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FOUNDATION

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Patron: Hon. Dr Geoff Gallop,
Premier of Western Australia

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Design and artwork by Adcorp
Telephone: (08) 9210 9500

Printed on environmentally-friendly paper



Bibbulmun Track
Photo Competition

We were once again delighted with the number and quality of entries for the Bibbulmun Track Photographic competition. The diverse landscapes of the Track were shown at their best and competition was strong.

2005 Winner: Charmaine Harris, of Maida Vale. *Morning Light near Harris Dam.*



Making
the Track
Accessible
to All

In conjunction with ACROD and the Disability Services Commission (DSC), as part of a \$6000 Physical And Cultural Activity Grant for people living in supported accommodation, the Bibbulmun Track Foundation began an ongoing programme of integrating DSC clients on mainstream Bibbulmun Track events and programmes.

On March 9 a training workshop was run at DSC in Joondalup to prepare client supervisors for an overnight walk on the Bibbulmun Track. Part of the workshop was also aimed at training supervisors to lead clients on walks. The overnight training trek was held on March 16 & 17.

As part of the grant, Foundation guides had the opportunity to be trained in leading events with intellectually disabled people. On Friday 6 May, a number of guides attended a day walk to Hewett's Hill Campsite with DSC supervisors and clients. The guides gained insights not only into the requirements of clients when walking on the Track but also how we as guides would better prepare ourselves for leading groups of people with intellectual disabilities.

The first integrated walk was held on 16 October as part of the Great Australian Bushwalk. The group was made up of walkers from the general public and clients and supervisors from DSC. The walk went from near the Mundaring Weir Hotel through to Ball Creek Campsite, and was enjoyed by all.

After a meeting with the Community Connections Committee at DSC in August, we are now at the stage where supervisors and clients from DSC are taking steps to maintain a section of the Bibbulmun Track. This part of the programme should be underway in the first part of the new year and I look forward to working with the DSC for future programmes.

Steve Sertis
Events Manager

Bibbulmun Track Photo Competition

Thank you to everyone who entered the Bibbulmun Track photo competition launched in The West Australian on August 27. The response was fantastic and it was a joy to look through all the wonderful images as they came in over the weeks.

The 'people' shots in particular are the ones I most enjoy. It is so nice to see the faces of the people who are out there enjoying the Track and the environment it passes through, and to wonder about the experiences they might have had.

As Stephen Scourfield, one of the judges and travel editor of The West said "The competition was strong — in both numbers and quality — and showed off some great photographic talent. Congratulations to all who entered — for showing the many facets of the Bibbulmun Track and the experiences to be had on it, and also contributing to its success through allowing the use of their photographs."

The overall winner was Charmaine Harris, of Maida Vale. She won both the forest and coastal categories and had photographs commended in all the other categories. The prize is a Bibbulmun Walking Break, staying at Berryvale Lodge B&B, Dwellingup.

The winning photos are all being published in Travel Extra in The West and each will receive an enlargement, courtesy of Custom Colour in Leederville.

Overall winner: Charmaine Harris, of Maida Vale.

Category A: Wildflowers Winner: Guy Spouge, of Ellenbrook East, for his picture taken near Mt Vincent. **Commendations:** Ray Molloy, Chris Piggford, David Breen, Charmaine Harris.

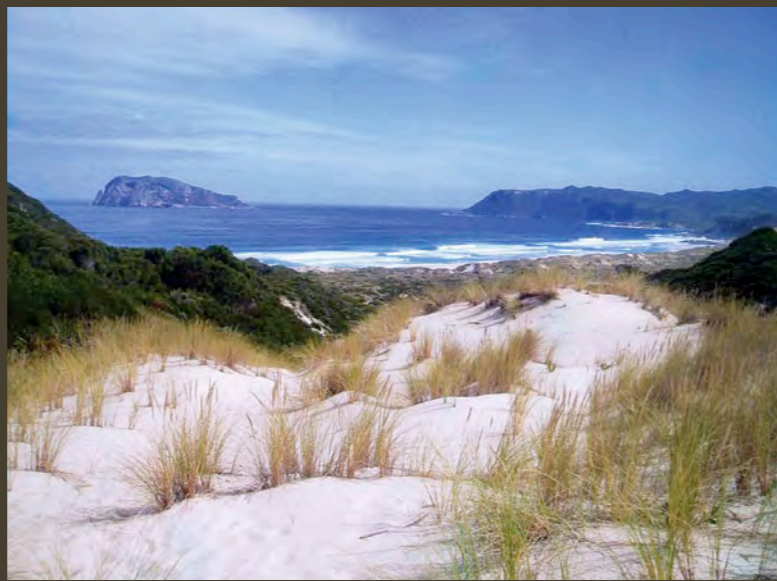
Category B: Forest Winner: Charmaine Harris, of Maida Vale, for her picture of morning light near Harris Dam and one north of Waalegh campsite. **Commendations:** Jennifer Ashbolt, Thomas Elliker, Guy Spouge, Deborah Badger.

Category C: Coastal Winner: Charmaine Harris, of Maida Vale, for her picture of the approach to Mandalay Beach. **Commendations:** David Hartley, Rod de Gunst, David Woodworth, Beth Hutchison.

Category D: Campsite Winner: Jennifer Ashbolt, of Bunbury, for her picture taken at Rame Head. **Commendations:** B. G. Bryan, Isabel Busch, Guy Spouge, Thomas Elliker, Charmaine Harris.

Category E: People Winner: Michael Corrie, of Applecross, for his picture on Perkins Beach, Torbay (submitted by Robert Roche). **Commendations:** David Breen, Jennifer Ashbolt, Charmaine Harris.

Many thanks to our Judges - Annie Keating, Tracks and Trails co-ordinator, CALM. Stephen Scourfield, Travel Editor, The West Australian.



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FROM MY Desk



Thank you...
Thank you

Welcome to the Summer edition of Bibbulmun News.

I would particularly like to welcome our new members, many of whom joined the Foundation as a result of the lift-out in The West Australian in August.

Your membership supports the core functions of the Foundation and helps to ensure the long-term sustainability of one of WA's greatest recreational facilities.

Bibbulmun News is published specifically for members and supporters of the Foundation to keep you in touch with Track issues and services and perhaps to inspire you to join an event or even start out on an end-to-end. I particularly enjoy the personal accounts and reflections from the registers and invite you to send in your own stories.

As it starts to heat up, we enter into what is traditionally the quiet time of the year for the Foundation, but we have a number of projects on the go which will continue to keep us busy.

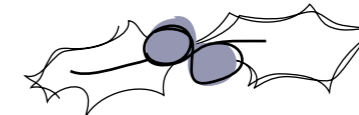
We are in the process of revamping our website, the Calendar of Events format and our Corporate information pack. If you have any suggestions for improvements then please feel free to call or email the office. The 'new improved' versions should all be ready by early next year.

The year has just flown by and I would like to thank the Board members for their input throughout the year, the Premier as our Patron and all our members and volunteers for your continued support.

I wish you and your loved ones a very happy and safe festive season and hope you all have the opportunity to get out on the Track in 2006!

Linda Daniels

Executive Director



Remember to buy a Bibbulmun Track Calendar for 2006 and raise funds for the Track.
Only \$12 + pp for members.

Sponsors Update

FAREWELL AND THANK YOU TO ALPHAWEST



We are sad to announce that our eight-year long partnership with Alphawest is coming to an end.

Alphawest is the IT Partner of the Bibbulmun Track Foundation and has been its Premier Sponsor for the last six years. Alphawest became a sponsor in December 1997 and has developed the Foundation's web site as well as its membership and maintenance database.

Over the years Alphawest has grown from a WA company with just two branches, to a national organisation with nine branches around Australia, and an international branch in Singapore. As such, the focus of both their sponsorships and their services has changed, and they are no longer in a position to support either our database or our website.

The up side is that by the end of the year, Alphawest will have transferred our existing website to a new platform, which will allow us to update the site ourselves. This means we will be able to upload walker stories, photographs and links quickly and easily.

We thank Alphawest — and in particular their Chairman, Hugh Beggs. Hugh is a Life Member of the Foundation, and was a valuable member of the Board for many years. His support in the formative years of the Foundation will not be forgotten and we will always be very grateful to him.

WELCOME TO OUR NEW PREMIER SPONSOR!



We are very pleased to welcome Boddington Gold Mine as our new Premier Sponsor as of January 1, 2006.

Boddington Gold Mine (BGM) is a gold mining and processing operation, 120 kilometres southeast of Perth, adjacent to the Bibbulmun Track in the Mt. Wells area. Production at the mine ceased in November 2001 and the site is in a phase of care and maintenance, awaiting a decision to go ahead with an expansion project and reopening of the mine. Meanwhile, exploration activities are continuing in the Boddington area.

The history of the gold mine dates back to mid-1980 when gold was first discovered on the site. Mining commenced in 1987 and by the time the mine closed, almost five million ounces of gold had been produced.

BGM is an active community partner and supporter of community projects and local businesses. "The team at BGM is thrilled with becoming Premier Sponsor of the Bibb Track; this will add some formality to our already strong relationship with the Foundation, will aid development and maintenance of the Track and should raise awareness of the Boddington district as a recreational destination. All good news" said Greg Roberson, Site Manger BGM.

BGM is managed by the BGM Management Company Pty. Ltd. on behalf of joint-venture owners, Newmont Australia Ltd (44.44%), AnGoGold Ashanti Australia Ltd (33.33%) and Newcrest Operations Ltd (22.22%).



YOUR LETTERS

Hi

Just a comment on Mike Wood's article "Lightweight Stoves" on page 5 of issue 39. We used an MSR Whisperlite throughout our end-to-end trip in 2003 and it is a great little stove. Our experience shows that white gas (shellite) is the cleanest and best fuel to use but it is frequently unavailable in many of the towns on the Bibbulmun Track. Kerosene works well but is smoky on lighting up and turning off and the bottoms of pans and the stove itself get quite sooty. However, odourless kerosene just does not work in these stoves at all. You should only buy normal kerosene for the Whisperlite.

We averaged 150 ml of fuel per day which included 7 or 8 brews of tea and a main meal (10 minutes cooking time) per day. So, a one litre bottle will last 6 days with a little to spare.

I hope this information is useful to those who are planning to use one of these excellent stoves.

Best wishes to all at the office.

Barry Bryan
(The Silvertops)

Dear Editor,

I have just completed walking the section from Walpole to Albany with five other walkers from Canberra (four of whom started in Kalamunda). I was very impressed with the quality of the Track and facilities. Each shelter usually had one or two copies of past editions of 'Bibbulmun News' from which I could appreciate the time and effort put in by volunteers to make the Bibbulmun Track a success. In order to support the Bibbulmun Track Foundation to continue doing great work I decided to take out a 3-year membership, and I look forward to returning to WA to complete other sections of the Track.

Mike Bremers (43), Canberra

Ed - Thank you Mike. Members are vital to the sustainability of the Foundation and we appreciate your support.

Dear Editor,

Congratulations to Claude Burro for his inspiring walker's story published in the Winter 2005 issue of the 'Bibbulmun News'. His tale stirred my heart, brought a tear to my eye, and made me want to drop what I was doing, grab a backpack, and walk out my door!

Fortunately, I was able to do just that - as my friend Jill and I were heading off on a week's trekking from Brookton Highway to North Bannister within the next couple of weeks. And even though we could only spend a week on the track this time, once again we came away with special memories of our own. Like the friendly and entertaining people we met (special thanks to Harry, Margie, Jim and Kaz - who kept us laughing around the campfires for 3 days), awesome views, cute native animals and birds, and spectacular wildflowers.

And this is the great thing - that whether you spend 7 hours, 7 days or 7 weeks on the track - you will always have a memorable experience. The camaraderie between fellow walkers, the solitude and simplicity of track life, the wonder at the ever-changing nature, the challenges to overcome, and the achievement one feels at your journey's end will continue to inspire all who venture onto the Bibb.

Thank you for publishing such a great story, and keep up the good work.

Regards,
Susie Ridderhof

Hi Guys,

You do a great job on a limited budget and we wanted you to know, that us out there, appreciate your efforts.

Cheers, The Phillips Family
In Response to the October edition of Bibbulmun Bytes



Getting into Gear - Walking Poles

On one of my treks in the Everest Region in Nepal I came across a Medical Doctor from Switzerland who had managed to get funding to study whether Walking Poles prevented accidents or actually caused them! Several thoughts sprang to mind, firstly, how do you talk someone into giving you money to spend three months in the Khumbu (Everest Region) on such a nebulous research topic?! And secondly, the fact that he thought there might be an issue there caused me to wonder whether they are actually worth using! I never did get the results from the survey, but I and the Doctor had a very good time!

So, do walking poles actually work? Absolutely; it is a fact that they reduce pressure on the knees by over 30%. I know of many experienced walkers that originally were sceptical about the whole idea who now swear by the benefits of walking poles. They are particularly good when carrying a heavy pack over unstable and rough terrain with loose rocks. A lot of walkers also find they get a real rhythm with poles, especially if they use two. Often people feel that one pole will be sufficient but they nearly always come back and buy a second one.

Some of the better brands included Leki, who are currently the market leaders, and Black Diamond. They use high grade alloy and split the pole into three sections so they can be carried easily on the side of a pack when not in use. I have found that unless the pole has an Anti-Shock System inside you can easily jar your wrist. Both companies have systems utilising steel springs that absorb shock as the pole hits the ground so the shock does not travel up the pole into your arm. Both companies have good locking systems so the poles lock into place and don't slip. Leki employ a twist method while Black Diamond have an

external clip.

Try to also get one that has a Positive Angle, that is the handle of the pole is on a slight angle so when the pole is extended out in front of you your wrist is not bent, this is definitely more comfortable over longer walks. Also consider the material the handle is made from, fabrics that cause you to sweat less are more comfortable in hotter climates.

One added bonus that we discovered on the trek is that using walking poles helps to reduce the effects of Vertigo! One of my clients suffered from Vertigo, mainly when descending on steep trails. The moment she began using poles they negated the effects of vertigo and she was not troubled over the whole trek! Some models also double up as a camera stand were the handle unscrews and the thread fits into most cameras!

Most Outdoor Stores now have a sample pair of poles if you want to try before buying!

Mike Wood
Mountain Designs WA



The case for Wooden Sticks...

Walking sticks also widely used are your basic, no frills wooden sticks. On my end-to-end I used one wooden stick the entire way. The stick was one that I had found on a previous walk, lying on the side of the Track. I added a rubber stopper to the bottom and smoothed the top end for easier handling. I also made sure that the point at which my hand grasped the stick allowed my forearm to be 90 degrees to my upper arm (ie my elbow at 90 degrees). This is important as it allows for better range of movement as you walk. Ideally the point at which the stick is grasped should be close to the top, and a leather strap tied through a hole in the top of the stick is also handy. I have seen all kinds of walking sticks in my travels. These include the poles mentioned by Mike, sticks just picked up on the side of the Track, and indeed some very special sticks, such as the personalised, handmade Bibbulmun walking sticks sold by the Foundation. Whatever your preference, walking sticks are certainly a good idea and believe me, when you are on an end-to-end, they become your best friend!

