

Join us Trekking in Thailand



Bazaar is a shoppers' paradise, showcasing both Thai and hill tribe handicrafts. Throughout the trip you get to taste the delicious Thai food, as well as enjoy the warmth and hospitality of the people.

On the way home we'll stop for two nights in Bangkok to break the journey and give us a day to explore the city.

Degree of difficulty - Moderate

We will be walking on well-defined paths with plenty of 'ups' and 'downs'. Some walking days may be five or six hours in duration. A reasonably good level of fitness is recommended.

CHIANG MAI, HILL TRIBE TREK, PAI

Friday 29th June - Sunday 8th July 2007

Join Foundation Head Guide Steve Sertis on a journey to the mountains of northern Thailand.

The region is home to a diverse number of hill tribes or 'chao kao', who have migrated from southern China, Burma and Laos. Each hill tribe has a unique culture and separate language, and all have largely resisted modernisation by retaining their traditional customs as well as colourful costumes.

Whilst trekking we become guests in some of their villages, enabling us to sample a taste of their unique lifestyles. Porters are available to carry our backpacks, thus making life a lot easier! We also enjoy elephant riding and bamboo rafting. The laid-back township of Pai has become a haunt for artists and artisans in recent times, as evidenced by the many local style galleries that are well worth visiting. Chiang Mai's famous Night



Cost \$2299 per person twin share (\$85 per person single supplement)

This includes: All flights (at current rates - flights get more expensive as time goes by - so best to book early!), Peregrine tour leader, local guides, porters, arrival transfer, transport, sightseeing and entrance fees.

Accommodation: 5 nights comfortable hotel, 4 nights village hut

Meals: 7 Breakfasts, 5 Lunches, 4 Dinners

PLEASE NOTE: This price is based on early bookings, be quick with your deposit and secure a place at this price before it goes up! Only 15 places are available on this trip! 🌀

Peregrine is one of our Bronze Sponsors and is donating \$100 for every booking to the Foundation

With grateful thanks to our sponsors:

Premier



Silver



Bronze



"your direct mail specialists"



THE BIBBULMUN TRACK FOUNDATION

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Seasons Greetings

Bibbulmun NEWS

SUMMER 2006
ISSUE # 43
RRP \$6.00



Newsletter for the friends of the Bibbulmun Track

Bibbulmun Track wins TOURISM AWARD!



It was a wonderful moment for us on Saturday November 18th when the Bibbulmun Track was named the winner of the Significant Tourist Attraction Award at the 2006 WA Tourism Awards.

Having won the Award in 2004, we knew we were in with a chance, but there was stiff competition from Sandalford Estate (last year's winners) and the five other finalists—Fairbridge Village, Fremantle Motor Museum, Whale World, Whiteman Park and Willie Creek Pearl Farm.

The award confirms the Track's status as one of the State's major tourism and recreation drawcards.

The category is for 'An Attraction of State Importance' which:

- markets primarily to intrastate and/or interstate visitors
- significantly contributes to the tourism experience within its metropolitan or country region.

In addition to judging an attraction based on the quality and uniqueness of the experience it offers to visitors, all aspects of the management of the Track are evaluated, from the maintenance and upgrades undertaken by our volunteers and the DEC staff, to strategic planning, risk management and environmental sustainability.

The submission also outlines all the services provided by the Foundation, including free advice to walkers, equipment hire and guided events, Bibbulmun Walking Breaks and publications such as the Accommodation & Services guide.

The judges were particularly impressed with the high level of involvement from volunteers. Our thanks go to all our volunteers—those involved in our "Eyes on the Ground" maintenance programme, sponsored by Boddington Gold Mine, those who regularly help us in the office and with events, and the members of our Board, all of whom give their time voluntarily.

We also thank all our wonderful sponsors whose ongoing support enables us to deliver quality programmes and services.

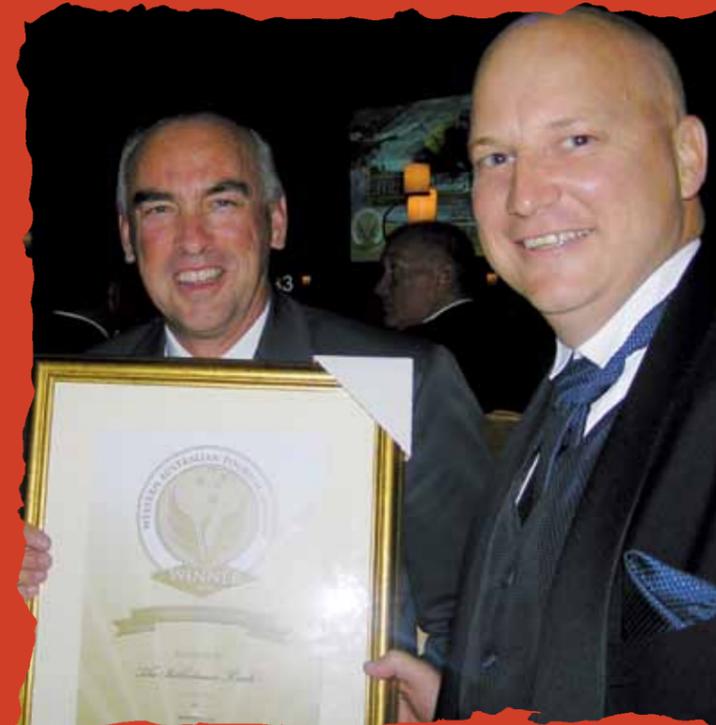
And a big thank you must, of course, go to our members, whose continuous encouragement and support of the Foundation is greatly valued and critical to the ongoing sustainability of the Bibbulmun Track.

The Bibbulmun Track is now in the running for the National Awards to be announced in February 2007. Wish us luck! 🌀

Special Thanks to the Travel Extra team from The West Australian - their support with marketing throughout the year is invaluable.



L-R: Foundation Marketing Manager, Jean Byrne, Office & Volunteer Co-ordinator Gwen Plunkett, and Executive Director, Linda Daniels at the Gala Dinner for the 2006 WA Tourism Awards



Foundation Chairman, Mike Wood (left) and DEC Acting Tracks & Trails Unit Co-ordinator, Stuart Harrison enjoy the evening



Christmas Gift Ideas

Bib Track T-Shirts
in exciting NEW COLOURS!

Just in time for Christmas!
our polos and T-shirts are available in
some great new colours.

POLOs are now available
in bottle green or white.

\$27.95
Limited sizes left of old colours (teal and cream)
- so be quick if you want one!

T-SHIRTS

now come in Titian (Red), Bark (light
brown) and Blue (same as before).
SPECIAL INTRODUCTORY PRICE ONLY
\$22.50.

SALE OF OLD STOCK -
SANTA'S SPECIAL SELL-OUT PRICE OF
\$10.00

JUST FOR THE LADIES

Two NEW T-Shirts - Limited Edition
Black fitted T-shirt with small collar
and ¾ length sleeves
\$29.95
White short-sleeved fitted T-shirt
\$24.95



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

a Bibbulmun Track Membership

Individual - 1 year **\$40**
OR - 3 years **\$105**

Senior - 1 year **\$30**
OR 3 years **\$75**

Bibbulmun Track on the South Coast CD

Special Christmas Price **\$29.99**
(normally \$37.00)

STUNNING BIBBULMUN TRACK PHOTOGRAPHS

By photographer Hanspeter Keampf

Looking for a unique Christmas Gift? We have some beautiful photographs taken by
Hanspeter during his end-to-end on the Bibbulmun Track.

Framed 40 x 50cm prints \$75

Set of 3 mounted prints \$50

Single mounted prints \$15

Pop into our office above
Mountain Designs to view
and give someone a special
memento of the Bibbulmun
Track for Christmas.
(Mounted prints are ideal
for posting.)

See Hanspeter's online gallery at www.ozkaempf.com



CAN'T DECIDE?

Christmas Gift Voucher

(can be used on merchandise
or an event from the Calendar)

Perfect Stocking fillers

Waugal pendant **\$16.00**

Magnets **\$2.20**

Water bottles **\$6.60**

Cloth badge **\$7.50**



FROM MY Desk



Welcome to the final edition of Bibbulmun News for 2006.

Winning the Significant Tourist Attraction Award has topped off a terrific year for the
Foundation. Membership support has been fantastic and I am very pleased to say that
this magazine is going out to over 2300 members. As a member you not only support the
Foundation, but ensure that the Track will be well maintained for future generations to enjoy.

Support from our volunteers has also been outstanding, with over 13,000 volunteer hours contributed
last year. The Foundation and the Track would not be able to maintain such high standards without its
volunteers, who have been invited to attend a number of 'thank you' events throughout December.

In August, the Board and staff from the Foundation and DEC updated the Strategic Plan for the next
three years. Our primary goal is to 'maintain the quality of the experience' for individual walkers, and
various strategies to manage groups, unauthorised vehicles and other impacts on the Track are being
discussed to ensure long-term sustainability.

Other key projects undertaken this year included:

- the upgrade of our computer network and our website
- end-to-enders picnic attracting over 130 walkers, plus their families and friends
- a successful Team Challenge raising over \$17,500. Congratulations to PSN Water, this year's
Challenge Champions!
- over 80 guided walks conducted through our Events Calendar
- the introduction of new risk management procedures for events
- a training programme with the Disability Services Commission
- re-design of our 'group activities' programme
- the production of display stands for Visitor Information Centres

We were also very pleased to welcome a number of new sponsors throughout the year including
Premier sponsor, Boddington Gold Mine (BGM), and Silver sponsors Back Country Cuisine and Ranger
Outdoors.

We are already planning some great projects for 2007 including our major fundraising raffle (look out
for the tickets - there will be some great prizes!), a pavement art competition, the 4th edition of the
Accommodation & Services Guide, a range of postcards and a 2008 wall calendar.

Thank you to all our members, volunteers, sponsors and staff. I wish you all a very happy festive
season.

Linda Daniels
Executive Director

Welcome to our new Patron

We are pleased to welcome our new Patron, the Hon Mark McGowan MLA. On accepting
the role the Minister said "I look forward to being part of the positive relationship that has
been forged between the Department of Environment and Conservation and the Foundation.
The relationship is an excellent example of the Government and the community working in
partnership towards common objectives."

SEASONS GREETINGS

"We wish all our members a very happy
festive season and Best Wishes for 2007"

Please note that the Foundation office will be closed for two
weeks from Thursday 21 December until Monday 8 January.

Thank you...
Thank you

A sincere thank you to the following walkers
who have generously made donations to the
Foundation. Some after completing an end-
to-end, others after only a few days on the
Track. Some inspired by the damage inflicted
by bush fires, others by the wonderful work
undertaken by our maintenance volunteers.

Thank you to...

Denise Sullivan

David Wrigley

Geelong Bushwalking Club

Jim Rathbone

Joyce Munro

Mike Bernoulli

Neil Douglas

Stuart and Mary Gray

Thomas Sounness

Tim Parker

DONATIONS ARE TAX DEDUCTIBLE!

Through the National Trust, donations
made to the Foundation are put into a
special account and assigned specifically to
projects which enhance the environmental
sustainability of the Track (such as the
gates mentioned above). To make a tax
deductible donation cheques need to be
made out to The National Trust and sent
to the Bibbulmun Track Foundation with
your name and address. Cash donations are
also welcome of course if you come into
the office! We will then provide you with a
receipt from the National Trust receipt book
which indicates the donation is specifically
for the Bibbulmun Track.

All donations, large and small,
are gratefully received and
all help to preserve our
beautiful Bib Track.

Sincere thanks to Reg
Holmes for auditing our
accounts again this year.
His advice and attention
to detail are much
appreciated.

Join us Trekking in Thailand

June 2007

Join Steve on a 10 day trip
to Northern Thailand

See back for details...

YOUR LETTERS

Hi There to everyone in the office of Bib Track Land.

Could you please send my next edition of the fantastic Bib Track mag to my new address. Many thanks for this and all the fantastic work you do. A HUGE THANK YOU to all volunteers for all the work they do and we appreciate the Track and especially the campsites and everything provided with them—the Bib is very special.

I love the track and so do many of my friends.

Kind regards,
Nat Woolhouse

Enclosed is a cheque for \$200 being a donation to the Foundation by the 22 members of Geelong Bushwalking Club who enjoyed a series of day walks on the Bibbulmun Track during October.

We stayed at Augusta for 1 night, Donnelly River Village for 3 nights and Walpole for 3 nights and really appreciated the high standard of development, maintenance and sign posting of the Track. The wildflowers provided a spectacular backdrop for our walks. Some of our group are already talking of a return visit in 2007!

