

Bibbulmun NEWS



MAY '19 - AUG '19
ISSUE # 80
RRP \$6.00

Newsletter for the friends of the Bibbulmun Track

ULTRA RUNNERS TAKE THE BIBBULMUN TRACK IN THEIR STRIDE

In late February, Australia's first 200 Miler ultra-marathon event, the Delirious W.E.S.T. 200 Miler, was held on the south coast.

The actual course was 350 kilometres between Northcliffe and Albany along the Bibbulmun Track.

The gruelling race attracted 35 runners from six countries and 14 from interstate. Many of the 170 volunteers and support crew also travelled from outside of WA, booking out all the accommodation in Northcliffe and much of Pemberton prior

to the event and staying in Albany over the final weekend.

Media attention was good and the events' Facebook page gained 35,000 hits from people all over the world. Several highly ranked international runners are already signing up for next year and a film crew will follow the entire event from start to finish to promote it, and our stunning coastline, to the world stage.

The event organisers ensured that impact to the Track was minimal with all aid stations located off the Track and a zero-waste policy.

Additionally \$100 from each entry was donated to the Foundation for Track maintenance. For more information visit <http://deliriouswest200miler.com.au/>



GOOGLE TREKKER UPDATE

Thanks to the Foundation's volunteers, stunning 360-degree panoramic views of the Bibbulmun Track will be visible online from anywhere in the world, with the use of Google's Street View Trekker.

The Google Street View Trekker, a wearable backpack with a camera system on top, has been on loan to the Department of Biodiversity, Conservation and Attractions since February 2018, capturing some of Western Australia's unique, and sometimes remote, attractions.

In late 2018 volunteers from the Bibbulmun Track Foundation carried the Google Street View Trekker to capture the highlights of the Bibbulmun Track, covering over 400 kilometres. Six teams of three to four people did multi-day trips between Perth and Albany, resulting in 25 total capture days.

The start of the scorching summer temperatures required the project to be put on hold in early December. Now that cooler weather is on the horizon, planning has commenced to capture the remaining 600 kilometres.

Volunteers are wanted to carry the Trekker, affectionately named Wilson, in the coming months.

Please register your interest with Helen at volunteer@bibbulmuntrack.org.au.



Adventure Raffle

Fantastic holiday packages to be won!

The Adventure Raffle is the Bibbulmun Track Foundation's major fundraiser for the year and we need your support today.

Fantastic prizes include exciting holidays and your choice of outdoor and travel gear. Tickets are \$10 and can be purchased online.

Help support the Bibbulmun Track

100% of funds from the raffle will be used to stabilise the Track on the south coast. This will include the installation of steps in badly eroded dune areas and a simple lookout at Conspicuous Cliffs. Due to the remote locations, just getting the materials on site by helicopter will cost \$20K. All work will be carried out by our volunteers.

Please note - We will NOT be posting tickets to members - they can only be purchased from our website - so get online and buy your tickets today!

Over \$8,000 worth of prizes to be won...

**\$10 a ticket
Get your
tickets today
from our
website**



1st Prize

BIBBULMUN TRACK GUIDED TOURS

Dreamt of walking a whole section of the Bibbulmun Track but don't want to carry a backpack or sleep in the shelters? Inspiration Outdoors offers six town-to-town tours on the Bibbulmun Track with no roughing it. Enjoy all of the sights, sounds and smells of these wonderful walks yet return to accommodation each night for a proper bed and a delicious meal. It really is a most enjoyable way to experience the Bibbulmun Track. Choose which section to explore!

Up to the value of \$4,750



2nd Prize

RIVER VALLEY HOLIDAY for four.

A week's accommodation at the old mill town of Donnelly River Village gives you plenty of time to explore this delightful region. Prize includes a Track transfer from Time Travel Tours, entry into the Nannup Clocktower, lunch at The Cidery in Bridgetown and a cruise on the Donnelly River.

Total Value \$1620



3rd Prize

PEMBERTON DISCOVERY BREAK for four.

Relax for a night at the RAC Karri Valley Resort and two nights at Pemberton Lodge in the heart of this lovely timber town. Discover the Yeagarup Dunes on an eco-tour with Pemberton Discovery Tours and enjoy a delicious lunch at the Holy Smoke Café.

Total Value \$1200



4th Prize

\$500 SEA TO SUMMIT GIFT VOUCHER.

Imagine the latest high quality, high-tech and lightweight gear you could get...





FROM MY Desk

Welcome to the autumn edition of Bibbulmun News.

This time last year we were reeling from the loss of our sponsor, Mountain Designs, and having to relocate after 20 years. A year later we are well adjusted to our new offices at the Perth YHA and have heard a whisper that MDs is re-launching ...so life goes on!

Also rising from the ashes is Helena Campsite and we hope that the new rammed earth design will be well received by walkers. Plans are also well underway for the rebuild of the shelter at Sandpatch near Albany and it is hoped both campsites will be open by the end of June. Keep an eye on our website and Facebook page for updates.

After many years of planning there is some good news for trail development in WA, with Dwellingup receiving major funding for trails, bridges and other infrastructure around the town, which is positioning itself to be a mountain biking destination. Another Track town, Collie, recently opened a new 20km walk trail along the Wellington Dam and also has big plans for mountain biking. Whilst most of the current funding is for mtb trails, the improvements in infrastructure and services in these towns will benefit all trail users including those walking the Bibbulmun Track.

A bushwalking and trail running strategy for WA is being developed and this will highlight that walking is still the most popular outdoor activity and demand for improved bushwalking opportunities is increasing. For those of you reading this magazine, it is a no-brainer that investment into the maintenance of existing trails and development of more bushwalking opportunities is an excellent investment in the physical and mental health of West Australians.

In the meantime please support the maintenance of the Bibbulmun Track and buy some tickets in our Adventure Raffle! There are some great prizes thanks to our sponsors and Walker Friendly Businesses, with 100% of funds being used to improve badly eroded sections on the south coast.

Enjoy the upcoming walker season and keep sending us your stories. We love to hear from you.

Join us on



Linda Daniels
Executive Director

Thank you
THANK YOU
thank you

A SINCERE THANK YOU TO THE FOLLOWING WALKERS WHO HAVE GENEROUSLY MADE DONATIONS TO THE FOUNDATION.

Amanda Bovis

Cathy Herbert

Chris Lee

Gabrielle Caratti

Hedley Amos

Helen Jurat

Jana Seifer

Kellie Whitfield

Laurence Till

Margaret Katz

Peter Edwards

Robert Loermans

Robyn McWilliams

Stephen Barrie

Stuart Youngson

Valerie Jordan

Vivien Mather

Y.A.H.O.O. Over 55
Bushwalking Club

Donations are tax deductible!

Through the National Trust, donations to the Foundation are deposited in a special account and assigned specifically to projects that enhance the Bibbulmun Track's environmental sustainability. The National Trust provides this service for free so you can be sure that 100% of your donation will go to Track projects.

Tax deductible donations can be made online, in person by cash or credit card, or by cheque which can be made out to the Bibbulmun Track Foundation with your name and address. We will then provide you with a receipt from the National Trust receipt book which indicates the donation is specifically for the Bibbulmun Track.

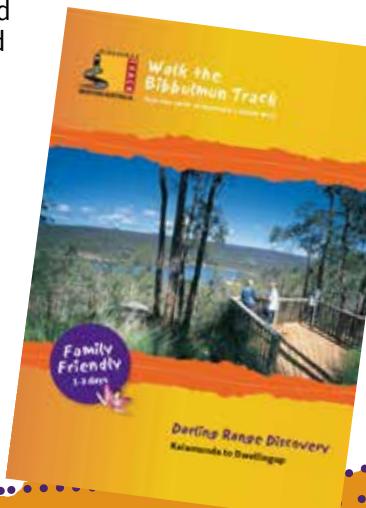
All donations, regardless of the amount, are gratefully received and all help to preserve our beautiful Bibbulmun Track.

NEW self-guided Bibbulmun Walking Break itineraries

A new range of itineraries has been designed for people interested in experiencing day walks on the Track whilst holidaying in the south west.

The self-guided Bibbulmun Walking Break itineraries range from two to six days, and combine suggested walks with interesting sights and attractions to visit, in and around the Track Towns.

Visitors can select one itinerary or join several together to create their own customised holiday. Four family friendly itineraries with shorter walks and attractions suitable for kids are also available and can be downloaded from our website.



YOUR LETTERS

Rap from the Register (Please read like a 1980s Rap)

Spent a lot of time eating junk and crap
Got real unhealthy drunk and fat
Had about enough coz dying is wack
So I took a little trip on the Bibbulmun Track

Sold my X-box, said goodbye to my wife
"I'll be back soon going to better my life"
So I packed up my bag, tent, shoes and a knife
Little did I know ahead was a whole lot of strife

I was a fat brown man from a Brisbane street
On a WA track with tape on his feet
Lying flat on his back, trying to sleep
While the sounds from the bush made my flesh creep

In my tent I'm sleeping above a huge tiger snake
Now everything's hurting and I'm starting to ache
From the rain and the cold—now I'm starting to bake
From the heat of the sun with each step I take

But it's all for best this little adventure
Don't want to be young with lung cancer and dementia
Never give up though my feet are tender
And maybe I'll become an End-to-Ender!

Can't wait to throw a nice steak on the char-grill
And return to my wife who knows she has my heart
still.

Regards to you all for reading my rap dard ya ill
And respect to the traditional owners... in the Land of the Wagyl!

Brian Lloyd aka Bryte MC



Hi All,

Another big thank you to the Bibbulmun Track Support Vollies maintenance team that conducted a third major maintenance visit to the River Road Bridge. We continued with deck and pile cleaning, deck and pile preservation treatment and replacement bolting operations to the old structure.

Once again, not only did we get a lot of work done but had a lot of fun along the way. Of course without the crew Phil, Ron, Don, Alex, Gordon, Tony, Bill, Lari, Hedley, Charlie and Ross these operations wouldn't achieve the success that they have.

Pemberton didn't want us to forget that it has more than one season on offer, with a bit of rain injected into the session just to make the ground greasy for a time. However the team carried on with great fortitude.

I need to give special thanks to Ross, Charlie and Mark for all the planning and preparation they did—well done fellas. Well done to our special Safety Toolbox Meeting leader and clipboard carrying supervisor Ross for keeping us safe, fully occupied and all marching in the same direction.

So again, a big thank you to you all from Parks and Wildlife and very big personal thanks from me for being such a great crew to work and spend time with, I look forward to doing it again soon.

Regards,

Dave Lathwell

Project Manager,

Capital Works and Roads Unit Parks and Wildlife Services



Photo caption competition

We were inundated with entries for this photo of Steve in the last edition of Bibbulmun News! We can't print them all so here are the Top Three (as voted by our office volunteers!):

'Acropolis Tour Guide taking a break.'
- Wendy Eastwell

'Geez it's hard being green!' - S

And the winner is...

'What? No toilet paper!' - Leigh Simmons

Well done Leigh – a roll of Bibbulmun Track branded RockTape is on its way to you.

Hi Everyone,

I just wanted to express my overwhelming gratitude for the time and effort you all put in to creating the wonderful opportunities for our Year 8 students yesterday. It was logistically huge from our end and having your cooperation and enthusiasm made it so much easier. My staff that attended said you were all wonderful and really gave meaning to the activity.

The buzz when all the students arrived back yesterday at school and then in the corridors this morning of them swapping stories and experiences, clearly means they took a lot out of the experience. I believe they are all much broader citizens of the community for the experience.

Hopefully we have made some meaningful and long term connections with your organisations.

Many Thanks

Bryce McLean

Head of Year Eight, Great Southern Grammar

(ED - the students took part in a day's maintenance installing water bars on a section of Track under the supervision of support volunteer, Wes Fokkemeier)

Dear Friends

Please pass on my sincere thanks to the Board for the beautiful 20 Year Certificate and gifts. I can't believe it's been that long!

I love being a Maintenance Volunteer and hope I'll be able to carry on a bit longer, at least! I've met so many interesting people, made new friends and learnt a great deal.

Thank you,

Maureen Potter.



Members of Perth Bushwalking Club along the Track.

Perth Bushies celebrate 50 Years

The Perth Bushwalkers Club is attempting a sectional end-to-end of the Bibbulmun Track by the end of this year as a special celebration of its 50th year anniversary. The walk began at the Kalamunda Terminus last May and already over half the Track has been walked.