Steve Sertis
Events Manager and Lead Guide
Bibbulmun Track Foundation

How remote do you venture on the Bibbulmun Track?

How many people will your first aid kit care for in an emergency? Do you have the necessary first aid skills for an emergency? Equip offers a range of first aid kits www.equip.com.au and wilderness first aid courses www.wmi.net.au suitable for all Bibbulmun Track users.

Equip



Pack your safety first.

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Prize Winning Members

Congratulations to the winners of the monthly membership renewal prizes...

Eileen Utley (August) won a \$50 voucher from our Bronze sponsor Paddy Pallin

Robyn Hartman won the 2nd prize of a hat and water bottle.

Rick Sweeney (September) won a 'King Maker' folding outdoor chair donated by Paddy Pallin

Lesley Howe won the 2nd prize of a hat and water bottle.

The Creagh/Paul family (October) won an Equip Speed Moz Tent which was kindly donated by Paddy Pallin.

Margaret Watson won the 2nd prize of a hat and water bottle.

David Dempster (November) won an Equip First Aid Kit kindly donated by Paddy Pallin.

Albert and Elizabeth Watson won the 2nd prize of a hat and water bottle.

New member **Susan Davis** won a daypack

donated by Mountain Designs when she attended the 'Beginners Guide to the Bibbulmun' event held at UWA.

Congratulations to the following Maintenance Volunteers who each received a Slipstream backpack donated by Mountain Designs for the comprehensive maintenance reports they submitted:

Guy Spouge (March quarter)

Peter Dear (June quarter)

Compiled by Tracks & Trails Unit, CALM. The following Track news is accurate and up to date at time of printing. For the very latest updates it is important that you check the Latest Track News web page, which can be accessed via a link from the Foundation's home page at www.bibbulmuntrack.org.au or www.calm.wa.gov.au/tourism/bib_news

NOTIFICATION OF INTENT TO WALK ON THE TRACK

For organised non-commercial groups. The CALM Tracks and Trails Unit requests that groups (with 8 or more members) notify us of your intent to use the track prior to your planned walk. The notification process is used to help us manage and record the group usage on the Track, so as to preserve the conservation values and the enjoyment level of all Track users. The information collected also assists CALM during emergency response situations such as a wildfire. For a NOI form contact the Tracks and Trails Unit on (08) 9334 0265 or bibtrack@calm.wa.gov.au.

Mundaring Section of Perth Hills District

*Covers Kalamunda to Gringer Creek Campsite near Albany Highway
Map 1 or Section 1 to 12 in Northern Guidebook*

Contact: Kym Pearce (08) 9538 0006 or kymp@calm.wa.gov.au

The section of trail between Waalegh and Old Mt Dale Rd (that was previously diverted due to wildfire damage) and Beraking campsite has been re-opened. While Beraking campsite is re-opened please note the shelter has not yet been re-built. This will occur over the next three months. The tent sites, a toilet and a temporary water tank are available at the site. CALM staff request that walkers do not enter the flagged construction area during this period.

When walking along the section of Track that was burnt by the fire, please ensure that you keep on the Track to enable the vegetation to recover.

There is a temporary Diversion of 1.8km between Canning campsite and Edgelly Road near Scenic Drive.

Southbound walkers: from Canning campsite turn left down Four-ways Rd to reference tree BM 72/2, and follow an old track to BN 72/2, BN 72/1 and close to BO 72/2 and cross the Canning River just east of the old bridge site onto Scenic Drive. Continue to walk west until turning left onto Edgelly Rd to where you will join up with the original alignment.

Northbound: walkers will turn right off Edgelly Rd/Bibbulmun Track onto Scenic Dve and pass the old bridge site. Watch for diversion markers to cross the river and walk along an old track close to reference tree BO 72/2 and along to BN 72/1, BN 72/2 and BM 72/2 until reaching Four-ways Rd to rejoin the Bibbulmun Track.

PLEASE use water sparingly. Campsites in the Perth Hills area are the most heavily used on the Track.

Dwellingup Section of Perth Hills District

*Covers Gringer Creek Campsite to Harvey-Quindanning Rd
Map 2 or Section 13 to 20 in Northern Guidebook*

Contact: Kym Pearce (08) 9538 0006 or kymp@calm.wa.gov.au

Mornington (Collie) District

*Covers Harvey -Quindanning Road to Mumballup
Map 3 or Section 20 to 25 in Northern Guidebook
Contact: Scott Hunter (08) 9734 1988*

Yourdamung campsite is a permanent 'No Fires' site at. No fires are permitted within the entire Lane Poole Special Conservation Zone.

A number of prescribed burns are planned for the area so please check the website or ring the CALM office before heading out.

Blackwood - Balingup District

*Covers Mumballup to Willow Springs
Map 4 or Section 25 to 30 in Northern Guidebook*

Contact: Dave Lathwell (08) 9731 6232 or davel@calm.wa.gov.au

Prescribed burns are planned which, if they go ahead, will affect the following sections of Track this spring in the Blackwood valley area:

- Mandalay Plantation (section 26) - south of Noggerup Campsite between Bennett Road and Lowden-Grimwade Road. The diversion will increase the distance by around 6km.

- Grimwade plantation(section 27) - south of the Grimwade campsite, between Towers Rd and Kirup-Grimwade Rd. The Diversion will increase the distance by about 5km.

- North east of the of the Balingup town site(section 27)- between Balingup-Grimwade Rd and Jayes Rd. Starting at Grimwade Rd in the north, the diversion will decrease the distance by 3km's.

- Brockman Highway to the Yornup-Nannup power line north of Willow Springs. The diversion will increase the distance by 1km. CALM staff will be there to direct you on the day.

Check the latest Track Conditions page on the website for more details.

Manjimup & Pemberton - Donnelly District

*Covers Willow Springs to Pingerup Road
Map 5 and part of Map 6 or Section 30 in Northern and Section 31 to 42 in Southern Guidebook*

Contact: John McKenzie (08) 9776 1207 or johnm@calm.wa.gov.au

Be prepared to get your feet wet - areas seasonally inundated.

Due to the large amount of rain that has fallen over the last four months, the Track between Gardner and Dog Pool Campsite is very wet in sections. South of Chesapeake Road and then onto Deeside Coast and Dog Road can be up to knee deep. With the change in the season some of this should start to dry out soon. However the section between Chesapeake and Lake Maringup will remain quite wet until the end of the year.

Due to flooding of two creeks, the section of Track between Pemberton and Warren campsite continues to be diverted. The diversion is clearly marked with white diversion markers and likely to be in place until December.

Rainbow trail diversion: A temporary diversion has been created in the Big Brook area, between the dam wall and Karri Oak. There maybe some further refinements to this section over the next six months.

The new bridge over the Beedelup Falls (section 34) is NOW OPEN. Walkers can continue to follow the Track markers across the suspension bridge or alternatively choose to use the new bridge.

Walpole - Frankland District

*Covers Pingerup Road to Denmark
Map 6, 7 and 8 or Section 42 to 53 in Southern Guidebook
Contact: Andrea Bidwell or Howard Manning (08) 9840 1027*

While the steps to Conspicuous Beach are being repaired (fire damage), the Track has been diverted between Rame Head Campsite and Ficifolia Road. While the CALM staff understands that the current diversion is undesirable to walkers, they would like to express that it is only temporary.

PARRY INLET CROSSING

Due to the late rains, Parry Inlet channel (Section 52) is still open and was impassable in mid-November. Walkers may still need to use the alternate route, marked on the 2nd edition maps, that will add a further 10km onto your journey.

As the levels in Parry Inlet fall over the coming months CALM strongly advises walkers to use the alternate route if you have any doubts about making the crossing. If you decide to cross the channel, please take extreme care. As an essential safety measure, be sure to unfasten the hip and chest straps of your backpack before crossing.

FRANKLAND RIVER CAMPSITE

A hungry possum is continuing its residency at the Frankland River Campsite (section 47). At night walkers are advised to remove all food items from packs, and hang them in food bags from the centre of the roof poles on a piece of string, smearing insect repellent on the tops of bags and poles may help to deter the possum. Do not try to feed, touch or harm the possum.

Walkers leaving cars at the Valley of the Giants Tree Top Walk are reminded to please ensure the staff at the ticket kiosk is informed as the car park is locked overnight.

Please be aware that all campsites from Mt Chance to Albany are 'No Fire' sites.

Albany

*Covers Denmark to Albany
Map 8 or section 53 to 58 in Southern Guidebook
Contact: Luke Coney (08) 9842 4500 or lukec@calm.wa.gov.au*

The Torbay Inlet channel was opened artificially in mid-November. Water flows in the channel should have eased by December depending on rainfall. Walkers intending to cross the inlet are advised to take extreme caution, particularly early in summer, as the water may be fast flowing and at variable depths. If, on inspection, the water appears to be flowing quite swiftly upstream then walk across at the sea end of the inlet where estuary and sea waters meet.

CAUTION: Unfasten the hip and sternum straps on your pack before wading through any water that is more than shin deep. If in doubt about the safety of the crossing or if water is greater than thigh deep take alternative route marked in green on the Bibbulmun Track Map 8.

The Albany wool stores section of the Track is still around the perimeter fence of the building site containing the remains of the wool store sheds, please follow the Track markers.

TEMPORARY DIVERSION - EARTH WORKS NEAR EDEN RD (SECTION 54)

A section of the Bibbulmun Track has been temporarily diverted to avoid the earth works activity being conducted on the road reserve between the Eden Road and the fence line (approx 2.5km from Nullaki campsite). Please follow the temporary diversion along the side of the new road (marked by the white diversion markers on post).

WILSON INLET (SECTION 53 & 54).

The Denmark Ocean Beach sandbar has NOT yet reformed therefore walkers will need to make private arrangements to cross the Wilson Inlet. The following options are available:

Vehicle: Local taxi or drop-off operators who can drive walkers to Nullaki Peninsula are: Denmark Cabs: 9848 2295, Little River Discovery Tours: 9848 2604 or Windrose Bed and Breakfast: 9848 3502. **Or-**

Boat: A local dinghy operator is taking walkers across the inlet. It is essential that you contact the proprietor on 0429 421 786 to arrange your crossing in advance, especially if you are coming from the Albany (south) side of the inlet. **Or-**

Walk: walk along the alternative route beside the road to the north of the Inlet. The roads are busy with vehicular traffic (please make yourself

visible when walking along highway). This alternative route will add a further 20km to your walk.

Fires are a great danger and the Albany District experienced a large number of wildfires last season. We urge extreme caution from smokers and please abide by the rule - NO FIRES AT ANY TIME - thank you.

Fuel Stoves. To preserve the environment we recommend you carry and use a fuel stove. They are less likely to cause a wildfire, are faster and cleaner, and easier to use in the wet.

Fire Risk. The risk of fire has been noticed at shelters where there have been areas where candles have been used. There now appear to be much scorch marks and candle wax on all wooden surfaces including the shelter wall braces.

All Bibbulmun Track walkers should be aware of the potential high fire risk of cigarettes and candles on the Track and in the shelters.

Campfire restrictions for summer.

Between November and April next year, due to bushfire danger, there is a ban on lighting of fires at Bibbulmun Track campsites between Kalamunda and Brockman Highway.

Snake Sightings. Snake sightings can be a feature on the Bibbulmun Track in the warmer months. So please be cautious and observant, stay on the track where you are more likely to see a snake before it sees you. Snakes will not attack without provocation, although a tiger snake may show aggressive behaviour if it feels threatened. Always wear sturdy boots and thick socks.

Water. The purity of the water at campsites cannot be guaranteed. For your own safety treat all water before consumption. Treatment alternatives include boiling, chemical treatment such as iodine drops or purification tablets, or use of special lightweight filtration devices. This is particularly important towards the end of the dry season as tank water levels get quite low.

Trail Bikes. There have been a number of reports of trail bikes on the Track, these bikes pose a risk to walkers' safety and the environment. If you see any vehicles on the Track, please take the registration number and description. Please also note the date, time and precise location of the vehicle and report this information to the Tracks and Trails Office 9334 0265 or the local CALM district.

GROUPS ON TRACK

This time of the year there are many groups using the Track, especially in the northern half. If you are planning a group walk involving more than 8 people, please contact the CALM Tracks & Trails Unit on 08 9334 0265 or bibtrack@calm.wa.gov.au. Once a group has notified CALM of their intentions to use the Track, a notice is placed on the Latest Track News web page to inform all walkers that there will be a group using certain campsites on the given dates.

If you are planning a walk and want to avoid the potential of over crowding and clashing with a group please check the Latest Track News web page prior to your walk. Needless to say, not all groups register their intentions of using the Track.

A very BIG THANK YOU to all the Bibbulmun Track volunteers, CALM staff and the Bibbulmun Track Foundation for their on-going support and commitment to the Bibbulmun Track.

Accommodation, Tours and Services

The following business have supported the Track by becoming Affiliated members. Please take a look and remember them when you next book a tour or accommodation. The Foundation is happy to welcome DENMARK BUDGET ACCOMMODATION, PEPPERMINT LANE LODGE, INSPIRATION OUTDOORS, and KARRI GLADES CHALETS who have joined recently. Thanks to all our Affiliated Organisations for their support!