We would like the Foundation to determine where our donation can best be spent on work to further enhance the Track. Our trip concluded with 3 nights in the Stirling Range area.

Ian Keith
GBC Treasurer

A group of twenty-seven avid lovers of the bush (22 from the Geelong Bushwalking Club), recently took a trip through the South West of WA. In just ten days they managed to pack in Cape Leeuwin, a section of the Cape to Cape Track, Donnelly River Village, sections of the Bibbulmun Track around Donnelly, Pemberton and Walpole, the Tree Top Walk and the Stirling Ranges! Their story on our

website (under News/Tales from the Track) makes delightful reading, and we are very happy to see that at least one of the group has vowed to become a Bibbulmun Track end-to-ender. In addition the Bibbulmun Track Foundation would like to thank the group for their very generous donation. Please come back, you will be welcome on the Track any time!



Volunteers On TV

On Sunday 5 November BTF office manager, Gwen Plunkett, and volunteer Isabel Busch, starred in a segment on Channel 7's Have a Go TV.

The segment was part of a series put together by the Department of Sport and Recreation to highlight the important contribution of volunteers. Our TV 'extras' included Bernie and Julie Renwick, also dedicated volunteers, and marketing manager Jean Byrne who coordinated the shoot.

The filming took place in the Foundation office and at the Track's northern terminus in Kalamunda. It was great exposure for the Bibbulmun Track and a good opportunity to praise all our wonderful volunteers.



Have a Go TV filming volunteer, Isabel Busch in the Foundation's office.

Volunteer, Bernie Renwick, filmed at the northern terminus.

ARE YOU PREPARED?



Just imagine you're on your favourite section of the Bibbulmun Track, the day is perfect and your buddy is taking panoramic shots from a small rocky outcrop. Suddenly you hear a yelp, rush over and find him at the bottom of a four meter drop, with blood coming from a gash on his forehead. He is seizing uncontrollably. Would you know what to do, how to care for him or how to arrange an evacuation? The right type of first aid course could prepare you for this and other eventualities.

When choosing the right type of course, it is helpful to think about what that course is designed to prepare you for. Many people will have done a Senior First Aid (SFA) course at some stage or another. SFA courses prepare you to look after a patient for 11-20 minutes until the ambulance shows up at your door. At home in an urban area this is fine, but at how many points on the Bibbulmun Track would this be appropriate?

A Wilderness First Aid (WFA) course is not about treating sick birds or bush remedies. WFA courses prepare you for dealing with patients in areas that are AT LEAST one hour from definitive medical care. You will be taught advanced patient assessment techniques, sound evacuation guidelines and much more. You will be surprised how much confidence you gain after a WFA course, something that our 4000+ students will attest to.

At the Wilderness Medicine Institute of NOLS Australia we offer WFA courses from 2 to 10 days in length, most of which are Nationally Recognised Training. Visit our website at www.wmi.net.au to see who we are and what we do. 🌿

Did you know?

For many years we have known that the definitive treatment for Australian venomous snake (Elapid snakes) bites was with the Pressure-Immobilisation Technique (PIT). However, PIT has been taught slightly differently by many organisations for many years, mostly in how the pressure bandage was applied.

In an attempt to standardise PIT in Australia, the Australian Resuscitation Council (www.resus.org.au) in conjunction with the Australian Venom Research Unit (www.avru.org) have come up with a standard procedure where the pressure bandage is now applied at the end of the bitten limb, regardless of where the bite is, and wrapping the limb towards the body, covering as much of the limb as possible.

While this may seem counter-intuitive, it has been shown to be superior on many accounts. For more information, see www.avru.org/firstaid/firstaid_main.html 🌿



Latest Track News AND CONDITIONS

Compiled by Tracks & Trails Unit, DEC. (Formerly 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

NOTICE

The Department of Conservation and Land Management (CALM) and the Department of Environment amalgamated on July 1st 2006 to become the new Department of Environment and Conservation (DEC).

Notification of Intent for Organised Non-commercial Groups to Conduct Overnight Expeditions on DEC Tracks and Trails

The DEC Tracks and Trails Unit requests that groups (with 8 or more members), planning to conduct an overnight expedition on a DEC track or trail, notify the Unit of their intentions prior to their planned activity. The notification process is used to help to manage and record group usage, and also to preserve the conservation values and the enjoyment level of all track/trail users. The information collected also assists DEC during emergency response situations such as a wildfire. We would also appreciate large groups (15 members or more) that are planning day walks to notify the Unit of their intentions. For a Notice of Intent form, contact the Tracks and Trails Unit on 9334 0265.

NEWS FROM THE DISTRICTS

Mundaring Section of Perth Hills District.

Covers Kalamunda to Gringer Creek Campsite near Albany Highway.
Map 1 or Sections 1 to 12 in the Northern Guidebook
Contact Kym Pearce (08) 9538 0006 or kymp@dec.wa.gov.au

There are no prescribed burns planned in the District at present

We have recently received funding from the Tracks and Trails Unit, which will go towards extending the steps that the Department of Corrective Services have constructed near Kalamunda. This is part of the original alignment and has significant erosion. We have received good feedback about the previous step construction. The remaining money will go towards reducing the flooding that occasionally occurs at the Mount Dale campsite and to upgrading the Helena campsite.

The Forest Products Commission will be conducting site preparation for an operation to remove old and burnt pines in the Beraking Pine Plantation over the coming months. A 4km section of the Bibbulmun Track between Beraking campsite and Dale Road will form the boundary to this operation. The Track will remain open for walkers and staff members will be onsite during operations

Dwellingup Section of Perth Hills District.

Covers Gringer Creek Campsite to Harvey-Quindanning Road.
Map 2 or Sections 13 to 20 in the Northern Guidebook
Contact Kym Pearce (08) 9538 0006 or kymp@dec.wa.gov.au

The Fire Season has started early this year in the district. A 4.3 km section of the Track between the Chadoora shelter and Dwellingup was impacted by a wild fire which was started by the steam train. The Track has been reopened and is safe for walkers. However due to the lack of vegetation it is important that walkers closely observe and follow the Track markers. The Davis brook bridge was also impacted by the fire and is impassable for vehicles, but handrails have been installed to guide walkers safely until a new bridge is constructed.

Walkers and volunteers are asked to be mindful of the hot weather, walk in the cooler parts of the day and ensure that they have a contact person, who knows where they are at all times and when they are expected home.

Wellington District (Collie and Harvey)

Covers Harvey-Quindanning Road to Mumballup
Map 3 or Section 20 to 25 in Northern Guidebook
Contact: Bev Gardiner (08) 9735 1912 or beverlyg@dec.wa.gov.au

There are no prescribed burns planned for the Wellington District at present.

The very cold winter experienced in the district has left a number of trees suffering from frost damage, causing the leaves to die. Although the trees themselves are still alive, it will take a few years for them to recover completely.

Blackwood-Balingup District

Covers Mumballup to Willow Springs
Map 4 or Sections 25 to 30 in the Northern Guidebook
Contact Dave Lathwell (08) 9731 6232 or davel@dec.wa.gov.au

The Blackwood District has been conducting a prescribed burn several kilometres to the north-east of Balingup. Due to this operation the following diversion will be in place until further notice:

For walkers travelling north to south, the diversion starts at the point where the Track crosses the Balingup to Grimwade road. Turn right along the road and follow the white waugal markers to Walter Road, turn left and continue to follow the markers and rejoin the Track it crosses Walter Road near Balingup Brook. South to north, cross Balingup Brook and follow the white waugals along Walter road, turn right on to the Balingup to Grimwade road and then left on to the Track where it crosses this road. The diversion reduces the normal distance walked by 3 kms.

Walkers should observe the Track closure signs and ensure they follow the white diversion waugal markers at all times.

Please direct any enquiries to the DEC Blackwood office (9731 6232).

Manjimup & Pemberton - Donnelly District

Covers Willow Springs to Pingerup Road
Maps 5 and 6, Section 30 in the Northern Guidebook and Sections 31 to 42 in the Southern Guidebook

Contact John Hanel (08) 9776 1207 or johnm@dec.wa.gov.au

Track conditions in the Donnelly are generally good, with no major diversions or hazards reported. Crews are currently assessing those sections which require major pruning and slashing.

All the shelters are currently being spring-cleaned.

Walpole-Frankland District

Covers Pingerup Road to Denmark
Maps 6, 7, 8 or Sections 42 to 53 in the Southern Guidebook
Contact Andrea Bidwell or Alison Driscoll (08) 9840 102

The section between Mt Chance and Woolbales is still wet, although the water is not as deep as it was in the middle of winter. With summer approaching please beware of snakes living in the wetter areas, and watch where you place your feet.

Three new canoes and nine new paddles have been placed at the canoe crossing on the Irwin Inlet so walkers can now cross with ease.

The track heading north to Mount Clare campsite has been cleared of all the debris that had fallen onto it during the winter season.

The section between Conspicuous Cliff and Peaceful Bay is currently being maintained by volunteers, Walpole Work Camp and the DEC staff in the Frankland District and will be restored back to normal condition ASAP.

All major roads that are crossed by the Bibbulmun Track in the Frankland District have been sign posted with "walker ahead" signs to increase walker safety.

Albany

Covers Denmark to Albany

Map 8 or Sections 53 to 58 in the Southern Guidebook

Contact Luke Coney (08) 9842 4500 or lukec@dec.wa.gov.au

Both the Torbay and Wilson inlets currently have sandbars across them, and can be crossed by foot.

There is some subdivision work being undertaken on the Nullaki Peninsular that has caused some confusion for walkers. Signage is in place to guide walkers through this section and we ask that the track markers are followed and walkers do not walk along the road. This is to ensure walkers safety through pedestrian and vehicle separation.

The boat hire service, which operates between the mouth of the Denmark River and the Nullaki Peninsula (pg 259 Southern Guide Book), is currently not operating due to the low level of water in the inlet. Enquiries regarding this service can be made by telephoning 0429 421 786. Walkers have the option of crossing the sandbar or arranging transport around the inlet by road. Local transport providers include Denmark Cabs 99848 2295), Little River Discovery Touts (9848 2604) and Windrose B&B (9848 3502)

A very big Thank You to all the Bibbulmun Track volunteers, DEC Staff and the Bibbulmun Track Foundation for their on-going support of the Bibbulmun Track.

Volunteer Day - 5 December



Volunteers Peter Whittle and Hans Hoette (right) put up the 'Vista of Vs' banner in the Foundation office!

The Foundation has over 350 volunteers who contributed in excess of 13,000 hours last year. Whether maintaining the Track, sitting on the Board, answering enquiries or guiding events, each volunteer makes an invaluable contribution to the Foundation and to the Track and we thank each and every one of them.

Our volunteers have been invited to various 'Thank you' events throughout December including: the DEC Volunteer of the Year and Outstanding Service Awards at Matilda Bay restaurant, the 2006 Rio Tinto Volunteer Breakfast at the WACA, the volunteer picnic in King's Park hosted by the Dept. Community Development and our own Volunteer Thank You lunch at the Hills Forrest.

We'll give you an update on all these events in our next newsletter.



Win a trek for two people on the Larapinta Trail!

Two places on the 7-day Larapinta Trek with adventure travel specialists World Expeditions is just one of the great prizes you can win in our 2007 fundraising raffle.

Valued at \$3590 this fantastic prize includes off-road transport from Alice Springs, professional wilderness guide, vehicle supported camping throughout, all group camping equipment, and nearly all meals.

The Larapinta Trail is one of World Expedition's most popular treks and we thank our sponsor, World Expeditions, for this very generous donation to our major fundraiser for 2007.

Other great prizes will include generous equipment and clothing packages from Foundation sponsors Mountain Designs, Paddy Pallin and Ranger Outdoors.

Tickets will be on sale from March to May 2007!



FREE - Trip Planning Advice

Going on an extended walk or end-to-end? Our free trip planning advice service is just one of the many benefits of being a member.

Experienced walkers will help you to plan your journey. If you can't make it into the office, then this service is also available via email.

This is particularly popular with our interstate and international visitors.

Accommodation, Tours and Services

The following business have supported the Track by becoming an Affiliated member. Please take a look and remember them when you next book a tour or accommodation.