The Bibbulmun Track was originally an initiative of Geoff Schafer, the founding member of the Club, and club members were excited to participate in the design and construction of the "new" Track

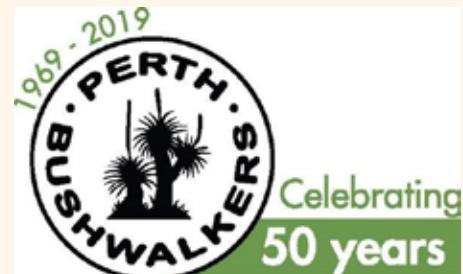
between 1994 and 1998 under the leadership of Jesse Brampton. Since then there has always been a deep and ongoing interest in the Track, with the maintenance of the Whitehorse Hills section carried out for many years.

The Perth Bushwalkers Club runs scheduled walks on its programme every weekend which offers easy, medium and challenging bushwalks as well as other activities such as canoeing and cycling. The Club presently

boasts over 350 members.

For more information visit: perthbushwalkers.asn.au

Members of the Perth Bushwalkers Club are attempting a sectional end-to-end to celebrate the Club's 50th Anniversary.



Celebrating
50 years

Before you go

CHECK THE LATEST TRACK CONDITIONS

Before heading out on to the Bibbulmun Track it is important that you check the current Track conditions and are aware of any changes that may impact on your journey. Refer to the Section by Section guide on www.bibbulmuntrack.org.au or contact the appropriate Parks and Wildlife Services District (see contact details below).

There may be maintenance or construction projects near or on the Track that result in temporary diversions or changes. These will not be marked on your maps. Diversions are usually marked with Waugal trail markers attached to yellow metal posts. If you encounter these when walking, follow these temporary markers, not your map. The diversion will eventually return you to the main trail.

Please remember the Bibbulmun Track is a walking track only. No wheeled vehicles, including trolleys, wheelbarrows, prams or bikes should be on the Track. Please help to preserve the Track and the environment by keeping to 'boots only'.

Prescribed Burning Operations

Parks and Wildlife conducts a program of prescribed burning operations each year. Prescribed burning operations are undertaken for a variety of reasons, including property protection, fuel reduction and biodiversity management.

These burns are carefully planned but may cause some disruption to Track users. Where prescribed burning operations impact on the Track, temporary diversions will be put in place. Prescribed burning operations are dependent on appropriate weather conditions and for this reason dates of burns are not available in advance. For information regarding prescribed burns, please contact the District offices.

Groups on the Track

Non-commercial groups of walkers with eight or more members that are staying overnight on the Track are requested to complete a Group Notification online at parks.dpaw.wa.gov.au/know/group-notifications.

Car access to the Track

Walkers are reminded that vehicles can only access the Track at designated points. These are marked on the maps and guidebooks as red or green car symbols. Other roads that lead towards the Track might be restricted or have locked gates as they enter disease risk areas. Attempting to access the Track at non-designated points can spread disease or damage wildlife. Please use only the access points marked on the maps and guidebooks.

Parks and Wildlife Contacts:

Recreation and Trails Unit

recreationandtrails@dbca.wa.gov.au
Ph: (08) 9219 8265

District Offices

Perth Hills District (Mundaring and Dwellingup)

Perth Hills District (Mundaring and Dwellingup)
Kalamunda to the Harvey-Quindanning Road
Map 1 & 2 and Guidebooks 1 & 2
Contact Rebecca Hamilton on (08) 9290 6100 or
mundaring@dbca.wa.gov.au

Wellington District (Collie)

**The Harvey-Quindanning Road to Mumballup
(Donnybrook-Boyup Brook Rd)**
Map 3 and Guidebook 3
Contact Nick Evans on (08) 9735 1988 or
wellington@dbca.wa.gov.au

Blackwood District (Balingup)

Blackwood District (Balingup)
**Mumballup (Donnybrook-Boyup Brook Rd) to Willow Springs
(Gold Gully Rd)**
Map 4 and Guidebook 4
Contact Andrew Sandri on (08) 9731 6232 or
blackwood@dbca.wa.gov.au

Donnelly District (Pemberton and Northcliffe)

Willow Springs (Gold Gully Rd) to Pingerup Rd
Map 5 and Guidebook 5
Contact John McKenzie on (08) 9776 1207 or
donnelly.district@dbca.wa.gov.au

Frankland District (Walpole)

Pingerup Rd to Denmark River mouth
Map 6, 7 and 8 and Guidebooks 6, 7 and 8
Contact Julie Ewing on (08) 9840 0400 or
frankland.district@dbca.wa.gov.au

Albany District (Denmark and Albany)

Denmark River mouth to Albany
Map 8 and Guidebook 8
Contact Luke Coney on (08) 9842 4500 or
albany@dbca.wa.gov.au

LEAVE NO TRACE TIP: LEAVE WHAT YOU FIND

- Do not add to, or create new, rock cairns. Cairns are for navigation only where other trail marking is not possible.
- Individual rocks provide shelter for all types of critters and new cairns not only disturb the natural environment but can lead walkers astray.



Take only photos... leave only footprints.



Kerstin Stender,

Trails Coordinator

Locked Bag 104, Bentley Delivery Centre 6983

Tel: (08) 9219 8265

Email: recreationandtrails@dbca.wa.gov.au



Department of Biodiversity,
Conservation and Attractions



Recreation & Trails UNIT

After having six months off work travelling overseas I'm back with new enthusiasm and a broadened perspective of trails from around the world. In addition to spending time with family and friends in Germany, I hiked and cycled in Europe and Lebanon for most of five months. I also attended the World Trails Conference on the Camino Trail in Santiago de Compostela, Spain. As a World Trails Network committee member and conference organiser, I was pleased with the sold-out event and level of information shared amongst the nearly 300 participants. Look out for my travel story in the next Bibbulmun Track News highlighting trails, hikes and other activities. Back to the reality of work now though, here is an update of the work undertaken by Parks and Wildlife Service.

Most of you probably remember the spectacular helicopter rescue of the hiker from the Helena Campsite as the flames were coming over the hill in January 2018. The bushfire completely destroyed the campsite near Mundaring, leaving only

metal sheets and the underground toilet tank with seat. Thanks to the government insurer RiskCover payment has been received for the rebuild. Productive discussions between the Foundation and the department's design team resulted in a revised rammed earth shelter with more hanging space and undercover seating. Construction of the Helena Campsite has begun and is expected to be completed in early winter.

The fire that destroyed the Sandpatch Campsite near Albany was unseasonably late, but perhaps a sign of a changing climate with an extended fire risk. The insurance claim has been settled and the drawings are being finalised. Due to the unavailability of dieback free soil near Albany, and the difficult site access, a different fire resistant design is proposed for the new Sandpatch shelter. I will provide more on this in the next news.

Over the past year the Foundation's Support Volunteer team and the

department have completed major restoration work of the River Road Bridge south of Pemberton. In addition to the extensive work undertaken by the volunteer teams, a contractor has replaced several of the big timber members. The combined work has returned the bridge to a good condition so it can last many more years. It is the last remaining old rail timber bridge on the Bibbulmun Track.

In partnership with the Foundation, we are working on developing a three to five year works program, including priorities, budget requirements and regular maintenance regimes. After the successful upgrade of Swamp Oak Campsite, the Waalegh Campsite is likely to be the next upgrade.

For those of you interested in the strategic planning of trails, regional trail plans are currently being developed for the broader Albany region and another being finalised for Peel. These trail plans provide the detail under the State's Trails Blueprint 2017-2021. You might like to check if there is trail planning in your region.

In short news, the department has purchased new timber posts for marking the Bibbulmun Track, which will be prepared and installed by the volunteer teams in the coming months.

Kerstin Stender

Trails Coordinator



Several large timber members were replaced in the final stages of work on River Road Bridge.

Feedback from the Foundation and walkers helped shape the design of the new shelter at Helena Campsite. We think the Department has developed a winning design!



Eyes on the G R O U N D



Working at heights training in action

As usual for this time of year, the onset of autumn sees our maintenance volunteers planning their first visit for the year to their section of the Track.

We were lucky that no major fires threatened Track infrastructure this summer, although the Southampton fire at the end of February gave us a couple of anxious days. Members of the Bibb Track community based in the area were involved in fighting the fire, and we recognize their efforts.

As the task of reporting on the Track's condition and performing small-scale maintenance lies largely with our volunteers, the Newmont Boddington Gold Eyes on the Ground program is coordinated by the BTF Volunteer Manager.

With the retirement in December of Gwen Plunkett, the role has been taken on by Helen Grimm. She is ably assisted by Mark Davidson and Charlie Soord as coordinators of the support volunteers, Colin Gee (maintenance report compilation), Charmaine Harris (volunteer hours reporting) and various office volunteers who play a valuable role in opportunistic tasks.

The 151 track maintenance sections range in length from 2.8 to 12.6 km and one in three includes a campsite. We are fortunate to attract the service of a dedicated community of volunteers for Track maintenance. Many have looked after their sections for years, while at the other end of the spectrum some are new in the role. We will always welcome expressions of interest in maintenance volunteering, as team changes and retirements are inevitable.

Since it was formed in 2015 the team of Support Volunteers (SVs) has grown to 31 members. The SVs are a group that has extra training in equipment use and logistics

so that more can be done by volunteers to support DBCA's Recreation and Trails Unit. Recent projects have involved them in re-marking and mowing the final section in Albany and completion of the shelter extension at Swamp Oak campsite. The next project on the calendar is recladding the shelters in Donnelly River Village.

We anticipate some new initiatives coming to the management of the maintenance program in the near future—watch this space!

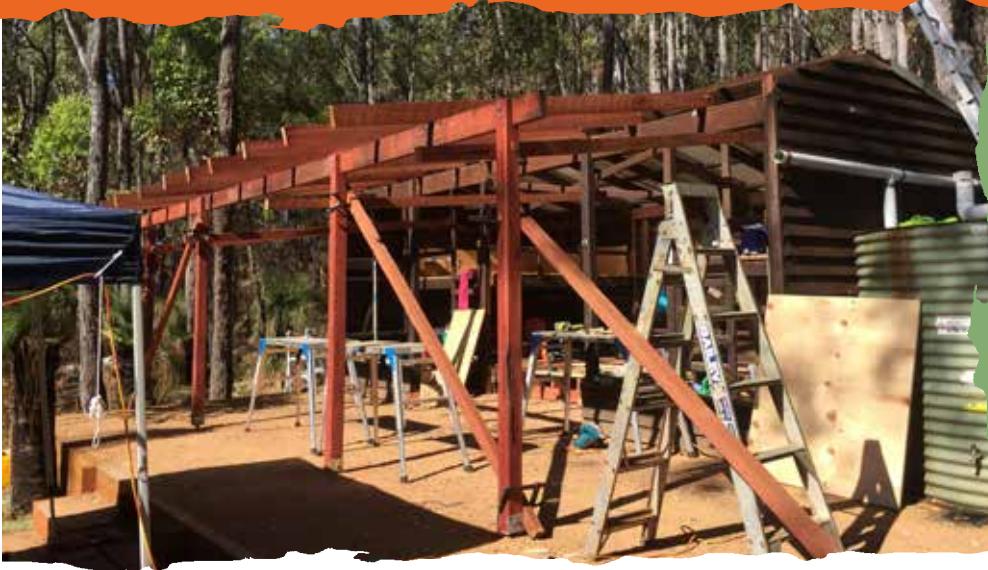


Installing tables at Swamp Oak Campsite



Volunteers Graham Murdoch and Hedley Amos touching up a section of the Track in the Perth Hills

Persistence pays off



New roof and support structure erected

Support Volunteer Projects

Swamp Oak Shelter Extended

In January a team of support volunteers returned to Swamp Oak Campsite to complete the shelter extension. Over six days the front roof section was removed, old timberwork demolished, sleeping area extended, new rafters and posts oiled and erected, new roofing installed, and gutters and piping refitted. In addition, two new fire rings, three picnic tables and extra seating was installed.

Donnelly River Village Shelters Recladding – Stage 1

The Foundation has been asked by Donnelly River Village management to strip and reclad the two shelters. This work will be done in late April and support volunteers visited in February to estimate labour and materials. DRV management will supply new jarrah and flashings while the Foundation will supply labour, equipment, scaffolding, tools, nails and all safety requirements.



Swamp Oak Campsite extension completed

Track maintenance along the south coast is an ongoing task and can be arduous. The coastal scrub is tough, prickly and persistent. While dedicated maintenance volunteer Wes Fokkema has found using a brush cutter is highly preferable to secateurs and hedge clippers, it is still demanding work which can take several continuous hours over a section.

Some time ago, Wes recalled seeing the Parks and Wildlife Service use a self-propelled mower to clear a section of track. He approached District officers and was able to discover an old Deutscher mower hiding in a shed. With the support of the District team, it was given a new lease on life and ready for its first outing. Unfortunately, this didn't last long, as a breakdown sent it back to the work-shop for further work.

