen Yarwood** is the youngest person ever to be elected as Lord Mayor of Adelaide. A professional town planner, Stephen is passionate about making Adelaide a walkable and liveable city. He believes the original plan created by Colonel Light gives us a heritage that is unique in the world. Our parklands, together with the streets and squares, and linked to the hills and sea by the Torrens Linear Park have the potential to make Adelaide the envy of cities the world over.

We look forward with great interest to hear Stephen's presentation.

**Newsletter advertising 2011****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**

Summer	25 October
Autumn	26 January

All enquiries to Walking SA 8276 5090

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

**- Annual General Meeting -**

**Thursday 22 November**

**at 7.00 for 7.30p.m.**

**at the**

**Glenunga Sports and Social Club**

**Conyngham Street**

**Glenunga**

**Guest Speaker at the meeting will be the Hon. Stephen Yarwood, Lord Mayor, City of Adelaide.**

**Coffee, tea and nibbles will precede the meeting, and liquor may be purchased at the bar.**

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## From the President

### (The cost of not walking)



The London Olympics and the Paralympics are now events of the past. It would be nice to think that they have inspired people to get out and unleash a tidal wave of physical fitness. At least this is what the people who control the purse-strings of sport would like us to believe. The reality is that most of the population will have turned up the sound on the wide-screen TV, grabbed another beer, and reclined further back into the couch as they watched a tiny group of elite athletes perform on the world's stage.

A few years back, when the Commonwealth Games was held in Melbourne, Australia's Sports ministers set up a project to measure the effect that the Games had on the fitness of ordinary Australians. It's no surprise to me that the answer turned out to be precisely zero. And that of course is the very reason why that survey was quietly forgotten and why our sports czars simply got ready to feed us yet another round or two of Olympic hoopla.

On another seemingly different matter, we had a call from Diabetes SA. Diabetes is a terrible disease, and the people who have it undergo constant monitoring and treatment for the rest of their lives. One of the best ways to keep diabetes away is through regular walking. One of the great things about walking is that just about anyone can do it. Whether it's a walk in the local park, or an expedition to the Himalayas, there is a level to suit and challenge everyone's level of ability. Even if you are a diabetic, or recovering from heart disease, there is a level of walking you can do. For a diabetic, monitoring activity levels goes hand in hand with monitoring insulin.

Just about everyone does walk, but most people do way-way too little of it to be of real benefit. People will walk if it's a pleasant sociable activity in a natural environment. The hours and miles go by when mixed with good company and good views. There's mounting evidence that walking in nature has beneficial effects on people's mental health as well. That's what makes bushwalking different to ordinary pedestrian walking, walking the dog or walking to the bus.

It's no accident that the incidence of costly and debilitating disease like diabetes is going up while the population sits around wide-screen TVs watching a few elite athletes exerting themselves. Walking is something that governments give lip service to at best. It's only when faced with overcrowded hospitals and a mounting health bill that they begin to recognise walking as something that really needs their support. But by that time it's too late.

### (Future plans for Walking SA)

On 26<sup>th</sup> July, leaders of the walking community met at Walking SA to discuss where Walking SA goes in the future. We have been given a one off grant by the Office for Recreation and Sport to "*conduct an independent review of Walking SA's business and purpose to ensure it is best placed to service all forms of walking in SA*". They recognise (as we do) that bushwalking is only part of the bigger picture of walking, that Walking SA is not adequately structured or funded to do so.

A related issue is that Walking SA has vacancies on our executive committee, due largely to the fact that we rely on unpaid volunteers to perform key roles that for just about every other sport and recreation are provided by paid staff.

While we are underfunded, our finances and services to clubs are not under threat. A case in point is the insurance scheme which is provided through Bushwalking Australia. Premiums are passed straight to the insurance broker as they are paid by clubs (which happens in August each year). We budget conservatively for the operation of our office, as our annual financial reports show. In other words, we have always "cut the cloth to fit the suit". It's just that the suit no longer fits everyone's expectations of what the role of Walking SA should be.

Cont overleaf....

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### **Future plans for Walking SA (Cont)**

Since its inception over 20 years ago, Walking SA has been involved with issues that extend well beyond the network of walking clubs. Apart from a very small number of issues like insurance, most of what we do benefits all walkers whether or not they are members of clubs, or even call themselves bushwalkers. This happens for instance whenever we advocate for trails or work on a trail project.