The Foundation is happy to welcome PEDAL OZ, MUNDARING WEIR HOTEL, COLLIE RIVER VALLEY TOURIST PARK, BALINGUP LAVENDER FARM, TASTE OF BALINGUP, CORD ON BLUE Pty Ltd, SOUTHERN FORESTS WA, BIG BROOK COTTAGES, KOOKABURRA COTTAGE B&B, PEMBERTON FARM CHALETs, ROUND TUHT and THE COVE 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
ATTRACTIVE TOURS	PERTH	Tour	(08) 9477 4997	
PEDAL OZ	PERTH	Transport prov.	1300 784 864	No.
MUNDARING WEIR HOTEL	MUNDARING	Accommodation/ Restaurant-Cafe	(08) 9295 1106	No.
BERRYVALE LODGE	DWELLINGUP	Accommodation/ Transport prov.	(08) 9538 1239	10% Sun-Thurs inclusive (excl public hols and long w/e).
DWELLINGUP ADVENTURES	DWELLINGUP	Tour	(08) 9538 1127	10% on self-guided tours.
DWELLINGUP CHALET & CARAVAN PARK	DWELLINGUP	Accommodation	(08) 9538 1157	No.
TREE CHANGE SHACK	DWELLINGUP	Accommodation	0412 722 823	No.
BLUE WREN B&B	COLLIE	Accommodation	(08) 9734 5088	
COLLIE RIVER VALLEY TOURIST PARK	COLLIE	Accommodation	(08) 9734 2051	10%
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%.
GLEN MERVYN FARMSTAY	MUMBALLUP	Accommodation	(08) 9732 2208	10%.
WANJEDDA HILLTOP B&B	MUMBALLUP	Accommodation	(08) 9732 2004	10%.
BALINGUP BUDGET ACCOM. - 'THE HIKERS HIDEAWAY'	BALINGUP	Accommodation	(08) 9764 1049	10% for 2 or more nights.
BALINGUP LAVENDER FARM	BALINGUP	Attraction-Cafe	(08) 9764 1436	10% off essential lavender oil
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.
TASTE OF BALINGUP	BALINGUP	Food	(08) 9764 1344	10%
CORD ON BLUE Pty Ltd	NANNUP	Food	(08) 9756 0616	10% off orders over \$150
SOUTHERN FORESTS WA	MANJIMUP	Information Provider	(08) 9771 7777	
BIG BROOK COTTAGES	PEMBERTON	Accommodation	(08) 9776 0279	10%. Not to be taken with any other offers. Min 2-day stay on week-ends.
KARRI VALLEY RESORT	PEMBERTON	Accommodation	(08) 9776 2020	10%. Not available on public holidays.
KARRI GLADE CHALETs	PEMBERTON	Accommodation	(08) 9776 1120	
KOOKABURRA COTTAGE B&B	PEMBERTON	Accommodation	(08) 9776 0021	Stay 2 nights, get second night at 50% discount.
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 FARM CHALETs	PEMBERTON	Accommodation	(08) 9776 1290	10%.
PEMBERTON TOURIST CENTRE INC	PEMBERTON	Tourist Bureau	1800 671 133 or (08) 9776 1133	Through members possibly.
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.
ROUND TUHT ECO CARAVAN PARK & B&B	NORTHCLIFFE	Accommodation	(08) 9776 7276	No.
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.
WOOZ & SUZ CAFÉ	WALPOLE	Restaurant/Café	(08) 9840 1214	
BLUE WREN TRAVELLERS REST	DENMARK	Accommodation	(08) 9848 3300	5%.
MOONWATERS HOLIDAY COTTAGE	DENMARK	Accommodation	(08) 9848 2055	10% (excl. public hols and specials).
SURFSIDE OCEAN BEACH	DENMARK	Accommodation	(08) 9848 2248	10%.
THE COVE	DENMARK	Accommodation	(08) 9848 1770	10%.
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	

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DEC Tracks and Trails Unit

Stuart Harrison, A/Tracks and Trails Coordinator

Locked Bag 104 Bentley Delivery Centre 6983 Tel: 9334 0265 Email: tracksandtrails@dec.wa.gov.au

The day to day management of an asset such as the Bibbulmun Track is a massive undertaking, and an ever evolving process. DEC's Tracks and Trails Unit is constantly reviewing the way in which the Track is managed, and always looking for ways in which we can improve management, whilst maintaining the character and experience that is the 'Bibbulmun Track'.

Over the last year while I have been acting in the position of Tracks and Trails Coordinator, both the Foundation and DEC have been regularly contacted by other trail organisations to find out how our partnership works. The commitment of over 13,000 hours by volunteers is an example of the very unique relationship that exists between the Foundation and DEC and the track that we all work to manage.

Vehicle patrols

I know many of you may wonder what happens to those reports that you put in about vehicles along the Track. I can assure you that these reports are taken seriously, and although we can't follow up on every report, the information is used to improve our management of the Track. Where possible, the reports that contain enough details are investigated to determine if any further action can be taken.

All reports are recorded on a set of maps in our office that are now helping us to determine 'hotspots' for activity and greatly assists in

planning our patrols. Two recent weekend patrols in the Perth Hills District, saw quite a number of people formally cautioned in writing for inappropriate activities. Additionally, their details are recorded for future reference, and should they be caught for similar offences, they will probably find themselves issued with an 'on the spot' infringement and fine!

Group usage

The Tracks and Trails Unit has recently initiated discussions between the Districts along the Track in regards to group usage. Analysis of the data we are gaining from the logbooks, trail counters and group Notification of Intent forms, is slowly giving us a better idea of the number of groups using the Track, when the peak periods are and the areas that are receiving the most use. Unfortunately, some of the campsites are showing signs of overuse and degradation.

Fire

Fire is certainly on our minds at the moment as there has been an early start to the fire season in all areas of the south-west. Please be aware of District and/or Shire fire bans that will come into place along the Track over the coming summer months. The current trail conditions are posted on a weekly basis on our website - http://www.naturebase.net/tourism/bib_news/index.html, and more often if necessary, so please check it prior to leaving on a walk or a maintenance run.

Tourism Award

Recognition has again been bestowed on the Bibbulmun Track with the winning of the 'Significant Tourist Attraction' category at the recent 2006 WA Tourism Awards. I warmly congratulate everyone involved in the management of the Track, including the Foundation and all its volunteers, DEC staff and crews and the sponsors for all their individual contributions. It is all of these personal contributions that I feel gives the Track its life! Thanks too must go to the thousands of walkers who use the Track each year, who 'spread the word' and who just keep coming back to enjoy the adventure, solace and companionship that the Track provides.

I'd like to take this opportunity to say a special thanks to the staff at the Bibbulmun Track Foundation who work ceaselessly for the organisation and who work so closely with us here at DEC.

I wish you all a happy and safe holiday season and a happy New Year.

Stuart Harrison

Acting Tracks and Trails Unit Coordinator



My End-To-End Walk by Chris Brown.

I'm now 67 years old, and I have walked the whole Track over a period of six years.

I have enjoyed walking the Track in sections, mostly from north to south. I have savoured it bit by bit, in between many other walks. These include the Inca Trail to Machu Picchu, Annapurna base camp, the Overland Track, the Queen Charlotte Track in New Zealand and country walks in the United Kingdom, Canada and Alaska (with bears for company!). However it was always good to return to the Bibbulmun Track.

My end-to-end walk was accomplished using a mixture of overnight and day walks, and at times I was accompanied by members of my family. Memories include walking the Mt Cook section before it was burnt out, and encountering the Herbert family doing their end-to-end. Their youngest child was only four years old. A less pleasant memory was encountering five snakes in just three kilometres!

To increase the security of my car, which was often left in remote locations, I used to place a mannequin in the back seat, and give her a book to read. She was a young lady called Oriel. The car was never broken into.

In a way I feel sad that the 965 kilometres have been completed, but I have heard it said that the Track looks different if you walk south to north... 🌻



Chris with 'Oriel' who proved to be good security for his car which was often parked in remote locations!

Mountain Designs



Bibbulmun Team Challenge 2006

At an Awards Night held on Tuesday 14 November, the team from PSN Water was awarded the title of Challenge Champions for the Mountain Designs Bibbulmun Team Challenge 2006.

During October and November a total of 64 participants in 16 teams competed in this unique team-building event – and raised \$17,600 for the Track.

With special emphasis on outdoor skills, problem solving, environmental awareness, mental and physical challenges, the participants also walked 15 kilometres each day along the Bibbulmun Track from Albany Highway to Dwellingup. Each team also built an outrigger and raced on the Murray River as part of the adventure challenge.

Led by the Foundation's Events Manager, Steve Sertis, the event involved 35 instructors and volunteers and we thank them all for their time and enthusiasm.

We invite you to read an account of the event written by one of the participants, Carolyn Press. Carolyn was in one of the WestOne Services teams (they entered two teams this year) and her story embraces much of what the Challenge is about and why some organisations participate year after year. Indeed it not only reminds us of why we walk the Bibbulmun Track, but inspires us to get out there again and enjoy this wonderful resource.

THE BIBBULMUN TEAM CHALLENGE – A PARTICIPANT'S EXPERIENCE

"If you don't apply what you have learnt in the first 24 hours of attending Professional Learning (PL) you never will". Barry Bennett, author of cooperative learning books and PL facilitator. How true.

I wanted to attend the Bibbulmun Track Challenge as an opportunity to get outside my comfort zone and do something I had never done before. My preparation was walking the Doubleview

hills, borrowing gear and contemplating how my back would cope with the strain of a heavy pack. However these were not the issues or challenges at all.

To do this challenge you needed to be prepared mentally. It is interesting to observe how different people react under stress, both individually and as a team, and that everyone's perception is their reality. One event, one word can be interpreted in a number of ways. I saw evidence across the teams of the Fight and Flight response to stress. When under two particularly stressful interpersonal situations, I found within myself the ability to remain calm and resist the urge to react in anger. I have learnt the importance of letting go and not dwelling on negatives. The only person who can make you feel a certain way is you. You can choose to be happy or not.

The challenge confirmed what I know about my strengths and weaknesses, my enjoyment of meeting new people, sharing experiences and the excitement of participating in something new. I'll dine on these stories for years!

Specifically, the Golf ball in the hole maze, activity taught me the need to stop when things go pear shaped. When under strict time constraints and the threat of failure, everyone tried to fix the problem at the same time. Despite all good intentions, however, we realised that we were working against one another. We were successful when we learnt to slow down, give clear instructions and systematically carry out the steps.

The first aid scenario was extremely realistic. I felt my adrenaline rush with my initial reaction of being overwhelmed. My main objective was to act calmly while following what I know about first aid procedures. Calm on the outside

– panic on the inside. Illusion is everything! As a mother and teacher, I believe knowledge of first aid is vitally important. Even though you may have done all the courses and read the books, when you are placed in a highly stressful situation, contending with the reality of blood and of actual lives in danger, it is difficult to know how you would really cope. Our team was commended on our first aid (only 1 out of the 4 victims died) [some teams lost a few more!!!Ed]. It has highlighted for me the need to continue to update qualifications and never take first aid for granted.

The highlight for me was the Horizontal Bungee run. Every person encouraged and cheered on everyone else. Successful strategies and experiences were shared across the groups. It did not matter who you were, or which group you came from. We were one big team, delighting in the success of others. This highlighted for me what the four day challenge was about. That is, the importance of working across teams to achieve the outcome rather than competition between the teams. You can learn more through difficulties, struggles and adversity than when things come easily.

The Big Rocks in my life are my family. They were 'with me' the whole time. In addition to this support base, I was very fortunate to have established some new friendships. Thank you Doug for organising and WestOne for allowing two teams, this wonderful opportunity.

The journey is the reward.

"What would life be, if we had no courage to attempt anything."

Vincent Van Gough

Carolyn Press,
WestOne Services

The 2006 Winners

Challenge Champions 2006 - PSN Water (previously KBR Water Services)

This was the fourth year that PSN had entered the Challenge and they were thrilled to win for the first time. In 2003 They were presented with the 'Spirit of the Bibbulmun' award.

The team's name will be inscribed on the perpetual Team Challenge Champions trophy.

Additionally, each of the winners received:

- A Bibbulmun Trophy designed and donated by Jim Freeman
- A hand-crafted Bibbulmun walking stick from the Bibbulmun Track Foundation
- A Mountain Designs Bibbulmun Back Pack donated by Mountain Designs



Challenge Champions 2006, PSN Water (from left to right, Ben, Steve, Dave, Henry) are over the moon about winning the Challenge and receiving their prizes!

My thanks goes to all participants 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 managed to complete the four days with all the challenges as

- A two-day B&B accommodation package for two people donated by Berryvale Lodge in Dwellingup, Stargazers B&B in Walpole, Balingup Jalbrook Cottages, and Treenridge B&B in Pemberton.

Runners-up - the Honey Possums (Dept of Environment and Conservation)

DEC (previously CALM) have been involved since the start of the Challenge in 2002. They came 3rd last year and this all-girl team made a stirring 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 sponsored by Donnelly River Holiday Village for 8 people.



