

❖ WALKING SA News ❖

Volume 18 Issue 2

Winter 2010



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

All correspondence to:
Post Office Box 1094
PASADENA SA 5042

Phone (08) 8276 5090

Webpage:
www.walkingsa.org.au
Email:
office@walkingsa.org.au

Office Hours
Tuesday, Wednesday &
Thursday 9am-1pm

*Uniting all
people actively
concerned with
bushwalking.*

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

BLSA: DAY WALK LEADERS COURSE

Bushwalking Leadership SA have undertaken to commence a **three day local (Adelaide-metro) based course on 1st, 7th and 8th August 2010**. No other similar local courses are planned at this time, and you may be disappointed if are interested but delay your registration.

There are 4 components to the Day Walking Leader programme:-

- 1 Theory component which will be run as a full day session.
- 2 Weekend field instruction and experience trip where navigation, search and rescue, group management and extended overnight care is covered.
- 3 The third component is the completion of a number 'experience walks' where another leader is observed in varying conditions.
- 4 Finally an assessment is completed which comprises a theory test and a group management assessment walk.

For a registration form, please contact the Walking SA office:

office@walkingsa.org.au

Featured in this edition of Walking SA News :

- ◇ President's Words
- ◇ Opening of the Walking Season
- ◇ Walking Trail Developments
- ◇ Mining in Arkaroola
- ◇ Mount Lofty Walking Trails
- ◇ Walking in Japan concluded
- ◇ Walking in New Zealand

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 Annual General Meeting

**Thursday 19th August 2010
7:30pm**

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

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

The meeting will also include a short presentation.

Bendleby Ranges—Orroroo

Bendleby Ranges are about 50kms north of Orroroo and a fascinating area to visit with plenty of variety to appeal to walkers

The name is of a station but also of a range on the property. When the group visited we did encounter rain for part of the day which was well timed for the station owner for dam filling and a chance for our group to value the extra walking gear packed just in case!!!

We stayed at the shearers quarters which are well set up with a good size kitchen and lounge area but there are also many designated camp sites on the property.

The first day we walked and explored the Bendleby Ranges and had been given maps of the marked walking tracks of that area. The countryside is open plain to rounded hills, some dry creek beds and many trees in the higher land. We made a good circular walk from a combination of tracks.

The second day we visited another range called the Hungry Range which is far more rugged with gorges, dry creek beds and magnificent views from the ridge top giving panoramic views over the plains. Once again we made a circular walk from several tracks marked.

This area is worth the visit for a long weekend and the scenery and walks will reward you the effort of the drive there.

Jenny Agnew
Mid North Bushwalking Group

Advertising Rates and Editorial Deadlines.

1/8 Page Vertical	\$30
1/4 Page	\$50
1/3 Page Vertical	\$60
1/2 Page	\$90
Full Page	\$140

Flyer (plus printing and insertion costs p/a)
\$160

Spring	16th August 2010
Summer	15th November 2010

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

President's Words

As usual the Opening of the Walking Season was a great success. Incorporating the event into the Mylor Fair worked very well. Thanks to the Skyline Walkers who this year took on the task of organising introductory walks, which were in considerable demand all day. It is great that so many walkers attended and that so many clubs organised walks which ended at the event. Thanks also to the joint Walking SA, Skyline Walkers and Mylor Community group who worked hard together to make the day so successful.

We were able to announce several trail developments and initiatives which are included as a separate article.

Our discussions with the Department of Environment and Heritage over advance notification of prescribed burns have produced a workable, but not perfect, system. We are now in discussion with DEH over advance notification of other events such as weed and feral animal eradication.

I have recently spent some time in the Northern Flinders first walking "Beyond Heysen" and then with the ARPA Bushwalkers based at the Arkaroola Resort. While there for nearly three weeks, we didn't see or hear a single goat. This means the goat eradication program of DEH and station owners must be working well. Surprisingly we did see two dingoes.

It is difficult to comprehend how any government could contemplate allowing mining in such a pristine environment as the Arkaroola Wilderness Sanctuary. The scenery, especially the tortuously winding gorges, is stunning. The effects of creek flows after recent rains are amazing. Huge logs were clearly thrown around like twigs. It must have quite a sight. Currently the wild flowers are blooming and there are Sturt's Desert Peas in full bloom. There is a thriving population of yellow footed rock wallabies at Arkaroola and we saw many on our walks.

The marked walking trails at Arkaroola, particularly the trail up Mount Warren-Hastings, are a tribute to Rob Marshall. (Why do we still have a mountain named after an obscure Governor of Bengal who never set foot in Australia?)