The terms of reference for the review have not yet been set. Nevertheless it is clear that the central question will be whether Walking SA should expand its role (and be recognised for what its role has already become), or whether we should downsize. If we chose to downsize, I believe we will soon reach the point where it's probably not worth existing. It's quite likely that the roles we perform will be taken over by others who will not have walkers and walking as the primary concern.

We encourage **all** walkers to have their say.

Bill Gehling

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### **Walking on Forestry SA lands**

Following a number of enquiries from walkers on access to Forestry SA land, guidelines have been endorsed by the senior coordinator of rangers.

These are framed so as to encourage walking groups to submit their annual itineraries of walks planned for the lands, to Forestry SA.

Information received is to be recorded on an events calendar which allows groups to be alerted to any operational restrictions in the area or on the trails network. i.e. logging, site preparation and other events which may restrict walkers. Generally, an event application form is not necessary in this instance.

Recreational walking in the forests by casual or non profit groups is at no cost, therefore not requiring a permit or an event application. However, commercially operated groups are asked to pay a fee of \$2 per adult and \$1 per child and submit an event application of their intended walk.

School groups and other organisations staying in forest huts and conducting organised bushwalks will need to submit event applications including proof of insurance. This will also assist with statistical information.

Recreational walkers wishing to camp overnight in the forest will need to acquire a permit and pay the camping fee of \$3 per adult and \$1 per child per night.

Contact rangers at Mt Crawford or Kuitpo for further information.

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### **Stile removal at Belair National Park**

The park access stile at the junction of Upper Sturt Road and Footts Hills Road has been removed. Walkers who possess the *Olave & the Park* 'Gold Coin' Walk brochure are advised that walkers may still complete the loop walk by proceeding in a clockwise direction (opposite to that stated on the brochure), crossing the Upper Sturt Rd at the Footts Hill Rd junction, then carefully proceeding south (to the right) outside the roadside barrier & entering the park over the next park gate some 400 metres distant.

Negotiations are underway with park authorities to effect an appropriate agreed solution for entry.

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**TRAILS UPDATE****Lavender Federation Trail News**

As part of the new section of the Lavender Federation Trail, 20 directional signs have been installed between Springton and Truro. It is planned to install trailhead signs at Tungkillio, Springton, Keyneton, Moculta and Truro, when and if the funding becomes available.

A memorial plaque has been installed near Coppermine Road in the memory of David Andretzke, who died in an accident. He was a passionate bike rider and a strong proponent of developing a bike and walking trail at Truro.

A feasibility study is to be undertaken into linking the Lavender Federation Loop Trail at Springton to Saunders Gorge and a survey has been conducted to extend the LFT from the Sturt Highway at Truro to Dutton - 17 kms of new trail across some interesting country. An application will be sent to the Council for approval.

Meetings have been held at Eudunda seeking support from the Community for help to extend the Trail from Dutton to Eudunda, via Mt. Rufus and Leakes Look Out, but an application to the State Government for funding to support the extension of the Lavender Federation Trail for the 54 kms from Truro to Eudunda was unsuccessful. SARTI is therefore asking users of the Lavender Federation Trail to becoming a "Friend of the Lavender Federation Trail". Friends' contributions will assist SARTI volunteers to continue to maintain and improve the over 200 kilometres of trail already constructed and plan and survey future sections of trail. Twelve months membership is only \$10.00.

To receive an email copy of the Lavender Federation Trail Newsletter, "*Footsteps*", go to the "Contact us" section at:-

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

under "Subject" state *Footsteps* and in the "message" section, request to be put on direct distribution of the newsletter. "*Footsteps*" Newsletter is free.

**Mt Lofty Ranges Trails Project**

The Mt Lofty Trails are a network of trails that were marked and popularized in the 1960s following even earlier work done by the National Fitness Council. It was planned in four sections but only the two northern sections (A and B) were ever established. Much has changed in the years since then. Though the trails still exist and many of the original markers remain, parts of the trail have degraded and become difficult to follow. The Mt Lofty Trails also predate the Heysen Trail, the Kidman (horse) trail and many new and rerouted walking and cycling trails. The present project is identifying the sections of old trail that require updating and linking into the new networks.