Finally, at the beginning of March, Wes got the chance to give it a full run-in. The results were very satisfying—what would've taken four to five hours with a brush cutter was done in two hours. The mower is more gentle on the Track and infrastructure than heavy slashers, although there will still be a place for the use of brush cutters in inaccessible sections such as steps.

Here's hoping the rejuvenated old unit lasts for a while—welcoming our newest contributor to Track maintenance!



Volunteer, Wes Fokkema, recruited an old mower to keep the coastal scrub in check.

Getting into Gear - FAVOURITE GEAR BY LARI

In November 2018 a number of experienced hikers were invited to display and talk about some of the light-weight, unusual and most efficient items of equipment taken on their walks.

Among the presenters was Lari McDonald, long-time member of the BTF, multiple End-to-Ender and highly experienced maintenance volunteer. These are the items she presented. This article, with web-links to suppliers, is on our website.

Lari:

Umbrella

"I purchased my first umbrella in 2016 and it proved its usefulness immediately when I was walking through Hungary in 38 degree heat on a bitumen road. The temperature dropped 7 degrees under the umbrella! It is wonderful in the rain because you don't have to wear wet gear to stay dry, which makes you super-hot. This brilliant piece of gear saved my butt when walking into Northcliffe in a horrid thunderstorm being belted by hail; I escaped without bruises and stayed dry! The brand I use is called Swing Hands Free and it's available online.

Gaiters

"Snakes can be a problem and I always wear my Sea to Summit heavy duty gaiters in snake country, but I use debris gaiters to keep out sand, grit and gravel otherwise. There's a plethora of official hiking brands of debris gaiters on the market, but I've discovered the Ultra Gait brand keeps 100% of all debris out. Designer style, come in super funky colours and they fix to the shoes with Velcro. You never have to pick stuff out of your socks or empty your shoes at the end of the day!"

Handy Grab Bag

"The Grab Bag by Osprey attaches to the shoulder strap adjustment on your pack and sits across the front of you. It's an easy place to get at the things you need regularly; lip balm, knife, camera, phone, etc. when the side pockets of the pack seem way too far around the corner."

Hydration

"For carrying water I use the Source hydration system. You have the option of either a regular single hose or dual hose system. The dual system allows you to have both water and hydration salts ready loaded. The mouth piece has a cover so it stays clean outside the pack and the bladder can be refilled without taking it out of the pack, allowing you to top up water on the go without unpacking. A Sawyer filter can be attached directly to the system.

Comfort

"When you want to take a break in the bush there is often nowhere comfortable to sit down; fallen logs are often dirty, damp and moss covered. To alleviate this problem, Thermarest make two types of seat rests, also known as sit-pads or ass mats.
(Ed: The latter term is used by Americans, who can't spell).

Both function equally well and it's a personal preference whether you prefer the fold-up type which is lightweight but bulky, or the blow-up type which is much smaller but heavier. Sources of this type of product include Wildearth and Military 1st.

Shelter

"A tent or not a tent? That is the question pondered by many walkers who are trying to reduce the weight of their packs. If you elect not to carry a tent, but still appreciate that you may not get access to a Track shelter for the night, the Z Pak tarp is the super lightweight answer.

Health

"Health is always a big concern for walkers, and looking after your body, both externally and internally when embarking on a strenuous trek is of paramount importance. These are a few suggestions that might help.

1. Rock Tape.

Kinesio Taping gives support and stability to your joints and muscles without affecting

circulation and range of motion. It is also used for preventive maintenance, oedema, and to treat pain. There is an app for Android and Apple called Taping Guide that is a free download and works offline.

(Ed: Bibb Track branded Rock Tape is available from the Foundation)

2. Cramp Stop.

For cramps without chemical fix, Cramp Stop is a homeopathic remedy and is available online or in some health stores.

3. Traumeel.

Traumeel is an anti-inflammatory which is homeopathic and not chemical based. Available from health stores in tablet and cream form.

4. Vital Greens

Vital Greens is a supplement for green veggies. A tablespoon a day in water gives you something different to drink and also supplies vital nutrients that you can't get on the Track.

Lari McDonald.



THE PERFECT MOTHER'S DAY GIFTS

Some great ideas for that special mum!

Silver Waugal Pendant

Beautifully crafted, unique silver stylised Waugal pendant Unisex design – string onto a leather thong for a casual look, or create a stunning piece of jewellery with the addition of a silver chain. RRP \$40 - Only \$36 for members

Bibbulmun Track Headsox

New uniquely designed Bibbulmun Track Headsox. Headsox are a multifunctional, seamless head and neckwear accessory made from stretchy micro fibre. With 12 versatile ways to get your head around Headsox, they are perfect for any activity. RRP \$25.00 - Only \$21.50 for members

Bibbulmun Track KeepCup

Our funky Bibbulmun Track KeepCup is the perfect gift that keeps on giving. Next time Mum buys a take-away coffee she can show off her new KeepCup and be reducing disposable waste!). RRP \$17.60 - Only \$16 for members

Tote bags, T-shirts, Phone covers and other great gifts from Redbubble!

You can order a variety of products from the Redbubble website. Just search for Bibbulmun Track and two designs will pop up. The Waugal design and the simple Bibbulmun Track logo.

Choose the styles and designs you like and order direct from Redbubble.com



TRACK TUCKER

Red Curry Chicken by Ce Kealley

Ingredients (4 serves)

- 500 gr chicken mince
- 1 tbsp red curry paste
- 1 onion
- 1 zucchini
- 1 red capsicum
- 1 cup coconut milk
- Any other veggies you would like to add (e.g. carrot)

Finely chop all the veggies. Fry mince with onion and red curry powder then add all other ingredients and cook until reasonably dry.

Dehydrate until dry to the touch.

Serve with rice.

(Tip: I add extra water, then the rice, and cook until it has absorbed. Then dehydrate to create a one-pot meal.)

To rehydrate, cover with boiling water and leave to sit for 1-2 hours, then reheat and enjoy!

FAVOURITE SHORT WALK PERTH HILLS DISCOVERY CENTRE TO HELENA CAMPSITE

Difficulty: Grade 3 - **Time:** Full day - **Distance:** 23.4km return

Starting point: Park your car at the Perth Hills Discovery Centre and follow the Track north-east as it skirts the right hand side of the parking area and crosses Allen Road.

This is a moderately strenuous walk that should be undertaken only by reasonably fit and experienced walkers, it is not an easy stroll! It is best done in the spring, when the wildflowers are in bloom and obviously will only be viable after the new Helena shelter has been completed. It makes an excellent trial-run for walkers preparing to take on longer, overnight walks. I take a large Thermos flask of coffee, a packet of sandwiches and an apple, ready to enjoy a leisurely lunch at Helena Campsite with its beautiful view across the river valley.

An easy three kilometre stretch through jarrah and sheoak forest takes you to Ball Creek Campsite where you can take a break and a coffee. Then it's a steady walk of 8.7km to Helena through jarrah, yarri and wandoo forest. There are some steep hills but they are very short in length and the walk offers some excellent views across the Helena Valley. On arrival at the campsite, relax, eat lunch and take a long break to enjoy the view and the serenity of the forest before returning to your car.

Wrong Way Jim



The Track near Helena Campsite in Spring.



Yes, THEY DID IT!

Spring has always been the most popular season for walks on the Bibbulmun Track and 2018 was no exception, with large numbers of walkers enjoying the spectacular wildflower display after a wet winter. Many walkers also chose to complete their sectional end-to-ends during the spring months.

Here is our latest group of End-to-Enders and, as usual, they are featured in chronological order of completion. Our **congratulations** go to all of them!

Su (64) and **Bob** (76) **McNamara**, of Wagin (Sectional, 14.11.08 to 27.04.18) say the Bibbulmun Track is an awesome place to be. It is so different to other walks they've completed in New Zealand and Australia. Friends from NZ joined them for much of their walk. Seeing a whale between Torbay and Albany was a huge delight for them.

Tom Hilliar (70), of Cooongoop, enjoyed his latest end-to-end (Sectional, 30.08.17 to 11.09.18) during what he calls "a proper winter"— lots of water in rivers and creeks, freezing on the south coast, swells and weather coming in accompanied by howling winds. The whole Track remains his favourite section. He was cold and wet for much of his walk and highlights were rain, rain and more rain.

Michelle Fletcher (53), of Clarkson, was *Optimistic MF* on her walks (Sectional, 31.03.18 to 13.09.18), which she described as unique and challenging adventures, "like no other", with new surprises every day. Faith in Track town business owners and fellow walkers was confirmed on several occasions when she lost her credit card, her phone became waterlogged in rough weather at Blackwood campsite and another map was badly needed. All wishes were answered! It was also comforting to know that a shelter and water were available each night. Highlights were many— encounters with others at Gardner and Collie, a challenging crossing at Torbay Inlet, the awesome south coast and above all, her own mindful and physical ability to complete the most amazing time of her life.

David Broughton (73), of Kalamunda, has completed another end-to-end through his preferred winter months (Sectional, 01.04.18 to 17.09.18). He loves the rain and the wet Track! David provides most of his own food when hiking as he's found it can be difficult to obtain gluten-free supplies in the towns. The whole Track is a favourite with him and highlights are always the wildflowers. He is very comfortable with his own company and his trusted backpack.

Derry Kingston, from NZ (S-N, 24.08.18 to 03.10.18), called himself *Spotted Kiwi* and says everything about the Bibbulmun Track confirms its world class status as a long-distance purpose built trail—its maps and guidebooks, track signage, design and reliability of facilities and the regular maintenance by volunteers. The different landscapes, flora and fauna provided some intriguing and unforgettable experiences. Derry resupplied at Track towns along the way. Upon finishing the Track at Kalamunda, he continued his walk to Perth YHA, and ultimately on to City Beach.

Graham Stevenson (52), from Donnybrook, called himself *Wombat* on his end-to-end (Sectional, 05.09.10 to 16.10.18). Although he enjoyed the solitude of solo walking, he shared the Track at times with friends and with his brother and found he didn't push himself as hard when with the others. Graham's favourite sections were through the awesome tingle forest and along the south coast. Highlights were sharing the completion of his brother's end-to-end with him, and celebrating with drinks and friends after completing his own. He passes on big thanks to the BTF and volunteers— their efforts were much appreciated.

Richard Duczmal (70), from Queensland, (N-S, 31.08.18 to 17.10.18), enjoyed the solitude of a walk that he didn't find particularly physically challenging, although the soft sand could be a challenge on the legs sometimes. The hills were steep but not high. Richard's favourite sections were along the coast and he stayed dry across all inlets. The vistas of wildflowers were another highlight. He appreciated the clean and well-maintained shelters, tanks and toilets at the campsites. He reports the Guthook app worked well for him.

James Young, of Peppermint Grove, found his end-to-end (Sectional, 04.09.16 to 18.10.18) was enjoyable and at times challenging. Food favourites consisted of dehydrated chilli con carne, peanut

butter wraps, coffee, soup and cereal; all complemented by full English breakfasts in the Track towns. Walpole to Denmark was his favourite section with the spectacular Southern Ocean views. James met an echidna going up Mt Wells. His advice is to avoid the heat and to walk within your capabilities.

Yi-Fang Hsiao (27), of Bayswater, described her end-to-end (N-S, 01.09.18 to 19.10.18) as a wonderful experience where she met some amazing people, yet still enjoyed precious time being alone. DRV to Pemberton was her favourite section and she found her walk was quieter and more remote than anywhere else she has ever been. Her best equipment was an umbrella which attached to her shoulder straps, keeping her nice and dry on wet days.

Cliff Howard (60), from NSW, was *Conspicuous Cliff* (N-S, 28.08.18 to 23.10.18) on a walk that he loved. The standard of facilities, the changing environments and the wilderness routes combined to make the Track one of his best ever walks. He found the whole experience very peaceful and relaxing and enjoyed meeting other people—hearing where they've walked, why they're walking, what gear they use and what food they eat. A special highlight was seeing the WA endemic birdlife which he studied with the help of a bird handbook and binoculars. Cliff was hard pressed to name a favourite section, but wanted to go slow, single-hut and spend as much time as possible on the Track.

Vera Dar (52), from Israel (N-S, 07.09.18 to 24.10.18) liked her end-to-end so much that she is willing to break her rule of not doing the same trail twice, in order to repeat the Bibbulmun Track! It is the best maintained track she has ever hiked. Her favourite section was from DRV to Pemberton and she had a lovely encounter with a kangaroo—"At DRV a kangaroo came up to me and placed her hand on mine. She looked me in the eye and said 'I can't believe you just came out of the general store and didn't buy me anything!' I went back and bought her something."