BUSINESS NAME	TOWN	TYPE OF BUSINESS	PHONE NO.	DISCOUNT OFFERED TO MEMBERS
BERRYVALE LODGE	DWELLINGUP	Accommodation/ Transport prov.	(08) 9538 1239	10% Sun-Thurs inclusive (excl public hols and long w/e).
DENMARK BUDGET ACCOMMODATION	DENMARK	Accommodation	(08) 9848 1700	10%
DWELLINGUP ADVENTURES	DWELLINGUP	Tour	(08) 9538 1127	10% on self-guided tours.
DWELLINGUP BUNKHOUSES	DWELLINGUP	Accommodation	(08) 9538 1314	10%.
DWELLINGUP CHALET & CARAVAN PARK	DWELLINGUP	Accommodation	(08) 9538 1157	No.
TEHILLAH DWELLINGUP'S FOREST RETREAT	DWELLINGUP	Accommodation	(08) 9538 1388	10% for mid-week accommodation.
COLLIE VISITOR CENTRE	COLLIE	Tourist Bureau	(08) 9734 2051	10% on souvenirs. Excl. CALM books, maps and craft.
PREMIER HOTEL	COLLIE	Accommodation	(08) 9734 1899	\$15 sgl, \$10 dbl.
WHISPERING PINES B&B	COLLIE	Accommodation	(08) 9734 3883	10%.
BALINGUP BUDGET ACCOM. - 'THE HIKERS HIDEAWAY'	BALINGUP	Accommodation	(08) 9764 1049	10% for 2 or more nights.
INSPIRATION OUTDOORS	PERTH	Tours	(08) 9378 2523	5%
CHESTNUT BROOK COTTAGE	BALINGUP	Accommodation	(08) 9764 1606	10% (direct bookings only).
JALBROOK COTTAGES - ALPACAS & KNITWEAR GALLERY	BALINGUP	Accommodation - Attraction	(08) 9764 1616	10% with 'first dawn' breakfast basket inc. (excl. specials and long w/e). Direct bookings only.
KARRI FOREST MOTEL	PEMBERTON	Accommodation	(08) 9776 1019	10%.
KARRI VALLEY RESORT	PEMBERTON	Accommodation	(08) 9776 2020	10%. Not available on public holidays.
KARRI GLADE CHALETS	PEMBERTON	Accommodation	(08) 9772 1120	
PEMBERTON CAMP SCHOOL	PEMBERTON	Accommodation	(08) 9776 1277	No.
PEMBERTON DISCOVERY TOURS	PEMBERTON	Tour/Transport prov.	(08) 9776 0484	\$5 p.p. off tours (direct bookings only).
PEMBERTON TOURIST CENTRE INC	PEMBERTON	Tourist Bureau	1800 671 133 or (08) 9776 1133	Through members possibly.
PEPPERMINT LANE LODGE	WELLINGTON MILL	Accommodation	(08) 728 3138	10% midweek or stays longer than 3 days
WANDERING VINTAGE SCENIC BUS TOURS	PEMBERTON	Tour/Transport prov.	(08) 9776 1757 or 0429 776 175	No.
BIBBULMUN BREAK MOTEL	NORTHCLIFFE	Accommodation	(08) 9776 6060	\$5 sgl, \$7 dbl/twin on presentation of card.
NORTHCLIFFE CARAVAN PARK & BACKPACKERS	NORTHCLIFFE	Accommodation	(08) 9776 7295	On application.
WATERMARK KILNS	NORTHCLIFFE	Accommodation	(08) 9776 7349	\$5 in double kiln (shared facilities) or \$10 for the single kilns. Pre-booking recommended.
TINGLE ALL OVER' BUDGET ACCOM and WALPOLE TAXI & TOURS	WALPOLE	Accommodation - Tour/Transport prov.	(08) 9840 1041	YHA rate.
WALPOLE LODGE	WALPOLE	Accommodation	(08) 9840 1244	\$2 p.p., p.n.
BLUE WREN TRAVELLERS REST	DENMARK	Accommodation	(08) 9848 3300	5%.
GUM GROVE CHALETS	DENMARK	Accommodation	(08) 9848 1378	10% (excl. public & school hols).
MOONWATERS HOLIDAY COTTAGE	DENMARK	Accommodation	(08) 9431 7015	10% (excl. public hols and specials).
CAPE HOWE COTTAGES	LOWLANDS BEACH	Accommodation	(08) 9845 1295	10% off normal tariff.
ALBANY VISITOR CENTRE	ALBANY	Tourist Bureau	1800 644 088 or (08) 9841 1088	No.
NORMAN HOUSE	ALBANY	Accommodation	(08) 9841 5995	5%.
ORANJE TRACTOR WINE	ALBANY	Winery	(08) 9842 5175	
WILDSIDE WALKS	ALBANY	Tour	(08) 9844 8091	10%.

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Mob: 0429 776 175, PO Box 296 Pemberton WA 6160.



CALM Tracks and Trails Unit

Annie Keating, Unit Coordinator and Foundation Board Member

Locked Bag 104 Bentley Delivery Centre WA 6983 Tel: 9334 0265 Email: bibtrack@calm.wa.gov.au

12 years and 40 editions on

As I started to write this I suddenly realised that this is the 40th edition of Bibbulmun News. The first News, a double-sided A4 photocopied sheet, was written and edited by Jesse Brampton in November 1993 – over 12 years ago.

Jesse, who signed himself as 'Contractor, The Bibbulmun Track Project' went on to coordinate the project until August 1997. Jesse made a couple of prescient quotes in that first edition, which are made even more interesting by hindsight.

Reflecting on the purpose of the News, Jesse wrote, "In the longer term it may become a 'newsletter' for wider circulation, informing the public of Track issues, events and activities. For now, it is a means for me, the Contractor, to tell you, the Stakeholders, what has been happening." Today's present is yesterday's longer term and how true was that prediction!

Once again, reflecting on a possible theme for the new Bibbulmun Track Jesse wrote, "While the body of the Track will always remain those wild and scenic lands through which it passes, its heart and soul will be recognised to be all those who walk it, who work on it, whether voluntarily or within their job, and who contribute to it in any way. They, the Bibbulmun Track community, through their shared desire to protect and conserve the trail from which they gain knowledge, recreation and inspiration, guarantee the future wellbeing of the Track itself." For me this describes perfectly the core of what makes the Bibbulmun Track so special today.

I took over as editor for the 14th edition in Spring 1996 when the News jumped from four to a massive eight pages and was printed professionally for the first time. Even though the Foundation (formerly Friends of the Bibbulmun Track) took

over the Bibb News from the 22nd edition, I have been writing articles ever since. The Foundation has taken this little newsletter and made it grow into the high quality magazine full of interesting articles that it is today. I hope Jesse gets a buzz out of seeing his reflections and predictions of 12 years ago for this little newsletter and for the Bibbulmun Track itself grow into a reality that has far exceeded our wildest dreams.

A break

Next year I am combining all of my accumulated long service and annual leave to take a whole year off. Stuart Harrison who has been coordinating the Munda Biddi Project will be acting in my position and Therese Jones and Elisa Skillen will be picking up Stuart's Munda Biddi tasks. I've already planned the first few months that include a walk on the Overland Track and cycling touring around Tassie with a possible trip to Canada thrown in. I'll let you know in 2007.

Brief roundup

There has been a lot of activity along the Track in the last few months. The Munda Biddi lent us Scott Hunter for five weeks to complete many outstanding maintenance tasks between Mundaring and Mt Dale Campsite. Scott usually looks after the Bibbulmun Track in the Collie area and is a very keen Bibbulmun Track walker. He has completed at least two end-to-ends and is planning another one next year. Scott fixed some badly eroded steps coming down to Allen Rd near Helena River and re-marked and made good the section of trail between Waalegh and Beraking that was closed after the January fires. Another badly eroded section near the creek north of Waalegh has been earmarked for realignment onto a more sustainable route.

Groups on the Track

This year we seem to have had an explosion of school groups using the Bibbulmun Track. We now have quite a good system in place though to help to manage potential overuse at campsites.

Groups of eight or more intending to camp overnight on the Track need to fill in a form and submit it to us several weeks before their planned walk. We can give them advice about suitable routes and we post on the Latest News web page, the dates and campsites where groups will be staying. This gives other walkers the opportunity to avoid groups. We will continue to monitor the campsite use but now have the information we need to develop other strategies for managing groups – for example by introducing some sort of group booking scheme for campsites or limiting times of year that groups can use campsites.

Vehicles on the Track

Illegal vehicle use of the Track and access to Track campsites seems to have reached record proportions this year. Thank you to all of the walkers and volunteers who have rung or emailed us, or the Foundation, to report details and registration numbers. It is extremely important for CALM to have as much information as possible about these incidents so that we can build up an accurate picture of illegal activities. Without it we are not able to follow up your reports and take appropriate action. Trail bikes in particular are a huge problem across many of our conservation areas – a problem that needs a concerted effort from a number of organisations and agencies to tackle.

I hope you all have a wonderful Christmas and a new year full of peace, joy and many long walks along our glorious Bibbulmun Track.

Annie Keating



AUSTRALIAN WALKING HOLIDAYS

World Expeditions has just launched the most exciting collection of AUSTRALIAN WALKING HOLIDAYS ever released. From Tasmania to the Red Centre, this diverse collection of fully supported guided trips explore some of Australia's most inspiring wilderness areas and trails.

World Expeditions has won recognition and international acclaim for its innovative program of Australian itineraries for more than two decades. With the all-new AUSTRALIAN WALKING

HOLIDAYS brochure, World Expeditions is offering travellers even more opportunities to trek, cycle, raft, kayak, cruise and walk in small group, high quality, all-inclusive holidays throughout Australia. Call World Expeditions today on 9486 9899 and order your copy.

To help celebrate Bibbulmun Track Foundation members will receive a 5% discount off any journey in the brochure if booked before 31st January 2006.

End-to-End loses 24 Kilos

Noel De Grussa lost a staggering 24 kilos on his eight week Bibbulmun Track end-to-end walk which he started in June this year, and gained a new lease on life.

Noel, who retired in 2001, had been thinking of walking the Bibbulmun Track for the previous two or three years. He had recently traveled to New Zealand to climb Mt. Cook, but his fitness was not up to it. He returned disappointed and deflated, and made an appointment with his local doctor



because he was snoring excessively and having trouble sleeping. A blood test revealed that his cholesterol level was on the high side of average – nothing too serious, but his doctor advised him to lose weight and get some exercise.

That was just the motivation Noel needed to set off on his adventure—to walk from Kalamunda to Albany. Just before his 58th birthday Noel started

on a journey that would change his life.

His doctor couldn't believe his eyes when Noel walked into the surgery eight weeks later after walking the 965km of the Bibbulmun Track. He paraded Noel in front of his colleagues and declared that as Noel looked so good after his walk, maybe walking the Bibbulmun Track ought to be recommended to all their patients!

The health benefits of walking are well documented. In fact regular participation in physical activity is associated with reduced mortality rates for both older and younger adults. In other words, walkers live longer!

The 'Find 30' initiative introduced by the WA Health Department states that it only takes a little activity to gain some big health benefits. Walking for just 30 minutes a day can reduce the risk of cardiovascular disease, colon and breast cancer and lead to lower blood pressure. It can also prevent falls, reduce your weight and induce a general feeling of well-being. So whether you want to improve your general health and keep fit, to control your weight, or perhaps to recover from a period of ill-health, walking is the perfect exercise.

Noel's cholesterol is back to normal, but his health benefits go far deeper. Although the physical benefits are clear to see, he has also experienced a mental shift. Noel is amazed at the change in every aspect of his life. When he popped in to see us to drop off his end-to-end forms he said, "I feel like a new man, like I'm 20 again". He now has the determination and motivation to take on his next challenge. He plans to return to New Zealand to tackle Mt Cooke, a 15 – 20 hour technical climb, which requires a high level of fitness.

So how did Noel lose 24 kilos? (He obviously didn't go on Steve's Food in a Fuel Stove event!). A change in his eating habits obviously helped. A diet of porridge for breakfast, a protein bar for lunch and not much more than a 'cuppa soup' for dinner will always have an effect! Noel's appetite began to disappear along with his shrinking waistline and since completing his walk Noel has continued the trends that he set— he doesn't eat a big meal at night, he walks regularly and giving up smoking has made a tremendous difference to his overall health.



Walking the Bibbulmun Track, especially solo, can have a dramatic effect on one's psyche. Noel found that walking on his own gave him time to reflect on many things and remind him of the true value of his family. He missed them dreadfully and has since developed a much closer bond with them. He also re-kindled the love for his wife Val after being married for 35 years – one good reason to get out there!

She joined him for a segment of the walk from Pemberton to Walpole. They became closer as Val got a feel for what Noel was doing and now they are planning to do more walking. We wish them a happy walking future together. 🌸

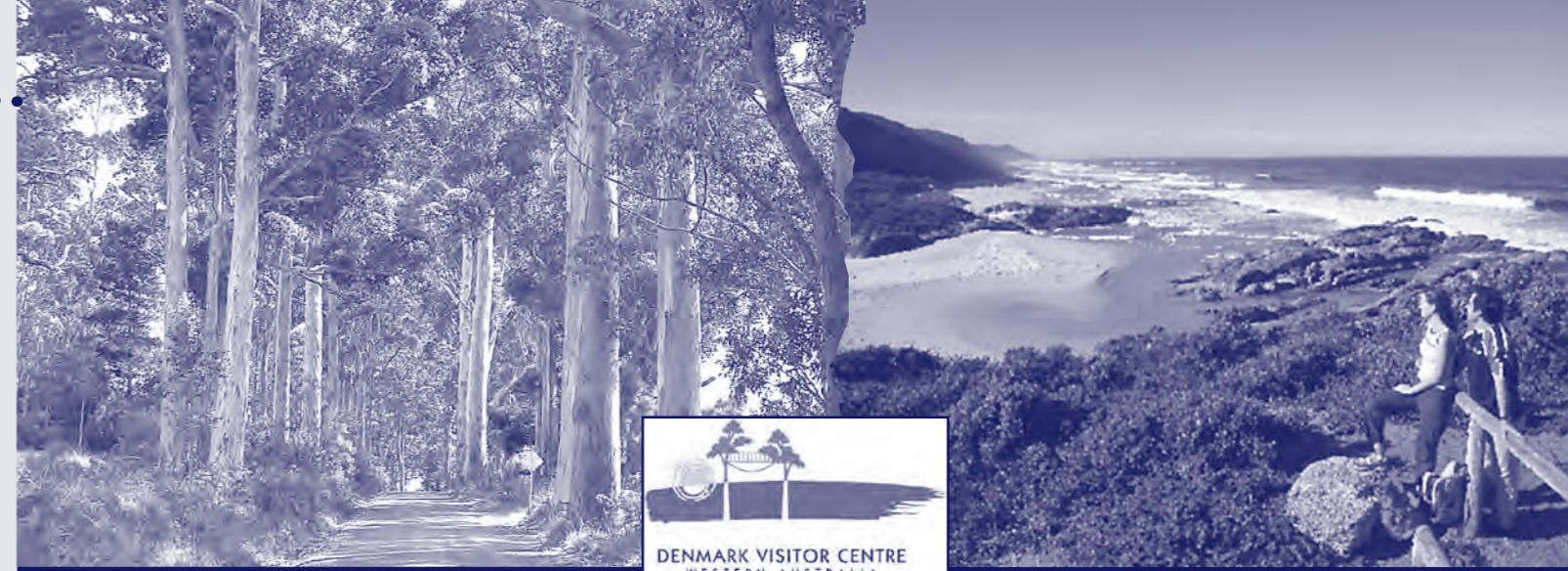
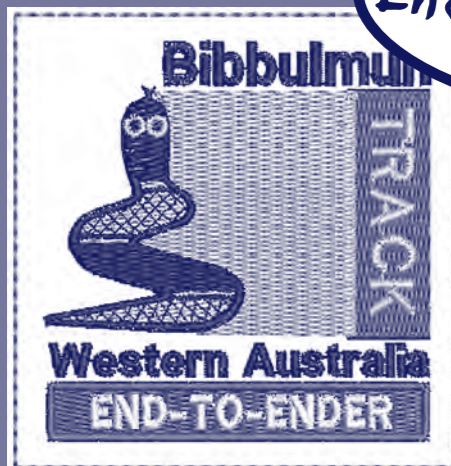
Calling All End-to-Enders

Brag Picnic

We are planning a get together for all end-to-enders in March 2006. We will invite you soon to come along and brag about your journey. BUT do we have your end-to-end registered? If not, you may not receive an invite. Contact Steve or Edith at the Foundation to make sure we have your details on our end-to-end database.