An information session was held at the Walking SA office on 19 June 2012 at which Liz O'Shea (Walking SA), John Eaton (Walking SA) and Andrew Moylan (Forestry SA) presented details of the project. This included a short history of the Mt. Lofty Trails Network (the original name). John spoke of the technical recordings required and the use of the Trail Report Card Waypoint Log, while Andrew detailed the signage that will be used and the location of the 5 loop trails, in the Kersbrook area, that are envisaged to be the outcome of this part of the project. Discussion was also commenced on the style of maps that will be printed as part of the project funding. In the next stage detailed way point identification and location is required prior to on ground signage being installed. Volunteers will be contacted when further trail detail is available.

Liz O'Shea - Convenor, Project sub committee

**Heysen Trail**

The Heysen Trail is currently re-routed east of the Deep Creek Waterfall to avoid an eroded, steep section of the trail. Hiking east, the 2.1km re-route begins immediately south of the waterfall. Where the trail used to turn east and head up a steep hill, the trail now continues along the creek, contouring around the hill to rejoin the main trail approximately 1km to the east. Details of this and other reroutes can be found at:- [http://www.heysentrail.asn.au/heysen\\_trail/re-routes.php](http://www.heysentrail.asn.au/heysen_trail/re-routes.php)

## Walk the Yorke – Stage 2

Thirty five ARPA walkers started the 170 kilometre walk from Pt. Moorowie to the Galway Bay boat ramp on May 20. Unfortunately, because Stephen Goldsworthy from the District Council of Yorke Peninsula had been absent on sick leave, we did not receive the route maps until three days before the walk started. This did create some problems during the early stages of the walk as we had not been able to carry out a suitable survey. I must impress that we “jumped the gun” in starting this walk as the Council have not installed any markers or signs to define the track route. We are preparing a GPS record of our walk which is being transposed on to enlarged Emergency Services maps – a disc of this information will be given to the Council and they will be able to provide strip maps to any future walkers.

The walk from Pt. Moorowie through to the Kangaroo Island lookout (2 days) is intended to be on made paths parallel to the shore with some beach walking. We had no option but to walk along the beach. The beaches on the southern end of Yorke Peninsula are very soft sand which, combined with a high tide and plenty of seaweed, made for a very tiring walk on the first day. There is an existing track through the Hillock Drive property to Meehan Hill lookout. The owner (Pam Bennett) is promoting walking tours and house accommodation is available. We drove out to the Cape Spencer Lighthouse and walked to Inneston where the group were given time to wander around the historic town. The walk then continued along the remains of the rail track to Stenhouse Bay and then a coastal track to Marion Bay. From Cape Spencer through to the Corny Point Lighthouse we had a mixture of walking along the cliffs, beach walking and following the proposed track through private pastoral land. The sand on the western and northern Yorke Peninsula beaches is much harder and is conducive for good walking. The group thoroughly enjoyed this section of the walk and we were all impressed with the 5.5 kilometre Gym Beach Hike bordering on high sand dunes and passing through local flora and fauna. The last day was again on the beach but we could observe where the track is intended, in fact a local volunteer group have already constructed a very good path from the Pines to the edge of Leven Conservation Park.

We based ourselves at the Marion Bay (8 nights) and Corny Point (4 nights) caravan parks. The daily walks ranged from 16.7 to 22 kilometres. We had pre-planned on a daily average of 17 kilometres but in practice we had to tailor the walk to the available access points as several roads had been closed or access restricted. I am sure these problems will disappear when the Council complete their plans.

There are still some pockets of resistance to the Walk the Yorke concept mainly from individual farmers and house-owners. The Council has a continuous promotion campaign among the community and our walks have raised awareness of the tourist and economic benefits that could ensue. We were met by a reporter on the last day and an article appeared in the local press. While we were there the Council had completed and submitted a grant application to complete the total project in three (3) years.

Tom Fitzgerald ARPA

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### Books and maps for sale

Walking SA is clearing its stocks of books on walking topics and the following are for sale, at below retail prices, from the WSA 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

Phone or email the office if interested, remembering that office hours are Tues and Thurs 9—3. Check before attending in case of absence.

**Walking Trails Support Group - activity update**

Thank you all for an effective year in the Flinders and for those who were unable to participate physically for your moral and financial support.

In 2013 it will be 20 years since we discussed implementation of the Flinders Ranges Bush Walks with representation from National Parks and Wildlife, Recreation SA, Arkaroola and the Geographical Society in Parks Hawker office.