Renee Harper (42), from Queensland (N-S, 17.09.18 to 25.10.18) says she still hasn't worked out how she managed to walk through so many water bushes and soap bushes, yet still smell so bad! She found

**Our CONGRATULATIONS to the following
61 walkers on completing an end-to-end!
19 from overseas, 15 from interstate and
27 from WA.**



it was easy to resupply in the Track towns and her favourite sections were between Northcliffe and Denmark.

Phil (65) and **Vivian Mather**, from the USA, were *So Far and So Good* on their long hike (N-S, 18.09.18 to 25.10.18), which Vivian found to be completely different to any other walk done, including the PCT and the Himalayas. They found it was fairly easy to resupply in the Track towns and especially liked the Karri Co-op in Northcliffe. Pemberton to Albany was the favourite part for both of them and a highlight was a huge storm with thunder, lightning and hail at Rame Head shelter.

Rod O'Mara (71), from Queensland (Sectional, 08.10.10 to 25.10.18) loved to be among the big trees around Donnelly and Pemberton, listening to the birdsong. The blue wrens were a special favourite. Rod and his friends generally bought supplies beforehand, but used accommodation in each town as a break from camping. Highlights included the coastal views, the granite outcrops near Mt Wells and the carpets of wildflowers. The Bibbulmun Track has the best facilities of any track he's walked and he advises walkers to take their time, as he saw many double-hutters arriving at campsites late, exhausted and with sore feet.

Sherry Saggers (67), of Bayswater, and **Suzanne Hicks** (63), of Margaret River were simply *Sherry and Suzanne* as they shared their epic adventure (N-S, 30.08.18 to 26.10.18). Sherry found the walk a bit harder than expected but has learnt a lot about travelling lighter. Suzanne likened the experience to childbirth "It was amazing, painful, awesome and took a long time!" Dehydrating their own meals worked well for them. They both loved the wildflowers in the Monadnocks area and through the Pingerup Plains, as well as reaching the coast and following it toward Albany. Walks have been completed in many other countries, and both rate the Track as being amongst the best trails in the world. Suzanne will continue to digest this experience for years to come.

Kenneth Durham (58), from the USA, signed in as *COACH* while having a great time enjoying the Trail (N-S, 21.09.18 to 26.10.18). He had no issues resupplying along the way and his favourite section was around Mt Cooke. The many wildflowers to be found

everywhere were particular highlights for him. He kept an online daily journal as he walked.

Branislav Ruzicic (34), of Maylands, met many walkers as Brano on his "adventure of a lifetime" (N-S, 10.09.18 to 28.10.18). He loved the whole Track, with his special highlights including the boulders on Mt Cooke, the dark waters of the Blackwood River, the wildflowers and karri trees, the endless plains and finally seeing the ocean and walking the coastal sections. He enjoyed visits with his wife and dogs when they met him in towns with homemade food. Branislav decided to walk the Track after a dark period in his life and thought it could change him...but he says he hasn't changed much and he didn't find Nirvana because the Track showed him he already had it.

Frank Trybulec (56), of Rockingham, has completed another end-to-end (N-S, 15.09.18 to 28.10.18) and says he'll never tire of walking the Bibbulmun Track as he always manages to discover something new and interesting along each journey. Balingup through to Pemberton was his favourite section and he always loves the wildflowers. This time he also enjoyed seeing the many running brooks and creeks after a very wet winter.

Joy McGilvray, of Lesmurdie, and **Anne Bologna** (62), of Gooseberry Hill were both thrilled to complete their end-to-end (Sectional, 09.04.14 to 30.10.18). They used mainly home dehydrated food on their walks and Anne got good tips from other walkers. Joy found miso soups were a good pick-me-up after getting into camp. Both preferred northern sections between Kalamunda and Dwellingup. Highlights included the orchids on their last walk and a surprise family breakfast at the northern terminus two weeks after finishing to celebrate their achievement.

Lee Morgan (46), of Morley, (N-S, 08.09.18 to 01.11.18) says that, with the great signage, good maintenance, campsite facilities, BTF support and website, the Track is an ideal long-distance thru-hike for the beginner and lovers of a good walk. In addition to posting food drops of dehydrated foods to towns, Lee also did his best to support the wonderful cafes, pubs, roadhouse and restaurants along the way. Walpole to Peaceful Bay was his favourite section as it provided such huge contrasts in landscapes. Memorable

highlights were seeing an echidna for the first time, a same-day sunrise at Mt Chance and sunset at Woolbales, the sound of the ocean as he got closer to the coast and cooling off in numerous rivers and lakes. He loved reconnecting with nature and getting fit while doing something he loved.

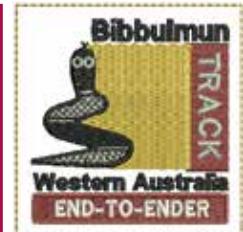
Heather and Dan Lightfoot, from Canada, (N-S, 22.09.18 to 01.11.18) loved the Track and enjoyed meeting fellow walkers. The facilities on the Track made it seem like glamping to them, compared to back country hiking in Canada, and they prefer the campsites to those found on the AT. They had little trouble resupplying in Track towns. The Kalamunda hills and the karri forests were favourite sections and climbing the Gloucester Tree was a special highlight. They saw a lot of wildlife including far too many snakes!

Doug Fleming (71), from Victoria (Sectional, 07.04.18 to 03.11.18), said the overall walk was amazing and a huge credit to those who maintain the Track. He was determined to finish it, despite having to return home twice during his walk. He found the Track towns were welcoming and friendly, and adequate for supplies. In comparison with other walks, the quality of the shelters was a standout for him. The tingle tree region was special but he also enjoyed open country after the forests. He'd been told about the wildflowers but never expected the display and diversity to be so amazing. Doug enjoyed the feelings of remoteness walking solo, but also liked sharing experiences with other walkers each evening.

Tor Clarke (38), of North Perth, called himself *Adventure Albert* on his end-to-end (N-S, 05.09.18 to 04.11.18) which he claims is the best thing he's ever done. Resupplying in Track towns was adequate but sometimes expensive and a bit boring. However, he really enjoyed the fresh food in all the towns. Like many others, Tor found it difficult to nominate a favourite section but highlights were the Monadnocks, the karri forest and the south coast. He saw a

**Do you have your
End-to-Ender
BADGE?**

**FREE when you
register your
first end-to-end!**



Yes, THEY DID IT! (CONT.)

huge variety of wildlife and is glad he used a short length of fishing line to hang his pack, keeping it safe from critters.

Jackie Mann (55), from NSW, called her end-to-end (N-S, 10.09.18 to 04.11.18) the “journey of a lifetime” and says it was easier for her than other walkers because her parents were able to meet her in each town. As well as having this great support, it became a great family holiday. Jackie was a relative newbie to hiking and had a fear of snakes but, due to the Track, she now respects them and even looks forward to seeing them. She appreciated how well marked the Track was, and her favourite sections were around Mt Cooke and along the south coast.

Nora Sears (25), from the USA (N-S, 17.09.18 to 04.11.18) is so grateful that she got to experience Australia through her love of walking. This was her first long distance walk and she feels very proud that she was able to finish it. She enjoyed meeting other solo women walkers and sharing their experiences, successes and struggles, including comparisons of snake counts and considerations about wet boots! Walking along beaches with the bluest water she has ever seen made the coastal sections her favourites. The many snakes she saw helped overcome her fear of them and she also loved seeing the kangaroos hop by.

Laurence Till (61), from NSW (N-S, 20.09.18 to 06.11.18), found the Track to be very popular but still managed to find areas of the isolation that he loves. The whole Track was his favourite with its continuing outstanding scenery. Shelters were a bonus and he was very appreciative of work done by maintenance volunteers. Laurence had no trouble resupplying in towns. Highlights included family members accompanying him part of the way, and climbing the Gloucester Tree again after 40 years.

Heather McNamara (46), of Toodyay, was *Morris Goes for a Walk* and *Muddy Boots* during her walks (Sectional, 17.06.17 to 08.11.18). She says the Track offered a place for reflection and enjoyment, but still challenged her at different levels on a daily basis. Heather found it was a very rewarding experience and she learned a lot about herself. Balingup to DRV was a favourite section and a highlight was walking across a bridge her brother had crossed 40 years ago. Wildlife included an echidna near White Horse Hills, emu chicks, whales and a pod of dolphins surfing at Lowlands Beach.

Glen Pendergrast (69), from NZ (N-S, 03.10.18 to 09.11.18) found it was easy to research information before his walk, but the shelters surpassed his expectations and he used them more than he'd planned to. Walking such a well planned and well marked trail was a pleasant experience in the very best sense of the word. Although Kalamunda to Dwellingup was heavy with his supplies, he found it easy to resupply in towns along the way and enjoyed meeting many hospitable people. Not being an Aussie, Glen found the native flora and fauna was all new to him and he especially loved the stunning wildflowers and the karri trees.

Eugen Simon (61), from NSW (N-S, 23.09.18 to 10.11.18) loved the Track and the whole experience. In comparison with other walks, it's a world-class track! His favourite section was around Giants with the huge trees. Highlights included the routine of almost daily walking and the fact that he got no blisters. Eugen needed some time off in Collie to recover from a tendon problem, but is happy that he was able to continue.

Christopher Moschioni (56), from the ACT (mostly S-N, 21.09.18 to 12.11.18) finds he only has to look at previous photos to start enthusing about the Track and wanting to be out there again! Nominating a favourite section has always been hard, but this time he especially liked Waalegh to Mt Dale, DRV to Pemberton and Frankland River to Peaceful Bay. Times of solitude were savoured but meeting other walkers was enjoyable, especially those from previous meetings on the Track. The wildflowers were spectacular and he liked gazing into the coals in the campfires.

Cathy (69) and **Ian** (72) **Herbert**, from Queensland (N-S, 23.09.18 to 12.11.18) say the campsites were excellent and much appreciated. They also liked being able to purchase Back Country foods in some of the Visitor Centres. Their favourite section was between Frankland River and Giants, and they generally preferred the forests to the coastal sections.

Marika and **Torsten Maurer**, from Germany, returned to walk a thru-hike (N-S, 11.09.18 to 13.11.18) and never got bored walking through the forest day after day. They took time to stay in each campsite and an extra day in each town so they could explore the surroundings. The forests were their favourite sections and they loved meeting interesting people, listening to their stories and sharing experiences. Many wildflowers and few flies were a bonus.

Nom Blashki (30), from Tasmania (N-S, 19.10.18 to 17.11.18) enjoyed just being able to walk and not have to constantly worry about navigation. It felt special to walk a trail that is so well cared for by volunteers, and where an effort has been made to avoid roads. Highlights for Nom were plentiful — the tingle trees, orchid spotting, being announced by cockatoos, the dawn chorus, stare-downs with kangaroos, beautiful snakes and almost treading on a monitor lizard.

Leslie Marley (60), from Mindarie, was known as *Bone Idle* on a walk (N-S, 08.10.18 to 20.11.18) that he shared with a friend. He says the walk was a personal challenge, producing a wonderful sense of achievement as he walked into Albany— and ringing the bell there was a real highlight! Leslie was appreciative of his support crew who provided food at nearly all the towns and he liked the well-maintained Track, shelters and dunnies.

Fabian Fahr, from Germany (N-S, 05.10.18 to 21.11.18) was *CaptnCatfish* on what he calls the best trail he's walked so far. He appreciated all that the Track has to offer and said that, in Germany, he wouldn't be able to experience several days without meeting anyone on a trail. This was a great adventure for him and he had no problems resupplying along the way.

Ray McKinnon (57), of Attadale (N-S, 06.10.18 to 23.11.18) enjoyed the whole experience, from the early planning stages right through to the moment he arrived at the Southern Terminus. He cooked and dehydrated most of his own food, and always had a good meal each evening. Ray enjoyed surprising the local kangaroos, but didn't enjoy his backpack's main support wire breaking with 250km still to go!

Michael Heldt (45), from Germany, was simply *Michael* on his many walks (Sectional, 21.11.13 to 24.11.18). He appreciated all maintenance volunteers' efforts and liked pretty much all the Track, but especially the sections between Brookton Highway and Balingup. Another favourite was Dog Pool Campsite and Michael also enjoyed his detour to Greens Pool and Elephant Rocks near William Bay Campsite.

Diana Ritschard (44), from Switzerland (N-S, 28.10.18 to 24.11.18) really enjoyed her first solo long distance walk, learned to trust in her own abilities and was proud to accomplish things she never thought she could. She loved it all—the people, the sunsets, the morning coffees in camp, the



campfires, the views and the volunteers who shared their food! The south coast was her favourite section, with the first glimpse of the ocean and the canoe crossing being special highlights. The shelters and reliable water access set the Bibbulmun Track apart from other walks. Diana would like to return to visit the Track sections and campsites she had to miss due to diversions.