Sturt Trails

In recent weeks, Sturt River surrounds have received two areas of attention which will be of interest to walkers.

Firstly, the existing shared linear trail presently running between Winn's Rd and Shepherd Ct, Coromandel Valley, has been widened and bituminized, and its extension to the institute building is nearing completion. Medium-term plans by local councils are underway to have the trail operating between Frank Smith oval and Horner's bridge.

From Horner's Bridge (around a kilometre downstream), Friends of Sturt Gorge with assistance from member-group KEEP WALKING, have almost completed a track to gate 20 of the Sturt Gorge Recreation Park, which will allow walkers to 'keep to the river' instead of walking along the

footpath of Murray's Hill Rd. It's a lovely area with the gently twisting river, rock faces and caves. Image shows workers having cleared a track through prolific blackberry growth.



The Opening of the Walking Season Mylor Oval, Sunday 11 April 2010



Despite an overcast sky the opening event at Mylor Oval, held in conjunction with the Mylor Autumn Community Fair, attracted a large crowd of both walkers and non-walkers. The hourly 'come and try' walks were organised very efficiently by the Skyline Walkers, with 90+ registering for the opportunity to participate. Happily all the exhibitors under the WSA banner reported a good level of interest and the local music programme made for a lively atmosphere.

Our thanks must go to all who contributed their time and effort - both at committee level at WSA and the Mylor Community, but also those who helped on the day with all the various chores needed to make it a success.

The 2011 event is being organised in conjunction with The Friends of the Heysen Trail, so do ensure that the first Sunday in April is on your Club's walk programme.

Happy walking!

Liz O'Shea

Horse SA Stand—Rundle Mall

Walking SA was represented at the Horse SA Stand in Rundle Mall on Thursday 1st April, 2010. A great opportunity for exposure of walking as a recreational activity for South Australians.

Walking Trail Developments

We need more trails not only for tourism purposes, but to give the recreational walkers greater variety. Here are some developments and initiatives that we know about.

The late George Driscoll developed a walk from the coast at Brighton to the Summit of Mount Lofty. The Friends of the Heysen Trail and other walking trails have now produced a map of George's Sea to Summit walk and it is to be named the George Driscoll Sea to Summit Trail in his honour. The trail is 32kms and climbs 1400m. We suggest it as a two day walk. The maps are available from the Friends and from our office.

The next 25km section of the Lavender Federation Trail from Springton to Keyneton has been marked by SARTI and stiles installed. It will be officially opened next year. Next year the trail will be extended a further 25 km to Truro.

The 18km Lavender Federation Trail loop trail which connects Eden valley to the LFT is now fully marked thanks to funding from the Barossa Council.

There is a remarkable project which is the brain-child of District Council of Yorke Peninsula. Called "Walk the Yorke," it is a 500 km walking trail around the Yorke Peninsula, with the loop being completed using the disused Port Wakefield to Wallaroo rail corridor. I have an electronic copy of the Leisure Trail Concept Plan funded by the Department of Planning and Local Government and can forward it to anyone interested.

The Aldgate Valley Nature Trail has been completed although there is an insurance issue concerning one small section over private land. Maps are available from the Mylor Community group.

Two additional trails are being considered. One is an Adelaide loop based on the idea of the London Loop (not the M25!). The other is a coastal trail to go from Port Adelaide to Cape Jervis. This would be similar to the coastal trail near Sydney. Very early days.

Chris Bushell



"Channel 9's *Postcards* hostess Lisa McAskill with recording crew on site at Scott Creek 5 May, filming a Walking SA info segment which is planned to go to air in June. Representing WSA was Ron Jackson (with map) ably assisted by walkers of member club *KEEP WALKING*."

Christa Ruelweler of the Australian Friends of Nature, has a near new **Magellen Pioneer GPS** which belonged to her late husband. He paid close to \$600 for it some time ago but Christa will accept the best offer she receives over \$100. If you are interested, give her a call on 8297 6548.

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



Our apologies. The caption must have fallen off this image in the last newsletter. On the left is Eleanor Martin, former WSA Administration officer, with Sam Edwards, who has now taken over the position.

Walking in Japan—Part 2 of 2

The highlight for most of the group was the 2 days that we spent at Kamikochi which is in the Hida Mountains in the Northern Alps at an altitude of 1500 metres. It is surrounded by mountains as high as 3,200 metres. The walks were varied – some walkers simply went up the valley of the Azusa River, the more energetic climbed out of the valley floor to a vantage point for a view and others simply walked to the lunch kiosk and back to the lovely hotel which was our home for the two days. We stayed at Shimizuya Hotel in Kamikochi where all of the rooms had a view of the mountains and the river. This was an exception to the hotel price that I mentioned earlier. This was our luxury stay - it cost us about \$350 per person per day but this included superb silver service meals of extremely high quality. Although this seems a lot it is on a par with what one would pay in Australia at a 5 star resort.

