
❖ WALKING SA News ❖

Volume 17 Issue 4

Summer 2009/10



Newsletter of the
Walking Federation of
South Australia Inc
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PASADENA

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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



WSA's Trails Technical Unit staff Ron Jackson and John Eaton 'on the job' at Sturt Gorge. Doesn't that water look good!

Hot off the Press !!

The Department for Environment and Heritage has just released for public comment the *Draft Sturt Gorge* Recreation Park Trail Plan. This *draft* plan can be viewed at Walking SA office, 5 Fitzgerald Rd Pasadena on Tuesdays or Thursdays between 9.00am and 3.30pm. *EM*

Featured in this edition of Walking SA News :

- ◇ President's Words
 - ◇ Rodney Tolley Event
 - ◇ Memorable Walks in the West of Ireland
 - ◇ Podiatrist's tip on feet that hurt in changing weather
 - ◇ Fire Safety Information
- 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 18th February 2010

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

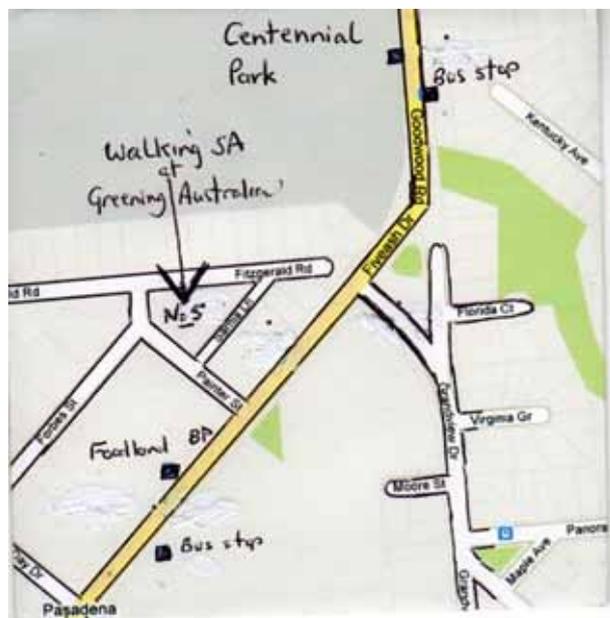
All Club delegates, interested club members
and friends are encouraged to come along.

Presenter and Topic to be advised in 2010

Details closer to the date from:

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

The images speak for themselves!



Correction..

On page 9 of Walking SA's Spring Newsletter Kerry O'Regan's book was incorrectly listed as 'Walking the Camino'.

The title of the book is 'The things my best friends told me - for the Camino and for life'.
And yes, it is published by ginninderrapress!

President's words

As most of you will probably have gathered, we have managed to move to our new premises. We are now located with Greening Australia overlooking Centennial Park. This seems a happy marriage and we hope we never have to move again. My thanks to all who helped with the move and congratulations to Eleanor who managed to organise everything very smoothly. We took the opportunity to prune the contents of the filing system which had grown like Topsy over the years. (Who was Topsy?) We hope that we have not discarded anything precious and have retained everything relevant to a sense of history.

Together with the Heart Foundation, we organised a visit from Dr Rodney Tolley from Talk 21. He gave an inspirational talk about opportunities to improve public spaces for the benefit of walkers. He gave many examples of places where the walkability of towns has been improved without apparent detriment to traffic flow. There were many of our public servants at this presentation and the workshop. He also gave a presentation to the Adelaide City Council so let's hope we see some improvement in the status of walkers. His most important point, to my mind, is that walkers should be at the top of the hierarchy of considerations when designing public spaces rather than at the bottom. (See page 7)

We have been in negotiations with the Department for Environment and Heritage over advance notification of prescribed burns. Now, the position is that we will receive the seasonal programme in advance and then be notified around a week before each burn. We will then pass this information on to clubs. Hopefully this will enable advance planning and be adequate warning nearer the time.

The burns are also notified on the DEH website just prior to the burn, but this did happen once after the burn had started! We anticipate that this new arrangement will be helpful. Give us feedback on any possible improvements. (Of course this doesn't help the casual walker and DEH recognises that. However we are doing our best!)