Katie Preston (28), from the UK (N-S, 20.10.18 to 28.11.18), was impressed with all the Track facilities in comparison to other walks, and also with the trip planning offered by the BTF. Resupply was adequate in towns—a greater variety in supermarkets often meant an oversupply! Her favourite section was between Northcliffe and Walpole where the changes in vegetation were spectacular. Climbing the Gloucester Tree was a great thrill, a swim was enjoyed at Dog Pool and she also enjoyed relaxing around a campfire most evenings.

David Hamaty, from NSW, has registered his end-to-end (N-S, 16.10.18 to 28.11.18) but provided no other details of his walk.

Don Stallard, of Bicton (Sectional, 05.10.16 to 25.11.18) thoroughly enjoyed the experience and the camaraderie found on the Track. He was impressed with the maintenance and with volunteers' concern for the Track. Resting at the end of each day was a highlight, and he learned to like his tent even though he couldn't sit up in it! Talking to other walkers and seeing wildlife were also special. Woolbales to Mandalay beach was Don's favourite section.

Rosslyn Park (66), from SA (Sectional, 29.03.15 to 29.11.18), was Roz as she walked the Track in three large chunks. Overall, it was a challenging experience that provided a great sense of achievement, especially on finishing the last chunk. Adequate supplies were found in the towns. Rosslyn loved the forests and lazing around the shelter in the afternoons. Wildflowers, fresh air and solitude were all savoured, but she didn't enjoy the sand-hills—she found them even worse than the beaches!

Jim (75) and Joan Mann, of Parkerville (N-S, 13.10.18 to 08.12.18) had a great walk that tested both physical and mental stamina, and provided feelings of both tiredness and elation. This was their longest walk requiring them to carry everything. Home dehydrated meals were supplemented in towns. They maintain that each section has a character of its own. A highlight was reaching the half-way mark and continuing to walk!

Jon Grant (61), from Queensland, was

Foggy Jon on his wonderful adventure (N-S, 10.10.18 to 09.12.18) and he was impressed with the standard of facilities on Track. He loved the transition in vegetation and the Aussie wildlife. Jon learned to navigate independently, finding the trail generally easy to follow. His hike really challenged him and taught him a lot about his capabilities and potential. Favourite sections were around DRV and the coastal section from Walpole to Albany. Meeting like minded people and becoming track fit were further highlights.

Patrick Dunn (29), of Perth, had a great time and amazing experiences on his hike (N-S, 25.10.18 to 09.12.18) and Walpole to Denmark was his favourite section. He loved walking through the lush tingle and karri forests, watching the amazing coastal sunsets and reading about the escapades of other hikers in the campsite journals. Patrick says he met some awesome people along the Track, but also enjoyed his times of solitude. Walking the Track was the longest time he's ever spent by himself! He ate a lot of dehydrated meals and says tabasco sauce was his best equipment!

Roger Everard (71), from the UK (Sectional, 27.11.14 to 10.12.18), was just Roger on his many walks. He liked the well maintained Track and the reliable water supplies. Balingup to Walpole was a favourite section and he enjoyed all the campsites—particularly Waalegh, Long Point and Rame Head. Roger found the wildlife very sparse on the northern sections this time, possibly due to bushfires, but a highlight was spotting an echidna near Dookanelly.

Leila Folland (22), of Shenton Park (Sectional, 24.11.13 to 12.12.18) says it was the little things that made the best memories—meeting people, spotting wildlife, reaching the shelter at the end of each day, or reaching the top of a climb with a view. She thought the forests between DRV and Northcliffe were stunning and particularly liked Warren Campsite with its vantage point among the tall trees. Leila tried all sorts of food options but finally settled on muesli for breakfast, nuts and carrots for snacks, and pre-cooked curry and rice for dinners.

Stephen Breen (65), of Floreat (N-S, 29.10.18 to 15.12.18) said an end-to-end had been on a bucket-list for many years. He walked with a long-time friend and, although some days were tough, after a good night's rest they were always eager to tackle the next day's walk. Home dehydrated meals were the go, supplemented by town meals and little

treats along the way. Stephen nominated the sections with tall trees as his favourites, especially the karri. Highlights were meeting and chatting to other walkers and Track volunteers. Seeing the harshness of the bush gave an appreciation of the hardships faced by the early settlers in the south-west.

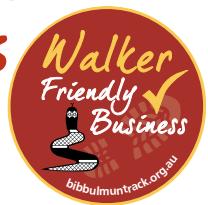
Hammy Russell (48), **Carol Mochan** (48), **Amber Russell** (11) and **Gordon Russell** (9), all from Scotland, walked as *The Russells* on their family end-to-end (N-S, 22.10.18 to 11.12.18). They say it was a wonderful experience overall, even though they found some of the diversions were challenging. Their adventure elicited a full range of emotions in them. They set off with way too much food and then found that the Track towns could provide what was needed. The whole family had different favourite sections, but highlights for them were reaching the ocean and also meeting people who were unfailingly helpful. A whole range of Aussie wildlife was seen, including more than 20 snakes! They'd never done anything like this before in terms of distance and duration, but urge others to do it as well. (see Walker Story page 19)

Bonny Wells (31), of Perth, was simply Bonny on her end-to-end (Sectional, 05.09.15 to 01.01.19). She walked solo much of the time, but was joined by friends and family members on some sections. She's experienced the Track in a thorough way—including walking in each season and in a variety of weather conditions. On finishing, she felt very proud to have walked every step. Bonny has stayed at every campsite and also completed the Wellington Spur Trail. She ate lots of her fresh tomato couscous dish, but also tried a wide variety of foods on her many walks, not forgetting the red wine on some! She enjoyed photographing many wildflowers, fungi and stunning views. Other highlights included the sunsets, background noises of wind and waves, wading the Pingerup Plains and forming new friendships with other walkers.

Compiled by **Charmaine Harris (FOF#1 BTF volunteer and end-to-ender)**

Accommodation, Tours and Services

Please support the Walker Friendly Businesses that support the Track.



- Accommodation - Visitor Centre - Track Transfers - Catering - Tour Guides

BUSINESS NAME	TOWN	TYPE OF BUSINESS	PHONE NO.	WEBSITE	DISCOUNT OFFERED TO MEMBERS
ALBANY BAYVIEW BACKPACKERS YHA	ALBANY		(08) 9842 3388	bayviewbackpackers.com.au	Discount on accommodation
ALBANY HARBOURSIDE APARTMENTS	ALBANY		(08) 9842 1769	albanyharbourside.com.au	10% Discount on accommodation
CAMP KENNEDY BAPTIST YOUTH CAMP	ALBANY		(08) 9845 1040	albanybaptist.com.au/camp-kennedy.html	
DOG ROCK HOTEL	ALBANY		(08) 9845 7200	info@dogrockmotel.com.au	Discounts off rack rate. Long term parking available on request
DUNMOYLEN HOUSE B&B	ALBANY		(08) 9842 5235	dunmoylen.com.au	
WALK INTO LUXURY	ALBANY		1300 662 452	walktoluxury.com.au	
YOHO PIZZA	BALINGUP/ DONNELLY RIVER		0403 734 814	yohopizza.com.au	
MANDIA B&B	COLLIE		0417 179 260	mandia.com.au	
THE COLLEFIELDS	COLLIE		(08) 9734 2052	colliefields.com	
WHISPERING PINES B&B	COLLIE		(08) 9734 3883	whisperingpinesbandb.com.au	
BLUE WREN TRAVELLERS' REST	DENMARK		(08) 9848 3300	denmarkbluewren.com.au	5% discount on accommodation
CAPE HOWE COTTAGES	DENMARK		(08) 9845 1295	capehowe.com.au	10% discount on accommodation
PELICANS AT DENMARK	DENMARK		0413 122 176	pelicansatdenmark.com.au	
PEPPERMINT HOUSE	DENMARK		0408 935 405	pepperminthouse.webs.com	
THE COVE	DENMARK		(08) 9848 1770	thecovechalets.com	10% discount on accommodation
WINDROSE B & B	DENMARK		(08) 9848 3502	windrose.com.au	10% discount on accommodation
DONNELLY RIVER VILLAGE	DONNELLY RIVER		(08) 9772 1244	donnellyriver.com.au	From \$25 pp
DWELLINGUP ADVENTURES	DWELLINGUP		(08) 9538 1127	dwellingupadventures.com.au	
JARRAH FOREST LODGE	DWELLINGUP		0402 615 235	forrestheritagecentre.com.au	
KALAMUNDA CARRIAGES & 3 GUMS COTTAGE	KALAMUNDA		(08) 6293 1902	perthhillsaccommodation.com.au	10% discount on accommodation
MUNDARING WEIR HOTEL	KALAMUNDA		08) 9295 1106	mundaringweirhotel.com.au	
MANJISHUTTLE	MANJIMUP		0457 356 177		Track dopoff and pick up transfers in South West
TIME TRAVEL TOURS & TRANSPORT	NANNUP		0428 302 370	thenannupclocktower.com.au	
KARRI COUNTRY GOOD FOOD	NORTHCLIFFE		(08) 9271 2869	karricountrygoodfood.com.au	Track dopoff and pick up transfers in Donnelly River Village area
WATERMARK KILNS	NORTHCLIFFE		(08) 9776 7349	watermarkkilns.com.au	Discount on application
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RAC KARRI VALLEY RESORT	PEMBERTON		(08) 9776 2020	karrivalleyresort.com.au	10% Discount on accommodation (excluding peak periods)
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COALMINE BEACH HOLIDAY PARK	WALPOLE		(08) 9840 1026	coalminebeach.com.au	10% discount on accommodation
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WALPOLE LODGE	WALPOLE		(08) 9840 1244	walpolelodge.com.au	
ALBANY VISITOR CENTRE	VISITOR CENTRE		(08) 9841 9290	amazingalbany.com.au	
COLLIE VISITOR CENTRE	VISITOR CENTRE		(08) 9734 2051	collierivervalley.org.au	10% on souvenirs
DWELLINGUP HISTORY & VISITOR INFO CENTRE	VISITOR CENTRE		(08) 9538 1108	murray.wa.gov.au/tourism/about/visitor-services-2/	
PEMBERTON VISITOR AND TOURIST CENTRE	VISITOR CENTRE		(08) 9776 1133	pembertonvisitor.com.au	
PERTH HILLS VISITOR CENTRE	VISITOR CENTRE		(08) 9257 9998	experienceperthhills.com.au	
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Vollie Corner

I'm excited to simultaneously welcome you to this new column, and introduce myself. This is the space for celebrating our volunteers; those 406 (and counting!) passionate people who put in time, effort and resources to help us provide an outstanding experience for Bibbulmun Track walkers.

At the end of 2018 I was fortunate and grateful to be appointed the new Volunteer Manager, replacing Gwen Plunkett who has retired after over 20 years of service to the BTF in various positions. I come to the BTF from a science background, initially graduating as a veterinarian, going on to study conservation biology and becoming involved in fauna research for several years before starting a family. My experience of the Track started with day walks and multi-day excursions while at uni, and I was a maintenance volunteer while working in Manjimup. My end-to-end in 2005 was truly a watershed experience in my life. I

haven't had much opportunity to get out in the bush as much in recent years, but over the last 12 months we've taken our small people on some day walks in the hills. So far the little legs have been willing and capable; some more bushwalkers in the making!

It's been fun to meet and get to know various members of the team—the staff, regular office volunteers and several maintenance and data entry volunteers who've dropped in during the months since I started. I've found our office to be a lively and energetic environment; there's obviously a great rapport within the team,



Office volunteers Glenn, Raelene and Mike enjoying their work



Helen Grimm

and passion for the Track shines through. If you're ever kicking your heels in the city during office hours, please drop in and say hello!

I'd like to welcome the new vollies to our team. Thirteen volunteers are just starting their involvement in Track maintenance, six new volunteers joined us for the Google Trekker project last year, we recently welcomed one addition to our regular team of office volunteers and – last but not least – our new Foundation Board member, Marielle. For all new volunteers, we hope that your volunteering experience is enjoyable and rewarding.

As the weather becomes more amenable to walking our maintenance volunteers will be getting out onto the Track for their first sectional visits for the year. I'll describe their tasks and activities in the next Vollie Corner.

Helen Grimm
Volunteer Manager

Volunteer Opportunities

Ornithologist wanted for Bibbulmun Birds walk

After a fabulous 15 years of volunteering on our Bibbulmun Birds day walk, our ornithologist has recently retired and we are on the lookout for a replacement. Are you great with identifying birds and prepared to share your knowledge?