Some of the group also went onto Hiroshima and Nagasaki. Both these cities are forever linked to the events of August 1945 when the world entered the nuclear age. Both are impressive rebuilt cities on great natural locations. Hiroshima is on a series of islands in the delta of the Ota River which means that it is a city of bridges and waterways. A short distance from the port of Hiroshima, set in the Seto Inland Sea is the island of Miyajima. This island is easily reached by tram and ferry and has excellent walking trails in subtropical forests and amidst monkeys (watch your belongings!). A group of 8 walkers extended their trip to experience Hiroshima and surrounds and some even ventured to Nagasaki and Mt. Aso.

The organization of the walks was made easy by the use of the services of Chris Rowthorn. He is an American married to a Japanese woman and lives permanently in Kyoto. Some readers may have come across his name before as he writes for Lonely Planet and is one of the authors for the Lonely Planet books “Japan Travel Guide”, “Kyoto City Guides”, “Borneo Travel Guide” and “South East Asia on a Shoestring”. In addition to his Lonely Planet work he runs a guiding service in Japan. The bi-lingual Japanese guides that he provided were a delight and extremely efficient. The cost of his services was very reasonable and well worth the money.

So to summarize – Japan is a great walking destination, not expensive, closer than Europe and a great cultural experience.

Glenn McCulloch
Skyline Walkers
macc@sa.chariot.net.au

(I am willing to provide advice to any walking group considering a walking trip to Japan)





NEW ZEALAND DAY-WALKS 'SNAPSHOT' 2010 - Ron Jackson

In March 2010, I led the KEEP WALKING Friday group on a 14 day two-island NZ day-walking tour, to provide participants with a 'snapshot' impression of some of the walking opportunities available in that country. Twelve walkers travelling in a mini bus with accommodation in self catering holiday park kitchen-cabins on a four-share basis, participated. An outline of the trip follows:-

Day 1 was a travelling and settling in day which saw all members arrive in Christchurch.

Day 2 allowed a free morning exploration of beautiful Christchurch, with members variously visiting central botanical gardens, flower show, the cathedral, Avon River and traders stalls etc. Then on to historic Arthur's (alpine) Pass as the first accommodation venue, with a walk at Castle Hill en route to explore this unique area of magnificent limestone rock formations.

Day 3 was the first 'serious' walking day, with Bealey Valley as the morning walk of around 3 – 4 hours including lunch, with a false glacier at the furthest upstream point reached. Back to base to drop off four members who were to undertake some local Arthur's Pass walks, with the remainder to Cave Stream to do the approx. 600 metre underground caving walk against the water current, which was both challenging and memorable.



BEALEY VALLEY



CAVE STREAM

Day 4 was the Bealey Spur linear walk of some 5 hours, with Bealey Top Hut as the furthest point reached. This is a great uphill climb with amazing views towards distant snow-capped mountains and adjacent broad valley Waimakariri River. A surprise stop at the Bealey Hotel while returning to base, was well received.

Day 5 involved travel to Westport (West Coast) for accom, with a stop-off at Punakaiki to explore popular Pancake Rocks followed by the Pororari River track walk through the Pororari River Gorge and dense sub-tropical forest.

Day 6 saw the group on the move again, this time to Picton. En route through St Arnaud in the Nelson Lakes area, the Loop Walk skirting Lake Rotoiti followed by a lake-side lunch, broke up the longish road trip. Another lovely area in which to walk.

Day 7 commenced with a drive from Picton to Anakiwa at the southern end of Queen Charlotte Track, to be picked up by water taxi and deposited at Mistletoe Bay along the track route. A delightful 4 – 5 hour return walk along old bridle paths through the forest and skirting farm paddocks, with extended water views.



BEALEY SPUR



QUEEN CHARLOTTE TRACK

Day 8 started early to allow the group to embark on the cross channel ferry to Wellington and view the early morning sunrise playing on mountain tops along Queen Charlotte Sound. Then in Wellington, a lift on the cable car to the botanic gardens, walking through them while returning to our bus for travel to an overnight at Ohakune.