NEW!!
End-to-End
BADGE

\$7.50+pp



Track Town - Discover the difference in Denmark

Whether you approach the town of Denmark along the Bibbulmun Track from West Cape Howe in the east, or come in from the west through the awesome Valley of Giants, the most spectacular and diverse scenery unfolds as you go.

Ancient forests full of birdsong, wildflowers spread like living jewels, ocean panoramas of rocks and spray and seals and whales, pristine beaches where the sand squeaks beneath your toes, and views across green pastures which delight and refresh.

What bliss as you head for a hot bath, good food and a comfortable bed. For some, that means a luxury spa and gourmet dining, for others,

something a little more modest. If you have difficulty choosing just what you want from Denmark's wide range of accommodation, call in to the Visitor's Centre, where you can add your comments to the Bibbulmun Track Register and have a chat with our experienced staff. They also have loads of information about attractions, events and activities for you to enjoy.

Put your pack down, put your feet up and let someone else do the driving for a few days. Take a four wheel drive tour to places only those in the know can reach. On a scenic drive you can sample world class wines, tuck into fresh local food (our farmhouse cheeses are the talk of the town), scour our craft showrooms for wonderful one-off originals, or try to untangle the Tinglewood puzzles. Not the world's best

passenger? That's fine, simply hire your car in Denmark and drive yourself.

If you prefer to travel light with only a day pack, arrange to stay at accommodation where you can be dropped off at a suitable place on the track, and you can walk back home. The Blue Wren Traveller's Rest offers a three-day fully supported trip from Denmark to Albany. Savour the best of the outdoors, without the struggle!

To plan ahead, have a look at the Denmark Visitor Centre website www.denmarkvisitorcentre.com.au, for up to date information. Whether you enjoy fishing, canoeing, swimming, relaxing with a good book and fresh coffee or even walking, you will discover a spot in Denmark tailor made for you. 🌸



Gum Grove Chalets

offer two and three bedroom character chalets and deluxe villas that satisfy a range of accommodation needs. Affordably priced, featuring wood fires, wheelchair access, dog friendly, nestled in a tranquil bush setting. Chalets and Villas are self contained with a fully equipped kitchen, colour TV and lounge area.

Gum Grove is located only 500 meters from the Bibbulmun Track, 3 kilometres from the township, restaurants and cafes and only 3 kilometres from the beach. It is an ideal location to commence day trips to the Tree Top Walk, Albany's Frenchman Bay, local wineries and the Stirling and Porongurup Ranges.

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Phone (08) 9848 1378 Email: gumgrove@wn.com.au
www.gumgrove.com

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2 or 3 day self guided walk between Denmark and Albany. Fully catered and supported. Just carry your day pack. From \$ 250-00 inclusive. Camping at Lowlands and Torbay. Everything supplied and delivered.

Contact (08) 9848 3300 Graham Mason
www.bibbulmunsouth.com



Yes, THEY DID IT!

We congratulate 30 end-to-enders on their great achievement.

My motto is "Age and health are no barrier" – Bernice Colvin (78)

Of the 30 walkers whose achievement is recorded, 17 completed the walk in one go and 13 are noted as having completed the walk in sections. For the first time there is no evidence of any of the end-to-enders starting from Albany.

We begin with the international and out-of-state walkers.

Adrian Cazalet (69), from Hambledon in the UK, set out on 21 September and reached Albany on 9 November. For Adrian, the section from Peaceful Bay to Boat Harbour was the highlight. He was very impressed with the Track and the effort that goes into making it what it is.

Rodney Batkin (54) "Batty" and Peter Lyall (52) "Babu" from Fairy Meadow and Kiama respectively in New South Wales walked the Track in 56 days commencing 5 September. Rodney, on his second end-to-end, enjoyed the camaraderie he experienced among fellow walkers and was delighted to be able to view the wreck of the SS Mandalay on the beach of the same name. His advice is to plan well and take your time.

From Peter comes the comment that the Track is a credit to WA and Australia and requires no improvement, despite what some may say. He notes that they did not see much wildlife which may have been due to only having six days of fine weather!

From Currajong in Queensland came **Michael Shannon (44)** who arrived in Albany on 1 November after a 67-day walk. It was a positive and powerful experience for Michael, with the



Michael Shannon taken by maintenance volunteers Sophia & Murray.

most memorable sights being the southern coast swells and the sight of king waves crashing onto the rugged shoreline.

South Australia was represented by **Alan Crabb (22)** from South Brighton and **Fiona Wright (23)** from Brighton. They arrived in Albany on 30 October after leaving Kalamunda on 9 September. At the end they wanted to go back and start again! Many memorable experiences are recorded in their report. We have selected just a few—the morning mist on the Blackwood, climbing the Gloucester Tree, curry at the pub in Walpole and the walk out from Boat Harbour. They have a special word for Peaceful Bay – it has more than you think!

And so to our end-to-enders who live in WA.

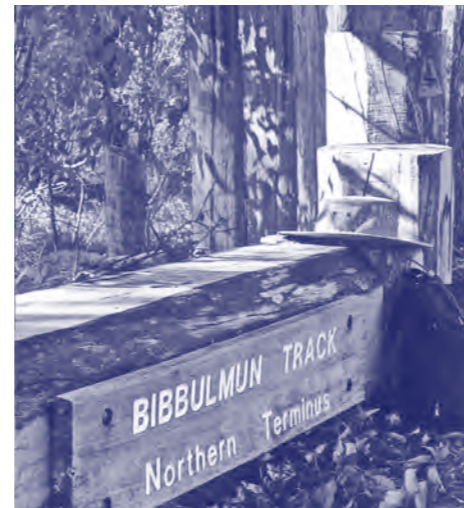
Jeremy Brown (30) of Nannup reached Albany on 18 October after 46 days on the Track. He found the going physically demanding with a heavy pack but this was overridden by the impressiveness of each section.

Eija Fletcher (46) 'Finnish' and Steve Robb (48) 'Irish' both of Singleton set off on 15 September and completed the walk on 5 November. Eija, who felt a great sense of achievement, spotted among other wildlife a sabre tooth rabbit. (Ed: Is this supposed to be serious? What's a sabre toothed rabbit?) Steve was impressed by the motivation and helpfulness of the people he met on the way. He enjoyed every aspect except the beach walking! Overall he much prefers the Bibbulmun to the Milford Track. His advice would be end-to-enders is to talk to people who have actually walked the Track.

Walking the Track was a great but rewarding challenge for **Belinda Alexander (41)** and hard work but worth the effort for **Sandy Alexander (51)**, the 'Silly Buggers' of Willetton.

They reached Albany on 2 November after 53 days. They both single out seeing the Southern Ocean and meeting many wonderful people as highlights. Belinda urges walkers to be prepared for weather changes and to take lightweight gear, while Sandy recommends spending more, and buying lightweight gear.

Natalie Williamson (21) from Palmyra walked the Track between July and October. She loved every moment of her fantastic journey – when the weather was good – and made special mention of the kangaroos at Donnelly River Village, the sunrise at Woolbales and swimming in the rain



at Mandalay Beach. She found the possums cute but also discovered they have a tendency to get into one's stuff!

John and Gabrielle Andrews of Glenfield began on 19 September and finished on 23 October. They had a fantastic trip and are very appreciative of the involvement of CALM, BTF and the maintenance volunteers. They made special mention of the people they met from all walks of life, each with a tale to tell.

Rey Robayna (34) 'The Galloping Spaniard' of St James walked from 30 April to 27 June and came away with memories of fabulous facilities, a well marked track, great locations for most shelters and five-star camping. He found that reading the log books added value to each day. Rey especially enjoyed the sunset seen from Mt Wells, the sight of soaring eagles, a swim in the Murray, the moss bridge at Boarding House and views from the granite domes of Mt Chance and Woolbales. He is reminded of Jesse Brampton's observation that the natural environment and the scenery are the base ingredients and the people are the seasoning.

Next we turn to **Noel de Grussa** of Brigadoon who walked through winter. He left Kalamunda on 1 June to reach Albany 51 days later. Noel lost 24 kilograms on the walk and was also able to give up smoking! He enjoyed the south coast and votes Blackwood the best campsite. He derived much pleasure just sitting by the Track and listening to the forest and from meeting people on the way, although he did miss his family.

Chris Bishop (45) from Clifton Park reached Albany on 26 September after 55 days on the Track. He is of the opinion that a lot is missed

if you complete the walk in much under 50 days. The section from Pingerup Plains to Mandalay Beach was probably his favourite. He found the wildlife memorable, and his highlight was hearing the sonar ping of a musk duck, a once in lifetime experience.

And now to our end-to-enders who completed their walk in sections, many over a period of years.

Maree Nunn of Bicton walked between September 2001 and September 2005. The constant changes of scenery, the Tingles near Walpole and walking a coastal section in a thunderstorm with hailstones falling around her were memorable. She is amazed that she walked all 965 kilometres!

What a great resource to have in WA notes **Liz Unwin (43)** of Fremantle who started in September 1998 and finished in October 2005. She notes that the Track is a wonderful wilderness playground for Western Australians right on their doorstep and a relatively safe way to be challenged and build our inner resources and endurance.

Ross Leighton (64) from Noranda made his start in May this year and achieved his goal in October. The varying terrain, flora and wide angle views made for a fantastic walk. This was his second end-to-end and was completed in two stages.

It was a wonderful experience for **Carolyn Wardle (56)** of Esperance who walked on her own, commencing in February 2001 and ending in July this year. She loved the hills, the southern coast and the gradual changes in the terrain. The experience was equal in enjoyment to, but utterly different from, the Overland in Tasmania and the Tour de Mont Blanc in Europe. Carolyn suggests taking wipes in place of soap, a book, a space blanket for emergencies and warmth, and the Track guide books.

Andrew Sinclair (46) of Kingsley was one of several walkers for whom the Pingerup Plains and the south coast were highlights. His journey began in July 2004 and ended in August 2005.

Next we acknowledge **Andrew Craig (41)** of Mandurah whose walk was completed in sections between May and August 2004. He carried a set weight of food – just 600 grams – for each day and lost 10 kilograms in weight. Andrew makes special mention of meeting end-to-enders Keith, Judy, Kylie, Dougal, Dave, Alan, Roberto, Annie and Ben en route. Have they all reported their details yet, we wonder!

Wendy Colley (50), Jennifer Ashbolt (52) and **Peta Maiklem (48)** who all hail from Bunbury and used track names containing www, walked the Track between April 2004 and June 2005. They record that the first 350 kilometres were covered at weekends and the balance in a further six weeks. It was a great opportunity to walk with friends on a fantastic walk trail. They were left amazed that they managed to complete the tremendous journey.

Wendy Nelson (54) 'FOF #2' from Stratton first walked the Track in one go in 2001–2002, taking seven weeks. Then she started again in December 2002 and finished in April 2005.

In taking two and a half years this time round she realised that her fitness level wasn't so good! Wendy admits she is totally under the spell of the Track. The highlight of her first walk was of spending New Year's Eve 2002 at Yabberup with her 15 year-old granddaughter. The second time around, the highlight was at Donnelly River Village on New Year's Eve 2004 with Charmaine, Dene, Steve and Trish.

Robert Roche of Applecross covered the distance between 13 August 2005 and 22 September 2005. He believes that ideally and for environmental reasons only fuel stoves should be used for cooking. Robert especially appreciated the simplicity of everything on a long distance walk. He would love to be able to do the walk every year.

We end with two walkers who have provided us with very little information.

The only detail we have for **Conrad Slee** is that he comes from Victoria Park and walked between April 1995 and September 2004.

Finally, **D Clegg** of Scarborough completed his end-to-end between December 1999 and October 2005.

CONGRATULATIONS to all of you on your achievement!

Compiled by Don Briers, Foundation volunteer and End-to-Enders. 🌟



Photo taken in Kalamunda National Park by Bill Sutherland.

Some Observations Along The Track

I have seen a lot of backpacks as I've walked along the track. There are many different colours, red and green and black. There are blue and brown and mauve and white. There are pink and grey, and yellow ones most bright. Some are tatty and well patched, but these are very few. Most of them are natty, bright and shiny and brand new. Some are large and lumpy, some are neat and small. Others short and dumpy, while some are thin and tall. Some with lots of things hanging off them. Swinging to and fro and up and down. Like vests or thongs and sandals, or sleeping bags of down. Billies swinging freely or socks hung out to dry. There's only one thing that's more varied, as they pass me by. That's the happy bunch of walkers, travelling way out there. With their homes upon their backs, they can camp out anywhere. Short and tall, fat and thin, are many that I've seen. Big and small, tough and dainty, and all sorts in between. Some of them walk in longuns, some in shorts—that's scary. Showing off their knobbly knees, thin white legs and hairy. Many are the gourmet dishes that are cooked at night. I wonder if they'd eat them, if they saw them in the light? Then the weary walker, knackered, from the weight on his back. Rummages round inside for the two-litre flagon in his pack. Some of them walk quite quickly, others just mooch along. With their minds in neutral, or singing snatches of a song. These you can hear coming, from around the bend. They all have much in common, they want to do an end-to-end.

Jim Freeman, aka The Mad Axeman

MOUNTAIN DESIGNS BIBBULMUN

TEAM CHALLENGE



This October and November a total of 16 teams of four competed in a series of team-building activities in the Mountain Designs Bibbulmun Team Challenge 2005 – and raised nearly \$18,000 for the Bibbulmun Track.

Emphasis was on outdoor skills, problem solving, environmental awareness and mental and physical challenges. The participants also walked 15kms each day along the Bibbulmun Track from North Banister to Dwellingup.

Events and Corporate Manager, Steve Sertis, led

ever! The difference between first and last place on the Friday night was just 75 points! But as time went on GESB 1 (Government Employees Superannuation Board), National Bush Rangers (NAB) and the Coights (GESB 3) broke away, leaving GESB 2 in their wake. On Saturday night just a handful of points separated first and third places! In the end though the National Bush Rangers brought home the bread but only by the crust – a 20 point lead!! The weather was all over the place – hot on Thursday, wet and very cold on Friday (Mt Wells was shrouded by clouds!) and sunny by Sunday! The flies were crazy, participants didn't know whether to wear bathers or polar gear and Steve was still busy removing

got off the bus and didn't let up until reaching Dwellingup. From the very start CALM showed their initiative and determination and managed to stay in front and win the heat, despite efforts from KBR and G45 who battled for second place. The team from The West Australian, the "WAN2B's", never quit and gave KBR a run for their money for third place. The creeks stopped flowing and the flies became relentless as the days heated up.

AWARDS NIGHT

Pitcher Partners claim title of Challenge Champions 2005!