Heat 3 teams, AngloGold, Newmont and Boddington Gold Mine, celebrate after their heat at the Dwellingup Hotel.

well! It was a fabulous effort and I hope to see teams from you again in 2007.

Finally, thank you to everyone that helped with the event in any way – especially the many volunteers! The event would not have been such

3rd place - PPB/Checkside

Each member received:

- A Dry towel sponsored by Mountain Designs
- A Bibbulmun Track shirt from the Bibbulmun Track Foundation

4th place - the International Communist Conspiracy

Each member received:

- 4 x Bibbulmun Track shirt from the Bibbulmun Track Foundation

In addition, all the heat winners received:

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



Andrew Tolj from BankWest goes for the gold flag.

a great success without your help! There are far too many of you to mention here!

Steve Sertis
Event Manager and Lead Guide

The 2006 Challengers

Thank you to all the teams that made this year's Challenge a success!

The event raised \$17, 600, which will assist the Foundation to continue to support the management of the Bibbulmun Track, so that it becomes and remains a long distance walk trail of international significance and quality.

- Anglogold (2 teams) • BankWest • Boddington Gold Mine • Dept of Environment and Conservation • Geraldton Grammar School • National Australia Bank (2 teams) • Newmont • Pitcher Partners • PPB/Checkside • PriceWaterhouseCoopers • PSN Water • WestOne (2 teams) • 4Play (independents)

Thank you to all those who ordered Oranje Tractor wines on the night. We received a donation of \$82.50! (10% of sales).



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

Each year, this award is given to the team that not only cares for the environment, but whose members have shown a mutual respect for each other and the other teams. During the course of the Challenge, all teams are watched very carefully and this award is given irrespective of scores and team performance in activities.

We are proud to announce that this year's Spirit of the Bibbulmun Award was given to WestOne (2) – the Wilh-ma's. Well done!

Spirit of the bib award: The "Wilh-ma's" (WestOne Services), receive the Jim Freeman Award for the Spirit of the Bibbulmun. (Jim's on the right!)

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 Awards night:



- Berryvale Lodge, Dwellingup
- Stargazers B&B, Walpole
- Jalbrook Cottages, Balingup
- Treenridge Estate B&B, Pemberton
- Donnelly River Holiday Village
- BEST ON GROUND

Yes, THEY DID IT!

We congratulate 3 overseas, 9 interstate and 24 WA walkers in this edition.



My Motto is: "Age and health are no barrier" - Bernice Colvin (80)

20 walkers headed north to south, 8 started from Albany and 8 walked at different times which often meant walking some sections from north to south and vice versa.

Ages where shown relate to the age when the walk was completed and unless otherwise stated given dates relate to 2006.

We begin with our three international visitors who all walked from north to south.

First time end-to-ender **Nicole Besler** (20) from Edson AB in Canada reached Albany on 11 June after 46 days on the Track. It was an awesome experience with every aspect being enjoyed except possibly the snakes. She cannot imagine walking the Track in the heat of summer and cautions against carrying too much fresh produce. Her shoes were terrible until she cut off the backs. Nicole loved the northern half but her first beach walk was a highlight.

Huang Jiayong (24) 'Keepwalker' is the first known end-to-ender from Singapore. He left Kalamunda on 11 August and arrived in Albany on 15 September. He says the Track is fantastic and world class. His was a truly wonderful journey that will provide a lifelong memory. Huang urges all walkers to buy the guide books, maps and the 'Accommodation & Services Guide'.

Rob Fissel (30) 'Foxtrot' from Fairbanks, Alaska arrived in Albany on 15 October after a walk lasting 38 days. His favourite sections were Mandalay Beach, the Showgrounds and Mt Cooke whilst highlights included seeing emus in mist, old growth jarrah, the Gloucester Tree and South Coast as well as sharing ginger drink and biscuits with retirees at Torbay Beach. Rob wished he had had the time to check out the Quarram Nature Reserve. He walked the whole way in sandals. These, with his walking poles, were his best equipment.

'There is a kindred spirit on the Bibb. which no other track has' - **Prue Cooper**

Next our interstate visitors.

From South Australia **Penny Carrangis** (29) of Aldinga Beach and **Peter Dudart-Aberdeen** (39) of Echunga completed their North to South walk in 51 days ending on 22 June. Penny really liked the contrast between different sections and the Karri trees. The whole experience was brilliant and she extends a BIG thanks to everyone involved with the Track. Peter praised the fantastic concept and facilities. He recommends a food drop at North Banister as a good option where, incidentally, walkers can have a shower. His favourite section is from Northcliffe south especially Walpole to Albany. Highlights included meeting friendly people, seeing whales off Conspicuous Beach and dolphins on the last day, walking by moonlight and sitting by a campfire on cold nights.

Mother and daughter **Bernice Colvin** (80) from Westleigh and **Prue Cooper** (48) from Newee Creek (both in New South Wales) went by the Track Name 'Great Grannies'. It was the 2nd time round for Bernice. They left Kalamunda on 27 July and arrived in Albany on 29 September. Bernice loved the forests and flowers as well as reaching Albany feeling good and blister free. Walking the Track is the ultimate adventure. Prue's favourite section was Denmark to Albany with its water attractions and strategically placed seats. Highlights included canoeing and seeing the wreck of the Mandalay but she needed a mozzie net and more padding at night. It was a holiday with the benefit of fitness thrown in.

Prue recommends booking accommodation in advance and reaching the campsites before dark.

Also heading south were **Gerwyn Evans** (52) and **Krystal Berry** (53) from Montana in Tasmania. They left on 31 March and arrived in Albany on 27 May. Favourite sections: Rame Head to Peaceful Bay for Gerwyn and Woolbales to Long Point for Krystal. Both have nothing but praise for the Foundation and its volunteers. They felt a real sense of achievement in completing the walk without support. Advice: don't double hut.

Quang Le (26) 'Son' from Dandenong in Victoria left Kalamunda on 1 June and reached Albany on 24 July. It was an awesome walk with an awesome list of wildlife sightings. He found it challenging as far as Dwellingup and then total enjoyment. His favourite section was Giants to Boat Harbour with highlights including stargazing at Blackwood and the sight of Albany from Hidden Valley. Its length turns the Track into a two-month change of life.

Leonie Mynott (31) 'Hiker Girl Leo' from Boronia in Victoria walked South to North in 59 days to reach Kalamunda on 8 June. She loved it all but recalls especially the sight of zigzagging fantails and being followed by red tailed black cockatoos. Her walking poles were great but the weight of a second fuel bottle wasn't so good. The length and relative ease of the walk gave her plenty of time to think.

Finally we mention **Janette Petersen** (51) from Suffolk Park in New South Wales who left Kalamunda on 26 August and arrived in Albany on 26 October. She writes that it is one of the best things she has done in her life leaving her with a re-ignited sense of wonder. While every section was good she highlights seeing red Tingles, the first sight of the Southern Ocean, the walk from Woolbales to Long Point, meeting great people and experiencing wild flowers in the dunes - days of pink, then blue, yellow and white. This has renewed her love of walking and made her proud to be an Australian.

And now to our WA walkers. Those who went from South to North were:

David Alderson (48) of Dalkeith left Albany on 22 April and reached Kalamunda on 9 June. It was a fantastic experience. His favourite section was Walpole to Northcliffe and the highlight was seeing so many snakes!

Diane (54) and **Stuart Bryans** (58) of Willetton 'The Bib Kids' took 50 days to reach Kalamunda

on 10 June. Food drops worked well. Diane's favourite section was Frankland River and her highlight was dawn service on cliffs at West Cape Howe with 6 children and 5 adults. Both praised their walking sticks but had problems with their sleeping bags and mattresses. Stuart also suffered from bad footwear. It was a dream holiday that left them amazed they did so well. Their advice is to just take the bus to Albany and get going.

Peter Kirby (67) of South Yunderup left Albany on 14 May and arrived in Kalamunda on 6 July. He enjoyed the Karri country and the South Coast. It was his greatest ever achievement and a great physical, mental and spiritual experience.

Geoff and Margaret Morgan of Fremantle were pretty pleased with themselves to reach Kalamunda on 5 June in 61 days. They kept a blog site going whenever they could get access to the internet. This talented pair also carried a 'backpacker guitar' and are in the process of writing a bunch of songs inspired by the Track which they intend presenting at music festivals around Australia and possibly overseas. Another potential project is a CD of childrens' songs about the bush.

Reuben Smith (22) 'Kanga-Reuben' of Lesmurdie took 44 days to reach Kalamunda and had the time of his life. He declares this is the first of many real treks he will undertake. His favourite sections were the Blackwood shelter with its Cardiac Hill, and Mt Cooke.

Walking from North to South were:

Subiaco resident **Heath Marshall** (26) left Kalamunda on 3 April and reached Albany on 23 May. Highlights included the sunset seen from Woolbales, the Maringup sunrise, mozzies from hell at Rame Head and Long Point, Walpole to Peaceful Bay, his first glimpse of ocean, a misty Blackwood morning and reaching Albany, of course. He experienced loneliness, fear, sadness, determination, serenity, sense of companionship and elation. His advice is to walk in your boots carrying a 20 kg pack.

After 55 days on the Track **Kevin Donohue** (51) of Palmyra reached Albany on 29 September. His choices of ideal sections were Peaceful Bay to Denmark and the Pingerup Plains. It is one of the best things he has done in his life. He found walking solo suited him well.

Little Creatures - **Pam Nicholls** (64) of Mayanup and **Judith Pedersen** (53) of Bunbury - left Kalamunda on 30 April and arrived in Albany on 2 July. Overall they liked the section

from Tom Road to Northcliffe best and were pleased to sight a rufous tree creeper at Warren, golden whistlers, mardos, and quendas at various locations as well as a chuditch at Ball Creek. Judith recommends buying a down-feather bag. She has now completed two end-to-end walks and wants to attempt a third on her own.

Denmark residents **Chris** (58) and **Sally** (57) **Prickett** left Kalamunda on 2 May and reached Albany on 29 June. Highlights for them included the views from Mt Hallowell (naturally), the unexpected bonus of attending the annual CWA concert at the village hall in Balingup, the varied vegetation (other than water bush), the friendly people they met in the towns and meeting fellow walkers. Chris says they have walked in UK, USA and Canada and the Track stacks up with the best of them. Sally says a prime reason for doing the Track was to see how long it took to get 'walking fit'. They enjoyed having the shelters to themselves for 20 or so nights.

'After just a week on the Track I knew I wanted to be a Bibb volunteer too' - **Pam Nicholls**

Michael Upson (51) of Thornlie recommends walking from north to south. He left Kalamunda on 21 March and reached Albany on 10 May. Like many others before him he was treated to the sight of eagles soaring above Mts. Cuthbert and Vincent. Among his highlights was the last 10 kilometres with Albany in sight! He used ice cream containers to cool boiled water for washing purposes. Michael would like to repeat the walk annually.

Dear **Jim Freeman**, now 70, has done it again! The Mad Axeman from Mandurah did a stroll that began on 9 July and ended on 4 September. His 10th end-to-end. The highlight was being rejoined at Walpole by his wife **Mavis** who had been forced to pull out at Collie. It required

some resolution on his part to carry on without her but he was glad he did so despite suffering from sore feet for three weeks. Well done Jim. You are a legend.

The 'Olympatics' **Mary** (70) and **Stuart** (66) Gray from Shenton Park headed out on 29 July and reached Albany on 25 September. They had a marvellous walk. Mary at any rate would like to do it again, this time in the opposite direction. Highlights included meeting **Bernice Colvin** and **Prue Cooper** at Waalegh, and celebrating their 45th anniversary with friends and family at Gringer Creek. They acknowledge the help given them by a number of wonderful people they met on the Track.

Our eight sectional walkers were:

Robert Charles Coops (56) from Floreat walked the Track with other walkers between September 2001 and April 2004. He liked Donnelly to Northcliffe best and enjoyed campfire chats and meeting other walkers. **Robert** has previously walked in Tasmania and the UK and now started a second end-to-end. He advises walkers to buy the best equipment they can afford.

Peter Sweetman (64) of Cottesloe finished in June this year a walk he first started in July 1999. For Peter the highlights were the varieties of fungi he saw and going for days without meeting other people. His advice is 'listen to others'.