Applicants will need to be available to assist on a day walk of around 16km, usually in October each year. You should have great communication skills, be somewhat familiar with the Bibbulmun Track in the Darling Range, have your own transport and have a very friendly and approachable personality to deal with the many questions you will get from our event participants. If you fit these requirements and wish to apply, please email Steve on events@bibbulmuntrack.org.au.

Excel spreadsheet expertise

Do you know how to set-up a spreadsheet to analyse data and create charts?

Our log book data entry volunteers have logged over 260,000 entries! We need to be able to look at the data for each campsite individually and present this visually.

If you can help please email volunteer@bibbulmuntrack.org.au



**Would you like to
join our office team?**

Love the Bibbulmun Track?
Enjoy interacting with People?
Available one day per week?

If you have a reasonable knowledge of the Track; are IT literate and would like to join our amazing team contact Ce at admin@bibbulmuntrack.org.au or phone 9481 0551 for more information.



Walker Story - A Family Adventure

In November last year Hamilton (“Hammy”) Russell and his wife Carol embarked on an end-to-end walk on the Track with their two kids, Amber (11) and Gordon (9). They made the trip to Perth from Scotland for the sole purpose of walking the Track. I had the privilege of offering advice to this great family to help them plan their trek and of meeting up with them before and after the event. This is their story, as told by Carol:

We first came across the Track in 1994 when Hammy and I were on a camping trip in Western Australia. Hammy said at that time he would like to walk the whole Track one day. A couple of decades passed, two kids arrived, and as Amber approached secondary school age we thought that if we were going to take a long trip, now was the time. Research had shown us that a couple of families had walked the whole Track but until we did it we did not appreciate that people doing an end-to-end with kids was quite rare. We expected to meet some kids on the Track, but realised pretty quickly there were not many on an end-to-end journey like us!

We had been motivated to undertake something a bit different and something that would require us to work together to complete. Our kids are used to travelling—something Hammy and I have always enjoyed—but the appeal of walking the Bibbulmun Track was that we would all be doing something together that was a challenge over an extended period of time. We were extremely keen to step away from the distractions of modern life for a period of time—and we certainly did that on the Bibbulmun Track!

Planning to get away from our commitments of full time work and our own business was the main challenge. After that the preparation for the actual walk became part of our lives. We worked together by email with the Bibbulmun Track Foundation and our coordinator Jim Baker—the assistance from the BTF was invaluable both before and during the walk.



Al fresco dining.

The trip preparation in Scotland involved making travel arrangements, purchasing clothing and practising walking in boots



The adventure starts.

all day! Once we arrived in Australia we needed to buy maps and snake bite kits, finalise our itinerary, set up food drops and organise our accommodation in the towns along the way.

We learned a lot on this trip—what it is like to walk everyday on a long distance walk—it's tough and it becomes all encompassing. You think and talk Track every day until it is hard to remember what



Kids can sleep anywhere!

you talk about normally, but after 51 days you feel that it has become a way of life—a tough but enjoyable way of life.

Our kids, at the ages of 9 and 11, rose to the challenge really well. Yes, we had tears but lots of laughter as well as they worked out how to walk, and how to enjoy it. Our favourite things were definitely quiet mornings at the campsites, the hilarity about food combinations (Track food is not exactly healthy eating!), meeting the wild life and the excitement of arriving in Track towns—something the kids really loved!

The Russell Family

(Ed: The accompanying pictures say it all. As far as I am aware, this is the first time that a family with two young kids has flown half-way across the world to walk the Track—something I'm sure they will remember for a long time!)



Ringing in their arrival at the visitor centre in Albany.

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Get access to hundreds of valuable offers for everything you love to do and support the Bibbulmun Track Foundation at the same time.

The Bibbulmun Track Foundation will receive 20% of the proceeds, which will go towards Track maintenance and improvements.

For more information or enquiries, please contact us on friends@bibbulmuntrack.org.au or purchase directly online at <http://www.entbook.com.au/835a11>.



Thank you for supporting the Bibbulmun Track!

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Help us save time and postage and update your details. Hop onto our website, log in and update your details under *My Account*. You can also upload a pic of yourself!

Not sure how?

Visit our Website Help page under Contact Us at www.bibbulmuntrack.org.au

Otherwise call us and we will update your profile for you.

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.



Send us your caption!

PHOTO CAPTION COMPETITION

Come up with a caption for this photo of Sea to Summit staff member, Ross Smith, showcasing some new gear to our guides and volunteers.

The winner will receive a prize from Sea to Summit. Submit your entry by email to friends@bibbulmuntrack.org.au or by post.

TRACK TOWN - WALPOLE

Hidden in the southwest of Western Australia is the township of Walpole, settled in the heart of true wilderness, conserving unique natural and cultural values.

Nestled on the shores of the Walpole-Nornalup Inlets Marine Park, the town is the main access into the Walpole Wilderness Area, incorporating eight adjoining National Parks and five nature reserves throughout the Shannon, Deep and Frankland River systems.

The knowledgeable team at the Walpole Visitor Centre will help guide you on how to best experience the wilderness that contains, amongst other magnificent venues, the Valley of the Giants Tree Top Walk and Ancient Empire, Mount Frankland's new wilderness viewing platform and the awe inspiring Conspicuous Cliff that looks out across the legendary The Right, a famous surfing spot with massive waves.

The Wilderness Area also preserves the Hilltop Lookout with the remarkable Giant Tingle Tree, one of the world's largest girthed flowering eucalyptus, and Circular Pool that stirs the Frankland River into a foaming mass of tannin red water topped with a white natural froth caused by mysterious myrtle saponins. You can see how the wilderness has inspired some of WA's artists at the Swarbrick Art Loop.

Staff can also direct you on fabulous treks, mountain bike rides and to the best



The Tree Top Walk is a wonderful experience.



Frankland River

places to go swimming, such as Peaceful Bay and Monastery Landing. You can go beachcombing along many beaches including the beautiful Mandalay Beach or travel on 4WD tracks to remote spots such as Long Point or Banksia Camp. Canoeing routes into the wilderness are also available. They can also offer advice on where to camp and what accommodation is available, or provide tickets to experience the Marine Park on the daily Wilderness Eco Cruise.

The Visitor Centre is open every day to help you discover what the Walpole Wilderness is all about.

If you are walking the Bibbulmun Track, Walpole is a lovely place to rest and restock for a day or two. Or base yourself here for a few days and enjoy some of the many short walk options available in the area. You'll find lots of day and overnight walk suggestions on the Bibbulmun Track website – or purchase the Walpole Day Walk Map Pack.



View from Mt Frankland.



A towering tingle tree.

Fact file:

Walpole-Nornalup Visitor Centre
Pioneer Park, South Coast Highway,
Walpole

Open: Every day except Christmas Day.
9am to 5pm (4pm on weekends)

(08) 9840 1111

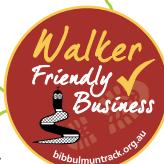
info@walpole.com.au
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100% OF ALL TEAM ENTRY FEES GO TOWARDS MAINTAINING
THE BIBBULMUN TRACK FOR FUTURE GENERATIONS.



Just some of our fantastic vannies at the volunteer Thank You event in Kalamunda.

VOLUNTEER PROFILE

PAM UCICH

In 2005 I saw an article in the Preston Press asking for volunteers to maintain sections of the Bibbulmun Track. Not knowing anyone, I set off to meet up with a large group of similar minded people and the crew from Perth. I ended up being allocated a section from Mandalay Road/Atom Road junction to the Lowden/Grimwade Rd. Another four people joined me, so our group was set. Our section was probably one of the easiest to maintain as much of the section followed old logging roads. Over time the rest of the group dropped away. I did the maintenance work by myself and it was not hard. There are many different sections of the Track that need maintaining and many volunteers are needed.

Over the next few years, I walked that section many times. It contains exquisite sections of banksia groves, grass tree valleys and, I am told by Parks and Wildlife rangers, one of the last remaining stands of virgin jarrah. Although with so many jarrah trees along the route I cannot say exactly where it is. To walk the Track in the spring time is particularly exciting. You need to have your camera fully charged because the wildflowers are in full bloom. Occasionally you see emus and kangaroos but mostly just the sound of them pounding away from you.

But now my time of maintaining the Track has come to an end. I have retired from teaching, the farm has wound down and we are loading up the caravan for the next adventure. If you like getting out and about in our beautiful natural bushland, which we are so privileged to have, contact the Foundation. You will not regret it.



Thank you to our volunteers

THANK YOU TO ALL OF OUR 406 VOLUNTEERS - WHAT WOULD WE DO WITHOUT YOU!

Whether looking after a section of Track, helping in the office, guiding or entering log-book data, the Foundation and the Track could not be in better hands. Huge thanks to you all for being part of the team!

At the end of last year, retiring Volunteer Manager Gwen Plunkett took the opportunity to personally farewell as many of the volunteers as possible through thank you functions in Kalamunda, Albany, Peaceful Bay, Busselton, Bunbury, Collie and Bridgetown. Presentation of volunteer rewards and Long Service Awards were made at thank you events.

Long Service Awards

Long Service Awards recognise the commitment and loyalty of our long serving volunteers, regardless of how many hours they are able to volunteer annually. Volunteers who have been with the Foundation for 5, 10, 15 and 20 years were recognised.

20 YEARS

Val Cocker
Sue Palmer
Geoff Palmer
Jim Freeman
Maureen Potter
Peter Dear

15 YEARS

John Murphy
Peter Sweetman
Dave Foster
Linda Daniels
Mavis Freeman
Edith Thomas

10 YEARS

Ian Rae
Louise Yeaman
Paul Harris
Robin Gill
Pauline Gill
Heather Gledhill
Leigh Wallace
Angela Hine
Dianne Tinker
Chris Ellery
John Kirby

5 YEARS

Robert Grove
Martin Murphy
Maryanne Addenbrooke
Peter Addenbrooke
Dale Everette
Robert Esslemont
Sandra Maley
Shendelle Mullane
Steve Clark
Joy Vibert
Rob Willis-Jones
Sandra Willis-Jones
Clair Brittain
John McKay

Annual Volunteer Rewards

These rewards recognise volunteers who contribute 100, 300, or 500+ hours in the financial year. In total 33,659 hours were contributed by our volunteers in the 2017-18 year.

500+ HOURS

Geoff Meates
Mark Davidson
Charmaine Harris
Charlie Soord
Elsie Grygiel
Ce Kealley
Isabel Busch
Jim Freeman
Colin Gee
Peter Addenbrooke
Ross Simpson
Graham Murdoch
Paul Harris
James Young

100+ HOURS

Mal Cooper
Tony Cole
Sue Soord
Peter Sweetman
Gayle Kealley
Trish Bird
Colleen Clayden
Peter Whittle
Patrick Tremlett
Maryanne Addenbrooke
Lorna Saunders
Mike Cosson
Guy Spouge
Jan Howie
Alex Williams
Dolly Meates
Ian Rae
Mochtar Mukmin
Graham Cargeeg
David Bridger
Richard Clayden
Gary Ceriani
Hugh Payne
Barbara Bechter
Ron Sweeney
Mary Gray
Stuart Gray
Sandra Maley
Tim McGrath
Ron Greenhalgh
Wes Fokkema
Chris Lee

300+ HOURS

Hedley Amos
Bill Hewitt
Lari McDonald
Jim Baker
Jing Xie
Phil Lehmann
Robert Allen
Kathi Storig
Gordon Roberts
Edith Thomas
Michael Marsh
Alan Barker
Vicki Squires
Volker Storig

Our sincere thanks to Zanthorrea Nursery,
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Frankland Volunteer Thank You Day



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FEBRUARY, 2019

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9481 0551
E: friends@bibbulmuntrack.org.au

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FOUND AT POSSUM SPRINGS IN
FEBRUARY

Contact: Rick
rickclare@bigpond.com

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- Non-members, please phone or email us to arrange your adverts. **Cost is \$5 for 3 months.**
- All items will be deleted (from the website) after three months if not renewed. **Phone (08) 9481 0551 or email friends@bibbulmuntrack.org.au**

WILDERNESS FIRST AID TIPS



This is the fifth of a mini series of articles designed to tackle first aid questions and problems that might crop up on the Bibbulmun Track.

Tip 5: Know when you can make a difference and accept it when you can't.

It's good to do a first aid course, but you will likely come away with ideas of "saving lives" and "stabilising casualties". It's unlikely you will. You've learnt CPR, but while it might be useful in downtown Bunbury where there is a hospital just down the road, is it of any use out bush? In general, no. If somebody has collapsed with a heart attack and you can't get a defibrillator to them within 20 minutes, they have a less than 1% chance of surviving to get to hospital, and more importantly less chance than that of them getting out of hospital alive. Give it a go but expect the worst. The exceptions would be where the collapse is from a drowning incident, lightning strike, snakebite or severe hypothermia.