Day 9 entailed an early bus embarkation for Mangatepopo, the starting point for the challenging 19.5 km Tongariro Alpine Crossing (arguably NZ's best full day walk). Some 7½ hours after starting, the group completed the walk at Ketetahi, having climbed between the active Volcanoes of Mt Tongariro and Mt Ngauruhoe, up to the red crater (1886m) then down through the emerald lakes to Ketetahi hut, hot springs and forest. Phew! This one is hard to beat.



WELLINGTON CABLE CAR



TONGARIRO ALPINE CROSSING

Day 10 heralded a reduction in pace, and the group bussed to Rotorua for a tourist afternoon and overnight accommodation alongside the lake.

Day 11 was spent on the Road to Thames via coastal Tauranga, with an en route climb of Mt Maunganui with great surrounding views, plus the Tunnel Loop walk of the former Paeora – Waihi railway, to loosen limbs.

Day 12 produced a choice between the Thames Kauri Trail and unique Driving Creek railroad at Coromandel. The latter prevailed and was a source of admiration in design. Then on to Auckland, with time out to repair a damaged engine sump en route: the only logistics problem of the trip.

Day 13 was a free day to explore Auckland's many tourist attractions, and stock up on gifts for those at home.

Day 14 was trip-end and travel home time.

The 'snapshot-designed' day-walks tour appeared well received and enjoyed by all, and was later described as being well balanced (hard / soft / tourist). The main 'leader-problem' was minimizing walker time spent in coffee lounges and supermarkets ☺ RJ

Mining in Arkaroola

Following the passing of a motion at the May Federation general meeting, the following letter was sent to the editor of the Advertiser / Sunday Mail.

“Recent media reports again highlight the threat to our pristinely magnificent Arkaroola Wilderness Sanctuary, by mining operations. It is one of the rare natural gems of our country and it is difficult to believe that it could be violated by this or other similar type activity. The firm resolve of the Walking Federation of SA is that it should remain ‘as is’ for the benefit and enjoyment of this and future generations. Accordingly, we support the Conservation Council of SA, the Arkaroola protection movement and increasing numbers of genuinely concerned groups and individuals, in their opposition to any mining within that area.”

It is hoped that our comments, together with those of others, will assist in bringing about an end to any mining within the sanctuary.

First Aid Courses at UniSA

Organised by Recreation SA and the Outdoor Educators’ Association of SA

Senior First Aid, with BELS (DECS min req)

Date: 24 and 25 June. 9.00-5.00

Location: E28/29 (Opposite Gym) Magill Campus, St Bernards Rd, Magill.

Cost: \$120 (Usual cost is \$170)

Note: Max of 30 participants.

If minimum of 15 not reached the course will be rescheduled.

Remote Area First Aid

Course 1: Date 28 and 29 June. 9.00-5.00

Course 2 : Date 1 and 2 July (if Course 1 fills)

Location: E28/29 (Opposite Gym)

Magill Campus, St Bernards Rd, Magill.

Parking available on sight for \$1.50/day

Cost: \$250 (Usual cost is \$370)

Note: Max of 10 participants. If minimum 8 is not reached the course will be re-scheduled.

To Book contact :- Recreation SA on 8351 2644

Email: admin@recreationsa.org

Mount Lofty Walking Trails

Originally known as the Network Trails, produced and published by the former National Fitness Council in the nineteen seventies, many of these walks were used by Terry Lavender and his staff to identify the Heysen Trail in the South Mount Lofty Ranges. The remaining walks in the series were identified on topographical maps – Barossa and Onkaparinga – and became known as the Mount Lofty Walking Trails, management and responsibility for them remaining with the Office for Recreation and

Sport when the Government of the day transferred management of the Heysen Trail to the Department for the Environment.

A number of these trails have been revived and published by the Adelaide Geographical Society of South Australia, edited by Sue Barker and Brian Ward, in a book entitled “Exploring the Barossa” in 2005. Some of the locations extend as far east as Keyneton and Springton, through which the Lavender Federation Trail will pass.

In 2007 the Office for Recreation and Sport commissioned a company (Ruan Consulting) to prepare a Management Plan for the Mount Lofty Walking Trails. This 54-page document has now been passed on to Walking SA to examine and implement. A small committee has been formed, led by Liz O’Shea (Walking SA Secretary) and including the Walking Trails Support Group (Rob Marshall), an advisory role by Andrew Moylan, (former member of the Heysen Trail Construction Team) and members of the Walking Access Committee. A brief preliminary meeting has taken place and more in-depth discussion will be held to resolve the implementation of additional and improved opportunities for the walking community of South Australia.

Thelma Anderson

Walking Access Committee