Father and son **Terrence John Williams** (48) and **Gareth John Williams** (16) from Ocean Reef also completed the walk in sections. Terrence, who commenced in 1999, was joined a year later by Gareth who was then 10. For the most part they walked together. It appears that Terrence led a total of 16 groups of students - 120 in all - over the 7 year period. It was a unique and wonderful journey. He thanks all the hikers who shared advice, shelters and campfires along the way. As regards equipment his worst recollection is the weight of all the safety equipment - necessary but hardly used. Gareth highlights sleeping under the stars on the summit of Mt Chance to avoid snoring companions and walking the coastal sections. He says it isn't necessarily the goal that matters as much as the journey itself.



Illustration from the register at Yabberup Campsite

For **Linda Phillips** (49) of Gelorup and **Dana Trtica** (59) of Bunbury – ‘SOF1’ and ‘SOF2’ – this was a huge personal achievement that began in August 2004 and finished in October this year. Dana says they would not have been able to finish without the enormous help and support they received from Linda’s husband Neil and also the Bunbury Adventure Pursuits Club. It was a thrill to reach the Southern Terminus where a big group of friends was waiting to welcome them with champagne and a banner.

From Nowergup **Chris Brown** (66) completed his end-to-end between June 2000 and September 2006. His favourite memories were the Jarrah trees and woodlands and walking in the wildflower season. Chris saw a total of 27 snakes overall.

Last but not least we acknowledge **Ken Pittman** (63) from Rivervale who first set out in July 1998 and finally crossed the line in September this year. At times he was joined by a group of Rotarians whose ages ranged from 40 to 70! It was a wonderful way to communicate with other people. Ken highlights the Tingle forests and Walpole. He remarks on the Track being so close to civilisation and free of pollution, traffic and large crowds. His advice is not to carry too much, not to waste money on exotic expensive meals and give your feet priority.

The writer of this column has been caught out again. This time he assumed – wrongly it turns out – that two gals were guys. We apologise on his behalf to **Rohani Savage** and **Shannan Maisey** for the oversight in the previous edition of the newsletter.

Food Glorious Food!

Here’s what our latest end-to-enders have to say about their food experiences:

Nicole Besler will probably never eat porridge or packet products again. Peter Kirby feels much the same about porridge.

Rob Fissel cautions against eating too much liquorice at one sitting!

Chris Brown ate freeze dried peas and beans, and dried food turned out great for Stuart Bryans. On the other hand Leonie Mynott says don’t bother with expensive freeze-dried foods! 2 minute noodles and peas satisfied Peter Kirby.

Quang Le definitely favoured couscous along with spices, dried vegetables and – to keep up the spirits – chocolate.

Pasta in a packet – yes, uncooked rice eaten straight from the packet – no! Heath Marshall.

Chris and Sally Prickett ate mainly Back Country Cuisine freeze dried meals for mains supplemented by muesli bars, snickers and cuppa-soups for snacks and lunch.

Alfredo pasta was Gareth Williams best for a long time whilst his dad says if he lives to a hundred it can be put down to eating hundreds of dehydrated meals combined with chocolate.

Michael Upson says meals need to be carefully planned and suggests taking hard boiled eggs as they last very well out of the fridge.

Mary and Stuart Gray survived on dehydrated vegetables, pasta, beef jerky, couscous, rice crackers, cheese, vegemite, tuna, dried fruit, nuts, porridge, chocolate and protein drink. Stuart adds a reference to their ‘rocket fuel’ of water, milk, whey, glucosamine, ovaltine and sometimes sustagen.

Dehydrated food was a bonus for Linda Phillips and Dana Trtica but they also loved shopping in the small towns.

For Janette Petersen everything becomes a food sensation when you have no choice!

Ken Pittman’s food choice was noodles, sausage, mars bars, water, dried fruit and vegetables.

So there you have it. 🌻

Compiled by Don Briers,
Foundation volunteer and end-to-end.

BIBBULMUN IN THE BLOOD

On Monday 4 September, Jim Freeman, aka ‘The Mad Axeman’ finished his 10th Bibbulmun Track end-to-end. Jim, who turned 70 in July, has walked over 10,500 kilometres since he began his relationship with the Track in 1976. Jim’s wife Mavis joined him for most of the journey and has almost completed her 4th end-to-end.

Jim is a Founding and Life Member of the Bibbulmun Track Foundation and has been a Maintenance Volunteer since 1998. He is also a Volunteer Guide on many events run by the Foundation, including the Team Challenge, and volunteers in the office once a week.

Jim gave over 1330 hours of his time to the Foundation last year. His contribution is invaluable and he is well liked and respected by all who know him.

Congratulations Jim on your 10th end-to-end – and thank you from the bottom of our hearts.



Walker Story -

WALKER STORY – BERNICE COLVIN, END-TO-ENDER

To celebrate her 80th Birthday, Bernice walked the Track with her daughter Prue. Using the Track name ‘Great Grannies’ - Bernice inspired many people along the way. Here is her account...

“We’ve walked a track so splendid

By forests, sea and hills extended”

May I borrow a few words from a famous Australian poet?

The Bibbulmun Track is most certainly a splendid way in which to experience lush walking, with all its beauty and hazards of a variety of terrain.

The forests of unique tingle trees, the jarrah ablaze with red when cut and the wide views from mountain tops. Walking past huge ‘stumps’ and log-loading ramps reminds one of those early days. The fallen branches after a storm would be nothing compared to the result of a tall tree that had been at the mercy of those old cross-cut saws.

Like a great river, the track meanders to the sea, over lush green pastures, over sand dunes, along beaches and plains ablaze with colour when spring arrives.

We were fortunate to see the Mandalay wreck, only visible every several years, when the sand shifts.

The experience of walking end-to-end-in one go was made even more wonderful by the concern of fellow walkers and by the company of my daughter Prue.

Prue was given the name of “The Camel”—her huge pack was a talking point!

It was always a good feeling to see the wauigals and to arrive at the shelter. Our appreciation to all those who care for the same.

And, of course, there were some rather trying times, to say the least! Like me being blown over in the stormy weather, slopping through mud on the Pingerup plains, crawling under fallen logs, throwing sticks at sleepy tiger snakes to shift them off our Track, battling with aggressive mozzies, etc.

There is much more that I could write about, things like that wonderful reception at Albany and the feeling of finishing the walk. These we will cherish always, especially the spirit and encouragement and inspiration that we have given to others, young and old. 🌻



Bernice Colvin (right) and daughter Prue, completed their end-to-end walk in 62 days. Bernice celebrated her 80th birthday at Torbay Campsite – two days out of Albany. Both from New South Wales, this was Bernice’s 2nd end-to-end walk – the first completed when she was only 78!

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Big Brook Cottages

PEMBERTON

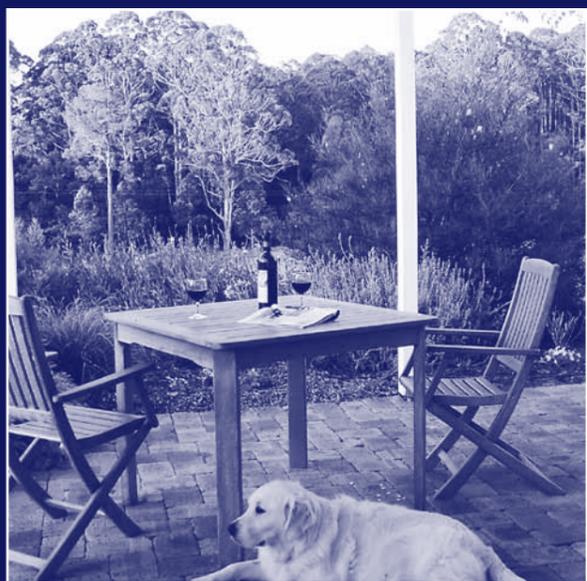
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Albany

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Set amidst heritage listed trees, established gardens and quirky sculptures, yet only a stones throw from the city centre Norman House provides the ideal location for a stay in Albany... a treat before you head off on the Track or a reward at the end of a long day of walking.

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From its thriving regional centre on Western Australia's south coast (four hours by road, one hour by air) to its nearby beaches, forest, rivers and mountains, Albany is a natural playground for holidaymakers. Friendly locals, a liveable climate, a rich maritime heritage and a contemporary outlook complete the picture.

Middleton Beach

The scenic drive (or walk!) to Middleton Beach, offers opportunities to stop and enjoy the beautiful seascape. Middleton Beach and Ellen Cove are fine swimming beaches with picnic, barbecue and playground facilities. The Middleton Beach Board Walk meanders around the coast from Ellen Cove, whales can often be seen here between July and October.

Albany Wind Farm

Just six kilometres from the town centre along the Bibbulmun Track is the Albany Wind Farm, one of Australia's biggest with twelve of the largest wind turbines in the Southern Hemisphere. The rugged coastline on which these turbines are perched is a sight not to be missed.

Kalgan and King Rivers

Fishing, swimming, water skiing and canoeing are popular activities on the tranquil waters of the King and Kalgan Rivers. The Luke Penn Walk, along the bank of the Kalgan River, is a great way to observe the unique flora and fauna of the river system.

Torndirrup National Park

Torndirrup National Park is only a 15-minute drive from Albany. It is best known for the Natural Bridge, a rock formation sculpted into a bridge shape by the treacherous seas of the Southern Ocean. Nearby is another spectacular site The Gap, a 24-metre drop to the sea where the ocean rushes into a large cavern in the rocks.

Albany Farmers Market

The heart of Albany is miraculously transformed every Saturday morning into a busy market place when local producers bring their fresh, seasonal product to sell direct to locals and tourists. Every imaginable type of fruit and vegetables together with organic meats, local farmed ostrich and venison, yoghurt, cheeses, extra virgin olive oils and flowers are available.

Former HMAS Perth Dive Wreck

King George Sound is home to the spectacular dive wreck, the former HMAS Perth. The purpose-sunk wreck has been here since 2001, and provides a wonderful opportunity for marine enthusiasts to explore.

Two Peoples Bay Conservation Park

Two Peoples Bay is famous for its small colony of noisy scrub birds, which were thought to be extinct until they were re-discovered in 1961. The nature reserve features a new Interpretive Centre with information for the avid nature lover. There are some beautiful walks at the breathtaking Little Beach and Waterfall Beach.

The Albany Visitors Information Centre is located near the Bibbulmun Track Southern Terminus. Make sure you pop in and register your walk! 🌻

For more information visit www.albanytourist.com.au Phone 08 9841 9290 or Email: avc@albanytourist.com.au



Albany/Denmark

Cape Howe Cottage



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The Bibbulmun Track runs along the edge of the inlet, and we host day trippers and people walking through.

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www.thecovechalets.com**

Walker Story -

TRACK TRIVIA FROM WRONG WAY JIM

AKA JIM BAKER

Gwen finally let me out of the office for a stroll on the Track in September. It was hard to get permission, despite the fact I'd only been away for eight weeks holiday in the UK during June and July. It's a tough life, being a vullie...

My wife Sylvia dropped me off on the Albany Highway, at Pike Road, and I walked back to Kalamunda.

Over just five days, I met thirteen people setting out on end-to-end walks. I know this is a popular time of year for walkers, but isn't this an indication of just how much interest there is in walking on the Track?

I had a great walk, despite picking the wettest and stormiest day of the month to go over Mount Cooke. The bush was especially beautiful, with the highlight being the fantastic display of wildflowers on Mt. Dale. As ever, the red books in the campsites provided a lot of entertainment. Here's a selection of entries that caught my eye:

"We had stake for tea."

(With wood chips on the side maybe?)

"My legs were saw after all the hills."

(Exhibitionist?)

"The bear at the pub was very welcome."

(Serving exotic meat on the menu?)

"We saw an old birdge up a tree."

(This has me beat—any suggestions?)

And this, clearly by a little one:

"My Dady lit a fiya and we toasted meshmillows."

Incidentally, I counted eight different spellings of "marshmallows" in various registers!

The next entry is interesting. I won't give away the author's name and I hope it was written tongue in cheek...

"To Alan and Di, who started three days ahead of us at Kalamunda. We're only just behind you now, so if you read this, we'll catch you soon."

Think about it...

One final one, which has me puzzled:

"Today was hot, and I sweated as I walked on my back."

To all the end-to-enders I met, good luck and good walking. Most of them were well prepared and well equipped. However... I met one with no wet weather gear, in a rainstorm half-way up Mount Cooke.

I found one lady carrying marine distress flares. Fortunately she was being met for a food drop the next day, and promised me she would get rid of them. Obviously this was an extreme case, but please take care with anything you carry that is inflammable. And never carry anything as potentially dangerous as flares! Fire is the worst enemy of the bush.

I met one person who thought Gringer Creek was a town. The lesson? If you are intending to do a long walk on the Track, check out your facts first. Get your guidebooks and maps and study them. Talk to our experienced staff. We're here to help and advise, and for Foundation members, we offer comprehensive trip planning advice sessions.