And finally it is with regret that we lose Eleanor Martin as our main office staffer. Eleanor has decided that she has to give more time to family matters and we understand that. She has done a wonderful job in the office and put up with very difficult working conditions. She has done far more than the nominal two days a week she was supposed to work and will be a very hard act to follow. We will miss her but know that she will still be around to help out.

And welcome aboard, Sam Edwards!

Chris Bushell

Season's Greetings to all !

Walk safely in the summer - check the fire risk (see pg 8), take extra water and stay home if forecasted temperature is over 32 degrees!

Mount Lofty Walking Trails

Several years ago walkers from our walking groups spent considerable time surveying the old Mount Lofty Walking Trail network. This information was the basis for a consultant's report on the existing trails and proposals for development in the future.

For some time this report was on the shelf at the Office for Recreation and Sport but is now available. We have this report and are happy to make copies available to any interested parties.

However, at this stage there is no commitment to any future development. The Report is simply a basis for planning. At Walking SA, we are examining the document.

We have no funds for action, however, beyond strategic thinking. Funding is available for trail development through the State's Department of Planning and Local Government and from Federal Government Programmes. These funds are only allocated through specific applications from local government.

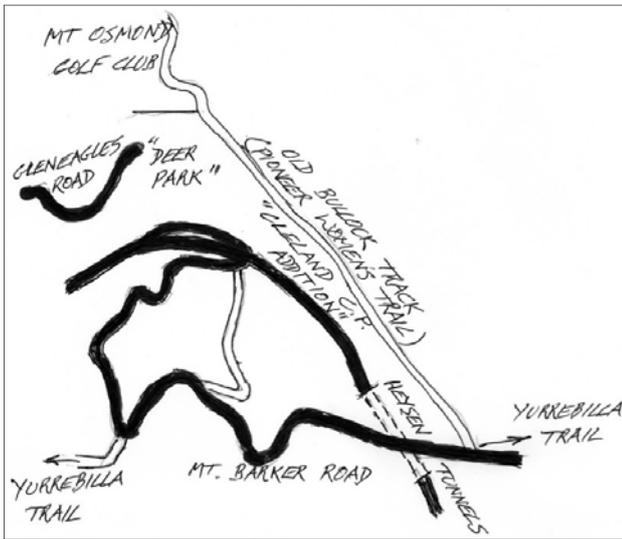
The future seems clear. If, on reading the Report, one believes that any component of the plan is worth implementing, one has to persuade the relevant local council to apply for funding.

Go for it - please!

Chris Bushell

(Contact Liz O'Shea at Walking SA to become involved..)

**Would you be interested in pursuing
a possible new walking link
close to Adelaide?**



In looking for potential links, one only has to open an Adelaide street directory - I refer to suitable unmade road reserves and other government land shown, although the accuracy of a street directory cannot be relied on and even detailed cadastral maps can be out of date.

Over the last twenty years I have had success in promoting some suitable road reserves. In other cases where locals cannot be enthused or the link would be too costly, the idea has been shelved. The following one is yet to be assessed ..

Most walkers familiar with the Yurrebilla Trail probably decry the 2km section using the bitumen cycle track on the Mt Barker Road through Eagle on the Hill / Leawood Gardens. The majority of the present bitumen bash could be avoided if a longer link is viable.

In a street directory an unnamed road through Leawood Gardens is shown heading south from The Devil's Elbow to rejoin Mt Barker Road near Eagle on the Hill. A local track exists but it traverses private property at the northern end ie. it is not entirely within the road reserve. The council boundary between Burnside and Mitcham is along the road. From an old orthophoto cadastral map it appears feasible to walk the whole of the actual road reserve. If we could then link from Devil's Elbow up the slope to the north we would have a number of possibilities.

Via private property I call "Deer Park", we could link to Gleneagles Road at Mt Osmond and / or it may be feasible to link to the Old Bullock Track via government land purchased at the time of

**Why do feet hurt when the weather
changes?**

I remember my grandma telling me when it was going to rain, because her bunions would hurt!