On Tuesday 15 November, in front of a crowd of teams members, staff and volunteers, the trophy for Challenge Champions 2005 was presented to Pitcher Partners. This was the second year Pitcher Partners had entered a team and they were thrilled to become this year's Champions.

Each of the winners received:

- A hand-crafted Bibbulmun Track trophy made and donated by Jim Freeman
- A hand-crafted Bibbulmun walking stick made by Jan and Colin Read
- A Mountain Designs Bibbulmun backpack donated by Mountain Designs
- A two-day Bed & Breakfast accommodation package for two people, donated by PJ's B&B in Balingup, Oakfield House B&B in Balingup, Balingup Jalbrook Cottages and Treenridge B&B in Pemberton.



Challenge Champions 2005, Pitcher Partners (from left Clint, Clare, Ian & Chenelle) receive their awards from Mountain Designs Manager WA, Mike Wood (black t-shirt) and Steve Sertis.

the Challenge, assisted by a band of instructors and volunteers.

The first heat started at 5am on October 13 and what began as an even contest between four teams soon saw Pitcher Partners and Ernst and Young fighting for the lead. The National Bank and the Golden Girls, despite their enthusiasm and a level of determination not seen in a Team Challenge for some years, could not catch the leaders. The weather was warm, the ticks were out, the blisters were present and the hills made the heart pump hard! Points were won, but points were lost – mainly for not abiding by the Minimal Impact and Leave No Trace guidelines set out in the Team Challenge manual. Competition was fierce but never unfriendly and Pitcher Partners were victorious at the end of the heat.

We predicted that the second heat would see some tough bargaining and we weren't wrong. This heat would have to have been the closest

ticks from some participants while others enjoyed toasting marshmallows on the fire!

The third heat saw the State Records Office, Geraldton Grammar, Perth Glory (Morning Glory) and Pricewaterhouse Coopers (PWC) come together. Competition began as soon as the teams got off the bus and carried on through to Dwellingup. Even Steve's pack was pack-napped! While second, third and fourth places changed a few times, PWC maintained their lead throughout most of the heat, with their relentless hunger for more challenges! All the teams were lucky with the weather this time, as it rained only overnight. The heat finished at the Dwellingup pub with the fluid flowing freely and PWC claiming victory.

So the time came for the fourth heat for 2005. In this heat were CALM, the WAN2B's (The West Australian), KBR Water Services and G45. Once again the competition began as soon as the teams

Runners-up – PricewaterhouseCoopers.

PWC been involved since the start of the Challenge in 2002 and made a sterling effort to come 2nd in this year's event. The team received:

- Four Mountain Designs day packs donated by Mountain Designs
- A three-day self-contained accommodation package at Donnelly River Holiday Village for 8 people.

3rd place – Department of Conservation & Land Management (CALM)

Each member received:

- A Dry towel from Mountain Designs
- A Bibbulmun Track T-shirt

4th place – the National Bushrangers (National Australia Bank)

Each member received:

- A Bibbulmun Track T-shirt

In addition, each of the above heat winners received:

- \$100-voucher from Mountain Designs
- A Bibbulmun Track cap donated by Best on Ground
- A Bibbulmun Track water bottle
- A Bibbulmun Track car sticker

The 'Jim Freeman Award – The Spirit of the Bibbulmun'

This year's Jim Freeman award was presented to G45. The award goes to the team that stands out in the areas of participation, environmental awareness, team spirit and consideration of others. Well done guys!

All participants received certificates as a keepsake of their experience out on the Track. My thanks go to them for the amazing spirit, effort and camaraderie shown during the Challenge. I know it was way out of the comfort zone for some, especially those who had never donned a backpack before and who managed to complete the four days with all the challenges as well! It was a fabulous effort and I hope to see teams from you all again in 2006.

Finally, thank you to everyone who helped with the event in any way – especially the many volunteers! The event would not have been such a great success without your help! There are far too many of you to mention here!

Steve Sertis
Event Manager and Lead Guide



Geraldton Grammar - hoping the team leads you to victory.



National Australia Bank - getting down and dirty.



Having built their outrigger Perth Glory await instructions for the race.



Sue and Patrick accept the Spirit of the Bibbulmun Award on behalf of their team – G45.

Thank you to our sponsors

Thank you to Mountain Designs as the major sponsor of the event and for providing the venue for the Awards night and donating prizes.

We also appreciate support from the following sponsors for donation of prizes, equipment or refreshments for the Award night:



- Balingup Jalbrook Cottages
- PJ's B&B
- Oakfield House B&B
- Treenridge B&B
- Donnelly River Holiday Village
- Best on Ground
- Bickley Valley Wine trail
- Moojelup Farm wines

LIFE MEMBER PROFILE

Mary Fraser



Mary Fraser

My interest in the outdoors has always been with me. As a young child, I spent my formative years living in the country, where my father fostered a love of nature – plant and animal life.

More so, I think Western Australia boasts a fabulous lifestyle, which so many people around the world are envious of. Things such as our clean

air, our fantastic natural environment – as yet not damaged through overpopulation – and, just as importantly, the excellent level of government and community interest in planning for and developing ways in which we can all enjoy our natural places. Good physical access, affordable provision, sustainable interactions.

It is this “concept” that was the impetus for me to become a life member of the Foundation. I had just returned from living in Malaysia for 18 months. This experience (amongst others) reinforced my awareness of the high standard of living we enjoy, and the responsible way in which our governments (state and local) plan for and accommodate community interests.

Through association (I once worked for the then Ministry of Sport and Recreation) I was aware of the development of the Track and wanted to do “my little bit” to assist. Having traveled widely, a few trips being walking holidays – Turkey, Crete, and N.Z. (the Milford Track, which I must say is just breathtakingly beautiful) I am inspired by the benefits and enjoyment I get from simply walking, taking in the sights and sounds of nature, joining with others in a social context.

More potently, whilst not being a religious person, I discovered “God’s playground” during a weekend traipsing through the bush along the Track. Sitting on a rock (and it was hard) waiting for dawn to break, with the wind whistling through the trees and the early morning rays of sunlight peeping through, the world of nature awakened my sense of wonderment of how beautiful (and unique) experiences like that truly are.

The Bibbulmun Track offers an hour’s experience, a day’s experience, an overnight experience, or a much longer experience!!! To be able to do it in relative safety is paramount to our capacity to enjoy what is a unique landscape. To have a world-class track is something every Western Australian (home grown and imported) should support. As the beach is an ingrained part of our culture, so too is our love of open space, of unspoilt and uncluttered places. The Track offers this opportunity.

Other than my love of the outdoors and passion for Western Australia’s lifestyle, I also delight in the love of my partner, the taste of a good red wine and good food, the adventure of overseas travel and the community(s) with which I work. 🌱

Office Gossip

Gossip Gossip Gossip

The spring walking season and the terrific eight-page supplement in The West Australian at the end of August combined to give us our busiest September ever. On some days there was no break between the telephones ringing and the doorbell chiming. However, we survived, thanks to everyone who assisted over those weeks – especially our wonderful volunteers.

The busier than usual walking season saw more members using the free trip planning advice sessions. Interstate and overseas members have been calling in to meet the person with whom they have been doing trip planning via email, often over quite a long period.

There was much excitement when we received the news that Mylene’s baby son, Timéo, had arrived. Congratulations to Mylene and Luc and we look forward to seeing them out on the Track with Timéo, introducing him to the wonders of the West Australian forests.

We welcome to our midst Peter Lake and Anne Holder and thank you and farewell to our two students, Michelle and Scott. Welcome back to Edith, Hans, Jim Baker and Jean who have all been overseas.



Wedding Bells

Track maintenance and office volunteer Malcolm Ferrier married his longtime partner and walking companion Meredith Moore. The lunchtime wedding took place at Heathcote in Applecross on the 29th of October and was attended by forty family and friends.

Congratulations & Best Wishes to you both!

A New Arrival

Congratulations to Mylene and Luc on the arrival of their beautiful son, Timéo, on 22nd September. Mylene will return to the office part-time in February 06 to continue with Bibbulmun walking breaks and liaison with service providers along the Track. In the meantime, she is enjoying her new role as a mum and you can’t wipe the smile off her face!



Thanks to everyone who has worked so hard in the office over the past few months and to those who kept us supplied with Tim Tams and coffee when we needed them most!!

Gwen Plunkett
Office Manager and Volunteer Coordinator

Looking for a new career path?

Ready for a career with a difference? ECU can help. Not only are our environmental science courses highly ranked, there are also several to choose from. Whether it’s Biological Sciences, Environmental Management, Marine & Freshwater Management, Sustainable Forestry, Environmental Forensics or Environmental Health, there’s sure to be something for you. What’s more, you’ll be learning from award winning staff at the Joondalup campus’ outstanding science facilities. So if you’re a TAFE graduate, changing professions, or wanting to re-enter the workforce, talk to ECU about growing your career in the environmental sciences. To find out more, phone (08) 6304 5726, e-mail sons@ecu.edu.au or visit www.ecugreatcareers.com



COMMUNITY INFO PROGRAM

The Royal Show

The CALM Landcare Pavilion provided the ideal backdrop for our mock Bibbulmun Track shelter and attracted over 140,000 visitors. A mini Tree Top Walk proved to be popular affording views over the Arena and beyond.

The shelter was a welcome sight for some. It was ideally positioned to protect us from the weather –shady in the hot sun but facing the right way for the rain. A huge thank-you once again to Vince Harding and his team of Rogainers for building the shelter and to CALM for inviting us to be a part of their exhibit.

We had a really good response from volunteers this year and there were few times when we didn't have at least one person there.

Other events included the Dwellingup Winterfest (Thanks to Peter Alley for providing free transport for our guided walks), Walk the Zig Zag in Kalamunda and the Toodyay Festival.

A big **'THANK YOU'** to all who helped with the Community Info Program in 2005, we couldn't have done it without you.

Jean Byrne

Marketing Manager

Sue Bell	Merle Milentis
Vere Berger	Rosalind Miles
Colin Blampied	Graham Murdoch
Percy Boyes	John Murphy
Isabel Busche	Wendy Nelson
Don & Jenny Bries	Sandi Nielson
Ashley Carruthers	Gwen & Chris Plunkett
Cathy Day	Steve Sertis
Malcolm Ferrier	Alex Shaw
Di Franklin	Kris Sheehan
Charmaine Harris	Mary Sprunt
Vince Harding	Sean Tonkin
Judy Hearn	Pam Ucich
Jean Hicks	
Anne Holder	
Jennifer Hollycross	
Lesley Kerr	
Leonie Kirke	
Lionel Lovell	
Terry Manford	

Volunteer profile - Peter Dear

I first became aware of bushwalking in WA in the mid 1960s, on a Swan Canoe Club trip. I think it was downstream of the old burnt out Nanga timber town on the Murray River. Geoff Schafer paddled with us for a short season and there was some campfire discussion about the formation of walking and canoeing trails in the South West. Geoff was very focused on potential walking trails and shortly afterwards went off to energise the YHA at Mundaring and to put his ideas to CALM. The rest, as they say, is history.



Peter keeps all the press clippings in order in the Foundation's office.

From childhood I've had a fascination with the bush and water, especially with running streams. Living close to the Swan River in Claremont, and regularly visiting relatives in Stoneville and Mt Helena, by steam train in winter and spring, reinforced this. An older cousin who lived in Cottesloe had a "tin" canoe (like a pointed cigar with airtanks along the side). I was somewhat envious, but too young at the time to take advantage of it.

I've been with the Swan Canoe Club since it was founded, in the pioneering days of the 60s and I am an honorary foundation life member, although now an inactive one. Looking back, I realise I was quite obsessive. Wild water paddling and riverside camping was very much a lifestyle, a little like early surfing and bushwalking. Many of the South West venues we used have become the centres of national parks. Walyunga and Avon Valley, Nanga and Lane Pool and Honeymoon Pool and Collie River, are typical examples. Others were lost to the city's thirst, such as the South and North Dandalup Rivers and the international whitewater course on the Harvey River, below the Stirling Dam.

The Swan Canoe Club became very competitive in canoe slalom and wildwater racing. We had many national champions over the years, both men and women, and SCC boasted Australia's best competition course until the Olympic course was constructed in Sydney for the 2000 games. Currently Robin Bell of SCC is the world champion in Canadian singles (C1) canoe slalom, which was held October in Sydney. Robin also took fourth place in the Athens Olympics.

I had minor successes in my earlier days, including

Australian championships, the Avon Descent and I managed our national team at the World Championships for canoe slalom in Yugoslavia in 1975.

In 1974, following a competition in New Zealand, we Swannies (WA paddlers) had the opportunity to walk some of New Zealand's famous tracks, including the Routeburn and Milford before returning to Oz. I loved it and on my return home I acquainted myself with the newly established Bibbulmun Track (Mark 1). I walked sections and circuits over the years and enjoyed the smell of the eucalypts and the campfires.

Years later, my fascination with water led me into sailing, which is now my summer recreation, leaving walking, and occasional canoeing, for winter and spring.

I was tipped off when the planning of the Track realignment started in the mid 90s and I became a subscriber to the redevelopment newsletter, published by CALM. Soon after, Jessie Brampton's book Promises to Keep was published, and this, together with my early retirement, gave me the impetus to recommence walks on the Track. I walked the new alignment of the Track (mark 2) when it first reached the Brookton Highway, and joined the Friends as a Founding Member soon after its inception. I think my involvement as a maintenance volunteer and my involvement in the office has a lot to do with my love of bush and stream and of being with like-minded people. I believe that the natural environment plays a very constructive and rejuvenating role in life that is greatly undervalued. But it's probably more complex than that. Perhaps I'm a just a little bit of a greenie, too. 🌿

Volunteer "Thank You" Days



Albany Thank you day

On Saturday 5th November I joined volunteers from the Walpole District at the Peaceful Bay Hall where we enjoyed a relaxing BBQ lunch while the threatened showers held off. During lunch we exchanged news, Track information and met up with new volunteers. In one of life's strange coincidences, we discovered that Carol Dumbrell's son is in the Antarctic for the summer, having traveled south on the same ship as Donnelly maintenance volunteer Geoff Bell!

Next day the Albany volunteers met around the BBQ at the home of regional coordinator Bev Visser. Once again it was great fun catching up on the news and meeting new volunteers. It was also an opportunity to say thank you and farewell to long time Albany volunteers Don and Ronda Priest. Don and Ronda took on three sections of Track when the maintenance program

began in Albany in 1998. A few years ago, they gave up the section around Nullaki campsite but continued to maintain their other two sections, including Torbay campsite. They are now taking a well-deserved break from the Track and we thank them for the fantastic job they have done over the past seven years.

Gwen Plunkett

Office Manager & Volunteer Coordinator

Albany 'Thank you' Day attendees from L to R: Murray Gatti, Sophia Gatti, John Guidera, Don Priest, Paul Mackay, Bev Visser, Ronda Priest (front) Val McCaughey, Chris Plunkett, Gwen Plunkett, Barbara Madden, Graham McCaughey.