The odds of running into these are pretty slim but if you do, go for gold!

So in what circumstances might you save a life? Answer: bleeding, asthma, diabetes, anaphylaxis and airway support in an unconscious patient. When might you make a difference—pain relief and emotional support. Most bleeding isn't as bad as you think. Just stop it with pressure, pressure and more pressure.

If you're heading out bush with somebody who is known to suffer from asthma, diabetes or anaphylaxis, talk to them about it first. They almost certainly have a good handle on their illness, know what to do and possibly even have a written plan. When using asthma puffers in an emergency remember that they work much better through a spacer—these come as cheap cardboard flat-pack ones, or else use an empty drink bottle. Remember that there is no maximum dose (whatever your first aid course has told you). Keep giving it if they're not improving quickly.

Edi Albert is a doctor with the RFDS based in the Kimberley, a senior lecturer in remote and polar medicine at the University of Tasmania and runs courses in expedition and wilderness medicine. Over the last 30 years his love of the outdoors has taken him all over the world either to work or play, or better still, both. He can be contacted on edi.albert@hotmail.com.

If you have a friend with anaphylaxis, familiarise yourself with their EpiPen, and make sure they have two available. Diabetes is confusing for people. It needn't be. Type 1 is the one to worry about. These people can't make insulin, and so have to give it to themselves by injection. Insulin depresses blood sugar by pushing it into the tissues. The likely scenario in our context is where somebody has over-exerted and/or under-eaten relative to their insulin dose. These people need sugar, by whatever means you can get it into them. For remote travel people with type 1 diabetes should carry glucagon. This is given by injection from a pre-filled syringe, temporarily raises blood sugar and is the only way possible with an unconscious person. Don't ever give somebody insulin, and don't worry about people with type 2 diabetes.

Airway manoeuvres just might be one of the useful things you learnt on your first aid course. Remember head tilt, chin lift, jaw thrust. Always nurse an unconscious patient on their side, open their airway as required and keep a close eye on them.

Finally pain relief (I'm not going to talk about emotional support because you can do that already). It's worth having strong pain killers in your kit. We live in a weird world where drug addicts get regular scripts for strong pain killers and normal people are regarded suspiciously if they want them. There are a number of options available for stronger than OTC pain relief that you could put in your kit. Have a chat with your GP and explain what it is for. If your GP refuses to prescribe then it's a sign that you should change your GP!

NEW 2019
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No person and no trip is the same. Match the lightest sleeping bag with the lightest sleeping mat, make warmth your highest priority or combine the lightest mat with the warmest bag. Be light, be warm, be safe, be extreme, be unique.

BUILD YOUR
SLEEP SYSTEM

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UPCOMING EVENTS

Camp Cooking for Kids

In a beautiful bush setting children will learn camp cooking through hands-on experience!

A 4km return walk to a typical Track campsite during the school holidays. Just bring refreshments, snacks for kids and lunch for adults. Maximum two kids per adult; and 2 adults per child. Ages 6 to 12yrs. Includes ingredients for cooking and experienced guides.

Date: Wednesday 24th April 2019 at 9:30am or 12:30pm

Where: Near Kalamunda
Rating: Beginners
Cost: Adult members free;
Kids \$40

Dr Dolittle Goes Bush

Hey kids! Come and learn about our native animals!

Walk 2km to a typical Bibbulmun Track campsite to meet the friendly native creatures from Kanyana Wildlife Rehabilitation Centre and return following the Waugal trail markers. Ideal for kids 5 – 12 yrs. Watch their faces light up as they interact and learn about our native animals. Maximum 2 kids per adult and two adults per child. Not suitable for pushchairs. All children must be accompanied by an adult.

Date: Sat 27th April 2019 at 3:30pm

Where: Near Kalamunda
Rating: Beginners
Cost: Adult members \$5;
Kids \$40



L-plates Pub Plod

Are you a first timer or do you just occasionally dabble in bushwalking?

This is a great way to learn about what the Track has to offer you. The walk (approx. 12km with some hills) takes you through mixed jarrah forest with views over the Mundaring Weir to a Bibbulmun Track campsite. Your guides will be on hand to talk to you about walking the Bibbulmun

Track and share with you their personal experiences. We finish near the walkers' favourite local haunt, the Mundaring Weir Hotel. An all-round fun day and great introduction.

Date: Sunday 28th April 2018 at 8:30am

Where: Near Mundaring
Rating: Beginners
Cost: Members \$25;
Non-Members \$35

Bibbulmun For Beginners

The perfect introduction to overnight bushwalking, discover the tranquillity of the bush as you explore a relatively easy section of the Bibbulmun Track.

We walk approximately 8km each day and camp out under canvas at a typical Bibbulmun Track campsite. Our experienced and friendly guides will teach you all you need to know about walking and camping and give you the confidence you need to venture out on your own. Hire gear available at no extra cost on this overnight Trek.

Date: Sat 4th and Sunday 5th May

Where: East of Armadale
Rating: Beginners



Cost: Members \$150;
Non-Members \$170

Donnelly River Village to Balingup Bus Service AND Brookton Highway and Sullivan Rock Bus Service

To assist walkers with transport where there is no public bus service, the Foundation is running two bus services making it easier for walkers to access sections of the Track not serviced by public transport. Check the website for dates and costs.

Balingup Weekend Adventure

Leave your worries behind as we transport you to the picturesque Blackwood area.

Spend two glorious days walking through karri/jarrah/marri forest finishing with

views across the Blackwood Valley. Stay at a typical campsite and enjoy the serenity of the forest. Experienced guides are on hand to offer guidance and support. Freshen up on Sunday afternoon with a hot shower before boarding the bus back to Perth.

Date: Fri 10th May to Sun 12th May 2019

Where: Murdoch Park'n'Ride (transport to Balingup included)
Rating: Intermediate
Cost: Members \$265; Non-Members \$285 (check website for early bird specials)



Winter Wander Trek

Enjoy the beauty of the Perth Hills as you spend three days hiking in one of the more scenic sections of the Bibbulmun Track.

Starting from Mundaring you will be amazed at the scenery each day has to offer – the mysterious boulders, the expansive views and the misty mornings. Great for sectional end-to-enders or those yet to explore the Track beyond Mundaring in the Perth Hills. Includes return transport ex Murdoch Train Station/park'n'ride, comprehensive planning night, trip preparation manual, map and equipment hire. BYO food. Walkers must be fit, have previous overnight experience carrying full packs.

Date: Sat 1st to Mon 3rd June 2019

Where: Murdoch Park'n'Ride (transport included)
Rating: Experienced
Cost: Members \$205; Non-Members \$230 (check website for early bird specials)

More events and all bookings are available online at bibbulmuntrack.org.au



Beautiful illustration in the register at Beedelup Campsite.

Social Sunday walks

Free for members. See booking conditions online.

WALK RATINGS: ⚡ BEGINNERS ⚡ ⚡ INTERMEDIATE ⚡ ⚡ ⚡ EXPERIENCED

5th May 2019 @ 9.00am ⚡

10km return walk Lowlands Beach to West Cape Howe Campsite (near Albany)

12th May 2019 @ 8.30am ⚡ ⚡ ⚡

19km return walk from Dale Road to Beraking Campsite.
(Fit and experienced walkers only!)

19th May 2019 @ 9.00am ⚡ ⚡

12km return walk from Kinsella Rd to Canning Campsite

26th May 2019 @ 8.30am ⚡ ⚡ ⚡

20.4km return walk from Kalamunda to Hewett's Hill Campsite.
(Fit and experienced walkers only!)

9th June 2019 @ 9.00am ⚡

16km return walk from Cosy Corner (Torbay) to Shelley Beach Lookout

16th June 2019 @ 10.30am ⚡

11km return walk from Mundaring Weir to Ball Creek Campsite

23rd June 2019 @ 9.00am ⚡ ⚡

17km return walk from Brookton Hwy to Canning Campsite

14th July 2019 @ 8.30am ⚡ ⚡ ⚡

20.4km return walk from Kalamunda to Hewett's Hill Campsite.
(Fit and experienced walkers only!)

28th July 2019 @ 9.00am ⚡ ⚡

15km return from Mt Cooke Pines to Nerang Campsite

Bookings for each walk will open one month prior to each walk.

Book online, or contact the BTF office for a booking form. Bookings cannot be made over the phone.



Track Trivia

Hello Fellow Walkers!

As some of you may know, I spend some time browsing through the red books—the campsite registers—to find material for the Reflections from the Registers that appear in these pages. Some of the writings are funny, some poignant, some informative and some...well, I won't go there.

There is also a wonderful collection of artwork in the registers that has accumulated over the twenty years the current Track has been open, such as the beautiful drawing of the Track map between DRV and Pemberton on page 27.

All of this has brought me to pondering on what people do during the many hours spent at campsites, particularly those on an end-to-end or extended walks along the Track. When there are others in the campsite of course there is always the opportunity to be involved in one of the great pleasures of walking; exchanging experiences and putting the world to rights as we all like to do. However I would estimate that in all the time I have spent out on the Track, about 40% of nights I have been alone in the shelter. Solitude for many, me included, can be a pleasurable condition, for others it is difficult to handle.

So you arrive in an empty campsite on the south coast at two o'clock in the afternoon on a cold, overcast day. You set up your gear, make a brew, have some lunch and rummage through the plastic box for the registers and any other reading material. The treasures you uncover are the red book and the green register—both almost brand new with only the first page of each containing any entries. This riveting find is supplemented by a torn copy of a three year old copy of the Bibb News, the inevitable Reader's Digest—also very ancient—half a box of damp matches and a

packet of instant noodles with a "best before" date from last year.

It's now three o'clock. Obviously you take out the Bibb News and read Track Trivia, but this takes little time. Reader's Digest may hold your attention for a bit, and you make another brew. Four o'clock and it starts to rain. What next, before dinner and then after, as darkness begins to fall? Reading is a good option and made much easier nowadays with the availability of devices such as the Kindle, which can hold thousands of stories and also comes with a backlight so a torch is unnecessary. Not so in my early days of trekking where you had to suffer the weight of books in the backpack.

As a wannabe writer with a few short stories and poems published, I spend time lying in the dark writing in my head and then talking to myself as I walk the next day, putting prose and verse together—something which can bring odd reactions from people met on the way. Then for me cryptic crossword puzzles, collected from back copies of The Australian newspaper while away many hours, both in the campsites and in mulling over the clues as I walk. Wordsmithing has always been a fascination since my early schooldays—I was once commended for using the word "pitcheresk" in an essay when I was eleven. My spelling has improved since then.

So I was delighted when I received recently a message from long time BTF member and End-to-Ender Arthur Wright, who like me is a fan of crossword puzzles and walks the Track solving clues in his head. Arthur writes:

"I'm a bit of a geek when it comes to words. I have my favourites, such as "serendipity" which is as nice to say as it is to experience. I also like "dodgy" because it has a wide range of uses which can cover both the used-car salesman and the motor in the vehicle he's trying to flog you."

I also have a fascination with collective nouns, those words we use to describe

a group of something: a school of fish, a parliament of owls, a skulk of foxes. There are also the more prosaic collective nouns we use for groups of people like jury, class, alumni.

So when a friend told me that he had seen the picture below with the subtitle "Attempted murder" I thought it was one of the funniest things I'd heard in quite a while.



If that's a bit obtuse, a look at the collective noun for crows may help bring out the funny side.

Anyway, while hiking, a friend and I were chatting about how truly fascinating these collective nouns can be but we felt that there were a few gaps which needed filling, in relation to hiking. Here are a few thoughts:

- A tenacity of thru-hikers (or through-hikers)
- A doddle of day walkers
- A chorus of Track Angels
- A benevolence of volunteers
- A Kalabany of Bibb Track End-to-Enders"

So, fellow walkers, any ideas? I thought of perhaps:

- A maddening of march flies (or mosquitoes)
- A trepidation of tiger snakes
- A dreadfulness of dugites

Anyway, over to you!

Happy Walking!

Wrong Way Jim

Reflections FROM THE REGISTERS

West Cape Howe

Only a couple of days left on the Track, and what a great campsite to be at! I'm sitting here with a cuppa, enjoying the sun on my back. A great walk today in the sunshine. Huge thanks to everyone involved in maintaining the Track and the shelters—superb effort! Hoping to finish the Track on Friday—yippee! Although I have loved every minute of the walk and I've met so many fantastic people.

