
❖ WALKING SA News ❖

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



June Boscence

*Adelaide Bush Walkers enjoying fine October weather.
Flinders Ranges, near Gum Creek Station, Blinman.*

Featured in this edition of Walking SA News :-

- ◇ President's Words
- ◇ Cactus Survey Flinders Ranges
- ◇ Walking Access Committee report
- ◇ **Member Group** Keep Walking - Flinders Ranges Trip Report
- ◇ Foot Care - Advice from the Podatrist

be active. Find 30

President's words

I hope that I haven't been neglecting local affairs too much during my two periods of absence overseas. I've done my best. It is amazing how closely you can keep in touch by email. Although it isn't contributing much to the reduction of greenhouse gas production, we felt we had to visit our children in the USA and the UK to welcome our new grandchildren.

In America we took the opportunity to revisit some of the California Parks. My son's mother-in-law was a park ranger near Oakland. Her worst weed species was Southern Blue gum and the tree she nurtured was the Monterey Pine, better known to us as a Pinus Radiata. We have the reverse situation. What a perverse world!

We also walked in the Olympic National Park in Washington State. This is a superb area for walking with walks ranging from sea level to snow capped peaks and alpine meadows. There are additional benefits for those with flora and fauna interests.

I first learnt to love the country while walking in the Surrey Woods with my Dad and here I am back where we started. He in turn started walking here with his Uncle Bert. And so it goes, one generation introducing the next to the pleasures of the countryside.

We went walking with the mid Berkshire Ramblers who made us very welcome. The walk on this day was to celebrate the opening of a new "permissive" footpath. This is a pathway where the landowner has volunteered permission for public use. Not only do the English have the tradition of public footpaths, but they have this additional feature. It is a shame these traditions didn't arrive in Australia with the rest of the baggage!

The UK Ordnance Survey maps now show many long distance walking trails criss-crossing the country. On the one map of the Dorking and Reigate area where I am currently located, there are ten major long distance walking trails crossing an area of 40 kms by 40 kms.

Certainly there is greater population density here than in SA, but it does imply we could do better at long distance trail development. I walked a section of the Downs Link Trail near Horsham. You will see from the attached photograph that it is on a disused railway line. No problems there. A ready made trail.

Chris Bushell

November 2008

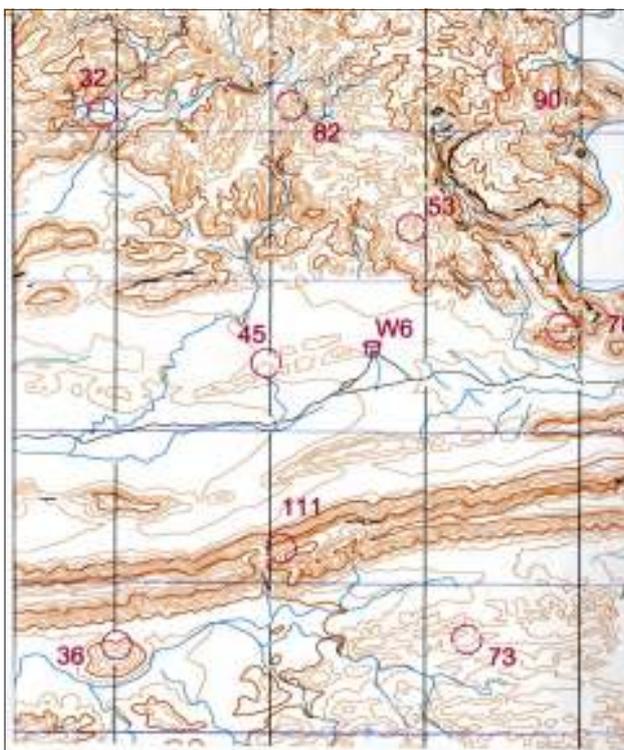


*Downs Link Trail, near Horsham
(using and disused rail line)*

Rogaining

Rogaining is the sport of long distance cross-country navigation on foot using only a map and compass. Teams of 2 to 5 members maximize their score by visiting nominated checkpoints within the total time duration. Traditionally the duration is 12 or 24 hours, the latter usually starting and ending at mid day. However, shorter events from 3 to 8 hours allow participation by families with young children. All members of the team must remain together throughout. The benefit of this is safety and the pooling of skills and experience.