Sadly, no one at the Walpole day brought a camera along so we'll have to get a photo next year!

Alphawest 'Eyes on the Ground' Maintenance Programme

Volunteers are busy now with checking the Track before the warmer weather sets in. As usual, their efforts are appreciated by walkers, with end-to-enders in particular frequently making mention of the dedication of the volunteers.

We do still need volunteers in the Collie, Walpole, Blackwood and Albany districts, so if you live nearby and would like to look after a section of track, please let me know.

Gwen Plunkett

Office Manager and Volunteer Coordinator

NOTE: As of the 1st January 2006, Boddington Gold Mine (BGM) will be the new sponsor of our 'Eyes on the Ground' Maintenance Programme. We thank Alphawest for their support over the past seven years and thank BGM for taking over the mantle.



Lighten up with the Osprey Atmos 50

Paddy Pallin stores can help bushwalkers lighten their load with the Osprey Atmos 50 pack made from durable lightweight materials. At less than 1.45kg the Atmos 50 has all the technical features and carrying comforts you have come to expect from an Osprey pack.

The innovative AirSpeed harness has a flexible aluminium frame that transfers weight efficiently to your hips but won't restrict your movements. The contoured mesh backpanel, waffle pattern shoulder straps and hipbelt are super breathable and comfortable.

Multiple pockets keep your gear organised and easy to get to. External attachment options let you carry trekking poles or a sleeping mat with ease. Hydration compatible, the Atmos 50 lets you carry a bladder inside the pack, or in the cavity behind the mesh panel of the harness. You can even do both for those long hot days on the track.

The Atmos 50 comes in three different back lengths to ensure the perfect fit.

Paddy Pallin is located at 895 Hay St Perth.
Phone (08) 9321 2666. www.paddypallin.com.au

Paddy Pallin

Extreme Walkers' record-breaking walk

Four of the "Extreme Walkers" walking group broke the 963 kilometre Bibbulmun Track individual end-to-end record on Sunday 6 November in a new time of 16 days 15 hours 40 minutes. Walkers Russel Fowler, David MacAtinney, Ted Ratkovic and Uwe Thiel each averaged over 57 km per day. The previous record of 17.5 days was set in 2002 by well known eco-guide Gary Muir of Walpole.



▲ On top of Mt Cooke

On a normal day we walked 55-60km, from 5.30am to 10.00pm. The conditions and terrain were a continuous challenge. Rain fell on too many days and we often found ourselves out quite late, sometimes going up steep hills as high as 500m, and at other times trekking through swamps and deep forest.

The toughest part of the journey was just beyond Dwellingup along the Murray River, where it took several hours to cover 6km at night. The gum nuts we encountered on the Track as we approached Collie took particular toll on our feet. Along the way, the easier sections were always tempered by harder ones. On the south coast, we found a few sand dunes that we could run up. This not only kept the kilometres churning, but it was necessary to run in order to prevent ourselves sliding back down.

Initially there were five walkers, however the terrain took its toll and Ken Williamson had to pull out after 500 kilometres due to a persistent knee injury. As you can imagine, everyone had foot pain and suffered some form of joint problems. It was important to tend to bruised and blistered feet at the beginning, end and during

the course of each day. Work colleagues in the support crew had the task of feeding us, watering us, preparing camp and giving us other assistance. This tireless and invaluable backup team included a nurse, a radio communicator and a "three-time end-to-end" advisor.

As planned, prisoners from Track maintenance crews joined us for a few kilometres north of Bannister and then near Peaceful Bay. Prisoners have had a long association with the Track. They have built many of the campsite shelters and boardwalks and continue to undertake Track maintenance. Gary Muir also met us late one night, and walked with us to the rendezvous with

the support crew near the Valley of the Giants.

There are many spectacular sections. Mounts Cuthbert, Vincent and Cooke, followed by Boonering Hill and Mt Wells are great. The steep approach to the Blackwood campsite and the descent away from it are both worth the effort, but be sure to camp there in between! The Frankland River campsite is reasonably remote, and the approach to it is less arduous. Any campsite on the south coast is worth visiting because of the landscape you have to traverse to get to it.

This is the time of the year for flowers. For anyone with a penchant for orchids, there is a good range of them on view along the Track. Spread evenly from north to south we saw Cowslips (most of the way), Blue Sun (northern half and the south end), China, Enamel (all the way), Candy, Donkey (various), White Spider and a few Yellow ones, Jug, Bunny, Snail, Yellow Sun, Parrot (Greenhood), Mosquito, Karri Spider, Leek (various), Hammer, Flying Duck, Green Mantis and Pink Fairy. Other flowers were also starting their shows. In the north the colours were a

good mixture of yellow, blue, red, white, pink and purples. This changed to yellow and blue in the woodlands with red and orange coming back mid way. Colour thinned as we went further south with yellow, some blue and then pink being dominant. As for trees, well of course there were lots of them. They were magnificent, but not in flower for us.

We expected the walk to be hard. The surprise was that we encountered long, hard bits each and every day. Some thought we would run it. Running was not and is not a viable option. The many hills are too steep and the surface of the Track, the swamps, debris, snakes and soft sand kept us to a regular and tempered pace, as did the travelling of long distances each day. We had to balance the desired speed of 41/2-5kph with effort, the terrain, exposure, the time on our feet and the problem of repetition injury. We continually had to remind ourselves that whereas the hare would probably not finish, the tortoise would. While we had to focus on each day and each stage on the way, it was important at all times to be able to see the end clearly.

The "Extreme Walkers" are Prison Officers (mostly from Casuarina Prison). The group grew out of a desire to combine a recreational activity with fundraising and at the same time to raise the public profile of prison staff by undertaking fundraising walks that are unusual and distinctive. The walks are usually conducted for the Bluey Day Foundation - famous for the Police and Service Agencies "head shave". Payroll deduction from work colleagues is the primary fundraising method promoted. The money raised goes to Princess Margaret Hospital for Children and King Edward Memorial Hospital in Western Australia. This year a Neo-Natal ambulance was purchased.

There have been five previous successful fundraising walks by the team.

Kalgoorlie Pipeline (Aug 2003):

Four walkers each completed 563km in one go in 14 days and are believed to have been the first to do so in the 100 year history of the pipeline.



▲ Reaching the south coast

The Holland Track (Apr 2004):

Four walkers each walked the 560km from Coolgardie to Broomehill in 14 days, the first people to walk this increasingly famous gold rush track in 100 years.

Longest Non-stop Walk (Aug 2004):

Two walkers broke the 1986 world record (one other got close) inside Fremantle prison. They walked for six and a half days, covering approximately 600km, with no sleep or rests.

Tsunami 24-Hour Walk (Jan 2005):

Five officers and seven prisoners walked inside Casuarina Prison for 24 hours (believed to be a first in Australia) covering approx 100km each to raise over \$3100 for UNICEF Tsunami relief.

Relay for Life 2005 (Apr 2005):

Two of our team members walked solo for 24 hours, raising over \$1500 for the Cancer Council.

Uwe Thiel

Celebrating at the Southern Terminus (l-r): Ken Williamson (walker/support), Uwe Thiel (walker), Steve Lucas (support), David MacAtinney (walker), Brian Markwell (support), Ted Ratkovic (walker), Russel Fowler (walker), Terry Brown (support), Jay Daden (support)



Ed - Congratulations to the Extreme Walkers on their incredible feat. The group undertook extensive planning and consultation with the Foundation and CALM prior to their walk and had an experienced back-up crew. They also adhered to the strict guidelines regarding no-vehicle access and we were impressed with their professionalism. Well done guys!

NOTICE BOARD

Looking for fellow Hikers

Fellow hikers, young or old, to join enthusiastic lady hiker based in Perth on easy to moderate walks, overnighing at any Bibbulmun Track campsite in the northern section.

Contact: Rosalind (after hours 9271 9248)

Found - glasses

A pair of prescription glasses at the Monadnocks Campsite on 9 October and another pair at the Grimwade Campsite on 24 October. They will be held at the Bibbulmun Track Foundation until claimed or for 3 months.

Contact: Bibbulmun Track Foundation

Phone: 9481 0551

Email: friends@bibbulmuntrack.org.au

Looking to buy

Looking to buy (or borrow) gaiters 2 small sizes and 2 medium/large sizes.

Contact: Vicki

Email: vl_white1@hotmail.com.au

Trek Poles for sale

2 Black Diamond trek poles (green) in excellent condition. \$100.

Contact: Lari

Phone: 0417 174 594

Email: triplef@eon.net.au

Pure silk Sleeping Bag/Sleeping Bag Liner for sale

Best quality 100% silk, can be used as a liner in a sleeping bag or on its own in a hot climate.

Feather-light, very small when folded and easy to dry. A liner in your sleeping bag provides extra comfort, warmth and keeps the bag clean. Silk is superior to any other fabric as it allows your skin to breath and feels amazing against your skin. \$30.

Contact: Thao Nguyen

Phone: 0423175382

Email: cocochine@westnet.com.au

End-to-End Companions wanted

Looking for walkers 18/19 years old to walk most if not all of the Track starting mid-November, 2005. If you are serious about what sounds like an exciting 6 weeks walking, please ring me.

Contact: Mark

Phone: 0417 945 309

Guide Books wanted

Wanted: Second Hand (current edition) Northern and Southern Guide Books.

Contact: Paul

Phone: 0407 514 519

Email: cayleyst@hotmail.com

Walking Companion wanted

Self-sufficient 30-year old woman seeks young female company on Track for 2- to 7- day walks over long weekends and school holidays. Interested?

Contact: Khalin

Phone: 9446 8190

Lady's hiking boots for sale

Very good condition, hardly worn, lady's size 8 (41), Scarpa Lady Trek, lightweight leather, resoleable. \$290 new, will sell for \$150 or nearest offer.

Contact: Sabena

Phone: 9337 5025

Email: sabelund@yahoo.com.au

Want To Advertise on our Notice Board?

If you are a member just send us an email with your details, membership number and your text.

If you are not a member please phone us during office hours. Cost is \$5 for 3 months on the web and one edition of the newsletter if still current. All items will be deleted after 3 months if not renewed

Phone: (08) 9481 0551

Email: friends@bibbulmuntrack.org.au

Reflections from the registers

The voices of walkers give a flavour of what the Track and its wonderful environment means for them as they start out, near their journey's end or head out for a day's stroll.

It is the last tuna fish lunch and than farewell to the Track for us. Tonight at the Roadhouse and tomorrow back to Kalamunda to collect the car. We leave with sore feet, smelly socks and not a teabag left between us – but with the Bib in our blood – so watch this space – we'll be back!!

Graham & Trish, London, England.
(8 great days & 7 memorable nights.)
14 March 2002

After a wonderful walk from White Horse Hills this morning in beautiful sunshine, we arrived to a silver service, gourmet lunch brought in by two loving supportive friends who also brought fresh supplies to see us through to the finish of our end-to-end endeavour. This time next Sunday we will be back in our homes after two months of wonderful freedom on this Track – how will we cope? Will our new look at life stand the strains of day-to-day stress? If you have time, consider an E-E, you will not regret it.

Jude & Ross (2 stick ladies) 19 May 2002

Athene, Jayden (2) & Peter arrived from North Bannister for our first night on the track. Lots of parrots kept us company yesterday afternoon. A brown Bandicoot came and shared supper with us. A magnificent dawn chorus welcomed the chilly day for us. Among the sounds we heard the whirring/chirruping of probably a pair of owl nightjars. What an exiting 5am forest alarm.

1 Oct 2002

Back on the track after 14 months away. Gee we miss this place.

Wolf, Dingo & Phobos (Phobos virgin hiker)
21 April 2003

Our last day of 12 days – bit sad as we have made great friends and there is a sense of kinship here. We will be back!

Prue & Bernice from NSW
(The Grandmother & Great Grandmother team.)
21 April 2003

Back with the over-friendly flies of Gringer Creek for the 4th time and no doubt the last time. Have now completed the Bibb Track E-E. The first Canberran to do it? Whilst it has all been a succession of highlights, the sections Collie to Dwellingup and Dwellingup to here have been pure magic. Thanks to CALM & FOBT for establishing and maintaining a long distance track with an infrastructure unequalled or approached by any other similar track in this country.

Ted Fleming 11 May 2003

What abundance and how beautifully arranged. Thank you Mother Earth!

Ingrid 1 October 2003

A Western Spinebill came to a tree 3m from where I was eating my tea – MAGIC! Enjoyed today's walk, loved the summit of Boonerring Hill and the new plants. Bonus seeing two big goannas on a sunny patch of track. Took a photo then gave them a wide berth so not to intrude on the action. My last night on the track. A month has evaporated while I paced through springtime exhibition of plants, birds, reptiles and mammals. It's been such a special walk and I look forward to finishing both the ends another year. Many thanks to the Bibb Track Foundation and volunteers, CALM and all the wonderful people I met along the way.

Abercrombie, U.K. Northcliffe to North Bannister
(Northern Hemisphere on Nov 2nd).
29 Oct 2003

I was driving past and couldn't resist the urge to stop at the Roadhouse and come in for a walk. Brought my camera this time so will take some photos before heading back. Also brought a roll of Loo paper and cleaned the toilet seat a bit. Enjoy. Mum and I stopped at Balingup but planning to come back next spring to finish to Albany. We spent 23 days on the Track and I've become a Bibb Addict!

Tara (and not Ann, she has gone back to Tasmania).
4 December 2003

ACCEPTANCE

Walk tall
Don't fall
Head high
Clear eye
Put behind
Things unkind
Hesitate
To retaliate
Then you
Start anew
Extend hand
To fellow man
Black hand
White hand
Can unite
Black & white
Then expect
Same respect
Troubles cease
Start of peace
If we accept
Don't reject
One another
As sister and brother.

Margaret 1 August 2003 ☼

CORPORATE EVENTS

The Foundation is experienced in providing team-building events for organisations of all types and sizes. Corporate Bibbulmun offers activities specially designed to assist organisations to:

- Promote team spirit
- Build positive relationships amongst participants
- Build confidence and leadership skills
- Promote personal and physical well-being
- Refine mental and physical aptitude
- Build communication amongst participants
- Promote group social interaction
- Enhance appreciation and knowledge of the natural environment

Bush walking is one of the best vehicles for achieving these goals. The low-impact and non-competitive characteristics of walking, coupled with the feeling of 'escaping' to nature, is conducive to people talking and thinking 'outside the box' as well as encouraging healthier minds and bodies.

For further information,
call Steve or Di on 9481 0551 or
email events@bibbulmuntrack.org.au

"Enjoyed 'discovering' the bush and seeing the 'other side' of my workmates."

BUSH WALKING INTERPRETATION

- by Steve Sertis,
Foundation Lead Guide and End-to-End

"This section has amazing views"

- climb up a hill until you are completely out of breath and bordering on a heart attack and don't have neither the energy or inclination to look at the view.