Barb (Dat Oldie) E-E N-S 04/10/2016

Last night the shelter caretaker, Miss Roo, came around. I heard her thumping and then garumphing as she surveyed all that needed to be done. Then I heard her munching and crunching as she pruned the shrubs and grasses, with an occasional loud appreciative belch! It was great just to lie awake listening to her. You Aussies may not think that's special, but it truly is—but then we don't have 'roos in Alaska, only moose and bears!

Becky 25/10/2016

Monadnocks:

Four exchange students from America, Canada and Sweden travelled from afar to be here tonight and it is beautiful. A wonderful shelter, spectacular views and great company—another excellent memory of Australia to carry with us as we continue our travels. We have had a wonderful time and can't wait to come back again someday soon.

Jason, Michelle, Prassheda, C.C. 04/11/2000

Just walked in from Sullivan Rock, first time bush walking. I am very impressed and already getting hooked on the beautiful track. Anyone want to buy a four-wheel drive?

Roger 29/07/2001

Pemberton VIC

Arrived in Pemberton! Another milestone on the journey. Forest still amazes me! I continue to be enamoured of the orchids. Full pack on again tomorrow—looking forward the coastal heath lands. Many, many thanks to the volunteers for the work on the Track and the shelters!

John Rayner 08/10/2012

Dog Pool

Mud glorious mud! What a fun, interesting section—I hadn't stamped in mud since I was little and now I know that it's easier to clean gumboots than hiking boots. Fantastic changes in vegetation today, lovely flowers, as always.

Emma & Ben 20/11/06

Lucky this place is called Dog Pool and not Paradise Cascades—which surely is more fitting—otherwise everybody would be down here!

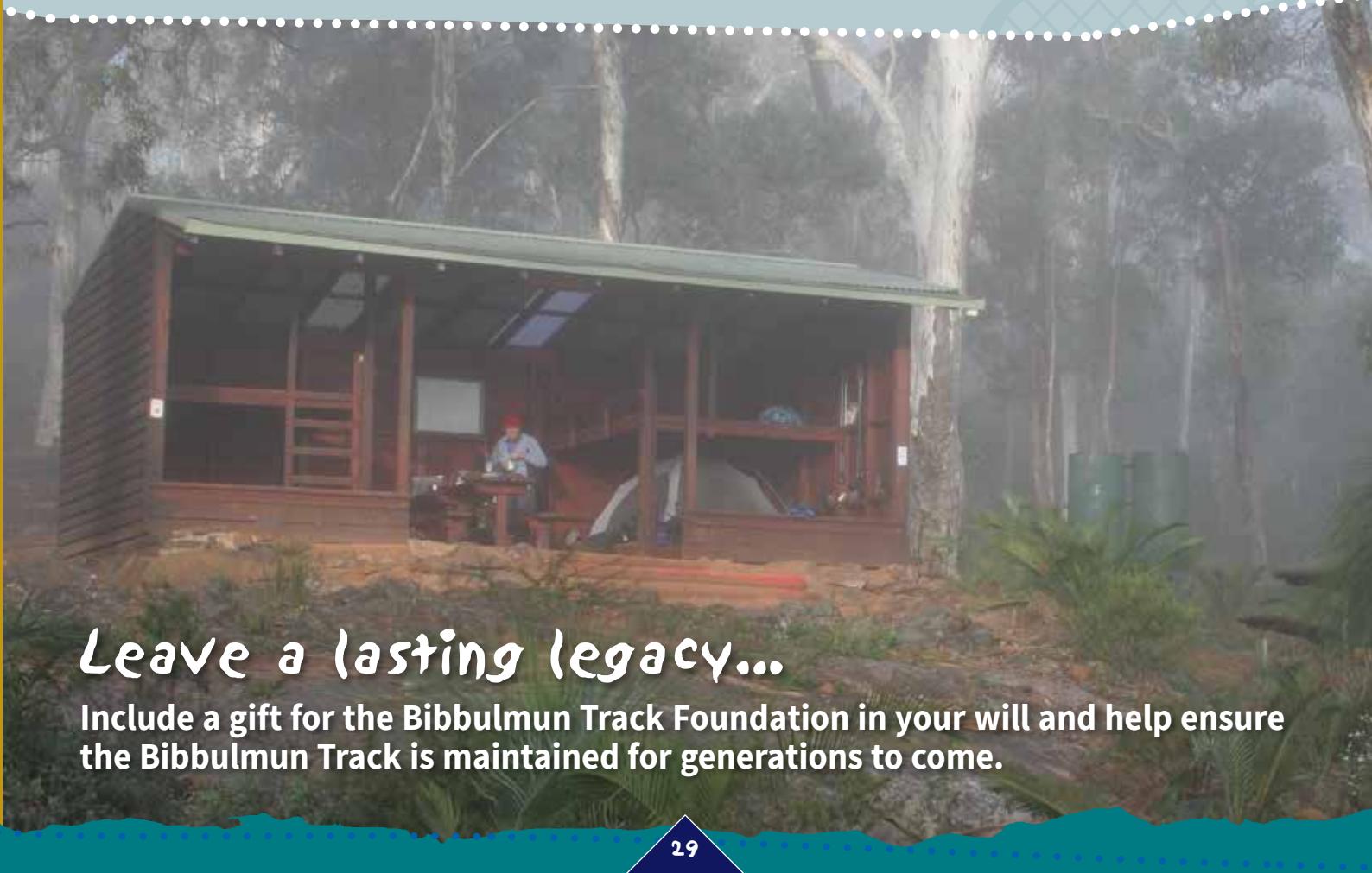
Wildgoose 06/12/06

Dear Mr Ranger could you please speak to the big guy upstairs and ask him to stop chucking water on the Track. My feet are getting very cold from the wading.

Calum 14/07/09

Anyone who thinks this swamp is bad should go to Tassie and walk South Coast Track! Days of walking through knee high sludge!

Dean & Christine Qld. 16/12/07



Leave a lasting legacy...

Include a gift for the Bibbulmun Track Foundation in your will and help ensure the Bibbulmun Track is maintained for generations to come.

OFFA'S DYKE PATH, WELSH BORDER, UK

by Jim Baker

BTF member Jim Baker recently took a walk along Offa's Dyke in the UK. These are his reflections from the walk:

About 750AD Offa, King of Mercia, constructed a 290km dyke marking the border of his kingdom with Wales. In 1971 the Offa's Dyke Path, a trail of 285km, was created. The Path follows the original line of the Dyke in many places, still visible after 1200 years. Diversions traverse more scenic routes resulting in a trail through beautiful countryside, remote and wild, pastoral and serene.

The trek crystallised everything that makes the UK a great place for a walking holiday—the countryside in glorious shades of green with wild flowers splashing colour, birds and animals everywhere and the sense of history, from Iron Age forts, the Roman occupation, the Civil War and the Industrial Revolution.

The trail begins at Sedbury on the northern bank of the Severn River, one of two major rivers en route, the Severn and the Wye, and follows the Wye to the historic town of Monmouth, but is no stroll along a flat river valley. A long climb through bluebell woodlands is followed by a series of switchbacks high

above the river, leading to a superb view of the ruins of Tintern Abbey, dating from 1131.

The weather was cold, dry and windy and remained so for the next eight days. I walked with a day-pack, having my luggage moved ahead, and stayed in B&Bs, pubs and farmhouses. The Full English Breakfast provided fuel for the walking day and the prospect of a pint of the cool amber liquid of the region kept the feet moving for the final miles.

Monmouth to the village of Pandy was the introduction to the two s-words of the walk; stiles and sheep. Hundreds of stiles, thousands of sheep! This section also includes a number of picturesque villages, including Llanfihangel Ystum Llywern—pronounce that!

The signposting along the way is excellent. Wooden signposts bear round markers with yellow arrows on a white background with the logo Offa's Dyke Path. The Path is also marked with the acorn logo, the symbol of the National Trails.

Glorious countryside!



Bleak, cold and beautiful.

From Pandy to Hay-on-Wye the route turns into wilder country, over the Black Mountains, steep bracken covered slopes leading to wild moorland and black, peaty bogs. This is a tough, bleak section, but the boggy area has been paved with large flagstones and is well marked with posts and rocky cairns. Views are superb from the top of the ridge.



What makes it worth it!

The ridge walk is followed by a steep descent to the town of Hay-on-Wye, famous for its castle and outdoor bookshops. I was joined here by friends and a few pints of Welsh bitter at the Blue Boar pub, a good night's sleep followed by the full English breakfast saw us rearing to go next morning to the old market town of Kington. This is a comfortable walk with the Path following the Wye and then climbing to pass over Disgwylfa Hill and Hergest Ridge before a long, easy descent into the town.

This is drover country, where for hundreds of years the drovers pushed their sheep and cattle through narrow lanes and across open moorland to markets towns such as Hereford and Shrewsbury.



Me half-way!

From Kington the Path follows the Dyke and remains with it for some considerable distance towards Knighton, home to the Offa's Dyke Association. This is true border country where it is difficult to be sure if you are in Wales or England. It is said that in times gone by the penalties for being caught on the wrong side of the Dyke were severe—Welshmen had their ears cut off and the English lost their lives.

The next morning started with a tough climb out of the Teme valley. The program for the day involved a walk of about 35km over some demanding terrain, to the B&B at Caemwygal Farm, north of the town of Montgomery. The Dyke was very much in evidence as the Path passed through farms and meandered through woodland and over hills, with some steep ascents and descents, until finally levelling out near Montgomery.

An easier day followed with just one long hill up through woodland that contained, to my surprise, sequoia trees. Here I lost my way for the first time and had to back track for about half a mile—my own fault as I had missed a perfectly obvious acorn symbol. The Dyke is lost again now as the Path descends and follows the River Severn, across flat meadow land before turning to follow the towpath alongside the Shropshire Union Canal.

The sheltered walk along the towpath was blessed relief from the icy north wind that had been blowing into my face all day. Then it was back to the banks of the Severn, where the Path rejoins the Dyke once more, into the village of



Telford's incredible aqueduct.

Llanmynech and the welcome hospitality of the Bradford Arms Hotel. Llanmynech, Church of the Monks, straddles the border between England and Wales, with half of the village in England and half in Wales.

It was now, after a series of cold dry days, the weather gods deserted me. The route was to the town of Trevor, a walk of 30km through quiet lanes and fields. All was well for the first couple of hours, then the heavens opened, and I was treated to a mixture of rain mixed with hail. Raingear on, camera buried in the backpack.

There is a fascinating twist to the Offa's Dyke Path as it enters Trevor, where two options are on offer. The great engineer Thomas Telford was commissioned to build an aqueduct that could take boats across the River Dee. This structure, completed in 1805, stands 120 feet above the Dee and supports an aqueduct over 1000 feet long. Walkers are offered the choice of walking across this amazing structure or taking the more comfortable path underneath it. Don't try it if you suffer from vertigo!

The last two days of the walk were dominated by atrocious wet weather with temperatures in single digits. It was a shame, because the section between Trevor and Clwyd, crossing the Clwydian Ranges, is said to offer some beautiful views. The terrain is up and down, but the gradients are not steep and boardwalks carry walkers over boggy areas early on. The final section was a comfortable, if very wet walk following lanes and field paths into Prestatyn, and thence to Offa's Tavern, to raise a glass to the ancient King of Mercia.

Offa's Dyke Path is a challenging walk, traversing beautiful countryside, offering varying degrees of difficulty and providing excellent choices of accommodation. Add to this the friendliness of everyone along the way, especially the hosts in the pubs, farmhouses and B&Bs.

If you get the chance, just do it!

Jim Baker

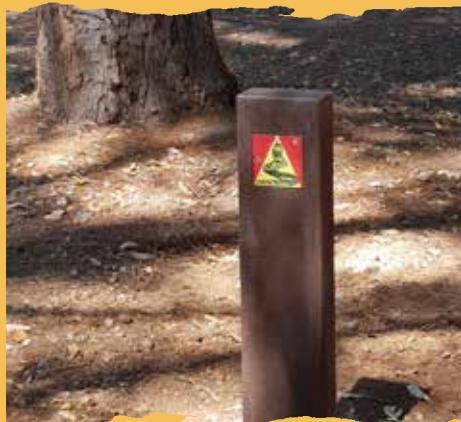
Dwellingup Track Marker Project

Under the guidance of local artist, Patricia Hines, Dwellingup children and youth have created Bibbulmun Track trail markers to highlight the route of the Track through the town.

The Waugal trail marker design was painted onto ceramic tiles which were then fired in a kiln. A wonderful group of volunteers (Stephanie Ryan, Bette Healy, Greg Caswell, John Laird and

Sue Fyfe) helped with the tile project and have been busy rebating the recycled plastic bollards and affixing the tiles.

The project was undertaken by the Dwellingup Community Compact with support from Alcoa and the Shire of Murray. Installation will be completed by early April.



With grateful thanks to our sponsors:

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