During the winter season, I hear a lot of patients telling me about their 'sore, achy joints' when the days are so cold. This is not an 'old wives' tale, - there's a physiological reason for this happening.

In our joints, we have a fluid containing a gas. Synovial fluid is the natural oil that lubricates our joints. There is a certain hydraulic pressure within our joints. This pressure is a little higher in 'inflamed or irritated joints'.

When the atmospheric pressure drops (as in the approach of a cold front) the difference between our joint's 'hydraulic pressure' and the 'atmospheric pressure' becomes greater. This difference is what causes the tenderness to be more apparent.

Why then, during the recent heatwave in November, should we also be hearing that more people are experiencing achy joints? After all, winter has long passed.

Well, again, it is the 'difference' or 'changes' in atmospheric pressure that triggers the reaction. Inflamed joints literally 'heat up more' with extra temperature or activity.

How do I fix this problem? The first thing is identify if you have inflamed joints. Pain or discomfort is your body's way of telling you something is wrong. While Anti-inflammatories can mask the inflammation, there are several home remedies you can consider.

1. Gently massage your feet before walking. Have a tennis ball handy by your bedside. Sit on your bed with your feet on the floor, then massage your feet over the tennis ball for 30-60 seconds.
2. Keep a 600ml filled water bottle in the freezer. After a walk or when ever your feet feel achy, massage the feet by rolling them over the iced water bottle for 15 minutes. The ice calms down the inflammation.
3. If all else fails, 'Use Your Head, Go See Ted!'

Ted Jedynak - Podiatrist -North Adelaide

construction of the Heysen Tunnels. This land has been added to Cleland CP and appears to have been planted for koala food! The Old Bullock Track forms part of the Pioneer Women's trail leading down to Burnside or up to the Yurrebilla Trail.

Arthur Ward - Walking Access Committee

Rodney Tolley

The Heart Foundation, Health SA and Walking SA combined to host Rodney Tolley's visit to Adelaide on 19th and 20th of November. Rodney is well-known the Director of Walk21, the international organization devoted to walking and walkability.

As well as an opportunity to learn about developments overseas, the visit was a chance to bring together and inspire key people in the community whose job is to make South Australia (and Adelaide in particular) a place worth walking in. In his public presentation that many of our members attended, he talked about the recent Walk21 conference in New York, and the fact that "the planets are now aligned" for some real progress on walkability in communities around the world.

His message was that once there are enough walkers to become a critical mass, places can be transformed almost overnight into great places to walk. Conversely, if a place is worth walking in, people will come. Lack of cars by itself does not make a place walkable, nor is an apparently nice place where there is no reason to be there or to walk to it.

The planned "walkshop" for people in planning and local government unfortunately coincided with our hottest ever November day, so it ended up being a virtual one replete with air-conditioning inside the hotel. Even without the outside heat to contend with, it was obvious from Rodney's slides why so few people in Adelaide actually choose to walk anywhere, and



why we mostly have to drive to find a place that's worth walking to.

Rodney is not a fan of shared trails; he sees plenty of conflict and nothing to share other than a mutual fear of motor vehicles. Instead he advocates for shared spaces where pedestrians, cars and bikes can coexist provided speeds are kept very low, motorists (and cyclists) have to be constantly on the lookout, and pedestrians have ultimate right of way.

If there is a criticism of Dr Tolley's message, it's that even he largely ignores recreational walking as a way to encourage more people to walk and to advocate for walkability. It's perhaps as if the current resurgence of cycling would occur if it were led by men wearing blue overalls and riding the single speed clunkers of 50 years ago, rather than the lycra brigade we see today.

Bill Gehling - Walking SA

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

Memorable Walks in the West of Ireland

Connemara is an area of breathtaking beauty in the west of Ireland, west of Galway city. Its boundaries are Galway Bay, the Atlantic Ocean, Killary Fjord and the Maumturk and Twelve Pins mountains. It is a region of haunting rugged beauty, of mountains, soft boglands and magnificent lakes. Numerous islands dot the coast and the lakes. It is a lonely place, the landscape is treeless and desolate, and one can travel for miles without seeing a house or home. Oscar Wilde referred to it as being of “savage beauty”.