"Descend in to valley"

- steeply ascend first and then cautiously descend on wobbly legs ignoring the views in an attempt to stay upright whilst roller skating on honkey nuts.

"Follow rail formation"

- flat walking yippee!

"Cross creek"

- dip into a depression which hardly ever has any water in it

"May require wading in winter"

- bring your snorkel and goggles!

KARRI TO COAL EXPEDITION - APRIL 2006

(2 FOOTPRINTS / 3 FOOTPRINTS)

Ready for a true forest adventure? Join Foundation lead guide and end-to-ender, Steve Sertis, on this trek which takes you from deep in the karri forest to the open jarrah woodland spanning a section covered by two Bibbulmun Track maps.

We begin at Donnelly River Village (DRV) and make our way to the picturesque village of Balingup, camping out on the Track.

Option 1 (DRV to Balingup - 57km) Meander along the trail for three days over Easter. Kept cool by the shadows cast from the towering karri above, we'll walk along the many old rail formations then leave the karri behind to climb high above the Blackwood River with outstanding views before reaching the small English-style village of Balingup.

Option 2 (Balingup to Collie - 82km) Departing Balingup, we'll make our way north for the next four days before arriving at the historic town of Collie. On the way we will pass by a section of virgin jarrah forest, mixed forest and farmland with sensational views into the Ferguson valley.

Option 3 combines option 1 and 2 where participants walk almost 140km from DRV, via Balingup, to Collie. This is the best option to explore the forest in transition as you wander through magnificent karri and then jarrah; witness amazing views from the hills over Balingup; stop in at the Mumby pub for a quick break or perhaps go for a swim in a local dam.

Whichever option you choose, it is a great way to fill in another section of your end-to-end! Trekkers on option 2 or 3 must be experienced walkers. Book now! Contact the Foundation for costs and inclusions.

Departure Dates:

Option 1: Friday 14 (eve) to Monday 17 April (Easter)
(Intermediate walkers)

Option 2: Monday 17 (eve) to Saturday 22 April (School Holidays)
(Experienced walkers only)

Option 3: Combination of option 1 and 2
(Experienced walkers only)

Planning night:

Friday April 7, 6.30pm. Perth city location.



Setting up at Blackwood campsite
Photo by Steve Sertis



Camping at Gregory Brook campsite
by Guy Spouge

walk with
the friends
(value \$12)

Please send this voucher with your booking.
You'll be given a replacement when
you attend the walk.

Expires 28 May 2006

VOUCHER

walk with
the friends
(value \$12)

Please send this voucher with your booking.
You'll be given a replacement when
you attend the walk.

Expires 28 May 2006

VOUCHER

Walker Story - Mr. Zippy

Amateur Backpacker Makes It To Kalamunda



Things did not start too well. I'm not too sure if all visitors to Perth get fitted with a pacemaker on arrival, but I must have looked the part.

As Mr. Fit Guy, I had come to walk the Track, so this came as a bit of a blow, especially as I had never been in hospital before. The pacemaker was popped in as a precaution against an unlikely eventuality - there was nothing basically wrong, no restrictions on physical activities. I expect it was last year's model anyway. The serious problems were a lump just where a pack shoulder harness would normally go, as well as a credibility gap with various relatives, friends and acquaintances who were all convinced I was ready for my box. Although I had wanted to start my retirement with a bang, a more modest pop would have been welcome.

However, you do, I suppose, have to get on with things and a couple of weeks of enforced idleness awaiting medical review and final clearance meant that I probably planned more thoroughly than I might otherwise



have done. I was something like the Ancient Mariner who stoppeth one of three — anyone who looked at home in shorts and gaiters was fair game for a grilling on all things relating to the bush.

Although I had done a lot of walking, my modest backpacking experience was in need of a top up, although car camping had at least provided knowledge of stoves, tea making and other important arts of the great outdoors. The main obsession was to make really sure that the shoulder harness did not press on the edge of the pacemaker and cause pain, or worse, tilting. Once pack wearing was allowed again, a few trial runs looked promising enough to prompt some more serious training. If putting on a 20 kilo pack full of essentials to keep you alive takes a bit of mental preparation, then doing it when the weight is mostly ballast is very character building indeed. I finally convinced myself (just) that I could probably complete the Track, but one final piece was needed for the jigsaw.

A colleague at my old office had already coined Mr. Zippy as a nickname and, of course, this would do famously for a track name. If I couldn't make it, Mr. Zippy certainly could, and so he was born. He would regard proceedings



with an amused and quizzical air through his monocle, dress for dinner (naturally) and record his Heritage Listed daily thoughts in the hut registers.

And so the Track was done, although perfect contentment was not achieved until afternoon cheese and biscuits followed by chocolate were rediscovered.

It was a trifle hot to start with and runny cheese is not to the Zippy taste, but some kindly provided samplers and cooler weather were enough to convince. The expedition was really a grand Eat Fest, with incidental walking, as desperate attempts were made both to lighten the Zippy pack by consuming the contents and to prevent the natty walking breeches falling round the ankles.

The weather stayed benign, a bad spell just after Easter 2005 was sat out in Northcliffe and the aches, pains, stiffness, blisters etc. resolutely refused to appear. The Zippy luck even stretched to getting a lift back from Kalamunda to Perth courtesy of Steve Sertis, who managed to arrive at the scenic Northern Terminus in a minibus at just the right time after leading a walk on the Track that morning. The only drama of note was a broken gas burner, ingeniously and Award Winingly fixed with a miraculously found piece of metal.

Mr. Zippy did not ignore the post-walk therapy and indulged in some very luxurious Perth accommodation, pronouncing the first bath a most excellent affair. Then back to



Albany where he assumed the role of a tourist, accepted the adulation of his many fans and made further heroic efforts to expand his waistline. The weather, of course, remained fine (Albany in mid May - never before known).

So there you have it. Mr. Zippy, it is time to run the credits. Sorry to those who are not mentioned, but we tried to make sure you were thanked at the time.

Firstly, thanks to everybody from the rangers, volunteers and ever-helpful staff at the Foundation who make walking the Track possible, and to all the staff and others at the Britannia YHA who took a valued interest in my affairs.

Secondly, to everyone at Il Padrino's, who fed me splendid pizzas and much kindness, to the excellent people at the Royal Perth Hospital who sorted me out and to the wonderfully hospitable Peter and Kathy at the Bayview YHA in Albany.

Thirdly, my thanks to my walking partner for most of the Track, the steady and experienced Phoenix. Even Mr. Zippy would have looked askance at attempting the Track on his own, even though solitude is A Good Thing, but there are limits, old chap.

And, of course, thanks to the little old man with the white beard who appears in some of the pictures — he seemed like quite a nice chap but I never did learn his name. 🌻

BE ACTIVE

Walks on the Bibbulmun Track

The 2005 'Be Active' Walk with the Friends and the 'Be Active' Rural Walks have now come to a close. The 'Be Active' events are designed to make the Bibbulmun Track more accessible to all sectors of the community.

Various events, such as L-Plates and Walking with Mum or Dad, were conducted in Perth, Pemberton, Balingup, Dwellingup and near Donnelly River Village. Throughout the year, over 300 participants took part and were introduced to the health benefits of staying active through bushwalking.



	QUANTITY	TOTAL COST
Individual Maps		
Map 1 Darling Range		\$11.50 per map
Map 2 Dwellingup		
Map 3 Collie		
Map 4 Blackwood		
Map 5 Pemberton		
Map 6 Northcliffe		
Map 7 Walpole		
Map 8 Denmark/Albany		
Map Packs		
Northern Map Pack (Maps 1-4)		\$42.00
Southern Map Pack (Maps 5-8)		\$42.00
Northern Guide Book 2nd ed.(Pocket size with maps and track notes)		\$35.00
Southern Guide Book 2nd ed.(Pocket size with maps and track notes)		\$35.00
Northern & Southern Guide Book combo		\$66.00
'Getting on Track' video or DVD (packed with useful information)		\$27.45
NEW! Bibbulmun Track Accommodation & Services Guide <i>Places to stay, attractions, transport and tour ideas!</i>		\$12.00
NEW! Bibbulmun Track Poster (Full colour 594 x 825mm) <i>Features Shelters, National Parks & Track Photos ADD \$7pp within Australia</i>		\$12.00
Polo shirt teal (with logo and 'Western Australia' on front)		
No. of shirts per size: S M L XL XXL		\$27.95
Polo shirt cream (with logo and 'Western Australia' on front)		
No. of shirts per size: S M L XL XXL		\$27.95
T-shirt Logo plus 'Western Australia' on front, '1000km end to end' on back BUTTERNUT		
No. of shirts per size: S M L XL XXL		
OLIVE		
No. of shirts per size: S M L XL XXL		
CORNFLOWER		
No. of shirts per size: S M L XL XXL		\$27.50
Brushed cotton cap with suede peak & logo with 'Western Australia' (cream & camel)		\$12.95
Cotton Bushwalker's Hat (cream with logo) S M L		\$14.95
Car Window Sticker		\$2.00
NEW! 'waugal' pendant (handcrafted in silver with an adjustable black cord)		\$16.00
Souvenir 'waugal' trail marker (plastic, real size with nail hole)		\$3.00
Souvenir 'waugal' fridge magnet		\$2.20
Latest Bibbulmun News Magazine		\$6.00
Hand-made, Personalised Bibbulmun Walking Sticks		\$98.00
Special for members \$75.00 (No additional discount applies)		\$75.00
'Bibbulmun Track on the South Coast' – interactive CD		\$37.00
Wildflowers of the Northern Bibbulmun Track & Jarrah Forrests Field Guide, over 300 plants, glossy full colour (\$2.50 postage) Special for members \$20 (no additional discount applies)		\$24.00
The Cape to Cape Track Guidebook. Includes maps and description		\$21.95
Water Bottle (white with logo)		\$6.60
Exclusive Bibbulmun daypack (Navy) & water bottle		\$39.95
Forest Discovery Wheel. An easy guide to 18 of Western Australia's best known southern forest trees & plants.		\$6.60
Ocean Giants Look-out Kit (Albany)		\$3.95
On the Trail of the Red-Tail - Day Walk Map Packs includes map carrier, map, new walk notes, bird info & postcard plus prepaid sighting record card: choice of 6 locations COST: \$20 ea (includes donation to Cockatoo Care)	Darling Range	
	Dwellingup	
	Balingup	
	Pemberton	
	Walpole	
	Denmark	
BUSH BOOKS (POCKET SIZED, PRACTICAL FIELD GUIDES BY CALM)		
Wildflowers of the Sth-W	Fungi of the South-West	\$6.50 per book
Beachcomber's Guide to the Sth-W	Mammals of the South-West	
Common Trees of the Sth-W Forests	Bush Tucker Plants of the Sth-W	
Common Birds of the Sth-W Forests	Common Wildflowers of the Sth-W Forests	
Orchids of the Sth-W	Frogs of Western Australia	
SUB TOTAL		
Friends' Member discount (minus)	10%	
Postage and packing Australia (if not collected) (plus)	10%	
TOTAL		

PLEASE PAY BY

Cheque, payable to
'Bibbulmun Track Foundation'
or
Credit Card & post to:
Box 7605, Cloisters Square Perth WA 6850
or
Fax to
9481 0546
Telephone:
9481 0551 or 9321 0649

Name: _____
Address: _____
Postcode: _____
Tel: _____

- I have enclosed a cheque (tick)
- I would like to pay by credit card. (tick)

Cardholder Name: _____

VISA BANKCARD MASTERCARD
Card Number: _____
Expiry Date: ____/____

Signature: _____

HIRE EQUIPMENT prices

ITEMS	MEMBERS	NON MEMBERS
Backpack	\$27.00	\$33.00
Sleeping Bag/Liner	\$20.00	\$25.00
Sleeping Mat	\$ 3.00	\$ 5.00
Stove	\$22.00	\$27.00
Tent	\$37.00	\$42.00
EPIRB	\$20.00	\$30.00
All prices include GST and are for one to seven days		
PACKAGE A	\$60.00	\$80.00
INCLUDES: Backpack, sleeping bag/liner, sleeping mat, stove		
PACKAGE B	\$90.00	\$115.00
INCLUDES: Backpack, sleeping bag/liner, sleeping mat, stove, tent		

WALK with the friends



A series of social walks with Foundation volunteers. BOOKINGS WITH THIS FORM ESSENTIAL

BOOKING FORM
(PLEASE ALSO SIGN AND DATE CONDITIONS AT BOTTOM OF PAGE)

PERSONAL DETAILS

Name: _____

Address: _____ Postcode: _____

Home Phone: _____ Work Phone: _____

Email for confirmation to be sent: _____

Friends membership No: _____

Tick here if you wish to car pool. Your first name, phone & suburb will be given out to others wishing to car pool.
Cost \$12 for non-members. Free for members (vouchers required). All proceeds support the 'Eyes on the Ground maintenance Programme'.

PAYMENT DETAILS: Please make cheques payable to the BIBBULMUN TRACK FOUNDATION

Please also join me as a member, I have included \$30 concession, \$60 Senior plus (couple)
 \$40 individual or \$65 family for membership \$600 Life Member

Cheque enclosed to the value of \$ _____ or debit my Visa Mastercard Bankcard
_____. _____ . _____ . _____ Expiry Date: ____/____

Card name: _____ Signature: _____

CONDITIONS

I acknowledge & assume all risks associated with participation in any events being conducted by the Bibbulmun Track Foundation & will hold the Board, Executive Director, employees, servants & agents free from all liability, caused of action, debt claims, & demands of every kind & nature whatsoever which may arise out of, or in connection with the use of facilities, equipment, &/or participation in the events I have chosen.

Walks are based on conditions at time of printing & may be subject to change. Event details will follow via email or post.

The Bibbulmun Track Foundation reserves the right to cancel a tour with a minimum of 24hrs notice.

NO REFUNDS OR EXCHANGES
(Except where an event has been altered or cancelled.)

In making a booking I acknowledge that I, and any other persons that I am booking for, understand and agree to the above conditions & I have included full payment/vouchers for the event/s in which I wish to take part. I understand that many events have limited places & that if my application is not accepted, my moneys/voucher will be refunded in full.