But back to my short trek. Pride of place on this particular expedition goes to Travis, who I met after I walked from Mt. Cooke to Canning campsite.

Travis is a very nice guy, and a person who clearly loves the bush. He is also the only person I have ever met who carries his didgeridoo wherever he goes.

Picture the scene in the tranquillity of Canning campsite. Dinner is over and we have a small campfire, burned down to its glowing embers. There are four of us, we've all walked a long way and we are contentedly tired. Travis has played his didgeridoo with some expertise, and bed beckons. Travis raises his head. "I'll just play a moose call. It's what the moose hunters in the States do. The moose always come."

I laughed. "Travis, if a moose appears, I'll give you a thousand dollars."

He played a long, deep note on the didgeridoo, and the echoes faded slowly away. "Something always comes," he said. And off we all went to our sleeping bags.

You've been there. You've crawled about, pulled off garments and pulled on your thermals, got your sleeping bag zip stuck, banged your head, lost your beanie, wondered if you should have made a last trip to the dunny, dropped your torch—but finally you're in your sleeping bag, stretched out, warm and enjoying the inky black silence of the bush. You've stretched those aching muscles and you're hoping for a good nights sleep.

All was quiet, but then, somewhere on the edge of my consciousness, I heard chanting. I sat up and concentrated hard. Had the didgeridoo disturbed the spirits of the bush? The noise grew, and spectral lights danced on the treetops a hundred meters away. "Something always comes", Travis had said.

The chanting became louder and the concept of the spirits faded away, as I realised that "Ten green bottles, standing on a wall" is not a traditional Aboriginal tune.

The spectral lights resolved themselves into about a dozen LED headlamps, bobbing up and down, slowly moving closer together, until they closed in upon us. It was like Star Trek. Aliens, peering at the humanoids in their shelter. A wash of brilliant white light covered us, and we had no ray guns with which to retaliate. Beam me up, Scotty!

A Scout troop had invaded us. I won't embarrass them by giving away their name, but they had got lost between the Brookton Highway and Canning camp site. That's fairly difficult to do, but given my reputation, who am I to criticise? They were good kids, and they settled down very quickly. However the light of day showed up a few things that I think are worth mentioning.

Almost all of them had expensive LED headlamps.

Most of them were carrying backpacks that were far and away too big and heavy, given that they were out for only three days. In general, their footwear was unsuitable, and they were intending to go over Mt Vincent and Mt Cuthbert on the walk. And in the morning, some were complaining about being cold overnight.

Here's a message to parents, which applies equally to all walkers.

LED headlamps are excellent, but more important are proper footwear, warm clothes of the correct material and an adequate sleeping bag. And work on the adage "take only what you need, not what it would be nice to have". It's surprising how much the weight in your backpack can be reduced, if you put your mind to it.

Remember the object of being "out there" is enjoyment, which is difficult to realise if you are cold, wet and your shoulders are aching.

And Travis, if we ever camp together in the future, leave out the moose call, mate! 🌸

Happy Walking!

Getting into Gear - HYDRATION SYSTEMS AND WATER BOTTLES

When water bladders first came out, probably ten years ago now, they were accepted by outdoor enthusiasts very quickly and soon became standard equipment for any bushwalker, paddler, climber or cyclist.

I began to notice that the numbers of clients on my Himalayan treks using water bladders went from a trickle to a flood; eventually I think every single member on one trek had one. Then just last year I noticed that no-one had one?! What happened? There didn't seem to be any perceptible reason for the change.

Personally, I still prefer water bottles. I have used the Lexan Poly Carbonate bottles for years, mainly due to their indestructibility (this is not an incitement for someone to go out and try and break one!) and the fact that the water doesn't taste like plastic has leached into it after a couple of years. I also prefer the narrow mouth ones as it doesn't look like I poured water down my front after I've had a drink, like I do with the wide mouth variety. The wide mouths however are great for filling from streams or small water sources and are designed to water filter fittings so the flow of water into the bottle is pure. For me however, the best reason to use Lexan bottles is that they don't leak or burst open in my pack!

The thing to look out for with water bladders is ease of filling. The bladders with larger openings are definitely more popular as they are easy to fill, you can put ice cubes in them and they can be dried out so they don't get smelly and start to grow interesting species! Most are now treated with an anti-microbial coating to prevent foul smells and growths.

Also check out the mouth piece; this is really important. The flow of the water is essential in a high activity sport, you don't want to spend all



your energy sucking water through the system - so make sure it flows smoothly. A cover over the mouth piece keeps it hygienic, particularly if there's a chance it could fall in the dirt when you chuck your pack down.

Most packs now come with sleeves to hold a bladder and a H2O hole so the hose can pass through the pack fabric and be secured on the shoulder straps. Some even have insulated hoses for extreme cold, or hot, conditions. Like

anything in outdoor gear, you get what you pay for. Good brands like Camelbak, Source, Deuter and Mountain Designs are more expensive - but when your cheap bladder bursts inside your pack, or the seam splits, then you'll wish you'd spent the few extra dollars. 🌸

Mike Wood

Mountain Designs WA



The Shire of Manjimup is proud to be associated with the Bibbulmun Track Foundation as an Affiliated Organisation. The inspirational Bibbulmun Track winds its way through the 7,000 km2 of the Southern Forests region: towering eucalypt forests... fresh meandering streams... misty lakes... pristine beaches... rugged sea cliffs... spectacular dunes... wildflowers... exquisite bird song... it is the one walk that everyone should do at least once in their lifetime.

Visitor Centres:

- Manjimup 9771 1831 • Pemberton 9776 1133
- Northcliffe 9776 7203 • Walpole 9840 1111



Prize Winning Members

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

Beryl De Vries of Mt Pleasant (August) won two fantastic "Stunned Emu Designs" coffee mugs kindly donated by WA artist, potter and author Wendy Binks of South Fremantle.

Terence Crabb of City Beach won the 2nd prize of a T-shirt and water bottle.

Terry Bettinson of Dianella (September) won a pair of "Black Diamond" Wind Stopper gloves, kindly donated by our bronze sponsor Paddy Pallin.

Graham Morris of Karrinyup won 2nd prize and received a 20th Anniversary Collectors edition of Australian Geographic kindly donated by Paddy Pallin.

Trevor Beer of Mosman Park (October) won two fantastic "Stunned Emu Designs" coffee mugs kindly donated by WA artist, potter and author Wendy Binks of South Fremantle.

The Evans Family of Bunbury won 2nd prize and received a 20th Anniversary Collectors edition of Australian Geographic kindly donated by Paddy Pallin.

Lindsey Kevan of Dianella (November) won a DVD titled Cold fusion - The Power of the Snow, kindly donated by Paddy Pallin.

Simone Krynski of Heathridge won 2nd prize of a T-shirt and water bottle.

Lisa Vella joined as a new member at the "Beginners Guide to the Bibbulmun" event at UWA in August and won a daypack kindly donated by Mountain Designs.

The Great Australian Bushwalk held a national membership competition encouraging people to join their local Great Australian Bushwalk organisation. Anyone who joined the Foundation between 1 and 31 October 2006 went into the draw.

Congratulations to the following WA winners:

Winsdome Richards who won a Sea to Summit Deluxe Bushwalking Pack donated by Sea to Summit.

Jun Liew won a Silva Compass and Headlamp Set donated by Macson Trading.

Helen Jones won a pair of Rockport Walking Shoes donated by Rockport.

In the Community

Once again, the Bibbulmun Track was featured as part of the DEC Landcare Pavilion exhibit at the **Perth Royal Show**, which attracted more than 150,000 visitors. The 'Tree Top Walk' feature, which was also part of the DEC exhibit, was extended this year. It proved to be very popular, as it afforded views over the Arena and beyond. It is appropriate that the 'Tree Top Walk' was located adjacent to the Bibbulmun Track feature, as it reflected the close relationship between the Track and the Tree Top Walk in Walpole.

We would like to thank the DEC for inviting us to be part of their exhibit, and also to extend our heartfelt thanks to Vince Harding and Mal Dennett for erecting the mock Track shelter, which housed our volunteers.

We had a really great response from our volunteers this year, and they were able to enjoy the Show for free after they had completed their rostered time at the shelter.

Thank you...

Gwen & Chris Plunkett
Jennifer Holycross
Merle Milentis
Joy & Malcom McGilvray
Victoria Smith
Natalie Williamson
Mal Dennett
Kelly Peacock
Helen Bingley
Stuart Breden
Trudy McDermott
John Faris
Elliot Brill
Percy Boyes
Tracy Atherton
Bonnie Hennessey
Jane Greenwood
Adrian Taylor
Wayne & Janice Bertram
Tracy Renshaw
Sean Tonkin
Michael Farquhar
Michael Skegg
Charley Cannon
Peter Lake
Maureen Russell
Jacinta Thompson
Jim Baker
Sandi Nielson
Gayle & Mark Kealley
David Woodworth
Ross Leighton
Freda Bajrovic
Andrew Boz
Stroma Lawson
Jean Byrne

And while everyone was busy at the Royal Show, Charmaine Harris was busy giving out information at the **Walk the Zig Zag** event in Kalamunda.

We have also been involved in two seniors' events. Firstly the annual **Have a Go Day**, which was even bigger and better this year. This event has grown in popularity and was very well promoted, attracting lots of interested seniors. Secondly, the Bibbulmun Track Foundation has formed strong links with the Stay on your Feet program by offering walks to Over 65's. (See our Calendar of Events).

It therefore seemed appropriate to support the launch of the **Stay on your Feet Week**, with a display that provided an opportunity for our volunteers to use their knowledge and experience in advising seniors about the Bibbulmun Track, and explaining the benefits of bushwalking.

A special thank you to

Carol Jowett
Gayle Kealley
Hans Hoette
Elsie Grygiel
Isabel Busch
Charmaine Harris
Malcolm Ferrier
Elizabeth Bell
Hellen Claughton-Bingley

Overall, a big 'THANK YOU' to everyone who helped with the Community Info Program in 2006. We couldn't have done it without you!



NOTICE BOARD

Walking companion wanted

34 year-old walker (German, first time in Australia) seeks company to walk sections of the Track in the second half of December 2006. Approximately 8-10 days of walking. Interested?

Email : kristen@sozio.uni-leipzig.de

Contact : Cornelia

Walking companion wanted

Male, 40's seeks company to walk around 27-30 December 2006. Approximately 4-5 days walking. I am thinking about North Bannister to Dwellingup as these points are reasonably close to Perth. Any other suggestions are welcome. Interested?

Email : pc3@netvigator.com

Contact : Paul

Walking companion wanted

Lady 40's seeks walkers any age, gender or fitness for day walks or over-nighters. Prefer south section.

Phone : 08 9761 4460

Email : jpbess@bigpond.net.au

Contact : Julie

End-to-End female companion wanted

I'm a single mum with fit, home-schooled children. Looking for a female walking partner and her family to join us in various training walks/camps, as we would like to attempt the Track in one go, maybe in early spring 2007. Those attempting for fund raising purposes and experienced end-to-enders are also welcome to inquire. I'm independent so at the very least we would like the safety of following another group, yet your friendship would be an added bonus. We can arrange our itinerary or another starting time to complement yours.

Phone : 08 9356 2829

Email : umshaheed@hotmail.com

Contact : Ayasha

Tent for sale

Outerlimits-Starlite 2-man tent, 2.1kgs. Excellent condition, purchased 12 months ago and used for two nights only under dry conditions on the Bibb. Track. Wanting to sell at \$80.

Phone : 0438 679 797

Email : stong@agric.wa.gov.au

Contact : Syd

Walking boots wanted

I am looking for a pair of walking boots for a seven year-old girl. Her feet are about size 1. We intend to walk in New Zealand so I need something sturdy and have had no luck in any of the shops I have looked in. Can anyone help?

Phone : 0410 884 767

Email : serenadavie@hotmail.com

Contact : Serena

Gore-tex jacket for sale

Paddy Pallin Mens XS or Ladies 14-16. Navy Blue. As New. \$250

Phone : 0417 174 594

Email : triplef@eon.net

Contact : Lari

Binoculars found (1)

Found between Glen Mervyn Dam and Yabberup campsite on Oct 27th 2006, binoculars which may belong to end-to-enders who passed through there that day.

Phone : 08 9481 0551

Email : friends@bibbulmuntrack.org.au

Contact : Bibbulmun Track Foundation

Binoculars found (2)

Binoculars found on Sat Nov 4th between Schafer and Warren campsites.

Phone : 9346 7632

Contact : David

Wanted - Disused mobile phones

Being refurbished and sent to third world countries. Proceeds to aid Cerebral Palsy Association. Will collect.