Being the most desolate place in the province of Connaught it was virtually depopulated during the great famine of 1845 to 1849 when entire communities became ghost towns. During Cromwell’s reign of terror in Ireland in the mid 1600s he forced the native Irish landowners into the province and gave their original lands to his soldiers in payment to them for their services. The land of Connemara was non-productive and those who were dispatched there suffered extreme poverty. The saying of “To Hell or to Connaught” has been attributed to Cromwell’s edicts.

Tourism of recent decades has rejuvenated the region and many of the once desolate towns are now bustling centres during the summer season. Many Irish have built holiday homes for their use and for renting to tourists. Hotels and guest houses dot the area and walking groups and cyclists compete with cars on the rather narrow roads and lanes.

It is to this wonderful area that Kerry and I recently went on an organized walking holiday, joining a group led by Chris Stacey of Footfalls. The group included three Canadians, six English, one German, one Australian and Chris and myself from Ireland. Six days walking took us up mountains, through boglands, over to islands off the coast, along Killary fjord and to St Patrick’s “bed”.

We visited Kylemore Abbey and attended traditional Irish music sessions. We had Guinness and Irish coffees and it was a great experience.

I grew up in Ireland and it was whilst at university that I first visited Connemara and was completely enchanted with its beauty. Almost 50 years have passed since then and I have never lost that fascination. I always make a beeline for the area whenever I visit Ireland and since marrying Kerry 39 years ago I have dragged her along. She is equally enchanted by it. With regret, I am almost ashamed to say, that this is the first time that we have devoted an entire week to walking and seeing the real country and its beauty.

The tour was based at one location, the Kylemore Pass Hotel, with hosts Stuart and his mother, Rose. The view from our corner room was a panorama of mountains and lake, occasionally bathed in sunshine but more often misty with sheets of rain driving across. Despite this we would all head off each day, dutifully following Chris, loading our backpacks on to the bus and setting off to the start of our walk. Some days the weather was quite appalling but no one withdrew on that account. This must say something for the beauty and attraction of the region and Chris’s influence upon us!



At the end of each day’s walk we were pleasantly tired and enjoyed the company of our walking companions at a dinner, cooked by Rose. Stuart’s personality, Irish humour and the good food added greatly to the morning and evening meals. His help in drying boots and wet weather gear was also invaluable.

Our first walk took us to the Connemara National Park and Diamond peak, from the top of which the view was great, covering the rugged coastline and the soft beauty of Kylemore with its

nineteenth century abbey. We followed this with a tour of the abbey and its superb Victorian gardens.

Our second walk went from the magnificent Lake Nicarageen alongside Loughs Fee and Muck and into Little Killary Bay. Walking conditions alongside the lakes were soft and boggy. At Little Killary Bay we had lunch overlooking a small fishing harbour. Here we were joined by two cows which seemed to want to have a share of our sandwiches!



After lunch we took an old famine road alongside Killary fjord. This was the path used by many of the people who emigrated from the west of Ireland to seek a better life in the United States during the nineteenth and twentieth centuries, most never to return again. We could only imagine how they and the family members seeing them off would have felt.

Looking out our bedroom window on the morning of our third day's walk we thought we were going to have a lovely day with sun shining over the mountains and lake. We enthusiastically rushed to the bus and Chris had us all in fine spirits until he mentioned the weather forecast!

Following a quick visit to the site where the 1950's movie "The Quiet Man" was made in the Maam valley, we started our walk in pleasant sunshine through the Maam Pass. However, the weather suddenly changed and the sunshine turned to heavy clouds, rain and very cold winds. Wet weather gear was quickly donned, heads were lowered and we climbed steadily to St Patrick's "bed" over rough tracks and soft ground. By the time we reached the small church with its outdoor rock altar and Celtic Stations of the Cross we were wet through and very cold. Heavy mist covered the anticipated view but the eeriness created a very special and memorable experience and we have this marked as a walk we must do again. That evening we drove through the rain to Renvyle to attend a Seisun, a night of Irish dance and music, and a perfect way to end a remarkable day.