BOOKINGS CLOSE AT 12 NOON ON EACH THURSDAY PRIOR TO AN EVENT

WALK RATINGS: 🐣 BEGINNERS 🐣🐣 INTERMEDIATE 🐣🐣🐣 EXPERIENCED

WALK BOOKINGS	No of Adults	
12 March 4.15pm 🐣		7 May 9.00am 🐣🐣 15km return from Sullivan Rock to Monadnocks Campsite
8km return walk from Mundaring Weir Hotel to South Ledge		21 May 8.30am 🐣🐣🐣
19 March 8.30am 🐣🐣		22km return walk from Hills Forest Centre to Helena Campsite
12km return walk from Kinsella Rd to the Canning River		28 May 9.00am 🐣
26 March 8.30am 🐣🐣		15km return from Brookton Hwy to Plunket Rd
12km return walk from Kinsella Rd to Canning Campsite		
2 April 9.30am 🐣		
6.8km return from Driver Rd to Dookanelly Campsite (Dwellingup)		
9 April 8.30am 🐣🐣🐣		
16.2km return walk from Sullivan Rock to Mt Cooke summit		
30 April 8.30am 🐣🐣🐣		
20km return walk from Dale Rd to Brookton Campsite		

Send this back to the Bibbulmun Track Foundation,
PO Box 7605, Cloisters Square, 6850 with vouchers or
cheque OR fax to 9481 0546 with credit card details.
Bookings cannot be made over the phone or by email.

BIBBULMUN TRACK FOUNDATION MERCHANDISE



TRAILING AROUND THE WORLD

A Walk along Hadrian's Wall – (plus some lessons for Australia)

Wallsend, Newcastle to Bowness-on-Solway (86 miles or 136 kms)

by Timothy Walsh

Background

Hadrian's Wall Path was declared a National Trail in 2003. The Wall was inscribed on UNESCO's World Heritage List in 1987. My interest in long distance walking and my sometime professional involvement in World Heritage matters in Australia drew me to undertake a walk along the Wall. A visit to England in June/July 2004 provided me with the opportunity.

Hadrian's Wall - a brief history

Hadrian's Wall was built over a six year period during the reign of the Emperor Hadrian (AD 122-138). Its purpose was more complicated than just a desire to keep out the northern barbarians. It was to provide the Romans with frontier control rather than an impenetrable barrier. The numerous gates along the Wall allowed for trade between the north and south as well as a means whereby the Romans could put down local uprisings. It began as a series of observation points and defensive positions. It was Hadrian's decision to link up the various defensive positions already in existence. For three hundred years the wall was the north-westernmost barrier of the Roman Empire.

The Wall is a combination of a carefully constructed masonry and a series of trenches, the main one being to the south, known as the Vallum. Following the withdrawal of the Romans from Britain, which began at the start of the fifth century, the Wall was plundered. The neat, well-cut stone was taken for building farm houses, churches and field walls. During the Jacobite rebellion of the 1740's a military road was built on top of the Wall. The Wall was used as a convenient quarry well into the late nineteenth century. Today the Wall is in the possession of English Heritage, the National Trust, local authorities and archaeological trusts. Serious archaeological work, started in the nineteenth century, continues. A plan of management for the Wall is in place and tourism initiatives are extensive.



Timothy Walsh on the right.

The Walk

I chose to do the walk with a commercial group (Serac Outdoor Sports) to take maximum advantage of the limited time I had available, and to make the logistics easier for myself. I also wanted some company. However, it would not be difficult to arrange to walk the Wall by oneself. A Hadrian's Wall bus travels along the route several times a day in the tourist season, stopping at forts and museums. There are five Youth Hostels on or near the route and numerous hotels, B&Bs, guesthouses, bunkhouses and some camping facilities. Our first night was spent at a B&B near Newcastle and the remaining five nights at the comparatively new YHA hostel at Bardon Mill. This has the advantage of an excellent pub, the Twice Brewed, next door! Our support vehicle collected us each morning and deposited us at the preceding day's finishing point.

Day 1

I walked from east to west, rather disconcertingly starting at the Segedunum fort and archaeological museum at Wallsend. The advantage of doing it this way is that one starts in the industrial area of Newcastle, beneath the massive Swan Hunter shipyard, and finishes at the desolate and wild Solway. Walking through Newcastle was surprisingly interesting with many fine buildings to admire. Newcastle is undergoing something of a renaissance so it is interesting to observe the

urban renewal taking place. This ranges from the docks becoming marinas and townhouses to a flour mill becoming a concert hall and exhibition area. The walk follows the River Tyne for much of the way and this means that one passes under a bewildering collection of historic and modern bridges - a study in bridge making on its own. The walk ends at a pub, the Three Tuns, after some pleasant riverside walking and a visit to a length of reconstructed Wall.

Day 2

The highlights of the second day were a visit to Chesters Fort Museum and archaeological site and the beginning of the open countryside walking.

Day 3

The best day yet. Plenty of open country with lots of ups and downs which I suspect I enjoyed more than my companions, who by this stage were showing signs of blisters and a lack of "match fitness". As one of these people was a British infantry officer some years younger than me, I felt a certain inner smug pride in my own capacity! Unfortunately my companions did not want to visit the Housestead Roman fort but I made up for this by visiting the Vindolanda Roman settlement on my own at the end of the day. This was particularly interesting as summer students were busily excavating during my visit. The on

site museum contains a wonderful collection of excavated artefacts. It was a grand day of crags and wild Northumberland moorland.

Day 4

Another good solid day's walking with a long stop at the Roman army museum at Carvoran. Here we managed to catch a live lecture on Roman weaponry and its use. We walked past a number of working farms with cows and sheep aplenty. To-day our Hadrian's Wall Passport was stamped at Birdoswald, another Roman museum.

Day 5

We entered Carlisle in the afternoon after a less interesting walk than those of previous days, with little sign of the Wall. We walked along country lanes and entered the township via a golf course. However walking along the Eden River was a pleasant way to end the day.

Day 6

The final push! The highlight of the final day was undoubtedly the rather bleak walk along the path through the marshland bordering the Solway Firth - an area well known for its seabirds and waders. The day also brought views to the south of the Lake Districts fells and to the north into Scotland. The walk ended at the King's Arms, where we were awarded our end-to-end certificates and given a glass of champagne.

Summary of the walk

This is an interesting and sometimes strenuous walk passing through a variety of landscapes, with the exciting attraction of Roman ruins to admire and an almost daily diet of museums and archaeological sites. It is a worthy alternative to Wainwright's Coast to Coast walk, slightly further south, for those with limited time.

Conservation and Management of the Wall

Modern conservation of the Wall dates from the nineteenth century when John Clayton bought up tracts of land and employed workmen to uncover, stabilise and in some cases reconstruct

the Wall. Now that it is a World Heritage site the United Kingdom government has an international obligation to conserve and manage the site for all time. This they appear to be doing admirably.

World Heritage listing requires that a Plan of Management for the site be prepared. The initial 1996 plan has been revised for 2002-2007. It is well worth looking at and can be accessed through the English Heritage web site. It is a prescriptive document recommending what each authority with an interest in the site should be doing to carry out its responsibilities. It also gives the current economic and social framework in which the Wall exists and suggests how conservation of the Wall can be incorporated into the economic and environmental sustainability of the region. This covers such matters as the developing concept of Countryside Stewardship, improved transport links, programs to promote tourism and sustain rural communities.

The Hadrian's Wall National Trail is an excellent example of what can be achieved when archaeologists, farmers, local governments, walking associations and tourist authorities work together to conserve, as well as to provide access. Considerable funding from central government helped also. It is interesting to compare the millions of pounds that have been allocated towards conservation and promotion of Hadrian's Wall from the UK's National Lottery Fund with the paucity of support from the Australian Government's National Heritage Fund for such projects in Australia.

Lessons for Australia

With the notable exception of the Bibbulmun Track in Western Australia (which has received some funding through the WA's Lottery), Australia has been slow to appreciate that long distance walking tracks can offer a host of benefits to the community at large and the communities through which they pass. I am constantly amazed and annoyed by the hostility shown by many Australian landholders to walkers. I have a large collection of photos showing Keep Out; Trespassers will be Prosecuted; Intruders will be Shot and worse signs. Local governments are often apathetic and State governments half-hearted. The Commonwealth is practically

invisible in the scheme of things despite spending staggering amounts on other regional and rural schemes, many of which turn out, when audited, to be of dubious value to the communities that they were intended to help.

The Hume and Hovell Track from Yass to Albury and the Great North Walk from Newcastle to Sydney are examples of noble enterprises that have yet to be recognised for the economic benefit they could bring to the rural areas through which they pass. Although the Northern Territory government has done a fine job with the Larapinta Trail and the Queensland Government is slowly implementing its Great Walks of Queensland programme, there is still much to be done. Long distant tracks have enormous potential to help regenerate depressed rural areas in Australia. The combination of World Heritage listing for Hadrian's Wall and the accompanying Long Distance Path have brought considerable economic benefits to the depressed rural area of northern England. Australian policy makers should take note. Surely our natural landscapes can be as great an attraction as Roman ruins. 🌿

Reference material: Contact the author for a reference list of further reading, guide books and web pages. (thompson.walsh@netspeed.com.au tel: 62851112)

The Coastal Plain Walk Trail

The Coastal Plain Walk Trail is a 55km walk from Yanchep National Park to Melaleuca Park in Bullsbrook.

Put on a backpack and set off on this three-day journey across the coastal plain. The trail features four campsites, each with hikers hut, water tank and bush toilet. The trail is a true delight in Spring when the coastal smokebush and native buttercups form a carpet of wildflowers.

For more information call Yanchep National Park on 9561 1004 or email yanchep@calm.wa.gov.au

New Zealand Trekking and Climbing

Members who are planning a trip to New Zealand, particularly the Mt Cook area, may find the information and photos on the following web pages helpful:

<http://www.alpinerecreation.co.nz/ballpass.html> for the Ball Pass Trek

<http://www.alpinerecreation.co.nz/climb.html> for climbing courses and ascents



HEYSEN TRAIL, TREKKING THE FLINDERS & GAMMON RANGES

Bibbulmun Track Foundation Special Departure

29 April – 7 May 2006



Join Foundation lead guide Steve Sertis on this trek to the Flinders Ranges and Gammon Ranges of South Australia – regarded as perhaps the most spectacular of all the arid mountain ranges

The arid ranges of Australia offer some of the finest walking country anywhere in the world. The combination of spectacular peaks, rugged gorges and the rich colours of the desert offer trekkers an unforgettable experience.

World Expeditions has selected some of the best sections of the Heyesen Trail in the Flinders Ranges and combined it with the walks in the more remote and spectacular Gammon Ranges. A traverse of Wilpena Pound and St Mary's Peak (1171m) combined with gorges rich in Aboriginal art ensure this trip balances challenge and discovery with relaxation in the outback. You will enjoy walking with just a daypack while comfortable camps are set-up with 4WD vehicle support.

If this sounds like a trip for you, World Expeditions has arranged a special departure for Bibbulmun Track Members in 2006. Departing Perth on 29 April, we will have 7 days of moderate walking before returning to Adelaide via the Clare and Barossa Valleys.

The price of \$2750.00 includes:

- flights ex Perth
- all meals whilst trekking
- one nights accommodation in Adelaide
- professional guide and staff, all group camping equipment
- all national park and camping fees
- 4WD support vehicle and
- comprehensive first aid kit.

For further details, please contact Melody at World Expeditions on 9486 9899 or by email melody@worldexpeditions.com.au

World Expeditions is one of our Bronze Sponsors. \$100 from every booking will be donated to the Bibbulmun Track Foundation.



JOIN US ON A SOUTH AMERICAN ADVENTURE

Spring 2006

In conjunction with our sponsor Peregrine Adventure Travel, the Foundation is organising a special 'Bibbulmun' departure escorted by lead guide Steve Sertis for this amazing three week Andean trail adventure.

On this trip we combine a visit to the truly amazing Inca city of Cusco with two very popular treks – the Inca Trail and the Llanganuco llama trek

Having explored colonial Lima we fly to Cusco where we discover the treasures of this ancient city before heading off on the Inca Trail to Machu Picchu. The Inca trail once linked Cusco with the citadel of Machu Picchu and the trail today offers trekkers a rewarding approach to these stunning ruins. Our highest point is reached at 'Dead Woman's Pass' situated at 4200m.

The trek is a moderately challenging hike along ancient trails and pathways that traverse cloud forests and spectacular mountain scenery. We return to Cusco and then head to the trekking region of Huaraz, located to the north east of Lima. It is from here that we commence our 4-day Llanganuco trek that will get us into the very heart of Peru's Cordillera Blanca and amongst some of the most stunning mountain scenery to be found anywhere.

Llamas are used to transport much of our gear. These sturdy animals were used by the ancient Incas to carry light loads along the high mountain trails. On this trek you will walk amongst Peru's tallest mountains including Santa Cruz (6,259m), Huandoy (6,395m), and the countries highest mountain, Huascarán Norte (6,768 m). This is trekking at its very best.

Deposits need to be placed now! Don't miss out!

The cost will be approximately \$7000 (ex Sydney).

The price includes international airfares, two nights accommodation in Buenos Aires, an experienced English-speaking local leader, arrival transfer Lima, air-conditioned van, plane, train, bus, Peregrine trek pack on trek, guides and porters on Inca Trail trek and Llanganuco Trek, sightseeing and entrance/park fees in Lima, Cusco, Sacred Valley, Inca Trail and llama pack animals on Llanganuco Trek. Accommodation is a combination of hotels and six nights camping. Most meals included.

Visas, travel insurance, Perth – Sydney return flight and personal expenses not included.

If you wish to book or want further information call the Perth Peregrine Travel Centre on (08) 9321 1259 or email sales@peregrinewa.com.au.

Peregrine is one of our Bronze Sponsors and is donating \$200 for every booking to the Foundation.



Great Christmas Gift Ideas

Every home needs a calendar... If every member buys just one calendar you will help to raise over \$8000 for the Track! Order yours today!

Give the gift that lasts the whole year (or three!)

2006 Bibbulmun Track calendar
Fantastic Christmas gift for family and friends

The Bibbulmun Track calendar features 36 stunning photos by photographer and Bibbulmun Track 'end-to-ender' Hanspeter Kaempf, illustrating a variety of outstanding landscapes, facilities, flora and fauna along the Track.

The quality, full colour calendar is approximately 34 x 24cm and includes interesting facts about the Track.

A wonderful way to share the beauty of the Track with your family and friends and raise funds for the Bibbulmun Track. ONLY \$12 + pp for members! (\$15 + pp for non-members).

Order yours today on www.bibbulmuntrack.org.au, email friends@bibbulmuntrack.org.au or call (08) 9481 0551.



A Bibbulmun Track Membership
1 year \$40
SPECIAL - 3 years \$105

Bibbulmun Track on the South Coast CD
Special Christmas Price
\$29.99
(normally \$37.00)

Wildflower Book
Special Christmas Price
\$17.50
(normally \$24.00)

CAN'T DECIDE? - Christmas Gift Vouchers available
(can be used on merchandise or an event from the Calendar)

Perfect Stocking fillers

Waugal pendant	\$16.00
Magnets	\$2.20
Cloth badges	\$7.50
Water bottles	\$6.60

Unique Gift!

Silver 'Waugal' pendant
Beautifully hand crafted
A unique gift for only \$16 + pp



Keep up-to-date with the latest Track News, special offers and events with our email newsletter.
Email events@bibbulmuntrack.org.au and ask to go on our mailing list.
Remember to let us know if your email address has changed!