Contact: Hans

Phone: 0419906310

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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 or email us to arrange your advert. Cost is \$5 per 3 months. All items will be deleted after 3 months if not renewed.

Phone: 9481 0551

Email: friends@bibbulmuntrack.org.au



The 7 principles

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimise campfire impacts
- Respect wildlife
- Be considerate of visitors

Life Member profile Shirley Fisher



We emigrated from South Africa in 1977. During the years we were in Bunbury, Graham and I walked the trails in the surrounding forest blocks, and much of the old Bibbulmun Track.

We were very interested when Jesse Brampton gave a talk in Bunbury at the 'Arts and Nature Festival' where he outlined his vision of a new Bibbulmun Track.

When the 'Friends' became established, and life membership was offered, I immediately became a life member to support the Track. Graham and I volunteered to maintain a section, and we chose Collie to Yabberup, as it was the closest part of the Track to us. Apart from the river section it has not been difficult to maintain, especially as the DEC in Collie are always very helpful. We have always enjoyed our long maintenance walks as well as many other sections of the Track.

Our walks on the Track gave us the confidence to undertake other challenging walks in the Kimberly and central Australia.

We are grateful to, and very proud of, the Track and we sing its praises to all who will listen!

Quick and easy meals on the Track

For simplicity and convenience it's hard to beat the food from Back Country Cuisine. No weighing, slicing or dicing – just simply boil some water and pour into the bag!

The range is amazing – from curries and roast dinners to apple pie and strawberry ice cream!

Back Country Cuisine is easy to prepare and great tasting because of their Freeze Dri process. This combines quick-to-hydrate, freeze-dried vegetables and meats with sauce mixes that have been processed to retain their natural flavours.

The result is delicious meals that can be prepared in the pack in 10 minutes.

In the freeze drying process, crystals of frozen ice in the food are sublimed (evaporated) to water vapour in a

vacuum chamber.

The result is a completely dry product that does not shrink during the drying process. When prepared for eating, the water quickly gets into the pores left by the ice crystals to give a juicy, tender food product.

Check out the range of meals available from Mountain Designs or Paddy Pallin. ❁



Pemberton Marron & Wine Festival 27th Jan 2007 10am – Midnight Pemberton Sports Club and Oval



Situated within the township of Pemberton on the route of the Bibbulmun Track, close to the Gloucester Tree, restaurants and other attractions, we provide a queen size and ensuite room and two twin rooms with shared bathroom facilities. Guests have the use of a comfortable lounge room and are served a hearty cooked or continental breakfast in the adjacent dining area. Complimentary tea, coffee and biscuits are provided on arrival, along with cool, fresh drinking water and port and chocolates as a night cap. Come and share the warmth of our rammed earth cottage.

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PHYSICAL FACETS To stretch or not to stretch?

By Isabel Busch

There are as many theories on this question as there are kms on the Bibbulmun Track. Walking with a heavy pack, over a distance, requires preparation and then maintenance once you're on your way. Daily stretching is one way to keep your body in great shape.

Recent literature has suggested that stretching should only occur after you have warmed up your muscles and is therefore more appropriate after exercise. When muscles are cold, they may be strained or even injured if you stretch too far too quickly or jump into exercise too intensely from the start. Warming up prevents injuries by gradually increasing the blood flow to the exercising muscles.

Static stretching (stretching a muscle and holding it in the stretched position, without discomfort, for 10-30 seconds) is considered the safest method of stretching.

So what are the benefits of stretching?

- Reduces muscle tension and relaxes the body
- Improves circulation – stretching increases blood flow to the muscles – this brings nourishment to your muscles and helps to get rid of waste products in the muscle tissue.
- Improves coordination and flexibility by helping to maintain full range of movement of the joints. This assists in improving your balance, improving your mobility and making you less prone to injury and falls.
- Improves body awareness and posture which assists in reducing aches and pains.

Things to remember when stretching:

Warm up first. Just move around slowly and easily for five to 10 minutes to get the blood flowing to those peripheral, exercising muscles.

Hold each stretch for at least 30 seconds. It takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds — and up to 60 seconds for a really tight muscle or problem areas. By doing this you may only need to stretch each muscle group once each time.

Stretch gently and slowly, rather than bouncing. Bouncing as you stretch can cause small tears (microtears) in the muscle, which leave scar tissue as the muscle heals. The scar tissue tightens the muscle even further, making you even less flexible — and more likely to experience pain.

Focus on a pain-free stretch. Stretch to the point of tension or discomfort, but never pain. Stretching should never hurt. If you have reached a point in your stretch where it hurts, relax to where it feels comfortable and hold the stretch.

Breathe evenly while stretching

Stretch both sides. Makes sure your joint range of motion is as equal as possible on each side of your body.

Stretch at the beginning and end of your walk.

You may find it useful to look at this web site which gives you a slide show on how to stretch the major muscle groups. <http://www.mayoclinic.com/health/stretching/SM00043&slide=1>

Remember after a day on the track to pay some attention to lengthening or stretching your muscles. This will help the following day by reducing that "stiffness" you often experience. Take off your pack, have a drink, slowly walk around and check out the site for a few minutes then start your stretches while you're muscles are still warm. The temptation is to collapse in a heap or set up your gear for the night and get the water on for that cuppa – RESIST and STRETCH. Stretching maintains your mobility and a healthy range of movement, and it's likely to reduce the chance of injuries or limitations, especially as you're walking becomes more varied and vigorous.

Here are a few of the most important stretches to use. Start your day slowly, build your speed as you feel your muscles warming up, stretch at each break during the day and then again when you finish your walk. Most of all – enjoy your walk. ❁

Hip Flexor Stretch

Stand in a stride standing position. Put both hands on your front knee while keeping the back knee straight. Push your pelvis forward keeping your back straight. The stretch should be felt in front of the hip and slightly down the front of the thigh.



Standing Hamstring Stretch

Place one heel on a low step or bench and, keeping your knee and back straight, bend your upper body forwards from your hips. You should feel the stretch behind your knee.

Standing Hip Adductor Stretch

Standing with your legs astride and straight, bend one leg and put your hands just above your knee. Bend your leg even more and put more weight on it. You should feel the stretch on the inside thigh of your straight leg.



Standing Gastrocnemius Stretch

Stand in a walking position with one leg stretched straight behind you and the other leg bent in front of you. Using a wall or chair for support, lean forwards and down until you feel the stretch in the upper part of your back calf. Make sure that both feet are pointing straight ahead and that your heels stay on the floor the whole time.



Standing Achilles Tendon Stretch

Standing with one leg slightly behind the other, push your heels down while bending your knees.



Standing Quadriceps Stretch

Hold onto something for support with one hand and grab your ankle with the other hand. Pull your ankle towards your bottom, then try to straighten your knee while resisting with your hand and allowing no movement. Then pull your ankle towards your bottom again.





Take the plunge with a new career.

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 Biology, Environmental Forensics, Environmental Health, Forensics and Biomolecular Science or Applied and Analytical Chemistry, 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 natural sciences. To find out more phone (08) 6304 5725, e-mail sons@ecu.edu.au or visit www.sons.ecu.edu.au



Keep up-to-date

WITH THE LATEST TRACK NEWS,
SPECIAL OFFERS AND EVENTS WITH
OUR EMAIL NEWSLETTER:

events@bibbulmuntrack.org.au

AND ASK TO GO ON OUR MAILING LIST.
REMEMBER TO LET US KNOW IF YOUR EMAIL
ADDRESS HAS CHANGED!



ECU and Albany students making a difference to the environment in the South West

The south coast environment has a diversity of habitats and plants, making it an attractive area to live and visit. At ECU, we understand the need to know more about the area so that it can be managed well. Work by staff and students from ECU's School of Natural Sciences in the Normalup-Walpole Inlet has helped DEC (previously CALM) develop the Indicative Management Plan for the marine park. On top of this, ECU's work in the Princess Royal Harbour in Albany, with the help of Albany Senior High School students, is improving knowledge of fish and seagrass in the area. Ultimately, we can help preserve the area for future generations. ECU students are helping to make a difference to the environment. Taking degrees in Environmental Management, Biological Sciences or Marine or Freshwater Biology will allow you to be a part of achieving this and a career where you can make a difference.

Office Gossip

Gossip
Gossip
Gossip
Gossip
Gossip
Gossip
Gossip

We were all very excited about the Bibbulmun Track winning the Significant Tourist Attraction Award and we celebrated in the office with morning tea each day for a week, as we have different volunteers in every day.

The judges were particularly impressed with the high level of involvement from volunteers. Of our more than 350 volunteers, 17 come into the office on a regular basis. Without their assistance it would be impossible for the Foundation to provide walkers with up to date information, assistance with trip planning, the sale of merchandise and advice on every aspect of walking on the Bibbulmun Track.

A very big thank you to Elsie Grygiel, Peter Sweetman, Lesley Kerr, Edith Thomas, Peter Dear, Jim Freeman, Isabel Busch, Rosalind Miles, Jim Baker, Ian Bell, Bernie Renwick, Jennifer Robinson, Andrew Newton, Malcolm Ferrier, Peter Lake, Hans Hoette and Peter Whittle.

Booking your 'Walk With the Friends'

Walk With the Friends (WWF) is a series of social Sunday walks led by trained volunteers. The walks are free for members using vouchers.

Each edition of Bibbulmun News contains a list of WWF dates and two printed WWF vouchers. Adult members are entitled to two vouchers per newsletter, so if you have a family membership and only receive one newsletter you can request two extra vouchers.

When you book your first one or two WWF, enclose the voucher/s with the booking form found in Bibbulmun News.

When you go on the walk you will receive the voucher back to book another WWF from the programme of walks found in the same newsletter. This way you can go on as many walks as you like but you can only book a maximum of two walks at any one time.

As is usually the case, September was a very busy period in the office, with this year being particularly so following the article in The West Australian. We were certainly kept on our toes with processing new memberships, filling merchandise orders, booking events, posting information packs and answering hundreds of enquiries.

The office will be closing on December 19 for a couple of weeks to allow us all to enjoy a break and recharge our batteries ready for 2007.

Gwen Plunkett
Office Manager and Volunteer Coordinator

If you don't turn up, or you cancel your booking, you forfeit your voucher.

Each edition of Bibbulmun News (issued every four months) contains new vouchers and a new WWF programme.

Why the voucher system?

Many walks were being booked out far in advance precluding others from attending. Many of those that booked simply didn't show up, without any notification, which meant that we had no opportunity to contact those on the waiting list.

The voucher system prevents the walks being booked out in the first week of the schedule being released - and helps to ensure that people attend the walks they book.

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 27 May 2007

v o u c h e r

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 27 May 2007

v o u c h e r

	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
Bibbulmun Track Accommodation & Services Guide <i>Places to stay, attractions, transport and tour ideas!</i>		\$12.00
Bibbulmun Track Poster (Full colour 594 x 825mm) <i>Features Shelters, National Parks & Track Photos ADD \$7pp within Australia</i>		\$12.00
Polo shirt bottle green (with logo and 'Western Australia' on front) No. of shirts per size: S M L XL XXL		\$27.95
Polo shirt white (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 TITIAN (RED) No. of shirts per size: S M L XL XXL		
BARK (BROWN) No. of shirts per size: S M L XL XXL		
CORNFLOWER (BLUE) 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
'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	
Snakes 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 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 BELOW)

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.)

Signature: _____
 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	
18 March 3.30pm		20 May 8.30am 22km return walk from Mundaring area to Helena Campsite
8km return walk from Mundaring area to South Ledge		27 May 9.30am
22 April 8.30am		11km return walk from Dwellingup area to Swamp Oak Camp
20km return walk from Dale Road to Brookton Campsite		
29 April 9.00am		
14km return walk from Albany Hwy to Boonering Hill		
6 May 9.00am		
15km return from Brookton Hwy to Plunket Rd		

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

Reflections from the Registers-

- It's getting near festive season. Here are a few comments from walkers who have spent Christmas or New Year on the track:

Somehow each Christmas sees me doing more and more outlandish things—we are completely crazy, why else would we be out here in the middle of nowhere at Christmas looking at wildflowers?

—Linda, Hewett's Hill Campsite,
Christmas Day 2004

Big celebration tonight, just me, the resident possum and three snakes I saw near the campsite earlier. A good time to reflect on a pretty good year.

—Rob, Frankland Campsite,
New Year's Eve 2005

End-to-end Christmas in the bush by myself. I haven't worked out yet whether that is great or so sad.

(37 days to Albany!)