A drive to Cleggan and a ferry ride to the Inishbofin Island led to the site of our fourth day's walk. Inishbofin is about 10 kms off the mainland and is home to approximately 200 'year round' residents. Here you get a sense of peace and tranquility - a lovely island and a beautiful place to walk. Our walk took us along country lanes, through open grasslands and sheltered beaches.

On the area open to the rough seas of the Atlantic we saw dramatic rock formations and mighty blowholes. The island is noted for its wildflowers and endangered birds such as the corncrake and a Cromwellian fort dominates the entrance to the harbour. A ferry ride and drive to the hotel followed by Guinness, dinner and Irish coffees brought the day to a close.

On our fifth day we started our walk at a point overlooking the magnificent Lough Inagh and followed the Western Way. The walk took us around the foothills of the Maumturk Mountains and over the hills leading along Killary Fjord and into the village of Leenaun. We passed many old ruins and deserted farms - reminders of the famine and the mass emigrations from Ireland in the nineteenth and twentieth centuries. The views up the Killary harbour were outstanding as we came over the edge of the Maumturks and then into the shadow of Mweel Rae Mountains on the other side of the harbour. The day ended with a folk singer entertaining us at the hotel.



Our final day's walk was at Omev Island. Access is by way of a causeway and this required that we time the walk to coincide with low tides. The island's population has reduced to twenty 'year round' residents from hundreds in the nineteenth century. This again was a day memorable for its persistent rain but after all we were in Ireland and it was the wettest summer on record in many areas.

Ireland - a place of beauty as well as rain !

Patrick Doyle - ARPA Bushwalkers



David Reid was our guest speaker at the recent Walking SA quarterly Delegate's meeting. David took on the job as President of Bushwalking Australia after having led Bushwalking Victoria for the past 5 years. He paid tribute to Walking SA's leadership in the area of tracks and trails, to our walking access committee and more generally for providing a model for much of what Bushwalking Victoria has become.

David sees the main task for Bushwalking Australia as getting recognition for recreational walking within the Canberra bureaucracy. As each state federation and each club faces very similar challenges we need to share our expertise, learn from each other, and present a united voice on issues and places we all share. One example was the Alpine National Parks Review which affects walkers from NSW and SA as well as his home state of Victoria. (See www.weplan.parks.vic.gov.au)

Clubs everywhere need to recruit younger members or risk becoming relics of the past. Although there are plenty of opportunities these days for self-guided and packaged adventure holidays, many of them are also receptive to the kind of freedom and lifelong friendships that only clubs can provide.

David left us all with a number of challenges. We need to broaden the definition of bushwalking. More and more clubs are focussing on local walks and walking areas, while others are looking further afield in other states and overseas.

And we can't take for granted the access and amenity we enjoy in national parks. Others are staking claims and we don't want all trails to be shared trails. Too many of us still hold on to a touching faith in Providence to protect our right to walk. We must be vigilant and active, too!

Bill Gehling - BAI

"These boots were meant for walking..."

Sue Marshall has an 'as new' pair of Goretex Scarpa hiking boots, colour navy blue. Only worn once or twice but found to be just too small. Size 37 and she needs 39. If interested phone 8362 1595 or suerob2@bigpond.com

READ ME!

READ ME!

READ ME!

FIRE SAFETY INFORMATION

Walk leaders and individuals planning to bushwalk on any day are reminded of the necessity to update themselves on the latest fire-related information for the area of the intended walk ..

on the actual morning of the walk!

Your own safety and the safety of others may well be reliant on your knowledge of current events.

Media releases advising the location and timings of 'Prescribed Burns' (controlled burning to reduce the impact of uncontrolled fires) and the location and severity of wildfires which may be underway, are accessible from the CFS Website under the headings of '*Media Releases*' and '*Current Incidents*'.

You may also subscribe to receive this information at your own email address as prompted per the website, with all discussed information available through ..

http://www.cfs.sa.gov.au/site/news_media/subscriptions.jsp

Additionally, leaders are reminded of the Bureau of Meteorology website at ..

<http://www.bom.gov.au/products/IDS10034.shtml> to access weather conditions (and weather warnings) for the day.

Ron Jackson - Trails Technical Unit

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