Twelve walks were identified; the objective then as now, was the development of access to existing destinations in a manner that is sustainable and that encourages all comers to participate.

The walks were established in 1993 on a schedule of seven days in the field and seven days in Adelaide. Development was undertaken principally by Friends of the Heysen Trail and the Royal Geographical Society members, with in kind and material inputs from Parks, Arkatoola Recreation SA and Tourism. Consolidation and annual maintenance continues to the present.

This year special effort has gone into installing geological markers in Bunyeroo Gorge and on three of the walks in Arkaroola. Material funding from the Department for Environment Water and Natural Resources and Arkaroola Wilderness Sanctuary has made this possible.

Eighteen months into the provision of interpretive leaflets at trailheads we are pleased that donations appear to be covering printing costs of the 14 500 leaflets used to date.

In the lead-up to 2013 we need to put effort in to promotion of the walks – producing some posters to encourage the use of the walks for example. We also need to develop guidelines illustrating decal use on markers to assist with asset checks and standardisation.

Our other interests in the Barossa and the City of Burnside could do with similar level of activity as the Flinders! Via a grant The Barossa Council funded a reprint of the Barossa leaflets and City of Burnside have produced a more comprehensive leaflet for the walks there. Both Councils have a positive approach to what we are doing.

All participants (past, present, future) and partners are welcome to our AGM on Friday 30 November 2012 at 6 pm, 71 Osmond Terrace Norwood.

A light meal will be provided so RSVP by phone / email (as below) is requested before 23 November.

As usual, the obligatory roles of President, Treasurer and Secretary can be filled by the incumbents; all of whom might gladly step aside if you are interested! It is a round table!

This is an occasion for all of you who have contributed in a multitude of ways at different times, in different locations to share perceptions

Rob Marshall (Secretary)  
08 8362 1595 [suerob2@bigpond.com](mailto:suerob2@bigpond.com)

**Immune-boosting Bushwalking**

Six hours of bushwalking has a powerful immune boosting effect according to Japanese research. They actually found that communing with nature, increased cancer fighting natural killer cells. They also found that bushwalking is a natural stress reliever, helping alleviate depression.....

Read more at:-  
<http://hhcc.com.au/immune-boosting-bushwalking/>



## NEPAL

**The two faces of Ang Ngima Sherpa...**



The left image is of Ang Ngima atop Everest on the third occasion, and that on the right shows a relaxed Ang taken while entertaining trekkers under his care.

This accomplished qualified Nepali leader has a family based trekking business in Nepal and delights in leading Australian trekkers. A number of pre-planned treks appear on his website, however those wishing to design their own Himalayas adventure can easily be accommodated.

Highly recommended and supported by members of local group *KEEP WALKING SA*, Ang's group is fully trusted: a must when trekking isolated areas.



**For further information:**

Web <http://keepwalkingnepal.com/>

E1 [keepwalking@internode.on.net](mailto:keepwalking@internode.on.net)

E2 [keepwalkingnepal@gmail.com](mailto:keepwalkingnepal@gmail.com)



## Bushwalking Australia

### Shooting in national parks

The NSW Government, under pressure from the Shooters and Fishers Party, recently passed legislation allowing recreational hunters to shoot in national parks. Bushwalking Australia representatives discussed the matter at some length and the following policy statement has been formulated.

1. *Shooting in National Parks is inconsistent with the purposes for which the parks were established.*
2. *Shooting of feral animals by itself can only be justified when there is clear scientific evidence available as to its effectiveness.*
3. *Shooting of feral animals should only be done as part of a broader strategy which includes other forms of control such as baiting, trapping and habitat (eg warren) removal. Essentially, shooting should be a final "clean up" operation, designed to eliminate remnant populations.*
4. *Feral animal shooting must be under the direct control of the responsible authorities, which in the case of National Parks would be the National Park Service.*
5. *Any shooting operation must be followed by routine scientifically rigorous monitoring of the area to assess its effectiveness and to ensure it remains free of those animals.*
6. *Shooting of feral animals under the direct control of the National Park Service should only be conducted in organised and coordinated operations after the risk to public safety has been assessed by the park management (and where appropriate other relevant authorities and users) and controls have been put in place to minimise the likelihood of injury to participants and the public.*

Because of the obvious potential for serious injury to walkers, this matter will continue to be a *matter of interest*, and monitored and advanced appropriately. Members will be provided with updates in due course.

*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)