Experienced walkers appreciate the opportunity of seeing country not normally accessible to us. The map and landowner permissions are done for you, as is the availability of a campsite with hot meals. An example is shown of section of the map provided for the Australian Rogaining Championships in the eastern McDonnell Ranges in 2007.



Teams may return at any time to eat, rest or sleep. You may participate at your own level of competition and comfort as is shown by rogainers ranging up to their seventies and beyond!

In South Australia the sport is organised by a dedicated group of volunteers – see their Web site at www.sa.rogaine.asn.au for information for the forthcoming year.

Arthur Ward

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

Walking SA's Committee 2008/2009

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

Walking Access Committee

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

Administration Officer
Eleanor Martin

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



Walking SA's website

www.walkingsa.org.au

Member Group
Keep Walking - Friday Group
FLINDERS TRIP October 2008

KEEP WALKING's Friday bushwalkers recently returned from a series of day-walks in the Flinders Ranges. It was the first trip away for the group which had only been formed a little over two years previously, and was limited to five days because of other commitments by participants.

As accommodation was at the Alpana Station shearers' quarters (approx. five km south of Blinman) the first walk was to the cairn on the hill overlooking the Blinman township, then back through the town and cemetery, both of which are steeped in history.....a limbering up exercise after sitting in cars all day.

Day two was a walk to the Blinman pools commencing at Horn Camp on the Blinman to Parachilna Road. The route taken was via Nungawurtina hut with a return loop across the range to the east. Those who had been to the area before commented on the low (almost non-existent) pool-water levels and the amount of flora under extreme stress.

The third day saw the group climb to St Mary Peak through Wilpena the 'quick way' and down again via Coinda Camp. The 360° view from the peak was, as always, breathtaking. However it was a long day, and as the group made their way down with 6.00 pm rapidly approaching, the leader suddenly realised that the Wilpena beer-selling store was about to close – it's amazing where energy comes from when a desperate need arises, and a dozen beer were purchased at 5-57pm and waiting for slower walkers on their arrival.

An early morning spectacular (but distant) electrical storm heralded the start of day four, and the group later began a walk from the extreme northern end of the Heysen Trail. After moving south for several kilometres, the party turned east and joined Wild Dog Creek for the return (longer) journey. This route, rated as *Easy*, encompassed virtually all we love about the Flinders – creek beds, magnificent flora, gorges, mountains and valleys. A highly recommended route for those with limited time and / or ability.

Day five saw the group break camp and start the homeward drive, then meet again at Telowie Gorge near Pt Pirie. A walk of around ninety minutes broke the long road journey and all were rewarded with 'greener pastures' with flowing water and towering turrets. A fitting end to a necessarily short trip 'up north', with all members stating that they enjoyed every day away.

Ron Jackson

BRIEF PERSONAL PROFILE
RON JACKSON



Ron Jackson APM

Career

- ◇ Electrician when first employed
- ◇ Subsequently a senior manager in law enforcement (SAPOL)

Retirement

- ◇ Member of local Lions club
- ◇ Member of Uniting Church
- ◇ Walk leader with KEEP WALKING

Next General Meeting of Walking SA
7.30pm Thursday 19th February 2009

*Speaker from Office of Recreation and Sport
will present at commencement of meeting.*

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

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

More details from Walking SA 8361 2491

Adelaide Bush Walkers and the Cactus Survey
11 October to 17 October 2008
Gum Creek Station, near Blinman, Flinders Ranges

A request for assistance came from Bill and Jane McIntosh of Gum Creek Station to participate in a trial Cactus survey. During October 2008, thirteen members from Adelaide Bush Walkers assisted with the on ground surveying and processing of data gained from GPS sources using OziExplorer.

The area chosen for the survey covered much of the southern boundary of Gum Creek with the Northern boundary of the Flinders Ranges National Park. The country varies from open pasture to thickets of native pine with rolling, and sometimes steep, hills.