—Brad, Ball Creek Campsite,
Christmas Day 2003

Merry Christmas to everybody. Saw a couple of snakes today, but no reindeer. Off to the coast tomorrow!

—Phil and Jodie, Giants Campsite,
Christmas Day 2005

It's not about the walk, it's about getting there—without chaffing, limping or fungus! Merry Xmas!

—Rusty, William Bay Campsite,
Christmas Day 2004

If you find it hard going, get grumpy going up hill, make grunty, guttural primal sounds, and that will get the kick back into your heels! Happy New Year, fellow trekkers!

—Lara, William Bay Campsite,
New Years Eve 2004



Bibbulmun Walk

I acknowledge the traditional owners of this land, the Noongar People. I thank the spirits of the Noongar for creating the earth, forest and animals I share.

Protect me and keep me safe on my walk.

Seek out the signs
The waugal in the yellow triangle
The rainbow serpent to guide me on my way.

Over the rocky crevices and rising hills
The scarp recently fired
Created wondrous sights to behold.

Carpets of bright blue leschenaultia, a tapestry of yellow hibbertia, dryandra low to the ground, kangaroo paw, grevilleia, hakea, sundew, myrtle, verticordia, smoke bush, bottlebrush, fringed lily, flag flower, enamel, cowslip and spider orchid, tassel bush, clematis, coral vine, hovea.

Rustle in the grass,
As I stop to look
A grey currawong alights to where we observe each other.

Pale bobtail goanna still,
Camouflaged on the warm rocks,
Soaking up the early spring colours.

Giant based zamia supporting enormous rich fruit,
Xanthorrhoea with flower stems reaching 5 metres to the canopy,
Groves of tall slender Kingias wind through the rocks.

I stop to rest, white powderbanks,
The view far below to the weir from where I have come,
I have walked these hills and feel wonder:

Slender jarrah, the old ones long gone,
Sheoak, a soft needle floor to walk on,
Banksia, wattles grace the forest floor.

Marri for the ring neck parrots,
New Holland honey eaters abound, seeking rich nectar,
Blue wrens furiously chatter to announce their arrival.

A grey kangaroo gently lopes along munching grass,
Unaware of me he rises to scratch and preen his fur,
Then eats on and disappears into the afternoon.

The campsite greets me, facing the setting sun,
A meal to delight in,
Conversation to share, night noises and sleep.

New day's dawn announced by warbling magpies
The valley filled with mist
Morning sun heightens rich perfume of surrounding forest.

Onward, onward I go over mounts,
Into valleys and the track beyond,
To Sullivan Rock and the end of this journey.

Not wanting to finish
I sit upon the rock and reflect
Where will my next journey be?

October 1-6 2006

Kalamunda to Sullivan Rock

Jean FitzGerald Manjimup

BODDINGTON GOLD MINE Eyes on the Ground MAINTENANCE PROGRAMME



BODDINGTON GOLD MINE



Volunteer maintenance worker, Kelvey Pearson installing steps on an eroded section of track near Piesse Brook. Kelvey maintains the section between Kalamunda and Fern Rd with Ron Thomas

A warm welcome to the many new volunteers who have recently joined the 'Eyes on the Ground' Maintenance Programme. Some have taken on remote sections which are quite overgrown. These present a great challenge but the sense of achievement will be great also - as will the gratitude of walkers.

In November I travelled to Denmark and Albany to join volunteers for lunch and to say a big thank you to them all. Although numbers were low at Denmark and the rain was threatening, it was great to see Regional Coordinator Peter Burgess and meet new volunteers. Next day in Albany the weather had brightened and more than a dozen volunteers gathered at the home of Albany Coordinator Bev Visser to enjoy a barbeque lunch. To all those I met, and to those

who were unable to join us, a very big thank you for your help on the Track.

It was very pleasing to know that the judges for the Tourism Awards were impressed with the work done by our volunteers. We currently have nearly 300 maintenance volunteers who do a fabulous job in keeping the Track at a very high standard, often travelling from Perth to the regions to do so, and for this we thank them all very sincerely.

The Hills District Field Day proved to be very wet and miserable initially, but we were able to stay dry to enjoy our morning tea thanks to John Hardman who had rigged up a tarp for us. Of course that didn't stop the unwary from having the occasional cascade of water down their necks. The rain had ceased by the time we moved on to the Track and started work.



DEC Rangers, Bev Gardiner and Scott Hunter, at the Collie Field Day in September.

Collie Field Day was held in much better weather. After morning tea at DEC in Collie we moved out to the Track where Bev Gardiner from DEC did a great job at her first Field Day, having only recently taken over from Peter Morris. Also attending his first Field Day was Stuart Harrison from the Tracks and Trails Unit.

There are still some sections not being cared for in the regional areas so if you would like to 'own' your own section, please let me know.

A recent email from volunteers from Donnelly District really illustrates the feelings of those who care for the Track.

Our sections are very beautiful at the moment, especially Gold Gully Road to Demo Road - it's like our own secret garden. We especially love the quaint bridges with the river running under as we sit and eat our lunch. Our biggest thrill is seeing hikers on our sections, especially the end-to-enders. They cannot thank us enough. One day I will do the big walk. Inspiring to see 50 to 70yr olds doing just that.

I reckon we have the tidiest sections ever, we have a lot of laughs and we solve each others problems. What's said on the Track stays on the Track!

Thanks to all our wonderful maintenance volunteers!

Gwen Plunkett

Office Manager and Volunteer Coordinator



TRAILING AROUND THE WORLD

Walking around Launceston, Tasmania –

by Hilary Burden

Two qualities will strike you about “Lonny”: it’s both elegant and unpretentious. This laid back heritage city in the bosom of the Tamar Valley wine region at the rich agricultural heart of Tasmania oozes both natural and architectural beauty. Walking is encouraged, and many of its eateries are national award-winners.

Whilst Launceston is a gateway to the renowned Cradle Mountain and Overland Track, it is also an excellent base for day walks. Here is a pick of my favourites.

CENTRAL

First Basin to Kings Bridge circuit 1 hr 2.7km return

The Cataract Gorge Reserve is a piece of wilderness just 15 minutes walk from the city centre. It is dramatic, romantic (by day and night when its walks are lit up like Fairyland), and breath taking (especially when flood rains cascade through the dolerite cliffs like a mini Niagara Falls). Local power walkers start their day with this spectacular circuit walk: up the Zig Zag Track, across the First Basin, and back along Main Walk to King’s Bridge. Walking and hiking trails, freshwater pools, the world’s longest single span chairlift, abseiling and rock climbing, and beautiful Victorian gardens will tempt the visitor

to spend longer than a jogger. The Basin Café and Gorge Restaurant are highly recommended.

Inveresk Boardwalk 45-60 mins 2.5km

Another popular route for fitness walkers is, for the visitor, a fascinating introduction to Launceston’s rail history, peppered with parklands, waterways, and cycle ways. The Inveresk Railyards were once the centre of Tasmania’s rail and mining boom, and now house the excellent Queen Victoria Museum & Art Gallery. The elevated boardwalk is bliss to walk on, and small pavilions punctuate the route, which on Sundays takes you right past the Launceston Farmers’ Market (highly recommended for local produce or as a pit-stop for picnic ingredients). Blue at Inveresk is a great arts-loving cafe, specializing in local organic produce and good coffee.

Royal Park to Seaport circuit 30-40 mins 1.5km

Refer to the Heritage Walks Souvenir Map for three trails taking in Launceston’s fascinating early colonial and Victorian history. The Government to Gorge Blue Trail includes Royal Park (don’t miss the English rose garden in summer) and the civilized boardwalk promenade along the Tamar and North Esk rivers, which takes in great views upstream to Cataract Gorge, the landmark of Ritchie’s Flour Mill (circa 1836), as well as the pretty marina, cafes and restaurants at Seaport. And if you want to rest your legs, you can take a cruise up the river from here.

TREVALLYN

10 MIN DRIVE

Hoo Hoo Hut to Trevallyn Dam, 1-1.5 hours, 4km return

Trevallyn State Recreation Reserve sits in the hills of West Launceston on the South Esk River. A 450-hectare recreation area offers hang gliding, bushwalking, archery, orienteering and aquatic activities. This largely level hillside walk takes in great views of the Deadmans Hollow section of the South Esk, as well as open forests of tall eucalypts and grassland.

WEST TAMAR VALLEY

10 MIN DRIVE

Tamar Island 1.5 hrs 4km return

You may well be greeted by Welcome swallows and a family of swans at the start of this wetlands walk (mainly boardwalk) to historic Tamar Island, first farmed in the 19th century. Abundant birdlife will satisfy bird lovers, and the walk itself is a treat, through reeds and nests, across water and onto the hilly island (where there’s a free gas BBQ), and you can sit in the shade of one of the century old oaks or elms. Tamar Island is also recognized as an area of Aboriginal significance.

30 MIN DRIVE

Paper Beach to Supply River Mill 2 hrs 6km return

A walk to satisfy both heart and head. Start at the picturesque, newly fashionable weekender spot of Paper Beach (white sands with sunset views through Batman Bridge), along the riverbank and marshes, cross the road and continue up the Supply River towards the romantic, periwinkle covered ruins of Tasmania’s earliest water-driven flour mill, situated at the bottom of a magnificent waterfall. Peaceful and historically interesting, and rewarding if you head back to Paper Beach for a swim and picnic with one of the local Tamar Valley wines in your rucksack.

Notley Fern Gorge 45 mins 1.5km return

A stunning walk if you want to cool down in the heat of summer, through dense wet sclerophyll forest, a huge canopy of manfern, moss-covered gullies, ferny glades, and a cooling creek. Once shelter for infamous bushrangers, now home for a diversity of birdlife. Matthew Brady reportedly hid out here in the 1820s: flintlock muskets were found in the area, and there’s a giant tree with his name on it. Don’t forget the steady climb back. And if you’re really lucky you may spot a very rare and endangered giant freshwater crayfish in the beautiful stream en route.



45-60 MIN DRIVE

Badger Head to Copper Cove, 4 hrs 9km return

This coastal predominantly cliff top walk through Narawntapu National Park abounds with flora and fauna and gives stunning views of Bass Strait and its many rocky spits and sandy coves. Wallabies and black cockatoo keep a curious eye on walkers; banksia, grass trees and jewel-coloured wildflowers line the track, as do devil and wombat scats (if you’re with someone who can spot them). Picnic in a grove of native Casurina at Copper Cove (so named because of the area’s mining past) before enjoying the return trip back.

EAST TAMAR VALLEY

30 MIN DRIVE

Hollybank Forest 1-1.5 hr 3km return

This park between Launceston and Lilydale has rare beauty and was one of the earliest private tree plantations. Now managed by Forestry Tasmania, it’s a unique blend of magnificent trees, native and exotic, evergreen and deciduous, many planted by English settlers dating back to the 1850s. English ash, Corsican pines, Douglas Fir, Californian redwood, and holly form walks with enchanting names such as “The Avenue” and “Walk of Change”. Hollybank’s autumn is splendid, spring is renowned for wild daffodils growing between the ash trees, and at any other time of the year it’s a great spot to ramble, explore, or just lie back. 🌸

Hilary Burden – writer & broadcaster

Further Info:

50 Family Walks Around Launceston & Northeast Tasmania by Jan Hardy and Bert Elson (Hillside Publishing \$16.95)

Launceston Heritage Walks Souvenir Map (\$2.00)

Both available from Launceston Travel & Information Centre – see advert (Guided Walks in the Gorge and City also available)

Sooner or later everyone comes to their senses

YOUR TICKET TO TASMANIA

Book a 5 day+ package before Jan 31st 2007 (for travel anytime in 2007) and receive a free Launceston Day Walks Book.

Let the friendly team at Launceston Travel and Information Centre put a package together – from an easy escape to a more adventurous break – with all types of accommodation available to suit your budget. Whatever the season, it’s perfect for walking!

Tel: Freecall 1800 651 827
OR Email: Travelcentre@launceston.tas.gov.au

You wake up to a peaceful, crisp, clear day in the charming historic city of Launceston. You might start with an amble to the Victorian cliff gardens of the Cataract Gorge for a café breakfast overlooking one of Tasmania’s most famous views. Later you could take a river cruise or explore the green and rolling Tamar Valley, stopping at a few of the famous wineries or an old riverside pub. Or you might take a day hike up a nearby mountain, like Cradle Mountain or Ben Lomond. Next day, step back in time along a heritage walk or visit a National Trust property, before dining on fresh local food at one of the many great restaurants. Whatever you choose – you know it’ll be sensational!



PS: Every month and every season provides a different sensation, you won’t experience it all from just one visit. See you soon!

Sensational
Launceston Tamar Valley