Lorraine Edmunds, Blinman/Parachilna Pest Plant Control project, had prepared an excellent powerpoint presentation and explained about the focus of the survey - the Wheel Cactus *Opuntia Robusta*. The term *Opuntia* is often used to describe a broad variety of prickly pear type cacti within the Cactaceae family. The aim of the *Opuntia* management plan is: *To protect biodiversity and ecosystem functioning in the South Australian Arid Lands region and maintain sustainable productivity for existing and future land use options.*

Opuntia's disperse readily. After a few years, quantities of viable seed are produced in the fleshy and palatable fruit. These fruit are readily detached from parent plants, with seed commonly dispersed by birds (such as ravens and emus), foxes, and other animals. Each areole can form a new root system when in contact with soil, with each cladode that may become detached from the parent plant forming a new plant. Cladodes are readily detached from plants and are most commonly dispersed in floodwaters.

After the powerpoint presentation the rest of the first morning was set aside for training in how to set up the GPS, record the size of each Wheel Cactus and the amount of poison needed to be injected into each plant, etc. Each member of the group was numbered and given a special task, such as navigator at either end of the line, cactus recorder, poisoner, driller, or photographer.

Each day we travelled out to the survey site. At the outset of each search it was emphasized that the group must maintain position and communication. A line was formed and the area to search was set between two linear features, such as fence, track, creek or ridge. Difficulties were encountered once the terrain became steep and scrubby and visual contact was lost. It was important to continue to re-established contact and the line, rather than just continuing on, hoping for the best.

Once a cactus was found, the drillers, poisoners and recorders all gleefully attacked it.

Over the course of the week a number of Wheel Cactus were found, recorded and poisoned.

Bill McIntosh expressed his thanks to group and another survey is being planned for next year.

Draft Cactus Survey Notes have been compiled by Peter Beer, using information obtained from John Butler and David Evans to assist other groups.

Accommodation: The group used the very comfortable Gum Creek Shearer's Quarters with its large well set up, communal kitchen, lounge and covered patio overlooking the creek. Attached are two and four bed rooms leading onto the verandah.

Thanks to

Bill and Jane McIntosh for their hospitality, which included a welcome BBQ and accommodation.

Judith Cahill (ABW Committee Member) who organised the group.

Adelaide Bush Walkers who volunteered for the survey.

June Boscence

(Source information from :

ABW's Draft Cactus Survey Notes
 Lorraine Edmunds, *Opuntia*
 Management Plan)



June Boscence

Judith Cahill and Charlie Adam poisoning a
 Wheel Cactus (*Opuntia Robusta*)

Foot Care

Put the Spring Back into Your Step

Whether you're training for the Trailblazer Event or starting to get back into walking exercise now that the weather is heating up, spare a thought for your feet. A simple stretching routine before and after exercise is very important for maintaining your foot health status. Feet are just like other parts of the body, they need to be prepared for exercise as well as taken care of after exercise.

It's very important to be on the lookout for early warning signs of problems. If you work your feet harder than they're otherwise used to, then they will complain. Heel pain is the number one complaint, then shin splints and knee pain.

Tiredness of the feet could be an early warning sign that something isn't right. If your feet feel tired or they ache after physical exercise then this is a sign that your feet may not be functioning correctly. In fact, you could be wearing out your feet.

Think of your feet like wheels on a car, a very important job is to check people's wheel alignment and wear pattern. Bushwalkers do the job of a 4WD with only 2 'wheels'. Your walking boots /shoes should have an even wearing of the forefoot with a slight wearing of the heel on the outside.

Any excessive, abnormal or uneven wear patterns should be considered a sign that you are 'compensating' for some type of mechanical or 'wheel alignment' imbalance.

Many people think that if they ignore signs of discomfort, tiredness or pain then the problem will go away. If you get a problem early enough, the solution is usually a lot quicker and easier to fix than a problem that's been there for a long time. Ignoring pain is risking long term health and wellbeing. Better to get it checked out by a health professional before problems become debilitating. It's so important for the health of our bodies that our feet are in top shape.

Ted Jedynak, Podiatrist.

www.footandleg.com.au

08 8239 0800

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

Special Notes

- ◇ Eden Valley Loop Trail is now fully marked and all required stiles erected. Walkers are welcome to use the trail. *(Opening of Walking Season opportunity - Refer page 8 and start planning!)*
- ◇ Bushwalking Australia Inc. (BAI) of which South Australia is a member state, has recently launched its own Website. - www.bushwalkingaustralia.org.au
- ◇ BAI's Insurance Officer reminds Clubs that a special arrangement is in place with our Insurer, Marsh P/L, for clubs that include Overseas Trips in their programme. Enquiries directly to Fred Grima via Email. - Fred.Grima@marsh.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

WALKING ACCESS COMMITTEE

Members of the Walking Access Committee recently met with Onkaparinga Council staff to discuss access issues relating to areas within this local government area. These meetings are held on a periodic basis and provide an excellent forum for eventually resolving those issues that seem to remain outstanding for inordinate periods of time.

Current discussion relates to **Woodcutters Road** in particular. Councillors have finally resolved to apply to DEH (Environment and Heritage) - there appears to have been a recent change to the name of this Government agency to Department for Environment and Conservation – for a Heritage Agreement to be placed on Woodcutters Road to protect the indigenous vegetation contained thereon, including rare and endangered orchids and wildflowers. It will not be available for recreational access and the finer detail of any type of access needs to be clarified at a future meeting with Council officers. “Community Land” was also mentioned, but the context was not clear. Walking SA has previously indicated supporting a Bush Care Site on Woodcutters Road and again, the implications of that situation are not clear-cut. The next meeting should reveal more information, together with clarification and classification of the identifying terminology of a Heritage Agreement.

On a brighter note for recreational trails, Onkaparinga and neighbouring councils have agreed to survey surrounding locations to provide safe access for walkers and horses, and staff are optimistic about a satisfactory outcome to link Ackland Hill Road and the Belair National Park.

Laffertys Road. This access was finalised for walkers some time ago but Council continues to refer to an environmental issue for horse-riders that has not yet been completed. Walkers using this location when walking along Marshall Road from Cherry Gardens Road (west to east) should ensure they do not enter Laffertys Road (north to south) until they have passed the two private properties on the southern side of Marshall Road. At this point turn right through bushland and after a short distance cross a small creek, following the fence-line in a southerly direction until reaching another fence across the track at right angles. Negotiate this fence, maintaining the southerly alignment along a well-defined track eventually leading into Clarendon.

Kelly Road. A Road Process Order is progressing very slowly at this location, but the route will provide an excellent walk from Wilfred Taylor Reserve near Morphett Vale to Clarendon, via Piggott Range Road, Kelly Road and Lovick Road. Kelly Road could be excluded during the Road Process Order delay, simply by walking north along Piggott Range Road for a couple of hundred metres or less and entering Lovick Road and following the marked horse trail to Clarendon.

Scenic Road, Clarendon. Time did not permit discussion of this item that refers to a public unsealed road within Mount Bold under the care and control of Onkaparinga Council.

Thelma Anderson,
Walking Access Committee

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

For information about Fire Bans

Contact

CFS Bushfire Information Hotline
1300 362 361

or

Website: www.cfs.sa.gov.au/site/home.jsp

News from beyond SA

Bushwalking Victoria's Newsletter - November 2008 reported on the launch of the **New Map** produced by the Yarra Ranges Shire, Yarra Valley & the Dandenong Marketing, Parks Victoria and DSE. Maroondah Bushwalking Club and Bushwalking Victoria provided advice about the tracks.

The map describes 41 walks. Ten walks, including the 2-day Walk into History, are described in detail with individual trail maps. Another 31 walks are described briefly, but included grading and distance. All walks and trails are marked clearly on the overall map of the region. The overall map also indicates high-lights in the area.

Basic guidelines for walking cycling and riding safely and with minimal environmental impact are also included.

The map will be widely available from Visitor Centres in the area. Cost \$5.00 approx.



Walking SA
wishes all our readers
a happy and safe festive season
and
many hours of good walking
in 2009!

WalkingSA Office 'Spruce-up'

A big "Thank you" to all who have helped in some way to 'sprucing-up' Walking SA's office premises in recent weeks. You can now see us past the greenery, the paint is fresh and the signage up on the wall!

Come and visit us when you can!

Consult the wide range of maps that are held, borrow a book of interest from the library or just call in to say "Hello"!



*Volunteers working at WSA Office entrance
Left to right .. Chris Bushell, Ron Jackson,
Liz O'Shea and Tom Goodwin*

Important Diary Date for Walk Leaders and Club Members

Opening of the Walking Season - 2009

Murray Recreation Park, Eden Valley
Sunday 5 April 2009

Walking SA and the SARTI "The Lavender Federation Trail"
are jointly organising next year's event.

Come along and support walking on this important day or even
make it your special weekend event - Barossa Valley attractions,
including a range of accommodation options, are nearby!